



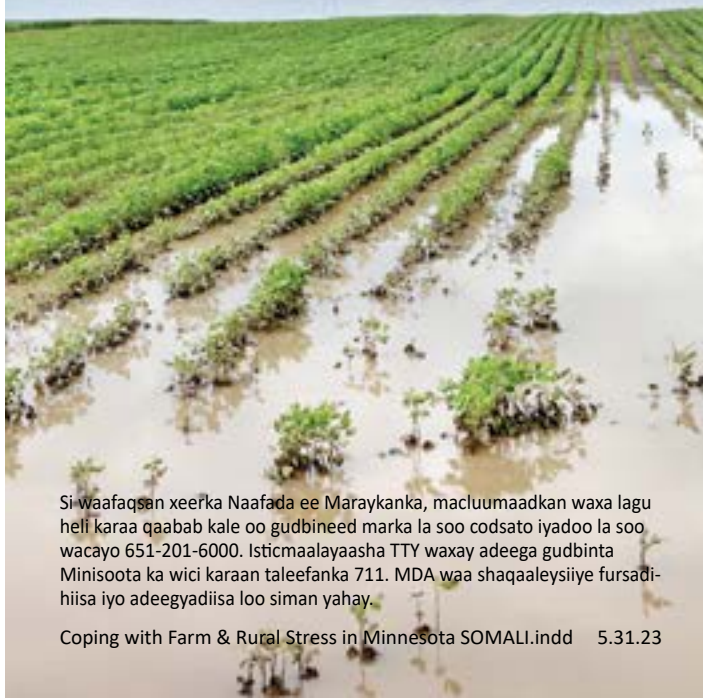
DEPARTMENT OF
AGRICULTURE

Si aad u codsato nuqul foomka
barashuukan ah, wac
651-201-6012.

www.minnesotafarmstress.com

Beero-qodashadu waxay noqon kartaa shaqo culeys badan. Badanaa, waxaad ka shaqeyn doontaa halkaad ka shaqeynayso. Dadka kula shaqeeyaa waxay noqon karaan xaaskaaga iyo xubnaha qoyskaaga. Markaad noqoto booskaaga, waxaad dareemi doontaa in masuuliyad weyni ku saaran tahay oo aad waxyar gacmaha ku hayso.

Dhibaatooyin maaliyadeed, qiimaha iyo suuqgeynta oo aan la hubin, dhibaatooyin beer wareejineed, caqabado wax soo saar, dhibaatooyin guur, iyo cadaadis bulsho ayaa noqon kara meelaha dhabta ah ee isku buuqa qoyska beeralayda ahi ka iman karo. Barashuurkan (waraaqyar), waxaad ka heli doontaa dadka iyo ururada diyaarka u ah inay ku caawiyaan.



Si waafaqsan xeerka Naafada ee Maraykanka, macluumaadkan waxa lagu heli karaa qaabab kale oo gudbineed marka la soo codsato iyadoo la soo wacayo 651-201-6000. Isticmaalayaasha TTY waxay adeega gudbinta Minisoota ka wici karaan taleefanka 711. MDA waa shaqaaleysiye fursadihiisa iyo adeegyadiisa loo siman yahay.

Coping with Farm & Rural Stress in Minnesota SOMALI.indd 5.31.23

LA QABSIGA WALWALKA BEERAHA & MIYIGA EE MINISOOTA



DEPARTMENT OF
AGRICULTURE

KAALMADA WALWALKA, WALAACA, NIYAD-JABKA, CADHADA IYO DAREENKA "XANNIBNAANTA"

Khadka Kaalmada Beeraha & Miyiga ee Minisoota minnesotafarmstress.com

WAC: 833-600-2670 (press 1)

QORAAL AHAAN: [farmstress](mailto:farmstress@state.mn.us) to 898211

IIMAYL: farmstress@state.mn.us

La taliyayaal tababar haysta, bilaash ku shaqeyaa oo sirta ilaaliya ayaa ka jawaabaya 24/7. Haddii adiga ama qof aad taqaano la dhibaatoonayo walwal, walaac, dhib dhinaca xiriirada ah, isticmaalka maandooriyaha, mashaakil ganacsi/maaliyadeed, ama dhibaatooyin kale, na soo wac ama qoraal noo soo qor. Ma jiro walaac aad u yari. Turjubaano ayaa la heli karaa.

