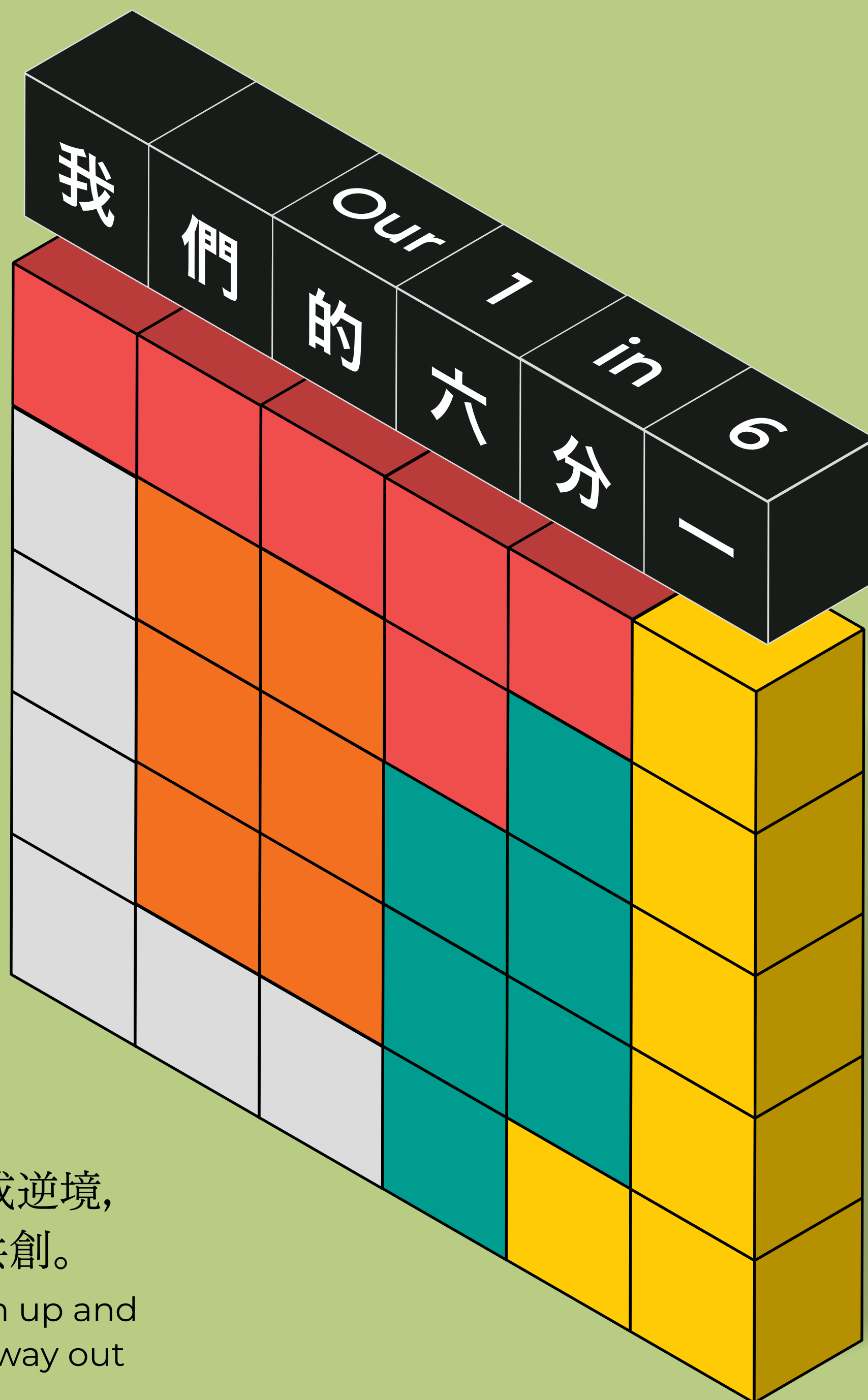




在香港，
每6位年青人就有1位
受到精神疾病的困擾

In Hong Kong SAR,
1 in every 6 young people
is afflicted by the
torment of mental illness.



2場研討會
conference
TUE 10 & THU 12
Oct

2場工作坊
workshop

2023年秋天，不論疫境或逆境，
來一場真誠對話，同行共創。

In Autumn 2023, let's open up and
collaborate in finding the way out
amidst all the adversity.

我們的六分之一 Our 1 in 6

在香港, 每六位年青人就有一位受到精神疾病的困擾, 他或她可能就在你 and 我的身邊。

適逢世界精神衛生日, 「香港對談」系列繼續關注青年精神健康, 透過兩場研討會和兩場工作坊, 讓年青人和不同界別人士一同在支援青年精神健康的路途上, 探索不同的可能性, 讓六分之一的你、我、他或她, 連繫彼此, 互相支持。

2023年秋天, 不論疫境或逆境, 來一場真誠對話, 同行共創。

In Hong Kong SAR, one in every six young people is afflicted by the torment of mental illness. He or she may be just around you and me.

