

Recruitment of HKU Mental Health Ambassadors for Ethnic Minority (EM) Mental Health & Well-Being Programme in Hong Kong

Dear Students,



Ethnic Minority (EM) Mental Health and Well-Being Programme

Recruitment of Mental Health Ambassadors

Do you want to...

- Be an **ADVOCATE** for mental health & well-being?
- Gain a multicultural **COMMUNITY SERVICE** experience?
- **EMPOWER** the ethnic minority community?

Application Deadline: 7 July 2023 (12 noon)

REGISTER HERE!!

cedars
Center of Developmental and Resources for Students
學生發展及資源中心

OneYouth

You are cordially invited to join as **HKU Mental Health Ambassadors for Ethnic Minority (EM) communities in Hong Kong** to plan, lead and organise mental health awareness activities in English for local EM community members. As you are aware that last two to three years were difficult for all of us! Pandemic has deteriorated not only our physical health but also our mental health and well-being. Mental health concern has become a silent and simultaneous pandemic. Evidence has suggested that EMs are the vulnerable populations during pandemic. They faced a lot of struggles due to their inability to understand the local language and access to proper healthcare, especially mental healthcare. By creating a supportive and informative English-speaking environment for EMs to learn more about mental health and access to healthcare will be a great help for the community.

Your Role:

- Be an **ADVOCATE** for mental health & well being
- Gain a multi-cultural **COMMUNITY SERVICE** experience
- **EMPOWER** the ethnic minority community

Programme Schedule

All the activities will be conducted using hybrid mode (face-to-face/online) in English.

- **Orientation Day (face-to-face):** 9 Aug (Wed) 2023
- **Mental Health Workshop for Ethnic Minority Community (face-to-face):** 20 Aug (Sun) 2023
- **Team work on Design and Preparation of Social Media Campaign Week** (including meetings, writing up activity plans and prior arrangements): Sep 2023
- **Social Media Campaign Week (online):** 10 to 15 Oct 2023
- **Team Work on Design and Preparation for Mental Health Carnival** (including meetings, writing up activity plans and prior arrangements): Oct 16 to Nov 11, 2023
- **Mental Health Carnival for All and Concluding Ceremony (face-to-face):** 12 Nov (Sun) 2023

Benefits and Rewards

- An honorarium of **HKD 500 & a certificate from OkayMinds and CEDARS** will be provided on meeting the performance & attendance requirements.
- Opportunities to closely interact with the ethnic minority community living in Hong Kong.
- *Join hands* together to achieve **United Nations Sustainable Development Goals** (*Goal 3: Good Health and Well-Being*), (*Goal 4: Quality Education*) and (*Goal 10: Reduce Inequalities*).
- **Extend your social network** and make new friends in a *multi-cultural environment*.

Interested students should apply on or before **7 July 2023 (12 noon)**.

For application, please visit: <https://forms.gle/7qvTTmYb2zoiPkNp6>



Shortlisted applicants will be invited to a selection interview on **22 or 23 July 2023**.

For enquiries, please contact by email to nimisha@connect.hku.hk. Thank you.

Yours sincerely,

Nimisha Vandan, PhD
Co-founder & Director
OkayMinds
www.okayminds.com

Ethnic Minority (EM) Mental Health and Well-Being Programme



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- Be an **ADVOCATE** for mental health & well-being?
- Gain a multicultural **COMMUNITY SERVICE** experience?
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Then ... This Programme is for **YOU**

Programme Schedule

Activities will be conducted in hybrid (online & face-to-face) mode



Benefits and Rewards:

- Develop knowledge and skills in mental health & well-being
- An honorarium of HKD 500
- A certificate from Okayminds and CEDARS
- Building a social network in a multicultural environment

Application Deadline: 7 July 2023 (12 noon)

**REGISTER
HERE!**

