



## Building Healthy Minds Fostering Brighter Futures



### Children's mental health ?

#### Worldwide

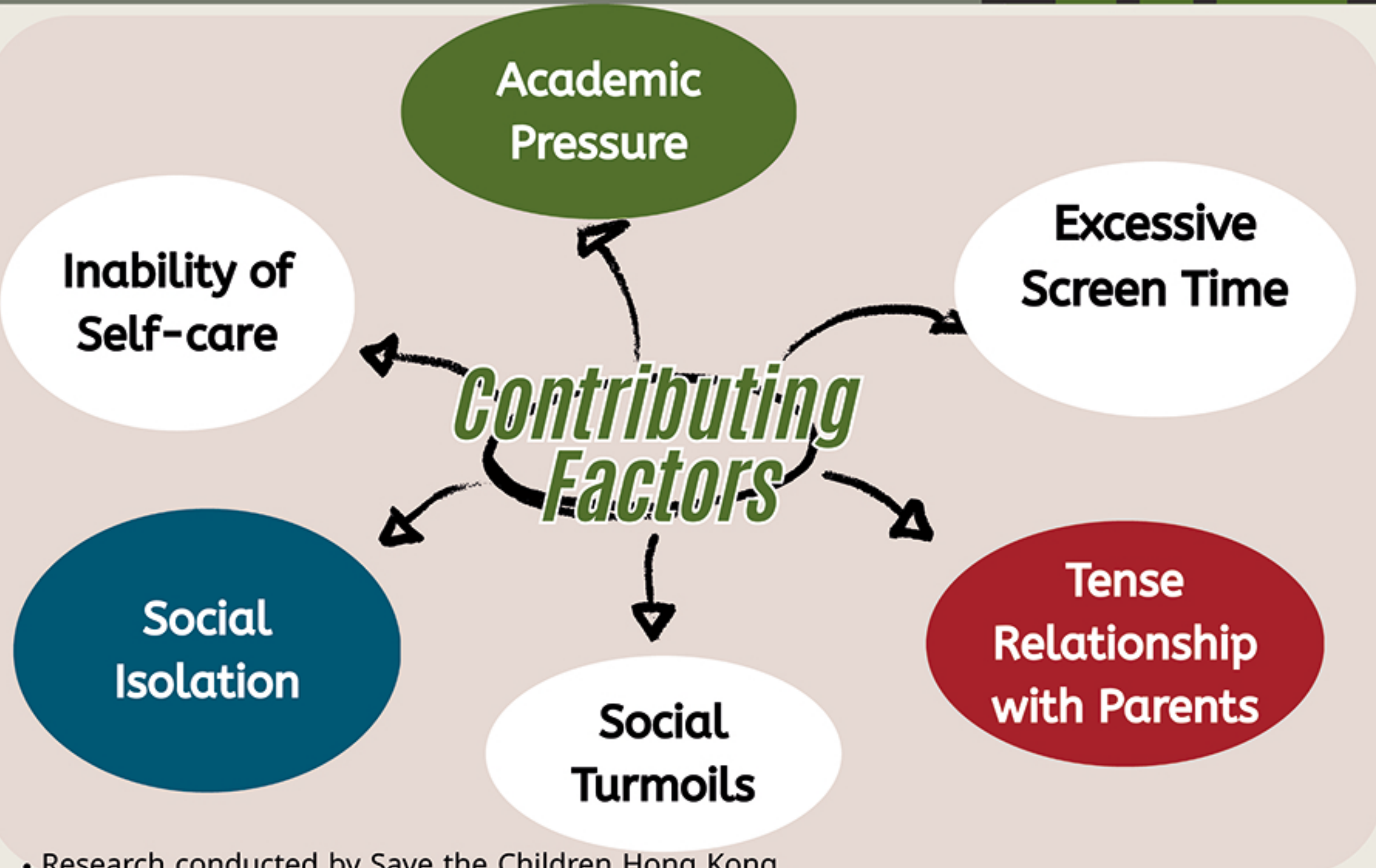
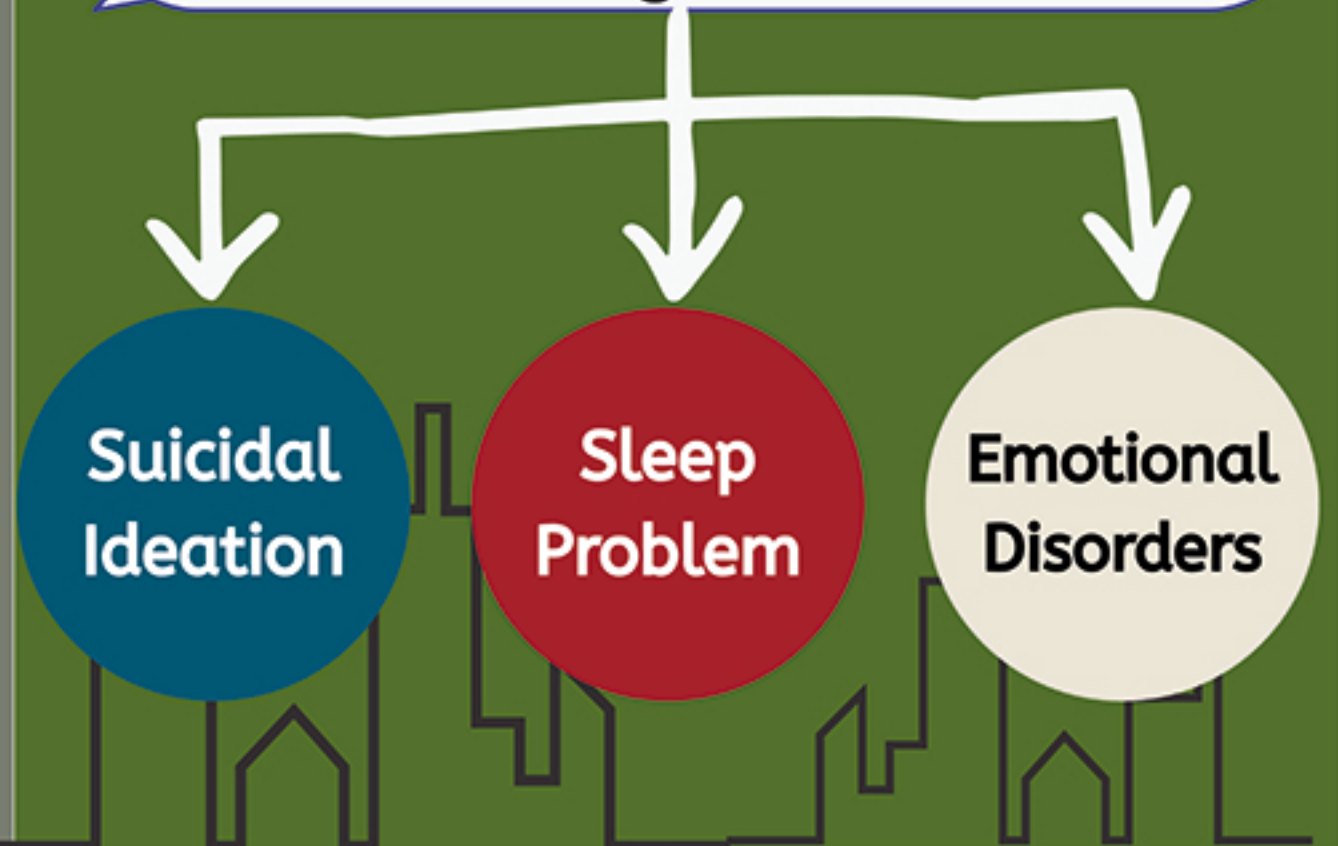
- 8% of children & 15% of adolescents experience mental disorder

