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Action for
REACH OUT

3 ways to help you fight depression

In the past year, Hong Kong has been in a tense and disturbing atmosphere.

No matter which side we stand on for the social movement starting in 2019, we have become nervous because of the severe division of society, and we are also worried that the lives of our relatives and friends are threatened. Every day when we read the news, all we see is devastating scenes.

At the beginning of 2020, the social atmosphere once eased. What we did not expect is the spread of COVID-19 and how it affects every life in the world.

This is probably the most difficult time for Hong Kong in decades.

Affected by the social environment, we may feel nervous, stressed, tense, angry, worried, frustrated, or depressed.

Faced with this social atmosphere, how should we deal with our own negative feelings? Some people may misunderstand using drugs as a way out, thinking that using drugs to numb emotions can let them temporarily escape the painful reality.

However, drug use is definitely not a way to relieve stress, nor is it a way out.

Drugs may let you temporarily forget about your worries and pain. For example, Ketamine can bring a sense of withdrawal and derailment from the real world for a short period of time. Methamphetamine can make people feel an unprecedented illusion. But beware that a moment of happiness can bring you irreversible pain.



Only with positive thinking and resilience, can we continue to face the challenges of life. Below is three ways to fight depression. We hope that they can help you resist adversity next time when you encounter negative emotions.

- 1 Exercise can relieve negative emotions such as depression and anxiety. Studies show that three consecutive months of exercise can improve depression.
- 2 Accept your negative emotions. Everyone has unpleasant moments. We need to accept that everyone will experience joy, anger and sorrow, and it is only normal.
- 3 Maintain a routine. Getting dressed in the morning and maintaining normal mealtimes and sleep routines etc. help provide normalcy and stability even within the crazy times.

Perhaps we are facing unprecedented difficulties. Please continue to hope. Because only with hope, can we get through the difficult times, step by step.

AFRO (Action For REACH OUT) provides free counselling services. If you need to talk to someone, we are willing to be your "tree hole". Please remember that we are by your side ready to help.






**Every drug is addictive,
don't ever try.**


**Live beautifully.
Say no to drugs.**

Our Support

 AFRO 24 hours hotline 2770 1002

   6203 9656 (Drug Rehab Hotline)
(Mon-Fri, 9:00-17:00)

 9669 8108

 AFRO27701002

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Narcotics Division,
Security Bureau Hotline

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