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Buhle nebubi be-bipolar



Allison Cooper

Ngalesikhatsi kunetinhlobo letinyenti lehlukene tesifo se-bipolar kodvwa lesihambibili, lebesatiwa ngaphambilini ngekutsi sifo se-manic depression, sifo lesihlukumeta ingcondvo lesibangela kutsi ube nesimo sekudvuba ngalokuhlukene kantsi ngalesinye sikhatsi ujabule (i-mania) noma kulimala

emoyeni (i-depression), bese ngalesinye sikhatsi uvele ube kahle.

Dkt Eddie Pak, dokotela wetifo tengcondvo loseibentela eSterkfontein Psychiatric Hospital, isibhedlela esiseKrugersdorp salabagula ngengcondvo seLitiko Letemphilo laseGauteng, uchaze kwekutsi kwetayelekile kahle kakhulu kwekutsi bantfu babe netimo letihlukene tekudvumala nekutsi bative bajabulile noma bangakajabuli, njengoba kunetintfo

letihlukene letibavelelako emphilweni.

"Sifo se-bipolar, noma kunjalo, kungalesikhatsi umuntfu ativa advumele ngalokuhlukene kantsi ative ngetindlela letihlukene, kungenasizatfu. Letingucuko tivamise kuta ngetikhatsi letitsite, tiba khona sikhatsi lesidze kantsi titsikameta imphilo yamalanga onkhe," ushito achaza.

Tinkhomba te-bipolar

Ngekwenkhombandlela lechaza nge-bipolar lekhicitwe yi-South African Depression and Anxiety Group (i-SADAG), letinkhomba tesigaba se-manic tifaka ekhatsi;

- Kutiva bakahle kakhulu nekutsi kungabikho lokungagucula kujabula kwabo;
- Kutetsemba ngalokundlulele
- Kutisola kahle kuyaphela lokwenta kwekutsi tigu-lane tibe sengotini yekudla tidzakamiva nekuba nebudlabha.
- Bangakhombisa kuba nemdlandla kakhulu lokwekutsi kundlule emalanga bangakhoni kulala noma

bangalali kangako;

- Basuka kulesi sihloko baye kulesinye uma ngabe bacoca kantsi bakhuluma ngekushesha bakhulumele nasetulu;
- Labanye angeke babavisisise njengoba imicabango yabo nekukhuluma kwabo kuyahlangahlangana futsi kungavisiseki;
- Bavele batfukutsele kungenasizatfu noma uma lomunye aphakamisa kwekutsi tinhlelo tabo tingetulu kwemandla akhe;

"Uma ngabe sifo se-manic singalashwa ngesikhatsi, lokhu kungaholela ekutseni angasakwati lokwentekako, i-psychosis futsi angasakwati lokuliciniso nalokwentekako. Kuhlaselwa yi-manic kulula kwekutsi labanye bakubone, ngoba benta ngendlela lengakatayeleki," kusho Dkt Pak.

Lokuhlaselwa kulandzelwa sifo sekulimala kakhulu emoyeni, kanye nanetinkhomba letifanako nesifo esetayelekile sekulimala kakhulu emoyeni letifaka ekhatsi kutiva ngaletindlela letilandzelako;

- Kukhatsateka
- Kutiva unelicala noma

kuphelelwa litsemba

- Kungafuni kuvuka noma kufuna kulala kodvwa angakhoni kwenta njalo
- Kuba nemandla lamancane nekutiva ungenamandla futsi ukhatsele
- Kungafuni kudla; kulahlekelwa yinshisekelo emse-bentini nekutiva unga-kabaluleki.

"Sifo sekulimala kakhulu emoyeni singaholela ekutseni ulahlekelwe lwati ngalokwentekako, lapho khona bantfu bangasati kutsi bentani. Ngaletinye tikhatsi, bafuna kutilimata bafune nekutibulala," kusho Dkt Pak.

Tindzaba letimnandzi kwekutsi lusito lukhona. "Uma ngabe umuntfu ahlolwe kahle, anatsa imitsi lefanele futsi nalemitsi ayinatsa kahle bangaphila imphilo legcwele," kusho Dkt Pak. **V**

Uma ucabanga kutsi wena noma lomunye losihlobo sakho unesifo se-bipolar, vakashela umtfolamphilo walabagula ngengcondvo losedvute nawe, sibhedlela noma dokotela ngekushesha.

I-Bipolar: Ungasita njani?

Allison Cooper

Uma ngabe umuntfu losihlobo sakho kutfolakele kutsi unesifo se-bipolar kunetintfo letihlukene longatenta kukusita kutsi ubasekele.

Kwekucala, fundza konkhe lekufanele kutsi ukwati ngesifo lesitsite se-bipolar lekutfolakele kutsi umuntfu losihlobo sakho unaso. Tfola kabanti ngetimbangela, tinkhomba nekulashwa bese ukhuluma nadokotela wakhe uma kungakhonakala.

