

《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.				
2.	香港心理衛生會—Chill Lab 超正常研究室	青少年情緒體驗館	全年接受預約；VR、AR、真人圖書館、沉浸式體驗及引導反思	青少年情緒體驗館以 VR、AR 及真人圖書館等互動方式，帶領參加者從不同角度認識青少年常見的精神健康議題。透過沉浸式情境、互動任務及親身經歷分享，參加者可辨識情緒與壓力反應，了解精神困擾對日常生活及人際關係的影響，並反思可實踐的情緒管理和抗逆方法。活動旨在提升精神健康素養、減少標籤，並鼓勵參加者在有需要時主動尋求校內外支援。服務流程可按參加者年級、學校需要及參觀人數作調整。	全港中學生、教師及家長	https://www.chilllab.org.hk/%e9%9d%92%e5%b0%91%e5%b9%b4%e6%83%85%e7%b7%92%e9%ab%94%e9%a9%97%e9%a4%a8/	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、情緒管理、去標籤及求助意識</u>
	The Mental Health Association of Hong Kong – Chill Lab	Youth Hub Experience Centre	Available for booking throughout the year; VR, AR, Human Library, immersive experiences and guided reflection	The Youth Hub Experience Centre uses VR, AR and a Human Library to help participants explore common mental health issues faced by adolescents from different perspectives. Through immersive scenarios, interactive tasks and lived-experience sharing, participants identify emotional and stress responses, understand how mental distress may affect daily life and relationships, and reflect on practical emotional management and resilience strategies. The programme aims to strengthen mental health literacy, reduce stigma and encourage timely help-seeking from school and community resources. The flow may be adjusted according to participants’ age, school needs and group size.	Secondary school students, teachers and parents in Hong Kong	https://www.chilllab.org.hk/en/youth-hub-experience-center/	Contact person: Mr Osiris Cheng Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☐ Rest ☐ Relaxation ☐ Relationship ☒ Resilience ☒ Others： <u>Mental health literacy, emotional management, stigma reduction and help-seeking awareness</u>
3.	香港心理衛生會—Chill Lab 超正常研究室	流動青少年情緒體驗館（流動車）	全年接受學校預約；流動體驗活動、AR 互動遊戲、沉浸式體驗、精神健康攤位及簡短工作坊	計劃把 Chill Lab 的科技及體驗式精神健康教育帶進校園，讓未能到訪青少年情緒體驗館的學生亦可在熟悉的校園環境參與。學生可透過「情緒氣象」互動體驗、AR 情境遊戲、聲景及放鬆體驗，認識情緒、壓力、身體反應及應對方法，並建立個人化的 4Rs 精神健康行動計劃。活動亦會介紹校內外求助資源，提升學生的求助意識。服務內容、流程及	全港中學生；並可按學校需要延伸至教師及家長	https://www.chilllab.org.hk/%e9%9d%92%e5%b0%91%e5%b9%b4%e6%83%85%e7%b7%92%e9%ab%94%e9%a9%97%e9%a4%a8/	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：

