

《4Rs 精神健康約章》合作伙伴活動／計劃一覽表

Partner organisations and details of activities under “4Rs Mental Health Charter”

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以下是相關合作機構就《4Rs 精神健康約章》的四個範疇所提供的免費與推廣學生及教師的精神健康相關的校本活動：
The following are the free-of-charge school-based activities related to promotion mental health for students and teachers provided by the relevant partner organisations under the 'four aspects of 4Rs Mental Health Charter:

	主辦機構名稱	校本活動名稱	推行時段及活動性質	內容簡介	對象	相關網站連結	查詢	「4Rs」範疇
1.	香港紅十字會	賽馬會青年領袖獎章計劃 2.0 - 人道領袖工作坊	體驗學習工作坊	本工作坊是參照紅十字會與紅新月會國際聯合會（IFRC）於 2008 年推出的「青年－帶動行為轉變的推動者」（Youth as Agents of Behavioural Change, YABC）並採用其體驗式學習工具，透過模擬情境及引導反思，培養參加者的同理心及情緒覺察，提升溝通協商及人際技巧，促進正向行為及態度的轉變，從而培育青年成為人道領袖。 本系列分別有三個主題活動：(*請學校按需要及學習重點，選擇其中一個活動進行體驗) 1. 活動一：異世界。新秩序大作戰 學習重點：文化敏銳度、尊重差異、跨文化溝通、協作建立規範 2. 活動二：小島軼事：信任的考驗 學習重點：同理心、情緒覺察、反思能力、人際關係理解 3. 活動三：乾涸之地的仲裁者：從衝突到調和 學習重點：溝通技巧、衝突調解、協商能力、解難能力	中學生	/	聯絡人：盧小姐 查詢電話： 2507 7148 電郵地址： mandy.lo@redcross.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	Hong Kong Red Cross	Jockey Club Badges: Preparing Tomorrow's Leaders 2.0 - Humanitarian Leadership Workshop	Experiential Learning Workshop	This workshop is based on the Youth as Agents of Behavioural Change (YABC) initiative launched by the International Federation of Red Cross and Red Crescent Societies (IFRC) in 2008, the workshop adopts its experiential learning methodology. Through simulated scenarios and guided reflection, participants could develop empathy, emotional awareness, communication and negotiation skills, as well as interpersonal competencies. The programme promotes positive behavioural and attitudinal change, empowering young people to become humanitarian leaders. The Series comprises three independent experiential taster activities, each addressing a distinct social	Secondary school students	/	Contact person: Ms. Mandy Lo Tel: 2507 7148 Email: mandy.lo@redcross.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☐ Others：_____

				scenario. (*Schools may select one activity according to their learning objectives and needs.) Activity 1: Yellow + Blue = Green? Learning Focus: Cultural sensitivity, respect for diversity, intercultural dialogue, and collaboration. Activity 2: Something Fishy on the Island Learning Focus: Empathy, emotional awareness, critical thinking, and interpersonal skill Activity 3: Trouble in the Village Learning Focus: Communication skills, conflict mediation, negotiation skills, and problem-solving abilities.				
3.	香港心理衛生會 — Chill Lab 超正常研究室	中學生心理健康課程	工作坊、講座	參考聯合國兒童基金 UNICEF 有關促進青少年精神健康的教材，制定三個程度的課程，分別為知識、技巧及應用層面。	全港中學生	https://www.chilllab.org.hk/chill-lab 到校活動/	聯絡人：鄭先生 查詢電話： 2834 9618 電郵地址： osirischeng@mhahk.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他： 精神健康資訊、壓力及情緒管理、表達及社交技巧
	The Mental Health Association of Hong Kong – Chill Lab	Mental Health Course for Secondary School Students	Workshop / Talk	A comprehensive curriculum consisting of three levels—knowledge, skills, and application—has been developed in alignment with the resources provided by UNICEF for promoting adolescent mental health.	Secondary school students in Hong Kong	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr CHENG Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Others： <u>Mental health knowledge, stress and emotional management, and expression and social skills</u>
4.	香港心理衛生會 — Chill Lab 超正常研究室	午間精神健康站	午間攤位活動	於午膳時間讓學生透過 AR 及輕鬆攤位活動以提升他們對精神健康的關注及認識。	全港中學生	https://www.chilllab.org.hk/chill-lab 到校活動/	聯絡人： 鄭先生 查詢電話： 2834 9618 電郵地址： osirischeng@mhahk.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他：

								精神健康資訊、壓力及情緒管理
	The Mental Health Association of Hong Kong – Chill Lab	Lunch Mental Health Station	Lunch Booth	Provide a series of AR activities and interactive booth events designed to enhance awareness and understanding of mental health during lunchtime.	Secondary school students in Hong Kong.	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr CHENG Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Others : <u>Mental health knowledge, stress and emotional management</u>
5.	香港心理衛生會 — Chill Lab 超正常研究室	青少年情緒體驗館	體驗活動	透過 VR、AR 和真人圖書館，讓參與者瞭解青少年常見的精神健康問題。	全港中學生/ 教師/ 家長	https://www.chilllab.org.hk/青少年情緒體驗館/	聯絡人： 鄭先生 查詢電話： 2834 9618 電郵地址： osirischeng@mhahk.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☐ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他： <u>精神健康資訊及情緒管理</u>
	The Mental Health Association of Hong Kong – Chill Lab	Youth Hub Experience Centre	Experiential Activities	Through VR, AR, and Human Library, participants can gain insights into common mental health issues faced by adolescents.	Secondary school students, teachers and parents in Hong Kong	https://www.chilllab.org.hk/en/youth-hub-experience-center/	Contact person: Mr CHENG Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☐ Rest ☐ Relaxation ☐ Relationship ☒ Resilience ☒ Others : <u>Mental health knowledge, stress and emotional management</u>
6.	香港心理衛生會 — Chill Lab 超正常研究室	青少年創新計劃	培訓、服務	邀請中學生設計校內外推廣精神健康的活動 (學校精神健康週)，並為選中項目提供培訓和資助。	全港中學生	/	聯絡人： 鄭先生 查詢電話： 2834 9618 電郵地址： osirischeng@mhahk.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他： <u>精神健康資訊及情緒管理</u>

