

Joyful Companion Wellness Carnival promotes public awareness of physical and mental well-being (with photos)

The "City Companion" Community Alliance on Promoting Mental Health, established by the Auxiliary Medical Service, the Baptist Oi Kwan Social Service, the Hong Kong Lutheran Social Service, the Hong Kong Metropolitan University (HKMU), the SideBySide and the Mental Health Association of Hong Kong, held its Joyful Companion Wellness Carnival today (November 23). The carnival featured a variety of activities, including game booths, a health sharing session and health consultations, with a view to promoting public awareness of the importance of physical and mental well-being.

The launching ceremony was officiated by the Director of Health, Dr Ronald Lam; Legislative Council Member Dr Tik Chi-yuen; and the President of the HKMU, Professor Paul Lam. Speaking at the ceremony, Dr Lam said that the Government has long been attaching great importance to mental health of members of the public and strives to conduct promotion and public education for all ages. In terms of prevention, the public can browse the "Shall We Talk" online platform to have a better understanding of mental health. To identify those who are in need at an early stage, the Government has launched the "18111 – Mental Health Support Hotline", and encourages those who might have mental health needs and their carers to call for timely support.

Addressing the ceremony, Professor Lam expressed his gratitude on behalf of the Alliance for the support from all parties in raising public awareness of physical and mental health. In response to initiatives promoting mental health in "The Chief Executive's 2024 Policy Address" and to reflect the tripartite collaboration among the Government, the community and the universities, the Alliance has proactively organised a range of activities over the past six months, including school education, student training, community outreach, and other mental health support services, benefiting over 3 300 individuals.

Through this community carnival, the Alliance hopes to convey a message of facing mental health issues with optimism and positivity, reducing social stigmas towards mental illness, and encouraging mutual support in creating a healthy and harmonious community.

