

## **UKUQWASHISA NGOKUGULA OKUPHATHELENE NENGGONDO**

### **IBHALWE NGU-GILL PRICE**

Ukuqhubela phambili intando yeningi labantu kanye nesizwe sakithi, kufanele siqede ngokucwasana ngazo zonke izindlela, lokho okufaka phakathi ukucwaswa kwabantu abagula ngokwengqondo okufanele kwelashwe ngendlela efanayo nanoma yisiphi isifo.

Kuyaswabisa kakhulu ukuthi abantu abagula ngokwengqondo babhekana nokucwaswa okufana nobuqhawaga, ukuhlukunyezwa, ukukhishwa inyumbazane kwizinsizakalo noma kwimisebenzi yomphakathi, ngenxa yokuthi bona banesifo sengqondo okufanele balwisane naso.

Lezi zenzo zikwenza kucace bha ukuthi sidinga ukungenelela, okubandakanya ukulwa naloku cwaswa kwabantu abagula ngokwengqondo. Kubaluleke kakhulu ukuthi lokhu sikuphatha ngokucophelela futhi sibe nozwelo kulabo ababhekene nesifo sengqondo.

Ukukhuluma amazwi ayiziswana noma imibono engemihle kulabo abagula ngokwengqondo kungukucwasa, okungaholela emicabangweni noma ezenzweni eziyingozi, futhi kungavimbela abantu ukuthi bayofuna usizo ngokugula okuphathelene nengqondo okubaphethe.

Kamuva-nje emhlabeni jikelele abantu bebekhunjujwa ngokuqhakambisa amalungelo abantu abagula ngokwengqondo ngokubungazwa koSuku Lomhlaba Lokuqwashisa Ngokugula Okuphathelene Nengqondo.

Uhulumeni ngasengxenyeni yakhe usingathe umcimbi wokuthuthukisa izinhlelo zokuvikela ukuphila ngokwengqondo kwawo wonke umuntu njengelungelo lomuntu emhlabeni jikelele. Uphinde wagcizelela ukubaluleka kokufinyelela kwizinsizakalo zokwelashwa ngokwengqondo ezisemgangathweni, ukugqugquzela izinhlelo ezimayelana nokuphila ngokwengqondo kanye nokuqeda amampunge akhulunywa ngokugula okuphathelene nengqondo.

Inselele ebhekene nezwe lethu ekwelashweni kwesifo sengqondo ngokuthi ngabantu abangama-30% kuphela abathola ukwelashwa ngokwengqondo, nokushiya abanye abangama-70% bengatholi ukwelashwa.

Lokhu kudinga ukuthi kuqinise imizamo emiphakathini ukuthi abantu bezokwazi ukufinyelela kwizinsizakalo zokwelashwa ngokwengqondo. Njengamanje, siqinisa izinhlelo zokuqwashisa ngokugula okuphathelene nengqondo kanye nokugqugquzela abantu ukuthi bathole usizo olufanele ukuze bezohlala bephilile ngokwengqondo njengoba sisebenzela ukuthi sibe nemiphakathi enemphilo.

Kufanele siphinde sibeke eqhulwini izinhlelo zokuqwashisa ngokugula okuphathelene nengqondo ezikoleni njengoba kutholakala ukuthi abantwana abancane abaneminyaka eyisithupha ubudala bayazibulala futhi ukugula ngokwengqondo okulinganiselwa kuma-50% kuqala ebantwaneni abaneminyaka engaphansi kweyi-14.

Ukwenza ngcono ukuphila ngokwengqondo ebantwaneni, sinxusa abazali ukuba benze isimo esikhululekile ukuze abantwana bezokhula kahle ngokomqondo nokuzobavumela ukuthi bakhulume ngokukhululeka ngezinkinga ababhekene nazo, ngaphandle kokuhlazeka noma ukwesaba.

Imizamo kahulumeni yokwenza izindawo zokusiza intsha esikhulile isiqala ukubonakala ngohlelo lwe-*Higher Health*, okuyi-ejensi yezempilo elawulwa nguMnyango Wezemfundo Ephakeme Nokuqeqesha.

I-*Higher Health* isisize abafundi abayizi-321 004 ngokwelashwa ngokwengqondo kusukela ngoMasingana wezi-2012 kuya kuNhlangulana wezi-2023, okubandakanya ukwelulekwa kanye nosizo olutholakala ngokushaya ucingo olusebenza amahora angama-24, oluthi-0800 006 333, nokuzinikela ekuhlangabezaneni nezidingo zokwelashwa ngokwengqondo kwabafundi abasezikhungweni zemfundo ephakeme.

Njengoba laba bafundi behamba beyoqala ezindaweni zokusebenza, kubaluleke kakhulu ukuthi indawo abasebenza kuyona ibasize bahlale bephilile ngokwengqondo. Zonke izinhlangano ziyagqugquzelwa ukuthi zeseke amalungu azo ngokuba nezinhlelo ezigqugquzela ukuphila ngokwengqondo kanye nokubeka eqhulwini ikakhulukazi labo ababuthakathaka.

Kufanele sonke sinakekele ingqondo yethu njengoba ithinta yonke ingxenye yezimpilo zethu. Ukwenza lokho, singenza izinto ezisiza ukwehlisa ingcindezi ezimpilweni zethu, ezifana nokuzivocavoca, umculo, ukuhamba ubuke imvelo, ukucabanga ujule kanye nokubhala phansi. Uma sibona ukuthi kunesidingo sokuthi sifune ukwelulekwa ukuze sizokwazi ukukhuluma nomuntu ongeyena umndeni noma umngani, singabi namahloni ngalokho.

Usizo singaluthola ngokushaya ucingo. Isibonelo, noma ngubani angathola ukusizakala ngokwengqondo kwi-*South African Depression and Anxiety Group* enenombolo yamahhala yezimo eziphuthumayo esebenza ubusuku nemini, kanye ne-*Suicide Crisis Helpline*, ku-0800 567 567.

Ngokuthatha igxathu lokuqala lokwenza ngcono ukuphila ngokwengqondo, singakha isizwe esinempilo. Njengengxenye yemizamo yethu yokwakha isizwe esingcono nokujulisa intando yeningi labantu yethu, masiqinisekise ukuthi akukho ukucwasana, kubandakanya ukucwasa abantu abanezinkinga ngokwengqondo.