



# Hagaha Khayraadka Caafimaadka Maskaxda

Loogu talagalay dadka waweyn

[www.mnmentalhealth.org](http://www.mnmentalhealth.org)

Dhibta Afar Degmo  
Kooxda Jawaabta  
800-635-8008

Khadka Qoraalka Dhibka  
U qor "MN" lambarka 741741



## Hindisaha Caafimaadka Maskaxda ee Dadka Waaweyn

Hindisaha Caafimaadka Maskaxda ee Dadka Weyn 320-968-5277 Fakis: 320-968-5330 531 Dewey Street Box 740 Foley, MN 56329

camhi@co.benton.mn.us

## Dhibaatooyinka

**Caawin Dhibta:** **Degmada Benton & Stearns** 320-654-1090  
**Degmada Sherburne** 800-433-5239, 763-765-4000  
**Degmada Wright** 320-406-8606

**Kooxda Ka Jawaabida Dhibaataada ee Afar Degmo** 800-635-8008, 320-253-5555

**Khadka Degdega ee MN (Xiriirka Taageerada asaaga)** 844-739-6369 (Wac ama u Qor; saacado xadidan)

**Khadka Rajada Isdilka ee Qaranka** 800-SUICIDE (784-2433)

**Khadka BADBAADADA Isdilka ee Degdegga ah** 888-511-SAVE (7283)

**988 Khadka Nolosha Isdilka & Dhibaataada** 988 (Wac ama u Qor)  
Taabo "1" Halyeeyada; Taabo "2" Isbaanish; Taabo "3" LGBTQI+ Dhallinta

**Khadka Qoraalka Dhibaataada (Khayraadka Kahortagga Is-dilka)** U qor "MN" lambarka 741741

**Khadka Hoylaawayaasha ee Halyeeyada** 877-4- AID –VET (877-424-3838)

## Wakaaladaha Degmada

**Degmada Benton** [www.co.benton.mn.us](http://www.co.benton.mn.us)  
**Adeegyada Aadanaha** 800-530-6254, 320-968-5087  
531 Dewey Street Box 740 Foley, MN 56329

**Xafiiska Sheriifka** 320-968-7201  
581 Highway 23 Box 159 Foley, MN 56329

**Degmada Sherburne** [www.co.sherburne.mn.us](http://www.co.sherburne.mn.us)  
**Adeegyada Aadanaha** 800-433-5239, 763-765-4000  
**Xafiiska Sheriifka** 763-765-3500  
13880 Business Center Drive NW Suite 100 Elk River, MN 55330

**Degmada Stearns** [www.co.stearns.mn.us](http://www.co.stearns.mn.us)  
**Adeegyada Aadanaha** 800-450-3663, 320-656-6000  
**Xafiiska Sheriifka** 320-259-3700  
705 Courthouse Square St. Cloud, MN 56303

**Degmada Wright** [www.co.wright.mn.us](http://www.co.wright.mn.us)  
**Adeegyada Caafimaadka iyo Aadanaha** 800-362-3667, 763-682-7400  
3650 Braddock Avenue NE Suite 2100 Buffalo, MN 55313  
**Xafiiska Sheriifka** 763-682-1162  
3800 Braddock Avenue NE Buffalo, MN 55313

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## Isbitaallada Caafimaadka Habdhaqanka

- Isbitaalka Abbott Northwestern** 612-863-4000  
800 E 28<sup>th</sup> Street Minneapolis, MN 55407  
[www.abbottnorthwestern.com](http://www.abbottnorthwestern.com)
- Xarunta Caafimaadka ee Degmada Hennepin** 612-873-3000  
701 Park Avenue Minneapolis, MN 55415  
[www.hcmc.org](http://www.hcmc.org)
- Xarunta caafimaadka ee Hutchinson** 320-484-4610  
1071 MN-15 (Plaza 15) Hutchinson, MN 55350  
[www.hutchhealth.com](http://www.hutchhealth.com)
- Isbitaalka Mercy** Coon Rapids: 763-236-6000  
Fridely- Unity Campus: 763-236-5000  
4050 Coon Rapids Boulevard Coon Rapids, MN 55433  
550 Osborne Road Fridley, MN 55432  
[www.allinamercy.org](http://www.allinamercy.org)
- Xarunta Caafimaad North Memorial** 763-520-5200  
3300 Oakdale Avenue N Robbinsdale, MN 55422  
[www.northmemorial.com](http://www.northmemorial.com)
- Isbitaalka St. Cloud** 320-251-2700  
Kalkaaliyaha Helitaanka Habdhaqanka 320-255-5774 Fakis: 320-656-7106  
1406 6<sup>th</sup> Avenue N St. Cloud, MN 56303  
[www.centracare.com](http://www.centracare.com)
- Isbitaalka United** 651-241-8000  
333 Smith Avenue N St. Paul, MN 55102  
[www.alinahealth.org/united-hospital](http://www.alinahealth.org/united-hospital)
- Xarunta Caafimaadka ee Jaamacadda Minnesota ee Gurmada Degdegga ah ee Habdhaqanka** 612-273-5640  
2312 S 6<sup>th</sup> Street Minneapolis, MN 55454  
[www.mhealth.org](http://www.mhealth.org)

### Isbitaalka Caafimaadka Habdhaqanka ee Bulshada

\* Waxaa lagu soo galaa Ogolaanshe Hore ee Dhexe 866-966-2337 Fakis: 763-712-4119

**Annandale** 651-259-3850 Fakis: 320-274-7019  
400 Annandale Boulevard Annandale, MN 55302

## Daaweynta Caafimaadka Maskaxda

### Daawaynta Bulshada ee La Hubo (ACT)

**Great River ACT – St. Cloud** 320-253-4120 Fakis: 320-253-4179  
411 3<sup>rd</sup> Street N Suite 4 Waite Park, MN 56387  
[www.cmmhc.org](http://www.cmmhc.org)

**Great River ACT – Monticello** 763-271-5340 Fakis: 763-271-5350  
407 Washington Street Monticello, MN 55362  
[www.cmmhc.org](http://www.cmmhc.org)

### La-talinta & Adeegyada Dhimirka

**Xarunta Bridge Healing** 320-774-1597 Fakis: 320-774-0414  
(Wuxuu ku takhasusay dadka Bariga Afrika iyo soogalootiga)  
22 Wilson Avenue NE Suite 109 St. Cloud, MN 56304  
<https://www.bridgehealingcenter.com/>

**La-talinta Isku-dubaridka Rajada** 763-291-5505 Fakis: 763-682-2449  
311 Brighton Avenue S Suite B Buffalo, MN 55313  
[www.bridginghopecounseling.com](http://www.bridginghopecounseling.com)

**La-talinta Isku-dubaridka Rajada** 763-291-5505 Fakis: 763-657-0819  
21000 Rogers Drive Suite 100 & 200 Rogers, MN 55374  
[www.bridginghopecounseling.com](http://www.bridginghopecounseling.com)

**Xarunta Adeegyada Dhimirka** 320-255-0343 Fax: 320-654-0318  
600 25<sup>th</sup> Avenue S Suite 109 St. Cloud, MN 56301  
[www.scpsychologicalservices.com](http://www.scpsychologicalservices.com)

**Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota** 763-682-4400  
308 12<sup>th</sup> Avenue S Buffalo, MN 55313 Fakis: 763-682-1353  
[www.cmmhc.org](http://www.cmmhc.org)

**Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota** 763-441-3770  
253 8<sup>th</sup> Street NW Suite A Elk River, MN 55330 Fakis: 763-441-9057  
[www.cmmhc.org](http://www.cmmhc.org)

**Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota** 763-295-4001  
407 Washington Street Monticello, MN 55362 Fakis: 763-295-5086  
[www.cmmhc.org](http://www.cmmhc.org)

**Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota** 320-252-5010  
1321 N 13<sup>th</sup> Street St. Cloud, MN 56303 Fakis: 320-252-0908  
[www.cmmhc.org](http://www.cmmhc.org)

- Adeegyada Xirfadlaha Muhiimka ah** 320-202-1400  
 110 14<sup>th</sup> Avenue E Sartell, MN 56377 Fakis: 320-202-8662  
[www.coreprofessionalservices.com](http://www.coreprofessionalservices.com)
- Waaxda Arrimaha Halyeeyada-Xarunta Caafimaadka ee St. Cloud**  
 4801 Veterans Drive St. Cloud, MN 56301 320-252-1670  
[www.va.gov](http://www.va.gov)
- Xarunta Noloshaha Waxtarka leh, Inc.** 320-259-5381 Fakis: 320-259-6171  
 821 W Saint Germain Street St. Cloud, MN 56301  
[www.effectivelivingcenter.com](http://www.effectivelivingcenter.com)
- Xarunta Caafimaadka ee Fairview Northland** 763-389-1313  
 911 Northland Drive Princeton, MN 55371  
[www.fairview.org](http://www.fairview.org)
- Xarunta La-talinta Qoyska** 763-682-5420 Fakis: 763-682-5803  
 102 Marty Drive Suite 2 Buffalo, MN 55313  
[www.fccmn.com/Contact-Us.html](http://www.fccmn.com/Contact-Us.html)
- La-talinta Granit City, oo ah Barnaamijka Samafalka Katooligga**  
 911 18<sup>th</sup> Street N St. Cloud, MN 56303 320-650-1660 Fakis: 320-650-1672  
[www.ccstcloud.org](http://www.ccstcloud.org)
- Adeegyada Bulshada Lutheran** 320-251-7700 Fakis: 320-251-8898  
 22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304  
[www.lssmn.org](http://www.lssmn.org)
- La-talinta Milestone Inc.** 320-774-1621 Fakis: 320-774-1624  
 333 W Division Street Suite 119 St. Cloud, MN 56304  
[www.stcloudcounselors.com](http://www.stcloudcounselors.com)
- Nystrom & Associates, LTD** 763-367-6080 Fakis: 763-263-7897  
 207 Jefferson Boulevard Big Lake, MN 55309  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- Nystrom & Associates, LTD** 763-746-9492 Fakis: 763-746-3685  
 9245 Quantrelle Avenue Otsego, MN 55330  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- Nystrom & Associates, LTD** 320-253-3512 Fakis: 320-253-1037  
 101 Dehler Drive Sartell, MN 56377  
[www.nystromcounseling.com](http://www.nystromcounseling.com)
- Dariiqyada Adeegyada Saykoolaji, P.A.** 763-525-8590 Fakis: 763-525-8592  
 19230 Evans Street NW Suite 202A Elk River, MN 55330  
[www.pathwayspsych.com](http://www.pathwayspsych.com)

