



# May is Mental Health Awareness Month

## 五月是心理健康關注月

**Brief Description:** Mental health is about our emotional and psychological well-being, shaping how we think, feel, and act. It affects how we handle stress, relate to others, and make decisions. While good mental health enables us to cope with life's challenges and maintain healthy relationships, mental health disorders can disrupt these processes. Seeking support and understanding mental health as a spectrum are crucial for promoting well-being and reducing stigma. If you want to learn more about this topic, please attend the Mental Health Awareness Workshop at NEMS Health Education Department.

**簡介：**心理健康涵蓋了我們的情感和心理健康，影響我們的思維、感受和行為。它影響我們如何應對壓力、與他人相處以及做出決定。良好的心理健康使我們能夠應對生活中的挑戰，維持健康的人際關係，而心理健康障礙則可能干擾這些過程。尋求支持並了解心理健康是一個光譜的重要性，有助於促進健康並減少社會對心理健康的污名化。如果想了解有關主題的更多信息，請參加東北醫療中心健康教育部的關注心理健康講座。

### Topics 題目：

- What is mental health? 什麼是心理健康？
- Risk Factors, Causes and Types 風險因素, 原因及類型
- What is Mental Health Throughout Life? 什麼是全生命週期的心理健康？
- Keeping a good mental health 保持良好的心理健康
- Coping with Stress 應對壓力小貼士



Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所 1520 Stockton St. San Francisco, CA 94133	2574 San Bruno Clinic 三藩市波特羅區診所 2574 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Clinic 帝利市診所 211 Eastmoor Ave. Daly City, CA 94015
Date 日期	5/5 - 5/28/2026 Every Tuesday & Thursday 逢星期二及星期四	5/4 - 5/25/2026 Every Monday 逢星期一	5/5 - 5/26/2026 Every Tuesday 逢星期二
Time 時間	10:30am - 11:30am 上午 10 時半 至 11 時半	2:00pm - 3:00pm 下午 2 時 至 3 時	2:00pm - 3:00pm 下午 2 時 至 3 時
Room 房間	1F, Health Education Room 一樓健康教育部	1F, Room 100A 一樓 100A 房	1F, Room 104 一樓 104 房

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



Contact Health Education 聯絡健康教育部:  
1-888-500-1886 ext. 轉內線 5843 | WWW.NEMS.ORG