

*Sonke sikulokhu ndawonye...*



# #IntshaEmelanaNezivunguvungu



*Bhala noma dweba  
imicabango yakho*

# Lezi yizikhathi ezingejwayelekile *unjani?!*

ICoronavirus, iCovid-19, iCorona, iCovid... inamagama ahlukile. Lokhu kubusa izindaba zethu, izingxoxo zethu, imicabango yethu... Lesi sifo sibeke imindeni yethu, imiphakathi, izwe lethu kanye nomhlaba wethu kwisivunguvungu esikhulu kakhulu! Kuzwakala ngathi ngisho nabantu okufanele bazi ukuthi kwenzekani, abazi ngempela ukuthi kwenzekani! Impilo ishintshe kakhulu. Kunokungaqiniseki okuningi ngezinto eziningi kulezi zinsuku.

Kepha, kukhona ukukhanya ebumnyameni!

Sonke sikulokhu sindawonye. Lesi yisifo esenzeka emhlabeni wonke, kunabanye abantu abasha emhlabeni jikelele abathinteka ngezindlela eziningi ezifanayo nezakho njengamanje. Awuwedwa.

Usuhambe ibanga elinde manje. Cabanga ukuthi uhambisana kanjani nezinguquko nokulahlekelwa osekuvele ezinyangeni ezimbalwa ezedlule. Zihalalisele ngokubhekana nezinguquko ezinzima.

Njengoba kunokungaqiniseki, kunabantu abaningi emikhakheni ehlukeneyaseNingizimu Afrika nasemhlabeni, abasebenza kanzima ukuletha ushintsho oluhle nosizo lokubhekana nalesi sifo.

Siyethemba ukuthi le ncwajana ingakunika ithemba nosizo ngalesi sikhathi. Siyethemba ukuthi ingakusiza uzizwe ungewedwa futhi uqguqguzelekile. Kwangathi ungaqiniswa ukwazi ukufune usizo lapho uludinga khona, futhi unikeze abanye usizo lapho beludinga khona.

Ethembeni, dlalanathi.



# Hey Shekhinah!

*unjani?!*



**Sawubona Shekhinah! Ngabe unjani?** Ngiyaphila.

Nsuku zonke ngiphokophela ukuba nethemba ngisho noma izinto zizwakala zilukhuni.

**Yini okube nzima kuwe ngalesi sikhathi sokuvalwa kwezwe(lockdown)?** Ukucabanga, siyoke sibuyele kwizinto nempilo esiyiwayele noma ingabe impilo ayisophinde ifane? Kubonakala kunemibuzo eminingi kunezipendulo njengamanje.

**Ikuphi okukulekelele ngalisikhathi?** Ngibe nenhlankhla yangempela yokuba ngikwazi ukufinyelela kwi-inthanethi futhi ngilalele izintshumayelo noma izimfundiso ezishukumisayo ezingisize kakhulu ekugcineni inhlizyo yami inethemba. Ngizibekele imigomo futhi ngiqhutshwa ukuba ngiqhubeka nokusebenza noma ngabe engikudinga ukukwenza manje kuphume endaweni yami yokududuzela! Selokhu kwavalela izwe akukaze kube namakhonsathi abukhoma futhi wonke umsebenzi wami sengiwenza ngokomoya (digital). Ngabona ukuthi kufanele ngenze isinqumo. Phakathi kokuthi ngiyayeka noma ngiyaqonda ukuthi ngidinga ukujwayela indlela entsha yokusebenza. Ngavumelana nezimo!! Ukuhleka kungisize kakhulu. Ukuxhumana nabantu abahle futhi ngilandele ama(page) amahle ezinkundleni zokuxhumana kungisiza ngizwe ukuthi kuyaphileka noma isikhathi zinjena.

**Yini into eyodwa ojahe ukuyenza ngemuva kokuvalwa kwezwe?** Angikwazi ukulinda ukuvakashela umndeni wami nabangane, into engicabanga ukuthi ngiyithathe kancane ngaphambi kokuvalwa kwezwe.

