



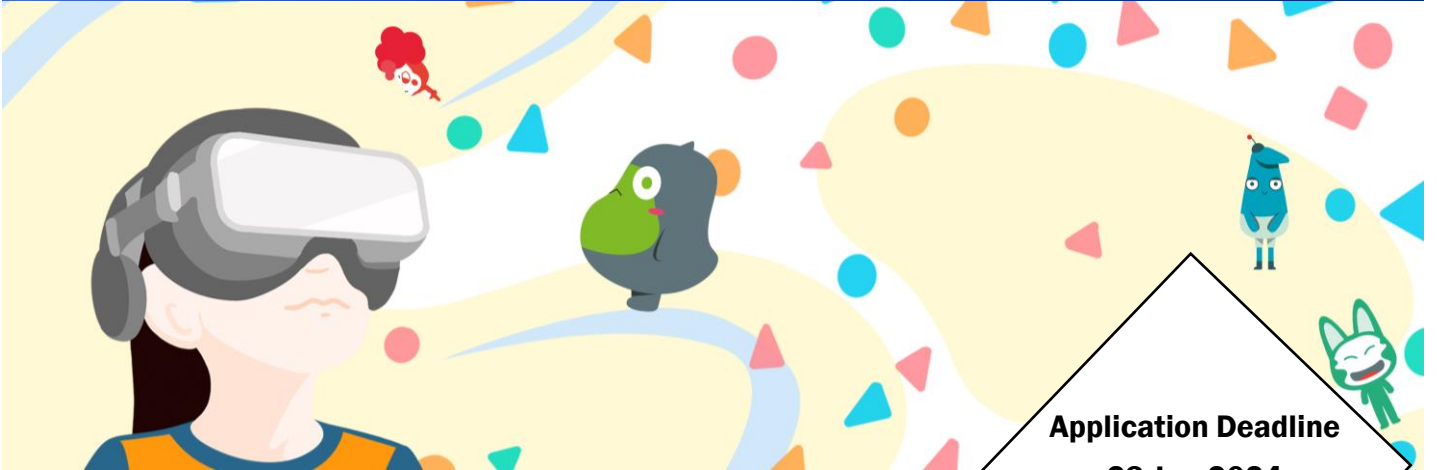
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Course/ Introductory Level

Youth Mental Health First Aid Course Field Visit

Mr. Ng, Social Worker from Chill Lab



Application Deadline
23 Jan 2024
12:00 n.n

Intended Learning Outcomes

Upon completion of the programme, student members should be able to:

1. enhance awareness of community resources related to mental health
2. identify the importance of preventive mental health services
3. promote empathy and social awareness.



◆ Introduction of the Course

In order to promote youth mental well-being, the Mental Health Association of Hong Kong ("MHAHK") has launched a three-year "Chill Lab" project. The initiative aims to help teenagers understand their emotions and develop problem-solving skills through interactive and innovative tools, ultimately enhancing self-efficacy and whole person development.

The "Chill Lab" has established Hong Kong's first experimental youth mental health game zone. This allows teenagers to experience feelings and symptoms of anxiety and depression by using Virtual Reality (VR) technology. Augmented Reality (AR) technology is employed to teach emotional management and there is also an opportunity to hear peer support workers share their own recovery stories in the "Human Library".

For more details, please refer to the following Chill Lab website:

<https://www.chilllab.org.hk/en/youth-hub-experience-center/>

◆ Schedule

Date	Time	Venue
16 February 2024 (Fri)	2:30 p.m. – 4:30 p.m.	Chill Lab- 4/F, Chi Tso Wan Neighborhood Community Centre, 81 Cha Kwo Ling Road, Kwun Tong, Kowloon (Map)

◆ Suitable for

- S3 to S6 student members in 2023/24 school year. (Age 15 or above)
- Class size: 30

*First come, first served basis.

◆ Certificate

E-Certificate will be awarded to participants who have:

- Attended the session AND
- Shown active participation in class activities

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese