

精神健康服務

Mental Health Services



服務方向 Service Orientation

近年來，城市人的情緒健康一直備受關注，生活壓力和緊張的人際關係令人容易出現負面情緒。本會精神健康服務去年致力探討各種構成壓力及不快樂的因素，繼續以多元化的社區支援服務為基礎，推廣情緒及精神健康。我們服務的理念以「能耐為本」為視角，及早識別有情緒或精神困擾的人士，協助他們建立健康的身心，從而抒解因不同問題帶來的創傷，重拾對未來的希望。

In recent years, emotional health among city-dwellers has been a topic of widespread concern, as daily stress and interpersonal tensions in the urban lifestyle tend to engender negative emotions. Last year, our Mental Health Services focused on exploring the various causes of stress and unhappiness and promoting emotional and mental health based on diversified community support services. Embedded in the spirit of “recovery” and “strengths-based” philosophy, our services aim to facilitate the early identification of individuals with emotional or mental distress and offer them suitable interventions to heal the wounds inflicted by traumatic experiences and rekindle their hope for the future.

藝術治療作情緒的窗口加強 心理支援服務

受精神病或情緒困擾人士普遍難用言語表達其內心的想法，容易讓人感覺空泛，造成誤解，其子女的情緒需要亦容易被忽略。有見及此，我們加入了藝術治療服務讓會員能透過藝術創作的形式，釋放情緒和壓力，建立面對困難的信心。在過去的一年，我們提供了44節個人介入及小組治療予成年的會員及精神病康復者的子女，共160人次參與。婦女參加藝術治療服務後，抑鬱徵狀明顯減少，對自我有更正面的肯定及更主動與朋友和社區連結。兒童亦從創作中抒發和表達被壓抑的內心情緒，理解到自己可以跟家人分享，讓家人理解其心理需要。我們期望繼續以藝術治療服務，讓會員了解及關注自身的需要，促進他們邁向復元。



◀ 會員體驗物料的不同質感和可能性，從而抒發情緒。
Members experience different materials and the possibilities that various textures offer, thereby expressing themselves.

推動大眾關注學生焦慮問題，齊齊抗焦

兒童及青少年精神健康服務得到「滙豐香港社區夥伴計劃2019」支持，進行「焦焦積積：『斷、捨、離』計劃」。我們於2019年8月在校園及社區舉辦一系列預防及支援性的活動，以對抗壓力和焦慮情緒的「抗焦六式」向年青人宣傳，學習斷絕焦慮情緒帶來的負面影響、捨棄多餘的焦慮感、離開情緒幽谷。並於2019年11月10日舉辦「情緒健康有營人—三低一高好EASY」社區活動，在將軍澳社區設立互動攤位遊戲，流動宣傳車在社區走訪，藉以宣揚「抗焦六式」，達致三低一高：低壓力、低焦慮、低標籤及高EQ的目標，提升社區人士的精神健康質素。當日除了有一班「愛心同行義工隊」為社區灌注正能量外，更成功吸引約800名兒童及青少年、家長及社區人士一同參與活動。

Enhancing Psychological Support through Art Therapy

As people with mental health issues tend to have difficulties articulating their struggles and emotions unambiguously, they are often unheard or misunderstood. The emotional needs of their children are also easily overlooked. Hence, we introduced art therapy services to help them release pent-up emotions, relieve stress and develop confidence to confront difficulties through art creation. Last year, we organised 44 sections of group therapy and individual interventions for our adult members and their children, attracting 160 attendances in total. Women who had undergone the therapy sessions reported a significant reduction in their depressive symptoms, more positive self-affirmation and stronger motivation to connect with friends and the community. Children were also able to express their bottled-up emotions through art creation and recognise the importance of communicating with their parents for emotional support. Through the ongoing use of art therapy, we hope that members can understand and take better care of their own needs on the way to recovery.



