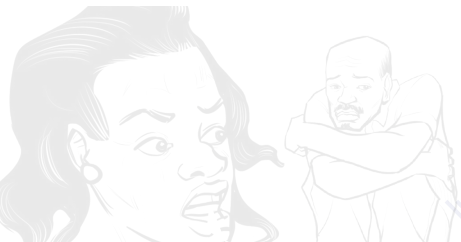


EKIWANDIIKO
EKIRAMBIKA
BUTYA ENSONGA
EZEKUUSA KU
BUTEBENKEVU
BW'OMUTWE
BWEZIRINA
OKUKWATIBWAMU
MU KITUNDU



MENTAL HEALTH UGANDA
Support our cause





Mission

To create a unified voice of people that influences the provision of required services and opportunities for people with psychosocial disabilities in Uganda.

Vision

People with psychosocial disabilities in society are embraced with respect and enjoy their human rights as other citizens.



OBUBAKA OKUVA MU MHU

Mental Health Uganda (MHU), kibiina kya bwanakyewa eky'abantu abaliko obulemu ekyagunjabwawo mu 1997 oluvannyuma nekiwandiisibwa nga ekibiina kyobwanakyewa mu mateeka mu 2001. Okutondebwawo kwaffe kwaddirira okuboolebwa wamu nokulinnyirira eddembe lyabantu abaliko obulemu ku mutwe wamu naabo abali ku bujjanjabi ku nsonga eyo nga kwotadde nabegganda zaabwe. Ekigendererwa kyaffe ekikulu kwekulaba nga tutondawo eddobozi eryawamu erisikiriza n'okusendasenda obuweereza eri abantu abalina oba abavvuunuka obulemu ku mutwe mu Uganda. Okusobola okutuukiriza ekigendererwa kyaffe, tukoze nnyo kakuyege eyekuusa ku ddembe ly'obuntu eri abantu abalina obulemu ku mutwe. Wadde ekyo kiri bwekityo, naye era okusosolebwa n'okuboolebwa kukyali baana baliwo mu bitundu wetuwangaalira.

Mu mbeera eno, ssenyiga omukambwe Covid-19 weyayingirirawo. Okusenziira ku kitongole ekyebyobulamu muni yonna 'World Health Organization (WHO)' Ssenyiga omukambwe Covid-19 yakosa era nakekejula ku bujjanjabi bwobulwadde bwe mitwe ebitundu 93 ku kikumi ku mawanga agenjawulo mu nsi yonna kyokka nga ate obwetaavu bweyongera bweyongezi buli kaseera. Newankubadde nga obwetaavu bweyongera bweyongezi, kyokka ate okumanyisibwa ku bulwadde buno, kkwo kukyali wansi nnyo. Nekiva mu kkyo, abantu abagwa mu kkowe eryo besanga nga bajolongeddwa ngate abakabufuna tebafunye buyambi mangu nga bwekyetaagisa, nga kino kiva ku butamanya. Obutamanya buno tebubangako bwankukunala nga bwe guli okuva lwe twayingira mu muggalo 'Lockdown'.

Okusobola okwanukula omulanga, twegasse ne 'The British High Commission' mu Uganda' okusobola okufulumya akatabo kano akawandiikiddwa mu ngeri ennyangu era etegeerekeka obulungi ekwata ku nsonga ezekuusa ku bulamu bwomutwe eri omuntu wa bulijjo. Abantu bonna bwebaba nga bannyonyoddwa nti obulwadde bw'omutwe bwa ngeri nnyingi, era busobola okukwata buli muntu yenna, nti era omuntu asobolera ddala okuwona obulungi, singa akeberebwa mangu nti era obujjanjabi butuli kumpi, oba oli awo okusoomozebwa kuno kwetulabye oba kwetuyitamu, kuyinza obutaddamu kulabika nate. Mu kusooka, tufulumizza akatabo kano mululimi oluzungu n'oluganda, naye nga nennimi endala tuzirowoozaako mu biseera ebyomumaaso.

Twebaza nnyo 'British High Commission' olwokuvujjirira omulimu guno, ekitongole ekyebyobulamu, ssaako nabemikago abalala olwenkolagana eyolubeerera etuyambye ennyo okutuukiriza ebigendererwa byaffe nokwongerera amakulu gemirimu gyaffe mu buweereza.

Tukwagaliza okusoma okulungi okujjudde ebibala.



