

# UGONJWA WA AKILI

| MENTAL ILLNESS | SWAHILI - ENGLISH



Australian Government  
Department of Health



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# **MENTAL ILLNESS**

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**BILINGUAL BOOKLET ON COMORBIDITY**

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## NINI UGONJWA WA AKILI?

Ugonjwa wa akili kwa kiasi kikubwa huathiri kufikiri kwa mtu, hali ya hisia na tabia, na kuvuruga uwezo wa mtu kufanya kazi au kutekeleza shughuli nyingine. Madhara kwa maisha ya mtu yanaweza kuwa makali.

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## WHAT IS MENTAL ILLNESS?

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



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## BAADHI YA MAWAZO

Watu wengi, hasa wale wanaotoka asili ya wakimbizi, hufikiri kwamba ni watu tu ambao ni wajinga au waliochanganyikiwa ambao wanakabiliwa na ugonjwa wa akili. Hata hivyo, kama mtu anaanza kutokufanya kazi vizuri, masomo, familia na mahusiano mengine ya kijamii, anaweza kuwa anakabiliwa na ugonjwa wa akili.

Magonjwa ya akili yametambuliwa na kutibwa na wataalamu wa huduma ya afya.

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## 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 and other social relationships, he/she may be experiencing a mental illness.

Mental illnesses are diagnosed and treated by health care professionals.

## UKWELI KUHUSU UGONJWA WA AKILI

- Katika Australia, mtu 1 katika watu 5 watapata magonjwa ya akili
- Mtu anaweza kupitia sehemu zaidi ya moja ya ugonjwa wa akili katika maisha yake
- Mtu anaweza kupitia uzoefu zaidi wa ugonjwa wa akili zaidi ya mmoja kwa wakati huo huo
- Baadhi ya watu wanapitia uzoefu wa ugonjwa wa akili mara moja tu na kupona kikamilifu
- Kwa watu wengine, ugonjwa wa akili unaweza kuja baadaye mara kwa mara katika maisha yao.



## 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.



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## MAMBO AMBAYO YANAATHIRI JINSI AMBAYO UGOJWA WA AKILI UNAYOZOEWA

- Kutengwa, matatizo ya kifedha, kazi au shida shulenii
- Familia / uhusiano kubomoka, matatizo au vurugu
- Huzuni kutokana na kufiwa na ndugu, kupoteza utamaduni
- Ugonjwa wa muda mrefu wa kimwili kama vile ugonjwa wa kisukari, pumu, HIV, ugonjwa wa moyo
- Ubaguzi wa rangi au utamaduni
- Uzoefu wa maisha ya ukimbizi
- Matumizi ya pombe au dawa nyingine.

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## 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.



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## MAGONJWA MAWILI YA AKILI YALIYOZOYEKA

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### 1. KUNYONG'ONYEA

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Sisi wote huwa tunajihisi vibaya au huzuni mara kwa mara - ni sehemu ya kuwa mwanadamu. Huzuni ni matokeo ya kitu fulani kwa mfano kupoteza kazi. Kunyong'onyea ina maana kwamba hisia ya huzuni huchukua muda mrefu kuliko kawaida, huathiri sehemu nyingi za maisha ya mtu na kushidwa kufurahia vitu walivyovizoea.

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## TWO MOST COMMON MENTAL ILLNESSES

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### 1. DEPRESSION

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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.

# DALILI ZA WAZI ZA KUNYONG'ONYEA ZINAJJUMUISHA

- Hisia ya huzuni, ukiwa au kuwashwa
- Kupoteza nia na furaha katika shughuli unazozifurahia
- Kuongezeka au kupoteza hamu ya kula na uzito
- Shida ya kulala au kulala zaidi na kukaa katika kitanda zaidi ya siku
- Kujisikia vibaya au kuogopa
- Kujisikia vibaya, bila thamani au kuumizwa
- Kuwa na mawazo ya giza na mabaya, ikiwa ni pamoja na mawazo ya kifo au kuijua
- Maumivu ya kichwa na misuli
- Kujitoa kwenye marafiki wa karibu na familia
- Kuongeza kiasi cha kunywa pombe na madawa mengine ya kulevyo
- Kushidwa kujiamini, kushidwa kufanya maamzi, kuchanganyikiwa.



