



QPASTT

Queensland program of assistance
to survivors of torture and trauma

KIRUNDI



Amakuru y'abarongoye abandi yerekeye

Ivyerekeye Ubuzima bwo mumutwe

Ninde ashobora kugira ingorane zo mumutwe? – Uwariwe wewe!



Ufise impungenge z'umuntu ukoyitwara vyahindutse?

Kimwe murizo mpinduka bishobora kuba ibimenyetsvo vy'ingwara.

- Guhagarika kuvugana n'umuryango canke abagenzi
- Ufise ubwoba canke kwikeka atampamvu iboneka ihari
- Usinzira cane canke umwanya muto uko vyari bidasan Zwe
- Ugira iviyumviro canke kwigenza bidasan Zwe
- Wumva amajwi atawundi adashobora kuyumva
- Ukemeza ko afise inguvu zidasanzwe
- Ufise ingorane zo kudakwirikiza amabwirizwa asanzwe yoroshe umutima uri munda.
- Uvuga canke wandika ibintu bidasobanutse
- Wiyononesha unywa ibiyovyabwenge n'inzoga ziboreza
- Wumva ubabaye canke ukumva wama ufise ubwoba kenshi na kenshi, birenze amayinga makeya

- Utu umutwe vuba canke ugashavura
- Urya vuba vuba canke buhorobuhoro bitari bisanzwe

Ingoranе zo mumutwe zishobora gushikira uwariwe wose, nkuko uwariwe wese ashobora gufatwa n'ingwara; ari abakiribato canke abakuze, abagabo canke abagore, ari abantu bavukye muri Australia canke abimukira canke impunzi, abize canke abatize hamwe nabafise amahera menshi canke abafise amahera makeya!

Inkuru nziza nuko hariho ibantu vyinshi dushobora gukogwa kugirango dushobore kuguma tumeze neza mumutwe kandi dushobore kubona imfashanyo nyinshi mugihе tumerewe nabi. Mwibuke ,kubaza canke kwemera imfanshanyo hakiri kare hashoboka birakenewe cane kugirango umuntu akire!

Umuryango, abagenzi canke abandi banyagihugu bashobora kugufasha mukubafasha gubona amashirahamwe yobafasha.

Bivujje batangura gukira.



Ushobora gutangura ikiganiro kuvyerekeye kugira ubwoba canke ukwingenza bidasanzwe kumuntu gute?

Kubaza

- Hengera igihe umutu yaturuye kandi atagishobora kuguhagarika.
- Shaka ahantu hihererereye.
- Vugana n'umuntu uhangayikishijwe nukuntu wabonye yahindutse mukubaho kwive.
- Nubona uwo muntu aciye ashavura canke akakwerekwa ko atangorane afise, hagarika ikiganiro uzosubire kumuvugishe uwundi musi.

Ushobora kubaza: “Nabonye ko utakimarana umwanya munini nabagenzi bawe.... vyose bimeze neza?”

- Umviriza neza. Ntugerageze kuca urubanza canke ngo ushake gutorera inyishu ikibazo
- Hagarika ikiganiro hanyuma ureke uwo muntu nawe avuge. Bishobora kuba bigoye kuribo, ntiwihiute canke ngo ugire ubwoba nuko bahoze

Gufasha

- Erekana imfashanyo wewe canke abarongozi b'umuryango mushobora gutanga.
- Fasha umuntu muburyo wibaza ko yifuza ko bomufashamwo.
- Niyo umuntu atakumviriza, saba umwe mubanyamuryango biwe, umugenzi, canke umurongozi w'idini wibaza ko bashobora kuba bizera , kuvugana nabo.
- Gutanga ivyizigiro.

Ushobora kuvuga: “Nibaza ko dushobora kubona abantu babishoboye bashobora kugufasha kandi twese tagira ivyodushoboye nivyotudashoboye mubuzima bwacu nibisanzwe rero gusaba iyindi mfashanyo mubihe nkivyo tuba harivyo tudashoboye”.



Ushobora gute gufasha?

