

AUGUST 八月

DEPRESSION AWARENESS MONTH 抑鬱症關注月

Topics 題目：

- What is depression?
什麼是抑鬱？
- Why does treating depression matter?
為什麼要治療抑鬱症？
- Signs and Symptoms
徵兆及症狀
- Risk Factors
風險因素
- Treatments and Preventions
治療和預防

Brief Description: Depression is a common but serious mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how you feel, think, and behave. It can lead to disturbance to your daily activities, such as eating, working, and sleeping. If you want to learn more about this topic, please attend the Depression Awareness Workshop at NEMS Health Education Department.

簡介：抑鬱症是一種常見但嚴重的情緒障礙。會導致持續的悲傷感和對事物失去興趣。它會影響您的感受、思考和行為。它可能會對您的日常活動造成干擾，如進食、工作和睡覺。如果想了解有關主題的更多信息，請參加東北醫療中心健康教育部的關注抑鬱症講座。

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所	211 Eastmoor Clinic 帝利市Eastmoor診所
Date 日期	8/6 - 8/29/2024 Every Tuesday & Thursday 逢星期二、四	8/6 - 8/27/2024 Every Tuesday 逢星期二
Time 時間	10:30am - 11:30am 上午 10 時半 至 11 時半	11:00am - 12:00pm 上午 11 時 至 中午 12 時
Location 地點	1520 Stockton St. San Francisco, CA 94133	211 Eastmoor Ave. Daly City, CA 94015
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).