

Talking about mental wellbeing

关于心理健康的话题

Starting a conversation with others about mental wellbeing can sometimes feel difficult.

与他人开启心理健康话题有时真感到不容易。

Top tips for good conversations

以下是促进良好对话的核心建议

Don't be afraid of saying the wrong thing.

不要担心说错话

Share personal experiences where you feel comfortable.

可以在自我感觉舒适的前提下分享个人的经历。

Use prompting questions.

善用引导性问题。

Actively listen without judgment.

不带评判地积极倾听。

Use inclusive language.

使用包容性语言。

Signpost to support when needed.

有必要时让其他的人提供支持

When asking people how they are feeling, it is often worth asking twice to allow for the standard "I'm fine" response but then prompting further.

询问他人感受时，不妨问多一次。对方可能习惯性回答“我很好”，但进一步的慰问能打开

更深层的对话。

Mental wellbeing is related to happiness and contentment. But having good mental wellbeing isn't about being happy all the time. It is more about having a sense of meaning, purpose and belonging.

心理健康与幸福感和满足感相关。拥有良好的心理健康并非意味着无时无刻都直处在快乐当中。它更关乎意义感、目标感和归属感。

We can still enjoy good mental wellbeing alongside a diagnosis of a mental or physical illness.

即使被诊断有身心疾病，我们依然可以拥有良好的心理健康状态。

People may talk about moments of suffering. Tough times are a normal part of life. They can offer opportunities for personal development and help us to better understand ourselves and others.

人们有时会谈到痛苦的经历。不如意事，十常八九，逆境也成为个人成长的机会，帮助我们更理解自己与他人。

Being kind to ourselves when we are experiencing difficult times, finding ways to gain a sense of perspective, avoiding self-doubt or self-blame and reaching out for support when we need it are important for helping us to cope through difficult times and for protecting our mental wellbeing.

在困境中善待自己,学会多角度看待问题，避免自我怀疑或自责，并在需要时主动寻求支持，这些都有助于我们度过难关并保护我们的心理健康。

Conversations in the Community is a free online course. It can build your confidence to have conversations about mental health and wellbeing so you can be there for your friends, family, and others in your community.

《社区中的对话》是一门免费的在线课程，旨在提升您对心理健康的对话自信心，从而更好地支持你的朋友、家人以及其他社区成员。

www.conversationsinthecommunity.org.uk

www.hapus.cymru / www.hapus.wales