

Ibikorwa vyerekeye amagara yo mu mutwe bigenewe abahuye n'umwuzure

Igisata kijejwe amagara yo mu mutwe ca Vermont (Vermont Department of Mental Health)

Guca mu bindi biza vy'imyuzure, na cane cane kw'isabukuru yo kwibuka ikiza co mu mwaka uheze, birashobora guteza ihahamuka rikomeye cane. Mu gihe ugukira ku mubiri ari nkenerwa, ugukira mu mutwe navyo ni nkenerwa cane. Ntutegerezwa kuba waragizweko ingaruka n'imyuzure wewe ubwawe kugira uhure n'ingaruka zayo mu mutwe. Ibikorwa bikurikira biraboneka kugira bigufashe muri iki gihe kigoye.

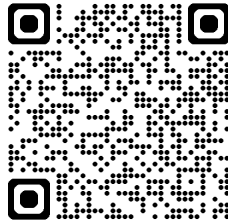
Ninde wohamagara:

****Ishirahamwe Starting Over Strong Vermont** Bafasha abahuye n'ikiza biciye mu kibano hamwe n'ibikorwa bijanye n'amagara yo mu mutwe. Akura **2-1-1** kugira uhure n'abakozi bakwegereye mu kibano hamwe n'ibikorwa.

****988 umurongo ugenewe abari mu ngorane zirimwo no gushaka kwiyahura (Suicide & Crisis Lifeline)** akura canke ubandikire kuri **988** kugira bagufashe vyihutirwa bikozwe n'abajanama bavyigiyeye bashobora gufasha mu vyerekeye ibishobisho hamwe n'ibikorwa bikwegereye.

****Umugwi w'ubutabazi wa Vermont (Vermont Mobil Crisis)** Umugwi w'ubutabazi wa Vermont urafasha imbona nkubone hamwe no mu gihe c'ingorane. Akura **988** kugira uronke ibigo bijejwe amagara yo mu mutwe bikwegereye.

Ku yandi makuru yerekeye ibikorwa bijanye n'umwuzure, impanuro zo gukurikiza, ja ku rubuga rwa mentalhealth.vermont.gov/flood canke usikane kode QR :



****Ishirahamwe Pathways Vermont Support Line** akura canke ubandikire kuri **833-888-2557** kugira uronswe ubufasha mu buryo bw'ibanga bukorerwa mu mugwi bugenewe abanya Vermont bujuje imyaka 18 hamwe n'iyirenga. Butangwa amasaha mirongo ibiri n'ane kuri mirongo ibiri n'ane imisi indwi ku ndwi (24/7).

Ishirahamwe SAMHSA Inomero igenewe abari mu kaga: Akura canke ubandikire kuri **1-800-985-5990** ku buntu, ibikorwa vy'ubujana mu mw'ibanga mu gihe c'ingorane birahari amasaha mirongo ibiri n'ane kuri mirongo ibiri n'ane imisi indwi ku ndwi 24/7, ku misi yose igize umwaka

****Kumenya abajejwe ivyo bikorwa bakorerwa muri Vermont****

Kugira ufashwe ku bijanye n'ingorane ziterwa n'umwuzure, canke ibikorwa vy'ugusigurirwa mu nyandiko hamwe no mu majambo, hamagara igisata kijejwe amagara yo mu mutwe ukoresheje **Kirundi (Ikirundi) Umurongo w'ubusiguzi kuri (802) 444-8230**

Akura ishirahamwe ribijewe mu karere uherereyemwo

Amashirahamwe abijejwe yitaho ibikorwa vy'amagara yo mu mutwe mu kibano cawe, ariteguye kandi arahari kugira agufashe.

Ishirahamwe Clara Martin Center (Orange): 802-728-4466

Ubufasha bw'abafise ibibazo vyo mumutwe (Counseling Service) bwa Addison County (Addison): 802-388-6751

Kwitaho amagara (Health care) n'ubufasha bwo gusubizwa mubuzima busanzwe (Rehabilitation Services) (Windham & Windsor): 802-886-4500

Ishirahamwe Howard Center (Chittenden): 802-488-7777

Ishirahamwe Lamoille County Mental Health Services (Lamoille): 802-635-7174

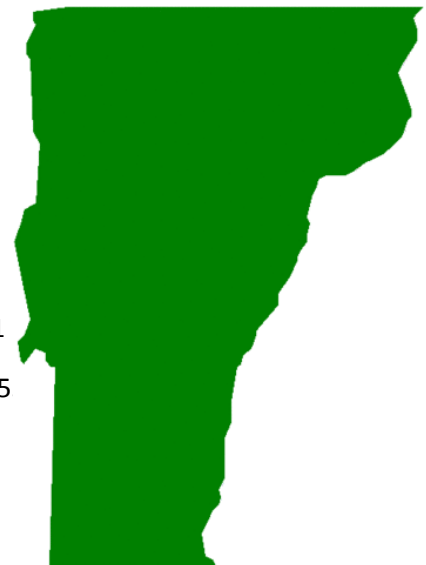
Ishirahamwe Northeast Kingdom Human Services (Caledonia, Essex, Orleans): 802-748-3181

Ishirahamwe Northwestern Counseling & Support Services (Franklin, Grand Isle): 802-524-65

Ishirahamwe Rutland Mental Health Services (Rutland): 802-775-2381

Ishirahamwe United Counseling Service of Bennington County (Bennington): 802-442-5491

Ishirahamwe Washington County Mental Health Services (Washington): 802-479-4083



Impanuro zijanye no kwakira ingorane ziterwa n'umwuzure

Igisata kijewe amagara yo mu mutwe ca Vermont (Vermont Department of Mental Health)

