



Isticmaalka **TAAGEERADA CAAFIMAADKA MASKAXDA**

Xiliga Fasaxa Xagaaga

1



Lambarka caawinta BPS: 617-635-8873

Shaqaalaha bulshadu waxa la soo wici doona Isniin-Jimcaha inta lagu jiro fasaxa xagaaga laga bilaabo 8:00 subaxnimo-4:00 galabnimo. Haddii aad u baahan tahay taageerada caafimaadka dhimirka ee ardaygaaga, fadlan wac khadka telefoonka caawinta.

2

Laxariir dhaqtarkaada

Wixii taageero dheeraad ah, fadlan wac ama fariin u dir dhakhtarkaaga daryeelka aasaasiga ah ee ilmahaaga.

3



KOOXDA UGU WANAAGSAN 1-800-981-CAAWIN 4357

Kooxda Adeegyada Degdegga ah ee Boston (B.E.S.T.) waxay u soo diraan takhaatiirta qalalaasaha wareega guryaha, dugsiyada, rugaha bukaan socodka iyo meelo kale oo badan oo beesha ah.

4

AAD XARUNTA TAXADARKA DAGDAGA

Xaalada degdega ah, xarumaha daryeelka degdegga ah ama rugaha caafimaadka ayaa ku caawin kara. Xarumaha hoose waxay ku talinayaan inaad wacdo ka hor booqashadaada: 1-800-981-4357

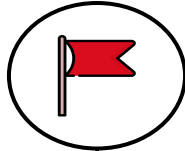
Bay Cove KA UGU
WANAAGSAN
Xarunta taxadarka dagdaga
(Solomon Carter Fuller Mental Health
Center) Solomon Carter Fuller Xarunta
Caafimaadka maskaxda
85 East Newton St,
1st Floor (dabaqa labaad)
Boston, MA 02118

North Suffolk UGU
WANAAGSAN
Xarunta taxadarka dagdaga
Erich Lindemann Mental Health
Center(Erich Lindemann Xarunta
Caafimaadka Maskaxda)
25 Staniford St,
2nd Floor (dabaqa labaad)
Boston, MA 02114

North Suffolk Xarunta
taxadarka dagdaga ee UGU
WANAAGSAN
140 B South St
Jamaica Plain, MA 02130

Dugsiyada Dadweynaha Boston

Xafiiska Loogu shaqeeyo Bulshada



KHATAR DHAGAYSA: 911

LAMBARKA CAAWINTA DAGDAGA AH

- Kahortagga is dilka ee **Samaritans**: 877-870-4673 Wac ama fariin udir 24/7
- **DCF**: 617-748-2000
- **Khalalaasada guriga**: 877-785-2020
- **Child Advocacy Center** (Xarunta u doodista carruurta) ee gobolka Suffolk: 617-779-2146



DAKHLIGA QOOYSKA

- [Helping Children Cope with Emergencies](#) (CDC) (Caawinta Carruurta La qabsiga Xaaladaha Degdegga ah)
- [Taking Care of Your Behavioral Health](#) (SAMHSA) (Daryeelida Caafimaadkaaga Dhaqanka)
- [Apps to Help with Mental Health](#) (Apps ka Caawinta Caafimaadka Maskaxda (Warbaahinta Dareenka Guud)

DAKHLIGA BULSHADA

Wixii macluumaad dheeraad ah, fadlan tag **boga**

, kaas oo inta badan la cusbooneysiyo



CUNTADA

311 (Boston) | 211 (Gobolka)
DTA: 877-382-2363



CARUNTA XANAANADA

Khadka caafimaadka Duqa
magaalada
617-535-5050



SHAQA LA AANTA

[MA Department of Unemployment Assistance \(MA Waaxda Caawinta Shago La'aanta\)](#)
(877) 626-6800

[Sanduuqa Gargaarka Kirada](#)
Waxii taageero dheeraad ah wac
311 (Boston)
211 (Gobolka oo idil)



GURIYEEYNTA

[Xafiiska Deganaanshaha Guriyeynta](#)
617-635-4200

Taageerada guriyeynta dheeraadka
ah, fadlan la xiriir
[Waaxda Dhallinyarada ee Fursadaha](#)
BPS: 617-635-8037



SOCDAALKA

[Xafiiska Horumarinta Muhaajiriinta](#)
617-635-2980

Caasimada Boston [Hagaha Ilaha ee soogalootiga](#)



**XAFIISKA LOOGU SHAQEYO
BULSHADA BPS**

Waaxda Ardayga & Saamaynta Bulshada
Qaybta Taageerada Ardayga