				組合可按學校場地、年級、活動時段和學生需要作調整。				精神健康資訊、情緒識別、 壓力管理及求助能力
	The Mental Health Association of Hong Kong – Chill Lab	Mobile Youth Emotional Experience Hub (Mobile Vehicle)	Available for school booking throughout the year; mobile experiential activities, AR interactive games, immersive experiences, mental health booths and brief workshops	The programme brings Chill Lab’s technology-enabled and experiential mental health education into schools, enabling students who cannot visit the Youth Hub to participate in a familiar school setting. Through the “Emotional Weather” experience, AR scenario-based games, soundscape relaxation and interactive activities, students learn about emotions, stress, physical responses and coping strategies. Participants also develop a personalised 4Rs mental wellness action plan and learn about school-based and community help-seeking resources. The content, flow and activity mix may be adjusted according to the school venue, student age, timetable and identified needs.	Secondary school students in Hong Kong; activities may also be extended to teachers and parents according to school needs	https://www.chilllab.org.hk/en/youth-hub-experience-center/	Contact person: Mr Osiris Cheng Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Others : <u>Mental health literacy, emotional awareness, stress management and help-seeking 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	全年接受學校預約；午間 AR 互動、精神健康攤位及短時段體驗活動	計劃於午膳時間在校園設置低門檻、短時段的精神健康互動站，讓學生可按自己的節奏參與 AR 活動、情緒自我檢視、壓力管理小遊戲及 4Rs 主題攤位。活動以輕鬆和生活化的方式，把精神健康資訊融入日常校園生活，協助學生辨識當下情緒與壓力、學習簡單的放鬆及應對方法，並認識可使用的校內外求助資源。攤位主題、活動組合及流程可按學校場地、午膳安排和學生需要設計。	全港中學生	https://www.chilllab.org.hk/chill-lab%e5%88%b0%e6%a0%a1%e6%b4%bb%e5%8b%95/	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、情緒覺察、壓力管理及求助意識</u>
	The Mental Health Association of Hong Kong – Chill Lab	Lunch Mental Health Station	Available for school booking throughout the year; lunchtime AR interactions, mental health booths and brief experiential activities	The programme sets up an accessible, low-threshold mental health station during lunchtime, allowing students to participate at their own pace in AR activities, emotional check-ins, stress-management games and 4Rs-themed booths. Through light and everyday activities, mental health information is integrated into school life. Students are supported to recognise their current emotions and stress, practise simple relaxation and coping skills, and learn about available school and community support. Booth themes, activity combinations and the flow may be tailored to the school venue, lunchtime arrangements and student needs.	Secondary school students in Hong Kong	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr Osiris Cheng Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Others : <u>Mental health literacy, emotional awareness, stress management and help-seeking awareness</u>
5.	香港心理衛生會—Chill Lab 超正常研究室	中學生心理健康課程	全年接受學校預約；講座、工作坊及情境練習，可按年級和學習需要選擇程度	課程參考聯合國兒童基金 UNICEF 促進青少年精神健康的教材，按「知識、技巧及應用」三個層次設計。知識層面協助學生認識常見情緒、壓力反應、精神健康概念及求助資源；技巧層面透過互動練習，學習情緒表達、壓力管理、溝通和社交技巧；應用層面則以情境討論、反思及實踐活動，協助學生把所學運用於校園、人際關係及日常生活。學校	全港中學生	https://www.chilllab.org.hk/chill-lab%e5%88%b0%e6%a0%a1%e6%b4%bb%e5%8b%95/	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)

				可按學生年級、已有基礎及關注主題選擇合適內容。				☑其他： <u>精神健康資訊、壓力及情緒管理、表達及社交技巧</u>
	The Mental Health Association of Hong Kong – Chill Lab	Mental Health Course for Secondary School Students	Available for school booking throughout the year; talks, workshops and scenario-based exercises at levels selected according to student age and learning needs	Developed with reference to UNICEF resources for promoting adolescent mental health, the curriculum is structured at three levels: knowledge, skills and application. The knowledge level introduces common emotions, stress responses, mental health concepts and help-seeking resources. The skills level uses interactive exercises to develop emotional expression, stress management, communication and social skills. The application level uses scenarios, reflection and practical activities to help students apply their learning to school, relationships and daily life. Schools may select suitable content according to student age, prior learning and identified themes.	Secondary school students in Hong Kong	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr Osiris 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>
6.	香港心理衛生會—Chill Lab 超正常研究室	青少年創新計劃	全年分階段推行；學生培訓、需要探索、活動設計、校本實踐及成果分享	計劃邀請中學生從校園需要出發，設計及推行校內外精神健康推廣活動，例如學校精神健康週。參與學生將接受精神健康、活動策劃、團隊協作及表達技巧等培訓，並在教師、學校社工及 Chill Lab 團隊支援下，把構思轉化為可實踐的活動方案。獲選項目可獲培訓、顧問支援及資助，以完成籌備、宣傳、推行和檢視。計劃透過青年主導及朋輩參與，培養學生的領導力、創意、責任感和抗逆力，並推動校園形成關顧精神健康的文化。	全港中學生	https://www.chilllab.org.hk/chill-lab%E5%88%B0%E6%A0%A1%E6%B4%BB%E5%8B%95/	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>學生領導、朋輩參與、精神健康推廣及活動策劃</u>
	The Mental Health Association of Hong Kong – Chill Lab	Youth Pioneer Program	Implemented in stages throughout the year; student training, needs exploration, activity design, school-based implementation and outcome sharing	The programme invites secondary school students to identify needs in their school community and design and deliver mental health promotion activities within and beyond the school, such as a School Mental Health Week. Participants receive training in mental health, activity planning, teamwork and presentation skills, and are supported by teachers, school social workers and the Chill Lab team to turn ideas into feasible action plans. Selected projects may receive training, consultation and funding for preparation, promotion, implementation and review. Through youth leadership and peer participation, the programme develops leadership, creativity, responsibility and resilience while fostering a caring mental health culture in schools.	Secondary school students in Hong Kong	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr Osiris Cheng Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☐ Rest ☐ Relaxation ☑ Relationship ☑ Resilience ☑Others : <u>Student leadership, peer participation, mental health promotion and activity planning</u>
7.	香港心理衛生會—Chill Lab 超正常研究室	老師能力建構	全年接受學校預約；UNICEF 教材培訓、精神健康急救（青年版）證書課程及專題培訓	計劃透過「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」等培訓，提升教師推廣校園精神健康及回應學生需要的能力。內容涵蓋青少年常見精神健康需	全港中學教師及學校社工	https://www.chilllab.org.hk/chill-lab%E5%88%B0%E6%A0%A1%E6%B4%BB%E5%8B%95/	聯絡人： 鄭先生 查詢電話： 2834 9618	☐休息(Rest) ☐放鬆(Relaxation) ☑人際關係(Relationship)