**Yini ongathanda ukuyisho kubantu abasha baseMzanzi ngalesi sikhathi?** Ungaziyekeleli/ungalahlithemba. Lesi sikhathi esinzima sizophela. Ngeke kuhlale kunje kuze kube phakade, noma ngabe uzwa engathi kuzobanjalo. Ngalesi sikhathi zinakekele nalabo obathandayo abasondele kuwe. Ukuhlakanipha ngezinqumo zakho kusabalulekile. Usuhambe waze wafika la futhi unamandla kunalokhu okucabanga. Yiba nesibindi. Kholwa kuwe futhi konke kuzokwenzeka ngendlela efanale.

UShekhinah Donnell ungumculi kanye nombhali wamaculo owazalelwa eThekwini, eNingizimu Afrika. Ngemuva kokucula nokwenza umculo wakwazi ukuzitholela isikhala sokucula kuma Idols esizini yesi-7 lapho afinyelela kwabangu 32 kodwa wakhishwa. Ngonyaka olandelayo, ngenkathi efunda umatikulethsheni wakhe wabuya futhi ezoncintisana kuma Idols wafinyelela kwabangu-6 abaphambili. Ngo 2017 waphothula iziqu ze- Live Performance ( Ukusebenza Bukhoma). UShekhinah usebenze kulolonke izwe lase – Afrika futhi wabambisana nabaculi abaningi bamazwe aphešheya abanjengo John Legend no Ed Sheeran. Eminyakeni embalwa edlule uqokwe futhi wanqoba imiklomelo eminingana yomculo, kwathi ngonyaka ka 2019 wahlonishwa njengomculi wabesifazane osakaze kakhulu eNingizimu Afrika.

# Imizwa kanye *nokulahlekelwa*

Lolu bhubhane lokhuvethe (covid-19) lusha sha kumhlaba wonke jikelele. Miningi imizwa ekungenzeka siyizwe ngalesikhathi ngenxa yokungazi, miningi imibuzo kunezipendulo. Singazizwa sikhungathekile, sisodwa, sikhathazekile, sinesithukuthezi, sicindezekile Kanye neminye imizwa futhi lokhu kungashintsha ilanga ne langa!

**Zinike isikhathi sokucabanga ngemizwa yakho, kungasiza ukubhala eminye yemizwa yakho phansi encwadini noma uchithe isikhathi uxoxela umngani ngezimpendulo zakho.**

- Imiphi eminye yemizwa obuyizwa selokhu kwaqala ukuvaleleka (lockdown) ngo March? (kulungile uma lemiswa ixubene neyokujabula Kanye nokuphatheka kabi)
- Ubani obekweseka ngokwemizwa?
- Yikuphi obekulula noma kukugqugqezela ngalesikhathi?
- Yikuphi obekukhathaza kakhulu? Ngabe yinto ongayilawula noma cha?
- Yini ekunike umdlandla kanye nenjabulo?

Yonke imizwa oyizwayo njengamanje ijwayelekele. Isikhathi la sonke singazi ukuthi ikusasa lisiphatheleni futhi kunzima.

## KULUNGILE UKUZWA LEMIZWA:



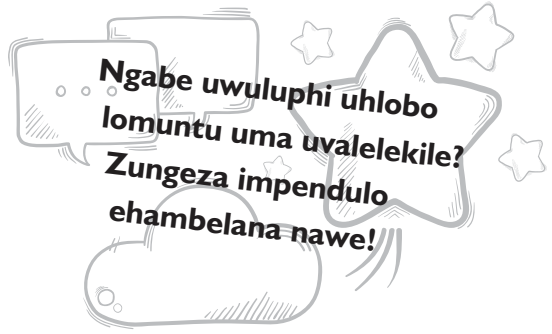
WONKE UMUNTU UKE AZIZWE KANJALO NGESINYE ISIKHATHI.

**ASIKUTHANDI. KODWA AKUSENZI  
SIBE NTEKENTEKE.  
KUSENZA SIBE ABANTU.**

Ukulahlekelwa kunomuthelela emizweni yethu. Ushintsho luletha ukulahlekelwa ngezindlela eziningi. Lokulahlekelwa kungaba kuncane noma kube kukhulu kakhulu. Kungaba nezinto ozwa sengathi uyasala kuzona njenga manje; ukuxhumana nabangani, ukungabi khona kwezemidlalo, ukungayi eskoleni, ukulahlekelwa indlela ojwayele ukwenza ngayo izinto. Umndeni wakho nawo kungenzeka uzizwa ulahlekelwe ngezindlela eziningi ezahlukenene.

