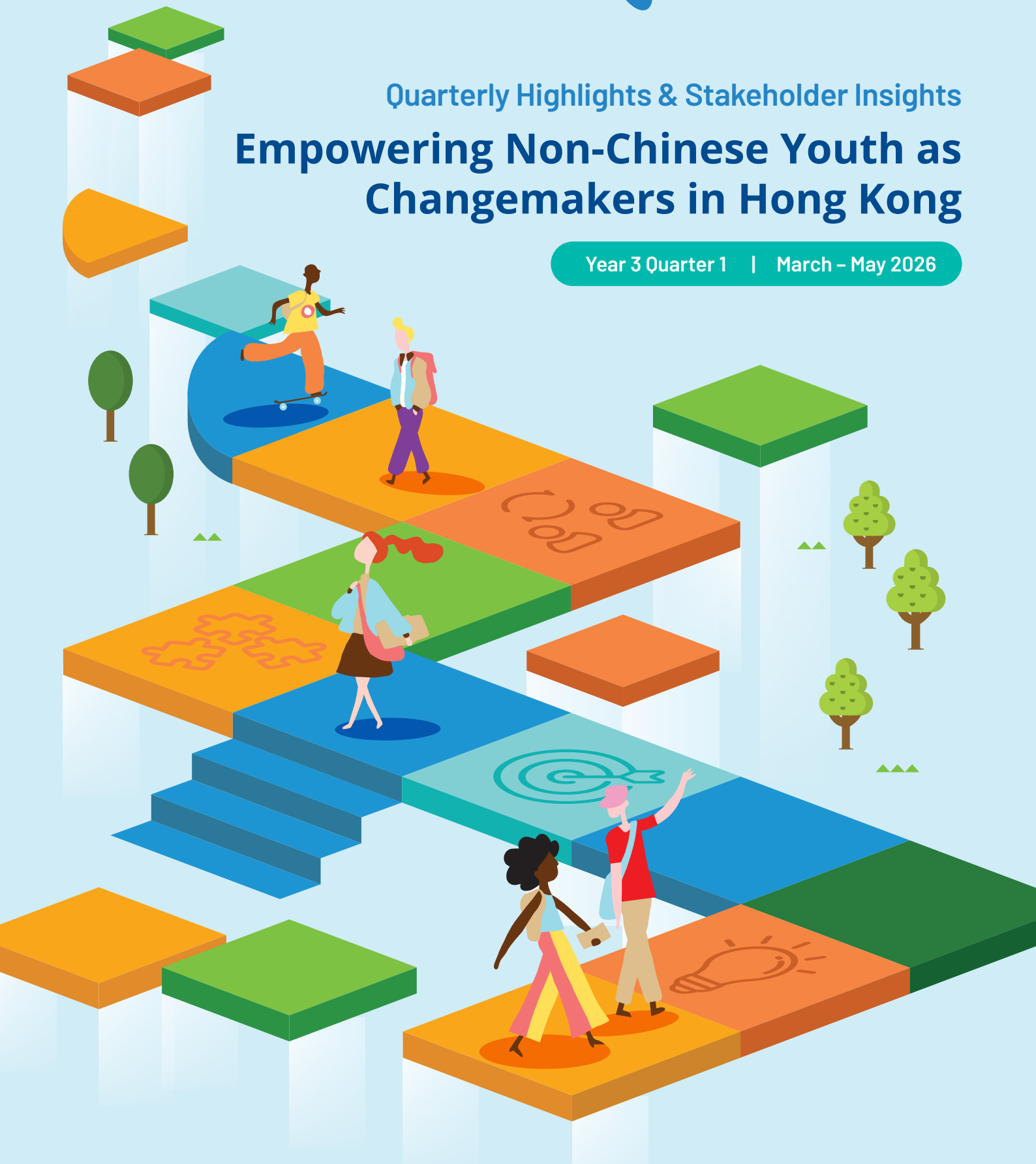


Quarterly Highlights & Stakeholder Insights

Empowering Non-Chinese Youth as Changemakers in Hong Kong

Year 3 Quarter 1 | March – May 2026



Organised by



Mental Health Projects
DIVISION OF PUBLIC POLICY

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This issue brings together quarterly project updates covering 1 March 2026 – 31 May 2026, emerging impacts and practical insights for researchers, policymakers, schools, community partners and anyone who is serving non-Chinese youth communities in Hong Kong.

