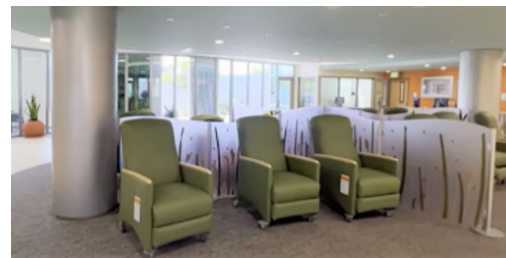




Degmada San Diego Xarumaha Xasillinta Xasaradaha (CSU)

Xarumaha Xasillinta Xasaradaha (CSU-yada) waxay taageero iyo adeegyo daawayn degdeg ah oo caafimaadka dhimirka ah oo lagu bixiyo xarumo xasilloon siiyaan shakhsiyadka qaba baahiyaha caafimaadka habdhaqanka ee aadka u daran. CSU-yadu waxay gacan ka geysan karaan inay hoos u dhigaan heerka cadaadiska/hurugada qofka, waxay ka hortagi karaan ama daaweyn karaan dhibaataada caafimaadka habdhaqanka, waxayna yareyn karaan astaamaha ba'an ee xaaladda caafimaadka dhimirka. Hadafka CSU-yadu waa in shakhsiyadka lagu xiriiryo daryeel joogto ah isla markaana laga fogaado baahida loo qabi karo heerar sare oo daryeel ah.



GSU-yada Xeebaha Waqooyiga (North Coastal, Oceanside)

Yaa Tagi Kara CSU?

Degmada San Diego (County) waxay adeegyada xasillinta xasaradda u fidisaa carruurta iyo dadka waaweyn ee jooga meelo kala duwan oo gobolka oo dhan ah, hoos ka eeg wixii faahfaahin dheeraad ah. CSU-yada degmada guud ahaan waxay u adeegaan shaqsiyaadka u-qalma ama ka diiwaangashan Medi-Cal, kuwa aan caymis lahayn, ama dakhligoodu aad u hooseeyo si kastaba ha ahaatee qof kasta oo u baahan adeegyo wuxuu ka tagi karaa adeegyada CSU.

Haddii aad qabto wax su'aalo ah, la xiriir shirkadda caymiskaaga aasaasiga ah, si toos ah ula xiriir mid ka mid ah goobaha CSU ee hoos ku qoran, ama Khadka Xasaradaha San Diego ka wac (888) 724-7240.

Goobaha

Degmadu hadda waxay leedahay lix goobood oo CSU ah - shan waxaa loogu talagalay dadka waaweyn, midna waxaa loogu talagalay carruurta iyo dhalinyerada. Adeegyada waxaa loo qaabeeyay qaab ku salaysan baahida qofka waxaana la bixiyaa waqti gaaban, muddo ilaa 24 saacadood ah.

Aagga & Xaafadda	CSU	Cinwaanka & Taleefanka
Dadka Waaweyn (da'ada 18+)		
North Coastal, Vista	Xarumaha GSU ee ku yaala Xaafadaha North Coastal	524 West Vista Way, Vista, CA 92083 (760) 305-4900
North Coastal, Oceanside	Xarumaha GSU ee ku yaala North Coastal Live Well Health Center	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, Degmada Midway	Xarunta Dhimirka ee Xaaladaha Degdegga ah ee Isbitaalka Dhimirka ee San Diego	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
Carruurta & Da'a yarta (ilaa da'ada 18)		
Central, Hillcrest	Xarunta Baaritaanka Xaaladaha Degdegga ah ee Carruurta	4309 Third Ave, San Diego, CA 92103 (619) 876-4502



Skann gareey si aad u aragto macluumaad dheeraad ah oo ku saabsan CSU-yada

Ku Xirnow Khayraadka

Wac 888-724-7240 si aad ula xiriirto Khadka **San Diego Access and Crisis Line** si aad u hesho taageero bilaash ah oo qarsoodi ah iyo si lagaaga caawiyo dhexmeerida adeegyada, waxaa khadka la heli karaa 24/7 wuxuuna ku baxaa in ka badan 200 oo luqadood.

Wac 988 si aad ula xiriirto khadka **Isdiilka iyo Xasaradaha** oo ah shabakada xarumaha wacitaanka xilliyada xasaradaha.