	The Mental Health Association of Hong Kong – Chill Lab	Youth Pioneer Program	Training & Services	Invite secondary school students to design activities that promote mental health both within and outside the school (School Mental Health Week), and provide training and funding for selected projects.	Secondary school students in Hong Kong	/	Contact person: Mr CHENG Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☒ Others : <u>Mental health knowledge, stress and emotional management</u>
7.	香港心理衛生會 — Chill Lab 超正常研究室	老師能力建構	培訓、服務	提供「聯合國兒童基金 UNICEF 促進青少年精神健康的教材」及「精神健康急救(青年版)證書課程」培訓，旨在強化教師推廣校園精神健康的能力。	全港中學教師	/	聯絡人： 鄭先生 查詢電話： 2834 9618 電郵地址： osirischeng@mhahk.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他： 精神健康資訊及情緒管理
	The Mental Health Association of Hong Kong – Chill Lab	Capacity Building for Teachers	Training & Services	Provide training on the 'UNICEF Materials for Promoting Adolescent Mental Health' and the 'Mental Health First Aid (Youth Version) Certificate Course,' aimed at enhancing teachers' ability to promote campus mental health.	Secondary school teachers in Hong Kong.	/	Contact person: Mr CHENG Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☒ Others : <u>Mental health knowledge, stress and emotional management</u>
8.	愛望基金	18 區正向家庭教育巡禮	家長講座、學生小組 (遊戲、藝術治療) 共 1.5 小時	專業人士為家長解構有關正向家庭教育的訊息並即場解答家長切身問題，學生則以遊戲方式學習情緒表達。	全港小學	/	聯絡人： Mr. Mark Chan 查詢電話： 3596 5986 電郵地址： mark.chan@hkwemp.org	休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) 其他：_____
	The WEMP Foundation	18-District Positive Education Programme	Parent talks, Group sessions for kids (gamified emotional learning, art & music therapy)	Professionals perform a real-life Q&A to solve issues faced by the parents. Meanwhile children learn emotions through games.	All primary schools in Hong Kong	/	Contact person: Mr. Mark Chan Tel: 3596 5986 Email: mark.chan@hkwemp.org	☐ Rest ☒ Relaxation ☒ Relationship ☒ Resilience

			Approximately 1.5 hours					☐ Others : _____
9.	愛望基金	《追夢創你程》正向思維系列 擁抱青春音樂劇	音樂劇放映會、嘉賓分享(1.5-2 小時) 夢想工作坊、Youth-led Fund	以講述追夢的音樂劇激發年輕人對追求夢想的熱情和興趣，並積極面對追夢時的種種困難。同時，為青年提供訓練、工作坊等，幫助他們發掘和發揮自己的潛能，向夢想進發，並建立積極向上的思維模式。	全港中學，中三以上的學生優先	/	聯絡人： Mr. Kelvin Lee 查詢電話： 3596 2056 電郵地址： kelvin.lee@hkwemp.org	☐ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) 其他： _____
	The WEMP Foundation	DreamChasers Youth Positive Thinking Programme	Musical Performance, After-show Mingling session and chit-chat session with the director (1.5 - 2 hour in total) Capacity Building Workshops for Dreams Pursuing, Youth-led Fund	Arousing youths' passion and interest in pursuing their dreams through musical to prepare them overcome obstacles proactively. Also, trainings and workshops will be provided to help youths explore their own potentials along their ways to chase dreams. By doing so, a positive mindset will be developed for youths.	All secondary schools, preferable for students of Form 3 or above	/	聯絡人： Mr. Kelvin Lee 查詢電話： 3596 2056 電郵地址： kelvin.lee@hkwemp.org	☐ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____
#10	新生精神康復會 / 賽馬會慈善信託基金 (賽馬會平行心間計劃)	身心健康自我管理工作坊	以工作坊形式進行，學校可選擇於課堂時段或課外時段進行。	透過工作坊，學生學習建立及運用個人的身心健康工具應付生活中的壓力，提升對身心健康及自我關愛的意識。	中學生		聯絡人：潘青萍女士 查詢電話： 2966 7345 電郵地址： clare.cp.pun@hkjc.org.hk	☐ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他： _____
	New Life Psychiatric Rehabilitation Association / The Hong Kong Jockey Club Charities Trust (LevelMind@JC)	New Life Psychiatric Rehabilitation Association / The Hong Kong Jockey Club Charities Trust (LevelMind@JC)	Programmes are conducted in workshop format. Schools can choose to conduct the workshops in classes or extracurricular time.	Students learn to establish and use personal wellness tools to cope with stress in life, and enhance their awareness of mental well-being and self-care.	Secondary School Students		Contact person: : Ms. Clare Pun Tel : 2966 7345 Email : clare.cp.pun@hkjc.org.hk	☐ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____
#11	新生精神康復會 / 賽馬會慈善信託基金 (賽馬會平行心間計劃)	身心健康自我管理 – 身心健康大使培訓 (教職員及學生)	培訓課程	透過培訓課程，學員學習如何建立及運用個人的身心健康工具，並協助於校內進行推廣。	教職員及學校社工、中學生		聯絡人：潘青萍女士 查詢電話： 2966 7345 電郵地址： clare.cp.pun@hkjc.org.hk	☐ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他： _____

	New Life Psychiatric Rehabilitation Association / The Hong Kong Jockey Club Charities Trust (LevelMind@JC)	Mental Wellness Self-management Mentor Training (Teachers and student)	Training Course	Participants learn to establish and use personal Wellness Tools for personal well-being, and help to promote Mental Wellness Self-management at school.	Teachers and school social workers, secondary school students		Contact person: : Ms. Clare Pun Tel : 2966 7345 Email : clare.cp.pun@hkjc.org.hk	☐ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____
#12 ·	香港心聆 / 賽馬會慈善信託基金 (賽馬會平行心間計劃)	「平行心間學會」 (Student Wellness Club)	由「香港心聆」支援學生及老師在校設立「平行心間學會」(暫名)，定期舉辦由青少年主導的校園精神健康活動。	學生會員裝備領導訓練、精神健康及朋輩支援相關之培訓後，定期舉辦由學生主導的校園精神健康活動，以推廣相互支持，培養關愛校園文化。	學生及教師		聯絡人： 潘青萍女士 查詢電話： 2966 7345 電郵地址： clare.cp.pun@hkjc.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	Mind HK & HKJCCT (The 'LevelMind@JC at Schools' Project)	LevelMind - Student Wellness Club	Supported by Mind HK, students and teachers will establish the LevelMind Wellness Clubs (tentative name) in different local secondary schools and organise student-led in-school mental health activities regularly.	Student members will participate in the Orientation Activity Design training, the Youth Mental Health 101 training and the Peer Support training, to deliver regular student-led mental health activities to their schools. These activities will promote peer support and foster a caring culture in schools.	Secondary school students and teachers		Contact person: : Ms. Clare Pun Tel : 2966 7345 Email : clare.cp.pun@hkjc.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____
#13 ·	香港理工大學專業及持續教育學院 / 賽馬會慈善信託基金(賽馬會平行心間計劃)	「平行心間站」	由香港理工大學專業及持續教育學院編制一系列的「設計思維」工作坊，以落實校園環境營造。	配合「設計思維」讓學生和教師共創共建心儀的校園環境，增強學生和老師對學校的歸屬感，營造及建立正向的校園文化。	中學生		聯絡人： 潘青萍女士 查詢電話： 2966 7345 電郵地址： clare.cp.pun@hkjc.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☐ 抗逆力(Resilience) ☐ 其他：_____
	PolyU College of Professional and Continuing Education / The Hong Kong Jockey Club Charities Trust (LevelMind @JC)	LevelMind Hub	PolyU College of Professional and Continuing Education has compiled a series of "Design Thinking" workshops to implement "Placemaking" in the school campus.	In line with "Design Thinking", the workshops allow students and teachers to co-create the preferred school environment, strengthening the students and teachers' sense of belonging to the school, and cultivating a positive school culture.	Secondary School Students		Contact person : Ms. Clare Pun Tel : 2966 7345 Email : clare.cp.pun@hkjc.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☐ Resilience ☐ Others : _____

