



One in Six

香港對談2025

Hong Kong Dialogue 2025

我們的六分之一：青年精神健康

Our One in Six: Youth Mental Health

在香港，每**六位**青年人就有一位面臨**精神健康**挑戰，
他們可能就在你我身邊，默默忍耐著痛苦與掙扎。關心青年的你，可能會問：

In Hong Kong SAR, **one** in every **six young people** faces **mental health challenges**.
They may be living silently among us, enduring pain and struggles.
As someone who cares about youth, you might wonder:

為何這麼多？
為何不求助？
應該如何幫助？

Why are there so many?
Why don't they seek help?
How can we help?

誠邀你參加，
「我們的六分之一：青年精神健康」，
與專家及青年人就上述問題進行真誠對話。
讓我們一起了解需要、預防問題並聚焦回應。

We invite you to join “Our One in Six: Youth Mental Health” for an open dialogue with experts and young people about these important questions. Together, we can work to understand their needs, prevent issues, and focus on effective responses.

研討會 • Summit

21.05.2025 (Wed) 10:45 - 13:00
香港會議展覽中心展覽廳3FG主舞台
Main Stage, Hall 3FG,
Hong Kong Convention and
Exhibition Centre

展覽 • Exhibition

20.05.2025 (Tue) 11:00 - 18:00
21.05.2025 (Wed) 10:00 - 18:00
香港會議展覽中心展覽廳3FG
Hall 3FG, Hong Kong Convention and
Exhibition Centre

歡迎關心青年精神健康的各界人士參與
We welcome everyone interested in youth mental health to join us.

查詢 • Enquiry 2864 2958 / 2864 2942

支持機構 Supporting Organisations

10:15-10:45

Exclusive Guided Tour (by invitation only)
導賞團 (只限受邀人士)

10:45-11:00

開幕典禮 Kick-off Ceremony

主禮嘉賓 Guest of Honour

林正財議員, SBS, JP

Dr. the Hon Lam Ching Choi, SBS, JP

精神健康諮詢委員會主席

Chairman, Advisory Committee on Mental Health

主辦機構代表 Representatives of Organisers

香港社會服務聯會代表

Representative of the Hong Kong Council of
Social Service

花旗與花旗集團基金代表

Representative of Citi and Citi Foundation

聯合國開發計劃署代表

Representative of United Nations Development
Programme

11:00-12:00

幫到？幫唔到？文憑試考生的心聲

Insights From HKDSE Students: What Helps?

鄭普恩女士

香港社會服務聯會主任 (兒童及青少年服務)

Ms. Cheng Po Yan

Officer (Children & Youth Service),

The Hong Kong Council of Social Service

鍾浩澤先生

香港大學心理學系博士研究生

Mr. Chung H. F. Tommy

PhD Student, Department of Psychology,

The University of Hong Kong

文憑試考生的需要及對線上求助的看法調查發現

Survey on HKDSE students' needs and online
help-seeking perspectives

葉皓晴小姐

Heartline Hong Kong 創辦人

青年主導的朋輩支援如何與專業服務互補

Ms. Melody Ip

Co-founder, Heartline Hong Kong

Youth-led peer support complementing

professional help

黃崇堅先生

塵舍創辦人

用創意和人工智能療癒心靈

Mr. Alex Skin Wong

Co-founder, Dustykid Limited

Healing through creativity and artificial intelligence

林偉漢先生

突破機構副總幹事

「為何我們無法成為理想中的大人？」

Mr. Wilson Lam

Associate General Secretary, Breakthrough

“Why can't we become the ideal adults we aspire
to be?”

黃蔚澄教授

香港大學社會工作及社會行政學系副教授

從隱青角度看青年精神健康需要

Prof. Wong W. C. Paul

Associate Professor, Department of Social Work and Social Administration, The University of Hong Kong
Understanding youth mental health through the lens of hidden youth

研討會 Summit 議程 Agenda

12:00-12:30

隱形人：如何理解及連繫？

Our Invisibles: Understanding and Reaching Them

韓順心女士

香港基督教服務處學校社會工作服務服務總監

被忽略的掙扎：有自殺危機青年的生命歷程

Ms. Sherry Hon

Service Head, School Social Work Service,

Hong Kong Christian Service

The overlooked struggles: the life journey of
youth at risk of suicide

曾善榆小姐

說書人臨床心理學家

有精神困擾經歷的青年眼中的專業支援

Ms. Ella Z. Tsang

Clinical Psychologist, StoryTaler

Professional help through the eyes of young
people with lived experience

12:30-13:00

青年與政策制定者對話：從經歷中發聲，

探索有效的精神健康支援

Dialogue Between Youth and Policymaker:

Speaking from Lived Experience, Exploring

Effective Mental Health Support

林正財議員, SBS, JP

精神健康諮詢委員會主席

「去醫療化」的精神健康：人人都能幫一把

Dr. the Hon Lam Ching Choi, SBS, JP

Chairman, Advisory Committee on Mental Health

The “de-medicalized” mental health:

everyone can help

霍穎彤小姐

青年嘉賓

我向專業人士求助的經驗：其實我想你們.....

Ms. Natalie Fok

Youth Speaker

My lived experience with professionals:

I want you to.....

研討會將以廣東話及英語進行

The summit will be conducted
in Cantonese and English

現場設廣東話、英語及普通話即時傳譯及手語翻譯

Simultaneous interpretation in Cantonese,
English and Putonghua and sign language
interpretation will be available