Ted Matthews & Monica McConkey La Taliyayaasha Caafimaadka Maskaxda ee Beeralayda

320-266-2390 (Ted) or 218-280-7785 (Monica)

Ted iyo Monica waxay yaqaan cilmiga beeraha waxayna la shaqeeyaan beeralayda guud ahaan Minisoota iyo qoysaskooda. Bilaa kharash. Wax waraaqo ah lama rabo. Adeega waxa maalgeliyay Sharci-dejinta Minisoota.

Kooxaha Dhibaatooyinka ee Guurguura

Taleefankaaga, ka wac ****CRISIS (**274-747)**
mn.gov/dhs/crisis

Iyadoo laga helayo gobol kasta, la taliyayaashu waxay ku iman karaan si dhaqso ah si ay qaab toos ah ugu baxshaan la talin iyo adeeg caafimaad maskaxeed waqti gaabana marka xaalad degdeg ahi jirto.

Faraca Jaamacada Minisoota

800-232-9077

extension.umn.edu/rural-stress

Waxay bixisaa barnaamijyo ku saabsan badbaadada iyo caafimaadka maskaxeed ee beeroolaha, warar, iyo khayraad kale, oo ay ku jiraan siminaaro dhanka khadka ah..

988 Khadka Gurmadka Naf-haligista & Dhibaatooyinka

Waxa kuu diyaar ah la taliyayaal Maraykanka lagu tababaray oo dhegaysan doona oo fahmi doona sida dhibaatooyinku kuu saameeyeen, ku taageeri doona, oo kugu xiri doona khayraad hadday suurto gal tahay. Wac ama qoraal u dir 9-8-8.

KAALMADA NOLOSHA MAALINLAHA AHNOLOSHA

Si aad u hesho kaalmo cunto, diirimaad, koronto, daryeel caafimaad, daryeel ilmeed, barnaamijyo sare, ama khayraad kale oo u muhiim ah caafimaadka iyo faydaqabka, wac 2-1-1 ama booqo 2-1-1 or go to www.211.org. Adeegan United Way ayaa kugu hagi doona kaalmada agtaada laga heli karo.



BUSINESS, FINANCIAL, AND LEGAL HELP

Looyarada Beeraha ee Minisoota

833-600-2670

www.mda.state.mn.us/farmadvocates

Kaalmo shaqsiyeed oo bilaash ah oo la siinayo beeralayda wajahaya dhibaato dhaqaale ama ay soo martay masiibo dabiici ah. Looyarada Beeruhu waxay khibrad u leeyihiin amaahda beeralayda iyo heshiisyada amaahda, dhexdhexaadinta, barnaamijyada beerta, talo ka bixinta dhibaatooyinka, iyo fududeynta saameynta masiibada. Waxay sidoo kale kaa caawin karaan inaad hesho adeegyo dhaqaale, sharci ama bulsho.

Farmer-Lender Mediation

218-935-5785

z.umn.edu/mediation

For farmers in debt who need help negotiating with a lender or creditor. In Minnesota, farmers have a legal right to mediation for secured debt over \$15,000. There is no charge for mediation services.



Dhexdhexaadinta Beeroolaha-Amaahiyaha

877-860-4349

flaginc.org

Waxa loogu talagalay beeralayda deynta galay ee u baahan in laga caawiyo gorgortanka kala dhexeeya amaahiyaha ama deyn siiyaha. Minisoota dhexdeeda, beeralaydu waxay xaq u leeyihiin in laga dhexdhexaadiyo wixii deyn ah ee ka badan \$15,000. Ma jiraan wax kharash ah oo laga rabo adeegyada dhexdhexaadinta.

Kooxda Hawlaha Sharciyeed Ee Beeralayda (FLAG)

651-201-6004

www.mda.state.mn.us/agfinance

Adeegyo sharci, tixraacyo, iyo taageero loogu talagalay qoysaska beeralayda ah.

Waxbarashada Maareynta Ganacsiga Beerta ee Gobolka Minisoota

218-894-5163

agcentric.org/farm-business-management

507-389-7497

centerofagriculture.org/farm-business-management/farm-business-management-faq

Waxay beeralayda baraan siday u isticmaali lahaayeen xogta beertooda si ay ugu gaaraan go'aamo ganacsi waxayna ka caawisaa inay yeeshaan xirfado maamul.