



Bhai-behen ki guide

✿ ANOKHE ANUBHAV

Aapka bhai-behen aur anokhe anubhav

Us bhai ya behen ke liye aasaan guide, jiska apna anokhe anubhavon se guzar raha hai: nurse nahi, bhai-behen bane rahiye, aur jaaniye madad kahan milegi, unke liye aur aapke liye.

Yeh kiske liye hai: us bhai ya behen ke liye jiska apna anokhe anubhavon se guzar raha hai.

Hawaalon ke saath: NICE, NHS, aur peer-reviewed shodh, jismein Bharat ki ek study bhi hai.

Bhashayein: English, Hindi, Marathi, aur Kannada.

weave.clinic/family par muft padhiye

1

✿ JAB GHAR EK TARAF JHUK JAATA HAI

Woh bojh jo aapne nahi chuna

✿ CHHOTA SA SAAR

Jab kisi bhai ya behen ko anokhe anubhav hone lagte hain, to poora parivaar usi ke ird-gird badal jaata hai. Agar ghar alag aur pehle se bhaari lagta hai, to woh ehsaas sahi hai. Yeh bojh aapne nahi chuna, aur ise naam dena hi ise alag dhang se uthaane ka pehla kadam hai.

Shayad aapke bhai ne apne kamre se baahar aana chhod diya. Shayad aapki behen dheemi aawaaz mein kehne lagi ki padosi us par nazar rakh rahe hain. Shayad ek raat cheekh-pukaar hui, jaldi-jaldi doctor ke paas jaana pada, aur band darwazon ke peechhe bahut saari baatein huin jinmein aap shaamil nahi the. Uske baad ghar pehle jaisa nahi raha.

Ab parivaar ka dhyaan ek hi taraf behta hai. Yojnaayein achche hafton aur mushkil hafton ke hisaab se mudti rehti hain. Rishtedaar aise sawaal poochhte hain jinka jawab koi nahi dena chahta. Ismein se kuch bhi aapne nahi chuna, phir bhi iska kuch hissa aap utha rahe hain. Bhai-behen bhi yeh khinchaav mehsoos kar sakte hain. Parivaaron par hui ek chhoti study mein saamne aaya ki bhai-behnon ne maa-baap se zyada pareshaani aur bojh bataaya.



Meera, apne bhai ke darwaze ke baahar, yeh samajhte hue ki uski duniya badal gayi hai.

Meera 16 saal ki hai. Woh Pune mein apne maa-baap, apni daadi aur apne bhai Arjun ke saath rehti hai, jo 21 saal ka hai. Pichhle saal Arjun ko ek aawaaz sunaai dene lagi, jabki wahaan koi nahi hota tha. Use pakka yakeen ho gaya ki college ke log uske baare mein baatein karte hain. Usne sona chhod diya, aur Meera ke mazaak par hansna bhi chhod diya. Meera chupchaap ghar aane lagi, uska darwaza dekhne lagi, apni khabrein chhoti rakhne lagi. Kisi ne usse aisa karne ko nahi kaha tha. Bas yeh uska kaam ban gaya.

Yeh kitaabcha aapke bhai-behen par koi label nahi lagaata. Unke saath kya ho raha hai, yeh sirf ek doctor hi bata sakte hain. Yeh isliye hai taaki aap samajh sakein ki aap kis daur se guzar rahe hain, aur aap ab tak kya-kya uthaate aaye hain.

 YAAD RAKHIYE

Agar aapke bhai-behen ke bimaar hone ke baad se ghar bhaari lagta hai, to yeh aapke mann ka veham nahi hai, aur aap baat ka batangad nahi bana rahe. Ise saaf-saaf naam dena, chahe bas apne aap se hi, iske andar seedhe khade hone ka pehla kadam hai.

