



Coolminds是Mind HK與啟勵扶青會共同策劃的項目，旨在推廣對精神健康的意識和支援，並促進青年及其身邊的人對精神健康的了解。Coolminds同時為香港引入國際間青年精神健康服務的最佳實踐，並協助香港實踐相關項目，當中包括：預防、早期介入及青年精神健康管理。

Coolminds is a joint initiative between Mind HK and KELY Support Group, which aims to promote mental health awareness, support and understanding in Hong Kong's youth and the people around them. By bringing international best practice to Hong Kong for high school and university students alike, Coolminds provides comprehensive programmes for the prevention, early intervention and management of youth mental health.



## 我們的目標 OUR OBJECTIVES

### 改善青年精神健康 Improving Youth Mental Health

透過互動的工作坊及資源幫助14-24歲青年  
Of age 14-24 through interactive training and resources

### 消除精神健康的污名 Destigmatising Mental Health

消除對青年精神健康的污名及鼓勵朋輩分享  
In youth populations and encouraging peer sharing

### 教育家長 Educating Parents

全面的青年精神健康知識  
With universal youth mental health concepts

### 裝備老師 Equipping Teachers

提供全面的青年精神健康知識、課堂活動及可持續的精神健康改善方法  
With universal youth mental health concepts, classroom tools and sustainable ways of implementing mental health improvements

## 項目基礎 PROJECT FUNDAMENTALS



### 雙語 BILINGUAL

我們的精神健康工作坊及經臨床驗證的資源均設有中英文版本  
Our mental health training and clinically-verified resources are available in both Chinese and English



### 以青年為本 BY YOUTH, FOR YOUTH

我們的項目設計、實施和評估均以青年為核心  
Young people are at the centre of our programme design, implementation and evaluation



### 共融 INCLUSIVE OF ALL

我們致力回應來自不同背景的青年（包括來自少數族群背景的學生）的需求  
Coolminds is aware of the needs of youth from the full range of backgrounds, including students coming from an EM background



### 學校為本 WHOLE-SCHOOL APPROACH

我們明白提高精神健康意識的責任不應只放在學生身上，透過同時教導家長及教育工作者，我們開放溝通渠道並鼓勵對話  
Only educating youth places huge responsibility on them to meet their own needs. By educating parents and educators alike, we open channels of communication and create dialogue



### 消除污名 ANTI-STIGMA

污名使正在經歷精神健康困擾的人不願與別人分享他們的困難及尋求協助，因此，每個人都有責任建立一個友善及不帶偏見的環境  
Stigma makes those struggling with a mental health condition reluctant to share their difficulties or ask for help. It is everyone's responsibility to create a welcoming, non-judgmental environment

# 我們的工作 WHAT WE DO



## 青年精神健康工作坊 Youth Mental Health Training Workshops

我們向學校提供全面的免費雙語精神健康工作坊，內容專為學生、家長及教育工作者而設，以提高全校對精神健康的認識

We offer free, bilingual mental health training workshops, in a holistic whole-school package with content tailored for students, parents and educators to raise awareness within the school community



## Coolminds 網頁 Coolminds Website

一個以青年為本的網上平台，為香港青年提供雙語、開放的資源，包括由青年撰寫的文章和故事、由專業臨床團隊及國際合作機構夥伴撰寫的資源，以及人工智能助手CLEAR，與青年互動及提供在本地尋求協助的資訊

A by youth, for youth online platform, offering bilingual open access resources to Hong Kong's youth, including blog articles written by youth, resources written by our clinical team and international NGO partners, and CLEAR, an AI helper to interface with youth and provide information on seeking help in Hong Kong



## Coolminds 講嚟聽吓系列： 青年精神健康大使訓練 Coolminds Youth Speaker Series

為期兩天的培訓工作坊，讓青年能自信和技巧地向他人分享其個人精神健康經歷，從而消除有關精神健康的污名

A 2-day training workshop to equip youth with the confidence and skills to share with others their own lived mental health experience, aiming to reduce the stigma around mental health



## 青年高峰會 Youth Summit

由青年委員籌辦的年度青年活動，從中探討不同的精神健康議題並開放予全港青年參與

An annual by youth, for youth event focusing on different mental health topics, which all youth in Hong Kong are welcome to join



## 青年委員 Youth Committees

青年可透過加入以下委員會協助Coolminds並讓其聲音被聽見：

Youth can get involved with Coolminds and let their voices be heard by becoming a member of:

### 青年事務工作委員會 Youth Operations Committee (YOC):

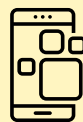
協助我們的日常項目，包括撰寫文章和故事、製作社交媒體內容、翻譯及平面設計

To support our day-to-day projects including writing blog articles, producing social media content, translation work and graphic design

### 青年諮詢委員會 Youth Advisory Committee (YAC):

定期與Coolminds團隊會面，討論並為我們的項目給予意見，並就項目提供他們的想法及為青年發聲，以確保我們的工作能更切合年輕人的需要

To meet with the Coolminds team regularly to discuss and give feedback on our programmes, and to bring specific project ideas targeting young people to the table to ensure that our work is able to meet the needs of their generation



## 應用程式 App

### Mirror Me 應用程式 App:

一個適合 5 歲或以上兒童的免費雙語親子遊戲應用程式（手機及平板電腦裝置可用），旨在提升孩子的情緒思維，減低他們自我傷害及自殺的風險。Mirror Me 遊戲應用程式現可在 App Store 或 Play Store 下載

A free, bilingual game app (available on mobile devices and tablets) for children aged 5 or above, designed to improve children's emotional literacy and lower the risk of developing self-harming behaviours and suicide. The Mirror Me App is now available to download on App Store and Play Store

### Coolminds 應用程式 App:

一個多功能的免費雙語應用程式，為青年提供香港精神健康資源及尋求協助的資訊，及自我照顧工具和健康目標清單及挑戰

A free, bilingual multifunctional app that provides youth with the information of mental health resources and support in Hong Kong, as well as self-care tools, and wellbeing checklist and challenge

## 聯絡我們 REACH OUT

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A joint initiative by  
共同策劃機構

