Focus on ME

Mental Health is Essential Health

Abagore baba bashobora kugira **byikubye kabiri** kurusha abagabo indwara yo kwiheba no guhangayika.

Vuga n'ushinzwe kuguha serivisi z'ubuvuzi ku bimenyetso URI kugaragaza.



Indwara yo Guhangayika ni iki?

Ubuzima burakomeye! Dushishikarira hafi ibintu byose kuva ku mafaranga kugeza ku buzima ndetse n'umutekano w'umuryango wacu.

Rimwe na rimwe guhangayika bishobora:

- Kuduteza kuribwa, n'ububabare, kuribwa mu nda, kuribwa umutwe.
- Kugira ingaruka ku gusinzira.
- Gutuma utiyumva nkawe ubwawe.
- Gutuma ukunja isura cyangwa kurakara vuba.
- Kumva umeze nk'uwo ibintu byarenze.
- Bitera ibitekerezo bitifuzwa cyangwa bisubiramo, bikagutera ubwoba cyangwa bikakugora kubigenzura.
- Kugutera kumva wahiye ubwoba.

Indwara yo kwiheba n'umuhangayiko bishobora kuberaho icyarimwe, kimwe cya kabiri cy'abantu bafite indwara yo kwiheba baba banafite umuhangayiko.



Hari ubuvuzi bwizewe kandi bukora neza ku ndwara yo kwiheba n'umuhangayiko. Ubuvuzi bushobora gufasha kugabanya ubukana bw'ibimenyetso kandi bigatuma uguma kwibanda ku buzima bwawe.

Kwiheba ni iki?

Urumva...

- Utameze nk'uko usanzwe umeze?
- Wumva wacitse intege kandi ubabaye?

Abagore 1 mu 8 bazagira indwara yo kwiheba mu buzima bwabo kandi biramenyerewe mu myaka 25-44.

- Uri kugira imbogamizi zo gusinzira?
- Uri kurya bike cyangwa byinshi kurusha uko bisanzwe?
- Utari kwishimira ibikorwa nk'uko bisanzwe bigenda?
- Unaniwe kurusha uko bisanzwe?
- Uri kugorwa no kwibanda ku gikorwa, kwibuka, cyangwa gufata ibyemezo?
- Uri kuribwa cyangwa kubabara, kuribwa umutwe, kuribwa byio gufatwa n'imbwa, kuribwa mu nda?

Ushobora kuba warwaye indwara yo kwiheba.

Iki ntabwo ari ikimenyetso cy'intege nke. Vugana n'uguha serivisi z'ubuvuzi ku bijyanye n'ibimenyetso ugaragaza!



Ntugomba kubanza gutegereza ngo umererwe nabi kugira ngo usabe ubufasha cyangwa uvuge ku mbogamizi ufite.

Ufite amahitamo!

Hari ibintu byinshi ushobora gukora kugira ngo uharanire ko ubuzima bwo mu mutwe bumera neza harimo:

- Impinduka zijyanye n'imyitwarire
- Gukoresha umubiri
- Guhumekera hejuru
- Kumarana igihe hanze
- Gusinzira neza
- Kumara igihe gito ki mbuga nkoranyambanga no kuri za mugaragaza
- Kwandika muri ajenda cyangwa kwandika ibiterezo n'ibyiyumvo byawe
- Gukoresha uburyo bwo kwisubiza ku murongo (nko gukoresha uburyo bwa 5-4-3-2-1)
- Kwivugisha amagambo meza cyangwa kwiyibutsa amagambo agutera inkunga
- Kwegera umuntu wizera kugira ngo aguhe ubufasha
- Imyitozo yo Kuruhura mu mutwe nko kwitekerezaho

Rimwe na rimwe ibyo bikorwa ntibiba bihagije. Uguha serivisi z'ubuvuzi ashobora kuguhuza n'umunyamwuga w'ibijyanye n'ubuzima bwo mu mutwe ush-obora kugufasha mu buvuzi bwawe, kubona imiti, cyangwa byombi.

Gahunda z'ubuvuzi

Ubuvuzi bw'indwara yo guhangayika no kwiheba bushobora kubamo imbumbe y'impinduka mu myitwarire, ubuvuzi, n'imiti. Ibi uba ukeneye kubikora wenyine.

