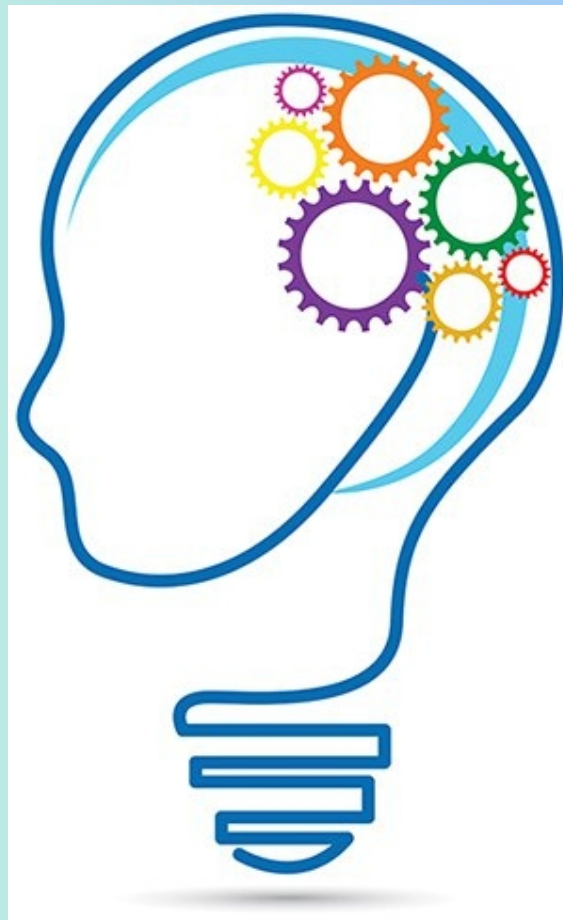


MY MENTAL WELLNESS BOOKLET

NAME: _____



**ETHNIC MINORITY MENTAL HEALTH AND
WELL-BEING PROGRAMME (MIND TO HEART) 2022-2023**



ACKNOWLEDGEMENT

The COVID-19 pandemic and many other local and global events have left a huge impact on the mental health of people including the migrant population all over the world. The ethnically diverse community living in Hong Kong is not an exception. The community is at great risk of poor mental health due to several challenges they have to face such as language and cultural differences, isolation, loneliness, financial struggle, etc. Recognizing the mental health needs of the ethnically diverse community in Hong Kong, The University of Hong Kong (HKU) has funded the project “Ethnic Minority Mental Health and Well-being Programme (Mind to Heart) 2022-2023” which was executed by the OkayMinds team and HKU students who were recruited and trained as Mental Health Ambassadors (MHAs) for this Programme.

This booklet is produced by a dedicated team of OkayMinds and MHAs to help the ethnically diverse community in Hong Kong with mental health-related knowledge, tips and techniques that are simple to use. The booklet is carefully produced incorporating the MHAs original ideas on various topics while drawing upon a wealth of relevant resources for the references and inspiration. For details of reference please see page 38.

I would like to express my sincere gratitude for the kind and continuous guidance of Professor Samson Tse, Dean of Student Affairs at The University of Hong Kong (HKU) and Ms Ada Leung from the Centre of Development and Resources for Students (CEDARS), HKU. I would also like to extend my thanks to MHAs for generously contributing to the content creation of the booklet. I would also take this opportunity to express my gratitude to our editing team of Mr. Ameesh Kumar and Ms. Amrita Sanju Darayanai who worked tirelessly to shape this booklet as it looks now.

In this booklet, readers will find easy-to-understand write-ups and resources regarding the improvement of mental health and wellness. We believe that the mental wellness journey is unique for each of us so we have designed this booklet to give a personalized touch to readers with spaces to write their names and self-reflection. We hope this resource will benefit many and the readers will enjoy using it as much as we enjoyed putting it together.

Thank you for your support.

