

ကထိန်နီတၢ်ကွၢ်ထွဲသ့ဖဲလဲၣ်

Freeborn ကီၢ်ရၢၣ်တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လံာ်တၢ်န့ၣ်ကျဲ

ဂ့ၢ်ဂီၢ်အူတၢ်ဂ့ၢ် မ့တမ့ၢ် တၢ်လီၤဘၣ်ယိၣ်တုၤလၢသးသမုအဂီၢ်န့ၣ် ကိး **911** တဘျီယီတက့ၢ်.



NURSE LINE – (သရၣ်မုၣ်ကွၢ်ပုၤဆါလီၤကျိၤ) – တလၢာ်ဘူးလဲ

တၢ်ဟ့ၣ်က့ၣ် ၂၄/၇ လၢ Mayo Clinic Health System တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ လိတဲစိကျိၤ. ကိးလိတဲစိ 507-373-2384 မ့တမ့ၢ် 888-999-2386 (တလၢာ်စ့) တက့ၢ်.

MENTAL HEALTH RESOURCES (သးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်အိၣ်ယၢၤတဖၣ်) – တလၢာ်ဘူးလဲ ဆူ \$

- **Freeborn County Mental Health Center** – 507-377-5440
(ဂီၤ ၈ န့ၣ်ရံၣ် တုၤ ဟါ ၅ န့ၣ်ရံၣ်) မ့တမ့ၢ် www.co.freeborn.mn.us
- **Freeborn County Mental Health Crisis Line** – 507-377-5499 (ဟါ ၅ န့ၣ်ရံၣ် တုၤ ဂီၤ ၈ န့ၣ်ရံၣ်)
- **Mayo Clinic Health System Behavioral Health Services** – 507-377-6406 မ့တမ့ၢ် mayoclinichealthsystem.org
- **South Central Mobile Crisis Team** – 877-399-3040 မ့ထွဲ မ့ၢ် horizonhomes.org/#!crisiscenter

COMMUNITY HEALTH RESOURCES (ပုၤတတတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်အိၣ်ယၢၤတဖၣ်) – တလၢာ်ဘူးလဲ ဆူ \$

- **Freeborn County Public Health** – 507-377-5100 မ့တမ့ၢ် www.co.freeborn.mn.us



ONLINE CARE (တၢ်ကွၢ်ထွဲခိဖျိလၢပုၤယၢၤဖိခိၣ်) – တလၢာ်ဘူးလဲ ဆူ \$

- **Patient Online Services.** (တၢ်ကွၢ်ပုၤဆါခိဖျိလၢပုၤယၢၤဖိခိၣ်) – mayoclinichealthsystem.org
- **Mayo Clinic Express Care Online (Mayo)** တၢ်ကွၢ်ထွဲဆူၣ်အိၣ်ချ့ အချ့လၢပုၤယၢၤဖိခိၣ်) – ဆိၣ်ဒီးတၢ်မၤဆါထီၣ်တၢ်ဆါကတီၢ်လၢ တၢ်ကွၢ်ထွဲခိဖျိလၢ ပုၤယၢၤဖိခိၣ်ကိးမ့ၢ်န့ၣ်လီၤ. mayoclinichealthsystem.org

EXPRESS CARE CLINIC – \$

- **Mayo Clinic Health System Express Care** – ဆိၣ်ဒီးတၢ်သ့ၣ်ဆါကတီၢ်မ့တမ့ၢ် လဲၤန့ၣ်သ့န့ၣ်လီၤ. ဆိးထီၣ်ကိးန့ၣ်လီၤ. ဆိၣ်ဒီးတၢ်မၤဆါထီၣ်ဆါကတီၢ်န့ၣ်သ့ၣ်တဖၣ်. 2708 Bridge Avenue (Hy-Vee), Albert Lea



CLINIC VISIT – \$\$

- **Mayo Clinic Health System** – 507-373-2384, 404 W. Fountain St., Albert Lea
ကဘၣ်ဆိၣ်ဒီးတၢ်သ့ၣ်ဆါကတီၢ်. mayoclinichealthsystem.org
- **Health Reach Campus** – 507-668-2900, 1705 S.E. Broadway, Albert Lea

Same Day Clinic (တနံၤယီၤတၢ်ဟ့ၣ်က့ၣ်သံၣ်ဒါး) – \$\$

Mayo Clinic Health System – 507-668-2041, 404 W. Fountain St., Albert Lea
ဆိၣ်ဒီးတၢ်သ့ၣ်ဆါကတီၢ်. ဆိးထီၣ်ဆါကတီၢ်. mayoclinichealthsystem.org



EMERGENCY ROOM (ဂ့ၢ်ဂီၢ်အူဒါး) – \$\$\$\$

Mayo Clinic Health System – 507-373-2384, 404 W. Fountain St., Albert Lea
တၢ်ဆူးတၢ်ဆါအိၣ်ဆူၣ်လၢလိၣ်ဘၣ်တၢ်ကွၢ်ထွဲတဘျီယီ. mayoclinichealthsystem.org