

# 抑鬱你我齊面對 同心同行衝過去

Depression Matters

Let's Stand Together



## 抑鬱症 Depression

一種疾病  
An illness

不是性格上的軟弱  
Not a character  
weakness



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



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

### 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  
tasks



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.