

Ta yaya zan iya sanin ko zan iya amfana daga maganin tabin hankali?

- rashin kuzari sosai
- barci ko kuma damuwa da yawa na jiki (ciwon kai,
- ciwon ciki) ba tare da
- dalili na likita akai-akai fushi da fushi (musamman a cikin yara) yawan amfani da abubuwan da suka dace
- ba, kamar shan barasa, wasanni, kafonin watsa labarun, da dai sauransu. sauran
- alamomi

Daban-daban masu samarwa suna haifar da zaɓi ga abokan ciniki. Muna da masu kwanter da hankali 28 kuma za mu yi aiki don nemo wanda ya dace da ku.

Masu ilimin hanyoyin kwanter da hankali suna samun horo kan aiki tare da masu fassara, da kuma ba da ingantaccen kulawa a cikin al'adu da harsuna

Kun san kanku, ko dangin ku, mafi kyau! Idan kuna tunanin cewa maganin zai iya taimaka muku ko kaunataccen jin dadi, ba mu kira don gwada shi!

Za mu iya yin aiki tare da ku don taimakawa magance wasu matsalolin gama gari don samun kulawa, kamar:

- Matsalolin harshe
- Batutuwan sufuri
- Jadawalin aikin kalubale
- Babban tsadar magani

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Samfurin Kirkira don
Samun Lafiya Hankali:
Gidan Lafiya Hankali
Haɗin gwiwar Lafiya



CASA de SALUD

Always by Your Side





Abin da muke yi a MHC

MHC ta haɗu da masu kwantar da hankali a kan wurin don su iya ganin abokan ciniki, a cikin mutum da ta hanyar kiwon lafiya. Muna da masu kwantar da hankali waɗanda za su iya ganin yara, matasa, da manya. Muna ba da daidaikun mutane, ma'aurata da ilimin iyali. Burin mu shine:

- MHC na taimaka wa mutanen da ke buƙatar magani kuma ba za su iya samun shi a wasu asibitoci ba
- Yawancin abokan cinikinmu baki ne da yan gudun hijira waɗanda ke da matsala wajen neman likitocin da suka fahimci al'adun su, ko kuma waɗanda ke iya magana da su cikin yarensu.
- Mutane da yawa ba su da inshora, ko kuma suna da inshora wanda ba ya rufe kula da lafiyar hankali, amma a cikin MHC, abokan huldarmu suna cajin abokan ciniki ba fiye da \$20 a kowane zama ba

Abokan ciniki na Casa Abokan ciniki suna neman kulawar lafiyar kwakwalwa don haɓaka kwarewa don sarrafa damuwa na rayuwa da warkarwa daga rauni. Ingantattun tasirin jiyya sun kai sama da mutum don karfafa iyalai da al'ummomi.

Ma'aikatan kwantar da hankali masu lasisi suna samun gogewa aiki tare da jama'ar da ba a yi musu aiki ba a cikin al'ummar wasu masu ba da ra'ayi iri daya. Taro na kowane wata yana ba da damar haɗi tare da sauran masu samarwa, da kuma raba ilimi don inganta kulawa.

Student Interns kwararrun dalibi masu karatun digiri a fannoni kamar aikin zamantakewa, ba da shawara, da ilimin halayyar ɗan adam suna samun gogewa tare da baki da 'yan gudun hijira, da haɓaka alaƙa da sauran kwararrun lafiyar hankali.

How the MHC works

STEP 01 Seeking care

When a new client requests therapy, Casa staff talk with the client and learn about their situation.

STEP 02 Scheduling

The client is scheduled with a therapist who fits their needs.

STEP 03 Therapy

Therapists use many different methods and types of treatment to help clients. Some therapists can speak other languages and others use interpreters. Children, teens, and adults can get therapy. Therapists see people individually, as couples or families, or in a group.



Menene Haɗin gwiwar Kiwon Lafiya Hankali (MHC)? Lafiya halayya ta al'ada

Haɗin gwiwar Kiwon Lafiya Hankali - ko MHC, a takaice - a Casa de Salud wani asibitin kula da lafiyar hankali ne inda mutanen da ke buƙatar magani za su iya samun shi a farashi mai sauki, ba tare da inshora ba, kuma cikin yaren da suka fi so. A MHC, muna aiki tare da masu kwantar da hankali daga kungiyoyi da yawa, makarantu, da ayyuka masu zaman kansu.

Bayanin waje:

988 Lifeline Chat da rubutu: 988
Lifeline Chat da Rubutu suna haɗa ku tare da masu ba da shawara na rikici don goyon bayan tunani.
Don yin magana da mai ba da shawara kan rikicin kan layi 24/7/365.
Don yin rubutu tare da mai ba da shawara na rikici, aika rubutu zuwa 988 akan wayarka