

Xarumaha Caafimaadka Habdhaqanka Bukaan-socodka ee Loogu Talagalay Dadka Waaweyn



Xarumaha Caafimaadka Habdhaqanka Bukaan-socodka waxay adeegyada daawaynta, baxnaaninta, iyo soo kabashada siiyaan dadka waaweyn ee u baahan daryeelka caafimaadka dhimirka, cilladaha wada-jira, ama dhibaato caafimaad oo xagga habdhaqanka ah. Adeegyada waxaa lagu heli karaa luqado badan iyada oo loo marayo shaqaale ku hadli kara laba luuqadood ama adeegyada turjumaanka, waxayna adeegyada diiradda saaraan baahiyaha gaarka ah ee macmiil kasta.

Adeegyada La Bixiyo

Xarumaha Caafimaadka Habdhaqanka Bukaan-socodka waxay bixiyaan adeegyo kala duwan, oo ay ka mid yihiin:

- Baaritaanka iyo qiimeynta caafimaadka habdhaqanka
- Maareynta qaadashada daawooyinka
- Wax-ka-qabashada xiisadda - dhammaan barnaamijyadu waxay bixiyaan adeegyo lagu heli karo si degdeg ah iyadoon ballan la qabsan
- Teerabiyada muddada-gaaban ee la siiyo kooxaha ama shakhsiyaadka
- Maareeyaha kiiska
- Adeegyada wacyi-gelinta dadka guri la'aanta ah
- Adeegyada wacyi-gelinta ee warwareega

Dhammaan barnaamijyadu waxay bixiyaan ballan qabsasho iyo iska imaansho iyadoon ballan la qabsan.

Yaa U Qalma?

Ka qaybqaatayaashu waa inay jiraan da'da 18+ waa inay yihiin kuwo qaba jirro maskaxeed oo halis ah ama jirrooyinka wada socda, waana inay yihiin kuwo helaya Medi-Cal, Medicare, ama aan lahayn caymis.

Wax Badan Baro

Si aad u aragto haddii Xarumaha Caafimaadka Habdhaqanka Bukaan-socodka ay kugu habboon yihiin adiga ama qof aad jeceshahay, la xiriir:

- Khadka **Access iyo Xiisadaha oo ah (888) 724-7240**, ama
- Mid ka mid ah Xarumaha Caafimaadka Habdhaqanka

Si aad u hesho liiska dhamaystiran ee Xarumaha Caafimaadka Habdhaqanka ee loogu talagalay dadka waaweyn iyo adeegyada bukaan-socodka ee loogu talagalay carruurta, booqo websaydkeena: bit.ly/outpatientBHC

Ku Xirnow Khayraadka

Wac 888-724-7240 si aad ula xiriirto Khadka **San Diego Access and Crisis Line** si aad u hesho taageero bilaash ah oo qarsoodi ah iyo si lagaaga caawiyo dhexmeerida adeegyada, waxaa khadka la heli karaa 24/7 wuxuuna ku baxaa in ka badan 200 oo luqadood.

Wac 988 si aad ula xiriirto **khadka Isdilka iyo Xasaradaha** oo ah shabakada xarumaha wacitaanka xilliyada xasaradaha.

