



# 2022

ANNUAL REPORT  
年報



mindhk  
香港心聆

**We are here to ensure  
that no one has to face  
a mental health problem  
alone.**

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**我們確保沒有人需要  
獨自面對精神健康問題。**

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## MESSAGE FROM EXECUTIVE CHAIR

### 執行主席的話



**Dr Lucy Lord**

**主席 Chair**

Dear all,

I am delighted to present our 2022 annual report in my capacity as Executive Chair of Mind HK. This year, which marked Mind HK's 5th anniversary, has been truly transformative for our organisation; we have experienced exponential growth in both our team and ventured into providing direct services for the first time.

大家好，

我很高興能作為香港心聆的執行主席並在此公布我們的 2022 年度報告。這年是香港心聆成立的五週年，標記著我們機構的轉變；這些年來我們的團隊逐漸變得壯大，並首次提供直接服務。



Promptly addressing the escalating mental health challenges in Hong Kong, exacerbated by COVID-19, we strategically shifted our focus towards training Youth Wellbeing Practitioners (YWPs) and offering mental health support through our Improving Access to Community Therapies (iACT) programme.

Our first cohort of 50 YWPs fills us with immense pride as they make a tangible difference across schools and NGOs within our community. By having them offer free mental health services in these settings, we began laying the groundwork for large-scale, systemic change in mental health care in Hong Kong. Furthermore, launching Mind HK's online platform, [iact.hk](http://iact.hk), has ensured that young people with mild-moderate mental health problems can access free, remote mental health care, irrespective of their circumstances.

In light of the challenges faced in 2022, our commitment to improving mental health care in Hong Kong remains unwavering. We are immensely grateful for the steadfast support of our board, partners, donors, staff, and volunteers, and it is with their invaluable assistance that we confidently look forward to Mind HK continuing to make a lasting and positive impact in the years to come.

Dr. Lucy Lord  
Executive Chair, Mind HK

我們迅速將策略的重心轉向培訓青少年情緒輔導員 (YWPs)，並通過我們的「社區心活指南」(iACT) 提供精神健康支援，以面對在香港因疫情加劇而不斷升級的精神健康困難。

第一批50名青少年情緒輔導員 (YWPs) 在我們社區的學校和非政府機構中發揮了實質作用，這讓我們感到非常自豪。通過讓他們在這些場所提供免費的精神健康服務，我們開始為本港精神健康護理的大規模及系統性改變奠定基礎。此外，香港心聆的網上平台 [iact.hk](http://iact.hk) 的推出亦確保了經歷輕微至中等精神健康問題的年輕人不論在任何情況，皆可以獲得免費的遙距精神健康服務。

雖然我們在 2022 年經歷各種挑戰，我們致力於改善香港精神健康服務的承諾始終如一。我們非常感激每位董事會成員、合作夥伴、捐助者、員工和志願者的堅定支持，正是因為得到他們的寶貴幫助，香港心聆對未來歲月能繼續帶來持續而且積極的影響充滿信心。

Dr. Lucy Lord  
董事會主席，香港心聆

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## MESSAGE FROM CEO

### 行政總裁的話



**Dr Candice Powell**  
**凌悅雯博士**

**行政總裁 CEO**

Dear all,

As one of the newest members of the Mind HK family, I am thrilled to present the 2022 annual report highlighting our remarkable achievements over the past year. Under the contribution of our founding CEO, Dr. Hannah Reidy, and the leadership of Dr. Lucy Lord, Mind HK has become one of the fastest-growing charities in Hong Kong, dedicated to ensuring no one has to face a mental health problem alone.

大家好，

作為香港心聆大家庭中的最新成員之一，我非常高興能發表這份 2022 年度報告，以展現我們在過去一年中取得的卓越成就。在我們的首任行政總裁 Dr. Hannah Reidy 的貢獻和 Dr. Lucy Lord 的領導下，香港心聆已成為其中一間最快速發展的慈善機構，致力於確保沒有人需要獨自面對精神健康問題。

Our strategic pillars —localising, educating, destigmatising, digitalising, and future-proofing — have provided a clear roadmap for the organisation's growth and direction. It has driven growth and key achievements throughout the year:

- In response to the COVID-19 pandemic, we conducted population surveys, created a mental health resource hub, and offered relevant webinars to help the community navigate the challenges of the fifth wave.
  - As Hong Kong reopened, we launched our "Our Open Up Level Up" social media campaign, which featured positive messages from stakeholders from different sectors on the importance of mental health during this time.
  - We launched Hong Kong's first Mental Health Restaurant Week, a brand new mental health promotion and fundraising campaign that encouraged conversations around mental health and fostered social connections among diners.
  - Our More Than a Label Project hosted two large-scale events, sharing the recovery stories of our ambassadors to further reduce mental health stigma.
  - Through our training teams, Coolminds project, and collaboration with our partnering organisations, we continued providing mental health education to corporate and community members, youth, teachers, and parents.
- 我們的主要策略包括本地發展、教育、消除污名化、數碼普及和保障未來，為機構提供了清晰的發展藍圖，推動了機構整年的成長及重要成就：
- 為應對疫情，我們進行了研究調查、建立了網上精神健康資源平台，並提供相關網絡研討會，以幫助社區應對第五波疫情帶來的挑戰。
  - 我們於 2022 年 11 月舉辦了「自我提升 重新開放」社交媒體計劃慶祝香港重新向世界開放，並得到許多來自不同行業機構的正面迴響支持精神健康的重要性。
  - 我們推出了本地首個香港心聆精神健康餐廳週「心聆良食」，作為全新的精神健康推廣及籌款活動，以鼓勵大眾展開關於精神健康的對話，並與促進建立社交連繫。
  - 「我就是我」消除污名計劃亦舉辦了兩項大型活動，分享了大使們的復元故事，以進一步減少精神健康污名。
  - 透過我們的培訓團隊、凝心知友項目及與我們的夥伴機構合作，我們繼續為企業及社區人士、青少年、教師和家長提供精神健康教育。

- A highlight of this year was the successful launch of the Youth Wellbeing Practitioners programme, a youth-focused component of our Improving Access to Community Therapies initiative, with the generous support of MINDSET and Jardine Matheson. Recognising the pressing need for mental health support in Hong Kong, we aim to transform the landscape by adopting a stepped-care mental health service model. By training a new mental health workforce, we can increase access to evidence-based therapies and offer low-cost, efficient mental health interventions. This innovative approach promises a sustainable and scalable solution to both short-term and long-term mental health challenges.

As we look ahead to 2023, we will continue to build and strengthen our communication and partnerships with local stakeholders to work together to reach our goal: to ensure that the best practices are widely adopted across Hong Kong, enabling individuals in need to access high-quality mental health services.

Thank you for your continued support, and we look forward to another year of growth and achievements.

Dr. Candice Powell  
CEO, Mind HK

- 今年在思健及怡和集團的慷慨支持下，我們成功推出「青少年情緒輔導員計劃」。此計劃是「社區心活指南」計劃中的青少年部分。有鑑於香港對精神健康支援的逼切需求，我們希望能透過採用階梯式精神健康服務支援模式改變現有情況。藉著培訓新的情緒輔導員，我們可以增加實證為本治療的普及性，並提供低成本及有效的精神健康介入支援。這種創新方法能確保我們為短期和長期的精神健康問題提供可持續和可擴展的解決方案。

我們展望於 2023 年能加強與本地持份者之間的溝通及合作，以達成我們的目標，確保香港廣泛採用最佳實踐的精神健康服務，以及讓有需要的人能夠獲得高質素的精神健康服務。

在此感謝各界對香港心聆的支持，我們期待邁向充滿成長和成就的新一年。

凌悅雯博士  
香港心聆行政總裁

# 01

## ABOUT MIND HK 關於香港心聆

Mind HK (Mind Mental Health Hong Kong Limited) is a S88 registered charity (91/16471), which was launched in 2017. The organisation's vision is to ensure that no one in Hong Kong has to face a mental health problem alone. Through resources, training, and outreach campaigns and programmes, the work of Mind HK helps to raise awareness of mental health and reduce the associated stigma, with the aim of achieving the best mental health for all in Hong Kong. With existing collaboration and research efforts, Mind HK is here to support Hong Kong in becoming a global leader and regional model for public mental health.

香港心聆（心聆精神健康香港有限公司）為《稅務條例》第 88 條下的一所註冊慈善機構（91/16471），並於 2017 年成立。香港心聆致力確保香港沒有人需要獨自面對精神健康問題。機構透過網上資源、培訓以及外展活動與計劃，來提升大眾對精神健康的認識及減少污名，達到全民精神健康的目標。透過合作研究，香港心聆希望能推動香港成為公共精神健康界內的全球領袖及地區典範。





As part of Mind HK's strategic period (2022-2024), our mission statements, tagline, and values are:

作為香港心聆2022-2024年度的策略，我們的使命、標語和價值為：

## Our Mission 我們的使命

### ACT 行動

To collaborate, innovate, create and research to ensure the best mental health for all in Hong Kong  
透過合作、創新、創作及研究，確保所有人能保持最好的精神健康

### CHANGE 改變

To educate around mental health and remove the associated stigma  
教育大眾有關精神健康的知識及消除有關污名

### GUIDE 引領

To make Hong Kong a global leader and regional model for public mental health  
讓香港成為公共精神健康界內的全球領袖及地區典範

# Our Tagline

## 我們的標語

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**Your mental health  
matters.**

**「你嘅精神健康同樣重要。」**

# Our Values

## 我們的價值

### Integrity 誠信

Everything that we do will be based on evidence and informed by those with lived experience. Our processes will be transparent.

