

Operation Santa Claus

+ FOLLOW

Hong Kong / Society

Coolminds initiative aims to teach young Hongkongers how to better manage their mental health

- Joint programme by Mind HK and KELY Support Group is among beneficiaries of Post's Operation Santa Claus charity drive
- We want people to know it's OK to talk about mental health, it's not something to hide, says project manager Cecilia Yiu

Wynna Wong + FOLLOW

Published: 10:00am, 20 Nov, 2020

Why you can trust SCMP

TOP PICKS

Developing young tech talents for a growing I&T hub

Paid Post: CoolThink@JC



Magazines

Reality star no more: inside Rob Kardashian's impressive net worth
2 Jul 2022



Magazines

Meet Elvis Presley's 'stepson' Navarone Garibaldi
3 Jul 2022



This Week in Asia

Trouble in Paradise: George Clooney, Julia Roberts film stirs debate in Indonesia
4 Jul 2022



News

End of 'Angola model' sees number of Chinese in oil-rich country plummet
3 Jul 2022



189

- Facebook icon
- Twitter icon
- WhatsApp icon
- Telegram icon
- Instagram icon
- Print icon
- Post icon
- Bookmark icon



Coolminds project manager Cecilia Yiu and programme coordinator Nanki Luthra. Photo: May Tse

Depression and anxiety continue to be the leading mental health conditions plaguing Hong Kong youths, according to two groups collaborating to help local youngsters.

Academic pressure and family strain are the main causes of distress, according to staff at Coolminds, a joint project between Mind HK and KELY Support Group. And the Covid-19 pandemic has not made life any easier.

"Classes have all changed from in-person to online," said Nanki Luthra, Coolmind's programme coordinator. "Kids are stuck at home more and that means more conflict with family members. There is also the loss of social interaction with friends that young people crave."

SCMP Poll
What is your annual income

Magazines

Meet Karan Adani, son of Asia's richest man Gautam Adani

3 Jul 2022



Magazines

Was Michael Jackson and Lisa Marie Presley's marriage real?

2 Jul 2022



Magazines

21 mirror-image female celebrities who look so similar they could be twins

2 Jul 2022



News

Mahathir proud Malaysia-born Penny Wong is Australia's foreign minister

3 Jul 2022



Lifestyle

5 Asian moments in Sex and the City, from Lucy Liu to a dim sum pun

9 Dec 2021



Lifestyle

Memes are helping people cope with the pandemic, study suggests

31 Oct 2021



5 trending wellness habits in Hong Kong

Paid Post: HSBC



Cecilia Yiu and Nanki Luthra at Mind HK's office in Wan Chai. Photo: May Tse

She noted lower-income families had been especially affected due to their limited resources.

Advertisement

“There might not be enough computers at home for all the siblings to work on, and even if there are, the entire family is sharing bandwidth that may not be enough,” she said.

The Coolminds project is funded by global investment bank Morgan



“There might not be enough computers at home for all the siblings to work on, and even if there are, the entire family is sharing bandwidth that may not be enough,” she said.

The Coolminds project is funded by global investment bank Morgan Stanley through Operation Santa Claus (OSC), an annual charity fundraiser that has been hosted by the South China Morning Post and public broadcaster RTHK since 1988. This will be Coolminds' second year working with OSC and the banking giant.

According to Coolminds project manager Cecilia Yiu, the initiative, set up last year, takes a three-pronged approach to the mental health of young people by educating students, parents and teachers. The programme holds seminars and workshops for schools but also encourages young people to write personal stories to staff.

Another goal is to destigmatise mental health issues.

EVERY SATURDAY

Hong Kong Update Newsletter

By submitting, you consent to receiving marketing emails from SCMP. If you don't want these, tick here



By registering, you agree to our T&C and Privacy Policy

“We want people to know that it is OK to talk about mental health, it's not something to hide,” Yiu said.

Covid-19 won't last forever, but online learning here to stay, former finance chief says

27 Oct 2020



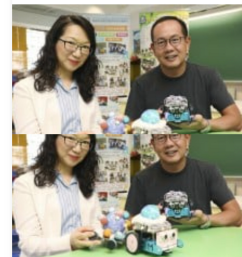
Students receive information describing mental health, how to maintain it and tips on self-care.

level?

- Under USD 150k
USD 150k - 250k
Over USD 250k

Per our Privacy Policy, data collected may be used for marketing.

Read more



Hong Kong group pushing STEM learning for all to get help from Operation...

Read more



Hong Kong school aims to help new immigrant students ease into society

“One of our best tips is to go back to basics – get eight hours of sleep, drink plenty of water, exercise, maintain a good diet ... and add an element of fun to it to make it sustainable – carry a cute water bottle, play a sport, join a team,” Luthra said.

She also raised the importance of “checking in” with oneself by practising mindfulness.

“We often teach youths about the ‘circle eight’ trick – where they draw an invisible circle in the palm of their hand with a finger, and breath in synchronisation,” she said. “It’s easy and you can do it anywhere – while waiting for the bus or before an exam, and many of our service users say it really helps with anxiety.”

Parents, meanwhile, are given tips on how to talk to the young people in their lives, while educators are taught how to approach students and bring up the topic of mental health in a classroom setting.

You can make donations to Operation Santa Claus [here](#)

CONVERSATIONS



Operation Santa Claus
Mental health

Hong Kong / Education

Hong Kong organisation pushing STEM learning for all is among this year’s Operation Santa Claus beneficiaries

- The Hong Kong Children in Need Foundation is committed to ensuring that all primary students can adapt to an increasingly STEM-centric future
- It is particularly interested in making sure differences in social and economic status don’t hold some students back in the field



Rachel Yeo

+ FOLLOW

Published: 10:00am, 6 Nov, 2020

[Why you can trust SCMP](#)

Operation Santa Claus

+ FOLLOW

TOP PICKS

Behind-the-scenes as 5 influencers share wellness tips

In partnership with:
Lululemon



Magazines

Reality star no more

20

