



For information about contraception,  
pregnancy options and sexual health.



## Nala soo xiriir:

 **1800 696 784**

Isniin ilaa Jimcaha, 10-ka subaxnimo ilaa  
4-ta galabnimo  
(fasaxyada dadweynaha way xiran tahay)



13 14 50



1300 555 727  
relayservice.gov.au

 **1800myoptions.org.au**

 **info@1800myoptions.org.au**

## Nagala soco baraha bulshada:

 [instagram.com/1800myoptions](https://www.instagram.com/1800myoptions)

 [facebook.com/1800MyOptions](https://www.facebook.com/1800MyOptions)

1800 fursadaheyga waa adeeg ay bixiso Women's Health  
Victoria, (Haweenka Caafimaadka Fiktooriya),  
Waxaa maalgeliyey Dawlada Victoria.



Miyaad raadinaysaa  
macluumaad ku saabsan  
ka hortaga uurka  
fursadaha uurka  
ama caafimaadka galmada?



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## Yaanu nahay

Waxaan nahay website iyo khad taleefan oo madax bannaan ee laga helo Victoria. Adeegeena bilaashka waa mid qarsoon oo xor ka ah wax ku xukumid. Waxaan sidoo kale rumeysanahay in dumarku xaq u leeyihiin inay doortaan haddii ay doonayaan inay sii wadaan uurka ama iska soo ridaan.

Dhammaan taleefanadeena waxaa ka jawaabaya dumar. Turjumaanadeenu dhammaan waa dumar sidoo kale. Waxaan sidoo kale sameyn doonaa sida ugu wanaagsan si aan u helno dhakhaatiir dumar ah adiga haddii aad codsato.

Waxaan bixinaa:

- Macluumaadka ku saabsan uur ka hortaga, fursadaha uur qaadista ( oo ay ku jirto iska soo ridida) iyo caafimaadka galmada
- Macluumaad ku saabsan adeegyada aad aadi kartid

Ma bixino tallo maaliyadeed, sharci, ama caafimaad ama la talinta.

## Sidee baan kuu caawin karnaa

Shaqaalahaana taleefanku waa kaala hadli karaan baahidaada caafimaadka galmada iyo ilmo dhalista, waxay heli karaan adeegyo kugu haboon.

Su'aalaha badanaa nala weydiiyo waxaa ka mid ah:

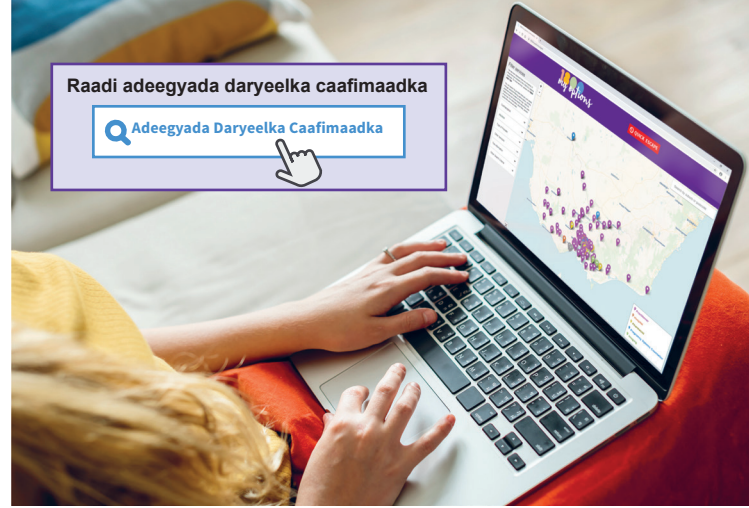
- Xaggee baan ilmaha iskaga soo ridi karaa
- Xaggee baan ka heli karaa IUD?
- Miyey jirtaa rugta caafimaadka galmada oo ii dhow?

Waxaan sidoo kale leenahay keydka macluumaadka adeegyada caafimaadka ilmo dhalista iyo galmada ee Victoria oo aad ka raadin kartid website keena.

## Khibradeena

Waxaan si shirko ah ula shaqeynaa boqolaal adeegyo laga helo Victoria oo dhan ( oo ay ku jiraan GPs, xarumaha caafimaadka bulshada, isbitaalada iyo farmashiilayaasha) – si aad u hesho adeegyada sida ugu wanaagsan kuugu fulineysa baahidaada.

Macluumaadka aan bixino wuxuu ku saleysan yahay caddeyntii ugu danbeysay taas oo lagu saleeyay cilmi baarista khabiirnimo ee hadda jirta.



Raadi adeegyada daryeelka caafimaadka

Adeegyada Daryeelka Caafimaadka

## Raadintu waa fududahay

Website ka 1800 My Options wuxuu kuu ogolaanayaa inaad ku raadisid adeegyo wakhtiga kuu gaarka ah. Waxaad raadin kartaa adeegyada sida bixiyayaasha adeega uur ka hortaga iyo ilmo iska soo rididaba, farmashiyada iyo la taliyayaasha fursadaha uurka aadan dooneynin.

## Waxay u fiican tahay xirfadlayaasha caafimaadka

Xirfadlayaasha caafimaadku waxay wici karaan 1800 My Options ama waxay ka raadin karaan keydka macluumaadka online ka ah si ay u helaan adeegyada fulinaya baahida bukaankooda.

Shaqaalaha caafimaadka waxay sidoo kale ugu soo gudbin karaan bukaanka si toos ah adeegeena.

