

Authors: [AMSA Wellness and Student Life Action Committee](#),
2020-2021

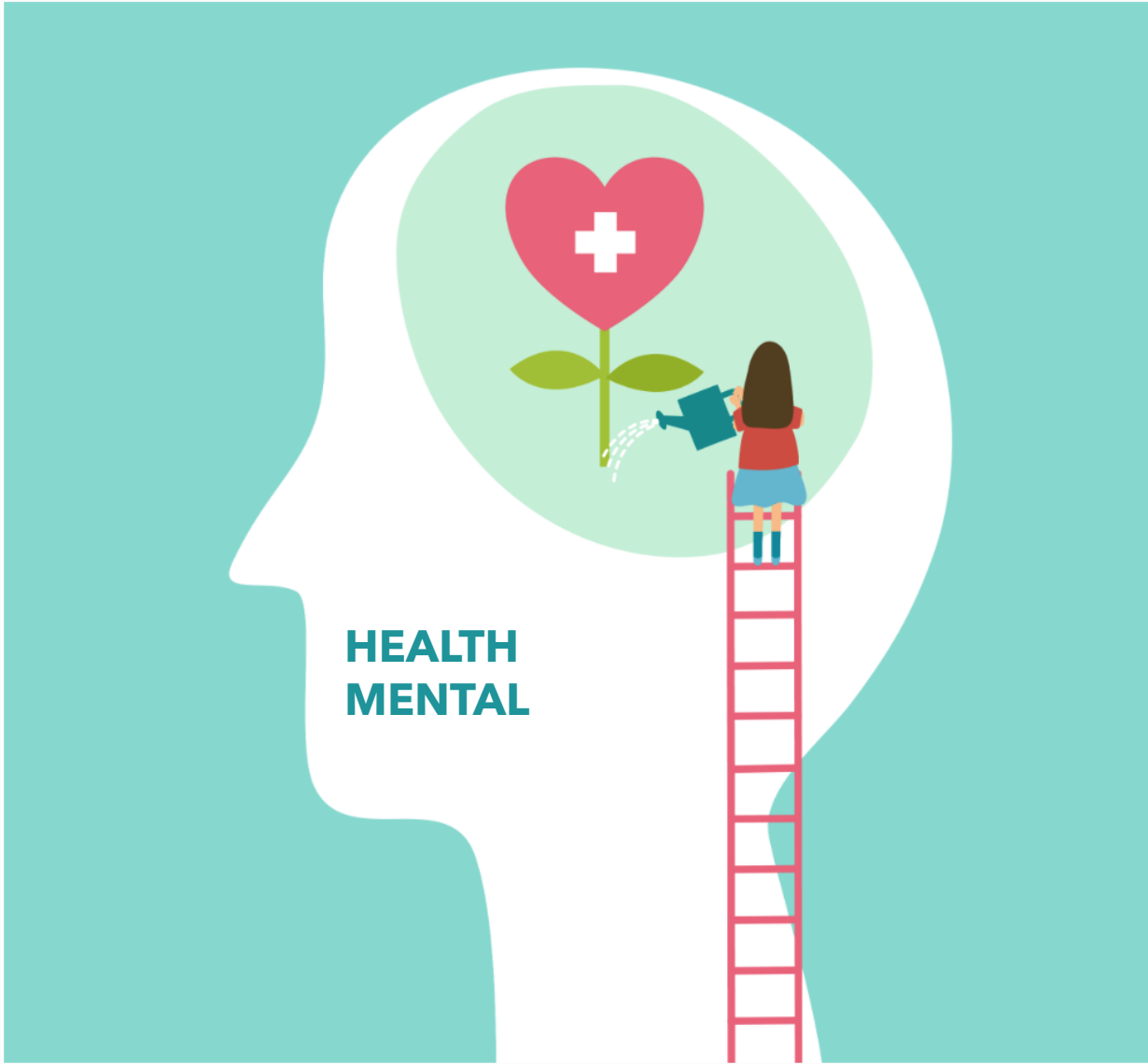
Mental Health and Stigma Post COVID-19

MENTAL HEALTH PROMOTORS



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.





Authors: [AMSA Wellness and Student Life Action Committee](#),
2020-2021

後疫情的心理健康和污名

心理健康推廣計劃



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.





What's our Intention?

1. What is mental health?
2. What is stigma?
3. Where does the narratives maintaining stigma of mental health come from?
4. What can we do to reduce and, ultimately, eliminate stigma of mental health in our communities?



我們的意圖

1. 什麼是心理健康?
2. 什麼是心理健康污名?
3. 是哪些語言敘述造成心理健康污名？
4. 我們可以做什麼事來減少甚至徹底消除社區人士對心理健康污名的誤解?



What is mental health?

- "A state of complete physical, mental and social well-being, and not just the absence of diseases or illnesses."
- "It is related to the promotion of well-being, the prevention of mental disorders and the treatment/rehabilitation of people."





什麼是心理健康？

- “心理健康是指一種身體、心理及社交健康的統整狀態，而不單單是指沒有疾病或生病的意思。”

- “心理健康和人類幸福推廣、心理疾病的預防以及治療或康復有相關性。”



Mental Health

provides us with the ability to live in physical, mental and spiritual balance.



