

# 7 TIPS ON TALKING ABOUT MENTAL HEALTH

## 7種分享心理健康的貼士

### 1 START SIMPLE 從簡單開始

IF HAVING A FACE TO FACE CONVERSATION ON MENTAL HEALTH FEELS HARD, YOU CAN START SIMPLE: MAKE A PHONE CALL, OR SEND A MESSAGE CHECKING IN SO THAT THEY KNOW YOU CARE.

如果你覺得面對面同人地傾關於精神健康☐話題特別困難，可以從簡單☐途徑開始：傾電話，傳短訊，或者留言都可以係對話☐開始。

### 2 AVOID DISTRACTIONS 令人舒適的時間和地方

NO MATTER THE METHOD OF COMMUNICATION, FIND A TIME AND PLACE WHERE YOU'RE BOTH COMFORTABLE AND CAN TALK.

不論透過甚麼途徑進行對話，你可以☐一個舒適清淨並且不會分散注意力☐環境，讓你和對方可以放鬆傾計。

### 3 USE CARING STATEMENTS 關懷的問候

START THE CONVERSATION WITH SOMETHING THAT LETS THEM KNOW YOU CARE, LIKE 'I HAVE NOTICED YOU SEEM DOWN RECENTLY, IS EVERYTHING OK?', OR EVEN SIMPLY 'HOW ARE YOU?'

以一句問候讓他們感受到你對他們的關懷：例如「感覺你近排好似心情麻麻喎，你OK嘛？」或者簡單的「最近點丫？」。

### 4 LET THEM SET THE PACE 跟隨對方的步伐

OPENING UP TAKES A LOT OF COURAGE, SHOW THAT YOU APPRECIATE IT. LET THEM LEAD THE CONVERSATION AT THEIR OWN PACE AND HOW MUCH THEY SHARE. YOU MIGHT BE THE FIRST PERSON THEY'RE SPEAKING TO ABOUT THIS.

分享自己☐心情和困境☐對需要好大☐勇氣，所以你應該比對方知道你好欣賞這股勇氣。當你身邊☐人向你傾訴☐時候，請讓他們循著自己☐步伐，並決定分享多與少。你可能是他們分享的第一個對象。

# 5 DON'T MAKE ASSUMPTIONS

## 不要擅自作假設

PROVIDING AN OUTLET FOR SOMEONE TO EXPRESS THEIR FEELINGS MAY BE MORE HELPFUL THAN FOR YOU TO TRY TO SOLVE THEIR PROBLEMS.

當我們嘗試去理解對方處境時候，了解他們的感受往往比嘗試為他們解決問題更有幫助。

WHILE YOU MAY BE HAPPY TO SUPPORT, TRY NOT TO MAKE ASSUMPTIONS ON THEIR DIAGNOSIS OR THOUGHTS. THEY ARE THE EXPERTS OF THEMSELVES.

在伸出援手和提供支持時候，不要嘗試假設或診斷對方情況和想法，因為最清楚了解自己最終都係對方本人。

# 6 FOCUS ON FEELINGS

## 關心對方的感受

IF AN INDIVIDUAL OPEN UP TO YOU ABOUT THEIR MENTAL HEALTH CONDITION, THEY ARE STILL THE SAME PERSON REGARDLESS. THEY DON'T WANT TO BE TREATED DIFFERENTLY. BE YOUR USUAL SELF AND ACT IN THE SAME WAY WITH THEM THAT YOU NORMALLY WOULD.

如果有人向你敞開心扉，告訴你關於他們的心理健康狀況，你要謹記他們就好像大家一樣，都不希望被區別對待。所以我地應該做翻平時自己，一視同仁。

# 7 TREAT THEM THE SAME

## 不要差別對待



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MIND HK 致力提升香港對精神健康的認知和理解。您可以在我們的網站閱我們的A-Z精神健康指南或詢我們的活動與培訓。

我們希望與您聯繫：[HELLO@MIND.ORG.HK](mailto:HELLO@MIND.ORG.HK)

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