Changes and Challenges

- Environmental Changes
- Relationships
- Families
- Life
- Studies

Freshmen

Postgraduates

Stress
Motivation Power
Survive and Succeed
Mental Health
心理健康
Mental Illness
精神疾病

- Most common mental illnesses among university students
於大學生群體中最常見的精神疾病

  - Depression  抑鬱症
  - Anxiety disorder  焦慮症
  - Adjustment disorder  適應障礙
the absence of mental illness
Mental Health
心理健康

• a state of well-being in which every individual

• 一種健康狀態，包括能夠
  ▫ realizes his or her own potential,
    發揮到自己的潛能
  ▫ can cope with the normal stresses of life,
    應付日常的生活壓力
  ▫ can work productively and fruitfully,
    有效率地做事
  ▫ and is able to make a contribution to her or his community.
    及對自己的社群作出貢獻

– World Health Organization
世界衛生組織
Mental Health 心理健康

Social wellbeing 社會層面的幸福
- Social growth
- Social integration
- Social acceptance
- Social contribution
- Social coherence

Emotional wellbeing 情緒層面的幸福
- Interest in life
- Satisfaction
- Happiness

Psychological wellbeing 心理層面的幸福
- Autonomy
- Environmental mastery
- Personal growth

-Purpose in life
-Self-acceptance
-Positive relations with others
The absence of mental illness ≠ mental health ≠ the absence of mental illness
Mental Health 心理健康

Good Mental Health 心理健康良好

Flourishing with mental illness 心盛及有精神病

Poor Mental Health 心理健康欠佳

Flourishing without mental illness 心盛而沒有精神病

Languishing without mental illness 心衰而沒有精神病

Languishing with mental illness 心衰及有精神病

With Mental Illness 有精神病

No Mental Illness 沒有精神病
Flourishing 心盛

- happy and satisfied 愉快和滿足
- see life as having a purpose 視生活為有意義和目的
- feel some degree of mastery and accept all parts of self 對生活有掌控感，並接受自己的全部
- have a sense of personal growth 有個人成長
- have a sense of autonomy and an internal locus of control 對生活有自主及承擔
Languishing 心衰

- sad and unsatisfied 不愉快和不满足
- not seeing life as having a purpose 視生活為沒有意義和目的
- no sense of mastery and do not accept yourself 對生活沒有掌控感，並不接受自己的全部
- no sense of personal growth 沒有個人成長
- no sense of autonomy and an external locus of control 對生活沒有自主及承擔
Mental Health Check-up!
精神健康檢測

- Level of flourishing 心盛程度
- Depressive symptoms 抑鬱徵狀
- Anxiety symptoms 焦慮徵狀
Mental Health Check-up!
精神健康檢測

Information would be confidential
資料會保密
- Only available to WACC
  只有心理健康及輔導中心知道你的資料
- Will not be known to your department/Graduate School
  而非你的學系或研究院
**Scale 1**: (3rd page of Questionnaire) Measure for **Mental Wellness** (adapted from the Mental Health Continuum-Short Form [MHC-SF])

**Scale 2**: (4th page of Questionnaire) Measure for **Depression** (adapted from the Patient Health Questionnaire – 9 [PHQ-9])

**Scale 3**: (5th/last page of Questionnaire) Measure for **Anxiety** (adapted from the generalized anxiety disorder 7-item scale [GAD-7])
Mental Health 心理健康

adapted from the Mental Health Continuum-Short Form [MHC-SF]

The Mental Health Spectrum
心理健康發展歷程的光譜

Percentage of Population

Mental Disorder  Languishing  moderate mental health  Flourishing

心病  心衰  心常  心盛

(Huppert, 2005)
Mental Health 心理健康

Level of Flourishing 心盛程度

Social wellbeing 社會層面的幸福
Emotional wellbeing 情緒層面的幸福
Psychological wellbeing 心理層面的幸福

1. Happy
2. Interested in life
3. Satisfied with life

4. That you had something important to contribute to society
5. That you belonged to a community (like a social group, school, neighborhood, etc.)
6. That our society is a good place, or is becoming a better place, for all people
7. That people are basically good
8. That the way our society works made sense to you
9. That you liked most parts of your personality
10. Good at managing the responsibilities of your daily life
11. That you had warm and trusting relationships with others
12. That you had experiences that challenged you to grow and become a better person
13. Confident to think or express your own ideas and opinions
14. That your life has a sense of direction or meaning to it
Explore the social network around you
探索新的社交圈子

Try out different new things with an open mind
用開放的心去嘗試新事物

Find out what you enjoy and fulfil your own potential
發掘你喜歡的事物，並發揮潛能
MEASURE FOR DEPRESSION
(ADAPTED FROM THE PATIENT HEALTH QUESTIONNAIRE - 9 [PHQ-9])

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

PHQ-9 Patient Depression Questionnaire

For initial diagnosis:

1. Patient completes PHQ-9 Quick Depression Assessment.
2. If there are at least 4 √s in the shaded section (including Questions #1 and #2), consider a depressive disorder. Add score to determine severity.

Consider Major Depressive Disorder
- if there are at least 5 √s in the shaded section (one of which corresponds to Question #1 or #2)

Consider Other Depressive Disorder
- if there are 2-4 √s in the shaded section (one of which corresponds to Question #1 or #2)

Note: Since the questionnaire relies on patient self-report, all responses should be verified by the clinician, and a definitive diagnosis is made on clinical grounds taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient.
Depression 抑鬱

What is depression?

Depression is more than just feeling upset or sad – it is a serious condition which makes coping with day-to-day life to be hard and leaves you feeling down most of the time.

