

什么是心理内科学?

心理内科学(精神病学)是一门分析及治疗精神疾病的专科医学。这门专科医学能够帮助、辅导与治疗各种不同的精神问题,其中包括情绪失控及行为问题。最主要的目的是帮助人们拥有健康的心理,同时协助个人达到最佳的精神状况。

为什么心理内科学那么重要?

- 在这个紧张的世界,生活越来越紧迫导致压力。
- 不善于处理压力,加上其他生物、心理及社会和环境因素等导致精神问题。
- 精神问题会削弱个人的健康,如失眠、免疫力低下、患得癌症或心脏疾病率高。它也会削弱个人的学业、事业、人际关系及家庭的生活素质。
- 若不给予治疗,将会导致长期痛苦、许多疾病的产生,甚至失去生命。

有以下症状的儿童必须得到专业的指引:

- 学业成绩逐渐退步
- 抗拒上学或逃学
- 自闭、孤独
- 注意力缺失过动症(注意力不足或过动问题)
- 举止和行为问题

有以下问题的成人/老年人需寻求专业的协助:

- 焦虑感-容易紧张、过度担心、胸闷或疼痛、呼吸困难、昏晕、重复性的想法和行动。
- 忧郁沮丧-持续伤感、失眠、胃口不好、注意力不集中、昏睡、身体疼痛、绝望、有自杀念头。
- 精神分裂症和其它精神病-拒绝与人交往、听见声音、自言自语、疑心重、妄想念头、反常的信仰、暴力。
- 睡眠-失眠、睡眠间断、太早起身、发恶梦、梦游。
- 饮食障碍-拒绝饮食、暴饮暴食之后呕吐出来。对体重过度敏感和担忧自己的身材。
- 滥用酒精及毒品-依赖和上瘾,因酒精或毒品引起行为和情绪失常。
- 性爱-勃起功能障碍、不育和与性有关的问题。
- 肉体外形-各种生理(身体)的投诉、持续疼痛。
- 老人痴呆症、健忘、精神混乱
- 其它疾病-建议对癌症、中风、心脏病、爱滋病及其他疾病的辅导。

What is Psychological Medicine?

Psychological Medicine or Psychiatry is a specialized field of medicine that deals with Mental Health: it involves assessments, investigations and treatments of all types of mental disorders, including emotional and behavioral problems. It aims in making an individual WELL and to achieve the BEST abilities in life.

Why is Psychological Medicine so important?

Hectic lifestyle and work pressure are common causes of STRESS. Unmanaged stress, coupled with biological vulnerabilities, psychological and environmental factors, will cause MENTAL PROBLEMS.

These may impair PHYSICAL health leading to poor sleep, decreased immunity, increased risks of heart disease, cancers and many other medical conditions.

It also reduces an individual's academic and work performances, and disrupts one's social and family relationships. In short, it causes poor QUALITY of life. If left untreated, this will lead to prolonged suffering and even loss of life.

Common symptoms in children:

Decreasing academic performance.
Repeated school refusal.
Increasing conduct and behavioral problems.
Hyperactivity and poor attention.
Autistic spectrum disorders etc.

Common symptoms in adults:

*Sleep problems: unable to fall asleep, interrupted sleep, early morning awakening, nightmares, sleep walking.

*Stress-related disorders: irritable, headaches, chest pains, breathing problems, gastric pains, poor sleep, nervousness etc.

*Alcohol and drugs: addiction.

*Sex: erectile dysfunction, infertility, issues of sexual orientation.

*Eating disorders: food refusal, excessive fear of body weight, binge eating and vomiting after food.

*Anxiety: panic attacks, worries, chest discomfort, breathing problems, fainting, repetitive thoughts, repetitive actions.

*Depression: persistent sadness, poor sleep/ appetite, inattention, weakness, bodily pains and aches, hopelessness, suicidal thoughts.

*Schizophrenia and other Psychosis: social withdrawal, hearing voices, self talking, suspiciousness, abnormal beliefs, violence.

*Confusion and forgetfulness in the elderly.

*Counseling is recommended for patients with cancer, heart illness, stroke, HIV(+) etc.

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