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| Aagga & Xaafadda | Barnaamijka | Cinwaanka iyo Taleefanka |
|---------------------------------|---|---|
| North Central, Mira Mesa | Douglas Young Wellness Recovery Center (Xarunta Soo-kabashada Badqabka Da'a Yarta ee Douglas) | 10717 Camino Ruiz, Suite 207, San Diego, CA 92126 Taleefanka: (858) 695-2211 |
| North Central, Bay Park | North Central Behavioral Health Center (Xarunta Caafimaadka Habdhaqanka ee Waqooyiga Dhexe) | 1250 Morena Blvd, 1st Floor, San Diego, CA 92110 Taleefanka: (619) 692-8750 |
| North Central, Kearny Mesa | UPAC Counseling & Treatment Center (Xarunta La-talinta & Daaweynta ee UPAC) | 7830 Clairemont Mesa Blvd, Suite 100, San Diego, CA 92111 Taleefanka: (619) 229-2999 |
| North Coastal, Vista | BPSR Vista Clinic (Rugta BPSR Vista) | 550 W. Vista Way, Suite 407, Vista, CA 92083 Taleefanka: (760) 758-1092 |
| North Coastal, Oceanside | North Coastal Health Center (Xarunta Caafimaadka Habdhaqanka ee Xeebaha Waqooyiga) | 1701 Mission Ave, Suite 210, Oceanside, CA 92058 Taleefanka: (760) 712-3535 |
| North Inland, Central Escondido | North Inland Health Center (Xarunta Caafimaadka Habdhaqanka ee Dhulka Waqooyiga) | 221 W. Crest St., Suite 210, Escondido, CA 92025 Taleefanka: (760) 747-3424 |
| North Inland, Escondido | Kinesis North Escondido | 474 W. Vermont Ave, Escondido, CA 92025 Taleefanka: (760) 480-2255 |
| South, West Chula Vista | South Bay Guidance Wellness Recovery Center (Xarunta Soo-kabashada Badqabka ee Hagida South Bay) | 1196 3rd Ave, Chula Vista, CA 91911 Taleefanka: (619) 427-4661 |
| South, South San Diego/Nestor | Maria Sardiñas Wellness Recovery Center (Xarunta Soo-kabashada Badqabka ee Maria Sardiñas) | 1465 30th St, Suite K, San Diego, CA 92154 Taleefanka: (619) 428-1000 |
| East, El Cajon | East County Behavioral Health Center (Xarunta Caafimaadka Habdhaqanka ee Degmada Bari) | 1000 Broadway, Suite 210, 2nd Floor, El Cajon, CA 92021 Taleefanka: (619) 401-5500 |
| | Heartland Wellness Recovery Center (Xarunta Soo-kabashada Badqabka ee Heartland) | 460 N. Magnolia Ave, Suite 110, El Cajon, CA 92020 Taleefanka: (619) 440-5133 |
| Central, East Village | Jane Westin Center (Xarunta Jane Westin) | 1045 9th Ave, San Diego, CA 92101 Taleefanka: (619) 235-2600 |
| Central, Bankers Hill | Areta Crowell Wellness Recovery Center (Xarunta Soo-kabashada Badqabka ee Areta Crowell) | 1963 4th Ave, San Diego, CA 92101 Taleefanka: (619) 233-3432 |
| Central, Lincoln Park | Healing Oaks Clinic (Rugta Healing Oaks) | 286 Euclid Ave, Suite 102, San Diego, CA 92114 Taleefanka: (619) 859-6270 |
| Central, Mount Hope | Southeastern Behavioral Health Center (Xarunta Caafimaadka Habdhaqanka ee Koonfur-bari) | 5101 Market St, Suite 2300, San Diego, CA 92114 Taleefanka: (858) 351-6000 |
| Central, Barrio Logan | Promise Wellness Center (Xarunta Badqabka Promise) (Xarunta weyn) | 995 Gateway Center, Suite 106, San Diego, CA 92102 Taleefanka: (619) 772-2579 |
| Central, Aagga Kulliyadda | Promise Wellness Center (Xarunta Badqabka Promise) (Xarunta satalaytka) | 3280 Main St, Suite 7C, San Diego, CA 92113 Taleefanka: (619) 772-2579 |
| Central, College East | Alianza Wellness Center (Xarunta Badqabka ee Alianza) | 5555 Reservoir Dr, Suite 204 A, San Diego, CA 92120 Taleefanka: (619) 822-1800 |
| Dhexe | Survivors of Torture International (Ka Badbaadayaasha Torture International) | Barnaamijka la xirii si aad u ogaato cinwaanka Taleefanka: (619) 278-2400 |