



HM Government

JOOGIDDA GURIGA

MAAHA IN MACNAHEEDU

YAHAY KHATAR UGU SUGNAAN

DULMIN GURIGA

GUDAHIISA AH



Haddii lagu xukumo ama uu lamaane, lamaane hore ama xubin qoyska ah kugu hayo dulmin jidheed, mid galmo ama mid niyadeedba, tani waa dulmin guriga gudahiisa ah. Xeerarka ku go'doonsanaanta gurigu ma khuseeyaan.

**#YOUARENOTALONE
KELIIGA MA TIHID**

Booliis iyo adeegyo gargaar ayaa weli la heli karaa.

Haddii aad khatar degdeg ah ku sugan tahay, ama aad ka shakisan tahay in qof kale ku sugan yahay, wac 999.

Haddii aadan awoodin inaad hadasho, wac 999, dhagayso codka duuban ee hawl-wadeenka, markaa ka dibna moobaylkaaga riix 55 marka sidaa lagu faro, ama haddii aad khadka guriga ka hadlayso sug inta lagugu xidhiidhinayo booliiska, kuwaas oo awoodi doona inay ku caawiyaan.

Haddii aad ka welwelsan tahay in adiga, ama qof aad taqaan laga yaabo inuu qabo dulmin guriga gudahiisa ah:



Khadka telefoonka ee bilaashka ah ee 24-saac Khadka Caawinta ee Qaranka ee Dulminta Guriga Gudahiisa ee ay maareeyaan Qaxootigu wuxuu siiyaa gargaar dumarka:
0808 2000 247



Khadka bilaashka ah ee Talobixinta Ixtiraamidda Ragga wuxuu siiyaa gargaar ragga:
0808 801 0327



Khadka telefoonka ee bilaashka ah ee Galop ee Qaranku ee LGBTQ+ Khadka Caawinta ee Dulminta Guriga Gudahiisa wuxuu siiyaa gargaar dadka LGBTQ+:
0800 999 5428



Khadka telefoonka ee bilaashka ah ee Ixtiraam wuxuu siiyaa gargaar ragga iyo dumarka waxyeelada u geysta lamaanayaashooda iyo qoysaskooda:
0808 802 4040



Khadka caawinta ee bilaashka ah ee NSPCC wuxuu gargaar siiyaa cid kasta oo ka welwelsan ilme:
0808 800 5000

Gargaar ka badan hel, internet ahaan adiga oo fariin qoraal ah adeegyada u gudbinta ugu diraya gov.uk/domestic-abuse