

Caafimaadka Maskaxda

Halka laga helo kaalmada saxda ah ee Leicester, Leicestershire & Rutland oo aad u baahantahay ama qof aad daneysid u baahanyahay

Aan Deg-deg ahayn

Waxaan kaalmo uga baahanahay caafimaadka maskaxdeyda

La xiriir Rugtaada GP 8am-6:30pm,
Isniin ilaa Jimco.

Kaw ac VitaMinds **0330 094 5595**
(la hadlida adeega daweynta).

Deg-deg ah

Waxaan kaalmo uga baahanahay caafimaadka maskaxdeyda hadda

*Ka wac lambarka bilaashka ah ee **0808 800 3302**
Xarunta Dhexe ee Caafimaadka Maskaxda 24 saac
maalintii, todobo beri asbuucii.

Ka wac NHS arrimaha la xiriira caafimaadka jirka
iyo kan maskaxda.

Booqo Crisis Café. Liiska buuxa ee goobaha
websaydkeena ka eeg:
www.leicspart.nhs.uk/services/crisis-cafes

Arrin Deg-deg ah

Waxaan qabaa arrin caafimaad oo jirka ah oo deg-deg ah

Wac **999** haddii ey jirto khatar muuqata oo nolosha soo wajahda.