朋輩支援員

精神健康互伴

Peer Support Workers —

Your Partners Toward
Better Mental Health

幫助彼此，分享相似的經驗

Helping each other by sharing similar experiences

It is important to have someone who understands you well on the path of recovery. Kit mentioned that he has once used his own experiences to encourage a service user. "He was also from a single-parent family like me. Because he has received very little recognition during childhood, and his academic results were unsatisfactory. That is why he suffered emotional distress and low self-esteem. We had a similar family background and experiences. Both of us got a ‘Zero’ at the Hong Kong Certificate of Education Examination. I encouraged him not to give up with my experience of obtaining a Master’s degree after my hard work. "

Recent study from the Chinese University of Hong Kong indicated that close to 60% of people in Hong Kong have reported to be in a state of sub-standard mental health, which is the worst outcome of the study in the past six years. Mental health has become a topic to be concerned. Kit and Man, two Peer Support Workers from the Society’s Integrated Community Centre for Mental Wellness - Sunrise Centre have made use of their own valuable experiences to support, encourage and accompany those who are in need on their journey to recovery.

Regaining confidence on the road to recovery

Man, who has once suffered from mental challenge, joined Sunrise Centre as a Peer Support Worker five years ago. "I had just given birth to my second child at the time, being, and suffered from postpartum depression. It became difficult for me to concentrate on my work, so I quit my job. My mother-in-law took care of the baby. I felt as if I was useless. I lost my personal goal, and I couldn’t find a way out. Luckily, I joined Sunrise Centre soon afterwards, and I was asked if I was interested in becoming a Peer Support Worker. After learning about its job nature, I thought I might try. "

Kit suffered from mental illness because of his unhappy development during childhood, and he has also regained his confidence through becoming a Peer Support Worker. "When I first shared my path of recovery, I thought that it was meaningful. That was why I later joined as a Peer Support Worker."