

## Hong Kong Artists Public Communication of Mental Health Disorders and Coping Techniques - Analysis

**Authors :** Patricia Portugal Marques de Carvalho Lourenco

**Abstract :** Money, status, beauty, popularity, widespread public adulation, glitz and glamour portray a perfumed stress-free existence yet not every rock that glitters is a gold nugget and mental disorders are not an exclusivity of middle/low societal classes. Mental illnesses do not discriminate, and behind the superficial visual wealth of the upper-class, there are human beings who experience the ups and downs of life like any other person, except that publicly rather than privately and with an array of fingers pointing at them instead of a mere few. Sammi Cheung, Carina Lau, Fiona Sit, Kara Hui and Louis Cheung are a number of Hong Kong artists that have battled mental disorders, overcame them and used the process to openly discuss the still existing taboo.

**Keywords :** mental disorders, mental health, public communication, depression, hong kong artists

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