

Metro South Addiction and Mental Health Services

Vugana natwe

Aho dukorera

Floor 1, 519 Kessels Road
MacGregor Qld 4109

Terefone

07 3167 8333 (mu mihingo ya Brisbane)
1800 188 189 (inyuma y'imihingo ya Brisbane)

Fagise

07 3167 8322

Email

qtmhc@health.qld.gov.au

Intereneti

www.health.qld.gov.au/metrosouthmentalhealth/qtmhc

Amasaho yo gukora

Monday – Friday
8.30am – 5.00pm

Metro South Addiction and Mental Health Services

Ikigo c'Amagara yo mu Mutwe Atandukanye Queensland

*Igikorwa co mu ntara yose
ku bantu b'imico n'indimi
zitandukanye*

Imbono yacu

*Ivyimviro vy'amagara meza =
umuryango w'abantu batandukanye
ukomeye kandi w'amagara meza*

Intumbero yacu

*Kurongora ihinyanyurwa ry'iterambere
ry'amagara yo mu mutwe y'abantu
batandukanye hamwe no gushika
ivyiyumviro vy'amagara meza no
kubaho neza ubuzima bwose ku
miryango yacu itandukanye biciye mu
gufashanya.*

KIRUNDI

Ikigo c'Amagara yo mu Mutwe Atandukanye ca Queensland (QTMHC)

Ikigo c'Amagara yo mu Mutwe Atandukanye ca Queensland (QTMHC) ni iki?

Ikigo c'Amagara yo mu Mutwe Atandukanye ca Queensland (QTMHC) gitanga ibikorwa vy'ubuhinga mu ntara yose ku mico n'indimi (CALD) ku bantu, imiryango, imirwi n'amashirahamwe mu kworoshya inyishu yo kubungabunga imico y'amagara yo mu mutwe hamwe no kwitaho ingorane zitandukanye z'amagara yo mu mutwe ku migwi y'ugero rwose rw'imyaka no kwitaho ukubungabunga.

Iyo QTMHC yoroshya ico biciye ku bikorwa vy'ubuvuzi n'isuzuma ry'imico hamwe no gutanga inkuru, invaho, inyigisho z'ibuvuzi n'imigwi hamwe n'uturusho tw'amagara yo mu mutwe, imigambi yo gukingira no gufasha kare.

Ibikorwa bitangwa

Igikorwa c'isuzuma ry'ubuvuzi

Iyo QTMHC itanga ibikorwa vy'ubuhinga vy'ubuvuzi biciye mu bahinga b'ubuvuzi hakoreshejwe indimi zirenga 100 ku magara yo mu mutwe n'imico y'imigwi.

Ico gikorwa gitanga isuzuma ry'ubuhinga hamwe no gufasha kw'igihe gito hamwe n'inkuru, impanuro no kukurungika ahandi batanga igikorwa c'amagara yo mu mutwe, umurabwa n'imiryango yabo.

Ububiko bw'ibitabu n'inkuru zo mu ndimi nyishi

Iyo QTMHC ifise ububiko bw'ibitabu bunini ku rugero rutandukanye rw'ivyigwa vy'amagara yo mu mutwe atandukanye hamwe inkuru zisobanuwe ku bibazo bitandukanye vy'amagara yo mu mutwe.

Gukuza amagara yo mu mutwe, gukingira no gutabara kare

Mu gufashanya n'amashirahamwe atandukanye, iyo QTMHC itunganya imigambi itandukanye y'imigwi n'ibikorwa vyibanda kugabanya kwiganza n'igwirirana ry'inyigisho z'amara yo mu mutwe hamwe no kwirinda mu miryango.

Umugambi w'Abarongozi b'Amagara yo mu Mutwe mu Ntara n'Imico (MMHC) yose

Iyo QTMHC ikorana n'ibikorwa vy'amagara yo mu mutwe mu bitaro no mu mavuriro mu ntara yose biciye mu gihagararo ca MMHC cibanda kworoshya imico nkenerwa yo kubungabunga amagara yo mu mutwe ku barabwa n'imiryango yabo hamwe no kubungikanya n'imirwi y'amamuko atandukanye.

Kwitaba k'uwurabwa n'uwuraba

Iyo QTMHC ikorana n'abarabwa hamwe n'abaraba bavuye mu mico n'indimi zitandukanye kugira ngo bashire muri QTMHC imigambi n'ibikorwa hamwe n'amategeko meshi n'uturere tw'umugambi.

Iterambere ry'amategeko n'ibikorwa

Iyo QTMHC irafise ibikorwa bibandanya mu mategeko n'ibikorwa vy'iterambere mu magara yo mu mutwe kandi bijanye n'uturere tw'intara ku rugero rw'intwari y'igihugu cose..

Ubushakashatsi

Iyo QTMHC isohora abagenzi bafadikaniye mu guteza imbere no guterera kwerekana intango y'amagara yo mu mutwe atandukanye.

Inyigisho n'iterambere

Umugambo w'inyigisho zibanda kwubaka ubushobozi bw'ubushobozi bw'imico y'amagara yo mu mutwe hamwe no kwubaka inyigisho z'amagara yo mu mutwe y'amashirahamwe y'abantu batandukanye n'imigwi.

Dushobora gufasha iyo:

- Ukeneye gutunganya isuzuma ry'imico ibereye hamwe/canke inyisho z'ijanye n'ivyiyumviro ku wurabwa hamwe/canke abo mu miryango yabo
- Ukeneye gukarahiriza ubwenge abakozi bawe ku magara yo mu mutwe atandukanye
- Ushaka inkuru runaka y'imico ku wurabwa umugwi ukorana na wo
- Ukeneye gutunganya uruganda ku ngorane runaka y'amagara mu murungu wawe
- Uriko urondera ibitabu, ibisomwa n'amakuru bibazo vy'amagara yo mu mutwe atandukanye
- Ushaka impanuro ziterambere ku gikorwa c'imico yose.