

2

Talaaba-da labaad: Ogow ama xaqiiji sidii aad dhaqaale lagugu daweeyo u heli lahayd, haday noqoto-(Medical Assistance) sida (PMAP), ama caymis gaar ah amaba aadan camis lahayn. Dadka ka shaqeeya rugta caafimaad ee aad rabto inaad tagto ayaa kula qorshayn kara.

3

Talaaba-da sadexaad: Marka aad isku dubarido dhaqaalihii ama kharaskii lagugu daawayn lahaa ayaa rugta daweeynta kuu qabanaysaa taariikh lagu diwaan galiyo. Waxaa aad muhiim u ah in dhakhsiyo ah lagu daweeyo si aaden dib ugu noqon isticmaalk maan dooriyayaasha. Waa qali caafimaad kaagu iyo inaad badbaado qabto.

WAXAAN DIYAAR U NAHAY IN **AAN KU CAAWINO**

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To learn more, please visit our website:
OPUSCOALITION.ORG

**XARUUMAHA BULASHADA EE
ADDEGAYADA LAGA HELO**



**DHANBAALKAN
TILMAAMAHA AH WAXAA
DHAQAALA KU BIXIYAY**

Opioid Prevention & Unified Services

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

MARIA ROBINSON

TALAABOYINKA AAD QAADI KARTO SI AAD DAAWAYN U HESHO

Ha ka laba labayn in aad raadiso
Macaluumaadkan State-ka MN bixiso. Waxaa
diyaar ah boqolaal qof u raba inay ku caawiyaan.

1

Talaaba-da koobaad: hel ama samee qimayn dhamaystran ama sharci ee 25 (rule 25) ood ka hesho gobol kaad dagantahay (Ccounty) ama Rugta Xaafimaad ee lagugu sammeyay qimaynta. Ka bacdi qimeeyayaasha rugta ayaa kaa caawinaya qaabkii lagu daawayn lahaa iyo rugta aad tagi lahayd. Daganayaasha Ramsey County fadlan waca **651 266 4008** si aad u waydiiso sualo iyo waliba dawayn iyo dhaqaale lacagta lagu bixiyaba.

XARUUMAHA BULASHADA EE ADDEGAYADA LAGA HELO

Mn Adult & Teen Challenge

Substance Use Treatment & Recovery Programs
612-FREEDOM | mntc.org

Options Family & Behavior Services

Mental Health & Substance Use Treatment
952-564-3000 | optionsfamily.com

Drew Horowitz & Associates

Intervention & Addiction Recovery Services
800-731-0854 | drewhorowitzassociates.com

Bold North Recovery & Consulting

Peer Recovery Services, Counseling & Advocacy
763-200-1180 | boldnorthrecoveryandconsulting.com

Steve Rummler Hope Network

Overdose Prevention
952-943-3937 | steverummlerhopenetwork.org

Restoration Counseling & Community Services

Mental Health & Substance Use Treatment
612-767-6601 | rccsprograms.com

Thrive Family Support

Family Support Services
844-349-2911 | thrivefamilysupport.org

Nystrom & Associates

Mental Health & Addiction Counseling
651-628-9566 | nystromcounseling.com

NUWAY

Recovery Residence & Treatment
612-767-0309 | nuway.org

National Domestic Violence Hotline

Domestic Violence & Sexual Abuse
1.800.799.7233 | thehotline.org