



Gweithredu dros Iechyd Meddwl Caerdydd a'r Fro
Cardiff and Vale Action for Mental Health

Adeegyada Caafimaadka Maskaxda ee Cardiff iyo Vale of Glamorgan

Waad ku mahadsantahay Raadinta Websaydka Tilaabada Caafimaadka Maskaxda ee Cardiff iyo Vale (Cardiff and Vale Action for Mental Health) (cavamh). Websaydku wuxuu ku siinayaa warbixinta shaqada cavamh wuxuuna kuu suurta galinayaa laynka Xogisidaha Adeegyada Caafimaadka Maskaxda (Directory of Mental Health Services) ee Cardiff iyo Vale of Glamorgan

Xogsiduhu wuxuu bixiyaa warbixin ku saabsan adeegyada loo heli karo dadka qaba baahiyaha caafimaadka maskaxda. Waxaa ku jira adeegyada caruurta iyo dadka yaryar, dadka waaweyn iyo dadka duqoyda ah.

Waxaa ku jira warbixinta ku saabsan:

- Arimaha sharciga – tusaale ahaan Mental Health Act, Mental Capacity Act iyo Carers Acts
- Adeegyada ay bixiso qaybta sharciyada, tusaale, Cardiff iyo Gudiga Caafimaadka ee Jaamacadda Vale, Haayadaha Gudaha ee Vale of Glamorgan iyo Booliska.
- Adeegyada ay bixiyaan ururada sadexaad
- Liistada laymanka taleefoonada caawinta.

Sida loo helo adeegyada

Haddii aad u baanahantahay inaad hesho adeegyada marka ugu horeysa, waxaad caadiyan u baahantahay inaad la xiriirtid GP gaga caawinta koobaad. GP ga ayaa baadhi doona baahida isagaana u gudbin doona Adeegga Caafimaadka Maskaxda ee Asaasiga ah (Primary Mental Health Support Service) ama Kooxda Caafimaadka Bulshada (Community Mental Health Team) ee deegaankaaga ka jirta.

Haddii uu GP gu u dareemo baahidu inay tahay mid amarjansi ah (waa marka uu qofku khatar ku yahay naftisa ama dadka kale), waxaa jira hab loo maro in lagu xaqijiyo baadhis dagdag ah.

Baahiyaha luuqadeed

Ajansiyadan sharci ee soo socda ayaa waxay yihiin meelaha laga heli karo adeegyada turjumista ee loo baahanyahay:

- Gudiga Caafimaadka ee Jaamacadda Cardiff iyo Vale (Cardiff and Vale University Health Board) (ee bixiya adeegyada caafimaadka maskaxda Cardiff iyo Eastern Vale of Glamorgan): Adeegyada turjumista waxaa lagu bixiyaa qaab fool ka fool ah ama waxaa loo isticmaalaa taleefoonka. Turjumista waxaa loo heli karaa shaqaalaha oo ay heli karaan 24ka saac maalintii, 7 maalmood asbuucii.
- Gudiga Vale of Glamorgan – wuxuu awoodaa inuu tujumaano ku helo fool ka foo ama taleefoonka looga xiriiryo
- Gudiga Cardiff
- Abertawe Bro Morgannwg Gudiga Caafimaadka Jaamacadda (ee ka jira Galbeedka Vale of Glamorgan)
- Booliska South Wales – waxay awoodaan inay helaan tujumaan 24ka saacadood maalintii, 7 maalmood asbuucii, ooy ku helaan qaab fool ka fool ah ama taleefoonka oo looga xiriiryo

Talobixinta Cardiff and Vale Action for Mental Health (cavamh)

Waxaan soo dhawaynaynaa wixii talo bixin ee ku saabsan websaydkan iyo xigisidaha si aan markaas u hormarino. Mahadsanidin.

www.cavamh.org.uk

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