

UKUPHATHEKA KABI, UKUKHATAZEKA NOKUSEBENZISA IZIDAKAMIZWA NGOKWEQILE

Uma ungumama obevele ekade enobunzima nokudangala, ukukhathezeka, nokusebenzisa izidakamizwa ngokweqile, lesisikhathi seCoronavirus singenza lemizwa ibe ngeyedlulele. Kulungile ukuba uzizwe ngalendlela. Okubalulekile ukuziphatha kahle kulesi sikhathi.

1. Uma uphuza imithi qhubeka ukuphuza imithi yakho, ungayitshintshi ungakhu lumanga nodokotela wakho.
2. Uma unomeluleki, yenza indlela yokuthintana nabo kwifone noma kwi-Inthanethi.
3. Uma ungenaye umeluleki kodwa uzizwa uphatheke kabi, udangele. Shayela inombolo yabaluleki uthole umluleki ozoxoxa naye ngemizwa yakho. Funda umbhalo ongezansi ukuxhumana nabeluleki abazokulalela.
4. Hlola i-Inthanethi ukuthola usizo.
5. Khumbula ukuthi utshwala nezidakamizwa zingenza izinto zibe zimbi kakhulu.
6. Thola usizo. Uthintane nabangani noma umndeni efonini nome kwi-Inthanethi.
7. Uziphathe kahle. Ugazihluleli. Qiniseka sizonqoba.

Izinombolo ongathintana nazo- (Bekezela zinokubamatasatasa)

- South African Depression and Anxiety Group (SADAG) www.sadag.org – has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others
- Lifeline general 0861 322 322 and their AIDS Helpline 0800 012 322
- SANCA for Alcohol and Drug problems WhatsApp line 076 535 1701
- Childline 0800 055 555

For more info and helplines visit www.sidebyside.co.za or www.pmhp.za.org