**Habka La-talinta iyo Adeegyada La-talinta** 320-252-2976 Fakis: 320-656-1570  
110 2<sup>nd</sup> Street S Suite 301 Waite Park, MN 56387  
[www.processus-counseling.com](http://www.processus-counseling.com)

**Khayraadka Daawaynta Saykoolajiga** 320-253-3715 Fakis: 320-252-2567  
1411 W Saint Germaine St Suite 105 St. Cloud, MN 56303  
[www.yourcaringresource.com](http://www.yourcaringresource.com)

**Adeegyada Caafimaadka Maskaxda Degan** 320-455-9888 Fakis: 320-310-0983  
15 2<sup>nd</sup> Street NW Buffalo, MN 55313  
[www.serenitymentalhealthservices.com](http://www.serenitymentalhealthservices.com)

**Isbitaalka St. Cloud – Rugta Caafimaadka Habdhaqanka** 320-229-4977  
1900 CentraCare Circle Suite 2475 St. Cloud, MN 56303 Fakis: 320-229-5179  
[www.centracare.com](http://www.centracare.com)

**Xalka Xirfadlayaasha Daryeelka Caafimaadka Habdhaqanka** 320-351-4871  
508 Main Street S Sauk Centre, MN 56378 Fakis: 320-351-4871  
[www.solutionsinpractice.org](http://www.solutionsinpractice.org)

**Xalka Xirfadlayaasha Daryeelka Caafimaadka Habdhaqanka** 320-281-5305  
1801 Amber Avenue S Sartell, MN 56377 Fakis: 320-281-5306  
[www.solutionsinpractice.org](http://www.solutionsinpractice.org)

**La-talinta Xalalka** 763-515-4563 Fakis: 763-497-0552  
703 Theilan Drive SE St. Michael, MN 55376  
[www.helpwithsolutions.com](http://www.helpwithsolutions.com)

**Xarunta La-talinta Qoyska** 320-253-3540 Fakis: 651-383-4931  
2025 Stearns Way Suite 111 St. Cloud, MN 56303  
[www.thecenterforfamilycounseling.com](http://www.thecenterforfamilycounseling.com)

**Xarunta Rajada & Bogsiinta** 763-633-5111 Fakis: 763-633-5112  
11070 183<sup>rd</sup> Circle Suite C Elk River, MN 55330  
[www.thecenter4hopeandhealing.com](http://www.thecenter4hopeandhealing.com)

**Xarunta Adeegga Qoyska ee Tuulada** 320-253-5930, 800-627-8220  
110 6<sup>th</sup> Avenue S Suite 100 St. Cloud Fakis: 320-925-0057  
[www.thevillagefamily.org](http://www.thevillagefamily.org)

### Daawaynta Maalintii

**Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota** 763-682-4400  
308 12<sup>th</sup> Avenue S Buffalo, MN 55313 Fakis: 763-682-1353  
[www.cmmhc.org](http://www.cmmhc.org)

**Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota** 320-252-5010 Fakis:  
320-252-0908 1321 N 13<sup>th</sup> Street St. Cloud, MN 56303  
[www.cmmhc.org](http://www.cmmhc.org)

### Daawaynta Degganaanshiyo ee Degdegga ah (IRT)

**Fresh Start** (Dumarka oo kaliya, waxay ku takhasustay DBT) 218-724-2945  
1610 E First Street Duluth, MN 55812 Fakis: 218-724-0699

#### **Refrections**

22575 43<sup>rd</sup> Avenue St. Augusta, MN 56301 320-252-6017 Fakis: 320-252-6278

12256 Fountain Road Little Falls, MN 56345 320-313-1705 Fakis: 320-316-2371

**SpringPath Recovery & Crisis Residence** (oo hore u ahayd ResCare) 763-241-2142  
633 Upland Avenue NW Elk River, MN 55330 Fakis: 763-441-4771  
<https://springpathmentalhealth.com/>

### **Ku-tiirsanaanta/Qabatinka Kiimikada**

**Al-Anon** 888-425-2666  
[www.al-anon.org](http://www.al-anon.org)

**Naadiga Alano** [www.onlinealano.org](http://www.onlinealano.org)  
[www.alanoclubs.org](http://www.alanoclubs.org)

#### **Aalkoliisata Qarsoon (AA)**

Aagga St. Cloud: 320-202-1895  
0880 [www.aastcloud.org](http://www.aastcloud.org)

Aagga Weyn ee Minneapolis 952-922-  
[www.aaminneapolis.org](http://www.aaminneapolis.org)

**Sanduuqa Caafimaadka Habdhaqanka** (Caymiska caafimaadka dadweynaha/PMAP waxaad wici kartaa  
bixiyaha aad dooratay)

Su'aalaha ku saabsan uqalmiitanka ama si aad lacag u codsato la xiriir degmadaada

Benton 320-968-5087 Fakis: 320-968-5330

Sherburne 763-765-4000 Fakis: 763-765-4096

Stearns 320-656-6000 Fakis: 320-656-6447

Wright 763-684-2343 Fakis: 763-682-7701

#### **Sun-saarid**

1350 14<sup>th</sup> Street St. Cloud, MN 56303

320-252-6654 Fakis: 320-529-1975

#### **Khamaarka Qarsoon**

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

855-2CALLGA (855-222-5542)

#### **Naarkootiska Qarsoon (NA)**

[www.naminnnesota.org](http://www.naminnnesota.org)

877-767-7676



## Xarumaha Daawaynta

### **Anchor Recovery**

763-250-7357 Fakis: 855-221-4223

71<sup>st</sup> ST NE Unit 6 Buffalo, MN 55313  
13750 Crosstown Drive Northwest Suite 10 Andover, MN 55304  
<https://anchormn.com/>

### **CentraCare- Adeegyada Qabatinka Isbitaalka St. Cloud**

800-742-4357, 320-229-3760

3701 12<sup>th</sup> Street N St. Cloud, MN 56303 Fakis 320-229-3763  
<https://www.centracare.com/locations/centracare-st-cloud-hospital-addiction-services/>

### **Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota**

763-682-4400

308 12<sup>th</sup> Avenue S Buffalo, MN 55313 Fakis: 763-682-1353  
[www.cmmhc.org](http://www.cmmhc.org)

### **Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota**

763-295-4001

407 Washington Street Monticello, MN 55362 Fakis: 763-295-5086  
[www.cmmhc.org](http://www.cmmhc.org)

### **Xarunta Caafimaadka Dhimirka ee Bartamaha Minnesota**

320-252-5010

1321 N 13<sup>th</sup> Street St. Cloud, MN 56303 Fakis: 320-252-0908  
[www.cmmhc.org](http://www.cmmhc.org)

### **Xarunta Nolasha Waxtarka leh, Inc.**

320-259-5381 Fakis: 320-259-6171

821 W Saint Germain Street St. Cloud, MN 56301  
[www.effectivelivingcenter.com](http://www.effectivelivingcenter.com)

### **Bilawga Cusub ee Minnesota**

763-658-5800, 800-487-8758

109 Northshore Drive Waverly, MN 55390  
[www.nbminnesota.com](http://www.nbminnesota.com)

### **Nystrom & Associates, LTD**

320-253-3512 Fakis: 320-253-1037

101 Dehler Drive Sartell, MN 56377  
[www.nystromcounseling.com](http://www.nystromcounseling.com)

### **Xarunta La-talinta Xirfadlayaasha**

Fakis: 763-972-3965

7 Highway 55 Buffalo, MN 55313 763-682-2829  
1262 Crossings Drive Delano, MN 55328 763-972-6527  
[www.professionalcounselingcenters.com](http://www.professionalcounselingcenters.com)

### **Sobriety First**

320-251-0035 Fakis: 320-251-0209

313 W Broadway Monticello, MN 55362  
266 33<sup>rd</sup> Avenue S St. Cloud, MN 56301  
520 4<sup>th</sup> Street S Sauk Centre, MN 56378  
<http://sobrietyfirstllc.com/>

### **Xarunta Daaweynta ee St. Cloud Metro (Methadone)**

320-202-1909

524 25<sup>th</sup> Avenue N St. Cloud, MN 56303 Fakis: 320-202-1910  
[www.methadonetreatment.com](http://www.methadonetreatment.com)

## Adeegyada Bulshada & Taageerada

\*\*\* Kala xidhiidh wakaaladda la-talinta ee deegaankaaga ama maareeyaha kiiskaaga wixii ku saabsan kooxaha taageerada ee agagaarkaaga \*\*\*

### Maareynta Kiiska ee Caafimaadka Maskaxda ee Dadka Waaweyn

**Degmadaa Benton** [www.co.benton.mn.us](http://www.co.benton.mn.us) 800-530-6254, 320-968-5087

**Degmada Sherburne** [www.co.sherburne.mn.us](http://www.co.sherburne.mn.us) 800-433-5239, 763-765-4000

**Degmada Stearns** [www.co.stearns.mn.us](http://www.co.stearns.mn.us) 800-450-3663, 320-656-6000

**Degmada Wright** [www.co.wright.mn.us](http://www.co.wright.mn.us) 800-362-3667, 763-335-0276

\* Haddii aad iska diiwaangeliso Qorshaha Caafimaadka Minnesota, waxaa laga yaabaa in lagu gudbiyo bixiye kale\*

**Rajada Sadaqada Katooligga ee CSP** 320-240-3324 Fakis: 320-240-3339

157 Roosevelt Road Suite 300 St. Cloud, MN 56301

[www.ccstcloud.org](http://www.ccstcloud.org)

**Mashruuca Dibu-gelinta ee Bartamaha MN** (Dembiilayaal hore) 320-656-9004

1121 Lincoln Ave Sauk Rapids, MN 56379

PO Box 2391 St. Cloud, MN 56302

[www.cmnrp.org](http://www.cmnrp.org)

**XARUNTA Naafada ee MN**

866-333-2466

[www.disabilityhub.mn.org](http://www.disabilityhub.mn.org)

**Hab-nololeed Madax-bannaan - Barnaamijka La-talinta Isku-faca** 320-529-9000

215 N Benton Drive Sauk Rapids, MN 56379

888-529-0743

[www.independentlifestyles.org](http://www.independentlifestyles.org)

