

Adeegyada Khalalaasaha King County

Haddii adiga ama qof aad taqaano uu ku jiro khalalaaso caafimaad maskaxeed ama isticmaal la xiriira maandooriye- iyo/ama khamro, caawin waa u diyaar qof kasta King County.

King County waxaa ka go'an xaqiijinta in adeegyada iyo barnaamijyadu taageero siiyaan dhammaanba dadka, oo ay kujiraan dadka soogalootiga iyo qaxootida ah, dumarka, dadka jinsigooda badala, dadka Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+, Dumarka Khaniisiinta ah, Khaniisyada, Dadka Labada Jinsi leh, Nimoon Naag, iyo Naga roone), dadka isugu jira isir walba, dadka naafada ah, iyo dadka diin walba oo ay haystaan, ama kuwa aan diinta lahaynba.

Kow: Caawin U Wac ama Farriin-qoraal

988 ama Khadka Khalalaasaha Gobolka: 206-461-3222

La-taliyeyaasha khalalaasaha waxay dadka ku caawiyaan foonka, dadka ku xiraan adeegyo ama u soo diri karaan kooxaha khalalaasaha socda si ay shaqsi ahaan gurmada u fidiyaan. Waxay ku baaqaysaa xoriyad iyo dhowrsanaan. (Turjumaad waa diyaar)

911 haddii khalalaasaha caafimaadka maskaxeed keenayo khatar nafsi ama nabadgelyo dadweyne.

Gudaha Koonfurta King County, la-taliyeyaasha khalalaasaha jooga xarumaha wicitaanka 911 waxay taageeraan dadka u soo waca khalalaaso caafimaad maskaxeed ama isticmaal la xiriira maandooriye ama khamro.

Maxaa Xiga:

Hel ballan 24 saac gudahooda

Waxaad heli kartaa ballan lala yeesho la-taliye caafimaad maskaxeed ama isticmaal maandooriye oo nafsadaada u rabto ama qof aad caawineysid. Waxay kugu xiri karaan daaweyn ama adeegyo aad rabto.

Ballamaha la xiriira isticmaal maandooriye: La xiriir Washington Recovery Line: [866-789-1511](tel:866-789-1511).

Ballamaha la xiriira caafimaadka maskaxda: La xiriir 988 ama Khadka Khalalaasaha Gobolka: [206-461-3222](tel:206-461-3222).

Kooxuhu waxay imaan karaan meesha aad joogto si lagu caawiyo

- **Kooxaha Khalalaasaha Socda (Mobile Crisis Teams)** waa kooxo ka kooban shaqaale u tababaran khalalaasaha kuwaasoo aada meel kasta King County si loo caawiyo dadka waaweyn, qoysaska iyo caruurta ku jira waqtiyada khalalaasaha. Wac 988 si aad caawimaadooda u heshid.
- **Kooxaha Wacyigelinta (Outreach Teams)** waxay ka shaqeeyaan King County oo dhan si ay u caawiyaan dadka laga yaabo in ay ku jiraan khalalaaso, oo jooga City Hall Park ee Seattle iyo saldhigyada gaadiidka Metro iyo Sound.
- **Gurmada Khalalaasaha Loo Xilsaaray (Designated Crisis Responders - DCRs)** waxay qiimeeyaan caafimaadka maskaxda iyo khatarta qof uu nafsadiisa ku dhibaateeyo ama dadka

 King County

DCHS

Department of Community
and Human Services

kale inta lagu jiro waqtiyada khalalaasaha. DCR waxaa lagu tababaray in dadka khalalaaso ku jira ku daaweeyaan xurmo.

Dhawaan Shaqeynaya: Tag Xarun Daryeel Khalalaaso

“Xarun daryeel khalalaaso” waa meel la aado 24-saac ee maalin/7-beri ee isbuuca si loo helo caawimaad loogu talagalay adeegyo kala-duwan ee khalalaasa la xiriira caafimaadka maskaxeed ama dhibaatooyinka maandooriyaha iyo khamrada.

