

Kooxda Jawaabta Dhibaataada Mobeelka (MCRT)

Caawin U hel Alkulada, Daroogada, ama Dhibaataada Caafimaadka Maskaxda



Barnaamijka Kooxda Jawaabta Dhibaataada Mobeelka (MCRT) waxay siiyaan taageerada mobeelka oo 24/7 isbuucii dadka la kulmayo dhibaataada caafimaadka damiirka iyo isticmaalka maandooriyaha la xiriiri halkaasoo ay yihiin, markii ay u baahdaan.



Bixiyayaasha Kooxda Jawaabta Dhibaataada Mobeelka Gobolka

Laga heli karo wadankoo dhan iyo dadka da' walba ah, MCRT waa badelka jawaabta fullinta sharciga iyo kooxaha ka kooban taqasusyada caafimaadka dabecada kuwaasoo u tababaran inay ka jawaabaan dhibaataada bulshada dhexdeeda oo ay dajiyaan dhibaataada la xiriirto alkulada, daroogada, ama xaaladaha caafimaadka damiirka.

Sidee ayay MCRT kuu caawin kartaa?

MCRT ayaa ka jawaabi karto wacitaanada dhibaataada caafimaadka dabecada oo aan ku luglaheyn xaaladaha degdega caafimaad, hubka, ama halisaha la garanayo ee rabshada. MCRT ayaa ku caawin karto:

- Xasilinta dhibaataada iyagoo u marayo waxqabadka iyo xasilinta
- Bixiso gaadiid adeegyada caafimaadka kale ee dabecada sida loogu baahanyahay
- Kugu xirto illaha bulshada iyo daaweynta
- Xiriiriso adeegyada daaweynta hore oo illaa 30 maalmood

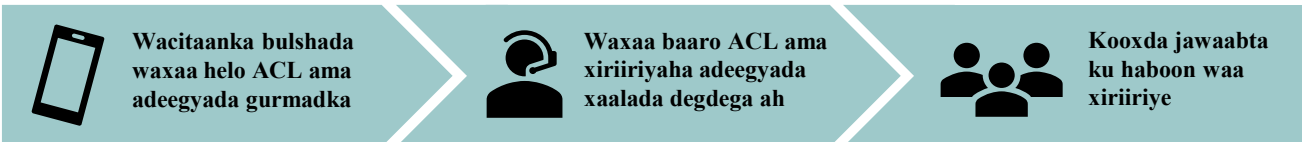


Ka kormeer Warbixin Badan oo ku saabsan MCRT

Sidee ayaan u heli karaa MCRT?

MCRT waxay ka howlgashaa dhinaca wacitaanada lagu sameeyo [San Diego Access and Crisis Line \(ACL\)](#) (888-724-7240) ama adeegyada xaalada degdega ah. Xiriiriyeyaal tababaran ayaa ka qiimeynayo xaalada halista iyo badqabka iyagoo u marayo su'aalo taxane oo iyaga ayaa go'aaminayo haddii MCRT ama waxqabad kaloo dhibaataada ah ama adeega jawaabta ah in la diro.

Haddii MCRT ay ka howlgasho, koox ayaa imaaneyso goobta la codsaday oo gaari ku calaameysan "MCRT". Koox ay ka mid yihiin dhaqtarka caafimaadka damiirka shatiyeysan, maareeyaha dacwada, iyo taqasuska taageerada faca ayaa kula hadlayo oo go'aansanayo sida wanaagsan oo lagu caawiyo iyo laguugu xiro illaha ku haboon.



Haddii aadan hubin waxa la sameeyo ama waxa aad u baahantahay, soo wac ACL si aad ula hadashid la taliye waaya arag ah. Wixii warbixin dheeraad ah oo ku saabsan MCRT oo ay ku jiraan Su'aalaha Badanaa La is weydiyo, booqo www.sandiegocounty.gov/mcrt.

Ku xirnaanta Illaha

Soo wac 888-724-7240 si aad ugu xirantid San Diego Access and Crisis Line si bilaash ah iyo taageerada qarsoodiga ah iyo caawinta socodka adeegyada, oo lagu heli karo 24/7 in ka badan 200 luuqadood.

Soo wac 988 si aad ugu xirantid Qadka nolosha Isdilka iyo Dhibaataada ee xarumaha wacitaanka shabakada dhibaataada.