

如何幫助正在遭受精神健康困擾的親人：

- 理解什麼是精神健康
- 避免對他們的行為進行評判。銘記，精神健康問題並不代表是軟弱或報應。
- 保持開放的心態，並開始一場交流與對話。
- 投入時間與他們一起做你們都享受的活動，這樣他們不會感到被孤立。
- 鼓勵他們與專業人士交談。這就像和你的常規醫生談論身體健康一樣。
- 請保持耐心。康復需要時間，而且是非線性的。

References and Acknowledgements

- Moon, A., & Cho, I. (2012). *Psychology of Asian American older adults: Status, challenges, and strengths*. In E. C. Chang & C. A. Downey (Eds.), *Handbook of Race and Mental Health* (pp. 189–206). Springer Science + Business Media.
https://doi.org/10.1007/978-1-4614-0424-8_11

This infographic was created with support from the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS), as part of a financial assistance award totaling \$620,918 (67% funded by ACL/HHS under Grant #90HDRC0011-01-00, PI: Mirza) and \$207,960 from non-government sources. The content represents the authors' views and not necessarily those of ACL/HHS or the U.S. Government.