

# Awerɛhow, adehwere, ne COVID-19: ɔhwɛfo a wɔhwere

Mmofra bɛborɔ 200,000 ahwere ɔwofo anaa ɔhwɛfo foforo a ɔne wɔn tenae esiane COVID-19 nti. Saa adehwere yi aka mpoɔtam a wɔn kɔla gu ahorow titiriw. Se 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.



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

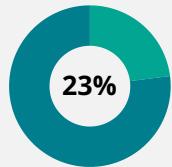
Awerɛhow ye ade a wɔtaa ye wɔ obi a ɔhwɛ no wu akyi. Ebia wubehu nsenkyerɛnne a ɛkyerɛ sɛ wo ba no redi awerɛhow ho dwuma. Nsenkyerɛnne no bi ne:

- Abufuw a εyε mmerɛw sen senea ete daa
- ɔhaw a εba wo nna mu
- εyε den sɛ wobɛtie
- Nkonimdi bɔne a wobenya
- Ehu a wɔte nka wɔ ahobammɔ a εwɔ wɔn ankasa anaa afoforo ho
- Suban a asiane wom te sɛ nnubɔne anaa nsa a wɔde di dwuma

Kae sɛ εnyɛ mmofra nyinaa na wɔyε wɔn ade wɔ awerɛhow anaa adwennwen ho wɔ ɔkwan koro so. Se wote nka sɛ biribi adum a, wo ne wo ba no nkasa.



Wɔkyerɛ sɛ Abibifo na wowuwui wɔ COVID-19 mu no yε ɔha nkyeky3mu aduonu miensa (23%), nanso sɛ wohwε mu aa wɔyε U.S. nnipa no mu oha nkyeky3mu dumienisa (13%)



## → Μεγε dɛn aboa me ba?

- Ma wo ba no nkasa bere a wasiesie ne ho no
  - Mma nhye wɔn mma wɔnkasa bere a wɔmpɛ. Tie yiye na bisa nsɛm wɔ ɔkwan a εnyɛ atɛn so. Ma wonhu sɛ nkate nyinaa ye ok.
- Wo ne wo ba no sua akwan horow a wɔfa so ma ne bo dwo na wogyina ano
  - Ye akwan a εfata a wobɛfa so agyina ano ho nhwɛso ma wo ba. Se nhwɛso 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 nsɛmmisa na ka nokwasɛm ahorow ho aseɛm wɔ ɔkwan a wo ba no betumi ate ase so
  - Di nokware na ka nsɛm a emu da hɔ a εfata wɔn mfe.
- Hwehwε ɔfotufo anaa ɔyaresafo a wɔatete no sɛ ɔnhwɛ mmofraberem ahodwiriw ne awerɛhow ho nsɛm
- Hwε wo ho nso. Mmofra a wodi awerɛhow ye yiye bere a ɔpanyin a ɔwɔ apɔwmuden a ɔhwɛ wɔn no.





## Nneεma bεn na εwɔ hɔ ma m'abusua?



National Alliance for Children's Grief  
 Nneεma nkurɔfo hu mmofra ne mmabun a wɔredi owu ho awerɛhow ahiade ahorow na εma obiara a ɔboea wɔn no nkyerɛkyere ne nneεma a wɔde bεye adwuma: [nacg.org](http://nacg.org)



Sesame Street  
 Nneεma a wɔde boa mmofra ma wodi awerɛhow: [sesamestreetincommunities.org/topics/grief/](http://sesamestreetincommunities.org/topics/grief/)



Hidden Pain  
 Nneεma a wɔde bεma mmusua, akyerɛkyerɛfɔc, ne mpɔtam hɔfɔ a wɔbeboa ama wɔaboaa wɔn a wɔahwere ɔhwɛfɔc wɔ COVID-19 mu: [hiddenpain.us/get-support/](http://hiddenpain.us/get-support/)



Kɔ yεn wεbsaet hɔ na hwε sε wobεtumi afa CDC Bridge Access Program no so anya COVID-19 vaccine no a wontua hwee aa.

[bit.ly/3QMEI8B](http://bit.ly/3QMEI8B)



Ayana Therapy  
 Adwene mu akwahosan ho nhyehyεe ma mpɔtam a wɔato wɔn hintidua ne wɔn a wɔatwa wɔn ho ahya: [facebook.com/ayananotherapy/](http://facebook.com/ayananotherapy/)



LatinxGrief:  
[facebook.com/latinxgrief/](http://facebook.com/latinxgrief/)



Therapy for Black Girls:  
[therapyforblackgirls.com/](http://therapyforblackgirls.com/)



The dinner party:  
[thedinnerparty.org/](http://thedinnerparty.org/)

