

Nabwirwa n'iki ko nshobora kungukirwa no kuvura ubuzima bwo mu mutwe?

- imbaraga nke
- zisinzira cyane cyangwa nkeya cyane
- uhangayikishijwe
- nibibazo byinshi byumubiri (kubabara umutwe, kubabara igifu) nta mpamvu yubuvuzi itera
- uburakari no kurakara (cyane cyane mubana) gukoresha cyane ibikorwa byo
- guhangana, nko kunywa inzoga, gukina, imbuga nkoranyambaga, nibindi nibindi ibindi bimenyetso

Uzi wowe ubwawe, cyangwa umuryango wawe, ibyiza! Niba utekereza ko ubuvuzi bushobora kugufasha cyangwa uwo ukunda kumva umerewe neza, duhe guhamagara kubigerageza!

Turashobora gukorana nawe kugirango dufashe gukemura inzitizi

zimwe na zimwe zisanzwe zo kwitabwaho, nka:

- Inzitizi zururimi
- Ibibazo byo gutwara abantu
- Gahunda y'akazi itoroshye
- Igiciro kinini cyo kwivuza

Abatanga ibintu bitandukanye bashiraho **amahitamo kubakiriya**. Dufite abavuzi

28 kandi tuzakora kugirango tubone umuntu ubereye.

Abavuzi bahabwa amahugurwa yo gukorana nabasemuzi, no gutanga **ubuvuzi bubishoboye** mumico n'indimi

Twandikire:

314-977-1240 1015

S. Compton Ave, St Louis Mo
63104

info@casadesaludstl.org

Icyitegererezo cyo Guhanga Kuri
Kubona ubuzima bwo mu mutwe:
Inzu y'Ubuzima bwo mu mutwe
Ubufatanye



CASA de SALUD

Always by Your Side





Ibyo dukora kuri MHC

MHC ihuza abavuzi kurubuga kugirango babashe kubona abakiriya, haba kumuntu ndetse no kuri telehealth. Dufite abavuzi bashobora kubona abana, ingimbi, n'abantu bakuru. Dutanga umuntu ku giti cye, abashakanye hamwe nubuvuzi bwumuryango. Intego zacu ni:

- MHC ifasha abantu bakeneye ubuvuzi kandi badashobora kuyisanga ku yandi mavuriro
- Benshi mubakiriya bacu ni abimukira nimpunzi bafite ikibazo cyo kubona abavuzi bumva umuco wabo, cyangwa bashobora kuvugana nabo mururimi rwabo.
- Benshi ntibafite ubwishingizi, cyangwa bafite ubwishingizi butareba ubuvuzi bwo mumutwe, ariko kuri MHC, abafatanyabikorwa bacu bishyuzababakiriya amafaranga atarenze \$ 20 kumasomo

Abakiriya ba

Casa Abakiriya bashakira ubuvuzi bwo mumutwe kugirango bubake ubumenyi bwo gucunga ibibazo byubuzima no gukira ihungabana. Ingaruka nziza zo kuvura zirenze umuntu ku giti cye kugirango ashimangire imiryango nabaturage.

Abavuzi babifitemo

uruhushya Abavuzi bunguka uburambe bwo gukorana nabantu batahishoboye mumuryango wabandi batanga ibitekerezo. Buri kwezi inama zitanga amahirwe yo guhuza nabandi batanga, kimwe no gusangira ubumenyi kugirango tunoze ubuvuzi.

Abanyeshuri

bimenyereza umwuga Abanyeshuri barangije kwimenyereza umwuga mubikorwa nkimibereho, ubujyanama, na psychologya bunguka uburambe bwo gukorana n'abimukira n'impunzi, kandi bakubaka umubano n'abandi bahanga mu buzima bwo mu mutwe.

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.



Ni ubuhe bufatanye mu buzima bwo mu mutwe (MHC)? Ubuzima bwimyitwarire yumuco

Ubuzima bwo mu mutwe - cyangwa MHC, muri make - kuri Casa de Salud ni ivuriro ryita ku buzima bwo mu mutwe aho abantu bakeneye imiti bashobora kuyibona ku giciro gito, nta bwishingizi, no mu rurimi bakunda. Muri MHC, dukorana nabavuzi bo mumuryango myinshi, amashuri, hamwe nibikorwa byigenga.

Amakuru yo hanze:

988 Ikiganiro cyubuzima hamwe ninyandiko: 988 Ikiganiro cyubuzima hamwe ninyandiko iguhuza nabajyanama bitaye kubibazo kugirango bagushigikire amarangamutima. Kuganira numujyanama wibibazo kumurongo 24/7/365.

Kohereza ubutumwa hamwe numujyanama wibibazo, ohereza ubutumwa kuri 988 kuri terefone yawe