



Gushigikira amagara yo mu mutwe n'ukumererwa neza ku bakazi mu gihe c'ikiza ca COVID-19



Amagara yo mu mutwe n'ukumererwa neza ni ngirakamaro. Amagara yacu yo mu mutwe ni kimwe mu bitugize twese. Ikiza ca COVID-19 n'ibindi bibazo vyatumye abantu benshi bumva ko:

- Ata kigenda
- Bazazaniwe
- Babuze ico bafata n'ico bareka
- Bahagarika umutima
- Barengerwa
- Barajwe ishingira n'ukundi ibintu bigenda birahindagurika kandi bakipfuzako ibintu vyogaruha ku murongo vyahorako.

Kuri benshi, COVID-19 yarahinduye uburyo tubaho n'uburyo dukora ubu. Ivyo twacyemwo biratandukanye kubera impamvu nyinshi, muri izo harimwo aho uba, n'ubwoko bw'igikorwa cawe. Kuri bamwe vyasigiyeye gukorera kure yahoo bahoze bakorera, kwiga ubuhinga bushasha bw'ukugira ngo ugume uri mu mutekano aho ukorera, canke na ho ukagerageza gukurikiza ukutarenge ingingo zafashwe ariko ukajya ku gikorwa hamwe n'ibindi bikorwa vyo kwitwararika ntahara ufise. Ntaco bitwaye ku myaka yawe canke ku vyo uriko urabamwo, ni ngombwa ko witwararika amagara n'ubuzima bwawe bwo mu mutwe kandi ukamenya ugushigikirwa ushobora kuronka. Imfashanyo irashobora vyongeye kuba ikenewe kugira ngo uronke akandi kazi gashasha, canke kugira ngo utangure kwiga canke kumenyerezwa.



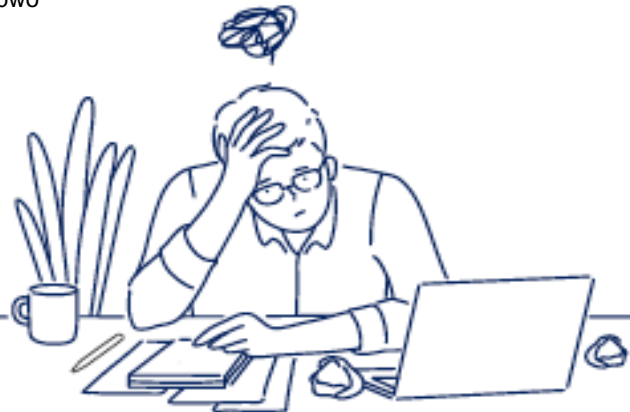
Gusubira aho wahora ukorera

Bamwe baranzerejwe no gukorera kure y'aho bahora bakorera kandi bashobora kuba barajwe ishingira no gusubira mu kibanza bahoze bakoreramwo. Abanda na bo barakumbuye kwongera kubonana n'ukuvugana amaso mu yandi n'abo bakorera kandi barahamiraye gusubira mu kibanza bahoze bakoreramwo. Uko ubibona kwose, twese turakeneye kumenya ukugene umukoresha wacu ariko arategukanya ingene aho dukorera hatazogira ikibazo camutse kuri COVID hamwe n'inyifato umuntu ategerezwa kugira. Nimba bibaye ngombwa, ahantu hawe ukorera hashobora kugira integuro y'umutekano kuri COVID kandi urashobora kubaza umukoresha wawe ivyerekeranye n'iyi nteguro.

Abantu bamwe bari mu kaga kanini ko kwandura izindi ngwara zikomeye hamwe bogwara COVID-19. Nimba rero urwaye izindi ngwara zotuma vyunyuka hamwe wanduye COVID-19, vugana na muganga wawe ku vyerekeranye no gusubira ku kazi mu kibanza wahoze ukoreramwo. Vyongeye utegerezwa kuvugana n'umukoresha wawe, kuko bakeneye kwitaho amagara yawe igihe bariko barasuzuma yuko ata ngorane hamwe wosubira ku kazi aho wahoze ukorera

Abakoresha bakwiriye:

- Kubanza kuvugana n'abakozi ivyerekeranye n'intambuko bagomba gufata kugira ngo bakinge ukugwirirana kwa COVID-19
- Gushira mu bikorwa ingingo zo guhana inta hagati y'umuntu n'uwundi nko mu guhindura intebe kugira ngo abantu batandukane canke mu kugabanya abantu bakorera ahantu bahora bakorera mu kiringo kimwe
- Kwibutsa abakozi ko bakwiye gukwiririza ingingo zijanye n'isuku kandi bakabaha uburyo bwo gukora isuku risabwa
- Gusaba ko abakozi baguma muhira igihe barwaye
- Gusukura aho bakorera ku kazi kenshi kandi bakahafyikinyura
- Gushiraho integuro y'ivyo bazokora igihe hari umuntu arwaye COVID-19 aho bakorera,



Gukoresha ubuhinga bwa bose bwo kwiunguruzwa uja ku kazi

Uwo ari we wese ategerezwa kubandanya agumiza hagati yiwe n'uwundi inta ingana na 1.5 m. Nimba imodoka urindiriyeye irimwo abantu benshi, raba yuko uturindira iyindi ija kuza hanyuma, nimba bishoboka. Nimba ubona ko icyo kibazo kibandanya iziza zose zirimwo abantu benshi, rabira hamwe n'umukoresha wawe ibindi bintu vyokorwa, nko gukorera mu muhira, canke gutangura imbere y'amasaha wahora utangurirako akazi canke gutangura akazi inyuma y'amasaha wahora ugatangurirako.

Aho ukwandukizanya mu kibano kwa COVID-19 atari kunini, kwambara agapfuka munwa n'amazu igihe utarwaye mu bisanzwe si nkenerwa.

Aho hari ukwandukizanya kudasanzwe mu kibano, urashobora guhitamwo kwambara agapfuka munwa n'amazuru canke abategetsi bajewe amagara y'abantu bashobora gusaba ko wambara agapfuka munwa n'amazuru. Iyo guhana inta bidashoboka, nk'akarorero mu modoka zitwara abantu, kwipfuka mu maso n'agapfuka mu maso birashobora kugukingira birushirije. Ronderera ku muhora ngurukanabumenyi bw'igisata c'amagara mu kwambara agapfukamunwa n'amazuru no mu maso www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/masks ku zindi nkuru zirengereye izo tughaye. Ronderera vyongeye ku muhora ngurukanabumenyi w'akazi mu mutekano muri Australia kuri www.safeworkaustralia.gov.au ku nkuru zerekeranye n'ugukoresha oagapfukamunwa n'amazuru hamwe no mu maso aho umuntu akorera ku kazi.

Intambuko abakozi bategerezwa gufata kugira ngo ntibandure

Uwo ari we wese, yaba ku kazi canke hagati mu bandi bantu, ategerezwa kutandura COVID:

- Mu gukurikiza amategeko y'isuku
- Guhana inta y'imetero 1.5 hagati y'umuntu n'uwundi aho bishoboka
- Guma I muhira iyo urwaye
- Ipimisha nimba ufise ibimenyetso vy'ugushuha canke vy'ibicurane.

Umaze kwipimisha ugasanga ugwaye, raba neza ko abategetsi bajewe ivy'amagara y'abantu barashobora gutora ningoga umugera kandi bagakora ningoga kugira ngo bahagarike ukwo kurandagata.

Kuba ufise ubuhinga bwa COVIDSafe birafasha abategetsi bajewe amagara y'abantu kugushikira ningoga iyo wegeranye n'umuntu yanduye COVID-19. Ibi bizogufasha kuronka impanuro ukeneye kugira ngo wikingire akaga ko gukwiragiza uwo mugera mu kibano canyu.

Kurinda amagara yanyu yo mu mutwe n'ukumererwa neza

Kwiyubara no kwirinda ku magara yawe yo mu mutwe n'ukumererwa neza ni kimwe mu bintu ngirakamaro co kimwe no kuba mu mutekano ku kazi. Twese turiko turagerageza kwubaka ubwenge bushasha n'ubuhinga bushasha kugira ngo tumenyere inzira nshasha tutigeze ducamwo imbere y'iki kiza. Nimba wumva bikuraje ishingira, si vyiza gusa gusaba imfashanyo, ariko ahubwo ni simusiga. Hariho imfashanyo zo mu buryo bwinshi ziboneka ku bantu bari mu bibazo vyinshi bitandukanye kandi urashobora kuronka urutonde rw'imfasahnyo zishoboka kuri iki kigabane c'iki gice canditswe ngaha.