THIS QUARTER AT A GLANCE

A Quarter of Momentum

This quarter marked another important step in strengthening youth leadership, expanding community partnerships and translating evidence into action.

Across schools, communities and research, the Project continued to demonstrate how culturally responsive approaches can support the mental well-being of non-Chinese youth in Hong Kong.



THIS QUARTER IN NUMBERS

Reach:

2,100+ 12

participants benefited from capacity-building activities

partner organisations engaged

1,800+ 70+

community members reached through outreach and public education

youth completed the Train-the-Trainer pathway

HIGHLIGHTS

 Youth leadership continued beyond formal training.

 School and community partnerships expanded.

Ripple Effects:

100% 120+

of respondents applied peer-support skills after the programme

non-Chinese youth were supported beyond the programme



Beyond programme delivery, this quarter demonstrated encouraging evidence that participants are translating learning into sustained peer support, youth leadership and community action.

LOOKING BEYOND THIS QUARTER

The Project is moving beyond programme delivery towards building sustainable systems where young people, schools and communities become active partners in promoting mental well-being.

 Research and knowledge generation progressed.

 Youth voices continued to inform programme development.

FROM LEARNERS TO CHANGEMAKERS



PART 1

The Train-the-Trainer Journey

The Train-the-Trainer (TtT) Programme supports non-Chinese youth to move beyond learning about mental health and become active peer supporters and advocates within their communities.

Through structured training, guided practice and youth-led activities, participants build the knowledge, confidence and practical skills needed to support others and open up conversations about mental well-being.

Across the first three batches, we have seen young people progress from learners to active contributors in their schools, families, peer networks and wider communities.

BATCH 1

&

BATCH 2

Completing the Journey

Batches 1 and 2 completed the full Train-the-Trainer pathway, progressing through mental health and peer-support training, practical application and youth-led community advocacy.



What began as skills development has grown into a stronger sense of ownership. Participants came to see themselves not simply as trainees, but as young leaders with something meaningful to offer their peers.

A MILESTONE RECOGNISED



On 23 May 2026, we celebrated the graduation of Batches 1 and 2, recognising not only the completion of their training, but also the personal and collective growth achieved throughout their journey.

For many participants, it was the first time their mental health advocacy efforts had been formally recognised in the presence of family, friends and those who had supported them.

"As a non-Chinese youth in Hong Kong, this programme helped me feel seen. It also helped me recognise that I have the ability to create positive change for other non-Chinese youth."



Blessing Tjandja
TtT Batch 2 Graduate

BATCH 3

Taking the Programme into School

For Batch 3, we brought the Train-the-Trainer Programme directly into Delia Memorial School (Glee Path), delivering a tailored cohort for its students.

Bringing the training into the school allowed the content and activities to be adapted to the needs and everyday experiences of that specific school community. It also created opportunities for students to develop peer-support knowledge and skills within a familiar environment, alongside their classmates and teachers.



What is the Train-the-Trainer Programme?

A three-stage journey that supports young people to become peer supporters, advocates, and community changemakers.

1

LEARN



Intensive, structured training on mental health, peer support, communication, and community engagement.

2

SUPPORT



Peer support practicum, assessment, and real-case experience with guidance and reflection.

3

LEAD



Youth-led community events that promote mental well-being and create wider community impact.

Interested in partnering with us? Scan to learn more.



PUTTING LEARNING INTO ACTION



From Peer Support to Community Advocacy

Completing the training was not the end of the journey. Participants began applying their learning in two important ways: supporting peers in their everyday lives and leading mental health advocacy activities within their communities.

Their skills travelled beyond the training setting and into friendships, schools, families and community spaces, creating a growing ripple of support and awareness.

Peer Support in Everyday Life

Across Batches 1 and 2, participants reported applying the skills gained through the Train-the-Trainer Programme in everyday situations—from responding to a friend who reached out late at night to supporting a classmate experiencing academic pressure.

What changed was not only *whether* they offered support, but *how* they responded.

Participants described learning to listen before offering solutions, pay closer attention, ask thoughtful questions, respect personal boundaries and check in more regularly with others.

Participants also reported increased confidence in applying practical peer-support skills, including active listening, paraphrasing and asking appropriate questions.

"Before, I would interrupt people and start giving advice without allowing them to fully express themselves. Through the programme, I learned how to ask more thoughtful questions and remain quiet while someone shares their feelings."



