



San Diego Gelida iyo Laynka Dhibta

888-724-7240
TDD/TTY Garaac 711



Taageero bilaash ah, oo qarsoodi ah oo dhammaan luqadaha ah

- 24 saacadood maalintii
- 7 maalmood todobaadkii



optumsandiego.com

Waxaan halkaan u joognaa adiga

San Diego Gelida iyo Laynka Dhibta (Access and Crisis Line, ACL) waa gacan fidsan oo loogu talagalay shakhsiyaadka ama dadka ay yaqaaniin ee dareemaya culays badan, kuwaas oo aad u daalan, niyad jabsan, ama raadinaya jawaabo.

Wicitaan taleefan ayaa kugu xiri doona la-taliye naxariis badan oo had iyo jeer diyaar ah si uu kuu siiyo rajo iyo dhiirigelin.

Waan ku caawin karnaa marka:

- Aad u baahan tahay inaad la hadasho xirfadle ku daneeynaya
- Aad dareemayso inaadan la qabsan karin nooloshaha
- Aad raadineysaa agabyada bulshada
- Aad ka walwalsan tahay in qof aad taqaano uu naftiisa dhaawaci karo
- Aad dareemeyso inaad halis ugu jirto inaad waxyeeyeleyso naftaada ama dadka kale



Haddii adiga ama qof aad taqaano uu ku jiro dhibaato, caawimaad ayaa laga heli karaa dalka oo dhan. Wac ama fariin qoraal ah u dir **988**, ama kula sheekayso **988lifeline.org**



Maalgelinta adeegyada waxaa bixisa Degmadda San Diego Hay'adda Caafimaadka & Adeegyada Aadanaha