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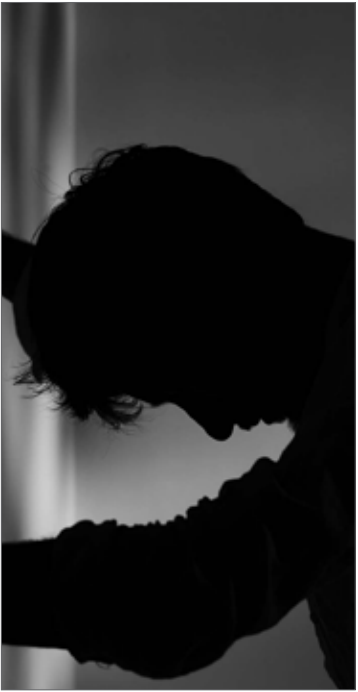
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Wonke amaphuzu mayelana nokuba ne-bipolar



Allison Cooper

Yize kunezinhlalo ezahlukahlukeni ze-bipolar okuyiyo eyinhloko, eyayaziwa ngaphambilini ngokuthi i-manic depression, eyisimo sempilo yengqondo esibangela ushintsho oludlulele emizwelo yomuntu kusuka ekuphakameni ngokomzwelo (i-mania)

ukuya ekukhathazekeni komphefumulo (i-depression), kube nezikhathi zemizwelo ejwayelekile phakathi kwalokhu.

UDkt Eddie Pak, isazi sezifo zengqondo sesibhedlela soMnyango wezeMpilo waseGauteng, i-Sterkfontein Psychiatric Hospital esiseKrugersdorp, uchaze ukuthi kuyinto ejwayelekile neyamukelekile ukuba abantu babe nemizwelo ehlukeni futhi bazizwe bejabule noma bedangele, njengoba izinto ezihlukahlukene zenzeka empilweni yabo.

"Isifo se-bipolar, noma kunjalo, kulapho umuntu ebanokuguquguquka kwemizwelo yakhe ngokwedlulele, ngaphandle kwesizathu esicacile. Izinguquko zivame ukuba zifike ngezikhawu ezithile, eziyisikhathi eside futhi ziphazamise impilo yansuku zonke," kuqhuba yena.

Izimpawu ze-bipolar

Ngokusho komhlahlandlela we-bipolar osungulwe ngabe-South African Depres-

sion and Anxiety Group (i-SADAG), izimpawu zalezi zikhawu zokuphazamiseka kwengqondo zibandakanya;

- Umuzwa wokwenama kakhulu futhi kungekho lutho olungashintsha lokho;
- Imicabango emihle ngenhlela eseyize yedlulele;
- Ukwahluleka ukufunda isimo kahle lokho ke kubeka umuntu onale sifo engozini yokusebenzisa izidakamizwa nokwenza izinto ngokunganaki.
- Bangenama kakhulu kangangokuthi kungadlula izinsuku eziningi belala nje kancane noma bangalali nhlobo;
- Bangaxoxa ngalesi sikhawu badlulele kwesinye engxoxweni eyodwa futhi bakhuluma ngokushesha futhi bekhulumela phezu;
- Abanye abakwazi ukubaqonda njengoba imicabango yabo nenkulumbo yabo ingahlelekile futhi ingawakhi umqondo;
- Bangaba nentukuthelo ngaphandle kwesizathu noma lapho othile eveza ukuthi izinhlelo zabo azinamqondo.

phandle kwesizathu noma lapho othile eveza ukuthi izinhlelo zabo azinamqondo.

"Uma lesi sikhawu sokuphakama komzwelo ngokudlulele (i-mania) singelashwa ngesikhathi, singabangela ukuphithana kwengqondo yomuntu (i-psychosis) nokungaholela ekutheni alahlekelwe yingqondo ngokuphelele. Angase agcine engasakwazi ukhulukanisa izinto zangokoqobo nezingezona zangempela bese eba nentukuthelo nodlame. Iziqephu eziningi zalokhu kugula zilula kakhulu ukuzibona kwabanye, ngoba ziza ngamandla kakhulu," kusho uDkt. Pak.

