

PROGRAM

9.00-11.00am: Interactive Activities

Mini-counselling Sessions, Psycho-education Demonstration, Loving Person and Safe Place Exercises, Poetry Writing Workshop, Poster Presentations and more!

11.00-1.00pm: Expert Talks Q & A

- 'Promotion of Mental Health among Students at RUPP' (Ms Sek Sisokhom, Head of Psychology Department)
- 'The Intergenerational Effects of Violence: How Violence Begets Violence' (Mr. Chivith Rottanak, Child Protection Specialist UNICEF)
- 'Suicide Prevention and Youth Development' (Dr. Bhoomikumar Jegannathan, Director of CCAMH Cambodia)
- 'Values of Non-Medical Approaches in Therapy' (Mr. Seing Leap, Psychologist, TPO)
- 'Sexual Abuse and Mental Health' (Mr. Seng Mang, Counseling Manager, Hagar)
- 'Skillful Parenting' (Mr. Chhay Vivodin, Child Protection Manager, ICS)

1.00-2.30 pm: Interactive Activities

Mini-counselling Sessions, Psycho-education Demonstration, Loving Person and Safe Place Exercises, Poetry Writing Workshop, Poster Presentations and more!

2.30-3.00pm: Video Screening (Kdei Karuna)

A screening of a 'Former Khmer Rouge and Victims Dialogue' as an approach to reconciliation (plus Q&A).

3.00-3.30pm: Forum Theater (TPO)

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

3.30-5.00pm: Interactive Activities

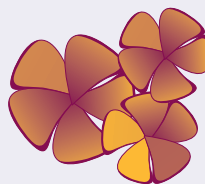
Mini-counselling Sessions, Psycho-education Demonstration, Loving Person and Safe Place Exercises, Poetry Writing Workshop, Poster Presentations and more!



Date

Friday, 10 October 2014

9am - 5pm



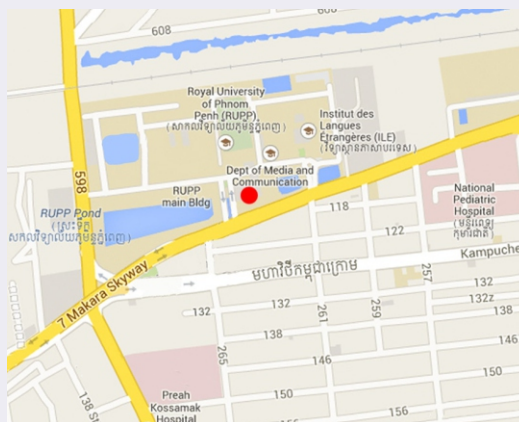
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Social Health Protection Project

Address

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

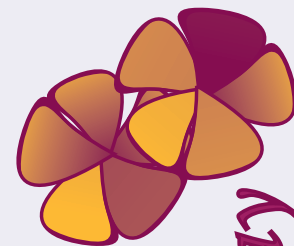


Layout & Design by Jenny Nickisch

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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.

Student 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 at 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 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 (clinic)

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: 078 846 737 (Mr. Sethul)

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

UNICEF (is an agency of the United Nations which works in Cambodia to promote and protect the rights of children).

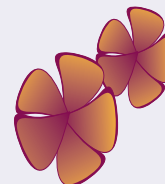
www.unicef.org/cambodia

ICS

Is Holland based civic society organization, creating change in rural areas in Cambodia.

www.ics.org

Tel: 092 180 319/ 063 763 528



CCAMH

The realization of a just society where rights of people are respected, integral development is promoted by building communities through an empowering process"

www.caritascambodia.org

Tel: 023 983 348

Ragamuffin Project

The application of arts therapy to ease the emotional pain and psychological damage in children.

www.ragamuffinproject.org

Tel: 017 75 26 84 (Ms. Serey Samchet).

Child Helpline (CHC)

Providing professional phone counselling, information services and referrals with appropriate partners.

www.childhelpline.org.kh

Phone: 1280 (Free) or 017 98 58 10

Mekong Project

Treating traumatized clients using Eye Movement Desensitization and Reprocessing (EMDR)

www.emdrcambodia.org

Tel: 012 94 29 64 (Mr. Bunna)

KDK

Kdei Karuna is a local peace building organization focusing on transitional justice, dealing with the past, and promoting interethnic dialogue.

www.kdei-karuna.org

Pour un Sourire d'Enfant (PSE)

Is a French non-profit organization dedicated to provide food, medical care, general education and vocational training to maltreated, destitute and uneducated children in Phnom Penh, Siem Reap and Sihanoukville.

Mobile Team for Mental Health (MTMH)

Provides psycho-education to community at provinces both adult and children, train key people to develop peer support community and support mentally ill patient to get treatment at hospital.

Facebook: mtmh.cambodia@yahoo.com

Tel: 096 2000 994

