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Sunny Review

- [1. The College Celebrated the 4th Graduation Ceremony!](#)



College guests, graduates' families and friends gathered to celebrate the Graduate Class of 2019 at the College's 4th Graduation Ceremony held on 7th Nov.

The ceremony commenced with the College anthem followed by a welcome speech delivered by College Master Professor Anthony T.C. Chan (陳德章教授). Professor Chan expressed his gratitude to the graduates for their contributions to the College development and congratulated them for their well-deserved success. He wished graduates would learn to love each other as love would give them strength for the challenges in life.

In attendance as the Guest of Honour was the General Secretary of the Family Development Foundation (家庭發展基金) Ms. Shirley Loo (羅乃萱女士). Ms. Lo shared her experience on how she developed her writing career as a mathematics graduate and encouraged graduates to pursue areas that interest them. She offered an inspiring message of "HOPE" denoting as "Heart", "Open-minded", "Passion" and "Empathy" and wished graduates the best as they step ahead towards a new page in life.



After receiving the words of wisdom, each of the graduates had their names read aloud as they walked onto the stage to receive their ceremonial certificates. The final speeches were delivered by the valedictorians Miss Natalie S.Y. Chung (鍾芯豫校友), Miss Queenie K.Y. Law (羅鈞渝校友) and Miss Candice C. Y. Ng (吳卓恩校友), recipients of Wu Yee Sun Award for the Most Distinguished Graduating Student (伍宜孫最優秀畢業生獎) in the year of 2018/19.



The Ceremony officially came to a close with the throwing of caps in the group photo session. The College would once again like to congratulate all the graduates for their achievements and thank all those attended, gave speeches and made the Graduation Ceremony a success.





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2. Introduction Session of College Term-long Exchange Programme 2020/21 書院交換生計劃簡介會



Professor Ming-chung Chu (朱明中教授), Chairperson of Student Exchange Committee, shared with participants the details of partner institutes in the Introduction Session of College's Term-long Exchange Programme 2020/21 on 6th Nov. Mr. Jason C.H. Kwan 關竣鴻同學 (Quantitative Finance/ 4), who has previously participated in an exchange programme, shared with the audience his inspiring and beneficial experience gained. He encouraged the attendees to think about their objectives of going on exchange and seize the opportunities provided by the College.

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3. Staff-student Hiking with HKPASEA 秋日師生遠足

A group of students and members of HKPASEA hiked from Lam Tin to Po Lam on 9th Nov. Led by Professor Kam-fai Wong (黃錦輝教授), Associate Master and Chairperson of Personal Growth & College Life Committee, the participants enjoyed the natural beauty along the route, especially the Little Hawaii Waterfall. The sunshine and breeze gave everyone a refreshing morning.



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4. CUHK Athletic Elite Competition

Congratulations to the athletes' achievements in CUHK Athletic Elite Competition 2019 held on 6th Nov! Their outstanding performances were impressive.

1st runner-up in 800m - Hoi-hei Chow (周凱希同學)

Champion in 1500m - Hannel H.N. Chow (周漢聶同學)

2nd runner-up in 1500m - Man-tsun Wu (胡文津同學)

2nd runner-up in shot put - Tsz-chung Ma (馬子衷同學)



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College Activities

1. Farewell Dinner for Incoming Exchange Students of 2019/20 Term 1

The College hosts incoming exchange students from countries around the world every semester. Approaching the end of the semester, we are organizing a farewell dinner for the incoming exchange students admitted for 2019/20 Term 1. All incoming exchange students are welcome to join. Some seats have been reserved for local and international students but are limited and on first-come-first-served basis. If you are interested in making some friends, please register now!

Event Details

Date: 28th Nov (Thu)

Time: 6:45 pm-8:30 pm

Venue: WYS staff canteen

Fee: free (clay pot chicken will be served)

Registration deadline: 17th Nov

Registration Link:

(a) Incoming exchange students: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8586035>

(b) Non-incoming exchange students: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8586709>

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

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2. Fitness Consultation Sessions 健身訓練諮詢



Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

Mr. Ryan Chan

Dates (Every Wed, Except Public Holidays):

Sep 11, 18, 25

Oct 2, 9, 16, 23, 30*

Nov 6*, 13*, 20, 27

Time: 6:00 pm - 8:00 pm

Venue: College Fitness Room

Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays):

Sep 12, 19, 26

Oct 3, 10, 17, 24, 31

Nov 7, 14, 21, 28

Time: 8:00 pm - 10:00 pm

Venue: College Fitness Room

Target: Wu Yee Sun College Students and Staff Members

No prior applications required! Kick-start your workout plan now!