Lezi ziqephu zilandelwa ukukhathazeka komphefumulo, okunezimpawu ezifanayo nokukhathazeka okuvamile noma ukukhathazeka okukhulu okubandakanya ukuzizwa ngalezi ndlela zilandelayo;

- Ukudangala
- Ukuzizwa ulahlwa unembezisa noma ungenathemba

- Ukuzizwa ungafuni ukuvuka embhedeni noma ukufuna ukulala kepha esikhathini esiningi ungenakwazi ukukwenza lokho
- Ukungabi namandla nokuzizwa ubuthakathaka futhi ukhathale
- Ukungakuthandi ukudla; ukulahlekelwa intshisekelo yezinto nokuzizwa ungelutho.

"Ukuhlaselwa yilesi siqephu sokuzizwa ukhathazekile singase siholele nakwi-psychosis, lapho abantu behluleka ukubona izinto zangokoqobo nezingezona. Uma lesi sifo sibahlasele kakhulu abantu abanaso, baye bafune ukuzilimaza futhi bangaba nomuzwa wokufuna ukuzibulala," kusho uDkt. Pak. **V**

Uma ucabanga ukuthi wena noma umuntu osisihlobo sakho unesifo se-bipolar, vakashela umtholampilo wabagula ngengqondo oseduze nawe, isibhedlela noma udokotela ngokushesha.

I-bipolar: Ungasiza kanjani?

Allison Cooper

Uma othile osisihlobo sakho ethole ukuthi unesifo se-bipolar kukhona izinto ezihlukahlukene ongazenza ukuze usize futhi umeseke.

Okokuqala, funda konke okukhona ukuthi ukwazi ngohlobo le-bipolar umuntu usisihlobo sakho atholakale ukuthi enayo. Thola izimbangela zayo, izimpawu kanye nemithi yokuyelapha bese ukhuluma nodokotela wakhe uma kungenzeka.

Kufanele futhi ufunde mayelana nezimpawu eziyisixwayiso zeziqephu ze-bipolar zokuphaphazela kakhulu kanye nokuba phansi kakhulu, ukuze wazi ukuthi umuntu angaqala aziphathe kanjani.

Ngokomhlahlandlela we-bipolar osungulwe ngabe-South

African Depression and Anxiety Group (i-SADAG) kumqondo omuhle ukuhlala, ngenkathi umuntu engakaguli, ukuthi kufanele wenze njani uma ubona ukuthi usebanjwe yisifo se-bipolar. Isibonelo, ningaxoxa futhi nibeke imithetho engabandakanya ukumvikela efana nokungamniki amakhadi okuthenga, amalungelo okubhanga nokhiye bemoto.

"Khuthaza umuntu onalesi sifo ukuthi angayeki imithi, abonane nodokotela wakhe' futhi agweme utshwala nezidakamizwa njengoba lokhu kungavusa noma kubhebheth ekise isimo se-bipolar sibe sibi kakhulu," kusho uDkt. Eddie Pak, isazi sezifo zengqondo sesibhedlela soMnyango WezeMpilo wase-Gauteng i-Sterkfontein Psychiatric Hospital.

Uma umuntu onale sifo

esisebenzise imithi yokwelashwa ethile isikhathi eside, kungabonakali bungcono ezimpawini, noma kune-miphumela emibi, mkhuthaze umuntu lowo ukuba abuze udokotela mayelana nezinye izinhlobo zemithi yokwelasha noma athole umbono womunye udokotela.

Baphathe ngendlela ejwayelekile abantu uma sebeluleme, kodwa uhlale uqaphele izimpawu. **V**



Izimpawu eziyizinkomba zokufuna ukuzibulala

Kubaluleke kakhulu ukufunda izimpawu eziyizinkomba zokufuna ukuzibulala nokuthatha noma yiziphi izinsongo umuntu azena njengezibucayi.

