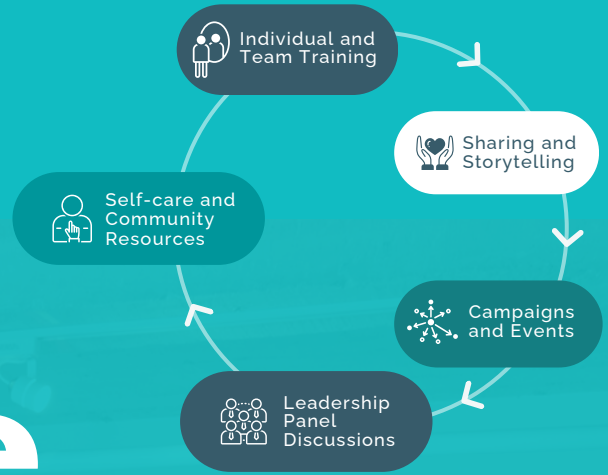




mindhk
香港心聆

It's time to

Prioritise Mental Health.



Foster wellbeing of oneself

Investing in **personal development** by learning self regulation and support skills for yourself and others.

Cultivate supportive culture and skills

#1 A healthy and sustainable culture is the most demanded criteria for a good workplace mental health.¹

Enhance organisational wellbeing and productivity

4X Return of Investment for every dollar spent in treatment for depression and anxiety in organisations.²

About Mind HK | Mental Health Training

30,000+

Individuals trained

600+

Training sessions delivered

18+

Evidence-based bilingual training offerings

Mind HK (Mind Mental Health Hong Kong Limited) is a S88 registered charity (91/16471). Since 2017, we have been developing and delivering clinically reviewed evidence-based bilingual mental health literacy and skill-based training varied by depth, with the hope of achieving the best mental health for all in Hong Kong.

Mental health literacy and cultural changes form the foundation for a supportive workplace environment and the utilisation of resources.

-- Mind HK Training and Partnerships Manager

Get in touch!

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¹ Mind Share Partners. (2023). (rep.). 2023 Mental Health at Work Report (pp. 1-21).

² Chisholm D, Sweeny K, Sheehan P, Rasmussen B, Smit F, Cuijpers P, Saxena S. Scaling-up treatment of depression and anxiety: a global return on investment analysis. *Lancet Psychiatry*. 2016 May;3(5):415-24. doi: 10.1016/S2215-0366(16)30024-4. Epub 2016 Apr 12. PMID: 27083119.

4 Key Themes

to support mental health in the workplace



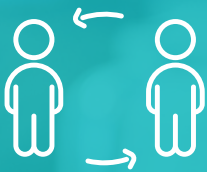
Supporting Self

- ✓ • Mental Health 101
- ✓ ✓ • MindSkills: How to Manage Everyday Stress
- ✓ ✓ ✓ • Understanding vicarious trauma and building resilience
- ✓ ✓ ✓ ✓ • MindSkills: Psychological Strategy for Improved Wellbeing
- ✓ ✓ ✓ ✓ ✓ • MindSkills: Practising Positive Psychology



Supporting Others

- ✓ • Mental Health 101
- ✓ ✓ • How to Manage Everyday Stress
- ✓ ✓ ✓ • Supporting Colleagues' Mental Health
- ✓ ✓ ✓ ✓ • Supporting Teams' Mental Health
- ✓ ✓ ✓ ✓ ✓ • Leading a Mentally Healthy Workplace
- ✓ ✓ ✓ ✓ ✓ • MindSkills: Emotional Support Skills
- ✓ ✓ ✓ ✓ ✓ • Standard Mental Health First Aid



Diversity & Inclusion

- ✓ • Mental Health 101
- ✓ ✓ • Allyship: Supporting LGBTQ+ Mental Health
- ✓ ✓ ✓ • How to Build an Inclusive Mental Health Language

and more in 2025 ...



Family Wellbeing

- ✓ • Children and Youth Mental Health 101
- ✓ ✓ • Youth Mental Health 101
- ✓ ✓ ✓ • Fostering Family Wellbeing for Parents
- ✓ ✓ ✓ ✓ • MindSkills: Emotional Support Skills for Parents
- ✓ ✓ ✓ ✓ ✓ • MindSkills: Emotional Support Skills for Educators
- ✓ ✓ ✓ ✓ ✓ • Youth Mental Health First Aid

To start your journey in supporting your employees' mental health, we offer independent training workshops starting from **Mental Health 101** (HK\$4,800 for 40 max pax).

Our thematic solutions are available upwards of **15% off**.
 Speak with our experts to strategically plan the learning journey!

Enquire now: training@mind.org.hk

All of our training offerings are delivered by our Mind HK Trainers who are mental health professionals or trained staff members. You can visit www.mind.org.hk/our-trainers to learn more about our trainers' profiles.