

FACED WITH SUDDEN DEPRESSION, WHAT CAN WE DO?

In life, inevitable separations or losses may occur. Sometimes encountering similar situations or exposure to similar messages can evoke unsettling emotions and may also trigger some memories. If we find that such emotions have begun to affect our life, here's what we can do:

Pause Receiving Messages

When facing stress from social media, please stop receiving and tracking relevant information. Give yourself a break to avoid further unease or anxiety.

Seek Resource

When having difficulties in life that aren't easy to handle alone, please seek available support from trusted teachers, family, or friends. Give yourself the chance to accept assistance.

Take Care of Each Other

Mind the mental health of your family, friends and classmates. Take good care of each other and share your feelings, then discuss how to deal with such unease together.

Self-Care

Engage in activities that makes you calm and relaxed, maintain regular exercise to regain control of life, and take good care of and cherish yourself.

If trying the above methods still doesn't alleviate the unease, you can utilize the following resources:

Student Counseling Center

Sanxia Campus:

The Administration Building, 2nd floor

02-86741111#66240

Taipei Campus:

The Teaching Building, Room 827

02-86741111#18168

Counseling Reservation



24 hours Campus Security Hot-line

Sanxia Campus: 02-26711234

Taipei Campus: 02-25023671



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