

精神健康服務

Mental Health Services



服務方向 Service Orientation

精神健康服務致力營建一個支援性環境，促進社區人士身心靈健康。我們透過多元化服務計劃，推廣全人精神健康教育，提升大眾意識，減少污名，接納精神病康復者，同建共融社區；我們亦致力發展個人能耐、家人支援及社區資源，協助受情緒或精神困擾人士走出陰霾，邁向復元，提升生活素質。

Our Mental Health Services endeavour to establish a supportive environment that strengthens the physical, mental, and spiritual well-being of people in the community. Through a range of diverse service projects, we provide community psychoeducation, enhance the mental health awareness of the general public, reduce stigmatisation, and promote an inclusive community. At the same time, we support people with mental health concerns by developing their personal strengths, enhancing family functioning, and connecting different community resources, in the hope of facilitating their recovery and enhancing their overall quality of life.

照顧人生不同階段人士，促進身心靈健康

談「情」·傳「晴」 拉闊青年「心」領域

兒童及青少年精神健康問題複雜多變，除影響個人身心靈健康及發展，也帶給家人不少壓力及挑戰。為提升兒童及青少年精神健康，我們推展了「聯繫你·句句關心里—談『情』·傳『晴』」全港兒童及青少年精神健康校園約章活動，加強青年人對精神健康的認識，提升抗逆能力；同時連結學校，建立關愛校園。約章活動多元互動，著重體驗及創作，讓青少年從中體會及學習。活動共惠及10,800名學生、家長、教師及社區人士。



放下手機 親親家人

城市人過分專注手機資訊，忽略了與人的溝通，影響與親人相處的時光。我們於去年12月舉行「熄機馬拉松親子嘉年華」活動，提升社區人士對家庭關係的重視，凝聚家庭力量，促進家人心理發展及健康。當天350對親子齊齊放下手機，

Caring and Enhancing the Well-being of People of Different Ages

Sharing Emotions and Delivering Positive Messages: Enhancing Adolescent Mental Health

Child and adolescent mental health problems are becoming more complicated and multifaceted. Not only are the well-being and development of individuals with mental health problems hindered, but the carers also face challenges and stress. To improve child and adolescent mental health in the community, the “Mental Wellness School Charter” was established to strengthen young people’s mental health awareness and resilience, as well as to connect different schools and build a caring learning environment. Under the charter, programmes are diverse and interactive, which allows young people to learn through experiential and creative activities. Until now, over 10,800 students, parents, teachers, and individuals in the community had been involved.

◀ 「精神健康約章聯校嘉年華」的藝術活動。
An art workshop at the “Wellness School Charter Carnival”.



Switch Off Your Smartphone, Kiss Your Family

Nowadays, people spend a great deal of time on digital devices such as smart phones, resulting in less quality conversations and time with family members. In December 2018, the “Screen Free Marathon and Family Carnival” was held, with the aim to remind the

與家人一同參與遊戲活動、藝術創作等，更一起創出近138小時熄機的記錄。

▼ 「熄機馬拉松」親子嘉年華，提提大家放下手機，親親家人。「Screen Free Marathon and Family Carnival」，where the public was able to enjoy a screen-free day and was reminded about the importance of family relationships.



public about the importance of family relationships, increase family solidarity, and enhance physical and psychological health. Through participating in different parent-child activities and art creations, over 350 families were able to enjoy a family day and marked a screen-free record of almost 138 hours.

▼ 一家人一起製作「小手工」，享受歡樂時光。
A family enjoying making handicrafts together.



讓心聯繫 攜手推廣身心靈健康

面對社區人士精神健康問題，實有賴不同團體攜手合作，多管齊下，為需要群體提供多元化服務及協作。去年11月份，青少年精神健康推廣及治療中心與香港藝術治療師協會聯合舉辦了一連六日的研討會及會前、會後工作坊。藉著本地、海外及台灣擁有豐富藝術治療經驗的學者及專家分享，加強參加者運用藝術治療於親子精神健康領域的理念與實務技巧，同時，亦促進同工的反思。是次研討會成功吸引了915人次參與。

Joining Hands to Promote Physical, Psychological, and Spiritual Well-being

Facing a wide range of mental health issues in the community, it is crucial that different organisations collaborate and provide multipronged services for people in need. In November 2018, over 915 people attended a 6-day conference run by the Centre for Adolescent Mental Health Prevention and Intervention, and the Hong Kong Association of Art Therapists. In the pre- and post-conference workshops, local and overseas scholars, and experts in art therapy shared their knowledge and practical skills on application of art therapy in the field of parent-child mental health. The conference raised the participants' awareness and knowledge and also aroused interesting discussions among the attendants.

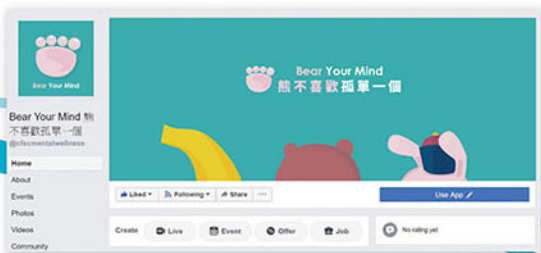


◀ 與香港藝術治療師協會合辦「心·連繫」研討會，分享如何透過藝術治療改善親子的精神健康水平。
Cooperating with the Hong Kong Association of Art Therapists to co-organise the conference and share how best to improve mental health of parent-child relationships through art therapy.

