

# 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](http://www.dakotacounty.us)

**Baxnaaninta Dadka Waaweyn ee Adeegyada Caafimaadka Dhimirka (ARMHS)** (raadi "ARMHS")  
Howlaha lagu xoojinayo awoodaha muhiimka ah ee nolasha 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

**Leenka Qoraalka Dhibaataada - qoraal "guriga" u dirr 741741**

[www.crisistextline.org](http://www.crisistextline.org)

Waxay u adeegaan qof kasta, nooc kasta oo dhibaato ah, iyadoo bixiney marin lacag la'aan ah, 24/7 taageerid.

**Raadraaca-Degdega**

[www.fasttrackermn.org](http://www.fasttrackermn.org)

Raadi Caafimaadka Dhimirka iyo ilaha Kiimikada

**Caawimaada Wicitaanka Ugu horeysa - 211**

[www.211unitedway.org](http://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.mnhelp.info](http://www.mnhelp.info) (Tilmaamaha sheekada tooska ah)

**Leenka dag daga Minnesota**

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

[www.mentalhealthmn.org](http://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](http://www.180degrees.org)

Xarunta Qoyska Hindida Mareykanka  
651-793-3803  
[www.aifc.net](http://www.aifc.net)

CLUES - Chicanos Latinos Unidos En Servicio  
651-379-4200  
[www.clues.org](http://www.clues.org)

Xarunta Daryeelka Caafimaadka ee  
Jaamicadda Bulshada(Koonfurta Bari  
Aasiya, Afrikan  
612-301-3433  
[www.cuhcc.umn.edu](http://www.cuhcc.umn.edu)

MN Leenka Caawimaada Muslimiinta  
612-404-2424

OutFront (LGBTQ)  
612-822-0127  
[www.outfront.org](http://www.outfront.org)

Saldhiga Wilder Koonfurta Bari ee Aasiya  
651-647-9676  
[www.wilder.org](http://www.wilder.org)

## ILAHA KHABIIRKA

Adeegyada Khabiirada Degmada Dakota  
651-554-5601  
[www.dakotacounty.us](http://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  
1-800-273-8255 (riix 1) ama qoraal u dirr 838255  
[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
Maalin kasta, 24/7

## KOOXAHA CAAWIMAADA

Isbahaysiga Qaranka ee Cudurka Dhimirka - MN  
651-645-2948  
[www.namimn.org](http://www.namimn.org) (raadi "kooxaha taageerada")

Ogaanshaha Isdilka Codadka Waxbarashada (BADBAADO)  
[www.save.org](http://www.save.org) (raadi "kooxaha taageerada")  
Khasaarada Is-dilka Kooxaha Taageerida Murugada ee  
badbaadayaasha.

Niyad jab iyo Isbahaysiga Taageerada Waalida  
[www.dbsalliance.org](http://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](http://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](http://www.mda.state.mn.us/about/mnfarmerstress)

MN Shaqada iyo Horumarinta Dhaqaalaha  
Adeegyada Baxnaaninta xirfadda  
[www.mn.gov](http://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](http://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](http://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 xirii Qaadashada Adeegyada Bulshada ee Degmada  
Dakota 651-554-6424.



Dakota County Public Health Department  
1 Mendota Road W. Suite 410, West St. Paul, MN 55118  
DCPHD-HR-31351 (6/20)