Kubona imfashanyo

- Himiriza umuntu kugenda kubonana n'umuganga w'umuryango yizeye canke umufashe kubona umweyokwizera.
- Fasha umuntu gusaba isango ryokubonana na muganga canke umuherekeze kubonana namuganga mugihe agiye kubonana na muganga ubwambere.
- Menyesha umuganga w'umuryango ko ukeneye umusiguzi (mugihe umukeneye) kandi usabe kubonana na muganga umwanya muremure.
- Kugira inama yo kwandika ivyiyumviro hamwe, bigufasha kusobanurira neza mugangauko ibantu bimeze.
- Hamagara kuri telefone amashirahamwe ashobora kugufasha aboneka muri kano gatabo

Ushobora kuvuga: “Urafise umuganga w'umuryango ushobora kubwira ibibazo vyave? Abaganga bashobora kugufasha murizo ngorane ufise canke urashaka nguhamagarire ishirahamwe bakugire inama kugirango wumve kumerewe neza?”

Muhejeje kuganira mukwirikirane

- Komeza ukore ibantu ukunda gukora muri hamwe. Ibantu bitoya bishobora kugira akamaro.
- Mugihe umuntu adashaka komuvugana ivyerekeye ingorane ziwe, ivyarivyose ababona ko mumwitayeho, ashobora kuzokumviriza canke agafasha mugihe azoba yiteguye.

Ushobora gute kubona impanuro?

Ayo mashirahamwe yose twavuze atanga impanuro mwibanga, kubahamagara nikubuntu akaguha umukozi yavyigiye ashobora kukubarira ico ugomba gukora. Ayo mashirahamwe niyo ahemba umusiguzi wo kuri telefone. Bashobora kugushakira uwo musiguzi canke wewe ubwawe ukihamagarira ishirahamwe ryabasiguzi (TIS) hamagara kuri 131 450.

**Ishirahamwe ryo muri Queensland
Rifasha abasigajwe n'ltotezwa hamwe
n'ihamuka (QPASTT). Hamagara kuri
(07) 3391 6677** Ishirahamwe QPASTT rifise umukozi aboneka kukazi kuva kuwambere kushika kuwagatanu kuva Isaha zitatu kugeza Isaha cumi nimwe zumugoroba agatanga impanuro canke akakurungika ahandi bashobora kugufasha.

**Ikigo kiraba ibijanye n'ubuzima bwo
mumutwe cisunze imico itandukanye ca
Queensland. Hamagara kuri
(07) 3167 8333 canke 1800 188 189
(Guhamagara ni kubuntu)**

Hamagara hagati ya sambiri nigice kushika sakumi nimwe zokumugoroba kuva kuwambere kushika Kuwagatanu. Baza “ igihe Bazotangurira”.

**Amashirahamwe akwirikira ashobora
kugufasha mugihe ubahamagaye, bakora
amaha 24 kumusi, imisi 7 mw’iyinga.**

**Hamagara kuri 300 MH canke uhamagare
kuri (1300 64 2255)**

Ukeneye impanuro kubijanye n'ubuzima bwo mumutwe ushobora guhabwa nabakozi bakwegerereye kandi hari nuburyo bwogusuzumwa ushobora kuronkera mubumanukobwa Brisbane, Logan no muri Bayside. Abandi muba muzindti taraza Queensland, hamagara kuri 13 HEALTH (13 43 84) kugirango babahuze ni’bitaro bibegegereye.

**Birenze ubururu hamagara kuri
1300 22 4636**

Hamagara usabe impanuro canke muvugane kumurongo ngurukanabumenyi (kuva sacenda kugeza sasita z’ijoro) mugihe wumva ufise ubwoba kubera umerewe nabi, ufise agahinda canke

unanijwe n’umubabaro. Ja kumurongo ngurukanabumenyi.

www.beyondblue.org.au

**Umurongo ushobora guhamagara
ukeneye imfashanyo y’abana hamagara
kuri 1800 55 1800**

‘Twitaho kandi turumviriza, umwanya uwariwo wose kumpamvu iyariyoyose’(kubafise hagati y’mayaka 5 nimyaka 25 yamavuko) Ja kumurongo ngurukanabumenyi.