Regards,
Nimisha Vandan, PhD
Project Lead
Ethnic Minority Mental Health and Well-Being Programme 2022-2023
(Mind to Heart)
Co-founder and Director, OkayMinds

TABLE OF CONTENT

Content	Page Number
Section 1: Self-Love	1
Self-Care	2-3
Self-Compassion	4-5
Positive Thinking	6-7
Mindfull or Mindful	8-9
5 ways to relieve stress	10
Section 2: Well-Being Boosters	11
Sleep hygiene	12-13
Green and Mental Health	14-15
Art and well-being	16
Section 3: Relationships	17
Couple Relationships	18-20
Integrating in New Environment	21
Gaslighting	22
DARVO	23
Ghosting	24
Section 4: Mental Health Skills	25
Mental Health First Aid	26-27
What is Therapy	28
Section 5: Awareness of Mental Issues	29
Mood Disorder and Phobias	30-31
Introducing Bipolar Disorder	32-33
Post-Partum Depression	34
Understanding Schizophrenia	35
Resource for Community Support	36
List of Mental Health Ambassadors	37
References	38

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SECTION 1:SELF-LOVE

Foundation of self-love is self-care, self-compassion, positive thinking, being mindful and learn to relieve stress

Self - Reflection Corner



SELF-CARE

What is self-care?

Self-care means taking time to do things that will help you live well and improve both your physical health and mental health.



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WHY IS SELF-CARE IMPORTANT?

Having an effective self-care routine has been shown to have many important health benefits. Some of these include:

- Reducing anxiety and depression
- Reducing stress and improving resilience
- Improving happiness
- Increasing Happiness
- Reducing burnout
- Stronger interpersonal relationships

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TYPES OF SELF-CARE



Physical

- Get good sleep
- Stretch
- Eat healthy
- Yoga
- Get rest

Spiritual

- Meditation
- Praying
- Being in nature
- Keep a journal
- Spend time alone
- Listen to music



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ME TIME

TYPES OF SELF-CARE

Emotional

- Stress management
- Forgiving yourself
- Practice self-compassion
- Kindness
- Reflection



Social

- Setting boundaries
- Spend time with loved ones
- Establishing positive relationships
- Positive social media
- Ask for help
- Support systems



Mental

- Solve a puzzle
- Read a book
- Try a new activity
- Declutter your wardrobe
- Watch a movie



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MYTHS ABOUT SELF-CARE

✗ Self-care is selfish

✓ When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you

✗ Self-care is expensive

✓ Self-care does not require you to spend a big chunk of money, it can cost zero dollars

✗ Self-care is time consuming

✓ Self-care can be done in or under 15 minutes

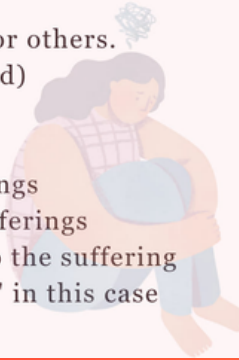


According to Dr. Kristen Neff,
Self-compassion

refers to compassion for our own selves, which is similar to how we have compassion for others. (turning compassion inward)

It involves

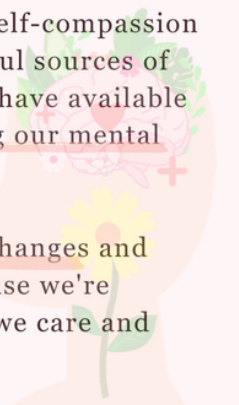
1. noticing our own sufferings
2. feeling moved by the sufferings
3. having the desire to help the suffering person, which is 'ourselves' in this case



Why is Self-compassion important ?

Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing.

It motivates us to make changes and reach our goals not because we're inadequate, but because we care and want to be happy.



3 Elements of Self-compassion:

1. Self-kindness vs. Self-judgment

recognizing that being imperfect, failing, and experiencing life difficulties is inevitable, so we gentle with ourselves when confronted with painful experiences rather than getting angry when life falls short of set ideals

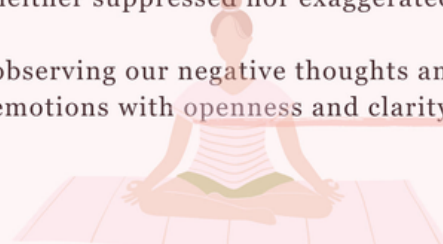
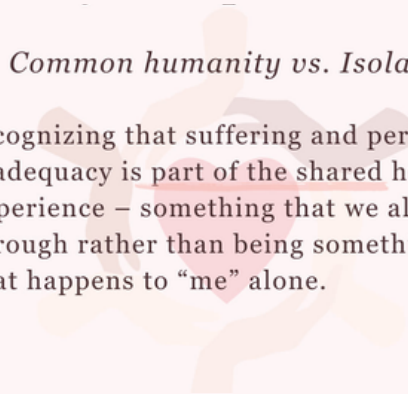
2. Common humanity vs. Isolation

recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

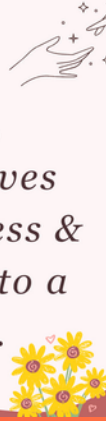
3. Mindfulness vs. Over-identification

taking a balanced approach to our negative emotions so that feelings are neither suppressed nor exaggerated

observing our negative thoughts and emotions with openness and clarity



*With self-compassion,
we give ourselves
the same kindness &
care we'd give to a
good friend.*



Ways of being Self-compassionate:

Supportive Touch

Activating our parasympathetic nervous system can help us feel calm, cared for and safe.



