



# Gufasha Abana n'Ingimbi Guhangana n'Ibihe by'Ihungabana

Buri mwaka, abana b'ingimbi n'abangavu bahura n'ibiza n'ibindi bihe bibahungabanya. Umuryango, inshuti, hamwe n'abakuze bizewe bagira uruhare rukomeye mu gufasha urubyiruko guhangana n'ibi bihe.

## Nigute abana b'ingimbi n'abangavu bitwara mubihe by'ihungabana?

Ni ibisanzwe ko abana b'ingimbi n'abangavu bagira imyitwarire itandukanye nyuma yo guhura cyangwa kw'ibonera ibintu bibahungabanya, nk'ibiza, igikorwa cy'ihohotera, cyangwa impanuka ikomeye.

### Hatitawe ku myaka, abana b'ingimbi n'abangavu bashobora:

- Kuvuga ko bafite ibibazo by'umubiri nko kubabara munda cyangwa kubabara umutwe.
- Kugira inzozo mbi cyangwa n'ibindi bibazo byo gusinzira, harimo no kwanga kuryama.
- Kugira ikibazo cyo kwita kubintu
- Kudashishikazwa n'ibikorwa basanzwe bishimira.
- Kugira ibiyumviro byo kwicira urubanza kubera ko batirinze ibikomere cyangwa urupfu.
- Kugira ibitekerezo byo kwihorera.

### Abana bato (b'imyaka 5 no munsi) bashobora:

- Kwanga kuva kubabarera na/ cyangwa kurira no kugira agahinda.
- Kugira uburakari, cyangwa kurakazwa n'ubusa cyangwa gukubagana.
- Mu buryo butunguranye, basubira mu myitwarire nko kunyara kuburiri no konka urutoki.
- Berekana kwiyoungera kw'ubwoba (urugero, ubwoba bw'umwijima, ibisimba, cyangwa kuba wenyine).
- Gutekereza ibigize ihungabana igihe bashaka gukina

### Abana bakuru (b'imyaka 6 no hejuru) n'ingimbi n'abangavu bashobora:

- Gira ibibazo mw'ishuri.
- Kwikura cyangwa gutandukana n'umuryango n'inshuti.
- Kw'irinda icyabibutsa ibyabaye.
- Gukoresha ibiyobyabwenge, inzoga, cyangwa itabi.
- Gukubagana, kutubaha, cyangwa kwangiza.
- Kugira uburakari cyangwa kumva warahemukiwe.

**Myinshi muriyi myitwarire irasanzwe kandi izagabanuka uko igihe kigenda gishira. Niba ibi bimenyetso bimaze ukwezi kurenga, umuryango ugomba kwegera umuganga**



## Ni iki abakuru bakora ngo babafasha?

Uburyo abantu bakuru bitwara mw'ihungabana bishobora kugira ingaruka zikomeye kuburyo abana n'ingimbi n'abangavu bitwara mw'ihungabana. Iyo abarezi n'abagize umuryango bafashe ingamba zo gushyigikira ubushobozi bwabo bwo guhangana, bashobora kwita kubandi.

Abarezi n'abagize umuryango bashobora gufasha mugushiraho agantu heza kandi habafasha, bagakomeza kuba batuje bishoboka, no kugabanya ibibatera imihangayiko. Abana n'ingimbi n'abangavu bakomeye kumenya ko abagize umuryango wabo babakunda kandi ko bazakora ibishoboka byose kugirango babiteho.

### Kora:

- Menya neza ko abana n'ingimbi n'abangavu bafite umutekano kandi ko ibyo bakomeye byibanze biboneka.
- Bemerere kubabara cyangwa kurira.
- Reka bavuge, bandike, cyangwa bashushanye amashusho kubyabaye n'ibiyumviro byabo.
- Gabanya gutuma bahora bumva amakuru yerekeye ihahamuka kenshi.
- Bareke baryame mucyumba cyawe (mugihe gito) cyangwa basinzire itara ryaka niba bafite ikibazo cyo kudasinzira.
- Gerageza gukomera kuri gahunda, nko gusoma inkuru, gusangira hamwe, no gukina imikino.
- Bafashe kumva bayoboye ubareka bakifatira ibyemezo bimwe na bimwe, nko guhitamo amafunguro yabo cyangwa gutoranya imyenda yabo.
- Witondere impinduka zitunguranye mumyitwarire, imvugo, imikoreshereze y'ururimi, cyangwa amarangamutima akomeye.
- Menyasha abashinzwe ubuzima niba ibibazo bishya bivutse, cyane cyane niba harimo ibimenyetso bikurikira kandi bikaba mugihe kirenze ibyumweru bike:
  - Kwibuka ibyabaye
  - Kugira umutima utera cyane no kubira ibyuya
  - Gutungurwa byoroshye
  - Kubura amarangamutima
  - Kuba ubabaye cyane cyangwa ufite agahinda gakabije

