Minnesota Truth Council

ILOOYINKA CAAFIMAADKA DHIMIRKA IYO ADEEGYADA LA XIRIIRA

The Advocates FOR HUMAN RIGHTS

Xarumaha Daryeelka Caafimaadka Bulshada – Adeegyada Caafimaadka Dhimirka

- Haddii aad ku jirto xaalad degdeg ah oo caafimaadka dhimirka ah, fadlan la xiriir:
  - Hennepin County Crisis Adult Hotline: 612-596-1223
  - Ramsey County Crisis: 651-266-7900
- Haddii aad la kulmeyso xaalad caafimaad oo degdeg ah oo halis ah, fadlan wac 911.

MACLUUMAADKA XIRIIRKA	AAGGA ADEEGGA	ADEEGYADA
Community-University Health Care Center (CUHCC) 2001 Bloomington Avenue S Minneapolis, MN 55404 Ballan qabso: 612-301-3433 **Jadwalka booqashooyinka socodka tooska ah:** Isniin: 10:00 subaxnimo – 12:00 duhurnimo Talaado: 9:00 subaxnimo – 10:00 subaxnimo Arbaco: 10:00 subaxnimo – 12:00 duhurnimo	Waxay ku taallaa Koonfurta Minneapolis, CUHCC waxay adeegyo siisaa dadka da' kasta leh iyo dadka leh dhammaan heerarka dakhliga	Adeegyada waxaa ka mid ah: Caawinta niyadjabka iyo dhibaatooyinka kale ee caafimaadka dhimirka; Daaweynta shakhsiga, carruurta, lammaanaha, qoysaska, iyo kooxaha; Qiimeynno ogaansho oo ku habboon dhaqanka; Adeegyada maaraynta kiisaska ee dadka waaweyn ee qaba cudurro maskaxeed oo daran oo muddo dheer jira; Adeegyada Dhaqan-celinta Caafimaadka Dhimirka ee Dadka Waaweyn (ARMHS); Maarayntadaawooyinka; Dhakhtarka cudurrada dhimirka (Psychiatry); Adeegyada maaraynta kiisaska ee bartilmaameedka u ah caafimaadka dhimirka carruurta. **Websaydka:** https://cuhcc.umn.edu/patient-services/mental-health-care
CLUES (Spanish for: Latino Communities United in Service) – Behavioral Health Clinic **Minneapolis:** 2600 E 25th St | Minneapolis, MN 55406 **St. Paul:** San Pablo: 797 E 7th St | St. Paul, MN 55106 Lambarka Taleefanka Guud ee Rugta Caafimaadka: 612-404-2600 | Lambarka Taleefanka Qaabilaadda: 612-439-9671	Aagga Magaalooyinka Mataanaha ah ee Metro	Adeegyada Caafimaadka Dhimirka waxaa ka mid ah: Qiimaynta Caafimaadka Dhimirka iyo Daaweynta; Dhakhtarka Cudurrada Dhimirka (Psychiatry); Barnaamijka daaweynta bukaansocodka ee cudurrada maskaxda iyo isticmaalka maandooriyaha ee isku xiran; Maaraynta kiisaska caafimaadka dhimirka ee bartilmaameedsan; Tababarka Xirfadaha CTSS (Adeegyada iyo Taageerada Daaweynta Carruurta); Adeegyada Dhaqan-celinta Caafimaadka Dhimirka ee Dadka Waaweyn (ARMHS); Dhex-dhexaadiyeyaasha Dhaqanka; Qiimeynta la xiriirta Socdaalka; Fursado Waxbarasho iyo Bandhigyo Caafimaadka Dabeecadda; Adeegyada Xaaladaha Degdegga ah