Ways of being Self-compassionate:

Self-Compassionate Journal

Record the events and the feelings you feel. Try to process each event with mindfulness, a sense of common humanity and self-kindness, and make self-compassion part of your daily life!



Ways of being Self-compassionate:

Changing your critical self-talk

Be more encouraging and supportive to yourself. Remember that love is always more powerful motivator than fear!





Recap of the suggestions/ solutions:

- 1) Do not exaggerate the seriousness of the matter
- 2) Remind yourself of past positive experiences
- 3) Affirm your own abilities and confidence
- 4) In line with reality
- 5) Accept yourself and don't blame too much

ESCAPE FROM THE NEGATIVE THOUGHTS

★ Build a flexible mindset

- 1) Use more words like "It seems", "possibly"
- 2) Think from multiple perspectives

**STOP
AUTOMATIC
NEGATIVE
THOUGHTS**



5 UNHEALTHY MINDSETS YOU SHOULD AVOID



No.1

Using an unrepresentative sample to conclude a general rule. Stereotypes

HASTY Generalization

Opposite of Accident
Taking a small or non random sample to make conclusions about a population

Example:

After trying sushi once and disliking it, a person claims that all sushi is terrible.

Frequently used words:

"Definitely", "Forever", "Everyday", "Every time", "All", "Must"

Solution:

Do not exaggerate the seriousness of the matter → There are many forms and styles of sushi!

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No.2

Catastrophizing:
thinking of the worst possible outcomes in a situation



Example:

If I suddenly have a heart attack while going out, I will die!

Frequently used words:

"If", "In case"

Solution:

Remind yourself of past positive experiences → Last time when I got sick, I took the initiative to seek medical treatment. I am able to cope with accidents.

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No.3



HIDING GOOD AND PROMOTING EVIL

Example:

Other patients recovered quickly after the treatment, but why I am still feeling unwell?

Solution:

Affirm your own abilities and confidence → Everyone's situation is different and there is no need to compare. Although the progress is relatively slow, at least I am in good spirits.

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No.4



SELF-STIGMATIZATION

Example:

If I am not disabled, I don't need to rely on others. Also, I can have a normal life and live independently.

Solution:

In line with reality → Although I can't do some specific task, there are many other things I can do.

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No.5



BLAMING OTHERS

Example:

I don't smoke or drink and I always do exercise. But why I still suffer from cancer? It's impossible!

Solution:

Accept yourself and don't blame too much → Rather than obsessing about the cause of the illness, it is better to focus on recovery now and take good care of yourself physically and mentally.

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Mind Full, or Mindful?

Art: Henck van Bilzen

What is Mindfulness?

"The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment" — Kabat-Zinn (2003)

Attention + Acceptance



What's Good about Being Mindful?

Enhanced:

- ◆ Awareness of experience
- ◆ Acceptance of emotions
- ◆ Emotion regulation ability
- ◆ Stress management ability
- ◆ Psychological well-being and life satisfaction
- ◆ Positive affect and quality of life
- ◆ Immune functioning
- ◆ Sleep



What's Good about Being Mindful?

Reduced:

- ◆ Automatic cognitive processes of evaluation (e.g. "dislike" or "bad")
- ◆ Negative thoughts, rumination and self-judgment
- ◆ Emotional and physiological reactivity
- ◆ Depressive symptoms
- ◆ Pain reactivity
- ◆ Food craving and emotional eating



Therefore, be mindful,
be present with the happiness,
As well as the painful experiences.
No denying of them, nor fixated on them,
Slow down, and appreciate their existence.
We need to be present with our feelings,
Before we can be kind to ourselves

*See them, feel them,
and let them go*



Ways of Being A Mindful Person

1. *Be Nonjudging:* witness the present moment in an impartial way, and reduce evaluation or categorization



Ways of Being A Mindful Person

2. *Acceptance:* open to seeing and acknowledging things as they are

3. *Non-striving:* refrain from forcing things to happen, and remain unattached to certain outcome or achievements.



