

ARRIMAHA CAAFIMAADKA DHIMIRKA

ILAHA CAAFIMAADKA
DHIMIRKA EE
DEGMADA DAKOTA



ADEEGYADA CAAFIMAADKA DHIMIRKA 651-554-6424

Caafimaadka dhimirka dadka waaweyn waa adeeg bilaash ah oo ay heli karaan kuwa uqalma.

Waxaan isku keennaa macluumaad aasaasi ah oo ku saabsan waxaad ubaahantahay waxaanan kaala hadlaynaa xulashooyinkaaga iyo tillaabada xigta.

Waxaan rabnaa inaan toos uga maqalno qofka caawimaad u baahan. Waxaa laga gaari doonaa go'aan u qalmiddaada oo waxaadna heli doontaa ilo kuudiyaarah.

Haddii aad doorbideyso, waad wici kartaa ama aad u tegi kartaa qof qaraabo ama saaxiib ah oo kaa caawiya Saacadahana waa: Isniinta - Jimcaha 8:00 a.m. – 4:00 p.m.

Haddii aad leedahay caymis caafimaad (caymis khaas ah, Caawinaad Caafimaad, Daryeelka Minnesota, Daryeel Caafimaad ama PMAP), fadlan ka hubi qorshahaaga daryeelka caafimaadka wixii ku saabsan helitaanka adeegyada caafimaadka dhimirka.

ILAHA DEGMADA DAKOTA

Qaadashada Adeegyada Dadka Waaweyn	651-554-6424
Adeegyada Caafimaadka Kiimikada	651-554-6424
Adeegyada Caruurta iyo Qoyska	952-891-7400
Caafimaadka Dhimirka ee carruurta	952-891-7459
Saxitaanka Bulshada	651-438-8288
Shaqada iyo Caawinta Dhaqaalaha	651-554-5611
Leenka Dhibaataada Guryaha	651-554-5751

ILAHA KHADKA TOOSKA AH

www.dakotacounty.us

Baxnaaninta Dadka Waaweyn ee Adeegyada Caafimaadka Dhimirka (ARMHS) (raadi "ARMHS") Howlaha lagu xoojinayo awoodaha muhiimka ah ee noloshu iyo xirfadaha nolaleed madax-bannaani iyo deganaansho.

Qiimaha Hooseee Adeegyada Caafimaadka Dhimirka (raadi "Qiimaha Hooseee Adeegyada Caafimaadka Dhimirka")

QEYBTA JAWAABTA DHIBAATADA EE DEGMADA DAKOTA 952-891-7171

Wac 911 xaaladaha deg-degga ah ee nafta halis geliya hadeey jirto.

Qeybta Jawaabta Dhibaataada waa khadka tooska ah ee 24ka saac oo ay heli karaan dhammaan dadka ku nool Degmada Dakota.

Waxaan kaa caawin karnaa:

- Taageerida dhibaataada caafimaadka dhimirka
- Waxbarasho qoys iyo taageerid
- Gudbinta ilaha bulshada
- Helitaanka deg-degga ah waalida iyo daaweynta

LEEMANKA CAAWIMAADA

988 Isdil & Noloshu Xasrada

<https://988lifeline.org>

Qoraalka "988" si aad u hesho taageero 24-saac ah hadda ama booqo 988lifeline.org si aad u hesho doorashooyin badan oo wada sheekaysi.

Raadraaca-Degdega

www.fasttrackermn.org

Raadi Caafimaadka Dhimirka iyo ilaha Kiimikada

Caawimaada Wicitaanka Ugu horeysa - 211

www.211unitedway.org

24-7 xarun caawimaad qarsoodi ah, dhammaan luqadaha, astaamaha sheekaysiga khadka tooska ah, ama u qor zipka koodhkaaga 898-211*.

MinnesotaHelp.info (Shabakada Macluumaadka)

Leenka Iskuxirka Sare 1-800-333-2433

Leenka Iskuxirka Khabiirka 1-888-Linkvet

Cagta gaariga Naafada 1-866-333-2466

www.minnesotahelp.info (Tilmaamaha sheekada tooska ah)

Leenka dag daga Minnesota

651-288-0400 oama qoraal "taageero" u dirr 85511

www.mentalhealthmn.org

Isniin - Sabti 5:00 p.m. – 10:00 p.m. Waxay bixisaa qaab fac-ilaaf ah oo loogu talagalay soo-kabashada caafimaadka dhimirka, taageerada iyo fayoobaanta. Wada sheekaysiga khadka tooska ah, magic-la'aan, iyo qarsoodi.

