

## 精神健康及共融校園守護者計劃

# MENTAL HEALTH AND INCLUSION GATEKEEPERS



**Orientation:**

- Date: 13 February 2025
- Time: 14:30 – 16:00

**Training:**

- Period: February to July
- Mental Health First Aid (MHFA) Certificate Course

(Mental Health)

- Peer Relationship Mediation (Campus Inclusion)
- Inclusive Training on Campus Diversity (Campus Inclusion)
- Program Management Skills (Service Skills Support)

**Services Opportunities:**

- Wellness Week and a chance for outside services

- Application Deadline: 5 February 2025
- Enquiry: 3411 3303
- Email: [ciesdc@hkbu.edu.hk](mailto:ciesdc@hkbu.edu.hk)

**Visits:**

- Mind Space, Castle Peak Hospital (青山醫院精神健康體驗館),
  - Date: 27 February 2025
  - Time: 13:30 – 16:30

**Wellness Skills Enhancement Workshops:**

- Forest Bathing (e.g. 森林浴體驗)

\*Certification will be awarded to Mental Health and Inclusion Gatekeepers upon successful completion