Uma lo muntu "egoqa" izindaba zakhe, ekhuluma ngokuzibulala, elokhu njalo ekhuluma ngezindlela zokulandelela noma ebonisa imizwa yokuphelelwa yithemba sekuyisikhathi sokungenelela futhi ufune usizo kudokotela noma amalungu omndeni nabangane.

Thola usizo

Uma wena noma umuntu omaziyo edinga usizo, vakashela isikhungo sempilo sabagula ngengqondo esiseduze nawe, umtholampilo, isibhedlela noma udokotela. Ungaphinde uxhumane nale nombolo yosizo isebenza imini nobusuku: 0800 456 789, inombolo yokusizakala yakwa-SADAG ethi: 011 234 4837, i-Suicide Crisis Line lapha: 0800 567 567 noma i-Akeso Psychiatric Response Unit esebenza imini nobusuku lapha: 0861 435 787.

Konke okudingeka ukwazi mayelana neholo eliphansi likazwelonke elinqunyiwe



Ngaphansi komthetho Weholo Eliphansi Likazwelonke, abasebenzi abasemikhakheni eminingi kufanele baholelwe okungengaphansi kwama-R20 ngehora.

Dale Hes

Bonke abantu baseNingizimu Afrika abasebenzayo banelungelo lomholo olingene wokuzondla bona nemindeni yabo.

Njengoba iholo eliphansi likazwelonke lamukelwe uMongameli Cyril Ramaphosa ekuqaleni konyaka, leli lungelo lomholo oli-

ngene manje selivikelwe ngokusemthethweni.

UNgqongqoshe Wezabasebenzi u-Mildred Oliphant uthe iholo eliphansi likazwelonke ngeke lingene endaweni yemiholo ephansi osequvele kuvunyelwene ngayo emkhandlwini wokubonisana wabasebenzi nabaqashi.

"Iholo eliphansi likazwelonke lizohlomulisa,

ikakhulukazi labo abasahola kancane kakhulu kuleli liholo eliphakanyisiwe lama-R20 ngehora. Umkhakha ozozuza kakhulu yimboni yokuphathwa kwezihambi, lapho uthola khona ukuthi abasebenzi bazuza kuphela imali abayiphiwa ngabantu ababasizayo," kuqhuba yena.

Amalungelo akho ngaphansi komthetho Weholo Eliphansi Likazwelonke

- Ngaphansi Kweholo Eliphansi Likazwelonke, abasebenzi ezimbonini eziningi kumele bangaholelwa ngaphansi kwama-R20 ngehora lomsebenzi.
- Lokhu akubandakanyi abasebenzi basemapulazini, okumele bakhokhelwe okungenani i-R18 ngehora, abasebenzi basezindlini (i-R15 ngehora) nabasebenzi bama-EPWP (i-R11 ngehora).
- Kumele ukhokhelwe okungenani iholo eliphansi likazwelonke njalo ngehora olisebenzayo. Uma usebenza amahora

angaphansi kwamahora amane ngosuku, nalapho kusafanele ukhokhelwe amahora amane agcwele.

Kufanele uhole malini ngenyanga?

- Uma uholo ama-R20 ngehora bese usebenza amahora ayisishiyagalombili ngosuku izinsuku ezinhlanu zesonto, kufanele ukhokhelwe imali engama-800 amarandi ngesonto. Ngenyanga, umqashi wakho kufanele akukhokhele imali eyizi-3 466.40 zamarandi ngenyanga.
- Uma uholo ama-R20 ngehora bese usebenza amahora ayisishiyagalolunye ngosuku izinsuku ezinhlanu zesonto, kufanele ukhokhelwe imali engama-900 amarandi ngesonto. Udinga ukukhokhelwa imali eyizi-3 899.70 zamarandi ngenyanga.
- Uma ungumsebenzi wepulazi uholo i-R18 ngehora futhi usebenza amahora angama-40 ngesonto, kufanele ukho-

khelwe imali eyizi-3 119.76 zamarandi ngenyanga. Uma usebenza amahora angama-45 ngeviki, kufanele ukhokhelwe imali eyizi-3509.73 zamarandi ngenyanga.

