

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

Chinatown Clinic 三藩市華埠診所

Portola Clinic 三藩市波特羅區診所

1870 Lundy Clinic 聖荷西1870 Lundy診所

Date 日期

8/1 - 8/31/2023
Every Tue & Thu
逢星期二、四

8/7 - 8/28/2023
Every Monday
逢星期一

8/2 - 8/30/2023
Every Wednesday
逢星期三

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

2:00pm – 3:00pm
下午2時至3時

Location 地點

1520 Stockton St
San Francisco, CA 94133

2574 San Bruno Ave
San Francisco, CA 94134

1870 Lundy Ave
San Jose, CA 95131

Language 語言

English, Cantonese,
Mandarin
英、粵及國語

English, Cantonese,
Mandarin
英、粵及國語

English, Mandarin
英及國語