

Kooxda Ka Jawaab Celinta Qalalaasaha ee Warwareega (MCRT)

Wax-ka-qabashada Qalalaasaha Caafimaadka Habdhaqanka ee Dugsiyada



Degmada San Diego oo ay bilowdey bishii Jannaayo 2021, **Barnaamijka Kooxda Ka Jawaab Celinta Qalalaasaha ee Warwareega (MCRT)** waa adeeg gobolka oo dhan ka jira kaas oo xulasho jawaab celineed oo bedel ah siiya dadka jira da'a kasta luwaas oo la kulma dhibaatooyinka caafimaadka dhimirka ama isticmaalka muqaadaraadka. Dhaqangelinta aan sharciga ahayn ee MCRT-yada waxay ka jawaabaan, qiimeeyaan, oo ay xasilliyaan dhibaatooyinka caafimaadka habdhaqanka ee bulshada dhexdeeda.

Laga bilaabo Nofeembar 2024, MCRT-yada waxa laga yaabaa in la geeyo dugsiyada jaatarka, dugsiyada dadka waaweyn, iyo dugsiyada dadweynaha ee Degmada San Diego (fasalada K-12) si ay uga jawaab celiyaan wicitaanada dhibaatooyinka caafimaadka habdhaqanka. MCRT kama jawaabi karaan dugsiyada gaarka loo leeyahay.

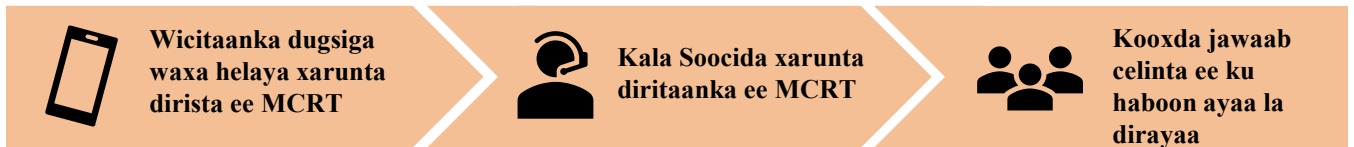
Sidee ayay dugsiyadu u isticmaali karaan MCRT?

Inta lagu jiro saacadaha dugsiya:

- **Dugsiyada ku yaala Carlsbad, Oceanside, Pendleton, San Dieguito, iyo Vista:**
Shaqaalaha dugsiya waa inuu waco lambarka taleefanka tooska ah ee Exodus MCRT ee la siiyay.
- **Dugsiyada ku yaala dhammaan meelaha kale ee Degmada San Diego:**
Shaqaalaha dugsiya waa inuu waco lambarka taleefanka tooska ah ee Telecare MCRT ee la siiyay.

Inta lagu jiro saacadaha dugsiya kadib ah ama ka jawaab celinta bulshada ama adeegyada xaaladaha degdegga ah:

- **Khadka Helitaanka iyo Xasaradaha ee San Diego (ACL)** ka wac **888-724-7240** ama **988**.



Sidee MCRT u caawin karaan dugsiyada?

MCRT-yada waxay ka jawaab celin karaan wicitaanada dhibaatooyinka caafimaadka habdhaqanka ee dugsiyada haddii aysan jirin khatar la og yahay oo rabshado ah ama xaalad degdeg ah oo caafimaad. Iyadoo ku xiran xaaladda, MCRT waxay:

- Bixin karaan qiimayn
- Isticmaali karaan faragelinta xasaradda iyo farsamooyinka deminta xaalada
- Bilaabi karaan oo xajin karaan qofka 5585* (5150) marka aysan jirin walaac xagga badbaadada ah
- Sameyn karaan ku xiriirinta adeegyada iyo agabyada caafimaadka habdhaqanka ee ku habboon, waxay bixin karaan iskudubaridka bilowga ah ee adeegyada daawaynta hadba marka loo baahdo, iyo dabagal ilaa 30 maalmood ah ka dib adeegyada bilowga ah

*Gacan ku haynta daaweynta dhimirka ee 72-saacadood ah ee isbitaalka marka ilmo yar lagu qiimeeyo inuu khatar ku yahay naftiisa, dadka kale, ama uu aad naafo u yahay.

Haddii aadan hubin waxaad samaynayso ama waxaad u baahan tahay, wac MCRT si aad ula tashato khabiir tababaran.

11/6/24

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.