# **Soo koobida Wadatashiga Qorshaha Waxqabadka Ka Hortagga Isdilka**

## Hordhac

Dadaallada ka hortagga is-dilka ee New Zealand waxaa haga  [labadan dukumeenti](https://mohgovtnz.sharepoint.com/sites/moh-ecm-TemplateCentral/TemplateCentral/Suicide%20Prevention%20Action%20Plan%202019%E2%80%932024%20for%20Aotearoa%20New%20Zealand%20%28He%20Tapu%20te%20Oranga%29) :

* 1. Nool kasta waa muhiim - Nolol kasta oo bini'aadmi ah waa muqadas: Istaraatiijiyada Ka Hortagga Is-dilka 2019–2029 (Noloshu waa muqadas)
	2. Qorshaha Waxqabadka Ka Hortagga Isdilka 2019-2024 ee Wadanka oo New Zealand.

Maadaama Qorshe Hawleedku uu dhammaanayo 2024, Wasaaradda Caafimaadka ayaa soo saartay qorshe hawleed qabyo ah shanta sano ee soo socota. Wasaaradda waxay raadineysaa jawaab-celin ku saabsan qorshaha qabyada ah.

Qorshahani wuxuu la jaan qaadayaa mudnaanta Xukuumadda ee Caafimaadka Dhimirka:

* hagaajinta helitaanka ka hortagga is-dilka iyo is-dilka ka dib taageero
* in la abuuro shaqaale awood u leh in ay taageeraan dadka ay khatartu saamaysay ama ay saameysay isdilka
* xoojinta diiradeena ka hortagga iyo wax ka qabashada hore ee dhammaan arrimaha saameyn kara isdilka
* hagaajinta waxtarka ka hortagga isdilka iyo taageerada is-dilka ka dib iyadoo la hagaajinayo cilmi-baarista iyo xog ururinta.

Qorshuhu wuxuu leeyahay waxqabadyo labadaba qaybta caafimaadka iyo dhammaan hay'adaha dawladda ee kala duwan.

## Tallaabooyinka la soo jeediyay ee caafimaadka lagu hoggaaminayo

### 1: Hagaajinta helitaanka ka-hortagga is-dilka iyo taageerada ka-dib

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * In la dhiso sanduuqa lacagaha bulshada ee ka hortagga isdilka oo diiradda lagu saaro dadka baahiyaha badan leh (tusaale ahaan, hooyada, dhalinyarada iyo bulshooyinka reer miyiga ah) si ay u dhammaystiraan lacagaha jira ee Māori iyo Pacific.
 | Ugu dambeyn 31 ka Disembar 2025 |
| * Soo bandhigida taageero dheeraad ah oo loogu talagalay dadka naftooda dila.
 | Ugu dambeyn 30 ka Juun 2026 |
| * Aasaasidda iyo qiimeynta lix xaaladood oo dib u soo kabashada xasaradda makhaayadaha/ xarumaha/ adeegyada.
 | Ugu dambeyn 30 ka Juun 2028 |
| * Horumarinta ku habboonaanta dhaqanka ee taageerada bilowga ah ka dib dhimashada is-dilka iyo kuwa ku dhintay adeegga is-dilka
 | Ugu dambeyn 31 ka Disembar 2028 |

### 2: Horumarinta shaqaale awood leh oo kalsooni ku qaba ka hortagga isdilka iyo is-dilka ka dib

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * Kordhinta helitaanka tababarka wacyigelinta isdilka ee bulshada iyo qoysaska.
 | Ugu dambeyn 31 Disembar 2025 |
| * In la horumariyo agabyada lagu soo bandhigayo lana hagaajiyo taageerada joogtada ah ee habdhaqanka ugu wanaagsan ee loogu talagalay isuduwaha ka hortagga isdilka iyo ka dib isdilka iyo ilaalinta ciidamada nabadda.
 | Ugu dambeyn 30ka Juun 2026 |
| * In la daabaco qaab-dhismeedka karti-ku-saleysan aqoonta qaranka oo loogu talagalay shaqaalaha, bulshooyinka, qoyska iyo xubnaha qoyska.
 | Ugu dambeyn 30 ka Juun 2026 |
| * In la diyaariyo lana daabaco hagis la xoojiyay oo loogu talagalay xirfadlayaasha caafimaadka si loo qiimeeyo loona taageero dadka laga yaabo inay is dilaan ama ay la kulmaan dhibaato is dilid ah.
 | Ugu dambeyn 30 ka Juun 2028 |

