

## AVOID DEPRESSION! DEPRESSION RELIEF PROJECT IN WONG TAI SIN



### Our Social Mission:

To enhance the rehabilitation and self-help services to patients suffering from chronic illness and to reduce the number of people suffering from depression.

### Student Learning:

Students will learn about the causes of depression and the related ways of prevention, and exercise their skills in coordinating and promoting rehabilitation and self-help service activities.

### Project Opportunities:

- Implement and develop the Depression Relief Project of Regeneration Society.
- Study and develop a deeper understanding on mental health and depression prevention.
- Assist in enhancing community's understanding and self-awareness on emotional problems such as depression.
- Let people have early recognition of the causes of diseases, which may help ameliorate negative health outcomes.
- Advocate the importance of mental health and well being to the community.
- Organize various community-based activities to improve the self-respect, interpersonal skills and social supportive networking of people, especially those with chronic illness.
- Help coordinate and promote seminars, local talks, emotional health check and pre-test, case work, stress management classes, support groups and/or volunteer groups.
- Observe and interact with different activity participants.

### PROJECT LOCATION



Wong Tai Sin,  
Hong Kong

### COMMUNITY PARTNER



Regeneration  
Society

### KEY AREAS



Mental Health, Depression Relief,  
Chronic Illness People, Social  
Supportive Network, Activity  
Coordination, Service Promotion

Interested faculty members are  
welcome to contact Dr. Dennis Cheung,  
Lecturer of GHELC  
Phone: 2219 4828 Email:  
denniskk@hku.hk Website: <http://ghelc.hku.hk>



香港大學  
THE UNIVERSITY OF HONG KONG

Gallant Ho  
Experiential  
Learning Centre