



PROGRAM

8.00-8.30am: Open Remarks

- Inform the audience about the agenda of the day
- Brief introduce of each organization who joins hands in organizing the event with their booth number

8.30-12.00am: Simultaneous Activities

- Organization booth presentation about their services and distributing IEC materials
- Mini-counseling
- Self-care activities
- Group Art therapy
- Group therapy activities
- Safety plan and suicide prevention
- Dialectical Behavior Therapy Group Skills & Wise Mind Technique
- Group discussion (healthy relationship and how to support youth with intellectual disability)
- Yoga session
- Short assessment/evaluation and information about mental disorders

8.30-12.00pm: Video Screening

- Suicide prevention among young people in Cambodia
- Video clips from CHC
- Youth with Intellectual Disability (successful story)
- Benefit of Kundalini Yoga
- Students' Learning Activities (young children)

8.30-12.00pm: Expert Talks

- Contemporary youth, social media and mental health (Mr. Pat Puthy, CCAMH)
- Most common substances use in Cambodia and its consequences (Prof. Yim Sobotra, Sunrise Mental Clinic)
- EMDR therapy for Traumatized client in Cambodia (Mr. Ean Nil, Mekong Project II)
- Coaching Guideline (Mr. Seang Leap, TPO)
- Migrant worker and sub region and mental health issues (Mr. Hoer Sethul, IoM)

12.00pm: Closing Remark



DATE



Tuesday, 24 October 2017

8am - 12am

Royal University of Phnom Penh



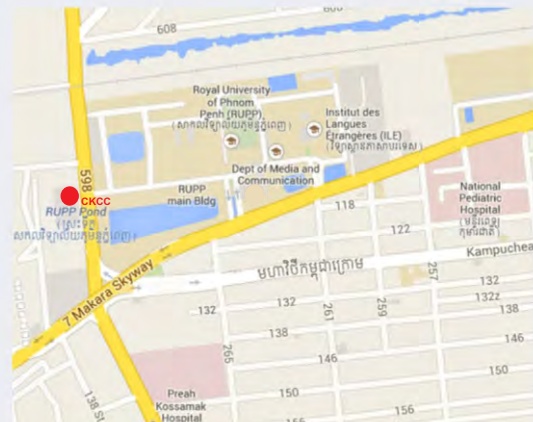
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zfd Ziviler Friedensdienst
Civil Peace Service

Address

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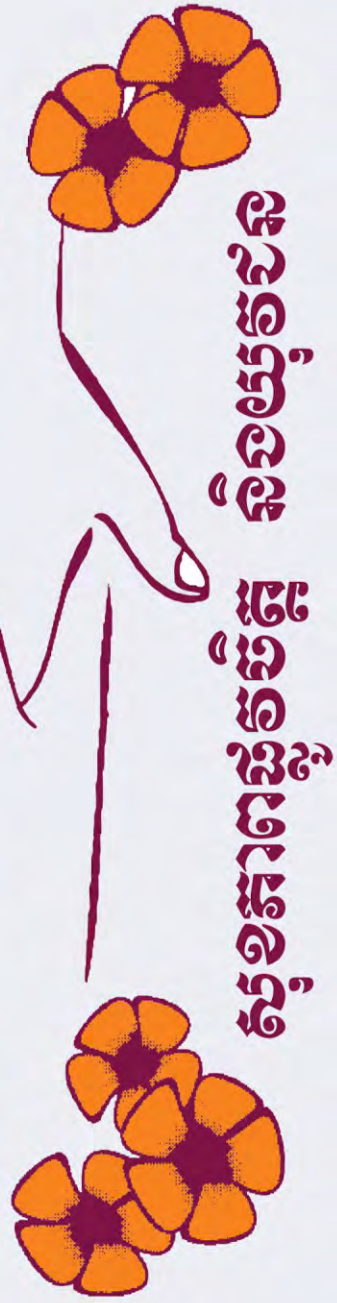


Layout & Design by Jenny Nickisch

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ផ្តល់ជូនពេញមតិ

ស្នើសុំឧបត្ថម្ភសម្រាប់ការងារសុខុមាល័យ

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PROGRAM DESCRIPTION

Many students face difficulties such as relationship problems, Stress and pressure from their studies, family troubles, or mental health problem like anxiety and depression. Most students do not realize 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 and mindfulness exercises.....or even experience a free counseling session!