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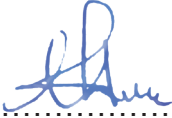
Derrick Kizza Mbuga
Executive Director

Ekiggulaluggi

Abantu abakunukkiriza mu kawumbi balina obulwadde bw'omutwe, obukadde 3 bufa buli mwaka olwokedekantankira omwenge, ate nga omuntu omu afa buli butikitiki 40 nga bayita mu kwetta, kyokka nga ate ebyembi abantu baalubatu nnyo munsu yonna abalina okumanyisibwa era abasobola okufuna obujjanjabi obulungi obwomotwe. Nga okufuna amawulire nokumanyisibwa bikyali bizibu, okusoomozebwa kwetulaba okukyase ennyo ku nsonga zobulwadde bwomotwe, kuvudde ku kubulwa okumanyisibwa ku nsonga z'omutwe. Singa abantu bategeera ebikulu ku nsonga ezo waggulu, twandibadde tulina obusobozi obulengerera ewala ku kubalukawo kwobulwadde bw'omutwe, nokusobola okuyamba abantu obulungi.

Akatabo kano kajjide mu kiseera ekituufu naddala nga nekirwadde kya ssenyiga omukambwe ki COVID-19 kyongedde okuwanika amatanga nokweraliikiriza abantu, ate si abo bokka abaakosebwa edda naye okwennyika, okweraliikirira, wamu nokutya ekiviiriddeko nabamu okufa naddala wano mu Uganda. Akatabo kano kaali kaalwawo nadda okufulumizibwa, n'olwekyo nnebaza nnyo 'Mental Health Uganda' olwokusobozesa akatabo kano okufulumu. Obulwadde bwomotwe bulabikiddemu nnyo okusosolebwa n'olwekyo okugabanira awamu obubaka mu bitundu byafe kijja kukyusa endaba nendowooza eno kubanga okusoomozebwa kuno kusobolera ddala okukwata buli muntu yenna. Ate bwekwegattako Covid -19 olwo embeera nejabagira.

N'olwekyo, nkuba omulanga ogutakungula eri bannamikago mwenna okusitukiramu okuvujjirira ensonga yomutawaana omunene ogwekuusa ku bulwadde bw'omutwe naddala nga tusazeewo ensonga eno eyobujjanjabi nokubudaabudibwa okugitwala mu bantu wamu nokukolera mu bitongole bi nnansangwa okwongera amaanyi mu mpeereza zaabwe. Tewali bulamu nga tewali butebenkevu ku mutwe kubanga omutwe yentabiro y'omubiri.



Dr. Hasfa Lukwata

Ag. Commissioner Health Services
Mental Health and Control of Substance Abuse
Ekitongole ekyebyobulamu



ENNYANJULA.

Obulamu bw'omuntu bwonna okutwaliza awamu bwesigamiziddwa ku butebenkevu bw'omutwe. Obulamu bw'omutwe bukulu nnyo era nga bwolaba obulamu obw'omubiri. Ekyennaku kiri nti abantu abasinga obungi beesuuliddeyo gwa Nnaggamba ku nsonga ezikwata ku bulamu bw'omutwe era ensonga eno, tweereeddwa kifo kya kumwanjo, era eno yensonga lwaki abantu bangi bafiira eyo mu kimugonyu nokusoomozebwa kwebasanga ku nsonga z'obulamu bwomutwe. Ate era waliwo ebigeresebwa wamu nebiwanuuzibwa bingi ssaako nendaba yebintu ekifuulannenge ku nsonga ezekuusa ku kusoomoza okweyolekera ku bulamu bw'omutwe mu bantu abasinga obungi. Engeri eno eyekifuulannenge abantu gyebalabamu ensonga zino yeviiriddeko abantu abo abalina okusoomozebwa okwo okusosolebwa, okuboolebwa okwo ssaako nokulinnyirira eddembe lyabwe eryobwebange. Endaba yebintu eno eyekifuulannenge esaana ekomezebwe bunnambiro kubanga obulwadde bwomutwe bungu nnyo ate buli muntu yenna asobola okubufuna anti bagamba nti 'Ekirya atabaala kyekirya naasigadde ewaka'. N'olwekyo buvanaanyizibwa bwa buli muntu okutegeera okusoomozebwa okwekuusa ku bulamu bw'omutwe, engeri gyekweyolekamu, engeri gyekulina okukwatibwamu wamu nengeri abalina okusoomobwebwa okwo ssaako nobukosefu gyebalina okuyambibwamu.

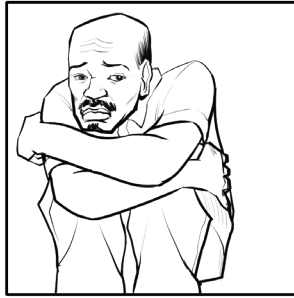
Akatabo kano kalambika ebikulu ebikwata ku kusoomozebwa kwomutwe ebiviirako obulamu bwomutwe okutabanguka, obubonero kwotegeerera obulwadde bw'omutwe, okusoomozebwa abalina obulwadde bwomutwe kwebasanga, wamu nekyo omuntu kyasobola okukola okusobola okutaasa omuntu azuuliddwa nga alina okusoomozebwa kw'obulwadde bw'omutwe. N'olwekyo akatabo kano kamugaso nnyo eri buli muntu yenna, okugeza bakulembeze benzikiriza ezenjawulo, abasawo mu bitundu byaffe, abajjanjabi ku mitendera gyonna, abazadde, abengganda, ababudaabuda, okwo ssaako naabo bonna abalina obulwadde bwomutwe.

