

Depression 抑鬱症

抑鬱症在美國是第二大最常見的心理疾病。大概有20.9百萬美國人受著抑鬱症的困擾。幾乎有一半的抑鬱症患者不知道自己已經患上了抑鬱症。治療無法根治抑鬱症，但許多抑鬱症狀會消失，病情也可受到控制。

抑鬱症是一種影響兒童和成年的心理疾病，老年人當中也極為常見。抑鬱表示心理的不正常。關於心理疾病，有許多傳說和文化習俗偏見。有些人對患上抑鬱症會感到羞恥；更有些人認為抑鬱症無藥可救，認為心理疾病是軟弱的象徵。其實，心理疾病應該和身體疾病一樣同等對待。心理疾病有各種各樣的類型，其治療也有所不同。

甚麼是抑鬱症？

抑鬱症是一種影響我們思維、心情、感覺、行為甚至身體健康的失常狀況。僅僅一兩天心情憂愁，並不代表患上抑鬱症，因為有時候感到憂愁是正常的。患上了抑鬱症的人會表現出深深的憂愁，即使沒有甚麼不愉快的事情發生。有時候，過度壓力的事件也可能會導致抑鬱症。抑鬱者無法感到快樂，不再喜歡工作，或對自己原本喜愛的事物失去興趣。

甚麼原因導致抑鬱症？

人腦擁有的細胞超過10億個。細胞之間通過化學和電子信號互相溝通。當人們感到抑鬱時，腦部的一些重要化學物質，稱為神經傳遞質(neurotransmitters)，將出現異常活動。抑鬱症和其他精神疾病一樣，很多時候是與遺傳有關的。

Depression is the 2nd most common mental illness in the United States. It affects approximately 20.9 million people. Almost one half of people suffering from depression do not know they have it. Treatment does not cure depression, but many of the symptoms will go away, and the illness can be controlled.

Depression is a mental illness that affects children and adults. It is also very common in the elderly. However, it is never normal to be depressed. There are myths and cultural stigmas about mental illness. Some people feel shame. The most serious myths are that there is no help or treatment, and that mental illness is a sign of weakness. Mental illness should be viewed like physical illness. There are many different kinds and the treatments vary with the disease.

What is depression?

Depression is a disorder that affects our thoughts, moods, feelings, behavior and even physical health. It is not just feeling sad on a certain day, because it is normal to feel sad sometimes.

People who suffer from depression can feel profound sadness when nothing has happened. Other times, a stressful event can lead to depression. Depressed people are not able to be happy or enjoy their work or loved ones.

What causes depression?

There are more than 1 billion cells in the human brain. The cells communicate with each other through chemical and electrical signals. Some important brain chemicals, called neurotransmitters, do not behave the same in people who are depressed. Depression, like some other mental illnesses, can frequently be hereditary.



與抑鬱症相關聯的情況：

- 壓力 (工作壓力、意外事故、暴力、虐待)；
- 疾病 (中風、心臟病發作、大手術、癌症)；
- 孩子的出生 (“產後抑鬱”被認為是起因於懷孕後的賀爾蒙變化、睡眠不足或其他因素。)
- 賀爾蒙的變化可改變人們的心情；
- 喝酒、吸煙以及其他藥物的濫用也會導致抑鬱症的加深；
- 家庭不睦或衝突以及家人或夥伴有暴力行為。

抑鬱症的症狀

- 感到非常的悲傷或‘空虛’；
- 感到筋疲力盡或不願下床；
- 沒有食欲或者老想吃東西；
- 睡眠出現問題 — 睡眠太多或不能成眠；
- 對過去喜歡的活動失去興趣和歡樂，包括性生活；
- 憤怒或急躁；
- 感到無助；
- 想到死亡或者結束自己的生命。

抑鬱症的症狀可維持數周，數月甚至數年。剛剛移民到美國的華人以及年老的華裔更有可能表現出抑鬱的症狀。家庭關係有嚴重衝突的人更容易患上抑鬱症。抑鬱症可引起身體的其他症狀。有抑鬱症的青少年可能會抱怨胃痛或頭痛、學習成績退步或者養成不良行為；抑鬱的成年會向醫生訴說胃疼的痛楚；他們的睡眠會出現問題、感覺疲勞、或者抱怨其他身體問題。有些患上抑鬱症的男人會對自己 and 他人表示憤怒。對於抑鬱的女人而言，她們通常會因為家庭和工作的額外負擔而變得沉默和孤僻。他們可能會通過喝酒或濫用藥物來緩解抑鬱症。

Situations associated with depression include:

- Family challenges
- Stress (work related, an accident, violence, abuse)
- Illness (stroke, heart attack, major surgery, cancer)
- The birth of a baby. ‘Postpartum depression’ is thought to be due to the hormonal changes after pregnancy, lack of sleep, and other factors.
- Hormonal changes can alter moods in men and women
- Alcohol, nicotine and other drug abuse can make depression worse.
- Family or partner violence



What are the symptoms of depression?

- Trouble sleeping- too much or not able to sleep
- Feeling very sad or ‘empty’
- Feeling exhausted and not wanting to get out of bed
- Not wanting to eat or eating all the time
- Loss of interest or pleasure in activities that used to be enjoyed-including sex
- Feeling angry and irritable
- Feeling hopeless and helpless
- Thoughts of death or ending your life

Depressed people have many of these symptoms for weeks, months or longer. Chinese Americans are more likely to have their first episode of depression when they are older compared to other ethnic groups, and sooner after immigrating to the U.S. Individuals with high levels of family conflict have more depression. Depression can cause people to have physical symptoms. Children and teens might complain of a stomachache or headache, do poorly in school, and develop behavioral problems. Adults can be depressed, but tell the doctor that their stomach hurts; they have trouble sleeping and feel very tired, or describe other physical problems.



