

# Mental Health Myths & Facts

**MYTH:** Mental health issues can't affect children.

**FACT:** Half of all mental health disorders show its first signs before a person turns 14 years old. Three quarters of mental health disorders occur before the age of 24.

**MYTH:** Therapy is unnecessary and a waste of time.

**FACT:** Therapy can help you learn about what you're feeling, why you might be feeling it, and how to cope. Therapy can help you work towards a feasible solution to your problems.

**MYTH:** Those with mental health problems are violent and/or crazy.

**FACT:** Having a mental illness does not mean that you are crazy. In fact, people with severe mental health issue are 10x more likely to be victims of violent crime.

# 心理健康的误解与事实

**误解:** 心理健康问题不会影响儿童。

**事实:** 一半的精神健康障碍在一个人 14 岁之前会表现出最初的迹象。四分之三的精神疾病发生在 24 岁之前。

**误解:** 治疗是不必要的，而且浪费时间。

**事实:** 治疗可以帮助您了解自己的感受、为什么会这样以及如何应对。治疗可以帮助您找到可行的解决方案来解决您的问题。

**误解:** 有心理健康问题的人是暴力和/或疯狂的。

**事实:** 患有精神疾病并不意味着你疯了。事实上，有严重心理健康问题的人成为暴力犯罪受害者的可能性要高出 10 倍。

# 吃得好, 保持健康! Eat Well, Stay Healthy!



## 蔬菜聚光灯:

## 紅菜頭

## Vegetable Spotlight: BEETS

## 紅菜頭

## Beets

有助于降低高血压患者的血压

Can help lower blood pressure in people with hypertension

可能有助于改善流向大脑的血液, 促进认知健康和功能

May help improve blood flow to the brain, boosting cognitive health and function

每 100 克

43 卡路里 1.6g 蛋白质  
0.2g 脂肪 2.8g 纤维  
10g 碳水化合物, 2g 总糖

PER 100 GRAMS:

43 calories 1.6g protein  
0.2g fat 2.8g fiber  
10g carb, 2g total sugars



季节: 6月至10月

Season: June-Oct.

含有植物营养素和抗氧化剂, 有助于减少体内炎症  
Contains phytonutrients and antioxidants which may help to reduce inflammation in the body

富含叶酸, 可以降低患心脏病和中风的风险

Rich in folate which can reduce the risk of heart disease and stroke



This resource is supported by the National Institutes of Health, National Institute of Minority Health and Health Disparities grant 2U54MD000538-15 and by funding from the BMS Foundation.

# 大头菜香辣面 (6人份)

Beet and Pork Soup (serves 6)

## 食材

- 排骨，一磅，洗淨
- 紅菜頭，一磅，洗淨，切大塊
- 2个玉米棒子，切大塊
- 2根胡萝卜，切大塊
- 薑片少許
- 低鈉醬油，2汤匙
- 绍兴酒，1汤匙

## INGREDIENTS

- 1 lb pork chops, cleaned
- 1 lb beets, washed and chopped
- 2 sweetcorns, chopped
- 2 carrots, chopped
- 1 1-in. piece ginger, sliced
- 1 tbsp Shaoxing wine
- 2 tbsp low sodium soy sauce

## 做法步骤

1. 將排骨放在一锅冷水煮沸。
2. 去掉血水雜質後加入薑片，胡萝卜，和料酒用，小火煮一小時。
3. 一小時後，放入紅菜頭和玉米棒子再煮十分鐘即可。加入低鈉醬油即可享用！

## INSTRUCTIONS

1. Place the pork chops in a pot of cold water and bring to a boil. Occasionally remove the blood and water impurities with a spoon.
2. After bringing the soup to a boil, add ginger slices, carrots, and a splash of cooking wine. Cook on low heat for an hour.
3. Add the beets and corn to the soup and cook for ~10 min. Add the soy sauce and enjoy!



## 厨师小建议

甜菜的茎完全可以食用！它们富含维生素和矿物质，例如维生素 A 和 K、钙和钾。它们非常适合炒或腌制！

## CHEF'S TIP

The stems on beets are completely edible! They are a source of vitamins and minerals such as vitamins A and K, calcium, and potassium. They are great for sauteeing or pickling!