



## 簡介 Introduction

兒童身心健康服務致力於讓兒童建立健康情緒及社交發展，從不同介入面為有需要的兒童及青少年提供多元化服務，以提升他們處理情緒和抗逆能力以面對成長的挑戰。

Mental Wellness Service for Children emphasizes on establishing children's health in emotional and social development and provide diversified services for children and teenagers in need with different interventions and therefore enhancing their resilience to face challenges in growing up.

## 服務目標 Service Goals

1. 與學校及社區團體合作，為家長老師及學生提供情緒健康教育

To collaborate with schools and community partners to deliver psychoeducation on mental wellness for students, parents and teachers.

2. 辨識風險因素較高的兒童及青少年作出預防和及早介入的工作

To identify children and teenagers at higher risk and make prevention and early intervention work.

3. 為正面對情緒困擾之兒童及青少年，提供多元化及家庭為本的輔導服務

To provide individualized and family-oriented intervention services for children and teenagers who are experiencing emotional distress.

## 服務內容 Service Content

### 1. 社區教育 Community Education

舉辦各類教育活動，包括展覽、講座及工作坊，讓家長以至公眾加深認識及關注兒童及青少年情緒健康，並識別有需要之家庭。

To organize various educational activities, including exhibitions, talks and workshops, to raise the awareness of parents and the public towards emotion wellness of children and teenagers and to identify families in need.

### 2. 健康情緒小組 Emotion Wellness Groups

按著兒童及青少年不同的認知發展剪裁小組內容，結合故事、藝術與心理治療元素，讓兒童輕鬆學習情緒調節及建立健康行動習慣，減輕焦慮及情緒困擾的影響。形式包括不同類別的藝術治療小組、接納與承諾治療及認知行為治療小組。

Evidenced-based intervention approach combined with storytelling and artistic elements are used in the group. Children and teenagers can learn how to regulate their emotions and establish healthy habits and thereby minimize the negative impact of anxiety and emotional distress.

### 3. 家長支援小組 Parents Support

為家長提供小組或課程以提昇親職信心及對自身及子女情緒處理的掌握，內容如：子女管教課程、子女溝通課程、靜觀減壓家長小組、接納及承諾治療家長小組等。

To support parents through support group or workshops to enhance parental effectiveness and know-how to handle children's emotions.

### 4. 個別及家庭輔導

#### Individual and Family Counselling

以兒童、青少年、家長或家庭為單位，及早提供適切的心理治療及輔導服務，包括評估及診斷、治療及訓練、輔導、轉介及支援服務等。

To provide appropriate psychological treatment and counselling services for children, teenagers, parents or families with family-based approach, including assessment, counselling or psychotherapy, referral and support services.

#### 輔導形式包括：

##### Types of counselling:

讓兒童及青少年透過接納、安全的遊戲空間抒發情緒、發掘自我和重整困擾經歷，從而促進健康心理成長。

Play Therapy allows children and teenagers to express their feelings, explore themselves and reorganize past experience through an accepted and safe creative space and thus promotes healthy socio-emotional development.

#### 遊戲治療 Play Therapy

#### 家庭治療 Family Therapy

從家庭系統介入以改善兒童青少年及家長的情緒健康。

Family therapy is to facilitate systemic change of the family interactional patterns to improve emotional wellness of children.

以多元藝術形式，包括音樂、戲劇及形體、舞蹈及視覺藝術，引導個人或小組在自由、被接納的藝術創作空間裡，安心探索及表達思想、情感以確立健康生活方式。

Using a variety of art forms, including music, drama, dance and movement, and visual arts, to guide individuals or groups to explore and express their thoughts, emotions and choices in a free yet accepted space and therefore establish a healthy self-image.

#### 藝術治療 Art Therapy