



精神健康服務

Mental Health Services



服務方向 Service Orientation

精神健康與每個人是息息相關，世界衛生組織提出「沒有精神健康就沒有健康」。精神健康核心服務以人生不同發展階段為焦點，推廣全人精神健康教育，加強大眾意識，減少污名，共建一個富有希望的城市。同時，我們以發揮個人的優勢，結合家庭力量和社區資源，幫助受情緒或精神困擾的人士復元，盡早投入社會，讓他們活得快樂。

Mental Health is essential for all people. The World Health Organisation (2018) has stated that there is no health without mental health. Mental Health Services focuses on the various developmental stages of human beings, adopts a holistic education approach to promote community psychological education. The aim of these efforts is to enhance the public's awareness of mental health concerns, reduce stigmatisation, and increasing hope in the community. Our services help people with mental health issues recover by developing personal strength, improving family functioning, and connecting with community resources. The goal of our service to these individuals is to help them reintegrate in society and lead positive lives.

連結社區資本 推廣學生精神健康

承蒙社區投資共享基金贊助，精神健康服務於2018年開辦了為期3年之「愛心同行、將軍澳展關懷」支援學生精神健康計劃。藉建立「醫、校、福、社、商」協助平台，在區內組織社區網絡，推動及支援區內學生精神健康。

計劃以3個階段推展，包括：建立跨界別協助平台，連結社會不同資本，支援學生精神健康；倡導家、校合作，建立教師家長支援網絡，及早識別具精神健康問題風險之學生，以及早作出轉介及協助；建立學生互助網絡，在校內、社區推動精神健康，及支援具精神健康風險的學生。計劃將惠及12,000名學生及培訓300名精神健康大使，持續推廣及支援學生精神健康。



▲ 學生精神健康大使參與社區推廣精神健康。
Student mental health ambassadors participating in a community mental health promotional activity.

Connecting Social Capital and Promoting Student Mental Well-Being

Sponsored by the Community Investment and Inclusion Fund, a 3-year project called the 'Collaborative Care and Support Approach for Promoting Students' Mental Wellness in Tseung Kwan O' was launched in 2018. Through the establishment of a collaborative platform that engaged parties from the medical, educational, social welfare, and business sectors as well as the community, we aim to promote student mental well-being and to provide a network of support to students in need.

The project will be launched in the following three phases: 1) establishment of a cross-sector collaborative platform to connect social capital to promote student mental well-being, 2) alignment of schools and families to build up a support network of teachers and parents that can identify at-risk students early, and 3) establishment of a mutual support network for at-risk students to promote mental health inside schools. We estimate that 12,000 students in the district will be served by 300 mental health ambassadors who will receive training to promote and support student mental health in the community.



▲ 透過不同遊戲推廣學生精神健康教育。
Promoting student mental health education through games.



▲ 參與校園約章，一起推動學生精神健康。
Participating in the Mental Wellness School Charter to promote student mental health.

推動精神健康校園約章 建立支援性學校環境

兒童及青少年精神健康服務透過推動「兒童及青少年精神健康校園約章」，提升學生、家長及教師對精神健康的意識及關注，鼓勵學校參與，攜手營建支援校園環境，讓學生快樂地學習與成長。過去一年，約章活動共惠及了10,400名的學生、家長及教師。

為鼓勵學校的積極參與，我們於2017年10月舉行了「全港兒童及青少年精神健康校園約章嘉許禮」，以表揚學校積極推動學生精神健康，建立關愛校園。當天，我們更邀請了香港輪椅劍擊運動員余翠怡小姐與學生分享「逆境人生，正面迎向」的故事，藉以鼓勵學生迎難而上，永不放棄的精神；同時，我們更提供了不同精神健康體驗活動予參加者，鼓勵大家好好照顧自己的情緒。是次活動共惠及450名學生、家長及教師。



▲ 香港輪椅劍擊運動員余翠怡小姐分享人生困境，勉勵學生自強。
Ms. Yu Chui-ye, a wheelchair fencer, sharing her inspiring life experience to encourage students.

Advocating the Mental Wellness School Charter and Building a Supportive School Environment

Our child and adolescent mental health service has been advocating the 'Mental Wellness School Charter' to improve students', parents', and teachers' awareness of mental health issues and encourage schools to take an active role in building a supportive environment for students. In the past year, the Charter has served 10,400 students, parents, and teachers.

As a means to motivate schools to actively participate in the Charter, the 'Mental Wellness School Charter Award Presentation Ceremony' was held in October, 2017. The ceremony demonstrated appreciation to the schools that promoted mental health and strove to establish a caring and supportive school environment. Ms. Yu Chui-ye, an award-winning Hong Kong wheelchair fencer, was invited to share her inspirational life experience at the ceremony to encourage students to maintain resilience and perseverance when facing adversities. In addition, various experiential workshops regarding mental health were hosted to strengthen participants' awareness of the importance of mental well-being and to convey strategies for managing emotions. Approximately 450 students, parents, and teachers participated in the event.



▲ 音樂療情，與學生一起探索正向情緒。
Students exploring emotions through music therapy.

