

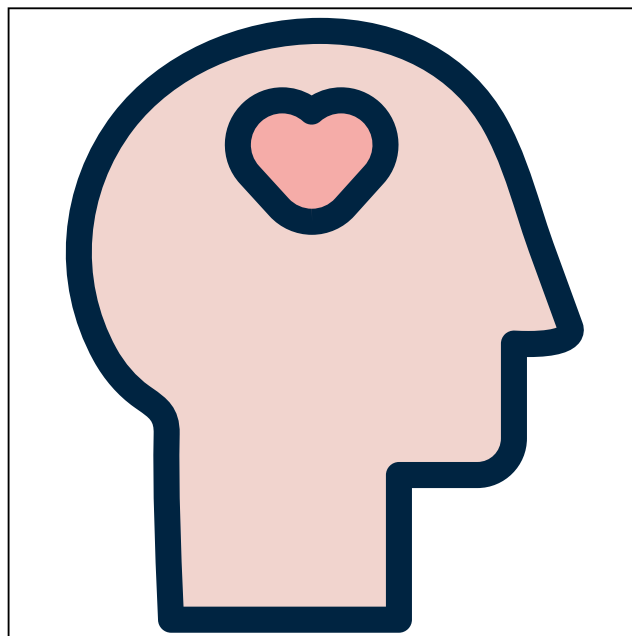
# **BUUGGA GACANTA LAGU QAATO**

## **Horudhac Kusaabsan Fahamka Xanuunka Dhimirka**

### **Introduction to Mental Illness**

**BY**

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## Mahadnaq

Allah ayaa mahad iska leh, waxaan halkaan ku xusayaa Dalmar Heritage And Family Development in ay igu dhiiri galiyeen in aan qoro buuggani aad gacanta ku qaadan karto. Allah ka sokoow waxaa mudan in taaj loosaaro kuna dadaashay in aan qoro buuggani, the director shamsa Adan. waxaan kaloo hilmaami karin dadaalka ay muujisay walaasheen Roda Abdirahman iyo dhamaan Dalmar Heritage directors. Xilliga aan qoray buuggani waxa ay ahayd xilli aan marayay marxald xagga familka caafimaad ahaan, waxaase igu dhiiri galisay walaasheey Asiya Farah baande in aan marna ka caajisin qoraalka buuggani gacanta lagu qaato.

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Waa maxay Xanuunka dhimirka? Maxaanse ka fahansanahay?

Waxaa xiliyada dambe inagusoo batay xanuunka dhimirka, inta badanse aanu u lahayn wax fahan ah. Waxaan halkaan ku qeexi doona fahamka xanuunka dhimirka, inagoo ujeedadeenu ay tahay, in aqristahu uu fahmo huridhac ahaan, kana baran doono noocyada kala duwan ay ukala baxaan xanuunka dhimirka.

Ugu dambayn aqristuhu waxa u sawirmi doona in xanuunka dhimirka uu leeyahay daawo hadii uu shaqsiga raadsado caawin kana xishoon xanuunka hayo.

Waa maxay ula jeedada aan qoritaanka buuggani? Maxaase ukusoo kordhin doonaa bulshada?

Inta aanan qorin buuggani waxaan bilaabay in aan ku baro online casharo kusaabsan caafimaadka maskaxiyanaha, (health and wellbeing). Casharadaasoo isugu jireen boogaadin kusocota waalidiinta iyo sidii ayku caawin lahaayeen awlaada.

Waxaan ka qaatay cabir ah in mowduucani uusan ku ekaan baritaan online, in aanu bulsho ahaan aanu ubaahan nahay wacyi galin balaadhan.

What do we understand by 'Mental Illness'?

We have become more and more exposed to mental ill health recently, but how much do we really understand about it? We will explain mental illness here, with the aim of providing the reader with a holistic approach and information about the different types of mental illness. Eventually the reader will realise that mental illness can be treated if the individual seeks help and is not ashamed of his or her illness.

What is the purpose of writing this book?  
What will it bring to the community?

