



Abana n'ubuzima bwo mu mutwe Ese iki ni icyiciro gusa?

Bivuye mu KIGO CY'IGIHUGU CY'UBUZIMA bwo MU MUTWE

Ubuzima bwo mu mutwe mu bwana

Kurera umwana bishobora kugorana. No mubihe byiza, imyitwarire n'amarangamutima yabo ashobora guhinduka kenshi kandi vuba. Abana bose barababara, bahangayika, bararakara, cyangwa bakiyenza rimwe na rimwe, cyangwa rimwe na rimwe bikabagora kwicara hamwe, kwitondera, cyangwa gusabana n'abandi. Akenshi, ibi nibisanzwe mubihe by'imikurire. Ariko, imyitwarire nkiyi ishobora kwerekana ikibazo gikomeye mubana bamwe.

Indwara zo mu mutwe zishobora gutangira mu bwana. Ingero zirimo ibibazo byo guhangayika, kutitabwaho/ hyperactivite (ADHD), uruhurirane rw'indwara zo mumumutwe, otizime, kwiheba n'izindi ndwara z'uburakari, indara ziterwa no kurya nabi, hamwe n'ihungabana nyuma yo guhahamuka (PTSD). Hatabayeho kuvurwa, ibi bibazo by'ubuzima bwo mu mutwe bishobora kubuza abana kugera kubyo bashoboye byose. Abantu benshi bakuze bashaka ubuvuzi bwo mu mutwe batekereza ku ngaruka z'indwara zo mu mutwe mu bwana bwabo maze bakifuzza baba barahawe ubufasha kare.

Niryari ushaka ubufasha

Nigute ushobora wamenya itandukaniro riri hagati y'imyitwarire igoye n'amarangamutima ko ari ibintu bisanzwe byo gukura n'ibiteye impungenge? Muri rusange, tekereza gushaka ubufasha niba imyitwarire y'umwana wawe ikomeje ibyumweru bike cyangwa igatinda; bigatera umubabaro umwana wawe cyangwa umuryango wawe; cyangwa bikangamira imikorere y'umwana wawe ku ishuri, murugo, cyangwa n'inshuti. **Niba imyitwarire y'umwana wawe idatekanye, cyangwa niba umwana wawe avuga kubyerekeye no gushaka kwikomeretsa cyangwa undi muntu, shaka ubufasha ako kanya.**

Abana bato bashobora kungukirwa no gusuzuma no kuvurwa niba ba:

- Bagira uburakari kenshi cyangwa kurakara cyane umwanya munini
- Akenshi bavuga kubwoba cyangwa impungenge
- Bavuga barwara igifu kenshi cyangwa kubabara umutwe nta mpamvu izwi y'ubuvuzi
- Bahora bagenda kandi ntibashobora kwicara bucece (usibye iyo bareba amashusho cyangwa bakina imikino ya videwo)
- Gusinzira cyane cyangwa gake cyane, kugira inzozo mbi nyinshi, cyangwa bagasa n'abasinzira kumanywa
- Ntabwo bashishikajwe no gukina n'abandi bana cyangwa bafite ikibazo cyo gushaka inshuti
- Kugorwa n'amasomo cyangwa warabonye amanota ye agabanuka vubaha.
- Basubiramo ibikorwa cyangwa bagenzwe ibintu inshuro nyinshi batinya ko ikintu kibi gishobora kubaho

Abana bakuru n'ingimbi n'abangavu bashobora kungukirwa no gusuzuma no kuvurwa niba ba:

- Badashishikajwe n'ibintu bakundaga kwishimira
- Bira imbaraga nke
- Basinzira cyane cyangwa gake cyangwa basa n'abasinzira umunsi wose
- Bamara umwanya munini bonyine kandi birinda ibikorwa birimo abandi hamwe n'inshuti cyangwa n'umuryango
- Barya bike cyangwa bagakora imyitozo ngororamubiri ikabije, cyangwa n'ubwoba bwo kongera ibiro
- Kwishora mu myitwarire yo kwiyangiza (nko gukata cyangwa gutwika uruhu rwabo)
- Kunywa itabi, kunywa inzoga, cyangwa gukoresha ibiyobyabwenge
- Kwishora mu myitwarire ishobora guteza akaga wenyine cyangwa hamwe n'inshuti
- Kugira ibitekerezo byo kwiyahura
- Kugira ibihe by'imbaraga nyinshi n'ibikorwa kandi bisaba gusinzira gake cyane kurenza uko bisanzwe
- Kuvuga ko batekereza ko umuntu agerageza kubayoborera intekerezo zabo cyangwa ko bumva ibintu abandi bantu badashobora kumva

Wige byinshi kubimenyetso biburira kuri www.nimh.nih.gov/children.

