



**TRI-COUNTY**  
MENTAL HEALTH SERVICES

*Kusoo dhawaaw Tri-County.  
Waxaannu bixinaa rajo.....*

*Si aad kulan ula meel dhigato, ulana hadasho mid kamid ah shaqaalahanaga soo wac 1888-304-HOPE (4673)*

### **Tri-County Maxeey qabataa?**

Sida dhaqtarkaaga uu jirkaaga udaryeelo marka uu jiranyahay ama dhaawacmo, ayey Tri-county maskaxdaada udaryeeleysaa. Maskaxda waxaa kicin kara isku-buuq, dhacdooyinka adag, ama xaalad caafimaad oo saameyn kuyeelan karto habsami usocodka maskaxda. Maskaxdaada waxey saameyn kartaa sida uu jirkaaga ushaqeyo. Tusaale, Qofka eey maskexdiisa dhibaateysatahay waxuu yeelan karaa calool xanuun, madax xanuun, daal, iyo calaamada badan oo kale oo dhanka muuqaalka ah. Badanaa, calaamadaha weey ba' aan marka maskaxdu bogsato.

### **Sideen ku ogaan karaa in Tri-county eey I caawin kareyso?**

Hadii aad leedahay mid kamid ah calaamadahan, eyna saameynayaan noolashaada, qoyskaaga, xiriiradaada, ama shaqadaada waxaa lagayaabaa inaad cawimaad naga hesho.

Riyo xun

Xanuun dhanka korka ah oo aan la sharixi Karin sida madax xanuun ama calool xanuun

Dareen muruga leh

Inaad dareento daal

Waxyaabihi aad kaheli jirtay ood xiiso uweeydo

Inaad dareento inaad is xakameyn Karin Calaamadaha ciyaalka laga eego waa:

Dabeecada oo badalanto

Wax barashadooda oo kahoseyso tan ciyaalka kale

Iyo adeyg dhanka iskoolka

### **Adeega latalinta**

Kulanka ugu hore ee lataliyahaaga waa hal saac. Hadii aad lakulanto lataliyahaaga, waxaa laga yaabaa inaad layeelato kulaamo joogta ah is-buuciba hadii aad umaleysaanba inaad ubaahantihii adiga iyo lataliyahaaga.

### **Kiis Maareynta**

Kiis maareeyayaasha waa dadka aqoonta uleh adeegyada laga helo bulshada dhaxdeeda kuwaas oo caawin kara adiga iyo qoyskaagaba. Waxeey kaa caawin karaan dhanka guryaha, daryeelka caafimaadka, akhbaarka, waxbarashada, socdaalka iyo kuwa kale. Waxeey kuusharixi karaan sida ey adeegyada ushaqeeyaan, waxeey kugu xiri karaan dad kucaawiya, waxeeyna kugu hagi karaan wada kasta ood qaado.

**Welcome To Tri-County.**

**We offer hope**

To set up a meeting to talk with one of our staff, call  
1-888-304-HOPE (4673)  
24-Hour Emergency Services  
1-888-568-1112

### **What does Tri-County do?**

Just like your doctor takes care of your body when it is sick or injured, Tri-County takes care of your mind. Your mind can become upset from stress, from difficult experiences, or you can have medical conditions that affect how your mind functions. Your mind can also affect how your body functions. For example, a person who has a troubled mind can have stomach aches, headaches, fatigue, and many other physical symptoms. Often, the symptoms disappear when the mind is healed.

### **How do I know if Tri-County can help?**

If you have any of these signs and they are interfering with your life, your family, your relationships, or your work, you may find help with us.

Bad dreams, Unexplained physical ailments such as headaches or stomach aches, Sad feelings, Feeling tired, Losing interest in things you used to enjoy, Feeling out of control.

For children, signs to watch for are: Behavior changes, Learning more slowly than other children, Difficulty in School

### Counseling Services

Your first meeting with your counselor may be one hour. Once you meet your counselor, you may have ongoing meetings on a weekly basis for as long as you and your counselor feel you need.

### Case Management

Case Managers are people who know about all the resources available in the community that can help you and your family. They can help find help with housing, medical care, information, education, transportation, and more. They can explain how services work, connect you with the right people, and guide you every step of the way.