Ngabe yikuphi okukulahlekele kakhulu wena? Ubani ongakusiza ukwazi ukumelana nalobuhlungu? (izinsiza ziyathokala ekugcineni kwalencwajana) yikuphi osuke wakwenza kwakusiza ukuthi umelane nesimo okusona?

# FUN QUIZ



## 1. Usuku lwesi 68 lokuvaleleka – ngabe:

- A. Uhlela iphathi nabangani bakho ukusiza ukunciphisa umzwangedwa ngesikhathi sokuhlala nodwana
- B. Ujabulela ukuthi asikho isidingo sokuthi ukhumule izingubo zokulala
- C. Ufunda into entsha njengokubhaka noma ukupheka

## 2. Mawukhuluma nabangani bakho kwividiyo ku whatsapp ngabe:

- A. Wenza isiqiniseko sokuthi ufaka imake-up? Kufanele uhlezi ubukeka kahle!
- B. Uyayicima ividiyo ngoba kade wagcina ukugqoka kahle
- C. Uyabatshengisa ukuthi ubuwenzani sonke leskhathi

## 3. Ungabe ukuthumelela umyalezo ethukile, ekhathazekile ngayo yonke lento eyenzekayo. Wenzenjani:

- A. Uyamuqinisekisa ukuthi konke kuzolunga futhi uzame ukumehlisa umoya
- B. Awuyibheki ifoni yakho. Isikhathi sakho lesi sokuphumula wamukele nokuthula
- C. Ucabanga indlela engameza angacabangi ngalokhu, umtshele ngokuhkanganyela nabanye bafunde izincwadi online

## 4. Kade ulokhe ubuka izindaba ilanga lonke amaviki ayisikhombisa. Ngabe:

- A. Ukhathazekile – mengabe uzizwa ukhathazekile uyathanda ukuba ukuzigcina umatasatasa.
- B. Ukuthola kulula ukubeka izinto ngendlela
- C. Uhlela ukuthi uzongena kanjani ezindabeni ubenedumela

### **Uma uno A abaningi – Uyindlovukazi ezinkingeni**

Uwumuntu ovulelekile ngokweqiniso. Uyathanda ukuzikhipha futhi uxhumana nabantu ngokukhulu ukuzethemba futhi uthola Amandla amaningi ngokuzihlanganisa nemicimbi Kanye nemidlalo ehlukene nabangani. Uwumuntu abantu abathembela kuyena ngeskhathi sobunzima. Kungenzeka kusaqala lokuvaleleka wawuzizwa unomdlandla futhi unethemba, ngokuqhubeka kwesikhathi wezwa ngathi umdlandla wakho uyancipha ngoba abantu beza kuvena becela iziluleko. Yenza isiqiniseko sokuthi uyazinakekela njengoba unakekela abanye.

### **Uma uno B abaningi – ungumuntu onamahloni ngempela**

Uyakujabulela kakhulu lokukuthula okufike nalolubhubhane ngoba uthola umdlandla nemibono nezinto eziningi ezisekhanda lakho nasemhlabeni wakho. Lesisikhathi sikuvumela ukuthi ucabange bese ubheka nokuthi ulaphi futhi uzizwa kahle uma uwedwa.

### **Uma uno C abaningi – uthanda ukwenza izinto ngomfutho**

Uthanda kakhulu isimo esihle nokuhlala umatasatasa njalo. Ukuthola into oyithandayo ozoyenza kuyindlela enhle yokwehlisa ukukhathazeka kwakho ngalesisikhathi sokuxakeka.

Kusinikeza nomuzwa wokuthi sizibone sikwazi ukuzibambela ngeskhathi la sizizwa khona ukuthi asazi kwenzekani.

