**KWA WANAFUNZI**

**Msaada wa ustawi wakati wa likizo ya shule**

Umekuwa mwaka mkubwa na mwongozo huu hutoa vidokezo vya kuendelea kutunza afya yako ya akili na ustawi wakati wa likizo na huduma za kufikia ikiwa unahitaji msaada.

# **Vitendo vya kusaidia afya nzuri ya akili wakati wa likizo ya shule**

* Mazoezi huongeza mhemko na afya ya akili

– ifanye iwe ya kufurahisha!

* Lisha ubongo wako kwa kula kiafya - pia itaboresha mhemko wako
* 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 unavyofurahia
* Jizoeze mazungumzo mazuri ya kibinafsi, na kumbuka kuwa hawako peke yao
* Tafuta msaada wa wataalamu ikiwa inahitajika.1

[**Kuisikia:** rasilimali za maana na shughuli](https://www.coronavirus.vic.gov.au/students) [kwa wanafunzii](https://www.coronavirus.vic.gov.au/students). Akili ya kutabasamu inakupa vidokezo juu ya kujiangalia mwenyewe, kuelewa na kudhibiti mhemko, kukumbuka, kuwa

jipendeze mwenyewe, ukiabiri kutokuwa na uhakika na kujiandaa kwa mabadiliko.

Unaweza kugundua kuwa vitendo hivi havitoshi kuangalia afya yako ya akili. Hapa kuna ishara ambazo unaweza kuhitaji msaada.

# **Ishara ambazo wewe au rafiki zinaweza kuhitaji msaada wa afya 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

1. headspace – mwongozo wa wazazi kwa maswala ya shule na mafadhaikos [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/)
2. posta ya headspace ‘ya afya ya akili na wewe’ poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

1. headspace –jinsi ya kuzungumza na watoto wako juu ya afya ya akili <https://headspace.org.au/dads/>
2. 

# **Kusaidia marafiki zako**

Wewe na marafiki zako **mara nyingi huwa wanageukiana kwa ajili ya kusaidiana** kabla ya kuomba msaada kutoka kwa mtu mzima au mtoa huduma. Wewe na marafiki wako mnaweza 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 wako ambaye unaweza kuhitaji kumwambia mtu mzima anayeaminika juu ya shida yako.

Kuwa na mazungumzo ya aina hii inaweza kuwa ngumu. Habari 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/).

# **Msaada wa afya ya akili**

* **GP wa mahali** anaweza kukupa msaada wa ziada
* [**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, wanaweza kukujirejelea 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: [**13 11 14**](http://Lifeline/) [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/)
* **Wasiliana 000** kama unataka masaada wa haraka

# **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)

# **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:**

{1}[www.woah.org.a](http://www.woah.org.au/)

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

# **Moto wa kichaka cha Mashariki mwa Victoria: maadhimisho ya kwanza**

Tunakaribia pia maadhimisho ya kwanza ya moto wa kichaka cha Mashariki mwa Victoria wa 2019-2020. Maadhimisho hayo yanaweza kusababisha wasiwasi au wasiwasi ambao ni sawa na waliyoyapata wakati wa hafla hiyo. Kwa habari zaidi:

* **Mawazo Yanayojitokeza :** [Matukio ya kutisha:maadhimisho na vichocheo vingine](https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2018/09/11091907/Managing-Anniversaries.pdf)
* **Trauma and Grief Network:** [Kuelewa na matukio ya kusimamia maadhimisho](http://tgn.anu.edu.au/wp-content/uploads/2016/02/Understanding-and-managing-anniversary-reactions-natural-disasters.pdf)

# **Zana za Afya ya Akili**

* [Zana ya Afya ya Akili](https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/mentalhealthtoolkit.aspx)
* [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) (headspace)



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