

Awerɛhow, adehwere, ne COVID-19: Ɔhwɛfo a wɔhwere



Mmofra beboro 200,000 ahwere ɔwofo anaa ɔhwɛfo foforo a ɔne wɔn tenae esiane COVID-19 nti. Saa adehwere yi aka mpɔtam a wɔn ƙɔla gu ahorow titiriw. Sɛ wo ba hwere obi a ɔhwɛ wo a, ebia na ɔredi ahodwiriw anaa awerɛhow ho dwuma ɛmfa ho mpo sɛ ete sɛ nea obiara “asan aba ne kan tebea mu” no.

→ Mɛye dɛn ahu sɛ me ba no redi awerɛhow ho dwuma anaa?

Awerɛhow yɛ ade a wɔtaa yɛ wɔ obi a ɔhwɛ no wu akyi. Ebia wubehu nsɛnkyerɛnne a ɛkyerɛ sɛ wo ba no redi awerɛhow ho dwuma. Nsɛnkyerɛnne no bi ne:

- Abufuw a ɛyɛ mmerɛw sen sɛnea ete daa
- Ɔhaw a ɛba wɔ nna mu
- Ɛyɛ den sɛ wobɛtie
- Nkonimdi bɔne a wobɛnya
- Ehu a wɔte nka wɔ ahobammɔ a ɛwɔ wɔn ankasa anaa afoforo ho
- Suban a asiane wom te sɛ nɔubɔne anaa nsa a wɔde di dwuma

Kae sɛ ɛnye mmofra nyinaa na wɔyɛ wɔn ade wɔ awerɛhow anaa adwennwen ho wɔ ɔƙwan koro so. Sɛ wote nka sɛ biribi adum a, wo ne wo ba no nkasa.

→ Mɛye dɛn aboa me ba?

- Ma wo ba no nkasa bere a wasiesie ne ho no
 - Mma nhyɛ wɔn mma wɔnkasa bere a wɔmpɛ. Tie yiye na bisa nsem wɔ ɔƙwan a ɛnye atɛn so. Ma wonhu sɛ nkate nyinaa yɛ ok.
- Wo ne wo ba no sua akwan horow a wɔfa so ma ne bo dwo na wogyina ano
 - Yɛ akwan a ɛfata a wobɛfa so agyina ano ho nhweso ma wo ba. Sɛ nhweso no, ma wonhu sɛ wohome denneennen bere a wote nka sɛ woayɛ basaa no.
 - Ma wo ba nkasa anaa ɔnkyerɛ n’adwene anaa ne nkate wɔ adebɔ akwan so, te sɛ mfoniniyɛ anaa nnwom
- Bua nsem misa na ka nokwasɛm ahorow ho asem wɔ ɔƙwan a wo ba no betumi ate ase so
 - Di nokware na ka nsem a emu da hɔ a ɛfata wɔn mfe.
- Hwehwɛ ɔfotufɔ anaa ɔyaresafo a wɔatete no sɛ ɔnhwɛ mmofrabɛrem ahodwiriw ne awerɛhow ho nsem
- Hwɛ wo ho nso. Mmofra a wodi awerɛhow yɛ yiye bere a wɔwɔ ɔpanyin a wɔwɔ apɔwɔmuden a ɔhwɛ wɔn no.

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Wɔkyerɛ sɛ Abibifo na wowuwui wɔ COVID-19 mu no yɛ ɔha nkyekyɔmu aduonu miɛnsa (23%), nanso sɛ wohwɛ mu aa wɔyɛ U.S. nnipa no mu oha nkyekyɔmu dumiɛnsa (13%)

Category	Percentage
Abibifo (U.S. citizens)	23%
Non-U.S. citizens	13%





Nneema ben na ewo ho ma m'abusua?



National Alliance for Children's Grief
Ema nkurɔfo hu mmofra ne mmabun a wɔredi owu ho awerɛhow ahiade ahorow na ema obiara a ɔboa wɔn no nkyerɛkyere ne nneema a wɔde beye adwuma: nacg.org



Hidden Pain
Nneema a wɔde bema mmusua, akyerɛkyerɛfo, ne mpɔtam hofo a wɔbeboa ama wɔboa wɔn a wɔahwere ɔhwɛfo wɔ COVID-19 mu: hiddenpain.us/get-support/



Sesame Street
Nneema a wɔde boa mmofra ma wodi awerɛhow: sesamestreetincommunities.org/topics/grief/



Dougy grief resources
Ɔde mpɔtam ho atipɛnfo awerɛhow mmoa, nneema, ne ntetee ma: dougy.org/grief-support-resources

Akuw nketewa aka osuahu ahorow a ɛsono nnipa a wɔye aborɔfo. Eyi nti, wɔn awerɛhow suahu ahorow no ye soronko. Nneema bi a wɔaboaba ano bere a wɔde amammerɛ mu nsonsonoe to wɔn adwenem ni:



Ayana Therapy
Adwene mu akwahosan ho nhyehyee ma mpɔtam a wɔato wɔn hintidua ne wɔn a wɔatwa wɔn ho ahyia: facebook.com/ayanatherapy/



Therapy for Black Girls:
therapyforblackgirls.com/




LatinxGrief:
facebook.com/latinxgrief/



The dinner party:
thedinnerparty.org/



Kɔ yen websaet ho na hwe se wobɛtumi afa CDC Bridge Access Program no so anya COVID-19 vaccine no a wontua hwee aa.

 bit.ly/3QMEI8B