Raising Public Awareness towards Anxiety in Students

Sponsored by the HSBC Hong Kong Community Partnership Programme 2019, our Children and Adolescent Mental Health Services launched a project named “The Befriending Anxiety Project - let it come; let it go” across campuses and communities in August 2019. A series of preventive and supportive activities were held to educate adolescents on the six ways to let go of worrying thoughts, relieve stress and come out of the depths of anxiety. We also organised a community programme called “The Befriending Anxiety Project - STAMINA” on 10th November, 2019, where interactive game booths and mobile showrooms were set up in Tseung Kwan O to promote the six ways to fight anxiety and achieve the mental health objectives of “3Low 1High” : low stress, low anxiety, low stigma and high EQ. With the help of the “Deliver Love volunteer team”, the event attracted around 800 children, adolescents, parents and members of the public and brightened the community with a full day of positivity.



▲ 設立精神健康街站，與街坊分享生活經驗，集結社區智慧，面對生活挑戰。
Share life experience and wisdom to overcome life challenges through the mental health booth.



◀ 「抗焦六式」互動攤位遊戲，讓大人小朋友一同對抗焦慮！
Booth games to promote the six ways to fight anxiety, letting participants having fun.



▲ 走訪將軍澳不同點的流動車。
Mobile showrooms are set up at various locations in Tseung Kwan O.

深入社區各處，讓幸福連結社區

「幸福雜貨舖」精神健康流動宣傳車服務於2019年7月獲得社會福利署資助正式開展服務，將精神健康訊息推廣至九龍東的居民。此流動宣傳車服務以「幸福雜貨舖」為概念，配合「開門七件事」的設計主題以推廣精神健康的訊息。「開門七件事」包括：

- 柴：真人圖書館正向教育
- 米：精神健康資訊
- 油：幸福良方減壓香薰放鬆活動
- 鹽：社區人士正面經驗故事分享
- 醬：認識情緒心「情」卡
- 醋：情緒快速測試
- 茶：花茶百寶櫃靜觀活動

由服務啟動至今，成功與黃大仙、觀塘、將軍澳及西貢各區持份者建立了合作網絡，共同推廣精神健康，共惠及約10,000社區人士。

Connecting the Community with Happiness

Funded by the Social Welfare Department, our Store of Happiness - The Mobile Van For Publicity Service On Mental Wellness commenced operations in July 2019, aiming to raise awareness towards mental health in Kowloon East. The mobile showroom combines the concept of “Store of Happiness” with activities themed around “Seven daily necessities” to promote mental wellness. The “Seven daily necessities” include:

- Woods: The Human Library for Positive Education
- Rice: Information About Mental Health
- Oil: An Aromatic Secret to Happiness and Relaxation
- Salt: Community Sharing on Positive Experiences
- Sauce: Know Ourselves, Know Our Emotions
- Vinegar: A Quick Test on Emotional Health
- Tea: Finding Mindfulness in Herbal Tea Rituals

Since its inception, the scheme has established partnerships with stakeholders across the Wong Tai Sin, Kwun Tong, Tseung Kwan O and Sai Kung districts. It is estimated that the service has benefitted 10,000 members of the community.



◀ 流動車走訪不同的地區，推廣精神健康信息。
Promotion trucks visit different areas to raise awareness on mental health.



◀ 向觀塘區街坊進行情緒測試及了解他們的生活情況。
We conduct emotional tests for people living in Kwun Tong District and learn about their living conditions.

關注長者精神健康

和悅軒—精神健康綜合社區中心於2016年10月至2019年12月，參與由香港賽馬會慈善信託基金撥款，香港大學社會工作及社會行政學系帶領的第一期「賽馬會樂齡同行計劃」，為有抑鬱風險或抑鬱徵狀的長者提供預防及支援服務，並鞏固社區面對晚晴生活的抗逆力。活動招募長者擔任「樂齡之友」，他們受訓後，協助邀請其他有需要的長者參與活動，重建社交連結。在計劃期間，和悅軒培訓了23位「樂齡之友」，進行了21,257次外展探訪，當中共有958人次是接觸了有抑鬱風險或抑鬱徵狀的長者，按長者不同程度的抑鬱徵狀提供個人及小組治療。在介入後，超過9成的受助長者抑鬱徵狀有所改善，成效顯著；同時亦舉辦了29場講座及4次大型社區活動，共吸引超過3,000人次參與，促進大眾對長者精神健康的關注。承接第一期計劃的成功，和悅軒有機會繼續成為協作單位，於2020年1月至2023年12月期間繼續推行「賽馬會樂齡同行延展計劃」。

