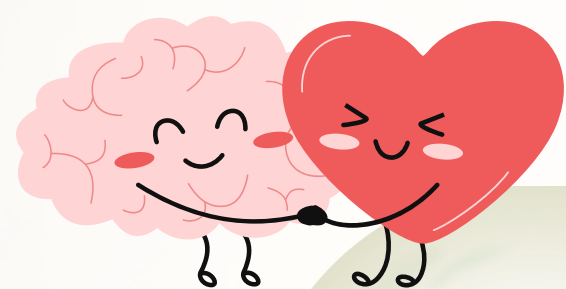


兒童及青少年精神健康實務及推廣課程

A PRACTICAL COURSE ON CHILDREN AND YOUTH MENTAL WELLNESS

課程以**精神健康素養**框架為基礎，涵蓋以下範疇，提升學生的**精神健康素養及推廣技巧**：

Based on the **Mental Health Literacy Framework**, this course covers the following areas to enhance students' **mental health literacy and promotional skills**:



壓力與成長挑戰

Stress and
Developmental
Challenges

常見精神健康
問題與評估

Common Mental Health
Disorders and
Assessment

精神健康危機與
情緒支援

Mental Health Crisis
and Emotional Support

精神健康自助策略

Mental Health
Self-Help Strategies

求助與社區資源

Help-Seeking and
Community Resources

精神健康文化

Mental Health
Culture

精神健康推廣
及倡議

Mental Health
Promotion and
Advocacy



課程元素



專題短講
Mini Lecture

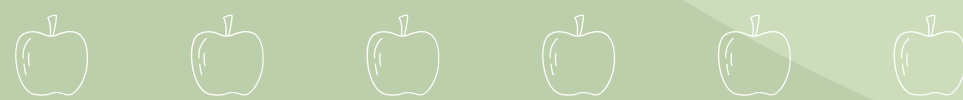


互動體驗
Interactive
Experiences



解說環節
Debriefing

如學校有其他元素希望加入，可與服務團隊商議



*課程設有前測及後測問卷，完成小組後將整理數據成評估報告予參與學校查閱。



TARGETS 對象：

- 以粵語或英語作為母語的中學生
- Secondary school students who speak Cantonese or English

CONTACT HOURS AND SESSIONS 課程時數及節數：

- 每節45-60分鐘，可提供6-8節（視乎學校需要）
- Each session lasts 45-60 minutes, with 6-8 sessions available (depending on the school's needs)

SERVICE FEE 服務收費：

- 每年設有10個免費小組名額，先到先得
- 10 free group places are available each year on a first-come, first-served basis

如有查詢，請聯絡Scott（電郵至scottfan@bokss.org.hk 或致電 3413 1556）

For enquiries, please contact Scott (E-mail: scottfan@bokss.org.hk / Tel: 3413 1556)