KWA WAZAZI NA WALEZI

Msaada wa ustawi kwa wanafunzi katika wakati wa likizo ya shule

Mwongozo huu unatoa vidokezo na rasilimali kwa wazazi, walezi na familia kusaidia afya ya akili na ustawi wa watoto na vijana walio katika uangalizi wao katika wakati wa likizo ya shule. Hii ni pamoja na huduma kufikia kama msaada zaidi unahitajika.

# Vitendo ambavyo vinasaidia afya nzuri ya akili

Mhimize kijana wako:

* Mazoezi na kula kiafya ili kuongeza mhemko wao
* Kipaumbele cha kulala ili kusaidia ustawi wa akili na kihemko
* Kuchunguza mbinu za kupumzika na mikakati ya kukabiliana
* Endelea kuwasiliana na marafiki na wapendwa
* Tenga wakati wa kufanya vitu wanavyofurahia
* Jizoeze mazungumzo mazuri ya kibinafsi, na wakumbushe kuwa hawako peke yao
* Tafuta msaada wa wataalamu ikiwa inahitajika.1

Idara imeanzisha shughuli za ustawi na kuanza mazungumzo kwa wazazi na walezi [wa watoto wa miaka ya shule za msingi](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-primary.pdf)  na [watoto wa shule za sekondari](https://www.education.vic.gov.au/Documents/parents/family-health/parents-wellbeing-activities-secondary.pdf).

[**Kuisikia:** rasilimali za maana na shughuli](https://www.coronavirus.vic.gov.au/students) [kwa wanafunzi wakubwa wa shule za msingi](https://www.coronavirus.vic.gov.au/students). Akili ya Kutabasamu inatoa vidokezo juu ya kujitunza, kuelewa na kudhibiti mhemko, kukumbuka, kuwa mwema kwako mwenyewe, kuabiri kutokuwa na uhakika na kujiandaa kwa mabadiliko.

# Ishara kuonyesha kuwa mtoto au kijana anaweza kuhitaji msaada wa afya ya akili

Katika hali nyingine, vitendo hivi havitatosha kusaidia afya nzuri ya akili.

Jihadharini na utafute msaada wa kitaalam kwa mabadiliko ambayo huchukua wiki mbili au zaidi kama vile:

* Kupoteza maslahi au kuhusika katika shughuli ambazo kawaida hufurahiwa
* Kujisikia 'kukata tamaa', kusisitiza kawaida au kuwa na wasiwasi
* Mambo ya kawaida huwa magumu
* Kukasirika kwa urahisi au Kukasirika
* Kuchukua hatari zaidi, kama vile kunywa pombe au dawa za kulevya
* Kujiondoa au kuhisi kuzidiwa
* Shida na mkusanyiko na motisha
* Kuwa na mawazo mengi ya hasi
* Kubadilisha kulala na kula.2 3

# Vijana wakisaidiana wao lwa wao

Vijana wadogo **mara nyingi huwa wanageukiana kwa ajili ya kusaidiana** kabla ya kuomba msaada kutoka kwa mtu mzima au mtoa huduma.

Vijana wanaweza kusaidiana kwa:

* kuwasiliana na 000 ikiwa rafiki anahitaji msaada wa haraka au yuko katika hatari ya kujiumiza au kuumiza wengine
* kufikia rafiki, ukiwasaidia na kuwajulisha kuwa unajali
* kumjulisha rafiki wao ambaye anaweza kuhitaji kumwambia mtu mzima anayeaminika juu ya shida zao.