You might feel irritable, sad and stressed most of the time. Or you might get more angry than usual and feel restless, unable to relax or stop thinking about what is on your mind. Other feelings that you might experience include feeling guilty, worthless, frustrated, unhappy, indecisive, disappointed and miserable.

https://www.psychiatry.org/patients-families/depression/what-is-depression
Depressive symptoms 抑鬱徵狀

- Feeling sad or depressed 情緒低落
- Loss of interest or pleasure in activities once enjoyed 對以往喜愛的活動失去興趣
- Trouble sleeping or sleeping too much 很難入睡/渴睡
- Changes in appetite 食慾不振或暴食
- A slowing down of thought and a reduction of physical movement 思想緩慢/行動遲滯
- Loss of energy or increased fatigue 感到疲累乏力
- Difficulty thinking, concentrating or making decisions 思考能力、專注力下降
- Feeling worthless or guilty 內疚、自責
- Recurrent thoughts of death or suicide 反覆有死亡、自殺念頭

Scale 2: PHQ-9
Depressive symptoms 抑鬱徵狀

Minimal 輕微

Minor depression 輕度抑鬱

Major depression, moderately severe 中度嚴重抑鬱

Major depression, severe 嚴重抑鬱

Counselling is recommended 建議輔導服務

Scale 2: PHQ-9
The GAD-7 was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. No permission required to reproduce, translate, display or distribute.

This easy to use self-administered patient questionnaire is used as a screening tool and severity measure for generalized anxiety disorder.
Anxiety 焦慮

WHAT IS GAD?

Occasional anxiety is a normal part of life. You might worry about things like health, money, or family problems. But people with generalized anxiety disorder (GAD) feel extremely worried or feel nervous about these and other things—even when there is little or no reason to worry about them. People with GAD find it difficult to control their anxiety and stay focused on daily tasks.

Anxiety symptoms 焦慮徵狀

- excessive anxiety and worry which is hard to control
  過份焦慮和擔心，並且難以控制
- Restless 坐立不安
- Easily fatigued 容易疲累
- Difficulty concentrating 難以專注
- Irritable 暴躁
- Muscle tension 肌肉緊張
- Sleep disturbance 睡眠問題
Anxiety symptoms 焦慮徵狀

Scale 3: GAD-7

Mild 輕度焦慮
Moderate 中度焦慮
Severe 嚴重焦慮
Please visit our website for re-taking the psychological assessment.
Website: www.cuhk.edu.hk/osa/wacc
RESOURCES & SUPPORT FOR YOUR MENTAL HEALTH
Wellness and Counselling Centre (WACC)
心理健康及輔導中心

- Serves full-time CUHK undergraduate and postgraduate students
  服務香港中文大學全日制本科生及研究生
- Staffed by Psychologists and professional counsellors
  有心理學家以及專業輔導員
- Free of charge 費用全免
- Tel 電話: 3943 7208 / 3943 3493
- Office hour: 辨公時間:

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<th>Fri</th>
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<td>2.00 pm - 5.30 pm</td>
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Wellness and Counselling Centre
心理健康及輔導中心

2/F Pommerenke Student Centre
龐萬倫學生中心二樓

Next to Chung Chi College student canteen
崇基學院眾志堂旁
心靈健康及輔導中心休憩閣

Our cosy waiting area

心靈健康書刊歡迎取閱

An open shelf with mental wellness books and leaflets
活動室
Group Counselling Room
for workshops and mental health activities

面談室
A cosy, sound-proofed interview room
The hotline service is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. Our service would follow up on the students in need of psychological counselling.

本熱線由基督教家庭服務中心專業輔導員接聽，並提供即時情緒支援及危機處理。隨後學生事務處心理健康及輔導中心會主動跟進有需要支援的同學。
Support in CUHK 校園支援

- Graduate School
  研究院
- Professors / Academic Advisors
  教職員
- University Health Service
  大學保健處
- Hostel Warden & Tutors
  宿舍舍監及樓導師
- Office of Student Affairs
  學生事務處

And your friends and family!
還有你的朋友！
Help seeking is not a weakness, but a strength

尋求協助是一個優勢，而非弱點

Seek help if you need to!

如果你需要，請盡快尋求協助！
More about our service and mental health related information

知道更多心理健康的資訊及我們的服務

www.cuhk.edu.hk/osa/wacc
Sunshine At CUHK

A one-stop online platform for students to access handy self-help mental health information.

- Mental Health materials include:
  - Mindfulness videos (Breathing exercises, guided imagery videos, etc.)
  - Self-help tips and articles on personal wellness, personal growth, interpersonal relationships, etc.
  - In-depth mental health information
  - Self-assessment tools
  - Online community resources and hotlines
Sunshine At CUHK at-a-glance

01 WEBSITE
https://www.sunshine.cuhk.edu.hk

02 MOBILE APP
https://www.instagram.com/sunshineatcuhk/

03 FB
https://www.facebook.com/SunshineatCUHK

04 IG
https://www.youtube.com/channel/UCle1nzx4dWajf5t1eJLOnEg

05 Workshop
- Mindful Walk / Shinrin Yoku
- Kalimba Keychain & Mandala x Mindfulness Workshop
- Fluid Bear x Mindfulness Workshop
Campus-wide Wellness Initiatives

Lamp Post Revamp Exercise / Welcoming Event / Mid Term Cheering Event, etc.
Flourishing First Year @ CUHK

Purpose
Encourage healthy habits in 7 aspects of life, with reference to “7 Well approach”

Format
Conduct Year-Round Workshops and Events for all NEW students

For details
Mental WELLNESS (Mental Health)

1. **VALUE** Mental Health, as it matters to You

2. **REMEMBER**: It’s More than the Absence of Mental Illness

3. **KEEP** Learning how well you’re now; screening for depression and anxiety

4. **BE ACTIVE** in the use of Resources and Support for Your Mental Health