Obutebenkevu bw'omutwe kye ki?

Ekitongole kye byobulamu muni yonna ekya 'WHO' Kinnyonyola obutebenkevu bw'omutwe nga engeri ennuggamu buli muntu gasobola okwezuulamu obusobozi bwe, butya kwasobola okutambuza obulamu obulabika nga bulimu okusoomoozebwa [stress], engeri gasobola okukola okusobola okuvaamu ebibala ebirungi okwo ssaako n'okuba ow'omugaso mu kitundu mwabeera.



BALWOOZA



BWEYEWULIRA



BWAYISAAMU ABALALA

Obulwadde bw'omutwe kye ki?

Obulwadde bw'omutwe yembeera omuntu gyeyesangamu emuleetera okugootanyizibwa mu kulwooza kwe obulungi, engeri gyeyewuliramu wamu n'embeera, ekintu ekiyinza okukosa engeri gyeyetabamu n'abantu abalala wamu nokukola nga omuziziko okumulemesa okubeera obulungi.



Okusenziira ku kibiina kya Mawanga amagatte [United Nations] abantu abali mu bukadde mu nsi yonna balina okusoomozebwa kw'obulwadde bwomutwe ate nga kiteeberezebwa nti ku buli bantu bana, omuntu omu ajja kuisinkana okusoomozebwa kwe kumu mu nsi yonna mu bulamu bwabwe. Abantu abakunukkiriza mu kakadde kalamba mu nsi yonna bejja mu bulamu bwensi eno nga besse. Era kyazuulwa nti enfa eno ekwata ekifo kya kusatu mu ngeri abavubuka gyebafaamu. Abantu abalina okusoomozebwa ku mutwe ebiseera ebisinga baboolebwa nokusosolebwa okwo ssaako okutulugunyiizibwa nokukabassanyizibwa mu ngeri ezenjawulo era mu bifo ebyenjawulo omuli mu buduukulu bwa poliisi, mumakomera, mu malwaliro, mu maka wamu nebifo ebirala.

Newankubadde nga ebibalo ebirambika ensonga ezeekuusa ku butenkevu bwo mutwe bya kkekwa mu Uganda, mu nsi yonna obulwadde bwomutwe butwala ebitundu kkumi na bina ku kikumi [14%] ku bulwadde bwonna. Kyokka nga ebitundu nga nsanvu mu bitaano ku kikumi [75%] ebyabantu abalina okusoomozebwa kw'omutwe bisangibwa mu mawanga ga Mufunampola wamu N'amankuseere. N'olwekyo olwokuba nti ku bantu bonna mu ggwanga Uganda ebitundu nsanvu mumunaana ku kikumi [78%] bavubuka ab'emyaka 30 n'okudda wansi, tusaanye okufaayo ennyo ku kusoomozebwa kwobulwadde bwomutwe kubanga okunoonyereza kulaga nti abantu ebitundu nsanvu mu bitaano ku kikumi [75%] batandika okufuna okusoomozebwa kuno nga tebannaweza myaka 24.

Ani asobola okufuna okusoomozebwa okukwata obulamu bw'omutwe?



FAMIRE EWEDDEWO MU KABENJE

Buli muntu yenna asobolera ddala okufaafaagana nokusoomozebwa kw'obulwadde bw'omutwe kubanga tekutaliza kikula, ggwanga, ddiini, myaka, ndabika oba wadde obuyigirize. Wabula ate abantu abamu bali nnyo ku bwerende okusinga abalala. Muno musingiramu abantu abo abalina endwadde eyolukonvuba, abantu abalabika okuba nga tebafii bwako, ssaako nabantu abatataganyizibwa nentalo oba enkaayana nga kwotadde nokuwangangusibwa.

Biki ebirabika okuba nga byebiviirako obulwadde bw'omutwe?

Ensonga eviirako obulwadde bw'omutwe tetegeerekeka bulungi. Naye waliwo ensonga nnyingi ezekuusa kunsonga eyo era nga zikutuddwamu emirundi ebiri; ensonga nga eva ku



nsikirano ate endala eva ku bintu nembeera etwetoolodde.

