

UKUJONGANA NOXINZELELO NJE NGOMAMA KWELIXESHA LE COVID-19

Nje ngomama isenokwenzeka into yokuba unoxinzelelo namaxhala amaninzi kwe lixesha le COVID-19. Unako ukuphumelela!

1. Ziqaphele, uzibize ngamagama azo ezi zinto uvivayo. Ziyindlela zoku sabelana nemeko enga qhelekanga.
2. Zilinganisele ixesha ozimamela ngalo iindaba ukuba yonke lento ibaninzi kuwe kwaye ikhuphatha kakubi.
3. Fumana ulwazi lwakho lokwenyani kwii ndawo ezithembekileyo qha.
4. Yenza izinto ezilula ukuze ususe ingqondo yakho kule meko sikuyo.
5. Cela inxaso ku sapho lwakho, kubahlobo bakho okanye umcebisi wakho.
6. Ukuba unako, ukunceda abanye abantu ngelixa lunga kwenza uzive ngcono.

Iinombolo (Qhubeka uzama hleze babambekile)

- 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
- Childline 0800 055 555

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