



Hong Kong embraces World Mental Health Awareness Week From Surviving to Thriving: Real-life Coping Skills Shared

Hong Kong, September 29, 2015 – To promote mental health awareness and strategies for greater wellbeing, the Obsessive Compulsive Disorder (OCD) & Anxiety Support HK, global partner of International OCD Foundation (IOCDF) is organising a radio broadcast about OCD, an interactive workshop on anxiety management and World Mental Health Day activities.

Minal Mahtani, Founder and Organiser, OCD & Anxiety Support HK said, "No one wants to acknowledge the elephant in the room, that mental health issues are a major concern in Hong Kong." A survey by the Equal Opportunities Commission in 2012, found that 1 in 3 people failed to reach the median score in mental health indicators. With 64 percent of sufferers feeling they must keep their disorder a secret to protect against stigma and rejection, according to a study by Chung & Wong (2009).

"OCD & Anxiety Support HK was born out of an indisputable need, as there was a serious lack of mental health support for Hong Kong's English speakers, and an insufficient number of affordable clinical psychologists", Minal Mahtani, explained. "We support individuals and their families with OCD and anxiety disorders as best we can utilizing monthly support groups, raise awareness of mental health conditions through public education and by being a resource for those seeking professional treatment in HK or overseas."

To support and raise awareness for World Mental Health Awareness Week (4-10 October) the following has been arranged:

1. "Understanding and Treating OCD", 30 September (2:30-3:00PM), RTHK Radio 3 with Host Noreen Mir

A radio broadcast discussing the meaning of OCD, prevalence, symptoms, diagnosis, treatment and tips for caregivers.

**2. "Living with Anxiety: From Surviving to Thriving" Workshop
6 October (7:00-9.30PM) Integrated Medicine Institute (IMI), 16 Stanley Street, Kailey Tower, 13 & 17 Floor, Central, Hong Kong [HK\$250 -- all funds going to The International OCD Foundation]**

OCD & Anxiety Support HK together with IMI are hosting an interactive and informative workshop that aims to provide participants with a solid understanding of anxiety and gives practical coping skills on how to manage and reduce anxiety. Therefore, learning the difference between surviving anxiety and thriving with anxiety. For further information visit: <http://www.imi.com.hk/health-talks/living-with-anxiety-from-surviving-to-thriving>

**3. Mental Health Awareness Day & OCD / Anxiety Support Group Meeting
- October 10 (2:30-4:15PM) Jadis Blurton Development Centre, 23 Belcher's Street, 19 Floor, Kennedy Town, Hong Kong [Attendance is free, RSVP necessary - ocdcommunityhk@gmail.com No media permitted to protect patient confidentiality]**

There will be a special support group run that day for OCD and Anxiety sufferers discussing the stigma and the impact that it has on mental health sufferers run by OCD & Anxiety Support HK. In addition, volunteers will be giving out green ribbons in Central to support mental health. IMI, Central Health Medical Practice

and Central Minds will give out green ribbons at their front desk to support World Mental Health Day on 10 October, and IMI will have a donation box put out till 9 October to raise funds for the IOCDF (USA). Healthy Living HK has arranged their quarterly meet-up with the theme of mental health, encouraging members to dress in green and if they do their names will be put in for a lucky draw.

For further information, please contact:

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About Minal Mahtani, Founder & Organizer, OCD & Anxiety Support HK

OCD & Anxiety Support HK was established by Minal in 2013 to support individuals and their families with OCD and anxiety disorders, raise awareness of mental health conditions through public education and to be a resource for those seeking professional treatment. She currently runs a monthly support group and works on an individual basis with those struggling with anxiety disorders.

Minal possesses an honours degree in Psychology from the University of Nottingham, Post Graduate Certificate in Education from the University of Exeter and has received training in Cognitive Behaviour Therapy from renowned practitioners from Harvard Medical School and the International Obsessive Compulsive Foundation (IOCDF), USA. She has attended several workshops and conferences in the area of mental health, and is a certificated Mental Health First Aid practitioner and Stress Management Yoga Teacher (RYT 500 from Integral Yoga Centre, Virginia).

OCD & Anxiety Support HK Monthly Support Group runs once a month on a Saturday (2.30-4.15PM), Jadis Blurton Development Centre, 23 Belcher's Street, Kennedy Town Center, Hong Kong

FaceBook Page: <https://www.facebook.com/ocdanxietyhk>

For any inquiries email: ocdcommunityhk@gmail.com

About IOCDF

The aim of IOCDF is to help individuals with OCD and related disorders to live full and productive lives by increasing their access to effective treatment, fostering a community for those who suffer from mental health conditions and for professionals who treat them and to end stigma associated with mental illness.

About IMI

IMI is a trusted and respected health clinic in Hong Kong for integrated and holistic medicine. They have a strong foundation in Homeopathy, Naturopathy and Chinese Medicine and a growing practice in Psychotherapy and Counselling. They adopt a unified approach of mind, body, emotion and spirit.