Ma'u baahan tahay taageero? 988 ayaa halkan jooga.

Ma maraysaa waqti adag? Ma dareemaysaa murugo, diiqad, ama kalinimo?

Wac 988. Nala hadal. Waa bilaash. Waa qarsoodi. Turjubaano ayaa la heli karaa.

988 SUICIDE & CRISIS LIFELINE

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988

WAC, QORAAL U DIR AMA LA SHEEKAYSO

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Somali

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