

# 精神健康守護者計劃

# Mental Health Gatekeeper Project



“Mental Health Gatekeeper Training Project” (MHG) aims at developing a group of students to foster a school environment with heightened awareness of mental health and draw synergy in the campus to cultivate a caring school atmosphere with understanding of mental health.



## Programme Details

### Training:

- Youth Mental Health First Aid (MHFA) Certificate Course
- Emotion Management Workshop

### Visits:

- Mind Space, Castle Peak Hospital (青山醫院精神健康體驗館)

### Services Opportunities:

- Organization of Wellness Week Activities

### Rewards and Recognition:

Upon completion of MHFA and required service, Mental Health Gatekeepers will

1. Receive a MHFA Certificate
2. Receive a Mental Health Gatekeeper Certificate

### Application

8 - 18 September 2025

### Interview

24 & 26 September 2025

### Mental Health Awareness Activities

October 2025 to March 2026



**DEADLINE: 18 SEPT 2025**



3411 3303

smc\_sdc@hkbu.edu.hk