

# Reysasho Macnaheedu waxay tahay Qoysas Caafimaad qabba

Qofna majiro dooranaya in uu qabbo jiro raagta oo daba dheeraata sida laqabatanka balwada, laakiin xaqiiqdu waxay tahay in, laqabatanka balwada ay taabanayso seddexdiiba labbo kamid ah qoysaska Mareykanka.

**Warka fiican wuxuu yahay in daaweyntu ay shaqaynayso oo waxtareyso!** Kusoo biir 23 milyan oo Mareykan ah kuwaas oo kunool reysasho ayaga oo qaata daawada iyo taageerada reysashada aad u baahantahay – xitaa haddii aadan awoodin.

Waxaad mudnaan u leedahay daaweyn lacag la'aan ah iyo adeegyo reysasho, **oo aan lahayn wax sugid ah**, haddii aad tahay qof u qalma-Caawimaad caafimaad, oona tahay:

- Haweenay uur leh oona isku duraysa daroogo;
- Haweenay uur leh oona si khalad ah u isticmaalaysa khamro;
- Nin ama naag middaas oo isku duraysa daroogo

Dadkale oo waaweyn ama dhallinyaro ah kuwaas oo qabba dakhli-yar ayaa sidoo kale dhici karta in ay u qalmaan daaweyn lacag la'aan ah. Kafiri boggaan soo socda haddii aad u qalantid codsashada daaweyntaan [www.Healthplanfinder.org](http://www.Healthplanfinder.org)



Washington State  
Department of Social  
& Health Services  
Transforming Lives  
DSHS 24-412 (Rev. 8/14) SM

Wixii kusaabsan caawimaad 24-saacadood oo hellid barnaamij daaweyn ah, ama wixii kusaabsan taageerada inta lagu guda jiro dhibaata, kalaxiriir Khadka Caawimaada Reysashada halkaan:

1-866-789-1511 • 1-866-833-6546 (Xiriirka Dhallinta) • [www.WARecoveryHelpLine.org](http://www.WARecoveryHelpLine.org)

Reysashadu  
waxay tahay *Meelkasta*