

Ibi n'ibihe bigoye cane.
N'igiki nokora kugirango
nsinkomeze n'ibabaza
canke mbandanye
mfise agahinda.








Abajenama
bunganira ibijanye
n'ikiza ca COVID bari
hano kugira ngo bafashe.
**Hamagara Kuri
2-1-1**

**COVID
SUPPORT VT**

Promoting mental health and wellness for all

Iyi ngwara Y'icaduka iratunguye cane kandi ifata abantu bose bakuru na bato mu buryo bunini canke buto. Umugwi wo gufasha ingwara ya COVID yo muri Vermont COVID Support VT iratanga inyigisho zo kumenya ingene wokwifasha, ibibanza vy'igisha ivy'amagara meza, kugufatikanya hamwe n'izindi nzego zo mu ntara utuyemwo zifasha abagwaye bo mu mutwe canke bafise ibibazo bibagoye bituma baruha mu mutwe.

N'igiki twokora

-  **Fata Akaruhuko.** Fata akanya ko kugahagarika ivyo uriko urakora vyose ureke ubwenge bwawe butuze(Buruhuko).
-  **Fungura Imfungurwa ngirakamaro.** Gerageza Gufungura ku mwanya, Ibifungurwa bikenewe nka Ndemamubiri, Ntanganguvu na Nsanganyangaburo.
-  **Nonora Imitsi.** Kora ibikorwa vyo kunonora imitsi buri munsi.
-  **Guhuzwa n'abandi.** Fata akanya uvugane n'incuti hamwe n'abagenzi Buri munsi.
-  **Genda kuryama ku mwanya.** Ihe umwanya ukwiriye wo kuryama mw'ijoro. Ruhuka bihagije.
-  **Mwirinde kunywa Inzoga canke ibiyayura mutwe.** Birashobora gutuma wumva umerewe neza ku mwanya muto, ariko birashobora gutuma bikugora kwitaho amagara yawe. Ivyo navyo bigatuma udashobora kwitaho ivy'ingwara zo mu mutwe..
-  **Menya ingene ubana n'ingwara wari usanganywe.** Guma Ukurikiza ibisabwa na muganga wawe ku ngwara wari usanganywe.

Ndakeneye ubufasha

- Ntuceceke.** Vugana n'incuti wizera canke umuntu wo mu mryango wawe ashobora kugufasha. Kwikumira bituma agahinda ufis kongerekana. Ntukikumire.
- Hamagara umuganga wawe** mu gihe wumva ufise intuntu mu mutima zituma udashobora ibikorwa vya misi yose wahora ukora ukabona ivyo bibaye mu kiringo c'imisi ikurikirana.
- Ifatanye hamwe n'umuganga wawe** araba ivyo mu mutwe kugirango muvugane inzira canke akwigishe uko woshobora kubana n'ibibazo urimwo.
- Vugana n'indongozi zanyu mu vy'impwemu.**
- Hamagara 2-1-1** kugirango bababwire ibibanza bitandukanye vyo mu gace kaho mwegereye bashobora kubafasha.
- Murashobora kuronka ubufasha imisi yose, amasaha yose biciye ku murongo w'itumatutunako amakuru ikorera mu gacimbiri mutuyemwo.** Aho naho bakaba bafasha abafise ibibazo canke ingorane zo mu mutwe kuri: www.vermontcarepartners.org/intake-and-crises-lines.