



Undergraduate Health Professions Students Who Seek Help

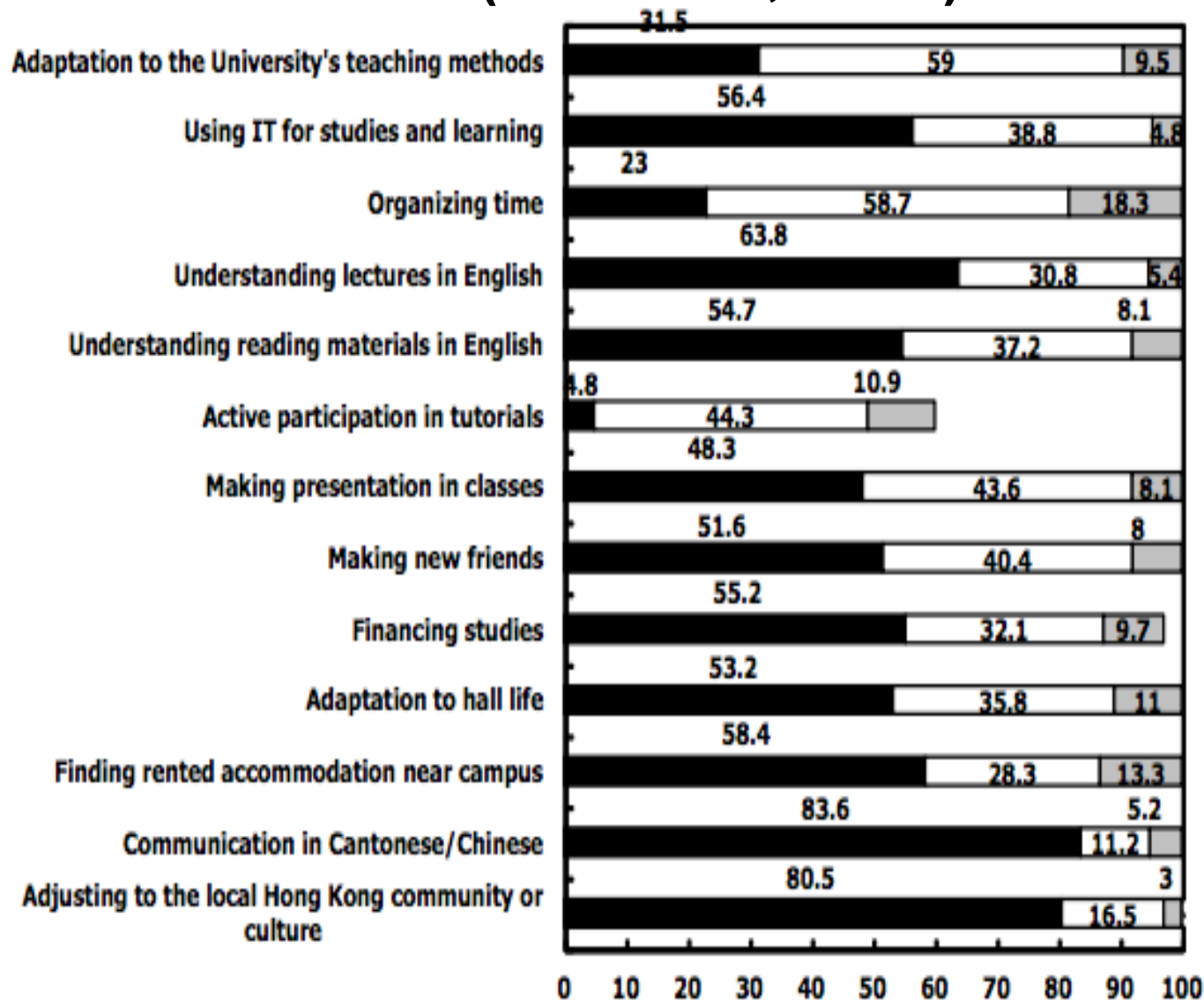
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The University of Hong Kong



cedars
Centre of Development and Resources for Students
The University of Hong Kong