Kuwa na mazungumzo ya aina hii inaweza kuwa ngumu kwa vijana. Habari kwa vijana juu ya jinsi ya kusaidia rafiki hupatikana kwenye tovuti ya kichwa: [Jinsi ya kusaidia rafiki](https://headspace.org.au/young-people/how-to-help-a-friend/) [anayepitia wakati mgumu](https://headspace.org.au/young-people/how-to-help-a-friend/)

* 1. headspace – mwongozo wa wazazi kwa maswala ya shule na mafadhaiko [https://headspace.org.au/friends-and-family/parents-guide-](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/) [tips-for-managing-stress-and-problems-at-school/](https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/)



* 1. posta ya headspace ‘ya afya ya akili na wewe’ poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>
  2. headspace –jinsi ya kuzungumza na watoto wako juu ya afya ya akili <https://headspace.org.au/dads/>

# Msaada wa afya ya akili

## GP wako wa mahali

* [**headspace Counselling**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/headspace-counselling-secondary.aspx)**:** Wanafunzi wa shule ya sekondari ya Serikali ya Victoria, pamoja na wale ambao wamemaliza masomo, wanaweza kupata huduma za ushauri kutoka kwa headspace. Wakati wa likizo, wanafunzi wanaweza kujirejelea kwa kupiga simu [kituo cha headspace cha mahali](https://headspace.org.au/headspace-centres/).
* [**eheadspace**](https://headspace.org.au/eheadspace/)**:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
* **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au/)
* [**Lifeline**](http://Lifeline/)**:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au/)
* **Beyond Blue:** 1300 224 636 [www.beyondblue.org.a](http://www.beyondblue.org.au/)u
* **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au/)
* **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au/)
* [Family violence information and support services](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)
* **Wasiliana 000** kwa masaada wa haraka

# Msaada wa vurugu za familia na rasilimali

* **Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au/)
* **1800RESPECT:** 1800 737 732

[www.1800respect.org.au](http://www.1800respect.org.au/)

## Je, ni kitu gani kiko sawa nyumbani:

[www.woah.org.a](http://www.woah.org.au/)u

* [Msaada wa unyanyasaji wa familia](https://www.education.vic.gov.au/parents/family-health/Pages/family-violence.aspx)

# Kujiimiza‑mwenyewe na zana za kuzuia

* [Kupata huduma ya afya ya akilin](https://au.reachout.com/articles/part-1-getting-yourself-a-mental-health-care-plan) (ReachOut)
* [Nini unahitaji kujua kuhusu kujidhuru](https://headspace.org.au/young-people/understanding-self-harm-for-young-people/) (headspace)
* [Jinsi ya kusaidia wakati mtu anayetaka kujinyongal](https://www.sane.org/information-stories/facts-and-guides/sane-steps-how-to-help-when-someone-is-suicidal) (SANE Australia)

# Zana za Afya ya Akili

* [**Zana ya Afya ya Akili**](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)**:** cina rasilimali za wanafunzi, wazazi na walezi kusaidia afya ya akili na ustawi wa watoto na vijana walio katika uangalizi wao ikiwa ni pamoja na:
  + [Kuongeza Mfululizo wa Podcast ya Wanafunzi:](https://raisingchildren.net.au/guides/podcasts-and-webinars/podcasts) kutoa ushauri/habari ya wataalam kwa wazazi/walezi juu ya mada ikiwa ni pamoja na jinsi ya kuweka mtoto wako salama mkondon
  + [Kuelewa afya ya akili - karatasi ya ukweli](https://www.orygen.org.au/Training/Resources/General-resources/Fact-sheets/Understanding-Mental-Health/Factsheet_understanding_mental_health?ext)t (Orygen)
  + [Jifunze jinsi ya kushughulikia nyakati ngumu](https://headspace.org.au/young-people/learn-how-to-handle-tough-times-to-help-your-headspace/) (headspace)
  + [Endelea kwenye maisha (tunza headspace yako )](https://headspace.org.au/assets/download-cards/18a-Get-into-life-headspace-fact-sheet-WEB.pdf) (headspace)
* [Kusaidia vijana wadogo wakati wa likizo](https://headspace.org.au/assets/Uploads/Corporate/Support-your-young-person-during-the-holidays-web.pdf) (headspace)



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