

[“City Companion” Community Alliance on Promoting Mental Health launched \(with photos\)](#)

â€‹The Auxiliary Medical Service (AMS) co-operated with the Hong Kong Metropolitan University (HKMU), the Baptist Oi Kwan Social Service, the Hong Kong Lutheran Social Service, the SideBySide, and the Mental Health Association of Hong Kong to form the "City Companion" Community Alliance on Promoting Mental Health today (April 29), working together to draw public attention to the importance of mental health through training instructors and supporting mental-health services.

As the demand for mental-health services increases in society, the AMS will, through collaborating with members of the Alliance, train up some of its adult members and volunteer members as "Mental Health First Aid (MHFA) instructors" equipped with the skills to identify early signs of mental illnesses. The AMS members, after becoming instructors, will then be responsible for providing training for other members and assisting in organising mental-health promotional activities to raise students' and public awareness of the importance of mental health.

The Launch Ceremony of the Alliance was held at the HKMU Jockey Club Institute of Healthcare this morning and the Chief Staff Officer of the AMS, Mr Wong Ying-keung, attended. In the initial stage, the Alliance will focus on the community in Kowloon City District.

In addition, targeting mental health of young people, some AMS cadets will attend a tailor-made mental-health training programme to learn more about the importance of mental health and maintain positive thinking. Upon completion of the training, cadets will become "LMK (Let Me Know) buddies" in the team who will listen to their emotionally distressed peers and accompany them to seek support. The programme is expected to be launched in July.

