



It's Up to Us[®]

si loo abuurto San Diego Caafimaad iyo Taageero leh

Maqaal gaar ah oo khuseeya mawduucyada caafimaadka dhimirka ee dadka reer San Diego



Daabacaadda 37

Xog ku saabsan Maqaalka

Daawashada qofka goyskaaga ah oo dhibtoonaaya marna maaha wax sahlan. Haddii saaxiib, qof goyska ah, daris, ama qof kula shaqeeya uu haba yaraatee waajahaayo dhibaataada caafimaadka dhimirka, daroogada, ama khamriga la xiriirta, tilmaantaan ayaa kaa caawinaysa barashada talaabooyinka aad qaadi karto si aad u taageerto qofka.

Maqaalkaan wuxuu qayb ka yahay ol-olaha *It's Up to Us* (Waa Hawl Na Wada Qusaysa), oo lagu abuuray County of San Diego Health and Human Services Agency (Wakaaladaha Caafimaadka iyo Adeegyada Bulshada ee San Diego) wuxuuna taageerayaa higsiga degmada ee *Live Well San Diego* si loo hormariyo bulsho caafimaad qabta, badqab leh, oo kobcaysa. Ayadoo kor loo qaadaayo wacyi gelinta, lana dhiiri gelinaayo wada hadalka, lana bixinaayo helitaanka khayraadka maxaliga ah, waxaan doonaynaa inaan kobcino faya qabka, oo aan yarayno takoorka, aana kahortagno isdilka dhammaan dadka San Diego, anagoo muhiimad gaar ah saarayna bulshooyinku San Diego ee saamaynta ugu xun ku dhacday iyo kuwa khatarta ugu badan ku jira.



Iskaanka mari si aad u akhrido tilmaamaha dheeriga ah ee bulshada.

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Laynka Helitaanka Gurmadka iyo Masiibada

888-724-7240

Laynka Gudmadka Isdilka iyo Masiibada ee Qaran

988

Ilaha Khayraadka Bulshada

211

Iftiimin: Fahanka Dhibaatooyinka Caafimaadka dhimirka, Dhibaatooyinka Daroogada, ama Khamriga la xiriira

Haddii ay timaado xaalad degdeg ah oo la xiriirta caafimaadka dhimirka ama isticmaalka maandooriyaha, waxaa jira adeegyo la heli karo oo ka caawinaaya dadka inay ku xirnaadaan taageero xirfadeed. Adeegyada caawimaada iyo gurmada masiibada ayaa kaa caawinaaya xaqiijinta in shaqaalaha gurmada degdega ah iyo booliiska keliya la waco marka ay jiraan xaalado u baahan gurmada degdeg ah.

Xaaladaha degdega ah caafimaadka dhimirka iyo isticmaalka maandooriyaasha la xiriira, oo sidoo kale loo yaqaano xaaladaha degdega ah ee caafimaadka dhimirka ama masiibooyinka caafimaadka dhimirka, waa xaaladaha ficilada, dareennada, ama habdhaqannada qofku ay keeni karaan inuu waxyeelo u gaysto naftiisa ama dadka kale, ama ku adkaynaysa inuu daryeelo dadka kale. Xaaladaha noocan ah ayaa badanaa la xiriira dareennada hooy la'aanta ama caawimaad la'aanta kuwaasoo keena in qofku iska badiyo khamriga ama daroogada. Haddii qof aad ka naxayso uu ku jiro dhibaato sidaan oo kale ah, waa muhiim inaad taqaano sida aad ugu heli karto taageerada uu u baahan yahay.

4 Adeeg oo Muhiim ay tahay Inaad Ogaato

Laynka Helitaanka Gurmadka iyo Masiibada ee San Diego (ACL) 888-724-7240 Haddii aad u baahan tahay xog ama in lagaa caawiyo helitaanka ilaha adeegyada, laynkaan ayaa ah meel wanaagsan oo aad ka bilaabi karto. Kuwaani waa adeegyada kale ee hoos ku qoran kuwaasoo aad la xiriiri karto ayagana. Waxaad wici kartaa ACL haddii aad doonayso inaad xog ka hesho barnaamijyada, taageero naftaada ah, ama in lagugu xiro taqasusle.

Xarumaha Xasilinta Xaaladaha dhibaatooyinka ah Kuwaani waa xarumo ku yaala deegaanka sidoo kalena u dhow ama ku dhex yaala isbitaallo kala duwan oo ku yaala Ismaamulka San Diego. Xarumahaan waxaa loo sameeyay inay adeegyada gurmada siiyaan dadka dhibaataadu haysato.

Adeegyada Bukaana Socodka Adeegyadaan waxaa baxsha xarumaha caafimaadka dhimirka ee Ismaamulka San Diego iyo xarumaha kale. Waxay balan u qabtaan dadka qaba xanuunnada caafimaadka dhimirka ama isticmaalka Maandooriyaasha waxayna aqbali karaan balamaha degdega ah ee tooska loo yimaado.

