GOORMA AYUU QOF U BAAHAN YAHAY CAAWIMAAD?

- Dareennada daran ee murugta, hooy la'aanta, walwalka daran ama naxdinta xad dhaafka ah, dareennada oohinta leh
- Isbadellada daran ee dareennada oo leh camal xumo khatar ah ama dareen isnicid ah
- Dhibaatooyinka habdhaqanka ee xun oo ilmuhu yeesho
- Dhibaatooyinka caafimaadka dhimirka oo ay abuurtay isticmaalka maandooriyaha
- Fikradaha isdilka iyo waxyeelaynta nafta
- Sadaqaynta alaabtiisa shaqsiga ah
- Ku hanjabida dilista naftiisa ama dadka kale
- Arkida ama maqalka waxyaabo ay dadka kale aaminsan yihiin inay jirin

XAALADA DEGDEGA AH EE CAAFIMAADKA DHIMIRKA

⇒ Wac 911 ama qolka xaalada degdega ah

⇒ Wac dhakhtarkaaga ama bixiyaha caafimaadka dhimirka

⇒ Wac **Laynka Helitaanka iyo Aafada** oo ah 1-888-724-7240

ADEEGYADA SAACADAHA

SHAQADA KADIB/MAALMAHA

FASAXA ASBUUCA Dadka waawayn:

1-888-724-7240
Carruurta: Waaxda Baaritaanka Xaalada Degdega ah (ESU): 619-876-4502

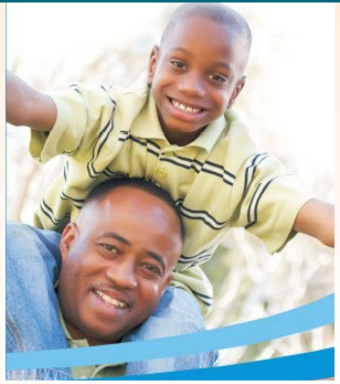
MA U BAAHAN TAHAY XOG DHEERI AH?

Haddii aad dooneyso inaad xog dheeri ah ka ogaato xuquuqdaada, Hanaanka Cabashada iyo Racfaanka ama shuruudaha kale ee Gobalka, fadlan waydii dhakhtarkaaga inuu ku siiyo **Buug Tusmeedka Macaamiisha MHP** ama ka fiiri barta oonlaynka ah oo ah www.optumsandiego.com qaybta **Macaamiisha**.

Adeegyada Taqasuska Caafimaadka Dhimirka ee Qorshaha Caafimaadka Dhimirka (MHP)

Adeegyada Taqasuska Caafimaadka Dhimirka waxaa bixiya Qorshaha Caafimaadka Dhimirka ee Ismaamulka San Diego, kaasoo ka duwan daryeelkaaga caadiga ah ee caafimaadka. qorshaha Caafimaadkayga Dhimirka wuxuu u taagan yahay inuu adeegyada caafimaadka dhimirka oo tayo leh siiyo dadka waawayn, waayeelka, iyo carruurta u qalma ee qaba dhibaatooyinka caafimaadka dhimirka ee daran oo joogto ah. Adeegyada Caafimaadka Dhimirku waa qarsoodi waxaana lagu saleeyaa fikirka ah in dadku awoodaan, ayna samaynayaan, si ay uga bogsoodaan xanuunka dhimirka. Inkastoo codsashada caawimaad ku aadan dhibaatooyinka caafimaadka dhimirka ay caqabad noqon karto, caawimaad waxaa keliya kaa xiga wicitaan taleefan.

LIVE WELL SAN DIEGO



Si aad u hesho xog dheeraad ah ama caawimaad ku aadan dhibaatooyinka caafimaadka dhimirka, wac **Laynta Helitaanka iyo Aafada ee bilaashka lagu waco:**

1-888-724-7240

Bulshada dhagoolka ah ha wacaan 711 (TTY)

La taliyaasha ayaa la heli karaa 24 ka saac, 7 maalmood/asbuucii waxayna ka jawaabi karaan su'aalahaaga waxayna kugu xiri karaan adeegyada iyo khayraadka daryeelka Caafimaadka Dhimirka.

COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

Gudiga Kormeereyaasha Ismaamulka San Diego
waxaa laga heli karaa halkaan:
https://www.sandiegocounty.gov/general/bos.html

Madaxa Waaxda Fulinta
waxaa laga heli karaa halkaan:
https://www.sandiegocounty.gov/content/sdc/cao.html

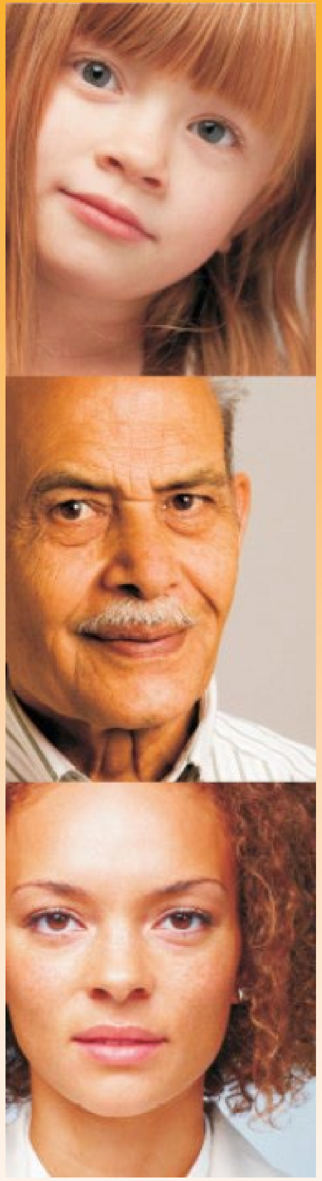
Wakaalada Caafimaadka iyo Adeegyada Aadanaha
https://www.sandiegocounty.gov/hhsa/hhsa_directors_office/index.html

Adeegyada Caafimaadka Dhimirka
Dadka waawayn/Waayeelka iyo Carruurta, Dhalinta iyo Qoysaska
Agaasime, Luke Bergmann, Ph.D.

It's UP to US
www.up2sd.org

TUSMO KOOBAN

Tusmo Kooban oo ku aadan Adeegyada Caafimaadka Dhimirka ee Dadka waawayn, Waayeelka iyo Carruurta



COUNTY OF SAN DIEGO Health and Human Services Agency | LIVE WELL SAN DIEGO

Ismaamulka San Diego BHS Rv. 7/11/23—Ingiriis

QORSHaHA CAAFIMAADKA DHIMIRKA

ADEEGYADA TAQASUSKA CAAFIMAADKA DHIMIRKA

- Dadka ka diiwaan gashan Medi-Cal, caymis kooban ama aan lahayn wax caymis ah
- Carruurta, dhalinta, qoysaska, da'yarta qaangaarka ah, dadka waawayn, iyo waayeelka
- Laga heli karo ismaamulka oo dhan
- Daryeelka dhaqan ahaan isku dhafan ee bulshooyinka
- Waxay bixisaa caawimaada turjumaanka iyo luuqada
- Sii wadista daryeelka uu baxsho daryeel bixiyaha caymiskii hore caafimaadka kaasoo noqonaaya daryeel bixiyaha qorshaha cusub ee caafimaadka

XUQUUQDAADA QORSHAHA CAAFIMAADKA DHIMIRKA

- ♦ In laguula dhaqmo si sharaf iyo xushmad leh iyo luuqad aad fahmayso.
- ♦ In aad hesho xog ku saabsan dookhyada daawaynta iyo dookhyada kale
- ♦ Inaad go'aanno ka gaarto daryeelkaaga
- ♦ Inaad hesho agabka xogta oo ku saabsan adeegyada ay bixiso MHP
- ♦ Inaad codsato aadna hesho nuqulka diiwaanadaada caafimaadka, aadna codsato in la badelo ama la saxo
- ♦ Inaad hesho adeegyada taqasuska caafimaadka dhimirka
- ♦ Inaan lagugu samayn jajuub ama xanibid sida lagu cadeeyay sharciyada federaalka
- ♦ Xaqa aad u leedahay diidista daawaynta

