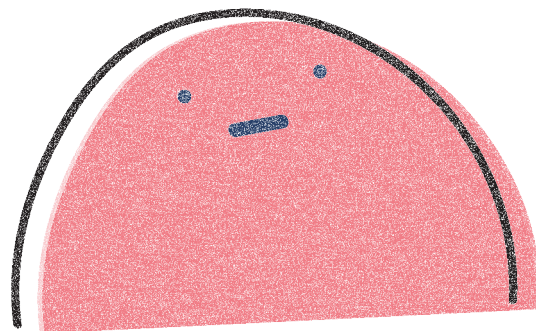


近來你心情點呀？

How do you feel lately?





憤怒

FURIOUS



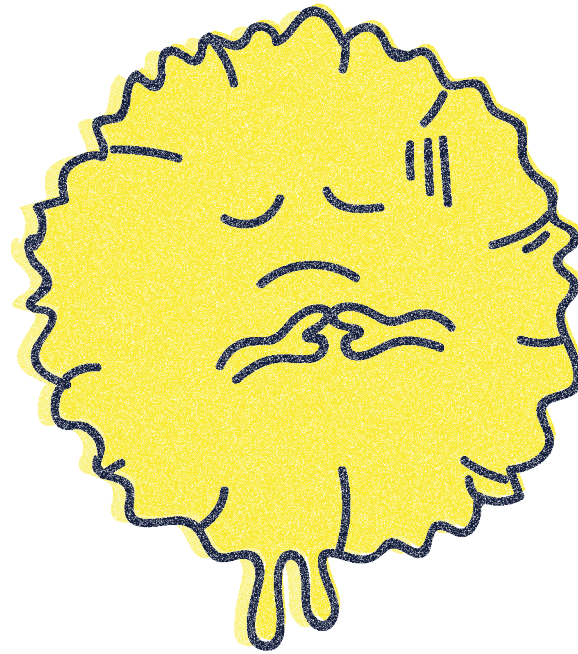
苟女 苟女  
馬 馬

PANIC

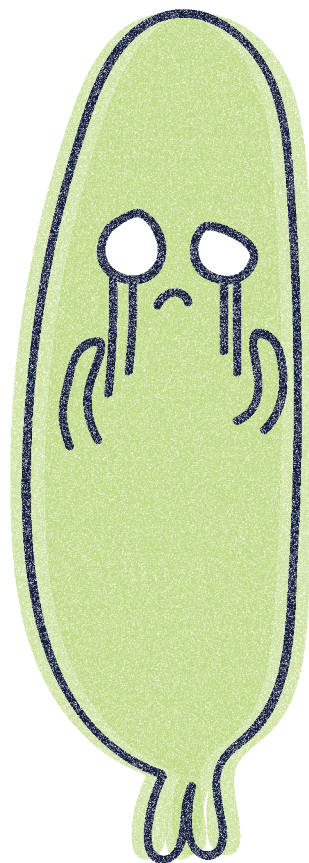


成日諗起

PLAYBACK

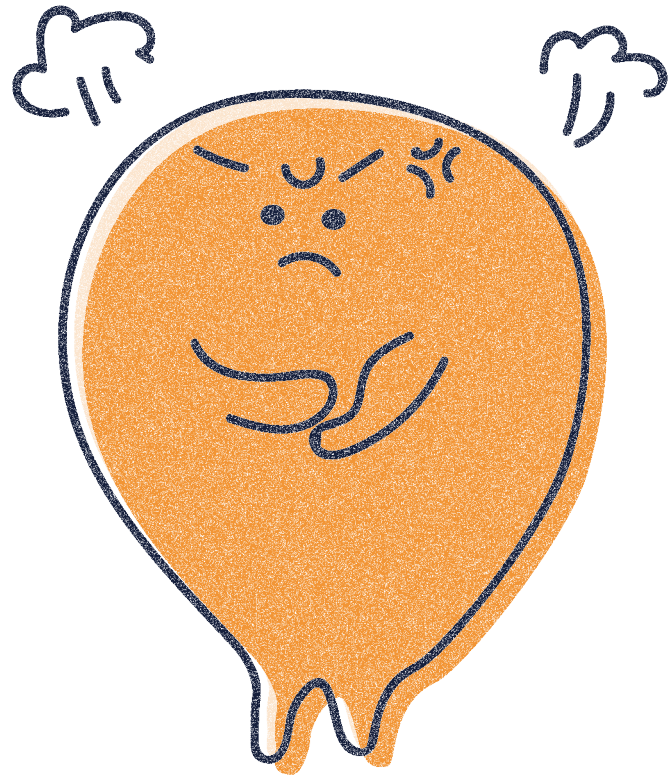


擔心  
WORRIED

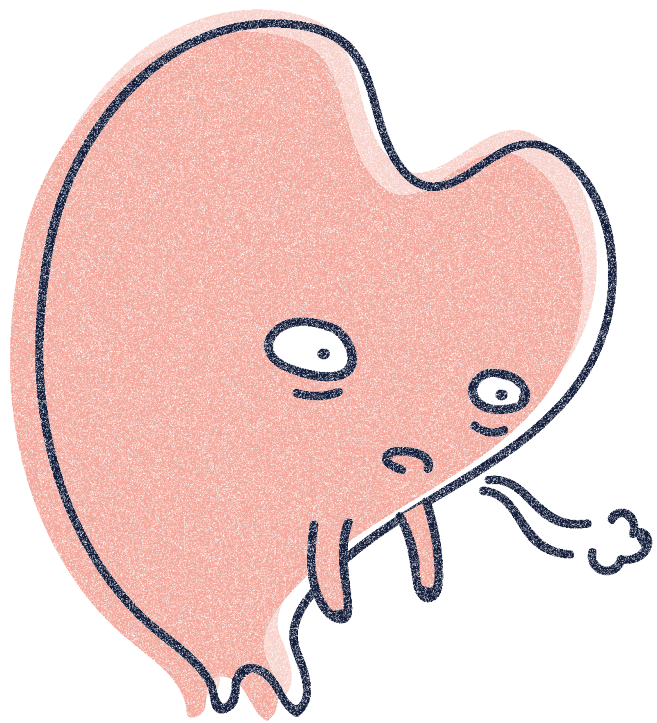


哭

SAD



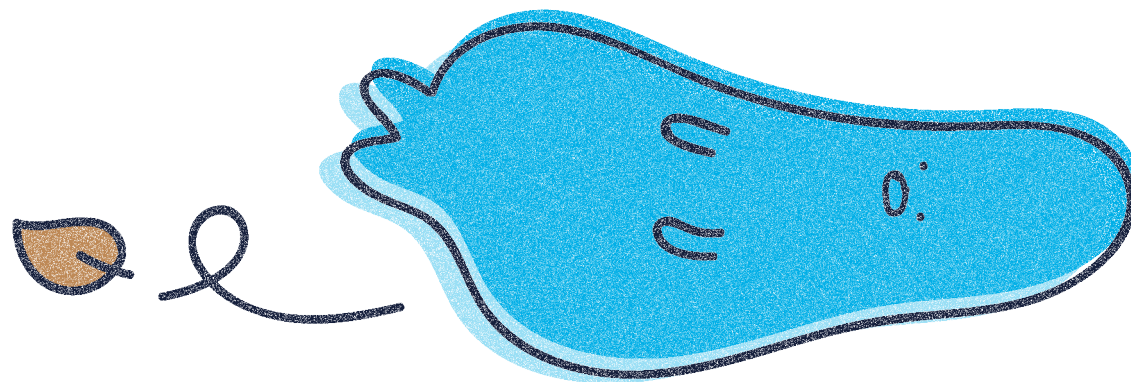
