

Youth Mental Health Foundation Course

(12 April 2025)

The AMS Cadet Corps New Territories Heung Yee Kuk Yuen Long District Secondary School Platoon completed the Youth Mental Health Foundation Course at the AMS Headquarters on 12 April 2025 (Saturday). The course equipped cadets with knowledge and skills related to adolescent mental health. During the training, participants learnt to identify warning signs of mental health challenges among peers, discuss emotional concerns, seek help appropriately, and inform responsible adults during crisis situations.

Upon completing the course, the cadets gained valuable insights into adolescent mental health. They became ready to promote positivity and mental well-being among their peers while supporting others with care.



Principal YUEN with 1D LI Chun-yin, 1B LAI Lok-yiu, 1C IP Sin-yu, 1B LAI Lok-huen
1D CHIU Yuet-wa, 1D NG Mo-yan, 1D WONG Kin-yi, 1D HU Man-ngai, 2D NGO Ka-wing,
2C CHEUNG Hoi-ki, 1B WAN Pui-yee,
Assistant Principal Mr. KWOK Wing-man and Mr. NG Chi-fai
(from left to right)