

Aynu Wadahadalo

Hagaha ka Dhigaya Caruurta kuwa
aan Daroogo-Isticmaalin

MAXAY MUHIIM UTAHAY

Kudhawaad **1 kamida 10** kii dhalinyaro ee Washington ayaa bilaaba isticmaalka khamrida ama marijuana si joogto ah marka uu gaaro fasalka 10aad.

Kuwa bilaabay cabida kahor da'da 15 sano waxay ubadantahay ugu yaraan inkabadan **5x** in ay ku dhacdo khalkhalka isticmaalka khamrida.

95% dhalinta Washington kuwaas oo qoysaskoodu ay kala hadlaan in aysan isticmaalin khamrida **ma cabaan**.

XIRIIRKA

Waxaad tahay qofka saameynta ugu weyn ku yeelanaaya nolosha cunugaaga. Kala hadal in aysan isticmaalin marijuana, khamrida, iyo daroogooyinka kale.



Hel fursado
dabiici ah.



Isdeji oo
wanaagsanow.



Ha
khudbeyn.

SOOHDIMO UDEJI

Tus cunugaaga in ay daryeeleysid iyo ammaankooda—xeerar cadcad udeji iyo cawaaqibka ku saabsan isticmaalka daroogada iyo khamrida.

LASOCODKA

Waa muhiim in aad ogaatid waxa cunugaagu sameeyo xilliga ay firaqada leeyihiin oo aad isha ku hayso caalamadaha kutusinaya in ay cabaan ama isticmaalaan daroogo.

Karaadi isbedelada:



Shucuurta



Nadaafada



Muuqashada



Caafimaadka

Haddii aad ku fakartid in cunugaagu uu isticmaalayo—tilaabo qaad.

- Diyaari wixii aad dhihi lahayd.
- Samee meel ammaan ah, oo banaan oo lagu hadlo.
- Diirada saar waxa ay si sax ah usameynayaan.

SII WAD

Xitaa marka aysan tusineyn, cunugaagu waa uu dhageysanayaa. Sii wad lahadlida iyo wadashaqeynta si wadajir ah si looga fogaado khamrida iyo isticmaalka daroogada.

Door ciyaar siyaabaha loo yiraahdo maya.

Fahan cadaadiska asxaaabta iyo sida looga gudbi karo.

WAXAD HESHAY AGABYO:

Washington Recovery Help Line

Khadka caawinta 24 saac oo qarsoodi ah, oo loogu talagalay cilladaha isticmaalka mukhaadaraadka iyo dhibaatooyinka caafimaadka maskaxda.

1.866.789.1511

WRecoveryHelpLine.org

Start Talking Now

Agab ka caawinaya waalidiinta sida ay ula yeelan lahaayeen wadasheekeysiiyo miro dhal ah dhalinta oo ku saabsan in aan la isticmaalin khamri ama daroogo.

StartTalkingNow.org