以上 10-13 項 之活動為平行心間計劃之內容，學校必須參與整個計劃(不能自選只參與個別活動)。 Item 10-13 activities above are part of the LevelMind Plan and schools must participate in the entire plan (Participating in individual activity will NOT be entertained).

14.	青少年發展企業聯盟 (CDIA)	正向廿四味	正向廿四味計劃由2024年第一季至2025年第二季進行。	「正向廿四味」計劃以「睇正向電影，聽正向故事」的方式幫助年青人建立正向思維和正面價值觀。 1) 「CEO 秘笈」邀請城中菁英分享奮鬥故事，激發年青人建立堅韌力對抗逆境。 2) 由心理專家主持小組討論，拆解嘉賓性格強項。 3) 「正向電影院」由電影導賞員選取電影片段，分析角色，突出性格強項，讓年青人代入角色，發掘自我。 4) 以上計劃引伸一系列正向金句，邀請同學以文章、短片、詩詞等手法表達自己的正向經歷和感受，如何在有需要時自我激勵和評價人生挫折和打擊，實踐正向人生。由商業機構贊助獎品及獎狀。	全港 13 至 21 歲，或中一至大一的學生、家長和教師	青少年發展企業聯盟官網： https://www.cdia.org.hk/ 特設「自主宇宙」網上平台，讓同學隨時報名及重溫節目： https://24flavors.cdia.org.hk/ 「正向電影院」範例影片： https://youtube.com/playlist?list=PLfdk7Klm8BILfm5JpRwRotu-5BVX6v3mi&si=gDYEbG63UhmtA9bq 「CEO 秘笈」範例影片： https://youtube.com/playlist?list=PLfdk7Klm8BILrDQWINFdt1gTl0DX7S1T9&si=rBtK-tcnSKgs4vld 正向金句例子： https://www.cdia.org.hk/%E5%BB%BF%E5%9B%9B%E5%91%B3	聯絡人： 王漫俐小姐 (Annika) 查詢電話：2468 1133/ 3525 1021 電郵地址： annika.wong@cdia.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	Child Development Initiative Alliance (CDIA)	24 Flavors of Positive Thinking	The Program will be implemented from 2024 to mid-2025.	The Program aims to help instill a positive mindset among the younger generation by "Gaze upon enlightening movies and Listen to lively legends". 1) “CEO Secrets” is designed to help young people gain a deeper understanding of life through the experiences of well-known personalities in the community, learning how to build their resilience to face the future, and pursue their ideals.	The Program is designed for young people in Hong Kong between the ages of 13 and 21, or from Secondary 1 to Year 1 of university, and	CDIA website： https://www.cdia.org.hk/ The “Auto-verse” website or mobile application provides platform for participants to explore and revisit any sessions on their own：	Contact person:： Ms Annika Wong Tel：2468 1133/ 3525 1021 Email： annika.wong@cdia.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☐ Others：_____

				2) Psychology and counselling experts will host group discussions to analyze the character strengths of the speakers. 3) "Positive Cinema" curates and showcases movies that exemplify positive character strengths, facilitated by experienced film counselors in an enlightening approach, allowing young people to deeply engage with the characters, explore their own identities. 4) Competition will be organized for participants to share their own positive experiences through articles, using the Positive Thinking Quotes. Prizes and certificates are sponsored by commercial organizations.	their parents and teachers.	https://24flavors.cdia.org.hk/ "Positive Cinema" video sample : https://youtube.com/playlist?list=PLfdk7Klm8BILfm5JpRwRotu-5BVX6v3mi&si=gDYEbG63UhmtA9bq “CEO Secrets” video sample : https://youtube.com/playlist?list=PLfdk7Klm8BILrDQWINFdt1gTl0DX7S1T9&si=rBtK-tcnSKgs4vld Positive Thinking Quotes : https://www.cdia.org.hk/%E5%BB%BF%E5%9B%9B%E5%91%B3		
15.	基督教家庭服務中心 / 賽馬會慈善信託基金 (賽馬會擁抱生命系列 2.0)	藝動心靈-兒童及青少年情緒健康教育活動	5/2024-4/2026 (2 年) 藝動心靈學生情緒健康計劃 (計劃設有以下項目) 1. 學生情緒/精神健康輔導服務 -個案輔導 -學生/家長小組輔導 -心理健康評估及建議 -精神科醫生及臨床心理學家專業服務轉介 2. 情緒/精神健康教育活動	本計劃服務會運用接納與承諾治療作為藍本，並以表達藝術治療作為介入手法，為學校提供一系列的服務，以為受抑鬱焦慮/情緒困擾的學生提供及早預防、及早辨識與及早介入的支援，減輕情緒困擾。計劃同時為家長及教師提供支援和培訓，以共建精神健康友善的校園環境。	九龍東區 (觀塘、黃大仙及將軍澳)	https://mentalhealthservice.cfsc.org.hk/projects/mvpsym	聯絡人：周倩儀姑娘 查詢電話：2706 5262 電郵地址： ym@cfsc.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____

			<u>學生</u> -講座 (認識學生常見的情緒病、如何促進學生身心靈健康) -工作坊（表達藝術手法介入工作坊） -治療小組（表達藝術治療/手法介入小組） -情緒健康攤位活動 <u>教師</u> -專業培訓工作坊（處理學生的情緒困擾工作坊、表達藝術抒壓工作坊） <u>家長</u> -家長教育工作坊（處理子女的情緒困擾工作坊、表達藝術抒壓工作坊） -正向家長教育小組 -親子表達藝術創作工作坊					
	Christian Family Service Centre/ Jockey Club Embrace Life Series 2.0	ACTivate The HeARTful Journey for Student Mental Well-being Project	5/2024 - 4/2026 (2 Years) ACTivate The HeARTful Journey for Student Mental Well-being Project (The project includes the following components): 1.Student Emotional/Mental Health Counseling Services: -Individual counselling for students with comorbid anxiety and depression -Family Counselling Service for Students with Comorbid Anxiety and	This project aims to provide a series of services to schools to support students experiencing depression, anxiety, and emotional distress through early prevention, identification, and intervention, thereby alleviating emotional challenges. The program will also offer support and training for parents and teachers to collaboratively build a mentally healthy and supportive school environment. The project proposes using a combination of Acceptance and Commitment Approach and Expressive Arts Therapy as an effective intervention strategy.	Students, parents, and teachers from primary and secondary schools in the Kowloon East District (Kwun Tong, Wong Tai Sin, and Tseung Kwan O).	https://mentalhealthservice.cfsc.org.hk/projects/mvpsym	Contact Person: Miss Chow Sin Yee, Petsy Tel: 2706 5262 Email: ym@cfsc.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐Others : _____

			Depression -Mental Health Assessments and Referrals to Psychiatrists and Clinical Psychologists 2.Emotional/Mental Health Education Activities: <u>For Students</u> -School Progammmes -Workshops(Acceptance and Commitment Therapy / Expressive Arts Therapy) -Therapeutic group for Students(Acceptance and Commitment Therapy / Expressive Arts Therapy) -Mental Health Promotion Booth Activities <u>For Teachers</u> -Professional Training for Teachers/Helping Professionals <u>For Parents</u> -Training Workshops for Parents -Parenting and support group for parents -Parent-Child Expressive Arts Creation Workshops					
16.	香港家庭福利會 / 賽馬會慈善信託基金 (賽馬會擁抱生命系列 2.0)	心•動啟航計劃	青少年情緒健康專題講座 1. 「情在•自在」專題講座 2. 「與焦慮共存」專題講座 3. 「壓力是個好東西」專題講座	以專題講座的形式讓青少年認識情緒，並加強對不同情緒健康需要的認識。	中學生		聯絡人： Mr. Angus Cheung 查詢電話： 2549 5106 電郵地址： power.tag@hkfws.org.hk	☒休息(Rest) ☒放鬆(Relaxation) ☒人際關係(Relationship) ☒抗逆力(Resilience) ☐其他： _____
			教師自我照顧及專業發展講座 自我照顧：	以講座的形式提醒教師自我照顧的重要性，及提升教師處理高危學生及情緒需要的能力，以促進教師的專業發展。	教師		聯絡人： Mr. Angus Cheung 查詢電話： 2549 5106 電郵地址： power.tag@hkfws.org.hk	☒休息(Rest) ☒放鬆(Relaxation) ☒人際關係(Relationship)

			1. 「晚晚瞓得好」改善睡眠質素講座 專業發展： 1. 「如何辨識高危學生及應對危機事件」講座 2. 「學生情緒健康」講座					☒抗逆力(Resilience) ☐其他：
			家長講座 1. 「關懷青少年之精神及心理健康」講座 2. 「高效溝通有助提升子女內在力量」講座 3. 「情緒管控有辦法」講座	以講座的形式提升家長對青少年情緒需要的認識，並提升親子間的溝通效能。	家長		聯絡人： Mr. Angus Cheung 查詢電話： 2549 5106 電郵地址： power.tag@hkfws.org.hk	☐休息(Rest) ☒放鬆(Relaxation) ☒人際關係(Relationship) ☒抗逆力(Resilience) ☐其他：
	Hong Kong Family Welfare Society / The Hong Kong Jockey Club Charities Trust (Jockey Club Embrace Life Series 2.0)	Power T.A.G. Project	Mental Health Talks for Youth 1. Tips for Living with Feelings 2. Co-existing with Anxiousness 3. Stress Discovery	To enhance youth's understanding of different emotions and strengthen awareness of their emotional needs	Secondary School Students		Contact Person： Mr. Angus Cheung Tel： 2549 5106 Email： power.tag@hkfws.org.hk	☒休息(Rest) ☒放鬆(Relaxation) ☒人際關係(Relationship) ☒抗逆力(Resilience) ☐其他：
			Self-Care and Professional Development Talks for Teachers Self-care： 1. ‘Sweet Dream Every Night’ Sleep Quality Improvement Talk Professional Development： 1. Identifying At-risk Students and Coping with Crisis at School	To remind teachers of the importance of self-care and to enhance professional competence and crisis intervention in handling students at-risk	Teachers		Contact Person： Mr. Angus Cheung Tel： 2549 5106 Email： power.tag@hkfws.org.hk	☒休息(Rest) ☒放鬆(Relaxation) ☒人際關係(Relationship) ☒抗逆力(Resilience) ☐其他：

			2. Mental Wellness Talk					
			Parent Talk 1. Talk on Caring for Youth's Mental Health 2. Effective Communication in Boosting Inner Strength of Youth 3. Effective Ways for Emotional Regulation	To enhance parents' understanding of the emotional needs of youth and promote effective parent-child communication	Parents		Contact Person : Mr. Angus Cheung Tel : 2549 5106 Email : power.tag@hkfws.org.hk	☐ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他： _____
17.	香港心理衛生會 / 賽馬會慈善信託基金 (賽馬會擁抱生命系列 2.0)	優質精神健康校園計劃	全年推行，計劃內容如下： 為學生、家長及教職員舉辦專屬精神健康急救課程及專家講座 為學校培訓學生成為「精神健康大使」並定時舉行校園關愛活動 跨專業團隊(包括：精神科醫生、臨床心理學家、資深社工)為參與學校提供精神健康諮詢服務	計劃為期 2 年，通過三層支援模式，為中學提供校園精神健康諮詢服務及培訓，以防校園發生精神健康危機事件。	全港二十間中學 (學生、教師及家長)		聯絡人： 黃基舜先生 查詢電話： 2180 7908 電郵地址： jcqmhc@mhahk.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____

