WWW.MESSAGESFORMOTHERS.CO.ZA

Kuninonke Manenekazi oMzantsi Africa abekekileyo

Siyaqonda ukuba elixesha lalombulalazwe i Coronavirus (Covid-19) lixesha elinzima kakhulu ngenxa yezizathu ezininzi.

Nanjengamanina kufuneka sizikhumbuze kwaye sikhumbuzane ukuba asisodwa kwelidabi.

Imiyalezo kumanina (M4M) iphuma kwi qumrhu leenkampani elisebenzisana kunye namanina. Siye sahlangana ngelixesha ukuxhasa onke amanina, otata nabanye abantu abanakekela abanye ngemiyalezo yenkuthazo kwezempilo ngokomzimba, ngokwenggondo, ekucingeni kunye nasebuzalini ngelwimi ezahlukeneyo.

Eliphetshana likucacisela kabanzi ngemiba yesimo sengqondo. Xoxisana kabanzi nosapho lwakho, izihlobo nabongi bempilo ngalo-akucingi njalo wena?

Sicinga ukuba ubaluleke kakhulu kwaye unexabiso kungoko ufanelwe kukuphila kakuhle kwaye ukhuseleke.

embrace
The Movement for Mothers

GROW GREAT

Perinatal Mental Health Project
www.pmhp.za.org

Side-by-Side

Yonke intlobo yalemiyalezo iyafumaneka kumakhasi o ke onxi elelwano kunye ne websites. Ungazikhuphelela ubonise nabanye ngendlela ofuna ngayo.

UKUMELANA NOXINZELELO NJENGOMAMA

Njengomama, ungaba noxinzelelo oluninzi nokukhathazeka ngexesha le-COVID-19. Nanga amanye amacebo okumelana noxinzelelo ngeli xesha. Ungenza oku!

1. Qaphela, uzazi ngamagama iindlela ovakalelwa ngazo. Ezi zingaba ngumsindo, ukudakumba, ixhala, ukuxhalaba okanye enye into. Ziindlela eziqhelekileyo zokuvakalelwa kwiimeko ezingaqhelekanga.
2. Zisikele umda wokuba uzijonga kangakanani na iindaba ukuba uvakalelwa kakhulu.
3. Fumana izimvo kumaseko athembekileyo kuphela. Zininzi iindaba ezingeyonyani.
4. Yenza izinto ezilula ukususa ingqondo yakho kude kwesi simo.
5. Cela inkxaso kusapho, abahlobo negosa lengcebiso, njengokucula, ukudanisa, ukudlala nabantwana bakho, ukupheka.
6. Ukuba unakho, ukunceda abanye ngeli xesha kungakwenza uzive bhetele.

UZAZI NJANI UKUBA UNOXINZELELO LWASENGQONDWENI?

Kuqhelekile ukuxhalaba ngeli xesha linzima le-COVID-19. Ngamanye amaxesha ukuxhalaba okanye uxinzelelo lwengqondo, okanye ukungakwazi kubona abanye abantu, kungakhokhelela kuxinzelelo. Ungazazi njani ukuba unoxinzelelo?

Nazi ezinye izinto ekufuneka uzijonge. Ixesha elininzi kunye nangaphezu kweveki ezimbini:

- Uziva uphantsi, uxinzelelekile okanye ungenathemba
- Ucinga kakhulu
- Uneengcina ezingalunganga ezikwenza ungemi kakuhle emoyeni
- Uziva ukuba awufuni kuthetha nabanye abantu nokuba kungomnxeba okanye umyalezo we-WhatsApp
- Uziva ukuba awufuni kwenza zinto ziqhelekileyo obunokuzenza endlwini, njengokunxiba, ukucoca okanye ukupheka.
- Awukwazi kuphumla

Ukuba nangaliphi ixesha:

- Uneengcinga okanye amacebo okuzilimaza okanye uzibulale.

Ukuba uneempawu ezimbalwa kwezi mpawu ngaphezu kweeveki ezimbini, nceda uthethe nomntu, igosa lengcebiso okanye uzame iminxeba yoncedo engasemva kulecwadana.