Before I wrote this book I ran online sessions about health and wellbeing. The lessons included advice to parents about how to help their children.

I realised that we as a society need a broader awareness.



Cabirka labaad iiga soobaxay bixitaanka casharadaa in aanu nahay bulsho aanan helin wacyi galin iyo baritaan xagga xanuunka dhimirka. Hadiise aanu heli lahayn boogaadin balaadhan waxaa inoo furmi lahaa irido faraban kuwaasoo inaga xidhi xanuujinta caqabadaha nolosha inagusoo furto. Waxwalbaa waxa ay leeyihiin meel ay ka bilaabdaan, xanuunkastaana waxa uu leeyahay waddo uu kasoo bilaabmay, waxaanse aaminsanahay hadii aanu lahaano fojignaan, waxa inoo sahlanaan in aanu raadsano caawin inta uusan xanuunkaa inagu noqon mid ina niyad jabiya. Waayo Allah Subxanahu watacalaa waxa uuna siiyay maskax iyo caqli aanu ku fahamno waxa ka si ah jidhkeena, maskaxdeena iyo nafta marka ay dulmi iyo mugdo ku hagoogsato. Garashadaa uu Allah inagu deeqay waxa inaga daboolo cilmi raadsasho la,aan. Taana waxa ay inagu abuurtaa in aanu dhagaysan fariimaha ay jidhka, maskaxda iyo nafta ay inoo soodiraan.

I also realised that we are a society that does not have access to awareness and education about mental illness. With enough information we will be able to close the door on the pain of life's challenges. Everything has a beginning, and every pain has its way, but I believe that if we are alert, it will be easier for us to seek help before the pain becomes overwhelming. For Allah the Almighty has given us the mind and intellect to understand what is in our body, mind and soul when oppression and darkness cover us.

This mind and intellect that Allah has given us is hidden because we do not use it. This causes us not to listen to the messages that our body, mind and soul send us.



Horudhac

Caafimaadka maskaxda iyo xanuunka maskaxda (Mental Health and Mental Illness) waala isku qaldaa inta badan, haddaba waxaanu ku kala saari doonaa halkan. Mental health, waa caafimaadka maskaxiyanka ah meesha uuka yahay mental illness, caafimaad daridda maskaxiyanka ah.

Maadaama aanu fahanay in labadda ay kala duwan yihiin, haddaba aanu ugudo galno maxay ka aaminsan yihiin bulshadeena xanuunka maskaxiyanka ah? Maxaanse ku caawinaa markuu shaqsi ka mid ah qoyska, asxaabta ama bulshada, maxaannu se u aragnaa xanuunka ay tabanayaan? Miyaanu utilmaamnaa meesha ay ka heli lahaayeen caawin mise waanu ku ceebeeynaa, uguna siidarnaa xanuunka ay sheeganayaan xanuun kale oo kaga yimi bulshada? Waxaa aan sameeyay baaritaan ku saabsan waxa ay bulshada soomali inta badan ay ka aaminsan yihiin iyo haddalada ay ku yiraahdaan shaqsiga ka cawanaya xanuunka dhimirk.



## Introduction

Mental Health and Mental Illness are separate things. What do we believe about mental illness in our community? What do we do to help a family member or friend, and how do we feel their pain? Do we point out where they can get help or do we embarrass them? Do we tell them it is their fault? I have done research on what the Somali community generally believes and what they say to the person who is suffering from mental illness.



Waxaanuu eegi doonnaa ceebeeynta la dulsaaro xanuunka dhimirka (Stigma).

Waa maxay Stigma?

Ceebeyna stigma waxa ay dhacdaa markuu shaqsi uu kuu eego ama kuu arko si ayku jirto (negative qaldan) sababtaaso ay tahay in uu shaqsigu laxanuunsan yahay xanuunka dhimirka.

Bulsho ahaan marka ay ceebeeyaan shasiga xanuunka dhimirka leh, waxa ay ka fogeeyso in shasigaa uu raadsado caawin kadibna uu shaqsigaa uu xanuunkaa uu isku dayo in uu qarsado taaso ay ka timi xagga bulshadaa uu kudhex jiro.