Adeegyada Ka Jawaabidda Dhibaatooyinka Marka aad wacdo ACL, shaqaalaha taleefanka oo tababaran ayaa ka jawaabi doona wicitaankaaga kadibna wax kaa waydiin doona dhibka aad qabto. Ayadoo lagu saleynaayo jawaabahaaga, shaqaalaha taleefanka ayaa go'aamin doona haddii adeegyada caawimaada iyo gurmada gaarka ah ay tahay in lagu diro, sida Shaqaalaha Gurmadka Masiibada ee Wareega (MCRT) ama adeegyada xaaladaha degdega ah.

Akhri: Barnaamijka Shaqaalaha Gurmada Masiibada ee Wareega (MCRT)

Shaqaalaha Gurmada Masiibada ee Wareega (MCRT) waa adeegga gurmada masiibada oo laga furay Ismaamulka San Diego bishii Janaayo 2021. Kooxda MCRT waxay ka jawaabaan, qiimeeyaan, ayna dejiyaan xaalada dhibaataada leh waxaana la diri karaa marka xubin kamid ah bulshadu lasoo xiriirto ACL ama adeegyada Degdega ah,.

Hal wax oo barnaamijkaan kaga duwan yahay kooxaha kale gurmada masiibada sida Kooxda Gurmada Xaalada Degdega ah ee Caafimaadka Dhimirka (PERT) waa in kooxda MCRT aysan qayb ka ahayn booliiska. Waxay siiyaan doorka gaarka ah ee gurmada masiibada dadka reer San Diego ee qaba dhibaataada caafimaadka dhimirka ama isticmaalka maandooriyaasha la xiriirta. Kooxaha waxaa ku jira dhakhtar u tababaran dhimirka, maareeyaha kiiska, iyo shaqaalaha taageerada oo soo maray isla xaalada bukaanku qabo. MCRT ayaa gacan ka gaysan kara xaaladaha u baahan buuxinta shuruudo gaar ah, sida marka aysan jirin khataro ama rabshad ama xaalado degdeg ah oo caafimaad (hoos ka akhri xog dheeraad ah). Adeegyadaan waxaa loo sameeyay inay ugu tagaan qofka "meesha uu joogo" qaab caawimaad iyo qadarin leh.

MCRT yada ayaa imaanaya kaana caawinaaya inaad fahanto aadna dejiso xaalada. Waxey kuu sharxi doonaan doorkyada waxeyna ku talin doonaan waxa aad samayn karto talaabada xigta. Haddii aad u baahan tahay, waxey sidoo kale kuu fidin karaan gaari ku geeya meel aad ka helayso caawimaad dheeri ah. **Yoolkoodu waa inay kaa caawiyaan helitaanka taageerada ugu fiican ee buuxinaysa baahiyahaaga.**

Maxay Adeegyada Caawimaadka iyo Gurmada Masiibadu Baxshaan?

MCRT Kooxda ka baxsan booliiska



PERT Booliiska + shaqaale caafimaad



EMS Haddii ay jirto xaalad caafimaad oo degdeg ah



Ayadoo ku xiran xaalada, adeegyada gurmada masiibada oo dheeraad ah ayaa la diri karaa.

MCRT yada ayaa Ku caawin Kara Marka ...

1. Aadan qabin wax dhaawacyo ah oo u baahan gurmada caafimaad.
2. Uusan jirin hub aad ku lug leedahay ama la ogyahay inaad haysato hub.
3. Qofku uusan qayb ka ahayn fal danbiyeed xun oo qayb ka ah baahida loo qabo gurmada qasab ka dhigaaya in booliiska loogu yeero.
4. Qofka aan lagu ogayn inuu ku jiray baaritaan ay ku wadeen ciidanka booliisku.
5. Aysan jirin khatarta rabshad ama inay dhacdo rabshad degdeg ah ama adeegsiga dagaal ka dhan ah naftiisa ama dadka kale.

Haddii ciidanka booliiska aan si gaar ah loo codsan IYO dhammaan shuruudaha kale ee kor ku qorana la buuxsho, shaqaalaha wicitaanka ayaa ku talin kara in MCRT loo dirsi uu ugu gurmado dhibaataada.

Haddii aadan wali hubin waxa aad samaynayso ama u baahan tahay, wac **ACL 888-724-7240** si aad ula hadasho khabiir tababaran. Si aad xog badan uga ogaato adeegyadaan, booqo sandiegocounty.gov/mcrt/ iyo [comresearch.org/pert.php](https://www.comresearch.org/pert.php).

ILAHA

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Wac 888-724-7240 si aad caawimaad ugu hesho Ismaamulka San Diego. Taageero bilaash ah oo qarsoodi ah ayaaad ku haysaa dhammaan luuqadaha 7 maalmood asbuucii / 24 saac maalintii.

Si aad u hesho xog dheeraad ah oo ku aadan qababka aad ku hormarinayso faya qabkaaga caafimaadka, booqo: up2sd.org/topics/mental-health