



Maa-baap ki guide

🌸 DEPRESSION AUR UDAASI

Jab aapka kishor udaas hi rehne lage

Us maa ya baap ki guide jinka kishor bachcha hafton se udaas, kata-kata ya chidchida lag raha hai: aam mood aur tiki rehne waali udaasi ka farak, kaise sunein, aur madad kaise lein.

Yeh kiske liye hai: aise kishor ke maa-baap ya dekhbhaal karne wale, jo hafton se udaas, kata-kata, ya chidchida lag raha hai.

Hawale: NICE, WHO, Bharat sarkaar ka Tele-MANAS, aur peer-reviewed shodh.

Bhashayein: English, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ AGAR KUCH THEEK NAHI LAG RAHA

Woh bachcha jo chup ho gaya

✿ CHHOTA SA SAAR

Agar aapka kishor bachcha kuch samay se udaas, sabse alag-thalag, ya chidchida lag raha hai, to aapki fikr samajh mein aati hai. Aap bure maa ya baap nahi hain, aur aapka bachcha aalas nahi kar raha. Aisi udaasi usse kahin zyada aam hai jitna parivaar khulkar kehte hain, aur asal mein kya chal raha hai, yeh sirf ek doctor hi bata sakte hain.

Sunita ko yeh dheere-dheere nazar aaya. Unka beta Rohan solah saal ka hai. Usne khaane ke waqt baahar aana band kar diya. Woh bebaat apni chhoti behen par bhadak jaata. Raviwaar ko der tak sota, aur school waali raaton mein jaagta pada rehta. Uske number girne lage, aur usne doston ke saath cricket khelna chhod diya. Jab Sunita ne poocha ki kya hua hai, to usne kaha "kuch nahi" aur darwaaza band kar liya.

Shayad aapki kahaani bhi kuch-kuch aisi hi hai. Shayad kisi shikshak ka phone aaya, ya aapke bachche ne kuch aisa kaha jisse aap dar gaye. Shayad bas mann mein ek bhaari-sa ehsaas hai ki kuch badal gaya hai. Ek saans lijiye. Aaj aapke paas ekdam sahi shabd hone zaroori nahi hain. Aapke kishor bachche ko sabse pehle aise maa ya baap chahiye jo paas bane rahein, aise nahi jinke paas har jawab ho.

Aaj aap jahaan baithe hain, wahaan baithne wale aap akele maa ya baap bilkul nahi hain. Kishor umar mein aisi udaasi aam hai jo aakar tik jaati hai. Yeh aksar nazar se chhoot bhi jaati hai, shayad isliye ki yeh hamesha dukh jaisi nahi dikhti. Bahut se kishoron mein yeh chidchidepan ki tarah dikhti hai, ya parivaar aur doston se door ho jaane ki tarah.

Do hafte ya usse zyada

tak, zyaadatar din udaas ya chidchida
mann rahe, to doctor ko dikhaana theek
hai

Har kishor ke bure din aate-jaate hain. Jo mann zyaadatar din aisa hi rahe, saath mein aur badlaav laaye, aur roz ki zindagi mushkil kar de, usmein doctor madad kar sakte hain. Agar aapko pehle hi fikr ho, to intezaar karne ki zaroorat nahi.

Ise saaf-saaf suniye, kyunki apraadh-bodh ise daba देने की कोशिश करेगा. Jo kishor udaasi mein doob jaata hai, woh is baat ka saboot nahi hai ki aap naakaam rahe. Yeh aam taur par kai cheezon ke judne se banti hai: ek jhukaav jo parivaaron mein chal sakta hai, aur tanaav, jaise kisi ka sataana (bullying) ya ghar mein tanaav. Yeh aapki parvarish ka koi report card nahi hai. Yeh aapka bachcha jaan-boojhkar mushkil banna bhi nahi chun raha.

