

Bawa isiye- leliso kusokhemisi wakho

- Lawula ukugandeleleka
- Thabulula umzimba qobe lilanga
- Khuluma nomfundisi namkha nomdosiphambili womphakathi
- Hlala uthabile

Ubulwele bomkhumbulo bungalapheka

- Siza ngalindlela
- Khuluma nosokhemisi wakho
- Bawa isekelo emndenini nebanganini
- Sela imitjhoga ngendlela eveziweko
- Ungathomi nakancani ulise ukusela imitjhoga yakho
- Coca nganyana ngimiphi imiphumela yangeqadi oyithola emitjhogeni
- Iba mnikazi wepilwakho

Nawufuna isizo nelwazi elinengi thintana:

- Nosokhemisi wakho onomusa;
- Netlinigi eseduze nawe;
- Nesibhedlela esiseduze nawe.

Kgopela rakhemisi wa gago maele

- Laola kgatelelo ya monagano
- Ithobolle letsatsi le lengwe le lengwe
- Bolela le moetapele wa sedumedi goba wa setshaba
- Eba le kholofelo

Bolwetši bja Monagano Bo ka Alafega

- Thuşa ka tsela ye
- Bolela le rakhemisi wa gago
- Kgopela thekgo go balapa le bagwera
- Enwa dihlahre bjale ka ge o laetšwe
- O se ke wa no lesa go nwa dihlahre tša gago
- Boledišana ka ditlamorago dife goba dife tše dimpe go tšeo di hlalago ke dihlahre
- Tšea taolo ya maphele a gago

Go hwetša thušo le tshedimošo ka botlalo kgokagana le:

- Rakhemisi wa gago wa botho;
- Kliniki ya gago ya kgauswi;
- Bookelo bja gago bja kgauswi.

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

Kombela switsundzuxo eka n'wakhemisi wa wena



Lawula Mabibi ya Mbilu

Endla vutiolori siku na siku

Vulavula na murhangeri wa swa vukhongereri kumbe wa muganga

Va na kahle

Vuvabyi bya miehleketo byi nga tshunguriwa



Pfuneka hi ndlela leyi

Vulavula na n'wakhemisi wa wena

Kombela nseketelo eka vandyangu na vanghana

Nwana mirhi hilaha yi lawuleriweke hakona

U nga tshiki ku nwa mirhi ya wena

Kanela switat'helo swihi kumbe swihi swo huma eka mirhi leyi

Va na na vun'wini bya rihanyu ra wena

Cela seluleko kusokhemisi wakho



Phatsa kucineka

Tivocavoce onkhe malanga

Khuluma nemholi wetenkholo nobe wemango

Bani nelitsemba

Kugula kwengcondvo kuyalapheka



Lusito lutfolakala nganeno

Khuluma nasokhemisi wakho

Cela lusito emndenini nasebanganini

Sebentisa imitsi ngendlela lebekiwe

Ungayekeli kutsatsa imitsi yakho

Khuluma nanganobe nguliphi luntjintjo

emtimbeni wakho lolubangelwa ngulemitsi

Bani ngumniyo wemphilo yakho

For help and more information contact:

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

Ku kuma ku pfuniwa na vuxokoxoko byo tala tihlanganise na:

- N'wakhemisi wa wena loyi a nga na vung-hana;
- Tliliniki ya le kusuhi na wena;
- Xibedhlele xa le kusuhi na wena.

Kutfola lusito nelwati lolwengetiwe tsintsa:

- Sokhemisi wakho longumngani;
- Umtfolamphilo losedvute nawe;
- Sibhedlela lesisedvute new.