**Adeega dag-gaga ah: Soo wac 1-888-568-1112 Maalin ama habeen**

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## **Adeega dag-gaga ah**

Waxaa nala heli karaa 24 saac maalin kasta, 7-da beri isbuuci hadii loo baahdo daryelka dag-daga ah. Waxaannu aadi karnaa guryaha ama xarumaha kale ee bulshada si aan cawimaad ubixino, ama dadka ayaa imaan kara xaruntaanada kutaalo 230 Bartlett Street. **Soo wac 1888-568-1112 Maalin ama habeen.**

## **Side ayeey ushaqeysaa?**

Waxaanu leenahay shaqaale badan oo leh tababarro khaas ah oo kugu caawiyo sidaad ugaari laheyd soo kabsasho. Marka aad nasoo wacdo ( 1-888-HOPE (4673), waxaad lahadli doontaa qof kuweeydiin doono su'aalo dhawr ah si aannu u ogaano siyaabaha ugu wanaagsan ee aan kuucaawin karno. Waxey kuusameyn doonaan balan si aad utimaado xafiiskanaga aadna ulahadasho lataliye ama kiis Maareeye. Waxaannu leenahay Kiis maareeyayaal rag iyo dumarka leh, adeeg turjumaanna waa lahelayaa. Mar kasta adiga ayaa mas'uul ka ah daryeelkaaga, kalsoonidaada iyo qanacsanaantaada ayaa noogu muhiimsan anaga.

## **Qiimaha adeega**

Inta badan adeegyadaanada waxaa si buuxda ubixiya MaineCare. Waxaa kale oo aan aqbalnaa ceeymisyada kale.

## **Keydinta sirta**

Wax kasta oo aad kahadasho si buuxda ayuu sir uyahay. Waxaa kaliya oo aan kujirin hadii uu qof halis uyahay in uu waxyeelo naftiisa ama dad kale. Lataliyahaaga ayaa kuusharixi dda arinkan. TCMHS deeq bixiyaha muqda

## **Sidee ayeey Tri-county u waafaqeysaa masaajidka iyo daryeelka Imaamka bixiyo?**

Ruuxiyadda iyo aaminaada diinta waa qeyb muhiim ah oo kamid ah ladnaanta qofka, waxeyna qeyb daweynta kamid ah utahay qof kasta oo awood iyo raaxo kahelayo halkaas. Daryelku markasta wuxuu kabilaawdaa Masaajidka, Halka imaamka uu daweynta kabilaabay hadana uu go'aansanayo in adeegaanaga uu sidoo kale wax tar leeyahay. TCMHS Waa haayad samafal caafimaad oo gaar loo leeyahay oo hogaamiyaan mutadawiciin bulsho. Ma aha haayad dowladeed.

## **Hamigaanaga**

TCMHS waxaa ka goan in eey ufidiso dadka Maine Daryelka caafimadka ee ugu heersareyo ee maskaxda, waxyeelada muqaadaraadka, xanaaneynta iyo adeegyada xirfadaha noolasha, ixtiraamka xuquuqta kalyentiga, sumcada shaqsigu iyo maareynta daganaanshaha dhaqaalaha heyada.

Adeega caafimaadka maskaxda ee Tri-County wuxuu xoojinayaa adeegyada ogaanshaha xanuunada ee kusaleysan soo kabashada, oo u aqoonsanayo kalyantiga haayada laba halkudhag oo kala ah: in Shaqaaqada iyo xanuunka kadhalanayo eey yihiin kuwa baahsan, waana in la ogaado arinkaasi; iyo in eey jirto rajo ah in laga soo kabanayo.

Shaqaleynta TCMHS waxey kusaleeysantahay usinaanshaha fursadaha shaqada, waxeyna maalgelin kaheshaa: Waaxda caafimaadka iyo adeega aadanaha.

## **Emergency Services**

We are available 24 hours a day, seven days a week, for emergency care. We can go to homes or other community locations to help, or people can come to our location at 230 Bartlett Street.

**Call 1-888-568-1112  
Day or Night**

## **How does it work?**

We have many staff who have special training to help you toward recovery. When you call us (1-888-304-HOPE (4673), you will speak with a person who will ask a few questions to find out how we can best help you. They will make an appointment for you to come to our office and meet either a counselor or a case manager. We have both male and female counselors, and translation services are available. You are always in charge of your care, and your trust and comfort the most important thing to us.

## **Cost of Services**

Most of our services are fully paid by MaineCare. We also accept other insurances.

## **Confidentiality**

Everything you talk about is completely confidential. The only exception is if someone is at risk of harm to self or others. Your counselor will explain this to you.

## **How does Tri-County fit with the Mosque and the care that the Imam provides?**

Spirituality and religious beliefs are an important part of everyone's well-being and are part of treatment for anyone who finds strength and comfort there. Care often begins at the mosque, where the Imam begins his healing and then decides our services can also be helpful.

TCMHS is a private non-profit health organization led by community volunteers. It is not a government agency.

