

Muhiim ayaad tahay.

Magaalada Seattle

waxay ku faraxsan tahay
inay siiso noocyo kala duwan
oo bilaash ah ikhtiyaar
daryeel, taageero iyo agab
dhalinyarada Seattle.



Mahadi haka gaadho la-hawlgalayaashayada bixiya
caafimaadka bulshada, adeegyo daawaynta oo
BILAASH ah ayaa diyaar kuu ah haddii aad:



Taageerada luqadda iyo
bixiyeyaasha caafimaadka
hab dhaqanka oo kugu
habboon ayaa diyaar ah!



**Tahay
13-24
sano jir**



**Ku nooshahay
ama aad aado
dugsiyada
Seattle**



**Taqaan sida
loo isticmaalo
telefoonka
casriga ama
laptop-ka**

Dooro ikhtiyaarka daryeelka ugu fiican ee baahiyahaaga

- Daryeelka Dhaqanka Ku Salaysan Bulshada (Telehealth)
- Xarumo caafimaad oo ku salaysan dugsi
- Daawaynta fogaanta ah (Talkspace iyo Joon)



  @SeattleDEEL

Wax badan baro oo la xiriir qof yaqaan baahidaada.
seattle.gov/youthmentalhealth

Ma u baahan tahay caawimo? Michelle.Wong@seattle.gov · (425) 677 1361