

UKUJONGANA NOBUDLOBONGELA BOSAPHO NGELIXESHA LE COVID-19

Ukubase khayeni ngelixesha lika COVID-19 luya kwazi ukwenyusa ubudlongela obubhekiswe kumabhinqa kunye na bantwana. Ukuba oku kudibaniselene nawe, nanga amanqaku ono kuwa sebenzisa noku jongana nale meko:

1. Ibane cebo loku zikhusela. Gcina ifowuni yakho itshajiwe uqiniseke ukuba inomoya. Gcina ibhegi yemeko engxamisekileyo ipakishiwe. Xelela abantwana bakho elicebo.
2. Ungacela umyalelo wokhuselo emapoliseni.
3. Zikhathelele. Fumana ubuthongo ngokwaneleyo. Yitya kakuhle. Kwaye zi voca voce. Yenza lonto isusa ingqondo yakho kwi zinto ezi kwenzeaa unxinzelelo.
4. Dibana nabahlobo bakho, usapho lwakho, umbutho wabantu aba khuthazanayo okanye umcebisi okwi intanethi okanye efownini.

Iinombolo (Qhubeka uzama hleze babambekile)

- 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
- 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

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