

It is very common for teens to experience the emotional and physical symptoms listed on the other side.

青少年經歷上頁列舉的心理和生理症狀是很普遍的。

They are associated with a condition called “depression”.

這些與心理有關的症狀稱作“憂鬱症”。

Teens face many stressors that can lead to depression.

青少年面對很多可以導致憂鬱症的壓力。

Common stressors include:

一些很普遍的壓力包括：

- Conflict with parents
與父母有爭執
- Poor performance in school
在學校表現差
- Difficulties dealing with two cultures and languages
面對兩種文化和語言有困難
- Breakup or conflict with girlfriend or boyfriend
和女朋友/男朋友有爭執或分手
- Living in a small, cramped space
生活在狹小的空間
- Witnessing fighting in family
目擊家庭成員之間的爭吵/打架
- Issues of self-image or identity development (gender, sexual, cultural, etc.)
自我形象或身份問題(包括:性別,性取向,文化)
- Loss or death of a friend or family member
失去一個重要的朋友或家庭成員
- Not fitting in with peers
不合群
- Being bullied or pressured to bully
被嘲笑或嘲笑他人

Having these symptoms doesn't necessarily mean that you have depression. Get a professional evaluation to find out.

有這些症狀不一定表示你有憂鬱症。
需要作一個專業評估去確定。

Symptoms will usually not go away on their own

症狀通常不會自動消失

Getting help is important and effective

尋求幫助是非常重要的和有效的方法



A Brighter Future Is Ahead!

走出困境!光明在望!

For more information, please contact:

如需要更多資訊,請聯絡:

San Francisco Bay Area Chinese Community Depression Education Project
Funded by Okura Mental Health Leadership Foundation &
Dept. of Social Work, California State University, East Bay

Physical & Mental Health Are Linked

生理和心理健康是相關連的

Stress Can Make Us Sick!

壓力可以導致疾病!



Know When You Need to Regain Your Health

知道你在何時需要重新找回健康

Help Yourself and Friends Find Hope

幫助自己或你的朋友重拾希望

Evaluate Your Physical and Mental Health

Have You Experienced Any of These Symptoms in the Past Week?

評估你的生理和心理健康狀況。你最近幾個星期是否感到這樣？

- 1. Unhappy
不開心
- 2. Feeling that you don't care about anything
覺得你對任何事情再也不計較
- 3. Changed sleep pattern: Unable to sleep or sleeping a lot
改變睡眠方式:不能入睡或睡很多
- 4. Frustrated that your parents don't understand you
因父母不明白你而覺得沮喪
- 5. Hopeless - like there is no solution for your problems
絕望 - 你的問題沒有解決方法
- 6. Low energy
沒有精力
- 7. Feeling that your parents view you negatively
覺得你的父母對你有負面的看法
- 8. Angry - holding it inside or showing it
憤怒 - 將憤怒藏於內心或發洩出來
- 9. Changed eating pattern: Eating little or overeating
改變進食方式:吃很少或吃很多
- 10. Feeling that life has no meaning
覺得生活沒有意義
- 11. No interest in socializing
對社交失去興趣
- 12. Thoughts of hurting yourself
有傷害自己的想法

Do your symptoms make it difficult to fulfill your responsibilities at school, home or work?

有關生理和心理方面的症狀是否令你在履行學習、家庭或工作的責任時有困難？

- A. No 沒有
- B. A little bit 有一點
- C. A lot 有很多

Who Can Help?

誰可以幫助你？

Get information and a referral to someone who can help you from these professionals: school nurse or counselor, teacher, family doctor, social worker, or mental health specialist. Show him or her this brochure with your symptoms checked off.

你可以與下列專業人員傾談並得到幫助:學校的護士、老師或輔導員、家庭醫生、社工或心理健康治療師。把你已填寫的症狀表交給專業人員。

WARNING: If you are very distressed by your symptoms or you have thoughts of hurting yourself, get help from a professional or call the 24-hour Crisis Line immediately.

請注意:當你的症狀令你感到極度不安或有傷害自己的想法,請你尋求專業人士的幫助或立刻致電24小時危機熱線。

San Francisco/三藩市: 415-781-0500
National/全美: 1-800-273-8255

Total symptoms:
症狀總數

What do your answers mean?

6 or fewer symptoms

有六項或以下症狀

And you chose A or B

如果你選擇 A 或 B

Pay attention to your symptoms and get help if they become more severe. ←

要留意那些症狀:如果變得更嚴重時,要尋求幫助。

And you chose C

如果你選擇 C

You are probably experiencing physical and mental health changes that require professional care. ←

Get help immediately from a professional.

你極有可能正在經歷生理或心理健康方面的轉變,並需要專業人士的幫助。

立刻向專業人士尋求幫助。

7 or more symptoms

有七項或以上症狀

And you chose A

如果你選擇 A

Pay attention to your symptoms and get help if they become more severe. ←

要留意那些症狀:如果變得更嚴重時,要尋求幫助。

And you chose B or C

如果你選擇 B 或 C

You are probably experiencing physical and mental health changes that require professional care. ←

Get help immediately from a professional.

你極有可能正在經歷生理或心理健康方面的轉變,並需要專業人士的幫助。

立刻向專業人士尋求幫助。