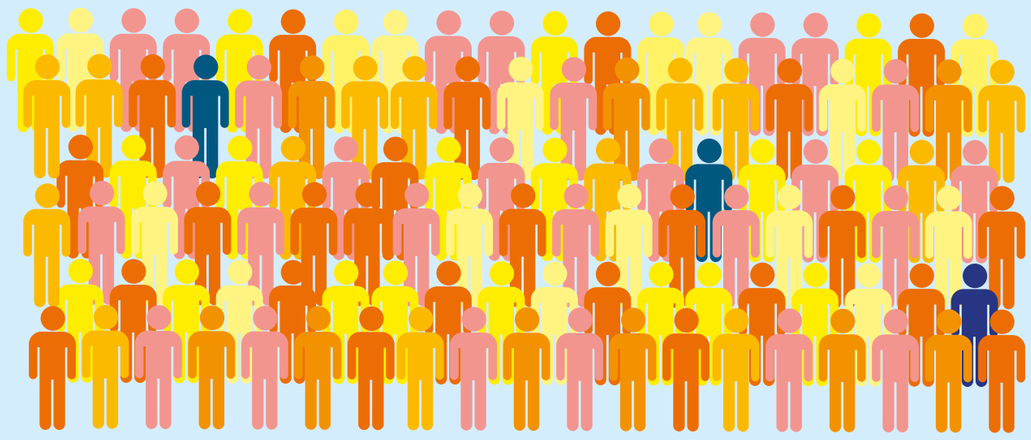
(Tagalog Version)

Mahalaga ang Depresyon

Depression Matters

Karaniwan ang depresyon!
Depression is common!



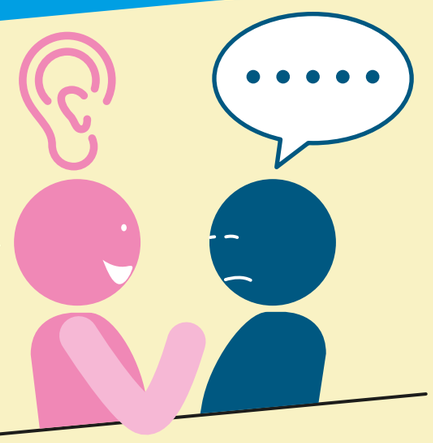
Maaaring gamutin ang depresyon.
Kung sa tingin mo ay may depresyon ka:
Depression can be treated.
If you think you have depression:

Kung may kasama kang may depresyon, maari mo silang matulungan sa mga sumusunod na paraan:
If you live with someone with depression, you may help them recover in the following ways:

Pagbabahagi ng mga kaisipan
Sharing thoughts

Mag-usap sa taong pinagkakatiwalaan mo tungkol sa iyong nararamdaman
Talk to someone you trust about your feelings

Makinig nang walang paghusga at magbigay ng suporta
Listen without judgement and offer support



Panatilihin ang positibong pag-iisip
Maintain a positive mindset

Humingi ng tulong propesyonal upang gumaling
Seek professional help to get better

Hikayatin silang humingi ng tulong at sundin ang mga tagubilin mula sa mga propesyonal sa kalusugan; maging matiyaga at tulungan silang gumaling
Encourage them to seek help and follow the instructions of healthcare professionals; be patient and help them recover

Magsaya sa buhay
Enjoy life

Panatilihin ang iyong pang-araw-araw na gawain hangga't maaari
Maintain your daily routine as far as possible

Gawin ang mga bagay at ehersisyo na lagi mong kinagigiliwan hangga't maaari
Do things and exercises you have always enjoyed as much as possible

Alagaan mabuti ang sarili, mag-relaks at gawin ang mga bagay na iyong kinagigiliwan habang sumusuporta at nag-eengganyo sa pasyente
Take good care of yourself, relax and do things you enjoy while supporting and encouraging the patient

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Mahalaga ang Depresyon- Karaniwan ang depresyon!

衞生防護中心
Centre for Health Protection

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Department of Health

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