Aapse yeh ummeed bhi nahi hai ki yeh kitna gambheer hai, ise aap akele tay karein. Is tarah ki haalat ke liye aap jo doctori naam sun sakte hain, woh hai depression (avsaad). Yeh aapke bachche par laagu hota hai ya nahi, yeh sirf ek doctor hi bata sakte hain. Yeh kitaab aapke bachche par koi label nahi lagayegi. Yeh aapko yeh dekhne mein madad karegi ki kya ho raha hai, aur aise jawab देने mein jisse sachmuch madad ho.



*Jo kishor darwaaza band kar leta hai,
woh shayad yeh dekhne ka intezaar kar
raha ho ki kaun dheere se dastak dega.*

● YEH KARKE DEKHEIN

Baaki sab se pehle, khud ko sambhaliye. Baith jaiye aur ek minute dheere-dheere saans lijiye. Mann mein kaahiye: mera bachcha takleef mein hai, main yahin hoon, aur hum madad le sakte hain. Ghabrahat ke muqaable is jagah se aap kahin behtar jawab de paayenge. Aapki shaanti hi sabse pehli madad hai.

2

✿ MOOD KHARAAB, YA USSE ZYAADA

Aam mood, ya usse kuch zyaada

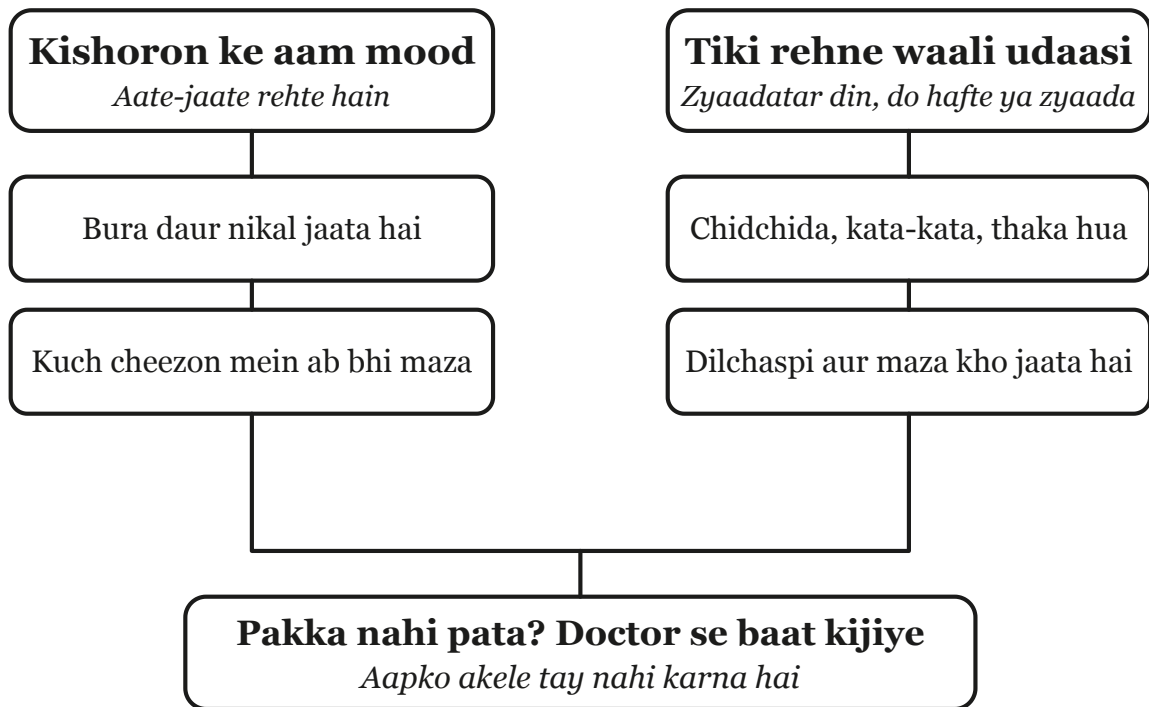
✿ CHHOTA SA SAAR

Har kishor ke kuch din mood kharaab rehta hai. Tiki rehne waali udaasi alag hoti hai. Yeh do hafte ya usse zyaada, zyaadatar din bani rehti hai. Yeh un cheezon ka maza chheen sakti hai jo aapke bachche ko pehle achchi lagti thi, aur ghar ya school ki roz ki zindagi mushkil kar sakti hai. Dono mein pakka farak sirf ek doctor hi kar sakte hain.