OKUKOZESA
EBILAGALAGA

Ensonga ezeekuusa ku nsikirano

Obulwadde bwomutwe bulabikira nnyo ku bantu nga emabega eyo waliyo oba waaliyo abengganda nga baalina obulwadde bwewbumu. Kale olwo kiba kyangu nnyo abalala bwebagatta omusaayi okukwatibwa obulwadde bwe bumu, ate ekyo bwekyegatta nembeera ebeerawo mu budde obwo, olwo wamma ggwe negujabagira.

Ebintu n'embeera ebitwetoolodde

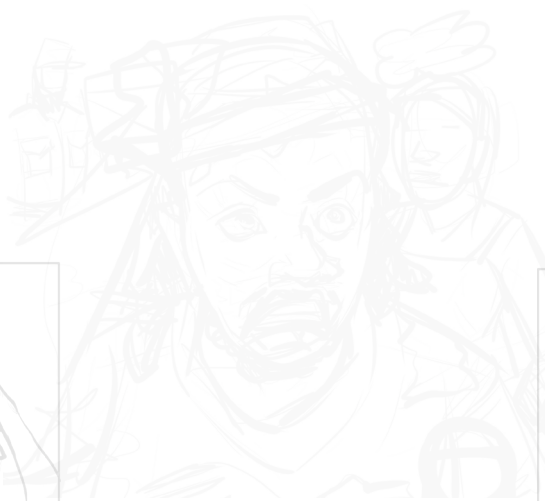
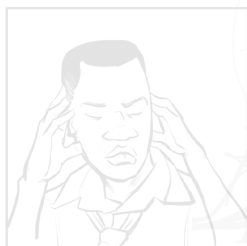
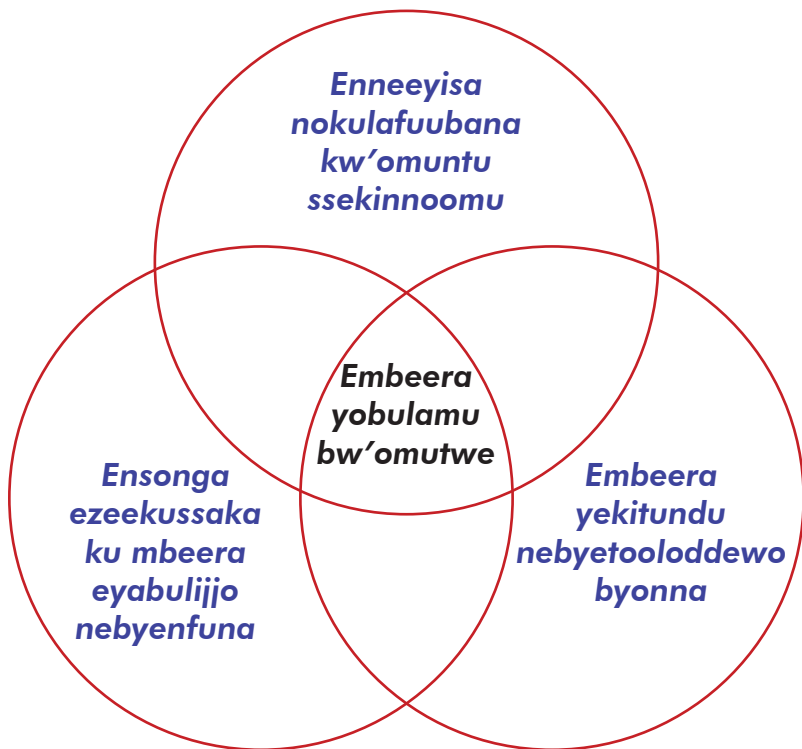
Muno mulimu nga bino wammanga;

- ❖ Obuzibu mu by'omukwano, okugeza okwawukana.
- ❖ Okubeera mu bwavu obususse omuli nokubundabunda
- ❖ Obutabanguko mu Maka ssaako okutulugunyizibwa okutuusibwa ku baami, abakyala oba abaana.
- ❖ Okwekatankira ebiragalalagala ssaako nomwenge ogususse.
- ❖ Enkyukakyuka mpaawo atalikaaba okugeza nga okugobwa ku mulimu.
- ❖ Okukosebwa obutereevu ku bwongo okugeza nga okuva kububenje
- ❖ Ebigwa bitalaze nga okukulugguka kwe ttaka, endwadde enkambwe, entalo nebirala.
- ❖ Endwadde ez'olukonvuba, nga Mukenya, kkokolo, nendala.

Ekyokuba nga olina akamu ku bubonero obwo obulagiddwa waggulu oba kale nga bubiri tekimala okuwunzika nti omuntu alina obulwadde bwomutwe. Wabula walina okubaawo ensonga ezomuggundu ezireetera ddala omuntu ssekinnoomu okukwatibwa obulwadde bw'omutwe.