香港大學學生發展及資源中心

Adaptation to University Life during the First Year (CEDARS, 2015)



■ Little or no difficulty
 □ Some difficulty
 ▒ Serious difficulty

Health Condition of New Full-time Students (CEDARS, 2015)

- Health condition – 13% with physical, learning, or psychological disabilities, or chronic medical illness

Source: Profile of New Full-time Students (CEDARS, 2015)



Stress, Anxiety and Depression

- Common mental health problems in late teens and young adulthood
- 20-40% of the first-year tertiary students in Hong Kong reported depression, anxiety and moderate stress

(Wong et al., 2006)

Why students do not seek help... **earlier?**

- Students seldom seek help initially
 - Do not know the available resources
 - Concerns about stigma
 - Treat them as normal, trivial or unavoidable

(Wong et al., 2006)

CEDARS-CoPE@Medic

Counselling Service provided by Clinical Psychologists of CEDARS

FREE. CONFIDENTIAL. PROFESSIONAL.

Make an appointment:

- (1) Online booking:
apps2.cedars.hku.hk/medic_appt
- (2) Walk-in (First-come, first-served)

Opening hours:

Tuesday (2:30 pm - 5:30 pm)
Thursday (2:30 pm - 5:30 pm)
(Except public and university holidays)

Consultation room:

Tutorial Room 16
William MW Mong Block
(Subject to change due to room availability)

Eligible users:

All students of the LKS Faculty of Medicine

Enquiries: 2219 4231 / cedars-cope@hku.hk



CEDARS - CoPE
Centre of Development and Resources for Students - Counselling and Person Enrichment

From 2010 to 2014



Students' Concerns

- Concerns about privacy
 - Not want to be seen to be receiving service
 - Faculty
 - Peers
- Concerns about confidentiality
 - Student record
 - Medical record

CONFIDENTIALITY and PRIVACY

Everything discussed between the student and the counsellor will not be disclosed to anyone, including the referrer, parents or university personnel/faculty, unless **student's consent** is obtained.