ILAHA DHAQANKA

Adeegyada Qoyska Afrikaanka Mareykanka

651-642-0021

www.180degrees.org

Xarunta Qoyska Hindida Mareykanka

651-793-3803

www.aifcmn.org

CLUES - Chicanos Latinos Unidos En Servicio

651-379-4200

www.clues.org

Xarunta Daryeelka Caafimaadka ee
Jaamicadda Bulshada(Koonfurta Bari
Aasiya, Afrikan

612-301-3433

www.cuhcc.umn.edu

OutFront (LGBTQ)

612-822-0127

www.outfront.org

Saldhiga Wilder Koonfurta Bari ee Aasiya
(Koonfur Bari Aasiya dadka waaweyn)

651-647-9676

www.wilder.org

ILAHA KHABIIRKA

Adeegyada Khabiirada Degmada Dakota

651-554-5601

www.dakotacounty.us (raadi "Khabiirada")

St. Paul Vet Center

651-644-4022

Bilaashka iyo ilaha caafimaadka dhimirka qarsoodiga ah
loogu talagalay khabiirada iyo qoysaskooda.

Leenka Dhibaataada Khabiirka

Wac 988 (riix 1) ama qoraal u dirr 838255

www.veteranscrisisline.net

Maalin kasta, 24/7

KOOXAHA CAAWIMAADA

Isbahaysiga Qaranka ee Cudurka Dhimirka - MN

651-645-2948

www.namimn.org (raadi "kooxaha taageerada")

Ogaanshaha Isdilka Codadka Waxbarashada (BADBAADO)

www.save.org (raadi "kooxaha taageerada")

Khasaarada Is-dilka Kooxaha Taageerida Murugada ee
badbaadayaasha.

Niyad jab iyo Isbahaysiga Taageerada Waalida

www.dbsalliance.org

Waxay bixisaa taageero shaqsi ahaan iyo mid khadka tooska ah.

ILAHA DHEERIGA AH

Adeegyada xasilinta dhibaataada Guriga Maureen

612-267-5242 (24 saacadood)

www.guildservices.org (raadi "adeegyada dhibaataada")

Dhibaatooyin ama xaalad kale oo degdeg ah oo loogu
talagalay dadka la nool xanuunka dhimirka ee u baahan
kara meel ay aadaan.

Caafimaadka Dhimirka Ombudsman

651-642-0021

Waxay wax ka qabataa walaacyada ama cabashooyinka
ku saabsan adeegyada Caafimaadka Dhimirka.

Beeraha Minnesota & Leenka Caawinta Miyiga

833-600-2670 (riix 1) Bilaash, qarsoodi, 24/7

www.mda.state.mn.us/about/mnfarmerstress

MN Shaqada iyo Horumarinta Dhaqaalaha

Adeegyada Baxnaaninta xirfadda

www.mn.gov (raadi "Baxnaaninta xirfadda")

Adeegyada u diyaargarowga, helitaanka iyo haynta shaqada,
iyo u noolaashaha madax bannaani intii suurtagal ah.

Adeegyada Sharciga ee Koonfurta Gobolka Minnesota

1-888-575-2954

www.smrls.org

Bilaash, kaalmo sharci oo tayo sare leh oo loogu talagalay
dadka dakhligoodu hooseeyo ee arrimaha madaniga ah.

Ku Xadgudubka Maandooriyaha iyo Caafimaadka

Dhimirka Maamulka Adeegyada (SAMHSA)

www.samhsa.gov/find-treatment

Ka hel khamriga, daroogada, ama fududeeyn daaweynta
caafimaadka dhimirka iyo barnaamijyada Mareykanka.

SAMEE KA DUWANAANSO

Ku biir Golaha La-talinta ee Deegaanka Dakota ee loogu
talagalay Caafimaadka Dhimirka Dadka waaweyn.

Kooxdani waxay la kulantaa si ay uga wada hadasho uguna
jawaabto baahida caafimaadka dhimirka ee bulshada iyo
isbeddelada.

Wixii macluumaad dheeraad ah iyo taariikhaha kulanka
la xiriiir Qaadashada Adeegyada Bulshada ee Degmada
Dakota 651-554-6424.



Public Health
Prevent. Promote. Protect.
Dakota County

Dakota County Public Health Department

1 Mendota Road W. Suite 410, West St. Paul, MN 55118

DCPHD-HR-3135i (12/24)