Waxaa uu sii gudo gali doonnaa sida ay bulshadeena ka aaminsan tahay xanuunka dhimirka anigoo idinla wadaagi doono qeebyo ka mid ah magacyada ay ugu yeedhaan ama ayku caayaan shasiga xanuunsan.

Erayadaana inta badan waxa ay dhacdaa ayadoo kaftan ahaan ama ulajeedo labaduba.

1 qof waalan

2 nolosha ayaa ka dhacday (hebel)

3 waa qof ah (depressed) ama murugeeysan.

4 qof aan maskax lahayn (Mindless)

5 qof jahwareersan aanan kala aqoon waxa saxda iyo waxkale.

We will look at the stigma associated with mental illness.

## What is Stigma?

Stigma occurs when an individual is viewed negatively because the person is mentally ill.

When a person is shamed, it prevents him or her from seeking help and then the person tries to hide it from the community in which he or she lives.

To further explore our society's perception of mental illness, I will share with you some of the names they use to call or insult the sick person.

These words often occur as a joke or are used intentionally.

1 'crazy person'

2 'life has happened'

3 'depressed'

4 'Mindless'

5 'confused people who don't know what is right and what is wrong'.

- 6 waa qof daawada waalida qaata
- 7 waa qof ubaaahan in lagu xareeyo isbitaalka waalida
- 8 isla hadal ayuu bilaabay waana uusoo waalan rabaa
- 9 dharka ayuu soo xooran rabaa mardhow
- 10 maskax ma leh
- 11 xarig ayuu ubaahan yahay
- 12 waa qof soo dhar dhigtay ceeb ka xishooneeyn
- 13 jin baa maray ama dabayl baa martay.
- 14 waa qof wax istusa la sheekeeysto quruumo ama wax aanan loojeedin (delussional)
- 15 hebel/heblo buufis ayuu qabaa
- 16 hebel ama heblaayo waa qac

Intaa aan kor kusaxay waa ay ka badan yihiin inta ay bulshada u isticmaalan shaqsiga kudhiban xanuunka dhimirka ah. Waxaana suurto gal ah in ay weliba kasii xanuun badan tahay magacyada ay isugu yeedhaan marka ay weliba kaftamayaan. Amaba ay u arkaan in ay kaftan tahay eryada stigma da ahna waxa laga yaabaa shaqsigaa lagula kaftamay maalin in uu xanuunsado uunasoo xasuusto waxa ay bulshada ka aaminsaayeen kadibna ay ayku adkaataa in shaqsigaa uu raadsado caawin.

- 6 'taking antidepressant medication'
- 7 'needs to be admitted to a psychiatric hospital'
- 8 'He started talking and I want to go crazy'
- 9 'he wants to tear off his clothes'
- 10 'has no mind'
- 11 'needs to be tied up'
- 12 'is a man without shame'
- 13 'demons have passed or an ill wind has passed through him'
- 14 'he is deluded'
- 15 'depression'
- 16 'fate'

The above are the different responses to an individual suffering from mental illness that are used by the community. Sometimes these names are used in a joke, but it may even be more painful to use these names when they are joking. The problem with joking is that someone may hear a joke one day and then get sick later, and remember what the community believe and then find it difficult to get help.

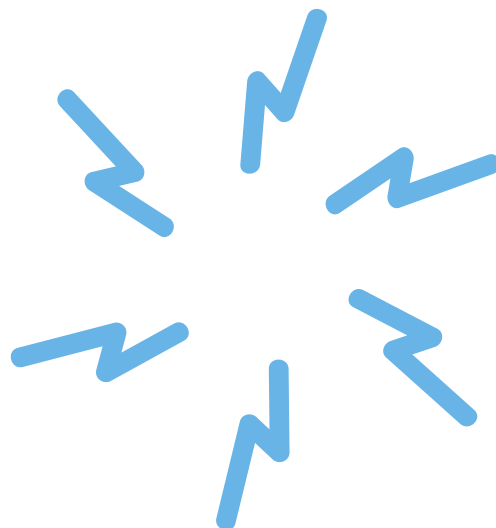


Dhibta ay dhaliso marka xanuunka dhimirka loo arko wax ceeyb ah, waxa ku dhasha shaqsiga ay dhibtaa hayso qodobada aan hoos ku qeexi doono.