In line with World Mental Health Day, the “Hong Kong Dialogue” series continues to focus on the mental well-being of young people. Through two conferences and two workshops, we bring together youth and stakeholders from multiple sectors to explore different possibilities in support of youth mental health.

In Autumn 2023, let's open up and collaborate in finding the way out amidst all the adversity.

研討會 | 公開報名

Conference | open to public

Day 1 10.10.2023 TUE 14:30-17:30

Day 2 12.10.2023 THU 14:30-17:30

香港灣仔軒尼詩道15號溫莎公爵社會服務大廈1樓禮堂
Auditorium, 1/F, Duke of Windsor Social Service Building,
15 Hennessy Road, Wan Chai, Hong Kong

現場與網上同步 hybrid (in-person & online)

研討會以粵語進行 (設有英語即時傳譯)

Conference will be conducted in Cantonese
(English simultaneous interpretation is available)

工作坊 | 只限受邀請人士

Workshop | by invitation only

Day 1 16.10.2023 MON 14:00-17:00

Day 2 27.10.2023 FRI 14:30-17:00

現場參與 in-person

歡迎從事青年服務的專業人士和年青人參與

All professionals working with youths and young people are welcome to join

查詢 Enquiry | 2864 2958 / 2864 2942

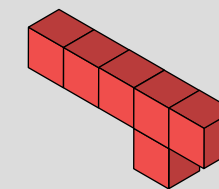
Supporting Organizations



議程 Agenda

DAY 1 10.10.2023 (TUE)

香港青年精神健康的現況 Overview on Youth Mental Health in Hong Kong



<p>14:30 開幕典禮 Kick-off Ceremony</p> 	<p>主辦機構代表</p> <p>蔡海偉先生, JP 香港社會服務聯會行政總裁</p> <p>辛葆璉女士 花旗集團香港及澳門區行政總裁</p> <p>薩文達·拉那通格先生 聯合國開發計劃署亞太局區域青年項目經理</p>	<p>Representatives from organizers</p> <p>Mr Chua Hoi Wai, JP Chief Executive, The Hong Kong Council of Social Service</p> <p>Ms Aveline San Chief Executive Officer, Citi Hong Kong and Macau</p> <p>Mr Savinda Ranathunga Regional Youth Project Manager, United Nations Development Programme Asia-Pacific (UNDP)</p>
<p>14:45 主題演講 Keynote Speech</p> <p>「香港青少年精神健康 流行病學研究」的啟示</p> <p>Insights from “The Hong Kong Youth Epidemiological Study of Mental Health (HK-YES)”</p>	<p>陳友凱教授 香港大學精神醫學系榮休教授及名譽臨床教授</p>	<p>Prof Chen Yu Hai, Eric Emeritus Professor Honorary Clinical Professor, Department of Psychiatry, The University of Hong Kong</p> 
<p>15:45 聚焦討論 Panel Discussion</p> <p>青年精神健康支援的新思維 New Perspectives for Responding to Mental Health Needs</p> <p>——</p> <p>六分一的真身 The Truth of 1 in 6</p> <p>專業人手不足下如何支援 我們的六分一？ How to Support Our 1 in 6 When Professionals Are Understaffed?</p>	<p>青年代表</p> <p>鄧愷汶女士 浸信會愛羣社會服務處朋輩支援工作員</p> <p>李振持先生 浸信會愛羣社會服務處精神健康綜合服務 「生命樹義工同行計劃」義工</p>	<p>Youth participants</p> <p>Ms Tang Hoi Man Peer Support Worker, Baptist Oi Kwan Social Service</p> <p>Mr Kason Li Zhen Chi “Tree of Life Volunteer Project” Volunteer, Integrated Mental Health Services, Baptist Oi Kwan Social Service</p>
<p>望遠啲：社工 × 心理學家 Foreseeing: Social Worker × Psychologist</p> 	<p>陳偉良先生 香港明愛青少年及社區服務暨社區發展服務總主任</p> <p>梁重皿博士 香港心理學會臨床心理學組主席</p> <p>郭倩衡女士 香港樹仁大學顧鐵華費肇芬伉儷 跨學科循証實踐及研究中心助理總監</p>	<p>Mr Charlie Chan Service Head, Youth & Community Service cum Community Development Service, Caritas Hong Kong</p> <p>Dr Leung Chung Ming Chairperson, Division of Clinical Psychology, Hong Kong Psychological Society</p> <p>Ms Helen Kwok Assistant Director, Mrs. Dorothy Koo & Dr. Ti Hua Koo Centre for Interdisciplinary Evidence-based Practice & Research, Hong Kong Shue Yan University</p>
<p>學校： 學生精神健康保護因素？危機因素？</p> <p>School: Protective Factor? Risk Factor? For Students' Mental Health</p>	<p>盤鳳愛女士 浸信會愛羣社會服務處精神健康綜合服務服務總監</p> <p>李建文校長 天主教慈幼會伍少梅中學校長 香港學校訓輔人員協會顧問</p> <p>張溢明先生 香港心理學會教育心理學部主席</p>	<p>Ms Scarlet Poon Service Head, Integrated Mental Health Services, Baptist Oi Kwan Social Service</p> <p>Mr Li Kin Man Principal, Salesians of Don Bosco Ng Siu Mui Secondary School Consultant, The Hong Kong Association For School Discipline And Counseling Teachers</p> <p>Mr Ryan Cheung Chairperson, Division of Educational Psychology, Hong Kong Psychological Society</p>
<p>17:00 公開討論 Open Discussion</p>		