ORGANIZER AND CO-ORGANIZER

Royal University of Phnom Penh

Department of Psychology

Offers Bachelor of Arts in Psychology since 1994 and Master of Arts in Clinical and Counseling Psychology since 2008 as well as students' counseling services
Tel: 011 71 56 69 (Mr. Chhoun Tray, Acting Head of Department)

www.masterofpsychology-rupp.com

CCAMH

Comprehensive services for children and adolescents with neuro-psychiatric, developmental and psychological problems through customized interventions provided by a multi-disciplinary team
Tel: 023 983 348

www.caritascambodia.org

EMDR Cambodia Association - Mekong Project II

Provides psycho-education on trauma, trauma treatment counseling, and trauma capacity building - Professional EMDR Therapy Training

Tel: 089 968 678 (office) / 012 942 964 (Mr. Bunna)

www.emdrcambodia.org

Garden of Hope in Cambodia (GOHC)

Provides a long term aftercare program to girls, ages 6 to 18, who were victims of abuse through a holistic approach: a safe home, education, social development, build self image, sport, case management, community involvement, and individual and group counseling

Tel: 023 454 4778 or 023 640 3778

www.ficfellowship.org

Hagar Cambodia (Counseling service team)

Serving men, women and children who have survived the most extreme cases of human rights abuse – sexual exploitation and violent rape, trafficking for labor and forced work, domestic violence and acid attacks

Tel: 023 211 962

www.hagarinternational.org

Indigo International

A team of international and local professionals providing psychology, counseling, speech therapy and occupational therapy to children, adults & families in Phnom Penh, Cambodia

Tel: 023 222 614

www.indigo-international.org

IOM (International Organization for Migration)

A leading international organization assisting migrants and working with governments to provide solutions to migration challenges

Tel: 023 216 532 / www.iom.int

Karol & Setha

Contribute to tackling the root causes of societal problems that require a better self-understanding and the improvement of interconnectedness between people

Tel: 012 392 507 or 089 455 960 / www.k-s-i.org

TPO Cambodia

A leading NGO providing mental health services and psycho-social support to Cambodian people and communities
Tel: 023 63 66 991 (clinic)

www.tpocambodia.org

Kundalini Yoga Cambodia

A yoga project that aims to make Kundalini Yoga accessible to local and international practitioners, to train young Cambodians to become certified teachers, and to build an active community of teachers and practitioners

Tel: 092 42 98 35

www.kundaliniyogacambodia.org

Louvain Coopération au Développement

Providing financial and technical support to local organizations and working in three different areas:

Rural mental health services, other non-communicable diseases, food and economic security

Tel: 012 758 682 (Dr. Khem Thann)

www.louvaincooperation.org

Rabbit School

Cambodian NGO whose mission is oriented toward the rehabilitation and full integration to the Cambodian society of people with disability with special focus on children and youth with intellectual disabilities

Tel: 092 887 055 (Ms. Chhorn Chanphak)

www.rabbitschoolcambodia.org

Ragamuffin Cambodia/International

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

Tel: 017 752 684 (Ms. Serey Samchet)

www.ragamuffinproject.org

Sunrise Mental Clinic

A private and leading clinic provides mental health services as psychiatric treatment, assessment, and counseling psychotherapy in Phnom Penh, Cambodia

Tel: 023 955 777

www.sunriseclinic.com.kh

Sonja Kill Memorial Hospital (SKMH Daycare)

Be Smart Learning Center is a daycare at the Sonja Kill Memorial Hospital for children of staff ages 3 months to 5 years old. It was opened in June 2017 and provides free activities based on the children's development. We focus on play activities that use all the senses working together to promote learning.

Tel: 017 531 223 or 077 666 752

www.skmh.org