	The Mental Health Association of Hong Kong / The Hong Kong Jockey Club Charities Trust (Jockey Club Embrace Life Series 2.0)	Quality Mental Health Campus Project	Implemented throughout the year, the plan includes the following: - Organizing Mental Health First Aid Courses and expert seminars for students, parents, and teaching staff. - Training students to become "Mental Health Ambassadors" and regularly holding caring activities on campus. - Providing mental health consultation services to participating schools through a multidisciplinary team (including psychiatrists, clinical psychologists, and senior social workers).	The program lasts for two years, aiming to prevent mental health crisis events on campus by providing campus mental health consultation services and training for secondary schools teaching staff, students, and parents through a three-tier support model.	20 Local Secondary School (Students, Teaching staff, and Parents)		Contact Person: Mr. Vincent Wong Kei Shun Tel: 2180 7908 Email: jcqmhc@mhahk.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____
18.	聖雅各福群會 / 賽馬會慈善信託基金 (賽馬會擁抱生命系列 2.0)	校園身心康健計劃	2024 年 3 月 25 日至 2026 年 3 月 24 日 性質: 身心康健工作坊及體驗活動、跨專業個案支援、學生大使培訓及教師危機事故應變培訓	計畫旨在提升全校的精神健康素養，為高危人士提供跨專業個案支援，並強化教職員應對青少年自殺危機的能力。	全港中小學生、教師、家長	https://www.sjswellnesspro.org/	聯絡人： 呂永怡小姐 查詢電話： 51629176 電郵地址： wellnesspro@sjs.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____ _____
	St. James' Settlement / Jockey Club Embrace Life Series 2.0	School Mental Health Support Scheme	25-3-2024 to 24-3-2026 Nature: School-based wellness strengthening programs Collaborative Care Case Support Student Mental Wellness Ambassadors Training and Teacher Crisis Intervention and Management Training	To raise awareness and understanding of mental health, enhance mental health literacy of students and school personnel. To offer expert care and support for vulnerable students and school personnel through structured approach. To strengthen the skills and expertise of school personnel in responding to crisis situations.	Primary and Secondary school students, teachers and Parent	https://www.sjswellnesspro.org/	Contact Person : Bumi Lui Tel : 51629176 Email: wellnesspro@sjs.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____

19.	香港基督教女青年會 / 賽馬會慈善信託基金 (賽馬會擁抱生命系列 2.0)	青少年擁抱情緒計劃 1. 擁抱情緒小組 (ACT) 2. 表達藝術工作坊 3. 日營/宿營 4. 教師心靈忙・休點 5. 家長工作坊 6. 互動劇場 7. 擁抱情緒嘉年華	1/4/2024-31/3/2026 1. 治療性小組 2. 表達藝術工作坊 3. 日營/宿營 4. 教師訓練工作坊 5. 家長訓練工作坊 6. 學生互動劇場 7. 校本嘉年華	計劃旨在提高對青少年心理健康的關注，並提供他們所需的資源和工具，以幫助他們建立積極的心理健康狀態，以學校為本，在學生、老師及家長作介入點，產生協同效應，提升青少年精神健康。	初中學生、教師及家長	不適用	聯絡人： 黃磊亮 查詢電話： 27159558 電郵地址： ssw@ywca.org.hk	☐ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他： _____
	Hong Kong Young Women's Christian Association/ The Hong Kong Jockey Club Charities Trust (Jockey Club Embrace Life Series 2.0)	Jockey Club Embrace Life series 2.0- Youth Embracing Emotions Project 1. ACT for youth (group activities) 2. We ACT Expressive Art Workshop 3 A Little Joy Journey Day/ Overnight Camp 4 Mental Health Workshop for Teachers 5 Mental Health Sharing Session for Parents 6 Dynamic Theatre 7 A Little Joy with Big Happiness School Wellness Carnival	Period: 1/4/2024-31/3/2026 1. Therapeutic group 2 . Expressive Art Workshop 3 . Day/Overnight Camp 4 Teachers Training Workshop 5 Parents Training Workshop 6 Students Dynamic Theatre 7 School-base Carnival	The plan aims to enhance awareness of youth mental health and provide the necessary resources and tools to help young people establish a positive mental health status. It focuses on school-based interventions, engaging students, teachers, and parents to create a synergistic effect that promotes the mental well-being of adolescents.	Junior secondary school students, Parents and Teachers	Nil	Contact Person : Mr Wong Tel: 27159558 Email: ssw@ywca.org.hk	☐ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others :
20.	生命熱線 / 賽馬會慈善信託基金 (賽馬會擁抱生命系列 2.0)	樂 TEEN 校園計劃 (計劃共有以下五個項目)						
		「樂 TEEN 加油站」情緒管理線上評估及學習平台	入班培訓課程	與香港理工大學合作，提供情緒評估及正向思維的學習平台，及早篩選有潛在風險的學生，由計劃社工跟進。	全港小四至中二學生	https://www.sps.org.hk	聯絡人： 鄭成堡先生 查詢電話： 2382 2007 電郵地址： Life_edu@sps.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他： _____
		「樂 TEEN 創藝伴我心」	表達藝術治療小組	由表達藝術治療師及社工以表達藝術介入手法，進入學生內在深處，梳理負面情緒，療癒心靈。	全港小四至中二學生	https://www.sps.org.hk	聯絡人： 鄭成堡先生 查詢電話： 2382 2007 電郵地址： Life_edu@sps.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience)

								☐ 其他：_____
		「樂 TEEN 成長路」學生講座系列	精神健康講座	以不同主題的講座內容，提升學生的精神健康意識，強化抗逆的能力。	全港中小學學生	https://www.sps.org.hk	聯絡人： 鄭成堡先生 查詢電話： 2382 2007 電郵地址： Life_edu@sps.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
		「樂 TEEN 守門員」學生精神健康大使培訓	精神健康大使培訓	培訓精神健康學生大使，建立關愛和諧校園。	全港中小學學生	https://www.sps.org.hk	聯絡人： 鄭成堡先生 查詢電話： 2382 2007 電郵地址： Life_edu@sps.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
		「樂 TEEN 成長路」家長及教師培訓系列	家長及教師培訓	以不同主題的培訓內容，提升家長及教師辨識有情緒困擾學生的能力，陪伴他們在成長路上同行。	全港中小學學生的家長及教師	https://www.sps.org.hk	聯絡人： 鄭成堡先生 查詢電話： 2382 2007 電郵地址： Life_edu@sps.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	Suicide Prevention Services / Jockey Club Charities Trust (Jockey Club Embrace Life Series 2.0)	"Joyful TEEN Goalkeeper" ("Joyful TEEN Goalkeeper" includes the following five programmes.)						
		"Joyful TEEN Gas Station" Online mental health assessment and learning platform	In-class training course	We cooperate with the Hong Kong Polytechnic University and utilize the online mental health assessment platform to screen out high risk student to follow up. The platform provides learning materials for students to learn positive thinking skills.	All students from P.4 to S.2 in Hong Kong	https://www.sps.org.hk	Contact person: Mr. Edwin Cheng Tel: 2382 2007 Email: Life_edu@sps.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other：_____
		"Joyful TEEN's Expressive Arts Therapy Groups	Expressive arts therapy groups	The groups will be led by expressive arts therapists and social workers in using expressive arts intervention techniques to help students sort out their feelings and emotions.	All students from P.4 to S.2 in Hong Kong	https://www.sps.org.hk	Contact person: Mr. Edwin Cheng Tel: 2382 2007 Email: Life_edu@sps.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other：_____
		"Joyful TEEN's Path to Growth" Student Talk Series	Mental health talks	We offer talks on different themes to enhance student's mental health awareness and strengthen their ability to cope with adversity.	All students from primary school and secondary school in Hong Kong	https://www.sps.org.hk	Contact person: Mr. Edwin Cheng Tel: 2382 2007	☒ Rest ☒ Relaxation ☒ Relationship