2

✿ YEH BIMAARI HAI, CHUNAAY NAHI

Aapka bhai-behen kis daur se guzar raha hai

✿ CHHOTA SA SAAR

Aapka bhai-behen shayad aisi cheezein sun, dekh ya maan raha hai jo doosre nahi sunte, dekhte ya maante. Unke liye yeh bilkul asli lag sakta hai. Unhone ise chuna nahi, aur aapne ise paida nahi kiya.

Ho sakta hai aapke bhai-behen ko koi aawaaz sunai de, jabki koi bol nahi raha. Ho sakta hai unhein aisi cheezein dikhein jo doosron ko nahi dikhtin. Ya unke mann mein koi aisa pakka yakeen ho jo parivaar mein aur koi nahi maanta. Unke liye yeh bilkul asli lag sakta hai. Aksar ve yeh nahi dekh paate ki yeh asli nahi hai.

Ye anubhav aapke bhai-behen ke liye daraawne aur pareshaan karne wale ho sakte hain. Ye unke bartaav ko bhi badal sakte hain. Isliye jis bhai ya behen ko aap jaante the, ve alag tarah se pesh aa sakte hain, ya logon par shak karne lag sakte hain. Koshish kijiye ki ise aise na lein ki ve aapko thukra rahe hain. In anubhavon se guzar rahe logon mein hinsa kaafi kam hi hoti hai. Is baat ki sambhaavna zyada hai ki doosre unhein chot pahunchaayein, bajaye iske ki ve kisi ko chot pahunchaayein.

Aapke bhai-behen ne ise chuna nahi, aur aapne ise paida nahi kiya. Yeh sehat ki ek samasya hai, koi saza ya baddua nahi. Iska ilaaj maujood hai: dawa, baatchheet wali therapy, aur rozmarra ke kaamon mein madad.

Unke liye asli

dikhaava nahi

Aapka bhai-behen jo sunta ya maanta hai, woh unhein bilkul asli lag sakta hai. Jo yakeen atal lagta hai, woh bahas se nahi hilta.

Zyada, par tay nahi

badhi hui sambhaavna, koi saza nahi

Parivaar mein aisa hona aapki apni sambhaavna badhaata hai. Zyada sambhaavna ka matlab yeh nahi ki aisa hoga hi.

Kyunki ye anubhav parivaaron mein chal sakte hain, aap chupchaap soch sakte hain: kya mere saath bhi aisa hoga? Yeh jaayaz sawaal hai, aur iska imaandaar jawab milna chahiye. Aapki sambhaavna us insaan se zyada hai jiske parivaar mein aisa kuch nahi hai. Par zyada ka matlab hai zyada mumkin, pakka nahi.

Kuch baatein aapke haath mein hain. Ganja aur aise hi doosre nashon se door rahiye. Ganja un kai nashon mein se ek hai jinke baare mein pata hai ki ve ye anubhav shuru kar sakte hain. Apni neend ka bhi dhyaan rakhiye, khaaskar pareekshaon ke aaspaas. Kuch logon mein neend ki kami bhi inhein shuru kar sakti hai. Agar kabhi aapko apne baare mein fikr ho, to kisi bharosemand bade ko bataaiye. Agar aap pareshaan mehsoos karein aur rozmarra ki zindagi haath se phisalne lage, to guidance doctoron se kehti hai ki ve aapko bina der kiye dekhein.



*Maheenon tak main har raat khud mein
nishaaniyaan dhoondhti rahi. Jis din
maine apne bhai ke doctor se apne dar ke
baare mein poochha, us raat pehli baar
main theek se so paayi.*

Meera, behen, 16 saal

Bimaari ko apne bhai-behen se alag karke dekhna bhi madad karta hai. Bimaari ne aapke parivaar se jo chheena hai, us par aap gussa ho sakte hain, aur phir bhi uske neechे chhipe insaan se pyaar kar sakte hain. Aapko inmein se kisi ek ko chunna nahi hai.