Kufanele ufundze nange-timphawu tekucwayisa te-manic nekuhlaselwa ngetindlela letiphansi, kute wati kutsi umuntfu kufanele ente njani.

Ngekusho kwenkhombandlela ye-South African Depression and Anxi-

ety Group (i-SADAG) kuyintfo lenhle kuhlela, ngalesikhatsi lomuntfu aphilile, kwekutsi kufanele wente njani uma bakhombisa timphawu te-bipolar. Sibonelo, ningacoca nibeke nemitsetfo lengafaka ekhatsi tindlela tekumvikela lokufaka ekhatsi kutsatsa emakhadi etikweleti newelibhanga kanye nemakhiya emoto.

"Khutsata lona logulako kutsi anatse imitsi yakhe kahle, abone dokotela wakhe futsi agweme kunatsa tjwala nekudla tidzakamiva njengoba loku kungavusa i-bipolar noma kwente lesifo sekutiva udvumele sibe kakhulu," kusho Dkt Eddie Pak, dokotela loseibentela ngetifo tengcondvo lotfolakala e-Sterkfontein Psychiatric Hospital, lesibhedlela salabagula ngengcondvo seLitiko Letemphilo laseGauteng.

Uma ngabe lesigulane besikadze sidla imitsi letsite sikhatsi lesibekiwe, kube nentfutfuko lencane kuletimphawu, noma unemtselele lengemihle ngenca yekudla lemitsi, khutsata lomuntfu kutsi abute dokotela ngaleminye imitsi noma atfole umbono walomunye udokotela. Phatsani bantfu ngendlela lefanele uma ngabe se-baphilile, kodvwa ninake timphawu. **V**



Tecwayiso tekutibulala

Kubaluleke kakhulu kufundza ngaletimphawu letitinkhomba nekutsatsa tonkhe timphawu tekusabisa letentiwa ngumuntfu njengaletibalulekile.

Uma ngabe lomuntfu "ucedzelela tintfo takhe, akhulume ngekutibulala, akhulume njalo ngetindlela letitawulandzela noma akhombise miva lenyukile yekukhatsateka ngaleso sikhatsi kufanele ungenelele ucele lusito kudokotela walona logulako noma emalunga emndeni nebangani.

Tfolo lusito

Uma ngabe wena noma lomunye lomatiko adzinga lusito, vakashela umtfolamphilo walabagula ngengcondvo losedvute nawe, umtfolamphilo, sibhedlela noma dokotela. Ungabuye ushaye sikhungo saka-Cipla setincingo lesisebenta imini nobusuku ku: 0800 456 789, sikhungo selusito saka-SADAG ku: 011 234 4837, I-Suicide Crisis Line ku: 0800 567 567 nome sikhungo lesisebenta ubusuku nemini saka-Akeso Psychiatric Response Unit ku: 0861 435 787.

Konkhe lodzinga kukwati ngemholo wavelonkhe lolizingancane



■ Ngalomtsetfo we-NMW tisebenti kumikhakha leminyenti kufanele tingakhokhelwa ngaphansi kwe-R20 ngelihora.

Idred Oliphant utsi lomholo wavelonkhe lolizingancane awungeni esikhundleni semiholo lelizingancane lebesekuvele kuvunyelwene ngayo, ngalesikhatsi kudzingidvwa tivumelwano kusigungu sekubonisana ngemiholo.

"Lomholo lolizingancane utawuba yinzuzo, ikakhlukati kulabo labasahola imali lencane kakhulu kulena lephakanyisiwe lenge-R20 ngelihora. Mkhakha lotawuzuza kakhulu ngumkhakha wekuphatsa tivakashi, lapho utfola khona kwekutsi tisebenti tihola imali letiyiphiwa bantfu lababaphakelayo nobe lababasita ngalokutsileyo," ashobeka.

Emalungelo akho ngaphansi kweMtsetfo wemholo wavelonkhe lolizingancane

- Ngaphansi kwalomtsetfo Wemholo Wavelonkhe Lolizingancane, tisebenti kumikhakha leminyenti kufanele tingakhokhelwa ngaphansi kwe-R20 ngelihora letilisebentako.

- Loku akufaki ekhatsi tisebenti tasemapulazini, lekufanele tikhokhelwe R18 ngelihora, tisebenti tasendlini (i-R15 ngelihora) netisebenti taka-EPWP (i-R11 ngelihora).
- Kufanele ukhokhelwe lokungenani lomholo wavelonkhe lolizingancane wanyalo ngelihora-lolisebentile. Uma ngabe usebenta ngaphansi kwemahora lamane ngelilanga, kutawufanele ukhokhelwe imali yemahora lagcwele lamane.

Kufanele ngabe uhola malini ngenyanga?

- Uma ngabe uhola R20 ngelihora kantsi usebenta emahora lasiphohlango ngelilanga emalanga lasihlanu evikini, ngako-ke kufanele uhole R800 ngeliviki. Ngenyanga, umcashi wakho kufanele akuholele R3 466.40.
- Uma ngabe uhola R20 ngelihora kantsi usebenta emahora layimfica ngelilanga emahora lasihlanu evikini, ngako-ke kufanele uhole R900 ngeliviki. Ngenyanga, umcashi wakho kufanele akuholele

R3 899.70.

