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PODCAST

SPECIAL: GETTING YOUNG PEOPLE'S VOICES HEARD | KELLY SUPPORT GROUP

BY #IMPACT PODCAST | OCTOBER 22, 2019



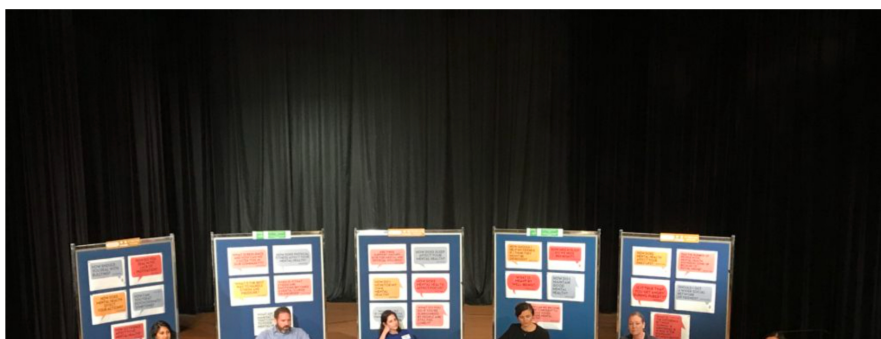
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At #impact Podcast, we are dedicated to bringing more voices to the channel that deserve to be heard. We are so thrilled that we get to team up with our Charity 4 Beneficiary KELLY Support Group (KELY) to bring you this special episode featuring young people's voices.

KELY Support Group (KELY) is a Hong Kong-based nonprofit organisation whose mission since 1991 is to equip young people with the skills, knowledge, and opportunities needed to support themselves and each other. They envision a world where young people are empowered to reach their full potential.

KELY collaborates with schools and other partners to offer programmes to Chinese- and English-speaking youth between the ages of 14 and 24 around our three core focus areas: 1) Drug and Alcohol Awareness, 2) Mental Health and Wellbeing, and 3) Positive Youth Development.





At the Talk2Me WIS Mental Health Workshop Feb 2019. Photo Credit: [KELY Support Group](#)

In this episode, you hear from two young community members of KELY Support Group, Lilybelle and Christine, that share their personal stories and views regarding mental health and wellbeing.

Joined by representatives of the KELY Team, Rosanna and Miki, as well as Lilybelle's mother Susan, you get to listen in as these two young women highlight that youth nowadays are facing different stress such as academic stress, high expectation from parents and working stress etc. In their experience, their peers are often trying to hide their emotions instead of sharing their feeling with others.

It's about how we value ourselves.

Christine

In this very intimate conversation, Lilybelle and Christine share that they fear of what other people think and say about them and they agree that mental health issue will not only affect an individual's emotion, but also physical health.



Students join KELY's Talk2Me Programme. Photo Credit: [KELY Support Group](#)

They reckon that peer support is vital to cope with mental health issues as it increases young people's ability and confidence to recognise and respond to issues among friends and peers.

To alleviate youth's mental health problem, they suggested that the government, schools and NGOs implement appropriate measures to raise the awareness of the general public.

We just need to be reminded more often that it's going to be ok.

Lilybelle

In this Episode you will also learn about the impactful programmes of KELY Support Group and how they are making a positive impact in young people's lives.

GET IN TOUCH

- Find more information about KELY Support Group at <https://kely.org>
- Get in touch with the KELY team at contact@kely.org
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