www.kidshelp.com.au

Ivyago

**Mugihe hari uwushobora kwiyahura
saba imfashanyo kuri 1300 659 467**

Tubaha telefone abantu bashobora kwiyahura bashobora guhamagara mugihe bakeneye impanuro canke impanuro kubarezi b’umuntu ashobora kwiyahura. Ja kumurongo ngurukanabumenyi.

www.suicidecallbackservice.org.au

**Hamagara kuri 13 11 14 ukeneye
imfashanyo y’ubuzima**

Mugihe woba wiylimvira kwigirira nabi canke kwiyicaha magara canke uvugane mwibanga mukiganiro kumurongo ngurukanabumenyi.

www.lifeline.org.au/gethelp

Hamagara 000 (Ama zero atatu) uvugeko ukeneye imodoka itwara abagwayi Ambilansi

Ninde ashobora kugira ibibazo vyubuzima bwomumutwe? – Umuntu awariwe wese!



Ushobora gufasha gute umuntu arikuronderera imfashanyo mumashirahamwe yitaho ubuzima bwo mumutwe gute?

- Wivuge akazi ukora nkuwurongoye abanyagihugu, umuryango canke umugenzi.
- Baza ikibazo ICARICO COSE woba ufise.
- Nimba hari umuntu yifuza kowaza uramufasha musabe agusinyire icemezo kugirango ugire uburenganzira bwogukora no kumenya ibimwerekeye
- Saba umusiguzi mugihe cose uriko urafashwa(mugihe ubikeneye)
- Menyekanisha ibikogwa bikogwa n'ikigo kirangwa n'imico inyuranye ca Queensland gifasha abafise ingorane z'ubuzima bwo mumutwe mugihe woba wibaza ko ingorana zewe zoba zifatiye kumico

Ushobora kumenya amakuru yerekeye ubuzima bwomumutwe aho ubaye gute?

Saba inyigisha zo kubuntu:

Ishirahamwe ryo muri Queensland Rifasha abasigajwe n'Itotezwa hamwe n'ihahamuka (QPASTT) - Hamagara kuri (07) 3391 6677

Ikigo kiraba ibijanye n'ubuzima bwo mumutwe cisunze imico itandukanye ca Queensland - Hamagara kuri (07) 3167 8333 canke 1800 188 189 (Guhamagara ni kubuntu)



Ushobora kumushakira kubonana namashirahamwe ayahe?

Ishirahamwe ryo muri Queensland

Rifasha abasigajwe n'ltotezwa hamwe n'ihamuka(QPASTT)

Hamagara kuri (07) 3391 6677

Kuva kubantu bafise imyaka 5 yamavuko kugeza kabantu bakuru. Ikigo QPASTT si ikigo kufasha muvyago ahubwo gitanga impanuro kuyverekeranye n'ibibazo vy'ubuzima vyerekeye abantu babayeho bakubagugwa canke nk'impunzi bagahahamuka imbere yuko bimukira muri Australia . Ikigo QPASTT cigisha ugwaruka kwikingira kwyihura kandi gifise umukozi ashobora gutanga impanuro canke akakurungika ahandi ushobora kubona imfashanyo. Ja kumurongo ngurukabumenyi. www.qpastt.org.au

Ishirahamwe Culture in Mind.

Hamagara kuri (07) 3198 2500

Kuva kumyaka 18 yamavuko kuduga hejuru. Irishirahamwe ntirifasha muvyago ariko rifasha muguhumuriza, muguhanura nomukubaruhurira mumutwe abantu bafise imico itandukanye kandi bavuga indimi zitandukanye baba mumicungararo ya Brisbane. Ja kumurongo ngurukabumenyi www.cultureinmind.org.au

Ishirahamwe Harmony Place hamagara kuri (07) 3848 1600

Kuva kumyaka 16 yamavuko kuduga hejuru irishirahamwe rifasha abantu bafise imico

itandukanye kandi bavuga indimi zitandukanye bafise ingorane zihoraho zerekeye ubuzima bwo mumutwe. Ushobora kubonana nuwogufasha nyuma yamasaha yakazi. Ja kumurongo ngurukanabumenyi www.harmonyplace.org.au

