

Adeegyada Caafimaadka Ee Aad Heli Kartid

Adeegyada Khadka Telefoonka Lacag La'aanta Ah

Xiriirkha Caafimaadka Biritish Kolombiya (Healthlink BC)



Nambarka telefoonka
Wac 8-1-1 ama
(604) 215-8110



Saacadaha shaqada
7 maalmood asbuucii,
24 saacadood maalintii



Bogga internetka
healthlinkBC.ca
ama iskaangaree
calaaamadda furaha
Jawaabta Deg Deggaa ah
(scan the QR code)



Telefoonka Dadka Maqalka
Dhagaha Dhimman (TTY)
Adeeg xiriirin waxaa lagu
helaa adoo waca 7-1-1.



Adeegga caawinta afka

Si aad turjumaan ula hadashid, saddex jeer Af Ingiriis
ku dheh afkaaga. Sug inta turjumaan khadka telefoonka
ka soo galayo.

Wac si aad u heshid adeegyada soo socda:



La-talin dhanka jimicsiga iyo caafimaadka
xubnaha jirka oo aad ka heshid
dhakhtarka jimicsiga iyo caafimaadka
xubnaha jirka (physiotherapist). Waxaa la
helaa Isniin ilaa Jimce, 9 a.m. ilaa 5 p.m.



Caawin sidii aad ku heli lahayd
adeegyada caafimaadka ee
deegaankaaga. Waxaa la helaa
24 saacadood maalintii,
7 maalmood asbuucii.



La-talin dhanka daawooyinka oo aad ka
heshid daawo-yaqaan (pharmacist).
Waxaa la helaa 5 p.m ilaa 9 a.m., 7
maalmood asbuucii.



Caawin arrimaha kala doorashada
cuntooyinka kala duwan iyo
nafaqada oo aad ka heshid
cunto-yaqaan. Waxaa la helaa
Isniin ilaa Jimce, 9 a.m. ilaa 5 p.m.



La-talin dhanka baahiyaha caafimaadka kala duwan oo aad ka heshid kalkaaliye caafimaad (nurse),
iyo soo jeedin in aad dhakhtar u tagtid haddii aad u baahan tahay. Waxaa la helaa 24 saacadood
maalintii, 7 maalmood asbuucii.

Daryeelka Caafimaadka Aaladda Internetka ee Hay'adda Caafimaadka Fareysar (Fraser Health Virtual Care)



Nambarka telefoonka
1-800-314-0999



Saacadaha shaqada
7 maalmood asbuucii
10 a.m. ilaa 10 p.m.



Bogga internetka

Booqo fraserhealth.ca ama
iskaangaree calaaamadda
furaha Jawaabta Deg Deggaa
ah (scan the QR code) wixii
caawin dheeraad ah.

Wac si aad ula hadashid kalkaaliye caafimaad oo kuu qaban kara adeegyadaan oo dhan:



Si aad u heshid diiwaanka
xogta caafimaadkaaga ee
hay'adda Caafimaadka
Fareysar si aad dib ugu eegtid
xogaha caafimaadkaaga.



Si la guu gu gudbiyo
(diro) adeegyada iyo
barnaamijyada kugu
habboon ee hay'adda
Caafimaadka Fareysar.



Si la-talin caafimaad
la guu gu siiyo
telefoonka ama
aaladda fogaan arag
maqalka.

31O Gargaarka Caafimaadka Maskaxda (31O Mental Health Support)

**31O Gargaarka
Caafimaadka
Maskaxda**
31O-6789 (furaha
telefoonka looma
baahna)



Saacadaha shaqada
7 maal mood asbuucii,
24 saacadood
maalintii



Adeegga caawinta afka

Si aad turjumaan ula hadashid, saddex jeer Af Ingiriis ku dheh afkaaga. Sug inta turjumaan khadka telefoonka ka soo galayo.

