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. \**Turjumaad waxaa lagu heli karaa foon lambarrada hoose. Fadlan sheeg afkaaga markii lagaa qabto\**

# 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 gurmad u fidiyaan. (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](about:blank).   
Ballamaha la xiriira caafimaadka maskaxda: La xiriir 988 ama Khadka Khalalaasaha Gobolka:: 206-461-3222.

# **Kooxuhu waxay imaan karaan meesha aad joogto si laguu 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.
* **Gurmadka Khalalaasaha Loo Xilsaaray (Designated Crisis Responders - DCRs)** waxay qiimeeyaan caafimaadka maskaxda iyo khatarta qof uu nafsadiisa ku dhibaateeyo ama dadka 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.

Xarumaha Daryeelka Khalalaasaha King County \*oo Furmaya 2026\*   
King County wuxuu ka furi doonaa deegaankoo dhan shan xarumaha daryeelka khalalaasaha oo qof kasta imaan karo ballan la’aan waqti kasta si loo helo caawimaad la xiriirta caafimaadka maskaxda ama isticmaalka maandooriyaha ama khamriga. Xarunta koobaad waxay furmi doontaa 2026 kulli shanta xarumoodna, oo ay ku jirto mid dhallinyarada loogu talagalay, waxay furmi doonaan ugu dambeyn 2030. Macluumaad dheeri ah, u booqo: [kingcounty.gov/crisis-care-centers](about:blank)

## **Xarunta Gurmadka Khalalaasaha ee Kirkland** \*oo Furmaysa Xagaaga 2024\*

King County wuxuu maalgeliyay xarunta daryeelka khalalaasaha ee North King County Coalition oo furmi doonta Luulyo dhexdeeda.  
Booqo: **405 Kirkland Corporate Center** I [**connectionshs.com/nkc**](about:blank) **(Ingiriis Keliya)**

# 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).