*Khumbola: Zinakekele  
unempilo eyodwa oo  
ekumele uyiphile!!!*

# IZINHLOSO!

Izinhloso ayicebo lekusasa umuntu azicabangela lona, alihlele, azibandakanye ekutheni alifeze. Ungavumeli igciwane icorona ukuthi lilalise amaphupho akho! Lesi kungaba isikhathi esihle sokuthi uphinde uwabukisise kabusha amagoli akho. Khumbula ukuthi ucabanga ngezinto eziyiqiniso zakho ngalesikhathi. **Awunazo zonke impendulo akekho onazo.**

Ngaphambi kokuthi ufunde uqhubeke ngokubeka amagoli, yima ukhokhe umoya ucabange ngokuthi ukuphi:

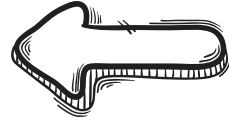
- Kwesinye isikhathi udinga ukumane uxile nokubhekana nenamuhlanje. Uma ngabe usosizini, kunzima kakhulu ukucabangela ikusasa. Akukho okuyiphutha nokubhekana nenamuhlanje. Namuhlanje kungenzeka kungabi usuku lwakho lokwenza amaplanani esikhathi eside (long-term).
- Uma ngabe usukulungele, zihluphe ngamathuba ongawathola ngekusasa lakho. Mhlawumbe amathuba angakwenza umoyizele futhi akunike namandla! (noma ngabe awakabukeki sengathi awangempela okwamanje) jukuzihlupha kuholela ekutheni ube umuntu ofuna ukwazi nocabanga izinto eziphusile, akudingeki ukuthi kube iplani ebambekayo njengamanje.
- Emva kwalokho, Uma usulungile hlela izinhloso zakho. Ungasebenzisa indlela SMART goal technique (Inqubo yokuhlela ehlakaniphile) sikhuluma ngakho ekhasini elilandelayo. Khetha usuku lapho unomdlandla wokwenza lokhu.

Nasi isiqephu somuntu omusha onama goli....Siyakumema ukuthi ufunde ucabange kakhulu ngesiqephu sikaThabo.

Uthabo uneminyaka ewu 16, ufisa ukuba umpetha kowama athletics. Uyathanda ukudla okungenayo impilo (junk Food) uthi ukudla ngoba kumnandi. Unethalente kodwa uziqeqesha mangabe ethanda. Uchitha isikhathi sakhe esiningi kwezokuxhumana exoxa nabangani bakhe kuze kube sebusuku. Ngaphambi kokuvalaleka (lockdown) wayeqeqesha njalo nomqeqeshi wakhe eskoleni. Umqeqeshi wamunika neplani yokudla angakudla engamusiza ekutheni akhe umzimba futhi umzimba uhlale unempilo, kodwake yena ubedla ukudla okungempilo kulesikhathi. Ubezizwa ekhathele kakhulu ukuthi avuke ekseni azilolonge phakathi kuka 6 no 9 kulevel 4 welockdown.

1. **Ucabanga ukuthi uThabo kumele enzeni, engase imuseke ukuthi afinyelele kumagoli akhe?**
2. **Uyokwazi kanjani wena noma abanye abantu ukuthi izinto sezimshintshelile yena?**

## Inhloso yakheke kahle kanjena...



# S

**small and specific steps** - incane futhi iyachazeka khumbula ukuthi isinyathelo osithathayo ekusondeleni kwinhloso kuyakusondeza kwinhloso yakho.

# M

**measurable** - iyakaleka uyakwazi kubuyela emuva ubheke osukwenzile.

# A

**achievable and action based** - iyafezeka futh iyenzeka, into umuntu omusha akwaziyo ukuyenza isinyathelo esisodwa siyakusondeza kwinhloso yakho.

# R

**realistic** - liyiqiniso.

# T

**time bound** - inesikhathi inhloso iyakwazi ukufezeka ngesikhathi esithize. Short term goals (inhloso yesikhathi esifushane) ongakwazi ukuthi uyifeze esikhathini esizayo, kwikusasa elizayo, ikusasa elizayo kungaba inamhlanje, ikusasa noma esikhathini esingangenyanga. Long-term goals (inhloso esikhathi eside) ongafinyelela kuyo esikhathini eside esingaba inyanga eziwu 6 kuya kweziwu 12, noma iminyaka eyiwu2 noma ewu5.

