



Mental Health Resources

“Infotainment” for teenagers -
YouthCan



**Emotional
Health Tips** —
Student Health Service,
Department of Health



Parenting Tips Series



Infographics



How Can I Help My Child
Who Feels Lonely?



Infographics



Managing Anxiety and
Worries in Children



Infographics



Helping Your Child Cope
with Uncertainty



Infographics



Helping Your Children to
Cope with Bereavement



Infographics



Understanding and Dealing
with Your Child's Anger



Infographics



Understanding and Dealing
with Insomnia of Your Child



Infographics



How to Handle
Conflicts with Children



Infographics



How to Help Children
Overcome
Procrastination

Internet Safety

Online Malicious Speech



Video



Infographics



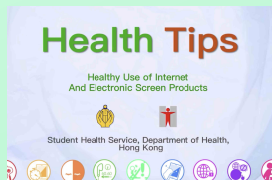
Cyber-security Tips & Practices



Video



Health Tips: Healthy Use of Internet And Electronic
Screen Products



Video



Website



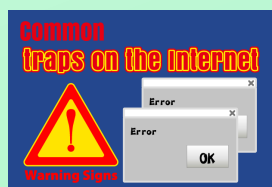
In-game purchases can become an addiction?



Infographics



5 Common Traps on the Internet



Infographics



Cyber-bullying Case Files



Video



Infographics



Emotional Distress in Children

5 ways to stop hurting yourself



Video



Infographics



7 good habits to prevent and cope with stress



Video



Infographics



Myths about Depression



Video



Video



Infographics



Build Resilience



Video



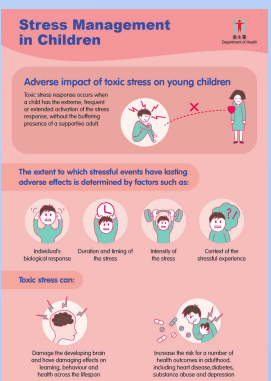
When witnessing a serious incident



Infographics



Stress Management in Children



Infographics



Exam Stress in Children

I'm stressed about exams. What can I do?



Video (Chinese version only)



Infographics



Tips for Healthy Sleeping



Video



Encouraging Messages for DSE Students



Infographics



Parenting

How to Praise Our Children



Video



The key to a Good Connection at times of Conflicts

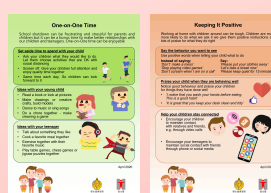


Infographics



Stress under the Pandemic

COVID-19 Parenting



Infographics



How to Stay with Children during the Pandemic



Video (Chinese version only)

