

NGINGABHEKANA KANJANI NEMICABANGO YOKUFUNA UKUZIBULALA PHAKATHI NALESI SIKHATHI SE-COVID-19?

Le nkinga ye-COVID-19 kanye nokuvalwa kwezwe eNingizimu Afrika kubangela ukucindezelaka okukhulu kubantu abaningi. Siphila ezikhathini ezingavamile.

Omama kungenzeka badonsa kanzima ngenxa yokuthi

- Bona nabantu abathandana nabo noma amalungu emindeni yabo abakwazi ukusebenza futhi kungenzeka banovalo lokuthi akukho mali engenayo. Kungenzeka ukuthi abanazo izinto eziyisidingo ezanele kanye nokudla.
- Kungenzeka basanda kuyeka ukusebenzisa utshwala, izidakamizwa noma ugwayi. Kungenzeka basebenzisa utshwala noma izidakamizwa ukuze bazame ukudambisa izindlela abazizwa ngayo, ngisho noma utshwala nezidakamizwa kwenza izinto zibe zimbi nakakhulu.
- Kungenzeka bavaleleke ekhayeni okunzima ukuhlala kulo noma namalungu omndeni ahlukumezayo.

Kungokwemvelo ukuzizwa unovalo, unomzwangedwa, ulusizi noma ungenathemba phakathi nalesi sikhathi.

Abanye omama banomuzwa wokuthi izinkinga zabo nokuhlukumezeka kwabo ngokomzwelo kungaphezu kwalokho abangakuthwala. Abanye omama bafisa ukuvele bafe futhi abanye bacabanga ukuzibulala. Ingabe wena (noma othile omaziyo):

- uzizwa ulusizi futhi ungenathemba isikhathi eside?
- akusekho lutho okujabulelayo?
- afuna ukuzihlalela wedwa?
- awusiboni isimo sakho silunga?
- acabanga ukuthi izinto zizoba ngcono uma usufile?

Uma unemicango enjengalena, noma uma uhlela ukuzilimaza, noma uma kakade usuqalile ukuzilimaza, ungaluthola usizo. Kunezindlela ezihlukahlukene zokubhekana nezinkinga eziningi onazo, nendlela yokubhekana nobuhlungu obungokomzwelo. Ngokuvamile kuyasiza ukukhuluma ngalokho okucabangayo nangalokho obhekene nakho.

1. Okokuqala, khumbula ukuthi lena yindlela ozizwa ngayo MANJE, phakathi nalesi sikhathi. Le micabango nemizwa ngeke ihlale phakade. Lesi sikhathi esibi SIZODLULA.
2. Kubalulekile ukuba ucele usizo futhi uxoxe nothile ongakusiza. Ungavaleli izinto ngaphakathi. Ungazami ukubhekana nesimo wedwa.
3. Uma ungaqiniseki ngalokho okumelwe ukwenze noma ungazi ukuthi ungaya kubani, tshela othile indlela ozizwa nayo, bese uyamvumela lowo muntu akusize uthole indlela yokulawula imizwa yakho.
 - Shayela enye yezinombolo zosizo zamahhala ngezansi
 - Khuluma nomsebenzi wezempilo njengomhlengi noma umhlengikazi, udokotela, udokotela wemizwelo, udokotela wengqondo
 - Cela usizo emalungwini omndeni akusekelayo, kubangane noma kubantu abakuqondayo emphakathini. Bakhethe ngokucophelela abantu okhuluma nabo. Ungakhulumi izinkinga zakho nomuntu ozokwenza uzwe ubuhlungu nakakhulu ngokuthi angakubheki njengento ebucayi lokho okushoyo.
4. Kubaluleke kakhulu ukuba uthole usizo **esikhungweni sezempilo** kumsebenzi wezokwelapha uma
 - Unemicabango nemizwa emibi izinsuku eziningi enkathini engamasonto amabili, noma
 - Uma unomuzwa wokuthi awukwazi ukuzigcina uphephile

Ukunakekela ukugula okuhilela ingqondo kubalulekile phakathi nalesi sikhathi sokuvalwa kwezwe. Izinkonzo zokunakekela izinkinga zengqondo zisavuliwe ezikhungweni zempilo zikahulumeni kanye nasezikhungweni ezizimele. Abasebenzi bezempilo abanakekela izinkinga zengqondo kufanele bakulalelisise futhi bakusize ukhethe indlela engcono yokubhekana nesimo. Ongakwenza kuhlanganisa ukuya esibhedlela noma emtholampilo, udle amaphilisi noma uthole ukwelulekwa.

Phakathi ne-COVID-19, odokotela abaningi bengqondo, bezinkinga zemizwelo kanye nabeluleki bashintshele ekwelulekeni abantu besebenzisa i-inthanethi noma ucingo. Ngakho ukuthi uvaleleke endlini akusho ukuthi ngeke ukwazi ukuthola usizo lukadokotela.

Yini enye engasiza?

Nakuba kungenzeka ukuthi awunawo amandla futhi uzizwa sengathi ungalala nje embhedeni, zama ukuba matasa. Lokhu kungase kube nzima ukukwenza, kodwa kuyasi-za. Yenza noma yini ekusebenzelayo esimweni sakho – bukela imuvi, zivocavoce, yenza imisebenzi yasendlini, pheka, dlala nezingane zakho. Yiba nohlelo olulandela nsuku zonke futhi unciphise izindaba ozibukelayo nezinto ozifunda ezinkundleni zokuxhumana okuyizinto ezingavusa imicabango nemizwa emibi.

Uma ukwazi, siza abanye. Bangingi abantu abadinga usizo njengamanje futhi kungakhathaliseki ukuthi isimo sakho sibi kanjani, cishe ikhona indlela ethile ongasiza ngayo abanye abantu. Lokhu kuyakusiza ulwe nomzwangedwa, ube yingxenye yomphakathi omkhulu. Sonke siyadingana phakathi nalesi sikhathi.

Shayela inombolo yamahhala yosizo. Laba beluleki banamakhono okusiza abantu

Izinombolo zamahhala zosizo (Lesi yisikhathi esimatasa. Qhubeka uzama uma lungabanjwa ucingo lapho ushaya okokuqala)

- I-SADAG Suicide Helpline: Shayela ku 0800 567 567 noma uthumele i-sms (please call me) 31393. Ungashayela inombolo yamahhala ye-SADAG izinsuku ezingu- 7 ngesonto kusukela ngo-8am kuya ku- 8pm.
Ungaxhumana ne-SADAG nange-Facebook.
- I-Lifeline South Africa: Shayela ku 0861 322 322. Le nombolo yamahhala isebenza amahora angu-24 ngosuku / izinsuku ezingu-7 ngesonto.

For more info and helplines visit www.messagesformothers.co.za or

www.pmhp.za.org