

*411 Series*

# MENTAL HEALTH TALKS

[www.wix.com/cedarscope/mentalhealthtalks](http://www.wix.com/cedarscope/mentalhealthtalks)

## Supporting Students with Mental Health Needs

**Speakers:** **Dr. Kitty Chan**  
**Director, University Health Service**

**Dr. Eugenie Leung**  
**Director of Counselling and Person Enrichment,**  
**Centre of Development and Resources for Students**

# Outline

- Joint care
- Support from CEDARS
- Support from UHS
- Prevention



# Supporting Students with Mental Health Needs

Dr. Eugenie Leung

*Registered Clinical Psychologist*

Director of Counselling and Person Enrichment



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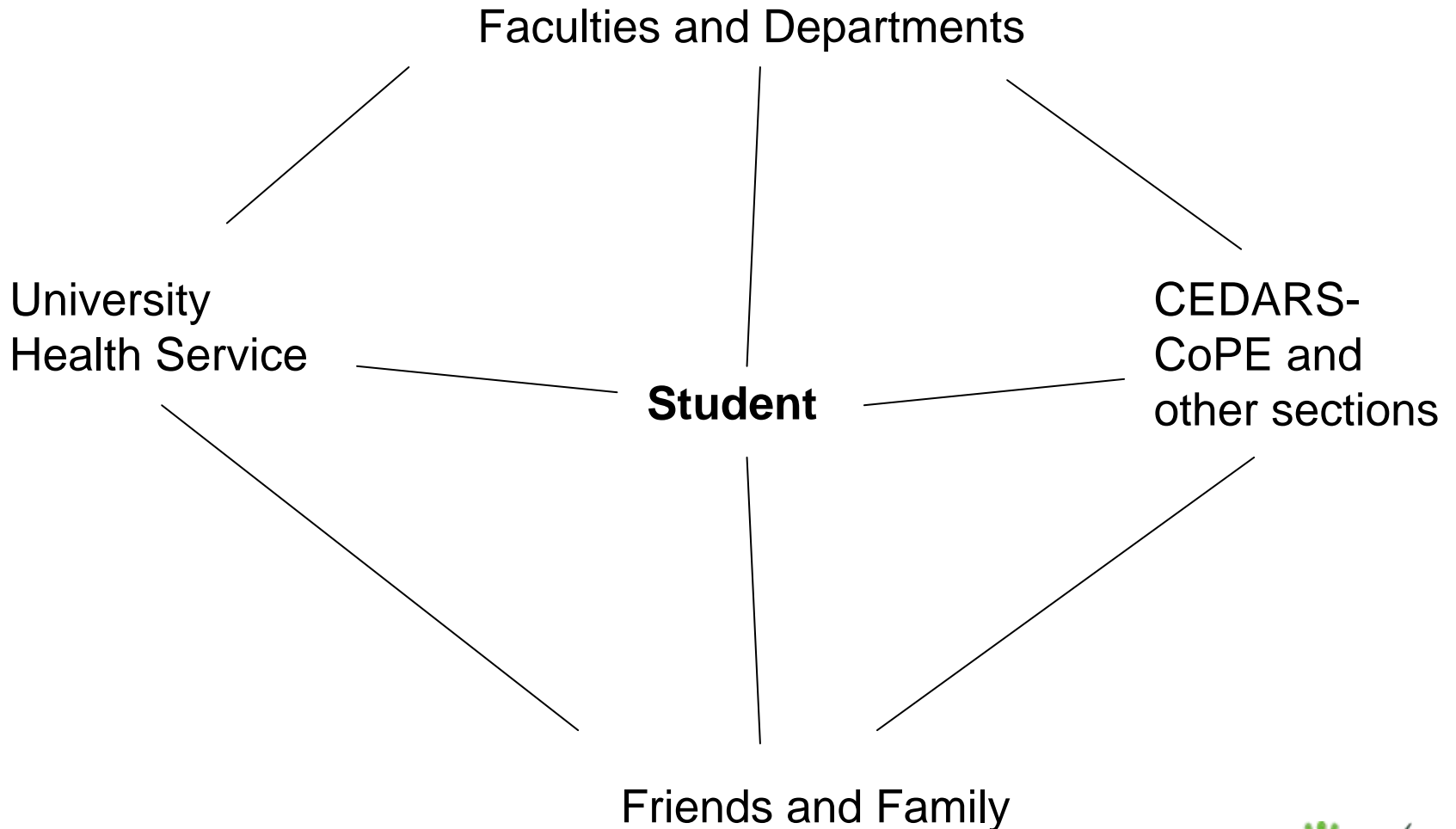
Centre of Development and Resources for Students

