Have you asked your doctor about a simple test for depression?

- problems sleeping?
- feeling sad or hopeless?
- lost interest in things?

Depression. It's treatable. Talk to your doctor.

For help 24 hours a day, call 1-800-LifeNet (1-800-543-3638) or call 311 and ask for LifeNet.

您請教過醫生有<mark>開</mark> 憂鬱症的簡單測試嗎?

- 睡不著?
- 感到沮喪或絕望?
- 凡事提不起興趣?

憂鬱症是可以醫治的。 請向您的醫生求助。

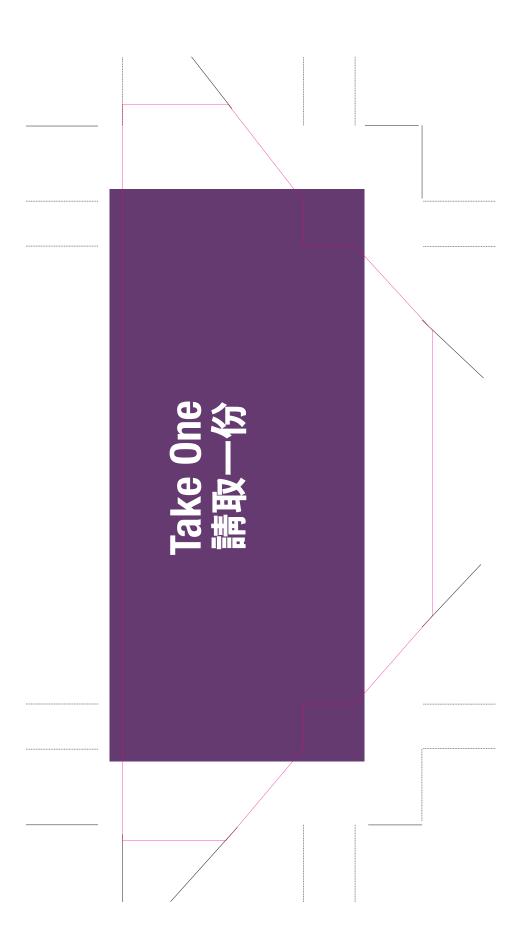
如果您需要幫助,請致電心理安康 一線牽,電話是1-877-990-8585, 或致電311轉LifeNet。



紐約市健康與心理衛生局 THE NEW YORK CITY DEPARTMENT of HEALTH and MENTAL HYGIENE Michael R. Bloomberg, 市長 Thomas R. Frieden, M.D. , M.PH. 局長 Lloyd I. Sederer, M.D. 心理衛生執行副局長 **Place Pocket Here**



Place Pad Here



A Test for Depression

Over the past two weeks, have you often been bothered by:

1. Little interest or pleasure in doing things? Yes No

2. Feeling down, depressed, or hopeless?

If you answered "yes" to either of these questions, talk to your doctor.

▼ 中文版請見反面

NYC Health	THE NEW YORK CITY Department of Health	
	and MENTAL HYGIENE	Chinese

憂鬱症測試

過去兩個星期以來,您是否經常為以下問題所困擾?

1. 凡事提不起興趣或覺得無趣。	□是	口否		
2. 感到情緒低落、沮喪或絕望。	□是	□否		
如果您對任何一個問題回答"是",請向您的醫生求助。				

▼ 英文版請見反面 (English on the other side)