## 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. WASIWASI

Kila mtu hupitia uzoefu wa wasiwasi katika wakati fulani, hata hivyo wasiwasi unaweza kuwa tatizo wakati ukichukua muda mrefu wa hisia ya wasiwasi, woga, au kutokuridhishwa na unaweza kuathiri maisha ya mtu.

### DALILI ZA KUWA NA WASIWASI ZINAJUMUISHA

- Kuhisi vibaya, mawazo mengi
- Hasira, kuchanganyikiwa
- Kulala vibaya
- Kuwa na mawazo ya kuogopesha ambayo ni vigumu kuyamudu
- Kuhangaika kufanya maamuzi
- Kutumia kiasi kingi cha pombe au madawa ya kulevya
- Kutojisikia amani
- Dalili mbalimbali za kimwili kama vile mapigo ya moyo, maumivu ya kifua, kupaza sauti, kichefuchefu na kizunguzungu.

## 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.

### 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.



## MAGONJWA YA AKILI NA UTUMIAJI WA POMBE

Baadhi ya watu hutumia pombe kukabiliana na dalili za unyogovu na wasiwasni ili waweze kujisikia vizuri. Wakati pombe na matumizi mengine ya madawa ya kulevyia inaweza kutoa misaada ya muda mfupi kutokana na wasiwasni huzuni, kwa muda mrefu, pombe na dawa nyingine zinaweza:

- Tengeneza dalili za kunyong'onyea na wasiwasni kuwa mbaya wakati matumizi ya pombe yanaweza kusababisha wasiwasni huzuni
- Matibabu magumu
- Madhara mabaya katika maeneo mengine ya maisha kama vile kazi, familia na afya kwa ujumla
- Husababisha mtu kuendeleza matatizo ya pombe au dawa nyingine.

## 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.



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## MATIBABU

Magonjwa ya akili yanaweza kupona kwa uhakika. Ni muhimu kupata matibabu mapema maana tiba inapoanza mapema inaleta matokeo bora.

Magonjwa ya akili yametambuliwa na kutibiwa na wataalamu wa huduma ya afya. Matibabu ya ufanisi yanaweza kujumuisha tathmini ya akili, ushauri nasaha, msaada unaoendelea na dawa kuititia vituo vya afya vya jamii. Matibabu ni ya siri.

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## 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.



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## **SEHEMU YA KWENDA ILI KUPATA MSAADA**

Daktari wa Familia

Shirika la Jamuia ya Warundi: **8070706711 / 0469803827**

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

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

Kituo cha Magojwa ya Wasiwasi na Kunyong'onyea, Thebarton: **(08) 8222 8100**

Beyond Blue: <http://www.beyondblue.org.au>, **1300 22 4636**

Multicultural Mental Health Australia: [www.mmha.org.au](http://www.mmha.org.au)

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

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## **WHERE TO GO FOR HELP**

Your family doctor

Burundian Community: **8070706711 / 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**

Beyond Blue: <http://www.beyondblue.org.au>, **1300 22 4636**

Multicultural Mental Health Australia: [www.mmha.org.au](http://www.mmha.org.au)

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

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**Onyo**

Watu ambao wanaonekana katika picha hizi ni watu wanajitolea kutoka jamii. Hakuna maoni, ukweli au kusema kwamba watu ambo wameshiriki katika kitabu hiki wana matatizo ya afya ya akili.

**Disclaimer**

People appearing in these photos are volunteers from community. There is no suggestion, real or implied that the people taking part in this booklet have mental health problems.



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