健康的心理 提供我們
人類可以在身體的、
心理的及靈性的三者
平衡的情況下生活。



Activity:

“Do I Agree or Disagree”

Answer if you agree or disagree with the 7 statements:

- I am afraid of people with mental disorders
- Only adults can suffer from mental disorders
- People suffer from mental disorders because they have done something wrong
- I am very comfortable talking about mental health disorders with other people
- If the person does not think about their mental disorders, it disappears
- If someone is depressed, you should NOT ask them if they have suicidal thoughts
- Mental disorders can be treated



活動： “我同意或不同意”

請回答你是否同意或不同意以下七個問題：

- 我害怕那些有心理疾病的人
- 只有大人才會受苦於心理疾病
- 只有那些做錯事的人才會受苦於心理疾病
- 我覺得和他人談心理議題很自在
- 如果我們不去想心理疾病，這個疾病就不存在
- 如果有人覺得憂鬱，你最好**不要**問他/她是否有自殺的想法
- 心理疾病是可以被治療的



Common Narratives vs. Reality on Mental Health

Common Narratives

- Once people show mental problems, they never recover.

Reality

- Research studies show that most people with mental disorders get better and many make a full recovery.

National Alliance on Mental Illness (NAMI)



針對心理健康議題 常見的敘述 對照 真實世界的說法

常見的 說法

- ❑ 一旦那些人出現心理問題，他們是無法復原的。

事實上

- ❑ 研究顯示大部份有心理疾病的人經過治療，症狀會改善甚至會痊癒。

National Alliance on Mental Illness (NAMI)



Common Narratives vs. Reality on Mental Health

Common Narratives

- There is no hope for people with “mental problems”.

Reality

- There are more treatments, strategies, and community support for people with mental health disorders than ever before.

National Alliance on Mental Illness (NAMI)



針對心理健康議題 常見的敘述 對照 真實世界的說法

常見的 說法

- ❑ 有心理疾病的人，沒指望。

事實上

- ❑ 和過去相對照，現在有更多的治療方法、策略及社區支持。

National Alliance on Mental Illness (NAMI)



Common Narratives vs. Reality on Mental Health

Common Narratives

- Mental disorders cannot affect me.

Reality

- Mental disorders are very common affecting many families. They do not discriminate—they can affect anyone.

National Alliance on Mental Illness (NAMI)



針對心理健康議題 常見的敘述 對照 真實世界的說法

常見的 說法

- ❑ 心理疾病與我無關也影響不到我。

事實上

- ❑ 許多家庭受到心理疾病影響這是很件很普遍的事。心理疾病一視同仁，任何人都有可能得到。

National Alliance on Mental Illness (NAMI)



Common Narratives vs. Reality on Mental Health

Common Narratives

- Mental disorders appear because of weakness of character.

Reality

- Mental disorders are the product of the interaction of biological, psychological and social factors.

National Alliance on Mental Illness (NAMI)



針對心理健康議題 常見的敘述 對照 真實世界的說法

常見的 說法

- ❑ 只有性格軟弱的人才會有心理疾病。

事實上

- ❑ 心理疾病是生理的、心理的、社會等因素交互作用下而衍生出來的產疾病。

National Alliance on Mental Illness (NAMI)



Common Narratives vs. Reality on Mental Health

Common Narratives

- I can't do anything for someone with a mental health condition.

Reality

- We can do much more than we think.

National Alliance on Mental Illness (NAMI)



針對心理健康議題 常見的敘述 對照 真實世界的說法

常見的 說法

- ❑ 對那些有心理疾病的人，我幫不上忙。

事實上

- ❑ 事實上，我們可以做的比想的還多。例如：我們不再對這些人貼上“瘋了”、“瘋子”或“白癡”等標籤。

National Alliance on Mental Illness (NAMI)



What is stigma?



Stigma refers to:

Attitudes and Beliefs that:

1. Motivate people to fear.
2. Reject or avoid the person who acts or is seen as "different."
3. Label the person because they have a diagnosis of a mental disorder.

"Eliminating Stigma and Discrimination Against Persons with Mental Health Disabilities: A Project of the California Mental Health Services Act."



到底什麼是污名(Stigma)？



污名(Stigma) 指的是：

某些態度、信念或是看法：

1. 會導致人們產生害怕的感覺。
2. 讓人們拒絕或避免接觸和我們“不一樣”的人。
3. 讓你對那些有心理疾病的人貼上標籤。

"Eliminating Stigma and Discrimination Against Persons with Mental Health Disabilities: A Project of the California Mental Health Services Act."



What comes to your mind when you hear the phrase: "mental health conditions?"

- Crazy
- Weak
- Disabled
- Someone out of control

Which emotions and behaviors come with these thoughts?

