



**Community Mental Wellness Association of Canada**

**加拿大社區情緒健康協會**

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## Trauma and Mental Health 創傷與心理健康

### What is PTSD? 什麼是創傷后應激障礙?

### How to Treat PTSD? 如何自我護理?

PTSD is serious mental illness that negatively impacts and daily functioning. Symptoms include negative changes in thinking and in mood, changes in physical and emotional reactions, and unwanted memories of the event. PTSD is treatable with cognitive behavioral therapy or talk therapy, as well as with antidepressants. It is important to get help for PTSD, because it can negatively interfere with everyday life.

Date: July 27, 2017 (Thursday)

Time: 6:30 pm-8:00 pm

Speaker: Dr. Sze Oi Lau, Clinical Arts Psychotherapist

Fee: Free

**健康講座：什麼是創傷后應激障礙及如何自我護理。**



創傷后應激障礙是一種嚴重的精神病，因病人經歷恐怖或生死掙扎的心理創傷而造成。症狀一般在創傷發生一個月後出現，包括噩夢，倒敘，或者觸發事件，比如在新聞上看到創傷事件發生。這種精神病可能引起負面想法與感受，但是可以針對實行一定治療，比如交流治療或指定藥物，及抑鬱症藥物。創傷后應激障礙可能持續幾個月或很多年。大部分時間它的症狀比較輕微，但是指定的事件可能觸發病人的痛苦記憶。

日期：七月二十七日（星期四）

時間：6:30 pm – 8:00 pm

費用：全免

講師：劉思愛博士臨床藝術心理治療師



**Come and learn more about mental health! This presentation is FREE and open to everyone refreshments are provided. This is a group presentation.**

**We are at the corner of Lansdowne Rd. and Minoru Blvd.**

**本講座免費，歡迎大家參與及諮詢**

**地址在 Lansdowne Rd. 與 Minoru Blvd.**

**Location: #250-5726 Minoru Blvd. Richmond, BC**

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