UKUMELANA NOXINZELELO LWASENGQONDWENI /INKXALABO OKANYE UKUZIBONA ULIXHOBA LOKUXHOMEKEKA KWIZINTO EZITHILE NGEXESHALE-COVID-19

Ngexesha le-COVID-19, abantu abahleli benoxizelelo lwasemoyeni nasengqondweni okanye abangamaxhoba ezinto ezithile abaxhomekeke kuzo bangaziva kakubi kakhulu. Oku kuyaqondakala.

1. Ukuba uthatha **unyango**, musa ukulutshintsha ngaphandle kokuthetha nogqirha wakho.
2. Ukuba unegosa **lengcebiso**, yenza icebo lokuthetha ngomnxeba okanye nge-intanethi.
3. Ukuba unegosa lengcebiso, yaye uziva kakubi, tsalela **inombolo yoncedo**-bona ukhetho olungasezantsi.
4. Bhekabheka **kwi-intanethi** ukuze ufumane uncedo.
5. Khumbula **utywala neziyobisi** zingakwenza uzive kakubi kakhulu emva koko.
6. Fumana **uncedo**. Dibana nabahlobo neentsapho kwi-intanethi okanye emnxebeni yonke imihla .
7. **Zikhathalele.** Thetha izinto ezilungileyo kwisiqu sakho. Ungedlula koku.

UKUMELANA NOBUNDLOBONGELA BOSAPHO

Ukuba sekhaya ngexesha le- COVID-19 kungakhokhelela ekwandeni kobundlobongela koomama nabantwana. Ukuba ujongene nobundlobongela, nanga amanye amacebo okumelana noko:

1. Yiba **necebo lokhuseleko**
   - Gcina umnxeba wakho kuwe uzele ungaphelelwa ngamandla yaye unemali yokuthetha ngomnxeba.
   - Faka iinombolo zongxamiseko efowunini yakho.
   - Cinga ngokuba ungayaphi ukuze ukhuseleke.
   - Yiba nengxowa yongxamiseko ehleli ilungile inempepha ezibalulekileyo ezinjenge ID, imali, iimpahla.
   - Xelela umhlobo ukuba, ukuba ubathumela ikhodi yengozi eligama okanye uphawu, kungoko udinga uncedo ngokukhawuleza.
2. Ungacela amapolisa **ngohlobo lokhuseleko**.
3. **Ukuzikhathalela.** Lala ngokwaneleyo, yitya kakuhle, yenza imithambo ukuba unakho. Yenza into ekuncedayo ukususa ingqondo yakho kuxinzelelo.
4. **Xhumana** nabahlobo, usapho, iqela lenkxaso okanye igosa lengcebiso kwi-intanethi okanye ngomnxeba.

IMINXEBA YONCEDO

(Qhubeka uzama. Bangaba baxakekile)

UXINZELELO, IXHALA & UXINZELELO

- South African Depression and Anxiety Group (SADAG) www.sadag.org – ineminxeba emininzi 0800 21 22 23 okanye 0800 456 789 okanye 0800 20 5026 kunye neminye
- Umnxeba woBomi ngokubanzi Lifeline general 0861 322 322 kunye nomnxeba woncedo lukaGawulayo 0800 012 322
- Umnxeba wabantwana Childline 0800 055 555

UBUNDLOBONGELA BOSAPHO

- GBV Command Centre Call 0800 428 428; Send a “Please Call Me” by dialling *120*7867# SMS ‘help’ to 31531
- People Opposing Women Abuse (POWA) www.powa.co.za tel: 0800 029 999
- Lifeline’s Domestic Violence line 0800 150 150
- Tears Foundation www.tears.co.za tell dial *134*7355# or 010 590 5920
- Rape Crisis 021 447 9762; WhatsApp 083 222 5164

IZIYOBISI

- SANCA yoTywala kunye neengxaki zeZiyobisi, umnxeba we- WhatsApp 076 535 1701

ZOKUZIBULALA

- UMnxeba woncedo lwabafuna ukuzibulala we-SADAG 0800 567 567 okanye umyalezo 31393. Iintsuku ezi -7 ngeveki ukusukela ngentsimbi ye-8 kusasa ukuya kweye-8 ngokuhlwa.