我們的工作均以實證及過來人經歷為基礎，並會保持工作透明度。

### Compassion 惻隱之心

We will act with kindness, care and empathy for all of those that we interact with.

我們會抱持友善、關懷與同理心接觸大眾。

### Inclusivity 共融

Our approach will seek to help as many people across Hong Kong as we can.

我們將會竭盡所能協助最多香港人。

### Commitment 承諾

We will work to achieve the best mental health outcomes with drive and dedication.

我們會堅持我們的信念，達到最佳的精神健康。



# 02

## WHY MENTAL HEALTH? 為何要關注精神健康?

### Our History

Mind HK was founded in 2016 by Dr Lucy Lord and Dr Rulin Fuong, with the help of the doctors, nurses, and patients of Central Health Medical Practice. They were motivated by the difficulty of accessing mental health care in Hong Kong, even for those with good medical insurance coverage. After discovering that many people, especially those who cannot afford private services, were struggling to access professional help and support, they decided to launch Mind HK. With the help of volunteers and support from Mind, the UK's oldest and most successful high-impact mental health charity, they were able to localise and translate resources for use in Hong Kong.

### 我們的歷史

香港心聆於 2016 年由 Dr Lucy Lord 和 Dr Rulin Fuong 在一群 Central Health Medical Practice 的醫生、護士和病人的協助下創立。他們留意到香港人即使有良好的醫療保險，也可能會在尋求合適的精神健康支援上遇到困難，尤其是那些無法負擔私家醫療服務的人實在難以尋求相關的專業幫助和支援。這驅使他們決定成立香港心聆。我們獲得英國當地歷史最悠久而且影響力最為深遠的一所精神健康慈善機構 Mind UK 的支持，在一班義工的協助下，將 Mind UK 的精神健康資源進行翻譯及本地化，以切合香港的需要。

Since its launch, Mind HK has been working to address the mental health needs of the community and improve overall mental wellbeing. The organisation has developed and implemented programmes that aim to raise awareness of mental health and remove the stigma around it. Mind HK is grateful for the support of many volunteers, who have been an integral part of its growth. The team at Mind in the UK has also provided invaluable support, including expertise on anti-stigma campaigns and access to academic and other NGO contacts. Mind HK has come a long way since its inception, and the growth we have seen in 2022 is a telling reminder of this -- we will continue to work towards its mission of promoting mental wellbeing and providing support to those in need.

自成立以來，香港心聆一直致力照顧社會的精神健康需要，並改善整體精神健康。機構制定並推行多項計劃，以提高香港人對精神健康的認知，並消除有關精神健康的污名。香港心聆感謝眾多志願者的支持，他們是機構發展不可或缺的一部分。我們亦感謝 Mind UK 團隊的寶貴支持，包括分享消除污名計劃的專業知識以及與學術界和其他非政府組織的聯繫。香港心聆自成立以來所取得的進展提醒我們要繼續履行使命，致力改善精神健康和為有需要的人提供支援。