***Additional fitness consultation available at 17:00-18:00**

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943 3934)

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College Announcements

1. Term-long Exchange Programme 2020/21: Application Opens Now

Wu Yee Sun College
TERM-LONG EXCHANGE PROGRAMME 2020/21

Destinations		Introduction Session
The United Kingdom	Italy	Date: 6 Nov (Wed)
The Netherlands	Mexico	Time: 6:45pm - 8:30pm
The United States	China	Venue: College Theatre
Czech Republic	Denmark	Content: Sharing of previous participants, introduction of institutes
Australia	Finland	Registration for introduction session
Sweden	Germany	
Canada	Singapore	Deadline: 4 Nov 2019 (Mon)

APPLICATION!
Deadline: 13 Nov 2019 (Wed)
Apply HERE: 

More Details: 

Enquiry:
Rachel (3943 3949/ rachel.poon@cuhk.edu.hk)
Kate (3943 3935/ kate.yu@cuhk.edu.hk)



The College Term-long Exchange Programme 2020/21 is now open for application, and the application deadline is **13th Nov**. If you are interested in applying for the programme, please refer to the College website (<https://www.wyys.cuhk.edu.hk/exchange.php>) for more information and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8430410>).

In 2020/21, students can go on exchange in 23 institutes across 14 countries. Please refer to the table below for detailed list of exchange institutes.

Note:

- 0.5 FTE means one student going for one term exchange
- Institutes **highlighted in green** means their info for 2020/21 is not yet updated, and we are listing the quota of last year as ref. It is possible that the quota could be increased, decreased or even removed.
- Applicants will be given chances to change their preference by **17th Jan 2020** after Term 1, 2019/20 result is released. Therefore, please base on the following details and decide your choices now.

REGION	COUNTRY	HOST INSTITUE	Quota (FTE)
America	Canada	Mount Allison University	0.5
		University of Ottawa	1.0
	Mexico	Tecnologico de Monterrey	0.5
	The United States	American University	0.5
		Brandeis University (2nd term only)	0.5
		Northeastern University	0.5
		St. Edward's University	1.0
		University of Massachusetts Amherst	0.5
	University of Pittsburgh	0.5	
Asia	China	Zhejiang University	0.5
	Singapore	National University of Singapore	0.5
Europe	Czech Republic	University of Economics, Prague	1.0
	Denmark	Technical University of Denmark (ERG & SCI Programs)	0.5

	Finland	University of Tampere	0.5
	Germany	Albert-Ludwigs-Universität Freiburg	0.5
	Italy	Università Commerciale L. Bocconi	0.5
	Sweden	Uppsala University	1.0
	The Netherlands	Maastricht University, School of BA & Economics	0.5
		Maastricht University, University College Maastricht	0.5
		University of Groningen	1.0
	United Kingdom	University of Aberdeen	1.0
Oceania	Australia	Macquarie University	1.0
		Monash University	0.5

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

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2. Wu Yee Sun College The Most Popular Canteen Staff Polling (2019/20 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2019/20 上學期)



多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂員工的服務態度不斷提升。新一輪投票現已舉行，希望大家踴躍投票，為改善飯堂質素出一分力。

Thank you very much for voting the Most Popular Canteen Staff Polling in the past. Since the establishment of the Polling, the catering services provided by Canteen Staff have been improved largely. Another round of voting is being conducted now. Please be reminded to give a vote. Let's work together to improve the catering services of College canteen.

請登入以下連結投票選出你心目中最受歡迎飯堂員工
(每位同學/教職員最多可投三位飯堂員工)

Please click the link below to vote for the most popular canteen staff.
(Each student/ staff can vote for three canteen staff at most)

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8459681>

Voting period 投票日期 : 1st to 30th Nov

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3. “Meet the Dean” Hours 輔導長時間

“Meet the Dean” Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. The session is hosted by:

- Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics

Every Sunnie is welcome!

