抑鬱你我齊面對
同心同行衝過去

Depression Matters Let's Stand Together

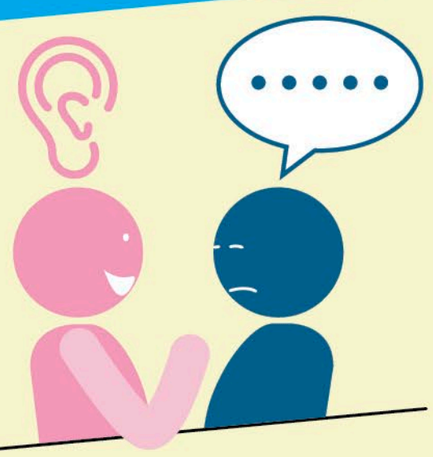
抑鬱症是可治療的。
如果你懷疑自己患上抑鬱症：
Depression can be treated.
If you think you have depression:

當你身邊有人患上抑鬱症，你可以協助他們康復：
When you live with someone with depression, you can help them recover:

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

與人分享 Sharing

不帶批判聆聽，給予支持
Listen without judgement.
Offer support



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

正面思維 Mind

你可協助他們康復。
保持耐性
You can help them recover.
Be patient

恆常運動
Exercise regularly

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

享受生活 Enjoyment

好好照顧自己，放鬆和做自己喜歡的事
Take good care of yourself.
Relax and do things you enjoy

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Website

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衞生防護中心
Centre for Health Protection

衞生署
Department of Health

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