



# Want to improve your Mental Well-being?

Join Jockey Club TourHeart Project to train your mental fitness

[www.jctourheart.org](http://www.jctourheart.org)



Free of charge



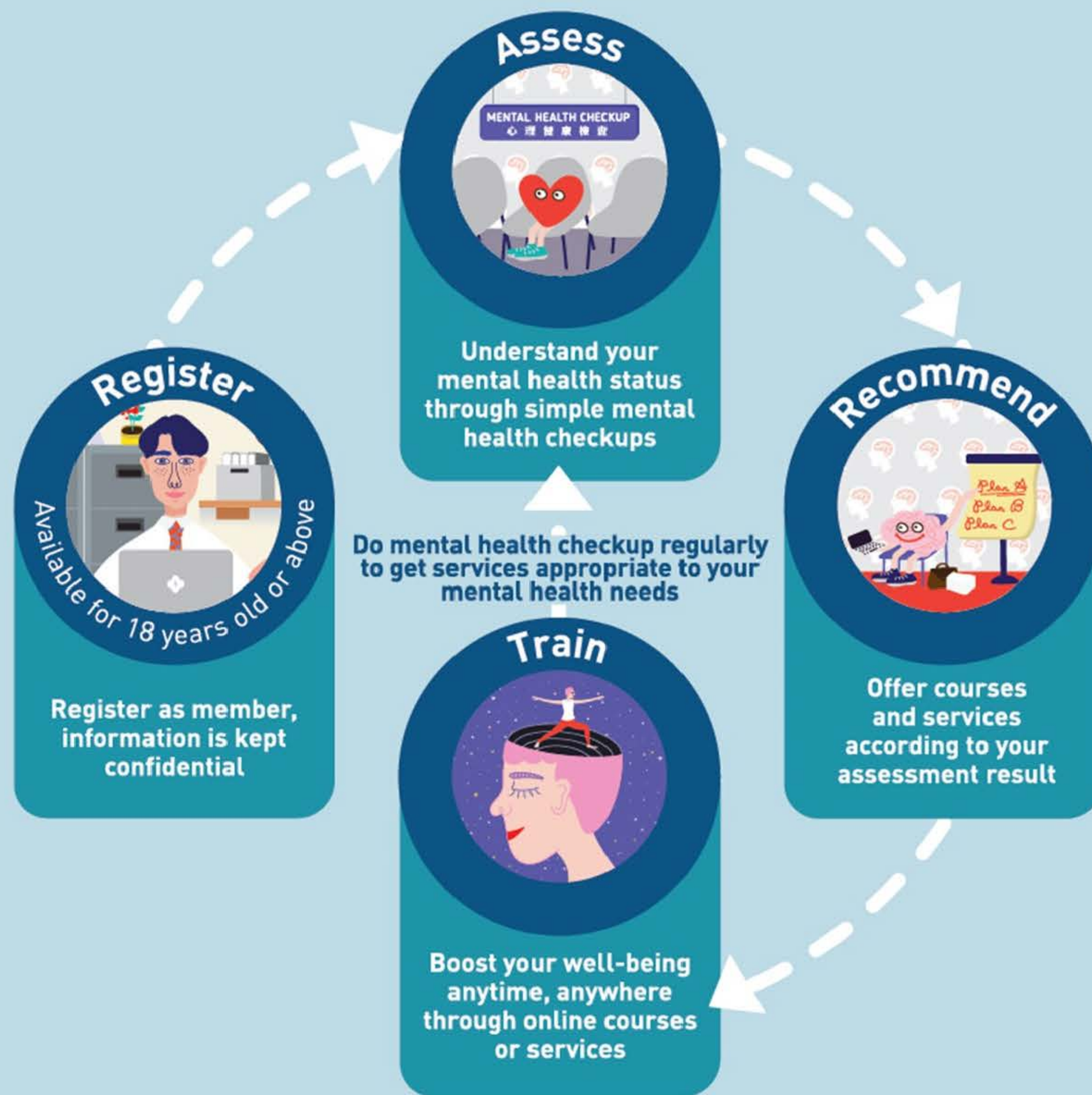
Check your mental health status regularly