𧄸  
ANGRY



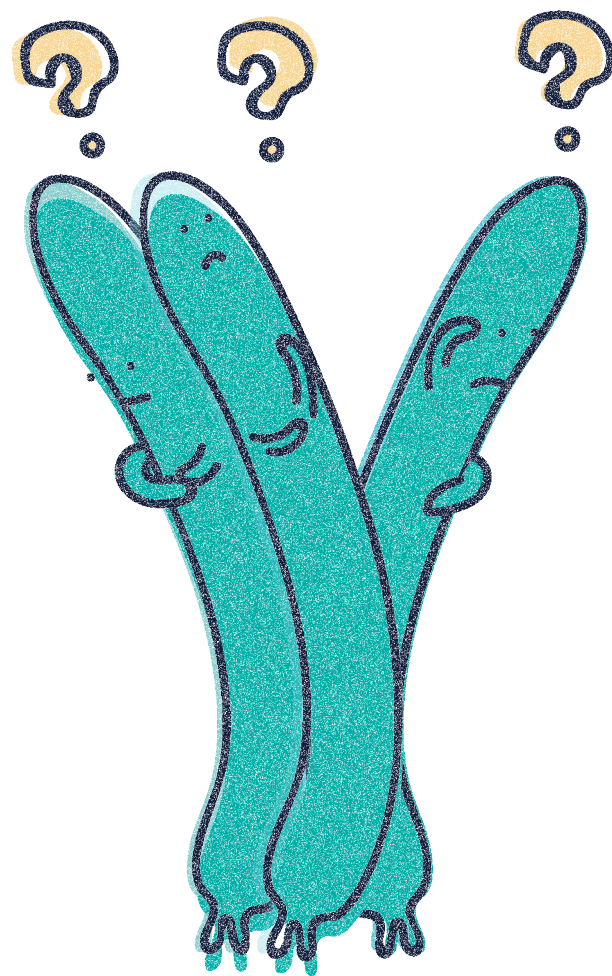
心很累

TIRED



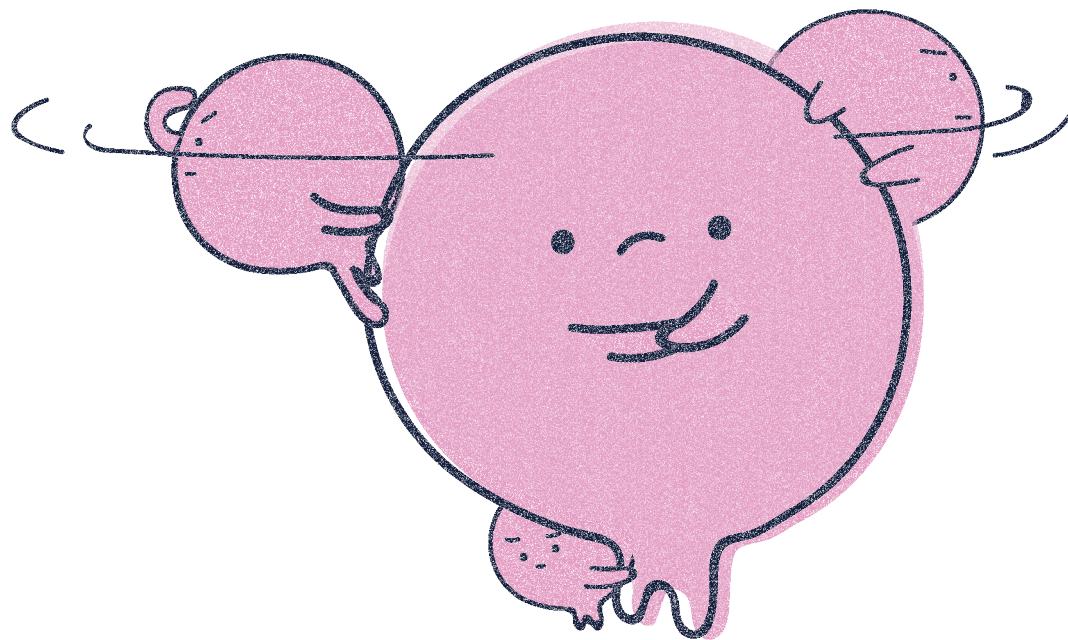


晒晒  
EXHAUSTED



迷惘

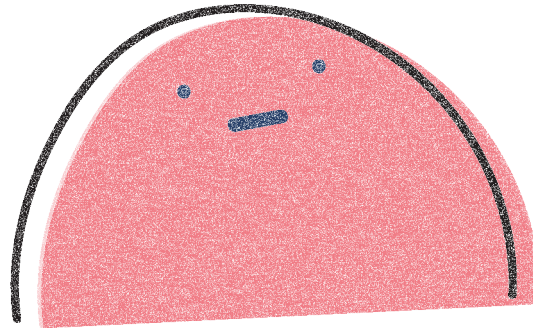