Ku bantu baja barwaye ingwara zo mu mutwe, ni ngirakamaro ko uguma uronka imfashanyo. Kuvugwa no kwitwararika birashobora guhinduka mu mwanya ni co gituma ukwiriye gukoresha telephone na internet kugira ngo ugume uri kumwe n'imihora ishigikirana.

Guhanahana amakuru ku kazi

Kubera ibintu vyinshi biriko birahindagurika ningoga, ni ngirakamaro ko muguma muvugana n'umukoresha wanyu n'umugwi mukoreramwo. Mwuguruke, muvugishe ukuri kwose ku bibazazaniye n'ibibazo mufise ku vyerekeranye n'ukugaruka ku kazi canke ako kazi ubwako. Ibi bizogufasha gutorera umuti ibibazo, kugabanya amatati, kandi ukamenyera impinduka.



Impinduka ku kazi aho ukorera

Impinduka zirashobora kutanezereza kandi zigatuma utamenya ikigezweko. Wiyibutse ko ata ngorane kwumva yuko wahungabanye uko wewe n'umugwi mumenyera inzira nshasha z'akazi no kumenyera aho ukorera.

Fata umusi wose uko uje kandi wibuke ko twese tutifata kumwe iyo habaye ibihinduka.

Akamenyero karafasha

Gushiraho akamenyero gashasha birashobora kugufasha kwongera kwinjira mu kazi n'aho wahora ukorera canke ukiga kubana no kumenyera inzira nshasha za COVIDSafe. Vyongeye ni akaryo ko kwiyumvira ku bikorwa ukwiye gushira mu kamenyero kawe gashasha muri ibi bikorwa ugiye gutangura. Muri ivyo hashobora kuba harimwo gukoresha uburyo bwo gutumatumanako amakuru n'ibikorwa nko kugira imyimenyerezo y'umubiri, ukwiyumvira no gusoma.

Ironderere umwanya

Kuguma uzi ibigezweho, impinduka zabaye n'ibishirwa imbere y'ibindi vyose birashobora kuruhisha. Ni ngirakamaro kwironderera umwanya wo gusinzira, kugira imyimenyerezo y'umubiri n'umwanya wo kwifata neza no kwiyubaka kugira ngo bigufashe kwikorera ivyo vyose vyongeyeko ku vyo wahora ukora.



Rondera ugushigikirwa

Gusaba imfashanyo nimba wumva ufise ubikuzazaniye birashobora kugufasha gusubira kumenyera akazi vyihuta aho kuvyigumizamwo. Birashoboka ko iyo mfashanyo iva ku muryango, canke abagenzi, canke imfashanyo ivuye ku gushigikirwa mu vy'ubwenge, ariko twese turakeneye ugushigikirwa no kugirwa inama rimwe na rimwe.

Abo mushobora kuvugana

Inkuru ku bakoresha no ku bakozi

Akazi mu mutekano muri Australia: inkuru ku bakoresha no ku bakozi, ibiriho, hamwe n'ibikoresho vyo gufasha kugira ngo aho gukorera hagume hari umutekano n'amahoro. www.safeworkaustralia.gov.au



24/7 Ibikorwa bitanga ukugira inama abantu no gushigikira

Umutwe uja ku magara: inzira ya Reta yo muri Australia yo mu buryo bugezweho yo mu magara yo mu mutwe itanga inkuru zitandukanye nyinshi, impanuro, hamwe n'iyindi mihora ishikana ku ma telephone y'ubantu n'amatelephone arihishwa amahera make hamwe n'ibikorwa vy'amagara vyo mu mutwe vyo ku murongo ngurukanabumenyi www.headtohealth.gov.au

Kure cane: ibikorwa vyo gushigikira amagara yo mu mutwe n'ukumererwa neza vya Coronavirus bitanga imfashanyo ku bibazo vyinshi vyo mu magara yo mu mutwe kandi birahari kuri telephone canke ku murongo ngurukanabumenyi biciye ku kuganira canke kuri email [1800 512 348](tel:1800512348) | <https://coronavirus.beyondblue.org.au/>