Kishoron ka thoda door hona swaabhaavik hai. Ve apni zyaada niji jagah (privacy) chahte hain, doston ke saath zyaada waqt, aur aapke saath kam. Ek bure din ke baad ve munh phula lete hain aur hafte ke aakhir tak theek ho jaate hain. Yeh bade hone ka aam hissa hai, aur ise theek karne ki zaroorat nahi.

Tiki rehne waali udaasi alag dikhti hai. Ho sakta hai kisi shaam mann thoda khil jaaye aur phir se doob jaaye, isliye ek achche din ka matlab hamesha yeh nahi ki udaasi guzar gayi. Yeh ghar par, school mein, aur doston ke beech dikhne lagti hai. Aapka bachcha woh cricket, woh sangeet, ya ve dost chhod sakta hai jo use pehle bahut pyaare the. Pehchaan ek bure din se nahi hoti, balki aise badlaav se jo tik jaaye aur phailta jaaye.

Iske saath aur badlaav bhi aa sakte hain. Aapke kishor bachche ki neend kharaab ho sakti hai, ya woh bahut zyaada sone lage. Bhookh kam ho sakti hai ya badh sakti hai. Woh har waqt thaka hua lag sakta hai, ya use padhaai par dhyaan lagaana mushkil lag sakta hai. Kuch bachche sirdard ya pet dard ki shikaayat karte hain. Yeh sab aapko bachche se poochtaach karke nahi suljhaana hai. Neeche di gayi tasveer sirf isliye hai ki yeh farak aapke mann mein tika rahe.



Do alag-alag tasveerein. Aam mood guzar jaate hain. Tiki rehne waali udaasi ko dhyaan se dekhne ki zaroorat hai, aur yeh kya hai, yeh sirf ek doctor hi bata sakte hain.

Kishor umar ke aam mood aate-jaate rehte hain, aur aapke bachche ko ab bhi kuch cheezein achchi lagti hain.

Tiki rehne waali udaasi do hafte ya usse zyaada, zyaadatar din bani rehti hai, aur jo cheezein pehle achchi lagti thi unka rang pheeka kar deti hai.

Yeh chidchidepan, band darwaaze, aur bigdi hui neend ki tarah dikh sakti hai.

Kaun-si baat hai, yeh aap tay nahi karte; aap paas bane rahiye, aur aakalan doctor ko karne dijiye.

 YAAD RAKHIYE

Aap apne bachche ki koi beemari pehchanne ya use kisi baat mein pakadne ki koshish nahi kar rahe. Aap bas itna dhyaan dene ki koshish kar rahe hain ki sahi madad mil sake. Agar aapko pakka nahi pata, to doctor se baat karne ke liye itna hi kaafi hai. Jaldi poochne mein bahut kam lagta hai. Intezaar zyada bhaari pad sakta hai.

3

✿ NEECHE KYA HAI

Aapka kishor bachcha andar se kya mehsoos karta hai

✿ CHHOTA SA SAAR

Bhadakne aur band darwaaze ke neeche, aapka kishor bachcha thaka hua mehsoos kar sakta hai, khud ko kisi laayak nahi samajh sakta, ya mann mein apraadh-bodh dho sakta hai. Kam umar ke logon mein udaasi chidchidepan ke roop mein bhi saamne aa sakti hai. Yeh aalas ya badtameezi nahi hai, aur na aisi cheez jise akele chupchaap jhelkar nikaal diya jaaye.

Jab kishor ise shabdon mein keh paate hain, to ve keh sakte hain ki har cheez bahut zyaada mehnat waali lagti hai. Jo cheezein pehle mazedar thi, ve pheeti lagti hain. Ve khud ko kisi laayak nahi samajh sakte, ya is baat ka apraadh-bodh mehsoos kar sakte hain ki unhone sabko niraash kiya. Aise khayaal udaasi ka hi hissa hain, aur udaasi chhatne ke saath inke bhi halke padne ki ummeed hai.

