

‘Uesia faka’atamai mo e nofo malu’i meiha ‘atakai

‘I he mafola ha to’u mahaki hangee ko e COVID-19, ‘oku uesia ai ‘a e kakai tokolahi pea ko e taha ia ‘a e ngaahi tupu’anga ha tu’utamaki ki he mo’ui fakae’atamai. Koe uesia faka’atamai ‘oku meimeい kihe peseti ‘e 14 matakali ‘Esia matu’otu’a pea peseti ‘e 17 ‘a e matakali pasifiki ailani matu’otu’a.

Ka ‘oku te loto hoha’a pe loto tu’utamaki, ‘oku mahu’inga ke tau fakakaukauloto ki ai.

‘Oku fakatupu uesia ‘etau ngaahi mo’ui hono kotoa ko e ‘uhi koe to’u mahaki fakalilifu ko eni ‘oku tau fononga atu ai he ‘aho ni.

Koe ni’ihi ‘eni ‘ae ngaahi ‘uhinga fakatupu loto hoha’a mo fakakaukau tamaki ‘i he to’u mahaki ko eni

- Ngaahi me’a fakapa’anga
- Ko ‘ete malava ke tauhi hoto famili
- Uesia he faka’ehi’ehi mei hoto famili
- Fokoutua pe ko ha fa’ahinga mahaki
- Ma’ema’ekina na’ate ‘ave holo ‘a e vailasi
- Loto hoha’a ki he lolotonga mo e kaha’u



‘I he tupulaki ‘a e stress pe koe loto hoha’a, ‘oku fakakau ia ki he fakatupu:

- Ongo’i ‘ita, illifia, loto mamahi moe ongo’i ta’efiemalie.
- ‘Ikai ma’u ha fakakaukau lelei
- Faikehekehe ‘a e anga ‘e te ma’u me’a tokoni, ‘ikai ke te kei fiemalie kihe ngaahi me’a na’ate manako ai.
- To kehekehe taimi mohe, lahi ‘ete misi kovi he taimi mohe.
- Fakalalahi ane ‘a e langa ‘ulu, sino mamate koe ‘ikai sai e fakamalohi sino, langa kete, vaku hoto kili moe fa’ahinga mahaki.
- Fakalalahi ange ‘a e inu kava malohi, ifi tapaka kae pehee foki ki he ngaahi faito’o konatapu kovi ange.

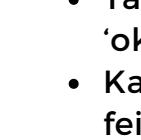


Ngaahi founiga ke fakalelei ange ‘a e mo’ui pe koe fakasi’isi’i ange ‘a e stress moe loto hoha’a:

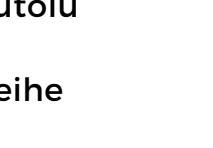
- Tauhi ki hoto ngaahi va fakamaili ka e ‘uma’aa hoto ngaahi kaungame’ā.
- Ta’ota’ofi fakataimi e sio niusi, moe facebook
- ‘Oku ‘i ai e ngaahi tokoni fakafeohi online pe koe ‘initaneti
- Tauhi ke te fakamalohisino faka’aho pe fakauike ma’u pe
- Feinga ke tauhi ki ha fa’ahinga ma’ume’atokoni ‘oku lelei ki hoto sino
- Tuku taimi ke ma’u ha nonga ki he lotu, faofao hoto sino ka e ‘uma’aa ha taimi fakakaukauloto.
- Fakaholo e ifi tapaka pe ko e inu kava malohi, pea fakamama’o mei ha fa’ahinga faito’o kona tapu.



Koe fakatahataha pe fakataha’anga malu:



Koe fakafeohi moe fakakatoanga, ko e taha ia ‘a e ngaahi me’a fakatupu ongo mafana mo fiefia ‘oku tau ‘amanaki lelei ki ai.



- Tokanga ki he ngaahi fakamatala fakamuimuitaha fekau’aki mo e huhu malu’i ka e ‘uma’aa ‘a e huhu hoani.
- Tui mo faka’aoinga’i ho’o me’a malu’i ki hoto fofonga
- Tauhi ma’u pe ke te sivi koviti ‘okapau teke ‘iha feohi’anga ‘oku ‘i ai ‘akinautolu ‘oku ‘ikai ke mou nofo fakataha.
- Kapau ‘oku ke ‘i ha ngaahi fakafeohi ‘i tu’ā, feinga pe keke fakamama’o meihe feitu’u ‘oku ‘ikai ke sai ‘ae ‘ea ‘ihe nofo tokolahi.

National Alliance of Mental Illness – Koe va’ā ‘eni ‘oe tokoni kihe uesia faka’atamai lolotonga e to’u mahaki: fetu’utaki ki he 800-950-NAMI pe ko ho’o text NAMI ki he 741741
Va’ā ‘oku tokangaekina kia kinautolu ‘oku ‘ihe laine ‘oe feinga fakapo: 1-800-273-8255

Ki he ngaahi fofonga ‘oku tau ui koe fakafafine – Trans Lifeline: 1-800-565-8860

Fetu’utaki ki ho’o toketa, ngaahi kiliniki fakalakalaka mo’ui lelei, pe ko e potungaue mo’ui ‘i ho potu/vahe.