

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Ibirebana n'Ubuvuzi/Ubwiteganyirize bw'Ubuzima – 8

Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 8

KINYARWANDA

<p>Ni ibisanzwe gukenera kubona muganga igihe cyose wumva utameze neza mu mutwe cyangwa mu bwenge bwawe. Ntibikagutere isoni kuganirira umuntu mu igihe wumva ubabaye cyangwa uhangayitse.</p> <p>Ibibazo wanyuzemo mbere ushobora kuba ukibifite hakiyongeraho n'ibishyashya bikaba bibi cyane. Ibyo bishobora gutuma udasinzira neza, kugutera inzozu mbi cyangwa kubangamira imibanire yawe n'abandi.</p> <p>Igihe ufite ibyo bibazo ni byiza kubona muganga wazobereye muby' ubuzima bwo mu mutwe.</p>	<p>It is common to need to see a doctor about pain and suffering you have in your head and your mind. Do not be embarrassed if you need to talk to someone because you are feeling sad or worried.</p> <p>Your previous difficulties can stay with you, and current problems can make it hard to sleep, give you bad dreams, or cause trouble in your relationships. If you have some of these feelings, it is good to talk to someone who is an expert in mental health.</p>
<p>Igihe cyose wibutse ibyahise bikagutera inzozu mbi, kwicira urubanza, uburakari cyangwa kudasinzira neza, wagombye kureba muganga ushinzwe ibyo mu mutwe. Ashobora kuba umujyanama, umuvuzi kabuhariwe w'indwara zo mu mutwe, cyangwa umukangura mbaga, umuganga wazobereye mu gufasha abantu bahungabanye, n'umuntu ushinzwe guhugura abantu mu bibazo by'imibereho bita 'Social worker.'</p>	<p>If you flash back to memories of the past, have regular nightmares, guilt or anger, or difficulty sleeping, you may need the help of a mental health expert. This kind of care might be provided by a counselor, psychiatrist or social worker.</p>
<p>Ukeneye kubona ubwo bufasha kugirango ushobore gukora akazi. Bitabaye ibyo ntibyaba byoroshye yaba kuri wowe cyangwa ku muryango wawe. Ntabwo uzahanwa cyangwa ngo uhabwe akato n'umuryango wawe kuko washatse muganga ugufasha mu buzima bwawe bwo mu mutwe.</p>	<p>It is important to get help so that you can go to work. Going without help can be hard for you and also your family. You will <i>not</i> be punished or taken away from your family because of asking for help with your mental health.</p>