



**Ms. Melissa Chiu**

Clinical Supervisor

JC LevelMind – Caritas

**Biography**

Ms. Melissa Chiu is a Clinical Supervisor at JC LevelMind – Caritas, spearheading youth mental health services and clinical oversight across multiple centres. With nearly two decades of experience, she utilizes evidence-based approaches, including Eye Movement Desensitization and Reprocessing (EMDR), Brainspotting, and Accelerated Experiential Dynamic Psychotherapy (AEDP), to address youth mental health challenges. As a Clinical Supervisor of JC LevelMind (Phase Two), she leads service integration efforts, guides teams, and establishes Youth Mental Wellness Hubs through strategic partnerships.

Currently, she serves as an Honorary Lecturer for the Master of Mental Health program at The University of Hong Kong. Ms. Chiu holds a Master's in Family Counseling in The Chinese University of Hong Kong and a Bachelor's in Social Work at the University of Hong Kong.

Her expertise in trauma-informed care was honed through roles at Caritas Family Crisis Support Centre, RainLily, and Against Child Abuse Limited, where she specialized in crisis intervention and trauma counselling. Ms. Chiu has trained over 2,000 professionals in crisis response, trauma and mental health strategies and co-authored a 272-page guidebook supporting students experiencing school refusal. Her innovative community initiatives include the Youth-to-Youth Advocacy program and the "Loneliness Museum," a creative platform for youth to address social isolation. Her work focuses on youth-centered approaches to mental wellness through collaborative partnerships.