- Shame
- Impotence
- **Silence**



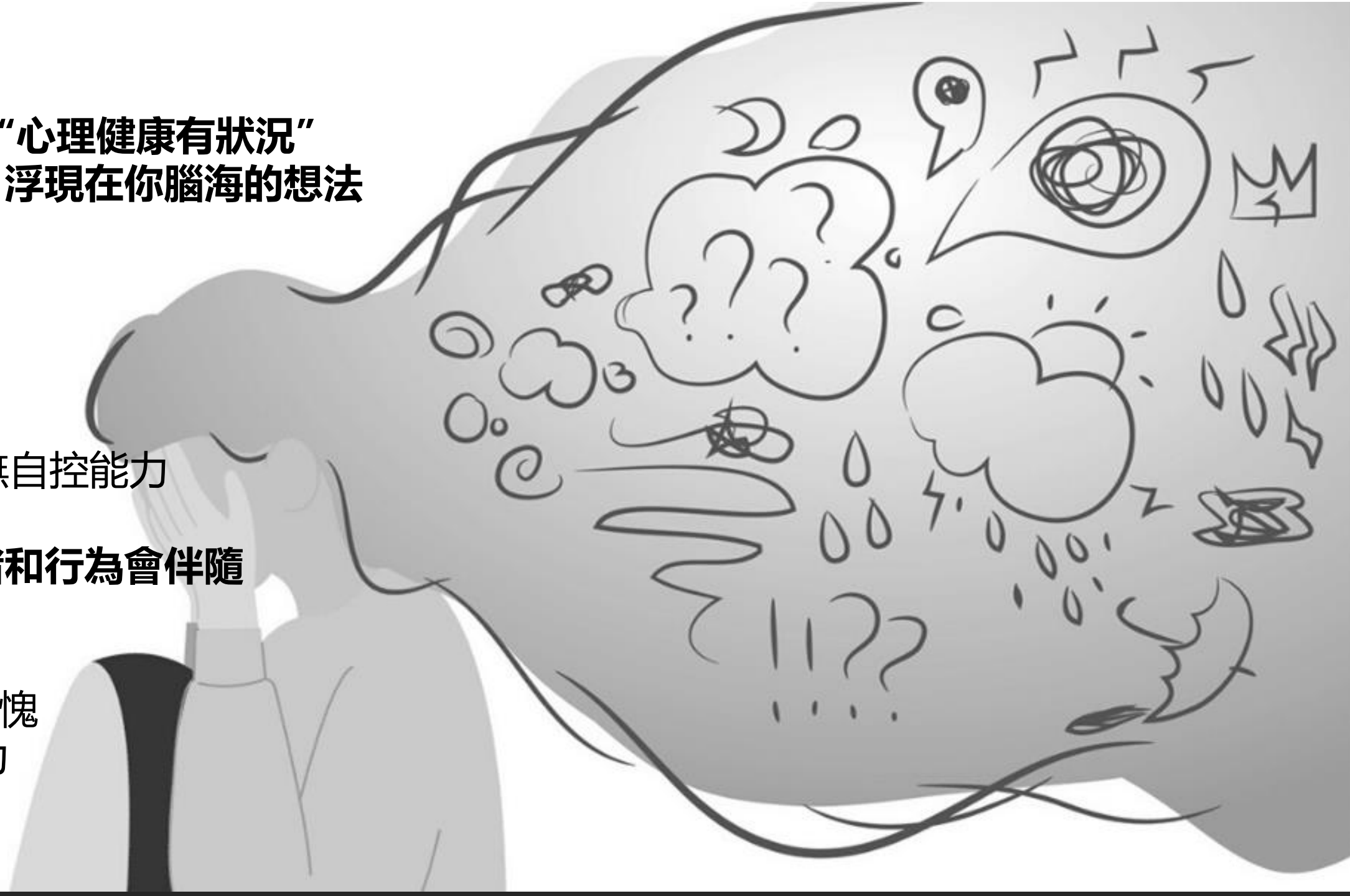


當你聽到“心理健康有狀況”這句話時，浮現在你腦海的想法是什麼？

- 瘋了
- 軟弱
- 有缺陷
- 這個人無自控能力

是那些情緒和行為會伴隨這些想法？

- 丟臉 / 羞愧
- 無能為力
- **沉默**





*La Ropa Sucia Se Lava
Casa*

"Don't air your dirty laundry in public"



*La Ropa Sucia Se Lava
Casa*

**“Don’t air your dirty laundry in
public”**

家醜不可外揚。



What is stigma by association?

Stigma
by
Association

The belief or attitudes that the family is to blame, and responsible, for mental health conditions.



是什麼會和心理健康污名牽連在一起?

被心理健
康污名
牽連

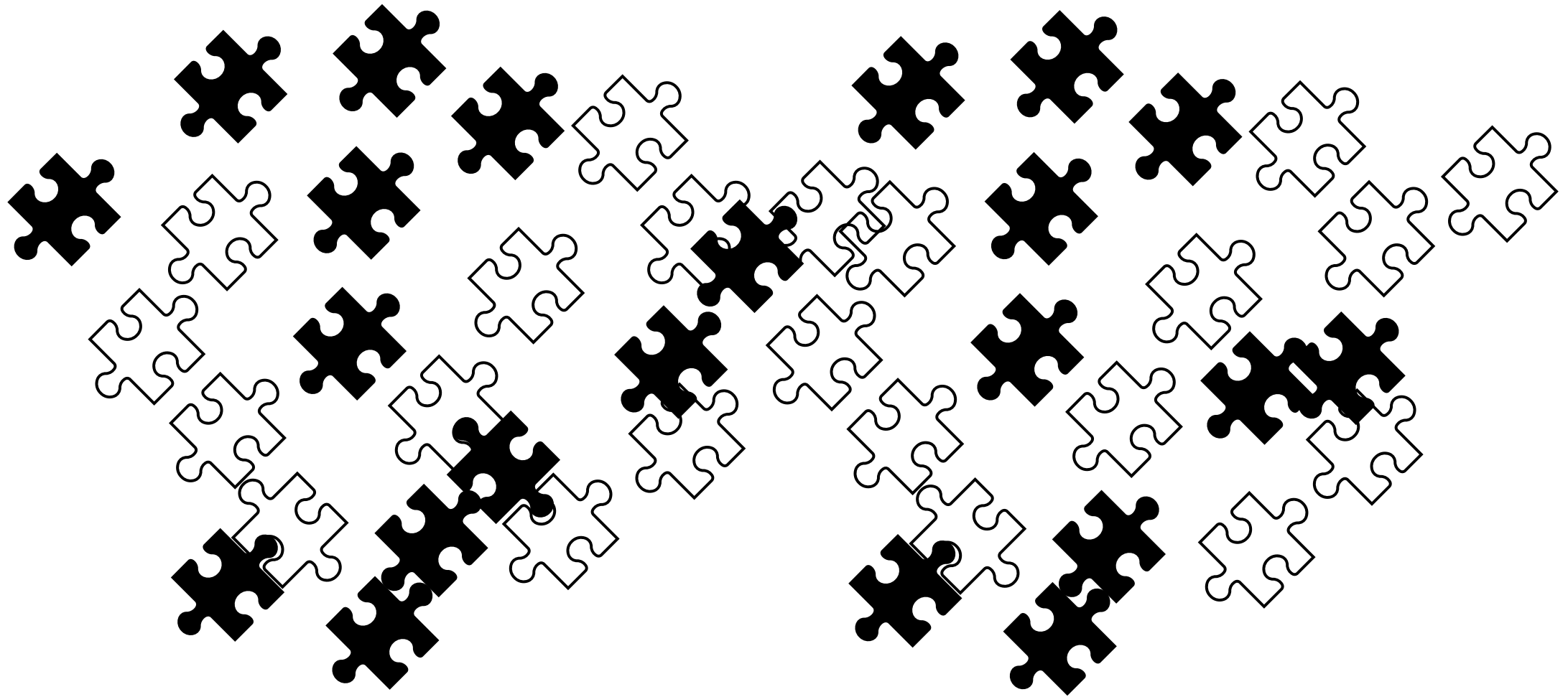
社會上的某些想法或態度會讓有些家庭因為家裡成員的心理狀況被社會責怪，並且要這些家庭為他們的成員負起責任。



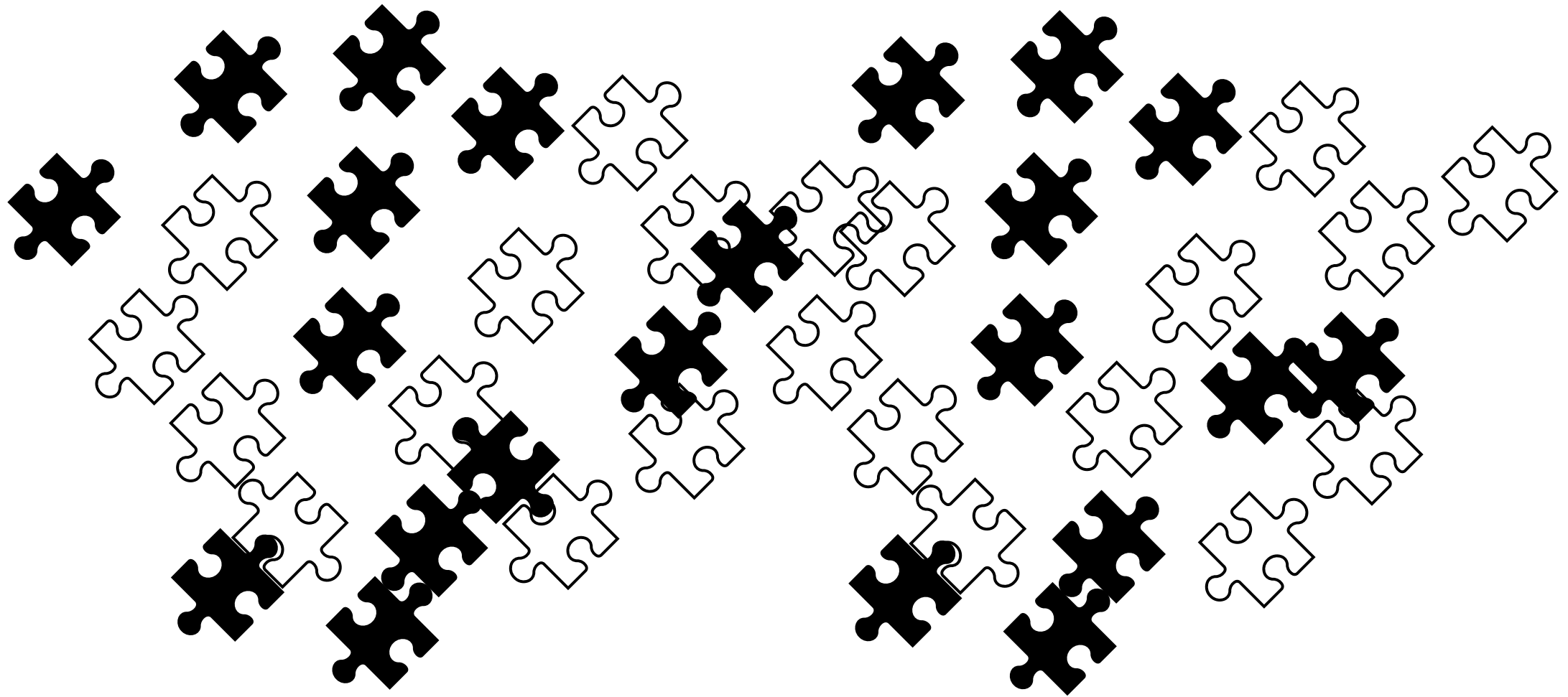
Where does the narratives maintaining stigma of mental health come from?



