



心理健康 與年齡無關

Good Mental Health is Ageless



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
Center for Mental Health Services
www.samhsa.gov



心理健康 與年齡無關

心理健康與生理健康是同等重要的。

健康的心理可使你：

- 更加享受生活。
- 處理好生活中的困難。
- 與家人、朋友和社區更加和睦相處。
- 保持生理健康。

心理健康並不表示你永遠不會感到悲傷、孤獨或情緒低落。然而，若這些不良情緒擾亂了你的生活，或長期揮之不去，它們也許會引發更大的問題。

Good Mental Health is Ageless

A healthy mind is as important as a healthy body.

Good mental health can help you:

- Enjoy life more.
- Handle difficult situations.
- Stay better connected to your family, your friends, and your community.
- Keep your body strong.

Being in good mental health doesn't mean that you'll never feel sad, lonely, or 'down.' But when these feelings disrupt your life or go on too long, there may be a bigger problem.

以下幾種情況會使你感到悲傷或情緒低落：

- 被迫搬家。
- 親人得病或死亡。
- 日常起居不能自理。
- 許多的身體健康問題。

Unusual feelings of sadness or depression can happen when:

- You have to move from your home.
- People you love get sick or die.
- You have to depend on others to get around, or even to do the simple things you used to do yourself.
- Physical health problems seem overwhelming.



除情緒低落外，以下的行為改變也意味著其他的情緒問題：

- 易怒
- 懶於做你平常想做、或常做的事
- 睡眠習慣的改變
- 健忘
- 恐懼
- 飲食習慣的改變
- 遺漏家務事
- 常常哭泣
- 錢財管理不善
- 認為所做的一切都毫無意義
- 思維混亂
- 時常迷失方向
- 長時間獨處
- 較少、甚至不與朋友來往
- 感到絕望或不安
- 認為生活毫無意義
- 自我虐待

In addition to feelings of depression, some of the following changes in behavior may suggest other emotional problems:

- Being easily upset
- Not having the energy to do the things you want to do, or used to do
- Changing sleep habits
- Increasing forgetfulness
- Being afraid of things
- Changes in eating habits
- Neglecting housework
- Crying a lot
- Having trouble managing money
- Believing that you can't do anything worthwhile
- Being confused
- Getting lost a lot
- Staying alone a lot of the time
- Spending little or no time with friends
- Feeling hopeless or overwhelmed
- Thinking life isn't worth living
- Thinking about hurting yourself



如果你情緒低落或行為異常的狀況已持續超過兩個星期，你需要採取以下行動：

- 與醫生或相關醫療保健人員討論你的問題。告訴他們你目前的感覺，以及此種感覺與以往的感覺有何不同。他們可以為你做檢查來瞭解你的狀況，並且與你討論有關的治療方案。
- 讓你的朋友、家人或心理顧問瞭解你的心理問題。有時他們能夠發現你尚未察覺的狀況。
- 向老人中心的職員或相關專業人員諮詢。
- 向National Eldercare Locator打電話查詢，電話：1-800-677-1116；或打電話給Federal Center for Mental Health Services (CMHS)，電話：1-800-789-2647；或上網 www.cmhs.samhsa.gov。這些組織可以幫助你找到一個適合你的計劃或就近的專業人員。
- 查閱本地的電話黃頁，尋找能幫助你的組織。

Here are some things you can do if depression or other changes in your behavior last longer than two weeks:

- Talk with your doctor or other health care professional. Tell them exactly how you're feeling, and let them know how this is different from the way you used to feel. They can check for any problems you may be having, and can discuss treatment options with you.
- Share your feelings with a friend, family member or spiritual advisor. These people can sometimes notice changes that you might not see.
- Ask for advice from a staff member at a senior center or other program you participate in.
- Call for information from the National Eldercare Locator at 1-800-677-1116, or speak with the Federal Center for Mental Health Services (CMHS) by calling 1-800-789-2647 or visiting its Web site at www.cmhs.samhsa.gov. These organizations can help you find a program or provider near you.
- Check your local yellow pages for organizations that can help.

無論年齡大小，專業的幫助可促進你心理的發展、康復、健康和快樂。

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Services (CMHS) 電話:
1-800-789-2647 或上網
www.cmhs.samhsa.gov。

At any age, help can support growth, discovery, recovery, and happiness.

Call the National Eldercare Locator at: 1-800-677-1116. Call the Federal Center for Mental Health Services (CMHS) at: 1-800-789-2647 or visit www.cmhs.samhsa.gov.



醫療保健人員請注意：

本冊子由 Johnson, Bassin & Shaw 公司製作。Johnson, Bassin & Shaw 公司與 U.S. Department of Health and Human Services (HHS) 下屬的, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) and Center for Mental Health Services (CMHS) 簽訂承包合同, 合同號為270-04-7049。CDM 集團公司負責英文版本的撰寫, 合同號為270-99-7072。Magna Systems公司 (Los Angeles, CA) 提供翻譯服務。Christina Currier 擔任政府項目官員。

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For Health Care Professionals:

This brochure was produced by Johnson, Bassin & Shaw, Inc., under Contract Number 270-04-7049, for the Center for Substance Abuse Treatment (CSAT) and the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The CDM Group, Inc., developed the English-language version of this product, under Contract Number 270-99-7072. Magna Systems, Inc. (Los Angeles, CA), provided translation services. Christina Currier served as the Government Project Officer.

The content of this publication does not necessarily reflect the views or policies of CSAT, CMHS, SAMHSA, or HHS. For further information or to request additional information about this publication, please contact Christina Currier at ccurrier@samhsa.gov.



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本冊子隨 Substance Abuse Among Older Adults 一同出版發行。Substance Abuse Among Older Adults 是CSAT的Treatment Improvement Protocol (TIP) 系列的第26冊。TIP系列及相關產品可從SAMHSA的National Clearinghouse for Alcohol and Drug Information (NCADI)免費得到，電話1-800-729-6686，或打聽力障礙電話1-800-487-4889 TDD，或上網 www.csat.samhsa.gov。

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