

## Ibimenyetso byo kureba

Twese turwana n'ubuzima bwacu bwo mu mutwe rimwe na rimwe. Nibyiza gusaba muganga wawe w'umuryango (GP) ubufasha.

Bimwe mu bimenyetso bisanzwe byo kureba:

- Kumva ubabaye cyangwa uhangayitse igihe kinini
- Kuyoberwa ibintu no kurakara ku buryo bworoshye
- Kutavugana n'umuryango n'inshuti
- Kutishimira ibintu wahoze ukora
- Impinduka mu buryo usinzira
- Kudashobora gutekereza neza no gushyira ibitekerezo ku kintu kimwe
- Kurya byinshi cyangwa bike ugereranyije nibisanzwe
- Gushaka kurira igihe cyose
- Gutekereza kwigirira nabi cyangwa abandii.

## Mu bihe byihutirwa

Niba wowe cyangwa umuntu uzi ari **mu bihe bishyira ubuzima mu kaga**, hamagara Zero Eshatu (000) cyangwa ujye kw'ishami ry'ubuvuzi bwihutirwa by'akarere kawo.

## Inkunga yihutirwa

Niba wumva utameze neza kandi ushaka guhita uvugana n'umuntu ku buntu:

### Lifeline –

Crisis support and suicide prevention services (Inkunga y'ibihe bigoye na serivisi zo gukumira kwiyahura).

☎ 13 11 44

### 1300 MH CALL –

Ifasha abantu kubona serivisi z'ubuzima bwo mu mutwe ya rubanda.

☎ 1300 642 255

### Servisi ya Suicide Helpline Call Back

Ubujoyanama bwo kuri telefone no kuri interineti ku bantu bagezweho n'ingaruka zo kwiyahura.

☎ 1300 659 467

## Imirongo ya telefone y'ubuntu

### Umurongo wa Multicultural Connect

Vugana n'umuntu niba wiganyira cyangwa uhangayitse.

☎ 1300 079 020

### Queensland Transcultural Ikigo Nderabuzima cy'ubuzima bwo mu mutwe (Mental Health Centre)

Vugana n'umuvuzi w'indwara zo mu mutwe ku inama n'inkunga.

☎ (07) 3317 1234

### DV Connect–

Inkunga yo kuri telefone y'abantu bahura n'ubugizi bwa nabi bwo mu miryango cyangwa mu rugo.

- DV Womensline ☎ 1800 811 811
- DV Mensline ☎ 1800 600 636

### Kids Helpline 5-25 –

Ubujoyanama bwo kuri telefone no kuri interineti ku rubyiruko rufite imyaka 5-25.

☎ 1800 551 800

## Serivisi z'inzobere

### Queensland Program of Assistance to Survivors of Torture and Trauma (QPASTT) (Gahunda ya Queensland yo Gufasha Abarokotse icyarubozo n'Ihahamuka) –

Reba umujoyanama w'inzobere mu ngaruka z'icyarubozo n'Ihahamuka.

☎ (07) 3391 6677

### Immigrant Women's Support Service (Serivisi Ishinzwe Gufasha Abagore b'Abimukira)

Ubufasha ku bagore n'abana bahura n'ubugizi bwa nabi bwo mu rugo cyangwa

☎ (07) 3846 3490



Interpreter

N'ubuntu gusaba umusemuzi!

# Uko wafashwa ku buzima bwawe bwo mu mutwe

## Umuntu uwo ariwe wese ashobora kugira ibibazo by'ubuzima bwo mu mutwe.



Queensland Government

# Amateka ya Sana



Sana akunda kwita ku muryango we. Ariko vuba aha, yumvise ababaye kandi afite impungenge birenze uko asanzwe.



Nyuma yo kuganira n'inshuti, basabye Sana gusaba kubona GP kugirango baganire ku byerekeye ubuzima bwe bwo mu mutwe.



**Inama: GP wawe afite uburyo butandukanye bwo kugufasha ku buzima bwawe bwo mu mutwe. Komeza usome kugirango umenye uko bashobora gufasha!**

## Icyo GP wawe ashobora gukora

Muri gahunda yo kubonana, GP yabajije niba Sana ashaka umusemuzi w'ubuntu. Yavuze yego bahamagara umusemuzi kuri telefone. Ikiganiro cye n'umusemuzi cyari ibanga. Ibi bivuze ko bagombaga kubika amakuru ye mw'ibanga.



**Inama: Ushobora gusaba umusemuzi umwe buri gihe usuye umuganga, nubwo biterwa no kuboneka k'uko umusemuzi.**

Abifashijwemo n'umusemuzi, Sana yabwiye muganga impamvu yari afite agahinda kandi afite impungenge. Ari kugorwa no kumenyera ubuzima mu gihugu cye gishya mugihe yita ku muryango we.

Muganga yafashe igihe runaka kugirango yumve uko yaramerewe kandi yagombaga gusubiza ibibazo bimwe na bimwe. Ibi byafashije kumenya inkunga nziza kuri we.

Sana yumvise afite ubwoba bwo kuvugana na GP ariko byaravuzwe yuko abantu benshi bafite ibyo byiyumviro kandi ko gusaba ubufasha ari intambwe ya mbere yo kubona ubufasha.



Menya andi amakuru kuri **Mental health care plan (Gahunda yo kwitaho ubuzima bwo mu mutwe)**

## Mental health care plan (Gahunda yo kwitaho ubuzima bwo mu mutwe)

Umuganga wa Sana yamuganirije ibyerekeye mental health care plan (gahunda yo kwitaho ubuzima bwo mu mutwe).

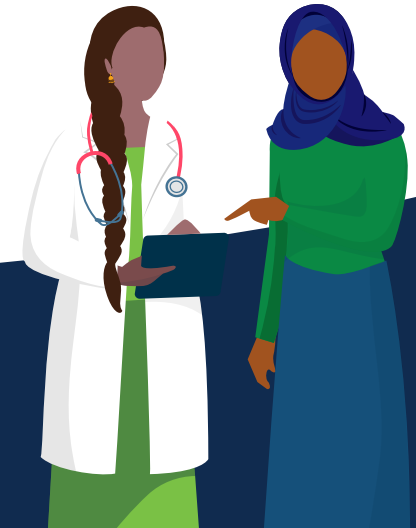
Biciye kuriyo gahunda, yashoboye kwoherezwa kubonana na psychologist (umuhanga w'imiterere y'imyitwarire n'ubuzima bwo mu mutwe) ku giciro kigabanyijwe. N'inzobere mu buvuzi bw'ubuzima bwo mu mutwe.

Ubu, ashobora gutangira kumva ameze neza ibyo bisobanura yuko umuryango we uzitabwaho neza.

Mental health care plan (gahunda yo kwitaho ubuzima bwo mu mutwe) n'iyumuntu arimo anyura mu ngorane z'uburwayi bwo mu mutwe.

Ishobora kugufasha kumva umeze neza igutera inkunga wowe n' umuryango wawe.

Niba ufite iyi gahunda, Medicare izagufasha kwishyura imwe mu mibonano yawe n'umuhanga mu by'ubuvuzi bw'indwara zo mu mutwe.



Interpreter

**N'ubuntu gusaba umusemuzi!**