Yahi woh baat hai jo aapke jawab dene ka tareeka badal deti hai. Jo gussa aapko dikhta hai, woh shayad aisa dard hai jise aapka bachcha naam nahi de paata. Jo kishor khaane par aap par bhadak jaata hai, ho sakta hai woh din bhar kuch bhaari dhote-dhote thak chuka ho. Neeche chhipe dard ko dekh paane se aapka apna gussa naram pad sakta hai. Isse aap apne bachche se ladne ke bajaye uski or badh paate hain.

Yeh kya nahi hai, ise bhi saaf keh dena theek rahega. Yeh aapke bachche ka aalsi ya kamzor hona nahi hai. Ise aalas, ya anushaasan ki kami kehna, ek naujawan ko us bojh ke saath akela chhod deta hai jo pehle hi bahut bhaari hai. Aur yeh aisi cheez bhi nahi jise is ummeed mein chupchaap jhelte rahein ki apne aap guzar jaayegi, bina kisi doctor ke dekhe.



Maheenon tak main uske mood se ladti rahi. Jab maine dekha ki woh andar se kitna thaka hua aur sharminda mehsoos karta hai, tab jaakar main sachmuch uski taraf khadi ho paayi.

Sunita, 16 saal ke Rohan ki maa

Aur jaanna chahein to ^

Bahut se Bhaarteeya gharon mein kishor umar pareekshaon ki umar bhi hoti hai. Board ki pareekshaayein, entrance ki coaching, aur lambe din aaraam ke liye bahut kam jagah chhodte hain. Phir har function mein rishtedaar number poochte hain, aur parivaar ko "log kya kahenge" ki fikr hoti hai. Joojhta hua kishor yeh mehsoos karne lag sakta hai ki woh kabhi kaafi achcha nahi ho paayega. Aisa tanaav un kai cheezon mein se ek hai jo judkar asar daal sakti hain, haalaanki tanaav se hamesha udaasi nahi hoti. Ho sakta hai aapke bachche ko aapke munh se saaf-saaf yeh sunne ki zaroorat ho ki aap usse kisi bhi nateeje se zyaada pyaar karte hain.

● YEH KARKE DEKHEIN

Agli baar jab aapke andar gussa chadhe, to mann hi mann us cheez ko naam dijiye jo shayad uske neeche hai: yeh dard hai, zid nahi. Isse aap dheele nahi pad jaayenge. Isse aap woh tike hue bade banenge jinki or aapka kishor bachcha mud sake, jinse woh chhupe nahi.

4

✿ IS BAARE MEIN BAAT KAISE KAREIN

Pehle sunna, phir seedhe poochna

✿ CHHOTA SA SAAR

Theek karne se kahin zyaada suniye. Shaant pal chuniye, apni baat chhoti rakhiye, aur bhaashan mat dijiye. Agar aapko fikr hai, to apne kishor bachche se seedhe poochiye ki kahin uske mann mein jeena na chaahne ke khayaal to nahi aate. Adhyayanon mein yeh saamne aaya hai ki poochne se ye khayaal badhte nahi.

Aap kya kehte hain, usse zyaada maayne yeh rakhta hai ki aap kaise sunte hain. Aamne-saamne ke bajaye saath-saath baithkar baat karke dekhiye: car mein, tehelte hue, saath khaana banaate hue. Bhaashan dene se bachiye, aur kisi chachere ya mamere bhai-behen se tulna karne se bhi. Apne kishor bachche se shaanti se milna use dikhaata hai ki ghar mein mushkil baatein kahi ja sakti hain. Aapko shaant mehsoos karna zaroori nahi. Aapko bas itna shaant dikhna hai ki darwaaza khula rahe.



Bahut se maa-baap ke mann mein ek dar hota hai: ki aatmahatya ke baare mein poochne se yeh khayaal bachche ke dimaag mein aa jaayega. Shodh karne waalon ne is sawaal ko dhyaan se dekha hai. Jin adhyayanon ko unhone parkha, unmein logon se aatmahatya ke khayaalon ke baare mein poochne se ve khayaal badhe nahi. Narmi se aur seedhe poochna woh darwaaza khol sakta hai jiska aapka bachcha shayad intezaar kar raha tha.