DAY 2 12.10.2023 (THU)

不同的社區介入手法 Inspirations from Community Initiatives

14:30	簡介 Introduction	姚潔玲女士 香港社會服務聯會總主任(兒童及青少年服務)	Ms Karen Yiu Chief Officer (Children & Youth Service), The Hong Kong Council of Social Service
14:35	精神病患的去污名化： 陪伴和說故事的力量 De-stigmatization of Mental Illness: The Power of Companionship and Story Telling	李昭明博士 說書人共同創辦人 臨床心理學家	Dr Amanda Li Co-Founder, StoryTaler Clinical Psychologist
15:05	青年共創：抑鬱求助指南－ 家庭醫生篇 Youth Co-creation: Depression Help Guide - Family Doctor Edition	黎詠儀小姐 香港青少年精神健康倡議組代表 饒梓瞳小姐 香港青少年精神健康倡議組代表	Miss Lai Wing Yee, Shirley Representative, Hong Kong Youth Mental Health Advocates Miss Yiu Tsz Tung, Angel Representative, Hong Kong Youth Mental Health Advocates
15:35	應用敘事實踐 回應學生精神健康需要 Using Narrative Practice to Address Mental Health Needs of Students	楊穎笙女士 香港小童群益會學校社會工作服務(九龍東)隊長 廖康年先生 香港小童群益會學校社會工作員	Ms Yeung Wing Sang, Louisa School Social Work Service (Kowloon East) Team Leader, The Boys' and Girls' Clubs Association of Hong Kong Mr Liu Hong Lin School Social Worker, The Boys' and Girls' Clubs Association of Hong Kong
16:05	一人一故事：來自劇場的療癒 The Healing Power of Playback Theatre	徐綺婷女士 救世軍竹園青少年中心計劃主任	Ms Chui Yee Ting Project In Charge, Chuk Yuen Children & Youth Centre, The Salvation Army
16:35	公開討論 Open Discussion	主持 姚潔玲女士 香港社會服務聯會總主任(兒童及青少年服務)	Moderator Ms Karen Yiu Chief Officer (Children & Youth Service), The Hong Kong Council of Social Service

工作坊簡介 Workshop Overview | 只限受邀請人士 by invitation only

DAY 1 16.10.2023 (MON) 14:00 - 17:00

與病同行：體驗精神病患者的視角

參觀青山醫院精神健康體驗館

青山醫院是本港一所歷史最悠久的精神科醫院，於2023年成立本地首間創新的「精神健康體驗館」－Mind Space。Mind Space以互動式展示和科研實證解說，釐清公眾對精神病的迷思及對精神病患者的種種誤解，並透過模擬徵狀體驗和交流學堂，加深大眾對精神健康的了解。

Stepping Into the Shoes of the Mentally Ill

Visit Mind Space@Castle Peak Hospital

Castle Peak Hospital, the most historic psychiatric hospital in Hong Kong has set up an innovative mental health experience museum in 2023, namely "Mind Space". Through interactive exhibits and animated displays, Mind Space busts the myths and misunderstanding of mental illnesses. It also deepens visitors' understanding of mental health through simulated experiences of symptoms and lived library.

DAY 2 27.10.2023 (FRI) 14:30 - 17:00

我和「星遇者」有個約會

參觀賽馬會平行心間－聖雅各福群會

賽馬會平行心間－聖雅各福群會參考敘事實踐，由青年分別擔任青年工作員及星遇者，在社區裡接觸其他青年。「星遇者」是朋輩工作員為自己命名的，意思是「在別人生命裡漆黑的天空中，遇見燦爛的星星」。透過星遇者的分享，參加者將了解到他們工作的日常，如何透過陪伴與年青人面對情緒困擾，並將體驗有趣的青年活動。

A Date With Youth Peer Workers

Visit LevelMind@JC－St. James' Settlement

With reference to narrative practice, LevelMind@JC－St. James' Settlement engages young people to be the youth workers and youth peer workers. Through their sharing, participants will learn about the daily work of the youth peer workers and how they accompany young people to face the distress. Participants will also experience interesting activities carried out by the youth peer workers.

