



香港大學  
THE UNIVERSITY OF HONG KONG



**Students as Partners:**  
Community of Practice Seminar

# Developing a Collaborative Network of University Mental Wellness Through a Student-Staff Partnership

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12:29

In the past year, what are the issue(s) that troubles you? (You can select more than one option)

Academic

Friends

Romantic relationship

Family

Finance & career

others, please specify

← →

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153 (14%) related to MH problems

606 (55%)

210 (19%)

20 (2%) related to MH problems

480 (44%)

65 (6%) related to MH problems

53 (5%) related to MH problems

227 (21%)

44 (4%) related to MH problems

224 (20%)

HKU survey co-developed with UG students in Jul/Aug 2021 (valid n=1,095)

- 475 (43%) screened positive for depression risk
- 200 (18%) self-reported mental health issues



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# **Where to put our resources (time, money, effort): student-led or university-developed mental health promotion programmes?**

(SOWK3091 Mental Health Sciences & Society  
– Class Debate sample question)



<https://www.studentminds.org.uk/co-productionguide.html>

**Co-producing Mental Health Strategies with Students:  
A Guide for the Higher Education Sector**

Rachel Piper and Talia Emmanuel

student  
minds

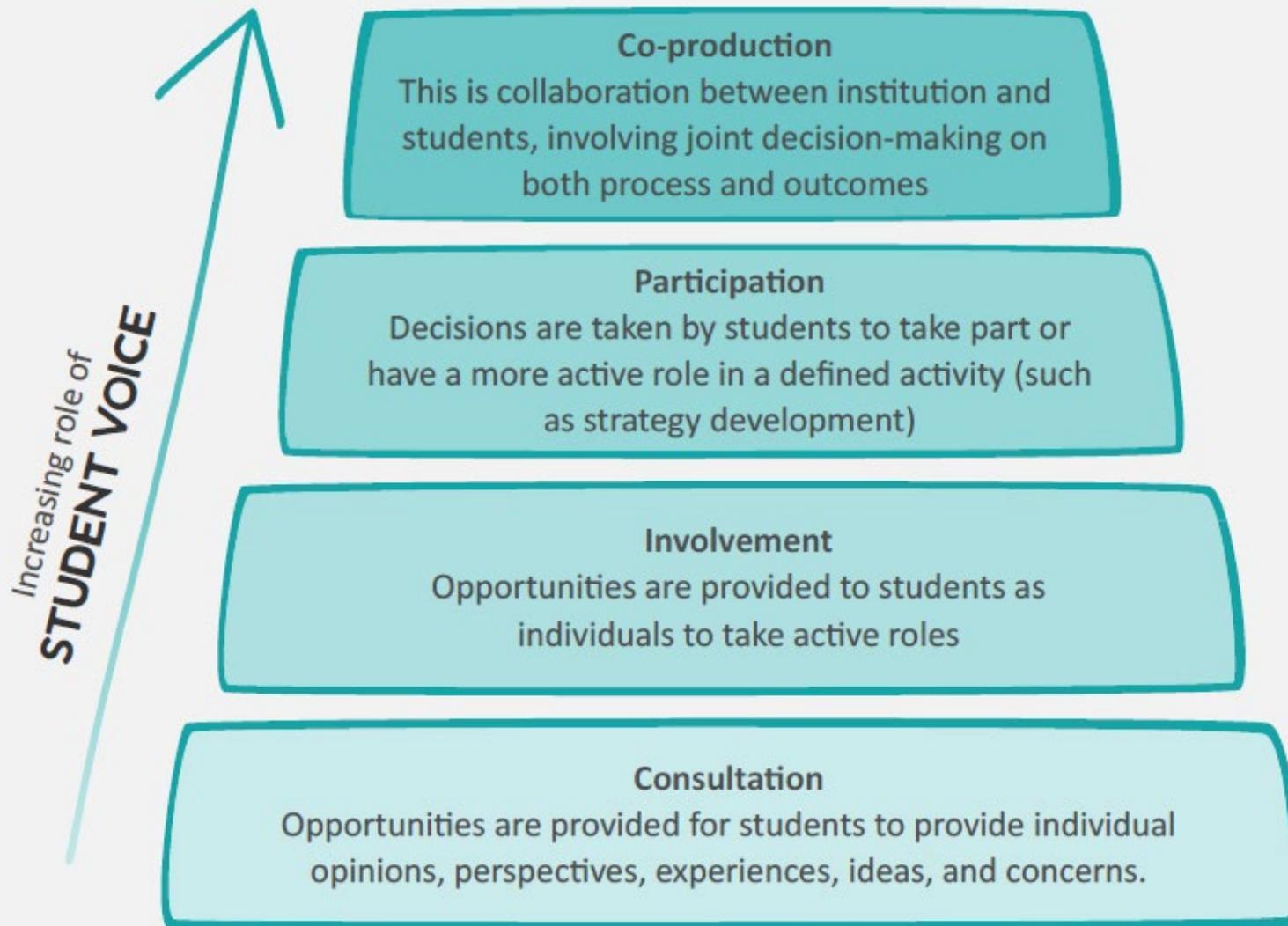


Figure 2 - Increasing the role of student voice Adapted from Healy et. al. (2014, Higher Education Academy)

U21 University  
Mental Health  
Declaration  
endorsed in  
May 2020  
(excerpt)

[https://u21health.org/  
u21-university-mental-  
health-group](https://u21health.org/u21-university-mental-health-group)

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**Principle 1:** The University and everyone in its community commits to its role in creating, promoting and sustaining a **positive environment** for optimal mental health and wellbeing amongst its **staff and students**

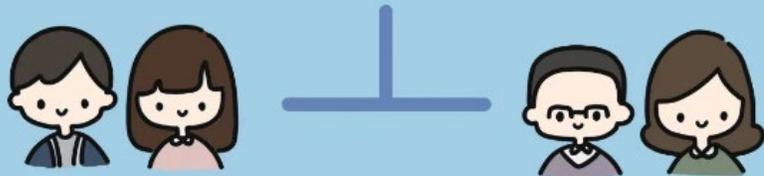
**Principle 2:** **Students and staff** are at the heart of our concern; therefore all discussions and delivery of improved services around mental health will **consult and engage** with the community it aims to serve.

**Principle 3:** The University commits to its role in **linking staff and students** who require additional support for their mental health to professional and evidence-based mental health supports either on-campus or off-campus.

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@wellness.hku



### Wellness @ HKU 係首個 學生－教職員 雙方合作嘅心理健康計劃

Wellness @ HKU the first student-staff collaboration group to develop a comprehensive approach to promote wellness at HKU

成員嚟自HKU唔同Department嘅教職員同學生，  
旨在聯合大家，去改善港大學生嘅心理健康。

We are HKU staffs and students from different HKU departments.  
We aim to collectively contribute to supporting recovery and promoting wellness for students.

## 2023年嘅上半年我哋會 檢閱以下校園現有嘅服務，並收集相關意見

In the first half of 2023, we will work on reviewing and collecting ideas on existing services available in 4 four areas



### 專業心理及健康服務

Professional mental health and wellness services



### 教與學

Teaching and learning



### 朋輩及非正式支援

Peer and informal support



### 全人發展

Whole-person development

Coming up next (starting Jul 2023)

## [UGC] Project W<sup>2</sup>: Whole-person development & Wellness co-production with HKU students