帶有心理健康 “標籤
污名” (Stigma) 的語言
是從何而來？



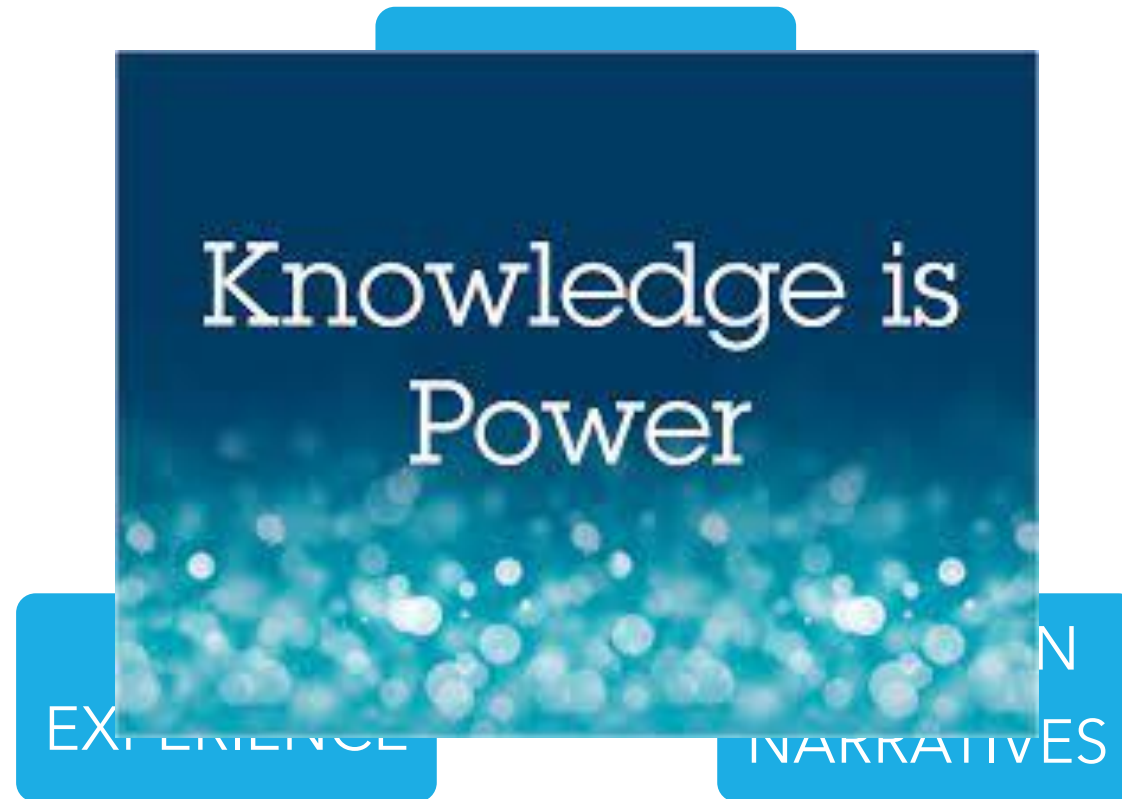
What are the pieces of our history?



什麼是我們過往的歷史片段？



Why is it important to go back and reflect on history?





為什麼我們要追朔、並且反省我們的生活歷史？

Knowledge is
Power

知識就是力量。

叔丕



Before the
COVID-19
Pandemic

The National Alliance for Mental Illness (NAMI) estimated that about 1 in 17 Americans suffers from a serious mental condition, affecting one in five families.



COVID-19
新冠病毒
疫情前

國家心理疾病聯合中心The National Alliance for Mental Illness (NAMI) 預估在美國每17個人中，就有1位深受嚴重心理問題的困擾，每5個家庭中就有1個家庭因此受到影響。



How is our mental health now with the COVID-19 pandemic?

Let's talk numbers

U.S. in late June of 2020, adults reported:

31% - symptoms of anxiety or depression

13% - having started or increased substance use

26% - stress-related symptoms

11% - serious thoughts of suicide in the past 30 days

Let's talk context

Survey showed that risk factors for reporting anxiety symptoms or suicidal ideation included:

1. Food insufficiency
2. Financial concerns
3. Loneliness/isolation





在疫情期間，我們現在的心理健康狀況如何？

讓我們來討論數據：

在美國2020年六月下旬醫院報告的成人

案例有：

- 31% - 焦慮或憂鬱的症狀
- 13% - 開始或增加使用藥物、菸草或酒類
- 26% - 與壓力有相關的症狀
- 11% - 在過去三十天有自殺的想法

讓我們來說說事件的背景：

問卷顯示造成焦慮症或有自殺傾向的因素，包括：

1. 食物不足
2. 財務的擔憂
3. 孤單/隔離



<https://www.cdc.gov/spanish/>

<https://www.nimh.nih.gov/about/director/messages/2021/one-year-in-covid-19-and-mental-health>

