

## Inkurikizi zo guhahamuka. Indwara nyakuri



### Wiyumva ari wewe nyene?

Itegereze neza ivyimviro bikurikira

- Naciye mu bintu bikomeye kandi biteye ubwoba.
- Numva ivyambayeko bigiye gusubira kugaruka
- Uko niyumva biza ntavyiteguriye
- Ngira indoto mbi kandi nkibuka ibintu biteye ubwoba
- Sinegereye ahantu hanyibutsa ivyambayeko
- Rimwe na rimwe ndatetemera ngashavura iyo ikintu kimbayeko ntari ndaciteze
- Birangora kugirira icizere canke kwumva abandi bantu bari hafi yanje
- Numva muri make umengo nasaze
- Numva mfise icaha kubona abandi barafuye nanje ngasigara
- Birangora kuronka itiro, umubiri wanje numva utameze neza

Niwaba wumva ibi vyiymviro bimeze nk'ivyawe, ushobora kuba ufise inkurikizi zo guhahamuka. Inkurikizi zo guhahamuka ni ingwara ikenewe kuvugwa. Si amakosa yawe, niwaba ufise iyo ndwara ntigusinzikaze. Ushobora kwiga ukuntu wobona uko ufashwa. Ushobora gukira ubuzima bwawe bukakugarukira.

### Inkurikizi zo guhahamuka n'izihe?

Inkurikizi zo guhahamuka ni indwara nyakuri. Abantu bashobora kugira iyo ndwara kuberako baciye mu bintu bibi cane kandi biteye ubwoba. Zishobora kuvugwa n'imiti canke n'ugukurikiranwa.

Ushobora kugira inkurikizi zo guhahamuka kuberako:

- wafashwe kunguvu ugakorerwa ivya mfura mbi (ibiterasoni).
- wakubise canke wagiriye nabi umuntu wo mu muryango wawe
- hari ubukozi bw'ikibi bwakubayeko
- wagize impanuka y'umuduga canke y'indege

- waguye mu gihuhusi c'umuyaga canke muntureka y'umuriro
- uvuye mu ntambara
- wabaye impunzi kunguvu
- iyo waciye mu bintu wiyumvirako vyari kuguhitana
- Ushobora kugira inkurikizi zo guhahamuka kuberako wabonye ibi vyose

Niba ufise inkurikizi zo guhahamuka, igihe cose ugira indoto mbi canke ivyiymviro biteye ubwoba biva ku vya kubayeko Wirinda kwegera icarico cose kikwibutsa ivya kubayeko biteye ubwoba

Ushobora kwumva ushavuye udashobora no kwiyegereza abandi canke ngo ubizere.

Umwanya wose uguma wikanga Wumva utameze neza iyo ikintu kikubayeko utaciteguriye



### Inkurikizi zo guhahamuka zitangura ryari kandi zimara igihe kingana gute?

Ku bantu benshi, inkurikizi zo guhahamuka zitangura mu mezi atatu inyuma y'ibintu bibi

vyakubayeko

Ku bandi bantu, ibimenyetso vy'inkurikizi zo guhahamuka ntivyirekana kugeza inyuma y'umwaka Inkurikizi zo guhahamuka zishobora kuba kuwariwe wese, ku myaka iyo ariyo yose. N'abana bashobora kuzigira. Abantu bamwe bamwe bakira bitarenze amezi atandatu, ariko abandi bashobora kugira iyo ndwara igihe kirekire

### Nijewe jenyene mfise iyo ndwara?

Oya, si wewe wenyene. Mu mwaka uwariwo wose Abanyamerika miliyoni zitanu n'ibihumbi amajana abiri baba bafise inkurikizi zo guhahamuka

### None n'iki nokora ngo nifashe?

Egera umuganga wawe, umubwire ibintu bibi vyakubayeko nuko wumva umerewe. Bwira

muganga wawe niwaba uhora urota nabi, udasinzira neza canke ushavuzwa n'ubusa. Bwira muganga wawe niba izo ngaruka zikubuza gukora akazi kawe ka buri muni canke kubaho ubuzima bwawe. Bwira muganga uko wiyumva. Saba muganga wawe ko yogusuzuma kugirango ube umenye neza ko atayindi ndwara ufise. Baza muganga wawe niba yarigeze gufasha abandi bantu bafise inkurikizi zo guhahamuka. Niba muganga wawe atavyigiye, mubaze izina ry'umuganga yavyigiye.

### **N'iki umuganga yokora kugirango amfashe?**

Muganga ashobora kuguha imiti kugirango agufashe kumererwa neza ushire ubwoba. Ariko bishobora gutwara indwi nyinshi kugirango umuti ugire ico ukumarira. Kuvugana n'umuganga yavyigiye kandi yabinonosoye bifasha abantu benshi bafise inkurikizi zo guhahamuka. Vyitwa guhumuriza. Guhumuriza bishobora kugufasha kuva mu bintu bibi vyakubayeko.



### **Iyi ni inkuru y'umuntu:**

Nyuma yuko ngiriwe nabi, numvise mfise ubwoba, ntameze neza kandi nkama nshavuye. Sinashobora gutora itiro canke ngo mfungure neza. Niyo nagerageza kuvyiyumvira narara ndarota nabi nibuka ivyambayeko. Numva ntazi ivyo nkora ntazi naho nshobora gukura umuntu yomfasha. Incuti yambwiye guhamagara muganga. Muganga wanje yamfashije kubona uwundi yanonosoye ivy'inkurikizi zo guhahamuka. Nagomba gukora nivuye inyuma, ariko kuva aho ntanguriye kwivuza no gufata imiti, ntanguye kumererwa neza. Icanshimishije nuko ari jewe nabaye uwambere mu guhamagara muganga wanje.

**Wame wibuka ko ushobora kuronka ugufasha ubu. Bwira muganga wawe ibintu bibi vyakubayeho n'ingene wiyumva.**

Ushobora kuronka amakuru menshi. Hamagara telefoni 1-88-88- ANXIETY(1-888-826-9438). Ntuzoriha. Uzobona amakuru yerekeye inkurikizi zo guhahamuka bayakurungikiye. Ushobora no kuronka amakuru utarishe uciye kuri [www.nihm.nih.gov](http://www.nihm.nih.gov).

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