Bona Ubufasha bwako kanya

Niba wowe, umwana wawe, cyangwa umuntu uzi ari mubibazo ako kanya cyangwa akaba atekereza kwikomeretsa, hamagara kuri **Hamagara umurongo utishyurwa w'Igihugu wo kwirinda kwiyahura kuri 1-800-273-TALK (8255)** cyangwa numero ya TTY itishyurwa kuri 1-800-799-4TTY (4889). Ushobora kandi kohereza ubutumwa bwanditse umurongo w'Abari Mukaga kuri (MURAHU kuri 741741) cyangwa ukajya kurubuga rw'Igihugu rwo kwirinda kwiyahura kuri <https://suicidepreventionlifeline.org>.

Intambwe yambere Kubabyeyi

Niba uhangayikishijwe n'ubuzima bwo mu mutwe bw'umwana wawe, ushobora gutangira kuganira n'abandi bakunze guhorana n'umwana wawe. Nk'urugero, baza mwarimu wabo imyitwarire yumwana wawe mw'ishuri, aho y'irirwa, cyangwa mukibuga.

Ushobora kuvugana n'umuganga w'abana cyangwa utanga ubuvuzi hanyuma agasobanura imyitwarire y'umwana, hamwe nibyo wabonye kandi wize kuganira n'abandi. Ushobora kandi gusaba abashinzwe ubuzima kubohereza kubashinzwe ubuzima bwo mumutwe bafite uburambe kandi n'ubuhanga mu kuvura abana. (Reba igice, Guhitamo Inzobere mu buzima bwo mu mutwe, ku yandi makuru.)

Guhitamo Inzobere mu buzima bwo mu mutwe

Mugihe ushakisha inzobere mubuzima bwo mumutwe bw'umwana wawe, ushobora gutangira ubaza umuganga w'abana kugirango akohereze. Niba ukeneye ubufasha bwo kumenya uwagufasha gace kawe, ushobora guhamagara Ubuyobozi bushinzwe serivisi zita kubuzima bwo mu mutwe n'ibiyobyabwenge (SAMHSA) kukohera kuri 1-800-662-HELP (4357). Ushobora kandi gushakisha kuri SAMHSA kumurongo Uranga wa Serivisi zita Kubuzima bw'Imyitwarire (<https://gushakisha.samhsa.gov>), urutonde rw'ibikorwa na gahunda zitanga serivisi z'ubuzima bwo mu mutwe. Ni ngombwa cyane gushakisha inzobere mu buzima bwo mu mutwe zifite amahugurwa n'uburambe bwo kuvura abana, cyane cyane ibibazo by'umwana wawe.

Kubaza ibibazo no gutanga amakuru kubuzima bw'umwana wawe bishobora gutuma umwana wawe amera neza. Kuganira n'abashinzwe ubuzima byubaka ikizere kandi biganisha kubisubizo byiza, bikwiriye, bitekanye, no kunyurwa.

Hano haribibazo bimwe ushobora kwibaza mugihe ugiye guhuye n'ubuzima bwo mu mutwe:

- Ukoresha uburyo bwo kuvura bushyigikiwe n'ubushakashatsi?
- Ese ababyeyi bawe bagira uruhare mukuvurwa kwawe? Niba aribyo, ababyeyi babigiramo uruhare bate?
- Ese haba "umukoro" hagati y'amasomo?
- Koroherwa bizasuzumwa bite?
- Ni ryari dushobora kwitega kubona impinduka?
- Kuvurwa bigomba kumara igihe kingana iki?