							Email: Life_edu@sps.org.hk	☒ Resilience ☐ Other : _____
		"Joyful TEEN Goalkeeper" Student Mental Health Ambassador Training	Mental Health Ambassador trainings	The program will train up a group of mental health student ambassadors to build a caring and harmonious campus.	All students from primary school and secondary school in Hong Kong	https://www.sps.org.hk	Contact person: Mr. Edwin Cheng Tel: 2382 2007 Email: Life_edu@sps.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other : _____
		"Joyful TEEN's Path to Growth" Parent and Teacher Training Series	Parent and teacher trainings	We offer workshops on different themes to enhance the ability of parents and teachers to identify students with emotional distress and accompany them on the road of growth.	Parents and teachers of students in primary school and secondary school in Hong Kong	https://www.sps.org.hk	Contact person: Mr. Edwin Cheng Tel: 2382 2007 Email: Life_edu@sps.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other : _____
21.	聖雅各福群會	精靈寶庫 推廣精神健康流動宣傳車服務	全年推行 團體預約服務 身心靈體驗工作坊、大型活動、攤位、精神健康主題講座、真人圖書館、情緒健康評估	● 推廣身心健康技巧及資訊，增強抗壓能力 ● 提昇對精神健康的正確知識及態度 ● 提高對及早累積精神健康財富的意識 ● 與不同團體連繫大眾對精神健康的關注 ● 營造共融環境，促進大眾接納精神復康人士 ● 鼓勵及早求助，協作轉介有需要人士	港島區及離島區 學生/家長	精靈寶庫 Facebook https://www.facebook.com/sjsmdrive 精靈寶庫 Instagram https://www.instagram.com/sjs.mdrive/ 聖雅各福群會復康服務網站 https://shorturl.at/ftOT8	聯絡人： 楊靜兒女士 查詢電話： 5622 3800 電郵地址： mdrive@sjs.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	St. James' Settlement	(M:) Drive (Mobile Van for Publicity Service on Mental Wellness)	Year-round group reservation services (e.g. wellness workshops, mass events, exhibitions, mental health talks, human library, mental health assessment)	● To promote relaxation skills and tips to strengthen resilience ● To establish proper understanding and attitude towards mental health ● To raise the awareness of gathering mental wealth and maintaining healthy interpersonal relationship ● To collaborate with various units to promote mental wellness ● To enhance social inclusion and increase the public's acceptance towards persons in recovery ● To encourage positive help-seeking attitudes/ behaviours and arrange referrals for the persons in need ● To reinforce the importance of enough rest through healthy living habits	Students, teachers and parents from Hong Kong Island and Islands District	Facebook https://www.facebook.com/sjsmdrive Instagram https://www.instagram.com/sjs.mdrive/ Rehabilitation Services, St. James' Settlement website https://rs.sjs.org.hk/en/mhs/	Contact person: Yeung Ching Yi Tel.: 5622 3800 Email: mdrive@sjs.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ others : _____

22.	聖雅各福群會	精靈寶庫 推廣精神健康流動宣傳車服務	全年推行 街站推廣服務 車上身心靈體驗工作坊、車下攤位、互動遊戲、情緒健康評估、短期個案跟進	● 推廣身心健康技巧及資訊，增強抗壓能力 ● 提昇對精神健康的正確知識及態度 ● 提高對及早累積精神健康財富的意識 ● 與不同團體連繫大眾對精神健康的關注 ● 營造共融環境，促進大眾接納精神復康人士 ● 鼓勵及早求助，協作轉介有需要人士	公眾人士	每月街站時間表會在精靈寶庫 Facebook 及 Instagram 內公佈	聯絡人： 楊靜兒女士 查詢電話： 56223800 電郵地址： mdrive@sj.s.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	St. James' Settlement	(M:) Drive (Mobile Van for Publicity Service on Mental Wellness)	Year-round street counters and wellness workshops	● To promote relaxation skills and tips to strengthen resilience ● To establish proper understanding and attitude towards mental health ● To raise the awareness of gathering mental wealth and maintaining healthy interpersonal relationship ● To collaborate with various units to promote mental wellness ● To enhance social inclusion and increase the public's acceptance towards persons in recovery ● To encourage positive help-seeking attitudes/ behaviours and arrange referrals for the persons in need ● To reinforce the importance of enough rest through healthy living habits	The General Public	Service schedule and activity information will be posted each month on Facebook and Instagram Facebook https://www.facebook.com/sjsmdrive Instagram https://www.instagram.com/sjs.mdrive/	Contact person: Yeung Ching Yi Tel.: 5622 3800 Email: mdrive@sj.s.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ others : _____
23.	基督教家庭服務中心 幸福雜貨舖-精神健康流動宣傳車服務	1. 到校學生精神健康教育活動 2. 家長教育活動 3. 教師專業培訓課程	推行時段： 週一至週五：上午 9 時至下午 5 時 週六：上午 9 時至下午 1 時 活動性質： 包括講座、工作坊、培訓、體驗活動	透過不同的活動性質，提供精神健康教育、宣傳等工作，引起參加者對精神健康的關注，並盡早作出識別及介入有需要的人士。	東九龍區中、小學 (將軍澳、觀塘、黃大仙、西貢) 包括學生、家長及教師		聯絡人： 徐穎汶姑娘 (隊長) 查詢電話： 3521 1611 電郵地址： wm_tsui@cfsc.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	CFSC Store of Happiness- The Mobile Van for publicity service on mental wellness	1. Mental Health Education Activities for Students at school 2. Parents Education Activities 3. Teacher professional development courses	Implementation period: Monday to Friday:9am-5pm Saturday:9am-1pm Nature: Talk, Workshop,	Through diverse activities, we aim to provide mental health education and awareness campaigns, fostering participants' attention to mental well-being.	East Kowloon District Primary and Secondary Schools (TKO, Kwun Tong, Wong Tai Sin, Sai Kung) including students, parents, and teachers		聯絡人： Ms. Tsui wing man(team leader) 查詢電話： 3521 1611 電郵地址： wm_tsui@cfsc.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other : _____

