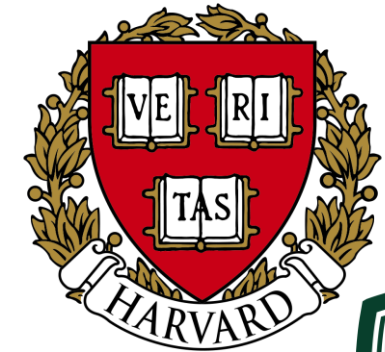


What is Mental Health? 什麼是心理健康?

Michael Sun (孙扬)

A Little Bit About Me

- Born and raised in Philadelphia
生長在費城
 - Both parents immigrated from Beijing
父母從北京移民來美
- Harvard for college, Dartmouth for medical school, and Duke for psychiatry training
哈佛大學，達特茅斯大學醫學院，杜克醫學院精神科實習



Definitions of Mental Health

心理健康的定義



Subjective well-being and
perceived self-efficacy

主觀健康及旁觀的自我效能



Competence and autonomy

能力及自治



Inter-generational dependence

代際依靠



Self-actualization of one's
intellectual and emotional
potential

自我實現理智和情感潛能

Early Warning Signs

早期癥候

Changes in sleep 睡眠習慣改變

Changes in appetite 胃口改變

Social withdrawal 社交退縮

Low energy/fatigue 無力/倦怠

Poor attention/concentration 有困難集中注意力

Feeling helpless or hopeless 感覺無助或無望

Smoking, drinking, or using drugs (more than usual) 抽煙，喝酒，或用毒品（超過一般的量）

Yelling or fighting with family and friends 大喊或與家人朋友吵架

Hearing voices or believing things that are not true 幻聽或幻想不真實的事

Thinking of harming yourself or others 思想傷害自己或他人

Inability to perform at home, work, or school 在家裡，工作處或學校無法正常運作

How to Stay Healthy

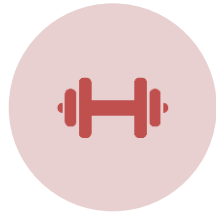
如何保持健康



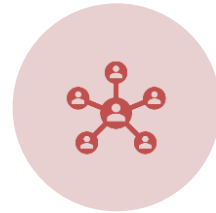
Get enough sleep
睡眠充足



Eat healthy
飲食健康



Exercise regularly
規律運動



Connect with others
與他人互動



Give back to the
community
回饋社會



Seek professional help
尋求專業幫助

Options for Treatment

治療選擇

Schools

Primary care doctors

Psychology

Psychiatry

Emergency room

What to Expect in My Office

在我的辦公室可以期待什麼

- You will have some time to talk freely about why you are here
自由的時間談談為什麼來
- I will ask some more detailed questions about the issues that you brought up, including whether you are experiencing symptoms of various disorders
深入探討一些問題，包括不正常的癥候
- We will talk about your background: where you grew up, what you studied in school, and what relationships are important to you
我們會談談你的背景，生長環境，學校，重要的人際關係
- Finally, we will discuss what options are available and what would make sense as the next step
最後，我們會討論什麼是合理的下一步



What to Expect in an Emergency Room 在急診處可以期待什麼

- There are two main concerns I have in the emergency room:
我對急診處的兩個主要關注點：
 - Are you likely to hurt yourself or someone else?
你有可能傷害自己或別人嗎?
 - Are you in touch with reality so that you can take good care of yourself?
你是否與現實接軌並能照顧好自己?
- If necessary, a patient could be admitted to the hospital for a few days in order to make sure they are safe
若有需要，病人可能需要住院幾天來確保安全



Medication and Therapy

醫藥和諮商

- Categories of medications
醫藥類別

- Antidepressants/anti-anxiety medications

抗憂鬱症/抗焦慮症的藥

- Zoloft, Prozac, Paxil, Celexa, Lexapro, Effexor, Cymbalta

- Stimulants

神經刺激劑

- Adderall, Ritalin

- Mood stabilizers

情緒穩定劑

- Lithium, Lamictal, Depakote

- Antipsychotics

抗精神病藥

- Haldol, Risperdal, Abilify, Seroquel

- Categories of therapy
諮商類別

- Psychodynamic therapy

心理動力療法

- Interpersonal therapy

人際關係療法

- Cognitive-behavioral therapy (CBT)

認知行為療法

- Changing thoughts, feelings, behaviors

改變想法, 感覺, 行為