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GEESTESGESONDHEID

- Baie mense het sedert die uitbraak van Kovid-19 geestesgesondheidsprobleme en -versteurings soos spanning, depressie en angs as gevolg van die impak van die pandemie, ervaar.
- Tieners is onder diegene wat ernstig depressief is oor die Kovid-19-pandemie.
- Dit is noodsaaklik dat ouers en versorgers enige selfmoordgedagtes of -gedrag baie ernstig opneem aangesien dit dikwels 'n hulpkreed is.
- Dit is belangrik om op die uitkyk te wees vir waarskuwingstekens vir tienerselfmoord.
- Jy kan SADAG se selfmoordkrisishulplyn by 0800 567 567 of die Departement van Maatskaplike Ontwikkeling se middelmisbruikblitslyn by 0800 121 314 skakel.
- Besoek asseblief SADAG se webwerf vir meer inligting:
https://www.sadag.org/index.php?option=com_content&view=article&id=1897&Itemid=101

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MENTAL HEALTH

- Since the outbreak of Covid-19 many people have suffered mental health problems and disorders such as stress, depression, anxiety due to the impact of the pandemic.
- Teenagers are among those who have been seriously depressed by the COVID-19 pandemic.
- It is vital that parents and caregivers take any suicidal thoughts or behaviours very seriously as they are often a cry for help.
- It is important to look out for warning signs for teen suicide.
- You can contact the SADAG Suicide Crisis Helpline: 0800 567 567 or the Department of Social Development Substance Abuse helpline: 0800 121 314
- For more information please visit the SADAG website:
https://www.sadag.org/index.php?option=com_content&view=article&id=1897&Itemid=101

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UBUJAMO BEPILO YOMKHUMBULO

- Selokhu kwehla umabhubhisa oyi-*COVID-19* abantu abanengi babe nokuphazamiseka ngokomkhumbulo okufana nokugandeleleka komkhumbulo nokuba nevalo ngemithelela kamabhubhisa lo.
- Abantu abatjha bahlangana nalabo abagandeleleke khulu ngokomkhumbulo ngebunga likamabhubhisa oyi-*COVID-19*.
- Kuqakathekile ukuthi ababelethi nabatlhogomeli bathathele phezulu imicabango nezenzo zokufuna ukuzibulala namkha ukuziphatha okukhambela ngapho ngombana kanengi kusuke kulitshwayo lokutlhoga isizo.
- Kuqakathekile ukuba nelihlo lokubona amatshwayo wokufuna ukuzibulala komuntu omutjha.
- Ungadosela i-SADAG ku-0800 567 567 mayelana neSizo ngemiRaro yokuziBulala namkha udosele iNomboro yeSizo ngemiRaro yeenDakamizwa yomNyango wezokuThuthukiswa kweHlalakuhle yomPhakathi ku-0800 121 314
- Ukufumana ilwazi elinabileko vakatjhela ubunzinolwazi be-SADAG ku-

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IMEKO YEMPILO YENGQONDO

- Ukusukela oko kwaqhambuka i-COVID-19 abantu abaninzi babaneengxaki zokugula ngengqondo kune nokuphazamiseka okunje ngonxunguphalo, ukudakumba, ixhala ngenxa yefuthe lobhubhane.
- Ulutsha luhakathi kwabo badakumbiswe ngokuxhalabisayo ngubhubhane we-COVID-19.
- Kubalulekile ukuba abazali kune nabongi bazithathe ngokuzimiseleyo naziphi na iingcinga zokuzibulala okanye iindlela zokuziphatha njengoko ulutsha luhlala lukhalela uncedo.
- Kubalulekile ukuba ujunge imiqondiso elumkisayo yokuzibulala kolutsha.
- Ungaqhagamshelana neNombolo yoNcedo yeNgxaki yokuZibulala ye-SADAG: ku-0800 567 567 okanye Inombolo yoNcedo yokuSetyenziswa kweZiyobisi yeSebe loPhuhliso loluNtu: ku-0800 121 314
- Ngeenkukacha ezithe vetshe nceda undwendwele iwebhusayithi ye-SADAG ku:
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ISIMO SEMPIO YENGQONDO