Major Presenting Problems

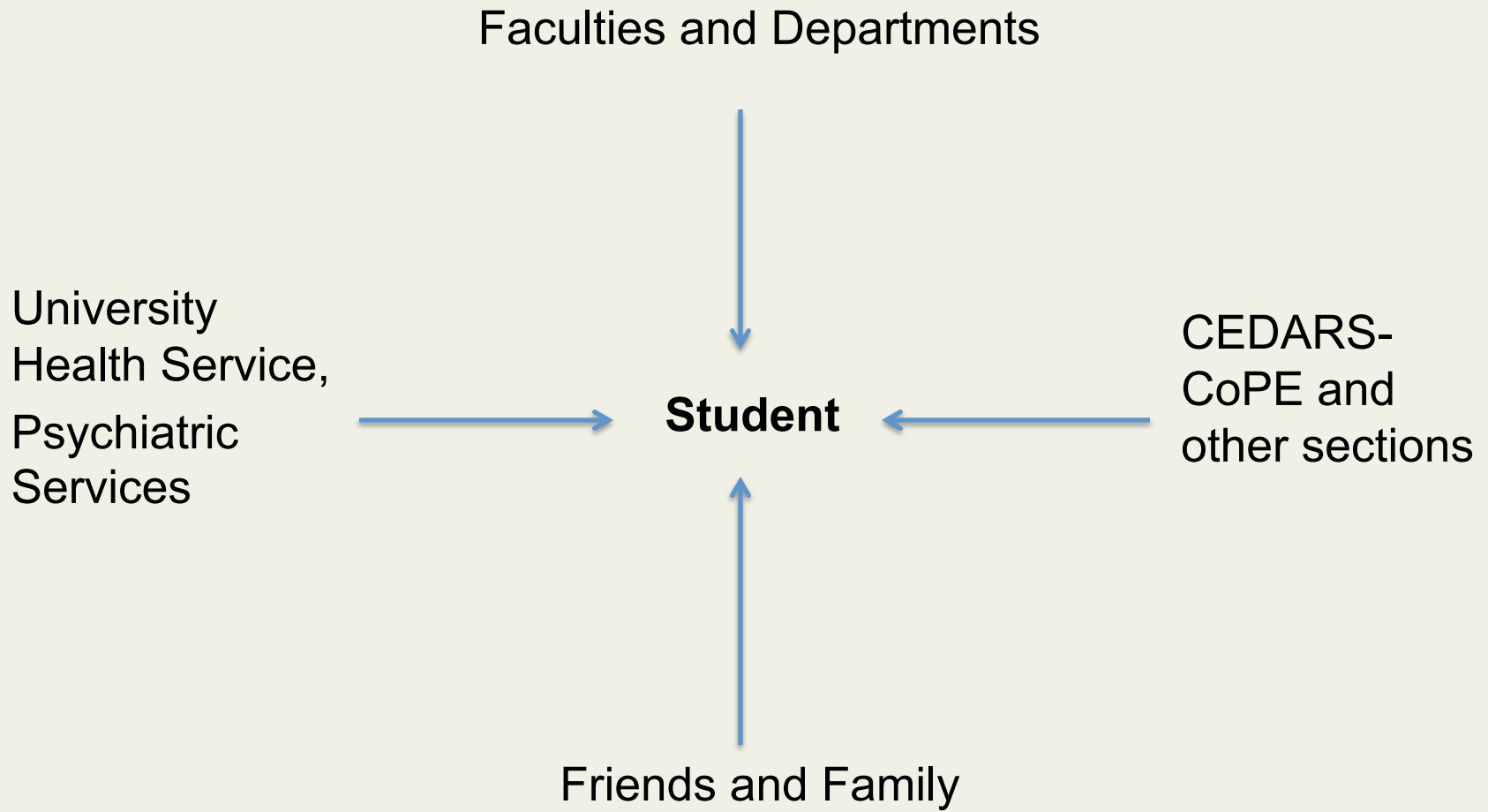
- Study
- Relationships
- Family



Major Clinical Conditions

- Depression
- Anxieties (GAD, Social Anxiety, OC)
- Adjustment
- Sleep
- Eating

Joint Care Model



Community Joint Care

- If student gives consent, we may...
 - Visit student at Hospital
 - Liaise with family/Hall and Faculty
 - Discuss with psychiatrist, etc. about follow-up plans