CONFUSED

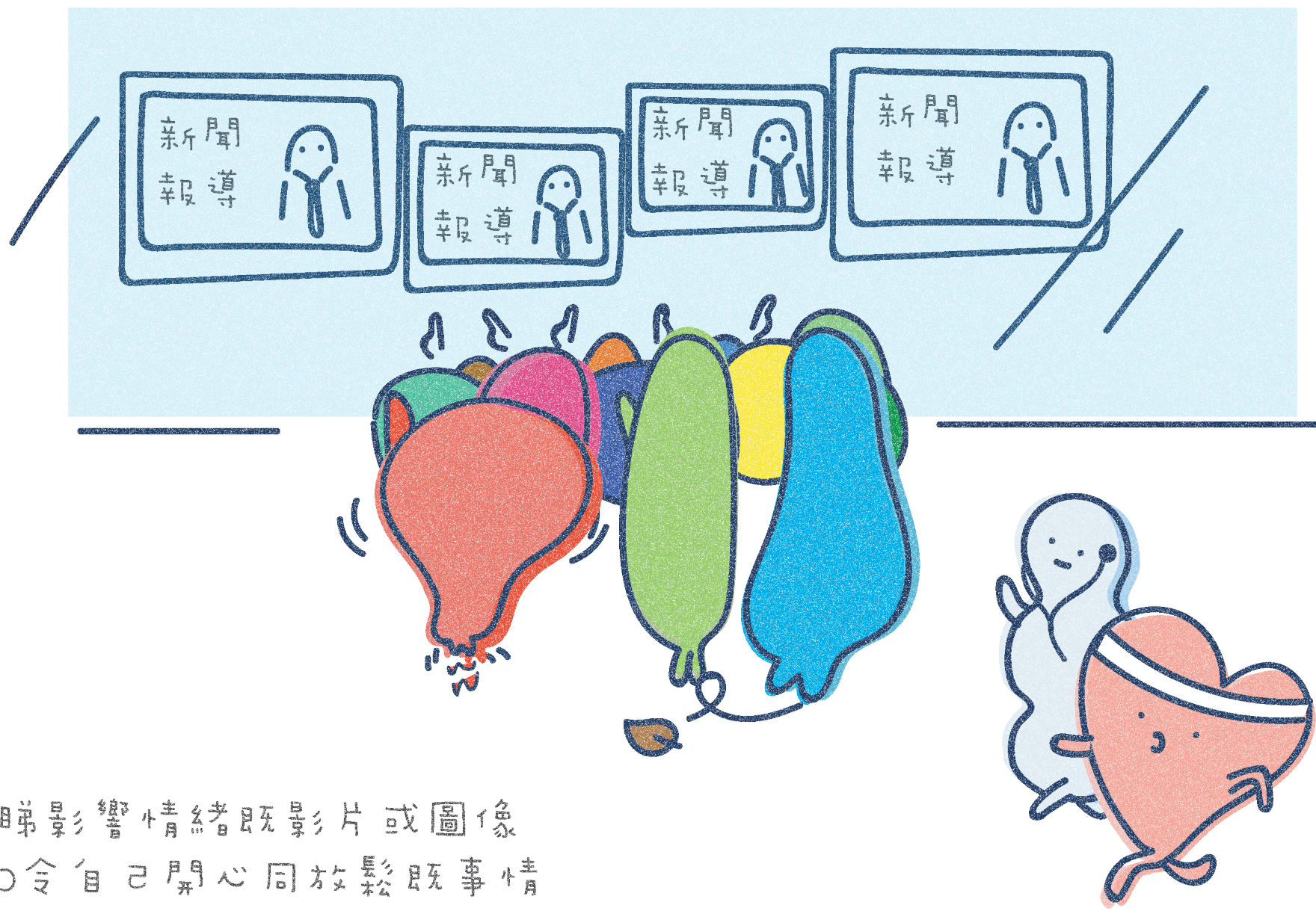


敏感  
OVERSENSITIVE

其實呢D都係經歷過危急事件後正常既壓力反應  
只要好好照顧自己就會慢慢無事架喇，例如。。。。

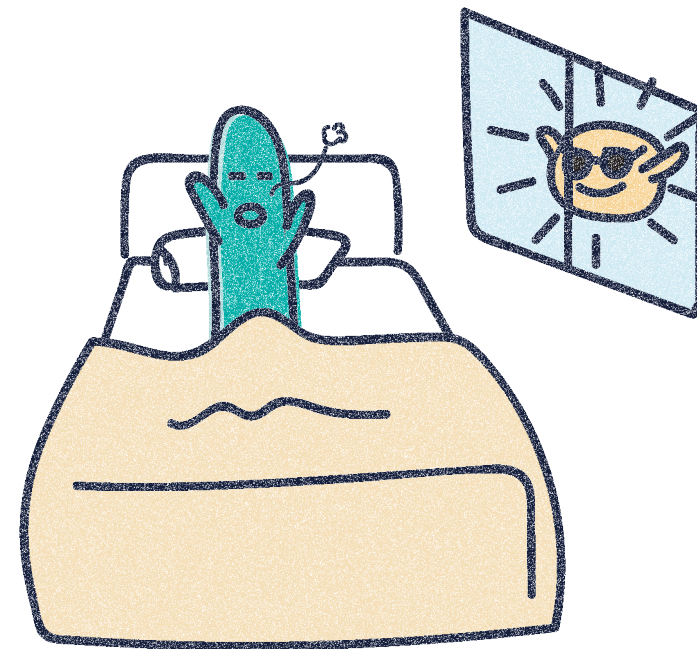