如何診斷抑鬱症？向誰求助？

第一步就是找您的醫生尋求幫助，告訴他/她您是如何地感到抑鬱，然後接受醫生的檢查。您可以約見家庭醫生或精神科醫生（專門研究心理疾病的醫生）。醫生首先必須確定身體狀況，例如是否因甲狀腺疾病或病毒感染導致抑鬱症。因為此類病情也會出現類似抑鬱症的症狀。第二步就是進行心理測定。您可以尋求講你的母語的醫療援助和諮詢。

如何治療抑鬱症？

藥物治療可以使腦部的化學物質（神經傳遞質）分泌更為有效。與心理健康專家的交談也可以消除或緩解抑鬱的症狀。他們可讓您明白抑鬱症的起因，助您從抑鬱症中解脫出來。治療抑鬱症的心理健康專家有好幾種。傾談輔導療法和藥物治療通常較為有效。不經治療的抑鬱症

可以維持很長一段時間，在一生中並會復發。有時候，極度抑鬱者會想到自殺。如果您曾經想到自殺，或者知道其他人有這樣的想法，請立即通知醫生或者尋找最近的急診室。

抑鬱症的治療是保密的。可提供適合你母語的“傾談輔導療法”。

Some men who suffer from depression show rage and anger toward themselves and others. It is more common for depressed women to become quiet and withdrawn due to additional responsibilities at home and work. Alcohol or other drugs can be abused as a way to feel less depressed.

How is depression diagnosed? Who can help me?

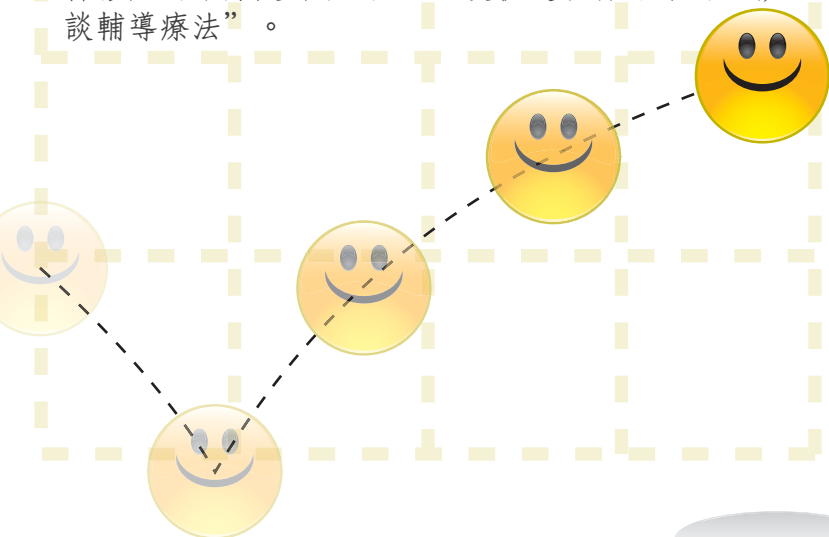
The first step in getting help is to call your doctor and tell him or her that you feel sad or depressed. You can see your family doctor or a psychiatrist (a doctor who specializes in mental illness).

The doctor must be sure that a physical condition, such as thyroid disease or a viral illness, is not causing the depression. A psychological evaluation is the next step. Medical help and counseling is available in your native language.

How is depression treated?

There are medications that make the chemicals (neurotransmitters) normally produced in the brain more effective. Symptoms can go away or become much milder by talking with a mental health professional. He or she will help you understand your depression, possible causes, and help you get better. Several types of mental health professionals treat depression. Talk therapy and medications are very effective treatments in most cases. Untreated depression may return several times during your lifetime. Sometimes, very depressed people feel like killing themselves. If you have thoughts about killing yourself, or know someone who has those thoughts, immediately get help by calling your doctor or going to the closest emergency room. Not all depressed people think about ending their lives.

Treatment for depression is confidential. 'Talk therapy' is available in your language.



何處尋求抑鬱症的治療？

如果你知道有人意圖自殺，請立即打911求救電話

三藩市的防止自殺24小時熱線電話是415-781-0500

列治文區心理輔導中心 (RAMS) 的電話是
415-330-5740 (講國、粵、英語)

日落區心理輔導中心 415-753-7400
(講國、粵、英語)

華埠北岸區心理輔導中心415-352-2000
(服務14歲以上的人，講國、粵、英語)

華埠兒童發展中心415-392-4453
(服務14歲以下的兒童，講國、粵、英語)

Where to get lifesaving help for depression

Dial 911 - if you or someone you know says they want to die

San Francisco Suicide Prevention -
24-hour Hotline 415.781.0500

Richmond Area Multi Services (RAMS)-
415.330.5740 (Cantonese, Mandarin, English)

Sunset-Parkside Mental Health Services-
415.753.7400 (Cantonese, Mandarin, English)

Chinatown/North Beach Mental Health Services-
415.352.2000

Ages 14+ (Cantonese, Mandarin, English)

Chinatown Child Development Center-
415.392.4453

Age 14 and under (Cantonese, Mandarin)



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