				要、早期警號、非批判聆聽、合適回應、求助及轉介資源，以及在校內推行精神健康教育的方法。教師可把所學應用於日常教學、學生支援及校園活動，並與學校社工及其他專業人員建立更清晰的支援連結。培訓內容可按學校需要及參加者經驗調整。		%a1%e6%b4%bb%e5%8b%95/	電郵地址： osirischeng@mhahk.org.hk	☒ 抗逆力(Resilience) ☒ 其他： 精神健康識能、早期辨識、 合適回應、求助及轉介能力
	The Mental Health Association of Hong Kong – Chill Lab	Capacity Building for Teachers	Available for school booking throughout the year; UNICEF resource training, Mental Health First Aid (Youth Version) Certificate Course and thematic training	Through training on UNICEF resources for promoting adolescent mental health and the Mental Health First Aid (Youth Version) Certificate Course, the programme strengthens teachers’ capacity to promote mental health and respond to students’ needs. Topics include common youth mental health needs, early warning signs, non-judgemental listening, appropriate responses, help-seeking and referral resources, and methods for delivering mental health education in schools. Teachers can apply the learning to daily teaching, student support and school activities, while building clearer links with school social workers and other professionals. Content may be adjusted according to school needs and participants’ experience.	Secondary school teachers and school social workers in Hong Kong	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr Osiris Cheng Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience ☒ Others： <u>Mental health literacy, early identification, appropriate response, help-seeking and referral skills</u>
8.	香港心理衛生會—Chill Lab 超正常研究室	Chill Lab 4Rs 校園延續及能力建構計劃	全年推行；學生大使培訓、教師能力建構、校本活動支援、教材及顧問服務	計劃協助學校把一次性的精神健康活動轉化為可持續的校園實踐。服務包括學生精神健康大使培訓、教師能力建構、4Rs 活動教材、班級活動、午間精神健康站、校園精神健康週及校本顧問支援。學生大使將在教師及學校社工支援下策劃朋輩活動；教師則學習辨識學生需要、作出合適回應及連結校內外支援。Chill Lab 團隊會按學校現況共同訂立推行重點，協助學校逐步建立由學生、教師及學校社工共同參與，並可自行延續的 4Rs 校園精神健康模式。	全港中學生、中學教師、學校社工及家長	https://www.chilllab.org.hk/chill-lab%e5%88%b0%e6%a0%a1%e6%b4%bb%e5%8b%95/	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： 學生領導、朋輩支援、教師能力建構及校本持續發展
	The Mental Health Association of Hong Kong – Chill Lab	Chill Lab 4Rs School Sustainability and Capacity Building Programme	Implemented throughout the year; student ambassador training, teacher capacity building, school-based activity support, educational resources and consultation	The programme supports schools in transforming one-off mental health activities into sustainable school-based practices. Services include student mental health ambassador training, teacher capacity building, 4Rs activity resources, classroom activities, lunchtime mental health stations, school mental health weeks and school-based consultation. Student ambassadors design and deliver peer-led activities with support from teachers and school social workers, while teachers strengthen their ability to identify students’ needs, provide appropriate responses and connect students with school and community support. The Chill Lab team works with each school to identify implementation priorities and progressively establish a sustainable 4Rs mental wellness model involving students, teachers and school social workers.	Secondary school students, teachers, school social workers and parents in Hong Kong	https://www.chilllab.org.hk/en/chill-lab-on-campus-activities/	Contact person: Mr Osiris Cheng Tel: 2834 9618 Email: osirischeng@mhahk.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Others： <u>Student leadership, peer support, teacher capacity building and school sustainability</u>

