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
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