

Mental health**| 精神健康**

Mental health issues affect people from all parts of society.

Anxiety, depression, eating disorders, self-harm, substance abuse related disorders, suicide, and Schizophrenia are some of the more well-known conditions.

But there are many more.

About 45% of all people will experience a mental health problem at some time during their life.

And one in five people experience mental health problems each year.

These experiences can range a great deal in how they affect people, and for how long.

In Victoria, there is expert advice available to assist you with the treatment of a mental health issue.

Governments provide many services, and there are private options available too, helping you to get the support you need.

It's important to remember that good mental health is about more than accessing professional services.

Mental health is everyone's business.

Friendship, family, community, education, safety, freedom from violence and discrimination, a good standard of living, and many more factors all help us to build good mental health.

"Sometimes people might be in an emergency and need to call 000, or they're at imminent risk and maybe they need to call 000. Or maybe the psychiatric triage number in Victoria, you know,

精神健康問題影響著社會上每個角落的人。

焦慮症、抑鬱症、飲食失調、自殘、與藥物/毒品濫用有關的病徵、自殺和精神分裂，都是我們經常聽到的情況。

但實際上，精神健康問題眾多，遠超上面這些。

約有四成半的人口，曾在他們人生中某個階段，經歷過精神健康問題。

而每五個人中，就有一個每年都會出現精神健康問題。

這些經歷各有不同，例如，他們在哪方面受到影響，和這個影響持續多久。

在維多利亞州，大家可尋求專業建議，去協助你對付精神健康問題。

各級政府提供很多服務，而大家也可選擇私家的精神健康服務，這些服務能協助你獲得所需的支援。

大家需要明白，要擁有良好的精神健康，並不僅僅是能夠享有專業服務。

精神健康對每一個人來說，都是很重要的。

以下因素有助我們建立良好的精神健康：友誼、家庭、社會、教育、安全、不受暴力及歧視的影響、良好的生活水平，及其他種種因素。

those services are available in emergencies or in crises."

For non-emergency mental health issues, Victoria offers public and private services.

And your GP can work with you to help make the decision on what is the best treatment for you.

You might access the public system, where many mental health services for severe mental health experiences are subsidised.

Or your local doctor can refer you to private mental health services such as counsellors, psychologists, and psychiatrists, with most initial sessions eligible for a Medicare rebate.

People with a disability resulting from mental health problems may be eligible for support under the National Disability Insurance Scheme, as it rolls out.

Support and advice is also available for family, friends, and carers of people with mental health conditions.

"It's really important that people with a mental illness call out for help as soon as possible, and it's great because services like ours are voluntary and we meet people where they're at and getting help early is really important. Getting support from your doctor and its health services, is important for recovery. It's not something that people can really cope with on their own. You need your family, you need mental health services, clinical services, to be able to support people to recover."

Mental health issues are experienced by people of all ages, cultures, and backgrounds.

And services can provide help for a broad range of needs.

「有時候，當大家遭遇緊急情況，便需要致電 000，或者危險逼在眉睫，也可能需要致電 000，又或者可致電維州的精神科分流電話號碼。大家記住，在緊急情況或危機下，可致電這些服務。」

另一方面，對於那些非緊急的精神健康問題，維州政府提供公立及私家醫療服務。

你的家庭醫生可以助你決定，哪種治療方法對你是最好的。

你可能選擇尋求公立醫療系統的幫忙，裏面有很多針對嚴重精神問題而提供的服務，它們都是受政府資助的。

你的家庭醫生能夠把你轉介至私家精神健康服務，例如輔導員、心理學家及精神科專科醫生，最初數次的診症，大都可以獲得國民保健的回扣。

如一個人是因為精神健康問題而導致殘障的話，那麼當 **NDIS** (全國殘障保險計劃) 推出時，他也許合資格申領計劃中所提供的支援服務。

就連精神健康病患者的家人、朋友及照顧者，都可獲得相關的支援及建議。

「患有精神疾病的人士，盡早尋求協助是非常重要的。因為像我們提供的服務，是志願性質的，我們能夠及早接觸病者，並給予幫助，這點是非常重要的。從你的醫生或健康服務處獲得支援，對你的康復十分重要。這些問題，不是靠自己的能力，就可以應付得來的。你需要你的家庭、需要精

As you and your support team move through your plan, there can be a number of different experts.

