

**FEBRUARY IS
PSYCHOLOGY MONTH**

How to Become a Mental Health Ambassador

演講題目：如何成為心理健康大使

(Talk in English & Mandarin)

Presented by Dr. Rosa Wu, R. Psych.

Tuesday, February 26th 4:00PM – 5:30PM
Richmond Public Library

100-7700 Minoru Gate Richmond, B.C. V6Y 1R8, (604) 231-6413

Have you or a loved one struggled with mental health issues and was afraid to share with others, in fear of being judged? Mental health ambassadors are people who are committed to help fight the stigma against mental illness. Please join Dr. Rosa Wu as she explains how you can become a mental health ambassador in your community to foster a healthier living environment for those with mental health struggles. Learning Objectives: (1) The roles and necessary attitudes of a mental health ambassador, (2) Basic knowledge of what a mental illness is, (3) Types of mental health professionals and community resources available.

描述：您或您所愛的人是否因心理康問題而掙扎，並害怕與他人分享，因為害怕被評判？心理健康大使是致力於幫助對抗精神疾病恥辱的人。請與吳博士一起解釋如何成為您社區的心理健康大使，為精神健康鬥爭的人們營造一個更健康的生活環境。

- 關於演講人：吳博士在多倫多大獲得博士學位，在哥倫比亞獲得碩士學位。她有幸生活在各種文化背景下，如台灣，拉丁美洲，紐約和多倫多，並致力於在她所居住，工作和娛樂的社區中培養健康的環境。

-3學習目標：（1）心理健康大使的角色和必要態度，（2）精神疾病基本知識，（3）精神衛生專業人員類型和社區資源