

MENTAL HEALTH AMBASSADOR PROGRAM 2024-25

Obligations:

- Organize at least 2 mental health-related campaigns (on-line or offline) in the academic year of 2024-25. Preferably one in Sem A and one in Sem B.
- Regularly promoting mental wellness information at MHA Instagram.
- Prepare and arrange activity plan, sourcing materials and design & promotion.
- Assist any initiatives launched by OSA counselling section.

Who are Eligible? ✓

- Full-time undergraduate students of HKSYU
- Enthusiastic about helping peers
- Interested to promote mental wellness
- Interested in developing a career in the helping profession
- A passion for learning and enhancing your existing skills

Benefits:

- Gain experience and exposure in organizing mental health related events and promoting mental wellness to HKSYU student
- Increase self-care and self-understanding, hence equip yourself for future development
- Upon completion of all training and service obligations, MHA will obtain the following:
 - Certificate of completion
 - Mental Health First Aid Certificate
 - Service record on ACAT



Requirement:

- Self-motivated, responsible and proactive.
- Able to work both independently and as a team.
- Experience in graphic design and illustration skills (e.g. Photoshop, AI, Canva, Procreate) and video editing skills will be advantage.

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Training:

MHA MUST attend all the training listed below:

- 12 Aug 2024 (09:00 – 17:30) Team-building and Mind Space Visit
- 20 & 22 Aug 2024(10:00 – 17:00) MHFA standard course training
- 7 Sep 2024 (10:00 – 13:00) Practical Skills

Training and kick-off meeting

Programme Fee: Free of charge

* all trainings are delivered in Cantonese

Important Dates:

- Application deadline: 21 June 2024
- Interview: 4 or 5 July 2024
- Result announcement: 10 July 2024 (via email)



Mirror Affirmations Exercise



Making Mindfulness Healing Bottle