

Children and Youth Mental Health (CYMH)  
International Symposium:  
Voices of Community Collaboration on  
Youth Mental Health

Presented on November 17, 2023

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St. James' Settlement in Hong Kong

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- More than half of secondary school students showed signs of depression in a recent survey by HKFYG.

**The Standard** EIGHT KWAI FONG 2818 1388 星島集團

Trending Section News Features Event & Promotion Coffee Break

Top News Editorial Local Finance China World Sports Central Station Columns

### More than half of Hong Kong youths suffer from symptoms of depression

Local | 11 Oct 2023 11:44 am



More than half of secondary school students showed signs of depression, according to a recent

## Hong Kong records 22 teenage suicide attempts or deaths in 3 months, double the number in same period in 2022: university

- University analysis finds 20 of out 22 cases took place just after the start of new school year, with expert saying teens struggled to adapt after pandemic
- 'The Covid-19 pandemic has had far-reaching impacts on youths' personal growth and interpersonal relationships, both with classmates and teachers,' scholar says



# Jockey Club Online Youth Emotional Support

## 賽馬會青少年情緒健康網上支援平台



捐助機構 Funded by

主辦機構 Organised by



香港賽馬會慈善信託基金  
The Hong Kong Jockey Club Charities Trust



香港青年協會  
the hongkong federation of youth groups



THE HONG KONG JOCKEY CLUB  
Centre for Suicide Research  
and Prevention  
THE UNIVERSITY OF HONG KONG  
香港大學賽馬會香港防止自殺研究中心





**Open Up is an 24/7 text-based and anonymous emotional support platform designed to minimise stigma on help-seekers:**

**Youth-focused:** anyone aged between 11 - 35

**Non-labelling:** anyone open for a chat / needs some emotional support\*

**Immediate:** Round-the-clock & text-based online service

**Convenient:** multiple Channels log in (FB, WhatsApp, Open Up Web)

**Secured:** confidential, anonymous and high autonomy for users

**Professional:** Service by trained counsellors & volunteers, supported by technology

**Web-portal**

- #24-hour day & night support for youth
- #Multi-online chat platform
- #Text-based Chat

**Volunteer Training**

- #Comprehensive volunteer training programmes
- #Best equipped
- #Togetherness

**Gatekeeper Training**

- #Talks and Workshops
- #Understanding and Support

**Capacity Building**

- #Comprehensive training module
- #Adeptness in suicidal case handling
- #Building emotional connection

**Connected Care**

- #Cross-service Collaboration
- #Online and Offline interfacing
- #Connected with the youth with emotional crisis

**Contact Us**

hkopenup

91 012 012

www.openup.hk

**Funded by:** The Hong Kong Jockey Club Charities Trust

**Organized by:** BGCA, Caritas, etc.

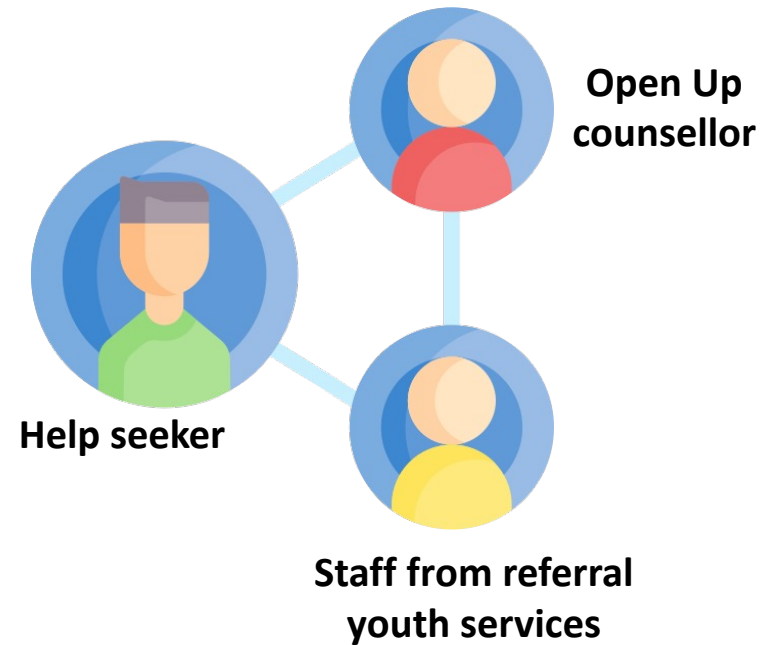
# To bridge youth's on-going emotional needs with community resources

Some medium & high risk cases are referred to suitable services for comprehensive support

3) Cyber Youth Support Teams	15.1%
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## New platform to facilitate online referrals

- A new platform was developed to link up users, counsellor and referral services to enhance the referral success rate



# 6PM Cyber Youth Support Team



## Description

The team approaches young people of different needs through an online medium that is close to their trend, and form partnership with other community stakeholders to foster cross-sectoral collaboration to address the needs of at-risk and hidden youths. The team mainly serves users and collaborates with community stakeholders on Hong Kong Island.