Nora
Batch 2 Graduate



"I've been able to bring more skills into my peer-support work... active listening, paraphrasing, asking the right questions. My confidence has grown because I can see I'm actually doing better work now, and people can trust me more when they come to me."

Winny
Batch 2 Graduate

Bringing the Conversation Home

Some participants also began initiating conversations about mental well-being with siblings, parents and other family members.

These conversations are not always easy to start. The fact that participants are beginning to open them up reflects a meaningful shift in how mental health can be understood and discussed across generations.

"Older generations in Hong Kong's non-Chinese communities may not always engage openly with mental health. By equipping young people to become advocates, the project enables us to act as a bridge to our families and communities. It is the beginning of a wider change in mindsets and stigma."



Angeela
Batch 2 Graduate

Advocacy Events in Action

Participants also moved from supporting individuals to engaging the wider community through youth-led advocacy events.

As part of their practicum, participants planned and delivered activities that introduced mental health topics in accessible and relatable ways. These created opportunities for community members to learn, ask questions and begin conversations that might not otherwise have taken place.



By shaping the topics, messages and formats themselves, participants grew in confidence as young advocates and learned how to translate their knowledge into meaningful community action.

"I saw how our advocacy events helped people become more aware of mental health. That awareness can empower us to support others, spread the message and help build a society that better understands mental well-being."



Khodijah
Batch 1 Graduate

This is how the programme's impact grows: from training young people, to supporting others, and then to opening wider conversations across schools, families and communities.

Why This Matters

When young people move from receiving mental-health support to actively supporting others, the impact extends beyond the individual.



Schools gain trusted peer voices who can connect with students in ways that adults may not always be able to.



Community organisations can extend their reach as trained young people become active contributors to mental-health promotion.



Families and communities also begin to engage in conversations that may previously have been avoided.

LISTENING TO YOUTH VOICES

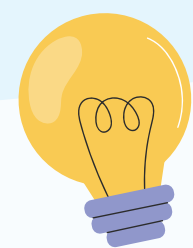


What Young People Are Telling Us

Project research and youth engagement this quarter highlighted how mental well-being is shaped by young people’s everyday experiences, including education and career uncertainty, family expectations, identity, belonging and access to trusted support.

Young people also described barriers to seeking professional help, including stigma, uncertainty about where to go, concerns about trust and doubts about whether services would understand their language, culture and lived experience.

These findings suggest that better support requires more than increasing service availability. It also means building trust, creating relatable entry points, and designing support around the actual contexts in which young people live, study, work and seek advice.



KEY INSIGHT

For many non-Chinese youth, help-seeking does not begin with formal services. It often begins with trust: a peer who listens, a teacher who notices, a community worker who understands, or a familiar space where mental health conversations feel safe.

WHAT WE HEARD



Future uncertainty is closely linked to education, career pathways and a sense of belonging in Hong Kong.



Young people emphasised the value of support that listens first, rather than immediately advising, correcting or referring.



Cultural responsiveness is not only about language; it is about whether young people feel their identity, family context and lived experience are understood.



Family expectations can be both a source of pressure and a potential source of support.



Peer relationships can serve as an important first point of emotional support.



Young people may hesitate to seek help if support feels unfamiliar, clinical, culturally distant or difficult to access.

WHY THIS MATTERS

Youth voices point to the need for support that is embedded in trusted everyday settings: schools, peer networks, families and community spaces.

These insights highlight the importance of support that is accessible, relationship-based and culturally responsive from the very first point of contact.



Strengthening Support for Non-Chinese Youth in Hong Kong

Beyond programme delivery, this quarter generated practical lessons on how support for non-Chinese youth can be strengthened across schools, families, community settings and service systems.

Project findings suggest that young people are more likely to engage when support is visible, trusted, culturally responsive and connected to the places and relationships that are already part of their everyday lives.

FOR SCHOOLS

Embed Support in School Life

Schools are important entry points for early support. School-based programmes can integrate peer support, help-seeking skills and emotional literacy into students' everyday experience.

Rather than relying only on standalone talks, schools can create structured opportunities for students to learn, practise and lead within the school community.

Develop student peer-support pathways that combine training, guided practice, teacher involvement and appropriate referral support.

FOR NGOS AND SERVICE PROVIDERS

Lower the Threshold for First Contact

Young people may hesitate to approach formal mental health services when they are unsure whom to trust, concerned about stigma or uncertain whether services will understand their cultural and family context.

