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|  **Mental health | 精神健康** |
| 任何人都有可能受精神健康问题的影。焦虑、抑郁、饮食紊乱、自残、滥用药物引发的问题、自杀和精神分裂症等是众多例子中较广为人知的。大约45%的人会在一生中的某段时间经历精神健康问题。每年，有五分之一的人会出现精神健康问题。这些问题影响人的程度和时间不同。维州有专业人士向您提供精神健康方面的医疗意见。除了政府提供的服务，私人机构也提供许多选择，让您能获得所需的支持。要记住，精神健康不仅仅是专业人士的问题，确保精神健康，人人有责。朋友、家人、社区、教育、安全、不受暴力和歧视对待、生活质量高，以及其他因素都有助我们维持精神健康。出现紧急情况或是面临危险时，需要打000紧急服务电话，或是致电维州精神健康分诊电话，情况紧急或危急时，可以寻求他们的帮助。 |  |
| Mental health issues affect people from all parts of society.  Anxiety, depression, eating disorders, self-harm, substance abuse related disorders, suicide, and Schizophrenia are some of the more well-known conditions.  But there are many more.  About 45% of all people will experience a mental health problem at some time during their life.  And one in five people experience mental health problems each year.  These experiences can range a great deal in how they affect people, and for how long.  In Victoria, there is expert advice available to assist you with the treatment of a mental health issue.  Governments provide many services, and there are private options available too, helping you to get the support you need.  It's important to remember that good mental health is about more than accessing professional services.  Mental health is everyone's business.  Friendship, family, community, education, safety, freedom from violence and discrimination, a good standard of living, and many more factors all help us to build good mental health.  "Sometimes people might be in an emergency and need to call 000, or they're at imminent risk and maybe they need to call 000. Or maybe the psychiatric triage number in Victoria,  you know, those services are available in emergencies or in crises."对于非紧急的精神问题，维州提供公立与私立的服务。家庭医生能帮助您决定什么治疗最适合您。公立医疗体系向出现严重精神健康问题的病人提供政府补贴的医疗服务。您的医生也可以将您转介至私立服务，例如心理辅导员、心理专家和精神专科医生。这些服务的初期收费大多能申请Medicare退费。因精神健康问题罹患残疾的人不久之后可能有资格获取NDIS提供的支持服务。病人的家人朋友和看护人也能获得支持和专业意见。精神疾病患者应该及早寻求帮助。我们提供自愿服务服务，我们可以上门探视病患。患者应该及早寻求协助。要及早康复，就要及早寻求医生和医疗服务的帮助。病人无法独立面对这种问题，需要家人、精神健康服务、临床服务等帮助他们康复。所有年龄层、文化背景的人都可能经历精神疾病。病人能从各种服务获得支持。您的支持团队可能包括几名不同的专业人士。For non-emergency mental health issues, Victoria offers public and private services.  And your GP can work with you to help make the decision on what is the best treatment for you.  You might access the public system, where many mental health services for severe mental health experiences are subsidised.  Or your local doctor can refer you to private mental health services such as counsellors, psychologists, and psychiatrists, with most initial sessions eligible for a Medicare rebate.  People with a disability resulting from mental health problems may be eligible for support under the National Disability Insurance Scheme, as it rolls out.  Support and advice is also available for family, friends, and carers of people with mental health conditions.  "It's really important that people with a mental illness call out for help as soon as possible, and it's great because services like ours are voluntary and we meet people where they're at  and getting help early is really important. Getting support from your doctor and its health services, is important for recovery. It's not something that people can really cope with on their own. You need your family, you need mental health services, clinical services, to be able to support people to recover."  Mental health issues are experienced by people of all ages, cultures, and backgrounds.And services can provide help for a broad range of needs.  As you and your support team move through your plan, there can be a number of different experts.  您的支持团队可能包括几名不同的专业人士。我的团队向年轻人和他们的家人提供心理治疗介入，帮助他们排除心理障碍。我们也向当事人提供转介服务。我们帮助出现抑郁或焦虑的人，不过有时当事人的问题也可能较为严重。我患有抑郁症和焦虑症，这项服务帮助我学习如何控制我的情绪。他们提供的一对一辅导最有帮助。我很幸运遇到跟我合得来的心里治疗师，她给我很强的安全感，帮助我面对以及克服问题。你可以求助的精神健康专业人士以及专业服务种类繁多，包括家庭医生、精神科医生、护士、社区支持人员、社工、职业治疗师、同辈支持人员、心里治疗师等。首先，要跟对方建立互信与共鸣，这个非常重要。他们跟你分享极私密的事，对他们非常重要的事。所以建立信任非常重要。信任建立起来以后，就可以与当事人一起努力。亚当开始帮助我之后，他给我的支持让我对自己有了自信。支持与介入服务向出现急症或情况危急的精神疾病患者提供介入帮助。"I work on a team to provide young people and families with psychological intervention to help support them through mental health difficulties.  And we also link people in with other services that might be helpful to them.  We help people who are coming in with issues like depression and anxiety, but it also varies to more distressing topics as well.""I suffered from depression and anxiety and it's helped me to learn how to channel my mind to control those things.  The services are definitely far most beneficial with individual counselling.  I luckily had a psychologist that I really clicked with, and that I felt really safe and secure with, to help fix it and take control of my situation."There are many different types of mental health professionals and services that you might use.  These can include GPs, psychiatrists, nurses, community workers, social workers, occupational therapists, peer workers, psychologists, and counsellors.  "The important aspect is to develop trust and build rapport first of all.  People are sharing very personal things with you, and things that are very important.  So it's really important to develop that trust, and then, once you've got that, then you can go on a bit of a journey with someone.""When Adam took me on as a client, gave me a lot more confidence boost, just having that extra support."Support and intervention services provide immediate help and support to people with a mental illness or psychiatric disability who are acutely ill or in crisis.  These services also help people to access other specialists or support they may need.  这些服务也向病人提供必要的转介服务。有些精神健康服务专门协助老年人，或是向不同文化背景的人及难民提供协助。 孩童与青年精神健康服务也提供专门的服务。如果您住在偏远地区，维州也有专门的服务。如果您需要支持，请致电生命线 13 11 14。如需紧急协助，请拨打紧急服务电话000。详情请访问：<BETTERHEALTH.vic.gov.au/mentalhealth>There are mental health services specifically for older people, as well as for people from diverse cultural backgrounds, including refugees.  Child and youth mental health services offer specialised mental health services as well, and there is a rural and remote areas programme, if you live in regional Victoria.  If you need support call Lifeline on 13 11 14.  If you need urgent assistance, contact Emergency on 000.  For more information visit: betterhealth.vic.gov.au/mentalhealth |  |
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