



For Immediate Release

To: Assignment Editor/Editor of Education and Local News Sections

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HSUHK seminar tackles adolescent mental health and effective communication

The Institute of Knowledge Exchange (IKE) at The Hang Seng University of Hong Kong (HSUHK) hosted a public seminar in collaboration with The Hong Kong Mental Wellness Association, the office of Shatin District Council Member Mr Cheng Ka-ho, and the Greater Bay Area Medical Professional Development Association. Titled “Transforming Risks into Opportunities: Focusing on Youth Mental Health and Effective Communication Methods”, the seminar featured several esteemed guests, including Dr Ko Wing-man, member of the Standing Committee of the National Committee of the Chinese People’s Political Consultative Conference and non-official member of the Executive Council; Mr Yu Jianwen, Deputy Director of the New Territories Work Section of the Liaison Office of the Central People’s Government in the HKSAR; Mr Cheng Yik-man, Assistant District Officer for the Shatin District; and Mr Law Man-sang, Chairman of the Area Committee for Siu Lek Yuen, Sha Tin. The event attracted over 150 participants including young individuals and frontline professionals such as school principals, teachers, parents, coaches, and social workers.

In his opening remarks, Professor Simon S M Ho, President of HSUHK, highlighted that in 2022, over 160,000 individuals under the age of 29 sought treatment at government specialist mental health clinics, marking an increase of nearly 50% compared to a decade ago. He asserted, “The Hang Seng University of Hong Kong is deeply concerned about the emotional support provided to our students. While teaching staff may not be professionals, it is essential for them to learn how to care for and support students’ emotional well-being. This support should extend beyond teachers assisting students to include fostering mutual support and encouragement among students themselves.”

Dr Ko Wing-man noted that addressing the mental health challenges faced by young people in Hong Kong is a long-term issue that requires a comprehensive approach. He emphasised “Mental health has consistently been a critical concern within Hong Kong’s healthcare services, with an escalating demand for such services. Although the number of adolescents seeking treatment is increasing, the resources available from psychiatrists are becoming increasingly inadequate”. He called for collaboration across all sectors of society to effectively tackle the emotional challenges young people face and to promote their healthy development.

Dr May Lam, the Founding President of The Hong Kong Mental Wellness Association, remarked “Every child has their unique value. It is imperative for society to recognise and embrace the differences among children. When children encounter obstacles during their development, it is essential to provide the necessary support to help them realise their potential and strengths”. Dr Lam highlighted that fostering a positive and happy growth environment is crucial for reducing stress and maintaining mental health. In today’s competitive landscape, where children are pressured to excel from an early age, adolescents experience increasing



anxiety, which can lead to emotional issues. She advised parents to grant their children more time and space to pursue their interests, illustrating her thoughts this with the analogy: “Forcing a rabbit to swim may lead to its drowning, but it can run faster and jump higher on the grass.”

Dr John Leung, Associate Vice President (Knowledge Exchange) of HSUHK and Director of IKE, Shatin District Council Member Mr Cheng Ka-ho, along with three world-class athletes — Ms He Jianxin, World Martial Arts Champion; Ms Wong Ka-lai Hong Kong judo representative for the Paris Olympics; and Mr Leung Yu-hong, World Wushu Sanda Champion— shared their stories on emotional difficulties and positive life perspectives, and encouraged students and young people to approach emotional challenges with optimism and resilience.

IKE, in partnership with the Greater Bay Area Medical Professional Development Association and The Hong Kong Mental Wellness Association, will offer a free certificate training course in adolescent crisis identification and management. This course is designed for teachers, social workers, and coaches in Hong Kong’s primary and secondary schools. The initiative aims to promote evidence-based preventive measures and early intervention strategies for children’s mental health, fostering a constructive understanding of mental health issues.

Photos:



Photo 1: President Ho emphasises the importance of caring for students’ emotional well-being and urged mutual support between teachers and students



Photo 2: Dr Ko Wing-man calls for collaboration among all sectors of society to address the emotional issues faced by adolescents and to support their development.



Photo 3: Dr May Lam encourages parents to give their children more time and space.



Photo 4: Dr John Leung (left); Mr Leung Yu-hong; Ms Wong Ka-lai; Ms He Jianxin; and Mr Cheng Ka-ho share stories on emotional difficulties and positive life attitudes.

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About The Hang Seng University of Hong Kong

The Hang Seng University of Hong Kong (HSUHK) is a non-profit private liberal-arts oriented university with five Schools (Business, Communication, Decision Sciences, Humanities and Social Science, and Translation and Foreign Languages) and over 6,000 full-time students. Adopting the unique “Liberal + Professional” education model, HSUHK aims to nurture young talent with critical thinking, innovative minds, caring attitudes, moral values, and social responsibility.

Aspiring to be a leading private university in the region, HSUHK features a primary focus on undergraduate education, top-quality faculty members, award-winning green campus facilities, innovative degree programmes, unique residential college system combining living and learning, interactive small class teaching, very close student-teacher relationship, RGC-funded impactful research, and excellent student development/support services. HSUHK is listed the 7th (overall) in the ASEAN+ region, the 1st in the Greater China region, and the 1st in Employability as per the 2023 AppliedHE ASEAN+ private university assessment by the Singapore-based AppliedHE. It is also listed among the top 200 worldwide on “Quality Education” and “Decent Work and Economic Growth” in the Times Higher Education University Impact Rankings 2021.