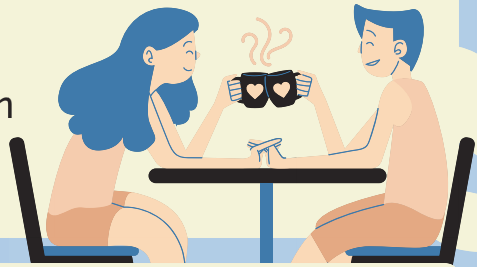


WAAD UQALANTAA inaad dareento ammaan iyo jacayl

Xadgudubka marnaba adigu maad keenin

Ma aha sax haddii lammaanahaagu ku waxyeeleeyo adiga, ku handado, ku yaso, ku kormeero ama ku khasaysiiyo onlayn ahaan, kugu qasbo galmo, ama kaa dhigo inaad dareento ammaan la'aan.

Xiriirka fayoaqabaa waa is-ixtiraam, xuduud kala yeelasho, wada-xiriirtan furan, iyo is-taageeris midba midka kale.



Waa sax inaad raadsato gargaar

Qaangaar lagu kalsoon yahay ayaa ku caawin kara. Ka raadi ilo khayraad asturan
ocadsv.org/find-help



Jacaylku waa ixtiraam

Wac 866.331.9474
Farriin qoraal ah
LOVEIS to 22522
loveisrespect.org



Danayn ammaan awgeed

Wac xaaladda degdega ah 9-1-1
SafeOregon.com
Wac ama fariin u dir 844.472.3367
[Iimayl tip@safeoregon.com](mailto:Iimayl_tip@safeoregon.com)

