

## Concurrent Session 2

### **Tailoring Mental Health Services to Resist Stigma and Enable Recovery: Results from a One-year Prospective Study in Hong Kong**



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#### **Biography**

Professor Winnie Mak is a Professor of Psychology and the Associate Dean of Research in the Faculty of Social Science at the Chinese University of Hong Kong. She is keen in promoting well-being in the community, advocating for human rights for all, and translating research into scalable practices. Her research mainly focuses on mental health promotion especially through technology, stigma of social minorities, and personal recovery. She co-founded *StoryTaler* 說書人, a community-based anti-stigma and mental health promotion group, with people with lived experience of mental illness, community members, and psychology graduates under the principles of co-production and equal participation.