Fakis: 320-529-0747

**Jacaylka INC – Big Woods** (Annandale, Buffalo, Maple Lake, Hanover)

1111 N Hwy 25 Box 368 Buffalo, MN 55313 763-682-2550

[www.loveinbigwoods.org](http://www.loveinbigwoods.org)

**Love INC – Heartland** (Cokato, Delano, Howard Lake, Montrose, Rockford, iyo Waverly)

318 Railroad Avenue Box 143 Delano, MN 55328 763-972-6547

[www.loveinheartland.org](http://www.loveinheartland.org)

Fakis: 763-972-6548

**Caafimaadka Maskaxda ee Minnesota**

800-862-1799, 651-493-6634

2233 University Ave. W., Ste 200 St. Paul, MN 55114

[www.mentalhealthmn.org](http://www.mentalhealthmn.org)

**Isbahaysiga Qaranka ee Xanuunka Dhimirka - St. Cloud**

888-NAMI-Helps,

320-654-1259 Box 771 St. Cloud, MN 56302

[www.namihelps.org](http://www.namihelps.org)

**Khadka Xiriirinta Dadka Waaweyn**

800-333-2433

**United Way Wicitaanka Koowaad ee Caawinaada** 211, 800-543-7709  
[www.211unitedway.org](http://www.211unitedway.org)

**Waxqabadka Bulshada ee Degmada Wright, Inc.** 320-963-6500 Fakis: 320-963-5745  
130 W Division Street Maple Lake, MN 55358  
[www.wccaweb.com](http://www.wccaweb.com)

### Barnaamijka Taageerada Bulshada (CSP)

#### **Degmada Benton & Stearns**

**Hay'adaha Katooligga – Hope CSP** 800-831-8254, Ext 3324 320-240-3324  
157 Roosevelt Road Suite 300 St. Cloud, MN 56301 Fakis: 320-240-3339  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Degmada Wright CSP** 763-682-7242

**Degmada Sherburne CSP** 763-441-3770

### Kaaliyaha Daryeelka Shakhsi-ahaaneed (PCA)

\*\*\* La xidhiidh caymiskaaga ama Waaxda Caafimaadka Dadweynaha ee degmada si aad u hesho adeegyo \*\*\*

\*\* La xidhiidh XARUNTA MN ee liiska hay'adaha PCA-ga \*\*

**XARUNTA Naafada ee MN** 866-333-2466  
[www.disabilityhub.mn.org](http://www.disabilityhub.mn.org)

**Daryeelka Guriga ee saxda ah** 763-633-3800

**Kor Uqaadida Daryeelka Caafimaadka Guriga** 320-230-6348

**Daryeelka Guriga Barnabas** 800-434-7225

**Country Manor** 320-253-3343

**Adeegyada Caafimaadka Guriga ee DMT** 763-856-3051

**Mains'I** 763-494-4553

**Adeegyada Meridian/Orion** 320-255-5151

**Daryeelka Guriga ee Waqooyiga Dalka** 763-856-9955

**Daryeelka Guriga ee Wabiga Prairie** 320-255-1882

**Soo-kabasho Caafimaad** 320-774-0777

## Adeegyada Halyeeyada

### **Eagles Healing Nest**

320-351-6200

310 US-71 N Unit 881 Sauk Centre, MN 56378

[www.eagleshealingnest.org](http://www.eagleshealingnest.org)

### **Waaxda Arrimaha Halyeeyada ee Minnesota**

<https://mn.gov/mdva>

### **St. Cloud VA Nidaamka Daryeelka Caafimaadka**

320-252-1670

4801 Veterans Drive St. Cloud, MN 56303

### **Khadka Isku Xirka Halyeeyada**

888-LINKVET (546-5838)

### **Xarunta Khayraadka & Tayaynta Halyeeyga\* (VREC)**

320-204-

5660 501 17<sup>th</sup> Avenue N St. Cloud, MN 56303

<https://www.vrecmn.com/>

\*Looma baahna xubinta adeegga in lagu xidho VA si loo helo adeegyada

### **Adeegyada Halyeeyada**

Degmada Benton

320 968-5044 Fakis: 320-968-5239

531 Dewey St Foley, MN 56329

Degmada Sherburne

763 765-3100 Fakis: 763-765-3124

13880 Xarunta Ganacsiga Drive NW Elk River, MN 55330

Degmada Stearns

320 656-6176 Fakis: 320-656-6257

3301 Waddada Degmada 138 Waite Park, MN 56387

Degmada Wright

763 682-7325 Fakis: 763-682-4554

3650 Braddock Ave NW Suite 1900 Buffalo, MN 55313

## Adeegyada Caafimaadka Maskaxda ee Baxnaaninta Dadka Waaweyn (ARMHS)

Jadwalka soo socdaa wuxuu ku salaysan yahay liiska Bixiyeyaasha Ruqsadda leh ee ARMHS ee ay ku daabacday Waaxda Adeegyada Aadanaha ee Minnesota (DHS) websaydkooda. Jadwalka hoose ma aha liis buuxa oo dhammaan bixiyeyaasha loo oggolaaday adeegyada ARMHS, liiska buuxa ee bixiyayaasha waxa laga heli karaa websaydka DHS (<https://mn.gov/dhs/>) iyo raadinta "ARMHS Providers". Macluumaadka waa laga bilaabo Diisambar 1, 2023.

		Benton	Sherburne	Stearns	Wright
<b>Hay'adaha Samafalka Katooligga</b>	320-240-3324 Fakis: 320-240-3339				
157 Roosevelt Road Suite 300 St. Cloud, MN 56301 <a href="http://www.ccstcloud.org">www.ccstcloud.org</a>		X	X	X	
<b>Xarunta Caafimaadka Maskaxda ee Bartamaha MN</b>	763-682-4400 Fak: 763-682-1353				
1321 13 <sup>th</sup> Street N, St. Cloud, MN, 56303 308 12 <sup>th</sup> Avenue S Buffalo, MN 55313 <a href="http://www.cmmhc.org">www.cmmhc.org</a>		X	X	X	X
<b>Adeegyada Taageerada Qoyska, Inc.</b> (Qaybta Nystrom & Associates, LTD.)	St. Cloud: 320-253-3512 Fakis: 320-253-1037 Otsego: 763-746-9492 Fakis: 763-746-3685				
101 Dehler Drive Sartell, MN 56377 9245 Quantrelle Avenue Otsego, MN 55330 <a href="http://www.nystromcounseling.com">www.nystromcounseling.com</a>		X	X	X	X
<b>Khayraadka Recover Health, LLC</b>	320-259-1369				
(Waxay ku takhasustay dadka Bariga Afrika iyo Qaxootiga)	Fakis: 320-259-1938				
2719 W Division Street Suite #5 Saint Cloud, MN 56301 <a href="http://www.recoverhealthresources.com">http://www.recoverhealthresources.com</a>				X	
<b>Rise</b>	320-656-5608 Fakis: 320-656-5617				
3400 First Street N Suite 105 St. Cloud, MN 56303 <a href="http://www.rise.org">www.rise.org</a>		X	X	X	X
<b>Xalka Xirfadlayaasha Daryeelka Caafimaadka Habdhaqanka</b>	320-281-5305 Fakis: 320-281-5306				
1801 Amber Avenue S Sartell, MN 56377 <a href="http://www.solutionsinpractice.org">www.solutionsinpractice.org</a>		X	X	X	
<b>We Care LLC</b>	320-281-4449 Fakis: 320-281-4819				
136 Division Street Waite Park, MN 56387 <a href="https://wecaremn.org/">https://wecaremn.org/</a>		X	X	X	X

## **Dhaqaalaha**

### Gargaarka Tamarta

**Ciidanka Badbaadada** (Wright) 763-682-2205  
2051 50<sup>th</sup> Street NE, Door #2 Buffalo, MN 55376  
<http://salvationarmynorth.org>

**Ciidanka Badbaadada** (Xafiiska Adeegyada Bulshada- Degmada Sherburne)  
115-A Henry Road Big Lake, MN 55309 612-223-6911  
<http://salvationarmynorth.org>

**Ciidanka Badbaadada** (Benton & Stearns) 320-252-4552 Fakis: 320-252-1424  
400 Highway 10 S St. Cloud, MN 56304  
<http://salvationarmynorth.org>

**Tri-CAP, Inc.** (Benton, Sherburne & Stearns) 888-765-5597, 320-251-1612  
1210 23<sup>rd</sup> Avenue S Box 683 Waite Park, MN 56387 Fakis: 320-255-9518  
[www.tricap.org](http://www.tricap.org)

### Daawooyinka & Dawooyinka Dhakhtar Qoro

**Iskaashatada Kaalmada Dawooyinka** 888-477-2669  
[www.pparx.org](http://www.pparx.org)

**Xarunta Barnaamijka Caawinta Bukaanka ee Rx**  
[www.rxassist.org](http://www.rxassist.org)

**Wacyigelinta Rx** 800-769-3880 Fakis: 800-875-6591  
[www.rxoutreach.org](http://www.rxoutreach.org)

**Rx Hope**  
[www.rxhope.com](http://www.rxhope.com)

**Gelitaanka Rx Si Wadajir ah** 800-444-4106  
[www.togetherrxaccess.com](http://www.togetherrxaccess.com)

### Khayraadka Kale ee Macluumaadka & Dhaqaalaha

**Buundada Dheefaha**  
[www.bridgetobenefits.org](http://www.bridgetobenefits.org)

**Sanduuqa Difaaca Carruurta ee Minnesota** 651-227-6121 Fax: 651-227-2553  
555 Park Street Suite 410 St. Paul, MN 55103  
[www.cdf-mn.org](http://www.cdf-mn.org)

**Adeegyada Degdegga ah ee Samafalka Katooligga** (Benton, Sherburne, Stearns)  
157 Roosevelt Road Suite 100 St. Cloud, MN 56301 800-830-8254 (toll free)  
[www.ccstcloud.org](http://www.ccstcloud.org) 320-229-4560 Fakis: 320-229-4562

**Hay'adaha Katooligga ee St. Paul iyo Minneapolis** (Wright) 651-291-0211  
1200 2<sup>nd</sup> Avenue S Minneapolis, MN 55403  
[www.cctwincities.org](http://www.cctwincities.org)

