

偉信是一位二十多歲的年青人。身為家中獨子的他，理所當然成為父母的寵兒，所有專注力都投放在他的身上。可是，久而久之，父母的期望卻變成一種無形的壓力，令他凡事都要做到最好。最終他亦達成完成大學課程的目標。這對偉信及他的父母都是一件引以為傲的事情。

畢業後，拿著這張「社會入場券」，偉信進入不同的公司，甚至大企業裡工作。無奈這一切的光環，沒有為偉信減輕壓力；相反地，他因過大的工作壓力而又無法排解，結果患上了精神分裂症，需要入院治療八個多月。雖然偉信的病情慢慢穩定下來，但每當想到日後如何重投社會的問題，難免有種種擔憂。



偉信與服務
使用者分享
親身經驗，
勉勵他們
重新出發，融
入社會

Wai-shun shares his personal experience with service users, encouraging them to rejoin the society

離開醫院之後，偉信轉介至中途宿舍接受康復訓練，沒想到這正是他人生旅途上的轉捩點。在宿舍期間，偉信除了接受康復訓練外，還認識了不少「同路人」，經常分享彼此的故事。他漸漸發覺自己很喜歡與人交往，不單走出以往自我封閉的日子，而且對重投社會多了一份自信心。

其後，在中途宿舍職員的鼓勵下，偉信嘗試擔任「朋輩支援員」一職，以過來人的身份鼓勵「同路人」重新出發，融入社會，再次尋找人生目標。作為扶康會康晴天地的朋輩支援工作員。偉信期望藉著自己的復元經驗幫助更多有需要的「同路人」，協助他們在康復路途上脫離孤獨。



作為朋輩支援工作員，
偉信用心聆聽服務使
用者的故事，並關心
他們的感受

*As a Peer Supporter,
Wai-shun listens to
the stories of service
users, caring about
their feelings*

Wai-shun is a twenty-year-old young man. As the only child in his family, he was the apple of his parents' eyes and they paid all their attention to him. This had become unspeakable pressure that pushed him to attain the best in every aspect. Finally, he completed university and obtained a degree, which made his parents and himself very proud.

With the graduate certificate, an 'admission ticket to society', Wai-shun worked in various companies, including big corporations. However, this kind of glory and splendour did not help Wai-shun relieve his stress. The pressure from work simply got growing. Consequently, Wai-shun was diagnosed with schizophrenia and had to be hospitalised for eight months. Even though his condition had gradually been stable and better, whenever Wai-shun thought about his return to the society, he could not help feeling anxious.

Upon discharge from the hospital, Wai-shun was referred to a halfway house for rehabilitation training, which became an unexpected turning point in his life journey. Apart from receiving rehabilitation training, Wai-shun made friends with some peers with similar experience on the road to recovery. They shared their own stories with each other, which gradually made Wai-shun realise that he actually enjoyed being with other people. Wai-shun was able to step away from his days of seclusion and became more confident about rejoining the society.

Later, under the encouragement from the staff of the halfway house, Wai-shun took the challenge of becoming a Peer Supporter. With his own story, he has encouraged persons with similar experience to rejoin the society, seek and strive for their life goals. As a Peer Supporter of Sunrise Centre, Wai-shun looks forward to helping more persons with similar experience through sharing his recovery experience with them and assisting them in breaking away from the solitude of the recovery.