**Introduction Email in Chinese (Traditional)**

親愛的同事和朋友：

人際交往聯繫是維持良好的心理健康狀態的關鍵要素之一。但我們在遵守醫療指示和限制接觸他人的同時，應該要如何與他人保持聯繫呢？

社區不單單是指一個近距離的範圍，而是我們對「我們自己」的理解與定義。通過視訊會議、電話、社交媒體、簡訊，甚至寄信，在您的社區內安全地出現在人們面前，特別是那些因年齡或健康問題而較為弱勢的群體。主動聯絡他人，表達您對他們的惦念，簡單之舉，不僅能幫助他們緩解壓力，也能使您自己感到輕鬆。

雖然現在人與人之間的肢體距離比以前遠，但有社區這個大家庭在，我們會像以前面對其他危機一樣，團結一心，攜手渡過這次危機。

如果您目前感到擔憂、易怒，或者情緒低落，請不要忘記，您不是獨自一人。您可以獲得幫助和支援。與您信任的人聊一聊，或者嘗試撥打 SAMHSA 的災難求救熱線（Disaster Distress Line）1-800-985-5990（無間斷服務），主動聯絡有相似經歷且受過培訓的人員或危機顧問（可提供口譯服務；這條熱線一週7天、每天24小時全天候開通）。

在這個有很多不確定因素的多變時期，盡全力照顧好自己的身心是非常重要。鍛煉身體、曬太陽、與他人保持聯絡、規律作息等這些自我護理技巧，不僅有助於緩解壓力，還可以有效長久地改善情緒。查看該資訊圖提供的資源和建議，瞭解一些好辦法。

**Introduction Email Language English**

Dear Colleagues and Friends,

Human connection is one of the most critical components for maintaining good mental health. But how can we stay connected while still following medical guidance to limit our exposure to others?

Community isn’t just about proximity, it’s first and foremost a mindset about who we consider to be “our own.” Show up safely for people in your community, especially those who may be more vulnerable because of age or health, through video conferencing, phone calls, social media, text messages, or even perhaps mailing them a letter. The simple act of reaching out and saying you’re thinking of someone can help alleviate stress in them, as well as yourself.

By staying in community, even if we are more physically separated, we can and will get through this crisis as we have gotten through so many others in the past — together.

If you are experiencing feelings of worry, irritability, or low mood right now, please know that you are not alone. Help and support is available. Talk to people you trust, or try reaching out to a trained peer or crisis counselor at SAMHSA’s Disaster Distress Line (24/7) 1-800-985-5990 (interpretation services are available and the Line is open 24 hours a day, 7 days a week).

During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting. Check out the resources and tips in this infographic for ideas.