- In shaqsiga uu dareemo ceeb taana ayku abuurto in uu dareemo rajo dhigid xagga caawin raadsasho, weliba taa waxa ayku sii dhalisaa in shaqsigaa uuka fogaado bulshada.
- Ceebeeyn kaga timaado xagga in uu raadsado daawo ama caawin
  - Faham laan kaga timaado xagga familka uuka dhashay ama uu la noolyahay iyo asxaabta amaba bulshada dhami.
  - Stigma waxa ayku dhalisaa in aysan helin shaqo ama dhexgelitaan bulshada
- Dhibta jirdil kaga timaado weliba marka inta ay ku xiraan xarig iyagoo iskaaminsiiyay in shaqsigaa uu kuyahay halis bulshada iyagoo weliba aysan baaritaan ka qaadin inta ubadan xanuunka kaga yimi ceeybeenta iyo dhibta ay bulshada iyo familka ayku dhibaateeyeen.
- In weliba dadka ay hore u yaqaaneen ay umuujiyaan in ay ogyihiin xanuunka ama caqabada kusoo korartay iyagoo u isticmaalaayo hadalo dhibaateeyo.
  - Waxay ku abuurtaa in ayka shakiyaan in ay xanuunkaa lasoo daraasay ayka kici doonaan, taasoo quusitaan ku dhalisa in aysan marnaba aysan gaarayn hamigooda nolosha.

Much harm can be done when a mental illness is considered a disgrace. The individual who is stigmatised like this suffers from the following:

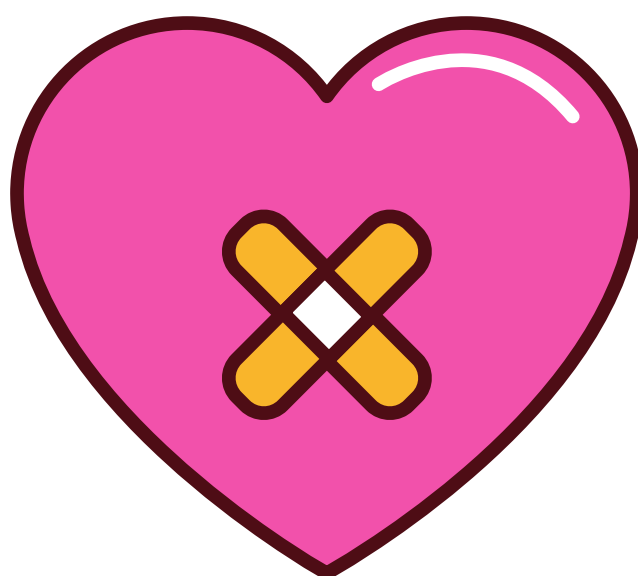
- Feeling ashamed and feeling hopeless about seeking help, which in turn further alienates the individual from society.
  - Feeling of shame for seeking treatment or help
- Lack of understanding from his or her family and friends and from the whole community.
  - Lack of employment or social integration
- The impact of being forcibly detained, which amounts to torture
  - Adding pain of shame to the pain of mental illness
- It causes them to doubt that they will ever feel well, and this leads to despair that they will never achieve their life goals.



