

Kwiheba kw'ingimbi: Ntabwo birenze kurakara gusa



Kuba ingimbi bishobora kugorana, ariko ntibigomba kumva ko nta byiringiro. Niba ufite ibyiyumvo byinshi mugihe cy'ibyumweru bike cyangwa birenga ukaba udashobora kuguma hamwe cyangwa gukora ibintu wahoze wishimira, vugana n'umuntu mukuru wizewe kubyerekeye kwiheba.

Ese mfite kwiheba?



■ Ukunze kumva ubabaye, uhangayitse, udafite agaciro, cyangwa se "ntakurimo"?



■ Wigeze utakaza ubushake mubikorwa wakundaga kwishimira?



■ Urababara byoroshye, urakazwa nubusa, cyangwa kurakara?



■ Urasanga wikura munshuti cyangwa n'umuryango?



■ Ingeso yawe yo kurya cyangwa gusinzira yarahindutse?



■ Harubwo wigeze ugira umunaniro cyangwa kw'ibagirwa?

■ Wigeze utekereza kwiyahura cyangwa kw'ikomeretsa?

Kwiheba biratandukanye kuri buri muntu. Ushobora kuba ufite ibimenyetso byinshi byavuzwe haruguru cyangwa bike.

Nigute n'abona ubufasha bwo kwiheba?



■ **Vugana n'umuntu mukuru wizewe** (nk'umubyeyi wawe cyangwa umurera, umwarimu, cyangwa umujyanama w'ishuri) kubyerekeye uko umerewe.



■ **Baza muganga wawe** byerekeye amahitamo y'ubufasha bw'umwuga. Kwiheba bishobora kuvurwa hakoreshejwe ubuvuzi bwo mumutwe (binitwa "ibiganiro bivura"), imiti, cyangwa imiti hamwe n'ubuvuzi bukoresha kuganira,



■ **Gerageza kumarana umwanya n'inshuti cyangwa umuryango**, niyo waba utumva ko ubishaka.



■ **Komeza gukora kandi ukora imyitozo**, niyo byaba ari ukugenda gusa. Imyitozo ngororamubiri irekura imiti, nka endorufine, mu bwonko bwawe bishobora kugufasha kumererwa neza.



■ **Gerageza gukomeza gahunda yo gusinzira bisanzwe.**

■ **Kurya ibiryo byiza.**

Nturi wenyine, kandi ubufasha burahari. Ushobora kumva umerewe neza.

Kugira ngo ubone ubufasha, hamagara cyangwa wandike 988 hamagara Umurongo wo Kwiyahura n'Uri mukaga kuri 988 cyangwa kuganira kuri [988lifeline.org](https://www.988lifeline.org).