Academic Year 2019/20

Date: Every Wednesday

Time: 4:30 pm – 5:30 pm

Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

Enquiries:

Ms. Sonia Yu (3943 3937 / soniayu@cuhk.edu.hk)

Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

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4. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please call **3943-3942** for arrangement.

2) You may also approach the **University's Wellness and Counselling Centre** at **3943-7208** for help.

3) A **24-hour Emotional Support Hotline** at **5400-2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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5. Exchange and Travel Grant/Loan 2019/20



College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. **For programmes/activities held in Oct - Jan 2020, application is now open until 13th Dec 2019.**

For programmes/activities held in Feb 2020 - May 2020, application will be open from 14th Dec - 17th Apr 2020.

Check out the following link for more information including eligibility:
https://www.wyys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf

Enquiries:

Ms. Karen Yiu (3943 3936 / karenyiu@cuhk.edu.hk)

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6. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊—漂書閣

A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.

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7. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

Step 1: Reserve Terrace of Dreams at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730> at least THREE working days prior to the event date.

Step 2: Receive booking results via email from College

Step 3: Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove
<https://drive.google.com/drive/folders/0B2BJiMcr2icqWkE4V3dmMWJXVke>

Please be reminded BBQ can only take place in designated time and location:

Booking Period: Mon - Thu, 4:30 pm - 11:00 pm

Designated Location for BBQ: Terrace of Dreams

*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system (<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

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8. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations*:

1. Video wall at College Gallery (G/F)
2. TV at Lift Lobby, East Block (G/F)
3. TV at Lift Lobby, West Block (G/F)
4. TV at Student Canteen (LG/F)

*College student bodies cannot select display locations.

Guidelines: <http://www.wys.cuhk.edu.hk/downloads.php>

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

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College Funding & Awards Schemes

1. Care and Well-being Fund for Mental Wellness Activities



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

Eligibility:

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than the College

Examples:

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

Funding Amount per student per activity:

Maximum amount increased from \$800 to **\$1,500**, or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

Enquiries:

Miss Carly Lau (3943 3988 / carlylau@cuhk.edu.hk)

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2. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

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3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply “Be Entrepreneurial!” Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to \$20,000!!!

Maximum Funding Amount: HK\$20,000

Eligibility

- All WYS undergraduate students
- Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- Applications are welcome all year round

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries:

Miss Florence Tsui (3943 9767 / florecetsui@cuhk.edu.hk)

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4. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (夏季)



Introduction

The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in **non-local** academic or experiential learning programmes with the main purpose of **LEARNING**. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Some examples are students’ self-initiating trips or joining overseas conferences, competitions, field trips, courses, internship/ major-related placement, research, voluntary service, cultural tour. **Programmes organized and subsidized by the College and Term-long Exchange Programmes are EXCLUDED.**

Eligibility

All Wu Yee Sun College students (except exchange students) are eligible for application. For final year students, the programme joined or planned must be finished by their corresponding graduation date.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

	Programme Length ⁽¹⁾	Programme Nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programme ⁽²⁾	HK\$12,000 or 100% of cost of the particular items ⁽⁴⁾ (whichever is lower)
		Participating in organized programme ⁽³⁾	HK\$5,000 or 50% of cost of the particular items ⁽⁴⁾ (whichever is lower)
Long-term	One to six months	Self-initiated programme	HK\$15,000 or 100% of cost of particular items ⁽⁴⁾ (whichever is lower)
		Participating in organized programme	

(1) Programme Length:

Exclude transportation time; only count from start date of the first activity to the end date of the last activity.

(2) Self-initiated programme:

A programme that is not organized by any units. Students need to plan the whole programme itinerary and daily activities.

(3) Participating in an organized programme:

Participate in an overseas tour, course, research work, internship program or major-related placement organized by other units.

(4) Maximum award amount:

Only the cost of the following **particular items** are taken into consideration when deciding the maximum award amount:

(a) Round-trip transportation cost

(b) Local accommodation cost

(c) Registration fee / Programme fee for students participating in organized programmes

Visa application fee or insurance cost is **NOT included

Application Timeline

Application is opened twice a year - Winter and Summer Rounds. Students can submit only one application for each round (regardless of programme nature / programme length / individual or group application). However, students could apply for unlimited rounds throughout their years of study.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	Application period
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Winter	1 Nov - 30 Apr	1 May - 31 Oct
Summer	1 May - 31 Oct	1 Nov - 30 Apr

Selection Criteria

The College has discretion to decide the number of approved applications and respective amount of approved subsidies. The quality & purpose of the programme and the quality of the proposal will be the main considerations in evaluating applications. The better the quality is, the higher the chance applicants can be granted high award amount. Applicants would be invited to attend an interview for further assessment.