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Hamm Clinic 10 River Park Plaza Suite 710 St Paul, MN 55107 Adeegyo fool-ka-fool ah iyo telehealth labaduba waa la heli karaa Lambarka Guud ee Rugta Caafimaadka: Nala soo xiriir si aad u qabsato ballan qaabilaad: Tel: 651-224-0614	Adeegyada fool-kafoolka ah ayaa laga heli karaa St. Paul. Adeegyada telehealth (caafimaadka fog) waa la heli karaa.	Adeegyada shakhsiga, kooxaha, lammaanaha, iyo dhakhtarka cudurrada dhimirka ayaa la heli karaa. Kooxda Hamm Clinic waxay adeegsanaysaa qaabdaryeel iskudhaf ah oo adiga iyo baahiyahaaga bartamaha ka dhigaya. Dhakhaatiirta cilminafsiga, shaqaalaha bulshada, dhakhaatiirta dhimirka, daaweeyeyaasha guurka iyo qoyska ee shatiga leh, iyo kalkaaliyeyaasha caafimaadka ayaa si wadajir ah u bixinaya daaweyn adiga kugu habboon. *Dhammaan adeegyadeenna waxay ku salaysan yihiin wacyiga xanuunada hore iyo la qabsiga dhaqamada kala duwan. Daryeelka waxa laga helaa Ingiriisi iyo Isbaanish, turjubaanadana waxay taageeraan daryeelka luqado kale.
Pathways Counseling Center 1919 University Avenue West, Suite 6 St Paul, MN 55104 Lambarka Taleefanka ee Rugta Caafimaadka: 651-641-1555	Waxay ku taalaa St. Paul	Daaweyn iyo Adeegyada Dhaqan-celinta Caafimaadka Dhimirka ee Dadka Waaweyn (ARMHS) ayaa la heli karaa. axay diiradda saaraan la-talinta loogu talagalay bulshada LGBTQIA+, Caafimaadka Dhimirka ee Caalamiga ah, Cilladda Kaladuwanaanshaha Khamriga ee Uur-jiifka, iyo Caafimaadka Dhimirka ee Dambi-baarista.
Indian Health Board - Counseling Services Office 2101 Minnehaha Ave Minneapolis, MN 55404 612-721-9800	Waxay u adeegtaa bulshooyinka deegaanka ee Hindida Maraykanka iyo Dadka Asaliga ah ee Alaska	Adeegyada Caafimaadka Dhimirka waxaa ka mid ah: La-talinta shakhsiga iyo qoyska; Kooxo daaweyn oo ku salaysan dhaqanka iyo daryeelka xaaladaha degdegga ah; Qiimeynno uu sameeyo dhakhtarka cudurrada dhimirka iyo gudbinno; Taageero lagu bixiyo dugsiyada ee bulshooyinka deegaanka. **Websaydka:** https://www.indianhealthboard.com/counseling-support/

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MACLUUMAADKA XIRIIRKA	AAGGA ADEEGGA	ADEEGYADA
Native American Community Clinic – Behavior Health Department 1213 E Franklin Ave Minneapolis, MN 55404 Taleefoon: (612) 872-8086 | Ballan qabso: (612) 843-5981 | Helitaanka Adeegga Degdegga ah ee Wicitaanka (On Call Access): (612) 873-9389	Waxay u adeegtaa bulshada Hindida Maraykanka ee ku nool magaalooyinka ee Aagga Magaalooyinka Mataanaha ah	Koox ka kooban bixiyeyaal adeeg caafimaad oo shati haysta, kuwaas oo leh khibrado iyo tababbarro kala duwan si ay daryeel ugu bixiyaan dadka da' kasta leh. Adeegyada waxaa ka mid ah: Daaweynta shakhsiga, lammaanaha, iyo qoyska; Daaweynta kooxaha; Qiimeyn; Daaweynta niyad-jabka iyo welwelka; Taageerada murugada iyo geerida; Cudurka Walbahaarka Ka Dhasha Dhaawaca (Post Traumatic Stress Disorder); Cilladaha Isticmaalka Maandooriyaha; iyo Daryeelka Ruuxiga ah. **Websaydka:** https://nacc-healthcare.org/services-behavioral-health