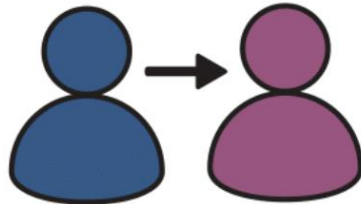
疫情期間的心理健康狀況

您的擔憂是正常的

有很多因素讓你擔心因為新冠病毒疫情所造成的現象。其中最常擔憂的是：



染疫、生病



將病毒傳染給其他人，尤其是具有高風險的群體



在充滿不確定的因素下，適應並調整生活



照顧並幫助家人



擔心朋友及家人的健康



財務的壓力



沒辦法像以前一樣和朋友或家人相聚



日常用品的短缺



Let's continue to talk about context: The Historical Epoch of COVID-19

Structural Racism

Cultural racism
(stereotypes,,
prejudices)

Discrimination

Communities of color are
disproportionately
affected, directly and
indirectly, by COVID-19

Access to healthy environments

Access to medical care

Access to opportunities

Essential jobs

<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>



讓我們進入真正的話題: 新冠病毒 所顯現的歷史現象

Structural Racism
結構性的種族主義

Cultural racism
文化性的種族主義
(刻板印象, 偏見)

Discrimination
歧視

新冠病毒COVID-19不論是直接的或間接的對少數族裔社區的影響, 是不成比例的。

Access to healthy environments
較少能取得健康的環境

Access to medical care
較少能取得醫療照顧

Access to opportunities
較少能獲得機會

Essential jobs
從事生活必需的行業

<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>



Mental Health in times of COVID-19: The Past, Present, and Future Meet

1. Complex Trauma (Violence, War, Immigration, Hate Crimes, Genocide)
2. Suicide (ideation, plan, attempt)
3. Domestic Violence
4. Financial abuse
5. Conflict in the family, in the community
6. Grief and Loss: Family, and community we lost due to COVID-19
7. Changes in our mental health due to COVID-19 (the virus vs. the physical distancing mandates)



在COVID-19期間的心理健康狀況： 過去、現在和未來

1. 綜合性的創傷 (暴力, 戰爭, 移民, 仇恨犯罪, 種族滅絕)
2. 自殺 (想法, 計畫, 試圖)
3. 家暴
4. 財務剝奪 (Financial Abuse)
5. 家庭衝突、社區衝突
6. 悲傷和失落:因為新冠COVID-19疫情, 造成家庭和社區的人員的喪失
7. 因為新冠COVID-19疫情, 我們心理健康的改變(病毒對照社交距離的行政命令)



Stigma

+

Mental Health in times
of COVID-19

= Pressure Cooker



污名


+

新冠病毒疫情時期的心理
健康

= 壓力鍋



“We want to be
seen, heard,
valued and not
judged.”

A large field of white umbrellas, with one blue umbrella standing out in the center. The umbrellas are arranged in a grid-like pattern, creating a sense of depth and repetition. The blue umbrella is the focal point, symbolizing individuality or a unique perspective.

“我們都希望被
看到、被聽到、
被重視但是不想
被批判。”



Stigma is maintained in our words

- "That person is crazy."
- "That person is demented."
- "That person is disabled."
- "That person is being punished by God for something they did."
- **What other thoughts come to mind?**



有時候我們使用的一些言語是帶著標籤和污名化的。

- “那個人是神經病。”
- “那個人精神錯亂。”
- “那個人有缺陷/有病。”
- “那個人因為做錯了什麼事，所以才被上帝/上天處罰。”
- **“你們還想到什麼？還有哪些想法浮上心頭？”**



Resilience is also maintained in our words

- Knowledge is power.
- My history/story is important.
- My story is valid.
- My story has power and purpose.
- My history/story is similar to other stories from my community.
- I am not alone—nor alone on this path—so we can all move forward.



我們使用的語言當中有些是帶有韌性的。

- 知識就是力量。
- 我的歷史/故事是重要的。
- 我的生命故事是有意義的。
- 我的故事是有力量和目的。
- 我的歷史/故事和社區其他人的故事很相似。
- 我不孤單—在人生道路上也不孤獨—因此我們可以往前行。





為母則剛



lapiztola
South Central L.A. ...



lapiztola Strong Like a MADRE

-
-

Una Madre no tiene fronteras, siempre firme siempre fuerte, siempre encontrando la forma de volar...



Resilience is also maintained in our practices



韌性同時存在我們的文化儀式中。



Eliminating Stigma and Promoting Resilience

Stigma does not allow us to access our power, our strengths. We need our own narratives of power and strength.

Let's change our narratives!

