

抑鬱你我齊面對 同心同行衝過去

Depression Matters Let's Stand Together



抑鬱症是常見的健康問題 Depression is a common health problem

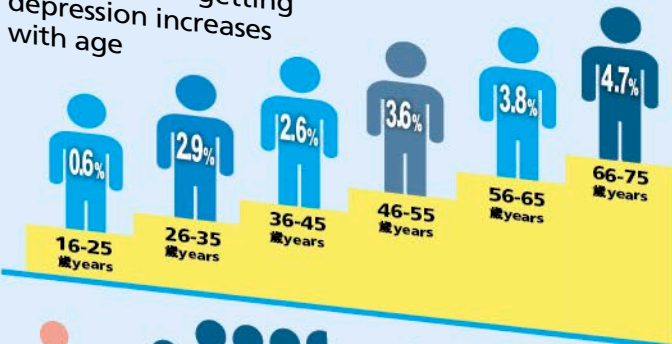


3% 香港成年人患有抑鬱症
of Hong Kong adults have depression



女性受影響的人數較男性多
More women than men are affected

患上抑鬱症的機會隨著年齡增加
The chance of getting depression increases with age



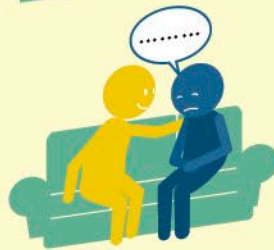
多過一半
抑鬱症患者不會尋求專業協助

More than half
of people with depression do not seek professional help

資料來源：香港精神健康調查
Source: Hong Kong Mental Morbidity Survey

如果你懷疑自己患上抑鬱症 If you think you have depression

與人分享 Sharing



向信賴的人說出自己感受
Talk to someone you trust about your feelings

正面思維 Mind



你的情況是可改善的。
尋求專業協助
You can get better.
Seek professional help

享受生活 Enjoyment



恆常運動
Exercise regularly



繼續做你一向喜歡的事
Keep doing things you have always enjoyed