**Barnaamijka Gargaarka Dhibaataada Guriyeynta** 952-915-3698  
<https://arcminnesota.org/ways-we-can-help/housing-access-services/crisis-housing-assistance-program/>

**Adeegga Bulshada Lutheran ee Minnesota** 320-251-7700 Fakis: 320-251-8898  
22 Wilson Avenue NE Suite 110 St. Cloud, MN 56304  
[www.lssmn.org](http://www.lssmn.org)

**Xidhiidhka Dhiirigelinta Shaqada ee Minnesota** 800-976-6728, 651-632-5113

**MnSure** 855-3-MNSURE (855-366-7873)  
[www.mnsure.org](http://www.mnsure.org)

**Guddiga Adeegyada Dadweynaha** (khadadka telefoonka) 800-657-3782  
[www.mn.gov/puc/consumers](http://www.mn.gov/puc/consumers)

**Ciidanka Badbaadada** (caawinta kulaylka iyo guriyeynta)  
<http://salvationarmynorth.org/programs-that-help/basic-needs/>

**Ciidanka Badbaadada** (Sherburne) 612-223-6911  
115-A Henry Road Big Lake, MN 55309

**Ciidanka Badbaadada** (Benton & Stearns) 320-252-4552 Fakis: 320-252-1424  
400 Highway 10 S St. Cloud, MN 56304  
<https://centralusa.salvationarmy.org/northern/StCloud/>

**Ciidanka Badbaadada** (Wright) 763-682-2205  
2051 50<sup>th</sup> Waddada NE, Albaabka #2 Buffalo, MN 55376  
<http://salvationarmynorth.org>

**Aasaaska 30-maalmood** 952-334-9996 (Text or Email only)  
[The30DaysFoundation@live.com](mailto:The30DaysFoundation@live.com)  
8014 Olson Memorial Hwy #195 Golden Valley, MN 55427  
<https://www.the30-daysfoundation.org/>

**Xarunta Adeegga Qoyska ee Tuulada** 320-253-5930, 800-627-8220  
110 6<sup>th</sup> Avenue S, Suite 100 St. Cloud  
Fakis: 651-925-0057  
[www.thevillagefamily.org](http://www.thevillagefamily.org)

**United Way**

2-1-1

[www.unitedwayhelps.org/](http://www.unitedwayhelps.org/)**Wright County Community Action, Inc.**

320-963-6500 Fakis: 320-963-5745

130 W Division Street Maple Lake, MN 55358

[www.wccaweb.com](http://www.wccaweb.com)**Soshiyal Sekuyurati****Khabiirada Naafonimada**

800-642-6393 Fakis: 218-666-3136

[www.disabilityspecialists.net](http://www.disabilityspecialists.net)**Maamulka Soshiyal Sekuyurati**

877-405-1446 Fakis: 833-902-2696

3800 Veterans Drive Suite 100 St. Cloud, MN 56303

[www.ssa.gov](http://www.ssa.gov)**Wacyigelinta SSI/SSDI, Helitaanka iyo Soo-kabashada (SOAR)**[www.prainc.com/SOAR](http://www.prainc.com/SOAR)**Guriyeynta****Daryeelka korinta dadka waaweyn** (la xidhiidh wakaaladda adeegga bulshada ee degmadaada)**Soo Wac Khadka Caawinta**

866-560-7464

(Adeeg telefoon oo siiya macluumaad iyo khayraad kuwa ay haysato hoy la'aan ama khatar ugu jira inay noqdaan hoy la'aan. Waxay u adeegaan degmooyinka Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Stearns, Sherburne, Todd, iyo Wright)

**Hay'adaha Katooligga - Guryeynta Ku-meel-gaarka ah**

800-830-8254 ext. 3326

157 Roosevelt Road Suite 300 St. Cloud, MN 56301

320-240-3326

[www.ccstcloud.org](http://www.ccstcloud.org)

Fakis: 320-240-3339

**Hay'adaha Samafalka Katooliga - Adeegyada Guryeynta**

800-830-8254

157 Roosevelt Road Suite 200 St. Cloud, MN 56301

320-229-4576

[www.ccstcloud.org](http://www.ccstcloud.org)

Fakis: 320-253-7464

**Deegaanka Bani'aadanimada ee Bartamaha Minnesota**

320-656-8890

3335 W. St. Germain St, Suite 108 St. Cloud, MN 56301

Fakis: 320-656-8841

[www.cmhf.org](http://www.cmhf.org)**Iskaashiga Guryeynta ee Bartamaha Central Minnesota, Inc.**

320-259-0393,

37 28<sup>th</sup> Avenue N Suite 102 St. Cloud, MN 56303

888-203-9301

[www.cmhp.net](http://www.cmhp.net)

Fakis: 320-259-9590



**Barnaamijka Caawinta Dhibaataada Guriyeynta** 952-915-3698  
<https://arcminnesota.org/ways-we-can-help/housing-access-services/crisis-housing-assistance-program/>

**Khadka HOME** (Urur Udooda Kiraystaha) 866-866-3546, 612-728-5767  
8011 34<sup>th</sup> Avenue S Suite 126 Bloomington, MN 55425  
<https://homelinemn.org/>

**HousingLink** (Khayraad laga raadiyo guryeyn la awoodi karo) 612-522-2500  
[www.housinglink.org](http://www.housinglink.org)

**Maamulka Guriyeynta & Dibu-kobcinta (HRA)** 320-252-0880 Fakis: 320-252-0889  
1225 W St. Germain Street St. Cloud, MN 56301  
(U adeegga xadadka Benton, Sherburne, Wright & St. Cloud city)  
[www.stcloudhra.com](http://www.stcloudhra.com)

**Maamulka Guriyeynta & Dibu-kobcinta (HRA)** 320-685-7771 Fakis: 320-685-7580  
401 West Wind Court Cold Spring, MN 56320  
(U adeegga baadiyaha Degmada Stearns)  
[www.stearnscountymn.gov/432/Housing-Redevelopment-Authority](http://www.stearnscountymn.gov/432/Housing-Redevelopment-Authority)

**MafoMN** (Liisaska guryeynta iyo adeegga ee loogu talagalay dadka naafada ah)  
[www.mafomn.com/](http://www.mafomn.com/)

**Xarunta Lahaanshaha Guriga ee Minnesota**  
[www.hocmn.org](http://www.hocmn.org)

**Rise** 320-656-5608 Fakis: 320-656-5617  
3400 First Street N Suite 105 St. Cloud, MN 56303  
[www.rise.org](http://www.rise.org)

**Tri-CAP, Inc.** (Benton, Sherburne & Stearns) 888-765-5597, 320-251-1612  
1210 23<sup>rd</sup> Avenue S Box 683 Waite Park, MN 56387 Fakis: 320-255-9518  
[www.tricap.org](http://www.tricap.org)

**Waaxda Guryeynta iyo Horumarinta Magaalooyinka ee Maraykanka** (raadis guri kiro jaban)  
[www.hud.gov/apps/section8/index.cfm](http://www.hud.gov/apps/section8/index.cfm)

**Waxqabadka Bulshada ee Degmada Wright, Inc.** 320-963-6500 Fakis: 320-963-5745  
130 W Division Street Maple Lake, MN 55358  
[www.wccaweb.com](http://www.wccaweb.com)

## Hoy iyo Cunto

- Guryaha Catalina** Ugudbin/Diiwaangelin Cusub 320-699-6430 Fax: 320-281-3533  
305 2<sup>nd</sup> Avenue S Sauk Rapids, MN 56379 320-217-8948  
129 Wilson Avenue SE St. Cloud, MN 56304 320-281-3650  
920 3<sup>rd</sup> Street N Waite Park, MN 56387 320-217-8915
- Xarunta Daryeelka Cumming** 320-251-3447  
216 3<sup>rd</sup> Avenue S Box 7 Sauk Rapids, MN 56379  
<http://cummingscarecenter.com/>
- Xarunta Riyada ee St. Cloud** (single men) 320-656-1550 Fax: 320-774-1264  
529 16<sup>th</sup> Avenue N St. Cloud, MN 56303  
[www.dreamcenterstcloud.org](http://www.dreamcenterstcloud.org)
- Hab-nololeedka Guryaha** 320-281-3704 Fakis: 320-253-  
1671 1312 First Street N St. Cloud, MN 56303
- Lange's** 763-662-2836 Fakis: 763-402-7581  
13892 37<sup>th</sup> Street Clear Lake, MN 55319  
<http://www.langeboardandroom.com>
- Hoyga Murphy** 320-251-6567  
1101 3<sup>rd</sup> Street N St. Cloud, MN 56303
- Wasaaradaha Goobta Rajada** 320-203-7881 Fakis: 320-203-7882  
511 N 9<sup>th</sup> Avenue St. Cloud, MN 56303  
[www.placeofhopeministries.com](http://www.placeofhopeministries.com)
- Rivercrest - Guriyeynta Aan Joogtada Ahayn** 320-217-7970 Fakis: 320-217-7971  
1315 Lincoln Avenue SE St. Cloud, MN 56304  
[www.centercityhousing.org](http://www.centercityhousing.org)
- Washington Place LLC** 320-203-1707  
820 8<sup>th</sup> Avenue S St. Cloud, MN 56301

## Hoyga Degdegga ah

**Anna Marie's Alliance** (dumarka iyo carruurta) 800-950-2203, 320-253-6900  
 Box 367 St. Cloud, MN 56302 Fakis: 320-253-5563  
[www.annamarie.org](http://www.annamarie.org)

**Goobta Wasaaradaha Rajada** 320-203-7881 Fakis: 320-203-7882  
 511 9<sup>th</sup> Avenue N St. Cloud, MN 56303  
[www.placeofhopeministries.org](http://www.placeofhopeministries.org)

**Ciidanka Badbaadada** 320-252-4552 Fakis: 320-252-1424  
 400 Highway 10 S St. Cloud, MN 56304  
<https://centralusa.salvationarmy.org/northern/StCloud/>

**Qaxoontiga Terebith** (loogu talagalay dumarka la faraxumeeyo iyo laga ganacsado)  
 110 2<sup>nd</sup> Street S Suite 231 Waite Park, MN 56387 Xafiiska: 320-828-7721  
<https://www.terebinthrefuge.org/> Khadka dhibaata, wac ama uqor: 320-428-4707