To poochiye, seedhe aur apnepan ke saath. Aap keh sakte hain, "Tum kuch dinon se bahut udaas lag rahe ho, aur mujhe tumse pyaar hai. Sach-sach batao, tum kaise ho?" Agar aapki fikr isse aage jaati hai, to poochiye: "Kabhi-kabhi jab log itna udaas mehsoos karte hain, to unke mann mein yeh khayaal aata hai ki ve zinda nahi rehna chahte. Kya tumhaare mann mein aise khayaal aa rahe hain?" Phir ruk jaiye, aur bachche ko jawab dene dijiye. Agar jawab haan hai, to shaant rahiye, uske saath rahiye, aur usi din madad lijiye. Aakhri hissa batata hai ki kaise.

Theek karne se zyaada suniye.

Apne kishor bachche ko bolne dijiye. Us waqt aapke paas koi hal hona zaroori nahi, bas use sunna aur saath bane rehna zaroori hai.

Bhaavna ko gambheerta se lijiye.

Usse behes mat kijiye, na yeh kahiye ki doosron ka haal isse bura hai. "Mujhe dikh raha hai ki yeh kitna mushkil hai", yeh sach bhi hai aur surakshit bhi.

Tike rahiye, chaunkiye mat.

Ek shaant chehra aapke bachche ko batata hai ki woh mushkil baatein keh sakta hai aur phir bhi aapke paas surakshit rahega.

Raaz rakhne ka vaada mat kijiye.

Aap bharose ke laayak bhi reh sakte hain aur doctor ko saath bhi la sakte hain. "Iska saamna hum saath milkar karenge", yahi woh vaada hai jo karna chahiye.

YAAD RAKHIYE

Aapko ekdam sahi baat kehni hi pade, aisa nahi hai. Aapke kishor bachche ko aapke shabdon se zyaada aapka chehra yaad rahega: ki aap shaant rahe, paas rahe, aur munh nahi moda. Aap hamesha yeh keh sakte hain, "Mere paas saare jawab nahi hain, par main yahin hoon, tumhaare paas, hamesha."

● YEH KARKE DEKHEIN

Jab aap akele hon, to ek naram vaakya zor se bolkar abhyaas kijiye:
"Mujhe tumse pyaar hai, mujhe gussa nahi hai, aur mujhe samajhna hai ki tum kaisa mehsoos kar rahe ho." Ise ek baar akele mein keh lene se, bachche ke saamne ise apnepan ke saath kehna aasaan ho jaata hai.

5

★ DABAAB KAM KARNA

Ek thehra hua, surakshit ghar

★ CHHOTA SA SAAR

Jab tak haalaat mushkil hain, aap ghar ko zyaada thehra hua aur surakshit bana sakte hain. Jahaan ho sake dabaav kam kijiye, aur roz ki kuch chhoti-chhoti aadatein chalti rehne dijiye. Sabse kathin daur mein, un cheezon tak pahunch kam kijiye jinse khud ko chot pahunchaayi ja sakti hai. Yeh peshewar madad ka saath deta hai, uski jagah nahi leta.

Shuruaat dabaav se kijiye. Jo kishor andar hi andar doob raha hai, woh padhaai karke isse baahar nahi nikal sakta. Kuch samay ke liye lakshya top number nahi hai. Lakshya hai, din nikaal lena. Zaroorat ho to school ya coaching centre se baat kijiye. Kuch maheenon ke liye halka bojh aage ke saalon ko bacha sakta hai. Abhi ke liye, aapke bachche ki sehat uski rank se pehle aati hai.

Phir din ko dheere-dheere thehra hua rakhiye. Doctoron ke liye bani guidance sujhaati hai ki khaane aur sone ka waqt tay rahe, thoda chalna-phirna ya khel-kood ho, aur naujawan ko narmi se un cheezon ki or lautne ka hausla diya jaaye jo use pehle achchi lagti thi. Nyota dijiye, zabardasti mat kijiye. Aisa nyota jise woh bina jhagde mana kar sake, bhaashan ke muqaable maanna aasaan hota hai.

