

# Ma u baahantahay Caawimaad Caafimaad oo dhanka Dhimirka?



Community  
Mental Health  
Action Plan

[mentalhealthactionplan.ca](http://mentalhealthactionplan.ca)

## Edmonton

**Miyay ku haystaan dhibaatooyin cabsi ah oo xagga noolasha?**

**WAC 911**

(Gargaarka degdegga ah, dabdamiska, iyo booliska) wixii la xiriira xaaladaha degdegga ah

**Ma u baahan tahay caawimaad degdeg ah iyo taageerada dadka waa wayn ee qabatima maandooriyaha iyo barnaamijyada bulshada ee ku salaysan caafimaadka xagga dhimirka ah?**

**WAC 780.424.2424**

Wxii ah Adeegyada Caafimaadka Alberta ee dadka waa wayn ee qabatima maandooriyaha iyo dhimirka la helo 24/7  
AMA tag Anderson Hall, 10959 102 Street

**Ma u baahan tahay qof aad hadda la hadasho?**

**WAC 211**

AMA Laynka Dhibta 780.482 Caawin (4357)  
AMA Adeegyada Caafimaadka Maskaxda Alberta Laynka caawimada 1.877.303.2642

**Maanta ma u baahan tahay caawimaad diyaarse ma u tahay inaad u lugayso ballan la,aan goobta tala-siinta?**

**WAC 211**

AMA booqo [www.dropinyeg.ca](http://www.dropinyeg.ca)  
AMA booqo [www.momentumcounselling.org](http://www.momentumcounselling.org)

**Ma doonaysaa macluumaad ku saabsan adeegyada taageerada bulshadda laga heli karo aagaaga?**

**WAC 211 AMA**

Xarunta Edmonton ee Dadka dhawaan yimid 7804247709  
Xarunta Adeega Bulshadda ASSIST 7804293111  
Adeegyada Bulshadda Kaatoliga 7804321137  
Multicultural Health Brokers Co-op.7804231973

**Ma haysaa wax su'aal ah oo ku saabsan caafimaadka dhanka dhimirka?**

**WAC 811**

Laanta Adeegyada Caafimaadka Albertala oo la hadal kalkaalisada diiwaan-gashan waxa ku saabsan caafimaadkaaga AMA wac dhakhtarka qoyskaaga.