

MENTAL HEALTH

A close-up photograph of a woman with dark skin, wearing a traditional purple and gold patterned headwrap. She is resting her chin on her hand, looking down with a contemplative expression. The background is blurred green foliage.

INGWARA
YO MU MUTWE

KIRUNDI -
ENGLISH



Australian Government
Department of Health





INGWARA ZO MU MUTWE NI IKI?

Ingwara zo mu mutwe zihindura ivy'iyumviro vy'umuntu, ukuntu yiyumva hamwe n'ukuntu yitwara. Zitesha intumbero uko umuntu akora canke abona ibindi bikorwa canke kugira imibano myiza. Ingaruka zazo n'imbi mu buzima bw'umuntu.

WHAT IS MENTAL ILLNESS?

Mental illness significantly affects a person's thinking, emotional state and behaviour. It can disrupt a person's ability to work or carry out other activities and have satisfying personal relationships. The effects on a person's life can be severe.



IVYIYUMVIRO BIMWE BIMWE

abantu benshi, cane cane bimpunzi, bibaza ko umuntu w'umusazi kwari we agwaye ingwara yo mu mutwe. Ariko niyo umuntu atanguye kudakora neza ku kazi, kw' ishere, mu muryango hama no mu yindi migenderanire ya misi yose, ashobora kuba agwaye ingwara yo mu mutwe.

Ingwara zo mu mutwe zipimwa kandi zikavurwa n'Abahinga bavura ingwara zo mu mutwe.

SOME THOUGHTS

Many people, especially those from refugee backgrounds, think that only people who are foolish or crazy are experiencing mental illness. However, if a person starts to not perform well at work, study, family or other social relationships, they may be experiencing a mental illness.

Mental illnesses are diagnosed and treated by health care professionals.

UKURI KUBIJANYE N'INGWARA ZO MU MUTWE

- Muri Australia umuntu 1 muri 5 agendana ingwara yo mu mutwe
- Umuntu ashobora kugira ubwoko bw'ingwara burenze imwe zo mu mutwe mu kiringo c'ubuzima bwiwe
- Umuntu arashobora kugendana ubwoko bw'insi bw'ingwara zo mu mutwe mu gihe kimwe
- Abantu bamwe bamwe baragwara ingwara yo mu mutwe hama bagakira neza
- Kubandi nabo, igwara yo mu mutwe ishobora kugenda igaruka garuka mu buzima bwabo bwose.



FACTS ABOUT MENTAL ILLNESS

- In Australia, 1 in 5 people will experience a mental illness
- A person can experience more than one episode of a mental illness in his/her lifetime
- A person can experience more than one mental illness at the same time
- Some people experience mental illness only once and fully recover
- For other people, mental illness may come back from time to time throughout their lives.



IBINTU BISHOBORA GUTERA INGWARA ZO MU MUTWE

- Kuba nyamwigendako, kugira ubukene, umukazo wo kukazi canke kw'ishure
- Ukutumvikana mu muryango, umukazo canke gukubagurwa/guturubikwa
- Intuntu itewe no gupfisha canke gutakaza umuco
- Ingwara z'iigihe kirekire nk'Igisukari, Asima, Sida, Ingwara y'umutima...
- Ugukumirwa gufatiye ku moko canke imico
- Ingorane zijanye n'ubuhungiro
- Kunywa inzoga n'ibindi biyovyabwenge.

FACTORS WHICH CAN IMPACT ON THE WAY A MENTAL ILLNESS IS EXPERIENCED

- Isolation, financial problems, work or school stress
- Family/relationship break down, stress or violence
- Grief due to loss of loved one, loss of culture
- Long-term physical illness such as diabetes, asthma, HIV, heart disease
- Racial or cultural discrimination
- Refugee life experiences
- Use of alcohol or other drugs.



INGWARA ZIBIRI ZO MU MUTWE ZIKUNZE GUFATA ABANTU

1. AKABONGE

Rimwe na rimwe haraho bishika tukumva tubabaye canke tutaguweneza – ivyo ni ibisanzwe mu mibereho y'umuntu. Umubabaro n'ingaruka itumwa n'ikintu kanaka nk'akarorero kwirukanwa mu kazi. Akabonge bisobanura kugira umubabaro umara igihe kire kire gusumba uko bisanzwe, akabonge gahindura bimwe mu mibereho y'ubuzima bw'umuntu kandi bigatuma utakinezererwa ibantu wakunda kunezerererwa.



TWO MOST COMMON MENTAL ILLNESSES

1. DEPRESSION

We all feel down or sad from time to time - it's part of being a human being. Sadness is a reaction to something in particular e.g. loss of job. Depression means that feeling of sadness lasts longer than normal, affects most parts of a person's life and stops people enjoying things they used to.

MU BIMENYETSO VY'AKABONGE HARIMWO

- Kwumva utanezerewe
- Kwumva udakunze canke utanezererewe ku bintu wahora unezererewe
- Kubura akayabagu, guta ibiro/ kwunguka ibiro
- Gusinzira bigoranye canke kuryamira canke kuguma mugitanda umwanya mu nini ku musi
- Kwiyumva nabi
- Kwiyumvako ataco umaze canke kwagiriza canke kwiyagiriza ikosa
- Kugira iviyumviro bibi nko kwiyahura canke kwipfuza urupfu
- Kurwara umutwe, kubabara imitsi
- Kwikumira mu muryango canke mu bagenzi
- Kunywa inzoga cane canke ibiyovyabwenke
- Kutiyemera, kudafata ingingo, gushavura.



