

精神健康守護者計劃

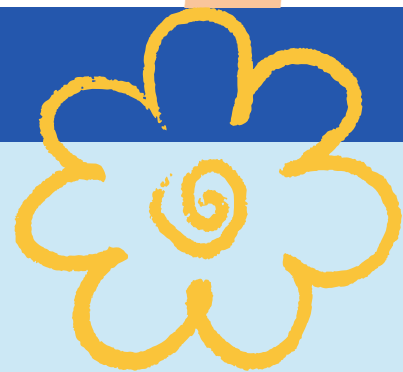
Mental Health Gatekeeper Project



“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
- Cognitive Behavioral Therapy (CBT)

Interview

28-29 September 2026

Visits:

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

Mental Health Awareness Activities

October 2026 to June 2027

Services Opportunities:

- Organization of Wellness Week Activities

Rewards and Recognition:

Upon completion of MHFA and required service, Mental Health Gatekeepers will receive a Mental Health Gatekeeper Certificate



DEADLINE: 18 SEPT 2026



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