### 3: Xoojinta diiradda la saaro ka hortagga iyo wax ka qabashada hore

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * Maalgashiga adeegyada xoojinta xaaladaha degdegga ah, nasashada ama ka soo kabashada dhibaatooyinka dhalinyarada ugu yaraan laba gobol.
 | Ugu dambeyn 30 ka Juun 2025 |
| * Bilow olole cusub oo horumarinta samaqabka oo ay ku jiraan agabka la beegsanayo ee dhalinyarada.
 | Ugu dambeyn 31 ka Luulyo 2025 |
| * In la horumariyo lana fuliyo barnaamij qaran oo lagu baaro khamriga iyo wax ka qabashada kooban oo ay ku jiraan dhinacyada ka hortagga isdilka.
 | Ugu dambeyn 30 ka Juun 2027 |
| * In la sameeyo oo la daabaco tilmaamaha warbaahinta ee isdilka la cusbooneysiiyay iyo ilaha dheeraadka ah ee warbaahinta kala duwan.
 | Ugu dambeyn 31 ka Disembar 2028 |
| * Abuur jawi nabdoon oo bukaan-jiifka caafimaadka dhimirka iyo goobaha lagu daaweyo balwada adiga oo horumarinaya shaqada si loo hagaajiyo loona yareeyo meelaha la isku dili karo
 | Ugu dambeyn 30 ka Juun 2029 |

### 4: Horumarinta waxtarka ka hortagga isdilka iyo fahamka isdilka

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * Dib u eegida waxtarka maalgashiga adeegyada ka hortagga isdilka ee Vote Health iyo hirgelinta wixii isbeddel ah.
 | Ugu dambeyn 30ka Juun 2026 |
| * Baadhitaanka fursadaha tijaabinta qalabka xogta isdilka waqtiga dhabta ah si loo helo wakhti cayiman iyo xogta isdilka ee la hagaajiyay.
 | Ugu dambeyn 31 ka Disembar 2026 |

## Tallaabooyinka la soo jeediyey ee ka dhexeeya dowladaha

### 1: Hagaajinta helitaanka ka-hortagga is-dilka iyo taageerada ka-dib

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * Horumarinta dhamaystiran ee goobta ku salaysan, hababka jawaab celinta ka dib-ka-hortagga maxalliga ah ee goobaha xabsiyada (Wadada weyn ee New Zealand - Waaxda Hagaajinta).
 | Ugu dambeyn 31 Disembar 2025 |

### Horumarinta shaqaale awood leh oo kalsooni ku qaba ka hortagga isdilka iyo ka hortagga ka dib

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * In la kordhiyo aqoonta iyo habdhaqanka ka hortagga isdilka ee shaqaalaha Adeegyada Wax ka qabashada Xadgudubka Odayaasha (Wasaaradda Horumarinta Bulshada).
 | Ugu dambeyn 30 ka Juun 2028 |
| * Cusboonaysiinta hagista iyo taageerada ku saabsan shaqada shaqaalaha bulshada iyo daryeelayaasha la shaqeeya carruurta iyo dhallinyarada laga yaabo inay is dilaan ama ay la kulmaan dhibaato is dilid ah (Nolosha hore).
 | Ugu dambeyn 30 ka Juun 2029 |

