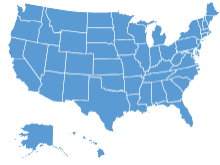


# 5

## Intambwe 5 z'ibikorwa zo gufasha Umuntu Ubabazwa n'Amarangamutima



Kwiyahura ni ikibazo cy'ubuzima rusange n'impamvu nyamukuru itera urupfu muri Amerika. Kwiyahura bigira ingaruka ku bantu b'ingeri zose, igitsina, ubwoko, n'amoko yose.

Kwiyahura ntibymvikana kandi n'akaga, ariko bishobora kwirindwa.

**Kumenya ibimenyetso biburira byp kwiyahura n'uburyo bwo kubona ubufasha bishobora gufasha mukurokora ubuzima.**

Hano hari intambwe 5 ushobora gutera Kuri #BaUwa1 mugufashaUmuntu uri kubabazwa n'amarangamutima



### 1. BAZA:

“Uratekereza kwiyica?” Ntabwo ari ikibazo cyoroshye ahubwo ubushakashatsi bwerekana ko kubaza abantu bafite ibyago niba biyahura ntabwo byongera kwiyahura cyangwa ibitekerezo byo kwiyahura.



### 2. KOMEZA UTUME BATEKANA:

Kugabanya uburyo agera kubintu byica cyangwa ahantu ni igice cyo kwirinda kwiyahura cyingenzi. Nubwo bitoroshye, kubaza niba umuntu ufite ibyago afite gahunda no gukuraho cyangwa kwimura inzira zica bishobora kugira icyo bihindura.



### 3. KUHABA:

Umva witonze kandi wige icyo umuntu atekereza kandi yiyumvamo. Ubushakashatsi buvuga ko kwemera no kuvuga kubyerekeye kwiyahura bishobora kugabanura mubyukuri aho kongera ibitekerezo byo kwiyahura.



### 4. BAFASHE GUTANGA AMAKURU:

Emeza umurongo wa 988 Wo kwiyahura n'abari mukaga (hamagara cyangwa wandike 988) hamwe n'umurongo w'ibiza

Numero (741741) muri terefone yawe rero babe bahari n'ubakenera. Ushobora fasha kandi ugahuza umuntu wizewe nk'uwo muryango, inshuti, umujyanama wumwuka, cyangwa inzobere mubuzima bwo mumutwe.



### 5. VUGANA N'ABANDI:

Gukomeza kuvugana n'abandi nyuma y'ibibazo cyangwa nyuma yo gusezererwa n'abakwitaho bishobora kugaragaza itandukaniro. Ubushakashatsi bwerekanye ko umubare w'abantu bapfa biyahura ugabanuka iyo umuntu akurikiranye umuntu uri mu kaga.

Kubindi bisobanuro bijyanye no kwirinda  
kwiyahura:  
[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)  
[www.bethe1to.com](http://www.bethe1to.com)



National Institute  
of Mental Health

Nomero ndanga ya NIMH OM 22-  
4315  
Yasubiwemo 2022