

# Mental Health Services



## Service Orientation

Our Mental Health Services have continued to adopt a strengths-based approach and provide diverse innovative and evidence-based professional services for people of all ages in the community. We strive to work with various stakeholders to build a mental health-friendly society. To address new service needs, a higher priority has been given to the holistic wellbeing and rehabilitation engagement of our service users. Through preventive education and the promotion of mental health, as well as interdisciplinary collaborations to promote physical and mental wellbeing of members of the public, we ensure they can live healthy, happy, harmonious and hopeful lives.



Learn more about our Mental Health Services

## Service Highlights

### Connecting Community Stakeholders and Establishing a Cross-Sector Collaboration Platform to Promote Mental Health

To raise public awareness of mental health issues and help members of the public better understand community-based mental health services, Wellness Zone – Integrated Community Centre for Mental Wellness held an open day event from 8<sup>th</sup> to 9<sup>th</sup> March 2024, during which 18 guests, including District Council members and partners from the Care Teams, social welfare organisations and partner organisations were invited to visit our centre, where a guided tour was organised to show them the scope and features of our services. This event facilitated mutual exchanges and collaborations to advance the development of mental health services and fulfil the community's needs. Various booth activities, a stress relief experience workshop and a "Human Library" sharing session were also attended by more than 200 community members. These experiences helped them understand the importance of mental health, promoted their understanding and acceptance of individuals undergoing mental health recovery, and contributed to building a more caring and inclusive society.



⏏ A “Hope Market” was also held during Wellness Zone’s open day, showcasing the handcrafted creations of individuals in recovery, while allowing more people to understand their stories and abilities.



⏏ During Wellness Zone’s open day, visitors expressed and released their emotions in an artistic way through alcoholic ink painting.



⏏ Different stakeholders and partners were invited to exchange ideas on how to promote mental health in the community at Wellness Zone during its open day.

## Caregiver’s Bakery: Supporting the Mental Health of Carers

Being a carer can be a 24/7 job, spending such a significant amount of time focusing on other people that they may easily overlook their own emotional needs, ultimately falling victim to emotional distress when stress builds up over time. To better support their mental health needs, we organised a special campaign with the theme of a “Caregiver’s Bakery”, to encourage carers to pay closer attention to their own emotional needs.

Finding the time to attend the activities in person can be a struggle for most carers. Hence, the “Caregiver’s Bakery” made use of Facebook and Instagram posts to connect with carers and provide them with information on self-care, in order to ensure that they feel cared for, understood and supported. Self-care kits containing a series of “self-care challenges” were also mailed to carers in November 2023, in order to share simple tips for stress relief and remind them to look after themselves with the use of emotionally-soothing items and QR prompt cards.



⏏ “Caregiver’s Bakery”: Bear Bear (Bear Your Mind) is transformed into a baker and offers various online and offline activities to support individuals in their caregiving journey.

In addition, we organised three online seminars where a person in recovery, a clinical psychologist and a professional organiser were invited to each share their valuable expertise and techniques for staying organised, both in life and emotionally. An activity designed for couples was also held during the Lantern Festival for parent carers, who benefitted from the on-site childcare services and enjoyed quality time together away from the stress of caregiving. This allowed them to strengthen their bond and rebuild intimacy, while gaining strength from each other's company. Through a series of activities, we served a total of 683 participants.



During the Lantern Festival-themed couples' activity, husbands gave their wives roses and thoughtful cards as tokens of gratitude to strengthen their bond and support for each other.

## Promoting and Building a Mental Health-Friendly Community through Innovative and Diverse Efforts

Our Mental Health Services have been dedicated to exploring different creative ideas that can make mental health information more accessible, approachable and easily accepted by the general public. Over the past year, our Mental Health Ambassador, Bear Bear (Bear Your Mind), regularly shared mental health information on social media and teamed up with the Store of Happiness – The Mobile Van for Publicity Service on Mental Wellness to raise mental health awareness and promote the acceptance of persons in recovery by offering quick mental health tests and setting up booths for emotional health education and exhibitions at various locations. We will continue to collaborate with a variety of local stakeholders to promote a happier community that brings people closer together.



A mental health webpage featuring Bear Bear (Bear Your Mind) and friends is now live, and more mental health information and resources will be coming soon.



Bear Your Mind and the Store of Happiness also participated in the "World Mental Health Day" Seminar and Mental Health Expo. During the event, we exchanged insights with other social welfare organisations and industry professionals, while advocating for the use of creative media and technology to make mental health education, emotional health assessments and interactive workshops available to the public.



Our team and Bear Your Mind were also invited by UBS to attend the “ECO & Wellness Fair 2023”, where we had the opportunity to share mental health information with hundreds of UBS employees and to encourage working professionals to take care of their health in a holistic manner. The event also featured an exhibition of various hand-crafted accessories made by people in mental health recovery, showcasing their capabilities to a wider audience.

## Outlook

In the coming year, we will continue to collaborate with different community stakeholders to provide comprehensive, people-centred and high-quality services to meet the needs of our service users during various stages of life. In this regard, we have identified four service directions:

1. Utilise diverse and innovative approaches to continue to promote mental health in the community and contribute to building a mental health-friendly environment.
2. Leverage evidence-based interventions to help service users organise their life experiences and rebuild ideal and meaningful lives.
3. Focus on the emotional needs of carers and provide comprehensive support to help them stay in good physical and mental health, while enhancing the quality of care.
4. Offer one-stop support services for children and young people struggling with emotional difficulties, so that they can learn how to accept and manage negative emotions, practice self-care and build a strong enough psychological resilience to cope with the challenges of life.

## Service Statistics 2023-2024 (as of 31<sup>st</sup> March 2024)