Ishirahamwe Head Space

Kabantu baba Woolloongabba: Hamagara kuri (07)3249 2222

Kabantu baba Inala : Hamagara kuri (07) 3727 5000

Kabantu baba mutundi turere twa Queensland Ja kumurongo ngurukanabumenyi. Hagati y'lmyaka 12 kugeza kumyaka 25 yamavuko. Rifisha ugwaruka rubayeho mubibazo bigoye cane. Ja kumurongo ngurukanabumenyi. www.headspace.org.au

Ishirahamwe World Wellness Group.

hamagara kuri (07) 3333 2100

Ishirahamwe ry'imico itandukanye ryitaho ubuzima nukubahe neza kwabanyagihugu. Rifise umuganga w'umuryango, ritanga impanuro, rifise imiti ihinguwe mubuhinga atari ubwanone, rifise abahinga bavura ingwara zomumagufa hakoresheje ubuhinga butari ubwanone. Ja kumurongo ngurukanabumenyi. www.worldwellnessgroup.org.au

Ninde ashobora kugira ibibazo vyubuzima bwomumutwe? – Umuntu awariwe wese!



Ushobora gukora iki mugihe **Uhangayikishijwe numuntu uko abayeho ariko uwo muntu akanka ko bamusuzuma** canke akanka ko bamuvura?

Ushobora kwiyumvira gusaba itegeko ry'Ubutungane ryogosuzuma (JEO). Ukeneye ayandi makuru vugana nayo mashirahamwe twamaze kuvuga. Umuntu barigusuzuma ntazomenya uwabisavye.

Iyo uri muvyago bihambaye bishobora kukwaka ubuzima wohamagara nde?

Nimba umuntu abona ko arimurizo ngorane:
Hamagara 000 (ama zero atatu) hanyuma uvuke ko ukeneye imodoka itwara abagwaye "Ambulansi" Guhamagara ibikogwa vya Ambulansi vyo muri Queensland nikubuntu

Nimba umuntu atari mungorane zidasa nizo:
Ariko bikaboneka ko hari umuntu ashobora kugirigwa canke akgiririra nabi ,Hamagara 000 (Ama zero atatu) hanyuma uvuge ko ukeneye "Police". Ubabwire ko uhangayikishijwe n'ubuzima bwomumutwe bwuvo muntu.

Hamagara 112 kuri telefone ngendanwa mugihe ita mahera arimwo canke mugihe aho uri telefone idafata.

Ushobora kumenya ayandi makuru gute?

Ishirahamwe Mental Health in Multicultural Australia Ja kumurongo nkurukana bumenyi. www.mhima.org.au

Ishirahamwe ryabana abavyeyi babo bagendana ingwara zomumutwe ryitwa Children of Parents with a Mental Illness (COPMI)(COPMI)

Ja kumurongo ngurukanabumenyi. www.copmi.net.au

Ishirahamwe Sane Ja kumurongo ngurukanabumenyi. www.sane.org

Ishirahamwe Beyond Blue Ja kumurongo ngurukanabumenyi. www.beyondblue.org.au

Itegeko ryo 2000 rigenga Ubuzima bwo mumutwe

Ja kumurongo ngurukanabumenyi. www.health.qld.gov.au/mha2000/factsheets.asp

Nkuko inguvu zose zishoboka zakoreshejwe mukwegeranya amakuru nyayo yukuri ari muri kano gatabo, Ishirahamwe QPASTT, ntiriziorha imvune, gutakaza canke kumeregwa nabi bitewe nogukoresha muburyo ubwaribwo bwose amakuru ari muri kano gatabo. Ukeneye izindi kopi zakano gatabo ushobora kuzisohora kumurongo ngurukana bumenyi. www.qpastt.org.au

Ja kumurongo ngurukanabumenyi. www.qpastt.org.au

Ayamakuru yarondewe kandi yereranywa na: Ishirahamwe ryo muri Queensland Rifasha abasigajwe n'Itotezwa hamwe n'ihahamuka(QPASTT). Ishirahamwe QPASTT riagarariye Queensland mw'ihuriro rya Australia ry'amashirahamwe Yafasha abasigajwe n'Itotezwa hamwe n'ihahamuka. Ja kumurongo ngurukanabumenyi. www.fasst.org.au