主題：政府推出健康心靈先導計劃 提供免費精神健康評估

A. 內容撮要：

1. 計劃概覽

- 「健康心靈」先導計劃：提供免費精神健康評估與及早支援，目標為早期識別與介入

2. 試行地點與對象

- 地點：屯門地區康健中心、油尖旺與東區地區康健站
- 對象：18 歲或以上會員；由受訓職員進行初步評估

3. 初步評估工具

- PHQ-2：抑鬱風險初篩
- GAD-2：焦慮風險初篩
- 用途：快速辨識風險，決定後續支援

4. 轉介與跟進流程

- 需要個案轉介至：新生精神康復會或香港心聆
- 由心理健康主任作進一步評估與跟進

5. 介入服務（按風險分流）

- 輕至中度焦慮/抑鬱：實證為本、低密度心理治療（指導式自助、心理教育小組），強化自我管理
- 高風險個案：轉介至精神健康綜合社區中心或社區跨專業服務，獲全面專業支援

6. 費用與可及性

- 所有評估、輔導與治療全免
- 透過社區協作加強轉介與跟進，提高可及性與時效性，減低延誤治療風險

7. 先導期目標

- 驗證流程與模式，為日後擴展至更多地區提供依據，讓更多市民及早獲支援

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B. 家長反思題：

1. 我或家人近月是否出現持續情緒困擾訊號（失眠、焦慮、意志低落）？我可以在何時、到哪個站點先做一次免費初篩？
2. 若篩檢顯示需要跟進，我可如何安排家庭支持（時間表、交通、陪同）以確保能持續參與低密度治療或轉介服務？

Subject: Government Pilot Offers Free Mental Health Assessments

A. Content Summary:

1. **Program overview**
   • "Healthy Mind" pilot program: provides free mental health assessments and early support, aiming for early identification and intervention
2. **Trial locations and target users**
   • Locations: Tuen Mun District Health Centre, Yau Tsim Mong and Eastern District Health Stations
   • Target users: members aged 18 or above; initial screening conducted by trained staff
3. **Initial assessment tools**
   • PHQ-2: preliminary screening for depression risk
   • GAD-2: preliminary screening for anxiety risk
   • Purpose: quickly identify risk and decide follow-up support
4. **Referral and follow-up process**
   • Cases needing referral go to: New Life Psychiatric Rehabilitation Association or Mind HK
   • Further assessment and follow-up by a Mental Health Officer
5. **Intervention services (risk-based triage)**
   • Mild to moderate anxiety/depression: evidence-based, low-intensity psychological interventions (guided self-help, psychoeducation groups) to strengthen self-management
   • High-risk cases: referral to Integrated Community Centres for Mental Wellness or community multi-disciplinary services for comprehensive professional support
6. **Cost and accessibility**
   • All assessments, counseling, and therapies are free
   • Community collaboration enhances referral and follow-up, improving access and timeliness, reducing the risk of treatment delay
7. **Pilot phase goals**
   • Validate processes and model to support future expansion to more districts, enabling more residents to receive early support

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B. Parent Reflection Questions:

1. Have I or my family shown ongoing signs of emotional distress in recent months (insomnia, anxiety, low mood)? When and at which station can I do a free initial screening?
2. If screening shows follow-up is needed, how can I arrange family support (schedule, transport, accompaniment) to ensure continued participation in low-intensity therapy or referral services?