

# Liiska Ilaha Caafimaadka Galmada Dhalinyarada



## Taageerada Xiriirka



**Bradley Angle  
House Shelter**  
503-232-1528  
[bradleyangle.org](http://bradleyangle.org)



**Wicitaanka Badbaadada\*  
24/7**  
503-235-5333 ama  
888-235-5333  
[calltosafety.org](http://calltosafety.org)



**Proyecto UNICA\*  
(servicios en español)**  
503-236-9591  
[elprogramma.org/unica](http://elprogramma.org/unica)



**SARC\*  
(Xarunta  
Kheyraadka  
Xadgudubka  
Galmada)**  
503-640-5311  
[sarcoregon.org](http://sarcoregon.org)

**VOA Home Free**  
503-771-5503  
Taleefanka U-doodaha  
Dhallinta\*: 503-388-  
8211  
(text 8a-5p M-F)



**Khadka Dhalinyarada 24/7  
Dhalinyarada Caawinaysa  
Dhalinyarada (4-10 pm) 1-  
877-331-9474 AMA**  
Qoraal ku dir TEEN2TEEN 839863  
[oregonyouthline.org](http://oregonyouthline.org)

## U-doodista & Taageerida Dhaqanka Ku habboon



**Barnaamijka Bradley Angle  
Healing Roots**  
503-595-9591  
[tinyurl.com/heal-roots](http://tinyurl.com/heal-roots)  
*Dadka Afrikaan Maraykanka  
ah ee ka badbaaday  
rabshadaha qoyska*



**IRCO  
(Ururka Soo-galootiga &  
Bulshada Qaxootiga Ururka  
Soo-galootiga & Bulshada  
Qaxootiga)**  
503-234-1541  
[irco.org](http://irco.org)



**Shabakada Laatiinka (Latino  
Network)**  
503-283-6881  
[latnet.org](http://latnet.org)



**NAYA  
(Xarunta Dhallinyarada  
Dhaladka Ameerikaanka ah  
iyo Qoyska)**  
503-288-8177  
[nayapdx.org](http://nayapdx.org)



**Ross  
(Adeegyada  
Bulshada Ruushka  
ee Oregon)**  
503-777-3437  
[emoregon.org/ross](http://emoregon.org/ross)



**SEI  
(Self Enhancement, Inc)**  
503-249-1721  
[selfenhancement.org](http://selfenhancement.org)  
*Taageeridda dhallinyarada  
magaalooyinka ee halista ku jira*

## Taageerada Gaarka ah ee Naafada



**Bulshada Autism-ka ee  
Oregon**  
[autismsocietyoregon.org](http://autismsocietyoregon.org)  
1-888-288-4761  
*Khayraadka, waxbarashada,  
u-doodista kuwa la nool  
autismka*



**Adeegyada IDD ee  
Degmada Multnomah**  
[multco.us/dd](http://multco.us/dd)  
*Adeegyada dadka  
qaba naafada garaadka iyo/ama korriinka*



**Mashruuca DART (Kooxda  
Ilaha Wacyigelinta  
Naafada)**  
503-988-6481  
[projectdartpx.org](http://projectdartpx.org)



**Sinnaanta Caafimaadka Galmada  
ee Shakhsiyadka leh Naafada  
Garaadka/Korriinka (SHEIDD)**  
[ohsu.edu/sexual-health-for-all](http://ohsu.edu/sexual-health-for-all)  
*Ilaha waxbarashada caafimaadka  
galmada ee lagu taageerayo dadka  
naafada ah*

\* Waxaad la hadli kartaa qof aan ahayn tabiye waajib saaran yahay- weydii



## Adeegyada LGBTQ & Taageerada Adeegyada Caafimaadka



### Bradley Angle House

503-232-7805

[tinyurl.com/lgbtq-svcs](https://tinyurl.com/lgbtq-svcs)

Taageerada rabshadaha  
qoyska LGBTQ



### LGBT National Youth Talkline

1-800-246-7743

[teenlineonline.org](https://teenlineonline.org)

Taageero & ilo loogu  
talagalay dhalinyarada  
LGBTQ+



### Q Center

503-234-7837

[pdxqcenter.org](https://pdxqcenter.org)

Meel aamin ah oo lagu taageero  
laguna dabaaldego bulshada LGBTQ



### Xarunta Jinsiga ee TransActive

503-252-3000

[tinyurl.com/transactivesupport](https://tinyurl.com/transactivesupport)

Adeegyada iyo taageerada ee  
carruurta, dhalinyarada & qoysaska  
jinsiga kala duwan



### SMYRC

(Xarunta Wax-barashada  
Dhallinyarada laga tirada  
badan yahay ee Galmada &  
Jinsiga)

503-872-9664

[smyrc.org](https://smyrc.org)



### The Trevor Project

1-866-488-7386

[thetrevorproject.org](https://thetrevorproject.org)

La-talinta dhibaatooyinka  
& kaalmaynta  
dhalinyarada LGBTQ+

## Shabakadaha Macluumaadka



### Amaze [amaze.org](https://amaze.org)

Fiidiyayaasha loogu

talagalay fasalka

6aad-8aad

ee ku saabsan caafimaadka  
galmada iyo taranka



### AWN

(Haweenka Ootistiga ah &  
Shabakada aan Jinsiyadda  
Lahayn)

[awnnetwork.org/blog](https://awnnetwork.org/blog)

Blog ku saabsan khibradaha Ootistikada  
dadka jinsiyada la hayb sooco



### Waji-gabax mise maya? [awkwardornotapp.org](https://awkwardornotapp.org)

Su'aalaha si aad u aragto  
sida waalidkaagu diyaar  
ugu yihiin inay ka hadlaan  
shukaansiga iyo galmada



### Waaan rabaa inaan ogaado!

[iwannaknow.org/teens](https://iwannaknow.org/teens)

Macluumaadka caafimaadka  
galmada



### KidsHealth

[kidshealth.org/en/kids](https://kidshealth.org/en/kids)

Macluumaadka ku  
saabsan jirka iyo  
joogtaynta caafimaadka



### Jacaylku waa Ixtiraam

[loveisrespect.org](https://loveisrespect.org)

Awoodsiinta dhalinyarada si  
ay uga hortagaan uma  
joojiyaan xadgudubka

### Alaabada Daryeelka Shakhsi ee Udgoonada aan Lahayn



[Brownstargirl.org](https://brownstargirl.org)



[East Bay Meditation Center](https://www.eastbaymeditationcenter.org)

## Adeegyada Caafimaadka



### khadka dhibaataada (24/7)

503-988-4888

[tinyurl.com/multcomhcrisis](https://tinyurl.com/multcomhcrisis)



### Adeegyada STD ee Degmada Multnomah

503-988-3700

[tinyurl.com/multcostd](https://tinyurl.com/multcostd)



### Waalidnimada Qorshaysan

503-788-7273

[plannedparenthood.org](https://plannedparenthood.org)



### Xarumaha Caafimaadka Ardayga

503-988-4424

[tinyurl.com/studenthc](https://tinyurl.com/studenthc)

## Khayraadka Shaqsiyeed

Dadka aan kala hadli karo qaangaarnimada iyo galmada waa:

\* Waxaad la hadli kartaa qof aan ahayn tabiye waajib saaran yahay- weydii

