The Mental Health Association of Hong Kong - Counselling for a positive & harmonious life
香港心理衛生會「正向生活輔導計劃」

According to the Hong Kong Mental Morbidity Survey - HKMMS 10, it is estimated that number of people with the common mental disorder (CMD) in Hong Kong is 13.6% of the population, with mixed anxiety and depressive disorder being the most frequent diagnoses. On the other hand, the total population of poverty is about one million people. Using the baseline of 13.6% to calculate, there are about 136,000 poor people suffered from mood related problems like depression and anxiety. These mental problems will not only adversely affect the functioning of the concerned persons but also deteriorate the harmony of their families.

Mental Health Association would like to express our heart-felt gratitude to Wai Yin Association for sponsoring HK$97,500 to carry out the project of "Counselling for a positive and harmonious life". The objective is to help the low income people who are suffered from affective disorders to lead a positive and harmonious life on a free of charge basis. The main theme of this project is to provide quality counselling service in the form of pre-paid counselling voucher and this service is provided by the professional counsellors of our T.N. Fook Centre for Positive Mental Health. Considering the rapid growth of elderly population, the needy elderly people and their carers will be one of the major targets of this project.

根據近年的香港精神疾病研究(HKMMS10)顯示，本港常見精神疾病患者(主要是抑鬱症及焦慮症)的比率約為13.6%。另一方面，本港的貧窮人口約有100萬人，若以13.6%作基數去計算，即每年大約有136,000貧窮人口患上不同程度的精神病。精神病不單會危害患者之身心健康，更會侵害他們的家庭和營。

我們衷心感謝慧妍雅集捐款港幣97,500元，贊助香港心理衛生會推行「正向生活輔導計劃」，令愛憐有精神問題影響的貧窮或低收入人士可以免費獲得輔導服務，從而可以重獲健康及和諧的生活。此計劃以預先劃付輔導費的方式推行，並由本會轄下的輔導及發展中心的輔導員提供專業的輔導服務予有需要的服務對象。考慮到人口老化問題日益嚴重，有需要的長者及其照顧者將會是此計劃的重點服務對象之一。

Wai Yin Association 36th Charity Ball
慧妍雅集36週年慈善晚會 2018

Wai Yin Association 36th Anniversary Charity Ball 2018
2017

Responsibility Gaming Workshop:
How to Manage Work Related Stress

GEG Responsible Gaming Team invited Mr. Vincent Wong, Principal Corporate Training Consultant of The Mental Health Association of Hong Kong, to host "How to Manage Work Related Stress" workshop. To prevent team members from gambling disorder caused by stress at work, the workshop introduced topics such as stress effects on physical and mental health, stress management methods, violence risk identification and assessment, and relaxation exercises.