

Program

10.00am-12.00pm: Interactive Activities

Mindfulness, art/music therapy, play therapy, mini-counselling sessions, poster presentations.

12.00-1.30pm: Expert Talks / Q&A

- 'Mental Health and Students at RUPP' (Ms Sek Sisokhom, Head of Psychology Department)
- 'PTSD in Cambodia' (Dr. Chhim Sotheara, Director of TPO Cambodia)
- 'Sexual Abuse and Mental Health' (Mr Seng Mang, Counselling Coordinator, Hagar)
- 'Parenting Approaches' (Mr Hoer Sethul, Counsellor, Indigo's Psychological Services)

1.30-2.30pm: Forum Theatre (TPO)

An interactive play where members of the audience are asked to switch roles with actors to play out an alternative scene. Explore mental health topics in a unique and interactive way!

2.30-4.00pm: Interactive Activities

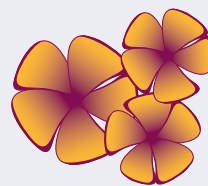
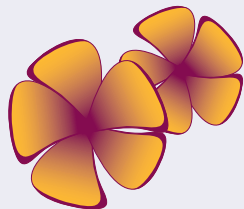
Mindfulness, art/music therapy, play therapy, mini-counselling sessions, poster presentations.

4.00-4.30pm: Video Screening (CDP)

A screening of the 'Women's Hearing with the Young Generation' on gender-based violence under the Khmer Rouge (plus Q&A).

4.30-6.00pm: Interactive Activities

Mindfulness, art/music therapy, play therapy, mini-counselling sessions, poster presentations.



Date

Thursday, 14 November 2013

10am - 6pm



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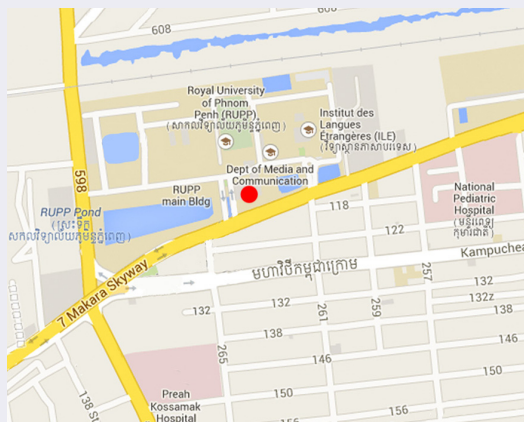
DEUTSCHE ZUSAMMENARBEIT

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Social Health Protection Project

Address

Royal University of Phnom Penh (RUPP)
Russian Federation Boulevard, Toul Kork,
Phnom Penh, Cambodia



Layout & Design by Jenny Nickisch

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@RUPP

Youth Mental Health Day





Program Description

Many students face difficulties such as relationship problems, stress and pressure from their studies, family troubles, or mental health problems like anxiety or depression. Most students do not realise there may be solutions or ways to manage these problems.

RUPP's Youth Mental Health Day brings together the major players in the field of mental health to raise awareness of mental health issues in Cambodia, particularly those affecting young people.

The day will have many interactive and varied activities. The audience is welcome to participate in the activities, ask questions and engage with experts on a wide range of topics throughout the day.

Students and the public are invited to come at any time during the day to listen to talks, watch plays and films, listen to music, or get involved in fun activities like art therapy... or even experience a free counselling session!



**Snacks and free t-shirts
will be provided all day!**

Participating Organisations

Royal University of Phnom Penh Department of Psychology

Offers a Bachelor in Psychology since 1994 and a Master's in Clinical Psychology since 2008 as well as student counselling services.
www.masterpsych-rupp.webs.com
Ph: 012 84 13 32 (Ms Sek Sisokhom, Head of Psychology Department)

Royal University of Phnom Penh Department of Social Work

Offers a Bachelor in Social Work since 2008 and a Master's of Arts in Social Work since 2009.
Ph: 012 77 41 17 (Ms Um Kimkanika, Vice Head of Social Work Department)

TPO Cambodia

A leading NGO providing mental health services and psychosocial support to Cambodian people and communities.
www.tpocambodia.org
Ph: 023 63 66 991

Indigo Child Development Centre

Providing comprehensive psychological assessments and a range of clinical interventions for adults, children and families in Phnom Penh.
www.indigo-cambodia.com
Ph: 078 84 67 37

Hagar Cambodia (Counselling Service Team)

Serving women and children from backgrounds of abandonment, domestic violence, and human trafficking.
www.hagarinternational.org
Ph: 023 21 19 62

Center for Mental Health and Drug Dependence (CMHDD)

The only one clinic that has been providing opiate substitute treatment and Methadone maintenance treatment since 2011, including psychosocial support and needle and syringe programs.
Ph: 012 777 218 (Dr. Chhit Sophal, Head of CMHDD)

The Ragamuffin Project

The application of creative arts therapy to ease the emotional pain and psychological damage in children.
www.ragamuffinproject.org
Ph: 017 75 26 84 (Ms Serey Samchet)

Child Helpline (CHL)

Providing professional phone counselling, information services and referrals with appropriate partners.
www.childhelpline.org.kh
Ph: 1280 (free) or text: 017 98 58 10

Cambodian Defenders Project (CDP)

Providing legal representation and access to justice for the poor and vulnerable.
<http://www.cdpcambodia.org/>
Ph: 023 21 40 19 / 023 21 40 29

Mekong Project

Treating traumatised clients using Eye Movement Desensitisation and Reprocessing" (EMDR).
www.emdrcambodia.org
Ph: 012 942 964 (Mr Phoeun Bunna)
Ph: 012 942 964 (Mr Ean Nil)