推廣女性精神健康 造就「不一樣的妳」

現代女性既要上班工作，亦要照顧家庭、教育子女等，多重身份時有衝突，面對的壓力十分大，甚至有機會影響情緒健康。去年，我們推行了一系列女性情緒推廣活動，以推廣女性情緒健康，加強大眾對女性情緒的意識及關心。於2018年1月，我們更聯同仁美清叙慈善機構舉辦「《不一樣的妳》— 女性情緒健康座談會」，當日除了一班仁美清叙的會員現身說法，與參加者分享自己面對情緒困擾的經歷外，更邀請了香港電台「精靈1點」主持劉美娟女士分享處理生活壓力及困境的經驗，與參加者互動，場面感人。當天活動惠及超過200名女性及其家人。



▲ 與仁美清叙慈善機構舉辦「女性情緒健康座談會」。
'A Different Version of You - Women's Mental Health Forum'.



▲ 劉美娟女士與現場參與女性互訴心中情。
Ms. Eugina Lau sharing her experiences handling stress and facing adversities.

支援家屬參與 為服務使用者增添希望

在服務受精神困擾人士時，我們經常鼓勵家屬參與及提供支援，以促進受精神困擾人士盡快復元，然而，家屬的需要卻容易被忽略。他們在照顧患病家人的過程，其實也承擔了很大的壓力。獲華人永遠墳場管理委員會的資助下，我們於2017年10月推展「平行生命的相遇」生命教育計劃，支援照顧者的需要，讓照顧者學習釋放自己的壓力及照顧自己的情緒；同時也協助公眾人士了解及關注復元人士與照顧者的需要。計劃成功惠及1,100康復者及照顧者，及4,000位公眾人士。

Promoting Women's Mental Health: 'Bringing Out a Different Version of You'

Conflicts easily arise for modern women who feel that they should fulfil multiple responsibilities such as working, taking care of their families, and educating their children. Efforts to maintain multiple roles are challenging for these women's well-being and might negatively affect their mental health. Consequently, we launched a series of programmes last year to promote and raise the public's awareness of women's mental health challenges. In January 2018, we collaborated with the Yan Mei (Miss Asia) Charity Organization to hold 'A Different Version of You - Women's Mental Health Forum' in which Yan Mei delegates shared their personal experiences of fighting mental health issues. Ms. Eugina Lau, a radio hostess from RTHK, talked about her experiences handling stress and facing adversities. It was an inspiring and heart-warming afternoon, and approximately 200 women and their families joined the forum.



▲ 仁美清叙主席程瑤女士及副主席陳綺明女士分享自身困境經歷，鼓勵參加者勇敢面對生活上的難題。
The President, Miss Donna Ching, and Vice-President, Miss Betty Chan, of the Yan Mei (Miss Asia) Charity Organization, encouraging women to persevere through difficulties by sharing their personal experiences.

Supporting Involved Family Members and Increasing a Sense of Hope for Service Users

While serving people with mental health issues, we often encourage the active involvement of family members in providing care and support. However, the needs of caregivers are often neglected, despite the stress and exhaustion that frequently accompany a caretaking role. Sponsored by the Board of Management of the Chinese Permanent Cemeteries, the 'Encounters of Parallel Lives' Life Education Project was launched in October 2017 to



▲ 家屬與康復者一起做手工，促進彼此關係。
Using art activities to strengthen relationships between individuals who have overcome mental health issues and their families.



▲ 以沙畫說故事，推動精神健康社區教育。
Sand painting as a means of storytelling and community education.

來年，我們希望以康復者家庭遭遇的故事作為社區教育，增進大眾對他們的關注及接納，鼓勵鄰舍守望相助，正面對待受困擾的家庭，支持他們勇敢面對逆境，邁向復元；同時，也鼓勵大眾參與，發揮互助精神，促進社區共融。

In the coming year, we hope to engage in community education and share the stories of individuals who have battled and overcome mental health issues as well as the stories of their families. Our aims include increasing acceptance and concern from the public, encouraging mutual support in the neighbourhood, supporting the recovery of people with mental health concerns and their families, and enhancing community participation and inclusion.



▲ 家屬鬆一鬆，從新得力。
Relaxing activities for caregivers.



▲ 家屬與康復者一起出外遊玩。
Recreational activities for individuals who have overcome mental health issues and the families of these individuals.

未來發展 Outlook

來年，精神健康服務會繼續把工作重點放在以下多方面：

1. 與家庭、學校及社區協作，推動兒童及青少年精神健康教育，提升他們應對生活的抗逆力；
2. 關注親子情緒健康，促進雙方相處及關係；
3. 推動女性精神健康教育，促進她們身、心、靈健康；
4. 關心老年精神健康，為他們建立支援環境，促進健康晚晴生活。

In the coming year, the major focuses of Mental Health Services are as follows:

1. Collaborating with families, schools, and the community to promote children and adolescents' mental health and to strengthen students' resilience;
2. Raising awareness of parent-child mental well-being and enhancing parent-child relationships;
3. Promoting women's mental health education and enhancing women's physical, psychological, and spiritual well-being;
4. Demonstrating care for the mental health of elderly individuals and constructing supportive environments for elderly individuals to help them lead healthy lives.

2017-2018服務統計 (截至2018年3月31日) Service Statistics (as at 31st March, 2018)