Ways of Being A Mindful Person

4. *Be Patient:* allow things to unfold in their time.

5. *Be Trusting:* trust one's own body, emotions and intuitions; believe that life is unfolding as it supposed to

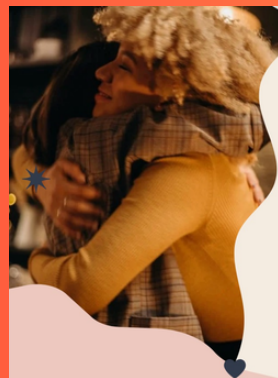
6. *Letting Go:* not to hold on to thoughts, feelings, or experiences.



Ways of Being A Mindful Person

7. *Be Gentle:* be considerate to others

8. *Be generous:* indulge to the present moment with love and compassion. Get rid of attachment of gaining or thoughts of return



Ways of Being A Mindful Person

9. *Non-reactivity:* refrain from evaluating and getting caught up to certain thoughts or obsessions

10. *gratitude:* appreciate and being thankful to the present moment



5

EASY WAYS TO RELIEVE STRESS

@reallygreatsite

1

GO OUTSIDE! TAKE A WALK OR A BIKE RIDE AROUND YOUR CITY

2

DO SOMETHING CREATIVE, LIKE PAINTING, BAKING OR DANCING

3

DO SOME MINDFUL JOURNALING OR A MEDITATION SESSION.

4

SPEND TIME OFF SOCIAL MEDIA. TURN YOUR PHONE OFF!

5

TALK TO A FRIEND. GRAB A CUP OF COFFEE OR JUST CALL THEM UP!



SECTION 2: ***WELL-BEING BOOSTERS***

These boosters are Sleep Hygiene, Green and Mental Health and Art and well-being

Self - Reflection Corner



Avoid certain drinks and food!



Certain drinks and food that makes us more alert. Avoid drinking coffee or sugary food before bedtime.

Limit usage of electronic devices.



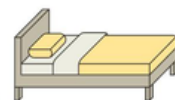
The light from our phones, computers and TVs can disturb our own body's natural cycle.

Have a consistent sleep routine.



Try to go to bed and wake up at the same time every day.

Create a restful environment.



Ideally, the room should be dark, quiet and cool. Having a good pillow and mattress also helps! Also, try to get into a relaxed state.



GREEN AND MENTAL HEALTH

What is a green environment?

- Green environments refer to natural spaces such as parks, forests, and gardens.



How does nature affect mental health?

- Being in nature has been shown to reduce stress and anxiety, improve mood and cognitive function, and increase physical activity levels.

Ways to incorporate nature into daily life

- Spend time in green spaces such as parks or forests.
- Bring plants or flowers into your home or workspace.
- Listen to nature sounds or use nature-inspired decor in your surroundings.

Tips for creating a green environment

- Adding plants to your workspace can help reduce stress and anxiety levels.
- Choose low-maintenance plants like succulents or spider plants.



The future of green therapy

- Studies show that being in nature can reduce stress and improve mental health. Green therapy is a promising approach to boost well-being.



Start Incorporating
Green into Your life
Now

Well-being & Art

ART-MAKING CAN ENHANCE EMOTIONAL WELL-BEING

express emotions

Art can provide a natural and safe way to express emotions. You can play, experiment, make mistakes, create stories and characters, use metaphors, explore narratives, reflect, and even share your arts with others.

identify strengths

Making arts give you an opportunity to engage in a creative progress to foster imagination, innovation and originality. You can become more open, curious, and creative to your inner world. Art help you to discover your personality traits and strengths.

Accept Yourself

Art can be a tool for you to process your past, present, and future to embrace the journey life has taken you on to become who you are today. Art help you accept yourself.

Discover Insights

Art allow you to imagine different alternatives in the process that can inspire what happens in life. It gives you an opportunity to discover new insights and reimagine possible solutions in life decisions or situations.



SECTION 3: RELATIONSHIPS

Building Healthy Couple Relationships, Integrating in New Environments, Understanding Psychological Manipulation (Gaslighting), DARVO and ghosting to protect yourself from toxic relationships

Self - Reflection Corner

Healthy Couple Relationship



Empathy

Empathy is the ability to understand and share the feelings of another person and is an essential element in emotional intimacy and connection in relationships.