#### Hong Kong

- 24.4% of children and adolescents experienced at least one mental health issue



### Prevalent mental health issues among children in HK



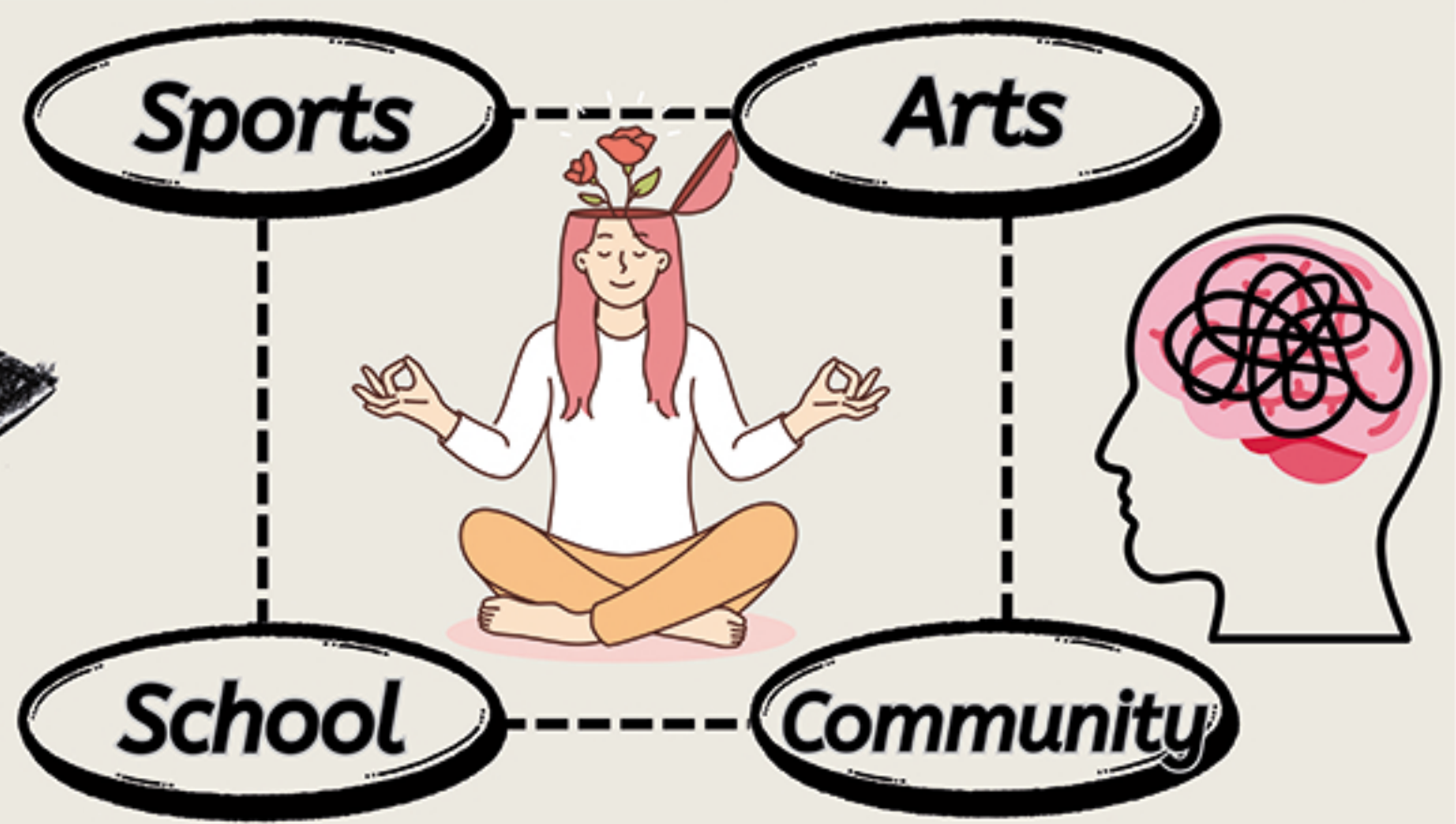
To have a look at the full report:



• Research conducted by Save the Children Hong Kong

### Local efforts of SCHK

- ✓ Play to Thrive Program
- ✓ Healing Heart and Mind Program
- ✓ Introducing Social and Emotional Learning to School
- ✓ The Art Carnival



### The Art Carnival!

#### Arts

- Art Therapy
- Generating new models of living
- Increasing self-awareness, developing sense of self
- Improving mental health

#### Sports

- Engagement in Sports
- Better mental health
- Higher positivity, greater life satisfaction
- Team sports outperform individual sports in enhancing mental health



### References

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