

## Mental Health is Your Right

What comes to your mind when discussing "mental health"? Emotional instability, depression, and mental illness? Many people might feel that "this topic has nothing to do with me!"

The truth is, "mental health is not only the lack of illness" but is highly relevant to all the big and small encounters in our daily life. They include conversational skills, personal relationships, emotional topics, family communication, responses in the workplace, and career exploration. Through understanding and learning about mental health skills, we can find solutions to those scenarios or relationships that somehow feel a bit "forced"!

## Mood Thermometer (BSRS-5)

Recall the degree of trouble or frustration you felt "in the past week (including today)" for each question and fill in an answer that best represents your feelings. Finally, the sum of your scores from questions 1-5 will be your total score.

Q1. Trouble sleeping.

Q2. Feeling tense or keyed up.

Q3. Feeling easily annoyed or irritated.

Q4. Feeling blue or sad.

Q5. Feeling inferior to others.

★ Having suicidal thoughts.



- |   |              |
|---|--------------|
| 0 | not at all   |
| 1 | a little bit |
| 2 | moderately   |
| 3 | quite a bit  |
| 4 | extremely    |

### ► If your total score from Q1~Q5 is

**Lower than 5** Congratulations! You are healthy.

**Within 6 to 9** You have slight mental stress. We recommend you to seek emotional support. Talk to your friends or families!

**Higher than 10** You are under great mental stress. We recommend you to seek psychological counseling and medical service.

### ★ If your score to "having suicidal thoughts" is

**Higher than 2** We recommend you to seek psychological counseling or medical service.

## Service Locations

### 📍 Zhongzheng District Community Mental Health Center

No. 5, Section 1, Jinshan S. Road, Zhongzheng District, Taipei City

### 📍 Wanhua District Community Mental Health Center

Building B, No. 152, Dongyuan Street, Wanhua District, Taipei City

### 📍 Wenshan District Community Mental Health Center

3F, No. 220, Section 3, Muzha Road, Wenshan District, Taipei City

### 📍 Beitou District Community Mental Health Center

2F, No.111, Section 2, Shipai Road, Beitou District, Taipei City

Construction is ongoing for other community mental health centers.



Website



LINE



Facebook



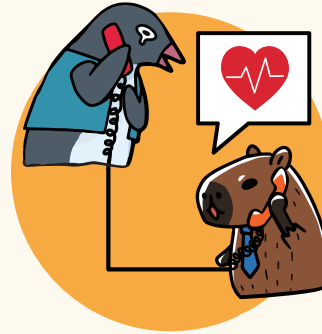
## Taipei City Community Mental Health Center





### Mental Health Information

Have you encountered problems relating to your mood, communication skills, or career planning? The Community Mental Health Center can provide you with health information!



### Mental Health Consultation Hotline (service only available in Chinese)

Do you have mental health concerns that require consultation?  
Please call: (02)3393-7885  
(business days from 9 AM-10 PM) or 1925 (24-hour).



Outpatient  
Schedule

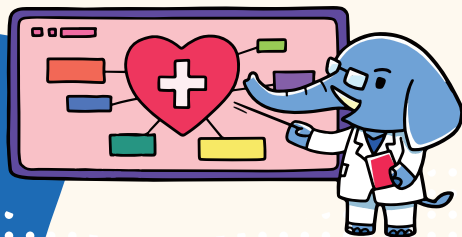
### Outpatient Mental Health Consultation in Communities

Do you require assistance from a psychologist? Whether you are suffering from stressful interpersonal relationships, parent-child relationships, or issues with adapting your life, a psychologist can provide assistance (some outpatient clinics offer English consultation).



### Mental Health Activities and Courses

Do you want to improve your mental health? We offer different courses and growth groups relating to interpersonal interactions, family issues, and academic life. Please join us!  
(Instructors only interact in Chinese).



### Mental Health Resources in Taipei City

Aside from outpatient mental health consultations in communities, Taipei City has other mental health treatment and consultation facilities that offer professional resources.

