

Useful Resources to Enhance Wellbeing in CUHK

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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>

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/>

Learning Enhancement Officers (LEOs)

Target: Full-time Pg students

Aim: To provide drop-in consultation service during term time

Contact:

- Online Facebook Messenger: www.facebook.com/LEOs.online
- 1-to-1 Appointment: leos@cuhk.edu.hk

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

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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 related 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.):

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

Wellness for Postgraduates

Target: All postgraduate students

Aim: To inform Pg students on the possible stressors and ways to manage and handle stress

Webpage: <https://www.sunshine.cuhk.edu.hk/wellness-for-postgraduates/>

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