# Mental Health in Hong Kong

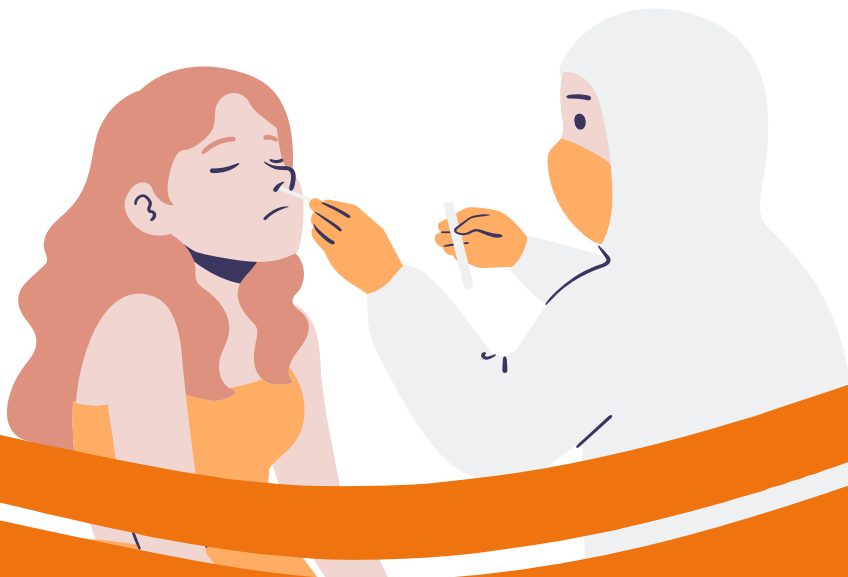
## 香港的精神健康

With COVID-19, mental health problems have been of increased concern in 2022, highlighting the urgent need to address the situation and respond to the needs of the population.

The prolonged period of stress and stages of uncertainty has left a lasting impact on the city, as illustrated by the decreasing mental health score (based on WHO-5 Well-being Index). The average mental health score of Hong Kong residents in 2022 was 47.64, marking the fifth consecutive year that the city scored, on average, below the passing mark of 52 out of 100 ([Mental Health Committee, 2022](#)). According to a survey conducted by Mind HK in March 2022, students, young adults (aged 25-34) and parents were found to be more susceptible to mental health problems compared to the other age groups. The survey also revealed that over 60% of students (18+) respondents showed concerning levels of depression and anxiety symptoms, which could be attributed to multiple rounds of school closures, social isolation, and limited access to mental health support at schools.

在 2022 年 疫情持續，精神健康問題備受關注，更突顯處理及照顧大眾精神健康問題的迫切需要。

根據 WHO 世界衛生組織五項身心健康指標，香港市民於 2022 年精神健康指數的平均分是 47.64 分，已連續五年低於合格所需的 52 分（滿分為 100 分）（[精神健康委員會, 2022](#)），反映長期的壓力和前景不明對整個城市產生了長遠影響。香港心聆於 2022 年 3 月進行一項調查，數據發現學生、25-34 歲的青年和家長較其他年齡組別更容易出現精神健康問題。調查亦顯示超過 60% 的學生受訪者（十八歲或以上）出現抑鬱和焦慮徵狀，情況令人擔憂，當中原因包括經歷多輪停課、社交孤立和難以在學校尋求精神健康支援。



The increasing demand for mental healthcare remained a major public health concern in Hong Kong, which called for concrete actions to put mental health on an equal footing with physical health services by reducing the treatment gap. Citing numbers from the Hospital Authority, there had been over 47,000 new case bookings in Psychiatry Specialist outpatient clinics. However, the existing public mental health support services failed to meet the pressing needs, with the waiting time for stable outpatient psychiatric services ranging from 16 to 63 weeks ([Hospital Authority, 2022](#)).

However, online mental health support services have emerged as a convenient alternative to traditional face-to-face therapy in response to the growing demand for mental health support. Individuals in need can receive clinical services outside of formal care settings, which can alleviate the pressure of public health services and offer a potential solution to expand access to treatment.

香港社會對精神健康服務的需求日益增長依然是一個主要的公眾健康問題，我們需要採取具體行動以減少治療差距，使精神健康與生理健康服務的地位相等。根據醫院管理局的數據，精神科專科門診的新症預約超過 47,000 宗。然而，現有的公營精神健康支援服務未能滿足逼切的需要，精神科門診服務的新症輪候時間介乎 16 至 63 週（醫管局，2022）。

儘管如此，網上遙距精神健康支援服務成為除傳統的實體治療外，另一個方便快捷尋求幫助的選擇，以應付日益增長的精神健康支援需求。市民有需要時可以接受正式臨床服務以外的治療，以減輕公營醫療服務的壓力，並提供一個可行的解決辦法，讓有需要的人更容易接受治療。

The stigma surrounding mental health remains a significant barrier to overcome; it is a common and stark barrier to professional care for many in Hong Kong. Mind HK conducted a survey in September 2022, which showed that 36% of respondents would not employ someone if they knew they had a mental illness. Additionally, 32.8% of residents thought that seeing mental health professionals indicated that they were not strong enough to manage their own difficulties; while 22.7% of them believed it was better to avoid people with mental illness ([Mind HK, 2022](#)).

Prevention and early intervention are key components in addressing the existing mental health challenges, and we must prioritise these efforts to build a healthier and more resilient society. As we move forward, we will continue to revisit our programmes, campaigns, and strategy, to develop sustainable, effective, scalable solutions to support the wellbeing of Hong Kong citizens.

