

# Useful Resources to Enhance Wellbeing in CUHK

## Quick Access

### Categories by Target:

- [All students](#)
- [New students](#)
- [Non-local students](#)
- [Miscellaneous](#)

### Categories by Nature:

- [Information and Self-Help](#)
- [Counselling and Interaction](#)
- [Workshops](#)

\*\*\*\*\*

## Table of Contents

### Categories by Target:

- All students: [A Series of 12 Wellbeing Booklets](#)  
[Community Resources](#)  
[Learning Enhancement Officers \(LEOs\)](#)  
[Self-Help Materials for Students](#)  
[Sunshine@CUHK](#)  
[UrHeard \(Mobile App\)](#)
- New students: [Compass for Incoming Students](#)  
[Flourishing First Year@CUHK](#)  
[GLEAM Programme](#)
- Non-local students: [Compass for Incoming Students](#)  
[Multicultural Counselling Service for Non-local Students](#)
- Miscellaneous: [CUHK Mentorship Programme \(CUMP\)](#)  
[Information on Off-campus Accommodation](#)  
[Mindful Flourishing \(Mobile App\)](#)

### Categories by Nature:

- Information and Self-Help [A Series of 12 Wellbeing Booklets](#)  
[Community Resources](#)  
[Compass for Incoming Students](#)  
[Information on Off-campus Accommodation](#)  
[Mindful Flourishing \(Mobile App\)](#)  
[Self-Help Materials for Students](#)  
[Sunshine@CUHK](#)
- Counselling and Interaction [CUHK Mentorship Programme \(CUMP\)](#)  
[GLEAM Programme](#)  
[Learning Enhancement Officers \(LEOs\)](#)  
[Multicultural Counselling Service for Non-local Students](#)  
[UrHeard \(Mobile App\)](#)
- Workshops [Flourishing First Year@CUHK](#)

\*\*\*\*\*

## **Useful Resources to Enhance Wellbeing in CUHK**

### **A Series of 12 Wellbeing Booklets (supported by KPF)**

Target: All students

Aim: To provide credible mental health information to reach the in-needs and neglected in the community

Webpage: <https://pmhlab.wixsite.com/laboratory/wellbeing-booklets>

### **Community Resources**

Target: All students

Aim: To list webpage or contact information of non-CUHK resources and services in Hong Kong

Webpage [sign-in required]: <https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-students/community-resources-and-useful-links/community-resources>

### **Compass for Incoming Students**

Target: New non-local students

Aim: To provide useful information for students to prepare their life in CUHK

Webpage: <https://lces.osa.cuhk.edu.hk/non-local-services/non-local-compass/>

### **CUHK Mentorship Programme (CUMP)**

Target: Full time non-final year students

Aim: To enhance the exposure of CUHK students through experience sharing and interaction with experienced professionals and senior executives

Webpage: <https://cpdc.osa.cuhk.edu.hk/student/programmes-workshops/CUMP>

Application: Around November each year

### **Flourishing First Year@CUHK**

Target: New full-time students

Aim: To provide a series of workshops for students to apply seven well approach to combat stress

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

### **GLEAM Programme**

Target: New students (Year 1 local undergraduate students)

Aim: To allow students to obtain extra support from peers and advice from a group of Learning Enhancement Ambassadors (GLEAMs) who are students in senior years

Webpage: <https://lces.osa.cuhk.edu.hk/les/programmes/gleam/>

Application: During summer each year

### **Information on Off-campus Accommodation**

Target: Students interested in renting a flat off-campus

Aim: To provide tips and important information on flat rental

Webpage: <https://lces.osa.cuhk.edu.hk/non-local-services/housing/off-campus/introduction/>

[TOP](#)

## Useful Resources to Enhance Wellbeing in CUHK

### **Learning Enhancement Officers (LEOs)**

Target and Aim:

- Full-time Ug students: To provide support on learning
- New non-local Ug students: To monitor their learning and adjustment progress
- Other non-local Ug students: To provide services when needed

Contact: Ms. Karrie Li (3943 3155 / [karrie.li@cuhk.edu.hk](mailto:karrie.li@cuhk.edu.hk))

Webpage: <https://lces.osa.cuhk.edu.hk/les/overview/>

### **Mindful Flourishing (Mobile App)**

Target: Local students

Aim: To provide information, training, and evaluation on mindfulness and mental health

App Link:

- (App Store)  
<https://apps.apple.com/hk/app/%E6%97%A5%E5%B8%B8%E5%BF%83%E6%B4%BB-mindful-flourishing/id1528493206>
- (Google Play)  
<https://play.google.com/store/apps/details?id=hk.edu.cuhk.psy.mindfulness>

### **Multicultural Counselling Service for Non-local Students**

Target: Full-time non-local students

Aim: To provide counselling services in Mandarin or English, as well as other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi

Service Provider: St John's Cathedral Counselling Service in Central

Webpage: <https://www.sunshine.cuhk.edu.hk/multiculturalcounselling/>

### **Self-Help Materials for Students**

Target: All students

Aim: To provide self-help materials for students on adjustment, learning, relationship, and more

Webpage [sign-in required]:

<https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-students/self-help-materials>

### **Sunshine@CUHK**

Target: All students

Aim: To provide a one-stop online platform for students to access handy information related to mental wellness and relative activities

Webpage: <https://www.sunshine.cuhk.edu.hk/>

### **UrHeard (Mobile App)**

Target: All students

Aim: To allow students to communicate and consult the peer listeners with text messaging function on different aspects of university life

Webpage: <https://lces.osa.cuhk.edu.hk/urheard-a-peer-support-network-providing-directions-for-solutions/>

App Link (Beta vers.):

- (Apple Store) <https://apple.co/3LTLDJW>
- (Google Play) <https://bit.ly/35tq7u>

[TOP](#)