



# National Social Service Resources

## Ilaha Adeegga Bulshada Qaranka



### UNITED WAY/HABKA MIDEYSAN

Community and social services, such as food pantries, emergency shelter, childcare, housing, and more services to assist individuals and families. Calls are private and confidential. Assistance is provided in more than 300 languages. 211 services are also available through United Way's website <https://www.211.org/>

Jaaliyadaha iyo Adeegyada bulshada, sida bakhaarada cuntada, hoyga degdegga ah, daryeelka caruurta, guriyeynta, iyo adeegyo dheeraad ah si loo caawiyo shakhsiyaaadka iyo qoysaska. Wicitaanadu waa sir waana qarsoodi. Kaalmada waxaa lagu bixiyaa in ka badan 300 oo luqadood. Adeegyada 211 ayaa sidoo kale laga heli karaa bogga United Way <https://www.211.org/>

2-1-1

**Interactive Website/App of National Resources:** [https://find\\_usahello.org/#/welcome](https://find_usahello.org/#/welcome) (available in English, Spanish and Arabic) is a free app for refugees, asylum seekers, and immigrants. The app provides information about services in local communities anywhere in the USA. Services may include immigration help, English classes, and health care.



**Bogagga/App-ka Khayraadka Qaranka:** [https://find\\_usahello.org/#/welcome](https://find_usahello.org/#/welcome) (waxaa lagu heli karaa Af-Ingiriis, Isbaanish iyo Carabi) waa App bilaash ah oo loogu talagalay qaxootiga, magangalyo-doonka, iyo qoxootiyada. App-ku wuxuu bixiyaa macluumaadka ku saabsan adeegyada bulshooyinka deegaanka meel kasta oo Mareykanka ah. Adeegyada waxaa ku jiri kara caawimaadda socdaalka, fasallada Ingiriisiga, iyo daryeelka caafimaadka.

### MENTAL HEALTH INFORMATION AND SUBSTANCE ABUSE / MACLUUMAADKA CAAFIMAADKA MASKAXDA IYO XADGUDUBKA MAANDORIYAASHA

**988 Suicide and Crisis Lifeline Chat** and Text connects you with caring crisis counselors for emotional support.

**988 Is-dilid iyo Qalalaasaha Lifeline Chat iyo Text-ku** waxay kugu xirayaan lataliyayaasha xasaradda ee daryeela taageerada laablakaca.

**Behavioral Health Treatment Locator/** Goobta Daaweynta Caafimaadka Dabeecadda: <https://findtreatment.samhsa.gov/>

988 Is-dilid iyo Qalalaasaha Lifeline Chat iyo Text-ku

988

Ooh Ilasoo Xiriir

1-800-273-TALK

(8255)

### HUMAN TRAFFICKING AND SEXUAL ASSAULT/KA GANACSIGA DADKA IYO WAXYEELADA GALMADA

To get help from the National Human Trafficking Hotline: 1-888-373-7888 or text **HELP** or **INFO** to Be Free (233733)

Si aad caawimaad uga hesho khadka Qaranka ee ka Ganacsiga Dadka: La xiriir 1-888-373-7888 ama Fariin u dir **HELP** ama **INFO** Si Xor ah (233733)

To report suspected human trafficking to Federal law enforcement:

1-877-447-4847 (1-877-4-HSI-TIP)

Si aad uga warbixiso dadka lagu tuhmayo ka ganacsiga dadka in loo gudbiyo sharci fulinta Federaalka: 1-877-447-4847 (1-877-4-HSI-TIP)

1-888-373-7888

RAINN-or text/ama Fariin udir-Khadka Qaranka ee ka Ganacsiga Dadka. Bilaash. Sir ah. 24/7

1-877-447-4847

1-877-4-HSI-TIP

RAINN-National Sexual Assault Hotline. Free. Confidential. 24/7

RAINN- Khadka Qaranka ee Tooska ah ee Ka Ganacsiga Dadka. Bilaash. Sir ah Confidential. 24/7

1-800-656-4673



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CRISIS SERVICES/ ADEEDGYADA RABSHADAHA	
LGBT Crisis- Trevor Lifeline Dibaatooyinka LGBT-da – Khadka Tooska ah ee Trevor	1-800-488-7386
VICTIMS OF CRIME/DAMBIYADA DHIBANAYAASHA	
National Center for Victims of Crime Xaruunta Qaranka ee Dambiyada Dhibanayaasha	1-855-484-2846
Victims Engagement and Services Line (VESL) Khadka Adeegyada iyo Ka-qaybgalka Dhibanayaasha (VESL)	1-833-383-1465
DOMESTIC VIOLENCE/RABSHADAHA QOOYSKA	
National Domestic Violence Hotline Khadka Tooska ah ee Rabshadaha Qooyka ee Qaranka	1-800-799-SAFE (7233)
WOMEN'S HEALTH/CAAFIMAADKA HAWEEYNKA	
National Women's Health Information Center Xaruunta Macluumaadka Caafimaadka Haweenka Qaranka	1-800-994-9662
EMERGENCY DISASTER HELP/GARGAARKA MUSIIBADAHA DEGDEGGA AH	
American Red Cross Laanqayrta Cas Mareykanka	1-800-733-2767
American Association of Poison Control Centers Ururka Mareykanka ee Xaruumaha Xakameynta Sunta	1-800-222-1222
Disaster Distress Helpline (SAMHSA) Khadka Caawinta Dhibaatada Musiibadaha (SAMHSA)	1-800-985-5990