然而，精神健康的污名仍然是個需要克服的一大障礙。對許多香港人來說，對精神健康的污名嚴重妨礙有精神健康需要的人尋求協助。香港心聆亦在 2022 年 9 月進行了一項調查，結果顯示 36% 的受訪者表示不願意聘用有精神健康困擾經歷的人士。此外，32.8% 的香港居民認為約見精神科醫生即代表他們未能有效處理自身困難；而 22.7% 的受訪人士認同最好遠離受精神健康困擾的人士（[香港心聆, 2022](#)）。

預防和早期介入是應對現有精神健康挑戰的關鍵，我們必須優先考慮這些工作，以建立一個更健康、更具抗逆力的社會。我們在未來的階段將繼續重新審視我們的計劃、活動和策略，以制定可持續、有效且可擴展的解決方案來照顧香港市民的身心靈健康。

# OUR STRATEGIES

## 我們的策略

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# 03

## Key Strategic Goals 主要策略及目標

2022 - 2024

2021 marked the end of Mind HK's strategic period of 2020-2021, but 2022 welcomed a new strategic period for 2022 - 2024, published [here](#).

The pivotal shift of Mind HK's work in 2022 is the introduction of our "Improving Access to Community Therapies (iACT)" programme, our largest project to date. Under the iACT umbrella, we commenced our Youth Wellbeing Practitioner pilot. We trained wellbeing practitioners to provide low-intensity psychological intervention for people with mild to moderate depression and anxiety, and started offering free community-wide mental health services to the youth community at large, within schools, NGOs, and other organisations. This is Mind HK's first programme involved with the training of new para-professionals and delivering direct service to the community. The clear and growing gaps in the mental healthcare system were becoming evident; given the urgency of the issue, our team is dedicated to making accessible direct service a core component of Mind HK's work. We are excited to see iACT grow further and believe it will be a sustainable, scalable and pioneering service model to change the mental healthcare landscape in Hong Kong.

2021 年標誌著香港心聆 2020-2021 年發展年度的完結，但我們將於 2022 年迎來了 2022-2024 年的新發展年度，新發展年度計劃刊登在此。

香港心聆在 2022 年的關鍵工作是引入了大型項目「社區心活指南」計劃。「社區心活指南」包括「青少年情緒輔導員」的先導計劃，培訓了情緒輔導員向受輕微至中等抑鬱和焦慮的人士提供簡短的心理介入支援，並為青少年群體提供免費的精神健康社區服務，包括在學校、非牟利機構和其他團體。這項計劃培訓嶄新的精神健康從業員，同時為香港心聆提供首個直接服務計劃。精神健康支援服務系統出現明顯的缺口，當務之急，香港心聆將以普及化治療視為核心的工作項目。我們很期待看到「社區生活指南」計劃進一步發展，並相信它將成為可持續、可擴展的創新服務模式，改變香港的精神健康服務。



As part of our 2022-2024 strategy, we have 5 new core pillars of focus, which will guide our activities over the coming years:

作為我們 2022-2024 年的策略其中的一部分，我們有 5 個新的重點發展方向，用作指導今後幾年的活動：

We will work to localise our programmes and resources to best support all communities in Hong Kong.  
我們致力將項目及資源內容本地化，以向所有社群提供好的支援。

### Localising 本地發展

### Educating 教育

We will build on our training offerings, campaigns, and resources, and conduct more research. This will raise awareness to improve individuals' and organisations' capabilities to support their own and others' mental health.  
我們會以提高大眾對精神健康的意識為前提創作更多培訓內容、活動計劃、資源和進行研究，以提高個人和機構的意識去支援自己及身邊人的精神健康。

We will grow our public awareness campaigns, work with the media, and share stories of existing and new ambassadors with lived experience to change attitudes towards mental health.  
我們將會擴展我們的公眾活動計劃，與不同媒體合作，分享現有及新招募的大使們的個人精神健康故事，以改變大眾對精神健康的態度。

### Destigmatising 消除污名

### Digitalising 數碼普及

We will create and further develop our digital offerings to ensure everyone in Hong Kong has access to mental health information 24/7 from their devices and to increase our reach and effectiveness.  
我們將會製作和豐富我們的網絡資源，確保每個人都可以隨時隨地通過智能設備獲得精神健康資訊，並接觸更廣泛的群眾，以提升我們的影響力。

We will continue to focus on youth and make our staff wellbeing and company sustainability priorities to prepare for the future of Hong Kong and Mind HK.  
我們將會繼續專注青少年精神健康，同時致力確保香港心聆的團隊的身心健康及機構的可持續發展，為香港及機構的未來繼續努力。

