

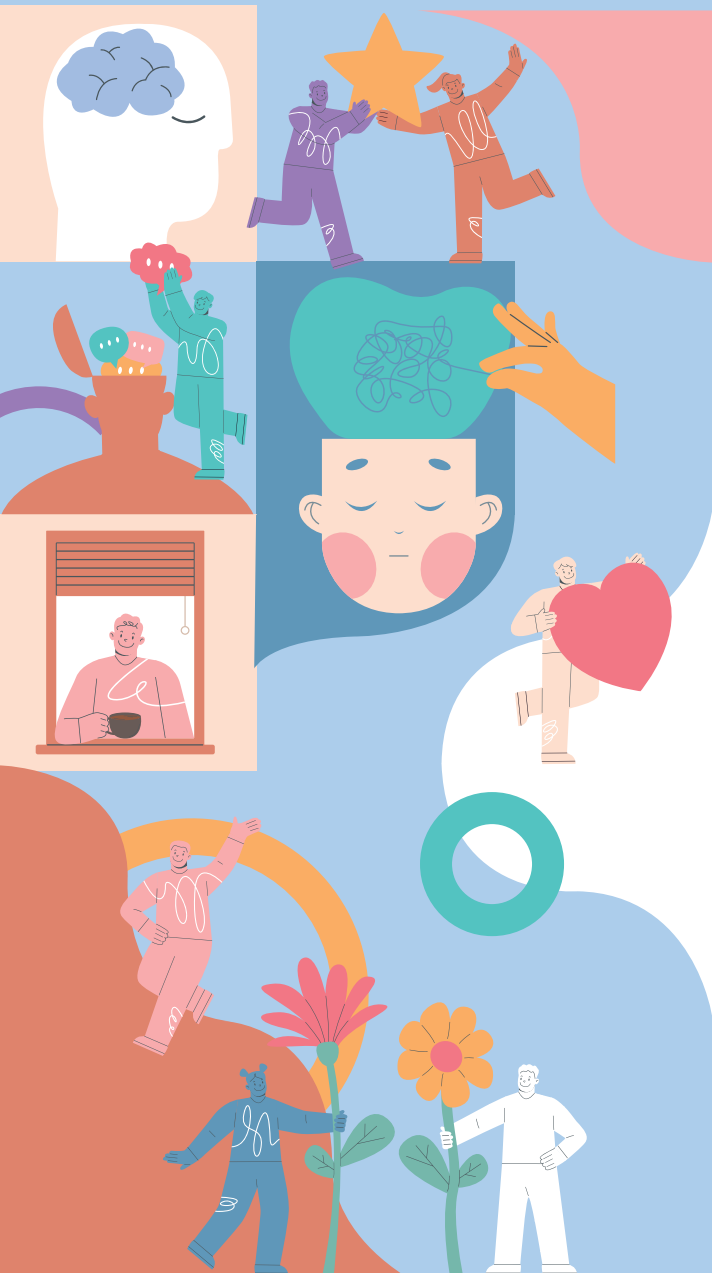


香港中文大學
CUHK

學生事務處心理健康及輔導中心
Wellness and Counselling Centre
Office of Student Affairs

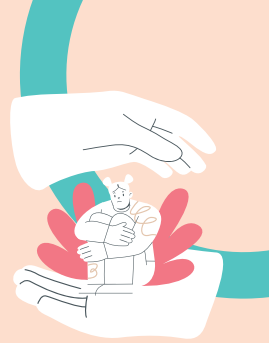
Mental Health Care Pack

心理健康懶人包





每個人適應大學生活的歷程都不一樣，有些同學好像很快便能投入大學生活，亦有些同學會感到焦慮和迷惘。不單止新生需要適應大學生活，身處學業不同階段的同學們都在面對獨有的挑戰。面對各式各樣的挑戰時，難免帶來壓力，而壓力也有可能影響心理健康。不妨試試透過以下小測試，了解一下自己的精神狀態。



Starting a new chapter in University may mean different things for different people. The process can be smooth for some, yet anxiety provoking or even disorientating for others. Adjustment stress does not only affect freshmen, but also students at all stages of their studies. Everyone's challenges and journeys are unique. Throughout the journey, we may be facing different kinds of stress that might affect our mental health. Let's check in with your mental health condition with the test below.



