

Patient & Family Library

病人及家屬圖書館



Chinese Resources

中文資訊目錄

Mental Health (心理健康)

Books 書籍

1001 ways to relax - Chinese / George, Mike. -- Taipei, TW: Duncan Baird Publishers, 2008.
(放鬆解壓全書: 提供 1001種讓你放鬆解壓的方法)

Being light when you have no stress - Chinese : pictorial explanation on how to release you stress / Tomonobu Kawano. -- Taipei, TW: China Times Publishing, 2006.
(無壓一身輕: 解放身心壓力鍋 [完全圖解指南])

Change stress to strength : 50 talks on mental health - **Chinese** / Lee, Wing Kin. -- Hong Kong: Cosmos Books, 2009. (化壓力為動力: 精神健康 50 談)

For anxiety sufferers - Chinese / Ke, Yun Lu. -- Chongqing, CN: Chongqing Publishing Group, 2007. (焦慮症患者)

Have a good sleep - Chinese / Chan, Ning Wan. -- Taipei, TW: Cosmax, 2008.
(讓你睡好眠)

Keeping physical and mental healthy handbook -- Hong Kong : Ming Pao Publishing, 2000.
(保持身心健康手冊)

Learn more about mental health / On-Lai Yeung -- Hong Kong : Ming Pao Publishing, 2000.

Live well - Chinese : use psychology positively / Luo, Yuanhua. -- Hong Kong: ET Press, 2006.
(活得好 - 活用正面心理學)

Mental health can lead physical health, diet therapy is better than medicines - Chinese -- Beijing, CN: New World Press, 2010. (養生重在養心, 藥補不如食補)

Mental health enquiries for older adults -- Beijing, CN : People Hygiene Publishing, 2000.
(中老年心理保健諮詢)

Mental health for everyone / Castle Peak Hospital -- Hong Kong : Ming Pao Publishing, 1996.
(現代人與精神健康的挑戰)

Mental health for older adults from different perspectives / Mental Health Association of Hong Kong -- Hong Kong : Ming Pao Publishing, 2004. (老年精神健康面面觀)

Mental health self-care handbook – Chinese -- Beijing, CN: China Textile Publishing, 2006.
(時髦病自助手冊)

Navigating mental health services in Toronto - Chinese Book (simplified) : a guide for newcomer communities / Community Resources Connections of Toronto. -- Toronto, ON: Community Resources Connections of Toronto, [2009]
(心海導航：多倫多新移民心理健康服務指南)

Navigating mental health services in Toronto - Chinese Book (traditional) : a guide for newcomer communities / Community Resources Connections of Toronto. -- Toronto, ON: Community Resources Connections of Toronto, [2009]
(心海導航：多倫多新移民心理健康服務指南)

No more depression - Chinese : 11 key points can help return to happiness -- Taipei, TW: Tohan Corporation, 2010. (不再憂鬱 - 重回快樂生活的11個關鍵)

Not yet psychosis - Chinese : a journal of a psychiatric nurse / Poon, Steve. -- Hong Kong: SCMP Book Publishing, 2007. (思覺未失調：精神科護士手記)

Overcoming depression / Richard Gillet -- Hong Kong : Wan Li Book, 2000.
(抑鬱症醫護錦囊)

Peace in storm - Chinese / Tsang, Fan Kwong. -- Hong Kong: 2002. (暴雨中的寧靜)

Preparing for change: gambling handbook -- Winnipeg, MB : Addiction Foundation of Manitoba, 2001. (賭博指南)

Psychological testing -- Tianjin, CN : Tianjin Science & Technology Publishing, 1999.
(健康心理測驗)

Psychology / Har Yeung -- Beijing, CN : Chinese Women Publishing, 2000. (心理學)

Say farewell to depression: against depression with happiness - Chinese / Lin, Wei. -- Hong Kong: Ming Pao Publishing, 2004. (開心抗抑鬱手冊)

Self-healing in love and marriage / Hong Kong Psychological Society -- Hong Kong : Ming Pao Publishing, 2001. (情場自療法)

Understanding depression / Tak Shing Lee -- Hong Kong : Sing Pao Publishing, 2007. (解讀抑鬱)

DVDs/Videos 錄像資源

Anxiety disorders (Chinese and English) DVD / Discovery Health Channel. -- Taipei, TW: King's International Multimedia, 2005. (認識心理疾病系列 - 焦慮症)

Breaking the loneliness: Drama & discussion (Cantonese). Toronto, ON: Hong Fook Mental Health Association. (衝破寂寞的藩籬)

Depression and mania (Chinese and English) DVD / Discovery Health Channel. -- Taipei, TW: King's International Multimedia, 2005. (認識心理疾病系列 - 憂鬱症與躁鬱症)

Everyday addictions (Chinese and English) DVD / Discovery Health Channel. -- Taipei, TW: King's International Multimedia, 2005. (常見疾病 - 沉迷成癮)

Hand in hand: Families working together (Cantonese). Toronto, ON: Hong Fook Mental Health Association, 1999. (同舟共濟)

Untroubled mind: Relaxation demonstration (Manadrin). Toronto, ON: Hong Fook Mental Health Association, 1996. (自我鬆弛示範)