9.	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) Approximately 1.5 hours	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 ☐ 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(校園))	Wellness+身心健康自我管理基礎課程	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 (JC LevelMind@ School)	Wellness+ Self-management Basic Course	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(校園))	Wellness+身心健康大使培訓 (學生及教職員)	上學期; 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	Wellness+ Self-management Mentor Training (Students Educators)	First term; 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	☐ Rest ☒ Relaxation ☒ Relationship

[illegible]

14.	青少年發展企業聯盟 (CDIA)	正向廿四味	正向廿四味計劃由2027年第3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。	全港 13 至 19 歲，或中二至中五的學生	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 3Q 2027	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	The Program is designed for young people in Hong Kong between the ages of 13 and 19, or F.2 to F.5	CDIA website : https://www.cdia.org.hk/ The “Auto-verse” website or mobile application provides platform for	Contact person: : Ms Annika Wong Tel : 2468 1133/ 3525 1021	☐ Rest ☐ Relaxation ☒ Relationship ☒ Resilience

				community, learning how to build their resilience to face the future, and pursue their ideals. 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.		participants to explore and revisit any sessions on their own : 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=PLfdk7Klm8BILKrDQWINFdt1gTl0DX7S1T9&si=rBtK-tcnSKgs4vld Positive Thinking Quotes : https://www.cdia.org.hk/%E5%BB%BF%E5%9B%9B%E5%91%B3	Email : annika.wong@cdia.org.hk	☐ Others : _____
15.	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://rs.sjs.org.hk/	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 : _____
16.	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： 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 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@sjs.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ others : _____
17.	聖雅各福群會	入校精神健康支援服務	學期預約服務 宣傳精神健康攤位及課堂身心靈工作坊	透過攤位及課堂活動，提升全校學生的精神健康素養，同時為高危學生提供跨專業個案支援。	離島區中學生	Facebook https://www.facebook.com/61587504950181 Instagram https://www.instagram.com/wellnessislands	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	School-Based Mental Health Support Services	Semester Appointment Services Mental Health Awareness Booths and wellness workshops	Enhance mental health literacy among all students through interactive booths and classroom activities, while providing multidisciplinary case support for high-risk students.	Islands District Secondary Student	Facebook https://www.facebook.com/61587504950181 Instagram https://www.instagram.com/wellnessislands	Contact person: Yeung Ching Yi Tel.: 5622 3800 Email: mdrive@sjis.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Others : _____
18.	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	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) 包括老師、學生、家長	https://mentalhealthservice.cfsc.org.hk/community-service/mvps	聯絡人： 徐穎汶姑娘 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, Training, Experiential activity	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	https://mentalhealthservice.cfsc.org.hk/en/community-service/mvps	聯絡人： MS.TSUI WING MAN 查詢電話： 3521 1611 電郵地址： wm_tsui@cfsc.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other : _____
19.	東華三院	東華心靈幹線	星期一至星期六 (可安排非辦公時間) 互動工作坊、攤位活動、講座、體驗活動	除 4 大主題外，另設認識情緒、預防欺凌、壓力管理等講座。工作坊則有減壓手作、真人圖書館等；亦會舉辦遊戲、減壓手工攤位活動。	九龍西區(油尖旺、九龍城及深水埗區)中小學生、教師及家長	https://www.radioicare.org/wellnessexpress/info/	聯絡人： 李先生 查詢電話： 3460 6080 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：精神健康知識
	Tung Wah Group of Hospitals	TWGHS Wellness Express	Monday – Saturday (Activity sessions can be scheduled outside of service hours upon request) Interactive workshops, booths, talks, experiential activities	Besides the four main themes, talks on positive emotions, bullying prevention, stress management are offered. Workshops including stress-relief art sessions, human library activities are provided. Game and art booths are also available.	Primary students, secondary students, teachers and parents in West Kowloon District (Yau Tsim Mong, Kowloon City &	https://www.radioicare.org/wellnessexpress/info/	Contact persons: Mr. Lee Tel.: 3460 6080 Email: wchc-carersupport@tungwah.org.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Other: <u>Knowledge of Mental Wellness</u>

