
CONFERENCE ABSTRACT

HOPE, LOVE, AND PEACE: FROM DREAM TO PRACTICE THROUGH SELF-MANAGEMENT

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Dr Hu was diagnosed with bi-polar disorder in 2004. Despite his mental health challenges, he successfully completed a Ph.D. in Engineering, and managed to work for Universities and companies. Unfortunately, he's also been denied jobs because of his mental health challenges. However he continues to stay positive and makes a contribution to his community. As a champion of Moray Wellbeing Hub, he suggested a brand new project idea: "Peace Loving Moray- Family WRAP (Wellness Recovery Action Plan)" to promote self-management for family and received £3,000 in support funding. In addition to volunteer work, he joined a creative writing group in Elgin, and with the kind support of Dr. Michael Williams, he published a booklet entitled "Life story, Letters and Poems of Hope, Love and Peace". Despite the many challenges, he still believes in hope, love and peace and cherishes the connection with his local, national and international community. As a poet and writer, he keeps writing to promote his dream of peace and has published in Write to Recovery supported by the Scottish Recovery Network (SRN).