



Hope Is Not Too Far Away 希望就在不遠處

UCSF ASIAN HEALTH INSTITUTE BILINGUAL HEALTH LECTURES

亞裔健康研究院雙語健康講座 (英語和廣東話)

Collaboration with Mental Health Association for Chinese Communities

MAY IS ASIAN PACIFIC ISLANDER (API) HERITAGE Month as well as Mental Health Awareness Month, a good opportunity to wake us up to the hidden mental health problems within the API community. Many victims with mental disorders do not get diagnosed or receive prompt, language-appropriate and culturally-sensitive treatment. The associated shame and stigma in those with mental illness, coupled with lack of access for proper services, have created calamities in the API community. Some interpret mental disorders as a sign of weakness, or possession by evil spirits, and regard them as socially contagious. Elaine Peng, founder of the Mental Health Association for Chinese Communities, will share her story of how her once-perfect family had fallen apart since her loving husband committed suicide at the young age of 41. How she has coped with the loss by turning her sorrow into helping and advocating for others with mental illness sets a good example for all of us to learn. Ms. Peng will speak on May 17 and share her insights with us. This is a free and bilingual (English/Cantonese) lecture. All are welcome.



五月份是美國亞太裔的民族傳統月 (A P I) 和心理健康意識月，是個讓我們喚醒亞太裔社區中隱藏的心理健康問題的好時機。許多亞太裔的精神障礙患者未得到診斷，也沒有及時得到適合他們語言和文化的治療。有精神病的羞恥和恥辱，

再加上沒有得到適當的心理治療，造成了亞太裔中有心理病患者的大災難。許多人將有精神病視為是有弱點，或者是被邪靈上身，並害怕精神病會傳染他人。美國華裔精神健康聯盟的創始人彭一玲主任將分享她的故事，講述自從她的丈夫在四十一歲時自殺後，她那曾經完美的家庭是如何崩潰。而她又是如何化悲憤為力量來應對失敗，不僅將目標轉而幫助和倡導其他精神病患者，也為

我們所有人提供了一個很好的實例。所以我們特邀了彭一玲主任於五月十七日在一個免費的雙語 (英語/廣東話) 講座與我們分享她在心理健康方面豐富的見解和知識，歡迎參加。

Speaker
演講者



Elaine Peng 彭一玲主任

Mental Health Advocate and Educator
Founder/President and CEO

Mental Health Association for Chinese Communities 美國華裔精神健康聯盟

Date/Time
日期時間

May 17, 2018 (Thursday) 五月十七日 (星期四)
下午 5:00–6:30 pm

Location
地點

Herbst Hall, UCSF Mount Zion Campus 赫布斯特館
1600 Divisadero 街 (Between Post and Sutter St.), 2nd floor, San Francisco

RSVP
敬請回復

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