Join courses/ services that suit your mental health needs



## What do I get from the online platform?



## What is Jockey Club TourHeart Project?



Content

Mental Health Promotion and Stigma Reduction



Duration

From Sep 2017 to Aug 2020 (3 years)



Aim

Provide a one-stop psychological online platform that offers training and services specific to members' mental health status



For the general public  
Mental health awareness and stigma reduction

For all members  
Promotion of well-being and personal growth

For members with moderate levels of distress  
Prevention of depression and anxiety

For members with severe levels of distress  
Early intervention for psychological distress



Start training up your mental fitness today!

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Funded by



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同心同步同進 RIDING HIGH TOGETHER

Organised by



香港中文大學  
The Chinese University of Hong Kong

Co-organised by



New Life



說善人



# What does Jockey Club TourHeart Project offer?

For the general public

## Mental health awareness and stigma reduction

Through various publicity events and mass media, the general public can increase their knowledge about mental health and reduce their stigma towards people with lived experience of mental illness



Video campaign



Virtual Reality (VR)



Story sharing and psychoeducation on StoryTaler's Facebook page



Online mental health information



Workshops, TourHeart Storytelling Days, Public Exhibitions



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For all members

## Promotion of well-being and personal growth



We need to exercise regularly to stay physically fit. To maintain our mental fitness, we need to train our mind regularly, too.

### Online tips for daily hassles

Learn how to cope with daily challenges and interpersonal issues in 5 minutes

### Online unguided self-help courses

Learn how to improve your mental well-being step by step

**Cognitive-behavioral exercises** Learn how to manage stress and regulate emotions

**Mindfulness-based exercises** Attain clarity and peace of mind through cultivating awareness

**Self-compassion exercises** Learn to be kind and caring to yourself to reduce self-criticism



### Course length

5-10 minutes every day for 1-2 months

### Evidence

All three courses could significantly improve mental well-being and reduce psychological distress; and the effects could be sustained 3 months after course completion



### Wellness Recovery Action Plan (WRAP®) Workshops & Courses

- Develop one's own self-care plans to stay well and respond to distress
- Become WRAP® facilitators to support others to stay well

### Evidence

WRAP® basic course could significantly reduce anxiety and depressive symptoms and increase hope and recovery; the effects could be sustained 3 months after course completion

For members with moderate levels of distress

## Prevention of depression and anxiety



It is natural for us to feel unwell mentally sometimes and we don't have to deal with it on our own. Through our online guided self-help courses, our coaches can provide online support and guidance for members based on their progress to facilitate their learning and improve their mental health.



### Mindfulness-based training

- Cultivate a nonjudgmental awareness of the present moment
- Learn to live compassionately and mindfully with awareness



### Rumination-focused cognitive-behavioral training

- Reduce unconstructive forms of repetitive thinking and avoidance
- Develop active problem solving and adaptive behaviors



### Course length

30-45 minutes per week for 6 weeks to develop a new way of living

### Evidence

Both courses could significantly reduce worries and rumination and reduce anxiety and depressive symptoms

For members with severe levels of distress

## Early intervention for psychological distress



Modeled after Improving Access to Psychological Therapies (IAPT) Program in the United Kingdom, our Psychological Well-being Officers (PWOs) in emotion GPS (eGPS) provide evidence-based low-intensity psychological interventions according to the principles of cognitive-behavioral therapy and guided self-help to facilitate members to alleviate their own distress through users' active participation and learning. PWOs:

- Work with members to identify their own needs through assessment and a detailed intake
- Recommend appropriate workbooks for members to work on to encourage sustained learning
- Provide weekly guidance on the phone, over skype, or in-person during regular office hours, weeknights, and Saturdays

### Evidence

eGPS could significantly reduce anxiety and depressive symptoms, achieving satisfactory recovery rates