



香港社會工作人員協會
Hong Kong Social Workers Association



香港社會工作專科院
HONG KONG ACADEMY OF SOCIAL WORK

Back to School Package



1. Assess and address needs

SSW Tasks	Areas	Possible Issues/problem	Resources / Agency
1.1 Student	1.1.1 Adjustment to school routine	*Late to school *Sleepy in lesson	基督教香港信義會學校社會工作服務 - 復課懶人包 http://ucms.elchk.org.hk/frontend/center_data/17/filed_ata/tbl_service_form/doc/679_1.pdf 香港基督教女青年會 復課者聯盟 https://drive.google.com/open?id=1iGorTL5-OwLFJfolUQuciJdqTFma9j_U
	1.1.2 Academic Adjustment	*Falling behind *Fail to meet Assignment deadlines	香港大學社會科學學院 賽馬會「樂天心澄」靜觀校園文化行動 Mindfulness in the Face of Academic Stress' Resources Package (Chinese manual and Cantonese audio guides) www.jcpanda.hk/sr2020 BGCA, dusty kids+加油貼紙 https://whatsticker.online/p/284059dEUSthK/HK/zh
1.2 Family	1.2.1 Financial difficulties	Job loss (parents/ students)	社福界抗疫送暖大行動 - 經濟援助 (1) 渣打社聯劏房住戶租金資助計劃 社聯網頁 https://www.hkcss.org.hk/渣打社聯劏房住戶租金資助計劃/ 查詢熱線: 2876 2462 Whatsapp: 9614 3540 (2) 自僱青年支援計劃 社聯網頁 https://www.hkcss.org.hk/自僱青年支援計劃/ 查詢熱線: 2864 2945 樂進堂 ● 就業配對 ● 就業支援專題講座 ● 減壓工作坊及分享會 ● 免費職業技能提升課程 ● 最新就業資訊 https://makeitwork.hk/?lang=zh-hans



			齋色園緊急援助基金 http://www1.siksikyuen.org.hk/zh-HK/新聞中心/最新消息/消息詳情/2020/02/12/7bd40339-495f-4c9b-8a69-cc71cf8b1f88
	1.2.2 Tangible need for coronavirus prevention	Short of Mask, hand sanitizer	貝智基金、同芯慈善會及香港教育大學特殊學習需要與融合教育中心合辦愛心物資派發活動 https://www.facebook.com/318929445140892/posts/1111181725915656/?d=w 網上申請表： https://forms.gle/2pfynQfA_iDZWf3c89
	1.2.3 Support for family members		香港家庭福利會 危機家庭支援計劃 https://www.hkfw.org.hk/how-we-help/integrated-family-services/1 香港明愛 明愛賽馬會照顧者資源及支援中心 https://sws.caritas.org.hk/carer/
1.3 School	1.3.1 Peer relationship of students 1.3.2 Relationship with teacher 1.3.3 Teacher support	Peer conflict Tension between teacher & student	香港基督教女青年會 師私細語_老師復課錦囊 https://drive.google.com/open?id=16YrpgmGDXSUonNuXm0WueULKUANDYo1r 醫院管理局 「兒情」計劃 – 兒童及青少年精神健康社區支援計劃 School Resumption_For Teachers https://drive.google.com/open?id=1fyE0Zq5PU5tXyCQeMPGILsfMMI4Vxwpi
1.4 Community	1.4.1 Community needs 1.3.2 Community characteristics affecting school		



2. Overcome barriers that interfere with Academic Learning

SSW Tasks	Areas	Possible Issues/problem	Resources / Agency
Adjustment to online teaching		*Lack of skills *Anxiousness *lack of facilities: computer broke down	香港寬頻 免費寬頻 ((申請日期由 2020 年 4 月 1 日起至 8 月 31 日，總數 10,000 個名額將於計劃申請期內每月由合作機構發放，額滿即止。) http://bit.ly/ToughTimesTogether-FreeBN

3. Provide Educationally Relevant Mental health service

SSW Tasks	Areas	Possible Issues/problem	Resources / Agency
3.1 Screening	Six common emotional distresses faced by young people (1) stress, (2) depression, (3) anxiety, (4) anger, (5) parenting stress (6) interpersonal conflicts in the family.		香港精神康復者聯盟 Depression Anxiety & Stress Scale http://aemihk.org/mentaltests.html
3.2 Prevention & intervention			The Counselling Teacher How to Relieve Anxiety During Times of Uncertainty https://thecounselingteacher.com/2020/04/how-to-relieve-anxiety-during-times-of-uncertainty.html 香港浸會大學 - CANDO 勇破抑鬱谷 https://www.facebook.com/100359891514560/posts/149012019982680/?vh=e&d=n 香港社會服務聯會 - 香港心理學會臨床心理學組 港講訴 Time To Heal http://www.timetoheal.org.hk/ 電話: +852 90102980 電郵: timetoheal@hkcss.org.hk



			香港大學香港賽馬會防止自殺研究中心 與你同行 We Care https://wecare.csrp.hku.hk/ 香港大學社會科學學院 賽馬會「樂天心澄」靜觀校園文化行動 Mindfulness in the Time of Coronavirus Epidemic' Resources Package www.icpanda.hk/ms2020/ GOV.UK COVID-19: Guidance on Supporting Children and Young People's Mental Health and Wellbeing www.gov.uk Calm Calm Together Mindfulness and Meditations Resources www.calm.com 香港大學 廖家寶博士教室：『關注青少年的精神健康及預防自殺危機』 第一課 https://youtu.be/vPq0POd7wbM 第二課 https://youtu.be/HbUgkIHuC7w 香港正向教育 - Positive Education https://www.positiveeducation.org.hk/ 香港城市大學 社會及行為科學系正向教育研究室 http://www.cityu.edu.hk/ss_posed/index.aspx?lang=zh 「心靈雞湯慈善基金」(ChickenSoup Foundation) 免費醫療、情緒及特殊教育需要治療 https://www.facebook.com/aclbdcl/posts/276582827073880
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4. Mobilize school and community resources

Ms. Jennifer WU & Thinkcol

A bilingual Resource Map for underprivileged in Hong Kong, covering resources on meals, medical care, haircut, food, materials, repair, disabled/ elderly services, etc.

<http://www.theresourcemap.com/>

<https://www.facebook.com/508254540/posts/10157543451459541/?d=n>

聖雅各福群會

FOOD-CO 抗疫食物援助計劃

[https:// drive.google.com/open?id=1VxfuUEdEFa4BIJOmkb0QrxYHhM8rVi5I](https://drive.google.com/open?id=1VxfuUEdEFa4BIJOmkb0QrxYHhM8rVi5I)

香港公益金

公益金及時抗疫基金

https://www.commchest.org/zh_hk/news/press_release/884

建造業議會

建造業防疫抗疫基金

http://www.cic.hk/chi/main/anti_epidemic_fund/workers/

建造業抗疫關愛行動

http://www.cic.hk/chi/main/caring_campaign/

