



Community Mental Wellness Association of Canada

加拿大社區情緒健康協會

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2018 February Free Monthly Mental Health Education Presentation

2018年2月免費精神健康教育講座

Topic: Depression and Seasonal Affective Disorder (SAD)

主題：抑鬱症與季節性情緒失調

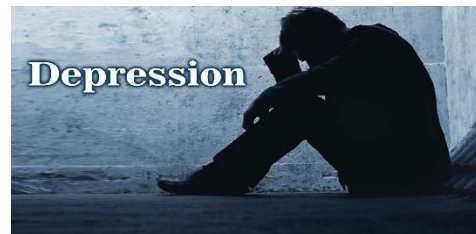
Date: Sunday, February 25th, 2018 11am – 12:30pm

日期：(星期日) 2018年2月25日 上午11am – 12:30pm

Speaker / 講者：

Dr. Edwin Tam, Psychiatrist

譚望舒, 精神科教授



Depressions- a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home

抑鬱症

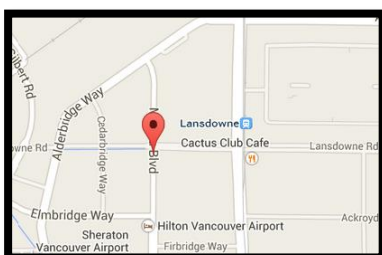
情緒低落是一種常見的情緒經歷，是所有人都曾有過的經驗，並非一種病。情緒低落的人，不快樂的感覺會隨著時間淡化，情緒便回復正常。情緒低落是正常的情緒反應，並不同抑鬱症。

但如果抑鬱情緒無緣無故發生，情緒低落的程度嚴重或持續過長，就可能屬於病態了。抑鬱症是有著更嚴重，更長，更深遠的影響。依據世界衛生組織統計，全世界目前約有近兩億的人口患上了抑鬱症，使抑鬱症成為威脅人類健康排行第二位的疾病，排行僅次於心臟血管疾病。

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

季節性情緒失調（英文：Seasonal Affective Disorder，或 SAD，以下簡稱 SAD）也叫做“冬季憂鬱症”，是一種情緒的失調。大多數的 SAD 患者在一年的大部分時間都有良好的健康狀態，但冬季或者夏季會出現憂鬱的症狀。在熱帶，SAD 很少見；在北緯 30 度以北或者南緯 30 度以南，SAD 顯著存在。

Come and learn more about mental health! This presentation is FREE and open to everyone



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