

# Mental Health Youth Ambassador Programme

## 「米青年」精神健康大使計劃

### **Organizer 主辦單位**

Public Awareness Committee, The Hong Kong College of Psychiatrists  
香港精神科醫學院公共關注委員會

### **Target Participants 對象**

Secondary school students studying Form 3 or above, who are interested in promoting mental health to the community, or in pursuing career related to mental health in future.

中三或以上，有興趣參與社區精神健康推廣活動或日後有志從事與精神健康相關工作的中學生。

### **Objectives 宗旨**

- (i) To promote the awareness of mental health and understanding of mental illness  
提高大眾對精神健康/疾病的認識
- (ii) To reduce the stigma attached to mental illness and offer opportunities of personal contact with psychiatric clients  
減少社會對精神疾病的誤解並提供與精神病復元人士接觸的機會
- (iii) To offer students opportunity to participate in and organize program  
為學生提供參與和籌辦活動的機會

### **Components of programme 計劃內容**

The award program consists of three levels to reflect an increasing level of interaction with persons-in-recovery and active participation in mental health promotion and destigmatization programme.

該獎勵計劃由三個等級組成，以參與精神健康推廣及反歧視活動的積極程度以及和精神病復元人士的互動程度層層遞進。

- (i) **One Star:** The aim is to promote proper understanding of various mental disorders, clarification of common myths, and to address the issue of stigma and discrimination. It involves attending at least three of the public lectures organized by the Hong Kong College of Psychiatrists, to enhance students' knowledge of different mental illnesses, including Common Mental Disorders (Depression, Anxiety Disorders, Obsessive Compulsive Disorder, Post-traumatic Stress Disorder), Severe Mental Illness (Psychosis, Bipolar Affective Disorder), Old age psychiatry (Dementia, Elderly depression), Child and adolescent psychiatry (Autism, Attention-deficit Hyperactive Disorder) as well as Alcohol and Substance Abuse problems. Besides, ways to promote mental health / wellness will be included.  
「米青年」一星：目的是為了加強對各種精神疾病的正確認識和了解，釐清常見的誤解並處理標籤和歧視的問題。參加者需出席至少三個由香港精神科醫學院舉辦的公開講座，以增強學生對不同精神疾病的知識，包括常見的精神疾病（抑鬱症，焦慮症，強迫症，創傷後壓力症），重性精神疾病（思覺失調，兩極情緒病），老年精神病（認知障礙症，老年抑鬱），兒童及青少年精神病（自閉症，專注力不足/過度活躍症）以及酒精和藥物濫用問題。此外，講座內容也會包括如何促進精神健康。
- (ii) **Two Stars:** The aim is to provide opportunities of direct contact with persons-in-recovery, which is an effective strategy to reduce stigma. It involves participating as volunteer in services to persons-in-recovery organized by the programme or in collaboration with various Non-government Organizations. Alternatively, participants could work with persons-in-recovery to provide services to other target groups, such as elderly. Participants who achieved 20 hours of volunteer work would be awarded Two Stars.  
「米青年」二星：目的是提供與精神病復元人士直接接觸的機會，這是一個能有效減少歧視的方法。參與者會以義務形式參加主辦單位或與非政府組織合作舉辦的志願工作幫助精神病復元人士。另外，參與者可以和復元人士一起幫助其他目標群體，例如為老年人提供服務。參與者如達到20小時的志願工作將被獲授予二星。
- (iii) **Three Stars:** The aim is to promote active participation in and enhance the skills of organizing projects to serve persons-in-recovery, or to promote mental health. Participants shall work in groups. Proposals

shall be submitted for endorsement regarding feasibility and appropriateness. The programme organizer would oversee the preparation and implementation of project. Examples include promotion of stress management to fellow students, or educational promotion to raise the awareness of general public about mental health and illnesses. Participants who completed the project would be awarded Three Stars.

「米青年」三星：目的是讓同學以小組合作的形式為精神病復元人士舉辦活動或向社區推廣精神健康活動，從而增強同學籌辦相關活動的能力。同學應提交有關活動的計劃書到主辦單位去審批計劃的可行性和適當性。主辦單位會監督該計劃的準備和實施。例如參與者可向校內同學分享壓力管理，或舉辦社區宣傳推廣以增加大眾或同學對精神健康及疾病的認識。參與者如完成項目將獲授予三星。

### **Recognition 嘉許**

- (i) Certificates would be issued by The Hong Kong College of Psychiatrists to participants who completed each level before graduation from secondary school. The award ceremony is tentatively scheduled in July.  
參加者於中學畢業前每完成一星可獲香港精神科醫學院頒發證書。嘉許禮暫定7月舉行。
- (ii) Participants who achieved Three Stars would have the chance to be selected for Attachment Programmes to Department of Psychiatry of Universities or Hospitals.  
獲授予三星的參加者有機會被揀選到大學或醫院精神科部門參與體驗計劃。
- (iii) Participants with outstanding performance would have the chance to be selected for a mentorship programme with psychiatrists as mentors.  
表現優秀的同學有機會獲選參與精神科醫生的師友計劃。

### **Parents' consent 家長同意書**

Parents' Consent is required for participants of Two Stars and Three Stars. It would be delivered to students by email and signed Parents' Consent should be returned to staff of the Hong Kong College of Psychiatrists before students commence on Two Stars activities. Please kindly return the signed consent form by email ([ambassador.pac@gmail.com](mailto:ambassador.pac@gmail.com)), fax (28701391), or mail (Room 906, 9/F, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong).

參與二星和三星的同學需提供家長同意書。同意書將會電郵給參與的同學。同學在參加二/三星活動之前需把簽妥的同意書電郵至 [ambassador.pac@gmail.com](mailto:ambassador.pac@gmail.com)，或傳真至28701391，或將正本寄回香港精神科醫學院（香港仔黃竹坑道99號香港醫學專科學院賽馬會大樓9樓906室）。

### **Registration 參加辦法**

Please register your name, telephone number, school and form of study by Email ([ambassador.pac@gmail.com](mailto:ambassador.pac@gmail.com)) to enroll into the program. Students would need to complete an enrollment form afterwards. Interested students who could not attend the Kick-off ceremony on 18<sup>th</sup> March could also apply.

有興趣參加的同學，請把姓名，電話，就讀學校及班級電郵至 [ambassador.pac@gmail.com](mailto:ambassador.pac@gmail.com)。同學須於出席專題講座時填寫申請表。如未能出席3月18日的「米青年」精神健康大使起動禮也可參加。

### **Enquiries 查詢**

For enquiries, please contact the Hong Kong College of Psychiatrists at 52452516, or email to [ambassador.pac@gmail.com](mailto:ambassador.pac@gmail.com).

如有查詢請電 52452516 或電郵至 [ambassador.pac@gmail.com](mailto:ambassador.pac@gmail.com)

### **Updates of programme details 計劃的細節更新**

The Hong Kong College of Psychiatrists reserves the right to amend the conditions and details of the programme. Please refer to our website [www.hkpsych.org.hk](http://www.hkpsych.org.hk) or Facebook page “Look at Mi” for updates.

香港精神科醫學院有權修改該計劃的條件和細節。請留意我們的網站[www.hkpsych.org.hk](http://www.hkpsych.org.hk) 或Facebook網頁“Look at Mi”[www.facebook.com/look.at.mi.hk](http://www.facebook.com/look.at.mi.hk)。