## Guriyeynta Ku Meel Gaarka ah

**Hay'adaha Samafalka Katooligga - DOMUS Guryaha Ku Meel Gaarka ah**  
 Box 1416 St. Cloud, MN 56302 320-259-9270 Fakis: 320-259-4967  
[www.ccstcloud.org](http://www.ccstcloud.org)

**Ciidanka Badbaadada – Barnaamijka Bartamaha Minnesota** 320-252-4552  
 400 Highway 10 S St. Cloud, MN 56304  
<http://salvationarmynorth.org>

	Guryaha Degdegga ah	Codsiyada Guriyeynta Joogtada ah	Cunto bilaash ah	Shefeyada cuntada	Dharka iyo alaabada bilaash ah	Adeegyada Taagerada
Ciidanka Badbaadada 320-252-4552	X	X	X	X	X	X
Place of Hope 320-203-7881	X	X	X	X	X	X
Sadaqada Katooligga 320-650-1550		X		X	X	X
Tri-Cap 320-251-1612		X				X
Ururka Guriyeynta iyo Dibuhorumarinta (HRA) 320-252-0880		X				

\* Waxaa laga soo xigtay Isbahaysiga St. Cloud ee Hoy la'aanta

## Xirfadda/Shaqada

**Xarunta CareerForce** (hore u ahayd Xarunta Hawlgelinta) 763-271-3700, 888-438-5627  
406 E 7<sup>th</sup> Street Box 720 Monticello, MN 55362 Fakis: 763-271-3701  
[www.mn.gov/deed/Monticello](http://www.mn.gov/deed/Monticello)

**Xarunta CareerForce** (hore u ahayd Xarunta Hawlgelinta) 320-308-5320 Fakis: 320-308-5173  
1542 Northway Drive Door 2 Box 67 St. Cloud, MN 56303  
[www.mn.gov/deed/stcloud](http://www.mn.gov/deed/stcloud)

**Adeegyada Shaqooyinka iyo Tababarada ee Bartamaha Minnesota** 800-284-7425  
406 E 7<sup>th</sup> Street Box 720 Monticello, MN 55362 763-271-3700  
[www.cmjts.org](http://www.cmjts.org)

**Warshadaha shaqeeya** 763-682-4336 Fakis: 763-682-9692  
1801 Highway 25 N Box 336 Buffalo, MN 55313  
[www.functionalindustries.org](http://www.functionalindustries.org)

**Goodwill – Easter Seals Minnesota** 320-654-9527 Fakis: 320-654-9542  
50 S 2<sup>nd</sup> Avenue Waite Park, MN 56387  
[www.goodwilleasterseals.org](http://www.goodwilleasterseals.org)

**Goodwill – Easter Seals Minnesota** 763-274-1823 Fakis: 763-274-1825  
19624 Holt Street NW Elk River, MN 55330  
[www.goodwilleasterseals.org](http://www.goodwilleasterseals.org)

**Adeegyada Fursadaha** 320-203-7750 Fakis: 320-203-7751  
1717 W Saint Germain Street St. Cloud, MN 56303  
[www.oppserv.org](http://www.oppserv.org)

**Rise** 320-656-5608 Fakis: 320-656-5617  
3400 1<sup>st</sup> Street N Suite 105 St. Cloud, MN 56303  
[www.rise.org](http://www.rise.org)

**Adeegyada Baxnaaninta Farsamada** 763-271-3700, 888-438-5627  
406 E 7<sup>th</sup> Street Box 720 Monticello, MN 55362 Fakis: 763-295-6096  
<http://mn.gov/deed/vrs>

**Adeegyada Baxnaaninta Farsamada** 320-308-5320 Fax: 320-308-5335  
1542 Northway Drive Door 2 St. Cloud, MN 56303  
<http://mn.gov/deed/vrs>

**Wacosa** 320-251-0087 Fakis: 320-259-4679  
320 Sundial Drive Box 757 Waite Park, MN 56387  
[www.wacosa.org](http://www.wacosa.org)

## Gaadiidka

<b>Blue Button Transportation LLC</b> 15861 101 <sup>st</sup> Street SE Becker, MN 55308	320-266-7418
<b>Adeegyada Gaadiidka Blue Plus</b>	866-340-8648
<b>Faith in Action</b> Benton Sherburne Stearns Miyiga Stearns (aagga Cold Spring)	<a href="http://www.grfia.org">www.grfia.org</a> 320-258-8673 763-263-4277 320-258-8673 320-685-3693
<b>Aagga Foley C.A.R.E.</b> (Degmada Benton) 251 4 <sup>th</sup> Avenue N Box 205 Foley, MN 56329 <a href="http://www.foleyareacare.org">www.foleyareacare.org</a>	320-968-7848 Fakis: 320-968-7702
<b>Adeegyada Gaadiidka ee Iskaashatada Caafimaadka</b>	888-288-1439
<b>Medica Bixisa Raacitaan</b>	800-601-1805
<b>Miiska Caawinta ee Xubinta Gargaarka Caafimaadka</b>	800- 657-3739
<b>Xarunta Wicidda Bixiyaha Gargaarka Caafimaadka</b>	800- 366-5411
<b>Miiska Caawinta ee Xubinta Daryeelka Minnesota</b>	800- 657-3672
<b>MTM</b> (gaadiid caafimaad oo aan degdeg ahayn)	866-467-1724
<b>Trailblazer Transit</b> (Degmada Wright) 207 West 11 <sup>th</sup> Street Glencoe, MN 55336 115 Commerce Circle Buffalo, MN 55313	888-743-3828 Fakis: 320-864-1910
<b>Raacitaanka Caafimaad ee U-Care</b>	800-864-2157

## Khayraadka Dheeraadka ah

### Xadgudub/Dhibaataynta

<b>Isbahaysiga Anna Marie</b> (Xadgudubka Qoyska) Box 367 St. Cloud, MN 56302 <a href="http://www.annamarie.org">www.annamarie.org</a>	800-950-2203, 320-253-6900 Fakis: 320-253-5563
<b>Xarunta Dhibaataynta Galmada ee Bartamaha MN</b> 15 Riverside Drive NE St. Cloud, MN 56304 <a href="https://cmsac.org">https://cmsac.org</a>	800-237-5090, 320-251-4357 Fakis: 320-251-4670

**Wabiyada Rajada** (Xadgudubka Qoyska)  
Box 511 Monticello, MN 55362  
[www.riversofhope.org](http://www.riversofhope.org)

763-295-3433 Fakis: 763-295-6091

**Qaxoontiga Terebith** (haweenka looga faa'iidaysto galmada iyo kuwa laga ganacsado)  
110 2<sup>nd</sup> Wadada S Suite 231 Waite Park, MN 56387 Xafiiska:320-828-7721  
<https://www.terebinthrefuge.org/> Khadka dhibaataada, wac ama u qor: 320-428-4707

### U doodista & Gargaarka Sharciga

**Adeegyada Sharciga ee Bartamaha Minnesota** 800-622-7773, 320-253-0138  
110 6<sup>th</sup> Avenue S Suite 205 St. Cloud, MN 56301 Fakis: 320-253-5794  
[www.centralmnlegal.org](http://www.centralmnlegal.org)

**Udoodayaasha Naafada:** **Adeegyada Wacyigelinta** 612-332-6773  
**Midowga Guriyeynta St. Cloud** 320-229-7684  
**Ciidanka Badbaadada Roseville** 651-746-3400

**Khadka HOME** (Caawinaad sharci Bilaash ah ee kiraystaha) 612-728-5767 (Metro)  
8011 34<sup>th</sup> Ave S Suite 126 Bloomington, MN 55425 866-866-3546 (Greater MN)  
<https://homelinemn.org/>

**Xafiiska Xuquuqul Insaanka** 320-650-3133  
400 2<sup>nd</sup> Street S St. Cloud, MN 56301  
[www.ci.stcloud.mn.us](http://www.ci.stcloud.mn.us)

**Adeegyada Sharciga** 800-360-2889, 320-253-0121  
830 W St. Germain Street Suite 300 St. Cloud, MN 56301 Fakis: 320-253-5794

**Kaalmada Sharci ee Bartamaha-Minnesota** 800-292-4150 Fakis: 612-334-5755  
430 1<sup>st</sup> Avenue N Suite 300 Minneapolis, MN 55401  
[www.mndlc.org](http://www.mndlc.org)

**Xarunta Cadaaladda Xaafada** 651-222-4703  
500 Laurel Avenue St. Paul, MN 55102  
[www.njcinc.org](http://www.njcinc.org)

**Baaraha Gobolka** 651-757-1800  
Caafimaadka Maskaxda & Noofonimada Koboca  
[www.mn.gov/omhdd/](http://www.mn.gov/omhdd/)

## Ilkaha

\* La xidhiidh Caymiskaaga si aad uga hesho Bixiye Shabakaddaada\*

### **Unugga Ilkaha ee Wareegga ee BlueCross BlueShield**

<https://www.bluecrossmn.com/shop-plans/minnesota-health-care-programs/mobile-dental-unit>

#### **Daryeelka Ilkaha Bulshada**

3650 Braddock Avenue NE Suite 200 Buffalo, MN 55313

<https://www.cdentc.org/buffalo>

763-270-6900 Fakis: 763-682-7099

limayl: [infobu@cdentc.org](mailto:infobu@cdentc.org)

#### **Ururada Ilkaha ee St. Paul**

1790 7<sup>th</sup> Waddada E St. Paul, MN

55119 [www.dentalassociatesmn.com](http://www.dentalassociatesmn.com)

651-735-0595

#### **K.O.A.L.A. Daryeelka Ilkaha**

20 1<sup>st</sup> Avenue S Buffalo, MN 55313

[www.themolardocors.com](http://www.themolardocors.com)

763-682-6441

#### **K.O.A.L.A. Daryeelka Ilkaha**

1521 Northway Drive St. Cloud, MN 56303

[www.themolardocors.com](http://www.themolardocors.com)

866-337-4897, 320-253-8380

#### **Park Dental Elk River**

18230 Zane Avenue NW Elk River, MN 55330

[www.parkdental.com](http://www.parkdental.com)