### Future Proofing 保障未來





# OUR IMPACT

## 我們的影響



# 04

## OUR IMPACT

### 我們的影響

Jan - Dec 2022

While a challenging year to navigate, 2022 came with many successes for Mind HK. Our team worked collaboratively internally and with our partners to achieve the below:

儘管 2022 年是充滿挑戰的一年，香港心聆收穫不少。我們的團隊在內部及與合作夥伴的合作之中，取得以下成果：



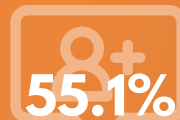
**568,175**

New website users  
名新網頁使用者



**2,374,939**

Web pageviews  
次網頁瀏覽量



**55.1%**

increase in Instagram  
page followers  
Instagram專頁  
追蹤人數增長



**35.6%**

increase in Facebook page  
followers  
Facebook專頁  
追蹤人數增長



**6,463**

Trained in private and  
public mental health  
training  
名參加者參與私人和公眾  
精神健康培訓課程



**560**

Certified in Mental Health  
First Aid  
名參加者完成  
精神健康急救課程



**185**

pieces of media  
coverage  
篇媒體報導



**178,448,498**

Media reach/circulation  
次媒體觸及率/銷量



**83**

Mind HK Ambassadors  
trained (total)  
位完成培訓後成為  
心聆大使 (總計)



