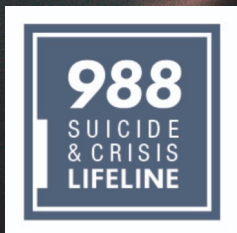


988 Laynka Gumadka Isdilka iyo Masiibada

Waxa aad U baahan Tahay inaad Ogaato



Xaashida Xogta ee 988

- 988 waa adeeg qarsoodi ah, bilaash ah, oo la heli karo 24/7/365, kaasoo ku xiraaya dadka qaba dhibaataada caafimaadka dhimirka, Isticmaalka maandooriyaha, ama dareennada ah inay isdilaan la-taliyaasha tababaran ee masiibooyinka.
- Wicitaanka National Suicide Prevention Lifeline (NSPL, Laynka Qaran ee Kahortaga Isdilka) ayaa laga heli karaa 988 ayadoo la adeegsanaayo laylayn kasta, taleefanka gacanta, iyo aalada codka ee interneedka gudaha Maraykanka.
- Adeegyada 988 waxaa lagu heli karaa af Isbaanish, oo ay la socdaan adeegyada turjumaada oo lagu bixinaayo in ka badan 250 luuqadood.
- Furaha wicitaanka 988 ayaa la wici karaa, fariin qoraal loo diri karaa, laguna sheekaysan karaa marka la gaaro Luuliyo 16, 2022. Lambarka 10 god ah ee NSPL, 1-800-273-TALK (8255), ayaa sii shaqayn doona.

The nationwide implementation of the 988 three-digit call, text, and chat line is just the first important step in re-imagining crisis support in the U.S. Dhaqan gelinta wadanka oo dhan ee laynka 988 ee sadexda god ah ee wicitaanka, fariin qoraalka, iyo wada sheekaysiga ayaa ah talaabada koobaad ee muhiimka ah ee dib usoo kicinta nidaamka taageerada masiibada ee Maraykanka.



Xajmiga Wicitaanka

Washington ayaa u diyaar garoobaysa kor u kaca wicitaannada, fariin qoraalka, iyo wada sheekaysiyada.



Xarumaha Wicitaanka Xaalada Degdega ah ee NSPL

Waxaa jira saddex xarumaha gurmada NSPL oo ku yaala Washington: Volunteers of America of Western Washington, Frontier Behavioral Health, iyo Crisis Connections.



HB 1477

House bill (HB Hindise-Sharciyeedka Aqalka Hoose ee Baarlamaanka) 1477 ayaa maal gelin siiyay sadexda xarumood ee gurmada NSPL ee ku yaala Washington, ayna ku jirto maal gelinta qorashada shaqaalaha ayadoo la filaayo in tirada wicitaannadu kordhaan.

988, GURMADKA MASIIBADA EE WASHINGTON

Dhisida fahan, rajo, iyo wado loo furo dadka u baahan, meesha ay joogaan iyo marka ay u baahan yihiin.

Aasaaska iyo Dhaqan gelinta

- Sanadkii 2020, [Federal Communications Commission](#) (FCC, Guddiga Isgaarsiinta ee Federaalka) (Ingiriis) ayaa abuuray National Suicide Hotline Designation Act (Sharciga Abuurista Laynka Qaran ee Kahortaga Isdilka). Sharciga ayaa ka dhigay 988 lambarka cusub, ee wadanka oo dhan, laynka 3da god ah oo ay fududdahay in la xasuusto marka la wacaayo, ama fariin qoraal loo dirayo, ama lagala sheekaysanaayo dadka marka qof uu qabo dareen ah inuu nafta iska jaro ama dhibaato la xariira caafimaadka dhimirka.
- 988 ma badelaayo xarumaha gurmada aafada ee ka jiray Washington, laakiin wuxuu adeeg cusub ku darayaa shabakada adeeg bixiyaasha xarumaha masiibada ee gobalka.
- Si loo kordhiyo helitaanka adeegyada dadka dhibaataadu hayso, ayna ku jiraan dadka naafada ah iyo dadka doorbidaaya fariin qoraalka, FCC ayaa abuuray Warbixin Labaad iyo Amar bishii Nufeembar 18, 2021, si fariin qoraalka loogu furo 988.
- Halgameyaasha ciidanka iyo xubnaha ciidanka ayaa la xariiri kara Veterans Crisis Line (Laynka Gurmada Masiibada Ciidanka) ayagoo riixaaya 1 kadib wacaaya 1-800-273-TALK (8255). Dadka ku hadla Isbaanishka ayaa wici kara Laynka Luuqada Isbaanishka ayagoo garaacaaya 2.
- Vibrant Emotional Health, oo ah Maamulaha Qaran ee adeegga 988, ayaa samaysay qorshayn adag si loo siiyo goballada wicitaanka, wada sheekaysiga, iyo fariin qoraalka qiyaas la filaayo markii adeegga 988 hawada soo galay Luuliyo 2022.
- HB 1477 ayaa lacag muhiim ah u diyaarisay, ayadoo adeegsanaysa canshuur laga qaado laymanka taleefanka iyo Interneedka ee Washington, si loo taageero xarumaha gurmada masiibada ee gobalka ee NSPL si ay u qortaan ayna u shaqaalaysiiyaan shaqaale cusub oo ka jawaaba kororka la filaayo ee wicitaannada kadib Luuliyo 16, 2022.

Qodobu Muhiim ah

- Laga bilaabo Luuliyo 16, 2022, wicitaannada loo diro 988 aaa lagu leexin doonaa xarumaha masiibada ee NSPL.
- Lambarka NSPL ee hadda, 1-800-273-TALK (8255), ayaa sii shaqayn doona.
- Washington ayaa leh saddex xarumood oo masiibada ee NSPL: Volunteers of America of Western Washington, Frontier Behavioral Health, iyo Crisis Connections.
- Inta lagu jiro dhawrka sano ee soo socda, [Gudigga Crisis Response Improvement Strategy \(CRIS, Xeeladaha hormarinta Gurmada Masiibada\)](#) (Ingiriis) ayaa abuuraya tallooyin loo dirayo Gudoomiyaha Gobalka iyo Baarlamaanka si loo taageero qaybaha dheeraadka ah ee HB 1477.
- Xog dheeraad ah kafiiri webseedka [DOH 988](#).

Xariirka

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988ProgramInfo@doh.wa.gov

Washington State Health Care Authority (Maamulka Daryeelka Caafimaadka Gobolka Washington)
HCAProgram1477@hca.wa.gov



DOH 971-053 July 2022 Somali

Si aad u codsato dukumiintigaan oo qaab kale ah, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama kuwa maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimayl u dir civil.rights@doh.wa.gov.