Khayraadka Masiibada iyo Caafimaadka Dhimirka

Waxaa jira rajo. Haddii adiga ama qof aad taqaano uu qabo dhibaato dhanka dhimirk ah, caawimaad ayaa kuu jirta inaad wacdo taleefanka, fariin qoraal dirto ama oonlayn kala sheekaysato. Fadlan la xiriir! Dooro dookh aad isku aqoonsan tahay hadda. Khayraadkaan ayaa ku caawin kara!

Khayraadka Masiibada

Laynka Gudmadka Isdilka iyo Masiibada 988

988 ayaa kugu xiraaya xarunta gurmadka masiibada.
La taliyaasha masiibada ee tababaran ayaa ku sugaaya 24/7.
taageerad waa bilaash waana oo qarsoodi ah.

Wac

Marka aad wacdo **988**, dookhyadaan ayaad helaysaa:

- Hawlgabka Ciidanka Dookha 1
- Isbaanishka Dookha 2
- LGBTQ+ Dookha 3

Kadib marka aad doorato dookhaaga, waxaa jiri doona muddo hakad ah inta laguu gudbinaayo xarunta gurmadka dhibaatada.

Waxaad sidoo kale codsan kartaa turjumaanka luuqad.

Fariin qoraal

- Fariin qoraal ugu dir erayga "**Help**" lambarka **988**
- Fariin qoraal ugu dir erayga "**Ayuda**" lambarka **988** si aad ugu hesho Isbaanish

Wada sheekaysi

- Kala sheekayso **988lifeline.org/chat/**
- Guji Chat kadib guji ASL hadda
- Kula sheekayso Isbaanish barta **988lineadevida.org**

Webseedka

Booqo **988lifeline.org** si aad u hesho xog dheeri ah.

Si aad u hesho taageerada ASL ee xiliga dhibaatada, guji "**Deaf, Hard of hearing, Hearing Loss (Dhagool, Maqalku culus yahay, Maqalkii ka Dhumay).**"

Webseedka Isbaanishka oo ah **988lifeline.org/es**

Laynka Fariin Qoraalka marka Dhibaato jirto ee Qaranka

Fariin qoraal ugu dir erayga "**Home**" lambarka 741741.

Waxaad sidoo kale booqan kartaa **crisistextline.org**. Guji **Chat With Us (Nala Sheekayso)** ama isticmaal **Message On WhatsApp (Fariin kusoo dir WhatsApp)**.

Isbaanish: Booqo **crisistextline.org/es**. Guji **Send a Text Message (Dir Fariin Qoraal)** ama adeegso **Message On WhatsApp**.

Ameerikaan Dhalad ah: Fariin qoraal ugu dir erayga"**Native**" lambarka 741741.

Wac 911 isla Markaba

Haddii adigga ama qof kale uu khatar degdeg ah ku jiro, **wac 911**.

- Isdaji.
- Dadka aan ku hadlin Ingiriiska, codso inaad taleefanka kula hadasho qof luuqadaada yaqaana.
- U sheeg in xaaladaani tahay mid caafimaadka dhimirka ah oo degdeg ah.
- Codso kooxda gurmadka ee wareegga.
- Waxaad sidoo kale codsan kartaa sarkaal loo tababaray gurmadka dhibaatada ama gurmadka degdega ah ee caafimaadka dhimirka.

Kooxaha Gurmadka Masiibada ee Wareegta ee Minnesota

4 Qabiil, iyo degmo kasta, oo MN ku yaala ayaa leh kooxda xirfadleyaasha gurmadka dhibaatada. Toos ayaad u wici kartaa.

Kooxdaan ayaa:

- Kusoo booqan kara.
- Kaa caawin kara xalinta dhibaatada.
- Kugu xiri kara adeegyada aad u baahan tahay.
- Shaqaalaha 911 ayaa kugu xiri kara kooxda.

Iskaanka mari koodhka QR:

- Hel lambarka taleefanka kooxda gurmadka ee degmadaada.
- Ku seef garayso lambarka taleefankaaga ama meel ku qoro.

Laynka Gurmadka Dhibaatada Hawlgabka Ciidanka iyo Malatariga

Wuxuu diirada saaraa taageerada dhibaatada iyo caafimaadka dhimirka ee Hawlgabka ciidanka, Xubnaha Ciidanka ee shaqeeya iyo qoysaska.

- Wac **988 dookha 1**
- Fariin qoraal u dir **838255**
- Kala sheekayso **veteranscrisisline.net**
- Webseedka Isbaanishka **veteranscrisisline.net/es**

Mashruuca Trevor ee Nolosha Dhalinta LGBTQ ga ah

La taliyaasha masiibada ayaad heli kartaa 34/7.

- Wac **1-877-565-8860**
- Farriin qoraal ugu dir erayga "**Start**" lambarka **678678**
- Kala sheekayso **thetrevorproject.org**. Guji **Get Help (Caawimaad Hel)**.

Warqadaan xogta waxaa iska kaashaday NAMI-MN iyo Shabakada Caafimaadka ee Maktabada Qaranka Kooxda Talo Bixinta Gobalka Minnesota ee Xaafada 6

MINNESOTA STATE ADVISORY GROUP

Ilaha ka baxsan Khayraadka Masiibada

Vets4Warriors

Taageerada kahor inta aan caqabaduhu noqon dhibaatooyin. Shabakada taageerada qarsoodiga ah ee iscaawinta 24/7.

