






N'igiki nokora kugirango nsinkomeze n'ibabaza canke mbandanye mfise agahinda.



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N'igiki twokora

-  **Fata Akaruhuko.** Fata akanya ko kugahagarika ivyo uriko urakora vyose ureke ubwenge bwawe butuze(Buruhuke).
-  **Fungura Imfungurwa ngirakamaro.** Gerageza Gufungura ku mwanya, Ibifungurwa bikenewe nka Ndemamubiri, Ntanganguvu na Nsanganyangaburo.
-  **Nonora Imitsi.** Kora ibikorwa vyo kunonora imitsi buri muni.
-  **Guhuzwa n'abandi.** Fata akanya uvugane n'incuti hamwe n'abagenzi Buri muni.
-  **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.