# Ogsoonow xuquuqdaada, aragtidaada dhiibo

Sebteembar 2023

Udoodaha Madaxa-banaan ee Caafimaadka Maskaxda (Independent Mental Health Advocacy - IMHA) ayaa kaa caawin kara inaad ogaato xuquuqdaada oo aadna fikradaada dhiibato. IMHA waa adeeg lacag la’aana oo ay wax kasta qarsoodi kuu yihiin looguna talagalay dadka:

* helaya daaweyn khasab ah, ama
* ka welwelsan wixii ku saabsan daaweynta khasabka ah.

IMHA waa adeeg ay bixiso Victoria Legal Aid laakiin maaha adeeg sharci. IMHA waa ay ka madax-banaan yihiin adeegyada caafimaad dhimirka .

## Waan kula soo xiriiri doonaa

Laga soo bilaabo 1-dii Sebteembar 2023, *[Sharciga Caafimaadka Maskaxda iyo Caafimaadka Guud 2022 ee Vic (Mental Health and Wellbeing Act 2022 Vic)](https://www.legislation.vic.gov.au/in-force/acts/mental-health-and-wellbeing-act-2022/002)* wuxuu dhigayaa in naloo sheegi doono qodobada ugu muhiimsan markaad hellayso daaweynta khasabka ah. Baro wax badan oo ku saabsan [“Goorma ayaa IMHA lala socod siin doonaa?](#IMHAnotified)’ qaybta ah eedukumintigaan.

Waanu kula soo xiriiri doonaa inaad naga codsatay inaanaan kula soo xiriirin mooyee. Markaan kula soo xiriirno, waxaan kuu sharixi doonaa waxaan samayno, waxaadna go’aan ka gaari kartaa haddii aad doonayso adeegayaga. Si aad noola soo socodsiiso in aanaan kula soo xiriirin eeg meesha ay ku qoran tahay ‘Noo sheeg in aanaan kula soo xiriirin’ qaybta ah ee warqadaan.

## Waad nala soo xiriiri kartaa

Haddii aadan hadda helayn daaweyn khasab ah laakiiin aad ka welwelsan tahay inaad qaadato daaweyn Khasab ah, weli waxaad geli kartaa adeegyada IMHA. Waxaad u baahan doontaa inaad toos noola soo xiriirto maadaama aan naloo sheegi doonin. Waxaad naga soo wici kartaa [1300 947 820](tel://1300947820/), booqo websayt-kayaga [www.imha.vic.gov.au](http://www.imha.vic.gov.au), ama noogu soo dir email [contact@imha.vic.gov.au](mailto:contact@imha.vic.gov.au)

Sababaha badanaa ee laga yaabo inay dadku ka welwelaan helitaanka daaweyn khasaba waxaa ka mid ah inaad aaminsan tahay inaadan ka hor imaan karin talooyinka kooxda ku daaweynaysa, ama kooxdaada daaweynta ayaa kugu yiri haddii aadan qaadan talooyinka aan kuusoo jeedinay waxaa lagugu dari doonaa dadka loo qorsheeyay inay helaan daaweyn khasab ah.

## Siyaabaha ay IMHA kuu caawin karaan

Waxaan kaa caawin karnaa inaad:

* fahamto macluumaadka ku saabsan qiimaynta, daaweynta iyo soo kabsashada
* gaarto go’aamada ku saabsan qiimayntaada, daaweynta iyo daryeelka
* fahamto aadna hesho xuquuqdaada
* sii sameysato ood diyaarsato qoraal dardaaran ah
* magacaabato qof ku taageera
* raadiso fikrad labaad oo dhakhtarka maskaxda ah
* raadiso talo sharci
* codsi u dirsato [Maxkamadda Caafimaadka Maskaxda](https://www.mht.vic.gov.au/)
* fahanto aadna hesho nadaamka adeega caafimaadka
* soo bandhigto go’aanadaada, aragtidaada iyo xulashadaada ku aadan adeegyada caafimaadka maskaxda iyo caafimaadka guud iyo wixii kale
* samayso cabasho.



