

WORLD MENTAL HEALTH DAY



WHAT IS MENTAL HEALTH?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community (World Health Organisation).

COMMON WARNING SIGNS OF DECLINING MENTAL HEALTH

Trying to tell the difference between what typical behaviours are and what might be the signs of declining mental health isn't always easy. There's no easy test that can let someone know if they are struggling with mental health issues or if actions and thoughts might be typical behaviours or the result of a physical illness.

Each condition has its own symptoms, but common signs of declining mental health in adults and adolescents can include the following:



Feeling anxious or withdrawn



Feeling tired and low energy



Changes in mood or behaviour



Difficulty making decisions



Loss of interest in activities



Changes in interactions with others



Change in sleeping or eating habits



Increased substance use

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?

Don't be afraid to reach out if you, or someone you know, needs help.

Government Mental Health Support Hotline In Hong Kong Contact Tel Number: 18111

NGO Mental Health Support Hotlines In Hong Kong

- Baptist Oi Kwan Social Service Contact Tel Number: 2535-4135
- Joyful Mental Health Foundation Emotional Support Hotline: 2301-2303
- Samaritans Hong Kong Contact Tel Number: 24 hours multilingual hotline: 2896-0000 or via email on jo@samaritans.org.hk
- Samaritan Befrienders Contact Tel Number: 24 hours Chinese hotline 2389-2222, English hotline 2389-2223

In case of an emergency, or if you are seriously worried about the safety of yourself or someone else, please call 999 or visit your nearest emergency room immediately.



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