"I work on a team to provide young people and families with psychological intervention to help support them through mental health difficulties. And we also link people in with other services that might be helpful to them. We help people who are coming in with issues like depression and anxiety, but it also varies to more distressing topics as well."

"I suffered from depression and anxiety and it's helped me to learn how to channel my mind to control those things. The services are definitely far most beneficial with individual counselling. I luckily had a psychologist that I really clicked with, and that I felt really safe and secure with, to help fix it and take control of my situation."

There are many different types of mental health professionals and services that you might use.

These can include GPs, psychiatrists, nurses, community workers, social workers, occupational therapists, peer workers, psychologists, and counsellors.

"The important aspect is to develop trust and build rapport first of all. People are sharing very personal things with you, and things that are very important. So it's really important to develop that trust, and then, once you've got that, then you can go on a bit of a journey with someone."

"When Adam took me on as a client, gave me a lot more confidence boost, just having that extra support."

Support and intervention services provide immediate help and support to people with a mental illness or psychiatric disability who are acutely ill or in crisis.

神健康服務，和臨床服務等，來協助你康復。」

不論任何年紀、文化和背景的人，都會經歷精神健康問題。

這些服務可以幫到各種不同的需要。

當你或你的支援隊伍在執行醫療計劃時，可能會由不同的專家負責。

「我所屬於的小組，向年輕人及其家庭，提供心理治療，協助他們渡過精神健康的難關。我們也把他們連接到一些可能幫到他們的服務。我們會協助一些諸如患有抑鬱症或焦慮症的人士，但有時也會遇到一些更令人沮喪的情況。」

「我患上抑鬱症及焦慮症，這些服務協助我學懂，如何改變我的思維方式，來控制病情。單對單的個人輔導服務肯定更有益處。我很幸運，遇上一位與我談得來的心理學家，我真的覺得很安全和很有保障，他協助我解決問題和控制情況。」

大家可以使用的精神健康專業人員及服務，種類繁多。

這包括家庭醫生、精神科醫生、護士、社區工作者、社工、職業治療師、過來人員工、心理學家及輔導員等。

「建立信任及融洽關係，是最重要的第一步。他們會與你分享心底話，及一些非常重要的事情。所以建立信任感，是十分重要的，有了這種信任後，大家就可以在治療旅程上一起同行。」

These services also help people to access other specialists or support they may need.

There are mental health services specifically for older people, as well as for people from diverse cultural backgrounds, including refugees.

Child and youth mental health services offer specialised mental health services as well, and there is a rural and remote areas programme, if you live in regional Victoria.

If you need support call Lifeline on 13 11 14.

If you need urgent assistance, contact Emergency on 000.

For more information visit:
betterhealth.vic.gov.au/mentalhealth

「當 Adam 收了我為客戶後，他給了我很大的信心，我就是需要這額外的支援。」

這種支援和介入服務，能夠為處於重病或危機的精神病患或精神殘障人士，提供即時的幫忙及支援。

這些服務也能協助大家去尋求可能需要的其他專家及支援。

也有一些精神健康服務是專門針對較年長人士，以及來自不同文化背景的人，這包括難民在內。

兒童及青少年精神健康服務是專門性的精神健康服務，如果你住在維州的鄉郊，那裏也有專門針對鄉郊和偏遠地區的服務計劃。

如果你需要支援，請致電 Lifeline，電話 13 11 14。

如果你需要緊急協助，請致電 000 緊急服務處。

詳情請瀏覽：
betterhealth.vic.gov.au/mentalhealth