

## UKUMELANA NODLAME EMNDENINI NGESIKHATHI seCORONAVIRUS

Ukuhlala ekhaya ngesikhathi seCoronavirus kungenyusa izinga lokuhlukunyezwa kwabesifazane nezingane. Uma lokhu kwenzeka kuwe nazi izeluleko ezingakusiza ukuzinakekela kulesi sikhathi:

1. Kukhona okuthile okungakwenza ukuphepha. Ugqine ibattery lefone ligcwele, uqiniseka ukuthi une-airtime. Gqina izinombolo zabantu noma izinhlango zabavikeli bezokuphepha. Gcina amaphepha abalulekile esikhwameni osifihlile. Tshela izingane zakho ngalawomalungiselelo.
2. Thola incwadi yokuzivikela emaphoyiseni noma eNkantolo yeMantshi.
3. Uzinakekele ngokwenza izinto ezilula: lala kahle, idla kahle, vivinya umzimba wakho njalo. Yenza izinto ezivikela ingqondo ekukhathazekeni
4. Xhumana nabanye abantu ubatshelea ngemizwa yakho, khuluma nabantu abathembekayo njengo mngani, umndeni, umakhelwane, noma ungaxhumana nomeluleki.

## Izinombolo ongathintana nazo- (Bekezela zinokubamatasatasa)

- GBV Command Centre Call 0800 428 428; Send a “Please Call Me” by dialling \*120\*7867# SMS ‘help’ to 31531
- People Opposing Women Abuse (POWA) [www.powa.co.za](http://www.powa.co.za) tel: 0800 029 999
- Lifeline’s Domestic Violence line 0800 150 150
- Tears Foundation [www.tears.co.za](http://www.tears.co.za) tell dial \*134\*7355# or 010 590 5920
- Rape Crisis 021 447 9762 ; WhatsApp 083 222 5164
- South African Depression and Anxiety Group (SADAG) [www.sadag.org](http://www.sadag.org) –  
has many helplines 0800 21 22 23 or 0800 456 789 or 0800 20 5026 and others

For more info and helplines visit [www.messagesformothers.co.za](http://www.messagesformothers.co.za) or [www.pmhp.za.org](http://www.pmhp.za.org)