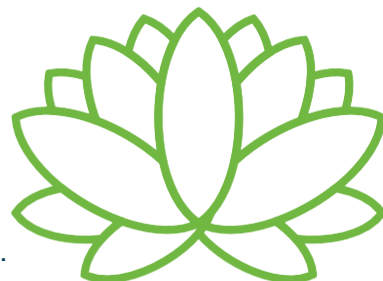


Ubuzima bwo mu mutwe mu gihe cyo kubyara na nyuma y'aho ibimenyetso by'agahinda gakabije n'umuhangayiko

Warubizi?

- Ibimenyetso by'agahinda gakabije n'umuhangayiko bishobora kuba ku muntu uwo ari we wese mu gihe cyo gutwita na nyuma y'aho uruhinja ruvukiye.
- Hafi umugore 1 mu bagore 5 agaragaza ibimenyetso by'agahinda gakabije cyangwa umuhangayiko mu gihe cyo gutwita na nyuma yo kubyara.
- Hafi umugabo 1 mu bagabo 10 birashoboka ko bagaragaje ibimenyetso nk'abagiye kuba ababyeyi cyangwa ababyeyi bashya.
- Kumva umerewe nabi kubera uruhinja na byo birasanzwe mu bagore nyuma yo kubyara. Uzumva ibimenyetso by'agahinda gakabije (umubabaro, kumva utamerewe neza, cyangwa urira), ariko bizashira mu byumweru bibiri. Agahinda gakabije cyangwa umuhangayiko ni indwara imara igihe kirekire kirenze ibyumweru bibiri.



Ikiyitera

- Guhinduka kw'imisemburo mu mubiri wawe, mu gihe cyo kubyara na nyuma y'aho
- Kugira inshingano nshya zo kuba umubyeyi
- Ibyabaye ku muryango
- Siteresi / ihungabana
- Kuba warigeze kugira agahinda gakabije cyangwa umuhangayiko

Ibimenyetso

Ibimenyetso by'agahinda gakabije n'umuhangayiko bishobora kuba birimo:

- Kumva ubabaye, nta marangamutima ufite cyangwa urira
- Kumva ufite ubwoba bwinshi cyangwa impungenge nyinshi
- Kumva nta cyizere ufite
- Kumva utagikunze ibikorwa wakundaga
- Kumva unaniwe inshuro nyinshi
- Kutabasha gutekereza cyangwa kwibuka ibintu mu buryo burambuye
- Kurya cyane cyangwa kutarya na gato
- Kutabasha gusinsira cyangwa gusinzira cyane
- Kugira ibitekerezo byo kwibabaza cyangwa kubabaza abandi

Abantu bamwe na bamwe bashobora guhura n'ibimenyetso byo kumva batameze neza, barakaye, cyangwa batishimye.

Ingaruka

Ibimenyetso by'agahinda gakabije n'umuhangayiko bishobora kuba byoroheje cyangwa bikomeye cyane. **Ibimenyetso bishobora gutuma bigorana kugirana umubano n'uruhinja rwawe** cyangwa abandi bagukikije. Impinja zishobora kugorana igihe uzitaho biri kumugora, bikaba byagira ingaruka no ku mikurire mu gihagararo no mu bwonko.



Amakuru meza

Agahinda gakabije n'umuhangayiko bishobora kurwanya no kuvurwa.



Ubufasha burahari.

Gusobanukirwa ibimenyetso ugaragaza

Ukuvurira mu rugo cyangwa uguha serivisi z'ubuvuzi ashobora gukoresha ibibazo byifashishwa mu gusuzuma kugira ngo arebe ibimenyetso by'agahinda gakabije cyangwa umuhangayiko. Ibibazo byifashishwa mu gusuzuma bigufasha kumenya niba ufite ibimenyetso bike cyangwa ntabyo, bimwe na bimwe, cyangwa byinshi by'agahinda gakabije cyangwa umuhangayiko. **Gusobanukirwa ibimenyetso byawe bishobora kugufasha kumenya ibyo ukeneye no gushyiraho gahunda y'ubuvuzi.**



Niba ufite ibimenyetso BIKE CYANGWA NTABYO:

- Ukwiye kumenya ibimenyetso by'agahinda gakabije n'umuhangayiko. Ibimenyetso bishobora guhinduka mu buryo bwihuse (ku bagore n'abagabo) mu gihe cyo gutwita na nyuma y'aho.
- **Itoze imigirire myiza no kwiyitaho** kugira ngo bishyigikire ubuzima bwawe n'imibereho myiza yawe.



Niba ufite ibimenyetso BIMWE NA BIMWE:

- **Kurikirana ibimenyetso byawe**, by'umwihariko kugira ngo wizere neza ko utari kumva utameze neza.
- **Koresha imigirire myiza no kwiyitaho** kugira ngo ushyigikire imibereho myiza yawe.
- **Gerageza ubujyanama bw'igihe gito cyangwa uvugane n'umuvuzi.**



Niba ufite ibimenyetso BYINSHI:

- **Koresha isuzuma ry'ubuzima bwo mu mutwe** ryuzuye **ritangwa n'utanga serivisi z'ubuvuzi bwo** mu mutwe cyangwa busanzwe. Ukuvurira mu rugo ashobora gutanga taransiferi niba bikenewe.
- **Ganira amahitamo y'ubuvuzi bwawe n'utanga serivisi z'ubuvuzi bwo** mu mutwe cyangwa ubuvuzi **busanzwe**.
- Niba ufite **ibitekerezo byo kwigirira nabi, uruhinja rwawe, cyangwa undi wese, ibyo bisaba ubutabazi bwihutirwa. Shakisha ugufasha ako kanya.**

Icyitonderwa: _____



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Guhangana n'ibimenyetso by'agahinda gakabije n'umuhangayiko

Ni iki ushobora gukora?