3

✿ JO BOJH AAP UTHAATE HAIN

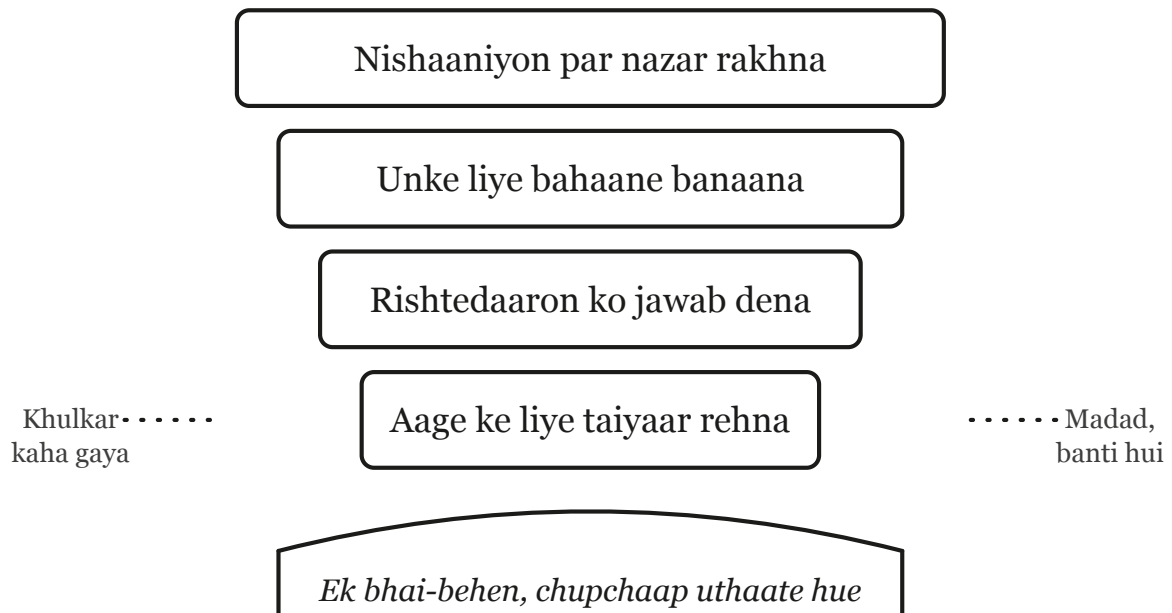
Woh kaam jo kisi ko nahi dikhta

✿ CHHOTA SA SAAR

Bhai-behen aksar ek chhupa hua bojh uthaate hain: nishaaniyon par nazar rakhna, apne bhai ya behen ke liye bahaane banana, rishtedaaron ko jawab dena, aur aage jo aane wala hai uske liye khud ko taiyaar rakhna. Chuppi mein uthaaya bojh aur bhaari hota jaata hai. Use khulkar keh dena kuch wazan utaar deta hai.

Ho sakta hai aap apne bhai-behen par baareeki se nazar rakhte hon ki kahin haalat bigadne ki pehli nishaani to nahi. Kya ve so rahe hain? Kya ve kisi aise se baat kar rahe hain jo wahaan hai hi nahi? Ho sakta hai jab cousin ghar aate hain tab aap unki baat sambhaal lete hon, ya padosiyon se bahaane banaate hon. Ho sakta hai aap rishtedaaron ke unhi sawaalon ka jawab baar-baar dete hon. Yeh sab kaam hai, bhale hi koi ise kaam na kahe.

Ho sakta hai aap apne doston se jaldi bade ho gaye hon. Aapne ghar ke aise kaam apne sir le liye jo kabhi aapke the hi nahi. Aapne apni pareshaaniyaan chhoti rakhin taaki parivaar ke sir par ek fikr kam rahe. Log aapko samajhdaar kehte rahe, jabki asal mein aap apni umar se zyada bojh utha rahe the. Agar yeh aapki baat lagti hai, to iska matlab yeh nahi ki aap kamzor hain. Yeh kisi bhi umar mein uthaane ke liye bahut hai.



Woh chhupa hua bojh jo ek bhai-behen uthaata hai, aur woh wazan jo tab halka hota hai jab use khulkar keh diya jaaye aur baant liya jaaye.

