

Mental Health Ambassador



Complete the following:

1. Know the causes and symptoms of common mental disorders in Hong Kong:
 - (a) Anxiety disorder
 - (b) Depression
 - (c) Bipolar disorder
 - (d) Dementia
 - (e) Addiction (e.g. game addiction, internet addiction, etc.)
 - (f) Post-traumatic stress disorder
2. Know and explain the common misconceptions of mental disorders.
3. Know the community support related to mental health, and introduce four different ways of asking for assistance such as hotline, internet, mobile apps, counselling, consultation with doctor, etc.
4. Familiarize the following methods of maintaining mental health and self-care:
 - (a) Mindfulness
 - (b) Interpersonal connections
 - (c) Positive psychology
 - (d) Exercising
 - (e) Stress management
5. Complete one of the following and report to assessor:
 - (a) Understand the living habits of two Scout members and give them advice to improve their mental health.
 - (b) Understand one of the worries of two Scout members, give them advice and encouragement.
 - (c) Instruct two Scout members one of the methods mentioned in item 4 above.