

Waxaan maqlaa codad
hadana cidna meesha ma joogto

Waxaan ahaadaa
maalmo dhan hurdo la'aan
laakiin waxaan da reemaa fir-fircooni buuxda

Waxaan rumeysa nahay
in aan leeyahay
awoodo khaas
ah ama quwad

Waxaan ka arkaa
fariimo qarsan
oo aniga la iisoo diray Teleefiishanka,
raadiyaha iyo internetka

Waxaan u malaynaa in
la i raacsado ama
la i daawanayo

Waxaan u malaynaa in
shirqool la ii maleegayo

Waxaan ka
wel-welsanahay in ay
wax khaldanyihiin?
oggoow waxa dhacaaya



www.dshs.wa.gov/GetHelpEarly



Washington State
Department of Social
& Health Services

Transforming lives



Washington
Recovery Help Line

24-Hour Help for Substance Abuse, Problem Gambling & Mental Health

1.866.789.1511

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