Kugirango ubone ibitekerezo byo gutangira ikiganiro n'ushinzwe ubuzima, sura Ikigo gishinzwe ubushakashatsi ku buzima bikwiriye (www.ahrq.gov/questions) n'Ikigo cy'Igihugu Gishinzwe Ubuzima bwo Mumutwe (NIMH) (www.nimh.nih.gov/findhelp). Inyongera amakuru ajanyanye no kubona inzobere mu buzima bwo mu mutwe



Gusuzuma Imyitwarire y'Umwana

Isuzuma ryinzobere mu buzima bwo mu mutwe rishobora gufasha gusobanura ibibazo bishingiye ku myitwarire y'umwana wawe no gutanga ibyiringiro cyangwa ibyifuzo by'intambwe ikurikira. Isuzuma ritanga amahirwe yo kwiga imbaraga n'intege nke z'umwana wawe no kumenya ingamba zishobora gufasha cyane.

Isuzuma ryuzuye ry'ubuzima bwo mumutwe bw'umwana ririmo ibi bikurikira:

- Ikiganiro n'ababyeyi kugirango baganire kumateka yo koroherwa kw'umwana, imiterere, umubano n'inshuti n'imiryango, amateka y'ubuvuzi, ibimushishikaza, ubushobozi, n'ubuvuzi ubwo aribwo bwose. Ni ngombwa ko inzobere mu buzima bwo mu mutwe zibona ishusho y'imimerere y'umwana - urugero, impinduka zihuterse kuba mu mashuri, uburwayi mu muryango, cyangwa indi mpinduka igira ingaruka ku buzima bwa buri muni bw'umwana.
- Gukusanya amakuru avuye mw'ishuri ry'umwana, nk'ibizamini bisanzwe na raporo kumyitwarire, ubushobozi, n'ibimugora.
- Niba bikenewe, ikiganiro n'umwana hamwe n'inzobere mubuzima bwo mumutwe kw'ipimisha no kw'itegereza imyitwarire.

Amahitamo yo kuvurwa

Inzobere mu buzima bwo mu mutwe zizasuzuma ibyavuye mu isuzuma kugira ngo zifashe kumenya niba imyitwarire y'umwana ifitanye isano n'impinduka cyangwa imihangayiko mu rugo cyangwa ku ishuri cyangwa niba ari ingaruka z'akaduruvayo basabira kwivuza.

Ibyifuzo byo kuvurwa bishobora kubamo:

- **Indwara zo mu mutwe ("ibiganiro byo kuvurwa").** Hariho uburyo bwinshi butandukanye bwo kuvurwa indwara zo mu mutwe, harimo n'ubuvuzi bwo mu mutwe ku bihe byihariye. Kubindi bisobanuro bijyanye n'ubwoko bw'ubuvuzi bwo mumutwe, sura urubuga rwa NIMH kuri www.nimh.nih.gov/psychotherapies. Uburyo bwiza bwo kuvurwa abana mumutekerereze barimo:

- Uruhare rw'ababyeyi mukuvurwa
- Kwigisha umwana ubumenyi bwo kwitoza murugo cyangwa kwishuri (hagati y'isomo "umukoro wo murugo")
- Ibipimo by'impinduka (nk'umunzani wo kugereranya no kunoza "umukoro wo mu rugo") ukurikiranwa buri gihe.
- **Imiti.** Kimwe n'abakuze, ubwoko bw'imiti ikoreshwa kubana biterwa no kw'isuzumisha kandi ishobora kuba irimo imiti ibiza kwiheba, itera kwishima, imiti iringaniza uburakari, cyangwa indi miti. Kumakuru rusange kumasomo yihariye y'imiti, sura www.nimh.nih.gov/ubuvuzi. Imiti ikoreshwa kenshi hamwe na psychotherapi. Niba abashinzwe ubuzima benshi cyangwa inzobere babigizemo uruhare, amakuru yo kuvura agomba gusaranganywa kandi agahuzwa kugirango agere kubisubizo byiza.
- **Ubujiyama mu muryango.** Harimo abagize umuryango mubuvuzi bishobora kubafasha kumva uburyo ibibazo by'umwana bishobora kugira ingaruka mubucuti n'ababyeyi n'abavandimwe.
- **Inkunga kubabyeyi.** Umuntu ku giti cye cyangwa amatsinda y'ababyeyi arimo amahugurwa n'amahirwe yo kuganira n'abandi babyeyi bishobora gutanga ingamba nshya zo gutera inkunga umwana no gucunga imyitwarire igoye mu buryo bwiza. Umuganga ashobora kandi gutoza ababyeyi uburyo bwo gushyikirana no gukorana n'ishuri kumacumbi.