Tips to develop empathy:

- Offering emotional support
- Putting yourself in their shoes
- Practicing compassion



Communication

Effective communication is essential for building trust, resolving conflicts, and fostering intimacy in relationships.

Here are some tips for effective communication in your relationship:

- Active listening
- Using "I" statements
- Avoiding blaming or criticising
- Practicing empathy



Respect

Respect is essential for maintaining healthy relationships and involves treating your partner with kindness and consideration.



Some effective ways to show your respect to your partner:

- Validating your partner's feelings
- Actively listening to their perspective
- Treating them with kindness and patience

Trust and Boundaries

Trust is the foundation of any healthy relationship and is essential for building intimacy and connection.



- Building trust involves being honest, reliable, and consistent in your words and actions
- Rebuilding trust after a breach requires open communication, accountability, and a willingness to make amends.
- Setting and respecting boundaries is important for maintaining a sense of safety and trust in relationships.

Conflict Management

It is natural to encounter conflicts in your relationship and it is important to learn to manage it constructively.

Some Tips to develop empathy:

- Finding a compromise
- Seeking mediation
- Taking a break to cool down before continuing the discussion



Benefits from Healthy Relationship

Healthy relationships can lead to greater happiness, reduced stress, and improved mental health. Research shows that people in healthy relationships tend to have better overall well-being





Integrating into a New Environment

Challenges?

Impact?

Suggestions?



Key Challenges

- 1 **Lack of an established social network**
- 2 **Uncertainty about daily routines**
- 3 **Loss of familiarity**
- 4 **Homesickness**

Impact on Mental Health

- 1 **Increased Anxiety & Stress**
- 2 **Feelings of Isolation**
- 3 **Culture Shock**
- 4 **Loss of Control**

Suggestions

- 1 **Learn local language and customs**
- 2 **Join community groups or volunteer activities**
- 3 **Be open-minded about local traditions**
- 4 **Be respectful of cultural differences**
- 5 **Hold open and friendly attitude**

Psychological Manipulation (GASLIGHTING)

GASLIGHTING

Gaslighting is a form of psychological manipulation that **intentionally** erodes your sense of reality and self. It involves tactics like **denial**, **distortion**, and **manipulation** to make you doubt your own perceptions and experiences.

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01

IMPACT

Gaslighting chips away at your **self-esteem**, causing **anxiety**, **self-doubt**, and **a loss of trust in yourself**.

Remember, you are not alone in this journey. Reach out to supportive communities, therapists, and helplines to heal, regain your strength, and reclaim your authentic self.

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03

EXAMPLES

Gaslighting can manifest in various ways, such as someone

- dismissing your feelings
- twisting facts
- making you question your sanity

It's crucial to trust your intuition and seek support from trusted friends or professionals who validate your reality.

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02

STRATEGIES FOR SELF-VALIDATION AND HEALING

- Trust your instincts: Your feelings are valid.
- Seek support: Reach out to trusted friends for validation and guidance.
- Set boundaries: Establish clear limits to protect your well-being.
- Practice self-care: Engage in activities that nourish your mind.
- Educate yourself: Learn about gaslighting, narcissism, and healthy relationship dynamics.

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04

Remember, by raising awareness and supporting one another, we can create a world that rejects gaslighting and narcissism, fostering empathy, understanding, and healthy relationships.

Together, let's empower and uplift each other.



DARVO

How Narcissists Use DARVO to Escape Accountability?

What is DARVO?

DARVO is an acronym for Deny, Attack, Reverse, Victim and Offender. It is a defense mechanism used by manipulators when they are confronted for their actions to evade accountability.

DARVO is a fusion of gaslighting and blame-shifting.

How Narcissists Use DARVO to Escape Accountability?

What does it look like?

- Step 1. Deny.
- Step 2. Attack.
- Step 3. Reverse Victim and Offender.