			Training, Experiential activity					
24.	東華三院	東華心靈幹線	全年星期一至星期六 (可安排非辦公時間) 互動工作坊、職員培訓、講座、真人圖書館體驗活動	除 4 大主題外，另設正向情緒、預防欺凌、親子關係講座。工作坊則有減壓手工、真人圖書、密室逃脫等；亦會舉行相關的教師培訓。	九龍西區中小學生、教師及家長	https://www.radioicare.org/propaganda/	聯絡人： 楊姑娘/余姑娘 查詢電話： 3460 6005 電郵地址： Wchc-carersupport@tungwah.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他： <u>精神健康知識</u>
	Tung Wah Group of Hospitals	TWGHS Wellness Express	Monday – Saturday (Activity sessions can be scheduled outside of service hours upon request) Interactive workshops, staff training, seminars, human library, experiential activities	Besides the four main themes, seminars on positive emotions, bullying prevention, and parent-child relationships are offered. Additionally, workshops including stress-relief art sessions, human library activities, and escape room activities are provided. Training sessions for teachers are also available.	Primary students, secondary students, teachers and parents in West Kowloon District	https://www.radioicare.org/propaganda/	Contact persons: Ms Yeung/ Ms Yu Tel.: 3460 6005 / 5569 6950 Email: Wchc-carersupport@tungwah.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Other: <u>Knowledge of Mental Wellness</u>
25.	新生精神康復會 流動宣傳車服務	「流動休息室」 FONG ZONE	體驗活動	認識自我身心狀態及學習放鬆減壓方法	新界區中學學生		聯絡人：許志雄 查詢電話： 55996330 電郵地址： mvp@nlpra.org.hk	☒ 休息(Rest) ☐ 放鬆(Relaxation) ☐ 人際關係(Relationship) ☐ 抗逆力(Resilience) ☐ 其他：_____
	New Life Psychiatric Rehabilitation Association New LIFEstyle · Mobile Van for Publicity Service on Mental Wellness	FONG ZONE	Experiential activity	Understand one's physical and mental state and learn relaxation techniques for stress reduction	Secondary school students in the New Territories		Contact person: Hui Chi Hung Tel: 5599 6330 Email: mvp@nlpra.org.hk	☒ Rest ☐ Relaxation ☐ Relationship ☐ Resilience ☐ Other:
26.	新生精神康復會 流動宣傳車服務	「情緒小精靈」 eMONji Hunt	體驗活動	認識情緒及減少對精神病污名	新界區中學學生		聯絡人： 許志雄 查詢電話： 55996330 電郵地址： mvp@nlpra.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☐ 人際關係(Relationship) ☒ 抗逆力(Resilience)

								☐ 其他：_____
	New Life Psychiatric Rehabilitation Association New LIFEstyle · Mobile Van for Publicity Service on Mental Wellness	eMONji Hunt	Experiential activity	Recognize emotions and reduce stigma associated with mental illness	Secondary school students in the New Territories		Contact person: Hui Chi Hung Tel: 5599 6330 Email: mvp@nlpra.org.hk	☐ Rest ☐ Relaxation ☐ Relationship ☒ Resilience ☐ Other:
27.	新生精神康復會 流動宣傳車服務	「自我照顧學」 Lovemeology	講座/ 工作坊	學習建立健康生活模式	新界區中學學生		聯絡人： 許志雄 查詢電話： 55996330 電郵地址： mvp@nlpra.org.hk	☐ 休息(Rest) ☒ 放鬆(Relaxation) ☐ 人際關係(Relationship) ☐ 抗逆力(Resilience) ☐ 其他：_____
	New Life Psychiatric Rehabilitation Association New LIFEstyle · Mobile Van for Publicity Service on Mental Wellness	Lovemeology	Talk / Workshop	Learn to establish a healthy lifestyle	Secondary school students in the New Territories		Contact person: Hui Chi Hung Tel: 5599 6330 Email: mvp@nlpra.org.hk	☐ Rest ☒ Relaxation ☐ Relationship ☐ Resilience ☐ Other:
28.	新生精神康復會 流動宣傳車服務	「同感」 Feellinks	工作坊/ 培訓	社會情會緒學習，情感學習及關係建立	新界區中學學生、教師、家長		聯絡人： 許志雄 查詢電話： 5599 6330 電郵地址： mvp@nlpra.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☐ 抗逆力(Resilience) ☐ 其他：_____
	New Life Psychiatric Rehabilitation Association New LIFEstyle · Mobile Van for Publicity Service on Mental Wellness	Feellinks	Workshop / Training	Social-emotional learning, emotional education, and relationship building	Secondary school students, teachers, and parents in the New Territories		Contact person: Hui Chi Hung Tel: 5599 6330 Email: mvp@nlpra.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☐ Resilience ☐ Other:

29.	JUST FEEL 感講	Re:FEEL 學校啟動包（感講夥伴學校計劃）	班級經營教師工作坊及班級經營資源套，包括： 1. 班級經營課程 2. 實體海報 3. 熊抱版 JUST FEEL 感講感受需要卡 4. 感受之輪 5. 家長通訊	為小學教師提供一節小組共學工作坊，提升教師對經營班內歸屬感及安全感的意識和技巧，另外亦會按學校需要提供工具。	全港小學學生及教師	https://zh.justfeel.hk/	聯絡人： 陳小姐 查詢電話： 97864404 電郵地址： school@justfeel.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：_____
	JUST FEEL	Re:FEEL School Starter Kit (Compassionate School Programme)	Relationship Building Teachers Workshop and Relationship Building Resource Pack 1. Relationship Building Curriculum 2. Social-Emotional Learning Posters 3. JUST FEEL Feelings and Needs Cards (Bear Hug Edition) 4. Feelings Wheel 5. Parents Leaflet	We will offer primary school teachers a co-learning workshop designed to enhance their awareness and skills in fostering a sense of belonging and safety in the classroom. Additionally, tools will be provided based on the specific needs of the schools.	All students and teachers from primary school in Hong Kong	https://zh.justfeel.hk/	Contact person: Ms CHAN Tel: 9786 4404 Email: school@justfeel.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other:
30.	Be Priceless	小種子課程	1) 小種子課程*（7-16 歲兒童）共 8 單元 12 小時) 2) 照顧者課程*（共 4 單元 8 小時) 3) 小種子工作坊 *可按學校需求調整課程時間	小種子課程： 課程旨在增強兒童在成長、身心健康和安全方面的能力。 孩子們通過互動活動，學習寶貴的生活技能，以增強自我價值、自信、抗逆力、適應力、社交、培養健康的生活習慣和情緒調節、學習、解決問題、決策以及提高安全能力。 照顧者課程： 課程旨在增強照顧者的成長、身心健康和安全。透過培養與兒童溝通和聯繫的技巧和實踐練習，以及增強兒童自我照顧，身心健康和安全能力。 工作坊： 加強小種子課程畢業生及其家人的健康行為，旨在培養多元文化兒童和家庭的成長、身心健康、安全和同行關係。	全港 學生／教師／家長	Be Priceless 官網： www.bepriceless.org 個人成長及身心健康(動畫): https://www.bepriceless.org/animations-growth?lang=zh https://www.bepriceless.org/animations-well-being?lang=zh 安全(動畫): https://www.bepriceless.org/animations-safety?lang=zh https://www.bepriceless.org/child-safety-animations?lang=zh	查詢電話： 9373 4453 電郵地址： seed@bepriceless.org	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：安全

