

# 抑郁症与焦虑症

很多人在抑郁的同时也会焦虑的。

2020年：大概四千万美国人都有焦虑症，是最常见的精神障碍之一。

## 抑郁症

一种情绪障碍，导致持续的悲伤和无趣感

### 常见的症状

- 悲伤，空虚，内疚，绝望的感觉
- 因小事而发怒或暴躁
- 对爱好或活动失去兴趣
- 睡眠障碍
- 乏力
- 食欲减退
- 屡次想到死亡



## 焦虑症

对日常生活环境产生强烈而持久的恐惧与担忧。日常生活受到干扰。

### 常见的症状

- 感觉过于紧张
- 有种迫在眉睫的危险、恐慌或厄运感
- 心率升高, 换气过度, 冒汗
- 失眠
- 肠胃症状
- 难集中注意力或思考除了担忧事情一外的任何事情



## 如何找到资源缓解症状

### 危機期間打电话的資源

- 全國自殺防治熱線: 988
- 短信“HOME”給號碼741741就能联系危机咨询志愿者
- NAMI Chicago
  - 打电话给: 833-626-4244 与心理健康导师谈谈



### 网上资源

- <https://www.thetrevorproject.org/get-help/>
  - 可: 网上聊天, 短信, 打电话给一个心理健康导师



@nuchinatownhealth



<https://chinatown38.wixsite.com/northwestern>

# Depression and Anxiety Disorder

Depression and anxiety commonly occur together. Anxiety is the most common mental disorder in the U.S., affecting 40 million adults as of 2020.

## DEPRESSION

A mood disorder that causes persistent feelings of sadness and disinterest

### Common Symptoms

- Feelings of sadness, emptiness, guilt, or hopelessness
- Anger or irritability over small matters
- Loss of interest in hobbies or activities
- Sleep disturbances
- Lack of energy
- Reduced appetite
- Recurring thoughts of death



## ANXIETY

People with anxiety disorders frequently have intense and persistent worry and fear about everyday situations, which can interfere with daily activities

### Common Symptoms

- Feeling nervous or restless
- Feeling of impending danger or doom
- Increased heart rate, hyperventilating, increased sweating, etc
- Sleep disturbances
- Experiencing gastrointestinal (GI) problems
- Trouble concentrating on anything other than the current worry



## RESOURCES

### Resources to Use During Crisis

- National Suicide and Crisis Lifeline: 988
- Text "HOME" to 741741 to connect with a volunteer crisis counselor

### Resources for Support

- <https://www.thetrevorproject.org/get-help/> Chat, Text, or Call a trained counselor that understand LGBTQ+ mental health struggles
- Call 833-626-4244 to talk to a live mental health professional at NAMI Chicago
- Midwest Asian Health Association Mental Health Clinic 238 W Cermak Rd 2nd Floor, Chicago, IL 60616

