

Experience sharing by Lingnan Institute of Further Education (LIFE) "Mental Health Awareness and Personal Enhancement Project"

1. Project implementation experience (e.g. experience in terms of the benefits from attending the MHFA course and the promotion of mental health on campus)

The project involved both intervention and prevention parts. Direct intervention of counselling service helped the students diagnosed with mental health problem, or potential to have mental health problem. This empowered them in facing their individual challenges, reducing the symptoms, and reduced the risk of developing into even more severe disorders. The frontline individual intervention was crucial in the project.

With the same importance, preventive works improved the awareness of mental health among the whole institute. Student activities and campaigns promoting well-being and mental health reminded students' concern and alertness on taking care of themselves. The recruitment and training of wellness facilitators further enhanced the atmosphere in the institute. With the use of peer influence, students at risk could be more easily identified, and were encouraged to seek for further supports. Not only the wellness facilitators, but also other passionate students and staff attended the MHFA course. It helped spreading the awareness and care within the campus.

2. How to sustain the project benefit?

The enhancement of the internal referral system of counselling service smoothening teachers' handling when they encountered students in need. The coverage of counselling service is enhanced with the help of teachers' identification and referral.

The staff completed the MHFA instructor course in the project. He is capable to arrange more MHFA training to students and teachers after the project ends.

Self-care corner in campus and project website are established in the project, and were both sustained after the project ends. Student Development Office of LIFE is responsible for the maintenance of the resources.

Last but not least, 2 new projects aiming at enhancing students' mental health were launched a few months after the QESS project ended. Experience gained in the previous project helped the new projects to better adjust the deliverables. The new projects maintain the momentum initiated, and further promote mental health awareness in the campus with new resources.