Alternative Strategies

First Year Experience, Mental Health Education and Psychological Well-being

Psychometer

<http://psyax.cedars.hku.hk>



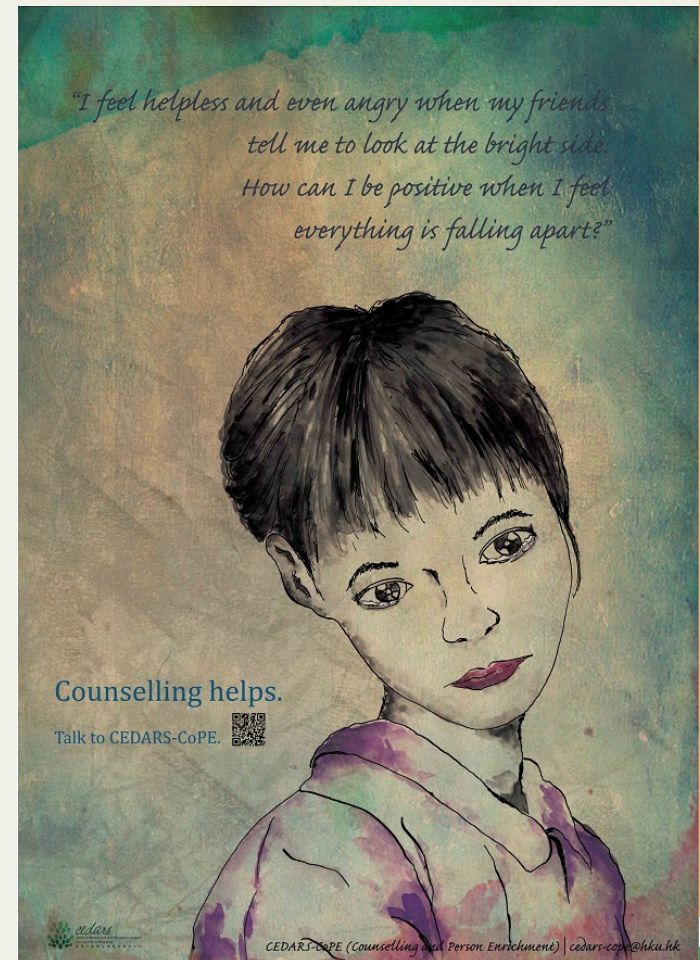
Psychometer is a one-stop online resource hub where you can deepen your self-understanding through completing various psychological tests:

- **Comprehensive**
- **Professional**
- **Personal**
- **Round-the-clock**

- ✧ Character Strengths
- ✧ Learning and Study
- ✧ Mood and Stress Level
- ✧ Personality and Trait
- ✧ Relationship
- ✧ University Adjustment

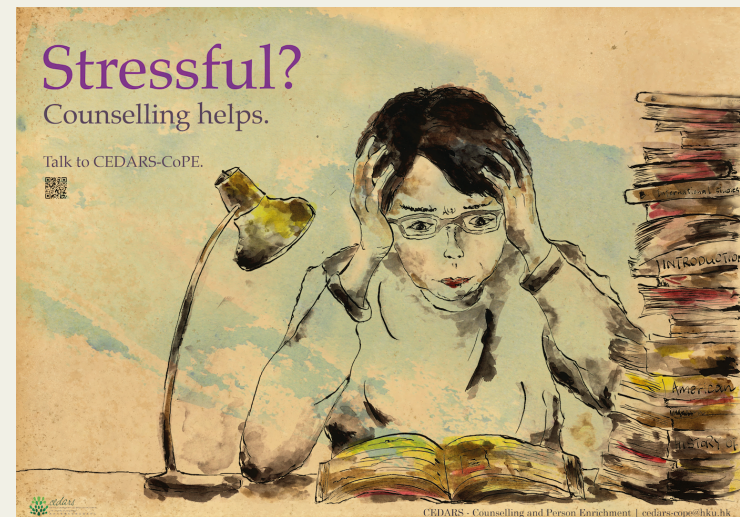
Psychometer

- Their Major Concerns:
 - Self-understanding
 - Character Strengths
 - Self-confidence
 - Psychological Health
 - Mood state
 - Stress level
 - Sleep



Psychometer

- Their Major Concerns (cont'd):
 - Relationships
 - Partner choice
 - Love style
 - Study-related topics
 - Time Management
 - Procrastination
 - Examination anxiety



PEER SUPPORT



Mental Health First Aid Course

Mental Health First
Aid Training



- Certificate course for adults (18 years old or above)
- Standard course Youth course
- Enhance mental health knowledge
- Learn strategies to deal with crisis

A Better Person



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presents

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to achieve personal breakthrough!

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PE 2.0: Leadership Capacity Building

Person Enrichment Programme 1.0 and 2.0

- Self-Discovery for Personal Success
 - e.g. Choice, Decision-making
- Self-Discipline for University Success
 - e.g. Time management, regulating emotions
- Self-Confidence for Social Success
 - e.g. Communication skills, social etiquette

Preparing Them to Serve

Building up Strength and
Resilience