Waxaan filayaa aqrinta aad aqrisay dhibaataada ay ku dhaliso ceebeeynta shaqsiga ku dhibtoon xanuunka dhimirka in aad yara daqnato, waxaana hubaa in ay kugu abuurtay in aad ficil qaadi doonto adigoo gaarsiinayo dadka aad is leedahay waa ay u baahan yihiin in ay aqriyaan si aykaga ilaaliyaan shaqsiga dhiban xanuunka dhimirka. Waayo xanuunka dhimirka kama duwan xanuunka jidhka. Inta badan waanu u daqnananaa qofka kilyaha ama cancer, ama beerka laga hayo amaba stroke waxaan u aragnaa qof xanuunsan jidhaan umana muujino ceebeeyn waayo waxa aanu iska dhaadhicinay in aan kala duwno xanuunada Allah uu keenay. Maxaase inoo diiday in aan u dhimrino shaqsiga xanuunka dhimirka ay lasoo darasatay waayo adiga aqriyaha ah waad ila fahamtay meesha aan hadalka uwado waayo xanuun waa xanuun ama jidh ama masxkayan ha ahaadee. Waxaana aaminsanahay bulsho ahaan haddaanu balaadhino fahamka xanuunka dhimirka in aan wax weeyn ka badali karno bulshada.



I hope you have begun to think about the stigma attached to the person suffering from mental illness and I hope it has inspired you to take action by reaching out to people who you think need help for mental illness. Because mental illness is no different from physical pain. Most of the time we understand that we must treat a person with kidney disease or cancer, liver disease or stroke with great care. Why don't we do the same for the person who has been diagnosed with mental illness? Pain is pain, whether it is physical or mental. And we must believe that if we expand our understanding of mental illness we can make a big difference in society.



Maxaa kalifa in ay bulshadeenu ay ceeybeenta xanuunka dhimirka ah ay kusii socoto?

- Waxa ay kasoo burqatay foojignaan yaraan.
- Ku yaraasho xagga waxbarasho ama cilmi ahaan
- In ay ku yartahay (lack of perception) aragti dheer ama aysan balaadhin aragtidooda.
- Aaminaad qaldan taasoo inta badan ay bulshada iska dhaadhiciso in shasiga cabsida ama depression ama dhamaan xanuunka dhimirka, in ay yihiin dadka wax dila ama gacan qaad leh.
  - Ceeybeentaa waxa ay dhaawacdaa caafimaadkooda guud ahaan weliba shaqsiyada ay caqabado nolosha kusoo korartay tasoo ku abuurtay in ay dareemaan cabsi, anxiety.
- In aysan daawada waxba ka tarin amaba aysan si sax ah uqaadan waayo waxa ay ka cabsanayaan caayda bulshada.

So what causes the continued presence of untreated mental illness in our society?

- Outbreaks appear to be exacerbated during pregnancy.
  - Lack of education or knowledge
  - Lack of perception or understanding.
- Misconceptions that often lead society to believe that the person with trauma or depression, or any mental illness, is a killer or violent person.
- Individuals who have experienced life-threatening conditions feel scared, anxious.
  - The medicine does not work or is not taken correctly because they are afraid of insults and stigma for being on medication

Waxaan dareemayaa aqristoow in aad ila fahamaytay dhibta uu gaarsiiyo ceebeeynta ama wax ka sheegida, ceebeeynta, waxaase mudan aniga iyo adiga in aanu ficil qaadno wacyi galino bulshada waayo waa aanu ka duwan nahay cidda cambaaraysa xanuunka dhimirka sidaa darteed waa in aan fadhiga ka kacnaa si bulshadeena ay isu badasho. Xanuunka dhimirkana waa sida xanuunada kale, bulshadada inteeda badan waa ku dhacaa waana wax laga bixi karo. Waxaan hoos ku qeexi doonaa sida aan ujoojin lahayn ceebeeynta uguna wacyi lahayn bulshada.