# Wena?

## Yini inhloso yakho?

Uma ngabe usukulungele bhala inhloso yakho phansi. Cabanga ngezinyathelo odinga ukuzithatha ukufinyelela kwinhloso yakho. Yenza isinyathelo ngasinye sibe SMART.

Ngesikhathi uThabo eqala elungisa amagoli, akazange azame ukwenza lokhu yedwa, wathola usizo kumqeqeshi wakhe. Sonke siyamdinga umuntu ozosisiza ekufinyeleleni kumagoli ethu. Ubani ongakusiza ngama goli akho?



Lomuntu kumele kube umuntu okwazi ukuvuleleka kuyena, umxoxele ngokusaba kwakho, ukusalale emuva, amathemba akho kanye namaphupho. Lomuntu kumele kube umuntu othembekile kuwena, okholelwayo kuwena. Kumele bakusize ukuthi ucabange futhi uphokophele phambili. Kungabi umuntu ozokulawula ngezinjongo zakhe.

Khuluma nabantu abahlukile abaneminyaka ehlukile ngamagoli abo, kube abantu obukela kubo. Babuze imibuzo ukuthi bafinyelela kanjani kumagoli abo, yikuphi okwabasebenzela yikuphi okungabasebenzelanga?

Kubalulekile ukukhumbula ukuthi okusebenzele omunye kungenzeka kungakusebenzeli wena, kodwa ungafunda kukhona nokuthi ubuhlakani bakuthole kanjani ngokuhamba kwendlela.

**Khumbula akusikho konke okuhamba ngendlela esplane ngayo futhi kungenzeka izinto esingakwazi ukuzi lawula. Kulungile amagoli uma eshintsha. Akuchazi ukuthi uhlulekile.**

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# Ukusetshenziswa

## *kotshwala ngendlela engalungile*

ENingizimu Afrika yilabo kuphela abaneminyaka engu-18 nangaphezulu abavunyelwe ukuphuza utshwala. Kepha abanengi abangaphansi kweminyaka eyi-18 baqala ukusebenzisa utshwala ngaphambi kwalokho... lokhu kungahle kube:

Ukuchitha isizungu, ukufuna ukuzwana nabangane bakho abaphuzayo, ukuqinisa isibindi esibizwa nge- "Sibindi sotshwala" futhi wenze izinto obewungeke uzenze uma ungaphuzile, uzizwe ujabule futhi udambise izinhlungu ... isikhashana esincane, ukujabulela ukuzizwa udakiwe kancane.

Umlutha - umuntu usuke eseluthekile otshwaleni lapho ezwa ukuthi ngeke akwazi ukusebenza ngaphandle kokuphuza, futhi uma engaphuzi unezandla eziqhaqhazelayo aphathwe nayikhanda. Bahlela nezimpilo zabo ngokuthola ukufinyelela otshwala futhi bakhethe notshwala ngaphezu kwabangane nomndeni.



**Yima ucabange! ngabe uphuza uthswala  
usengaphansi kweminyaka evumelekile noma uphuza ngokweqile.  
Ucabanga ukuthi iziphi izizathu ezibangela ukuthi uphuze?**

Yima ucabange! ngabe uphuza uthswala usengaphansi kweminyaka evumelekile noma uphuza ngokweqile. ucabanga ukuthi iziphi izizathu ezibangela ukuthi uphuze?

### **Umlutha:**

umuntu usuke eseluthekile otshwaleni lapho ezwa ukuthi ngeke akwazi ukusebenza ngaphandle kokuphuza, futhi uma engaphuzi unezandla eziqhaqhazelayo aphathwe nayikhanda. Bahlela nezimpilo zabo ngokuthola ukufinyelela otshwala futhi bakhethe notshwala ngaphezu kwabangane nomndeni.

Ukuphuza utshwala Kunobungozi bangempela obuthinta ikusasa lakho!

