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Holistic wellness model for youth with mental health issues in Hong Kong

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Adolescence is an important stage of development in which young people encounter many physical and psychological changes and adaptations. These experiences and challenges also affect how adolescents enter adulthood. This paper attempts to explore prevalent mental health issues among youths in Hong Kong. Previous researches show that among mentally ill adults, disorders onset for more than 50% was prior to age 24. This paper presents discussions on the mental health issues included early psychosis, depression, anxiety disorders, suicide, drug abuse, and internet addiction of youths in Hong Kong. The aforementioned mental health issues cannot be ignored and should get social concern. A holistic wellness model is recommended to enhance youth mental health from physical, psychological, social, spiritual, and family-oriented perspectives. This paper suggests early intervention and the active promotion of community education about mental health. It also recommends policy-level support for prevention from family, education, medical treatment, and social service perspectives.

Biography

Wong Lai-Moy Carman obtained her Bachelor of Social Work and Master of Education in Counseling from University of North Texas. She is a Registered Social Worker, Associate Fellow & Approved Counseling Supervisor of The Hong Kong Professional Counseling Association (HKPCA). She is a Lecturer at the Department of Social Work, CUHK, Member of Mental Health Social Workers Chapter of Hong Kong Social Workers Association, experienced social worker in Counseling and Mental Health field for more than 20 years.

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