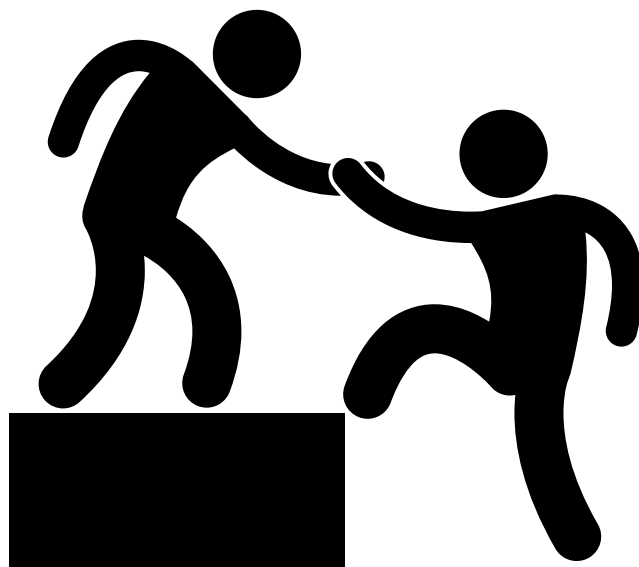
I am sure you the reader, like me, understand the impact of stigma. You and I need to take action to raise public awareness because we are different from those who criticize mental illness. We have to stand up for our society to change. Mental illness is just like any other illness, it affects most people in the community and can be treated. I will describe below how we can stop stigmatization and raise awareness in the community.

Qodabadaan hadii aanu raacno waxa inoo sahlanaan doono in aanu ka waantoowno ceeybeenta xanuunka dhimirka.

- Haku ekaan wax ogaasho la,aan ( ignorant) in badan ka baro xanuunada dhimirka adigoo indhaaga daaha qaldan ka feedaayo.
  - Ilaalo gaar ulahaaw debcigaada(attitude) xagga xanuunka dhimirka.
  - Cabir fikradaha kusoogalo inta aadan xukmin, udir qeeybta kala shaandheeyso si aad uga fogaato xukmin qaldan taasoo laaban karto maalinka qiyaamo, lagaba yaabo aduunka in lagaaga jarro.
- Marka aad la kulanto shaqsi kaaga baahan caawin, isku day in aad doorato erayada aad kula hadleeyso si tafo tiran ayna hugan tahay dagaansho.
- Isku day in aad wax barto dadka kale waxa ku saabsan xanuunka dhimirka
  - Tusi naxariis shaqsiga ku dhiban xanuunka dhimirka
    - Unoqo macalin qoyskaaga ama familkaada xagga xanuunka dhimirka adigoo fahamsiinayo in aysan ceeyb ku hagoogneeyn xanuunkaa ayna la mid tahay sida xanuunka jidhka, barintaanka ad barayso qoyskaada waxa ay kuu sahlaysaa in ay hadii ay dareeman xanuunkaa ay kuula imaan karaan.
- Ka fikir inta aadan wax ka sheegin ama aadan xukmin

Following these guidelines will make it easier for us to avoid the stigma attached to mental illness:

- Do not turn away and close your eyes. Learn more about mental illness
    - Observe your own attitude towards mental illness.
    - Question your own thoughts before you judge others.
- Remember that a wrong judgment may come back to you on the Day of Judgment.
- When you meet someone who needs your help, try to choose words that are clear and concise.
    - Try to educate others about mental illness
  - Show empathy to the individual suffering from mental illness
  - Be a mentor to your friends or family by telling them that there is no stigma attached to mental illness and that it is similar to physical pain. Educating your family will make it easier for them if they feel this pain.
    - Think before you comment or judge



Waxaan soo aqrisanay waxa ay bulshadeena ka aaminsan yihiin xanuunka dhimirka, haddase waxaan halkaan ku sharaxi doonaa fahamka xanuunka dhimirka.

Waxaan filayyaa in aad u xiiseeyneeeyso aqrinta qeeybta fahama, waxaan kaa codsanayaa adiga aqristaha ah, in aad fahamkaaga sii balaadhiso oo aadan ku ekaan aqrinta qoraalkaan oo aad balaadhiso raadinta iyi cilmi kordhis ku saabsan fahamka.

Waa maxay caafimaadka maskaxiyanka ah?

Waayo inta badan siddaan hore usoo qeexnay waala isku qaldaa labada term mental health and mental illness.