- utshwala buyajovana futhi kunzima ukubuhlula.
- utshwala buyabhubhisa; uma kusetshenziswa ngokweqile, ikakhulukazi usemncane, kubhubhisa amaseli (CELLS) Obuchopho. Lokhu kuthikameza okuphumelela esikole kanye nokuqashwa esikhathini eside.
- Intsha ephuzayo inamathuba amaningi okuzilimaza futhi izibulale.

Akumele uvumele utshwala bulawule impilo yakho! Thola umuntu omethembayo ozokhuluma naye uma ukhathazeka ngokuphuza kwakho.

Usizo luyatholakala: Inani losizo le-Tollfree 24 loKusebenzisa Kakubi kwezidakamizwa 0800 12 13 14 noma i-SMS 32312. Abadakwa abangaziwa 0861 435 7222.



## Uyacabanga ngocansi?

### Uyahlela / uyaplana ukuya ocansini?

#### Usaqhubeka nokuya ocansini ngalesikhathi sokuvalwa kwezwe?

Igciwane lecorona lithola ukunakwa kakhulu, kodwa igciwane lengculazi kanye nezinye izifo ezithathelana ngokocansi zisabalulekile ukuthi sicabange ngazo.

Qhubeka wenze izinqumo ezinobuhlakani ezivikela wena nabanye ocansini.

Qhubeka nokusebenzisa amajazi omkhwenyane ukuvikela ukukhulelwa okungahlelwanga kanye nokudluliselwa kwegciwane lengculazi.

Qhubeka nokudla imishanguzo yakho yegciwane lengculazi kanye neminye imishanguzo oyidlayo.

Zihloniphe futhi uhloniphe nabanye, imvume iyadingeka kukho konke ubudlelwane bezocansi ongaba nabo.

Bika ngokuhlukunyenzenwa! Ukuphendula nokusiza labo abadlwenguliwe nabahlukunyezwayo kuyaqhubeka ngalesikhathi. Uma wena noma umuntu omaziyo ehlukumezeka, bika ngako.

#### Lezi zinombolo ziyatholakala ngesikhathi sokuvalwa kwezwe:

LifeLine 0861 322 322 noma ufonele lenamba ya WhatsApp uma ufuna ukululekwa 065 989 9238

GBV Command Centre 0800 428 428, \*120\*7867# for uma ufuna ukufonela

Women Abuse Helpline 0800 150 150

Human trafficking helpline 0800 222777



[1] Sicela uphenye uthole ulwazi ngemvume



## Asikhulumeni Ngemvume !

Asikhulumeni ngemvume! Imvume isho ukunikeza imvume yokuthi kwenzeke okuthile. Imvume iyadingeka kubo bobabili abalingani kukho konke ukuhlangana ngokocansi ababanako, noma ngabe niya thandana, futhi nake nalwenza ucansi phambilini. Ukuze uthole imvume ngokuphelele, ucansi kumele lube elokuzithandela futhi lufiswe. (Ngokwesibonelo:nobabili nizimisele ngasikhathi sinye).

**Uma umuntu engafuni ukwenza ucansi, ukumphoqa ukwenza njalo kungukudlwengula.**

Imvume iyingxenye yobudlelwane obuphilile. Ebudlelwaneni obuphilile abalingani bayatshelana ukuthi yini abayidingayo futhi bayalalelana.

Zinike isikhathi ucabange ngobudlelwane bakho;

Esikalini kusuka ku 1 kuya ku 10, ngabe ubudlelwane bakho bezothando bunempilo noma buphile kangakanani? 1-----10

1 = "Umlingani wami ungenza ngizizwe ngingelutho."

10 = "Ngizizwa kahle kakhulu uma ngichithe isikhathi nomlingani wami. Ngizizwa ngikhethekile futhi ngibalulekile."

**Yini incazelo yakho yobudlelwane obuphilile / obunempilo?**

Zakhele isikali sakho, ubuze abangane bakho ukuthi bacabangani. Qhathanisani izimpendulo zenu.

**Uma ungajabule ngesimo sobudlelwane bakho, yini ongathanda ukuyenza ngabo?**

Uma usebudlelwaneni obungenampilo obuthola kunzima ukuphuma kubo, funa usizo kwezinye izinombole ezinikeziwe kwelinye ikhasi, noma ucele umngani akusize.

