

Degamda Kandiyohi Khayraadka Caafimaadka Maskaxda



Dhibaatu waxay kuu horseedi kartaa inaad dareento welwel, walaac, cabsi iyo cadho. **Waa caadi in sidan la dareemo laakiin waxaa muhiim ah in la daryeelo fayoaqabkaaga.** Qof kasta si gooni ah ayuu ula macaamilaa culeyska sidaa daraadeed waa lama huraan in adiga iyo reerkaaguba aad ka feejignaataan dabeecaddaada iyo caadifadahaaga.

**KALI KUMA TIHID,
CAAWIMAAD AYAA
LA HELI KARAA**

Kheyraadka Deegaanka

- Woodland Centers 320-235-4613
Xalin Khilaafka Wareega...1-800-432-8781
- Talo Wacyi Galin
bulshadeed.....320-905-4206
- Carris Health..... 320-231-5030
- Latalinta Rabaaniga..... 320-231-9763
- Adeegyada Qoysaska ee Minnesotada
weyn..... 320-403-4167
- Latalinta Xilliyada Noloasha.320-235-4900
- Latalinta Lighthouse-ka.....320-214-1202
- Knutson La talinta Cusub... 320-441-7000
- Machadka Cafimaadka Maskaxda ee
Rice..... 320-231-4399
- Latlinta Willow Creek320-354-4200
- Latalinta Crossroads Counseling Center
Inc..... 320-214-8558

Kheyraadka Qaranka

- SAMHSA 1-800-985-5590
Khadka Cawwinta Dhibaataada Musiibada
- Khadka Qaranka 1-800-662-4357
- Khadka ka Hotaga 1-800-273-8255
Is-dilka Qaranka
- Helitaan Goob Caafimaad; <https://findtreatment.gov/>



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