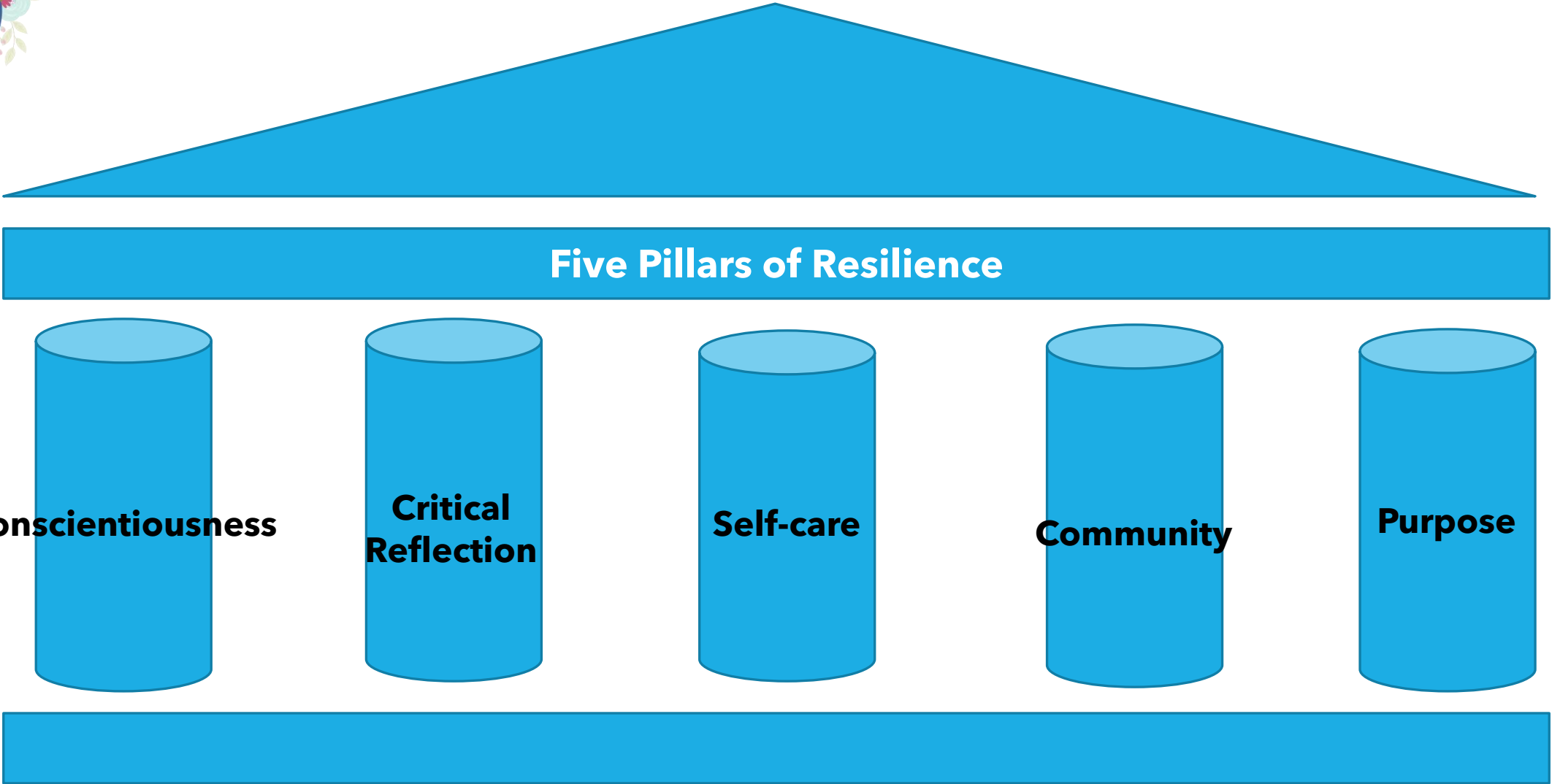


消弭標籤污名並且推廣韌性

心理健康標籤污名無法讓我們獲得力量。我們需要的是充滿力量的正面語言。

讓我們一起改變我們的語言!





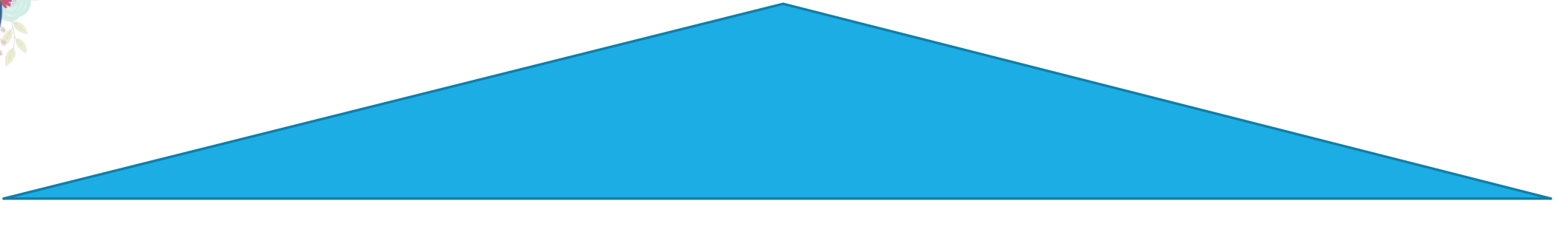
Conscientiousness

**Critical
Reflection**

Self-care

Community

Purpose



韌性的五根柱子

Conscientiousness
有意識

Critical Reflection
批判性反思

Self-care
自我照顧

Community
社區

Purpose
目的





We can break the stigma.





We can break the stigma.

我們可以打破污名





What can we do to eliminate stigma?