NOOCYADA ADEEGYADA LA HELI KARO

- ♦ Baaritaanada caafimaadka dhimirka
- ♦ Dhaqan celinta kooxda iyo mida shaqsiga ah
- ♦ Baxnaaninta kooxda iyo mida gaarka ah
- ♦ Caawimaada Dhibaatada
- ♦ Dejinta Dhibaatada
- ♦ Daryeelka Xaalada Degdega ah ee caafimaadka dhmirka ee 24 saac ah
- ♦ Adeegyada taageerada dawada
- ♦ Adeegyada isku dhafan ee caafimaadka Dhimirka iyo isticmaalka maandooriyaha
- ♦ Adeegyada taageerada macmiilka iyo qoyska ee dadka dhibka horey usoo maray baxshaan
- ♦ Daryeelka dhimirka ee bukaan jiifka
- ♦ Daryeelka hooyga ee dadka waawayn
- ♦ Maaraynta kiiska iyo ilaalinta
- ♦ Adeegyada dadka aan hooyga haysan
- ♦ Xarumaha baxnaaninta
- ♦ Adeegyada ababarka xirfada iyo shaqada
- ♦ Adeegyada bukaan socodka carruurta ee dugsiga lagu baxsho
- ♦ Daawaynta maalintii, adeegyada caawinta iyo baxnaaninta dhimirka ee carruurta
- ♦ Adeegyada Daryeelka Carruurta la Korsado ee Baxnaaninta ah

COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

CAAWIMAAD KU AADAN XAL U HELIDA DHIBAATADA

U qareemaha bukaanka ayaa ku caawin kara haddii aadan ku qancin daryeelkaaga caafimaadka Dhimirka.

Dhibaatooyin ka jira adeegyada bukaan jiifka ama daganaanshaha ee 24 saac ah, wac:

Barnaamijka U qareemida ee Adeegyada Qoysaska Yuhuuda oo aad ka wacayso (619) 282-1134 ama 1-800-479-2233.

Dhibaatooyinka ka jira bukaan socodka iyo nooc kasta oo kale oo adeegyada caafimaadka dhimirka, wac:

Xarunta Macaamiisha ee Caafimaadka Waxbarashada iyo U Qareemida (CCHEA)

Wicitaanka bilaashka ah oo aad ka helayso 1-877-734-3258.

OGEYSIISKA GO'AANKA DIIDMADA GUNNADA

Haddii aad cabasho ka qabto daryeelka Caafimaadka Dhimirka, aad dooneyso inaad racfaan ka qaadato go'aan aadan waafaqsanayn, ama aad dooneyso inaad ogaato xaalada racfaanka ama cabashada, waxaad la xiriiri kartaa mid kamid ah wakaalladaha kor ku qoran. Macaamiisha Medi-Cal ayaa heli kara adeegyada iyo xuquuqaha ku cad sharciyada Gobalka iyo Federaalka.

Waxaad codsan kartaa qaraar boobsiis ah oo ku aadan racfaan haddii aad aaminsan tahay in hanaanka caadiga ah uu carqalad gelinaayo noloshaada, caafimaadkaaga, iyo awooda helista, joogtaynta ama soo kabista caafimaad buuxa.

LAMBARKU KU CAAWINAAYA

Laynka Helitaanka iyo Aafada:

1-888-724-7240

Bulshada dhagoolka ah: ha wacaan 11 (TTY)

NAMI San Diego: (619) 543-1434

Wac 2-1-1 si aad u hesho Khayraad iyo Iskuxir

Caafimaadka Dhimirka ee Maraykanka: (619) 543-0412

Maamulka MHP: (619) 563-2700 Laynka Gurmadka Masiibada ee Ciidanka Hawlgabka ah: 1-800-273-8255

Laynka Gurmadka Isdilka iyo Masiibada: 988

KHAYRAADKA INTERNEEDKA

www.sdcounty.ca.gov
www.optumsandiego.com
www.211sandiego.org
www.ssa.gov
www.ssa.gov/disability
www.MentalHealth.gov
Ok2Talk.org