



Always remember, **“There are no hopeless situations, only people who are hopeless about them.”** Your future is in your hands. Do not hesitate to contact us. As we are just starting to chat please give us an opportunity to love you. We will be right here waiting for you!



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**Walking away from depression and keeping your face toward the sunshine**





## Walking away from depression and keeping your face toward the sunshine

### Dear new immigrants,

You traveled across the ocean to Taiwan for marriage, it will be a lot of levels to adapt to the new environment where there is different culture, and the impact is also relatively large. It is in the process that every newly landed immigrant will confront and experience, therefore don't get too alarmed, scared or frustrated.

According to statistics, we understand our sisters suffer from stress including difficulties getting along with spouse, tense relationship between mother-in-law and daughter-in-law, fulfilling the goal to produce offspring, family labor, economic burden, the compatibility and adjustment between the original culture and the new culture, the sense of impotence on parenting education, the unfair treatment of

gender, ethnicity and class, differences in values, dashed expectations for a happy marriage, missing family and friends from hometown and so on.

If you are unsuccessful in adjusting to them, it often leads to emotional restlessness, torment or irritability, mentally unbalanced, falling into depression, mood swings, lamenting not compared to others, feeling worthless, insomnia began, unexplained crying, and even serious having the notion of suicide.

If your physical and mental body presents a long-term similar condition that lacks of progress or improvements for long, and you have no hope left and nothing to live for, we advise that you take the courage to seek help. Do not suppress emotions and hide yourself to live in a dark corner, this is certainly not what you had decided to come to Taiwan to pursue a dream of happiness and the life of your dream.

We assure you that there are so many sisters who are from your motherland like you and me, the staff at Mental Health Center and professional counselors to sincerely embrace you with open arms, accept you and welcome you into our midst with genuine affection. We will treat you as family and do all we can to help you better understand your own body and mind adapting to these situations, clarify the crux of the problem and provide you with the solution. We will bring you out of the haze of emotions, thus you may gradually integrate into a new family and community. Perhaps the environment is still not changed, but with your changes, you may live a life of ease and happiness.

