



Xaashida Ilaha

ADRC of Oregon (Isku xirnaanshaha Ilaha Dadka Waaweyn iyo Naafada)

Wac 1-855-ORE-ADRC (673-2372)

Macluumaadka ku saabsan ilaha dowladda ama bulshada ee la heli karo si taageero loo siiyo dadka reer Oregon.

<https://www.adrcforegon.org/consumersite/index.php>

Soo sheeg Xadgudubka ama Dacayaada Jirta

Wac 1-855-503-SAFE (7233)

Xadgudubka ama dayacaada loo geystay ilme ama qof weyn ugu soo sheeg Waaxda Adeegyada Dadweynaha ee Oregon.

<https://www.oregon.gov/dhs/abuse/Pages/index.aspx>

Khadka Kelinimada Waayeelka

Wac 503-200-1633 ama 800-282-7035

Haddii adiga ama qof aad isku dhow dihiin dareemayo kelinimo ama go'doonsanaan, nasoo wac ama nagala soo xiriir

[facebook.com/SeniorLonelinessLine](https://www.facebook.com/SeniorLonelinessLine)

<http://seniorlonelinessline.org/>

Khadka Qaranka ee Ka hortagga Isdilka

Wac 1-800-273-TALK (8255); TTY: Isticmaal adeega gudbinta ee aad doorbidaysa ama garaac 711 ka dibna 1-800-273-8355

Ku sheekayso <https://suicidepreventionlifeline.org/chat/>

www.suicidepreventionlifeline.org

Khadka Qaranka ee Lesbian, Gay, Bisexual, iyo Transgender-ka

Wac 1-888-843-4564

Email-ka: help@LGBThotline.org

<https://www.glbthotline.org/national-hotline.html>

Khadka Dhibaatooyinka Ciidamada hawlgabka ah

Wac 1-800-273-8255 oo cadaadi 1 ama Farriin u dir: 838255

<https://www.veteranscrisisline.net>

Khadka Trans-ka:

Wac 877 565-8860

<https://translifeline.org>

Khadka Xadgudubka Galmada ee Qaranka

Wac: 1-800-799-SAFE (7233); TTY: 1-800-787-3224

<https://www.thehotline.org>

Khadka Taageerada ee SAMHSA

Wac 1-800-662-HELP (4357)

Isku gudbinta daaweynta iyo adeega macmuulaadka oo lacag la'aan ah, qarsoodi ah, oo la helayo 24/7, 365-maalmoood sanadkii kaasi oo loogu talagalay dadka iyo qoysaska wajahaya dhibaatooyinka dhanka maskaxda iyo isticmaalka mukhaadaraadka.

<http://www.samhsa.gov/find-help/national-helpline>