# Covid-19

## Izimpawu, Ukuvikela, Ukuhlola

### Yiziphi izimpawu ze-COVID-19?

Imfiva, ukukhathala, ukukhwehlela okomile kanye nobunzima bokuphefumula.



### Lisabalala kanjani igciwane ngesivini esiphezulu umhlaba wonke?

Igciwane lisabalala ngamaconsana awuketshezi aphuma ekhaleni noma emlonyeni womuntu onalesi sifo. Uma umuntu onegciwane le Covid 19 ethimula noma ekhwehlela, amaconsi angabhebhetheka ngamamitha awu futhi aphile pjezu kwezinto izinsuku eziningana. Abantu bangaba negciwane ngaphandle kokukhombisa izimpawu.



### Singakumisa kanjani ukusabalala kwaleli gciwane?

1. Ngeza izandla izandla njalo ngensipho namanzi imizuzwana engama-20 ukususa amaconsi egciwane ezandleni zakho.
2. Uma ungekho ekhaya, ziqhelelanise nabanye ube sebudeni obuyimitha elilodwa futhi ufake isimfonyo.
3. Gwema ukuthinta ubuso ngoba kungenzeka izandla zakho zibe sezilicoshile igciwane ndawothizeni.
4. Hlanza izindawo zokuhlala kanye nezithintwa njalo ekhaya lakho.



### Ngingahlolwa kanjani i-COVID-19?

Abantu abakhombisa izimpawu kuphela abazohlolwa. Uma ukhombisa izimpawu, shayela inombolo yokuthola usizo evulwa amahora angama-24 ethi **0800 029999** noma thumela i-WhatsApp ku **060 0123456**.



Kungenzeka kufike unompilo ekhaya lakho ezokufaka imibuzo ngegciwane kanye nendlela umphakathi wakho obhekene nokuvalwa kwezwe. Ukuphendula imibuzo kuzolekelela ukuvimba ukusabalala kwegciwane.

Ungathola eminye imininingwane nge COVID-19  
mahhala kuwebhusayithi kahulumeni ethi

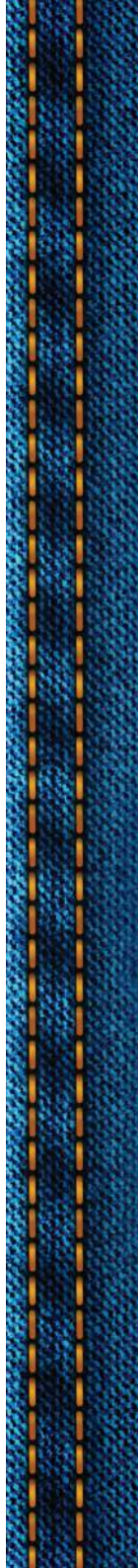
**[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)**

noma

**\*134\*532\*911#**

(isiNgisi, iSwahili, isiZulu, isiFrench, isiPutukezi)

Bhala noma dweba  
inicabango yakho



UKUPHILA NGOKOMQONDO  
AMASU AHAMBA  
PHAMBILI #14

**Imaski yakho  
iyakuvikela  
wena nabanye.**

**Ifake imaski  
uma uhamba  
uphuma  
ekhaya**



## **If you need help...**

- South African Depression and Anxiety Group (SADAG)  
general helpline 0800 456 789 SMS 31393, suicide helpline  
0800 567 567
- LifeLine counselling 0861 322 322 or WhatsApp call counselling  
065 989 9238
- GBV Command Centre 0800 428 428, \*120\*7867# for call-back
- Women Abuse Helpline 0800 150 150
- LifeLine AIDS Helpline 0800 012 322
- www.mobieg.co.za live chat for teens Sunday from 18h00 Monday-  
Thursday from 19h00
- Gift of the Givers 0800 786 786. Monday to Friday 9am – 4pm



Email address:  
[admin@dlalanathi.org.za](mailto:admin@dlalanathi.org.za)  
Facebook page:  
Dlalanathi "Play with us"

*Isuke sikubekhi nabanye...*