TYPICAL SYMPTOMS OF DEPRESSION INCLUDE

- Feeling of unhappiness, moodiness or irritability
- Losing interest and pleasure in activities that you enjoyed
- Increase or loss of appetite and weight
- Trouble sleeping or over-sleeping and staying in bed most of the day
- Feeling worried or tense
- Feeling bad, worthless or guilty
- Having dark and gloomy thoughts, including thoughts of death or suicide
- Headaches, muscle pains
- Withdrawing from close family and friends
- Increased use of alcohol or other drugs
- Lack of confidence, indecisiveness, frustration.

2. INGWARA Y'URUHAGARARA

Umuntu uwariwe wese aragera igihe akumva afise uruhagarara mu kiringo kanaka. Ariko kugira uruhagarara bishobora kuvamwo ingorane iyo umaze igihe kirekire wumva udafise umutekano mu mutima, ufise ubwoba, canke kwumva umerewe nabi kandi iyo ngwara iratuma ubuzima bw'umuntu butagenda neza.

2. ANXIETY

Everyone experiences anxiety at some time, however anxiety can become a problem when it is a long term feeling of worry, nervousness, or unease and it interferes with a person's life.

MU BIMENYETSO VY'INGWARA Y'URUHAGARARA HARIMWO

- Kwumva usa nkuwugeze kw'iherezo kugira ubwoba burenze
- Ishavu, gucankanyikirwa
- Kudasinzira
- Kugira iviyumviro vy'ingorane udashobora gutorera umuti
- Kugira ingorane yogufata ingingo
- Kunwa inzoga cane hamwe n'ibiyovya bwenke
- Kutumva umunezero
- Ibimenyetso vyo ku mubiri nk'ingwara y'umutima, ububabare mu gikiriza kuzunguriwa.

TYPICAL SYMPTOMS OF ANXIETY INCLUDE

- Feeling on edge, panicky
- Anger, confusion
- Sleeping poorly
- Having worrying thoughts that are hard to control
- Trouble making decisions
- Increased use of alcohol or other drugs
- Distress in social situations
- A range of physical symptoms such as pounding heart, chest pain, choking, nausea and dizziness.



INGWARA ZO MU MUTWE HAMWE NO KUNYWA INZOGA

Abantu benshi barakoresha kunywa inzoga kugira ngo bashobore gutorera umuti w'ibibazo vy'ingwara y'uruhagarara n'ingwara y'akabonge kandi no kugira biyumve neza. N' ubwo inzoga canke ibiyovya bwenke bishobora gutanga agahengwe gato mu kugabanya ibibazo biterwa n'ingwara y'uruhagarara hamwe n'akabonge, mu gihe kirekire inzoga n'ibindi biyovya bwenke bishobora:

- Gutuma ibimenyetso vy'ingwara yo kwihebura ni y' uruhagarara vyiyongera kandi kunywa inzoga bishobora gutera izo ngwara
- Biragora kuvura uwo muntu
- Bitera ingaruka mbi mu bundi buzima bw'umuntu nko kubijanye n'akazi, umuryango hamwe n'amagara muri rusangi
- Bituma umuntu igira ingorane ijanye no kunywa inzoga canke ibindi biyovya bwenke



MENTAL ILLNESS AND ALCOHOL USE

Some people use alcohol to cope with the symptoms of depression and anxiety and to make themselves feel better. While alcohol and other drug use may provide short term relief from worry and sadness, in the long term, alcohol and other drugs can:

- Make the symptoms of depression and anxiety worse as alcohol use can cause anxiety and depression
- Complicate treatment
- Negatively impact on other areas of life such as work, family and overall health
- Cause a person to develop problems with alcohol or other drugs.



UKUVURA/UMUTI

Ingwara nyinshi zo mu mutwe zirashobora kuvurwa. Ni vyiza kwivuza hakirikare, nkuko kwivuza kare bituma umuntu akira neza.

Ingwara zo mu mutwe zipimwa kandi zikavurwa n'Abahinga bavura ingwara zo mu mutwe. Uburyo gwokuzivura harimwo: igipimo kijanye n'ukuntu ubwenke/ivy'iyumviro bikora, umuti utangwa n'abahinga bize ivy'ingorane zo mu mutwe, impanuro, umuti hamwe n'imfashanyo ziva mu bisata vy'ubuvuzi.



TREATMENT

Most mental illnesses can be effectively healed. It is important to get treatment early as the earlier treatment starts the better the outcome.

Mental illnesses are diagnosed and treated by health care professionals. Effective treatment can include psychiatric assessment, counselling, ongoing support and medication through community health centres. Treatment is confidential.

NIHE NORONKA IMFASHANYO KUBIJANYE N'INGWARA ZO MU MITWE

Umuganga w'umuryango

Ishirahamwe ry'Ibiro vy'Abarundi: **0469 803 827**

Community Access and Services SA, Athol Park: **(08) 8447 8821**

Northern Mental Health Centre, Salisbury: **(08) 7485 4300**

Ikigo kivura ingwara y'uruhagarara hamwe n'akabonge, Thebarton: **(08) 8222 8100**

Beyond Blue: www.beyondblue.org.au, **1300 22 4636**

Multicultural Mental Health Australia: www.mmha.org.au

Alcohol and Drug Information Service: **1300 131340**

WHERE TO GO FOR HELP

Your family doctor

Burundian Community: **0469 803 827**

Community Access and Services SA, Athol Park: **(08) 8447 8821**

Northern Community Mental Health Centre, Salisbury: **(08) 7485 4300**

Centre for Treatment of Anxiety and Depression, Thebarton: **(08) 8222 8100**

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