

精神健康資源

Mental Health Resources



衛生署
Department of Health

尋找精神健康資訊

Find Mental Health Information



精神健康資訊站 (網站)
Mental Health Infostation (Website)



保持心理健康

Maintain Well-being

好心情@HK (網站)
Joyful@HK (Website)



好心情之旅 Joyful Journey

與人分享 (短片)
Sharing (Video)



正面思維 (短片)
Mind (Video)



享受生活 (短片)
Enjoyment (Video)



認識精神困擾 Learn About Mental Distress



焦慮症 (單張)
Anxiety Disorders (Pamphlet)



抑鬱症 (單張)
Depression (Pamphlet)



混合焦慮抑鬱症 (單張)
Mixed Anxiety and Depressive Disorder (Pamphlet)



創傷後壓力症 (信息圖像)
Post-Traumatic Stress Disorder (Infographics)



情緒管理 Emotion Management



情緒健康(資訊系列)
Emotional Health (Information Series)

中文



English



衝突管理(信息圖像系列)
Conflict Management (Infographics Series)

中文



English



兒童壓力的處理(信息圖像系列)
Stress Management in Children (Infographics Series)

中文



English



提升抗逆力(短片)
Resilience (Video)

中文



English



學習感恩(信息圖像)
Learn to be Grateful (Infographics)

中文



English



體能活動及鬆弛練習 Physical Activity and Relaxation Exercise



體能活動(信息圖像)
Physical Activity (Infographics)

中文



English



鬆弛練習(短片)
Relaxation Exercise (Video)

中文



English



關係管理 Relationship Management



與父母關係(信息圖像)
Relationship with Parents (Infographics)

中文



English



友情(信息圖像)
Friendship (Infographics)

中文



English