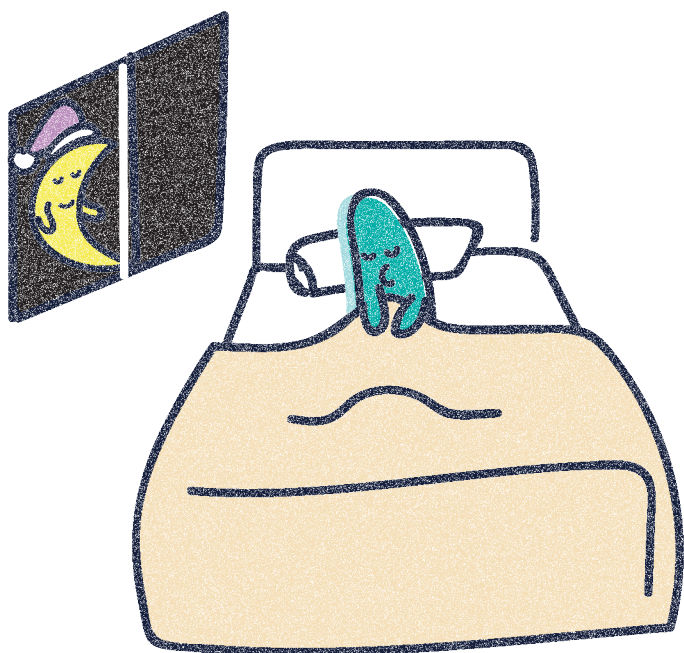
These are common reactions to critical incidents.  
Natural coping strategies can help gradually reduce the stress  
reactions, for example...