- ❑ Being here today to learn about stigma and mental health.
- ❑ Continue the dialogue with other people about what you learned today about the connections between history, our lived experiences, and common narratives.
- ❑ Stop before using a label (for example, "You are crazy"), when referring to or describing someone with mental health issues.
- ❑ Being intentional with our words (or our silence), and actions



我們可以做些什麼來消弭標籤污名化?

- 今天在這裡和大家一起學習什麼是心理健康和污名。
- 繼續和他人談今天您所學到有關心理健康的歷史、個人經驗及一般說法。
- 當你要描述他人有心理健康狀況，並且準備對他貼標籤時之前，請
停下來。(例如: 你瘋了!)
- 注意我們使用的語言(或是選擇沉默時)以及行動。

LEARN HOW TO BE...

stigmafree

3 Steps

Live It!

Learn about mental health by educating yourself and others.

Share It!

Share StigmaFree on social media, strive to listen, tell your own story and see the person not the illness.

Show It!

Take action on mental health issues, raise awareness and make a difference.

www.nami.org/stigmafree

學會如何...

無標籤污名的態度

3 步驟

不貼標籤、污名他人的生活態度!

透過自我教育及教育他人的方式學會心理健康。

分享它!

在社交媒體上分享無標籤污名的生活態度, 努力傾聽、分享你的故事。對待“人”而不是“疾病”。

表現它!

針對心理健康議題採取行動、提高自我及他人的意識, 並且做出改變。

www.nami.org/stigmafree

ee

The Power of Our Words (and Our Silence)

MENTAL
HEALTH
IS
HEALTH.



語言的力量 (沉默的力量)

MENTAL
HEALTH
IS
HEALTH.



Resources from the Department of Mental Health for COVID-19

You can stay updated on COVID-19 developments

on our website: <https://dmh.lacounty.gov/covid-19-information/>



The number for our DMH Access line is : 1-800-854-7771

**Need to be
connected to
mental health
services?**

Call 800-854-7771
(ext. 1) for mental health referrals
and crisis services.



**Your emotional
wellbeing is
our top priority.**

Call 800-854-7771



**Need
resources for
veterans and
their families?**

Call 800-854-7771
(ext. 3)



心理健康部門COVID-19資源

欲知新冠病毒最新發展情況，可查閱洛縣心理部門網站

我們的網站: <https://dmh.lacounty.gov/covid-19-information/>

心理健康部門熱線是: 1-800-854-7771



**Need to be
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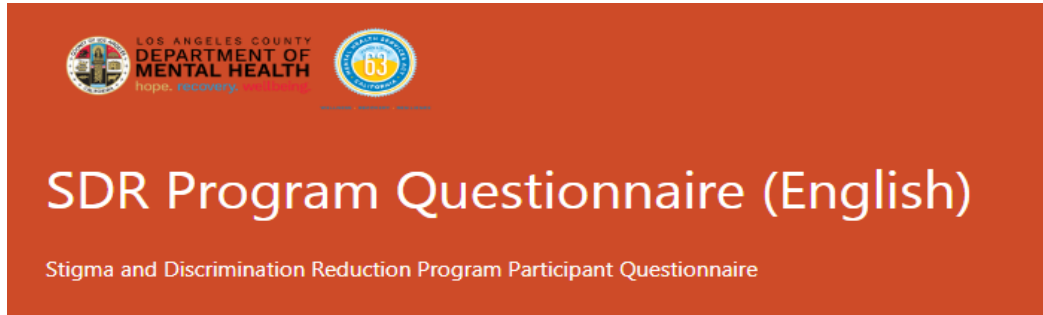
**Need
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(ext. 3)





Stigma and Discrimination Reduction (SDR) Survey



To help us improve, please tell us what you think!

- **SDR is anonymous and voluntary**
- **Please click on the link in the chat box and fill in:**

Program:

“Mental Health and Stigma During COVID-19 ”
(4th on dropdown list)

Presenters:

My name is ...

Date:

Today is ...



All other questions are optional. Feel free to skip any questions you do not wish to answer.



Stigma and Discrimination Reduction (SDR) Survey



SDR Program Questionnaire (English)

Stigma and Discrimination Reduction Program Participant Questionnaire



請協助我們改進,請告訴我們您的想法!

- **SDR問卷是自願性、不記名方式**
- **請您在聊天室裡按下問卷的連結鍵並且回答問卷內容:**
- **Program:**

“Mental Health and Stigma During COVID-19 ”
(4th on dropdown list)

Presenters: 講員:
我的名字是:

Date: 日期:
今天是:

所有問卷的問題都可自由回答。如果有哪些問題您不想回答，歡迎您隨時跳過。



Stigma and Discrimination Reduction (SDR) Survey



SDR Program Questionnaire (Chinese)

屈辱歧視減降計畫與者問卷



tinyurl.com/SDR-Chinese

請協助我們改進,並請告訴我們您的想法!

- **SDR問卷是以自願性、不記名方式進行的**
- **請您在聊天室裡按下問卷的連結鍵並且回答問卷內容:**
- **Program:**
“Mental Health and Stigma During COVID-19 ”
(4th on dropdown list)
Presenters: 講員:
我的名字:
Date: 日期:
今天是:

所有問卷的問題都可自由回答。如果有哪些問題您不想回答, 歡迎您隨時跳過。



Additional Resources

1. Videos:

<https://www.youtube.com/watch?v=uaLFPazqINM>

https://www.youtube.com/watch?v=s3FL9uhTH_s

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