



The Carer series

✿ ANOKHE ANUBHAV

Anokhe anubhavon wale kisi apne ki dekhbhaal, din-ba-din

*Parivaaron ke liye guide: ghar par kya madad
karta hai, aapke haq, aur kab amal karna hai.*

Yeh kiske liye hai: un maata-pita, jeevansaathi, ya parivaar ke sadasya ke liye jo lambe samay se anokhe anubhavon se guzar rahe kisi apne ki roz-roz dekhbhaal karte hain.

Hawalon ke saath: NICE, Cochrane, Mental Healthcare Act 2017, aur peer-reviewed shodh.

Bhaashaayein: Angrezi, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ ASAL MEIN KYA HO RAHA HAI

Unke liye asli, aur aapki galti nahi

✿ CHHOTA SA SAAR

Ho sakta hai aapke kisi apne ko aisi baatein sunaai deti hon jo doosron ko nahi detin, ya ve aisi baatein maante hon jo aur koi nahi maanta. Ho sakta hai yeh saalon se chal raha ho. Yeh sehat ki ek samasya hai, aisa kuch nahi jo kisi ne chuna ho. Na aapne ise paida kiya, na aap ise theek kar sakte hain. Par aap madad kar sakte hain, aur aapki madad maayne rakhti hai.

Meena ka beta Arjun 28 saal ka hai. Chhah saal pehle use aawaazein sunaai dene lageen. Use pakka yaqeen ho gaya ki padosi us par nazar rakh rahe hain. Aaj woh apni davaayein leta hai, par der tak sota hai aur apne kamre se kam hi bahar nikalta hai. Meena ki nanad kehti hai ki laad-pyaar ne use bigaad diya. Ek padosi kaale jaadoo ki or ishaara karte hain. Meena raat bhar jaagti rehti hai, yeh sochte hue ki usse kahan galti hui.

Agar aapke ghar ka haal bhi kuch aisa hi hai, to yahin se shuru keejiye. Ye anubhav sehat ki ek samasya ka hissa hain, aur us insaan ko ye bilkul asli lag sakte hain. Doctor sehat se judi wajahein dekhte hain, jaise man ki sehat ki koi samasya ya koi shaareerik bimaari. **Na aapne ise paida kiya, na aap ise theek kar sakte hain, par aap madad kar sakte hain.**

Bahut se parivaar "log kya kahenge" ke darr se yeh sab chupchaap jhelte hain. Aap bilkul akele nahi hain, aur ilaaj se madad mil sakti hai.

Aur jaanna chahein to ^

Doctor is pattern ke liye koi doctori naam istemaal kar sakte hain. Jo naam aap sun sakte hain, woh hai psychosis, ya kabhi-kabhi schizophrenia. Koi naam laagu hota hai ya nahi, yeh sirf ek doctor hi bata sakte hain, aur koi bhi naam poore insaan ko bayaan nahi karta. Is kitaab mein hum bas "anokhe anubhav" kehte hain, aur is baare mein baat karte hain ki kya madad karta hai.

● YEH KARKE DEKHEIN

Khud se ek baar, dheere-dheere, yeh kahiye: yeh ek bimaari hai, na yeh meri kisi karni se hua, na unhone ise chuna. Dhyaan dejiye ki kya aapke kandhe thode dheele padte hain. Aap is sach ko thaame rakhte hue bhi ghar ki rozmarra ki zindagi ko lekar sakht reh sakte hain.

2

✿ LAMBA RAASTA

Jab lage ki unhone koshish karna chhod diya hai

✿ CHHOTA SA SAAR

Daraavna daur tham jaane ke baad bhi kuch mushkilein reh sakti hain. Ho sakta hai us insaan mein kuch karne ki chaah bahut kam lage, aur ve logon se door rahein. Zor daalne se pehle, team se poochhiye ki iske peechhe kya hai. Chhote-chhote kadam, shaant ghar, aur dheeraj, shuruaat ke liye kahin zyada naram jagah hain.



Dheeme dinon ki bhi wajahein hoti hain, aur team unhe dhoondhne mein madad kar sakti hai.