Umurongo w'ubuzima Australia: ibikorwa vy'ugushigikira abari mu kaga bitanga bitanga imfashanyo y'igihe gito igihe ico ari co cose ku bantu bafise bafise ingorane z'ukumenyera canke z'ukuguma bari mu mahoro n'umutekano [13 11 14](tel:131114) | www.lifeline.org.au

Umurongo wo gufasha abana: itelephone itarihishwa, y'ibanga kandi atabayumviriza hamwe n'ibikorwa vy'ugutnga impanuro ku murongo ku miyabaga guhera ku myaka 5 gushika ku myaka 25 kuri [1800 55 1800](tel:1800551800) | www.kidshelpline.com.au

Ibikorwa vy'ugutabariza abashaka kwiyahura: ku muntu uwo ari we wese ashaka kwiyahura canke abana n'uwushaka kwiyahura, canke agandariye uwiyahuye, ibikorwa vy'ugutabariza umuntu nk'uwo birahari kuri [1300 659 467](tel:1300659467) | www.suicidecallbackservice.org.au

MensLine Australia (umurongo w'abagabo muri Australia): kugirwa inama kuri telephone hamwe n'ibikorwa vyo ku murongo ngurukanabumenyi ku bagabo. [1300 78 99 78](tel:1300789978) | www.mensline.org.au

Amaboko yuguruye: Kugira inama abakukurutse bahoze ku rugamba n'imiryango: ivyo bikorwa bigira inama abasirikare batarakukuruka, abakukurutse bahoze ku rugamba, n'imiryango yabo ku buntu kandi no mu buryo bw'ibanga, bikabaha gahunda z'imirwi n'ikibano hamwe n'imihora y'abangana. [1800 011 046](tel:1800011046) | www.openarms.gov.au

Gushigikirana amaso mu yandi

Umuganga wawe avura vyose

Nimba wewe canke umuryango wawe muriko muraca mu bihe bigoye biguma bigaruka, musabwe kuvugana n'umuganga wanyu wo mu micungararo avura vyose, ari we nzira igushikana ku magara meza yo mu mutwe hamwe no ku bindi bikorwa vyerekeranye n'amagara. www.healthdirect.gov.au/australian-health-services

Abajenama

Ikibano co muri Australia ku bijanye n'ivyo mu mutwe gitanga igikoresho coroshe c'ugushakashakisha kugira ngo bifatanye n'umuganga w'ivyo mu mutwe mu karere umuntu arimwo biciye kuri telehealth. Abenegihugu ba Australia begwa n'iki kibazo barashobora gushikira imibonano ya telehealth mu gihe c'ukwaduuka kwa coronavirus. Shakashakisha ibikubereye n'ivyo ukeneye kuri: www.psychology.org.au/Find-a-Psychologist

Ikibanza co mu mutwe

Ikibanza co mu mutwe gitanga ibikorwa ku buntu canke ibikorwa ku mahera make ku bantu bakiri bato bageze hagati y'imyaka 12 gushika kuri 25, imiryango yabo n'abagenzi. Ikibanza co mu mutwe gitanga ukwitwararika mu bintu vyose bigize ubuzima mu bisata bine bikuru bikuru – amagara yo mu mutwe, amagara ajanye n'ivyo mu mutwe vyokorakorwko, abatwawe n'ibiyayura mutwe n'akaborerwe, n'ugushigikira mu bijanye n'ikibano n'ibikorwa vy'imyuga. Ikarata y'umuhora werekeranye n'ikibanza co mu mutwe yarashizwe ahabona kuri www.headspace.org.au

Kumenyereza ivyo imvukira z'abo muri Australia zicamwo (AIME)

AIME ni icyumviro c'ivyigwa n'urutonde rw'ukumenyereza abakiri bato b'abasangwabutaka n'aba Torres Strait Islander baja bari mu vyigwa kandi bipfuzwa gushika kure mu vyigwa vyabo.