Promoting Mental Health in Later Life

Wellness Zone - Integrated Community Centre for Mental Wellness (ICCMW) joined the first phase of the "Jockey Club Holistic Support Project for Elderly Mental Wellness", which was funded by the Hong Kong Jockey Club Charities Trust and led by the Department of Social Work and Social Administration of the University of Hong Kong from October 2016 to December 2019. During this period, we provided preventive and supportive services to elderly at risk of developing depression or showing depressive symptoms, and endeavoured to enhance community resilience against the challenges of ageing. Elderly were also recruited to undergo training as peer supporters, whose responsibility was to invite other mentally vulnerable elderly to our activities as a way to reconnect with the society. Overall, the project trained 23 peer supporters and conducted a total of 21,257 outreach visits, 958 of which were made to at-risk or symptomatic elderly. Based on the severity of their symptoms, we adopted casework, preventive psychoeducation programmes and group-based Cognitive Behavioural Therapy (CBT) as our interventions. The results were encouraging: more than 90% of the needy elders showed improvement symptoms. We also arranged 29 public talks and large-scale community events to raise awareness towards mental health among elderly, which attracted over 3,000 attendances in total. With its solid experience in the first phase, Wellness Zone will extend its role as one of the supporting organisations into the second phase, which is scheduled from January 2020 to December 2023.



◀ 「樂齡之友」證書課程畢業禮，見證學員努力的成果。
Peer supporters' graduation ceremony at the University of Hong Kong - a showcase of their hard work.



◀ 樂齡之友與長者一同製作節日裝飾。
Peer supporters create handmade decoration together with the elderly.



◀ 舉辦社區大型活動促進大眾對長者精神健康的關注。
Large-scale community events are held to enhance public's awareness on the elderly's mental health.

擴展藝術治療的應用

精神健康服務一直應用「藝術治療」於不同的服務類別及不同的年齡層上。同工於2019年9月9至12日特地前往台灣，參觀當地醫院、院舍、自助組織，互相交流對「藝術治療」的應用。同時得到台灣藝術治療學會的安排，參與進深藝術培訓，令同工未來於服務內容設計上，更能把「藝術」元素發展成為精神健康服務的其中一個堅穩導向。



▶ 同工參與台灣交流團以參考當地將藝術融入精神健康服務的經驗。
Our staff members join the Taiwan exchange tour to learn the local experience of integrating arts into mental health services.

Extending the Use of Art Therapy

Our Mental Health Services have been applying art therapy to different service categories and age groups. From 9th - 12th September, 2019, our staff members made special visits to a number of hospitals, hostels and self-help organisations in Taiwan and exchanged ideas and experiences with local professionals on the use of art therapy. The Taiwan Art Therapy Society also arranged an in-depth art training programme for our team. This valuable experience allowed us to truly ingrain the value of art into our mental health services as a guiding principle of our future service design.



未來發展 Outlook

擁有身、心、社、靈的安穩和平衡，對我們的服務使用者尤為重要。未來一年，我們會繼續將工作重點放在以下多方面：

1. 運用多元手法，在社區推廣情緒及精神健康；
2. 關注兒童，青少年及婦女的全面健康，協助他 / 她們從知識，技能和心態各方面作好裝備，提升心理質素，改善情緒健康；
3. 為家長、教師及社工等提供相關專業支援，以協助他們提升個人身心健康及處理危機的能力。
4. 照顧年長人士的精神健康，持續關注他們的需要。

A stable balance of physical, mental, social and spiritual well-being is more important to our service users than anything else. In the coming year, we will continue to set our sights on four priorities:

1. Promoting emotional and mental health in the community through diversified approaches;
2. Addressing the importance of whole-person wellness in children, adolescents and women and equipping them with knowledge, skills and a positive mentality to improve their emotional health;
3. Providing parents, teachers and social workers with professional support to enhance their physical and mental well-being, as well as their ability to handle crises;
4. Taking care of the mental health and psychological needs of the elderly.

2019-2020 服務統計 (截至2020年3月31日) Service Statistics (as at 31st March, 2020)

