

可以做什麼？

- 認真嚴肅正視自殺意念
- 要客觀地聽取意圖自殺者的心聲，正面表達對其關懷支持之意，並留意有關的自殺警號
- 直接提出問題（“你為什麼說不值得生存下去？你有什麼計劃？你會找一個可以幫助你的人求援嗎？”）
- 表達及表現你的關心
- 確保此人沒有任何可以用來傷害自己的物件
- 協助此人與親人聯繫，並尋求專業人士的幫助

在哪里可以獲得尋求專業人士幫助的資訊？

- 請聯絡心理安康熱線 (Asian LifeNet)：這是一個免費保密、提供多種語言的緊急輔助及心理諮詢熱線 (電話：1-877-990-8585)
- 請瀏覽紐約亞美精神衛生聯盟網站 (www.asianmentalhealth.org) 此網站提供多種語言服務資料錄，籍此提供相關心理評估及轉介服務的訊息和資源。
- 陪同此人到附近醫院的急診室接受治療。公立醫院通常都會接受到診的病人 (無論是否有合法移民身份，及是否有醫療保險)。不少公立醫院都雇用了熟悉亞裔文化和懂中英雙語的專業醫護人員幫助有需要的亞裔人士。

主辦機構：
麥迪臣社區中心
亞美聯盟

該項目的經費由紐約州議員, Peter M. Rivera 及紐約州心理衛生部門提供，誠意為亞裔年長婦女設立預防自殺認知基金。

請瀏覽此網站：<http://www.aaspe.net>，查閱有關防止自殺的教育光碟和認知教育資料內容

你還可以來電或電郵聯絡我們：
212-720-4524 / joyluangphaxay@hmhonline.org
212-344-5878 ext. 16 / winnie.li@aafederation.org
緊急求助，請電：
全美防止自殺熱線：1-800-273-TALK (8255)
心理安康熱線 (Asian LifeNet)：1-877-990-8585



Project Sponsors:

Asian American Federation and Hamilton-Madison House
This project is supported by NYS Assemblyman Peter M. Rivera and the NYS Office of Mental Health

What To Do?

- Take all suicide threats seriously. Listen and express concern in a nonjudgmental way, and watch for warning signals.
- Ask questions openly ("Why did you say that life is not worth living? Do you have a plan? Will you talk with someone who can help?")
- Say and show that you care.
- Make sure that the person has no access to anything that can be used to hurt him/herself.
- Get the individual connected with loved ones and professional help.

What are the Options of Getting Professional Help?

- Dial Asian LifeNet multilingual crisis intervention hotline (Tel: 1-877-990-8585)
- Visit the website of the NY Coalition of Asian American Mental Health (www.asianmentalhealth.org) for a directory of multilingual services and linkage to other assessment and referral information and resources.
- Accompany the individual to the emergency room of the nearest hospital. Public hospitals accept all patients regardless of their immigrant status and insurance coverage, and will protect patient confidentiality. There are Asian bicultural and bilingual mental health staff in many of the public hospitals.

Information DVDs and Suicide Prevention Education & Awareness Kits are available at
<http://www.aaspe.net>

or contact us by phone/email:

212-720-4524 / joyluangphaxay@hmhonline.org
212-344-5878 ext.16 / winnie.li@aafederation.org

For Emergency help, call:

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Asian LifeNet Hotline: 1-877-990-8585



Asian American Federation



獻出關懷與扶持

預防自殺，由你我開始…



Support & Attend to the Ones We Care

*Suicide prevention –
A responsibility that we share*

根據疾病控制與預防中心最新公佈數據顯示，亞裔及太平洋島75歲以上的婦女自殺率比美國的白人和非裔老年婦女高出幾乎兩倍

為什麼？

亞裔心理健康專家一致認同，亞裔老年婦女比較缺乏社會和家庭的支持，被迫在種種困難的環境里掙扎著生活，例如：

- 遭受種種的創傷與損失；
- 因為語言障礙、性別及年齡的因素而被社會忽略；
- 獨居；
- 財政資源有限；
- 慢性健康問題；
- 因為缺乏對心理情緒疾病的瞭解及認知，而沒有適當地治療抑鬱症狀；
- 亞裔文化價值觀引發的羞恥感和失敗感：我不想成為家人的負擔！



Latest data released by Centers of Disease Control and Prevention indicates that Asian American/Pacific Islander women aged 75 and older have almost twice as high rates of suicide than elderly Caucasian and African American women.

Why?