### 3: Xoojinta diiradda la saaro ka hortagga iyo wax ka qabashada hore

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * Horumarinta wanaagga iyo xoojinta taageerada ay dugsiyadu siiyaan ardayda la kulma dhibaatooyin ama is-waxyeelaynta iyo is-dilka ka dib (Wasaaradda Waxbarashada).
 | Ugu dambeyn 30ka Juun 2026 |
| * Abuur jawi nabdoon oo xarumaha ciqaabta ah iyada oo loo marayo shaqada si loo hagaajiyo loona yareeyo meelaha la isku dili karo (Wadada weyn ee New Zealand - Waaxda Hagaajinta).
 | Ugu dambeyn 30 ka Juun 2028 |

### 4: Horumarinta waxtarka ka hortagga isdilka iyo fahamka isdilka

| **Tallaabooyinka la soo jeediyay** | **Taariikhda la dhammeeyay** |
| --- | --- |
| * Taageerida baadhitaanka fursadaha tijaabinta qalabka xogta isdilka waqtiga dhabta ah si loo helo wakhti cayiman iyo xogta isdilka ee la hagaajiyay (Wasaaradda Caddaaladda).
 | Ugu dambeyn 31 ka Disembar 2026 |
| * In kor loo qaado waxtarka talooyinka uu soo koobay dhaqtarka meydka ee khadka tooska ah(Wasaaradda Caddaaladda).
 | Ugu dambeyn 30 ka Juun 2029 |

## Natiijooyinka iyo tallaabooyinka

Horumarka waxaa la kormeeri doonaa iyadoo la siinayo warbixin cusub Wasiirka Caafimaadka Maskaxda 3 dii biloodba mar. Sannad kasta warbixin cusub ayaa la wadaagi doonaa Golaha Wasiirada waxaana la gelin doonaa bogga internetka ee Wasaaradda Caafimaadka.  Xafiiska Caafimaadka Dhimirka iyo Xasiloonida Bulshada ayaa wuxuu kaloo kormeer ku sameyn doonaa isdilka kahortaga.

## Sida looga qayb qaato

Waad ku soo gudbin kartaa jawaab-celintaada ku saabsan hindisaha qorshaha waxqabadka adigoo:

* in aad noogu soo dirto emailkamhaengagement@health.govt.nz
* ka qeybgalka shirka wada-tashiga ee tooska ah ama kan khadka tooska ah - faahfaahin dheeraad ah waxaad ka heleysaa[bogga la-talinta bogga internetka ee wasaaradda caafimaadka](file:///C%3A%5CUsers%5Cnwillis%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CPMQAFG45%5CDraft%20Suicide%20Prevention%20Action%20plan%20for%202025%20%E2%80%93%202029%20Public%20consultation%20document%20%7C%20Ministry%20of%20Health%20NZ)
* ka jawaabista su'aalaha internetka ee [xarunta la-talinta ee wasaaradda caafimaadka](https://consult.health.govt.nz/mental-health/suicide-prevention-action-plan-2025-2029-c/).

Wadatashiga waxaa la soo gabagabeynayaa maalinta Jimcaha ee 1-da Nofembar saacaddu markay tahay 5 ta galabnimo.

**Su'aalaha wada tashiga:**

1. Ma ku raacsan tahay talaabooyinka la soo jeediyay ee caafimaadka iyo hay'adaha dawladaha kala duwan? Sidee loo horumarin karaa ficilladan? Ku dar sababaha jawaabtaada.
2. Waa maxay tallaabooyinka kale ee aad u malaynayso in lagu dari karo hay'adaha dawladda si ay u tixgeliyaan? Fadlan ku dar sababaha soo jeedintaada.
3. Maxay u baahan yihiin hay'adaha dawladdu inay ka fiirsadaan marka ay fulinayaan tallaabooyinkan si loo hubiyo waxa la keenay inay daboolaan baahiyaha bulshada? Fadlan ku dar sababaha soo jeedintaada
4. Ma jiraan wax kale oo aad rabto in hay'adaha dawladdu ay ogaadaan waxa loo baahan yahay si looga hortago is-dilka?

Waad ku mahadsan tahay jawaab celintaada.