

**After** completing the intensive training on knowledge of Mental Health, appropriate skills and attitude in helping others, the Mental Health Ambassadors have helped to organize different mental health educational activities during the Psychological and Mental Health Caring Week as well as offer assistance to those in need of help.



The followings are some of the highlights on the Psychological and Mental Health Caring Week from 29 Sept to 10 Oct 2008.

# Psychological and Mental Health Caring Week 2008



## Opening Ceremony

Talk by Dr Tsang Fan Kwong, advising the audience to have a happy life through positive thinking.



## Relax Booth Zones

You can enjoy a happy and relaxing moment through participating in the eight relaxed booth zones with different themes. There were 3,077 visits to the booth zones during the Psychological and Mental Health Caring Week.



## Mental Health Education Exhibition

How to achieve happy? The seven rules to Happiness, 7-Well Stress Management Approach as well as stress management and mental health exhibitions might be helpful to you.

## Happy Face Photo-taking Competition

About 80 happy face photos received in celebrating the joy and happiness in life.

## Web-survey on Happiness

Are you Happy? How do you know? Over 1,047 students have participated in the Happiness Web-survey from mid-July to mid-Oct 2008.

## In Search of Happiness Stories

The Mental Health Ambassadors are now collecting PolyU staff and student's happiness stories and a Happiness booklet will be produced in the coming months.

## Psychological and Mental Wellness Workshops

Different nature of psychological and mental health workshops were conducted for students during the Psychological and Mental Health Caring Week.

## Closing Ceremony

Talk by Mr. Eddie Lo, sharing his tips with audience on how to achieve a happy life.

## Visit to Castle Peak Hospital

The Mental Health Ambassadors have a new experience in meeting with people who suffered from mental problems after visiting to Castle Peak Hospital. In fact, they are friendly and sensitive.

