

東華三院馬振玉紀念中學
行政通告 092/22-23
有關「社會不幸事件的情緒支援措施」

敬啟者：

近日社會接連發生不幸事件，當中涉及暴力的情節、相片及片段被傳媒廣泛報導，可能會令得知相關消息的兒童及青少年帶來不安的情緒。任何人(包括成年人)如曾有瀏覽有關的片段，更可能會受負面情緒困擾。

面對社區發生極端暴力的事故，兒童及青少年可能會感到焦慮、害怕或缺乏安全感，擔心自己、家人或朋友的人身安全。這時，家長及學校人員應幫助他們，讓他們感覺安全、傾聽他們的感受和強化他們的自癒能力。本校已安排各教學人員緊密關顧學生的情緒表現，亦期望家長在家多加配合，留意子女情緒變化及提供適切支援。如有需要，家長可致電與本校社工(電話：2443 9333)或相關老師(電話：2443 9899)聯絡，以取得適當支援。隨函亦附上各社區熱線資料，家長也可聯絡相關輔導機構尋求協助。

此致

貴家長

東華三院馬振玉紀念中學校長



A handwritten signature in black ink, appearing to be '陳妙霞'.

謹啟

(陳妙霞)

二零二三年六月六日

求助熱線

香港紅十字會 Shall We Talk 心理支援服務
(支援所有受事件影響的人士)：5164 5040 / WhatsApp：5164 5040 (發短訊以預約服務)

社會福利署 24 小時熱線：2343 2255

醫院管理局 24 小時精神健熱線：2466 7350

生命熱線(24 小時)：2382 0000

東華三院芷若園 (24 小時)：18281

明愛向晴軒(24 小時)：18288

香港撒瑪利亞防止自殺會 24 小時情緒支援熱線：2389 2222

撒瑪利亞會(24 小時)：2896 0000

TWGHs C.Y. Ma Memorial College
Administration Circular 092/22-23
Emotional Support Services on the Social Conflicts

6th June 2023

Dear Parents

Owing to the recent social conflicts and disturbing issues in the community, including violent scenes, photos and videos that circulated among different social media platforms, and may bring negative moods and emotions to our students. Anyone (including adults) may get disturbed and negative effects after viewing the related resources and materials.

Facing the great disturbances in the society, our students may feel anxious, frightened, fear and worry about their family, friends and themselves. Parents and school staff members should provide sufficient support and care, let them feel safe, and listen to their voices and help strengthen their adversity. The school has assigned every staff member to pay extra attention to the students' emotions, and hope that parents would also play a part on taking good care of the children. If you need any assistance and support, please feel free to call our school's social worker at 2443 9333 or the class teacher at 2443 9899. Some service hotlines are also provided below for further information and assistance.

Yours sincerely



Chan Miu Ha
Principal

Note: In case of any discrepancies between the Chinese and English versions of the above content, the Chinese version shall prevail.

Service hotlines

Psychological Support Service, Hong Kong Red Cross Head Office: 2514 2280

Social Welfare Department (24 hours): 2343 2255

Hospital Authority Psychiatric Hotline (24 hours): 2466 7350

Suicide Prevention Services (SPS) (24 hours): 2382 0000

CEASE Crisis Centre – Multi-purpose Crisis Intervention and Support Centre (24 hours): 18281

Caritas Family Crisis Support Centre (24 hours): 18288

The Samaritan Befrienders Hong Kong (24 hours): 2389 2223

The Samaritan (24 hours): 2896 0000