Farida ke pati Imran kabhi ek bheed-bhaad wali dukaan chalaate the. Ab ve ghanton baithe rehte hain. Jo kaam karne ki ve baat karte hain, unhe shuru nahi karte. Rishtedaar Farida se kehte hain ki unhe dhakelne ki zaroorat hai. Dhakelne ka anjaam bas chuppi ya jhagda hota hai.

Farida jo dekh rahi hai, uski ek se zyada wajahein ho sakti hain. Kuch lakshan ilaaj ke bawajood lambe samay tak bane reh sakte hain, aur unke liye bhi madad hai, jaise baatcheet wali therapy aur kala se judi therapy (arts therapy). Neend-si aana ya susti mehsoos hona dava ka side effect bhi ho sakta hai. Bimaari ke saath-saath man ki udaasi bhi ho sakti hai. Team inmein farak karne mein madad kar sakti hai, isliye unse poochhiye.

Ek tay lay aur bahut chhote, saath milkar uthaaye kadam aazmaaiye. Jaagne ka ek tay waqt. Ek kaam jo saath milkar ho. Bazaar, mandir, ya kisi dost ke ghar tak thodi-si sair. Nateeje ki nahi, koshish ki taareef keejiye. Dheere-dheere aage badhne ki ummeed rakhiye, aur chhote kadamon ko bhi asli kadam giniye.

Team se family session, yaani parivaar ke saath hone wale session, ke baare mein poochhiye. Inmein sabko bimaari ke baare mein samjhaaya jaata hai, aur parivaar ko milkar mushkilein suljhaane mein madad milti hai. Studies ishaara karti hain ki inse parivaar ko kam talkhi se baat karne mein bhi madad mil sakti hai, aur haalat ke dobara bigadne aur aspataal mein bharti hone ki sambhaavna bhi kam ho sakti hai.

3

✿ DAVAAYEIN AUR SIDE EFFECT

Davaayein kya karti hain, aur kin baaton par nazar rakhein

✿ CHHOTA SA SAAR

Man ki sehat ke doctor (psychiatrist) jo davaayein sujha sakte hain, ve dekhbhaal ka ek hissa hain. Doctor ke saath tay kiye mutaabik inhe lete rehne se in anubhavon ke laut aane ki sambhaavna kaafi kam ho jaati hai. Inke side effect ho sakte hain. Dava band karne ya chhupaane ki bajaaye, kisi bhi pareshaani ke baare mein team ko bataaiye.



Agli mulaqaat se pehle, saath baithkar side effect par baat karna.

In anubhavon ke liye, psychiatrist davaaon ka ek aisa samooch sujha sakte hain jo inhe shaant karti hain aur inhe door rakhne mein madad karti hain. Kuch goliyon ke roop mein aati hain. Kuch dheere-dheere asar chhodne wale injection ke roop mein aati hain, jo har ek se chaar hafte mein ek baar lagta hai, aur kuch log ise zyada pasand karte hain. Tay kiye mutaabik dava lete rehne se haalat ke dobara bigadne ki sambhaavna kam hoti hai.

Davaaon se side effect bhi ho sakte hain. Inmein wazan badhna, neend-si aana ya susti, kaanpna, bechaini, aur maanspeshiyon mein aintan shaamil ho sakte hain. Team ko beech-beech mein wazan aur khoon ki kuch jaanchein karti rehni chahiye. Agar koi side effect jhelna mushkil ho jaaye, to team ko bataaiye. Ho sakta hai koi doosri dava us insaan ke liye behtar rahe.

4 mein se 1 banaam 3 mein se 2

ek saal ke andar in anubhavon ke laut aane ki sambhaavna

Shodh ke trials mein, is tarah ki dava jaari rakhne wale lagbhag 4 mein se 1 insaan mein ye anubhav laute, jabki jinki dava band kar di gayi, unmein lagbhag 3 mein se 2 mein. Aapke doctor samjha sakte hain ki aapke parivaar ke sadasya ke liye iska kya matlab hai.

Aur jaanna chahein to ^

Bahut se parivaaron ka man karta hai ki insaan theek lagne lage to dava band kar dein. Kuch use chupke se khaane mein mila dete hain. Dono baatein pyaar se aati hain. Dava band karne se ye anubhav laut sakte hain, isliye koi bhi badlaav doctor ke saath milkar tay hona chahiye. Dava chhupaane ki bajaaye, apni fikr team ke saamne rakhiye. Dheere-dheere asar chhodne wala injection ya koi doosri dava is mushkil ko khulkar hal kar sakti hai.