- Wac **1-855-838-8255**
- Kala sheekayso **vets4warriors.com**

Laynka Gurmadka Nimoow-Naaga

Taageerada ay bixiyaan looguna talo galay bulshada nimoow-naag Isniinta ilaa Jimcada 12 duhurnimo ilaa 8 subaxnimo

- Wac **1-877-565-8860**

Laynka Gurmadka ee Strong Hearts Native

Laynka tooska ah ee bilaashka ah ee qarsoodiga ah ee rabshada galmada oo la heli karo 24/7. Taageerada wacyi gelinta dhaqanka ee Ameerikaanka dhaladka ah iyo Dhaladka Alaska.

- Wac **1-844-762-8483 (844-7 NATIVE)**
- kala sheekayso **strongheartshelpline.org**

Laynka Caawimaada Beeraha iyo Miyiga ee Minnesota

Waxaa la heli karaa 24/7 ayagoo ay bixiyaan la taliyaasha masiibada oo tababaran. Wuxuu diirada saaraaya taageerada dadka Minnesota ee Miyiga. Taageerada walwalka, walaaca ama niyad jabka. Wuxuu kugu xirayaa khayraadka ganacsiga beeraha, dhaqaalaha ama caawimaada sharciga.

- Wac **1-833-600-2670**
- Fariin qoraal ugu dir erayga "**FarmStress**" lambarka **898211**
- Booqo **mda.state.mn.us/about/mnfarmerstress**
- Waraaqaha xogta oo lagu heli karo Isbaanish, Hmong, iyo Soomaali oo ku jira webseedka

La Taliyaasha Beerta iyo Miyiga ee Caafimaadka Dhimirka

Talo Bixinta bilaashka ah ee qarsoodiga ah ee caafimaadka dhimirka oo la siiyo beereleeyda Minnesota iyo qoysaskooda.

- Wac Ted Matthews **320-266-2390** ma Monica McConkey **218-280-7785**

Laynka Gurmadka NAMI Minnesota

Xogta caafimaadka dhimirka ee aan degdega ahayn. Shaqaalaha laynka gurmadka inta lagu jiro saacadaha shaqada. Wuxuu kugu xirayaa waxbarashada, casharada, kooxaha taageerada iyo waxyaabo kale.

- Wac kadibna fariin ugu reeb **1-888-626-4435**
- Iimeelka **namihelps@namimn.org**
- Booqo **www.namimn.org**
- Webseedka Isbaanishka: **namimn.org/support/en-espanol-apoyo/#**
- Casharada waxaa lagu heli karaa Isbaanish

Laymanka Tooska Minnesota

Caafimaadka Dhimirka MN

Qof aad la hadasho. Khubarada taageerada Qof xaaladaada oo kale soo maray ee tababaran. Waxay furan tahay 7 maalmood asbuuc **9 subaxnimo ilaa 9 habaynimo**.

- Wac **1-855-927-6546**
- Fariin qoraal ugu dir erayga "**Support**" lambarka **85511**
- Kala sheekayso **mentalhealthmn.org**

Wellness in the Woods

Qof aad la hadasho. TKhubarada taageerada Qof xaaladaada oo kale soo maray ee tababaran Waxay furan tahay 7 maalmood asbuuc **5 galabnimo ilaa 9 subaxnimo.**

- Wac **1-844-739-6369**

Laynka Degdega kuugu Xiraaya Daryeelka Caafimaadka Dhimirka ee MN

Xog la raadin karo si loo helo caawimaada caafimaadka dhimirka iyo isticmaalka maandooriyaha oo u dhow gurigaaga.

- Hel meelaha si dhakhso ah u furmaaya
- Hel adeeg bixiyaasha ku hadlaaya Hmong, Soomaali iyo Isbaanish
- Booqo **fasttrackermn.org**

Laynka Qaran ee Gurmadka Rabshada Qoyska

Laynka bilaashka ah ee qarsoodiga ah oo la heli karo 24/7. Wuxuu ka caawiyaan dhibaneyaasha inay helaan badqab.

- Wac **1-800-799-7233**
- Turjumaannada Hmong, Ojibwe, Soomaali iyo Isbaanish
- Farriin qoraal ugu dir erayga "**Start**" lambarka **88788**
- Webseedka Isbaanishka **espanol.thehotline.org**

Laynka Tooska ah ee Qaran ee Weerarka Galmada

Laynka bilaashka ah ee qarsoodiga ah oo la heli karo 24/7. Wuxuu bixiyaa taageero, xog, khayraad iyo isku xir.

- Wac **1-800-656-4673**
- Kala sheekayso **rainn.org**
- Isbaanish ugala sheekayso **rainn.org/es**

Laynka Tooska ah ee Qaran ee Caafimaadka Dhimirka Hooyada

Laynka bilaashka ah ee qarsoodiga ah oo la heli karo 24/7. Taageerada hooyooyinka uurka leh iyo kuwa ilmaha markaas dhalay.

- Wac **1-833-943-5746**
- Turjumaannada Hmong, Ojibwe, Soomaali, Isbaanish

United Way 211

Khayraadka caafimaadka dhimirka iyo adeegyada aadanaha ee maxaliga ah.

- Wac **211** ama **1-800-543-7709**
- Wac menus ku qoran Ingiriis, Isbaanish iyo Hmong
- Fariin qoraal ah ugu dir **koodhkaaga boostada** lambarka **898211**
- Booqo **211unitedway.org/about-211**
- Webseedka waxaa lagu heli karaa Hmong, Af-Ruush, Soomaali, iyo Isbaanish

Markii u danbaysay ee dib loo eegay 03/2024