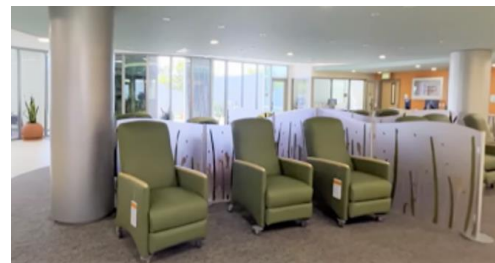


Degmada San Diego Qaybaha Xasilinta Xaaladaha Qalalaasaha (Crisis Stabilization Units, CSU)



COUNTY OF SAN DIEGO
BEHAVIORAL HEALTH SERVICES

Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU) waxay dadka qaba baahiyaha culus ee la xiriira caafimaadka habdhaqanka siiyaan taageero degdeg ah oo caafimaadka dhimirka ah iyo adeegyo daaweyn oo laga bixiyo goob deggan. Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU) waxay gacan ka geysan karaan yaraynta heerka dhibaataada nafsadeed ee qofka, ka hortagga ama daaweynta xaalad qalalaase oo caafimaadka habdhaqanka ah, iyo yaraynta calaamadaha daran ee xaalad caafimaadka dhimirka ah. Dadka waxaa lagu qaabili karaa si ikhtiyaari ah ama waxaa lagu keeni karaa hayn waafaqsan qodobka 5150 ee Xeerka Daryeelka iyo Hay'adaha (Welfare & Institutions Code, WIC). Ujeeddada Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU) waa in dadka lagu xiro daryeel joogto ah oo laga baaqsado baahida loo qabo daryeel heerar sare ah.



North Coastal CSU (Oceanside)

Yaa Heli Kara Adeegyada ay bixiso Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU)?

Degmada San Diego (Degmada) waxay carruurta iyo dadka waaweyn ku siisaa adeegyada xasilinta xaaladaha qalalaasaha goobo kala duwan oo ku baahsan degmada oo dhan, hoos ka eeg faahfaahin dheeraad ah. Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU) Degmadu guud ahaan waxay u adeegaan dadka u qalma ama ku qoran Medi-Cal, aan caymis lahayn, ama dakhligoodu aad u hooseeyo hase yeeshee qof kasta oo u baahan adeegyo ayaa adeegyada ka heli kara CSU.

Haddii aad qabto wax su'aalo ah, la xiriir shirkadda caymiskaaga aasaasiga ah, si toos ah ula xiriir mid kasta oo ka mid ah goobaha Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU) ee hoos ku qoran, ama ka wac Khadka Helitaanka Adeegyada iyo Gurmada ee San Diego (San Diego Access and Crisis Line) lambarka (888) 724-7240.



Iskaan Garee si Aad u Hesho
Macluumaad Dheeraad ah
oo ku Saabsan CSU-yada

Goobaha

Degmadu hadda waxay leedahay siddeed Qaybood oo ah Xasilinta Xaaladaha Qalalaasaha (CSU) oo u furan adeegyo – toddoba loogu talagalay dadka waaweyn iyo mid loogu talagalay carruurta iyo dhallinyarada. Dhammaan goobaha Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU) waxay qaabilaan dadka yimaada ballan la'aan. Adeegyada waxaa loo waafajiyaa baahiyaha qof kasta waxaana la bixiyaa muddo gaaban, ilaa 24 saacadood.

Goobta	Qaybaha Xasilinta Xaaladaha Qalalaasaha (CSU)	Cinwaanka & Taleefanka
North Coastal, Vista	North Coastal Community-Based CSU	524 West Vista Way, Vista, CA 92083 (760) 305-4900
North Coastal, Oceanside	North Coastal Live Well Health Center Community-Based CSU	1701 Mission Avenue, Oceanside, CA 92058 (760) 712-3535
North Inland, Escondido	Palomar CSU	2185 Citracado Parkway, Escondido, CA 92029 (760) 739-3012
North Central, Midway District	San Diego Psychiatric Hospital Emergency Psychiatric Unit	3853 Rosecrans Street, San Diego, CA 92110 (619) 692-8222
South, Castle Park	Paradise Valley Bayview CSU	330 Moss Street, Chula Vista, CA 91911 (619) 585-4221
South, Chula Vista	Sharp CSU	751 Medical Center Ct, Chula Vista, CA 91911 (619) 502-5800
East, El Cajon	East CSU	200 S. Magnolia Ave, El Cajon, CA 92020 (619) 924-4205
Carruurta & Dhallinyarada (ilaa da'da 18)		
Central, Hillcrest	Children and Youth Crisis Stabilization Unit (CYCSU)	4309 Third Ave, San Diego, CA 92103 (619) 876-4502

La cusbooneysiyaay 7/28/26

**Hel Ilaha
Caawimaadda**

Wac ama farriin qoraal ah u dir 9-8-8 si aad ula xiriirto Khadka Helitaanka Adeegyada iyo Gurmada ee San Diego si aad u hesho taageero bilaash ah oo qarsoodi ah iyo caawimaad ku saabsan helitaanka adeegyada, oo 24/7 lagu heli karo in ka badan 200 oo luqadood.