Nishaaniyon par nazar rakhna aur unke liye bahaane banaana: woh kaam jo kisi ko dikhta nahi.

Rishtedaaron ko jawab dena, aur parivaar ka raaz chhupaaye rakhna.

Aage ke liye khud ko taiyaar rakhna sabse bhaari parat hai, aur sabse chup bhi.

Khulkar keh dene aur baant lene par, wahi bojh uthaane mein halka ho jaata hai.

Ho sakta hai aap kisi aur door ki baat ke liye bhi khud ko kaste hon. Kya aapka bhai-behen theek ho jaayega? Jab maa-baap boodhe ho jaayenge, tab unka khayaal kaun rakhega? Kya yeh sab chupchaap aap par aa jaayega? Is baare mein imaandaari se sochna theek hai. Ilaaj ke saath, ye anubhav aksar achchi tarah shaant ho sakte hain, aur aage kya hoga, yeh abhi likha nahi gaya hai. Fikr ko jhuthlaane se woh halki nahi hoti. Bas aap use akele aur andhere mein uthaate reh jaate hain.

♥ AAPKE SAATH

Chuppi mein uthaaya bojh aur bhaari hota jaata hai. Use khulkar keh dena, chahe bas kisi ek bharosemand insaan se, aapke seene se kuch wazan utaar deta hai. Aapko ise bilkul sahi shabdon mein kehna zaroori nahi. Aapko bas ise poori tarah akele uthaana band karna hai.

4

✿ AAPKI BHAAVNAAYEIN BHI MAAYNE RAKHTI HAIN

Dar, sharmindagi, aur pyaar, sab ek saath

✿ CHHOTA SA SAAR

Ho sakta hai aapko bimaari se dar lage, doosron ke saamne sharmindagi ho, sharminda hone par apraadh-bodh ho, aur phir bhi aap apne bhai-behen se gehra pyaar karein. Inmein se koi bhi baat aapko bura bhai-behen nahi banaati. Ye aapko ek mushkil haalat mein phansa ek insaan banaati hain.

Dar lagna aam hai. Agle mushkil daur ka dar. Kisi aisi aawaaz ka dar jo aapko sunai nahi deti, ya kisi aise yakeen ka jis tak aap pahunch nahi paate. Kabhi-kabhi apne bhai-behen se hi dar, jab unki tabiyat bahut kharaab ho aur ve apne jaise na rahein. Yeh dar samajh mein aane wala hai, aur ise chhupaane ke bajaye kisi bade ko bata dena achcha hai.

Sharmindagi bhi aa sakti hai. "Log kya kahenge" wali fikr aap achchi tarah jaante honge, aur ho sakta hai aapka parivaar sab kuch chup rakhne ka faisla kare. Bharat ki ek study mein saamne aaya ki parivaar mein dekhbhaal karne waalon mein se lagbhag aadhe doosron ko batane mein asahaj mehsoos karte the.

Sharmindagi mehsoos karne ka matlab yeh nahi ki aap apne bhai-behen se kam pyaar karte hain. Sharminda hone par apraadh-bodh hona bhi usi bojh ka hissa hai.

Ek hi saath

pyaar aur dar ek hi dil mein reh sakte
hain

Aap ek hi pal mein apne bhai-behen se pyaar kar sakte hain aur bimaari se dar bhi sakte hain. Dono jaayaz hain, aur koi bhi doosre ko kaatta nahi.

Gham bhi ho sakta hai. Us bhai ya behen ka gham jo pehle aapke paas tha: woh mazaak, TV ke liye jhagde, woh yojnaayein jo aap saath banaate the. Aisa gham jaayaz hai, tab bhi jab aapka bhai-behen ab bhi yahin hai aur ab bhi pyaara hai. In bhaavnaon ko daba dene se ve chhoti nahi hotin. Ve chhoti baat par gusse, ya ek aisi thakaan bankar risti hain jise aap samjha nahi paate.