Waxaan ku diyaarin karnaa turjubaan. Waxaad kaloo wici kartaa [Adeegga Fasiraada iyo Turjubaanka](https://www.tisnational.gov.au/) (Translating and Interpreting Service - TIS) telefoonkooda ah [131 450](tel://131450/) oo weydiiso inay anaga nagu kaa soo xiraan.

IMHA ayaa kugu matali karta aragtidaada ku saabsan adeega caafimaadka dhimirka iyo caafimaadka guud haddii aad fasax usiiso.

Qofka IMHA kugu matalaya:

* ayaa ku shaqayn doona amarkaaga
* ma sameyn doono waxaadan adiga fasax u siin
* waxyaabaha ay dadka kale u arkaan inay tahay meesha ay danta kuugu jirto ma hagi doonto , haddii aad jirto ugu yaraan 16 sano. Haddii aad jirto 15 sano ama aad ka yartahay, IMHA waxay horumarin doontaa aragtidaada waxayna la shaqayn doontaa qoyskaaga, daryeelayaasha, iyo taageereyaasha si loo hubiyo in dantaada ugu fiican la ilaaliyo.

## Noo sheeg in aan lagula soo xiriirin

Waxaa loo loo baahan doonnaa inaad bixiso maclumaadkaaga laguugu xaqiijinayosidaas darteed waxaanu xaqiijin doonaa in:

* aanaan isku deyin in aan kula soo xiriiro, iyo
* in aan tirtirno macluumaadka aanu helnay ee ku saabsan daaweyntaada khasabka ah.

Macluumaadka aad nala wadaagto waxaa xafidi doono shaqaalaheena. Waxaad booqan kartaa <https://www.imha.vic.gov.au/how-we-handle-personal-information> si aad u ogaato sidaan ula dhaqano macluumaadka shakhsiyeed una xafidno barayfasigaaga.

NSi aad noola soo socodsiiso in aan lagula soo xiririin:

* wac [03 9093 3701](tel://0390933701/);
* booqo [www.imha.vic.gov.au/optout](http://www.imha.vic.gov.au/optout) si aad u buuxiso foomka ka bixida
* buuxi foomka soo socda kuna soo dir [admin@imha.vic.gov.au](mailto:admin@imha.vic.gov.au) ama boostada:

Independent Mental Health Advocacy

GPO Box 4380

Melbourne VIC 3001

* email noo soo dir [admin@imha.vic.gov.au](mailto:admin@imha.vic.gov.au) adoo noo soo sheegaya macluumaadka soo socda.

Waxaad ka codsan kartaa qof ka mid ah shaqaalaha ama qof ku caawin kara inay kaa caawiyaan sidii aad kusoo gudbin lahayd foomka.

Aniga oo ah, Halkaan ku qor magacaaga oo dhameystiran ma **doonayo** IMHA inay ila soo xiriiraan haddii laigu amray in Khasab laigu daaweynayo ama qodobo kale oo muhiima. Waxaan fahamsanahay in macluumaadka ay mustaqbalka ay IMHA ka hesho ee ku saabsan daawaynta khasabka ah la tirtiri doono..

Taariikhda dhalashada: Halkaan ku qor taariikhda aad dhalatay (dd/mm/yyyy)

Waxaa saxiixay: Magacaaga ku qor halkaan

Taariikhda: Halkaan ku qor taariikhda maanta

Lambarka UR ee gobolka oo dhan (State-wide UR Number) SWURN: Halkaan ku qor SWURN kaaga

Kani waa lambar gaar ah oo dhammaan macaamiisha gelaya adeegyada caafimaadka dhimirka ee dadweynaha loo qoondeeyay. Waxaan u isticmaalnaa lambarkan si aan u hubinno inaan si sax ah kuu aqoonsanno. Haddii aadan aqoon SWURN kaaga, waxaad waydiin kartaa adeega caafimaadka dhimirka iyo caafimaadka guud, ama wac IMHA wixii macluumaad ah ee ku saabsan cidda aad waydiisanayso.

