

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Huduma ya Matibabu na Bima ya Afya - 8**

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

SWAHILI

<p>Ni kawaida kuhitaji kumwona daktari kuhusu uchungu na shida uliyo nayo kichwani na akilini mwako. Usione aibu kama unahitaji kuongea na mtu kwa sababu unahisi huzuni au una wasiwasi.</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>Taabu za zamani zinaweza kubaki na wewe, na matatizo ya sasa yanaweza kukufanya ushindwe kulala, kukupa ndoto mbaya, au kusababisha shida katika uhusiano wako. Kama una baadhi ya hisia hizi, ni vizuri kuongea na mtu ambaye ni mtaalamu katika afya ya akili.</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>Kama una kumbukumbu za mambo yaliyopita, una ndoto mbaya mara kwa mara, unahisi una hatia au hasira, au taabu ya kupata usingizi, huenda ukahitaji msaada wa mtaalamu wa afya ya akili.</p> <p>Huduma kama hii huenda ikatolewa na mshauri, mtaalamu wa magonjwa ya akili au mfanyakazi wa jamii.</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 muhimu kupata msaada, ili uweze kwenda kazini. Kwenda bila msaada kunaweza kuwa vigumu kwako na kwa familia yako. <i>Hutaadhibiwa</i> au kutenganishwa na familia yako kwa sababu ya kuomba msaada wa afya yako ya akili.</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>