

# WAA OK IN AADAN NOQON OK.

QOF KASTA OO KU SUGAN NASHVILLE IYO NAWAAXIGEEDA MASIIBADA KA DHACDAY DUGSIGA SARE EE ANTIOCH (ANTIOCH H.S) AYAA LAGA YABAA INAY SAAMEYN KUGU YEELATO.

Ma la kulmeysaa fikrado wel-wel leh, xanaaq, cabsi, murugo, ama dareemo kale oo xoog leh, keligaa ma tihid, caawimo ayaa kuu diyaar ah.

**Qoyska Iyo Adeega Caruurta** (Family and Children's Services) waxaa diyaar kuu ah caawimo isku xireysa adiga iyo ilmahaaga iyo la talin kheyraad leh oo bulshada dhexdeeda ah waxay diyaar yihiin 24/7 (615) 244-7444. Si aad wax badan uga barato fadlan booqo:  
<https://www.fcsnashville.org/counseling-and-crisis-services/>.

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**Isbahaysiga Carruurta Nashville** (The Nashville Children's Alliance) waxay bixiyaan caawimaad maskaxda oo bilaash ah iyo taageero niyadeed ee da'yarta ay saameysay dhacdada dugsiga sare ee Antioch (Antioch H.S.) fadlan la xariir Ellie Teeter at 615-327-9958 ama [ellie.teeter@nashvillechildrensalliance.org](mailto:ellie.teeter@nashvillechildrensalliance.org). Adeegyada kuu diyaar ah English and Arabic.

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**Transcend** waa app bilaash ah xurunta kheyraadka dhibanaha (National Mass Violence Victimization Resource Center) kaana caawineyso isticmaalayaashain ay gartaan oo ay ka jawaabaan saameynta caadiga ah iyo rabshado balaaran. App-ka waxaad ka heli kataa soo dejinta isticmaalayaash Apple and Android.

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Ma xiisayneysaa in aad taageerto kuwa sida tooska ah u saameeya Antioch H.S. deeq lacageed ayaa la aqbalayaa **The Community Foundation of Middle Tennessee**. Fadlan booqo

[www.CFMT.org/Nashvillehealing](http://www.CFMT.org/Nashvillehealing)

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Fadlan la soco in wax isdabamarin (scams) ay suuragal tahay haddii aadan hubin ururka fadlan la xariir **Tennessee Voices for Victims** at 615.390.5202 ama [valerie.craig@tnvoicesforvictims.org](mailto:valerie.craig@tnvoicesforvictims.org). Waxaad xoguta ugu kheyraadka badanka heli fadlan booqo [www.tnvoicesforvictims.org/mass-tragedy-support/](http://www.tnvoicesforvictims.org/mass-tragedy-support/).