Nambarka telefoonka: Halkaan ku qor taleefan lambarkaaga

Email: Halkaan ku qor Iimayl kaaga

Address ka: Halkaan ku qor addresskaaga

Xaafada/Magaalad: Halkaan ku qor xaafada aad degan tahay

Postcode: Halkaan ku qor postcode kaaga

Haddii aad go'aankaaga dib ka bedesho oo aad rabto in IMHA ay kula soo xiriirto marka aad qaadanayso daawaynta khasabka ah, waxaad awoodi kartaa inaad:

* soo wacdo [1300 947 820](tel://1300947820/)
* email usoo dirto [contact@imha.vic.gov.au](mailto:contact@imha.vic.gov.au)
* booqato websaytka: [www.imha.vic.gov.au](http://www.imha.vic.gov.au)

### Goorma ayaa IMHA loo sheegi doonaa?

IMHA waxaa loo sheegi doonaa haddii:

* lagu geliyo amarka daaweynta ku-meelgaarka ah, ama amarka daaweynta oo ay ku jiraan haddii aad tahay forensic ama bukaanka
* haddii xuquuqda aad u leedahay inaad hadasho la xaddidayDaaweyntaada amarka ku meelgaarka ah, ama amarka daaweynta waxaa laga bedelay mid dadweyne ama bukaan jiif ama bukaanka bulshada
* Daaweyntaada amarka ku meelgaarka ah, ama amarka daaweynta, waa laga saaray ama la tirtiray
* Haddii aad leedahay Mental Health Tribunal barnaamij oo maqal ah
* Haddii faragelin la isticmaalay, sida haddii meel gaara lagu geeyey, ama jir ahaan iyo kiimikal ahaan la xanibay
* Haddii dalabkaaga wax laga bedelay si laguugu xawilo adiga daaweyn meel kale ah oo adeega caafimaadka dhimirka.
* Haddii aad tahay bukaan amaan

IMHA ayaa iyadana lala socodsiinayaa haddiii:

* aad heshay, ama loo qaaday, adeeg caafimaad oo maskaxda ah
* waa lagaa saaray dibna laguugu celiyey xabsiga.

Haddii aad tahay bukaanka faraha (forensic), IMHA ayaa iyagana lala socodsiinayaa haddii:

* Haddii laguu qaadayo goob adeeg caafimaad oo cayiman, marka laga saaro [Forensic Leave Panel](https://www.health.vic.gov.au/mental-health-services/forensic-leave-panel) ay ansixiyaan gaadiidka ama ay jiheeysay hay’ad amrani
* Haddii dhakhtarkaaga caafimaadka dhimirka ama [Madaxa caafimaadka dhimirka](https://www.health.vic.gov.au/chief-psychiatrist) amro in laguu qaado adeeg kale oo ah caafimaadka dhimirka
* [Forensicare](https://www.forensicare.vic.gov.au/) (Victorian Institute of Forensic Mental Health) waxay khusaysaa Maxkamada Caafimaadka Dhimirka oo kormeer lala soconayo oo degdeg ah, haddii iyo marka la sameeyey amarka.

### Sida loola xiriiro IMHA loona hello intaas ka badan

* Booqo websaytka [www.imha.vic.gov.au](http://www.imha.vic.gov.au) or ugu dir email [contact@imha.vic.gov.au](mailto:contact@imha.vic.gov.au).
* Wac IMHA oo nambarkeedu yahay [**1300 947 820**](tel://1300947820/), oo ay hawlgelisay IMHA kuwa u dooda 9:30 subaxnimo – 4:30 habeenimo todobada maalmood ee asbuuca (marka laga saaro maalmaha fasaxa).
* Wac khadka xuquuqda IMHA oo ah [**1800 959 353**](tel://1800959353/) si aad u maqasho duubitaanka ku saabsan xuquuqdaada.
* Weydii bixiyaha adeega caafimaadka daryeellaha ama kaalmeeye kale si uu u caawimo la xiriirida IMHA.
* Haddii aad bixinayso aragti ama dacwad ku saabsan IMHA, fadlan nala soo xiriir, ama booqo [qaybta aragti dhiibashada](https://www.imha.vic.gov.au/feedback) websaytkeena.
* Hel turjubaan lacag la’aan ah adigoo wacaya [131 450](tel://131450), ka bacdina waxaad usheegtaa inay kuu wacaan lambarka [1300 947 820](tel://1300947820/).

