



Feeling sad or unhappy is normal when something goes wrong or you lose someone. These feelings often go away with time and you feel better.

SIGNS

- Lose interest in things that you enjoy
- Feel restless
- Sleep too much or are not able to sleep
- Feel tired all the time or lack energy
- Gain or lose weight
- Lose your appetite
- Have a hard time concentrating or remembering
- Feel hopeless, guilty, worthless, or helpless
- Have headaches, stomach aches, bowel problems, or pain that do not get better with treatments

If you or a loved one has any of these signs for more than two weeks, see your doctor. You may have a health condition called depression. If you are thinking of harming yourself or others, call suicide prevention hotline [1-800-273-8255](tel:1-800-273-8255).

THINGS YOU CAN DO THAT CAN HELP

- Avoid being alone.
- Share your feelings with family or friends.
- Let your family and friends help you.
- Eat a healthy diet and avoid junk food.
- Drink plenty of water.
- Avoid alcohol and street drugs.
- Try to get 7-8 hours of sleep each night.
- Stay active, even if you do not feel like it.
- Plan activities for the day.
- Set a small goal each day that you can do, such as do a small task or take a walk.
- Learn to manage stress.
- Join a support group.
- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Write down your thoughts and feelings.

HOW FAMILY AND FRIENDS CAN HELP

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help. Ways to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Keep on asking, but do not push.
- Give emotional support through talking and careful listening.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.

Sources:

- www.healthinfotranslations.org
- American Foundation for Suicide Prevention

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



當生活不如意或當您失去了親人時感到憂傷或不快樂是正常的現象。這些感覺通常會隨著時間逐漸消失，您應該會逐漸覺得好轉。

徵兆

- 對您平日喜愛的事物失去興趣
- 覺得不安
- 睡覺太多或不能入睡
- 始終覺得疲累或沒有精力
- 體重增加或減少
- 失去食慾
- 很難集中注意力或記得事情
- 覺得無望、有罪、無價值或無助
- 有頭痛、胃痛、腸道問題或經治療而沒有好轉的疼痛

如果您或您的親人有任何這些症狀超過兩個星期，要立即看醫生。出現這種情況，有可能是得了憂鬱症。如果您有自殺或傷害別人的念頭，請致電預防自殺熱綫 [1-800-273-8255](tel:1-800-273-8255)。

您可以嘗試以下方法幫助自己：

- 避免孤獨一人。
- 與家人或朋友分享您的感覺。
- 讓您的家人和朋友幫助您。
- 健康飲食，避免食沒有營養的食品。
- 飲用足夠的水。
- 避免飲酒及使用毒品。
- 儘量每晚睡覺7-8個小時。
- 保持活躍。
- 為當天計劃一些活動。
- 為每一天設定一個您能做到的小目標，例如做一件小事情或散一次步。
- 學會管理壓力。
- 參加一個互助小組。
- 與神職人員和宗教領袖討論。
- 祈禱或冥想。
- 寫下您的想法和感覺。

家人和朋友如何可以幫助您：

幫助憂鬱的人得到適當的治療很重要。您的家人或朋友也許不太熱衷或主動尋求幫助。您可以嘗試用這些方法幫助您的家人或朋友：

- 提議與他或她一起去看醫生。您能代為向醫生問問題、或代為記下注意事項。
- 邀請他或她去散步或外出。如果他或她說不，請別氣餒，繼續邀請，但不要逼迫他或她。
- 透過談話和細心地聆聽給予精神上的支持。
- **不要忽略**他或她認為自己生命毫無價值的言行。**也不要忽略**病人有關傷害他人的言行。**要立刻**前往醫院急診部尋求幫助。

資料來源：

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