

## 用心守護世間愛，用愛守護心和平

### 中華民國諮商心理師公會全國聯合會

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近幾年來天災人禍不斷，從新冠肺炎全球肆虐到近日俄羅斯對烏克蘭的軍事侵略行動，身為世界公民的一份子，我們都身在其中；正因為深刻體認到在地球上「沒有人是局外人」，我們心繫並關切每一位在海外受戰爭和疫情影響的國人同胞以及國際友人：無論您的出生地、國籍、性別、性取向、年齡、種族、宗教、職業、社經地位或身心健康狀態為何。值此之際，當確保自己的人身安全及身體健康的同時，我們誠摯呼籲您一同關心自己以及周遭親朋好友、甚至陌生人的身心健康狀態，您的主動問候和關懷，將能提供彼此一個安全的心理空間，讓彼此覺得不孤獨，且更有能量面對所有的挑戰。讓我們用一段一段安全的關係交織起世界和平的保護網，讓愛不止息。

中華民國諮商心理師公會全國聯合會邀請全國的諮商心理師乃至所有助人工作者，一起留意在臺灣的國際友人和國際學生的心理健康，此刻他們正需要我們多一些的支持與關心；也請持續關注海內外同胞因為戰爭和國際疫情所引起的情緒困擾，讓我們用專業守護世界的心和平。

Support Our Love for the World Whole-heartly, Support Our Peaceful Heart with Love

Taiwan Counseling Psychologist Union

In recent years, we have experienced both natural and human-caused disasters, ranging from the Covid-19 pandemic to Russian invasion of Ukraine. As global citizens, we all are affected by these events. With the profound understanding of “no one is an outsider”, we believe that it is important to recognize that we all are in the same boat. Therefore, we sincerely care about those who are impacted by conflicts and the pandemic, not only overseas Taiwanese, but also anyone regardless of your birth place, nationality, gender, sexual orientation, age, race and ethnicity, religion, occupation and social economic status, and mental and physical status. While you attend to each other’s physical health and safety, we encourage you to also pay attention the mental and physical health of yourself, of your family and friends, even strangers in your community. Your proactive greetings and expression of care may provide a safe psychological space for each other. We will not feel alone when we have each other, and will be empowered to face the challenges together. Let us build a supportive network for world peace with safe relationships.

Taiwan Counseling Psychologist Union wants to invite all counseling psychologists and helping professionals to pay attention to the mental health of international friends and students in Taiwan. During this uncertain time, they may need an extra support and care from us. We also need to continuously watch for people’s potential emotional distress related to conflicts and the pandemic, and protect the heart peace of the world with our profession.