在過去兩個星期，你有多經常受以下問題困擾？

Over the last 2 weeks, how often have you been bothered by any of the following problems?

選出適用於你的答案，並寫下分數

Note the score of the answer that applies to you

完全沒有

幾天

超過一半以上的日數

近乎每天

Not at all

Several days

More than half the days

Nearly every day

0

1

2

3



分數 (0-3) • Score (0-3)

做任何事都覺得沉悶或者根本不想做任何事
Little interest or pleasure in doing things

情緒低落、抑鬱或絕望
Feeling down, depressed, or hopeless

難以入睡；半夜會醒或相反地睡覺時間過多
Trouble falling or staying asleep, or sleeping too much

覺得疲倦或活力不足
Feeling tired or having little energy

胃口極差或進食過量
Poor appetite or overeating

不喜歡自己 — 覺得自己做得不好、對自己失望或有負家人期望
 Feeling bad about yourself – or that you're a failure or have let
 yourself or your family down

難於集中精神做事，例如看報紙或看電視
 Trouble concentrating on things, such as reading the newspaper or
 watching television

其他人反映你行動或說話遲緩；或者相反地，你比平常活動更多 — 坐立不安、停不下來
 Moving or speaking so slowly that other people could have noticed.
 Or, the opposite – being so fidgety or restless that you have been
 moving around a lot more than usual

想到自己最好去死或者自殘
 Thoughts that you would be better off dead, or of hurting yourself

分數累加 Score added



評分說明 • Score Interpretation

抑鬱程度
 Depression
 Severity

0-4

沒有抑鬱症狀
 No depression symptoms

5-9

輕度抑鬱症狀
 Mild depression symptoms

10-14

中度抑鬱症狀
 Moderate depression symptoms

15-19

嚴重抑鬱
 Moderately severe depression symptoms

20-27

重度抑鬱症狀
 Severe depression symptoms



內容僅供參考用途，不可取代醫生的意見，亦不能作為自我診斷或選擇治療的依據。

This questionnaire is for your reference only. It cannot be used in place of a consultation with a medical professional nor as a basis of self-diagnosis or for treatment decisions.

Kroenke, K., Spitzer, R. L., & Williams, J. B. W. (1999). Patient Health Questionnaire-9 (PHQ-9)[Database record]. APA PsycTests.

自我關懷 • SELF-CARE

自我關懷有助維持身心靈健康，你可以依照以下領域開始培養良好的自我照顧習慣，你可以在合適的項目打勾：

Self-care activities are things you do to maintain good health and improve well-being. You may start cultivating your self-care routine through the following domains. Tick the items which you would like to start:



心理 • PSYCHOLOGICAL

☐

出走一趟快閃旅行
Take day trips or mini-vacations

☐

數位排毒，放下電子產品
Do a digital detox

☐

騰出時間自我反思
Make time for self-reflection

☐

練習靜觀
Practice mindfulness

☐

寫日記
Write in a journal



身體 • PHYSICAL

☐

健康、規律飲食
Eat healthily and regularly

☐

每天運動
Exercise daily

☐

充足睡眠
Get enough sleep

☐

保持個人衛生
Take care of personal hygiene

☐

見字飲水
Keep hydrated



情緒 • EMOTIONAL

☐

練習慢慢深呼吸
Practice deep slow breathing technique

☐

給自己肯定，稱讚自己
Give myself affirmations, praise myself

☐

重溫最喜歡的書籍/電影
Re-read favorite books, re-view favorite movies

☐

痛快地哭一場
Allow myself to cry

☐

尋找讓我發笑的事情
Find things that make me laugh

自我關懷 • SELF-CARE



社交 • SOCIAL

☐

與喜歡的人共度時光
Spend time with people you like

☐

結識新朋友
Meet new people

☐

與舊朋友保持聯繫
Keep in touch with old friends

☐

與遠方的朋友打個招呼
Check in with friends from afar

☐

寫心意咭給你關心的人
Write a card to someone you care



靈性 • SPIRITUAL

☐

親親大自然
Spend time in nature

☐

冥想
Meditate

☐

祈禱
Pray



工作/學業 • WORK/STUDY

☐

對過多的責任說不
Say “No” to excessive responsibilities

☐

忙裏偷閒
Take breaks during work

☐

保持工作與生活的平衡
Maintain work life balance

☐

與同儕聯誼
Connect with other peers

☐

整理你的工作間/工作枱
Declutter your workspace

☐

參與有意義的活動
Participate in a cause that is important to me

☐

欣賞藝術
Appreciate art



今天，我承諾每天花 _____ 分鐘作自我關顧。
Today, I commit to spend _____ minutes on daily self-care.

我想這樣做是因為 _____
I want to do this because _____

為了達成這個目標，我會 _____
I will accomplish this by _____

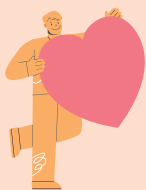
心理健康資源概覽

Overview of Mental Health Resources

心理健康及輔導中心為同學提供一系列的心理健康資源，以支援不同需要，不妨看看以下哪一個服務比較適合你。

WACC provides a range of mental health resources to cater for students' diverse needs. Check out our resources and see which service fits you most.

資源 Resource	模式 Mode	內容 Content	好處 Benefit
心理輔導服務 Counselling Service	面對面 Face-to-face	一對一的 輔導服務 One-on-one counselling service	深入探討 個人疑難 In-depth discussion of personal issues
24小時情緒 支援熱線 24-hour Emotional Support Hotline (5400 2055)	電話 Phone	由基督教家庭服務中心輔導員提供的情緒支援服務 Supported by counsellors from the Christian Family Service Centre	24小時全面 支援同學 Support student 24 hours a day
賽馬會 心導遊+計劃 JC TourHeart +	網上 Online	聊天機械人 深度文章 網上講座/課程 Chatbot, articles, online talks/courses	按心理健康狀況， 提供適切的支援， 可隨時隨地使用 Provide tools based on your emotional needs, can be accessed at your own time and pace
朋輩支援網絡 Peer Support Network	面對面 Face-to-face	推廣心理健康的 校園朋輩支援網絡 Peer Support Network to promote mental health	獲取新體驗及 認識新朋友 Gain new experiences and make new friends



了解更多
FIND OUT MORE



心理輔導常見問題 FAQ on Counselling



輔導真的有用嗎？
Is counselling really helpful?

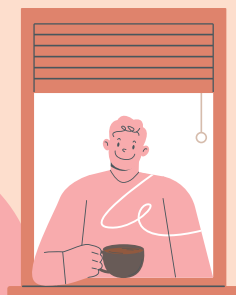


如果別人發現我正在接受心理輔導，他們會對我有負面的看法嗎？
Would people see me differently if they found out that I am seeing a counsellor?



我不想面對面或用電話接受輔導，有沒有其他渠道使用心理健康服務？

I don't want to be counselled face-to-face or over the phone, are there other ways to access mental health services?



了解更多
FIND OUT MORE



如果你或身邊的同學正在受情緒困擾，
我們鼓勵你積極尋求專業協助。

If you or your friends are suffering from emotional distress,
we would encourage you to seek professional help.



心導遊+ 計劃
TOURHEART +



朋輩支援網絡
PEER SUPPORT NETWORK



「OPEN嘢」支援平台
OPEN UP TEXT-BASED
SERVICE



預約心理輔導服務
MAKE AN APPOINTMENT



📍 香港中文大學
龐萬倫學生中心2樓
2/F, Pommerenke
Student Centre, The
Chinese University
of Hong Kong

☎ 3943 7208
✉ wacc@cuhk.edu.hk
📷 [sunshineatcuhk_osa_wacc](https://www.instagram.com/sunshineatcuhk_osa_wacc)
🌐 wacc.osa.cuhk.edu.hk