The language used by perpetrators and their supporters during DARVO campaigns may sound like this:

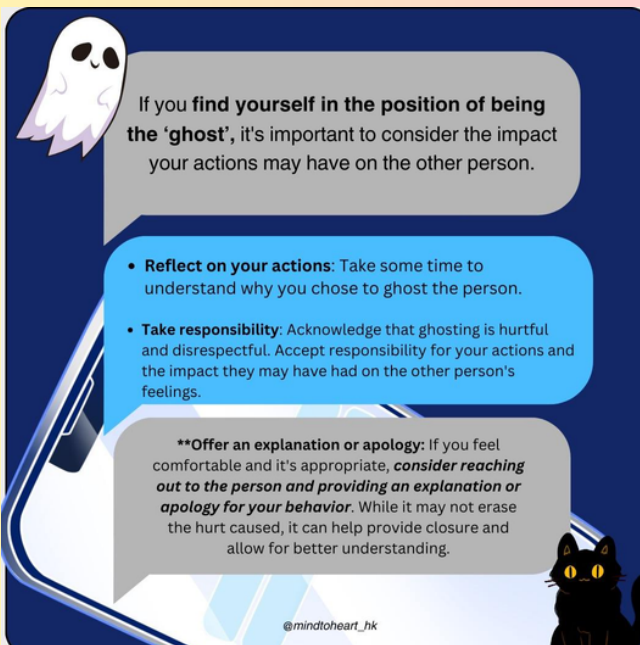
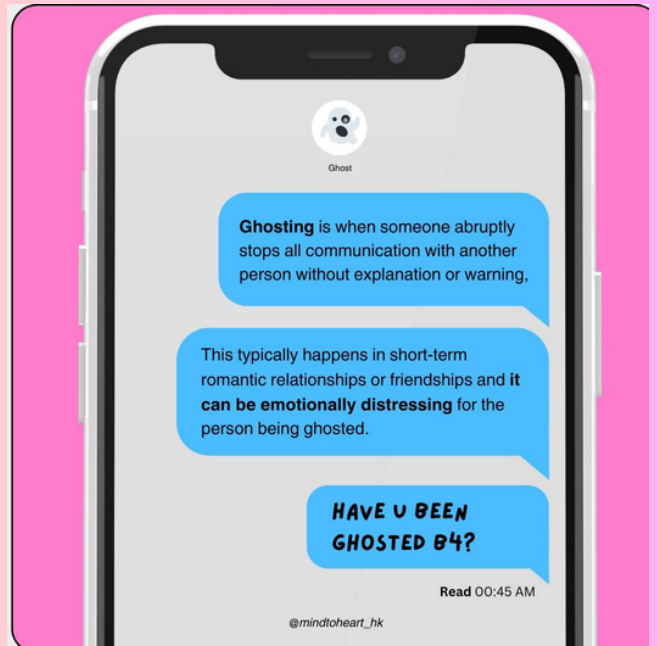
1. *I didn't do anything, but if I did, it wasn't that bad.*
2. *It never happened, but if it did, it wasn't that bad.*

At the local level, this strategy is common among perpetrators of sexual offenses, emotional abuse, and domestic violence.

Who gets targeted for DARVO?

For DARVO to occur a power imbalance must exist.

Similarly, it is particularly effective when the abuser has more social capital than the survivor.





SECTION 4: MENTAL HEALTH SKILLS

Understanding Mental Health First Aid and Therapy

Self - Reflection Corner

MENTAL HEALTH FIRST AID



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WHAT IS MENTAL HEALTH FIRST AID?

It is the help offered to a person

It is offered by

-someone in the person's social network
e.g. family, friend, colleague

-developing a mental health problem
-experiencing a worsening of an existing mental health problem
-in a mental health crisis



Q: Where can I learn more?

A: The Mental Health Association of Hong Kong provide certificated Mental Health First Aid course

Q: Where can Mental Health First Aider or the person in need seek help?

A: The Integrated Community Centre for Mental Wellness (ICCMW) provides one-stop, district-based and accessible community support and social rehabilitation services

MENTAL HEALTH FIRST AID ACTION PLAN

A Approach the person, assess and assist with any crisis


L Listen and communicate non-judgmentally

G Give support and information


E Encourage the person to get appropriate professional help

E Encourage other supports

1. APPROACH THE PERSON, ASSESS AND ASSIST WITH ANY CRISIS



-if the person does not initiate a conversation with the first aider about how they are feeling, the first aider should say sth to them

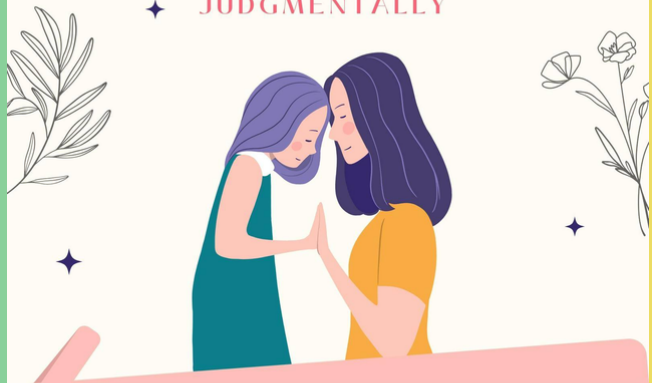


-find a suitable time and space where both ppl feel comfortable



-respect the person's privacy and confidentiality

2. LISTEN EMPATHETICALLY AND COMMUNICATE NON-JUDGMENTALLY



-Most ppl who are experiencing distressing emotion and thoughts want to be listened to empathetically before being offered options and resources that may help