Caafimaadka maskaxiyanka ah waa:

- (Mental well-being) caafimaadka guud ahaan
  - Qiirooyinkeena
- Sida aanu ula dhiil garayno dhibaato iyo sidii aan ugu hortagi lahayn waqtiyada inagu adag nolosha
- Fikradaha ina soogala iyo waxa aanu dareeno (our thoughts and feelings)
- Iyo sidda aanu ula xiriirno bulshada ama aanu ula dhaqano
  - Fahamka aduunka inagu hareeyreesan
  - Firfircoonida qabashada shaqo ama school ama ilaalin masuuliyad
  - Xidhiidh caafimaad leh
- Awooda laqabsiga isbedel iyo u adkeysiga waxa inooga yimaada banaanka
- Ka xishoon la,aan marka aanu u baahan nahay caawin



We have read about our society's beliefs about mental illness, but now we will explain our understanding of mental illness.

I hope you are interested to read this section, and I urge you, the reader, to expand your understanding and not limit yourself to reading this article but do your own search and research to gain further understanding.

### What is mental health?

Because most of the time, as mentioned earlier, there is a confusion between the two terms 'mental health' and 'mental illness'.

Mental health (mental well-being) is:

- health in general
- Our emotions
- How to deal with stress and how to deal with difficult times in life
  - Our thoughts and feelings
  - How we interact with the community
  - Understanding the world around us
- staying active through work or school or other responsibilities
  - Healthy relationships
- The ability to adapt to change and showing resilience to what comes from outside
  - Not being shy when we need help

Waxaan hadda sharixi doonaa mental illness, waxa hadda inoo muuqda in ay kala duwan yihiin, bal haddaba aan eegno micnaha uu xambaarsan yahay mental illness/xanuunka dhimirka.

Waa maxay xanuunka dhimirka/mental illness?

- Waa xanuun dhibaateeya qaabka aanu fikirno, udareeno iyo u dhaqano
  - Inaga saameeyo qaabka aan udhexgalno dadka kale
  - Inagu abuuraah jahwareer qaabka aanu ku heeysan lahayn shaqo ama famil ahaan isfahmka ama isdhexgal wada dhaqan
  - Waa xanuun la mid ah sida xanuunka jidhka, sida xanuunka wadnaha ama sokorta ama dhiig kar waana xanuun daawo leh.

Waxaan filayaa in ay kuu iftay faham ku saabsan in ay kala duwan yihiin caafimaadka maskaxiyanka ah/menta health iyo xanuunka dhimirka ah/ mental illness. Hana ku ekaan intaa aad aqrisay, waxaad isku daydaa in in badan aqriso mowduucayadaan si aan usii balaadhino fahamka xanuunkani daawadi leh sida xanuunka jidhka aanu haddana bulsho ahaan aanu ku hooseeno fahamkeeda. Aniga iyo adiga aqristaha ah, si wadajir ah waxa aanku caawin karnaa bulshadeena in ay indhaha ufurmaan.

I will now explain mental illness, now I have explained mental health.

So let's look at what it means to have mental illness.

What is mental illness?

- It is a disorder that affects the way we think, feel and act
  - Influences how we interact with others
- Creates confusion in our work or in our family life, makes it hard to understand how to interact with each other
  - It is similar to physical illness, such as heart disease or diabetes or high blood pressure and is a treatable disease.

I hope this has enlightened you on the difference between mental health and mental illness. And as you go further, try to read more of these topics in order to broaden your understanding. Together with you, the reader, we can help keep our community open.

Qeeybtani waxaan ku sharixi doonaa horudhac ku saabsan qeeybaha ay ku kala baxaan xanuunka dhimirka.

