Mental Health Matters is initiated this year to raise the university awareness of mental health and mobilize efforts in support of better student well-being. A Kick-off Ceremony will be held on 10 October 2018 (Wednesday), when the World Mental Health Day is observed by the World Health Organization (WHO). Please join us to build a caring campus and promote psychological health while pursuing academic excellence!

**Kick-off Ceremony**

A Public Health Approach for Preventing Student Suicides  
Prof YIP Su Fai Paul  
Director, The Hong Kong Jockey Club Centre for Suicide Research and Prevention  
The University of Hong Kong

Positive Education: Happy Students  
Prof CHIU Chi Yue  
Dean of Social Science  
Chau-Wing Li Professor of Psychology  
The Chinese University of Hong Kong

Clinical Experience in Caring for Young People with Mental Health Issues  
Prof MAX Dun Ping Arthur  
Assistant Professor (Clinical)  
Department of Psychiatry  
The Chinese University of Hong Kong

Date: 10 Oct 2018 (Wed)  
Time: 12 pm to 2 pm  
Venue: Lam Woo Lecture Theatre (I.T.-B)  
Language: English

**Talks**

Experience Sharing on Crisis Management and Psychological First Aid  
Speaker: Winnie LUI, Registered Social Worker, Registered Hypnotherapist, Family Mediator and Cognitive Behavioral Therapy Practitioner  
Date: 11 Oct 2018 (Thu)  
Time: 12 pm – 2 pm  
Venue: Room 5003, Counseling and Wellness Center  
Language: English

Mental Well-being in Facing Life Adversity  
Speaker: Stephen CHAI, Barrister, Author of 3 Bestselling Self-Help Psychology Books  
Date: 12 Oct 2018 (Fri)  
Time: 12:45 pm – 2 pm  
Venue: Room 5003, Counseling and Wellness Center  
Language: English

Anti-Stigma Busking Performance and Lived Experience Sharing by People with Mental Illness  
Speakers: Service Users of Yung Fung Shoe Psychiatric Day Hospital and Occupational Therapy Student Ambassadors, The Hong Kong Polytechnic University  
Date: 19 Oct 2018 (Fri)  
Time: 1 pm – 2:45 pm  
Venue: So Home  
Language: Cantonese

**Exhibitions**

Emotional Awareness and Healthy Lifestyles  
Date: 8 – 12 Oct 2018  
Venue: LT D Concourse

Dusty "Hug My Heart" Exhibition  
Date: 12 – 24 Oct 2018  
Venue: LT A Concourse

Public Attitudes Towards Mental Illness  
Date: 12 – 24 Oct 2018  
Venue: LT B Concourse

**Roadshows**

Moving Wellness 情緣動車 「奔跑解題號」  
The Hongkong Federation of Youth Groups  
Date: 8 – 12 Oct 2018  
Time: 10 pm – 6 pm  
Venue: Roundabout outside Chang Yu Tung Building  
Language: Cantonese

Roadshow on Emotional Health – Knowing Your Feelings  
Suicide Prevention Services  
Date: 10 Oct 2018  
Time: 1 pm – 4 pm  
Venue: LT D Concourse