-Avoid making judgement about the person or their situation

3. GIVE SUPPORT AND INFORMATION

- 

✓ Emotional support, like empathising with how they feel and giving them the hope of recovery
- 

✓ Practical help with tasks they find overwhelming at the moment
- 

✓ ask if they would like some info. about mental problems

4. ENCOURAGE THE PERSON TO GET APPROPRIATE PROFESSIONAL HELP

-appropriate professional help is better for recovery from mental health problems

-let them know the various available options:

such as medication, counselling, psychological therapy

5. ENCOURAGE OTHER SUPPORTS

-encourage the person to seek support from family, friends and others.

MENTAL HEALTH FIRST AIDERS DO NOT PROVIDE A DIAGNOSIS OR THERAPY

6. Safety First: If your personal safety is being threatened, you should call the police and/ or seek professional help

What is Therapy?



Therapy refers to the help given by a *professionals* on *mental health issues* by having discussions about what you worry recently



But of course, you can always trust the people who *love and care* about you!

Take care!



Most common method is *cognitive/ dialectical behavioural therapy*, where they actively solve your problems with you



Licensed psychologists, professional counsellors, social workers and even *therapy dogs* can help!



Remember to always seek help as soon as something feels off!!



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@okaymindsig
@hku.ceadars



SECTION 5: AWARENESS OF MENTAL ISSUES

Understanding Mood Disorders, Phobias, Bipolar Disorder, Post-Partum Depression and Schizophrenia

Self - Reflection Corner



Major depression

AN INDIVIDUAL WITH MAJOR DEPRESSION EXPERIENCES A CONSTANT LOW MOOD AND LOSES INTEREST IN ACTIVITIES AND EVENTS THAT THEY PREVIOUSLY ENJOYED (ANHEDONIA). THEY CAN FEEL PROLONGED PERIODS OF SADNESS OR EXTREME SADNESS.

Bipolar disorder

A PERSON WITH BIPOLAR DISORDER EXPERIENCES UNUSUAL CHANGESTRUSTED SOURCE IN THEIR MOOD, ENERGY LEVELS, LEVELS OF ACTIVITY, AND ABILITY TO CONTINUE WITH DAILY LIFE.

Seasonal affective disorder

REDUCED DAYLIGHT DURING THE FALL, WINTER, AND EARLY SPRING MONTHS TRIGGERS THIS TYPE OF MAJOR DEPRESSION

Phobias

Let's take care of
our mental health



Simple phobias

THESE MAY INVOLVE A DISPROPORTIONATE FEAR OF SPECIFIC OBJECTS, SCENARIOS, OR ANIMALS. A FEAR OF SPIDERS IS A TYPICAL EXAMPLE.

Agoraphobia:

THIS TERM REFERS TO A FEAR OF SITUATIONS WHERE GETTING AWAY MAY BE DIFFICULT, SUCH AS BEING IN AN ELEVATOR OR A MOVING TRAIN. MANY PEOPLE MISUNDERSTAND THIS PHOBIA AS THE FEAR OF BEING OUTSIDE.

Social phobia

- SOMETIMES KNOWN AS SOCIAL ANXIETY, THIS IS A FEAR OF BEING SUBJECT TO THE JUDGMENT OF OTHERS. PEOPLE WITH SOCIAL PHOBIA OFTEN RESTRICT THEIR EXPOSURE TO SOCIAL ENVIRONMENTS.

Bipolar disorder



Introducing Bipolar Disorder



WHAT IS IT?

BIPOLAR DISORDER IS MARKED BY INTENSE CHANGES IN MOOD, WHICH OFTEN FEEL LIKE THEY ARE OUTSIDE OF A PERSON'S CONTROL.