Ek aur chupchaap-sa, thos kadam hai. Sabse kathin daur mein, un cheezon tak pahunch kam kijiye jinse khud ko chot pahunchaayi ja sakti hai. Aatmahatya ki rokthaam par hue shodh mein saamne aaya hai ki is tarah ka kadam aatmahatya rokne mein madad karta hai. Apne bachche ke doctor se poochiye ki aapke ghar ke liye iska kya matlab hai. Ise shaanti se aur bina hangaame ke kijiye, parwaah ki tarah, kisi saza ya ilzaam ki tarah nahi.

 YEH MADAD KA SAATH DETA HAI, USKI JAGAH NAHI LETA

Ek thehra hua, surakshit ghar madad karta hai, par yeh poora jawab nahi hai, aur yeh ilaaj ki jagah nahi le sakta. Sahi dhang ki suraksha yojna us doctor ke saath milkar banti hai jo aapke bachche ko jaante hon. Ismein yeh hota hai ki jab bhaavnaayein sabse oopar chadhein, tab aapka kishor bachcha kya kar sakta hai, aur kiske paas ja sakta hai.

Aur jaanna chahein to ^

Yeh sab bilkul sahi karna zaroori nahi hai, aur har cheez par kaabu paane ki koshish aapko thaka degi. Emergency ke alaawa, har minute apne kishor bachche par nazar rakhna, ya usse har sukoon ki cheez chheen lena, usi bharose par zor daal sakta hai jiski aapko sabse zyaada zaroorat hai. Un kuch badlaavon par dhyaan dijiye jo sabse zyaada maayne rakhte hain, aur baaki ke liye doctor ki salaah par chaliye. Is baare mein khulkar aur narmi se baat karte rahiye, taaki yeh parwaah lage, nigraani nahi. Suraksha aur bharosa saath-saath badhte hain, ek-doesre ke khilaaf nahi.

 YEH KARKE DEKHEIN

Is hafte chupchaap ek kaam kijiye. Apne kishor bachche ke sir se ek dabaav hata dijiye: koi extra class, koi parivaarik function, ya numberon ke baare mein roz ka sawaal. Use bataaiye ki aapne yeh isliye kiya kyunki aapko iski parwaah hai ki woh kaisa mehsoos karta hai, iski nahi ki uske kitne number aate hain.

6

✿ SABKA KHYAAL RAKHNA

Aap, aur poora parivaar

✿ CHHOTA SA SAAR

Apne bachche ko doobte dekhna daraawna bhi hai aur thaka dene wala bhi. Yeh aapki wajah se nahi hua, aap ise akele theek nahi kar sakte, par aap madad kar sakte hain. Achcha ilaaj poore parivaar ko dekhta hai, aapki apni sehat ko bhi. Aapko sahaare ki zaroorat, aur ghar ke doosre bachche, ye bhi maayne rakhte hain.

Is daur se guzarte maa ya baap lagaatar fikr, tooti hui neend, aur ek aisa mann dho sakte hain jo band hi nahi hota. Kuch apraadh-bodh bhi dhote hain, aur apna kaha har kadwa shabd mann mein dohraate rehte hain. Yeh kamzori nahi hai. Tanaav ke neeche pyaar aisa hi dikhta hai. Doctoron ke liye bani guidance unse kehti hai ki ve poore parivaar ko dekhein, aur maa-baap ko bhi unki apni sehat ke liye sahaara dein. Apne liye madad lena swarth nahi hai; yeh apne bachche ki madad ka hissa ho sakta hai.

Teen seedhi-sachchi baatein thaame rakhiye. Yeh aapki wajah se nahi hua. Aap ise akele theek nahi kar sakte. Par aap madad kar sakte hain, aur aap kaise jawab dete hain, yeh sachmuch maayne rakhta hai. Ek aisa insaan dhoondhiye jo aapki taraf ho, jeevansaathi, behen, koi dost, aur jo hissa sabse mushkil hai use unke saamne zor se kahiye. Fikr chuppi mein bhaari hoti jaati hai aur baantne par halki.

