

What do you need to know about depression? Part II

你所需要知道的憂鬱症(下)

By Wei-Chien Lee, PhD, clinical psychologist 臨床心理師李偉倩

I believe someone I love may have depression. As a family member or friend, what can I do?

Before taking action, please remember that depression impacts the whole person – including the person’s thinking, feeling, and judgments. So please do not take their reactions personally and remember to be patient with them and yourself.

There are many different approaches you can take. The key is helping them know that you care about them and you would like to help them to get better. I am sharing one of the common processes with you below.

A. Approach them in a caring and concerning way to communicate your care and your observations that lead to your worries.

- Do NOT say, “I think you are depressed.”
- Say:
 - “I noticed some changes in you” (e.g., not laughing as much, staying in your room most of the time, stopped playing games, changes in appetite, sleep, or mood).
 - “I have known you for some time, and these changes make me worrying about how you are doing.”

B. If they share with you what is happening to them

- Listen nonjudgmentally.
- Do not provide advice such as “you should do this...”
- After listening, share with them that you heard that.
- Many reasons may lead to these signs and symptoms.
- Have these feelings or changes do not mean this person is weak or not trying their hardest.

我認為我所愛的人有憂鬱症。作為家人或朋友，我可以做什麼？

在你開始採取行動前，請記住，憂鬱症會影響整個人的身心—包括這個人的思維、感覺和判斷力。因此，請不要把他們的反應當做僅僅是針對你個人的。記得要對他們和你自己，都要有足夠耐心。

你可以採取許多不同途徑推進。關鍵是幫助他知道，你正在關心他；你願意幫助他變得更好。通常可以以下的方式來進行：

A. 以關懷和懇切的態度接近，與之溝通，告訴對方因為你很關心他，所以察覺到對方有些讓你很擔憂的情況。

- 不要這樣說—「我認為你有憂鬱症。」
- 應這樣說—
 - 「我最近注意到，你有些變化啊。」
(比如，你不怎麼笑了；你好像大部分時間呆在房間裡啊；你怎麼不再和大家一起玩遊戲了；你好像食慾、睡眠有變化啊；你的情緒看起來不太一樣等等。)
 - 「我認識你可有段時間了，你最近的變化讓我有點擔心你在幹嘛呢？」

B. 如果他願意與你分享正在遭受的事

- 傾聽，但不作任何評判。
- 不要提供建議，如「你應該這麼做...」
- 聽完對方訴說後，與對方分享你聽到以下：
- 有許多原因可能導致他說的那些跡象和症狀。
- 他有一些異常感或變化，並不意味著就是軟弱無力或沒有奮發努力過。
- 你想知道，對方是否願意接受治療，因為你很想對方重新找到自我。

Continued on next page.

- You wonder if they would like to get treatment, because you would like them to feel like themselves again.
- If they say yes, you can call your primary doctor to ask for referral, call the community resources.
- Check in with them later and ask if there is anything you can do.

CHECK IF THERE IS A C?

You can also:

- Consider taking “Mental Health First Aid” class to learn these skills
- Look at the NAMI websites for more suggestions and actions
- Talk to your own health providers or a counselor about how to approach.

When To See a Doctor?

The earlier, the better! Because

- early treatment is like to bring better prognosis,
- professional health providers can provide an accurate diagnosis and effective treatment
- you will “know” instead of “worrying”

If symptoms of depression are causing problems with your relationships, work, or family, see a professional, especially if you are also experiencing changes in sleep, energy, appetite, concentration, and motivation. Chinese Health Initiative provides [extensive mental health resources on their website.](#)

Seek help immediately if you are experiencing thoughts of harming yourself, which are common with depression. Call 911 or go to the nearest hospital emergency room or call the National Suicide Prevention Lifeline at 988.

[To learn more about depression, click here.](#)

- 如果對方說願意，你可以打電話給你的家庭醫生要求轉介，或致電社區機構尋找各種資源。
- 過段時間再去關心對方，詢問是否有你可以做的事。

C. 如果對方不願意交談—

- 不要把這視為針對你個人的反應。
- 告訴對方，你很理解他。
- 詢問對方，你是否晚點再過去找他？
- 告訴對方，在他有需要的任何時候，你隨時願意傾聽。
- 告訴對方，他對你有多麼重要！
- 詢問對方，是否有他信任的願意一吐為快的摯親好友？
- 為對方提供援助資源，比如，生命熱線 (Lifeline) 電話，溫暖熱線等。

你也可以

- 考慮參加“心理健康急救”課程 (Mental Health First Aid) 學習這些技能。
- 查看NAMI網站，了解更多建議和措施。
- 與你的醫生或諮商師討論如何應對這些情況。

什麼時候應該去看醫生？

越早越好！因為—

- 早期治療可能帶來更好的預後。
- 專業的醫療人員可以提供準確的診斷和有效的治療。
- 你會“知道和了解”，而不是“擔驚和受怕”。

如果憂鬱症給你或你認識的人在入際關係、工作和家庭帶來麻煩，尤其當你或他在睡眠、精力、食慾、注意力和生命原動力上出現異常變化，請儘早去見專業醫生。「華人健康促進計畫」為華人社區提供廣泛的維護精神健康之資源，[您可以在網路上找到這些資源。](#)

如果你或你認識的人有傷害自己的想法—這是憂鬱症常見症狀，立即尋求幫助！撥打911或去最近的醫院急診室，或撥打“全美生命熱線”(National Suicide Prevention Lifeline): 988。

[更多關於憂鬱症 請點此。](#)

