

香港整全普及精神健康協會

Hong Kong Holistic Popular Mental Health Association (HKHPMHA)

有關精神健康的立場聲明

Position Statement on Mental Health

執行摘要 Executive Summary

- 香港整全普及精神健康協會關注精神健康及精神病患者的康復。
HKHPMHA focuses on mental health promotion and recovery from mental illness.
- 整全精神健康除涉及生理、心理及社交外，亦涉及靈性層面。
Mental health is holistic, not just biopsychosocial but also spiritual.
- 精神健康是健康的固有組成部份，對每一個人都極為重要，有其普遍性；精神健康服務必須普及，讓所有人（尤其是弱勢群體）都可獲取他們負擔得起及易於獲取的精神健康服務。
Mental health is popular, in the sense that it is an intrinsic part of health, essential for and relevant to everyone; mental health service should be accessible and affordable, especially to the disadvantaged.
- 精神疾病不單是情緒困擾、認知功能障礙或缺乏適應能力的行為，亦包含人生迷失意義、目標及希望。
Mental illness is not just emotional distress, dysfunctional cognition and maladaptive behaviour but also involves loss of meaning, purpose and hope.
- 精神健康是全人幸福 -- 能與自己和平共處、與人建立關係、生命中雖然逆境處處及充滿挑戰，亦能感到幸福快樂。
Mental health is the wellbeing of the whole person, who is at peace with oneself, connected with others and happy with life despite various adversities and challenges in life.
- 香港整全普及精神健康協會致力於整合生理、心理、社交及靈性健康，以促進全人成長及成熟，體驗生命的豐盛。
HKHPMHA strives to integrate physical health, psychosocial wellbeing and spiritual health to facilitate growth and maturity of the whole person and promote experience of the fullness of life.

健康與精神健康 Health and Mental Health

世界衛生組織的憲章提出「健康不僅為疾病或羸弱之消除，而是身體體格、精神與社交之完全健康狀態。」「推廣醫學、心理學及有關知識之益處與各民族，對於健康之得達完滿，實為至要。」

精神健康是身心康健的一種幸福的狀態；在這狀態之下，人可以察覺自己的能力並加以發揮，以應付生活上的正常焦慮、有成效地工作及為社區作出貢獻（世界衛生組織 2023）。換句話說，精神健康意味著一種幸福的狀態（對生活感到快樂），具有一定程度的自我理解和自我接納（與自己和平共處）、應對壓力（生活中的各種逆境和挑戰）的能力，並且是足以為社區做出貢獻（與人建立關係）。

WHO constitution states “Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity”, “The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health”.

Mental health is a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make contributions to his or her community. (WHO, 2023) In other words, mental health implies a state of wellbeing (happy with life) with a level of self-understanding and self-acceptance (at peace with oneself), a capacity to cope with stresses (various adversities and challenges in life) and is productive enough to contribute to the community (connected with others).

精神健康是整全的 Mental Health is Holistic

精神健康是整全的，除涉及生理心理社交外亦涉及靈性層面。靈性健康（靈性是精神健康的一個重要和基本元素）所指涉的包括個人超越物質和有限領域，對終極價值、意義、重要性、目標、希望和韌力的追求。不同專業及學術團體均認同宗教及靈性層面對精神健康具潛在益處，並且可影響精神疾病的發展及人面對精神病患者的態度；宗教及靈性的探索可以是臨床評估的重要組成部份。（參考資料見以下英文段落）

Mental health is holistic, not just biopsychosocial but also spiritual. Spiritual health (spirituality as an essential and fundamental element of mental health) refers to an individual's search for ultimate values, meaning, significance, purpose, hope and resiliency, beyond the material and finite realm. These religious and spiritual aspects have been acknowledged by various professional and academic bodies as of potential benefit to mental health, and can influence the course of mental illness and attitudes towards people living with mental illness; the exploration of religion and spirituality may constitute an essential component of clinical assessment. (Royal College of Psychiatrists Recommendations for Psychiatrists in Spirituality and Religion, 2013; World Psychiatric Association Position Statement on Spirituality and Religion in Psychiatry, 2015; Royal Australian and New Zealand College of Psychiatrists Position Statement on the Relevance of Religion and Spirituality to Psychiatric Practice, 2018)

精神健康服務必須普及才能解決精神健康問題

Mental Health Service has to be Popular to address Mental Health Problem

精神健康問題影響著社會上為數不少的人。每六個人之中便有一個每星期都要應付起伏不定的困擾。幾乎每三個人之中便有兩個在他們一生中經歷精神健康問題。世界上每 45 秒便有一個人因自殺離世。有些精神病患者即使已經康復仍遭人歧視。這種標籤隨之而來的心理社交邊緣化和經濟困難，會令他們難以獲得適時援助和足夠治療，妨礙康復，最終令他們出現長期殘疾，並延長他們的痛苦和創傷。因此，使每個人都能獲得負擔得起，及易於獲取的精神健康服務是必不可少的，也是最重要的。

Mental health problems affect a substantial number of people in the community. One in six is managing fluctuating levels of distress each week. Nearly two in three of us will experience a mental health problem in our lives. (Mental Health Foundation, 2022) There was a completed suicide every 45 seconds in the world. (WHO, 2021) People with mental illness are discriminated against even after they are no longer unwell. Such stigma, together with psychosocial marginalization and financial hardship prevents timely help seeking, adequate treatment and recovery, leading to chronic disability and prolonged pain and suffering. Making mental health service accessible and affordable to everyone is therefore essential and of utmost importance.

生理、心理社交及靈性健康 Physical Health Psychosocial Wellbeing and Spiritual Health

香港整全普及精神健康協會對促進精神健康及精神疾病之康復採用一個整合的進路，不只在於控制病徵，而是在於發展健康及有意義的生活模式，讓人有能力好好地顯現出他們潛在的能力、社交技巧和職業技能。我們是一班關注精神健康的專業人士（精神科醫生、心理學家、輔導員、社會工作者、藝術及音樂治療師、靈性導師），對基礎臨床研究、群體腦神經科學，及心理學研究的最新發現；並基督教傳統中有關人性、人的境況現狀、身心健康和幸福的本質、靈性的重要性和關切性、及對個人成長和精神健康服務等均有所涉獵。

HKHPMHA adopts an integrative approach to mental health promotion and recovery from mental illness, not simply control of symptoms but also development of healthy and meaningful lifestyle as well as personal empowerment towards optimal expression of individual potential, social finesse and vocational capacity. We are a group of mental health professionals (psychiatrists, psychologists, counselors, social workers, art and music therapists, spiritual teachers) who are informed by the latest findings of basic clinical and population neurosciences and psychological studies as well as the insights from the Christian tradition on the nature of humanity, the status quo of the human condition, the essence of health and wellbeing, the relevance and importance of spirituality and the approach to personal development and mental health service:

- 我們強調全人的成長並成熟（路加福音 2:52）
We emphasize the growth and maturity of the whole person. (Luke 2:52)
- 我們提倡體驗生命之豐盛（約翰福音 10:10）
We promote the experience of the fullness of life. (John 10:10)
- 我們承認痛苦和創傷的真實（羅馬書 8:22）
We acknowledge the reality of pain and suffering. (Romans 8:22)
- 我們相信即使面對生命中的逆境及挑戰，仍可能有健康和幸福（馬太福音 11:28-30）
We believe in the possibility of health and wellbeing even in the face of adversities and challenges in life. (Matthew 11:28-30)
- 我們服侍的同理心、關懷和能力，是得力於從聖經而來的智慧和耶穌基督的生命和教導（彌迦書 6:8, 馬可福音 12:30-31, 約翰福音 3:16, 腓立比書 2:5-11）
Our empathy compassion and strength to serve derive from the wisdom of the Bible and the life and teaching of Jesus Christ. (Micah 6:8; Mark 12:30-31; John 3:16; Philippians 2:5-11)

我們服務社會裡每一個人，不分他們的宗教靈性及文化背景。我們透過跨學科結合，與持相同理念及使命的持份者合作，利用線上及面對面的策略（包括社交媒體、刊物、講座、工作坊、培訓課程、轉介平台、財政資助），促進整全及普及的精神健康。

We serve everyone in the community irrespective of their religious spiritual and cultural backgrounds. We collaborate with various stakeholders who share our vision and mission through a multidisciplinary approach, using a spectrum of online and in-person strategies, including social media, publications, talks, workshops, training courses, referral networks and financial support, to promote holistic and popular mental health.