



“Human Library 真人圖書館”

香港恒生大學「真人圖書館」工作坊
"Human Library" workshop held at The Hang Seng University of Hong Kong

社會人士對於精神復元人士的印象主要來自報章或新聞報導，然而，這些報導往往將精神復元人士與「暴力」形象聯繫在一起。精神復元人士在復元過程中面對著各種挑戰，其中難以避免受到歧視和被負面標籤，這些社會議題並非精神復元人士能夠改變。

「真人圖書館」源於丹麥，由真人成為「圖書」，與「讀者」直接對話和交流，以建立正向的聯繫，從而消除歧視。本會朋輩支援服務於2018年開始推行「真人圖書館」活動，讓精神復元人士擔任「真人圖書」，透過平等和真誠對話，讓「讀者」有機會聆聽和感受他們的生活點滴和內心世界，從而更深



入地了解、明白和接納精神復元人士。

「真人圖書館」活動已在多間中學、大學、商業機構及不同團體中推行，參與人數已超過600人。其中一本「真人圖書」— 子傑的故事，相當勵志。他在初中時遭逢家庭巨變，對他的情緒產生負面影響，學業也受到了很大的挫折，最終患上情緒病。然而，子傑在復元過程中沒有放棄，他勇於嘗試，了解到自己的需要和興趣，並繼續進修，最後獲得碩士學位。本會希望透過這些勵志的「真人圖書」勉勵社會大眾，以及推動社會共融精神。

如各團體或企業對於舉辦「真人圖書館」活動感興趣，歡迎致電 2745 4214 與傳訊及資源發展部聯絡。

The general perception of persons in recovery mainly comes from newspapers or news reports, which unfortunately often associate them with “violence” images. However, the persons in recovery face various challenges on the path to mental health recovery, with discrimination and labeling being deeply rooted social issues that cannot be changed solely by themselves.

The concept of the “Human Library” originated from Denmark, Human is being a “book” that interacts and communicates with “readers”. It establishes positive

connections and eliminate discrimination. The Society’s peer support service introduced the “Human Library” activity in 2018, where persons in recovery serve as “Human Books”. Through equal dialogue, “Readers” have the opportunity to listen to and feel their life stories and inner worlds, allowing for a deeper understanding, comprehension, and acceptance of the persons in recovery.

The “Human Library” activity has been implemented in secondary schools, universities, corporations, and various organisations, with more than 600 participants. One of the “Human Books” - Tsz Kit’s Story, is particularly inspiring. He experienced family upheaval during secondary school, which had an impact on his emotions and caused academic setbacks, end up suffering from emotional illness. Nevertheless, Tsz Kit did not give up during the recovery process. He courageously to try during his recovery process. He understood his needs and interests, continued his education, and ultimately obtained a master’s degree. The Society hopes to encourage the public and promote the spirit of social inclusion through the “Human Books”.

Organisations or corporations who have an interest in “Human Library” activity, please contact the Communications and Resources Development Department at 2745 4214.



Corporate Trade Fair 企業展銷

感謝各界人士對扶康會出品的認同及欣賞，多間企業伙伴邀請本會於農曆新年前舉行慈善義賣，讓職員可以把握機會購買新年賀禮送贈親友，並藉此宣揚社會共融精神，令新春佳節更具意義！

The Society is grateful for the trust and confidence in our products, several corporate partners had invited us to organize charity sale before Lunar New Year. Their staff can seize the opportunity to buy New Year gifts for their relatives and friends, and use this opportunity to promote the spirit of social inclusion, making the New Year festival more meaningful!



光大證券國際展銷活動
Everbright Securities International Staff Sale Day



香港會議展覽中心（管理）有限公司慈善義賣
Hong Kong Convention and Exhibition Centre (Management) Limited charity sale



香港航空展銷活動
Hong Kong Airlines Limited internal roadshow