763-201-1313

#### **Rugta Ilkaha ee Kuleejka St. Cloud Technical**

1540 Northway Drive St. Cloud, MN 56303

<http://www.sctcc.edu/dental-clinic>

320-308-5919 Fakis: 320-308-5055

#### **Ilkaha St. Cloud ee maanta**

4128 2<sup>nd</sup> Street S St. Cloud, MN 56301

[www.todaysdentalminnesota.com](http://www.todaysdentalminnesota.com)

320-774-2556

#### **Jaamacadda Minnesota Iskuulka Ilkaha**

Moos Tower 515 Delaware Street SE Minneapolis, MN 55455

[www.dentistry.umn.edu](http://www.dentistry.umn.edu)

612-625-2495

## Turjubaannada/ Kartida Dhaqan

#### **Khadka Luuqadda**

800-367-9559

#### **Gudbinta Minnesota**

7-1-1

(Adeegyada Isgaadhsiinta Isgaarsiinta (TRS) ee loogu talagalay dadka dhegaha la', dhegaha iyo maqalka la', maqal adag ama dadka naafada ah hadalka)

## Nafaqada

### **Barnaamijka Caawinta Nafaqada Dheeraadka ah (SNAP)**

La xidhiidh degmadaada haddii aad u baahan tahay in lagaa caawiyo codsashada ama haddii ay dhibaato kaa haysato dheefahaaga

**Adeegyada Aadanaha ee Degmada Benton** 800-530-6254, 320-968-5087

**Adeegyada Aadanaha ee Degmada Sherburne** 800-433-5239, 763-765-4000

**Adeegyada Aadanaha ee Degmada Stearns** 800-450-3663, 320-656-6000

**Adeegyada Aadanaha ee Degmada Wright** 800-362-3667 ext. 7400, 763-682-7400

### **Khadka Taleefanka ee SNAP**

Aagga Metro ee Magaalooyinka Mataanaha ah: 651-431-4050

Aagga Metro ka baxsan: 800-657-3698

**Shelefka Cuntada Annandale** 320- 274-FOOD (3663)

**Shelefka Cuntada Becker** 763-261-4612

**Shelefka Cuntada Bulshada Big Lake** 763-263-2432

**Qolka Cuntada ee Buffalo** 763-684-1699

**Kaydka cuntada ee CAER(Webiga Elk)** 763-441-1020

### **Adeegyada Degdegga ah ee Hay'adaha Samafalka ee Katooligga Qolka cuntada**

St. Cloud, Sauk Rapids, Sartell, St. Augusta & bulshada Jardiinada Waite: 320-229-4560

**Clearwater -Clear shelf Cunnada Gurmada harada** 320-558-2954

**C.R.O.S.S. Xarunta** (Waxay u adeegtaa Degmada Benton; oo ku taal Foley): 320-968-7012

**Qiimaha Dadka oo dhan** Ka hel goobta deegaanka halkan: <https://fareforall.org/find-a-site/>

**Qolka cuntada ee Monticello** 763-295-4031

### **Qolka jiifka ee Ruby**

Halkan ka hel boggaga iyo taariikhaha: <https://www.rubyspantry.org/find-location>

**Ciidanka Badbaadada (St. Cloud)** 320-252-4552

**Wright County Community Action Agency** (Waverly) 320-963-6500 OR 763-658-4414

**Ka hel Bangiga Cunnada Deegaankaaga:** <http://www.feedingamerica.org/>



## Websaydyada

<b>Khayraadka &amp; Macluumaadka ADHD</b>	<a href="https://www.aacap.org/">https://www.aacap.org/</a>
<b>The Arc</b> Udoodista naafada garaadka iyo korriinka)	<a href="https://arcminnesota.org/">https://arcminnesota.org/</a>
<b>Xogta Cudurka Laba-cirifoodka</b>	<a href="http://www.healthline.com/health/bipolar-disorder">www.healthline.com/health/bipolar-disorder</a>
<b>Isbahaysiga Dhaawaca Maskaxda</b>	<a href="http://www.braininjurymn.org">www.braininjurymn.org</a>
<b>Waaxda Adeegyada Aadanaha</b>	<a href="http://www.mn.gov/dhs">www.mn.gov/dhs</a>
<b>Khayraadka Naafada</b>	<a href="http://www.disability.gov">www.disability.gov</a>
<b>Dheefaha Naafada 101</b>	<a href="http://www.db101.org">www.db101.org</a>
<b>Dalabka Dhakhtarka</b>	<a href="http://www.doctorondemand.com">www.doctorondemand.com</a>
<b>Eyes On The Horizon Consulting</b> (adeegyada caafimaadka dhimirka ee beeralayda iyo qoysaskooda)	<a href="https://www.eyesonthehorizon.org/">https://www.eyesonthehorizon.org/</a>
<b>Fast-tracker – Xidhiidhiyahaaga Khayraadka MN</b>	<a href="http://www.fast-trackermn.org">www.fast-trackermn.org</a>
<b>Findhelp.org</b>	<a href="https://www.findhelp.org/">https://www.findhelp.org/</a>
<b>Caawinta niyad-jabka</b>	<a href="http://www.helpfordepression.com">www.helpfordepression.com</a>
<b>HousingLink</b>	<a href="http://www.housinglink.org">www.housinglink.org</a>
<b>Adeegyada Sharciga – Onlayn</b>	<a href="http://www.mnlegalservices.org">www.mnlegalservices.org</a>
<b>Caafimaadka Maskaxda Ameerika</b>	<a href="http://www.mentalhealthamerica.net">www.mentalhealthamerica.net</a>
<b>Ururka Caafimaadka Dhimirka ee Minnesota</b>	<a href="http://www.mentalhealthmn.org">www.mentalhealthmn.org</a>
<b>Shabakadda Macmiilka / Badbaadiyaha Caafimaadka Maskaxda</b>	<a href="http://www.mhcsn.org">www.mhcsn.org</a>
<b>Minnesota Help.info</b>	<a href="http://www.minnesotahelp.info">www.minnesotahelp.info</a>
<b>Aasaaska Qoyska Millitariga Minnesota</b>	<a href="http://www.minnesotamilitaryfamilyfoundation.org">www.minnesotamilitaryfamilyfoundation.org</a>
<b>Golaha La-talinta Caafimaadka Maskaxda Minn.</b>	<a href="http://www.mentalhealthcouncilsmn.com">www.mentalhealthcouncilsmn.com</a>
<b>Isbahaysiga Qaran ee Xanuunnada Maskaxda</b>	<a href="http://www.namihelps.org">www.namihelps.org</a>
<b>Isbahaysiga Qaran ee Soo kabashada Caafimaadka Maskaxda</b>	<a href="http://www.ncmhr.org">www.ncmhr.org</a>
<b>Golaha Qaranka</b>	<a href="http://www.thenationalcouncil.org">www.thenationalcouncil.org</a>
<b>Xarunta Macluumaadka Caafimaadka Maskaxda Qa</b>	<a href="http://www.mentalhealth.samhsa.gov">www.mentalhealth.samhsa.gov</a>
<b>Xafiiska Wakiilka Caafimaadka Maskaxda iyo Naafada Korriinka</b>	<a href="http://www.ombudmhd.state.mn.us">www.ombudmhd.state.mn.us</a>
<b>Xarunta Khayraadka si kor loogu qaado aqbalaadda, sharafta iyo ka mid noqoshada bulshada</b>	<a href="http://www.stopstigma.samhsa.gov">www.stopstigma.samhsa.gov</a>
<b>Ruby's Pantry</b> (Bangigga Cuntada ee reer miyiga, ka eeg goobaha websaydka)	<a href="http://www.rubyspantry.org">www.rubyspantry.org</a>
<b>Onlaynka Soshial Sekuyurati</b>	<a href="http://www.ssa.gov">www.ssa.gov</a>
<b>Isticmaalka Maandooriyaah iyo Maamulka Adeegyada Caafimaadka Maskaxda</b>	<a href="http://www.samhsa.gov">www.samhsa.gov</a>
<b>Codka Waxbarasho ee Wacyigelinta Is-dilka</b>	<a href="http://www.save.org">www.save.org</a>
<b>Tigidhada Shaqada</b>	<a href="http://www.yourtickettowork.com">www.yourtickettowork.com</a>
<b>Xidhiidhka Dhiirigelinta Shaqada</b>	<a href="http://www.mnworkincentives.com">www.mnworkincentives.com</a>
<b>WRAP iyo Buugaagta Soo kabashada</b>	<a href="http://www.mentalhealthrecovery.com">www.mentalhealthrecovery.com</a>

## Qaamuus

**Dardaaranka Sare ee Dhimirka:** Agab qoran oo loo isticmaalo in lagu sameeyo go'aannada daryeelka caafimaadka maskaxda marka shakhsigu aanu awoodin in uu sidaas sameeyo awood la'aan darteed.

**Daryeel Korinta Dadka Waaweyn:** Qaab nololeed shati leh, hoy hoy ah oo loogu talagalay ilaa afar qof oo qaangaar ah oo naafo ah oo qoyska ka tirsan - deegaan la mid ah. Xannaanada korinta dadka waaweyn waxay heli karaan dadka da'doodu tahay 18 sano ama ka weyn. Guryaha korinta ee dadka waaweyni waxay bixiyaan cunto, hoy, ilaalin, ilaalin iyo adeegyada guriga. Waxa kale oo laga yaabaa inay bixiyaan caawimo xirfad nololeed ama tababar, caawimo daawo iyo caawimo ilaalinta ilaha lacagta caddaanka ah.

**Adeegyada Caafimaadka Maskaxda ee Baxnaaninta Dadka Waaweyn (ARMHS):** sidoo kale loo yaqaan "Ikhtiyaarka Baxnaaninta MA" iyo Adeegyada Ka Jawaabida Dhibaataada Caafimaadka Maskaxda ee Dadka Waaweyn waa Adeegyada Caafimaadka Dhimirka ee Qorshaha Gobolka (MA).

ARMHS waa adeegyada caafimaadka dhimirka ee baxnaaniya oo awood u siinaya xubinta inuu horumariyo oo uu kobciyo xasilloonida maskaxda, kartida bulshada, hagaajinta shakhsi ahaaneed iyo shucuureed, iyo xirfado nololeed iyo madax-banaani bulsho marka awoodahaan ay waxyeelleeyaan calaamadaha cudurka dhimirka. Adeegyadu waxay sidoo kale awood u siinayaan xubinta inuu xajisto xasilloonida iyo shaqeynta haddii isaga ama iyada ay halis ugu jiraan inuu lumiyo shaqeynta muhiimka ah ama la geliyo goob adeeg xaddidan adeegyadan la'aantood. Adeegyadu waxay baraan, caawiyaan oo ka taageeraan xubin kasta meelaha ay ka midka yihiin waxbarashada daawada iyo la socodka, iyo xirfadaha aasaasiga ah ee bulshada iyo nololaha ee maaraynta calaamadaha cudurka dhimirka, maamulka qoyska iyo shaqada la xidhiidha ama isbeddelka nololaha bulshada.

