



The Hong Kong College of Psychiatrists Ltd.

香港精神科醫學院

(Incorporated in Hong Kong with limited liability)

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Press release from the Hong Kong College of Psychiatrists on 06/07/2019

The Hong Kong College of Psychiatrists expresses deep concern over the emotional disturbances experienced by some people in reaction to recent societal events arising in the context of the proposed amendment of the Extradition Bill. Distressful experience of scenes of conflict, whether directly encountered or through media, could possibly trigger symptoms of acute stress reactions. The College would like to remind the public to be mindful about our own mental well-being while following the latest development of the event. Please watch out for any emotional reactions, thoughts or bodily symptoms that may signify mental health concerns (Please scan the QR Code below or log in to the Facebook page <https://www.facebook.com/look.at.mi.hk/> of the Hong Kong College of Psychiatrists to browse our mental health tips).

The College wishes to convey an important message to the public: While facing the current social situation, some may experience intense emotional reactions, and some may even have feelings of helplessness and hopelessness. Please be particularly vigilant of possible surges of suicidal or self-destructive thoughts. These emotional upheavals and thoughts usually subside over time. Please do not let them take over your actions and lead to irreversible damage to yourself and your loved ones, not to mention depriving you of further opportunities to contribute meaningfully to the society. The College appeals to all to cherish life and care for everyone around us.

Media Enquiry : 9685 5632



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新聞稿（即日發佈）

就近日香港有關《逃犯條例》修訂的爭議而引發的社會衝突及緊張局面，以致部份市民出現情緒困擾，香港精神科醫學院對此表示深切關注。無論我們是身處現場或透過媒體接收有關訊息，情緒或多或少會受到牽引，亦可能誘發精神上一些急性壓力反應。學院希望大家關心時事之餘，亦要關心自己的心理狀況。留意自己身體、情緒、認知、行為各方面是否已經因過度受壓而向你發出一些訊號（可掃描二維碼或登入香港精神科醫學院facebook專頁 www.facebook.com/look.at.mi.hk/，瀏覽學院提供的「守護精神健康的護心符」）。

學院希望藉此寄語社會大眾：面對現時社會現況可能會令人感覺無奈、產生無助與無望感。要小心這一類的情緒與想法有時候可能會非常強烈，甚或出現輕生或自毀念頭。但學院提醒大家，隨著時間流逝，情緒與感覺也會逐步減退。如果讓輕生或自毀念頭付諸實行，只會讓自己永遠再沒有機會為自己與大眾作出有意義與有貢獻的事情，還會對自己與身邊愛你與你愛的人造成不可逆轉的傷害。學院呼籲各位市民珍愛生命，關愛身邊的所有人。

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