Application

Applicants should complete and submit the online application form (<https://www.wys.cuhk.edu.hk/exchange.php?cat=others>) with all supporting documents by the application deadline of each round (31/10 for Winter Round; 30/4 for Summer Round). No hard copy is required.

Application can be on individual or group bases but **only self-initiated programmes are eligible for group application**. For group application, each applicant MUST submit one application form but can upload the same proposal and budget as other group members. Also, only one written report is required for the post-trip submission of group application.

Students could send their request to rachelpoon@cuhk.edu.hk and katieyu@cuhk.edu.hk with detailed proposal and budget **at least 1 month before application deadline** if they would like to seek comments from Student Exchange Committee members.

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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5. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



*Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of **sports activities** and **qualification courses for sports coach**, in order to live up the spirit “Sports for Everyone”.*

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

Details: <https://www.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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Other Activities & Announcements

1. Reminder on Information Security: Machines running on Windows 7

(Extract from ITSC e-Newsletter; login required)

Microsoft will end the extended support of Windows 7 and Windows Server 2008 on 14th Jan 2020. To reduce cybersecurity threats and vulnerabilities, ITSC has been working with departments (LAN Administrators) to retire or upgrade the related university owned machines.

Endorsed by the 1st (2018) IT Governance Committee meeting, **machines running on Win7 and Windows Server 2008 would not be allowed to connect to the campus network after 14th Jan 2020.**

Students are hereby reminded that the above will be applied to all campus network (**including wired connection and Wi-Fi**) on College campus, such as at the Learning Commons and hostel rooms. Please arrange the necessary upgrade as appropriate. Thank you for your kind attention.

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2. “Managing Traumatic Stress Toolkit - EMDR approach to reduce flashbacks, anxiety and fears” by Faculty of Medicine

The Faculty of Medicine is organizing two sessions on “*Managing Traumatic Stress Toolkit - EMDR approach to reduce flashbacks, anxiety and fears*” with details as follows. All CUHK staff and students are welcome.



Speaker Profile:

Dr. Lawrence Chen (Adjunct Associate Professor & Clinical psychologist specialized in trauma recovery)

Session 1

Date: 14 November 2019 (Thursday)

Time: 4:00pm to 5:30pm

Venue: LHC104, Y C Liang Hall, CUHK

Language: Cantonese

Session 2

Date: 21 November 2019 (Thursday)

Time: 12:30pm to 2:00pm

Venue: 3/F, Tutorial Room, Postgraduate Education Centre, PWH

Language: English

Enrollment link:

<https://stdnet.med.cuhk.edu.hk/eform/view.php?id=14866>

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3. HSBC Overseas Scholarship 2020/21

This scholarship supports local non-final year full-time undergraduate students to study in an overseas university for either one semester or one academic year in the academic year 2020/21. The maximum total value for each scholarship is HK\$300,000 covering tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees. Other than the language requirement and academic requirement of minimum CGPA 3.7, the following attributes of candidates are required by the donor:

- 1) be well-rounded, active in extra-curricular and/or community services;
- 2) no extensive experience of living or studying overseas; and
- 3) be committed to Hong Kong

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications). The application will close at 12:00 noon on **30th Dec 2019**.

Enquiries:

OAFA Scholarships and Financial Aid Section (3943 7204 / sfas@cuhk.edu.hk)

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4. Flourishing First Year Programme 心盛計劃 2019



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

How does Flourishing First Year@CUHK work?

- Step 1:** [Register](#) to be a member and receive promotion of upcoming workshops/ activities
- Step 2:** Choose your favourite workshops and get our welcoming gifts
- Step 3:** Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon
- Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)
- Step 5:** Becoming an Everyday Leader

Programme Details and List of Workshops:

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

Enquiries:

Office of Student Affairs (3943 8652 / osa@cuhk.edu.hk)

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5. Community Resources for Emotional Support and Mental Health Promotion

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

24-hour Hotline: 2389-2222

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

Suicide Crisis Intervention Centre: 2341-7227 for appointment

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319-1177

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

<賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25% 的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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