**Daawaynta Bulshada ee La Hubo (ACT):** Adeeg ballaadhan, oo ah baxnaaninta caafimaadka maskaxda aan la dejinayn kaas oo ah shaqo ku salaysan caddayn oo la aqoonsaday. Adeegyada ACT waxaa bixiya shaqaale kala duwan oo adeegsada hab kooxeed oo lagu jiheeyo dadka waaweyn ee qaba jirro maskaxeed oo daran oo u baahan adeegyo degdeg ah.

**Qiimaynta:** Habka lagu aqoonsanayo: a) xoogga qofka, dookhiisa, xirfadihiisa shaqo iyo baahida taageerada iyo adeegyada; b) ilaa iyo inta taageerooyinka dabiiciga ahi ay dabooli karaan baahida taageerada iyo adeega qofka; iyo c) ilaa inta ay le'eg tahay hay'adaha adeegyada aadanaha iyo bixiyeyaasha ay awoodaan inay bixiyaan ama horumariyaan taageerada ama adeegyada loo baahan yahay.

**Ka-dhaafidda Dhaawaca Maskaxda (BI):** Guriga iyo bulshada – adeegyo aasaasi ah oo beddel u ah hay'adaynta kor u qaada caafimaadka ugu wanaagsan, madaxbannaanida, badbaadada iyo is-dhexgalka qofka xaqa u leh iyo Kaas oo haddii kale u baahnaan lahaa heerka daryeelka lagu bixiyo xarun kalkaalin caafimaad oo khaas ah ama cusbitaalka habdhaqanka neerfaha.

**Maareeyaha Kiis:** Shakhsi abaabula oo isku xidha adeegyada iyo taageerada dadka waaweyn ee qaba welwelka caafimaadka dhimirka.

**Adeegyada Maareynta Kiiska:** Waxa ku jira qiimayn shaqaynaysa, qorshe taageero bulsho oo gaar ah, u dirid iyo caawimo laga helo caafimaadka dhimirka iyo adeegyada kale ee loo baahan yahay, isku xidhka adeegyada iyo la socodka bixinta adeegyada.

**Rugta Caafimaadka Habdhaqanka Bulshada ee Ruqsadda leh (CCBHC):** waa qaab isku-dhafan iyo qaab adeeg bixin oo adeegsada qaab-dhismeed kharash-bixineed ku salaysan. Asal ahaan mashruuc mudaaharaad fadaraal ah laga bilaabo 2017-2019, qaabkan adeeg bixinta cusub waxa uu hiigsanayaa in lagu daro adeegyada caafimaadka dhimirka iyo isticmaalka khalkhalka, iskudubaridka daryeelka guud ahaan goobaha iyo bixiyeyaasha si loo hubiyo kala-guurka aan kala go 'lahayn ee shakhsiyaadka dhammaan noocyada adeegyada caafimaadka iyo bulshada, kordhinta isticmaalka joogtada ah ee dhaqamada ku saleysan caddaynta, iyo kordhinta helitaanka daryeel tayo sare leh.

**Ka-dhaafidda Helitaanka Bulshada ee Ku-Darka Naafada (CADI):** Adeegyo guriga iyo bulshada ku salaysan ee lagama maarmaanka u ah beddelka hay'adaga kor u qaadaya caafimaadka ugu wanaagsan, madaxbannaanida, badbaadada iyo isdhexgalka qofka haddii kale u baahan kara heerka daryeelka lagu bixiyo xarunta kalkaalinta.

**Qorshaha Taageerada Bulshada:** Qorshe shaqsi ku saleysan oo ka tarjumaya baahida qofka iyo dookhiisa.

**Barnaamijka Taageerada Bulshada (CSP):** Adeegyada loogu talagalay in lagu caawiyo dadka waaweyn ee qaba cudurrada dhimirka ee daran iyo kuwa joogtada ah si ay u shaqeeyaan oo ay ugu sii jiraan bulshada. Adeegyadan waxaa ka mid noqon kara: la socodka daawaynta, caawinta xirfadaha nolol-maalmeedka madaxa-banaan, qalalaasaha, baxnaanin maskaxeed, iyo caawinta codsashada faa'iidooyinka dawladda.

**La-taliye/Daaweeyaha:** Xirfadle ka caawiya dhibaatooyinka shakhsi ahaaneed, bulsho, ama maskaxeed.

**Adeegyada Dhibaataada:** Waxay siisaa daryeelka muddada-gaaban iyo xeelado faragelineed oo gaar ah qofka iyadoo ay ugu wacan tahay baahida gargaarka iyo taageerada. Tan waxaa ku jira wax ka qabashada baahiyaha caafimaad iyo dabeecad labadaba.

**Daawaynta Maalinta:** Barnaamij qaabaysan oo muddo gaaban ah oo ka kooban teraabiyada cilminafsiiga ee kooxeed iyo adeegyo kale oo daweyn oo degdeg ah oo ay bixiyaan koox cilminafsiyeedyo badan. Adeegyada daawaynta maalinta waxaa la bixiyaa si loo dejiyo heerka caafimaadka dhimirka ee qaataha iyada oo la horumarinayo lana horumarinayo nolol-maalmeedkiisa/keeda madax-bannaanida xirfadahooda bulsho. Hadafka daawaynta maalinta waa in la dhimo ama la dhimo saamaynta cudurka dhimirku iyo in la bixiyo tababar si loogu sahlo qaataha inuu ku dhex noolaado bulshada.

**Ogaansho (Dx):** Ku aqoonsiga cudur ama dhibaato calaamadaha iyo astaamaha.

**Naaf:** Awood la'aanta in lagu galo dhaqdhaqaaq faa'iido leh oo la taaban karo sababtuna tahay wax kasta oo caafimaad ahaan go'aamiyey naafu jireed ama maskaxeed oo la filayo in ay sii socoto muddo joogto ah oo aan ka yarayn 12 bilood.

**Habdhaqanno Ku Salaysan Caddaynta:** Waxqabadyada haysta caddayn cilmiyeed joogto ah oo muujinaya inay saxaan natiijooyinka macmiilka.

**Tilmaamaha Faqriga Federaalka (FPG):** Tasmada faqriga ee Maraykanka oo la cusboonaysiiyo sannadkii; qiyaastu waxay ka dhigaysaa saldhigga u-qalmitaanka tiro barnaamijyo ah.

**Khidmadda-Adeegyada (FFS):** Lacag siinta bixiyaha bixiya adeegyada iyadoo ku salaysan adeegga.

### **Caawinaada Guud ee Daryeelka Caafimaadka (GAMC)**

Barnaamij uu gobolku maal geliyo oo daboolaya shakhsiyaadka dakhligoodu hooseeyo ee u qalma MA laakiin aan si gaar ah ugu qalmin dheefaha MA (taasi waa, ma aha waayeel, ma aha naafo, ma aha waalidiinta carruurta yaryar, ee aan ka yareyn da'da 21).

**Ururka Dayactirka Caafimaadka (HMO):** Ururka bixiya adeegyo la isku raacay oo ah dayactirka iyo daryeelka caafimaadka aasaasiga ah iyo kabka ah ee koox dad ah oo ka diiwaan gashan meel gaar ah.

### **Taageerada Guriyeynta (oo hore u ahaan jirtay Guriyeynta Kooxda Degan (GRH):**

Barnaamijka kabka dakhliga ee gobolku maal geliyo kaas oo bixiya kharashka qolka-iyo-board-ka ee dadka waaweyn ee dakhligoodu hooseeyo ee lagu meeleeay goob shati ama diiwaan gashan oo wakaalada adeega bini'aadmiga ee degmadu kala xaajootay sicirka bishii.

**Xirfadaha Nolasha Madaxbanaan (ILS):** Adeegyada horumarinta iyo ilaalinta xirfadaha nolasha bulshada iyo is-dhexgalka bulshada ee qofka. ILS waxa lagu bixiyaa guriga qof ama bulshada dhexdeeda.

**Adeegyada Daaweynta Deganaanshaha Degdegga ah (IRTS):** Muddo gaaban (ugu badnaan 90 maalmood), adeeg lagu bixiyo 24 saac, 7 maalmood toddobaadkii goob la dego oo la siiyo shakhsiyaadka u baahan goob xaddidan kuwaas oo halis ugu jira inay si weyn u xumaato shaqada maskaxda. Adeegyada waxaa loogu talagalay in lagu horumariyo oo kor loogu qaado xasilloonida maskaxda, hagaajinta shakhsi ahaaneed iyo dareenka, isku filnaanta, iyo xirfadaha si loogu noolaado goob madax-bannaan oo dheeraad ah.

**Jarvis:** Sharciga khuseeya isticmaalka aan waafaqsanayn daawooyinka dhimirka.

**Golaha La-talinta Deegaanka (LAC) ee Caafimaadka Maskaxda:** Xeerka Caafimaadka Maskaxda ee 1987 iyo Xeerka Caafimaadka Maskaxda ee Carruurta ee 1989 waxay u baahan yihiin degmooyinka inay dhisaan golayaasha la-talinta caafimaadka dhimirka ee deegaanka. Sharcigu waxa uu siinayaa LAC door balaadhan ee dib u eegista, qiimaynta iyo qorshaynta nidaamyada caafimaadka dhimirka ee deegaanka iyo u warbixinta maamulka degmada. Xeerka Minnesota 245.466.

**Caawinaada Caafimaadka (MA):** Barnaamijka Medicaid ee aasaasiga ah ee Minnesota.

**Caafimaadka Maskaxda:** Waxa loola jeedaa sida uu qofku u fikiro oo uu u dhaqmo marka ay la kulmaan xaaladaha nolasha. Waa sida ay dadku u eegaan naftooda, noloshooda iyo dadka kale ee noloshooda; qiimee caqabadaha iyo dhibaatooyinka; oo sahamin dookhyada. Tan waxaa ka mid ah maaraynta walaaca, la xiriirka dadka kale iyo samaynta go'aannada. Caafimaadka maskaxda waxaa saameeya genetics, chemistry maskaxda, dhaawacyada iyo deegaanka.

