

# 抑鬱你我齊面對 同心同行衝過去

Depression Matters Let's Stand Together



## 抑鬱症 Depression

持續至少  
兩周  For at least  
2 weeks



持續悲傷  
Persistent sadness



對平時喜歡的活動失去興趣  
Loss of interest in activities  
that you normally enjoy



喪失從事日常活動的能力  
Inability to carry out daily activities

## 其他徵狀 Other symptoms



喪失精力  
Loss of energy



食慾改變  
Change in appetite



失眠或嗜睡  
Sleeping more  
or less



集中力下降 / 猶豫不決  
Reduced concentration/  
indecisiveness



焦慮  
Anxiety



坐立不安  
Restlessness



感到一無事處、內疚或絕望  
Feeling of worthlessness, guilt  
or hopelessness



有自殘或自殺念頭  
Thoughts of self-harm or suicide

## 如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



與家人和朋友保持聯繫  
Keep in contact with family and  
friends

### 正面思維 Mind



調整自我期望  
Adjust your  
expectations



尋求專業協助  
Seek professional help



獲適當協助後，情況可  
改善  
With the right help, you  
can get better

### 享受生活 Enjoyment



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



堅持定時的進食和  
睡眠習慣  
Stick to regular  
eating and sleeping  
habits



恆常運動  
Exercise  
regularly



切勿飲酒或濫藥  
Do not drink or  
use illicit drugs



如有自殺念頭，立即尋求協助  
If you feel suicidal, contact  
someone for help immediately

抑鬱症是可治療的。如果你懷疑自己患上抑鬱症，請尋求協助。

Depression can be treated. If you think you have depression, seek help.