**Caawinta dadka maqalka dhagaha
dhimman:**



Nambarka telefoonka
1-800-SUICIDE-LINE
ama 1-833-456-4566



Fariinta Qoraalka ah
45645

Wac si aad lacag la'aan ugu heshid taageero niyad dhisid asturan (dhawrsan), wax ka qabasho dhibaato, iyo xogaha kheyraadka bulshada. Tusaalayaal arrimaha kugu abuuri kara walaac, walwal ama culeys:



Fikrado ama
dareeno is-dilid



Walaacyo caafimaadka
maskaxda iyo isticmaalka
maandooriyaha



Khilaafyada iyo
xadgudubyada qoyska iyo
asaxaabta



Xadgudubka



Geerida ama
kalinimada

Telefoonka Caawinta Carruurta



Nambarka telefoonka
1-800-668-6868



**Saacadaha shaqada
shaqada**
7 maal mood asbuucii,
24 saacadood
maalintii



Bogga internetka
Booqo kidshelpphone.ca
Ama iskaangaree
calaaamadda furaha
Jawaabta Deg Degga ah
(scan the QR code)



Adeegyada la heli karo

Wuxuu adeegyo la-talin, gudbin (dirid) iyo taageero siiyaa carruurta iyo dhallinyarada da'doodu ka yar tahay 20 sano. La-taliyal xirfad leh ayaa waxay taageero daryeel oo deg deg ah siiyan dadka da'da yar oo ay dhibaato haysato, go'aan adag qaadanaya, ama la halgamaya dareeno nafeed.

Khadka Caawinta Caymiska Caafimaadka



Nambarka telefoonka
1-800-663-7100
ama (604) 683-7151



Saacadaha shaqada
Isniin ilaa Jimce
9 a.m. ilaa 3:30 p.m.



Adeegyada afafka la heli karo
Af Ingiriis, Maandariin
(Mandarin), Af Faransiis,
Bunjaabi (Punjabi) iyo
Kaantonii (Cantonese)

Khadka Caawinta Caymiska Caafimaadku wuxuu gacan ka geysan karaa ka jawaabidda su'aalaha aad ka qabi kartid arrimaha:



Qorshaha Adeegyada Caafimaadka (MSP): Qorshahaan waxaa loogu baahan yahay si aad daryeel caafimaad u heshid gobolka Biritish Kolombiya.



Barnaamijka Caafimaadka Federaalka Ku-meelgaarka Ah (IFHP): Waa barnaamij caymis daryeel caafimaad ku-meelgaar ah siiya qaxootiyada muddada 12-ka bilood ee ugu horreeya ee ay joogaan Kanada.



Barnaamijka Daawada (Pharmacare): Barnaamijkaanu wuxuu gacan ka geystaa bixinta qiimaha daawooyinka qaarkood. Wwaxaad codsan kartaa barnaamijka haddii aad Kanada joogtay muddo ka badan 12 bilood.

Adeegga Gudbinta (Diridda) Xogaha Khamrada iyo Daroogada



Nambarka telefoonka

1-800-663-1441
ama (604) 660-9382



Saacadaha shaqada

7 maalmood asbuucii,
24 saacadood maalintii



Adeegga caawinta afka

Si aad turjumaan ula hadashid, saddex jeer Af Ingiriis ku dheh afkaaga.
Sugna inta turjumaan khadka telefoonka ka soo galayo.



Adeegyada la heli karo

Adeeg lacag la'aan ku bixiya xogo asturan (dhawrsan) iyo adeegyo gudbin (dirid) si gacan looga geysto wax ka qabashada dhibaato kasta oo la xiriirta isticmaalka maandooriyaha (khamro ama daroogoojin kale).



Adeegyada gudbinta (diridda)

ee la heli karo
Adeegga u gudbinta (diridda) adeegyada bulshada ee daaweynta isticmaalka maandooriyaha waxaa heli kara dhammaan da'aha dadka.



Xogaha la heli karo

Xogaha waxaa ka mid ah hantida adeegyada ka-hortagga, kooxaha teegeerada, iyo mawduucyada la xiriira balwad qabatinka sida xanuunka ilmaha uurjiifka ee khamrada (fetal alcohol syndrome).

Adeegyada Bulshada Biritish Kolombiya (Community Services BC211)



Nambarka tekefoonka
BC211
Wac 2-1-1



Fariiinta qoraalka ah
BC211
Text 211



Saacadaha shaqada
7 maalmood asbuucii,
24 saacadood maalintii



Adeegga caawinta afka

Si aad turjumaan ula hadashid, saddex jeer Af Ingiriis ku dheh afkaaga. Sugna inta turjumaan khadka telefoonka ka soo galayo.



