

Health In Mind—Getting To Know More About Mental Health and Depression Disorder

Our school joined a programme called ‘Health In Mind’ which is co-organised by Health InfoWorld of the Hospital Authority, and “Mindset”, a Jardines’ philanthropy initiative on mental health led by the Jardine Ambassadors.

Under this programme, fifteen S.5 students of our schools acted as Health In Mind Ambassadors to run a series of activities in our school so as to empower our schoolmates with knowledge and skills to enhance their mental wellness and reduce stigmatization on mental health.

From 4th to 18th November 2016, they held an exhibition and stall games at the lobby of our school to help their schoolmates have a better understanding of depression disorder and mental health. There were a variety of games in the activity. Many students played the games during lunch breaks and won many prizes. They enjoyed the activity and benefited a lot.



