

女性的心理健康受生理、心理、社會及文化等多方面因素互相影響，這些因素會隨着人生不同階段而變化。從青春期到老年，每個階段都會面對獨特的挑戰和風險。由於荷爾蒙變化、社會期望及人生經歷等原因，在某些人生階段，心理健康問題更容易出現。

病發率及性別差異

香港女性患抑鬱及混合焦慮抑鬱症的比率明顯高於男性。女性較易出現抑鬱和焦慮問題，而男性則較多出現濫用藥物問題。



Women's psychosocial health is influenced by a complex interplay of biological, psychological, social and cultural factors that change throughout their lives. Each stage — from adolescence to older adulthood — brings unique challenges and risks, with certain psychosocial health conditions more likely to occur at specific times due to hormonal changes, societal expectations and life events.

Prevalence and gender differences

Women in Hong Kong have a significantly higher prevalence of both depression and mixed anxiety-depressive disorders than men. While women are more likely to experience depression and anxiety, men are more likely to have substance use disorders.

如果您或您認識的人正面對困難，醫療服務及社區組織均可提供支援。
If you or someone you know is in struggle, support is available through healthcare providers and community organisations.



樂妍站
Women Wellness Satellite



港島賽馬會樂妍站

Jockey Club Women Wellness Satellite (Hong Kong)

柴灣康民街1號 柴灣健康院2字樓
2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan
☎ 2855 1333

九龍賽馬會樂妍站

Jockey Club Women Wellness Satellite (Kowloon)

藍田啟田道99號 藍田分科診所6字樓
6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin
☎ 2855 1222

新界賽馬會樂妍站

Jockey Club Women Wellness Satellite (New Territories)

屯門屯利街4號1樓
1/F, 4 Tuen Lee Street, Tuen Mun
☎ 2851 1722

- 註：1. 各樂妍站的開放時間及服務收費詳情，請瀏覽樂妍站網頁。
2. 有意接受樂妍站服務的婦女請向地區康健中心/站查詢。
3. 有關各地區康健中心/站的聯絡地址及電話，可瀏覽地區康健中心網頁。

- Note: 1. Please visit the website of [WWS](http://www.wws.org.hk) for the opening hours and service charges of each [WWS](http://www.wws.org.hk).
2. Women who are interested in receiving [WWS](http://www.wws.org.hk)'s services can approach [DHC/Es](http://www.dhc.gov.hk) for enquiries.
3. Please visit the website of [DHC](http://www.dhc.gov.hk) for the addresses and telephone numbers of the [DHC/Es](http://www.dhc.gov.hk).



樂妍站網址
www.wws.org.hk



地區康健中心網址
www.dhc.gov.hk



樂妍站
Women Wellness Satellite



心理健康
PSYCHOSOCIAL HEALTH



人生重要階段及相關心理健康

Key life stages and associated psychosocial health challenges

人生階段 Life Stage



青春期及發育期
Adolescence
& Puberty



懷孕及成為母親
Pregnancy & Motherhood



中年(更年期及停經)
Midlife
(Perimenopause & Menopause)



晚年
Older Adulthood

常見挑戰及 心理健康問題

Common Challenges and Risks

荷爾蒙變化、體型困擾、學業壓力、網絡欺凌；
焦慮、抑鬱、飲食失調及自殘風險增加

Hormonal changes, body image concerns,
pressures from studies and cyberbullying;
anxiety and depression, eating disorders
and deliberate self-harm

情緒波動、適應新角色及照顧子女壓力、產前
產後抑鬱及焦慮；不孕或流產可引致哀傷、
抑鬱和焦慮

Emotional changes, stress of adapting to
new role and caregiving, perinatal
depression and anxiety; grief, depression
and anxiety due to infertility or pregnancy
loss

荷爾蒙波動引致情緒起伏、焦慮及抑鬱；照顧
年長家人壓力

Hormonal fluctuations causing mood
swings, anxiety and depression; stress of
taking care of older family members

退休、健康轉差、親友離世、子女長大離家、
社交孤立；患認知障礙症、抑鬱、哀傷和孤獨
風險增加

Retirement, declining physical health, loss
of loved ones, children moving out and
social isolation; increasing risk of dementia,
depression, grief and loneliness

心理健康小貼士

Tips for staying well

重視身體健康 Prioritise physical health



- 恒常運動（如步行、瑜伽、跳舞），
成年人應每週進行最少150分鐘中等強度體能活動
- 均衡飲食，多吃蔬果，每天飲6至8杯水，減少咖啡因及酒精攝取
- 保持規律作息，睡前減少使用電子產品
- Exercise regularly (e.g. walking, yoga, dancing). Adults
should perform at least 150 minutes of moderate-intensity
physical activity per week
- Have a balanced diet with fruits and vegetables. Drink 6 to 8
glasses of water daily. Limit caffeine and alcohol intake
- Keep a regular sleep schedule and reduce screen time before
bed

練習靜觀與放鬆 Practise mindfulness and relaxation



- 嘗試以冥想、深呼吸或漸進式放鬆法來減壓
- 安排時間進行放鬆活動，如閱讀、聽音樂或親近大自然等
- Try meditation, deep breathing or progressive relaxation to
reduce stress
- Arrange relaxing activities like reading, listening to music or
staying in nature

維繫與支援 Maintain supportive social networks



- 與親友或社區團體保持聯繫
- 有需要時尋求醫護人員或輔導員協助
- Stay connected with friends, family or community groups
- Seek help from healthcare professionals or counsellors if
needed

享受創意活動 Enjoy creative activities



- 參與您享受的活動，如繪畫、烘焙、手作等
- 保持居住環境整潔，營造舒適空間
- Participate in the activities you enjoy, such as painting,
baking or crafting
- Keep your living space organised for a restful environment

限制網路使用 Limit digital overload



- 定時遠離螢幕和社交媒體
- 在家中，如睡房或飯廳，設立無電子產品區，促進放鬆及
人際互動
- Take breaks from screens and social media
- Designate certain areas in your home, such as bedroom or
dining room, as screen-free zones to promote relaxation and
engagement with people