The University of Hong Kong

香港大學學生發展及資源中心



# Joint Care Model

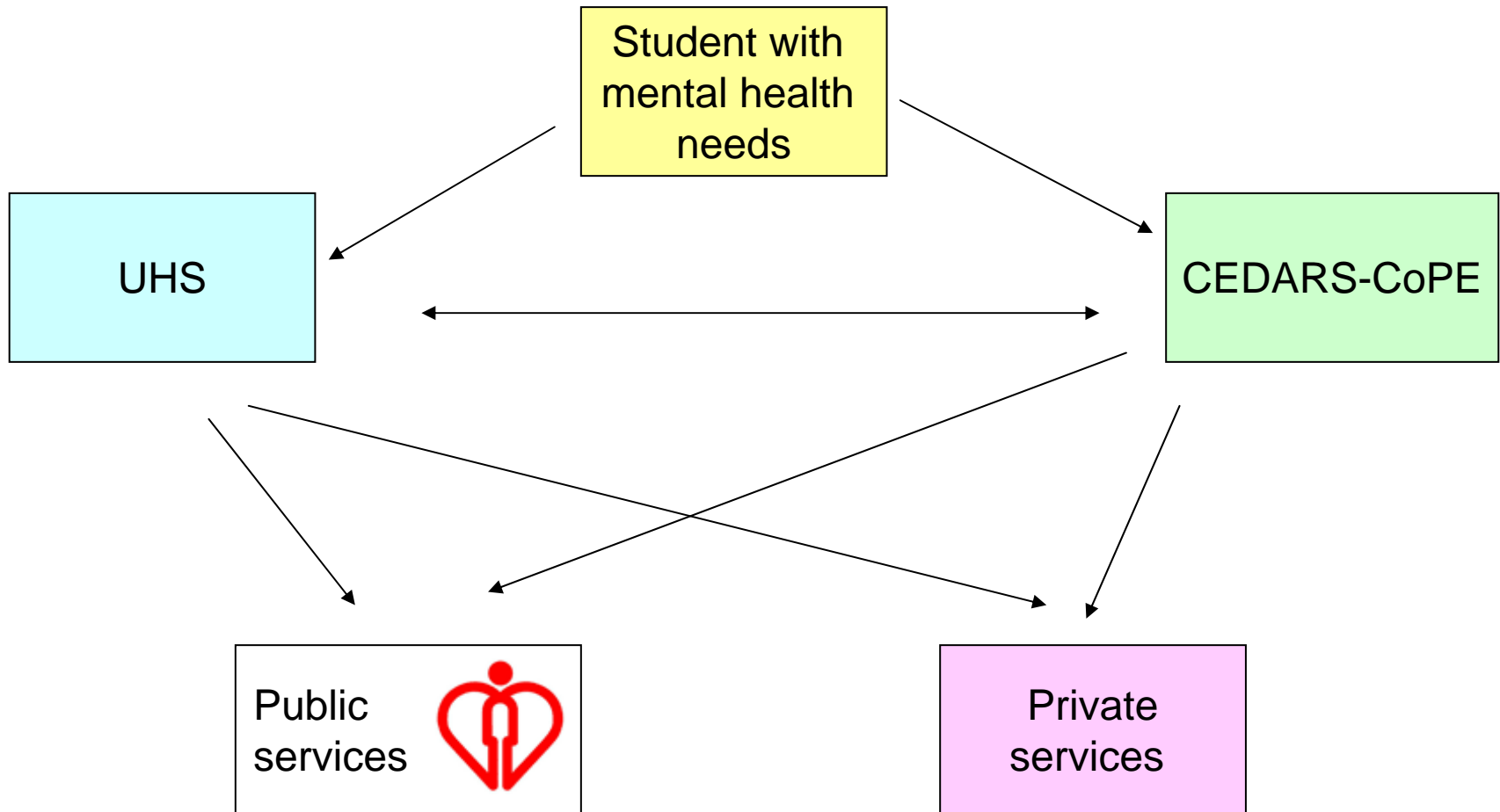


# “Mental Health Services”

- ➔ Formally, UHS and CEDARS
- ➔ Others: Psychological Services Unit, Psychology Department; Well-being Committee of the Li Ka Shing Faculty of Medicine; Psychiatry Department; HKU Family Institute; Social Work Department; Centre on Behavioral Health etc. etc.
- ➔ *Services for Staff: Employee Assistance Programme (EAP) for full-time staff organized by the Registry – Professional Personal Counselling and Consultation (PPCC) service*

# Depression, Suicide, Psychoses...

# Students with Mental Health Needs





# Stepped Care Model

(Clinical Guidelines, NICE, 2009)

## Focus of the Intervention

## Nature of the Intervention

**Step 4:** Severe and complex depression; risk to life; severe self-neglect

Medication, high-intensity psychological intervention, electroconvulsive therapy, crisis service, combined treatment, multiprofessional and inpatient care

**Step 3:** Persistent subthreshold depressive symptoms or mild to moderate depression with inadequate response to interventions; moderate to severe depression

Medication, high-intensity psychological interventions, combined treatments, collaborative care and referral for further assessment and intervention

**Step 2:** Persistent subthreshold depression symptoms: mild to moderate depression

Low-intensity psychosocial interventions, psychological interventions, medication and referral for further assessment and intervention

**Step 1:** All known and suspected presentation of depression

Assessment, support, psychoeducation, active monitoring and referral for further assessment and interventions

# Help-Seeking: Direct

## ➔ Student approaches CEDARS-CoPE

✉ Phone

✉ In person

✉ Email

## ➔ Appointment

✉ Regular appointment

- Service pledge: within 2 weeks



# CoPE

- Clinical Psychologists x5
- Family and Relationship Therapist x1
- Student Advisors
- Support Team