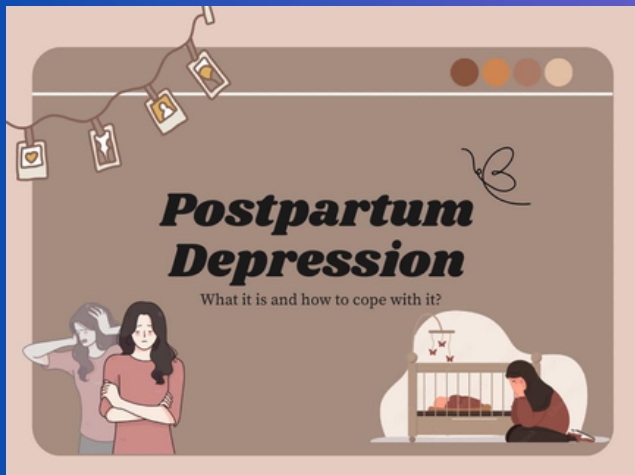
THEY CAN IMPACT THE PERSON'S DAILY LIFE BY MAKING IT DIFFICULT TO CARRY OUT NORMAL ACTIVITIES.

Definition

a mental health condition that causes extreme mood swings that include emotional highs and lows .







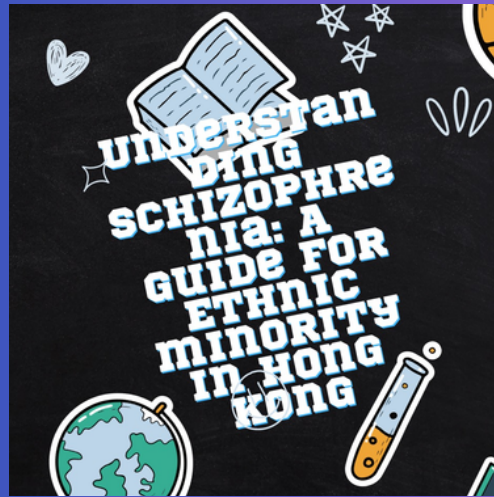
What is Postpartum Depression (PPD)?

- a type of depression that happens to **women that just gave birth**
- It **severely** affects women's ability to return to **normal function**
- as many as **half PPD go undiagnosed** because of not wanting to disclose to family and **fearing** disclosure may **lead to abandonment**

1 IN 7 WOMEN
experience postpartum depression

Common Symptoms!!!

- Depressed mood (subjective or observed) is present most of the day
- Feeling worthless or guilty
- Loss of interest or pleasure, most of the day
- Loss of energy or fatigue
- Insomnia or hypersomnia
- Recurrent thoughts of death



PREVALENCE AND RISK FACTORS

APPROXIMATELY 1%
PREVALENCE IN HONG KONG

**GENETICS, CHILDHOOD
TRAUMA, SUBSTANCE
ABUSE, AND URBAN
ENVIRONMENTS
RISK
FACTORS**



**SCHIZOPHRENIA IS A COMPLEX
DISORDER.**



**SCHIZOPHRENIA: A COMPLEX MENTAL DISORDER WITH SYMPTOMS LIKE
HALLUCINATIONS, DELUSIONS, DISORGANIZED THINKING, SOCIAL
WITHDRAWAL, AND IMPAIRED COGNITION.**

**EARLY INTERVENTION AND
SUPPORT ARE CRUCIAL.**

**PROFESSIONAL HELP, TREATMENTS,
THERAPIES, COMMUNITY SUPPORT, AND
DESTIGMATIZATION AID RECOVERY,
IMPROVE QUALITY OF LIFE.**



YOU ARE NOT ALONE; HELP IS AVAILABLE.

**LOCAL SUPPORT ORGS AND HELPLINES: MIND HK, THE SAMARITANS,
THE MENTAL HEALTH ASSOCIATION OF HONG KONG.**

**SERVICES FOCUSING ON ETHNIC MINORITY : SOUTH ASIAN MENTAL
HEALTH ALLIANCE, SOUTH ASIAN WOMEN'S EMPOWERMENT
ASSOCIATION.**





RESOURCES FOR COMMUNITY SUPPORT

Hospital
Authority
Mental Health
Direct

24667350

Caritas Family
Crisis Support
Centre
Hotline Service
(Family Crisis)

18288

The Samaritans
Multi-Lingual
Suicide Prevention
Hotline

28960000

USEFUL
HOTLINES

Richmond
Fellowship of Hong
Kong - Justone
Hotline Service

35122626

Suicide
Prevention
Services
Hotline Service

23820000

Social
Welfare
Department
Hotline
Service

23432255

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