

He aha

te Mate Aronganui Pourua

He aha te Mate Aronganui Pourua (Bipolar Affective Disorder)?

He ingoa anō tēnei mō te mate i mōhiotia ai hei manic depression. Ko te pourua (bipolar) e whakaatu ana i te piki me te heke o te āhua ngākau - mai i te tino harikoa rawa (mania) ki te pouri rawa (depression) - kei ngā tāngata e pāngia ana ki tēnei mate.

 *Rapua ētahi tikanga e tika ana māhau. He tangata kē, he tikanga kē.*


He aha te pūtake?

Kāore i te mōhiotia te tino pūtake o te mate nei. Ahakoa tērā ka whai wāhi pea te ira, te matūora, me ngā mea kōhukihuki. Mēnā kua pāngia tētahi o te whānau, ka noho mōrea ake ngā whanaunga.

He aha ngā tohumate?

Ko ngā tohu e kitea nuitia ana ka tae atu ki te 'āhua ngākau teitei', te tino harikoa, te aronganui manei me te kakama rawa. Ko ngā tāngata e pāngia ana, he māmā noa iho te whakaware, ka hūpekepeke mai i tētahi kaupapa kōrero ki tētahi anō.

Ka tau hoki te hunga nei ki raro i te kapua pouri i ētahi wā, arā ka kore e hiahia, e manawa-reka rānei ki ā rātau mahi, ka nenge hoki me te māngaingai hoki o ngā waewae ki te haere. Ki a rātau, he koretake anō rātau ka tau hoki te hara ki runga i a rātau me te whakaaro anō hoki, kāore he hua o te ora.

 *PŪRĀKAU: E kore te hunga e pāngia ana ki te BAD e whakaora me te hoki anō ki ā rātau mahi o mua. TIKA: Mā te tiaki pai me te tautoko, ka hoki anō te hunga e pāngia ana ki te BAD ki ō rātau oranga o mua.*

He pēhea te tuku haumanu?

Ka hia kē ngā āhua mātuatua o te tuku haumanu mō te BAD, ka tukua ēnei i runga i ngā hiahia o te tangata. Ahakoa pai ake ana kia noho tonu te tangata ki waenganui i tōna hapori, i ētahi wā ka mauria ki rō hohipere. Ko ngā āhua nui o te tuku haumanu, ko te rongoa me te tuku āwhina ā-hinengaro e hāngai atu ai ki te whakaaro, whanonga me ōna whanaungatanga. I ētahi wā onge, ka whakahuatia te whakahiko arā ECT hei āwhina.

 *Kia āta kite i ngā tohumate tōmua me whakatakoto mahere e mau tonu ai te oranga.*



Whānau/Hoa: Me āta whakahau i te tangata kia hoki atu ki āna mahi o mua, engari kua e pana, e whakahē rānei. He mea nui, kia rata anō koe ki a ia ahakoa tōna mate, me te mau tūmanako ka taea e ia.

Ko wai ka pāngia?

Tahi o ngā tāngata e 100, ka pāngia ki te BAD. Mēnā ka pāngia tētahi matua, tungāne, tuahine rānei ki te BAD, ka piki tērā ki te tahi - rua rānei o ngā tāngata e 10. Ka tīmata i waenga i ngā tau 15 – 40 te pakeke. Ko te nuinga o ngā tāngata ka hoki ki te oranga o mua i muri i ngā wā e māuiui ana. Ahakoa tērā āhua 20 – 30 ōrau ka raruraru tonu.



Rapua ngā kōrero katoa mō te mate aronganui pourua, te tuku haumanu, me te wāhi anō hoki ki a koe.

Kei whea ētahi atu pārongo?

Te Tūāpapa Hauora Hinengaro o Aotearoa Mental Health Foundation of New Zealand

mō ngā rauemi, ripene whakaata, pukapuka me ētahi atu kōrero.

81 New North Road, Eden Terrace, Tāmaki-makau-rau

Waea: (09) 300 7010

Waea Whakaahua: (09) 300 7020

Imera: resource@mentalhealth.org.nz

Ipurangi: www.mentalhealth.org.nz

(Tirohia 'information' mō te roanga atu o te whakaaturanga o te mate aronganui pourua)

BALANCE - Te Hononga Tautoko Manic Depression/BAD

Ipurangi: <http://www.geocities.com/HotSprings/Resort/1614/>

Manic Depressive Society Inc

Pouaka Poutāpeta 25 068

Ōtautahi

Waea (03) 366 5815

Waea Whakaahua (03) 365 5344

Ipurangi: <http://www.everybody.co.nz/support/manic.html>



KIA RAPU WAWE I TE ĀWHINA!

te Mate Aronganui Pourua



Mental Health
Foundation
of New Zealand