# Help-Seeking: Direct

## ➔ Student approaches CEDARS-CoPE

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### 🕊 Regular appointment

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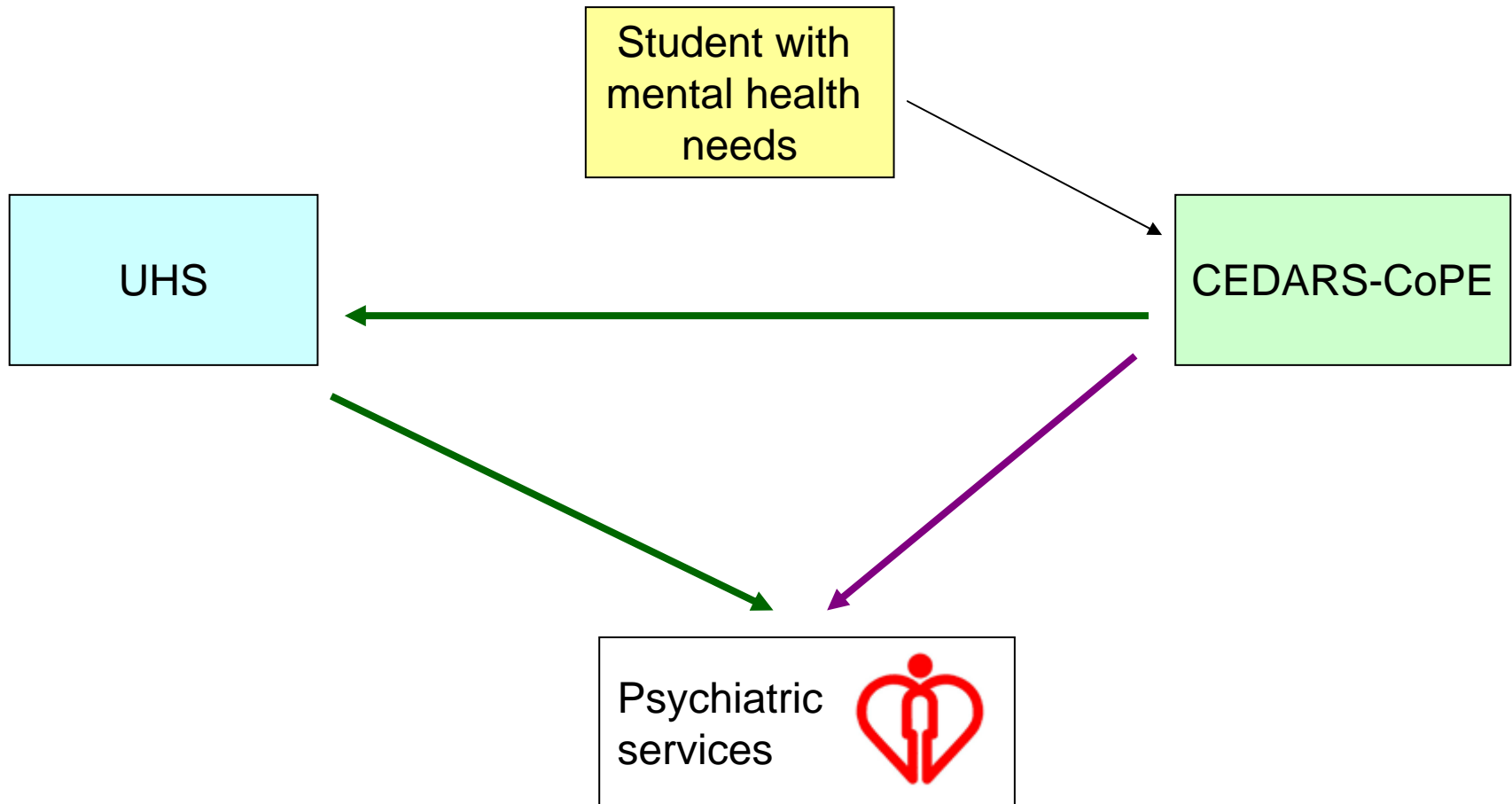
### 🕊 Drop-in service

- zero waiting time



Drop-in service  
Mon–Fri, 2 to 5 pm

# Referral to psychiatric services...



# What's Next...

➔ If student gives consent, we may...