Ubuvuzi
Ubuvuzi ni ahantu hatekanye kandi h'ibanga ho kuganirira no kubonera ubufasha. Hazaba harimo guhanahana amakuru ku buryo bwumvikana ku mahitamo yo kuvurwa n'ikiguzi cyabo.

Imiti
Uguha serivisi z'ubuvuzi azakugira inama y'imiti wafata ngo igufashe kugabanya ubukana bw'ibimenyetso ndetse no kuzamura imibereho yawe myiza. Niba utangiye gufata imiti, vugana n'uguha serivisi z'ubuvuzi mbere yo kugira impinduka ukora.

Ubuvuzi n'Imiti
Rimwe na rimwe uburyo bwiza buba ari ubuvuzi n'imiti bifatanyije. Imiti igufasha kubonera ibirenze mu buvuzi ugabanya ubukana ugaragaza.

Ubufasha bw'urungano
Ubufasha bw'urungano buguhuza n'umuntu ufite ubunararibonye nk'ubwawe, ushobora kuguha ubwumvikane, kugutera inkunga no kukuyobora.

Ibuka gushaka umunyamwuga w'ibijyanye n'ubuzima bwo mu mutwe ukubereye!



Inyandiko zifashishijwe

Indwara yo kwiheba no guhangayika si ibimenyetso by'intege nke. Vugana n'uguha serivisi z'ubuvuzi ku bijyanye n'ibimenyetso ugaragaza uyu munsi!

Ku yandi makuru ku ndwara yo kwiheba n'umuhangayiko CYANGWA ku byifashishwa byagufasha kubona ubuvuzi ukeneye; wasura:

grc.osu.edu/projects/focus-me

- Suicide & Crisis Lifeline: Hamagara cyangwa wohereze ubutumwa kuri 988
- SAMHSA National Helpline: 1-800-662-HELP (4357)
- NAMI Ohio Helpline: 614-224-2700
- NAMI National Helpline: 1-800-950-NAMI (6264)

Ibyitwaho mu gihe cyo gutwita no nyuma yo kubyara

Gutwita no kubyara bishobora kuzana amarangamutima menshi atandukanye. Ni ibisanzwe kumva ufite impungenge cyangwa ubabaye.

Iyo ihungabana (depression) cyangwa guhangayika (anxiety) bitavuwe, bishobora kugira ingaruka ku buzima bwawe no ku buzima bw'umwana wawe. Kubona ubufasha hakiri kare bishobora kugabanya ibyago no gufasha kugira ubuzima bwiza bushoboka kuri wowe n'umwana wawe.

Vugana n'umuganga uguha serivisi z'ubuvuzi ku bijyanye n'ubuvuzi kugira ngo utagira ikibazo mu gihe cyo gutwita no konsa.

Umurongo w'igihugu ufasha ubuzima bwo mu mutwe bw'ababyeyi – 1-833-TLC-MAMA

Ntuhazi aho watangirira? Ushobora gusaba utanga serivisi z'ubuzima kukwohereza ku nzobere cyangwa ugakoresha ububiko bwizewe bwo kuri interineti nka Psychology Today kugira ngo ubone inzobere mu buvuzi bwo mu mutwe ihuje n'ibyo ukeneye.

Ubuzima bwo mu Mutwe ni Ubuzima bw'Ingenzi.



WABA uri kugira ibitekerezo byo kwikomeretsa cyangwa gukomeretsa abandi?



Bahamagare AKA KANYA ku bijyanye n'ubuvuzi bwihutirwa.

- Ni ubuntu, 24/7, Umurongo uhamagarwaho n'abafite ibibazo bijyanye no Kwiyahura n'Ibibazo by'amarangamutima: **Hamagara cyangwa wandike 988**
- Erekeza aho batanga ubuvuzi bwihutirwa hakwegereye
- Hamagara 911

Focus on ME — Mental Health is Essential Health

Focus on ME ni umushinga ugamije guteza imbere ireme rya serivisi z'ubuzima ukorana n'abatanga serivisi z'ubuvuzi bw'ibanze hirya no hino muri Ohio kugira ngo bateze imbere ubuvuzi bw'ihungabana (depression) no guhangayika (anxiety) ku bagore bari mu myaka yo kubyara.

Ohio Department of Medicaid
Department of Children & Youth

Ohio Colleges of Medicine Government Resource Center

medtapp

The Ohio State University
Wexner Medical Center