



## Service Priorities and Programmes Electronic Presentations

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### **Mental Health Promotion Programme: “Recovery - Be My Way” 4-Panel Comic Drawing, Colouring and Writing Competition**

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#### **Keywords:**

Mental Health Promotion

Community Partnership

#### **Introduction**

“There is no health without mental health” (World Health Organization, WHO). Good mental health is related to physical and psycho-social well-being. Therefore, promotion of mental health, prevention of mental disorders and care of people with mental disorders are very important aspects in society (WHO). Recently, global promotion of 10 core components in recovery of mental health are taken place. They includes “self-direction”, “individualized”, “empowerment”, “holistic”, “non-linear”, “strength-based”, “peer support”, “respect”, “responsibility” and “hope” (APA, 2012). In order to promote these recovery concepts and increase the awareness of mental health in the public, a series of programmes were organized since 2016. People with mental disorders experiences some forms of “shame” and “discrimination” (WHO). Besides, co-operation and participation of all community members in mental health promotion have been found to be significant factors for the success of planned mental health programs (Barry & Jenkins, 2007). Therefore, we planned to involve people since young so that they could take of their own mental health and people around them. As a result, school students and community partners were invited to participate our program this year.

#### **Objectives**

-enhance communication and partnership with schools and community partners  
-increase the awareness of mental health in the community  
-increase the understanding of recovery concepts in the community  
-promote mental health in the public  
-reduce the stigmatization from the public

#### **Methodology**

1)The 4-Panel Comic Book - “Recovery - Be My Way” was published  
2)10 mental health recovery concepts were illustrated into 10 stories in the comic book  
3)With reference of the comic book, the 4-Panel Comic Drawing, Colouring and Writing Competition was launched  
4)The comic books and competition posters were distributed to the primary and secondary schools, and community partners  
5)Masterpieces would be collected for the selection of winners  
6)The Prize Presentation Ceremony would be held in 27 Jan 2018  
7)Questionnaire were distributed to review the knowledge and understanding of the participants after the

ceremony

**Result**

1)Totally 1471 masterpieces were received. 2)Totally 138 students, relatives, teachers, recovered clients and community partners were participated in the ceremony. 3)47 questionnaire were collected after the ceremony and the summaries were: a)Increase the awareness of mental health after the program: 6% agree; 49% very agree; 45% strongly agree b)Increase the understanding of Recovery Concepts after the program: 8% agree; 47% very agree; 45% strongly agree c)Promote mental health more actively after the program: 8% agree; 43% very agree; 49% strongly agree