- Uma ngabe usebenta epulazini uhola R18 ngelihora kantsi usebenta emahora lange-40 ngeliviki, ngako-ke kufanele uhole R3 119.76 ngenyanga. Uma ngabe usebenta emahora lange-45 ngeliviki, ngako-ke kufanele ukhokhelwe R 3509.73.
- Uma ngabe usebenta emakhishini uhola R15 ngelihora kantsi usebenta emahora lange-40 ngeliviki, ngako-ke kufanele uhole R2 599.80 ngenyanga. Emahora lange-45, kufanele ukhokhelwe R2 922.75.

Ungaya kuphi uma ngabe ukhokhelwa imali lengaphansi kwemholo wavelonkhe lolizingancane?

Tikhalo tingentiwa ehovisi leLitiko Letetisebenti lelisedvute nawe, nome uticodzise ngco kuKhomishana Yekubuyisana, Kulamula Nekwehlulela (i-CCMA). I-CCMA ivule ticingo letimbili kute basite ngekuphendvula imibuto: **011 377 6627** no: **011 377 6625**.

Dale Hes

Wonkhe umuntfu losebentako eNingizimu Afrika unelilungelo lekutfole umholo lofanele kute atondle yena nemdeni wakhe.

Ngalomtsetfo weMho-

lo Wavelonkhe Lolizingancane (i-NMW) lophaswe ngalokusemtsetfweni nguMengameli Cyril Ramaphosa ekucaleni kwalomnyaka, lelilungelo lekutfole umholo lofanele nyalo selivikelekile ngalokusemtsetfweni.

INdvuna Yetetisebenti Mi-

Umholo lolizingancane, kuncoba kwebasebenti

LOMTSETFO WEMHOLO WAVELONKHE

lolizingancane lekukudzala ulindzelwe wenta umehluko kantsi unemntselela lomuhle etimphilweni tebantfu.

Siya Miti

Lomholo wavelonkhe lolizingancane longu-R20 ngelihora noma R3 500 ngenyanga, locale kusebenta ngamhla lu-1 kuBhimbidwane, utawuvikela tisebenti lebetitsintseka kulokucashatwa bacashi.

LoMtsetfo Wemholo Wavelonkhe Lolizingancane lowamenyetelwa nguMengameli Ramaphosa ngeNgoni nga-2018 wamukelwe kahle yi-Congress of South African Trade Unions (i-Cosatu) njengesinyatselo sekucala lesiholela kumholo wekutiphilisa

kubantfu labalinganiselwa kutigidzi letingu-6.4 labasebenta etimbonini letikhicita imphahla, bonogadza nalabakumkhakha wekuhlantekisa.

Ngalesikhatsi leti kutindzaba letimnandzi kubasebenti labanyenti, nogada waseMonti Zolile Binta utsi kwadzingeka kutsi bateleke kute batfole siciniseko sekutsi batawuhola R20 ngelihora.

"Sitawutfole [umholo wavelonkhe lolizingancane] kulenyanga kwekucala. Kusukela nga-2010 kufikela ngaBhimbidwane kulomnyaka besitfole R11 ngelihora. Sisebenta embonini lenebungoti kantsi

sidzinga ngetulu kwa-R20 ngelihora.

"Nginebantfwana labasikhombisa, lomncane uneminyaka yebudzala le-17. Bantfwana betfu abawutfole umsebenti kantsi umfati wami akasebenti. Ngisho nalomholo wavelonkhe lolizingancane awuneli. Nome kunjalo, utawenta umehluko ngoba ngaphambilini besitfole emkhatsini wa-R1 500 na-R2 000 ngenyanga," kusho Binta.

Lomunye nogada Nombeko Zenani utsi lomholo wavelonkhe lolizingancane utawenta umehluko lomkhulu emphilweni yakhe kantsi



utawuvikela tisebenti kutsi tingachashatwa.

Umhleli wasekhaya wenhlangano i-Democratic Transport Logistic Allied Workers Union, Melumzi Ndongeni, utsite nanome lomholo wavelonkhe lolizingancane utawenta umehluko etimphilweni tebasebenti labanyenti, labanye bacashi batfole indlela yekubaleka kukhokhela tisebenti imali lenyenti ngekwehlisa emahora ekusebenta ngelilanga.

"Utawenta umehluko, kodvwa kusenetintfo letisadzinga kulungiswa. Yebo, umtsetfo wemholo wavelonkhe lolizingancane sewusayiniwe, kodvwa mancane emabhezini lekawulandzelelako. Lamanye emabhezini lebekhokha ngetulu kwa-R25 ngelihora, ehlixe lamanani aya ku-R20, batsi nabo abasakhoni. Akukho lokungentiwa ngaloko ngoba bahambisana nemtsetfo," kusho Ngobeni.