# 05

## CORE PROGRAMMES 主要項目

**Improving Access to  
Community Therapies  
(iACT) Programme**  
社區心活指南

**Mental Health  
Training**  
培訓

**More Than A Label**  
「我就是我」

**Coolminds**  
凝心知友

**Online Resources**  
網上資源

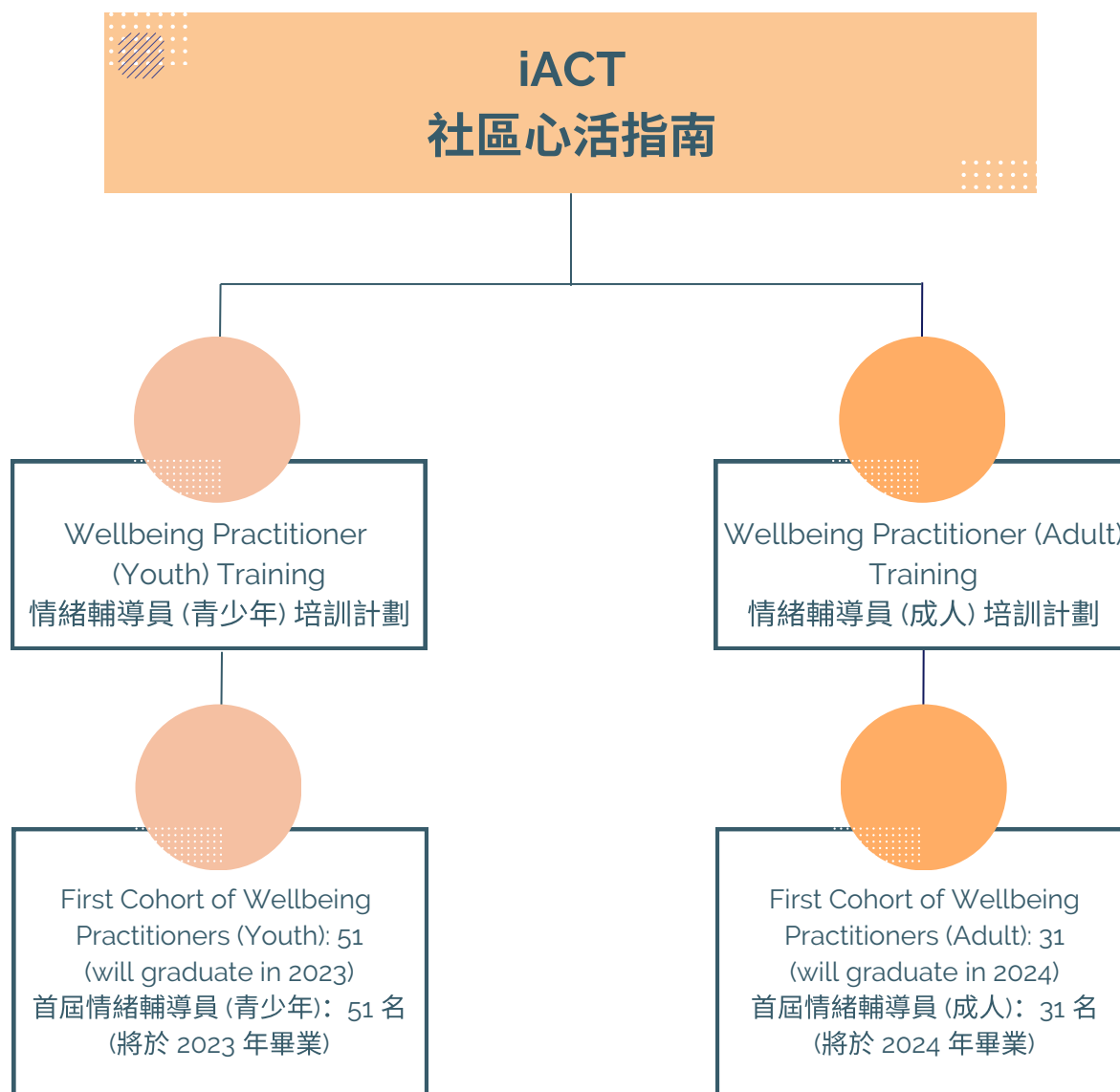
**Research**  
研究

**Campaign  
and Events**  
計劃與活動



# iACT - Improving Access to Community Therapies (iACT) Programme

## 社區心活指南



iiACT highlights training a new mental health workforce - wellbeing practitioners, including Youth Wellbeing Practitioners (YWPs) and Psychological Wellbeing Practitioners (PWP). The wellbeing practitioners are able to provide free or low-cost, short-term, guided mental health services to youth and adults after completing an intensive training.

「社區心活指南」計劃著重為精神健康界注入新血、培訓情緒輔導員，包括青少年情緒輔導員 (YWPs) 及情緒輔導員 (PWPs)。輔導員在完成培訓後，就分別能為青少年和成人提供免費或低成本、短期、指導式的精神健康服務。



# iACT - Improving Access to Community Therapies (iACT) Programme

## 社區心活指南

The programme takes inspiration from stepped-care mental health service models in the UK and Australia - Improving Access to Psychological Therapies (IAPT) and New Access. The idea is to train more individuals to expand the mental health support network in Hong Kong and improve both accessibility and affordability for those in need. These two models have shown recovery rates of 50-70% when implemented in communities, an achievement we hope to replicate via iACT. We are honoured to have Hong Kong Baptist University as our research partner for the YWP training pilot programme.

此計劃源自於英國和澳洲的階梯支援模式，包括- 心理治療普及化計劃 和 New Access 計劃，目的在於培訓更多輔導員以擴大香港的精神健康支援網絡，讓有需要的人士更容易獲得可負擔的精神健康支援。英澳兩地的服務在社區推行能達至 50% 至 70% 的復元率。「社區心活指南」計劃具同樣的抱負，亦同時委托香港浸會大學為青少年情緒輔導員培訓先導計劃進行研究。

### In 2022, we: 在 2022 年，我們：



Trained 51 YWPs via 110 hours of intensive training and assessments  
提供110小時的密集式培訓和評估，培訓了51名青少年情緒輔導員



Placed YWPs for a 9-month placement at 31 host organisations  
安排青少年情緒輔導員於 31 間機構實習 9 個月



Launched our first online service [www.iact.hk](http://www.iact.hk)  
展開了香港心聆的首個線上治療服務 [www.iact.hk](http://www.iact.hk)



Trained 23 supervisors to provide ongoing supervision to YWPs  
招募了 23 名督導員，為青少年情緒輔導員提供督導



Recruited 10 lecturers to teach the iACT programmes  
招募了共 10 名講師為「社區心活指南」計劃進行培訓

# Youth Wellbeing Practitioner (YWP) Programme

## 青少年情緒輔導員計劃

**Sponsored by Jardine Matheson, MINDSET, Hongkong Land HOME FUND and HKEX Foundation**  
**由怡和集團、思健、置地公司家基金和香港交易所慈善基金贊助**

Mind HK launched the Youth Wellbeing Practitioner (YWP) training programme under iACT. This project aims to train 50+ YWPs to provide early, low-intensity intervention to youth aged 12-24 in Hong Kong, who are experiencing mild to moderate mental health problems, particularly anxiety and depression.

Developed by Mind HK's clinical advisors, along with input from international and local experts e.g. from King's College London and Baptist Oi Kwan Social Service, Mind HK trained YWPs in an intervention protocol based on Acceptance and Commitment Therapy (ACT). The intervention aims to foster psychological flexibility, reduce psychological distress and improve quality of life while encouraging people to live a meaningful life.

