

## The Mental Health Week Sponsored by MOE Starts with Fanfare at TKU

英文電子報

With the pressures of modern-day life gathering its impact and momentum, more and more youngsters who call themselves “the ultra new mankind” are suffering from the so-called “blues” ---in other words, melancholia in medical terms.

“In the winter vacation there are 6 to 7 reported cases among students who remain behind alone without family attachment. Actually they sought to inflict injury upon themselves---they intended to commit suicide.” These are the alarming words which Dr. Flora C. I. Chang, V.P. for Administrative Affairs, TKU, revealed in the opening ceremony of a special week entitled “How to Prevent Self-Inflicted Injury---Relax, Pick up a Flower and Smile!” She also hoped that the counseling work can be dispensed to those “needy” students.

According to Ms. Hu Yen-wei, Chief, Counseling Section, Office of Student Affairs, TKU, preventive measures are considered most important and adequate. If on your side there appears a friend who has a tendency of inflicting injury upon his/her own body, who tells you he/she intends to terminate his/her own life. It means you are the friend he/she is seeking help to you a signal of “S.O.S.” is being flashed. At that critical moment, to admonish, to dissuade, to reprimand would be harmful you should put yourself in his/her position to understand his/her misery, to hug with your caring, loving arms, to let him/her feel your warmth---these are the judicious and advisable ways. Then you should seek professional help for him/her, get him/her to see a doctor, a psychiatrist.

The Mental Health Week sponsored by Ministry of Education has chosen TKU to be their first stop of display. The Exhibition Hall of Business &

Management Building is filled with books written on this subject festooned with posters with brief and compact advice messages folded paper cranes in many colors are afloat soft, soul soothing music to offer viewers with a sense of tranquility and comfort is echoing in the air, etc.