- Cabsida walwal wadata/anxiety disorder oo loo kala qaado ( General anxiety disorder GAD) oo loo yaqaan guud ahaan cabsi isku jir ah, Post traumatic disorder oo layaqaan PTSD waa xanuun inta badan yimaada marka aanu lasoo kulano dhacdo dagaal, ama dhimasho famil, ama xanuun ku yimaado qof aad jecehshay, ama dhaawac baabur qof la dhacay, OCD, iyaduna waxaa loo yaqaan, obsessive compulsive disorder, xanuunkani waa marka uu shaqsiga shaki lasoo daraaso in uu u maleeyo albaab uu xidhay in uusan xidhin ama iskadaba laab laabto in gacmaha iska dhaqo isago marna aaminayn in uu dhaqashada uu dhaqday gacmaha uusan qaxba utarayn, kadibna is aminsiiya xanuunada jidhka in kuu dhacayo amaba haduu cid la kulmo uu is yiraahdo waxaad kasoo qaaday xanuun, waana fikir qaldan iskaga soo daba dhacaya maankooda.
- Behavioural and emotional disorder inta badan awlaada ama da,yarta ay maraan, iyaduna isbedelo kaga yimaada ilmaha xagga dhaqanka ama laqabsi ama dagaanashaha ku yara adkaato. Waxa ayna ukala baxaan qeeybo kala duwan.
- Bipolar disorder waa qeeyb inta badan isbedelo ku yimaado xagga mood change/ jawi is bedel oo xagga daganaasho ama fikrado
  - Depression oo layaqaan isbedel kadibna ku dhalisa shaqsiga murugo, murugadaasoo udiida howshii uu qaban jiray dib udhaciyo quusasho in uu ka kici doona xanuunkaa. Waxa la xidhiidha xanuunka hooseeyn xagga energy ahaan.

In this section we will give an introduction to the components of mental illness.

- General Anxiety Disorder (GAD), Post Traumatic Disorder (PTSD) and obsessive compulsive disorder (OCD), is when a person shows behaviour that is full of anxiety or fear, such as worrying that a door is locked or washing their hands without ever believing they are clean, or believing they have a physical illness without any reason.
- Behavioral and emotional disorders are common in adolescents, and may result in changes in the child's behavior or coordination or with difficulty coping.
- Bipolar disorder is the most common cause of mood swings.
- Depression is characterized by changes that cause an individual to become low in mood and unable to function. It is associated with low energy levels.



Ugu dambeeyntii waxaan eegi doonaa maxaa kalifa ama keena xanuunka depression/ murugada? Waanu isla eegeynaa.

- abuse/ ceey ama dhibaateen, oo noqon karta mid jidheed ama qiiro/emotional, amaba sexual abuse, fara xumeeyn.
- Xanuun ama caafimaad ahaan inagoo kordhay, amaba in aad ilaalineeyso qof ka mid ah familka o xanuunsan oo adigu utahay qofkii ilaalin lahaa
  - hardship/dhibaato xagga nolosha, ima isfaham la,aan ka timaado dadka aad isku dhowdhiin, amaba (biological vulnerability) in qof familka ka mid ahi uu qabo ama ilmo wda dhashay.
- Dhibaato xagga furniin ama bur bur qoys ama kala noolaasho, amaba isku dhicitaan xagga saaxiib kugu qaali ah.
  - Waxaa u badan dumarka waayo dumarku waxa ay maraan isbedelo tiro badan sida caadada ku dhicitaan keeda
    - gene/ in familka qof ka mid ah usoo maray aabaha ama hooyada.

Finally we will look at what causes depression.

There are many causes that we can observe

- abuse, which may be physical, emotional, or sexual abuse.
- You are ill or in poor health, or you are looking after a sick family member for whom you are the caretaker.
- hardship in life, misunderstandings with loved ones, or vulnerability of a family member or child.
- Problems with divorce or family breakdown or separation, or falling out with a dear friend.
- It is more common in women because women go through a lot of changes such as menstruation
  - Genetic factors, when depression runs in a family, and makes family members who inherit the gene more vulnerable to depression

Thank you for reading this booklet. I hope you have begun to think about your own beliefs and attitudes to mental illness. If we join together we can bring an end to the stigma of mental illness. By using our intelligence and understanding we can gain and share knowledge about mental illness with our community. Let us all join together to make this happen and it will benefit the whole of society.

If you need help with any issues raised by this booklet, please contact Dalmar Heritage and Family Development where you will be able to discuss your issues in confidentiality and privacy.

