

《生活：或许内心的伤痛也就自己能懂》

导读:疾病分为两种：身体疾病和心理疾病。随着社会和经济的发展，人们承受的心理压力也越来越大，有时甚至还会演变成心理疾病。不幸的是，患者有时候不仅要面临孤独无援的现实，还要忍受污名的折磨。



Anxiety and depression; common buzzwords we regularly see plastered across social media.

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Thanks to events such as World Mental Health Day last week, our attention is increasingly drawn to the issue of mental health in our society.

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In fact, students are facing these issues in increasing numbers. In a recent survey, one in four admitted to suffering from mental health issues, with depression and anxiety topping the list of the study by YouGov. But, do people actually understand what these words mean?