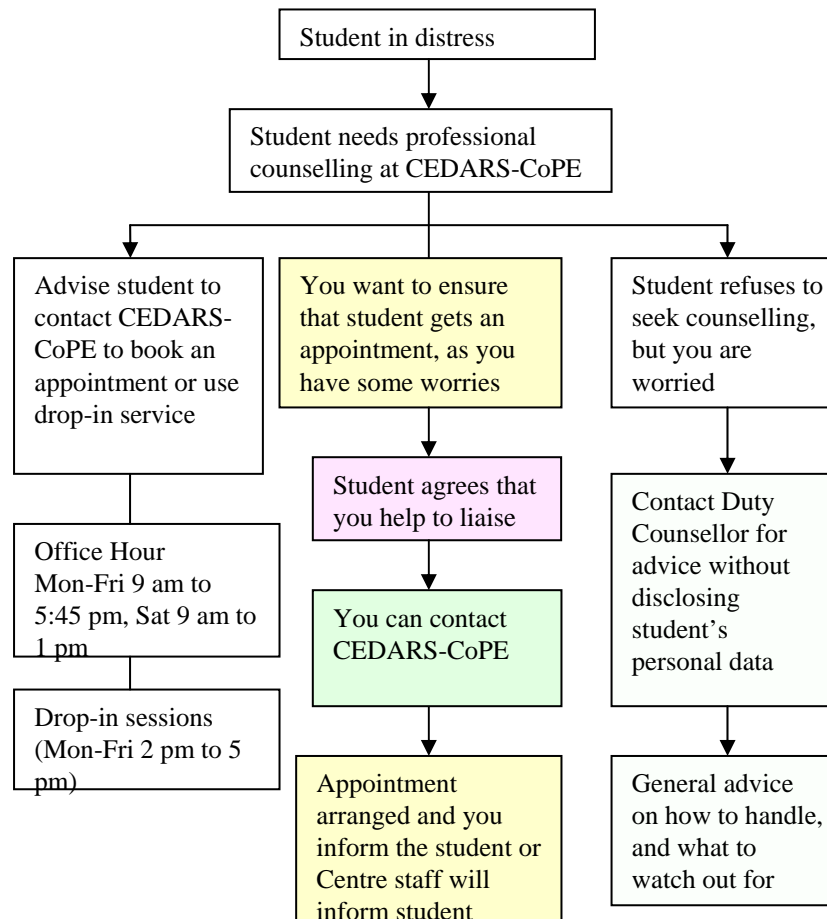
✎ Visit student at Hospital

✎ Liaise with family/Hall and Faculty

✎ Discuss with psychiatrist about follow-up plans

# Help-seeking: Indirect

- ➔ Staff and friends can help student to book appointment if the student agrees to this



# CONFIDENTIALITY and PRIVACY

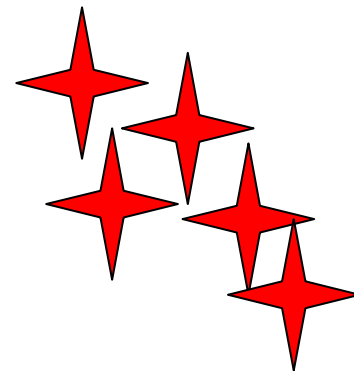
- Everything discussed between the student and the counsellor will not be disclosed to anyone, including you the referrer, the parents or university personnel/faculty, unless the **student's consent** is obtained.

# What can you do if student refuses to seek counselling?

- ➔ Seek advice without disclosing student's personal data
- ➔ General suggestions on how to handle this type of situation, and what to watch out for

**CEDARS-CoPE (2857-8388)**  
**cedars-cope@hku.hk**

# Crisis Situations



- In crisis/emergency situations (e.g. violence, suicidal, actively psychotic), it is strongly advisable to call 999 and/or getting emergency help (e.g. Hospital AED)

# Crisis Situations

- ➔ May provide some on-site assistance and has an After-hour Back-up System (ABS) to provide consultation for staff (especially halls) helping students in crises

# Aftermath of Crisis Events

- ➔ Provides support to the students affected by the incident
- ➔ Provides consultation to Faculties and Halls on the crisis management and post-incident psychological support



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Counselling & Person Enrichment  
輔導及心理培育組



The University of Hong Kong



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## Crisis

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[Support for University Staff](#)

[Calling the Police](#)

[Tips for Managing Suicidal Risk](#)

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## Counselling

[Introduction](#)

[Making an Appointment](#)

[Making an Enquiry](#)

[Drop-in Sessions](#)

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[FAQs](#)

## Crisis

### Counselling Support

We provide the following support to students in crisis:

- [Drop-in Sessions](#)
- [Psychological Enquiries](#)

If there is an imminent risk to himself/herself or others, you might have to consider emergency services such as calling the police or taking the student to the Hospital Accident and Emergency Department. The nearest public hospital of our campus is the Queen Mary Hospital.

Some Useful Numbers within Campus:

- Security Control Centre: 2859-2882
- CEDARS (Counselling & Personal Enrichment): 2857-8388
- University Health Service: 2859-1999

### Support for University Staff

Faculty and administrative staff are in a vital and unique position to identify students who are in distress and to assist students to find solutions at hand.

