

# Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24

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## Academic Hustle, Personal Life: Striking a Balance – A Focus on Student Wellness

### Mr. Ho Chung Wai Tom

Senior Clinical Psychologist  
Health Promotion Branch  
Department of Health, HKSAR

**Date: November 21, 2023 (Tuesday)**

**Time: 11:00 a.m. – 11:20 a.m.**

**Venue: Convocation Room, Room 218, Main Building, HKU**

#### Overview:

Some people mistakenly think that the absence of mental disorder means mentally healthy, or people who suffer from mental illness cannot have good mental health. The fact is, the absence of mental illness is not the same as mental health. Mental health involves many aspects, such as personal autonomy, coping well despite existing problems, realizing potential, satisfactorily connecting with others and contributing to others and society, etc. The Advisory Committee on Mental Health and the Department of Health implement a mental health promotion and public education initiative named "Shall We Talk". Through an array of traditional and emerging publicity channels in the community, the initiative reaches out to all walks of life, with an aim to promote mental health and eliminate stigmatisation towards persons with mental health needs, in order to build a mental health friendly community. The session has the following objectives:

- 1) To discuss the concept of mental health friendly society, and common misunderstandings around mental health;
- 2) To introduce the resources available at "Shall We Talk"; and
- 3) To provide practical tips on how to balance academic work and personal life.

#### About the Speaker:

Mr. Ho Chung Wai Tom is a Senior Clinical Psychologist at the Health Promotion Branch of the Department of Health. Ho is a keen advocate in supporting local communities' mental well-being. He had provided clinical services for children, adolescents, parents, and elderly, led mental health promotion campaigns, and offered consultation services for different mental health programmes over the past twenty years. In recent years, Ho has participated in the 'Shall We Talk' initiative, working hand in hand with government departments, universities, non-governmental organisations, social media specialists, and local artists to increase public engagement in mental health campaigns and raise awareness and reduce stigma on mental health issues.



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