Bogga internetka
Booqo bc.211.ca



Raadso caawin si aad u heshid taageerooyinka iyo adeegyada dawladda iyo bulshada. Tusaalayaal taageerooyinka iyo adeegyada waxaa ka mid ah caawin shaqo helid, caawin lacageed, caawin dhanka sharciga, guri helid, fasallo af barasho, adeegyada caafimaadka maskaxda, taageerooyinka soo-galootiga, hantida adeegyada waaliddiinta iyo waayeelada, kooxaha taageerada, adeegyada dhibbaneyaasha, adeegyada dhallinyarada iyo kuwo kale.

Adeegyada Qofka (In Person Services)

Xarumaha Daryeelka Aasaasiga Deg Degga Ah

U tag daryeele caafimaad si aad u heshid daryeelada caafimaadka joogtada ah iyo daryeeliid aad wakhtigii ku habboonaan ku heshid xanuuunada iyo dhaawacyada deg degga ah oo aan nafta halista ku ahayn. Tusaalayaal wakhtiga la booqdo Xarunta Daryeelka Aasaasiga Deg Degga Ah (UPCC) si aad u heshid daryeel deg deg ah waxaa ka mid ah:



Jeexyada,
dhaawacyada ama
xanuuunada maqaarka



Caabuqyada



Xanuun cusub
ama sii xumaanaya



Murgacashooyinka
ama
muruq-go'yada



Lalabbo, shuban
ama calool istaag



Dhibaato caafimaadka
maskaxda
(niyad xumo, walaac
ama niyad jab)



Adeegyada afafka la heli karo

Haddii aadan si fiican ugu hadlin ama u fahmin Af Ingiriiska si aad uga hadashid arrimahaaga caafimaadka, na weydiiso turjumaan caafimaad. Haddii aad rabtid waxaad soo kaxaysan kartaa qof kaa caawiya turjumidda.

Fadlan sii wac si aad u xaqiijisid in Xarunta Daryeelka Aasaasiga Deg Degga ah ay dabooli karto baahiyahaaga daryeel. Xarumaha ballan la'aanta lagu tago waa la heli karaa haseyeeshee maalmaha iyo saacadaha shaqada ayaa wax iska baddali karaan. Eeg bogga internetka si aad iskaga hubisid inta aadan iska tagin.

Magaalada	Magaca	Cinwaanka	Nambarka telefoonka
Abbotsford	Xarunta Daryeelka Aasaasiga Deg Degga ah ee Abbotsford	#100-2692 Clearbrook Road	(604) 870-3325
Burnaby	Xarunta Daryeelka Aasaasiga Deg Degga ah ee Edmonds	#201-7315 Edmonds Street	(604) 519-3787
Maple Ridge	Xarunta Daryeelka Aasaasiga Deg Degga ah ee Ridge Meadows	#121-11900 Haney Place	(604) 476-4650
Port Moody	Isbitaalka Eagle Ridge	475 Guildford Way	(604) 469-3123
Surrey	Xarunta Daryeelka Aasaasiga Deg Degga ah ee Surrey	Unit G2 9639 137A Street	(604) 572-2610
Surrey	Xarunta Daryeelka Aasaasiga Deg Degga ah ee Surrey Newton	6830 King George Boulevard	(604) 572-2625



Ma waxaad rabtaa in aad ogaatid xogo dheeraad ah? Wixii xogo dheeraad ah, isticmaal kaamarada telefoonkaaga si aad u iskaangareysid calaamaddaan furaha Jawaabta Deg Degga ah (scan this QR code). Isku-xirahaanu wuxuu ku geynayaa bogga internetka ee Daryeelka Deg Degga ee Caafimaadka Fareysar (Fraser Health's Urgent Care webpage).

Rugaha Caafimaadka ballan la'aanta la iska tago (Walk-in Clinics)



Ma waxaad rabtaa daryeel aan deg deg ahayn mana lihid dhakhtar qoys? Maabka rugaha caafimaadka (Medimap) ayaa kaa caawin kara in aad heshid rugaha caafimaadka ballan la'aanta la iska tago (walk-in clinics). Waxaad isku barbardhigi kartaa saacadaha sugidda ee rugaha caafimaadka ballan la'aanta la iska tago, waxaadna ka qabsan kartaa ballamaha daryeelka aaladda internetka. Wixii xogo dheeraad ah, isticmaal kaamarada telefoonkaaga si aad u iskaangareysid calaamaddaan furaha Jawaabta Deg Degga ah (scan this QR code).