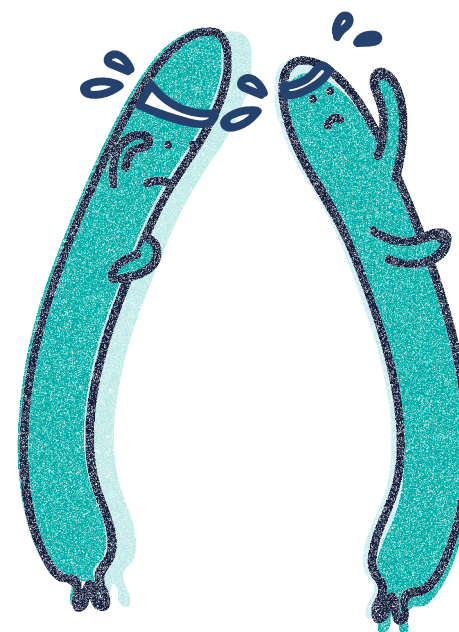
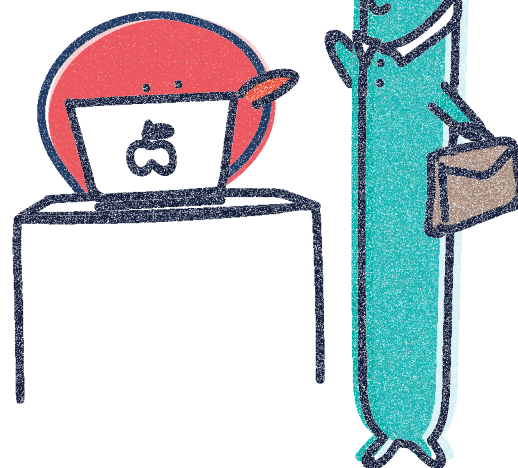
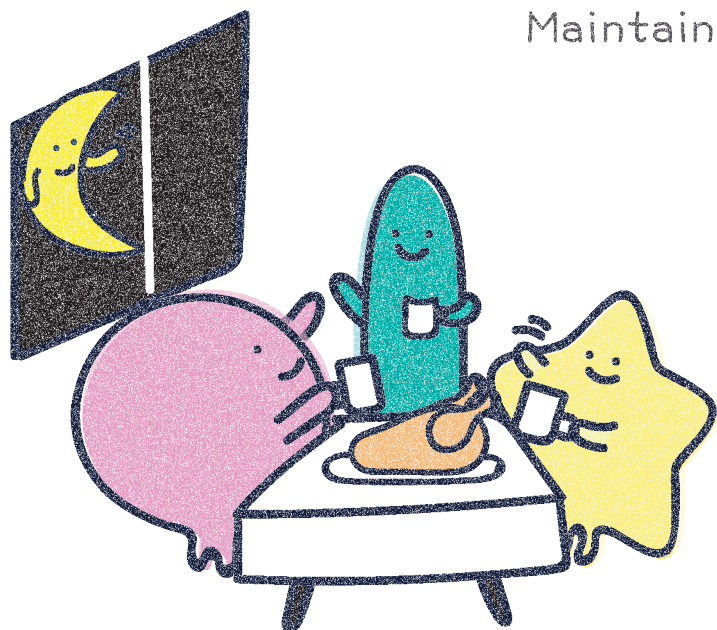
減少睇影響情緒既影片或圖像  
做一D令自己開心同放鬆既事情

