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衞生防護中心 Centre for Health Protection

衞生署 Department of Health

她失落了……

一同認識抑鬱症

精神健康齊面對　同心同行衝過去

遇到令人難過的事，傷心是最自然不過的。但若果低落的情緒一直揮之不去，甚至持續地影響工作或日常生活，我們可能正經歷抑鬱症了。

本地研究顯示，抑鬱症影響著近3%的香港人。經歷抑鬱症的人大多長期面對極大的精神壓力。在這種情況下，身體會產生過量的壓力荷爾蒙，它會損害腦部管理情緒、動力、睡眠及食慾等功能的部位，令人難以感受快樂和對事物提不起勁。情況就好像當人長時間在酷熱環境下工作或活動，身體調節體溫的功能受到破壞，我們就可能會中暑了。

經歷抑鬱症的人大部分時間都情緒低落，或者感到空虛、絕望。他們會對一向享受的事物失去興趣，甚至會不想跟人接觸。身體狀況上也可能會受到影響，例如會很易疲倦，思考能力或集中力下降，就算簡單的事情都難以下決定，而睡眠和胃口都可能會起變化，大增或大減。他們或會為很多事情而自責，覺得自己沒有價值，失去自信，甚至出現自殺的念頭。

若上述某些情況持續一段時間，並且影響到日常生活，請考慮尋求專業人士的意見。

若你留意到自己或身邊的人遇到類似情況，可以怎樣做呢？

第一步　專業評估

身體出現不適，我們會去找醫生接受診斷，對症下藥。同樣地，若你懷疑你或身邊的人正受抑鬱情緒困擾，請及早接受醫生或臨床心理學家的專業評估，以防止情況惡化。

第二步　合適治療

若評估後發現有治療需要的話，現時有不少臨床實證的治療可有效治療抑鬱症。

心理治療

醫護人員會先了解當事人的情況，再共同訂立一套治療計劃。透過讓當事人了解情緒、行為和思想之間的關係，循序漸進地改變其負面思想及行為模式，同時學習處理壓力及情緒的技巧，從而建立一個更健康的生活模式。

藥物治療

醫生會視乎需要處方藥物。

第三步　用心聆聽　與之同行

沒有人喜歡不開心。抑鬱症就如所有疾病一樣，不是一個個人選擇。

請避免：

否定對方的感受

「身邊有咁多人撐你，你唔應該覺得唔開心囉。」

輕視對方的經歷

「唉，好小事啫，使咩咁在意喎？」

「唔使唔開心啦。」

先別急著去改變對方，嘗試設身處地去聆聽對方的感受，並留心他此時此刻的需要。

可嘗試說：

「嗯，經歷咗咁多嘢，我知你好唔開心。」

「我哋一齊去搵幫手，慢慢嚟，我會陪住你。」

當一個人經歷抑鬱情緒，有時會失去求助的動力。這時候，家人和朋友鼓勵和陪伴對方接受評估和治療，是復元中重要的一環。

想知道更多有關資訊，請致電：

醫院管理局24小時精神科電話諮詢服務	2466 7350
社會福利署熱線	2343 2255

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She is Depressed.....

Let's Understand Depression

It is totally natural to feel bad when we experience something sad. However, if we are so sad that our work or daily life is affected, we may be experiencing depression.

A local study showed that depression was affecting nearly 3% of Hong Kong people. Individuals experiencing depression are usually under tremendous stress over a period of time. Under this condition, the body would produce excessive stress hormone, which is harmful to the brain areas that manage emotion, motivation, sleep and appetite, etc. Therefore, the affected individuals have difficulty to feel happy and lose interest in activities. This situation is like when we have to work or have activities in hot weather for a long time, but the function of regulating body temperature is damaged. We may then suffer from heatstroke.

Individuals experiencing depression feel sad, empty or hopeless most of the time. They lose interest in activities that they normally enjoy, and may withdraw from others. Their physical health may also be affected, such as getting tired easily, having diminished ability to think or concentrate, being indecisive even for simple things, and may experience changes in sleep and appetite (increase or decrease drastically). They may feel guilty, worthless, lose self-confidence and even have thoughts of suicide.

If some of the above conditions occur over a period of time and affect your daily life, please consider seeking advice from professionals.

What can you do if you or someone you know have similar conditions?

Step One Professional Assessment

We will see a doctor when we are feeling ill. Likewise, if you or someone you know suffer from depression, do seek professional assessment from doctor or clinical psychologist to prevent the condition from getting worse.

Step Two Appropriate Treatment

If treatment is indicated upon assessment, there are treatments that have been clinically proven to be effective for depression.

Psychological Therapy

Health care workers will first understand the situation and come up with a treatment plan together with the affected individual. The individual will then be guided to understand the relationship between emotion, behaviour and cognition, to modify negative way of thinking and behaviour step-by-step, and to learn about stress and emotional management techniques. Through treatment, the individual will be able to build a healthier lifestyle.

Drug Treatment

Doctors may prescribe drugs after assessing the condition of the individuals.

Step Three Listen Empathetically and Walk Together

None of us want to be sad. Like any other diseases, depression is never a personal choice.

Please avoid to:

Deny others' feelings
"You shouldn't feel down when so many of us are supporting you."

Disregard others' experiences
"Well, it is so trivial. Why bother?"
"No need to feel sad."

Don't rush to change them. Try to listen, understand and accept their feelings and needs at the moment.

Try to say:

"After going through so many things, I know you feel very unhappy."
"Let's look for help together. Take your time. I'll keep you company."

When a person is depressed, he/she may lose the motivation to seek help. At this juncture, having the encouragement and company from family members and friends to get assessment and treatment play a pivotal role in the recovery process.

If you wish to get more relevant information, please call:

Hospital Authority Mental Health 24-hour Hotline	2466 7350
Social Welfare Department Hotline	2343 2255

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