



## Sharciga Kaalmada Bulshada, Soo-kabashada iyo Awood-siinta (Sharciga CARE)

Iyada oo loo marayo sharciga cusub ee gobolka, Sharciga CARE wuxuu abuurayaa waddo cusub oo dadka la dhibtoonaya xaaladaha caafimaadka maskaxda lagu xiriirinayo daaweynta mutadawacnimada ah iyada oo loo marayo hanaanka maxkamadda madaniga ah.

## SIDEE AYAY U SHAQAYSAA?



- Si loo bilaabo hannaanka, waa in gudbin ay soo diraan xubin qoyska ka mid ah, dhakhtarka takhasuska u leh, jawaab-bixiyeyaasha koowaad, ama dad kale.
- Garsoore ayaa go'aan ka gaari doona haddii qofku buuxiyay shuruudaha uuna u qalmo daaweynta.
- Haddii ay sidaas tahay oo uu u qalmo daaweynta, County Behavioral Health Services (Adeegyada Caafimaadka Habdhaqanka ee Degmada) ayaa qofka kala shaqeyn doona hagaajinta Qorshaha CARE.
- Qorshaha CARE waxaa ka mid noqon kara daaweynta cilladaha caafimaadka maskaxda ama isticmaalka maandooriyaha, daawooyin, guriyeynta, iyo taageerooyinka kale.

## YAA U QALMA?



Barnaamijka Sharciga CARE waxaa loogu talagalay dadka:

- Jira 18 sano ama ka weyn
- Laga helay cudurka dhimirka ee xaqiiqada looga baxo ama cilado kale oo nafsigan ah
- Aan hadda ku jirin daaweyn
- Aan u badnayn inay bulshada ugu dhex noolaadaan si badbaado leh kormeer la'aan

**MA QABTAA**

Khadka Dhibaatooyinka ka wac 1-888-724-7240, 9-8-8,

ama Ururka Caawimaada Sharciyeed ee San Diego ka wac talcefanka 1-877-734-3258 (doro xulashada 6 wixii weydiim Sharciga CARE). Macluumaad faahfaahsan ayaa sidoo kale laga heli karaa [SanDiegoCounty.gov/CAREAct](http://SanDiegoCounty.gov/CAREAct).

