机變物不起齊面對 同川同行衝過去

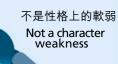
Depression Matters Let's Stand Together



抑鬱症 **Depression**

與抑鬱症患者一起生活 Living with someone with depression

一種疾病 An illness







可以治療 Can be treated



照顧者、朋友和家人的支持有助 患者的康復

Support of carers, friends and family facilitates recovery



康復需時,要保持耐性 Recovery takes time. Be patient

與人分享 Sharing



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



在日常生活上協助患者 Help them with everyday



協助患者定時進食和睡眠 Help them to have regular eating and sleeping patterns

正面思維 Mind



鼓勵患者尋求專業協助 Encourage them to seek professional help



陪伴赴診 Accompany them to appointments



協助患者按處方服藥 Help them to take prescribed medication

享受生活 Enjoyment



鼓勵患者恆常運動和參與社交活動 Encourage regular exercise and social activities



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



如患者有自殘的念頭,不要讓他們獨處,並向專業人 士求助。拿走藥物和利器等物品

If they are thinking about self-harm, do not leave them alone. Seek professional help. Remove medications and sharp objects from them

在支持抑鬱症患者的同時, 也要好好照顧自己。



When you support someone with depression, please take care of yourself too.