When you are dealing with students under emotional or psychological distress, you may consider:

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# MENTAL HEALTH TALKS

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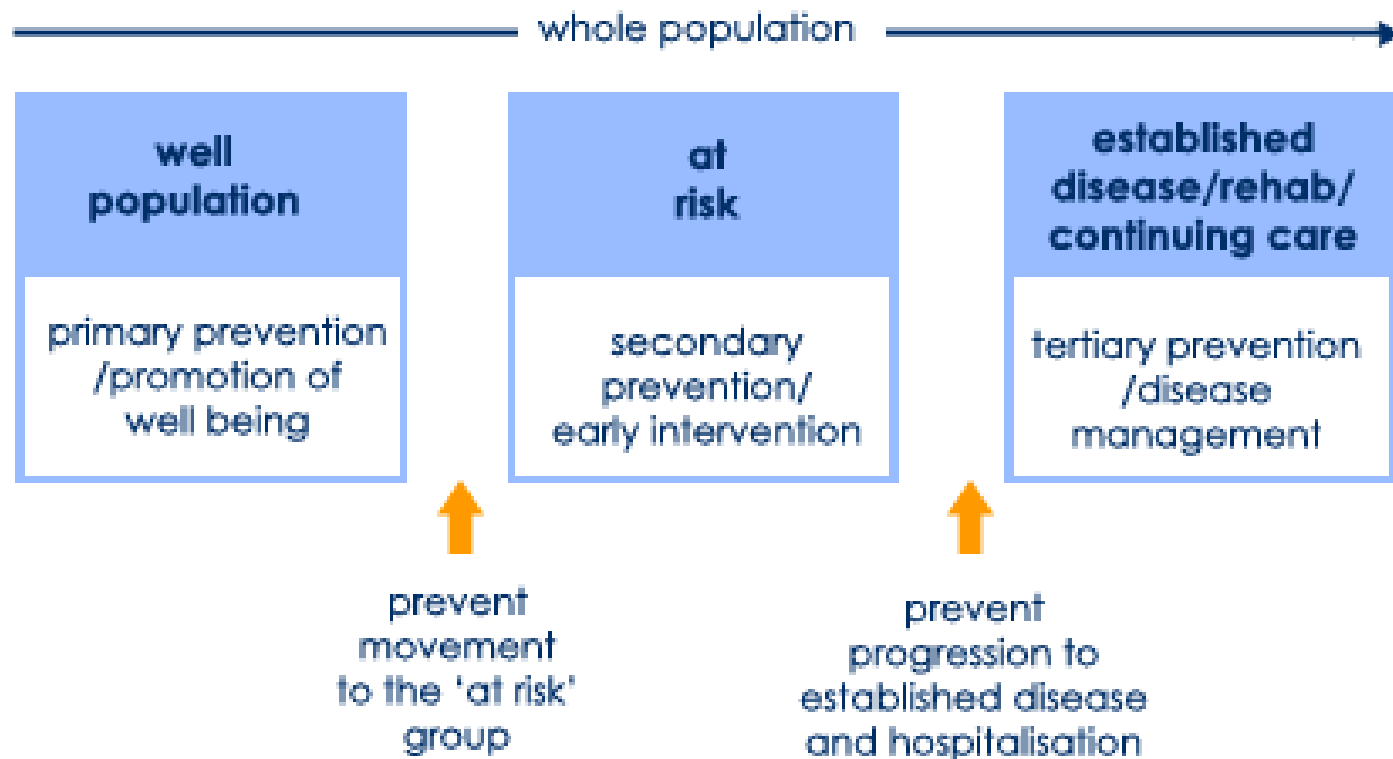
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# PREVENTION

# Prevention



# Activities

 Talks

 Exhibitions

 Web resources

 Workshops

 Mental Health First Aid Courses

 Test

 Orientation/Induction

# Seeking Counselling

- Early intervention
- Nothing is too trivial as long as you are distressed by it

# Psychometer

## Welcome to the CEDARS Web-based Psychological Assessment!

- This system is for current HKU students only.
- The psychological and/or learning assessments provided in this site aim to serve as quick feedback on your current mental health status.
- Candid responses will improve the accuracy of the test results.
- Further professional consultation is available.
- All information provided by you is strictly confidential.

