

2018 Mental Health Month promotes family mental health (with photos)

The Secretary for Labour and Welfare, Dr Law Chi-kwong, today (December 8) officiated at "Home, Power" carnival, the finale of 2018 Mental Health Month (MHM), and joined over 500 representatives from non-governmental organisations (NGOs), community groups and self-help organisations as well as students and volunteers in playing "Paper, Scissors and Rock". This game was part of this year's promotion of family mental health by fostering inclusiveness, keeping smiles and relieving pressure among family members.

With the theme "Home, Power" and the slogan "Fun in 10 Minutes", the 2018 MHM aimed to encourage the public to add positive energy to the family by spending at least 10 minutes a day with family members. A series of publicity and education activities were carried out in the community and on campus in the past six months by the 12 NGOs providing rehabilitation services for ex-mentally ill persons, with a view to raising public's awareness and concern about mental wellness.

Addressing the ceremony, Dr Law pointed out that the Social Welfare Department has set up 24 Integrated Community Centres for Mental Wellness (ICCMWs) operated by NGOs since 2010. They provide one-stop community support services for ex-mentally ill persons aged 15 or above, persons with suspected mental health problems, their carers and residents in the district. The Government has been injecting additional resources to strengthen their services in recent years. As of September 2018, ICCMWs have provided services to over 73 000 persons.

"We will also expand their service scope to secondary school students aged under 15, including drop-outs, to strengthen professional support for youths and assist them transiting to appropriate adult support services," he said.

The Government allocated additional resources in this financial year to create 12 additional clinical psychologist posts and 24 social worker posts to better support ex-mentally ill persons, persons with suspected mental health problems as well as their family members and children.

Furthermore, in order to train suitable ex-mentally ill persons to serve as peer supporters, the peer support service provided in community rehabilitation service units has also been regularised since late March this year, in order to enhance public acceptance towards ex-mentally ill persons and building an inclusive society.

At the ceremony, Dr Law presented prizes to winners of a heartwarming message-writing contest under an annual territory-wide mental health promotion programme, while the Chairperson of the Equal Opportunities Commission, Professor Alfred Chan, who also officiated at the ceremony delivered awards of another photo-taking contest on family mental health

under the programme. Both activities encouraged family members to step up communications and share their feelings through photo-taking and caring messages. The Ambassador of 2018 MHM, Mr Roger Kwok, also attended the carnival and shared his experience in striving to spend more time with his family amid a hectic schedule.

Prior to the ceremony, Dr Law visited the carnival booths and expressed his thanks to welfare organisations for their hard work in promoting mental health from various aspects across the community. The carnival was held in MacPherson Playground in Mong Kok this afternoon, showcasing winning entries of the above contests. Activities including game booths, interactive experiential activities and handicraft workshops were also available to engage the public to better understand the importance of family mental wellness.

Also officiating at the carnival were the Chairman of the Sub-committee on Public Education on Rehabilitation of the Rehabilitation Advisory Committee, Dr Raymond Leung; the Assistant Commissioner for Rehabilitation of the Labour and Welfare Bureau (LWB), Ms Polly Ho; and the Chairperson of the Organising Committee of 2018 MHM, Ms Grace Ma.

Organised by the LWB in collaboration with various bureaux/departments, public organisations and non-governmental organisations, the MHM echoes with the World Mental Health Day, an initiative of the World Federation for Mental Health. The public may visit the [2018 MHM website](#) or the [MHM Facebook page](#) (Chinese only) for details.



