

Ibikorwa vyo gushigikira ukumererwa neza mu mutwe kw'abagwaye Coronavirus

Gushigikirwa ubuzima bwawe bwo mu mutwe biciye mu kwiyugarana

Haherutse kubaho impinduka nyinshi, kandi gusubira kwiyugarana kwawe bishobora gutuma ibigumbagumba vyawe birengerwa canke mbere ntunashobore kumenya ingene uvyifatamwo

Nimba rero wumva yuko utabona ingene wovyifatamwo, canke uwo wokwirukira, **turi ngaha kugira ngo dushigikire ubuzima bwawe bwo mu mutwe.**

Bivugana natwe

Abahanuzi bacu barigishijwe bihagije kandi bari ngaho kugira ngo bagushigikire, bagufashe biciye ku kuvugana kuri telephone. Ni ku buntu kandi ikora amasaha 24/24. Hamagara kuri **1800 512 348**

Ugushigikirwa ku murongo ngurukanabumenyi hamwe no kuronka inkuru

Urubuga rwacu ngurukanabumenyi rutanga kenshi na kenshi inkuru, impanuro n'ubuhinga bwo kugufasha kugira ngo umererwe neza hamwe n'amagara meza yo mu mutwe muri iki gihe. Vyongeye bitanga amasaha 24/7 ku kuganirira ku rubuga ngurukanabumenyi ku buntu ubifashijwemwo n'umuhinga wacu w'umuhanuzi twigishije yabinonosoye. Ronderera kuri

coronavirus.beyondblue.org.au

Ukugarukira abashaka kwiyahura hamwe no gushigikira abari mu ngorane

Ku mfashanyo y'ako kanya nyene, hamagara ku murongo w'ubuzima kuri **13 11 14**

Iyo uri mu kaga gakomeye, canke ushitse ahanu ushaka kwigirira nabi canke kugirira nabi abandi, usabwe guhamagara kuri **000**

Imfashanyo ku batavuga ururimi rw'Ikingereza

Turafise uburyo bwinshi butandukanye ku bantu ururimi rwabo rwa mbere atari Ikingereza. Abantu badfakoresha Ikingereza nk'ururimi rwabo rwa mbere barashobora kuronka ababasobanurira ku buntu bakomotse mu bikorwa vyo gusobanura no gusigura

www.tisnational.gov.au

Biciye muri TIS y'igihugu, urashobora kuronka telephone y'ako kanya nyene canke yatunganijwe imbere y'igihe igusobanurira ibirik biraba.

Ku bijanye n'ibikorwa vy'ikibirira, usabwe kwakura kuri **131 450**.



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 **1800 512 348**