					Sham Shui Po District)			
20.	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：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	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:
21.	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：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	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:
22.	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：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	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:
23.	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:
24.	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. 社交情意教育海報 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： 劉先生 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)	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 schools in Hong Kong	https://zh.justfeel.hk/	Contact person: Mr. Lau Tel: 9786 4404 Email: school@justfeel.hk	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☐ Other:

			4. Feelings Wheel 5. Parents Leaflet					
25.	Be Priceless	小種子健康教育課程	1) 兒童小種子課程* (7-17 歲兒童) 共 12 小時) 2) 照顧者小種子課程* (共 8 小時) 3) 小種子工作坊 *所有服務時間及節數 均可按學校需要及日程 調整	課程旨在增強兒童在成長、身心健康和安全方面的能力，所有內容均由創辦人梁子杏醫生及專業醫療教育團隊結合世界衛生組織的建議與臨床實證而訂定。 兒童課程：通過互動活動，學生將學習寶貴的生活技能，增強自我價值、自信、抗逆力、適應力、正面關係、情緒調節、決策以及提高安全能力。 照顧者課程：強化家長與兒童溝通和聯繫的技巧、練習自我照顧，身心健康和安全能力，學習成為孩子身邊信任的成年人，建立孩子的安全意識。 工作坊：加強學生與其家人的健康行為，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	官網： www.bepriceless.org 合作伙伴小冊子： https://www.bepriceless.org/zh-hant/get-involved/community-partnerships	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： <u>安全</u>
	Be Priceless	SEED Health Education	1) 7-17 years old Children's SEED Course (12 hours) 2) Caregivers' SEED Course (8 hours) 3) SEED Workshops *All service time and sessions can be adjusted according to the schools' needs and schedule	SEED Courses aims to strengthen children's growth, well-being and safety. All content is tailored by our founder Dr. Czarina Leung and her professional team, incorporating World Health Organization recommendations and clinical evidence. Children's Course: By engaging in interactive activities, students will learn valuable life-skills in increasing self-value, confidence, resilience, positive relationship, emotional regulation, decision-making, and safety awareness. Caregivers' Courses: Strengthening communication and connection skills between parents and children, practicing self-care, mental and physical health, and safety skills, practice being children's trusted adults, and building children's safety awareness.	Students, teachers, and parents in Hong Kong	Official website: www.bepriceless.org Partnership pamphlet: https://www.bepriceless.org/zh-hant/get-involved/community-partnerships	Tel.: 9373 4453 Email: seed@bepriceless.org	☒ Rest ☒ Relaxation ☒ Relationship ☒ Resilience ☒ Other: <u>Safety</u>
26.	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:
27.	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：親子關係
	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
28.	北山堂基金	「建立韌力，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「韌力」儲備。	全體教師或家長	https://www.positiveeducation.org.hk/	聯絡人： 任芷瑩小姐 查詢電話： 2504 3988 電郵地址： connect@beishantang.org	☒ 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	https://www.positiveeducation.org.hk/en/	Contact person: Ms. Erica Yam Tel: 2504 3988 Email: connect@beishantang.org	☒ 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.