

**11 recommendations on aspects of students' mental health and schools
as proposed in the progress report**

Short-term recommendations

- (1) By running the “Joyful@School” Campaign in the 2016/17 school year through social media and school platforms/ activities such as “School Retreat Day”, schools should promote mental health education to students and encourage a positive attitude in students in need to seek help and receive mental health service. The Education Bureau (EDB) should promote the simplified application mechanism (i.e. mini-application for grant not exceeding \$150,000), under the Quality Education Fund so schools needing resources could apply for additional funding;
- (2) Schools are encouraged to strengthen the bridging programmes for S.1 and S.4 students by adding elements that promote students' mental health, such as topics on self-esteem, problem-solving skills, positive emotions and positive relationships;
- (3) Teachers should be provided with structured gatekeeper training to enhance the early identification of and intervention for at-risk students;
- (4) Screening tools and materials should be further enhanced and developed to assist schools in the identification of at-risk students. Identified students should be promptly provided with support and appropriate referral;
- (5) In order to strengthen the arrangement for referring the students concerned to the Hospital Authority (HA) for assessment, the practice to obtain parental consent both for making referral for psychiatric evaluation and for the Hospital Authority (HA) to pass the psychiatric reports to schools for follow-up actions should be regularised to ensure students with mental health needs could receive timely and appropriate treatment and support;
- (6) A multi-disciplinary platform involving relevant healthcare, education and social professionals will be set up in the 2016/17 school year by the Food and Health Bureau in collaboration with the EDB, HA and Social Welfare Department as a pilot scheme to enhance care and support for students with mental health needs. It is recommended that the scale and the scheme be reviewed and regularised upon completion of its pilot scheme;

Medium and long-term recommendations

- (7) Positive learning experiences should be created for students. Schools are encouraged to review their existing practices in the learning and teaching domain as well as homework and examination policies on a regular basis to ensure that they are able to cater to students with different abilities, needs and capacities;
- (8) Schools should be provided with additional resources to support students at risk as well as to implement activities that promote students' mental health;
- (9) Mental health programmes and related programmes should be strengthened to increase students' problem-solving and adversity coping skills;
- (10) Gatekeeper training targeting peers should be developed to alert them to watch for signs of crisis in their fellow schoolmates; and
- (11) EDB in collaboration with schools and stakeholders should continue to step up career and life education. The latest information on further studies and jobs should be provided to students and parents to help them plan for their future. The EDB should further promote multiple academic and career pathways among parents and the communities.