4

✿ TEAM, AUR UNKE HAQ

Team ke saath milkar kaam karna, aur unki pasand ka samman karna

✿ CHHOTA SA SAAR

Aap us insaan ko sabse achhi tarah jaante hain, aur ilaaj karne wali team ko woh jaanna zaroori hai jo aap dekhte hain. Aapke parivaar ke sadasya ke bhi Bhartiya kaanoon ke tahat kuch haq hain. Inmein apne ilaaj mein apni baat rakhna, kisi bharosemand saathi ko chunna, aur pehle se yojna banaana shaamil hai. In haqon ko jaanne se aap team ke saath milkar kaam kar paate hain, use kinaare karke nahi.

Aap roz ki woh tasveer dekhte hain jo doctor sirf chhoti-chhoti mulaqaaton mein dekh paate hain. Neend, mood, aur routine mein badlaav likhte rahiye, aur ye notes mulaqaat par saath laaiye. Zaroorat ho to family meeting ke liye kahiye. Aapke parivaar ke sadasya ko apni baatein niji rakhe jaane (gopneeyata) ka haq hai, isliye ho sakta hai team aapko har baat na bataaye. Agar aap unke chune hue pratinidhi (nominated representative) hain, to madad ke liye aapko jo jaanna zaroori hai, woh team aapko bata sakti hai. Aap tab bhi team ko bata sakte hain ki aap kya dekhte hain. Guidelines teamon se kehti hain ki jaankaari kaise baanti jaayegi, yeh shuru mein hi milkar tay kar lein, aur khatre se judi koi bhi baat baantne par khaas zor dein.

Bharat ka Mental Healthcare Act 2017 man ki sehat ki samasya wale logon ko saaf haq deta hai. **Unke haqon ka samman achhi dekhbhaal ka hissa hai, uski raah ki rukaavat nahi.** Jab aapko unki fikr mein darr lag raha ho, tab yeh mushkil lag sakta hai. Kaanoon unki pasand aur unki suraksha ke beech santulan banaane ki koshish karta hai, aur team samjha sakti hai ki kaise.

Ilaaj mein apni baat.

Ilaaj ke liye aam taur par unki sehmati zaroori hoti hai, jo poori jaankaari paakar di gayi ho. Agar unki tabiyat bahut kharaab ho aur ve khud faisla na kar paayein, to kaanoon thode samay ke liye, nigraani mein, atirikt suraksha-intezaamon ke saath dekhbhaal ki ijaazat deta hai. Ve khud, ya jis insaan ko unhone chuna hai, Mental Health Review Board se is par dobara gaur karne ke liye keh sakte hain.

Izzat aur jaankaari.

Unhe izzat se jeene ka, apni baatein nij rakhe jaane (gopneeyata) ka, aur apne ilaaj ke baare mein aise aasaan shabdon mein jaankaari paane ka haq hai jo ve samajh sakein.

Chuna hua pratinidhi (nominated representative).

Ve kisi bharosemand baalig insaan ko, likhit mein, chun sakte hain, jo dekhbhaal se jude unke faislon mein saath de, aur baad mein ise badal bhi sakte hain. Agar unhone kisi ko nahi chuna hai, to kaanoon ek kram maanta hai: pehle woh insaan jiska naam unki advance directive mein ho, phir koi rishtedaar, phir unke saath rehne wala dekhbhaal karne wala, phir woh insaan jise Review Board niyukt kare.

Pehle se likhi hidaayat (advance directive).

Jab tabiyat theek ho, tab ve likh sakte hain ki unki dekhbhaal kaise ho aur kaise na ho, aur kise unka saath dena chahiye. Iska istemaal sirf tab hota hai jab ve khud faisla na kar paayein, aur jab bhi unki tabiyat theek ho, ve ise kabhi bhi badal sakte hain.

● YEH KARKE DEKHEIN

Kisi shaant din, apne parivaar ke sadasya se poochhiye: agar haalaat phir se mushkil hue, to aap kya chaahenge, aur aap kise apne paas chaahenge? Unke jawaab likh lejiye. Phir team se advance directive banaane ya pratinidhi chunne ke baare mein poochhiye. Yeh ek seedha-saada saar hai, kaanooni salaah nahi. Team ya koi vakeel baareekiyaan samjha sakte hain.

