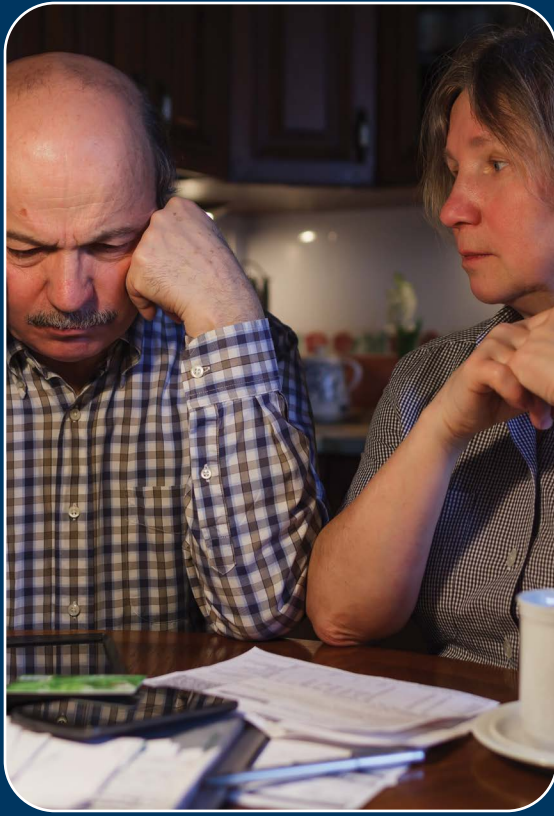




Si aad u dalbato koobiyada buug-yarahan
iyo khayraadka kale ee ku saabsan
welwelka beeraha, wac 651-201-6012
ama booqo www.mnfarmstress.com

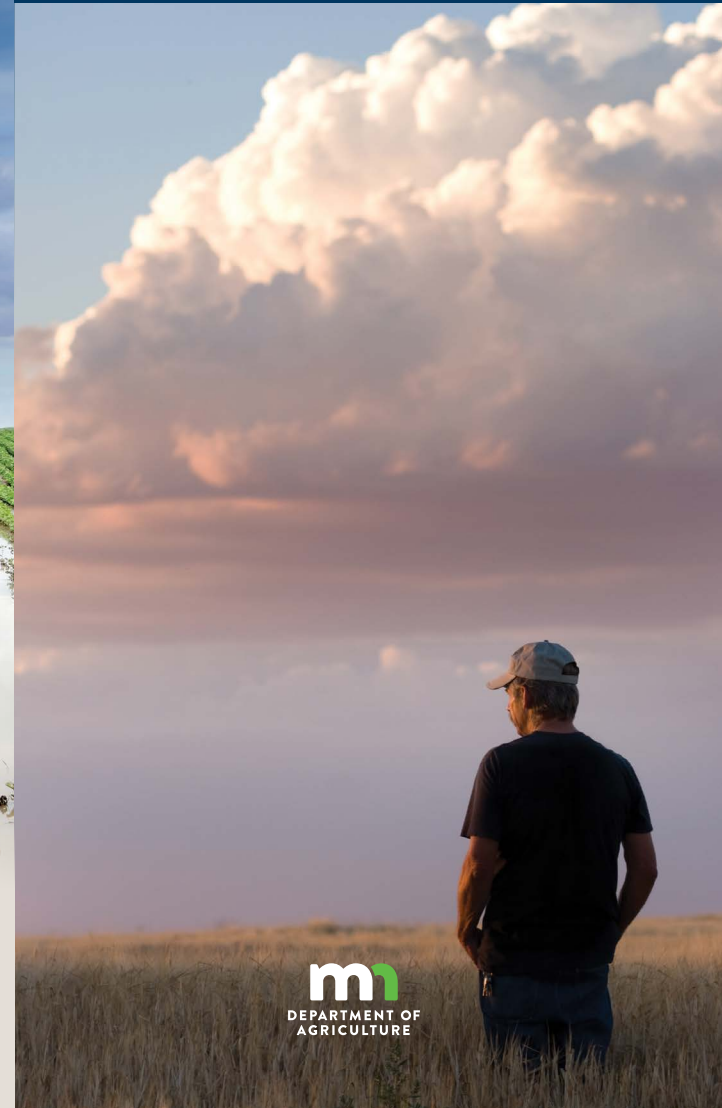
WAX KA QABASHADA DHIBAATADA WELWELKA BEERAHA & MIYIGA GUDAHA MINNESOTA

Beeralaynimadu waxay noqon kartaa shaqo
welwel badan leh. Inta badan, waxaad ku
nooshahay meesha aad ka shaqayso. Dadka
kula shaqeeyaana waxaa laga yaabaa inay
yihiin xaaskaaga ama xubnaha kale ee qoyska.
Inkastoo aad madax adigu isu noqonayso,
waxaad dareemeysaa mas'uuliyad badan, oo
arrimo badan ayaa ka baxsan awoodaada.

Dhibaatooyinka dhaqaale, sicirka iyo suuqgeynta
aan salka ku fadhiyin, wareejinta beeraha/
beddelaada la'aanshaha, caqabadaha wax soo
saarka, dhibaatooyinka guurka, iyo cadaadiska
bulshada ayaa waxay noqon karaan ilo dhab
ah oo keena welwelka beeralayda iyo xubnaha
qoyska beeralayda. Buug-yarahan waxaad ka
heli doontaa qaar ka mid ah dadka iyo ururada
diyaarka u ah inay ku caawiyaan.



