



Wisconsin Office of
Children's
Mental Health

KAARKA XAALADAHA DHIMIRKA DEGDEGGA AH

Magaca: _____

Magac-u-yaalka: _____

▶▶▶ Waxaan rabaa in 5 daqiiqo gudahood la i caawiyo. ◀◀◀

Waxaan rabaa in la igu caawiyo waxyaabaha hoos ku qoran:

1. _____

2. _____

3. _____ *(eeg dhinaca kale)*

Qofka koowaad ee i caawiya: _____

Wuxuu ii yahay: _____

Taleefanka: _____

Adiga ama qof kale ha la idin caawiyo:



1.800.273.8255



Farriin qoran oo ah "HOPELINE"
ku soo dir taleefanka 741741



Ha Sugin, ee Soo-sheeg Xaaladaha
Dhimirka "Speak Up, Speak Out" WI



Wixii faahfaahin ah:



children.wi.gov