



Counselling Workroom

ME TIME Series:

Beginning from **HEART** (Episode 3)- "Girl and Elephant"

Subsidized by UGC Special Grant, a set of illustration books (Chinese version only) would be issued by Counselling Services in cooperation with four illustrators, hoping to let students learn more about mental health and enjoy ME TIME during the pandemic.

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This is the third book, "Girl and Elephant" (about Depression):



Girl and Elephant

About Depression

<https://www.flipsnack.com/eduhksao/-dt9actz2gx.html>

Very often, persons with Depression are self-demanding and self-critical. Though Depression is distressing, it is a signal for you to make change and treat yourself in a gentler way.

A small trick to treat Depression as introduced in this book –

Treating yourself as cooking pancake: have patience, be hopeful and respect your uniqueness. Nothing and no one is perfect. It just takes a good eye to find those hidden imperfections. Try to understand, accept and take good care of yourself. If possible, let your trusted ones be with you.



Here we would also like to introduce a new service:



"headwind F2O" is a free online service provided by the Department of Psychiatry at the University of Hong Kong. Once you have left them your contact (you don't "need" to leave your real name!) (👉

<https://bit.ly/37Fh60e>), they will

will contact you soon and arrange a simple, free of charge, and highly personalized professional consultation for you to meet with a psychiatrist.

The informal consultation can be conducted via a video or phone call. For details, you can refer to their homepage:

<https://www.youthmentalhealth.hku.hk/>

You are encouraged to contact [us](#) for further sharing and arrangement. C