	Be Priceless	SEED Health Education	1. 7-16 years old Children's SEED Course (8 modules, 12 hours) 2. Caregivers' Course (4 modules, 8 hours) 3. SEED Workshops *Course time can be adjusted according to the schools' needs	SEED Courses: The course aims to strengthen children's growth, well-being and safety. By engaging in interactive activities, children will learn valuable life-skills in increasing self-value, confidence, resilience, social skills, enhancing healthy lifestyle and emotional regulation, problem-solving, decision-making, and ways to stay safe from dangers. Caregivers' Courses: The course aims to strengthen caregivers' growth, well-being and safety. With practical exercises, caregivers will develop skills for communicating and connecting with children, enhancing children's self-care, well-being and safety abilities. Workshops: Strengthen healthy behaviors among SEED Course graduates and their families, the workshops are designed to foster the growth, well-being, safety, and relationships of culturally diverse children and families.	Students, teachers, and parents in Hong Kong	Be Priceless official website: http://www.bepriceless.org/ Personal growth animation: https://www.bepriceless.org/animations-growth?lang=zh Well-being animation: https://www.bepriceless.org/animations-well-being?lang=zh Safety animation: https://www.bepriceless.org/animations-safety?lang=zh, https://www.bepriceless.org/child-safety-animations?lang=zh	Tel.: 9373 4453 Email: seed@bepriceless.org	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other: <u>(Safety)</u>
31.	浸信會愛羣社會服務處	「秘密花園」展覽	心理教育體驗式展覽	學生可能有很多心底的說話，由於過去經歷的影響，讓他們把這個真實的自己深藏起來，不願意接納自己這些部分。本展覽透過展示一些青少年的心聲，讓學生觸碰自己內心深處的部分，同時感受到被理解和被明白。展覽亦會派發印有鼓勵的字句的紀念品。	灣仔區、東區、葵青區中學	https://www.instagram.com/hkyouthmentalhealth/	聯絡人： 馮澤棠先生 查詢電話： 3413 1556 電郵地址： thomasfung@bokss.org.hk	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☐ 其他：
	Baptist Oi Kwan Social Service	“Secret Garden” Exhibition	Experiential Exhibition on Mental Health Education	Due to students' past experiences, they may have chosen to bury their genuine thoughts and feelings as they find it difficult to accept their true selves. This exhibition showcases the inner voices of young people, allowing students to engage with the deeper parts of their own hearts and minds, helping them to feel understood and accepted. The exhibition also distributes souvenirs featuring motivational quotes to students as a takeaway.	Secondary Schools in Wan Chai District, Eastern District and Kwai Tsing District	https://www.instagram.com/hkyouthmentalhealth/	Contact Person: Mr Fung Chak Tong, Thomas Tel: 3413 1556 Email: thomasfung@bokss.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others:
32.	浸信會愛羣社會服務處	「安穩孩子心」講座	家長講座	以依附理論、接納與承諾治療及社會情緒學習為基礎，向家長介紹提升兒童情緒調節能力和建立孩子安全感的方法，以減低兒童的焦慮感。	全港小學	https://www.bokss.org.hk/integrated-mental-health-services/service?id=322	聯絡人： 馮澤棠先生 查詢電話： 3413 1556 電郵地址： thomasfung@bokss.org.hk	☐ 休息(Rest) ☐ 放鬆(Relaxation) ☒ 人際關係(Relationship) ☒ 抗逆力(Resilience) ☒ 其他： <u>親子關係</u>

	Baptist Oi Kwan Social Service	Parents' Talk: Nurturing Security in Children	Parents' Talk	Based on Attachment Theory, Acceptance and Commitment Therapy (ACT) and Social Emotional Learning (SEL), this talk introduces a range of methods for parents to enhance children's emotional regulation abilities and establish a sense of security, which in turn reduces their anxiety.	Primary Schools in Hong Kong	https://www.bokss.org.hk/integrated-mental-health-services/service?id=322	Contact Person: Mr Fung Chak Tong, Thomas Tel: 3413 1556 Email: thomasfung@bokss.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☒ Others: Parent-child relationship
33.	北山堂基金	「共建韌力，迎接轉變」到校工作坊及講座	全體教師專業培訓工作坊（2 小時）及/或家長講座（1 小時）	從正向教育角度了解何謂「韌力」(resilience)，並透過實踐案例及研究數據，探討如何在校內(或家庭)建立的「韌力」儲備。	全體教師或家長		聯絡人： 任小姐 查詢電話： 2504 3988	☒ 休息(Rest) ☒ 放鬆(Relaxation) ☒ 人際關係 (Relationship) ☒ 抗逆力 (Resilience) ☐ 其他：
	Bei Shan Tang Foundation	“Building Resilience for Change” (On-Campus) School-based Workshops and Talks	Professional Development Training Workshops for Teachers (2 hours) and/or Parent Talks (1 hour)	To understand the concept of “Resilience” from a Positive Education perspective and explore how to build resilience banks in schools (or families) through real-life examples and research data.	All teachers and parents		Contact person: Ms. Erica Yam Tel: 2504-3988	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others:

1. 以上計劃內容，由提供相關服務的團體所提供，教育局並沒有參與內容設計。學校如欲獲得個別服務的更多詳細資料，請直接與主辦團體聯絡。

The above program content is provided by the relevant service organisations and the Education Bureau do not involve in the content design. If the schools wish to obtain more information about the services, please contact the service organisations.

2. 本局旨在向學校闡述各伙伴機構就《4Rs 精神健康約章》持續推出的相關免費推廣學生精神健康校本活動／計劃，並不代表本局認可或推薦特定的服務及其贊助機構，伙伴機構的其他服務或活動亦與《4Rs 精神健康約章》無關。在接受任何服務前，學校應先行評估該服務是否適合校情。

We aim to provide the information on the free-of-charge school-based activities related to promotion mental health for students and teachers provided by the relevant partner organisations under the 'four aspects of 4Rs Mental Health Charter to schools. This does not imply that the Education Bureau endorses or recommends specific services or their sponsoring organizations, and other services or activities provided by partner organizations are also unrelated to the "4Rs Mental Health Charter." Before accepting any service, schools should assess whether the service is suitable for their schools.

3. 本局會一如既往，繼續致力提供準確和最新的資訊。然而，本局未能確保相關團體及其附屬組織活動／計劃的內容正確無誤；對於有關內容中可能出現的任何錯誤或遺漏，本局亦不負責。

We will continue to strive to provide accurate and up-to-dated information. However, we cannot ensure the correctness of the content related to the activities/plans of relevant organizations and their affiliated groups; we are also not responsible for any errors or omissions that may occur in the related content.