



**DUMARKA MUHAAJIRIINTA  
WAXAY YIRAAHDEEN MAYA  
RABSHADDA GURIGA**

DUMARKA MUHAAJIRIINTA AH  
XAQ BAY IYAGUBA LEEYIHIIN!

**Rabshadda Gurigu  
(Domestic Violence) waa ka  
badan tahay jirkaaga oo wax  
la gaarsiiyo kaliya**

Nabarradu jirkaaga gudihiisa  
ayay noqon karaan.

Waligaa ninkaagu:

- Baqdin hanjabaad iyo cabsi leh ma galiyay adiga ama qoyskaaga
- Ma kaa dhigay waxaan qiima lahayn
- Magacyo ma kuugu yeedhay
- Ma ku riixay, cankabuuday, feedhay, dharbaaxay ama xanuunjiyay si kastaba
- Ma kugu khasbay inuu kuugu tago xoog ama kugu kallifay inaad isu tagtaan si aadan raalli ka ahyn
- Ma kaa sugay inaad wax yar oo lacag ah ku adeegto oo aad dayaafad ka dhigtid
- Ma xooray ama jajabiyay alaabtaada, aqalka wax ma gaadhsiiyay ama xayawaankaaga rabaayadda ah
- Ma kaa joojiyay inaad asxaabtaada aragtid ama ciddaada
- Naftaada ma kontoroolay oo wax kasta oo aad samaysid ma kugu kallifay inaad fasax isaga ka qaadatid
- Ma kugu maadaystay markaad meelaha la buuxo u baxdaan oo kajan ku dhaawacaya ma kugu sameeyay

Hadday jawaabtaadu tahay **HAA** mid ka mid ah su'aalaha kor ku xusan oo aad rabtid inaad ka hadasho-

**KAALMO WAY JIRTA**

**Please Contact:**

**Domestic Violence  
Crisis Service**  
1300 782 200  
Mon - Fri 9am-4pm

**Police 131 444**

**Crisis Care** (after hours)  
131 611

**Migrant Women Supported  
Accommodation Service**  
8346 9417

**Central Eastern Domestic  
Violence Service**  
8365 5033

**Southern Domestic Violence  
Service**  
8382 0066

**Western Domestic Violence  
Service**  
8268 7700

**Northern Domestic Violence  
Service**  
8255 3622

**Women's Health Statewide**  
8239 9600

**Northern Women's Community  
Health Centre**  
8252 3711

**Dale Street Women's Health  
Centre**  
8444 0700

**Southern Women's Community  
Health Centre**  
8384 9555

**Parks Community Health  
Service**  
8243 5611

**Salisbury West Community  
Health Service**  
8281 7644

**DV Helpline**  
1800 800 098



Non English Speaking Background  
Domestic Violence Action Group  
PO Box 369  
Marden SA 5070



Government  
of South Australia



South Australian Multicultural &  
Ethnic Affairs Commission