Please login with your HKU Portal UID and PIN (HKU Portal password)

HKU Portal UID :

HKU Portal password :

[log in](#)



 [Enquiries about Psychometer](#)

*Newly Launched*

<http://psyax.cedars.hku.hk>

# On-line Self-help Corner

**Counselling and Person Enrichment**

Centre of Development and Resources for Students  
學生發展及資源中心

**Resources**

Home » Resources

**Enrichment Tips**

The following selected information is a collection of resources from various websites whose authors have kindly granted us the permission to create the hyperlink. Special thanks to Dr. Robert Hsiung who developed the Student Counseling Virtual Pamphlet Collection, Castle Peak Hospital, Australian National University and The Mental Health Association of Hong Kong.

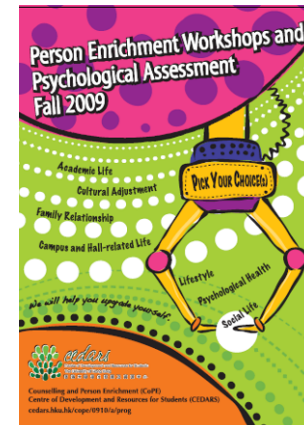
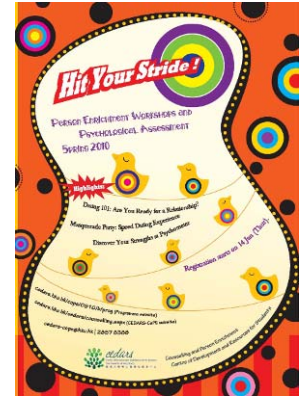
Services mentioned in various websites may be available only to particular population of that university and organization. HKU Students who want to seek counseling services shall refer to CEDARS - Counselling and Person Enrichment.

1. Study Skills
  - i. Getting Off to a Good Academic Start - Tulane University
  - ii. Ten Top Tips for Academic Success - University of Western Ontario
  - iii. Learn the Cornell Method for note taking - George Washington University
  - iv. Getting Organised — Queensland University of Technology
  - v. Learning Styles and How to Maximize Your Success in School — Pace University - Westchester Campuses
  - vi. Study Habits & Test Anxiety - SUNY at Buffalo
  - vii. Try "Active Learning" Techniques - George Washington University
2. Time Management
  - i. The A-B-C Value Rating - George Washington University
  - ii. Make a To-Do List - George Washington University
  - iii. Perfectionism: A Double-Edged Sword - University of Texas at Austin

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# Person Enrichment Workshops

- Dynamic and Autonomous Life Style
- Effective Communication
- Emotional Growth and Psychological Health
- Intellectual Excellence and Effective Learning Strategies
- Leadership and Life Skills
- Management of Intimate Relationships
- Mental Health First Aid Training
- Personal Grooming and Etiquette Enhancement
- Social and Interpersonal Sophistication
- Stress Management and Time Management



# Mental Health First Aid – a Certificate Course

## ➔ Mental Health First Aid Training for Students

✎ Aims at training students to provide appropriate initial support for peers and family members who are developing a mental health problem or in a mental health crisis within the campus or in the community.





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# Learning Plus



## Personalized learning support at Learning Plus (G/F, Main Library)

Come and meet one of the **student advisors of the CEDARS-Counselling and Person Enrichment Section**. She/He will recommend the learning support services that suit your study needs.

- **On-site Learning Assessment** - identify effective learning strategies for enhancing academic performance
- **Time Management** - make a realistic plan to improve time management skills and self-discipline
- **Exam Anxiety** - learn how to overcome exam anxiety and perform well in examinations
- **Support for Students with Learning Disabilities**

**Designated hours for Learning Support:**

**Mon & Fri 12noon-2p.m.**

# Life Investment Series

2007-2008, 2008-2009

## Making Smart Moves



## Series on Adversity Coping



# C for CoPE – Ways to Achieve University Success (2009-2010)

