

Voices that are Untold - Understanding Mental Health of Hong Kong Teenagers

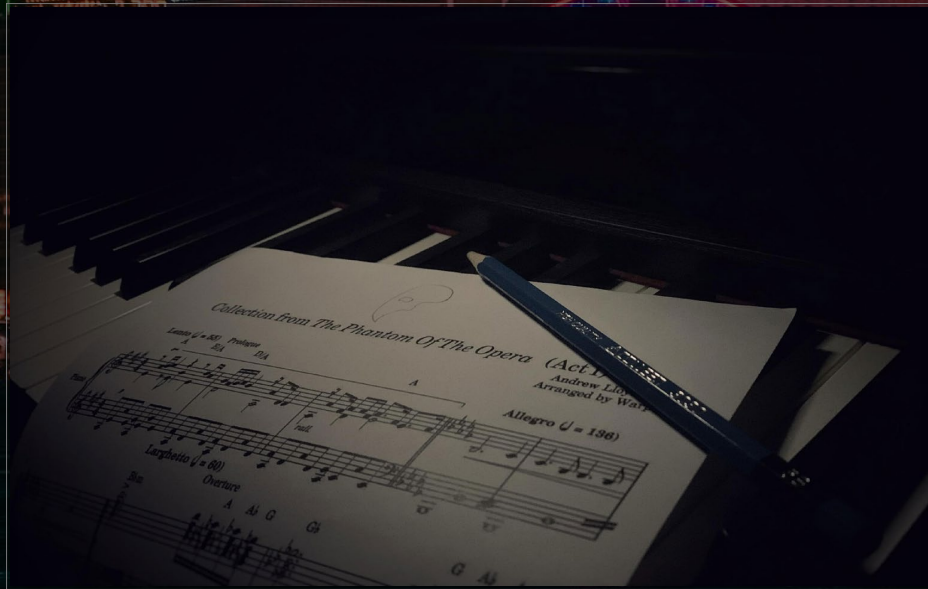
BY:
ALAN
DONIA
KELVIN
SANLY
Supported by: Eric Tsang

The CYMH project

MENTAL
HEALTH

Presented on November 17, 2023

A photo that can represent “Mental Health”



I believe that "mental health" is the driving force of life. For me, music is the driving force in my life, I love playing the piano and creating my own music.

BY ALAN

Music, makes everything great



A photo represents the challenge to Mental Health

Academic life in Hong Kong is difficult, this photo was taken at the pre-examination period and I was studying in my bedroom, feeling stressed out, academic stress is hard to deal with. Under the tense atmosphere before final exams, students tend to neglect their mental health problems. As what you see in the photo, it's quite dark in the room, yet there was a glimmer of hope to pass this exam, just like the light that shone through the windows.

BY DONIA



A photo that represents something that supports positive Mental Wellbeing

I'm the one in the photo. I was working as a photographer in the school sports day. I captured the best moments of my classmates who were trying their best to win the competition. To be honest, there were times that this job made me exhausted, because it took me quite a while to edit photos and videos, but I really love this job and I'm proud of being a photographer

I'm feeling more positive than before, which benefits my mental health.



BY KELVIN

A photo that helps Mental Health to improve in my community



This photo is from a short hiking path called 'Tai Mei Tuk Family Walk'. During the Covid-19 pandemic, I went there after online lessons every day to keep myself motivated. It shows the mountain range called 'Pat Sin Leng', Plover Cove Reservoir, Tolo harbour, and Tai Mei Tuk village. The air was fresh there and it was funny to see everything became so tiny.



BY SANLY

Thank you for listening!