Raaz bhaari ho jaate hain. Aapko sabko batana zaroori nahi, par kisi ek ko bata dene se madad milti hai. Koi ek aisa dost chuniye jo pehle bhi apnapan dikha chuka ho aur baatein apne tak rakh chuka ho. Aap ise seedha-saada rakh sakte hain: "Mere bhai ki tabiyat theek nahi hai, aur ghar par haalaat mushkil hain. Zyada kuch batane ka mann nahi hai, par laga ki tumhein pata hona chahiye." Yeh aapki kahaani hai, aur aapke bhai-behen ki bhi, isliye utna hi bataaiye jitna aap dono ke liye theek lage.



Meera, apni ek dost ko asli baat batate hue.

Maheenon tak bahaane banaane ke baad, tuition se ghar lautte hue Meera ne apni dost Sana ko bataaya. Usne sab kuch nahi samjhaaya. Usne kaha ki Arjun ki tabiyat theek nahi hai, ki ghar par haalaat mushkil hain, aur ki woh thak gayi hai. Sana ne sau sawaal nahi poochhe. Woh bas thoda dheere chalne lagi. Agle hafte usne poochha, "Ghar par sab kaisa hai?" Maheenon mein pehli baar Meera ko thoda kam akelapan mehsoos hua.

Agar koi buri tarah pesh aaye, to isse unke baare mein pata chalta hai, aapke parivaar ke baare mein nahi. Aap kisi aur ko batakar dekh sakte hain, ya kisi counsellor se baat kar sakte hain.

5

✿ SAATH DENA, KHUD KO KHOYE BINA

Bhai-behen, nurse nahi

✿ CHHOTA SA SAAR

Aap bhai-behen hain, doctor, nurse ya har waqt pehra dene wale nahi. Aap gehra khayaal rakh sakte hain aur phir bhi woh insaan nahi banna jo sab kuch akela sambhaale.

Aap bhai-behen hain. Aap doctor, nurse, ya woh insaan nahi hain jise har ghante un par nazar rakhni hai. Dawaayein, appointment aur suraksha ke plan apne maa-baap aur doctor par chhodiye. Aap gehra khayaal rakh sakte hain aur phir bhi ye kaam unhein waapas saunp sakte hain. Aapke bhai-behen ko aapki zaroorat ek bhai ya behen ke roop mein hai, unka ilaaj karne wale ek aur insaan ke roop mein nahi.

Jo madad karta hai, woh aksar chhota aur aam hota hai. Unke saath baithkar chai peejiye. Saath mein cricket match dekhiye. Aam baaton par baat kijiye, sirf bimaari par nahi. Agar ve koi aisa yakeen bataayein jo aap nahi maante, to aapko na bahas karni hai, na haan mein haan milaani hai. Aap keh sakte hain, "Yeh to sach mein bahut daraawna lagta hai," aur us bhaavna ke saath bane reh sakte hain. Parivaar yeh bhi saath milkar seekh sakte hain ki kaise pesh aana hai. Guidance salaah deti hai ki jo parivaar isse guzar rahe kisi apne ke saath rehte hain, unke liye ilaaj karne wali team ke saath parivaar wale session hon. Ye session poore parivaar ko isse nipatne mein madad karne ka ek tareeka hain.

Khayaal rakhiye, par sab kuch apne sir mat lijiye.

Aap apne bhai-behen se pyaar kar sakte hain, iske liye bimaari ka har hissa khud uthaana zaroori nahi.

Yakeen se bahas mat kijiye.

Jo yakeen itna asli lagta hai, woh bahas se shayad hi kabhi hilta hai. Uske bajaye bhaavna ko suniye.

Aam zindagi banaaye rakhiye.

Mazaak, chai, saath mein dekha koi show. Unka bhai-behen hona woh cheez hai jo sirf aap de sakte hain.

Bojh baantiye.

Apne maa-baap aur doctor ko saath lijiye. Madad tab sabse achchi chalti hai jab woh banti hui ho.