Imigirire myiza no kwiwitaho bishobora gufasha **gushyigikira** amarangamutima yawe n'**imibereho myiza** yo ku mubiri yawe. Imigirire myiza no kwiwitaho birimo ibintu nko:

- Gukoresha umubiri buri munsu (ingero: kugenda n'amaguru, kwinanura, kubyina)
- Kurya indyo yuzuye
- Gukora ikintu kigushimisha buri munsu
- Kuryama bihagije
- Gusaba ubufasha igihe ubukeneye
- Gufata iminota mike ugahumeka cyane, ukinanura cyangwa ugatuza
- Kumara igihe uri kumwe n'inshuti cyangwa umuryango
- Kubahiriza amarandevu y'ubuvuzi busanzwe n'ubuvuzi bw'indwara zo mu mutwe



Ni iki kindi gishobora gufasha?



Ubujoyanama cyangwa kuvugana n'umuvuzi

Kuvugisha umunyamwuga mu by'ubuzima bwo mu mutwe bishobora kugufasha gusobanukirwa impamvu wumva mu buryo wiyumvamo kandi bikagufasha kubona uburyo bwo kubirwanya.



Imiti

Uguha serivisi ashobora kuguha imiti kugira ngo bigufashe mu gahinda gakabije cyangwa umuhangayiko.



Ubujoyanama / Kuvugana n'umuvuzi + Imiti

Abantu bamwe na bamwe babona ko gufata imiti mu gihe uri mu bujoyanama / kuvugana n'umuvuzi bikora mu buryo bwiza.

Reba paji ikurikira kugira ngo ubone andi makuru ku bujoyanama / kuvugana n'umuvuzi n'imiti

Ubujyanama cyangwa Kuvugana n'umuvuzi:

- Bigamije kuba **ahantu hatari aho guciranira imanza ho kuganirira imbogamizi bwite n'uburyo bwo kuzirwanya.**
- Wowe n'umujyanama wawe / umuvuzi wawe **mushobora kuvuga uburyo wiyumvamo**, impinduka ziherutse kuba mu buzima, ibyakubayeho, umubano, cyangwa ibitekerezo birakaje ibyo ari byo byose cyangwa impungenge izo ari zo zose bikugiraho ingaruka.
- **Bishobora gufata igihe kugira ngo wumve umeze neza.** Kuvugana n'umuvuzi bishobora gufasha kumenya ubumenyi ushobora gukoresha bwagushyigikira mu buzima bwawe bwose.
- **Niba umujyanama / umuvuzi uri gukorana na we atakubereye**, ushobora **kugerageza gukorana n'undi.**



Imiti:

- **Vugana n'uguha serivisi z'ubuvuzi ibyerekeye amahitamo ufite, ingaruka** zishoboka, **n'uburyo bwo guhangana na byo** no kubikoresha mu buryo butekanye.
- Imiti ivura agahinda gakabije cyangwa umuhangayiko **ishobora gufata ibyumweru byinshi kugira ngo itangire gufasha.** Iyo ibimenyetso bidakize nk'uko wabiganiriyeho n'uguha serivisi z'ubuvuzi, ingano y'imiti cyangwa imiti bishobora guhindurwa.
- **Bishobora gusaba kugerageza inshuro nke kugira ngo ubone umuti nyawo** n'ingano y'umuti nyayo bikuvura neza. **Komeza uvuge uburyo uri kumva umerewe** kugira ngo uguha serivisi z'ubuvuzi abashe kugira ibyo ahindura uko bikwiye.



Ku bagore batwite cyangwa bonsa, ubusanzwe imiti itekerezwaho gusa iyo umuntu afite agahunda gakabije **GAKOMEYE CYANE**, yari asanzwe afata imiti mbere y'uko atwita, cyangwa igihe indi miti itamufashije.



Ibyifashishijwe

Niba utekereza kwigirira nabi cyangwa kugirira nabi undi, iki ni ikibazo gisaba ubutabazi bwihutirwa. Habwa ubufasha ubu ngubu.



Ohereza ubutumwa bugufi cyangwa uhamagare kuri 988

Umurongo wa telephone ufashirizwaho abashaka kwiyahura n'abafite ibibazo (*Suicide & Crisis Lifeline*)

Ohereza ubutumwa bugufi cyangwa uhamagare kuri 1-833-TLC-MAMA

Umurongo wo ku rwego rw'igihugu ufashirizwaho abagore bafite ibibazo byo mu mutwe (*National Maternal Mental Health Hotline*)



Bimenyeshe uguha serivisi z'ubuvuzi bwo mu mutwe niba ufite ikibazo.

Icyitonderwa: _____



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Byateguwe na Michigan State University na Strong Beginnings, Gahunda y'igihugu yiswe Healthy Start. Uyu mushinga washyigiyeho kuri bimwe mu biyanye n'amafaranga n'Ishami rya Michigan rishinzwe ubuzima na serivisi zihabwa abaturage (*Michigan Department of Health and Human Services*). Ibikubiyemo muri iyi nyandiko ni inshingano gusa z'abayanditse kandi ntabwo mu by'ukuri bigaragaza ibitekerezo by'Ishami.



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