Obutebenkevu bw'obulamu bwomutwe busobola okutuukibwako nga tugasse ensonga ezenjawulo era nga bweziragiddwa wammanga.



OKWELARIKIRIRA
OKUSUKIRIDDE

Bubonero ki kwolabira omuntu alina obukosefu ku mutwe?



Abantu abalina obulwadde bw'omutwe balaga obubonero obwenjawulo, naye nga obumu ku bubonero obwenkizo ennyo kwolabira omuntu alina obulwadde bwomutwe oba agenda okukwatibwa bwe buno wammanga;

- ❖ Okuwulira amaloboosi oba okulaba abantu oba ebintu abantu abalala bebatalaba oba gebatawulira.
- ❖ Okutya okususse, okweraliikirira n'okuyongobera.
- ❖ Okweyawula okususse okugeza okuva mu mikwano ne bikolebwa ebirala mu ngeri eyokwesumalika.
- ❖ Okuleekaana ekisusse.
- ❖ Enkyukakyuka ezebagirawo mu byokulya oba okwebaka.
- ❖ Ebirowoozo byokugezaako okwagala oba nokugezaako okweija mu bulamu bwensi eno.
- ❖ Okutandika okuwulira ensonyi, obuswavu wamu nokuba nga tewewuliramu nsa.
- ❖ Obubonero obwebikolwa ebyobukambwe okugeza nga okukasuka amayinja nebirala.



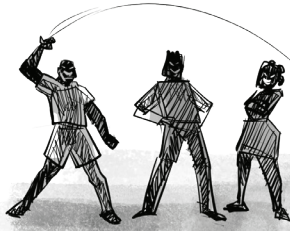
OBUBONERO
OBWEBIKOLWA
EBYOBUKAMBWE

Weetegereze: Buno bwe bumu ku bubonero kwolabira obulwadde bwomutwe. Wabula, okuba nakabonero akamu oba okusingawo tekimala kuwunzika nti gundi mulwadde wa mutwe. Nolwekyo, obubonero buno bukole nga embagulizo okusobola okuvaayo okuyamba kwoyo alina obubonero obwo sinakindi nokumutwalira abakugu bamwekebeje olwo bazuule ekituufu.

**Okusoomozebwa
abantu abalina
obukosefu ku mutwe
kwebasisinkana mu
bulamu bwabwe.**

OBUTABA NA
MILIMU





**OKUSOSOLEBWA
MU BENGGANDA
NE ABEKITUNDDU
MWEBABEERA**

- ❖ Okusosolebwa n’okuboolebwa okuva mu begganda wamu n’abomukitundu.
- ❖ Okutyoboola eddembe lyabwe eryobwebange.
- ❖ Obutaba na mulimu.
- ❖ Obutafii bwako nnyo olwokuba nti omuwendo gwabakugu ku nsonga ez’omutwe mutono ddala era gwa munyoto.
- ❖ Institutionalized service provision, Okukalubya okutuuka ku buyambi olwemitendera emingi.
- ❖ Ensimbi entono ddala ezissibwa ku nsonga z’obulamu bwemitwe. Okugeza akatundu kamu ku kikumi[1%] ake ssende ezissibwa mu byobulamu zezokka eziweebwa ekitongole ekikola ku nsonga z’emitwe.
- ❖ Obunafu obweyolekedde mu kitongole ekyamateeka obutasobola kuvaayo bulungi okusobola okulwanirira eddembe lyabalwadde b’emitwe.
- ❖ Okukakibwa mu by’omukwano n’okutuluganyizibwa.

Eddembe lyobuntu eri omuntu alina obulwadde bw'omutwe

Ebyo byonna ebinyumira era omulwadde womutwe byatwala okuba nga byansonga gyali bisaana bitwalibwe nga ensonga enkulu ddala ku ddembe lye eryobwebange nga bwegasengekeddwa mu Ssemateeka we ggwanga Uganda. Eddembe lino mulimu bino wammanga wadde nga tebiweddeeyo;

