



The Hong Kong College of Psychiatrists



LOOK AT MI

Facing recent social disputes Keeping yourselves and your loved ones mentally healthy

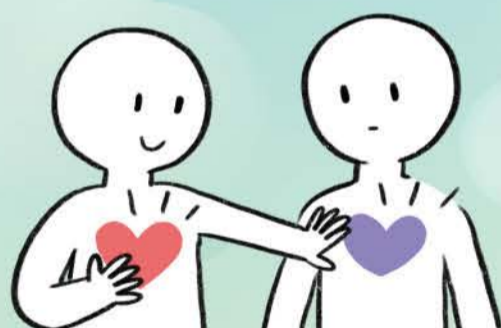
Feeling anxious? Can't stop thinking about it?

Getting nightmares or sleep disturbances?

- An acute stress reaction can be normal in short term
- Severe symptoms that affect daily functions for 4 weeks or more
- Suggest seeking professional help

Have those around you expressed despair, or even thoughts of harming themselves?

- Deliberate self-harm is a way of coping with or expressing overwhelming emotional distress
- Seek help healthcare services if you are very worried
- Suicidal ideation with concrete plans and actual suicidal attempts need immediate support from professionals



**Feeling sad? Weary?
Helpless and hopeless?**

- Sadness is a normal emotion
- Seek healthcare services if depressive symptoms become severe and prolonged for 2 weeks or more that affect daily functions



Have your relationships been affected by differences in opinions?

- Where views differ, try put your beliefs aside for a moment to make space to listen, accept and understand
- Do not let judgment and blame get in the way of your relationships

General take home messages:

If signs of emotional distress appear, suggest:

- ✓ Take a break from the news for a while if you feel too upset.
- ✓ Let heavy feelings off your chest by talking to someone.
- ✓ If negative feelings are SEVERE and PERSISTENT, seek professional help.
- ✓ If you see someone in distress, give them your support, and guide them to seek help.

For more information, please scan the QR code for our Tips on Maintaining Mental Wellbeing!

