

Celebrating mental health awareness in the pandemic era

감염병 시대, 국민의 마음건강 알아보기: 국내 정신건강 전문가 및 종사자, 시민이 함께하는 학술문화제 개최

PRESS RELEASE

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On August 19, MOHW Gongju National Hospital hosted the 2022 Gongju Mental Health Symposium at Arts Center Goma under the theme of "Pandemic Era: Are You OK?"

The opening ceremony was attended in person by MOHW Director General for Mental Health Policy Kwak Sookyoung, Gongju Mayor Choi Woncheol, and President Paik Jongwoo of Korean Society of Traumatic Stress Studies.

Chungcheongnam-do Governor Kim Taeheum, Chungcheongnam-do Superintendent of Education Kim Jicheol, and Chairman Oh Kangseob of the Korean Neuropsychiatric Association delivered a video congratulatory speech.

The event was attended by mental health workers, people with mental health issues and their families, and the general public. Anti-Covid public health measures including face masks and temperature checks were strictly followed.

This year's symposium offered a variety of academic programs such as symposiums, workshops, and special lectures as well as cultural programs for the general public.

In the symposium, academic presentations and discussions took place on various topics related to trauma recovery.

The workshop topics included teenage self-harm prevention programs, peer supporter training courses, youth suicide prevention, and Open Dialogue, which is an alternative approach for helping people experiencing a mental health crisis.

Psychiatrist Kim Hyunsoo, a professor at Myongji Hospital, delivered a message on mental health recovery in his special lecture, 'What do adolescents need for Covid-19 recovery?'

The event also featured various opportunities to raise awareness and understanding of mental health, including a musical about prevention of teenage suicide and school violence and 'Maeum Ansim Bus', which provided brain wave and stress test followed by a short counseling session to help people check out their emotional state.

* Maeum Ansim Bus is a mobile mental health care support program that brings mental health care to people who have difficulty accessing such services in a clinical setting.

Dr. Lee Jonggook, Director of Gongju National Hospital, said, "We all experienced this Covid era together. I hope that this symposium will comfort wounded hearts, restore relationships, and help us create a healthy and happy society."

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