情緒探索實驗展 | 2023.10.14 - 10.24 | 11am - 7pm | PMQ S209,S211

ZH



# LAYERS





# Online Promotion in IG

31 March 14:53

層 LAYERS

透過靜觀練習及藝術讓參加者增加對個人情緒的理解。

FORMS.OFFICE.COM

日期、時間、地址：請留意報名表  
對像：12-24歲青少年  
名額：每節8位  
費用：免費  
取錄原則：先到先得  
負責人：Kitty (59333880), Chris, Fina

報名請掃我：

層 LAYERS | 日期 | 時間 | 地址

22/4(六)	1500-1800	香港銅鑼灣宇宙商業大廈12樓
26/4(三)	1900-2200	香港柴灣利眾街24號東貿廣場35樓A室
6/5(六)	1500-1800	香港銅鑼灣宇宙商業大廈12樓
11/5(四)	1900-2200	香港柴灣利眾街24號東貿廣場35樓A室
20/5(六)	1500-1800	香港銅鑼灣宇宙商業大廈12樓
25/5(四)	1900-2200	香港柴灣利眾街24號東貿廣場35樓A室

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報名請掃我：

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費用：免費 取錄原則：先到先得  
負責人：Kitty (59333880), Chris, Fina

活動注意事項：  
1. 參加者需填寫家長同意書(未滿18歲參加者)及健康聲明書才可參加活動。  
2. 惡劣天氣安排：活動前兩小時，如懸掛八號或以上颱風訊號，或黑色暴雨警告，當日活動將會取消。

# Online Promotion in Discord

終極貓奴 2023/03/31 14:57

活動名稱：層 Layers

活動內容：透過靜觀練習及藝術讓參加者增加對個人情緒的理解

活動日期及時間：  
22/4(六) 1500-1800 香港銅鑼灣宇宙商業大廈12樓，  
26/4(三) 1900-2200 香港柴灣利眾街24號東貿廣場35樓A室，  
6/5(六) 1500-1800 香港銅鑼灣宇宙商業大廈12樓，  
11/5(四) 1900-2200 香港柴灣利眾街24號東貿廣場35樓A室，  
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25/5(四) 1900-2200 香港柴灣利眾街24號東貿廣場35樓A室

活動地點：香港柴灣利眾街24號東貿廣場35樓A室 或 香港銅鑼灣宇宙商業大廈12樓

對象：12-24歲青少年  
名額：每節8位  
取錄原則：先到先得  
費用：免費

活動負責人(聯絡電話)：Kitty (59333880), Chris (59333716), Fina

備註/注意事項：  
活動作品版權為本機構所有。  
參加者需填寫家長同意書(未滿18歲參加者)及健康聲明書才可參加活動。  
惡劣天氣安排：活動前兩小時，如懸掛八號或以上颱風訊號，或黑色暴雨警告，當日活動將會取消。

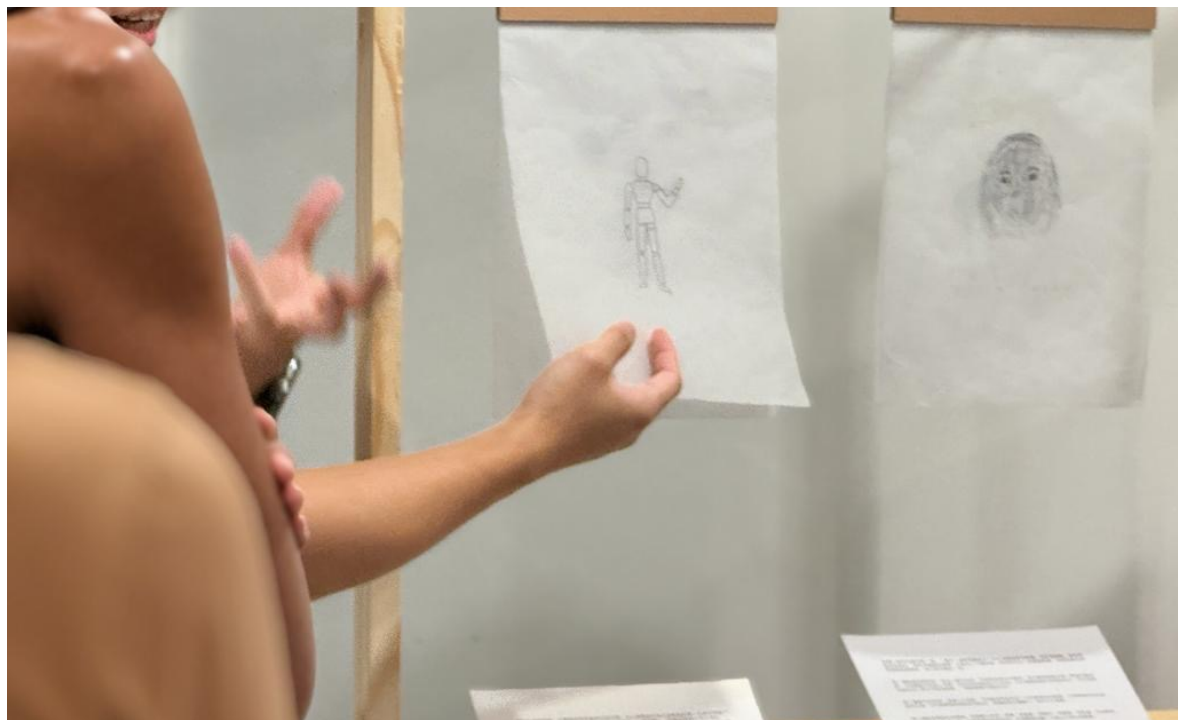


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# Six sessions of emotional exploration workshops









SHARE YOUR  
SHAPES OF  
EMOTIONS

分享你的情緒形狀



# EMOTIONAL THREADS

# 一縷思緒

