



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 4/4/2016

The Hong Kong College of Psychiatrists expresses disappointment about a recent published article by the city's columnist Ms Chris Wat Ying Yin, using people suffering from mental illness as a metaphor of depicting political dissidents. We regret that public figures in Hong Kong have repeatedly besmirched people suffering from mental illness when expressing their views on social issues.

According to the findings of Hong Kong Mental Morbidity Survey, one in every six persons in Hong Kong suffers from a mental disorder of varying degree of severity. Mental illness affects people of all age ranges, which includes neurodevelopmental disorders among children such as autism and hyperactivity disorder; neurodegenerative diseases such as cognitive disorders among elderly; as well as other mental disorders such as anxiety, depression, psychosis and insomnia problems. Although mental illness is very common, the knowledge of members in society about this issue is still extremely poor. This is reflected by the recent false and discriminatory statements expressed by some public figures with high education levels.

Mental illness is definitely not equivalent to presumptuous statements, strange behaviours, and uncontrollable emotions. Patients suffering from mental illness and their families alike strongly demand that members in society should have a correct understanding of mental illness and suspend prejudice against mental illness. As such, this will minimise self-stigma and self discrimination among people with mental illness and reduce their shame of seeking treatment.

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新聞稿（即日發佈）

香港精神科醫學院對專欄作者屈穎妍以精神疾病作比喻的政治評論文章感到困惑和失望。我們更為近期社會知名人士，在表達其對社會問題意見時，重覆地踐踏精神疾病患者尊嚴，感到極度遺憾。

根據最新統計數字，香港平均每六人便有一人患有不同的精神疾病，當中有兒童發展障礙如自閉症和過度活躍症；有退化性疾病如認知障礙症；亦有廣為人知的焦慮症、抑鬱症、思覺失調和失眠問題等。雖然精神疾病非常普遍，但社會對此問題的知識卻極為貧乏。從近來一些有識之士的不實言論，可見一斑。

精神疾病絕非等同妄語怪行，不能自控。精神疾病患者和其家屬，都希望社會大眾對精神病有正確認識，放低成見，以免患者自我標籤，諱疾忌醫。

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