

Uburyo bwo gufasha umuntu uri guhura n'ibangamira rituruka mu mahanga

Mu gihe hakenewe ubutabazi bwihutirwa:

Niba hari umuntu uri mu kaga k'ako kanya none aha, hamagara 111 usabe kuvugana na Polisi ya New Zealand.

Niba udashobora kuvuga kandi ukaba uri kuri **telefoni igendanwa**, ceceka maze wumve ubutumwa bukubwira "gukanda 55".

Niba udashobora kuvuga kandi ukaba uri gukoresha **telefoni itagendanwa**, ceceka maze utegereze umukozi uzakubwira gukanda buto iyo ari yo yose kugira ngo ubone ubufasha.

Uburyo ushobora gufasha

Niba hari umuntu uzi uri guhura n'ibangamira rituruka mu mahanga:

- **Mutege amatwi kandi ukomeze umufasha.** Mumenyeshe ko umwizera kandi ko witeguye kumufasha.
- **Niba yumva adatekanye ku mubiri**, mufashe kuvugana na Polisi ya New Zealand (NZ Police). Mushishikarize kuvugisha inshuti cyangwa abo mu muryango we yizeye kugira ngo bamufashe.
- **Niba akeneye ubufasha bw'ubuzima bwo mu mutwe**, mushishikarize kuvugana n'umuganga, umuganga usanzwe (GP), cyangwa undi mukozi mu by'ubuzima. Ushobora kandi kumufasha kubona serivisi zisumbuyeho binyuze kuri [Healthpoint](#) cyangwa kuri [Mental Health Foundation](#).

Menya byinshi ku bijyanye no guteza imbere imibereho myiza ku rubuga rw'[Ubufasha ku mibereho myiza](#) rwa Health New Zealand.

- **Mufashe gucunga umutekano we kuri murandasi.** Mushishikarize kuboroka cyangwa guhagarika gukurikira konti izo ari zo zose:
 - ziteye amakenga
 - zohereza iterabwoba
 - zimutoteza we cyangwa abantu azi.

[Menya byinshi ku kwirinda kuri murandasi hano](#)

- **Mushishikarize kumenyekanisha ibangamira rituruka mu mahanga** kuri NZ Police cyangwa Urwego rushinzwe Iperereza n'Umutekano (NZSIS) niba hari ikintu abonye cyangwa yumva kitameze neza. Uburyo bwose yahitamo, azakora uko ashoboye amakuru utanga aje ahantu ha nyaho.

Ibangamira rituruka mu mahanga rishobora gusa gutangwaho amakuru kuri NZ Police cyangwa NZSIS. Kubimenyesha urundi rwego rwa Leta ya New Zealand ntibifatwa nka raporo yemewe.

[Menya byinshi ku buryo bwo gutanga amakuru hano](#)

- **Tekereza niba ubufasha mu by'amategeko hari icyo bushobora gufasha.** Hashingiwe ku biri kubaho, ashobora gukenera kuvugana n'umunyamategeko, cyane cyane igihe haba hari ibikangisho, itotezwa, cyangwa izindi mpungenge ku burenganzira bwe.

[Menya byinshi ku kubona ubufasha mu by'amategeko hano](#)

- **Menya byinshi ku buryo bwo gukomeza kugira umutekano.** Sura igice cya Safeguard kiri ku Kigo cy'Ubudaheranwa bw'Abaturage ku Ibangamira Rituruka mu Mahanga kugira ngo umenye ubundi buryo bwo kwirinda no kurinda abandi.

[Sura igice cya Safeguard ku 'Ikigo' hano](#)

Ibuka: Ntugomba kwikorera iperereza ku kibazo wowe ubwawe. Kugerageza kubigenza utyo bishobora kuba bidatekanye kuri wowe n'umuntu urimo guhura n'ibangamira rituruka mu mahanga.