### Zibukira:

- Kwitega ko abana n'ingimbi n'abangavu baba intwari cyangwa bakomeye.
- Gutuma baganira kubyabaye mbere yuko bitegura.
- Kurakara niba bagaragaje amarangamutima akomeye.
- Kurakara niba batangiye kunyara kuburiri, kwitwara nabi, cyangwa konka urutoki.
- Gutanga amasezerano udashobora gusohoza (nka "Uzabamererwa neza ejo" cyangwa "Uzataha vuba.")

## Nihe nakura ubufasha?

Ubuyobozi bushinzwe serivisi zita ku buzima bwo mu mutwe n'ibiyobyabwenge (SAMHSA) butanga Umurongo wa telephone w'abagize ihungabana by'ibiza, itanga ubujyanama bwihuse kubibazo by'abantu bafite ihungabana ry'amarangamutima rijyanye n'ibiza byose byatewe n'abantu cyangwa kamere. Umurongo wa telefone ni ubuntu, uri mundimi nyinshi, bagira ibanga, kandi ukora amasaha 24 kumunsi, iminsi 7 mucyumweru. Ushobora guhamagara cyangwa ukohereza ubutumwa kuri telefoni 800-985-5990 cyangwa ugasura urubuga rwa telephone w'ubufasha kuri <https://disasterdistress.samhsa.gov>.

SAMHSA nayo itanga Serivisi Ndanga ishinzwe kuvura ubuzima bw'Imyitwarire, igikoresho cyo kuri murandasi kigufasha kubona serivisi z'ubuzima bwo mumutwe mugace ubamo. Shakisha gahunda zo kuvura muri leta yawe kuri <https://findtreatment.samhsa.gov>. Kumakuru y'isumbuye, sura [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

Niba wowe, umwana wawe, cyangwa umuntu uzi ko uri mubibazo byo kudatuzwa cyangwa ukaba atekereza kwigirira nabi, hamagara 911 cyangwa uhamagare **Umurongo wa telephone w'Igihugu ushinzwe gukumira Kwiya-hura** kuri 1-800-273-TALK(8255). Ushobora no kohereza ubutumwa bwanditse **k'Ubutumwa bw'Umurongo w'Ibiza** (MURAHU kuri 741741) cyangwa ugakoresha urubuga rw'Umurongo wa telephone w'Igihugu ushinzwe gukumira Kwiya-hura kuri <https://suicidepreventionlifeline.org>.

## Nakura he amakuru y'isumbuyeho?

Ikigo cy'Igihugu cyita Kubuzima bwo Mumutwe: Guhangana n'ibihe b'ihungabana

[www.nimh.nih.gov/copingwithtrauma](http://www.nimh.nih.gov/copingwithtrauma)

Ikigo cy'Igihugu cyita Kubuzima bwo Mumutwe: Ubuzima bwo mu mutwe bw'abana ingimbi n'abangavu

[www.nimh.nih.gov/children](http://www.nimh.nih.gov/children)

Ibigo Bishinzwe Kurwanya no Gukumira Indwara: Kwita ku bana bahuye n'ibiza

[www.cdc.gov/childrenindisasters](http://www.cdc.gov/childrenindisasters)

Ihuriro ry'Igihugu rw'Ihungabana ry'Umwana

[www.nctsn.org](http://www.nctsn.org)



[www.nimh.nih.gov](http://www.nimh.nih.gov)

Kurikira NIMH kumbuga @NIMHgov



**NIH** National Institute of Mental Health

Icapwa rya NIH No 22-MH-8066