- Selokhu kwabheduka ubhubhane Iwe-COVID-19 baningi kakhulu abantu asebekhahlanyezwe yizinkinga ezihambisana nesimo sempilo yengqondo kanye nezifo ezifana nokukhathazeka, ukhwantalala, ixhala ngenxa yomthelela walolu bhubhane.
- Abantu abasha bangabanye balabo abakhathazwe kakhulu yilolu bhubhane Iwe-COVID-19.
- Kubaluleke kakhulu ukuthi abazali kanye nababheki babantwana bayithathele phezulu yonke imicabango noma izenzo zokuzibulala ngoba kujwayelekile ukuthi bafuna usizo.
- Kubalulekile ukuthi ubheke izimpawu eziyisixwayiso sokuzibulala kubantu abasha.
- Ungaxhumana ne-SADAG mayelana Nosizo Ngezinkinga Zokuzibulala kule nombolo ethi: 0800 567 567 noma ushayelete inombolo yosizo yoMnyango Wezokuthuthukiswa Komphakathi mayelana Nokusethenziswa Kwezidakamizwa ku: 0800 121 314
- Ngolwazi oluthe xaxa sicela uvakashele iwebhusayithi ye-SADAG ethi:
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SEEMO SA KA FAO KGOPOLO E PHETŠEGO KA GONA

- Ga e sale go tloga mola go phulegago leuba la *COVID-19*, batho ba bantši ba itemogetše mathata a ka fao dikgopolو tša bona di phetšego ka gona le malwetši a kgopolو go swana le go lapa mmele le moyo, kgatelelo ya monagano, dipalabalo tša go hlolwa ke ditlamorago tša leuba la *COVID-19*.
- Batšwamahlalagading ba magareng ga batho bao dikgopolو tša bona di gatelegilego la go šiiša ka baka la leuba la *COVID-19*.
- Go bohlokwa gore batswadi le bahlokomedi ba bana ba tšeel hlogong dikgopolو dife goba dife goba maitshwaro a go nyaka go ipolaya ka gobane gantši maitshwaro a mohuta wo ke mokgoši wa go bontšha gore motho o hloka thušo.
- Go tloga go le bohlokwa go lebelela dika tšeо di tla re lemošago ge batšwamahlalagading ba nyaka go ipolaya.
- O ka ikgokaganya le Mogala wa SADAG wa Thušo ya Masetlapelo a go Ipolaya mo go 0800 567 567 goba wa letšetša Mogala wa Kgoro ya Tlhabollo ya Leago wa Tšhomisompe ya Ditagi mo go 0800 121 314.
- Go hwetša tshedimošo ka botlalo, etela wepsaete ya SADAG mo go:
https://www.sadag.org/index.php?option=com_content&view=article&id=1897&Itemid=101

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HO PHELA HANTLE KELELLONG

- Batho ba bangata ba bile le bothata ba mafu a kelellong a kang kgatello ya maikutlo, ho sithabela le ngongoreho ka lebaka la ho angwa ke sewa sa *COVID-19* esale se qhoma.
- Bashemane le banana ba hara ba ileng ba ba le bothata bo boholo ba ho kgathala moyeng ka lebaka la sewa sa *COVID-19*.
- Ho bohlokwa hore batswadi le bahlokomedi ba bana ba be sedi ka menahano ya ho batla ho ipolaya jwalokaha hangata e le mokgwa wa ho batla thuso.
- Ho bohlokwa ho nkela hloohong matshwao a lemosang ka ho batla ho ipolaya ha bana.
- O ka letsetsa Mohala wa Thuso wa Bothata ba ho Ipolaya wa SADAG ho: 0800 567 567 kapa Mohala wa Thuso wa mathata a Tshebediso e mpe ya Dithethefatsi wa Lefapha la Ntshetsopele ya Setjhaba ho: 0800 121 314.
- Bakeng sa tlhahisoleseding e nngwe kena websaeteng ya SADAG ho:
https://www.sadag.org/index.php?option=com_content&view=article&id=1897&Itemid=101

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SEEMO SA 'ITEKANELO YA TLHALOGANYO

- Fa e sale re welwa ke leroborobo la *COVID-19* batho ba le bantsi ba iphitlhetsa ba tshwarwa ke malwetse a kgatelelo ya tlhaloganyo le a go tlalelana ga maikutlo a a jaaka kgatelelo ya monagano, kgatelelo ya maikutlo le go itlhaetsa matlho ka ntlha ya seabe se leroborobo leno le nnileng le soma mo matshelong a bona.
- Bašwa ke ba bangwe ba batho ba ba nnileng le kgatelelo ya monagano e kgolo ka ntlha ya leroborobo la *COVID-19*.
- Go botlhokwa thata gore batsadi kgotsa bagodisi ba bana ba tsee tsia megopoloo yotlhe ya go ipolaya e bana ba ka tswang ba na le yona gonno go le gantsi ke yona tsela e ba kopang thuso ka yona.
- Go botlhokwa gore o ele tlhoko maitsholo otlhe a a ka tswang e le a go supa gore motho o na le maikemisetso a go ijesa maotwana hunyela.
- O ka ik golaganya le Mogala wa Thuso wa setheo sa SADAG mo go: 0800 567 567 kgotsa wa ik golaganya le Mogala wa Thuso mo Mererong ya Tirisobotlhaswa ya Diritibatsi wa Lefapha la Tlhabololo ya Loago mo go: 0800 121 314
- Go bona tshedimosetso ka botlalo etela webesaete ya SADAG mo go:

https://www.sadag.org/index.php?option=com_content&view=article&id=1897&Itemid=101

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SIMO SEMPHILO YENGCONDVO

- Kusukela kwacubuka i-COVID-19 bantfu labanengi baba netinkhinga tekugula kwengcondvo nekuphatamiseka lokufana nesitresi, kudzangala, nekukhatsateka ngenca yemtselela walobhubhane.
- Insha ingulenye incenye yebantfu leyahlangabetana nekudzangala lokukhulu ngenca yalobhubhane we-COVID-19.
- Kumcoka kubatali nakulabo labanakekela bantfwana kutsi bayitsatsele etulu imicabango noma kutiphatsa lokumayelana nekutibulala njengoba kuhlala kuluphawu lekudzinga lusito.
- Kumcoka kuhlala ucaphelle timphawu letisecwayiso sekufuna kutibulala kwelusha.
- Ungashaya Inombolo Yelusito Yenkginga Yekutibulala Ye-SADAG ku: 0800 567 567 noma inombolo yelusito yeLitiko Letekutfutfukiswa Kwemmango Yekusetjentiswa Kabi Kwetidzakwamiva lets: 0800 121 314
- Kute utfole Iwatiso lolubanti uyacelwa kutsi uvakashele iwebhusayithi ye-SADAG:
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TSHIIMO TSHA MUTAKALO WA MUHUMBULO

- U bva tshe ha ḥaha dwadze ḥa COVID-19 vhathu vhanzhi vho vha na thaidzo ya mutakalo wa muhumbulo u fana na mutsiko na u ḥa mbilu nga vhanga ḥa masiandaitwa a dwadze.
- Vhaswa vha vhukati ha avho vhe vha tsikeledzea vhukuma nga dwadze ḥa COVID-19.
- Ndi zwa ndeme uri vhabebi na vhalondoti vha dzhiele n̄tha mihibulo miñwe na miñwe ya u ḫivhulaha sa i zwi kanzhi i tshi vha i tshililo tsha u ḥoda thuso.
- Ndi zwa vhuthogwa u sedza tswayo dzine dza vha tsivhudzo ya u ḥoda u ḫivhulaha kha vhaswa.
- Vha nga kwama SADAG *Suicide Crisis Helpline*: 0800 567 567 kana Muhasho wa Mveledziso ya Matshilisano kha nomboro ya Thuso kha zwa U shumisa Zwidzidzivhadzi ya: 0800 121 314
- U wana mafhungo manzhi kha vha dalele webusaithi ya SADAG :

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RIHANYO RA LE MIEHLEKETWENI

- Kusukelaloko ku tumbuluke ntungukulu wa *COVID-19* vanhu vo tala va karhatiwile hi swiphiqo swa rihanyo ra le miehleketweni na mpfilungano yo tanihi mabibi, ntshikelelamiehleketo, richuho, hikwalaho ka nkhumbo wa ntungukulu lowu.
- Vantshwa hi van'wana lava nga khumbeka swinene emiehleketweni hi ntungukulu wa *COVID-19*.
- Swi ni nkoka lowukulu ku va vatswari ni vahlayisi va tekela enhlokweni miehleketo yo tisunga kumbe mahanyelo tanihi loko swi rilela mpfuno hi mikarhi yo tala.
- Swi ni nkoka ku xiyisia swikoweto swo lemukisa ku tisunga ka vantshwa.
- U nga bela riqingho eka SADAG *Suicide Crisis Helpline* eka: 0800 567 567 kumbe eka riqingho ra mpfuno ra Ndzwawulo ya Nhluvukiso wa Vaaki ra Matirhiselo yo Biha ya Swidzidziharisi eka: 0800 121 314
- Vuxokoxoko hi ntalo u komberiwa ku endzela webusayiti ya SADAG eka:
https://www.sadag.org/index.php?option=com_content&view=article&id=1897&Itemid=101