



# support DELIVERED

## Amakuru yerekeye Amagara yo mu Mutwe ku Bagore Bibungenze + Abavyeyi bashasha

Igihe co kwibungenga no kwitwararika uruyoya ni igihe giteye umunezero.

**Kirashobora kandi kuba igihe kigoye c'umwitwarariko udasanzwe.**

### Indwara z'ibishobisho n'ubwoba bifata mu gihe c'imibanyi (PMADs) zimeze gute?

Indwara z'ibishobisho n'ubwoba zifata mu gihe c'imibanyi (PMADs) ni umugwi w'ibimenyetso bishobora kwaduka mu gihe c'imibanyi no mu mwaka wa mbere inyuma y'ukuvyara nk'ibi:

- Kwumva urushe cane ariko bikanka ko uryama,
- Kwumva ufise umwitwarariko mwinshi, urengewe, canke udashobora guhangana n'ibihe urimwo,
- » Kugira ubwoba n'ivyiyumviro bibi.
- » Kwumva ushavye canke ushobora gushavura vyoroshe.

Bishobora gutuma ugira ingorane z'ibigumbagumba ndetse n'umubiri bigatuma utanezererwa  
»buzima kandi umubiri wawe ntukore neza.

Indwara z'ibishobisho n'ubwoba bifata mu gihe c'imibanyi (PMADs) biri mu bibazo bikurubikuru biza umuntu avyaye.

### Indwara z'ibishobisho n'ubwoba bifata mu gihe c'imibanyi birasanzwe kandi biravurwa.

Ibimenyetso vy'ibishobisho n'ubwoba mu gihe c'imibanyi no mu mwaka wa mbere inyuma yo kuvyara bishikira abavyeyi bo mu mico yose, bo mu myaka yose, no mu bwoko bwose kandi bitaravye amafaranga winjiza. Abantu benshi barakeneye ubufasha no gushigikirwa. Hariho amaporogarama yo gufasha.

### Ni igiki gituma umuntu agira amahirwe menshi yo guhura n'ico kibazo?

Abibungenze bashika ku bice 25% barafise Indwara z'ibishobisho n'ubwoba bifata mu gihe c'imibanyi (PMADs). Amahirwe yo gufatwa n'iyi ndwara y'ibishobisho n'ubwoba bifata mu gihe c'imibanyi (PMADs) ni menshi ku bantu bamwebamwe bivanye n'iyi bacyemwo mu buzima, n'uko imibiri yabo isanzwe imeze, n'intungamubiri z'ubwonko. Umwitwarariko mwinshi ushobora kuva k'ubukene bituma haba amahirwe menshi yo kugaragaza ibimenyetso vy'iyi ndwara. Kahise kubakiye ku rukoba muri Amerika karagwiza ukubaho kw'Indwara z'ibishobisho n'ubwoba bifata mu gihe c'imibanyi (PMADs) ku birabure, abasangwabutaka, umuryango w'abafise urukoba rucanze (BIPOC).

### Ni hehe wokura ubufasha?

Nimba wewe canke umuntu uzi ariko yiyumvira kwiyahura canke ari mu bihe bigoye, hamagara kuri 988 ku murongo wakira abashikiriza ibijanye no kwiyahura canke bari mu bihe bigoye canke wandike VT urungike kuri 741741 ku bijanye n'ibibazo kugira uronke umuhanuzi yabinonosoye amasaha 24/7. Hamagara canke wandike kuri 1-833-TLC-MAMA (1-833-852-6262) kugira uvugane n'Abajewe ivy'Amagara yo mu Mutwe y'Abavyeyi Bibarutse. Ufise ikibazo ku bijanye n'umutekano wawe canke w'umuntu akwegereye canke ufise ikibazo c'amagara cihutirwa, hamagara kuri 911 canke uje ku kigo c'ubuvuzi bwihuta kikwegereye.



**Help Me Grow (Mfasha Nkure): ronka** ubufasha mu gutora uwutanga ubufasha ku bafise ibibazo vyo mu mutwe n'ayandi maseruvisi. Hamagara 2-1-1 uhitemwo 6, canke wandike HMGVT kuri 898211, canke urungike ubutumwa bwa imyiriri kuri [info@helpmegrowvt.org](mailto:info@helpmegrowvt.org).



**Ubufasha mpuzamakungu bw'abavyeyi bahejeje kwibaruka (PSI) Vermont:** Shikira ugushigikirwa, amakuru ndetse n'uguterwa intege biciye kuri telephone canke mu butumwa bwa terefone, ugufashanya hagati y'abafise ibibazo, n'imigwi y'ugufashanya guca ku mbuga ngurukanabumenyi uciye kuri [www.postpartum.net](http://www.postpartum.net).

**Ibigo Biraba ivy'Amagara yo mu Mutwe Vyagenywe:** Ganira n'umuhinga yanonosoye gutanga ubufasha ku bavyeyi, abana n'imiryango. Ibigo vyinshi birafise imigwi y'ubufasha mu bijanye no guhangana n'ibibazo bishobora kuzanana n'imibanyi n'ukwitwararika uruyoya. Ronka amakuru yiramvuye kuri [www.mentalhealth.vermont.gov](http://www.mentalhealth.vermont.gov).

**Ushaka kumenya vyinshi,ja kuri**  
[supportDeliveredVT.com](http://supportDeliveredVT.com)



Kirundi