# Kwikingira kwiyahura
## birashoboka *mu gihe tuzi ibimenyetso*

HOWARD CENTER
Help is here.

**Kwiyahura biza mu gihe umuntu arushe bivuye mu kuvangirwa n'inyifato kanaka, amarangamutima, hamwe n'ivyiyumviro.**

**Reka twige ibimenyetso vyo kwiyahura nukwo twokwikingira!**

### Ni ryari umuntu aba afashwe n'ingwara yo kwumva yo kwiyahura?

- Igihe atanguye kuvuga ko yumva ashaka gupfa canke kwiyica
- Arivugira ko yokwikomeretsa canke akiyica
- Ararondera inzira yobicishamwo akiyica

### Kenshi inyifato z'umuntu yiyahura ni nshasha canke zariyongeye

- Woba umaze kubona impinduka?
- Hoba hari ikintu kiratera ama guhangayika uyu muntu?

### Mu gihe ubonye ibimenyetso canke ukeneye imfashanyo, hamagara canke utwandikire:

First Call
FOR CHITTENDEN COUNTY
802-488-7777
HOWARD CENTER
Help is here.

988
SUICIDE & CRISIS LIFELINE

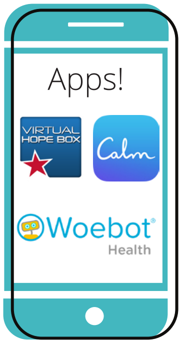
VT CRISIS TEXT LINE
In A Crisis? Text VT to 741741

### Ni ibihe bimenyetso sindamusiga?

- Kwihebura
- Ububabare bukabije
- Kwumva ata mvo yo kubaho ugifise
- Kwumva ataco umaze kw'isi
- Ata ndoto za kazoza ufise
- Kwijirirwa, kudatekana (inyifato itabereye canke iteye ubwoba)
- Impinduka zidasanzwe canke zikabije mu vyiyumviro
- Kwikumira
- Kwongereza inzoga unywa canke ibiyayuramutwe
- Kuryama bikabije — canke kubura itiro
- Kwumva uri umuzigo ku bandi
- Kwumva ushavuye, inzigo, urwanko

### Reka dufate ingingo!

- Vugana n'umuntu wizeye
- Hamagara "First Call for Chittenden County" kuri **802-488-7777**
- Hamagara canke wandikire ikigo "National Suicide & Crisis Lifeline" mu gufyonda **988**




United Way
United Way of Northwest Vermont

**howardcenter.org**