



## EDITOR'S NOTE 編者的話

**根**據香港中文大學於 2020 年發佈之「全港精神健康指數調查」，香港市民精神健康平均分為歷年最低，近四成市民指「新型冠狀病毒病」疫情對精神健康造成較大的負面影響。今期通訊以「精神健康」為主題，希望大家即使面對生活壓力，亦要關注自己的精神健康。本會早於 1997 年提供中途宿舍服務予精神復元人士，並於 2010 年開展社區精神健康服務，提供以社區為本的一站式精神健康服務，為懷疑有情緒及精神健康困擾的人士提供支援，促進社區人士認識和關注精神健康，以及鼓勵他們與精神復元人士接觸，增加了解和接納，建立共融關愛社區。通訊內文將講解「復元」概念及如何將其應用在本會的精神健康服務上；此外，本會臨床心理學家亦提供抗疫小貼士，幫助大家調節情緒，面對「疫境」。

為回應社會的需要，本期通訊將介紹本會新開展的精神健康計劃 – 「無憂寶·健園」和「兩個女人一個墟」；以及為輕中度智障人士及其家庭開展的「共生平台」。而本期人物故事由兩位精神健康服務的朋輩支援員分享他們如何以「過來人」的身份，給予其他精神復元人士支持與鼓勵，傳達「復元」概念。上期新增的「扶康·良品」專欄反應熱烈，本期繼續為大家介紹另一批扶康良品 – 香薰驅蚊磚及皮革製品，歡迎訂購。此外，本期通訊亦剪輯了「扶康會賽馬會石圍角工場」命名典禮的花絮，內容精彩，萬勿錯過！

# 精神健康



**A**ccording to the "Hong Kong Mental Health Index" released in 2020 by The Chinese

University of Hong Kong, the average mental health score of people in Hong Kong has hit an all-time low, nearly 40% of interviewees has named the COVID-19 pandemic to be the key or detrimental factor affecting their mental health. The theme of this issue is "Mental Health". Despite the pressure of everyday life, the Society hopes that everyone will be more aware of one's own mental health. The Society operated halfway houses for persons in recovery as early as 1997 and began its community mental health services in 2010. Our aim is to raise public awareness on the importance of mental wellness and to promote better understanding of person in recovery through the connection with residents of the serving district. The ultimate goal of the Society is to eliminate the stigma and discrimination against persons with disabilities, and build an inclusive community for all. We shall explain the concept of "Recovery", and its application on the Society's mental health services. Meanwhile, mental health tips on facing the challenges of the pandemic will be shared by our clinical psychologists.

# Mental Health

In response to the changing service needs, this issue highlights two new mental health initiatives of the Society, namely "Kids' Kit Garden" and "WOMATE's Campaign"; additionally, another newly launched project - "COCO-Living Platform" aims to provide support for persons with mild and moderate intellectual disabilities and their families. Furthermore, two Peer Support Workers of mental health services will share their lived experiences with other persons in recovery as a means to provide support and encouragement. The newly added column - "Fu Hong · Ichiban" in the previous issue received overwhelming response, therefore, we will continue to introduce handmade products of our service users, including Mosquito Repellent Bricks and Handmade Leather Products, please feel free to place your order. Last but not least, the precious moments of the "Naming Ceremony of Fu Hong Society Jockey Club Shek Wai Kok Workshop" will be snapshotted in the column of Service Highlight of this issue; don't miss out on all of the exciting content!