

新住民心理衛生及病人安全 (英文)

New Citizen Mental Health and Patient Safety Advocacy brochure

彰化縣社區心理衛生中心 Changhua County Community Mental Health Center

服務項目

Service Items

心理諮商

Psychological Counseling

自殺防治及關懷

Suicide Prevention and Care

精神疾病預防與關懷

Mental Disorders Prevention and Care

聯絡方式

中心地址：彰化市中山路二段 162 號(彰化縣衛生局)

服務時間：周一至周五 08:00-12:00 13:30-17:30

服務專線：(04)7127839

傳真：(04)7124557

網址：<http://center.nccu.idv.tw/>

電子信箱：mtc@mail.chshb.gov.tw



Contact information:

Address: No.162, Sec. 2, Zhongshan Rd., Changhua City (Changhua County Health Bureau)

Office Hours: Monday to Friday 08:00-12:00 13:30-17:30

Service Line: (04)7127839

Fax : (04)7124557

Website address: <http://center.nccu.idv.tw/>

Email address: mtc@mail.chshb.gov.tw

免費面談心理諮商服務

預約方式：可於本中心網站自行預約，或向本中心或本縣各衛生所電話預約

Free In-Person Counseling Service

How to book : You can make an appointment on our own website or through our Center/each Changhua County health center by telephone.

社區心理諮商服務站

諮商地點	地址	電話
彰化縣社區心理衛生中心	彰化市中山路2段162號	(04)7123369
田中鎮衛生所	田中鎮斗中路1段222號1樓	(04)8742053
福興鄉衛生所	福興鄉福興路51巷2號	(04)7772371
二林衛生所	二林鎮斗苑路4段689號	(04)8964298
員林市衛生所	員林市博愛路229號	(04)8320315
和美鎮衛生所	和美鎮彰美路5段319號	(04)7561514

Community counseling service stations

Location	Address	Telephone
Changhua County Community Mental Health Center	No.162, Sec. 2, Zhongshan Rd., Changhua City	(04)7123369
Tianzhong Township Health Center	1F., No.222, Sec. 1, Douzhong Rd., Tianzhong Township, Changhua County	(04)8742053
Fushing Township Health Center	1F., No.2, Ln. 51, Fusing Rd., Fusing Township, Changhua County	(04)7772371
Erlin Township Health Center	1F., No.689, Sec. 4, Douyuan Rd., Erlin Township, Changhua County	(04)8964298
Yuanlin township Health Center	1F., No.229, Bo' ai Rd., Yuanlin City, Changhua County	(04)8320315
Hemei Township Health Center	1F., No.319, Sec. 5, Zhangmei Rd., Hemei Township, Changhua County	(04)7561514

其他諮詢資源

機關(單位)名稱	電話	服務內容
彰化縣新住民家庭服務中心	(04)7237885	家庭關懷、通譯服務、法律諮詢
衛生福利部 安心專線	0800-788995	心理諮詢
生命線	1995	心理諮詢
張老師	1980	心理諮詢
全國家庭教育諮詢專線	4128185	家庭教育諮詢輔導服務

Other consulting resources

Administration	Telephone	Service
Changhua County New Resident Family Service Center	(04)7237885	Family care、Translation services、Legal advice
Ministry of Health and Welfare	0800-788995	Psychological counseling
Life line	1995	Psychological counseling
Teacher Chang	1980	Psychological counseling
National Family Education Consulting Line	4128185	Family education and counseling services

忙碌的生活中，是否遇到難過想哭的時候，心情溫度計，讓你了解自己的心理狀態。

請你仔細回想「在最近一星期中(包括今天)」，以下問題使你感到困擾的程度，並圈選一個你認為最能代表你感覺的答案。

Have you ever felt sad and just wanted to cry? You can know your own mental state by using Mood Thermometer.

Instruction: The following statements refer to experiences which many people have in their everyday lives. Please CIRCLE the number that best describes HOW MUCH that experience has DISTRESSED or BOTHERED YOU DURING THE PAST WEEK. (Including the current day)

簡式健康量表 心情溫度計

5大評量自我檢測	完全沒有	輕微	中等程度	厲害	非常厲害
1. 睡眠困難，例如難以入睡、易醒或早醒	0	1	2	3	4
2. 感覺緊張不安	0	1	2	3	4
3. 覺得容易苦惱或動怒	0	1	2	3	4
4. 感覺憂鬱、心情低落	0	1	2	3	4
5. 感覺比不上別人	0	1	2	3	4
得分: _____					
有自殺的想法	0	1	2	3	4

BSRS-5 (5-item Brief Symptom Rating Scale), Mood Thermometer

Self-administered questionnaire	Not at all	A little bit	moderately	Quite a bit	Extremely
1. Trouble falling asleep	0	1	2	3	4
2. Feeling tense or high-strung	0	1	2	3	4
3. Feeling irritable or angry	0	1	2	3	4
4. Feeling down, depressed	0	1	2	3	4
5. Feeling inferior to others	0	1	2	3	4
Score: _____					
Suicidal thinking	0	1	2	3	4

計分結果與說明

前 5 題總分：

0-5 分：你的身心適應狀況良好

6-9 分：你有些情緒困擾，建議找家人、朋友談談抒發

10-14 分：你的情緒困擾讓你很不舒服，建議尋求專業諮詢

15 分以上：你的情緒困擾讓你非常不舒服，建議尋求專業輔導接受精神科治療

☆若有自殺(想不開)的想法達 2 分以上，請尋求專業諮詢或接受精神科治療，讓我們幫助你

Scoring and Interpretation

Total score : (First five (5) items)

0-5 : Your physical and mental fitness is in good condition

6-9 : You have some emotional distress and it is recommended that you talk to family or friends

10-14 : Your emotional distress makes you uncomfortable and it is recommended that you should seek professional advice

>15 : Your emotional distress makes you very uncomfortable and it is recommended that you should seek professional counseling for psychiatric treatment

☆If your "Suicidal thinking" item scores more than 2 points, please seek professional advice or receive psychiatric treatment. We are here to help you with.

分級醫療 厝邊好醫師 社區好醫院

Hierarchical Medical System

Good doctor in the neighborhood; Good Hospital in the community

病人安全我會「應」

醫生與病人溝通：回應醫療人員的提問，與主動反應自己或家人的特殊狀況，任何關於治療或用藥的疑問當下詢問清楚。

響應：了解自己或家人的身體狀況是否為跌倒高危險群。

回應：拿藥或檢查的時候，當醫護人員詢問我的姓名及相關問題，我會主動回答。

反應：對不懂的地方隨時發問，服用的藥物是否容易想睡或容易造成跌倒。

United for Patient Safety

Doctor-Patient Communication: Answer questions from medical staffs; take the initiative to inform any special condition of myself or my families and ask clearly any questions regarding treatment or medication right away.

Respond : Understand and assessment of myself and my families' physical condition if is at high risk of falls.

Answer : While picking up medicine or receiving health checkup, I will take the initiative to answer the questions about my name and related issues asked by medical staffs.

Feedback : Consult medical staff any possible side effects about my medicine, such as whether the medicine may cause daytime drowsiness or falls.