Sanyukt parivaar mein aawaazein kai guna ho jaati hain. Rishtedaar phone ko, school ko, ya aapki parvarish ko dosh de sakte hain. Kuch keh sakte hain ki is baare mein baat karne se parivaar ki badnaami hogi. Aapko har behes jeetni zaroori nahi. Ek chhoti, tiki hui baat kaam aati hai: "Humara bachcha abhi theek nahi hai, aur hum madad le rahe hain." Aapke bachche ki sehat "log kya kahenge" se zyaada maayne rakhti hai.

Ghar ke doosre bachchon ko mat bhooliye. Bhai-behen bhaanp sakte hain ki kuch galat hai. Ve dar sakte hain ya khud ko kinaare kiya hua mehsoos kar sakte hain, aur chup reh sakte hain taaki bojh aur na badhe. Kuch sachchi baatein madad karti hain: ki unke bhai ya behen ka daur mushkil chal raha hai, ki bade log madad le rahe hain, aur ki ve bhi pyaare hain.

♥ AAPKE SAATH

Jin raaton mein aap jaagte hue baar-baar yeh dohraate hain ki aapne kya kaha, ya kya nahi kaha, un raaton mein yeh suniye. Jo maa ya baap apne kishor bachche ko samajhne ke liye ek poori kitaab padh rahe hon, ve naakaam nahi hain. Aap woh kaam kar rahe hain jo maa-baap ke liye sabse mushkil kaamon mein se ek hai, aur aap use pyaar ke saath kar rahe hain. Khud ke saath bhi utni hi narimi bartiye jitni aap apne bachche ke saath bartne ki koshish kar rahe hain.

● YEH KARKE DEKHEIN

Aaj raat ek aise insaan ka naam sochiye jiska sahaara aap le sakte hain. Use ek chhota, sachcha sandesh bhejiye: "Apne bachche ko lekar ek mushkil daur chal raha hai, aur mujhe ismein akele nahi rehna." Apne liye haath badhaana bachche ki madad se bhatakna nahi hai. Yeh usi ka hissa hai.

7

✿ JAB YEH AAPAAT STHITI HO

Khatre ke ishaare, aur madad lena

✿ CHHOTA SA SAAR

Kuch ishaaron ka matlab hai, aaj hi kuch kijiye: marne ki ya jeena na chaahne ki baat, kisi bhi tarah se khud ko chot pahunchaana, ya aisi niraasha jo gehri hoti jaaye. Emergency mein 112 par call kijiye ya sabse nazdeeki aspataal jaaiye. Salaah ke liye, Tele-MANAS 14416 par mann ki sehat ke liye sarkaar ki muft helpline hai. Asardaar madad maujood hai.

Zyaadatar waqt aapka kaam hai, paas bane rehna aur apne kishor bachche ko doctor tak pahunchne mein madad karna. Par kuch ishaare batate hain ki khatra paas ho sakta hai. Tab aap usi din kuch karte hain, aur intezaar nahi karte. Yahaan apne mann ki suniye. Aisi madad maang lena kahin behtar hai jiski shayad zaroorat na thi, bajaye iske ki woh pal chhoot jaaye jo maayne rakhta tha.

Marne ki baat.

Yeh kehna ki ve marna chahte hain, kaash ve is duniya mein na hote, ya yeh ki unke bina sab behtar rahenge.

Khud ko koi bhi chot.

Koi bhi ishaara ki unhone khud ko chot pahunchaayi hai, bhale hi woh chhoti lage. Usi din doctor ko dikhaaiye.

Vida jaisi baatein, ya ajeeb-si shaanti.

Apni cheezein baant dena, alvida jaisa lagne wala koi sandesh, ya gehri niraasha ke baad achaanak aayi shaanti. Narmi se poochiye, aur salaah lijiye.

Gehri hoti niraasha.

Yeh kehna ki kabhi kuch nahi badlega, ya ki koi faayda nahi. Pakka hone ka intezaar mat kijiye.

