



May is Mental Health Awareness Month

五月是心理健康關注月

Brief Description: Mental health is about our emotional and psychological well-being, shaping how we think, feel, and act. It affects how we handle stress, relate to others, and make decisions. While good mental health enables us to cope with life's challenges and maintain healthy relationships, mental health disorders can disrupt these processes. Seeking support and understanding mental health as a spectrum are crucial for promoting well-being and reducing stigma. If you want to learn more about this topic, please attend the Mental Health Awareness Workshop at NEMS Health Education Department.

簡介：心理健康涵蓋了我們的情感和心理健康，影響我們的思維、感受和行為。它影響我們如何應對壓力、與他人相處以及做出決定。良好的心理健康使我們能夠應對生活中的挑戰，維持健康的人際關係，而心理健康障礙則可能干擾這些過程。尋求支持並了解心理健康是一個光譜的重要性，有助於促進健康並減少社會對心理健康的污名化。如果想要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心理健康講座。

Topics 題目：

- What is mental health & why is it important? 什麼是心理健康以及為什麼它很重要？
- Causes and types 原因和類型
- Keeping a good mental health 保持良好的心理健康
- Stress and coping with stress 壓力和應對壓力



Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Clinic 三藩市波特羅區診所	211 Eastmoor Clinic 帝利市Eastmoor街診所
Date 日期	5/7 - 5/30/2024 Every Tuesday & Thursday 逢星期二、四	5/6 - 5/20/2024 Every Monday 逢星期一	5/7 - 5/28/2024 Every Tuesday 逢星期二
Time 時間	10:30am - 11:30am 上午10時半至11時半	2:00pm - 3:00pm 下午2時至3時	11:00am - 12:00pm 上午11時至中午12時
Location 地點	1520 Stockton St. San Francisco, CA 94133	2574 San Bruno Ave. San Francisco, CA 94134	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	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).



Contact Health Education 聯絡健康教育部:
(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG