

The Coronavirus CivActs Campaign captures rumours and perceptions among communities to eliminate information gaps between the government, the media, NGOs, businesses and the public. By providing the public with facts, these coronavirus bulletins aim to create a better understanding of the needs regarding coronavirus and to debunk rumours before they can do more harm.

IKHWELO MAYELANA NOKUPHILA KWENGQONDO

Njengoba izwe libheka iNyanga Yokuqwashisa Ngokuphila Kwengqondo, sigxile kwikhwelo elinozwela kubasebenzi bahulumeni futhi sibheka ukuthi yiziphi izibopho zikahulumeni empilweni nasekuphileni kwabo. Ukunakekela ukuphila kwengqondo yabasebenzi bahulumeni kulekelela ukubhukula kwethu mayelana nobhubhane iCOVID-19 njengezwe.

Ngenkathi ukwentuleka kwemishanguzo yabagula ngengqondo nezevatho zokuzivikela kuqhubeka nokukhungatha izindawo ezweni lonkana, abasebenzi bezokuphila kwengqondo basebenza kanzima ukwandisa izingahle ekunakekelweni okuhlinzekwa kubasebenzi abaseqhulwini.

Inhlangano YaseNingizimu Afrika Yezokuphila Kwengqondo (iSouth African Federation of Mental Health) isisungule uhlelo lokuxhumana lwabasebenzi bezokuphila kwengqondo ukuze kusizakale abasebenzi abaseqhulwini kwezempilo. Ngakolunye uhlangothi, uNgqongqoshe Wezokuthuthukiswa Komphakathi uNkk. uLindiwe Zulu uthethe umnyango wakhe usukhiphe amathimba angu-276 emazingeni ezifunda ukuze kwenziwe ngcono izinga lokwelekelela umphakathi kwezengqondo.

IMIBUZO - IZIMPENDULO

Yini elindeleke kuhulumeni uma kukhulunywa ngezokuphila kwengqondo kubasebenzi bahulumeni?

Uhulumeni unesibophezelo sokuqinisekisa ukuphila nokuphepha kwabasebenzi bahulumeni. UMthethosisekelo waseNingizimu Afrika uyaliqinisekisa ilungelo labo bonke abasebenzi, udalula ilungelo labo lokulingana, lokugcinwa kwesithunzi somuntu, lokuba nendawo efanele yokuhlala nelokusebenza ngendlela elungile elihambisanayo noMthethosisekelo. Elinye iqoqomithetho elihambisana nalokhu libandakanya uMthetho Wokulingana Emsebenzini, inqubomgomo nohlelo lwesu lwezoKuphila Kwengqondo lwango-2015-2020, uMthetho 17 wango-2002 wokuNakekelwa Kokuphila KweNgqondo ohlahlela amalungelo ezakhamizi.

Ngabe onesi nodokotela bathola ukunakekelwa okwanele?

Izinhlangotho zishaye uMengameli uMnu. uCyril Ramaphosa ihlombe ngokumemezela iSimo Esiyisibhichongo Ezweni (iNational State Disaster) ukuze abasebenzi bezempilo bavunyelwe ukuba nesikhathi sokulungisa izindawo nezinsizakalo bese bethola nezevatho zokuzivikela okuqonde nomsebenzi wabo. Noma kunjalo, kusekhona ukwentuleka okukhulu kwabasebenzi bezokuphila kwengqondo eNingizimu Afrika, nezinsizakalo zezokuphila kwengqondo azitholakali kalula. Ngenxa yokunqena ukubandakanywa nento ethathwa njengengeyinhle nokungaqondi, abantu abaningi abaluthungathi usizo. Bangingi olayini bezingcingo zabangafuni ukwaziwa – bheka izinsizakusebenza zethu esigabeni esilandelayo.

UHulumeni angenza kanjani kuukuba kube ngcono izinsizakalo kubasebenzi bezempilo?

Umbiko owenziwa njalo wabo bonke abasebenzi wokuqinisekisa ukuphila kwengqondo yabo ungaba yisiqalo esihle. Umthelela wesikhathi esizayo weCOVID-19 kubahlengikazi nodokotela kungenzeka ube nobungozi uma izindaba zokuphila kwengqondo zingabhekwa manje. Sikhona isidingo zokwelekelelwa kwezengqondo okuqhubekayo kodokotela nabahlengikazi. INingizimu Afrika inethuba lokukhuphula amasokisi kwizinsizakalo zempilo yengqondo ukuze kuqinisekise impilo yengqondo nokuphila kwabo bonke abantu.



Umthombo: NguDkt Bharti Patel; weSouth African Federation of Mental Health

Useful Resources

- 1. Online Toolkit on the SADAG website (www.sadag.org) with free resources, online videos, reliable resources, coping skills, online tools and info on social distancing and self-isolation. Contact them on 011 234 4837 or 0800 21 22 23 to find a support group in your area.**
- 2. Chat online with a counsellor 7 days a week from 9am – 4pm via the Cipla WhatsApp Chat Line 076 882 2775 or 0800 4567 789.**
- 3. SMS 31393 or 32312 and a counsellor will call you back – available 7 days a week, 24 hours a day.**
- 4. Call Lifeline 24hr counselling on 0800 21 22 23 or 0800-150-150.**
- 5. Call the Depression and Anxiety Helpline on 0800 70 80 90 or 0800 456 789.**
- 6. Call the Suicide Helpline for emergencies on 0800 567 567 or SMS 31393.**
- 7. Call the ADHD Helpline on 0800 55 44 33 aimed at assisting those affected by the Attention Deficit Hyperactivity (ADHD) disorder.**
- 8. Call the Department of Substance Abuse Line 24hr helpline on 0800 12 13 14 for substance abuse support.**
- 9. Visit <https://www.therapyroute.com/> to find a therapist near you.**