

# Gurmad Xiriirada

Magaca: \_\_\_\_\_

Xidhiidhka: \_\_\_\_\_

Taleefanka: \_\_\_\_\_

Magaca: \_\_\_\_\_

Xidhiidhka: \_\_\_\_\_

Taleefanka: \_\_\_\_\_

Dhakhtarka maskaxda: \_\_\_\_\_

Taleefanka: \_\_\_\_\_

Daaweeye: \_\_\_\_\_

Taleefanka: \_\_\_\_\_

Waxaan haystaa Dardaaran Horudhac ah.

Goobta: \_\_\_\_\_

Isbitaalka: \_\_\_\_\_

Ogaanshaha: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daawooyinka: \_\_\_\_\_

Qiyaasta  
qaddarka: \_\_\_\_\_

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Xasaasiyadda: \_\_\_\_\_

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## Qoraalo

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## Si Aad Iga Caawiso Dhibaata

Samayn: \_\_\_\_\_

Ha: \_\_\_\_\_

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WCCS-74100-28 (5-23)

Washington  
County

## Jawaabta Qalalaasaha

### Ma la kulmaysaa Dhibaata Caafimaadka Maskaxda?

Kaligaa ma tihid!

Qaybta ka jawaabista xasaradaha ee  
Degmada Washington waxay siisaa  
Adeegyada Dhibaata Caafimaadka  
Maskaxda ee guurguura ee dadka  
waaweyn iyo carruurta.

**La heli karo 24 saac maalintii.**

Wixii macluumaad dheeraad ah  
ama buug-yaraha luqado kale ku  
qoran, booqo mareegahayaga:

[www.co.washington.mn.us/crisis-response](http://www.co.washington.mn.us/crisis-response)



651-275-7400

# Khayraadka

## Adeegyada xasaradaha

### Unugga ka jawaabista qalalaasaha

fool ka fool, muddo gaaban, degdeg ah, adeegyada dhibaatooyinka caafimaadka dhimirka ee caawiya oo taageera shakhsiyaadka iyo qoysaska leh:

- La-talinta xiisadda;
- Socodka nidaamka caafimaadka dhimirka;
- U-gudbinta(yada) adeegyada socda; iyo
- Khayraadka iyo macluumaadka.

Wac: 651-275-7400 | Fakis: 275-7401

limayl:

[CrisisResponse@co.washington.mn.us](mailto:CrisisResponse@co.washington.mn.us)

### 988 Isdil & Khadka Nolasha Dhibaataada

(Qadka Qaranka ee Kahortagga Is-dilka Lifeline)

Bilaash, qarsoodi ah, 24/7 taageero.

Wac: 988

### Khadka qoraalka qalalaasaha

Bilaash, 27/7 caawimo lataliye

tababbaran, tabaruc ah.

Qoraal: Guriga ilaa 741741

### Xadgudubka Guriga, Xadgudubka

Galmada, iyo Ka ganacsiga dadka

Khadka Dhibaataada Maalinta Koowaad:

Wac: 1-866-223-1111 |

Qoraal: 612-399-9995



### Ururka Qaranka ee jirrooyinka dhimirka (NAMI) Minnesota

Wac: 651-645-2948

Wicitaan bilaash ah: 1-888-626-4435

limayl: [NamiHelps@namimn.org](mailto:NamiHelps@namimn.org)

Booqasho: [www.namimn.org](http://www.namimn.org)

**Navigators** (gargaarka lacag caddaan ah, kaalmada tamarta, taageerada cuntada), dhibaatooyinka iyo adeegyada dhexgalka, iwm.

Wac: 651-430-6455 | 651-430-6246 (TTY)



## Taageerada Cunnada

### Khadka Caawinta Cunnada ee Minnesota

Wac: 1-888-711-1151



### Degmada Washington - SNAP

(Barnaamijka Kaalmada Nafaqada ee Dheeraadka ah)

Wac: 651-430-6459



## Guriyeynta/Guri la'aan

### Dhexdhexaadinta Bulshada Minnesota

waxay bixisaa adeeyo lacag la'aan ah si ay u caawiyaan xalinta mashaakilaadka adag ee ka dhexeeya mulkiilayaasha iyo kiraystayaasha.

Wac: 1-833-266-2663



**Barnaamijyada deg-degga** ah waxay bixin karaan lacag-bixinno gargaar ah si ay gacan uga geystaan ilaalinta guryaha:

Wac: 651-430-6570

### Kooxda Adeegga Wacyigelinta Guri-laawayaasha

24/7 Guriyeynta Khadka Kheyraadka:

Wac: 651-430-6488



## Gaadiidka

### GoWashingtonMN

Ma u baahan tahay fuulid?

Waan caawin karnaa!

Wac: 651-430-6651

Booqasho: [GoWashingtonMN.com](http://GoWashingtonMN.com)

