



National Social Service Resources

Milliy ijtimoiy xizmat resurslari



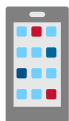
UNITED WAY/BIRDAMLIK YO'LI

Community and social services, such as food pantries, emergency shelter, childcare, housing, and more services to assist individuals and families. Calls are private and confidential. Assistance is provided in more than 300 languages. 211 services are also available through United Way's website <https://www.211.org/>*

Jamiyat va ijtimoiy xizmatlar, shuningdek, oziq-ovqat omborlari, shoshilinch boshpana, bolalarni bog'chasi, uy-joy va odamlar va oilalarga yordam berish uchun boshqa xizmatlar. Qo'ng'iroqlar shaxsiy va maxfiy. Yordamlar 300 dan ortiq tillarda beriladi. 211 xizmatlari Birdamlik yo'li veb-saytida ham mavjud <https://www.211.org/>*

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Interactive Website/App of National Resources: <https://find.usahello.org/#/welcome> (available in English, Spanish and Arabic) is a free app for refugees, asylum seekers, and immigrants. The app provides information about services in local communities anywhere in the USA. Services may include immigration help, English classes, and health care.*



Interaktiv veb-sayt/Milliy resurslar ilovasi: <https://find.usahello.org/#/welcome> (ingliz, ispan va arab tillarida mavjud) bo'lib, qochqinlar, boshpana izlovchilar va immigrantlar uchun bepul ilovadir. Ilova AQShning istalgan joyida mahalliy jamoalardagi xizmatlar haqida ma'lumotlar beradi. Xizmatlar immigratsiya yordami, ingliz tili kurslari va sog'liqni saqlashni o'z ichiga olishi mumkin.*

MENTAL HEALTH INFORMATION AND SUBSTANCE ABUSE/ RUHIY SALOMATLIK MA'LUMOTLARI VA MODDALARNI SUITEMOL QILISH

U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration's (SAMHSA) toll-free telephone number for alcohol and drug information, treatment, and referral.*

AQSh Sog'liqni saqlash va Inson xizmatlari departamenti (HHS) Narkotik moddalarni suiiste'mol qilish va Ruhiiy salomatlik xizmatlari ma'muriyatining (SAMHSA) alkogol va giyohvand moddalar haqida ma'lumot olish, davolash va yo'nlanma olish uchun bepul telefon raqami.*

Behavioral Health Treatment Locator*/Xulq-atvor salomatligini davolash joylari*:
<https://findtreatment.samhsa.gov/>

National Helpline/
Milliy ishonch telefoni
1-800-662-HELP
(4357)

HUMAN TRAFFICKING AND SEXUAL ASSAULT/ODAM SOVDOSI VA JINSIY ZORLASH

To report suspected human trafficking to Federal law enforcement:
1-866-347-2423 (866-DHS-2 ICE)

Federal huquqni muhofaza qilish organlariga gumonli odam savdosi haqida xabar berish uchun: 1-866-347-2423 (866-DHS-2 ICE)

To get help from the National Human Trafficking Hotline: 1-888-373-7888 or text **HELP** or **INFO** to BeFree (233733)*

Milliy odam savdosi bo'yicha ishonch telefonidan yordam olish uchun:
1-888-373-7888 yoki SMS **HELP** yoki **INFO** BeFree ga (233733) *

1-866-347-2423
(866-DHS-2-ICE)
1-888-373-7888
Or text/yoke SMS
HELP or/yoli **INFO** to/a
BeFree (233733)

RAINN-National Sexual Assault Hotline. Free. Confidential. 24/7*

RAINN-Jinsiy tajovuz bo'yicha milliy ishonch telefoni. Tekin. Maxfiy. 24/7*

1-800-656-4673

* The resources listed are not affiliated, associated, authorized, endorsed by, or in any way officially connected with ICE or any of its entities. Contact information is up-to-date as of publication date.

* Ro'yxatda keltirilgan manbalar ICE yoki uning biron bir tashkilotiga hech qanday aloqasi yo'q, bog'lanmagan, vakolatlanmagan, ma'qullanmagan yoki biron bir tarzda rasmiy ravishda aloqasi bo'lmagan. Aloqa ma'lumotlari nashr qilingan sanadan boshlab yangilangan.



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EMERGENCY DISASTER HELP/FALOKATDA TEZ YORDAM

American Red Cross* Amerika Qizil Xoch*	1-800-733-2767
American Association of Poison Control Centers* Amerika zaharni nazorat qilish markazlari uyushma*	1-800-222-1222
Centers for Disease Control (CDC) COVID-19 Information Line for Emergency Questions and Urgent Needs for Information* Kasalliklarni nazorat qilish markazlari (CDC) Favqulodda savollar va ma'lumotga shoshilinch ehtiyojlar uchun COVID-19 ma'lumot liniyasi*	800-CDC-INFO (800-232-4636) TTY 888-232-6348
Disaster Distress Helpline (SAMHSA)* Favqulodda yordam telefoni(SAMHSA)*	1-800-985-5990

CRISIS SERVICES/ KRIZIS XIZMATLARI

LGBT Crisis- Trevor Lifeline* LGBT Krizis Trevor yordam telefoni*	1-800-488-7386
National Suicide Prevention 24 Hour Hotline* Davlataro o'z joniga qasd qilishning oldini olish bo'yicha 24 soatlik ishonch telefoni*	1-800-273-TALK (8255)
988 Suicide & Crisis Lifeline* 988 O'z joniqa qasd qilish va Krizisyordam telefoni*	Call or text/ Telefon yoki SMS 988

VICTIMS OF CRIME/JINOYAT QURBONLARI

National Center for Victims of Crime* Davlataro jinoyat qurbonlari markazi*	1-855-484-2846
Victims Engagement and Services Line (VESL) Jabrlanuvchilarni jalb qilish va xizmatlar telefoni (VESL)	1-833-383-1465

DOMESTIC VIOLENCE/OILADAGI ZO'RAVONLIK

National Domestic Violence Hotline* Oiladagi zo'ravonlik bo'yicha davlataro ishonch telefoni*	1-800-799-SAFE (7233)
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WOMEN'S HEALTH/AYOLLAR SALOMATLIGI

National Women's Health Information Center* Ayollar salomatligi davlataro axborot markazi*	1-800-994-9662
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