

Ihohoterwa rikorerwa mu ngo no mu miryango ni iki kandi ihohoterwa rishingiye ku gitsina ni iki?

Ihohoterwa rikorerwa mu ngo no mu miryango nigihe umuntu mubana akoresha urugomo, iterabwoba cyangwa ihohoterwa kugirango akugenzure.

Uyu muntu ashobora kuba umuntu mufitanye umubano wa hafi cyangwa wurukundo, umukunzi wa kera, cyangwa undi muntu mumuryango. Ashobora kuba umuntu mubana ukoresha urugomo cyangwa ihohoterwa kukugenzura, nkumurezi utazwi na reta (nkumwe mubagize umuryango cyangwa inshuti ikwitaho).

Ihohoterwa rikorerwa mu ngo rirashobora kugutera ubwoba no kumva nta mutekano ufite. Ntabwo buri gihe birimo urugomo rwumubiri.

Ihohoterwa rishingiye ku gitsina nigikorwa icyo aricyo cyose cyimibonano mpuzabitsina udashaka kigukorerwa ku gahato cyangwa utabitangiye uruhusha.

Ibi bivuze ko ushobora guhatirwa, kwemezwa cyangwa gukoreshwa igikorwa mpuzabitsina udashaka.

Gutanga uruhusha bisobanura kwemera ikuntu runaka kubushake nkimibonano mpuzabitsina.

Ibimenyetso by'ihohoterwa rikorerwa mu ngo no mu miryango

Bimwe mu bimenyetso bisanzwe byerekana umuntu uhura n'ihohoterwa rikorerwa mu ngo harimo:

- Kugira ubwoba cyangwa gutinya mugenzi wabo, uwahoze ari umukunzi, umuryango cyangwa umurezi utazwi na reta
- kubabazwa no kugerageza guhisha ibikomere cyangwa izindi nkomere
- kugira ijyamba rike cyangwa ntaryo kubijyanye nuburyo amafaranga yabo akoresheha
- guhatirwa guhagarika kubona no kuganira n'inshuti n'umuryango, no kumva uri wenyine
- kurakara burigihe no kubabara, kwiheba, guceceka bidasanzwe cyangwa gutakaza ikizere no kutishimira ibintu bari basanzwe bishimira
- kugira umufasha ubashinja kenshi kusambana cyangwa kubagenzura buri gihe
- kudashaka gusiga abana babo hamwe na mugenzi wabo
- kumva ko bakurikiranwa cyangwa banekwa.

Mu bihe byihutirwa

Niba wowe cyangwa umuntu uzi ko uri mubihe byangiza ubuzima, hamagara ubusa butatu (000) cyangwa jya kwishami ryihutirwa ry'ibitaro byakarere kawe.

amasaha 24 kumunsi, iminsi 7 mucyumweru

Ambulance 000

Inkunga yihutirwa

Niba wumva uhangayitse kandi ushaka kuvugana numuntu ako kanya kubantu, hamagara imwe muri izi nomero:

amasaha 24 ku munsi, iminsi 7 mucyumweru

Lifeline
☎ 13 11 44

**1300 MH
HAMAGARA**
☎ 1300 642 255

**Suicide Helpline Call
Back Service**
☎ 1300 659 467

Imirongo ya terefone itanga inama kubantu kubera ubufasha

DV Connect

DV Womensline

☎ 1800 811 811 (amasaha 24 kumunsi, iminsi 7 mucyumweru)

DV Mensline

☎ 1800 600 636 (9am – saa sita zijoro, iminsi 7 mucyumweru)

Sexual Assault Helpline (Umurongo Wubufasha Kubera Ihohoterwa Ryibitsina)

☎ 1800 010 120 (7:30am - 11:30pm, iminsi 7 mucyumweru)

1800 RESPECT

☎ 1800 737 732 (amasaha 24 kumunsi, iminsi 7 mucyumweru)

Immigrant Women's Support Service (Serivisi Ifasha Abagore Babimukira)

☎ 07 3846 3490 (Kuwa mbere – Kuwa gatanu, 9am – 4pm)

Multicultural Connect Line

☎ 1300 079 020 (Kuwa mbere – Kuwa gatanu, 9am – 4:30pm)

Kids Helpline (Umurongo Ufasha Abana)

☎ 1800 551 800 (amasaha 24 kumunsi, iminsi 7 mucyumweru)

Queensland Health
Kinyarwanda

**Ufite
uburenganzira
bwo**

*kumva ufite
umutekano*

Ubuvuzi
bwubuntu
kubantu bose
bafite ihohoterwa
rikorerwa mu
ngo no/cyangwa
ihohoterwa
rishingiye
ku gitsina



Nubuntu gusaba umusemuze



Queensland
Government

Inkuru ya May



May akunda umuryango we. Ariko vuba aha, umugabo we yagiye amutontomera cyane. Rimwe na rimwe yumva amutinya. Byarushijeho kuba bibi ubwo yatangiraga kumufata ukuboko no kumukubita.

May yatinye kubwira umuntu uwo ari we wese kuko umugabo we ariwe wenyine ukora kandi ushobora kwishyura ibintu.

Akara: Niba uhura n'ihohoterwa rikorerwa mu ngo na/cyangwa ihohoterwa rishingiye ku gitsina, vugana numuntu wizeye. Barashobora kugufasha kumenya icyo gukora gikurikira.

Niba umuntu agaragaza ibimenyetso byerekana ihohoterwa rikorerwa mu ngo no mu miryango, fata ingamba - ushobora kuba wenyine ubikoze. Ubufasha bwawe burashobora kugira icyo buhindura.

Kubona ubufasha

Umunsi umwe, umugabo we yarakubitse May arakomereka cyane. Yahisemo kwijyana mu ishamba ryihutirwa mu bitaro byaho.



Muganga yamaze igihe kugirango yumve ihohoterwa ryakorewe May kandi yagombaga gusubiza ibibazo bimwe. Ibi byamufashije kumenya uburyo bwiza bwo kumufasha.

May yumvise afite ubwoba bwo kuvugana na muganga ariko bavugako gusaba ubufasha ari intambwe yambere yo kutagira ihohoterwa.

Akara: Urashobora gusaba umusemuzi kubantu. Urashobora kubwira umukozi wubuzima niba hari umusemuzi ushaka cyangwa udashaka kuvugana nawe. Urashobora kandi gusaba umusemuzi wa terefone hanze ya Queensland.

Ubuwuzi bwubuntu kuburambe bwawe niba udafite

Medicare

May arashobora kubona ubuwuzi bwubusa mubitaro bya leta na serivisi zubuzima kuburambe bwe nubwo adashobora kubona medicare.

Muganga yateguye umukozi ushinze imibereho myiza kugirango afashe May nuburambe bwe. Bamuvura kandi ibikomere igihe yari mu bitaro.



May n'umukozi ushinze imibereho myiza y'abaturage bakoze gahunda yukuntu ashobora kugira umutekano iruhande rwumugabo we.

Andi makuru yerekeye ihohoterwa rikorerwa mu ngo no mu miryango