Iyada oo la raacayo Sharciga Maraykanka ee Naafonimada,
macluumaadkan waxaa lagu heli karaa qaabab isgaarsiin oo beddel
kale ah marka la codsado iyada oo la soo wacayo 651-201-6000.
Dadka isticmaala TTY waxay soo wici karaan Adeegga Minnesota
Relay Service 711. MDA waa loo shaqeeye iyo bixiye fursad loo wada
siman yahay. 9.5.25



Kaalmada Walwaka, Walaaca, Niyad-jabka, Cadhada Iyo Dareenka “Xannibnaanta”

Khadka Caawinta Beeraha Minnesota & Miyiga

mnfarmstress.com

WAC: 833-600-2670

QORAAL AH: farmstress u soo dir 898-211

Bilaash, qarsoodi ah, 24/7. Soo wac ama qoraal u soo dir si aad u hesho caawimo welwelka, niyad-jabka, xiriirka cilaaqaadka, isticmaalka maandooriyaha, dareemitaanka culeyska, ama haddii aad u baahan tahay kaliya in lagu dhegeysto. Adiga ayaanu halkan kuu joognaa; ma jirto welwel aad u yar. Turjubaano ayaa la heli karaa.

La taliyayaasha Caafimaadka Maskaxda ee Beeralayda

218-280-7785 (Monica)

218-820-6626 (Jennifer)

507-514-7057 (Tracie)

Monica, Jennifer, iyo Tracie la shaqeeyaan beeralayda iyo qoysaskooda ee gudaha Minnesota oo dhan. Waa kharash la'aan; foomam lama buuxsanayo. Adeeggan waxa maalgeliya golaha sharci dejinta ee Minnesota.

Kooxda xallinta dhibaataada mobile crisis

Wac ama qoraal u dir 9-8-8 oo weydiiso kooxda xallinta dhibaataada ee deegaankaaga.

Waxaa laga heli karo degmo kasta oo Minnesota ah. La taliyayaal tababaran ayaa si degdeg ah u iman kara goobta oo si degdeg ah u bixin kara adeegyada caafimaadka dhimirka inta lagu jiro xaalada dhibaataada ah ama kadib dhacdada ama xaalad degdeg ah.

Xiriirka Jaamacada Minnesota

800-232-9077

extension.umn.edu/rural-stress

Waxay bixisaa badbaadada beeralayda iyo barnaamijyada fayoaqabka maskaxda ee beeralayda, wararka, iyo khayraadk, oo ay ku jiraan tababarro khadka internetka ah.

Khadka ka hortagga isdilk

Waxaa laga heli karaa dalka oo dhan La-taliyayaasha la tababaray way dhegaystaan, fahmaan sida ay dhibaataadu kuu saamaynayso, waxay ku siinayaan taageero, oo waxay kugu xidhaan ilaha deegaanka haddii aad u baahan tahay. Wac ama qoraal u dir: 9-8-8.

Ganacsi, Dhaqaalaha, Iyo Gargaar Sharciga

U doodayaasha Beeralayda Minnesota

833-600-2670

www.mda.state.mn.us/farmadvocates

Caawimo bilaash ah, oo loogu talagalay beeralayda ay haysato dhibaatooyin dhaqaale ama ay soo mareen masiibo dabiici ah. U doodayaasha beeralaydu waxay khibrad u leeyihiin deymaha beeraha iyo la gorgortanka amaahiyaha, dhexdhexaadinta, barnaamijyada beeraha, la talinta dhibaatooyinka, iyo uga gargaarka musiibada. Waxay sidoo kale kaa caawin karaan inaad hesho adeegyo dhaqaale, sharci, ama bulsho.

Dhexdhexaadinta Beeraleyda-Deyn-bixiyaha

218-935-5785

z.umn.edu/mediation

Beeralayda deymaysan ee u baahan in laga caawiyo la xaajoodka dayn bixiyaha ama deyn ururiyaha. MN dhexdeeda, beeralaydu waxay xaq sharci ah u leeyihiin dhexdhexaadinta daynta sugan ee ka badan \$15k. Shaqaaluhu waxay sidoo

kale gacan ka geysan karaan dhexdhexaadinta khilaafaadka kale ee la xiriira beeraha. Wax khidmad ah lagama bixiyo adeegyada dhexdhexaadinta.

Kooxda Sharciga ee Beeraleyda - FLAG

877-860-4349

flaginc.org

Adeegyada sharciga, u gudbinta adeegyada, iyo taageerada qoyska beeralayda.

Maamulka Maaliyadda Miyiga ee Minnesota

651-201-6004

www.mda.state.mn.us/agfinance

Waxay iskaashadaan amaah bixiyayaasha maxalliga ah si ay u bixiyaan amaaho dulsaar yar oo kala duwan oo loogu talagalay beeraleyda.

Waxbarashada Maamulka Ganacsiga Beeraha ee Gobolka Minnesota

218-894-5163

agcentric.org/farm-business-management

507-389-7497

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

Wuxuu baraa beeralayda sidii ay u isticmaali lahaayeen diiwaankooda beerahooda si ay u hirgeliyaan go'aanno ganacsi ee xog ku salaysan beerta gudeheeda, iyaga oo horumarinaya xeeladaha maamulka iyo xirfadaha faa'iidada dhaqaale.

Caawimada Nolol Maalmeed

Si aad u hesho caawimo cunto, kulayliyaha guriga, korontada, daryeelka caafimaad, daryeelka ilmaha, barnaamijyada waayeelka, ama khayraadka kale ee muhiimka u ah caafimaadka iyo fayoaqabka, soo wac 2-1-1 ama booqo www.211.org.