Ingorane z'ibishobisho zirashobora gushika imbere hamwe n'inyuma y'ikiza, kandi abantu barashobora kugira ingorane nyinshi z'ibishobisho muri ivyo bihe. Nta buryo bwiza canke bubi bwo kuvyumva--ni ibisanzwe kwumva akabonge, ishavu, umubabaro, canke kwumva ko atawo kugufasha ufise mu gihe uriko urasohoka mu bihe vy'ikiza. Ukubona hamwe no kwunva amajwi y'umwuzure, harimwo no kuwurindira gushika uje ubwavyo, birashobora kugarukana ibishobisho vyinshi vya kera hamwe n'ibindi bibabaje vyahise. Ariko, ni nkenerwa cane kurondera uburyo bwiza butekanye bwo kuvyakira mu gihe ibi biza bibaye. Mu buryo bwo kuvyakira harimwo, kwiyitaho ubwawe, hamwe no kumenya ibijanye no gufashwa.

Iteho amagara yawe. Gerageza gufungura neza, irinde kunywa inzoga hamwe n'ibiyuramutwe, hanyuma winonore imitsi mu gihe ubishoboye-- naho kwoba ari ugutembera iruhande y'inyubakwa hamwe n'ikarashishi birashobora kukugabanya imyitwarariko myinshi.

Akura abagenzi hamwe n'umuryango. Yaga n'umuntu wizeye ku vyerekeye uko umerewe. Mu gihe ufise abana, yaga nabo. Birashobora kubatera ubwoba, kubashavuzi, kubababaza, kubatera impungenge, hamwe no kubatera amadidane. Bamenyeshye ko ari vyiza kuvuga ku vyerekeye akababakiye. Kugira uwo urabirako mu vyerekeye amagara meza.

Gabanya amakuru wunviriza. Tuba mu kibano aho amakuru aboneka amasaha 24 ku musi biciye mu mboneshakure, isamirizi, hamwe n'ingurukanabumenyi. Kuguma basubiramwo buri kanya amakuru yerekeye ikiza canke icago kibabaje birongereza imyitwarariko hamwe n'akabonge bigatuma abantu bamwe na bamwe bahora baba buri gihe mu ngorane yaheze. Gabanya amakuru uraba/canke wunviriza.

Sinzira umwanya "uhagije". Abantu bamwe na bamwe barafise ingorane yo kunanirwa gusinzira inyuma y'ikiza canke gukanguka buri kanya mw'ijoro. Nimba ufise ingorane zo gusinzira, ja kuryama gusa mu gihe ufise itiro, wirinde gukoresha terefone ngendanwa canke imashini nyabwoko ngendanwa mu gitanda, hanyuma wirinde kunywa ikawa canke inzoga n'imiburiburi isaha imwe imbere yo kuja kuryama. Mu gihe uvutse hanyuma bikanka ko wongera gusinzira, gerageza kwandika ivyo wiyunvira mu kinyamakuru cawe canke ku rupapuro ruto.

Gushiraho no kubandanya akamenyero. Gerageza gufungura ibifungurwa mu gihe cagenwe hanyuma wihe ikirangamisi co gusinzira kugira wizere neza ko waruhutse igihe gihagije. Ongeramwo igikorwa co kwidagadura mu kirangamisi cawe ushobora gukora buri musi canke buri ndwi.

Irinde gufata ingingo zikomeye mu buzima. Gukora ibintu nk'ibijanye no guhindura utuzi canke ivyo ukora bisanzwe biteza imyitwarariko kandi bisanzwe bigoye gutunganya bunonyene inyuma y'ikiza.

Gutahura ko hazobaho impinduka. Ibiza birashobora gusambura amazu, amashure, hamwe n'ibibanza vy'ubudandaji hamwe n'amasengero kandi birashobora guhungabanya ubuzima bw'abantu baba mu bibanza vyahuye n'ivyo biza mu gihe kirekire. Rimwe na rimwe, abantu barapfusha abo bakunda canke bagakomereka, haba ku mubiri hamwe no mu mutwe, bagashobora kubana navyo ubuzima bwabo bwose. Abantu bamwe na bamwe barashobora gutakaza akazi igihe gito canke mu buryo bwa burundu. Ku bana, gutonda kw'ishure rishasha canke ry'agateganyo birashobora gutuma batandukana nabo basanzwe bamenyeranye, canke ibikorwa bahora bakora inyuma y'ivyigwa bigahungabana.

Iteho ibikoko bibana n'abantu canke utembere mw'ishamba mu gihe hatekanye. Ibidukikije hamwe n'ibikoko birashobora kudufasha kumererwa neza mu gihe tutameze neza. Raba nimba woja gukorera ubushake mu kigo citaho ibikoko kikwegereye--barashobora kuba bakeneye ababafasha inyuma y'ikiza. Hamaze gutekana subira muri parike rusangi canke mu bibanza vy'ibidukikije, rondera ikibanza gitekanye co kwicaramwo canke utembere n'amaguru.

Menya igihe ukwiriye gusaba gufashwa. Ibimenyetso vy'imyitwarariko myinshi birashobora kuba ari ibisanzwe, birashobora guterwa n'ibikorwa bitari vyitezwe ivyo arivyo vyose mu buzima, tutibagiye mu gihe c'inyuma y'urupfu mu muryango, c'ugutakaza akazi canke c'ugutandukana. Ni nkenerwa kwitondera ibikubako canke biba ku wundi ukunda, kuko ibishobora gusa "n'imyitwarariko ya buri musi" birashobora kuba: guta umutwe (harimwo n'iviyunviro vyo kwiyahura), akabonge, canke inzoga/ugukoresha ibiyuramutwe.