5

✿ APNA KHAYAAL RAKHNA

Aapka apna oxygen mask

✿ CHHOTA SA SAAR

Saalon tak kisi ki dekhbhaal karna aapko andar se thaka sakta hai. Thakaan, fikr, gussa, apraadh-bodh, aur dukh, ye sab aam hain. Yeh ek lambe bojh ka bhaar hai, koi kamzori nahi. Apna khayaal rakhna dekhbhaal ki योजना का हिस्सा है, aur aapko bhi apne liye sahaara milna chahiye.

Yahan ek baat hai jo parivaar shayad hi khulkar kehte hain. Lambe samay se anokhe anubhavon se guzar rahe kisi insaan ki dekhbhaal karna bhaari kaam hai. Dekhbhaal ka tanaav kisi bhi parivaar par dabaav daal sakta hai. Ho sakta hai aapko rishtedaaron ki kaanaphoosi bhi jhelni pade, ya parivaar mein shaadiyon ko lekar fikr ho. Apne bheetar dabaav ki nishaniyon par nazar rakhiye: tooti-tooti neend, jaldi gussa aana, man mein baitha ek bhaari darr, ya sunn-sa mehsoos hona.



*Aap kisi ki lambi bimaari mein
uski dekhbhaal karte hue bhi apni
ek zindagi, ek naam, aur apna ek
bhavishya rakh sakte hain.*

Aapka aaraam, aapke dost, aapki aastha, aur aapki sehat, ye baad ke liye rakhi gayi faaltu cheezen nahi hain. Apna khayaal rakhna dekhbhaal ki yojna ka hissa hai, use poora karne ka inaam nahi. Bojh ko poore parivaar mein baantiye, un sasuraal walon ke saath bhi jo doori banaaye rakhte hain. Apne jaise dekhbhaal karne walon ke liye jaankaari aur sahaare ke baare mein team se poochhiye. Aisi hadein tay keejiye jo aapko tikaaye rakhein. Had tay karna kisi ko chhod dena nahi hai. Yahi aapko baar-baar saath nibhaate rehne deta hai.

Aapko yeh akele nahi karna hai. Ilaaj karne wali team se poochhiye ki kya aapke aaspaas dekhbhaal karne walon ka koi group hai, aamne-saamne ya online. Group mein aapko aise log mil sakte hain jo bina kuch samjhaaye samajh jaate hain.



*Saalon tak mujhe lagta raha ki mujhe
apne bete ko akele sambhaalna hai.
Dekhbhaal karne walon ke group mein
main pehli baar doosron ke saamne royi.
Kisi ne mujhse nahi poochha ki mujhse
kya galti hui.*

Sunita, maa, 56

 YAAD RAKHIYE

Na aapne yeh paida kiya, na aap ise theek kar sakte hain, aur aap madad kar sakte hain. Madad mein apna khayaal rakhna bhi shaamil hai. Aaraam hi aapko hafton nahi, saalon tak chalte rehne deta hai. Bojh baantiye, apni zindagi banaaye rakhiye, aur lamba nazariya rakhiye.

6

✿ KAB AMAL KAREIN

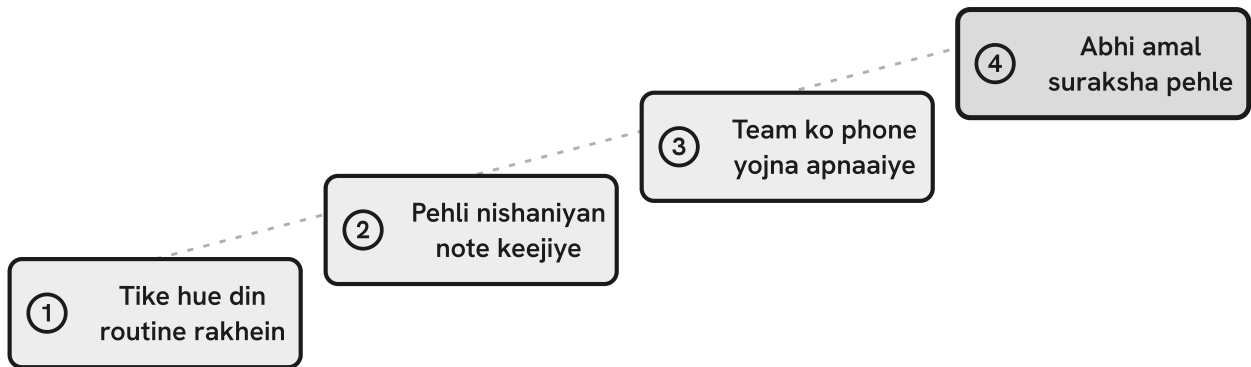
Haalat dobara bigde to uski yojna, aur suraksha sabse pehle

