



Halkan si ay kuu caawiyaan

Dhammaanteen waxaan la kulannaa waqtiyo marka
dareemeyno inaynaan kari karin la qabsano, mararka
qaarkood tani waxay bilaabi kartaa inay saameyn ku yeelato
nolol maalmeedkeena waxayna naga hor istaageysaa inaan
sameyno waxyaabaha aan caadiyan qabanno.

**VitaMinds waxay kaa caawin kartaa hagaajinta kanaga
caafimaadka maskaxda iyo ladnaanta.**

**VitaMinds waxay lashaqeysaa iskaashatada NHS-ta
Leicester, Leicestershire iyo Rutland si ay u bixiso
daaweyn nafaasani ah oo muddo gaaban ah.**

Waa adeeg bilaash ah



VitaMinds waa adeegga NHS ee deegaankaaga ka hadlaya daaweynta daaweynta, oo loo yaqaan IAPT (Hagaajinta Helitaanka Daaweynta Cilmu-nafsiga).

**Ballan
diyaarso/
Ballan qabso**



Sawir koodhka QR



Naga soo wac 0330 094 5595



Weydiiso GP gaaga inuu kuu
gudbiyo Vita



vitahealthgroup.co.uk



Haddii aad ka weyn tahay 16 oo aad ku nooshahay magaalooyinka Leicester, Leicestershire iyo Rutland waan kugu taageeri karnaa adiga oo ku siya qalabka aad ugu baahan tahay si aad nolosha ugu soo ceshato

Miyaad la kulantaa:

- ✓ Welwel xad dhaaf ah
- ✓ Niyad hoose
- ✓ Niyad jab
- ✓ Walaac
- ✓ Dhiirigelin la'aan

VitaMinds waa adeegga NHS ee deegaankaaga ka hadlaya daaweynta daaweynta, oo loo yaqaan IAPT (Hagaajinta Helitaanka Daaweynta Cilmu-nafsiga). Waa BILAASH iyo Qarsoodi.

Waxaan bixinnaa caddeyn kala duwan oo ku saleysan daaweynta hadalka iyo qaabab cusub oo lagula tacaali karo si ay kaaga caawiso inaad si wanaagsan u maamusho niyaddaada.

Dhammaan daaweynteenna waxaa lagu bixin karaa fiidiyoow ammaan ah, teraab ku saleysan qoraal, webinar, taleefoon ama waji ka waji (mid ama hal koox).



Habkeena 3-da ah ee fudud



Tixraac adeegga teleefoonka ama shabakada.



Wadajir, waxaan ku heshiin doonaa habka ugu fiican ee adiga kugu habboon.



Daaweeyaheenu wuu ku taageeri doonaa inta daaweyntaadu socoto.

Hel caawin hadda



Telefoonka: 0330 094 5595



vitahealthgroup.co.uk



Isniinta – Jimco 8.00am – 8.00pm
Sabtiyada 9.00am – 12.30pm

Leicester City Clinical Commissioning Group
West Leicestershire Clinical Commissioning Group
East Leicestershire and Rutland Clinical Commissioning Group