Mental health professionals in the Asian communities agree that Asian elder women often struggle with difficult circumstances with little social and familial support:

- History of trauma and losses
- Marginalized role in society due to language barrier, gender and age
- Living alone
- Limited financial resources
- Chronic health problems
- Untreated depressive symptoms due to lack of knowledge of mental illness and appropriate treatment resources
- Feelings of shame and failure associated with Asian cultural values: "I don't want to be a burden to my family!"

有關自殺的誤解

"說要自殺的人其實才不會自殺" 不真實

這是不正確的觀念

在亞裔社區裡，比如：“我已經沒用了” “我死好了”是表達情緒的文化慣用語，經常被誤認為是為了引人注意，因而聽者會較容易忽略此人的自殺念頭。然而，精神健康專業人士指出，大部分自殺念頭和行為都是有跡可尋的。所以我們應該十分重視傾訴者的表示死亡意願和恐嚇要自殺的言論，因為說這些話的人一定正在面對和承受很大壓力，也可能已經萌發自殺的念頭。

"如果一個人決定自殺，是沒有人可以阻止的" 不真實

人的本能是求生而不是求死，即使是嚴重憂郁症患者面對生與死時，心情也是万分矛盾，猶豫不決。這時候，如果有人伸出援助之手，往往可以把自殺者從死亡線上拉回來。要知道，大多數自殺的人並不想死，往往是為了終結種種痛苦，而一時衝動地作出了自殺行為。

"談及有關自殺的問題，會導致自殺的念頭" 不真實

亞裔人士普遍認為，壓抑負面情緒和感受是避免或減少精神情緒壓力的好方法。但這並不適用於正處於極度情緒困擾並有自殺傾向的人士。以關懷的態度，有目的地與傾訴者談論與其自殺有關話題，並不會加強其壓力和自殺意欲。事實剛好相反，盡管與傾訴者談及有關其自殺的問題是一件令人不舒服，甚至是壓力大的事，但這是一個幫助自殺者脫離自殺危險的最有效的方法之一。

自殺的警號

- 談論關於自殺，死亡或專注熱衷于與死亡相關的事物。
- 言談表示絕望，無助或缺乏自我價值感。
- 情緒起伏大，突然十分開心或冷靜。
- 突然改變日常生活習慣及興趣。
- 對以前喜歡做的事情失去興趣。
- 忽視個人健康和自我照顧。
- 突然到訪或打電話給親友。
- 開始將個人財政、人際關係、後事等安排妥當。
- 把獎品和珍貴之物送給別人。
- 疏遠家人和朋友
- 增加藥量或酒量。



Misconceptions about Suicide

"People who talk about suicide won't really do it." Not True

In the Asian communities, statements like "I'm useless" and "I'm better off dead" are cultural idioms that are commonly interpreted as attention-seeking. So the speaker's communication of suicide ideation is often ignored. However, studies indicate that almost everyone who commits or attempts suicide has given some clue or warning. It is important not to disregard remarks about death wishes or suicide threats because they are indications that the individuals who made those statements may be under stress and experiencing suicidal feelings.

"If a person is determined to kill him/herself, nothing is going to stop him/her." Not True

Most suicidal people do not want to die; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

"Talking about suicide may give someone the idea." Not True

It is a common belief in the Asian culture that repression of negative thoughts and feelings is a good antidote to emotional distress. However, this is not applicable to suicidal individuals who are in extreme distress. We don't give a suicidal person morbid ideas or more stress by talking about suicide. The opposite is true – bringing up the subject of suicide and discussing it openly, albeit very difficult and uncomfortable, is one of the most helpful things we can do.

WARNING SIGNS OF SUICIDE



- Talking about suicide, death, or preoccupation with dying.
- Making statements about feeling hopeless, helpless, or worthless.
- Suddenly happier, calmer.
- Sudden change of daily routine and habits.
- Loss of interest in things one generally cares about.
- Neglect of health and self care.
- Sudden visiting or calling people one cares about.
- Making arrangements; setting one's affairs in order.
- Giving prized possessions away.
- Withdrawal from family and friends.
- Increased use of drugs and alcohol.



你知道嗎？

在美國的亞裔中，
自殺是致死的一大殺手。

從現在開始，
關心并幫助你愛的人！

更多自殺預防教育認識及自殺預防教育DVD，

請瀏覽<http://www.aaspe.net/>

或通過電話/電郵聯繫我們：

電話: 212 720-4524

電郵: joyluangphaxay@hmhonline.org

電話: 212 344-5878 內線: 16

電郵: winnie.li@aafederation.org

緊急援助，請聯繫：全國自殺預防生命熱線：
1-800-273-TALK (8255)

心理安康熱線: 1-877-990-8585

計劃贊助機構: 亞美聯盟
麥迪臣社區中心

感謝 紐約州參議員 Peter M. Rivera 與
紐約州精神健康辦公室 撥款支持