



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？
- Stigma and Adverse Childhood Experiences (ACE) 恥辱和不良童年經歷
- Keeping a good mental health 保持良好的心理健康



Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所
Date 日期	5/1 - 5/29/2025 Every Tuesday and Thursday 逢星期二、四
Time 時間	10:30am – 11:30am 上午 10 時半至 11 時半
Location 地點	1520 Stockton St., San Francisco, CA 94133
Language 語言	English, Cantonese, Mandarin 英、粵及國語

NEMS complies with all applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services are available.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 415-391-9686 ext. 8160 (TTY: 1-800-735-2929) o hable con su proveedor.

Chinese 注意：如果您說中文，我們可為您提供免費語言協助服務，也可免費提供適當的輔助工具與服務，以無障礙方式提供資訊。請致電 415-391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。

Vietnamese CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng để tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 415-391-9686 ext. 8160 (Người khuyết tật: 1-800-735-2929) hoặc trao đổi với người cung cấp dịch vụ của bạn.



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