

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

**KIRUNDI**

<p>Ni ibisanzwe ko umuntu agenda kwa muganga iyo amenetse umutwe canke afise ingorane mu vyiyunviro. Ntugire isoni zo kubwira abandi ingene umerewe ubabaye ufise intuntu canke amakenga.</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>Urashobora kwihererana ingorane zawe bikagutera kubura itiro, kurota nabi, canke ntugire imigenderanire myiza n’abandi. Ufise ingorane nkizo, ukwiye kuvugana n’umuhinga w’ingwara zo mu mutwe.</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>Wibutse ivyagushikiye mu gihe ca kera, kurota nabi, ugatangura kwicira urubanza, gushavura kenshi, akabura itiro, uba ukeneye umuhinga mu vyerekeye ingorane zo mu mutwe. <u>U</u>umuntu yize ivyo guhanura n'a bantu, uwuvura ingwara zo mu mutwe, uwugushinzwe, abo nibo bogufasha.</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>Ni nkenegwa ko ufashwa kugira ngo ushobore gukora. Igihe utaronse uwugufasha, bizokugora kubaho mwe n’umuryango wawe. Nta muntu azoguhana, canke ngo agukure mu muryango wawe kuko wasavye imfashanyo zerekeye ubugwayi 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>