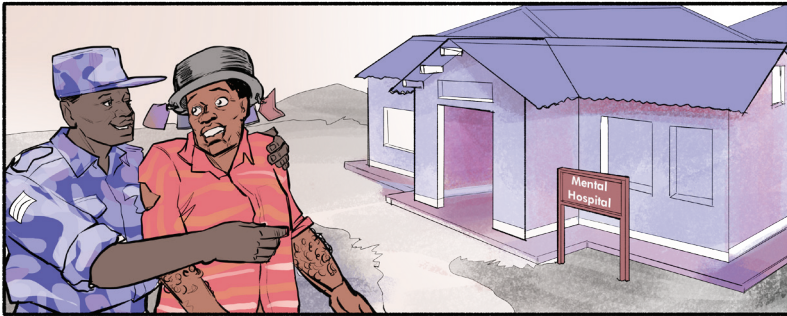
- ❖ Ddembe lye nga omulwadde womutwe okukuuma ekitiibwa kye eky'obuntu ssaako nokukuuma ensonga ze nga zakyama.
- ❖ Dembe lye nga omulwadde w'omutwe okulaba nga talinnyirirwa ssaako okunyigirizibwa mu by'obuntu, ebyenfuna, ebyawamu, ebyokwetaba mu mukwano ssaako nokunyigiriza wamu nokutulugunya okulala kwonna okuyinza okubalukawo.
- ❖ Omulwadde womutwe yenna waddembe okuweebwa obujjanjabi nokubudaabudibwa kwonna okuyinza okumuyambako okussuuka nokutebenkera obulungi mu mbeera ennungi era ebukadde.
- ❖ Aleme butasosolebwa oba wadde okuboolebwa omuntu omulala yenna nga yesigama ku kuba nti mulwadde wa mutwe era tategeera bulungi.
- ❖ Omukozesa taasosole mukozzi yenna olwokwesigama ku nsonga nti omukozzi mulwadde wa mutwe.
- ❖ Omujjanjabi yenna ali mukujjanjabi omulwadde w'omutwe ateekeddwa okumuwa bwino yenna akwata ku bulwadde ey'ekuusa ku kuweebwa ekitanda, obujjanjabi obwetagisa, nga bwali oweddembe okukkiriza oba okugaana obujjanjabi, abavujjirizi bobuyambi obuba buweereddwa, ssaako nebikozesebwa ebirala byonna.



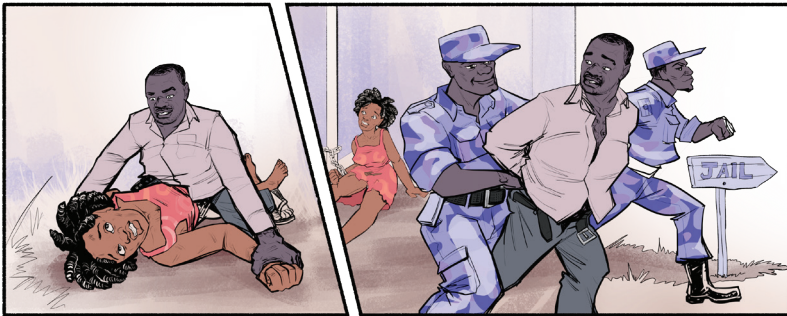
Weefegerize: Buno busammambiro bwa ddembe ly'obuntu obukooneddwako. Omulwadde womutwe yenna alina okweyagalira mu ddembe lyobuntu nga bwekiri ku muntu omulamu yenna era nga bwekirambikiddwa mu Ssemateeka wa Uganda.

Obukulu bwa poliisi mu kulwanirira n'okukuuma eddembe lyabantu abalina okusoomozebwa ku nsonga z'obulamu bw'omutwe.

Buvunaanyizibwa bwa poliisi okulaba nga ekuuma obulamu bw'abantu abalina okusoomozebwa ku mutwe, ebintu byabwe wamu ne ddembe lyabwe eryobwebange. N'olwekyo poliisi erina okuba ; -



REFER PERSONS WITH MENTAL HEALTH CHALLENGES TO MENTAL HEALTH SERVICE PROVIDERS



TAKE CLEAR ACTIONS TO STOP HUMAN RIGHT ABUSES TOWARDS PEOPLE WITH MENTAL ILLNESS.

- ❖ Nga nzikakkamu nnyo eri abo bonna abalina okusoomozebwa ku mutwe wamu nokubawa obuyambi bwonna obwetaagisa.
- ❖ Nga bakuuma eddembe lyabwe ery'obwebange.
- ❖ Nga boogera ku kusoomozebwa kwa balwadde bemitwe ku madaala gonna.
- ❖ Nga etwala abantu abalwadde bemitwe mu bakugu okubekebejja wamu nokusigala nga babalon-doola.
- ❖ Nga essaawo enkola ennuggamu okusobola okumalawo okulinyirira eddembe lyabo abalina obukosefu ku mutwe eri abo ba Nakigwanyizi nokufuba okulaba nga bakangavvulwa..



Obuyinza bwa poliisi.

Owa poliisi kimukakatako okutwala omulwadde womutwe mu bakugu okwongera okwekebejjebwa so si kumukwata na kumuggalira mu kaduukulu oba wadde okumuvunaana. Owa poliisi alina okukwasaganya ensonga z'omuntu oyo alina obukosefu ku mutwe bwamala okufuna ebivudde mu bakugu oluvannyuma lwokumwekebejja. Singa owa poliisi akizuula nti omuntu oyo yetaaga bujjanjabi, olwo aba alina okumukulembera namutwala mu basawo asoobole okujjanjabwa.

