

Adeegyada Dhexdhexaadinta

Ayaa la heli karaa si lagaaga gargaaro in dacwadaha iyo cabashooyinka loo xaliyo si dhakhso iyo qarsoodi leh.

Oof kasta oo adeegyo weydiisanaya ama ka hela xarun caafimaad maskax oo beesha ah gudaha degmada King County ayaa isticmaali kara adeegyadan, sidoo kalena waxa isticmaali kara xubnaha qoyska iyo dadka kale.

Adeegyada Dhexdhexaadiyuhu waa bilaash, iyo qarsoodi, waxana bixiya Interchange Northwest, oo ah hay'ad madax-banaan oo qadaraas kula jirta King County Regional Support Network.

Interchange Northwest Ombuds Services provides equal opportunity in all aspects of its services, activities, and employment free from discrimination without regard to race, color, religion, creed, national origin, sex, age, marital status, sexual orientation, Vietnam Era Veteran, disabled Veteran, or disability

Xuquuqdaada

Marka aad tahay qof hela adeegyada caafimaadka maskaxda waxa aad xaq u leedahay:

- ◆ Ixtiraam iyo xishmad
- ◆ In lagu sameeyo qorshe adeegyo oo haqabtiraya baahiyahaaga
- ◆ Adeeg aad ka heshid turjubaan luqad ama turjubaan calaamado iyo qoraalo ah qaab beddelaad ah oo leh ku-talagal naafo.
- ◆ Inaad diidid daweyn kasta oo la soo jeediyo, iyada oo waafaqsan Xeerarka Daweynta Aan Ikhtiyaarka Ahayn (Involuntary Treatment Acts) (xubnaha 71.05 iyo 71.34 ee 'Revised Code of Washington')
- ◆ Inaad heshid daryeel aan ku takooreynin, oo dareensan jinsigaada (lab iyo dhedig ahaanta), qowmiyaddaada, asalkaaga wadan, luqaddaada, da'daada, naafadaada, iyo dookhaaga galmo
- ◆ Inaad xor ka ahaatid dulmin galmo ama dhibis
- ◆ In dib loo fiiriyo diiwaanka kiiskaaga
- ◆ In lagu sharaxo dhamaan dawooyinka lagu qoro, taasoo ay ku jiraan saameynnada dawooyinka iyo waxyeelooyinka suurogalka ah
- ◆ Inaad dacwad u geysatid adeeg-bixiyaha, dhexdhexaadiyaha, ama shabakadda taageerada ee gobolka (regional support network)
- ◆ Inaad racfaan ama ambiil ka qaadatid diidmo, joojin, xanibaad kasta, ama yareyn adeegyo iyo inay kuu socdaan adeegyadu inta lagu jiro habka dacwadda
- ◆ Inaad dhageysi maamul (administrative hearing) ka xereysatid Wasaaradda Adeegyada Bulshada iyo Caafimaadka (Department of Social and Health Services)
- ◆ Inaad xalisid arrimahaaga adiga oo aan ka baqaynin aargoosi
- ◆ Qarsoodinimo

Fadlan Adeegyada Dhexdhexaadinta Caafimaadka Maskaxda (Mental Health Ombuds Services) ee degmada King County kala xidhiidh (206) 205-5329 ama 1-800-790-8049 si aad u heshid liiska dhan ee Xuquuqda iyo Waajibaadka Macmiilka.

Adeegga Dhexdhexaadinta Caafimaadka Maskaxda

EE DADKA KU
NOOL KING
COUNTY

Adeegyada Dhexdhexaadintu dadka waxay ka gargaaraan cabashooyinka oo loo xaliyo

- dhakhso,
- si qarsoodi ah,
- iyo lacag la'aan.

This brochure is available in other languages and alternate formats.

Qoraalkan waxa la lagu heli karaa afaf kale iyo qaabab beddelaada ah.

Waxa **Dhexdhexaadiyuhu**

sameyn karo:

- ◆ Inuu dhageysto cabashooyinkaaga
- ◆ Inuu baadho arrinta
- ◆ Inuu ku siiyo la-talin
- ◆ Inuu kuugu adeego u-doode ahaan
- ◆ Inuu kaa gargaaro sidii arrinta loogu xalin lahaa heerka ugu hooseeya ee suurogalka ah
- ◆ Inuu kula soo xidhiidho si loo hubiyo inaan lagugula dhaqmin aargoosi

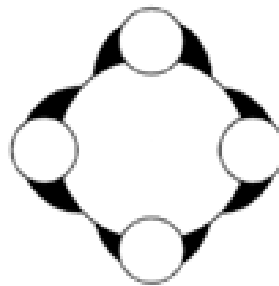
Waxa dhexdhexaadiyuhu

aanuu sameyn karin:

- ◆ Inuu ku siiyo la-talin sharci
- ◆ Inuu kuugu adeego sidii uu yahay maamulaha kiiskaaga
- ◆ Inuu ballanqaado natiijo gaar ah

Waxa **aad** sameyn kartid:

- ◆ Inaad si faahfaahsan u sheegtid arrintaada
- ◆ Inaad si cad u sheegtid waxa aad jeceshahay inay dhacaan
- ◆ Joogtee xidhiidhka aad la leedahay dhexdhexaadiyahaaga



EE DADKU KU NOOL KING COUNTY

Fadlan Dave Black kala xidhiidh Adeegyada Dhexdhexaadinta

(206) 205-5329

ama lacag la'aan wac

1-800-790-8049 # 3

Waad noo iman kartaa oo aad noogu iman kartaa xafiiskayaga degmada laga bilaabo 9:00 subaxnimo ilaa 12 duhurnimo ama nagu soo wici karta telefonka laga bilaabo 12 duhurnimo ilaa 5:00 galabnimo Isniin ilaa Jimce. Waxa kale oo aad fariin ka tagi kartaa wakhti kasta waana aanu kugu soo celin doonaa.

Xafiiska Dhexdhexaadiyaha Caafimaadka Maskaxda (Mental Health Ombuds) ee degmada King County waxa uu ku yaalaa:

Yesler Building, Room 402
400 Yesler Way
Seattle, WA 98104
(206) 205-5329

Wicis bilaash ah 1-800 790-8049 # 3

Faakis (206) 205-0854

Ombuds.mhd@kingcounty.gov