✿ CHHOTA SA SAAR

Sankat aane se pehle, bigadti haalat ki chhoti-chhoti nishaniyan dikh sakti hain. Kisi shaant din milkar ek seedhi-saadi yojna banaaiye, taaki aapko pata ho ki kya karna hai. Agar aapko kabhi unki, ya kisi ki bhi, suraksha ka darr ho, to turant madad lejiye. Tele-MANAS, sarkaar ki muft helpline, kisi bhi waqt maujood hai. Emergency mein 112 par call kejiye.

Haalat ka dobara bigadna kuch nishaniyon se saamne aa sakta hai, jaise puraane anubhavon ka laut aana, ya sharab ya nashe ka achaanak bahut badh jaana. Neend ki kami aur bhaari tanaav bhi kuch logon mein mushkil daur shuru kar sakte hain. Har insaan ki apni shuruaati nishaniyan hoti hain. Ho sakta hai pichhli baar se aap dono unhe pehle se jaante hon.

Jab haalaat shaant hon, tab milkar ek chhoti yojna banaaiye. Likhiye: shuruaati nishaniyan, kya madad karta hai, team mein kise phone karna hai, aur agar haalat bigde to aapke parivaar ke sadasya kya chahte hain. Guidelines ke mutaabik, sankat ki yojna mein team ke ek khaas insaan ka naam hota hai jisse sampark karna hai. Iski ek copy ghar par aur ek apne phone mein rakhiye. Apni zindagi khatm karne ki koi bhi baat ho, to abhi madad chahiye, agli mulaqaat par nahi.



kisi shaant din, milkar tay ki hui

Chaar seedhiyon mein dobara bigadne ki yojna. Seedhi jitni oonchi, utni jaldi amal keejiye, aur utni zyada madad bulaiye.

Tike hue din: routine, neend, aur davaayein tay kiye mutaabik banaaye rakhiye.

Shuruaati nishaniyan: puraane anubhavon ka lautna, kam neend, badhta tanaav.

Team ko jaldi phone keejiye, aur milkar banaayi yojna par chaliye.

Abhi amal keejiye: zindagi khatm karne ki koi bhi baat, ya koi bhi asurakshit mehsoos kare.

♥ AGAR ABHI AAPKO SURAKSHA KI CHINTA HAI

Agar aapke parivaar ke sadasya apni zindagi khatm karne ki baat karein, to ise gambheerta se lejiye. Shodh ishaara karta hai ki unse seedhe aatmahatya ke baare mein poochhne se yeh khayaal unke man mein nahi aa jaata. Unke saath rahiye, jin cheezon se ve khud ko chot pahuncha sakte hain un tak unki pahunch kam keejiye, aur turant madad lejiye. Aap Tele-MANAS ko, jo man ki sehat ke liye sarkaar ki muft helpline hai, 14416 par kisi bhi waqt, din ho ya raat, call kar sakte hain. Agar koi bhi fauri khatre mein ho, to thoda peechhe hatiye, shaant rahiye, aur 112 par call keejiye. Neeche jude sankat card mein aur bhi log hain jinse aap sampark kar sakte hain.

● YEH KARKE DEKHEIN

Aaj hi likh leejiye: ek shuruaati nishani jo aapne pehle dekhi hai, team ka ek insaan jise aap phone karenge, aur number 14416. Ise aisi jagah rakhiye jahan yeh aapko mil jaaye. Toofaan ke beech yojna tay karne se kahin aasaan hai, use shaanti mein tay karna.

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- NHS: Psychosis
- Royal College of Psychiatrists: Antipsychotic medication

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.