Omuntu yenna nga waluganda, nga wa mukitundu oba omutuuze yenna ayinza kukolaki okusobola okulaba nga omuntu alina obukosefu ku mutwe afiibwako era nga ayambibwa?

- ❖ Bagambe nti obaagala era funa engeri gyoba obawagiramu.
- ❖ Bagambe nti tebalina njawulo yonna nga bwebababde wabula balinamu akakosefu katono ku mutwe 'just'.
- ❖ Weetegereze nnyo era otegereere bulungi okusoomozebwa kwabwe ku mutwe.
- ❖ Bayambeko nnyo era obawerekere okugenda okufuna obujjanjabi.
- ❖ Kakasa nti bafuna obujjanjabi era nti eddagala balikozesa nga bwebabeera balagiddwa abasawo.
- ❖ Kakasa anti bafuna omukisa ate kyenkanyi nga tebanyigiriziddwa.
- ❖ Bulijjo basendesende okubakkirizisa okwekkirizamu nokweraba



- nga abantu abomugaso ennyo.
- ❖ Kakasa nti obuyonjo bubebungu-ludde wonna era balya bulungi.
 - ❖ Lwanirira eddembe lyabwe eryobwebange.
 - ❖ Yogera ko ku nsonga zobukosefu bwe mitwe ku itendera gyonna.
 - ❖ Kakasa nti bogereganya nomusa-wo entakera.
 - ❖ Kakasa anti betaba mu bifo awali abantu abangi oba ebikujjuko.
 - ❖ Gabanako nabo embeera eyo singa oba nga wagiyitamu [kino kyongerera okubagumya ennyo nokubazzaamu amaanyi']

Ebigambo byotalina kwogera na muntu yenna alina okusoomozebwa kwonna okumuleetera ebirowoozo ebingi

- ❖ Ekyo kitono naawe.
- ❖ Lekeraawo okwefuula kyotoli ekisusse.
- ❖ Olabika oli mu kirooto.
- ❖ Eddagala liweebwa abantu abanafu.
- ❖ Oli mulalu?
- ❖ Tokyasobola kuwona mwattu.

Waakiri gamba...

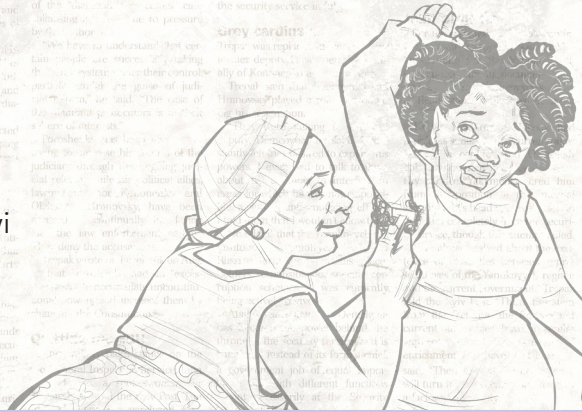
- ❖ Obulamu bulabika bukukaluubiridde mukwano.
- ❖ Simanyi bwennyinza kwagganga mbeera eno gyoyitamu. Naye, bwebuba nga obujjanjabi bunaakuyamba, wandigenze mu maaso nabwo.
- ❖ Wewulira otya kati? Tofaayo, wendi ku lulwo.
- ❖ Muli owulira nga nnyinza okubaako ne kyenkola okusobola okukuyamba mu mbeera eno?
- ❖ Nze nange kamwa kogera embeera eno nagirimu. Oba, manyi omuntu eyayita mu mbeera eno.
- ❖ Okuyita mu kuyambibwa okutuufu, nina okukkiriza nti embeera eno ojja ku giyitamu bulungi. Toggwaamu ssuubi mukwano.

Mu bufunze.

Waliwo bingi ku bulamu obulungi okusinga ku buno bwetulowooza obw'omubiri ku ngulu. Abasinga obungi tukkaanya nti omuntu omulamu obulungi alina okuba nga nendowooza nnungi. Wabula, kino kitegeeza ebintu bingi nnyo nga muno mwe muli nti omuntu alowooza bulungi nnyo, okwagganga nokugonjoola obuzibu obuba bubatuukiridde, okuba abamativu ennyo mu bulamu bwebayitamu, wamu n'okukolagana obulungi n'abegganda, abemikwano wamu nabanywanyani ku mirimu.

Era nga bwe kyakooneddwako, obukosefu bw'omutwe tebumanyi

myaka, kikula, ndabika, ggwanga, ddiini oba wadde obuyigirize. Akyayinza okuba nze, oba ggwe. N'olwekyo leka tubeere bakakkamu era baakisa ate tuwagire nnyo era tubeererewo bannaffe abo abali mu mbeera eyo eyokusoomozebwa kwobukosefu bwomutwe.



