

ST. PAUL'S COLLEGE  
Plan on the use of One-off Grant for Mental Health at School  
Proposed in 2024 - 2025 School Year

Total Amount of Grant Received: \$60,000

2024 - 2025

Proposed usage	Objective(s)	Related Area*	Targets (Level/No. of students/ parents involved)	Staff-in-charge	Estimated Expenses (\$)
To purchase a 12-hour Mental Health First Aid certification course for students	<ol style="list-style-type: none"> <li>1. <b>Enhance Understanding:</b> Improve basic knowledge of mental health issues, including depression and anxiety.</li> <li>2. <b>Recognise Factors:</b> Understand protective and risk factors that affect youth with mental health concerns.</li> <li>3. <b>Identify Peers in Need:</b> Learn to identify peers who may require mental health support.</li> <li>4. <b>Provide Support:</b> Equip participants to offer assistance to peers or younger students facing emotional management challenges.</li> <li>5. <b>Increase Awareness:</b> Raise awareness of community resources related to youth mental health.</li> </ol>	i	40 F.3 students	SMY, JC, TC	44,000

To purchase an Expressive Art Therapy course for students	1. <b>Increase Awareness:</b> Enhance students' self-awareness and facilitate self-discovery through a variety of artistic activities. 2. <b>Emotional Well-Being:</b> Improve participants' emotional well-being and their ability to manage stress by cultivating self-compassion. 3. <b>Nurture Creativity:</b> Foster creativity and imagination by providing opportunities for students to engage in diverse art forms and explore their unique artistic expressions.	i	6-8 Mainly F.4 students	TMF, TC	16,000
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Total: \$60,000

Estimated Amount of Grant Carried Forward: \$0

\*Area

**i.** Organising activities and programmes related to enhancing the mental health of students and teachers

**ii.** Providing support services related to enhancing the mental health of students and teachers

**iii.** Designing and producing school-based learning and teaching resources related to mental health

**iv.** Purchasing items, furniture and equipment to enhance the mental health of students and teachers

**v.** Others (please specify):