**Dhaqtarka Caafimaadka Maskaxda:** Qofka bixiya adeegyada daawaynta cudurka dhimirka, iyadoo uu kormeerayo xirfadle caafimaadka dhimirka.

**Xirfadlaha Caafimaadka Maskaxda:** Dhakhtarka Saykoolajiga ee shatiga leh, Dhakhtarka Cilmi-nafsiga ee shatiga u haysta, Shaqaale Bulsho oo Madax-banaan oo Ruqsad leh, Kalkaaliyaha Caafimaad ee ku Takhasusay Caafimaadka Maskaxda, Guurka Ruqsadda leh iyo Daaweeye Qoyska ama dhakhtarka dhimirka oo bixiya adeegyo caafimaad oo lagu daweynayo cudurka dhimirka. Xirfadlayaashan shatiga haysta waxay awoodaan inay dhammaystiraan qiimaynta ogaanshaha si loo go'aamiyo ogaanshaha iyo qorshayaasha daaweynta habboon.

**Xanuunka Dhimirka:** Xanuunka dabiiciga ah ee maskaxda ama khalkhal ku yimaada fikirka, niyadda, aragtida, hanuuninta, xusuusta ama dhaqanka.

**Xanuunka Dhimirka iyo Ku-tiirsanaanta Kiimikada (MI/CD):**"Laba ogaanshaha" ee ugu yaraan hal nooc oo cudurka dhimirka ah iyo ugu yaraan hal cillad oo ah isticmaalka muqaadaraadka.

**MinnesotaCare:**Barnaamij siiya helitaanka caymiska caafimaadka dadka dakhligoodu hooseeyo. MinnesotaCare, oo ku dalacaysa khidmadaha is-diiwaangelinta ee ku salaysan dakhliga qoyska, ayaa hawl ahaan ka duwan barnaamijka Medicaid ee Minnesota.

**Baadhe:** Mas'uul madax-bannaan oo dawladeed oo cabashooyinka ka hela hay'adaha dawladda (iyo kuwa dawladdu maamusho) iyo/ama saraakiisheeda dadka dhibaataysan, oo baadha, oo haddii cabashooyinku sabab u yihiin, soo jeediyo talooyin si loo saxo cabashooyinka.

**Kaalayaha Daryeelka Shakhsi ahaaneed (PCA):** Caawinta iyo taageerada dadka xaqa u leh ee naafada ah iyo baahiyaha daryeelka caafimaadka gaarka ah, kuwaas oo si madaxbanaan ugu nool bulshada dhexdeeda. Adeegyada waxaa bixiya PCA-ga u qalma waxaana lagu bixin karaa qofka gurigiisa ama bulshada dhexdeeda.

**Barnaamijka Kaalmada Caafimaadka ee Horay loo Bixiyay (PMAP):** Barnaamij uu gobolku qandaraas kula galo qorshayaasha caafimaadka si uu u daboolo oo loo maareeyo adeegyada daryeelka caafimaadka ee isqorayaasha Caawimada Caafimaadka.

**Ilaalinta iyo U doodista (P & A):** Ururada ay dawladsa dhexe maalgeliso ee ku yaala gobol kasta oo ilaaliya xuquuqda dadka naafada ah. Minnesota gudaheeda, Xarunta Sharciga linta waa hay'adda Ilaalinta iyo u doodista ee loo qoondeeyay.

**Dhakhtarka maskaxda:** Dhakhtar ku takhasusay cilmi nafsiga oo shahaado u leh daawaynta xanuunada dhimirka.

**Saykoolajiis:** Xirfadle Caafimaadka Maskaxda leh oo leh tababar gaar ah si uu u dhageysto dadka dhibaatooyinka qaba oo uu ka caawiyo sidii ay u xalin lahaayeen dhibaatooyinkooda.

**Go'aamin Shaqsiyeed:** Qofka, ama wakiilkiisa idman, ayaa qaata go'aannada isaga/iyada, qorshaynaya mustaqbalkiisa/keeda, go'aaminaya sida lacagta loogu isticmaalo taageerooyinkiisa/iyada oo qaadaya mas'uuliyadda go'aanka uu isagu/iyada gaadho.

**Xanuun Maskaxeed Halis ah oo Joogto ah (SPMI):** Qofka da'diisu tahay 18 jir ama ka weyn oo laga helay cudurka dhimirka oo yeesha mid ka mid ah xaaladaha soo socda:

- uu maray laba marxaladood ama ka badan oo ah daryeelka bukaan-jiifka ee xanuunka dhimirka 24-kii bilood ee la soo dhaafay;
- uu la kulmay cisbitaal dhimir oo joogto ah ama daawaynta deegaanka oo ka badan lix bilood gudahood 12 bilood ee hore;
- waxaa daaweeyay kooxda dhibaatada laba jeer ama in ka badan 24 bilood ee la soo dhaafay;
- uu leeyahay cudurka dhimirka ee iskiiso-fareeniya, xanuunka laba-cirifoodka, niyad-jabka weyn ama khalkhal shakhsiyeed xuduudeed, oo caddaynaya daciifnimo weyn oo xagga shaqada ah, oo uu leeyahay ra'yi qoran oo ka yimid xirfadle caafimaadka dhimirka oo sheegaya in isaga/iyada ay u badan tahay inay yeeshaan xaalado mustaqbalka u baahan daawaynta bukaan-jiifka ama deegaanka, ilaa adeegyada barnaamijka taageerada bulshada ayaa la bixiyaa;
- saddexdii sano ee la soo dhaafay, ay maxkamad la geeyay maadaama yahay qof dhimirka ka jirran sida hoos imanaysa qawaaniinta Minnesota, ama sida ay sheegaan dadka weyn inuu yahay dhimirka ka jirran oo galay ama sii joogay;
- wuxuu uqalmay mid ka mid ah shuruudaha kor ku xusan laakiin wakhtiga la cayimay ayaa dhacay ama qofku wuxuu uqalmay ilmo leh khalkhal shucuureed oo aad u daran oo uu qofku wuxuu haystay talo qoraal ah oo ka timid xirfadle caafimaadka dhimirka, saddexdii sano ee la soo dhaafay, oo sheegaysa in isaga/iyada ay macquul tahay inay yeeshaan xanuun mustaqbalka.

**Qiyaasta Khidmadda Tartiibta ah:** Lacag siinta bixiyaha oo ku salaysan boqolkiiba dakhliga.

**Daryeelka Aasaasiga ah ee Baahiyaha Gaarka ah (SNBC):** Waa barnaamij daryeel maareyn ikhtiyaari ah oo loogu talagalay dadka naafada ah da'doodu u dhaxayso 18 ilaa 64 ee haysta Gargaarka Caafimaadka. Dadka isdiiwaangeliyay waxaa laga yaabaa inay lahaadaan isku-duwaha daryeelka ama hagaha si uu uga caawiyo inay helaan daryeel caafimaad iyo adeegyo taageero. Qorshayaasha caafimaadka SNBC waxay la shaqeeyaan bixiyeyaasha kale oo ay ku jiraan Medicare Qaybaha A, B iyo D caymiska ee diiwaangashan ee haysta caynsanaantaas.

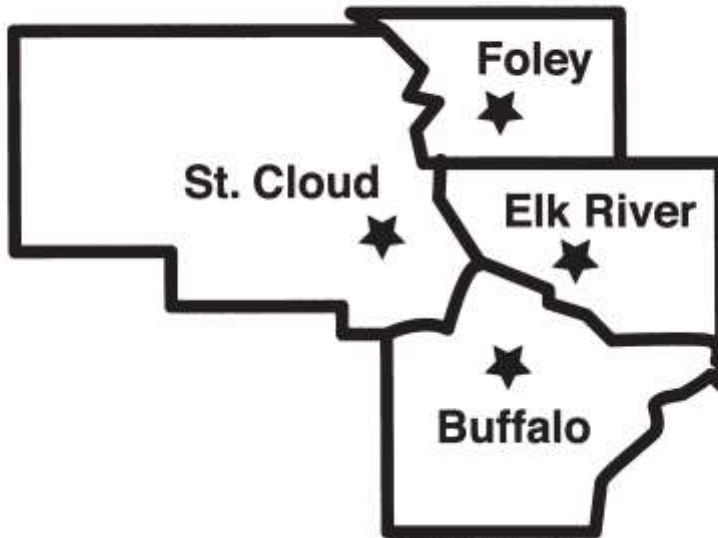
**Kharash:** Qadarka lacagta uu qofka ku qoran yahay Minnesota Health Care Program (MHCP) uu mas'uul ka yahay inuu bixiyo ka hor inta aysan u qalmin Gargaarka Caafimaadka (MA).

**Kooxda Dibu Eegista Caafimaadka Gobolka (SMRT):** Qaybta Waaxda Adeegyada Dadweynaha oo samaysa go'aamo indho la'aan iyo indho la'aan iyadoo la adeegsanayo shuruudaha Maamulka Lambarka Bulshada. SMRT ayaa go'aamisa heerka naafanimada: shaqsiyaadka codsigooda SSI ama RSDI la sugayo iyo shaqsiyaadka naafada ah laakiin aan u qalmin SSI ama RSDI.

**Kaalmo:** Qadarka maalgelinta ee horay loo go'aamiyay ee la siiyay shirkad gaar loo leeyahay si loo dhimo kharashaadka



# COMMUNITY



\*La Xiriir Hindisaha Caafimaadka Maskaxda Dadka Waaweyn ee Bulshada wixii cusbooneysiin ah halkan 320-968-5277 ama iimayl halkan [CAMHI@co.benton.mn.us](mailto:CAMHI@co.benton.mn.us)\*

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Macluumaadka ku jira Hagaha Khayraadka Caafimaadka Maskaxda ee Dadka Waaweyn waxaa loo maleynayaa inay tahay mid la isku halayn karo laakiin lama dammaanad qaadayo inay sax tahay. Waxaa laga soo ururiyay sharraxaadaha bixiyayaasha ee adeegyadooda iyo sidoo kale ilaha kale ee xogta dadweynaha waana la bedeli karaa ogeysiis dheeraad ah la'aan.