

Project Title:
Mindshift – Promoting Positive Mental Health in Schools

1. Support Service Co-ordinator

School-based Professional Support Section, Quality Assurance and School-based Support Division, Education Bureau

2. Network Co-ordinating Organisation

Department of Psychiatry, The University of Hong Kong

3. Objectives

The project aims:

- to enhance teachers' understanding of mental health, and their knowledge (including mental health problems induced by being frequently exposed to stressful events during the social unrest, such as acute stress disorder, post-traumatic stress disorder, etc.) and skills in handling stress-induced emotional and behavioural problems arising from students
- to develop a positive mental health culture in secondary schools by enhancing the wellness of mind and body and increasing capacity to handle mental health concerns
- to cultivate a friendly environment by promoting a mental health awareness in schools
- to enhance students' understanding of mental wellness and illness, skills to cope with stress and emotions, and empathy towards people with mental illness (in particular psychosis)

4. Foci of Support

- To promote a positive mental health culture in the Participating Schools
- To facilitate positive changes on mental health in accordance with the needs of each Participating School
- To start a student ambassador programme which promote mental health and forms a sustainable personal development structure for student ambassadors
- To establish an inter-school mental health support network
- To provide an online platform to promote mental health

5. Modes of Support

- On-site talks
- 3 student ambassador training workshops of knowledge building and communication skills and 3 teacher professional training workshops
- 6-week experiential contact with people with mental disorders and 3-day attachment at the University
- 1 - 2 theme-based projects on promoting a positive mental health culture
- Look at Mi Programme
- Regional mental health seminars for teachers

6. Expectations on Participating Schools

- Participating Schools have an open and positive attitude towards the discussion of mental health issues and will assign 2-3 teachers as core members to promote a positive mental health culture in the school

- Participating Schools support hosting project events related to mental health at schools
- Participating Schools support an inter-school Mental Health Network and to share the experience gained from the Project with other Participating Schools
- Representatives of the Participating Schools attend at least two meetings held in the school year with the Network Co-ordinating Organisation and other Participating Schools on formulating strategies and work plans, etc.
- Participating Schools arrange regular timeslots for teachers concerned to attend meetings and participate in various professional development activities
- Participating Schools observe strictly their legal obligations and, in all cases, comply with the Copyright Ordinance in developing school-based learning and teaching materials