



**PEACE IN
THE HOME
HELPLINE**
1-888-847-7205
206-310-5841

Qof ku wax yeelaynaya miyuu jiraa?

Ninkaaga, qofka kula dagan ama dadka qoyska ka tirsan ma sameeyaan:

- Rixid, feerid, ceejin (marjin), ama garaacid?
- Caytin (aflagaado), ama sharafriidid laguugu soo celceliyo?
- Ma lagaa qariyay ama ma lagaa baabi'iyey warqadahaada muhiimka ah?
- Ma laguugu qasbay galmo ama ma lagu kufsaday?
- Ma lagaa celiyey dakhliga qoyska in aad isticmaashid?
- Geeri go'an miyad ka noqotay saaxibadaada iyo reerkiina?
- Hanjabid ah in lagaa fogeeynaayo caruurtaada?
- Hanjabid ah in wax lagu yeelayo ama wadanka lagaa dhoofinaayo ama caruurtaada la dhoofinaayo?

Waxaad xaq u leedahay in aad si nabad gelyo ah aad ugu noolaatid gurigaaga iyo dadka kugu dhowba.

Rabshooyinka arrimaha qoyska badanaa waxay gaaraan dhibaato haddaadan caawinaad helin.

Haddii aad tahay qof lagu xadgudbay waxaad awoodaa in aad tallaabo qaadid. Waxaa jira dad badan oo ku caawinaayo.

Haddii aad wax dhibaato ka tirsanayso xidhiidh idinka dhexeeya adiga iyo qof kale, una baahan tahay qof kale ood arrinta kala hadasho ama aad macluumaadka arrintan la xidhiidha ku hesho Af- Somali, waxaad soo wacdaa Hay'adda Gargaarka Nabadgelyada Guriga ee dumarka aan Af- Ingiriiska ku hadal (Peace in the Home Helpline for Non-English Speaking Women)

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Waxaa lagu weydiin doonaa inaad riixdid 09 haddii aad rabto Soomaali. Taleefoonku waa bilaash oo barnaamijka ayaa loogu talagalay dumarka aan ku hadlin Ingiriisiga.



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(TRANSLATION SOMALI-ENGLISH)
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Is Someone Hurting You?

Does your spouse, partner or family member:

- Shove, punch, choke or beat you?
- Insult or degrade you repeatedly?
- Hide or destroy important papers?
- Force you to have sex or rape you?
- Keep you from having access to the family's income?
- Isolate you from friends and family?
- Threaten to take your children away?
- Threaten to hurt or deport you or your children?

You have the right to be safe in your home and with the people closest to you. Domestic violence often gets worse unless you get help. If you are being abused, you can take control. There are plenty of people to help you.

If something in your relationship is bothering you and you want to speak to someone or get information, call the Peace in the Home Helpline at

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You will be asked to press 09 for Somali. The call is free and the program is for non-English speaking women.