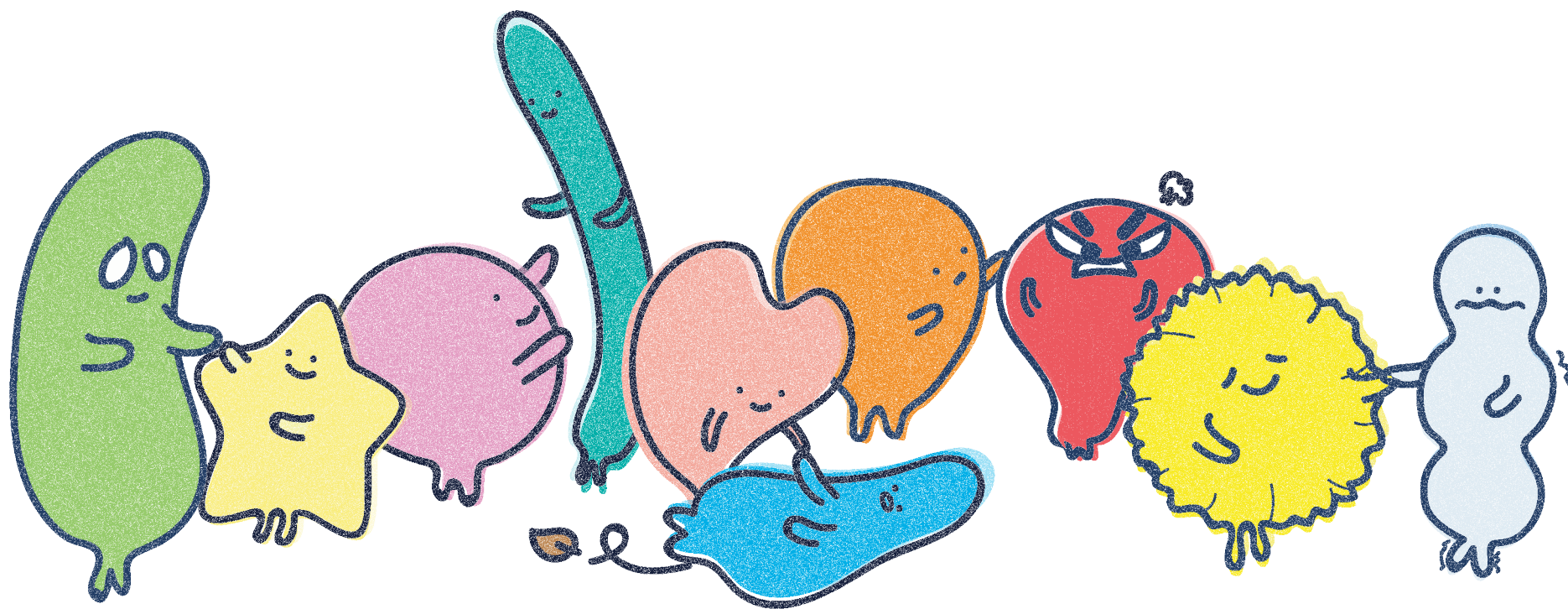
Watch less videos and photos that affect your emotions.  
Do more things that make you feel happy and relaxed.



生活作息正常，休息多D

Maintain daily routine with adequate rest



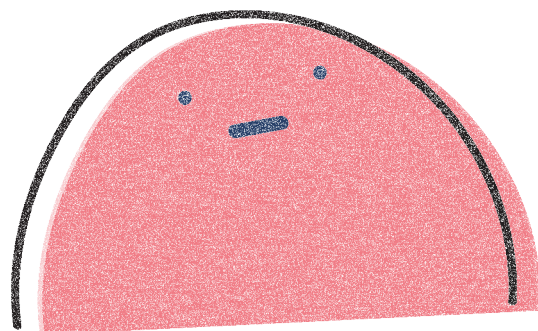


多D同支持自己既人一齊，互相分享，互相傾訴

Spend time and share your feeling with people who can support you

但如果情況持續兩三星期或以上，影響到正常生活，甚至反覆想到死亡，就要搵專業人士幫手喇

If the conditions persist for 2-3 weeks or longer and affect your daily functioning and work, or you have recurrent thoughts of death, please consult professionals.





因應香港島及元朗區發生的衝突事件，引起社會大量的不安情緒，香港紅十字會現已啟動緊急心理支援熱線服務。市民可透過熱線電話3628 1180，即時接受由心理學家和義工提供的心理支援。

22/7: 12noon-10pm  
23/7: 10am-10pm  
24/7: 10am - 10pm

同時市民亦可繼續透過 whatsapp 短訊至 5164 5040 或掃描QR code 預約免費的「Shall We Talk」心理支援服務。  
\*所有收集的個人資料將會保密。



In respond huge emotional reactions to the conflict situations at Hong Kong Island and Yuen Long, Hong Kong Red Cross has launched the emergency hotline service. Citizens can call us at the hotline 3628 1180 and receive instant support from our psychologists and volunteers.

22/7: 12noon-10pm  
23/7: 10am-10pm  
24/7: 10am - 10pm

Also, you can also send whatsapp message to us at 5164 5040 or scan the QR code for booking the free “Shall We Talk” psychological support service.  
\*Your personal information collected will be kept confidential