Youth-friendly language, familiar facilitators, informal entry points and consistent follow-up can help support the journey from awareness to trust and help-seeking.

Use workshops, youth groups, school activities and community events as approachable first points of contact.

FOR COMMUNITY PARTNERS

Use Trusted Community Spaces

Youth centres, community organisations, faith-based groups and grassroots networks can help make mental health conversations feel more familiar and connected to everyday life.

Existing relationships and trusted spaces may provide important entry points for reaching young people and families beyond formal institutions.

Integrate mental health awareness and support into community events, family activities and youth gatherings.

FOR FAMILIES AND CAREGIVERS

Start with Listening

Family expectations, education and future uncertainty can be important sources of pressure. At the same time, families can be a strong source of support when young people feel heard and understood.

Mental health conversations do not always need to begin with advice. Listening, checking in and acknowledging emotions can already help create a safer space.

Ask, "How are you feeling about this?" or "What kind of support would help?" before offering solutions.

FOR POLICYMAKERS AND FUNDERS

Support Sustained and Connected Models

Project experience highlights the value of connecting trained youth leaders, schools, community organisations and service providers through appropriate guidance, evaluation and follow-up.

Short-term activities can raise awareness, while sustained partnerships can help learning and support continue beyond individual events.

Support models that strengthen connections among youth leaders, schools, NGOs and community organisations.

FOR RESEARCHERS AND PRACTITIONERS

Let Youth Voices Shape the Model

Youth perspectives should continue to inform programme design, evaluation and knowledge generation.

Research should examine not only the challenges young people face, but also the forms of support they trust, the settings they would use and the factors that make help feel safe and relevant.

Involve young people in shaping research questions, programme formats and interpretations of findings.



KEY MESSAGE

Supporting the mental well-being of non-Chinese youth requires a connected network of young people, families, schools, community organisations, service providers, researchers and funders. Each has a role in making support more visible, trusted and accessible.

Want to learn more?
Scan the QR code to read our
Year 2 project insights.



LOOKING AHEAD

Building the Next Chapter Together



JOIN US THIS DECEMBER: FROM EVIDENCE TO ACTION

END-OF-PROJECT CONFERENCE & PUBLIC EXHIBITION

Join us this December for two end-of-project events bringing together evidence, youth perspectives, community impact and cross-sector dialogue on the mental well-being of non-Chinese youth in Hong Kong.

Day 1 – End-of-Project Academic Conference

 18 December 2026 (Friday)

 10:00AM – 3:45PM

 Hybrid Event In-person: The Hong Kong University of Science and Technology
Online: Zoom



Join us to explore:

- Project learning and community impact
- Youth mental health needs and help-seeking barriers
- Policy and system-level pathways
- School- and community-based responses
- Practical recommendations for future collaboration



Scan to visit the official website

Day 2 – Public Engagement Day



 19 December 2026 (Saturday)

 Drop in throughout the day (from 12:00 PM to 8:00 PM)

 Central Market 1/F Event Space & 2/F

lectures, guided exhibition tours, interactive activities, exhibition panels, and community booths.

Come and experience:

- Youth stories and project highlights
- Public lectures and guided exhibition tours (registration required)
- Youth-led advocacy showcases
- Community engagement activities
- Opportunities to connect with youth, schools, NGOs and partners



Scan to register for Day 1 and /or Day 2

COLLABORATION OPPORTUNITIES

PARTNER WITH US · STAY CONNECTED · KEEP GROWING !

Are you a school, NGO, community organisation, or youth-serving partner?

We'd love to collaborate on capacity-building workshops or bring the Train-the-Trainer Programme to your community.

Calling all non-Chinese youth!

Missed our August TtT batch? Don't worry – more opportunities are on the horizon! We're exploring a potential September run, with other exciting youth initiatives to follow. Follow us on social media to stay in the loop and be the first to know when registration reopens!

Partner with us: jcst@ust.hk

Follow us:  [jcst.hkust](https://www.instagram.com/jcst.hkust)

Acknowledgement

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Stay Connected



<https://jcst.ust.hk/>



+852 5506 7882



+852 3469 2871



jcst@ust.hk



Room 4384, Academic Building, Division of Public Policy,
The Hong Kong University of Science and Technology,
Clear Water Bay, Kowloon, Hong Kong

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