

Mfadhaiko—Unahitaji kujua nini? (Depression – What You Need to Know)

Mfadhaiko ni mojawapo ya magonjwa utokeo mara nyingi na unaoweza kutibika. Matibabu yanapatikana kwa waamiaji na wakimbizi.

Mambo ya msingi juu ya ugonjwa wa mfadhaiko: (Basic Facts)

- Mfadhaiko ni mojawapo ya magonjwa ya kawaida ya akili.
- Mfadhaiko huwaathiri zaidi ya watu milioni 19 kila mwaka katika Amerika.
- Mfadhaiko huwafanya watu wakose furaha katika maisha ya kila siku. Inaweza kutatiza hali nyingine za matibabu. Unaweza hata kusababisha mtu kujua.
- Mfadhaiko unaweza kutokea wakati wowote, kwa umri wowote, na kwa watu wa kila tabaka au rangi na jinsia iwayo yote.
- Mfadhaiko si hali ya kawaida katika maisha ya kawaida. Haijali hali yako ya umri, jinsia, ua afya.

Matibabu kwa ajili ya ugonjwa wa mfadhaiko: (Treatment)

- Ugonjwa wa mfadhaiko unatibika: zaidi ya 80% ya wale wanaotafuta msaada wa matibabu huonyesha maendeleo mazuri.
- Bahati mbaya ingawa matibabu juu ya ugonjwa wa mfadhaiko yanawezekana, nusu tu ya wagonjwa wa mfadhaiko wanaotafuta matibabu. Walio wengi hawatafuti matibabu kwa sababu hufikiri kwamba mfadhaiko siyo hatari sana na wanaweza kujitibu wenyewe. Wengine hufikiri kwamba mfadhaiko ni udhaifu wa mtu binafsi mbali ya kwamba ni ugonjwa hatari.
- Matibabu yatumikayo mara nyingi ni madawa ya kuzuia mfadhaiko, au kuzungumza na wataalam wa magonjwa ya kisaikolojia au yote mawili.
- Tiba ya kiakili ni pamoja na kutathmini na kubadili shida zitokanazo na kimawazo, kitabia, kiuhusiano zinazoambatana na shida za mfadhaiko.
- Sawa na magonjwa mengine, tiba ya mapema ni bora zaidi na husaidia kuzuia matokeo ya hatari yatokanayo na ugonjwa huu.
- Mfadhaiko lazima utibiwe na daktari au mtaalamu hakiki wa magonjwa ya akili.

Dalili za mfadhaiko: (Symptoms)

- Huzuni, wasiwasi, na hali ya hisia isiyotabirika idumuyo muda mrefu.
- Kusinzia kidogo au zaidi usiku wa manane au asubuhi mapema wakati wa kuamka.
- Kupoteza hamu ya chakula na kupunguza uzito, au kuongeza uzito na hamu zaidi ya chakula.
- Kupoteza hamu ya shughuli hata zile mtu alizokuwa akizifurahia ikiwemo tendo la ndoa.
- Kughafilika na kukasirika
- Kuwa na maumivu ya muda mrefu ambayo hayatibiki (mfano maumivu ya muda mrefu au shida ya mmeng'enywa wa chakula).
- Inakuwa vigumu kuzingatia, kukumbuka, au kufanya maamuzi.
- Uchovu au ukosefu wa nguvu
- Kushitakiwa rohoni, kutokuwa na matumaini au kujiona hauna thamani
- Kufikiria kujua au kutamani kifo

Kama unazo dalili tano au zaidi ya dalili hizi kwa muda wa wiki mbili au zaidi unaweza kuwa na ugonjwa wa mfadhaiko na unatakiwa kutafuta msaada kwa daktari au mtaalam wa magonjwa ya akili.

Mental health Access for Refugees and immigrants (MHARI) imetoa pesa zitakazotumika kuwajulisha kwamba magonjwa ya akili ni ya kawaida, yapo kweli na yanatibika na hukakikisha kwamba wale wengi waliohathirika wanaweza kupata matibabu kamili muda wowote wanapoyahitaji.

Jinsi ya kupata msaada

(Getting Help from Agencies involved in Project)

Wasiliana na mmojawapo washiriki katika Mental Health Access for Refugees and Immigrants (MHARI)

Ajenti wa mradi: Somali Community Center (366-6868);

Sudanese Community Association (315-9681);

Central African Community Contact, c/o William Mwizerwa, 430-5609.

Mental Health Treatment Provider: Centerstone 279-6700 (1921 Ransom Place Nashville TN 37217.

Mfadhili wa Mradi: Kampaeni imefadhiliwa na Federal Grant kutoka Office of Minority

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[ENGLISH VERSION]

Depression - What You Need To Know

Depression is a common, real and treatable illness. Treatment is available for immigrants and refugees.

Basic Facts About Depression:

- Depression is one of the most common mental illnesses.
- Depression affects more than 19 million people in America each year.
- Depression causes people to lose pleasure from daily life. It can complicate other medical conditions. It can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group.
- Depression is never a “normal” part of life, no matter what your age, gender or health situation.

Treatments for Depression:

- Depression is very treatable: more than 80% of those who seek treatment show improvement.
- Unfortunately, though treatment of depression is very successful, fewer than half of those suffering from this illness seek treatment. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves, or that it is a personal weakness rather than a serious medical illness.
- The most commonly used and effective treatments are antidepressant medication, talk therapy (psychotherapy) or a combination of the two.
- Psychotherapy involves evaluating and changing the thoughts, attitudes, and relationship problems that are associated with depression.
- As with many illnesses, early treatment is more effective and helps prevent the likelihood of serious recurrences.
- Depression must be treated by a physician or qualified mental health professional.

Symptoms of Depression:

- Persistent sad, anxious or “empty” mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed, including sex
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

If you have five or more of these symptoms for two weeks or more, you could have depression and should see your doctor or a qualified mental health professional for help.

The Mental Health Access for Refugees and Immigrants grant (MHARI) works to raise awareness that mental illnesses are common, real and treatable treatable illnesses and ensure that those most at-risk receive proper, timely and effective treatment.