Kugirango ubone amakuru kubyerekeye uburyo bwo kuvura kubibazo byihariye, sura urubuga rwa NIMH kuri www.nimh.nih.gov/health. Abashakashatsi bakomeje gushakisha uburyo bushya bwo kuvura indwara zo mu mutwe; Kugira uruhare mu bushakashatsi mugice cy'abana kurupapuro mpamo bitanga amakuru yo kugira uruhare mubushakashatsi bw'abaganga.



Gukorana n'Ishuri

Abana bafite ibibazo by'imyitwarire cyangwa amarangamutima bibangamira gutsinda kwishuri bashobora gukura inyungu muri gahunda cyangwa amacumbi ateganywa n'amategeko abuzi ivangura rikorerwa abana bafite ubumuga. Abashinzwe ubuzima bw'umwana wawe bashobora kugufasha kuvugana n'ishuri.

Intambwe yambere ishobora kuba kubaza ishuri niba amacumbi nka gahunda y'uburezi yihariye ashobora kuba akwiriye umwana wawe. Amacumbi ashobora kuba arimo ingamba nko guha umwana icyuma gifata amajwi kugirango yandike inyandiko, kwemerera umwana munini wo kwipimisha, cyangwa guhindura imyanya yo mw'ishuri kugirango agabanye ibirangaza. Hariho inkomoko nyinshi y'amakuru kubyo amashuri ashobora kandi, hamwe na hamwe, agomba guha abana bungukirwa n'uburyo ababyeyi bashobora gusaba isuzuma na serivisi kubana babo:

- Hano hari Amahugurwa y'Ababyeyi n'Ibigo hamwe n'Ibigo by'Ababyeyi Byita ku Banyamerika biherereye muri Amerika. Ikigo cyita kubabyeyi amakuru n'aho gukura ibikoresho (www.parentcenterhub.org/gushakisha-kigo-cyawe) urutonde rw'ibigo muri buri ntara.
- Urubuga rushinzwe uburezi muri Amerika (www.ed.gov) rufite amakuru arambuye ku mategeko ashiraho uburyo bwo guha abana amacumbi ajyanye nibyo bakeneye kandi bigamije kubafasha gutsinda mu ishuri. Iri shami rifite kandi urubuga rw'igisha ababana bafite ubumuga (<https://sites.ed.gov/idea>), n'Ibigo bishinzwe uburenganzira bw'Ikiremnamuntu (www.ed.gov/about/offices/list/ocr/frontpage/pro-students/disability-pr.html) ifite amakuru ku yandi mategeko ya leta abuzi ivangura rishingiye ku bumuga muri gahunda rusange, nk'ishuri.
- Amenshi mu mashyirahamwe yavuzwe muri iki gice, Ibisobanuro byinshi n'amakuru, atanga kandi amakuru ajyanye no gukorana n'ishuri kimwe n'amakuru rusange ku bibazo b'yugariye abana.

Amakuru hamwe n'ibikoresho

Amakuru kubibazo bidasanze araboneka kurubuga rwa NIMH (www.nimh.nih.gov/health).

Amashyirahamwe n'ibigo bikurikira bifite amakuru kubimenyetso, kuvura, hamwe n'inkunga y'ibibazo byo mumutwe. Bamwe batanga ubuyobozi bwo gukorana n'amashuri no gushaka inzobere mubuzima bwo mumutwe. Kwitabira amatsinda y'ubushake birashobora gutanga inzira yo guhuza n'abandi babyeyi mufite ibibazo bisa.

Nyamuneka Ita kuri ibi: Urutonde rw'ibikoresho rutangwa kubwamakuru gusa. Ntabwo byuzuye kandi ntabwo byemejwe na NIMH, Ikigo cy'igihugu cyita ku buzima (NIH), Minisiteri y'ubuzima n'ibikorwa by'Amerika, cyangwa Leta ya Amerika.