運用社交媒體 擴闊精神健康教育

Bear Your Mind 追尋正向

我們在社交媒體推出「Bear Your Mind 熊不喜歡孤單一個」的臉書專頁，為大眾提供網上情緒教育及支援服務。當中我們分享了社區人士經常面對的壓力和情緒，藉著主角一「小熊」吐出每個人的「心底話」，並鼓勵大眾以正向的態度與情緒相處。臉書專頁共獲得2,800個「LIKE」及接觸超過300,000用戶。



▲ 精神健康服務的臉書專頁「Bear Your Mind 熊不喜歡孤單一個」。

The Facebook page, "Bear Your Mind", was set up to promote mental health services.



Life Infinity—擁抱希望

資訊科技日新月異。為了方便資訊的接收，承蒙社會福利署發展基金撥款，我們開發了手機程式「Life Infinity」，透過精神健康知識、正念導向、心理健康測試及生活小故事等，讓大眾在繁忙生活中隨時隨地接觸身心靈健康工具包，協助自我鬆弛，提升正能量。手機程式目標接觸3,000名用戶，建立一個精神健康互動平台。

Utilising Social Media to Extend the Platform for Psychoeducation

Bear Your Mind - Pursuing Positivity

A Facebook page, "Bear Your Mind", was launched to provide online psychoeducation and emotional support. Through the cartoon character, Little Bear, common stressors and emotions of the city people are addressed, and positive messages about coping with emotions are also shared. Till now, the page gets a total of 2,800 "Likes" and reached more than 300,000 users.



▲ 推出手機應用程式「Life Infinity」，讓社區人士體驗靜觀的治癒力量。
Launched the mobile app, "Life Infinity", allowing the community to experience the healing power of mindfulness.

Life Infinity - Embracing Hope

Information technology is always changing. In order to provide convenient access to information, a mobile application "Life Infinity" is designed with the support of the Social Welfare Development Fund. The app provides mental health information, mindfulness orientation, mental health tests and inspiring stories, which facilitates the users to access the mental health kits anywhere and anytime, thereby enabling relaxation and positivity. The app targets to reach 3,000 users and create an interactive mental health platform.

十個復元人士打開心窗 迎向曙光

精神健康服務一直本著「以人為本」的核心價值，運用能耐取向，協助精神或情緒困擾人士，在人生困境中，走出陰霾，看見希望。在同工默默耕耘下，我們透過十個真實個案，總結經驗，結集出版《打開心窗、迎向曙光—能耐為本精神健康案例彙集》一書，為業界提供精神復康服務個案工作及理論的入門參考。同時，也藉着精神病康復者的醫治歷程，加深社會對他們的了解，減少誤解，以建立共融的社會。



Open Your Heart, Embrace the Silver Lining: Ten Peoples' Recovery Stories

Our Mental Health Services have always adopted the person centered approach and strengths based perspective to facilitate recovery and elicit hope for people with mental illnesses. Recently, our social workers consolidated and shared their experiences of 10 case studies in a newly published book: "Open Your Heart, Embrace the Silver Lining - Case Studies on the Application of Strengths Based Perspective in the field of Mental Health". This is a reference book of theories and best practices in the field of mental health. In addition, it is hoped that by sharing the recovery stories, the public can gain a better understanding on mental illness in order to build a more inclusive and caring society.

◀ 集結豐富的個案經驗，出版「打開心窗 迎向曙光」精神健康工作入門書。

An abundant collection of case experiences, published the introduction book to mental health.



▶ 與不同婦女團體一起學習和諧粉彩，推廣女性精神健康。
To promote the women's mental health, our workers teach pastel hope art with the community women association.



未來，精神健康服務將把工作重點放在以下多方面：

- 1 新增「精神健康流動宣傳車服務」，為九龍東社區人士提供點到點精神健康教育及支援；
- 2 持續發展兒童及青少年精神健康服務，促進家、校、社協助，共建支援的環境；
- 3 支援家長及照顧者需要，照顧自己的壓力與情緒，從新得力；
- 4 關注女性精神健康，發展多元化服務計劃，促進她們身、心、靈健康；
- 5 照顧年長人士精神健康，持續關注他們的需要。

The main focuses of Mental Health Services for the coming year are as follow:

- 1 Launch “The Mobile Van for Publicity Service on Mental Wellness” scheme to provide point-to-point psychoeducation and support services for people living in East Kowloon District;
- 2 Develop child and adolescent mental health services by collaborating with families, schools, and the community to establish a caring environment for young people;
- 3 Support the needs of parents and caregivers, particularly in regards to self-care, stress, and emotions;
- 4 Address the importance of women’s mental health and develop multifaceted service projects to enhance their physical, psychological, and spiritual well-being;
- 5 Care for elderly mental health and address their psychological needs.



流動車服務「幸福雜貨舖」，將幸福傳遞到社區。
The Mobile Van For Publicity Service On Mental Wellness, “Store of Happiness”, delivering happiness to the community.

2018-2019 服務統計 (截至2019年3月31日) Service Statistics (as at 31st March, 2019)

