

Submission by the Hong Kong Psychological Society on Mental Health Policy

1. We should focus on building strengths to foster better mental health rather than just on mending and treating and rehabilitating when mental ill health has set in
2. We should start early to build character strengths in young school children through general education and built in modules in school curriculum throughout later primary school and into secondary and university education
3. We should train and equip more community partners in assisting with the task to build up better mental health for the entire community, e.g. teachers and parents in particular
4. In equipping teachers and parents with more skills, we need to: a. increase awareness and sense of importance of having good mental health, b. increase awareness of early signs and symptoms of common mental ill health, c. increase awareness of common early pathways and factors leading to mental ill health, d. increase awareness and information on sources of expert help available
5. Professional psychologists coordinated by the Hong Kong Psychological Society are both professionally able and willing to assist the Hong Kong community in fostering better mental health for all populations