



# Mental Health Resources

“Infotainment” for teenagers -  
**YouthCan**



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



## Self-Care Tips Series



Infographics



I Feel Alone



Infographics



Symptoms of Maladaptive Anxiety



Infographics



Living in Uncertainty



Infographics



Coping With Bereavement...



Infographics



Understanding and Dealing with Anger



Infographics



Understanding and Dealing with Insomnia



Infographics



How Do You Respond to Conflicts with Others?



Infographics



How to Stop Procrastinating

## Internet Safety

Online Malicious Speech



Video



Infographics



Cyber-security Tips & Practices



Video



Health Tips: Healthy Use of Internet And Electronic Screen Products



Video



Website



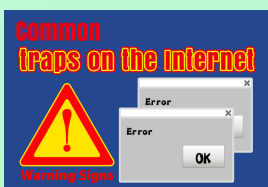
In-game purchases can become an addiction?



Infographics



5 Common Traps on the Internet



Infographics



Cyber-bullying Case Files



Video



Infographics



# Emotional Distress

Come on! Stop your impulse



Video (Chinese version only)



Infographics



Myths about Depression



Video



Video



Infographics



Stop recalling anger experiences



Video (Chinese version only)



Infographics



7 good habits to prevent and cope with stress



Video



Infographics



5 ways to stop hurting yourself



Video



Infographics



Build Resilience



Video



When witnessing a serious incident



Infographics



## Exam Stress

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



Video (Chinese version only)



Infographics



Exam is coming... dealing with anxiety DIY



Infographics



It Cannot Stress Me Out



Infographics



Encouraging Messages for DSE Students



Infographics



Ready... Get set, Go!



Infographics



Tips for Healthy Sleeping



Video



## Interpersonal Relationship

I want to refuse, but I don't know how to do it



Video (Chinese version only)



Infographics



5 little tips to let Mum and Dad know you care about them



Video



Infographics



Let go of criticism and express what is needed



Video (Chinese version only)



Infographics



A Perfect Friend



Video



Infographics



Build quality friendships



Infographics



Love Friendship



Video



Infographics



## Self-identity

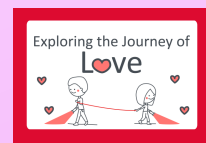
Self-understanding



Infographics



Infographics



Video



Infographics

