

Sideen ku ogaan karaa inaan ka faa'iidayaan karo daawaynta caafimaadka dhimirka?

- tamar yari
- hurdada oo aad u badan ama aad u yar werwer
- badan oo jidhka ah
- (madax-xanuun, calool xanuun) iyada oo aan sabab caafimaad lahayn cadho joogto ah iyo xanaaq
- (gaar ahaan carruurta) isticmaalka xad-dhaaf ah ee hawlaha la qabsiga, sida
- cabitaanka khamriga, ciyaaraha, warbaahinta bulshada, iwm. calaamado kale
-

Adiga ayaa u yaqaan naftaada, ama xubnaha qoyskaaga, sida ugu fiican! Haddii aad u malaynayso in daawaynta ay ku caawin karto adiga ama qof aad jeceshahay inaad fiicnaato, na soo wac si aan isku dayno!

Waxaan kula shaqayn karnaa si aan gacan uga geysano wax ka qabashada

caqabadaha caadiga ah ee helitaanka daryeelka, sida:

- Caqabadaha luqadda
- Arrimaha gaadiidka
- Jadwal shaqo oo adag
- Qiimaha sare ee daawaynta

Bixiyeyaal kala duwan ayaa u abuuraya **ikhtiyaarka macaamiisha**. Waxaan leenahay 28 daaweeyayaal waxaanan ka shaqayn doonaa sidii aan u heli lahayn qof kugu habboon.

Daaweeyayaasha waxay helaan tababar ku saabsan la shaqaynta turjubaanada, iyo bixinta **daryeel karti leh** oo ku saabsan dhaqamada iyo luqadaha

Nala soo xiriir:

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Model Hal abuur leh oo loogu talagalay
Helitaanka Caafimaadka Maskaxda:
Guriga Caafimaadka Maskaxda
Iskaashi Caafimaad



CASA de SALUD

Always by Your Side





Waxa aan ku qabano MHC

MHC waxay isku keentaa daaweeyayaasha goobta si ay u arkaan macaamiisha, labadaba shakhsi ahaan iyo telehealth labadaba. Waxaan leenahay daaweeyayaal arki kara carruurta, dhalinyarada, iyo dadka waaweyn. Waxaan bixinaa daawaynta shaqsi, lammaanaha iyo qoyska. Hadafkayagu waa:

- MHC waxay caawisaa dadka u baahan daawaynta oo aan ka heli karin xarumaha kale
- Inta badan macaamiisheena waa muhaajiriin iyo qaxooti dhibaato kala kulma helida daaweeyayaal fahmaya dhaqankooda, ama kula hadli kara afkooda
- Kuwo badan ma haystaan caymis, ama ma haystaan caymis aan daboolin daryeelka caafimaadka dhimirka, laakiin ku jira MHC, la-hawlgalayaasheena waxay ka qaadaan macaamiisha wax ka badan \$20 fadhigiiba dhaqamo gaar ah.

Macaamiisha

Casa Macaamiisha waxay raadiyaan daryeelka caafimaadka dhimirka si ay u dhistaan xirfado ay ku maareeyaan walbahaarka nolosha uguna bogsadaan dhaawacyada. Saamaynta wanaagsan ee daawaynta waxay gaartaa meel ka baxsan qofka si loo xoojiyo qoysaska iyo bulshada.

Daaweeyayaasha shatiga

leh ayaa khibrad u leh la shaqaynta dadyowga aan la daboolin ee ka tirsan bulshada bixiyeyaasha kale ee la fikirka ah. Shirarka kiis bilaha ah waxay bixiyaan fursad lagula xiriir bixiyeyaasha kale, iyo sidoo kale wadaaga aqoonta si kor loogu qaado daryeelka.

Interns Student

Interns Ardayga qalinjabiya interniska sida shaqada bulshada, la-talinta, iyo cilmi-nafsiga waxay khibrad ka helaan la shaqaynta muhaajiriinta iyo qaxootiga, waxayna la dhisaan xidhiidh xirfadlayaasha kale ee caafimaadka dhimirka.

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.



We're here to help clients when issues arise, including giving clients the option to switch to another therapist or rescheduling visits.

Waa maxay Iskaashiga Caafimaadka Maskaxda (MHC)? Caafimaadka dhaqanka ee xasaasiga ah

Wadashaqeynta Caafimaadka Maskaxda - ama MHC, oo gaaban - Casa de Salud waa rugta daryeelka caafimaadka dhimirka halkaas oo dadka u baahan daawaynta ay ku heli karaan qiimo jaban, caymis la'aan, iyo luqadda ay doorbidaan. MHC, waxaanu la shaqaynaa daaweeyayaal ka socda ururo badan, dugsiyo, iyo dhaqamo gaar ah.

Macluumaadka dibadda:

988 Lifeline Chat iyo qoraal: 988 Lifeline Chat iyo Text waxay kugu xidhaa lataliyayaasha xasaradda ee daneeya taageerada niyadeed. Si aad ula hadasho lataliyaha xasaradaha onlayn 24/7/365. Si aad qoraal ugu dirto la taliyaha xasaradaha, qoraal ugu soo dir 988 taleefankaaga