

## Supports from UHS for Students with Mental Health Problems

### Situations in which Mental Health Problems affect Study:

Study performance significantly affected due to :

- Unable to concentrate on study
- Unable to meet deadlines
- Missing classes (Lectures and tutorials)
- Unable to attend Examinations

### Situations in which Mental Health Problems affect U Life

Relationship with classmates / friends significantly affected:

- Avoid contact with classmates / hallmates
- Avoid social activities
- Easily provoked with loss of temper / arguments

### Situations in which Mental Health Problems affect U Life / Study:

Prolonged or frequent sick leaves

### Modes of Help Seeking in HKU

Student approach CEDARS for counseling

Patient consult UHS doctor

### Modes of Help Seeking in HKU

Department head / supervisor / tutor seeks advice from UHS

- for advice
- to alert the doctor for more appropriate appointment time and allocation of the appropriate doctor.
- UHS usually advise the tutor to talk with the student and advise the student to consult UHS

## Modes of Help Seeking in HKU

- Student request Sick Leave / Leave of Absence on Medical Grounds
- Department Head / Dean ask the UHS Director for opinion
- Opinion from the UHS Director includes:
  - whether the period of sick leave is justifiable based on medical information provided
  - whether the student is under appropriate medical care
  - if in doubt, may ask the student to consult UHS doctor for a better understanding

## Reasons for Avoidance of Consultation:

- Labeling effect
- Worry about consequence to the academic result
- Misconception :
  - they can solve the problem themselves
  - doctors can only treat physical disease, not mental/social problems.
- Does not want other people to know his/her problem.
- Part of symptoms of mental problems:  
e.g. inertia, avoidance

## To Remove the Barriers

Show real concern for the **well being** of the person / individual

## Reassure the patient that :

- Mental health problem is similar to other physical disease: **they can be treated after proper assessment and diagnosis.**
- Anyone who is **sick and is not able** to perform requires special arrangements from the Administration of the University. The doctor may issue the appropriate supportive letters, certificates, etc if necessary.
- UHS doctors have received training to handle mental diseases.
- The whole process is confidential and information will not be released without the patient's consent

## To remove the Barriers

- ◆ May help the patient to make the appointment
- ◆ May accompany the patient to UHS

## How can UHS help?

- Patient should attend for consultation
- Doctor make a diagnosis and give treatment (medication, counseling, advice, etc.)
- Refer to CEDARS for counseling (students)
- Give sick leave and / or supportive letter as appropriate
- May co-ordinate with other concerned people (family members, hall staff, tutors, etc.)  
*with consent from the patient*

## Medical Absence / Illness Affection Examination

A candidate who is unable because of illness to be present for any paper in the examination or who believes that his state of health either immediately before or during the examination significantly affected his performance should



(a) write to the Examinations Secretary *immediately* setting out his case; and

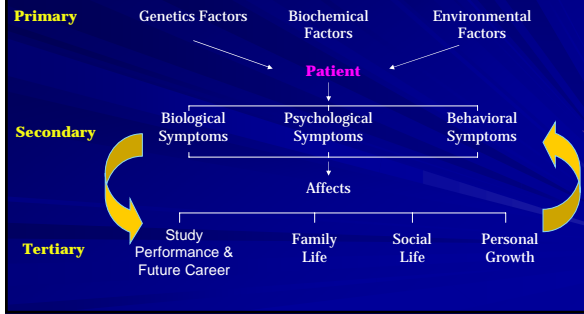


(b) arrange to submit a Form of Medical Certificate, i.e. the Form on the back hereof. He should complete Part I and then give or send this form to his doctor with a request that it be completed within 2 days of the date of the examination concerned and sent by the doctor direct to the Director, University Health Service. The completed form must reach the Director of the University Health Service not later than 14 days after the examination. Forms of medical certificate are available from the Examinations Unit, 10/F., Knowles Building and from all Faculty Offices.

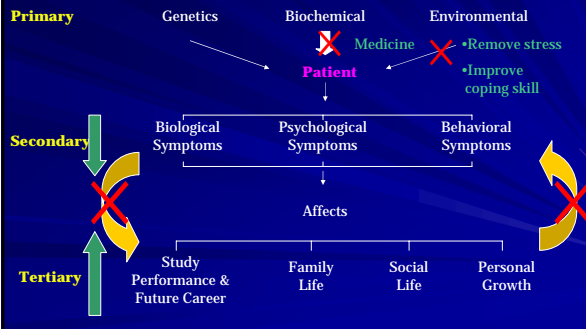
<http://www.hku.hk/exam/pdf/40-1008amd.pdf>



## Primary, Secondary & Tertiary Effects of Mental Health Problem



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## Prevention

- Mental Health Exhibition
- Talks: Positive psychology, Work Stress, Anxiety Depression...
  - > Video recorded in UHS and HKU web site.
- <Relax. Enjoy. Give a Smile> Photo-taking Competition
  - > To be posted in 24 Hours Study Room of Main Library



## Prevention

- Annual Joint Tertiary Institutions Student Mental Health First Aider Training (stopped since 2010)
- Mental Health First Aider Training
  - ★ staff for staff