- Ishuri Rikuru ry'abana bato n'ingimbi, Amakuru y'ikiyobora Imiryango (www.aacap.org/FFF)
- Ishyirahamwe ry'Imyitwarire n'ubuhanga bwo kumenya (www.abct.org)
- Ibigo bishinzwe kurwanya no gukumira indwara, ubuzima bwo mu mutwe bw'abana (www.cdc.gov/childrensmentalhealth)
- Ikigo cyita ku bana (<https://childmind.org/topics-az>)
- Ubuzima bwo mu mutwe muri Amerika (www.mhanational.org)
- Ihuriro ry'igihugu ku burwayi bwo mu mutwe (www.nami.org)
- Ishyirahamwe ry'igihugu ry'abize y'imitekerereze bo mu ishuri (www.cdc.gov/childrensmentalhealth)
- Ihuriro ry'igihugu ry'Umiryango (www.ffcmh.org)
- Sosiyete y'imitekerereze y'abana n'ingimbi n'abangavu, Ubuvuzi bwiza bw'abana (<https://effectivechildtherapy.org>)
- StopBullying.gov (www.stopbullying.gov)

Ubushakashatsi ku Ihungabana Ingaruka ku Bana

NIMH ikora kandi ishyigikira ubushakashatsi bufasha gushakisha uburyo bushya kandi bunoze bwo gusuzuma no kuvura indwara zo mumutwe zibaho mubana. Ubu bushakashatsi bukubiyemo ubushakashatsi ku bintu bishobora guteza ingaruka - harimo ibijyanye na genetiki, uburambe, n'ibidukikije - bishobora gutanga ibimenyetso byerekana uko izo ndwara zitera ndetse n'uburyo bwo kuzimenya hakiri kare.

NIMH ishyigikira kandi imbaraga zo guteza imbere no kugerageza ingamba nshya, zirimo imyitwarire, imitekerereze no kuyivura, hamwe no kuvuzwa imiti. Abashakashatsi barashaka kandi kumenya niba ingaruka nziza zo kwivuzwa mu bwana zikomeza mu bwangavu no gukura.

Kwitabira Ubushakashatsi bwo kwiga kubana

Abana ntabwo ari abantu bakuru, nyamara bahabwa imiti n'ubuvuzi bwapimwe kubantu bakuru gusa. Ubushakashatsi bwerekana ko, ugereranije n'abantu bakuru, abana bitabira bitandukanye imiti n'ubuvuzi, haba kumubiri no mubitekerezo. Inzira yo kubona imiti myiza kubana ni mubushakashatsi bw'abugenewe.

Abashakashatsi bo muri NIMH ndetse no hirya no hino mu gihugu bakora ibizamini by'amavuriro hamwe n'abarwayi n'abakorera ubushake bafite ubuzima bwiza. Vugana n'ubuvuzi bwawe kubijyanye n'igeragezwa ry'amavuriro, inyungu zabo n'ingaruka zabo, kandi niba umwe abereye umwana wawe.

Kuri yandi makuru yerekeye ubushakashatsi ku mavuriro n'uburyo bwo kubona ibizamini by'amavuriro bikorerwa hirya no hino, sura www.nimh.nih.gov/clinicaltrials.

Kubindi bisobanuro

MedlinePlus (Isomero ry'igihugu y'ubuvuzi)

<https://medlineplus.gov>
(En español: <https://medlineplus.gov/spanish>)

Amavuriro.gov www.clinicaltrials.gov
(En español: <https://salud.nih.gov/iperereza-ivuriro>)

Ikigo cy'igihugu gishinzwe ubuzima bwo mu mutwe Ibiro bya Politiki ya siyansi, igenamigambi, n'itumanaho Ubumenyi bwo Kwandika, Itangazamakuru, no Gukwirakwiza Ishami rya Telefone: 1-866-615-6464 Imeyiri: nimhinfo@nih.gov www.nimh.nih.gov

Gusubiramo

Iki gitabo kiri murwego rusange kandi gishobora gusubirwamo cyangwa gukopororwa nta ruhushya rutangwa na NIMH. Ibisobanuro bya NIMH nk'isoko irashimirwa. Kugira ngo umenye byinshi bijyanye no gukoresha ibitabo bya NIMH, sura www.nimh.nih.gov/reprints.



Ikigo cy'igihugu cy'ubuzima bwo mu mutwe

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