# Useful Resources to Enhance Wellbeing in CUHK

## Quick Access

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- **Miscellaneous**

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### Categories by Nature:

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A Series of 12 Wellbeing Booklets (supported by KPF)
Target: All students
Aim: To provide credible mental health information to reach the in-needs and neglected in the community
Webpage: https://pmhlab.wixsite.com/laboratory/wellbeing-booklets

Community Resources
Target: All students
Aim: To list webpage or contact information of non-CUHK resources and services in Hong Kong
Webpage [sign-in required]: https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-students/community-resources-and-useful-links/community-resources

Compass for Incoming Students
Target: New non-local students
Aim: To provide useful information for students to prepare their life in CUHK
Webpage: https://lces.osa.cuhk.edu.hk/non-local-services/non-local-compass/

CUHK Mentorship Programme (CUMP)
Target: Full time non-final year students
Aim: To enhance the exposure of CUHK students through experience sharing and interaction with experienced professionals and senior executives
Webpage: https://cpdc.osa.cuhk.edu.hk/student/programmes-workshops/CUMP
Application: Around November each year

Flourishing First Year@CUHK
Target: New full-time students
Aim: To provide a series of workshops for students to apply seven well approach to combat stress
Webpage: https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme

GLEAM Programme
Target: New students (Year 1 local undergraduate students)
Aim: To allow students to obtain extra support from peers and advice from a group of Learning Enhancement Ambassadors (GLEAMs) who are students in senior years
Webpage: https://lces.osa.cuhk.edu.hk/les/programmes/gleam/
Application: During summer each year

Information on Off-campus Accommodation
Target: Students interested in renting a flat off-campus
Aim: To provide tips and important information on flat rental
Webpage: https://lces.osa.cuhk.edu.hk/non-local-services/housing/off-campus/introduction/
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Learning Enhancement Officers (LEOs)
Target and Aim:
- Full-time Ug students: To provide support on learning
- New non-local Ug students: To monitor their learning and adjustment progress
- Other non-local Ug students: To provide services when needed
Contact: Ms. Karrie Li (3943 3155 / karrie.li@cuhk.edu.hk)
Webpage: https://icles.osa.cuhk.edu.hk/ies/overview/

Mindful Flourishing (Mobile App)
Target: Local students
Aim: To provide information, training, and evaluation on mindfulness and mental health
App Link:
- (App Store) https://apps.apple.com/hk/app/%E6%97%A5%E5%B8%B8%E5%BF%83%E6%B4%BB-mindful-flourishing/id1528493206

Multicultural Counselling Service for Non-local Students
Target: Full-time non-local students
Aim: To provide counselling services in Mandarin or English, as well as other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi
Service Provider: St John’s Cathedral Counselling Service in Central
Webpage: https://www.sunshine.cuhk.edu.hk/multiculturalcounselling/

Self-Help Materials for Students
Target: All students
Aim: To provide self-help materials for students on adjustment, learning, relationship, and more
Webpage [sign-in required]:
https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-students/self-help-materials

Sunshine@CUHK
Target: All students
Aim: To provide a one-stop online platform for students to access handy information related to mental wellness and relative activities
Webpage: https://www.sunshine.cuhk.edu.hk/

UrHeard (Mobile App)
Target: All students
Aim: To allow students to communicate and consult the peer listeners with text messaging function on different aspects of university life
Webpage: https://icles.osa.cuhk.edu.hk/urheard-a-peer-support-network-providing-directions-for-solutions/
App Link (Beta vers.):
- (Apple Store) https://apple.co/3LTLDJW