Xarunta Dhibaatooyinka ee Kirland (Kirkland’s Crisis Center) Hadda waa ay Furan tahay:

Qof kasta oo 18 sanno jira ah ama kasii weyn ayaa halkaas maanta tagi kara si uu u helo daryeel degdeg ah oo loogu talagalay caafimaadka dhimirka ama isticmaalka maandooriyaha. Booqo: 405 Kirkland Corporate Center I connectionshs.com/nkc (Ingiriisi kaliya)

King County waxay guud ahaanba ismaamulka ka furi doontaa shan xarumood oo loogu tala galay in lagula tacaalo dhibataoyinka qof kasta oo xili kasta u yimaada caawimaad la xiriirta caafimaadka dhimirka ama isticmaalka maandooriyaha ama khamriga. Dhammanaba shanta xarumood, oo ay kujiraan kuwo loogu tala galay dhalinyarada, waxaa la furi doonaa 2030. Si aad u hesho macluumaad dheeraad ah booqo: kingcounty.gov/crisis-care-centers

Caawin Khalalaaso Kadib

Khadka Adeegyada Macaamiisha King County: 206-263-8997

Dadka leh Medicaid waxay soo wici karaan si ay u helaan daryeel iyo taageero khalalaaso kadib, si ay u sii bogsadaan una caafimaad-qabaan muddo dheer. Xarumaha daryeelka khalalaasaha waxay siin doonaan macaamiisha adeegyo xaalad-la-socod ah kadib markay soo booqdaan xarumaha.

Daawada Isticmaalka Opioid (daawo/maandooriye lagu suuxo/dhinto)

Bilaash 24/7 Khadka Daawo-qorista Bup: 206-289-0287

Buprenorphine (Bup) waa daawo wax ka qabata rabitaanka maandooriyaha opioid, calaamadaha u-baahashada daroogada waxay kaa difaacaan ku-suuxidda daroogo iska-badinta. Qof kasta oo jira 13 ama ka weyn oo jooga King County wuxuu wici karaa waqti kasta si loo helo daawo-qoris bilaash ah.

Naloxone Bilaash ah

Naloxone (sidookale loo yaqaano Narcan) waa daawo caawin karta joojinta ku-suuxid daroogo-iska-badin. Waxaa laga helaa farmashiyada ama si bilaash ah looga dalban karaa khadka: phra.org/naloxone (Ingiriis ama Isbaanish).

Su'aalaha Inta badan La isweydiiyo

Waa imisa kharashka adeegyada dhibaatooyinka King County?

Haddii aad leedahay Medicaid ama caymis gaar ah, asaga ayaa kaa caawinaya daboolista kharashka adeegyada dhibaatooyinka. Haddii aadan caymis lahayn, King County ayaa kaa daboolaysa adeegyada dhibaatooyinkaaga.

Ammaan ma helayaa haddii aan caawimaad u wacdo 988, aniga oo la falgalaya kooxaha dhibaatooyinka la tacaalaa ee guurguura ama haddii aan tago xarunta lagula tacaalo dhibaatooyinka si aan adeegyo u helo?

Waxaan ognahay in dadka ku nool King County ay u baahan yihiin meel ay aadaan oo aan ahayn ER ugana baahnayn inay wacaan 911 ama booliska si looga caawiyo caafimaadka dhimirka ama dhibaatooyinka la xiriira isticmaalka maandooriyaha. Kooxaha guurguura ee la tacaala dhibaatooyinka King County waxay ka jawaabaan wicitaanada caawimaadda raba booliska la'aantiis mana weydiinayaan xaalada soogalootinimada ama ugama baahna dukumiinti si ay adeeg u siiso. Xarumaha lagula tacaalo dhibaatooyinka, qof walba oo soo gala waa la soo dhaweynayaa, dhowrsanaanta xogta iyo badqabka macmiilkana muhiimad ayaa la siinayaa.

Intaas waxaa dheer, King County waxay raacaysaa sharciga gobolka iyo xeerarka deegaanka ee ilaalinaya xaquuqaha soogalootiga. Shaqaalaha King County uma ogolaan karaan hay'adaha socdaalka ee federaalku inay soo galaan goobaha, xarumaha, dhismaha, kaydka xogta aan bulshada ka dhexayn, ama dadka uu gacanta ku hayo Ismaamulku marka laga reebo inay wataan waaran maxkameed ama si kale uu sharcigu u farayo.