



Mental Health Month 精神健康月活動

Care for Mental Health 精神健康齊關注

「精神健康月」是一項全港性的精神健康公眾教育活動，由勞工及福利局聯同多個政府部門、教育團體和社福機構聯合舉辦，旨在向市民宣傳精神健康的重要，並提高市民對精神復元人士的認識及接納。

扶康會去年獲邀擔任地區工作小組召集機構，聯同教育局及友好社福機構一同舉辦了多項推廣精神健康的活動，照顧不同年齡層的精神健康需要。大會特別為年青人度身訂造多次講座，教導 223 名中小學老師識別青少年學生情緒需要的方法。大會亦舉辦精神健康 KOL 訓練，培訓了 46 位來自 12 間中學及大學之年青領袖，成為推廣精神健康的新動力。大會同時透過創意大賽，收集由大眾提供的點子，拍攝成宣傳短片，推廣精神健康的重要。

大會亦關注家長的精神健康需要，舉辦了 3 場孩子的心聲家長座談會，由本會臨床心理學家聯同新生精神康復會的教育心理學家，與 335 位家長分享育兒心得，疏解照顧子女的壓力。

長者的精神健康也不能忽視，工作小組邀請了不同長者，在衣、食、住、行四方面分享樂活老齡的心得，並拍攝短片，將訊息傳遞到社區內的長者。

“Mental Health Month” is a territory-wide mental health education campaign led by the Labor and Welfare Bureau. Through the collaborations with government departments, education bodies and social welfare organizations, the campaign aims to enhance public’s awareness about the importance of mental wellness, and promote the understanding and acceptance of persons in recovery.

Fu Hong Society was invited to convene the District Working Group of the campaign last year. The Society worked together with the Education Bureau and social welfare organizations to organize a series of education programs in responding to the diversified needs of different age groups in the community. In the public lecture, knowledge in identifying the emotional needs of the students was delivered to 223 teachers from primary and secondary schools. Meanwhile, the Key Opinion Leader (KOL) training program equipped with the skills in promoting mental wellness for 46 students from 12 secondary schools and universities were also held. Some innovative ideas coming from a competition were collected for the production of promotion video for public education purpose.

Concerning the caring stress of the parents, our clinical psychologist and the education psychologist of New Life Psychiatric Rehabilitation Association jointly held 3 seminars for 335 parents. During the 3 seminars, tips in building intimate relationships with their children and skills for relieving caregiver stress were shared.

To deliver the messages of mental wellness to the aged group, the working group invited some senior citizens to share the ideas of active ageing by means of video clips under the scopes of dressing, dining, living and travelling.