- Uma ungumsebenzi wasezindlini uholo i-R15 ngehora bese usebenza amahora angama-40 ngesonto, kufanele ukhokhelwe imali eyizi-2 599.80 zamarandi ngenyanga. Amahora angama-45, kufanele ukhokhelwe imali eyizi-2 922.75 zamarandi ngenyanga.

Ubikela bani uma uholelwa ngaphansi kwesamba esinqunyiwe seholo eliphansi?

Izikhalo zingenziwa ehho-visi eliseduzane loMnyango Wezabasebenzi, noma zingathunyelwa ngqo ku-Khomishana Yokubuyisana, Ukuxazulula Nokwahlulela (i-CCMA). I-CCMA ivule izinombolo ezimbili zocingo zokwamakela imibuzo: **011 377 6627** no: **011 377 6625**.

Iholo eliphansi likazwelonke, ukunqoba kubasebenzi

IHOLO ELIPHANSI LIKAZWELONKE ebelilindelwe ngabomvu liletha umehluko futhi linomthelela omuhle ezimpilweni zabantu.

Siya Miti

Iholo eliphansi likazwelonke lama-R20 ngehora noma imali eyizi-3 500 zamarandi ngenyanga, esiqale ukusebenza mhla lu-1 kuMasingana, sizovikela abasebenzi abasengcupheni yokuxhashazwa.

Ngokumemezela ngu-Mongameli uRamaphosa ngoLwezi wezi-2018, iholo eliphansi likazwelonke lithole ukwamukelwa i-Congress of South African Trade Unions (i-COSATU) njengesinyathelo sokuqala sokunikeza abantu imiholo abangakwazi

ukuphila ngayo abasebenzi ababalelwa ezigidini eziyi-6.4 abasebenza ezitolo ezikhulu, abangonogada kanye nabahlinzeka ngosizo lokuhlana.

Nakuba lezi ziyizindaba ezinhle kubasebenzi abaningi, ongunogada wase-East London uZolile Binta uthe kwadingeka babe sesitelekani ukuze bathole isiqiniseko sokuthi bazothola umholo onqunyiwe wama-R20 ngehora.

"Sizolithola okokuqala [iholo eliphansi likazwelonke] kule nyanga. Kusukela ngowenzi-2010 kuya kuMasingana nonyaka besihola i-R11 ngehora. Sisebenza embonini ebucayi

futhi sidinga imali engaphezu kwama-R20 ngehora.

"Nginezingane eziyisikhombisa, omncane kubona uneminyaka eyi-17. Izingane zethu aziyitholi imisebenzi futhi umkami akasebenzi uhleli ekhaya. Ngisho naleli liholo liphansi likazwelonke alenele. Kodwa-ke, kuzokwenza umehluko ngoba phambilini besihola imali ephakathi kwe-1 500 lamarandi kanye nezi-2 000 zamarandi," kusho uBinta.

Omnye osebenza njengonogada uNombeko Zenani uthe iholo eliphansi likazwelonke lizokwenza umehluko omkhulu empilweni yakhe futhi



izovikela abasebenzi ekuxhashazweni.

Umhleli wendawo we-Democratic Transport Logistic Allied Workers Union, uMelumzi Ndongeni, uthe nakuba iholo eliphansi likazwelonke lizokwenza umehluko ezimpilweni zabasebenzi abaningi, abanye abaqashi bathola indlela yokubalekela lokhu ngokunciphisa inani lamahora asetsenzwa ngeshifti ngalinye.

"Kuzokwenza umehluko, ko-

dwa kusekhona ezinye izinkinga okudingeka zilungiswe. Yebo, iholo eliphansi likazwelonke lisayinwe laba ngumthetho, kodwa zimbalelwa kakhulu izinkampani eziwuthobelayo lo mthetho. Amanye amabhizinesi abeholela ama-R25 ngehora, isibonelo, asenciphise imali yaba ngama-R20 ngehora, avika ngokuthi adonsa kanzima. Akukho lutho olungenziwa ngoba ahambisana nomthetho," kuphetha uNdongeni.