SIDA AAD U GARGAAREYSO

Haddii aad ka welwelsan tahay khamaariddaada, ama aad ka welwelsan tahay qof aad jeceshahay, waxaad gacan ka heli doontaa ama su'aalahaada aad jawaab ugu heleysaa inaad wacdo:

ONTARIO PROBLEM GAMBLING HELPLINE

(TOOSKA EE DADKA DHIBKU KA HAYSTO KHAMAARKA EE ONTARIO)

1-888-230-3505

Waa qarsoodi, sir, lacag-la'aan wuxuuna furan yahay 24 saac.

OPGH
Ontario Problem Gambling Helpline
La Ligne ontarienne d'aide sur le jeu problématique

Wixii macluumaad siyaado ah oo la xiriiro khamaarka khatarta yar eeg golaha khamaaridda mas'uulka ah website-kooda

www.responsiblegambling.org

Xasuuso "waa ciyaar kaliya"

The Responsible Gambling Council ah wuxuu Diiradda-saarayaa Si-xoog leh Ka-hortagga

The Responsible Gambling Council ah waa urur madax banana, oo aan-faaido doon ahayn eeyna ka go'an tahay ka-hortagga khamaaridda dhibaatada leh. RGC wuxuu hidisaa oo baraa barnaamijyo wacyigelin ah oo waxqabad sare leh. Golaha wuxuu tilmaamaa qaadashada howlaha ugu fiican ee ka-hortagga khamaaridda dhibaatada leh iyagoo adeegsanaya cilmi-baaris iyo baafin wareed.

Somali

www.responsiblegambling.org

WAA CIYAAR KALIYA

HAGE KHAMAARIDDA KHATARTA-YAR OO LOOGU TALAGALEY DADKA WAAWEYN

RESPONSIBLE GAMBLING COUNCIL
www.responsiblegambling.org

FAHMIDDA CIYAARTA

Sannad walba dad badan oo waaweyn ayaa khamaara. Waxay ciyaaraan ciyaaraha kasiinada, orodka fardaha, lootariga, waxay nasiibsadaan bingo, ama waxay ciyaaraan ciyaaro kale oo baqtiyaanasiib ah.

Inkastoo khamaaridda badankeeda aysan cidna wax yeelin, dadka qaarkood waxay u "qabtimeen" khamaaridda, sida dadka qaar ay u "qabatimaan" khamriga. Tirada dadka waaweyn ee aay heysato dhibaatada khamaarku wey ka hooseysaa kooxaha kale ee bulshada. Laakiin inkastoo khatarta dadka waaweyn laga yaabo in ay hooseyso, aad beey uga cawaaqib xumaan karaan. Dadka waaweyn ee yeesha dhibaato khamaarka waxay khatar ugu jiraan in ay lumiyaan lacagta ay keydsadeen noloshooda oo dhan. Qofka weybn wuxuu leeyahay fursad ka yar tan qofka yare e ah inuu dib u sameeyo lacagtan.

Khamaarka khatarta-yar hab loo ciyaaro oo leh fursad aad u yar oo ah inaad lumiso controlkaaga. Muhiimadda khamaarka khatarta yar leh waa in la ogaado in ay "ciyaar kaliya tahay"

TALOOYINKA KHAMAARKA KHATARTA-YAR LEH

Dadka sida khatarta-yar leh u khamaara waxay fahamsanyihiin in, inkastoo mar mar ay nasiib yeelan karaan, waqtiga markuu sii dheeraado in ay khasarayaan. Weey og yihiin ciyaaraha in ay habkaas u shaqeeyaan.

Dadka sida khatarta-yar leh u khamaara waxay u arkaan khamaarka madadaalo, ee maaha hab lacag lagu tabco. Iyaga, khasaare yar oo khamaar ah wuxuu u yahay madadaalad habenkaas, sida kharashka tikidka filimka ama biilka maqaayadda.

Dadka sida khatarta-yar leh u khamaara waxay raacaan talooyinkan:

- horey ayeey u go'aamiyaan xadkey khasaarayaan weyna ku adkeystaan
- marna uma soo deynsadaan lacag in aay ku khamaaraan
- qabso waqti go'an
- qaado nasasho joogto ah
- khamaarka u miisaan hawlaha kale
- ku khamaar lacagta loo dhigay madadaalada oo keliya, marna ha ku khamaarin lacagta kharashyada maalin
- ha khamaarin markuu ku hayo walwal iyo walbahaar, buufis ama si kale laguu hayo

CALAAMADAHA DHIBKA

Khamaarleyda dhibka leh wey iloowaan in ay madadaalo kaliya ay tahay. Laga yaabe in ay khamaarka hab lacag lagu sameeyo u arkaan. Waxay badanaa u fikiraan in ay leeyihiin nasiib ama awoodo gaar ah. Marka ay lacag khasaaraan waxay sii wadaan in ay "ka dabatagaan khasaaradooda," iyagoo dhiganaya wax dheeraad si ay dib usoo dhacsadaan. Natiijada waa meerto cawaaqib xun oo ah khasaare bato iyo khamaarid korodha.

Waa kuwan calaamadaha lagu garto khamaarka dhibta leh:

- khamaarka oo waqti badan la galiyo
- lacag badan oo lagu khamaaro
- cadadka lacagta la gelinayo oo kororta
- "ka dabategidda khasaaraha"
- deeynsasho lacag si loogu khamaaro
- deyntaada oo saa'idda khamaarka dartii
- xatooyo iyo khiyaamo si aad u khamaarto
- been sheegid iyo khayaano si loo maal galiyo khamaarka
- dayicidda shaqada, reerka ama saaxibada
- khamaarid si looga baxsado waajibaadka ama cadaadiska nolol maalmeedka