



Indwara zo mu mutwe ku bibungenge & Abavyeyi bashasha

Kwibungenga no kwitwararika umwana bishobora gutuma ubuzima buhinduka.
Bishobora kandi kuguma cane.

PMADs ni iki?

Kwumva umerewe nabi kandi udatekanye (PMADs) ni umugwi w'ibimenyetso bishobora gushika mu gihe co kwibungenga hamwe no mu gihe c'inyuma yo kwibaruka (kugeza igihe umwana afise umwaka 1). Bishobora gutera ivyiyumviro hamwe n'ububabare butuma udashobora kunezererwa ubuzima no gukora neza. PMADs ni ingorane ziza ubwa mbere mu kwibaruka.

PMADs zirasanzwe kandi ziravurwa.

Ibimenyetso vy'ububabare bwo kudekana igihe co kwibungenga canke ku mwana mu mwaka wambere, bishikira abavyeyi b'imico yose, imyaka, ubutunzi hamwe n'ubwoko. Izi nizo porogarama zo gufasha.

Ni iki congereza ivyago vy'umuntu?

Abibungenge benshi bagera kuri 20% canke baheruka kwibaruka barwaye PMADs. Abantu bamwe bamwe bafise ivyago vyinshi vyo kwandura PMADs kubera uburambe bw'ubuzima, uko baremwe, hamwe n'uko ubwonko bumeze. Agahinda gashobora kuva ku bukene kongereza ivyago vy'umuntu vyo kugira ibimenyetso. Akahise kivangura rishingiye ku rukoba muri Amerika kongereza ivyago ku bantu birabura, abatamuka muri Amerika, abatari abazungu (BIPOC).

Ni hehe uronka ubufasha

Nimba ukeneye ubufasha ubu nyene canke uri mu ngorane, ja ku bitaro bikwegereye mu cumba c'ubutabazi.

Mfasha gukura: ronka ubufasha ku mutangabufasha mu vy'indwara zo mu mutwe hamwe n'izindi serivisi. Hamagara 2-1-1 hitamwo 6, andika HMGVT kuri 898211, canke email info@helpmegrowvt.org.

Ishirahamwe mpuzamakungu ry'i Vermont rifasha abibaratse (PSI) :vugana n'abatuganyabikorwa bo mu karere canke urondere ubufasha kubuhinga ngurukanabumenyi, amakuru, hamwe n'ubufasha. kuri www.postpartum.net.

Amavuriro vyagenewe kuvura indwara zo mu mutwe: hamagara umuntu yavyigiyeye kugira atange ubufasha ku bavyeyi, abana, n'imiryango. Amavuriro menshi yarafashije imigwi kwiyakira igihe bibungenge hamwe no kwitaho uruhinja. Ronka ayandi makuru kuri www.mentalhealth.vermont.gov.

Ku yandi makuru, ja kuri SupportDeliveredVT.com



