

Kha vha humbele ngeletshedzo kha rakhemisi wavho

- Kha vha lange mutsiko
- Vha ite nyonyoloso duvha linwe na linwe
- Kha vha ambe na murangaphanda wa zwa vhurerele kana wa tshitshavha
- Kha vha vhe na fhulufhelo

Vhulwadze ha muhumbulo vhu nga lafhea

- Thuso i wanala nga hafha
- Kha vha ambe na rakhemisi wavho
- Vha humbele thikhedzo u bva kha vha muṭa na dzikhonani
- Vha shumise mishonga nga ndila ye ya randelwa ngayo
- Vha songo sokou litsha u shumisa mishonga yavho
- Kha vha ambe masiendoitwa manwe na manwe a vhangwaho nga mishonga
- Kha vha dzhie vhuḏifinduleli ha mutakalo wavho

U itela u wana thuso na vhuṅwe vhuṭanzi, kha vha kwame:

- Rakhemisi wavho wavhudi;
- Kiliniki yavho ya tsini;
- Vhuongelo havho ha tsini.

Cela iseluleko kusokhemisi wakho

- Lawula ingcindezi
- Zivocavoce nsuku zonke
- Xoxa nomholi wezenkolo noma womphakathi
- Yiba nethemba

Ukugula ngokwengqondo kungalapheka

- Usizo lutholakala lapha
- Khuluma nosokhemisi wakho
- Cela usizo emndenini nakubangane
- Sebenzisa imithi ngendlela oyalelwe ngayo
- Ungayekeli nje ukusebenzisa umuthi wakho
- Xoxa nganoma yimiphi imithelela emibi ebangwa yimithi
- Beka impilo yakho ezandleni zakho

Ukuze uthole usizo nolwazi oluthe xaxa, xhumana:

- Nosokhemisi wakho onesihe;
- Nomtholampilo wangakini;
- Nesibhedlela sangakini.

Pharmacy Month

Are these challenges affecting your mental health?

Mental illness can be treated
Ask your pharmacist for advice



Ask your pharmacist for advice

Be Positive

Own your health

Speak to a religious or community leader

Discuss any side effects from medicines

Don't just stop taking your medicines

Take medicines as prescribed

Exercise Daily

Manage Stress

Speak to your pharmacist

Ask for support from family and friends

Mental illness can be treated

Help this way

For help and more information contact:

- Your friendly pharmacist;
- Your nearest clinic;
- Your nearest hospital.

Kopa keletso ho setsebi sa meriana



Laola kgatello ya maikutlo



Ikwetlise kamehla



Buisana le moetapele wa bodumedi kapa moetapele setjhabeng



Tiya matla

Bolwetse ba keletso bo ka alafuwa



Thusa ka tsela ena



Buisana le setsebi sa hao sa meriana



Kopa tshehetso ho ba lelapa le metswalle



Sebedisa meriana jwalo kaha o laetswe



O se ke wa emisa ho nwa meriana ya hao ntle ho mabaka



Qoqa ka ditlamorao dife kapa dife tsa meriana ya hao



Jara boikarabelo ka bophelo ba hao bo botle

Hore o fumane thuso le dintlha tse eketsehileng ikopanye le:

- Setsebi sa hao sa meriana sa botswaller;
- Tleliniki e haufi le wena;
- Sepetlele se haufi le wena.

Kopa kgakololo mo rakhemising wa gago



Laola seterese



E katise mmele letsatsi le letsatsi



Bua le moetapele wa bodumedi kgotsa wa mo motseng



Akanya ka tsela e e siameng

Bolwetse jwa tšaloganyo bo ka okiwa



Thuso e kwa



Bua le rakhemisi wa gago



Kopa kemonokeng ya balelapa le ditsala



Nwa melemo go ya ka ditaelo



O se ke wa emisa fela go nwa melemo ya gago ya kalafi



Tlotla ka ditlamorago tse di sa itumediseng tsa melemo ya kalafi



Laola pholo ya gago

Go bona thuso le tshedimosetso go ya pele ikgolaganye le:

- Rakhemisi wa gago yo o botsalano;
- Tliniki e gaufi le wena;
- Bookelo jo bo gaufi le wena.