1. Is it possible for us to get the data for UST Students’ mental health condition? (They must have some survey) → Maybe the DASS
   1. Don’t have a survey every year for students but from counselling sessions, most likely they have some mood concerns and psychological disorders and stress from **academic issues** or **family issues**.
   2. **Professional Advice: 3 clinical psychologists & workshops oragnised by counselling wellness centre (meditation, wellness etc.). When situations get critical → seek out external help**
   3. Generally → depression and anxiety→ bipolar, eating disorders, traumas
2. What stops ust students seeking counselling service from wellness center?
   1. **in hk, labelling effect-> need to be tough**
3. **From their experience (and professional opinion), what they think would be a useful tool for students?** 
   1. To help students to solve their own problems → counselling (needs initiative from students)
   2. To reach out to groups of students → workshops (because of hlth1010, need to fulfill so students are forced to join)
   3. Students don’t really have motivation/ incentive to go
   4. Dog therapy :)))))
4. Whether they have any stats on the percentage of students joining mental health-related events
   1. Can go up to 800 if hlth1010, only 30 if not hlth1010 → lack of initiative
   2. Mostly year 1 students, not many senior students
   3. **Internationals are more willing to seek help (but since away from HK, need additional support(?)) → make more awareness**
   4. **½ ½ local (many get referral) and international despite locals are more dominant**
   5. **last year’s data:** 
      1. **Overseas: 310 (20%)**
      2. **Hong Kong: 693 (46%)**
      3. **Taiwan, Macau, Mainland: 518 (34%)**

1. Talk about the different features we have and ask their opinions on their respective effectiveness and whether it can be sustainable (not just popular for a few months)
2. **Are the counselors able to help us for private 1-1 chat?** 
   1. what if the situation becomes critical? → refer to wellness center
3. **Suggestions on the online forum? eg Effectiveness of it**
   1. wellness centre also wanted to make a board similar to the online forum but didnt end up doing it due to possibility of negative comments → needs a lot of manpower to manage the online forum
   2. when you start with online forum, can say ‘we have a team to spot negative comments sowe have the right to remove such content”
   3. Would online forum be beneficial for students (to themselves and each other)?
      1. who will answer/reply the posts → admin or just random people → how to keep conversation going?
         1. we can have everyone answer OR
         2. we can limit the number of people who respond to the message (message in a bottle → pen pal → don’t know where it would → if he or she reply back to you, can send it back)
      2. Students are usually not very willing to share their own feelings → hard to sustain in-depth convo
      3. Without instant feedback, negativity up? → gotta make sure the post have feedbacks
4. **What stops people from reaching out?**
   1. A lot of people (in HK) believe that you have to look strong → still have stigma around mental health (dont want to acknowledge that they have problems) → which is why they say “counselling & wellness” instead of mental health support
   2. not just emotional support -> wellness center also gives direction
5. **Meditation/Mindfulness feature?**
   1. Workshop Not very often held so these features could be helpful (once a semester or once a year)
   2. She thinks it would be a good idea because it would encourage daily mediation because health and wellness centre are nto able to have this workshop frequently (at most 30 minutes practice sessions)
6. **Contact person**

**Julie**

**Launched Last sem -> Counselling Chat platform -> Whatsapp and weChat**

**recruit senior PC -> as a buddy**

# Minutes

* Wellness center has:
  + Chat box
    - **NO in-depth conversation**
    - Using WA and WeChat (scan QR code)
    - Make friends/mentor students
    - How many students did this scheme reach? Or any stats?
      * Don’t have specific stats but around 10-20 people (only for about a month)
    - 1 on 1 peer mentor
      * mentors: professionally trained (trained for 1 year)
      * basic skills → how to communicate, deal with people with suicidal thoughts
  + Workshops - collaborations with NGOs/community
    - training sessions/give advice
* We are thinking to make it anonymous
  + Also have meditation advice/online forum