

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

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

Do you want to...

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

Then ... This Programme is for YOU

Register Now !!

Application Deadline: 12 noon, 14 Oct 2022, Friday

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

Dear Students,

You are cordially invited to join as **HKU Mental Health Ambassador for Ethnic Minority (EM) communities in Hong Kong** to plan, lead and organise mental health awareness activities in English for approximately 180 EM community members. As you are aware that last 2 to 3 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 EM 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 EM 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. Format and dates may be subject to changes in response to pandemic or social situations, weather conditions or any other unexpected factors.

- **Briefing Session/Opening Ceremony (face-to-face):** 12 Nov (Sat) 2022
- **Training Workshops (online):** 14 Nov (Mon) - 17 Nov (Thu) 2022
- **Team Work on Design and Preparation for Mental Health awareness Workshops for EM community** (including meetings, writing up activity plan, making connections with EM community and religious leaders): Feb - Mar 2023
- **Mental Health Awareness Workshops for EM Community (face-to-face: one student one community event):** 2 (Sun), 16 (Sun) and 23 (Sun) April 2023

- **Team Work on Design and Preparation for Mental Health Awareness Week, Carnival, and EM Ambassador Training** (including meetings, writing up activity plan and prior arrangements): Aug - Sep 2023
- **Mental Health Awareness Week for EM Community (online: one team one post in one week):** 9 - 13 Oct 2023
- **Mental Health Carnival for All (face-to-face):** 14 Oct (Sat) 2023
- **Mental Health Ambassador Training for EM Community and Concluding Ceremony (face-to-face):** 15 (Sun) Oct 2023

Benefits and Rewards

- An honorarium of **HKD 1,000 & a certificate from OkayMinds and CEDARS** will be given for those meeting the performance & attendance requirements.
- A series of **training opportunities free of charge** (*self-care, communication, team building, leadership skills etc.*)
- *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 the *multi-cultural environment*.

Interested students should apply on or before **12 noon, 14 Oct 2022 (Fri)**.

For application, please visit: <https://wp3.cedars.hku.hk/form/web/hku-mha>.



Shortlisted applicants will be invited to a selection interview on **27 or 28 October 2022**.

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

Yours sincerely,

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



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