

Title: Depression

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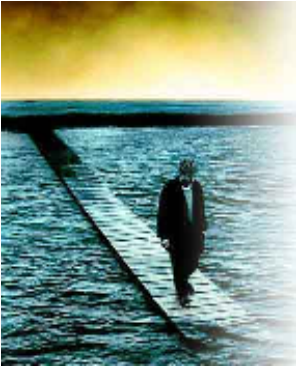
Key words: depression family therapy

Abstract:

Depression is a commonly encountered medical condition. This patient education tool is a brochure in both English and Hmong that details the basic information on depression.

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

## Ua Li Cas Kuv Thiaj Paub Kuv Muaj Kev Nyuaj Siab Depression?



- Zoo li koj nyuaj siab heev thiab tsis zoo siab li
- Tsis muaj zog thiab tsis qab lo noj mov
- Koj tsis ua tej yam koj pheej ib txwm ua kom muaj kev lom zem
- Pw tsis tsaug zog, los yog pheej pw tsis tau es sawv ntxov heev.
- Pheej xav tias yog koj tag ib sim neej ntshe yuav zoo tshaj

## Yam Nyuaj siab Depression yog dab tsi?

Depression yog ib yam kab mob es raug poj niam thiab txiv neej, tus hlo tus yau. Depression ua tuaj rau txhua yam nyob hauv koj lub neej. Cov neeg uas nyuaj siab li no tsis muaj zog thiab tsis xav ua dab tsi li. Tsis tas li ntawv, cov neeg mob li no xav tias lawv txoj sia tsis muaj nuj nqi.

Yog tias koj muaj mob li no, koj tsis yog tib tug xwb. Nyob teb chaws no, 9.5% cov neeg laus yeej muaj depression.

Yog tias koj xav tau kev pab:

- 1) Hu rau tus xov tooj no, yog lub koom haum National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255).
- 2) Los yog hu rau: 1-800-799-4TTY (4889), lawv mam muab koj tham nrog cov kws xib fwb saib txog cov neeg muaj kev nyuaj siab..

Some of the pictures contained in this brochure are from the following websites:

[www.121hypnosis.com/images/121depression2.jpg](http://www.121hypnosis.com/images/121depression2.jpg)

[www.carroll.edu](http://www.carroll.edu)

## Koj Puas Muaj Kev Nyuaj Siab? (Depression)



**Koj puas xav tias koj tsis muaj nuj nqes, ntse lub ntiaj teb no yuav zoo tshaj yog tsis muaj koj?**

**Yog koj muaj tej yam no, peb yuav pab tau koj.**

**Koj yuav tsis tau tiv tej kev nyuaj siab no ib leeg.**

## Es Yam Kev Nyuaj Siab Depression No Ho Zoo Li cas?



### Vim Li Cas Thiaj Muaj Depression?

Tsis muaj ib yam uas ua kom koj muaj depression. Yog koj tsev neeg muaj ib tug neeg tag sim neej, los yog koj muaj mob yuav ua tau koj muaj Depression. Kev nyuaj siab, tej yam tsis sib haum ntawm koj tus txiv los tus poj niam ua tau koj muaj depression. Kws kho mob nrhia tau tias tej cov neeg yeej tsim los muaj tau Depression dua tej cov. Tsis tag li ntawv, tej yam tshuaj ua tau koj muaj depression. Muaj tej yam kab mob yuav ua rau koj zoo li koj muaj Depression tiam sis ho tsis yog.

### Es Puas Muaj Tshuaj Kho Tau?

Muaj ntau yam tshuaj es yuav pab kho tau koj qhov Depression.

- Muaj ntau yam tshuaj uas pab tau koj. Txawm koj tsis haum ib yam los sim tau lwm yam.
- Koj yuav tsum tau tos 4 txog 6 as thiv cov tshuaj thiaj ua hauj lwm.
- Nrog koj tus kws kho mob tham vim tias tej cov tshuaj no ua rau yus lub cev txawv txav ntau yam.



### Yog Tsis Noj Tshuaj Puas Muaj Lwm Yam Es Pab Kho Tau?

- Muaj ib yam hu ua psychotherapy, es koj mus nrog ib tug kws kho mob nyuaj siab tham, es yuav pab daws tau koj tej kev nyuaj siab.
- Psychotherapy, yog siv nrog tshuaj, tseem muaj kuab tshaj siv tshuaj xwb.



Yog koj xav tias koj los yog ib tug neeg koj paub muaj kev nyuaj siab, hais kom nws mus ntsib nws tus kws kho mob. Yog tias koj nyuaj siab heev xav tua koj tus kheej, hu rau tub ceev xwm 911 los yog mus rau pem tsev kho mob. Yog koj xav paub ntxiv, mus rau:

<http://www.nimh.nih.gov/health/to pics/depression/index.shtml>.