

IBIMENYETSO BIBURIRA BYO KWIYAHURA:

Imyitwarire iri hano hasi ishobora kuba imwe mubimenyetso ko umuntu ari gutekereza kwiyahura.

Kuvuga ku:



- ▷ Gushaka gupfa
- ▷ Igishinja cyangwa isoni
- ▷ Kubera abandi umutwaro

IBYIYUMVIRO:



- ▷ Ntakikurimo, kubura ibyiringiro, uboshwe, cyangwa kutagira impamvu yo kubaho
- ▷ Agahinda gakabije, impungenge nyinshi, urakaye, cyangwa wuzuye umujinya
- ▷ Umubabaro mwinshi w'umubiri n'ubiyumvir

GUHINDURA IMYITWARIRE, NKO:



- ▷ Gutegura no gukora ubushakashatsi kuburyo bwo gupfa
- ▷ Kureka inshuti, kuzisezeraho, gutanga ibintu by'ingenzi, Cyangwa kwiyezeza
- ▷ Kwishyira mukaga ko gutwara wiruka cyane
- ▷ Kugaragaza kurya cyangwa gusinzira cyane
- ▷ cyangwa gukoresha ibiyobyabwenge n'inzoga
- ▷ kenshi

Niba ibi bimenyetso biburira ubifite cyangwa umuntu uzi, shaka ubufasha vuba bishoboka, cyane cyane niba imyitwarire ari mishya cyanwa yariyongereye vubaha.

988 Hamagara cyangwa Umurongo w'Ubutabazi w'Ubwiyahuzi 988
Chat at 988lifeline.org

Umurongo w'abari mukaga andika
"MURAHU" kuri 741741



National Institute of Mental Health

www.nimh.nih.gov/suicideprevention

Nimero ndanga ya NIMH OM 22-4316