Agar aapko lagta hai ki aapka bachcha abhi khatre mein hai, to ise kisi bhi doosri emergency ki tarah lijiye. 112 par call kijiye, ya use sabse nazdeeki aspataal ki emergency mein le jaiye. Use akela mat chhodiye, aur un cheezon tak uski pahunch hata dijiye jinse khud ko chot pahunchaayi ja sakti hai. Ho sake to parivaar ke kisi bharosemand sadasya se madad maangiye, taaki har waqt koi na koi aapke bachche ke saath rahe. Tele-MANAS, 14416 par, mann ki sehat ke liye Bharat sarkaar ki muft helpline hai, jo kisi bhi waqt khuli rehti hai, din ho ya raat. Aap apne liye salaah lene ke liye bhi is par call kar sakte hain.

Aage ke lambe raaste ke liye yeh baat thaame rakhiye: asardaar madad maujood hai, aur bahut se kishor aisi udaasi se ubar jaate hain. Udaasi laut bhi sakti hai, isliye doctor ke paas follow-up zaroori hai. Halki udaasi ke liye, guidance kehti hai ki sabse pehle baatcheet se ilaaj (talking therapy) diya jaaye, dawa nahi. Ek prashikshit counsellor, psychologist, ya maansik rog ke doctor (psychiatrist) aapke kishor bachche ko apne khayaal samajhne, roz ki chhoti-chhoti aadatein phir se banaane, aur jo dukh raha hai us par baat karne mein madad kar sakte hain. Jaldi haath badhaane se aur darwaaze khulte hain.

Dawaon ka kya? Madhyam se gambheer udaasi ke liye bhi baatcheet se ilaaj diya jaata hai, aur bachchon aur kishoron ke maansik rog ke doctor (psychiatrist) uske saath dawa bhi sujha sakte hain, kabhi-kabhi shuruaat se hi. Dawa sirf usi visheshagya ke poore aakalan ke baad aati hai, aapke parivaar ko saath lekar, aur doctor khaas taur par shuruaati hafton mein kadi nazar rakhte hain. Kisi naujawan ke liye dawa maansik rog ke doctor ka faisla hai, jo aapke saath milkar liya jaata hai; ise kabhi apne aap shuru ya band mat kijiye.

MADAD SAATH MILKAR LENA

Ek achche doctor ya counsellor aapko baahar nahi karte. Achche ilaaj mein parivaar ilaaj ke faislon mein shaamil hota hai, aur maa-baap ki batayi baatein doctor ko poori tasveer dekhne mein madad karti hain. Guidance yeh bhi kehti hai ki aapke kishor bachche ko doctor ke saath kuch waqt akele mein bhi milna chahiye. Yeh saavdhaani se kiye jaane wale ilaaj ka aam hissa hai, is baat ka ishaara nahi ki aapko kinaare kiya ja raha hai. Aapne jo kuch dekha hai, use shaanti se likhkar saath le jaana, ek daraawni mulaaqaat ko saath milkar kaam karne ka rishta bana sakta hai.



*Jo kishor bachcha aaj chup ho gaya
hai, woh madad ke saath, waqt ke
saath, aur aise maa ya baap ke
saath jo saath bane rahe, un
cheezon tak lautne ka raasta pa
sakta hai jo use pyaari hain.*

● YEH KARKE DEKHEIN

Apne phone mein ve do ya teen badlaav likh lijiye jinki aapko sabse zyaada fikr hai, har ek ke saath ek asli udaaharan. Unke saath hi Tele-MANAS ka number 14416 save kar lijiye, aur emergency ke liye 112 yaad rakhiye. Ye taiyaar hon, to pehla call aur pehli mulaqaat, dono kahin zyaada shaant aur kahin zyaada kaam ki ho jaati hain.

YEH JAANKARI KAHAN SE HAI

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Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.
- Tele-MANAS, muft rashtriya helpline: **14416.** Kisi bhi samay, din ho ya raat. Bharat sarkar ki seva.
- Soch rahe hain ki kisi se baat karein ya nahin? **Padhein ki jaanch kaise hoti hai.** Koi jaldi nahin, koi dabaav nahin.