Okutufuna

Ku lwokubudaabudibwa kwonna, ku nsonga zobujjanjabi oba amagezi gonna ku nsonga ze kinnamateeka okuva mu Mental Health Uganda, kuba 0778 035 128 oba 0701 748 185 mu biseera ebyemirimu. Naye era osobola okutufuna okuyita ku mitimbagano gyaffe, Facebook at @MentalHealthUg, Twitter at @MentalHealth_Ug ne Instagram at mental_health_uganda.

Tusazeewo okuteeka awamu ebifo ebiyinzibwonna bwekuusa ku nsonga

Ekitongole	Ekiho	Omutungo
Obujjanjabi nokubudaabudibwa	All Regional Referral Hospitals	District
	All Health Centre IVs	District
	Selected Health Centre IIIs	Eggom
Eddembe ly'obuntu	Uganda Mental Health Advisory Board	Uganda
	Uganda Human Rights Commission	Kampala ebimu
	Equal Opportunities Commission	Kampala ebimu
	Courts of Law	Kampala
Obukuumi	Police	District

za okutuukibwako mu bwetaavu naye nga zobutebenkevu bw'omutwe.

endera	Manya nabino
	Muno muzingiramu nokubudaabudibwa.
bolola/Division	
a yonna	Awatuukirwa okwekubira enduulu singa eddembe lyobuntu eryomulwadde womutwe lirinyirirwa.
la, nemubitundu	Balina obuunanyizibwa okukola okunonyereza ku kwemulugunya okuba kukoledwa ku kulinyirirwa kweddembe ly'obuntu.
la, nemubitundu	Balina obuvunanyizibwa okukola okunoonyereza ku kwemulugunya okuba kukoledwa ku nsonga zobusosoze wamu nokuboolebwa ku bantu abanyigirizibwa.
la, Districts	Semateeka awa obuyinza omuntu yenna awulira nga eddembe lye lirinyiriddwa ssaako nokutiisibwatiisibwa okwekubira omulanga mu kkooti okusobola okuyambibwa.
, Ggombolola	Ku lwensonga zabaana zonna, osobola okukuba ku namba etali yakusasulira "Sauti" 116.

Okusobola okufuna okubererebwa nobujjanjabi obulungi mu bendobendo lya Kampala kwatagana nelimu ku malwaliro ggano agobwobwereere nga ate waggule ssaawa 24

Butabika National Referral Mental Hospital. Plot 2
Kirombe-Butabika Road,
Kampala.

Tel: 0717 782 920
Tel: 0704 620 153

Mulago National Referral Hospital, Mulago, Kampala.

Tel: 0772 629 862

Kawempe National Referral Hospital, Kawempe Division,
Kampala

Tel: 0753 851 410
Tel: 0779 108 512

China Uganda Friendship Hospital, Naguru, Nakawa
Division, Kampala

Tel: 0704 288 080

Kisugu Health Centre III,
Muyenga, Makindye Division,
close to International Hospital
Kampala

Tel: 0774 706 396

Bukoto Health Centre III

Tel: 0776 700 542
Tel: 0751 757 568

Komamboga Health Centre III, Gayaza Road, Kawempe
Division, Kampala

Tel: 0755 833 383

Kawaala Health Centre III, Kasubi - Kawaala, close to
Kasubi market Kampala.

Tel: 0752 111 211

Kitebi Health Centre III
Rubaga Division, Kampala, close
to Wankulukuku football stadium

Tel: 0757 981 252

Bwe liba nga eddembe lyo oba omuntu yenna alina okusoomozebwa ku mutwe lirinniyirirwa, kwatagana nabakungu ba poliisi ekuli okummpi okuyita ku namaba zamasimu zino wammanga oyambibwe.

Old kampala CI

0777733553

0755270899

OLD kampala CLO

0714-667798

0707-101546

Wandegeya CI

0772-928778

Wandegeya CLO

0714-667791

Katwe CI

0752-525085

CLO

0714-667793

Kawempe CI

0782-928510

0701-537214

Kawempe CLO

0714-667795

Jinja Rd CI

0752-088642

CLO

0714-667799

CI kajansi

0775618677

CI kabaragara

0774350828

CI CPS

0704-311833

CI Nateete

0704-421487

Kla Rd CI

0774-463746

CI Kla DV

0701-662031

0772-634145

Nansana CI

0752-411212

0779-838174

Weetegerenze:

Bwobera nga ggwe oba omuntu omulala yenna ali ku kalebwerebwe kokwetta, era nga yetaaga obuyambi obwenjawulo, kubira Doreen Kanyesigye ku 0772 518 055.



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