

Caritas Wu Cheng-chung College (2023-2025)
Implementation Plan of “One-off Grant for Mental Health at School”

Year	Item	Objectives	Implementation Period	Target Group	Budget Expenditure (\$)
23/24	Mental health workshops	To equip participants with essential skills to enhance their well-being. Participants will develop effective communication skills, foster peer support, and learn practical stress management techniques. Additionally, self-awareness will be cultivated through reflective practices, empowering individuals to identify their emotions and coping strategies. By the end, they will have valuable tools to improve their mental health and support others.	Jan - Apr 2024	Whole school	15,000
24/25	Mindfulness activity	The objective of the mindfulness activity is to help participants develop awareness of the present moment, reduce stress, and enhance emotional regulation. Through guided exercises, participants will learn techniques such as deep breathing and mindful observation, fostering a greater sense of calm, focus, and overall well-being in their daily lives.	Nov 2024 - May 2025	Whole school	15,000
	Mental health activity for staff	The objective of the mental health activity for staff is to create a supportive environment that fosters open dialogue about mental well-being. Participants will engage in interactive exercises to build resilience, enhance coping strategies, and promote overall mental health awareness in the workplace.	Nov 2024 - May 2025	All staff	30,000
Total expenditure:					60,000