AIME itanga urubuga ku banyeshuri bo muri kaminuza n'abaserukizi b'ikibano gusubiza ab'iwabo biciye mu kubamenyereza, kubigisha, kubereka, biciye mu nganda hamwe n'ivyigwa vyashinzwe mu burere bushika 33 co kimwe no ku murongo ngurukanabumenyi kandi no mu gufatany n'amashuri 250. <https://aimementoring.com/>

Urutonde rwiza rwo gufatanya n'abandi

Urwo rutonde rushiraho imigenderanire n'ugufatikanya kuri hagati y'amashuri n'abavyeyi, abarezi kugira ngo bateze imbere ibiva mu burezi bw'abanyeshuri bashobore gushika kure. Bitanga inkuru igezweho n'ubumenyi bugezweho biciye mu nganda hamwe no ku bivumburwa, bisangwa ku buhinga n'imirongo ngurukanabumenyi www.positivepartnerships.com.au/

ibiboneka ku murongo ngurukanabumenyi

Icambu c'ukumererwa neza c'abanyeshuri

Icambu c'ukumererwa neza c'abanyeshuri gitanga inkuru ku murongo ngurukanabumenyi ku myaka y'abantu ku bigisha, abavyeyi n'abanyeshuri. Urashobora gushikira ubwo buhinga bugaragara, bufadika mu rurimi rwumvikana kugira ngo bifashe kugabanya akaga k'ubwoba n'ukurengerwa mu bana no mu bakiri bato.

www.studentwellbeinghub.edu.au

Kwegera

Kwegera bifasha abari musu y'imyaka 25 n'ibibazo vya buri musu mu bihe bigoye. Umuhora urafiseinkuru zibikwiye n'ibikoresho umuntu ashobora kwifashisha kugira ngo abakiri bato bashobore gufata intambuko zigaragara z'ugutahura no kuyobora ubuzima n'amagara vyabo vyo mu mutwe. Uwo muhora urimwo vyongeye ikibanza c'umutekano n'amahoro, gishigikira kandi ata wushobora kumenya uwurimwo n'uwutarimwo ku bakiri bato kugira ngo baganire n'abandi basabikanye ivyo bariko baracamwo. www.au.reachout.com

TEN – Umuhora ngenderwako

Ubuhinga bushigikira abihebeye ibikorwa vy'amagara y'abantu bakora mu bijanye n'amagara y'abantu, abitaho abageze mu za bukuru, hamwe n'abagendana ubumuga kugira ngo bagarukire ubuzima n'akazi naho hoba hariho COVID-19.

[Download the app for Apple \(pakurura ubwo buhinga kuri apple\)](#) | [Download the app for Android \(pakurura ubwo buhinga kuri Android\)](#)

Gushigikira ivy'akazi n'inkuru

Ishuri ry'igihugu ryigisha ivy'akazi

Gushigikira abakiri bato kugira ngo bashobore kuja bararaba inzira ziriho z'inyuma y'ishuri ryisumbuye ziriho kuri www.nci.dese.gov.au.

Abarondera kwiga

Inkuru nyinshi ku bihumbi n'ibihumbagiza vy'ivyigwa vyigirwa ku buhinga ngurukanabumenyi hamwe no mu bigo vy'amakaminuza zaratanzwe mu buryo bufadika kandi no mu buryo bw'uko ushobora kugereranya kuri

www.courseseeeker.edu.au.

Gutegura ivy'akazi

Inkuru ataho yegamiye ku bijanye n'ugutegekanya igikorwa umuntu yimenyerezamwo, inzira zishikana kuri ivyo bikorwa, hamwe n'ibikorwa mfatakibanza bizogushikana ku gikorwa wipfuzwa gushikako birahari kuri

www.myfuture.edu.au.

Kwigisha ivyerekeranye n'akazi

Inkuru ku gikorwa co mu kibanza co mu mutwe hamwe n'urutonde rw'ukwiga hamwe n'urutonde rw'ukumenyereza abagomba gukora ivyo bikorwa vyo gushigikira abakiri bato bari hagati y'imyaka 15-25 kugira ngo bategure igikorwa bazokora, kurondera akazi canke aho uba urakora kugira ngo uzobandanye ivyigwa birahari kuri <https://headspace.org.au/our-services/digital-work-and-study-service/>