Aapne apne bhai-behen ki bimaari paida nahi ki, aur aap ise theek nahi kar sakte. Par aap madad kar sakte hain, tike rehkar aur narmi se pesh aakar, aur apna khayaal bhi rakhkar. Hadein koi kathorta nahi hain. Kuch cheezon ko na kehna, ya jab aap nichud jaayein tab ek kadam peeche hatna, yahi woh cheez hai jo aapko saalon tak saath nibhaate rehne deti hai. Aapko apni zindagi ka haq hai: dost, padhaai, kaam, aaraam aur apni khud ki yojnaayein.

6

✿ MADAD PAANA, UNKE LIYE AUR AAPKE LIYE

Jab haalaat asurakshit lagein, aur aapke liye madad

✿ CHHOTA SA SAAR

Kuch nishaaniyon ka matlab hai ki aapke bhai-behen ko jaldi doctor ki zaroorat hai, aur kuch ka matlab hai ki unhein aaj hi madad chahiye. Aapko inmein se kisi ko bhi akele nahi sambhaalna hai. Madad aapke liye bhi hai, sirf aapke bhai-behen ke liye nahi.

Agar haalat bigadti lage, to apne maa-baap ya kisi aur bade ko bataaiye. Dhyaan dijiye ki kahin aawaazein ya dar tez to nahi ho rahe, ya sharab peena ya nasha karna bahut badh to nahi gaya. Bina neend ki raatein, ya achaanak dawa band kar dena bhi in anubhavon ko lauta sakta hai. Jaldi batane se bade aur doctor jaldi kadam utha paate hain. Batana dhokha nahi hai. Yeh parwaah hai.

Kuch nishaaniyon par usi din madad chahiye. Aapka bhai-behen zinda na rehna chaahne ki baat kare, ya khud ko chot pahunchaane ki. Ya ve kahein ki aawaazein unse kisi ko chot pahunchaane ko keh rahi hain. Agar aapko fikr ho, to seedhe poochhna theek hai: "Kya tumhaare mann mein khud ko chot pahunchaane ke khayaal aa rahe hain?" Poochhne se yeh khayaal unke mann mein nahi baith jaata. Unhein akela mat chhodiye. Aisi kisi bhi cheez tak aasaan pahunch kam kijiye jisse ve khud ko chot pahuncha sakte hon. Usi din kisi bade aur doctor ko saath lijiye. Agar ghar mein kisi ko bhi khatra mehsoos ho, to pehle kisi surakshit jagah jaiye aur 112 par call kijiye.

 YAAD RAKHNE WALE NUMBER

Bharat mein **14416** par **Tele-MANAS** mann ki sehat ke liye sarkaar ki muft helpline hai. Yeh din-raat 24 ghante, 20 Bharatiya bhashaon mein khuli rehti hai. Aap sirf apne bhai-behen ke baare mein nahi, apni fikron ke baare mein bhi call kar sakte hain. Emergency mein 112 par call kijiye ya nazdeeki aspataal jaaiye.

Madad aapke liye bhi hai. School ya college ka counsellor, koi bharosemand teacher, koi bua, mausi ya cousin jo aapki baat sune, ya aapka apna koi counsellor, ye sab madad kar sakte hain. Guidance ilaaj karne wali teamon se kehti hai ki ve parivaaron ko unki apni jaankaari aur sahara dein. Parivaar wale session mein parivaar ke doosre log bhi shaamil ho sakte hain, isliye aap bhi shaamil hone ke liye keh sakte hain. Aap doctor se apne sawaal bhi poochh sakte hain. Jo bhai-behen khud tika hua ho aur jise sahara mila ho, woh us bhai ya behen ka saath nibhaata reh sakta hai jisse woh pyaar karta hai.



*Aapka bhi khayaal rakha jaana
jaayaz hai, sirf khayaal rakhna hi
nahi.*

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- NICE: Psychosis and schizophrenia in adults, information for the public
- Tele-MANAS: National Tele Mental Health Programme, India (call 14416)

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.