

## **The Mental Health Week Sponsored by MOE Starts with Fanfare at TKU**

With the pressures of modern-day life gathering its impact and momentum, more and more youngsters who call themselves “the ultra new mankind” are suffering from the so-called “blues” ---in other words, melancholia in medical terms.

“In the winter vacation there are 6 to 7 reported cases among students who remain behind alone without family attachment. Actually they sought to inflict injury upon themselves---they intended to commit suicide.” These are the alarming words which Dr. Flora C.I. Chang, V.P. for Administrative Affairs, TKU, revealed in the opening ceremony of a special week entitled “How to Prevent Self-Inflicted Injury---Relax, Pick up a Flower and Smile!” She also hoped that the counseling work can be dispensed to those “needy” students.

According to Ms. Hu Yen-wei, Chief, Counseling Section, Office of Student Affairs, TKU, preventive measures are considered most important and adequate. If on your side there appears a friend who has a tendency of inflicting injury upon his/her own body, who tells you he/she intends to terminate his/her own life. It means you are the friend he/she is seeking help; to you a signal of “S.O.S.” is being flashed. At that critical moment, to admonish, to dissuade, to reprimand would be harmful; you should put yourself in his/her position; to understand his/her misery, to hug with your caring, loving arms, to let him/her feel your warmth---these are the judicious and advisable ways. Then you should seek professional help for him/her, get him/her to see a doctor, a psychiatrist.

The Mental Health Week sponsored by Ministry of Education has chosen TKU to be their first stop of display. The Exhibition Hall of Business & Management Building is filled with books written on this subject; festooned with posters with brief and compact advice messages; folded paper cranes in many colors are afloat; soft, soul soothing music to offer viewers with a sense of tranquility and comfort is echoing in the air, etc.

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