

有關精神健康的參考資源	
1. 「校園・好精神」	
	「校園・好精神」網站 → <a href="https://mentalhealth.edb.gov.hk/">https://mentalhealth.edb.gov.hk/</a>
	「識別求助訊號 成為生命守門人」專頁 → <a href="https://mentalhealth.edb.gov.hk/tc/early-identification-at-the-selective-level/early-identification-of-at-risk-students/gatekeeper.html">https://mentalhealth.edb.gov.hk/tc/early-identification-at-the-selective-level/early-identification-of-at-risk-students/gatekeeper.html</a>
	「提升學生抗逆力」專頁 → <a href="https://mentalhealth.edb.gov.hk/tc/promotion-at-the-universal-level/promotional-resources-for-schools/62.html">https://mentalhealth.edb.gov.hk/tc/promotion-at-the-universal-level/promotional-resources-for-schools/62.html</a>
2. 社區資源及求助熱線	→ <a href="https://mentalhealth.edb.gov.hk/tc/early-identification-at-the-selective-level/helplines-and-community-resources.html">https://mentalhealth.edb.gov.hk/tc/early-identification-at-the-selective-level/helplines-and-community-resources.html</a>
3. 精神健康推廣 – 電子海報及小錦囊	→ <a href="https://mentalhealth.edb.gov.hk/tc/promotion-at-the-universal-level/index.html">https://mentalhealth.edb.gov.hk/tc/promotion-at-the-universal-level/index.html</a>
4. 教育局 – 家長智 Net	→ <a href="https://www.parent.edu.hk/">https://www.parent.edu.hk/</a>
5. 陪我講 (Shall We Talk) 計劃	
	陪我講 (Shall We Talk) 網站 → <a href="https://shallwetalk.hk/zh/">https://shallwetalk.hk/zh/</a>
	學生精神健康資訊 → <a href="https://shallwetalk.hk/zh/school/students/">https://shallwetalk.hk/zh/school/students/</a>
	教師精神健康資訊) → <a href="https://shallwetalk.hk/zh/school/teachers/">https://shallwetalk.hk/zh/school/teachers/</a>
	家長精神健康資訊 → <a href="https://shallwetalk.hk/zh/school/parents/">https://shallwetalk.hk/zh/school/parents/</a>
6. YouthCan	
	YouthCan 網頁 → <a href="https://www.youthcan.hk">https://www.youthcan.hk</a>
	影片庫 → <a href="https://www.youthcan.hk/zh-hk/videos.html">https://www.youthcan.hk/zh-hk/videos.html</a>
	訊息圖庫

		→ <a href="https://www.youthcan.hk/zh-hk/infographs.html">https://www.youthcan.hk/zh-hk/infographs.html</a>
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