

Organised by



Mental Health Projects
DIVISION OF PUBLIC POLICY

Funded by



The Hong Kong Jockey Club Charities Trust

Jockey Club Shining Together

with CrossX Cultural Youth Project

For Organizations Serving Non-Chinese Youth
Interested in Collaborating?

Enhance diversity and inclusion. Contribute to research. Create a
supportive environment for non-Chinese youth from all backgrounds.



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[https://emmh.hkust.edu.hk/
home-ppol-mental-health-projects](https://emmh.hkust.edu.hk/home-ppol-mental-health-projects)

Empower Your Future:
Join Our Transformative Journey

Are you a non-Chinese youth aged 15-24 in Hong Kong?

Whether you are a school student, university student, or working youth, our project is tailored just for you.

Enhance your skills, build mental health awareness, and thrive in a multicultural environment.

From classroom to boardroom, mental health matters at every stage. Join us to bridge cultures and build resilience.

Program Overview

Minimal-Level Activities: Self-guided learning to build foundational knowledge.

Moderate-Level Activities: Face-to-face capacity-building workshops.

Intense-Level Activities: Training to become a mental health peer ambassador.

Enrollment Benefits

Mental Health Awareness and Skills: Enhance your confidence and deepen your understanding in mental health.

Skill Enhancement: Cultivate essential life and workplace skills while boosting your advocacy and leadership abilities.

Improved Interpersonal Relationships: Strengthen family bonds and improve connections with peers.

Supportive Environment: Experience personalized support tailored to your background, creating an environment conducive to growth and inclusivity.

Capacity Building Workshop Themes

THEME 1

Mental Health

- ▶ Mental Health First Aid
- ▶ Social and Emotional Learning
- ▶ Mindfulness
- ▶ Peer Support Groups

THEME 2

Interpersonal Relationships and Communications

- ▶ Better Interpersonal Relationships and Boundary Setting
- ▶ Enhancing Family Relationships and Managing Conflict

THEME 3

Personal Development and Workplace-related Skills

- ▶ Goal-Setting and Life Planning
- ▶ Workplace Skills Building