

## **OCD & Anxiety Support HK's Events for Mental Health and OCD Awareness Week (5<sup>th</sup> October 2016 -19<sup>th</sup> October 2016)**

### **1. "Mental Health in Hong Kong and Support for Sufferers by Minal Mahtani and a Support Group Member".**

**4 October (1.30-2.30 PM), RTHK Radio 3 with Host Noreen Mir .**

A radio broadcast discussing the prevalence of mental health disorders in HK, English speaking support services available to sufferers and their families and ways to prevent further decline of mental health in our community.

### **2. World Mental Health Day (10 October 11am - 2.30pm Central & Tsim Sha Tsui)**

Volunteers and members of The OCD & Anxiety Support Community will be giving out green ribbons and stickers to members of the public in Central and Tsim Sha Tsui. This will be done to raise awareness and support for those struggling with mental health issues. Green is the colour for mental health representing hope, strength, support and encouragement for sufferers of mental illness.

**\*Please contact [ocdcommunityhk@gmail.com](mailto:ocdcommunityhk@gmail.com) if you'd like to volunteer to help at this event. Your efforts would really benefit the mental health community.**

### **3. Live Chat on Obsessive Compulsive Disorder (OCD) open to The OCD & Anxiety Support HK Community and Members of the Public in Hong Kong and China (12 October 8pm-9pm)**

This is the first time OCD & Anxiety Support HK will have a live chat answering questions, educating and sharing information on OCD to participants online. Log on to <http://xat.com/OCDAnxietySupportHK> to participate in this chat at 8pm from a Mac or PC. The chat program is not fully supported by iPhones or tablets. The chat will be moderated and all posts will be screened to ensure it is appropriate. Participants are encouraged to express themselves in a respectful way and without showing judgement to others on the chat. All contents of the chat will be deleted after the session for privacy and confidentiality.

**\*Please email [ocdcommunityhk@gmail.com](mailto:ocdcommunityhk@gmail.com) for more information on the Live Chat.**

### **4. OCD & Anxiety Support Group Meeting (15 October - 11am -12.30pm Jadis Blurton Development Centre, 23 Belcher's Street,19th Floor Kennedy Town)**

Monthly support group meeting open to all English speaking adults struggling with mental health disorders. All discussed in these sessions are kept confidential and support, encouragement and non-judgement are key values of each session. RSVP necessary for attendance, please email [ocdcommunityhk@gmail.com](mailto:ocdcommunityhk@gmail.com). Donations collected this month will be given to the International OCD Foundation (our global partner in the USA which dedicates itself to giving support, providing services and research into understanding OCD and other mental illnesses)