In July 2022, YWPs completed 110 hours of intensive training, including an introduction to mental health in Hong Kong, counselling skills, safeguarding, clinical documentation, ACT background and theory, ACT in practice, and delivery of ACT intervention. The YWPs have since completed their assessments and started their 9-month placements, where they deliver interventions for free across various community settings in Hong Kong to provide mental health support to youth in need.

香港心聆在「社區心活指南」計劃下推出了「青少年情緒輔導員」(YWP)計劃。本計劃的目的在於培訓超過50名YWP，為香港12至24歲正經歷輕微至中等精神健康問題，包括受焦慮和抑鬱困擾的青少年提供早期和簡短的介入支援。

香港心聆的臨床顧問團隊撰寫培訓內容，並獲倫敦國王學院及浸信會愛羣社會服務處等國際及本地專家的專業諮詢。我們設計的簡短治療以「接納與承諾治療」為本，介入旨在增加心理彈性、減少心理壓力和改善生活質素，同時鼓勵人們過有意義的生活。

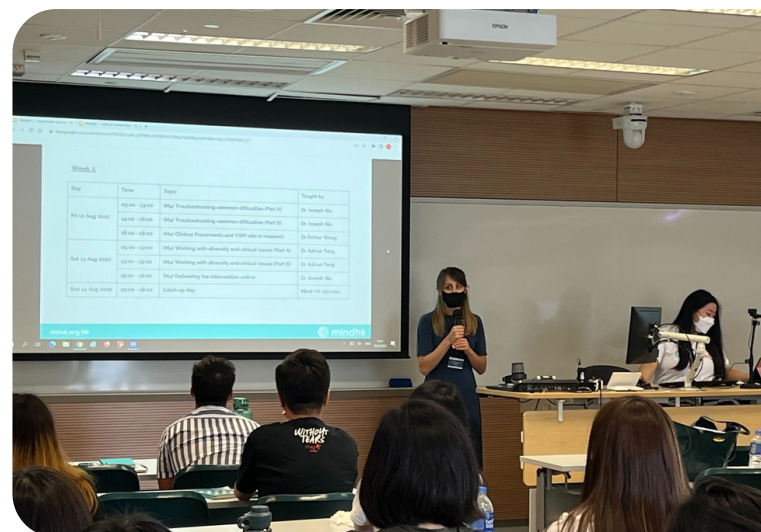
在2022年7月，輔導員完成了110小時的密集式培訓，培訓內容包括本地精神健康概論、輔導技巧、風險管理技巧、臨床知識、接納與承諾治療概要和理論、治療實踐方法以及支援的技巧。輔導員在完成評估後開始為期9個月的實習，在香港不同的社區免費提供介入服務，支援青少年的精神健康。

The service settings included host organisations which comprise of local and international secondary schools, universities, clinics and local NGOs. The placement commenced in October 2022 and will run until the end of June 2023. To make the service more accessible to youth, Mind HK also launched and developed an online platform ([www.iact.hk](http://www.iact.hk)) where clients can receive YWP services online.

To ensure the intervention is delivered safely and with fidelity, we have trained supervisors to provide ongoing supervision to YWPs. These supervisors are experienced clinical psychologists or counsellors who use ACT in their daily practice with clients and received an introductory training on iACT supervision.

輔導員於 2022 年 10 月初至 2023 年 6 月底在本地和國際學校、大學、診所和本地社區組織免費提供服務。為了讓青少年更容易獲得支援，香港心聆同時推出我們的首個網絡治療平台 ([www.iact.hk](http://www.iact.hk))，讓有需要的青少年可以獲得線上服務。

為確保輔導員能安全及準確地提供服務，我們招募了多名督導員為輔導員持續提供督導。這些督導員皆為經驗豐富的臨床心理學家或輔導員，並以接納與承諾治療為其介入方法之一，同時完成由香港心聆所舉辦的督導員培訓。





# Psychological Wellbeing Practitioner (PWP) Programme

## 情緒輔導員計劃

Sponsored by The Kadoorie Charitable Foundation and the Hemera Foundation  
由嘉道理慈善基金會及赫墨拉基金會贊助

Under the umbrella of iACT, the Psychological Wellbeing Practitioner (PWP) programme aims to extend early mental health support to adults. The programme is a comprehensive, 11-month training course to equip 28+ wellbeing practitioners with the knowledge and skills necessary to provide early, low-intensity intervention to adults aged 18 or above who are facing mild to moderate common mental health problems, including depression and anxiety in Hong Kong. The training of the shortlisted PWPs will begin in mid-2023.

「社區心活指南」計劃的另一計劃針對成年人—「情緒輔導員」(PWP)計劃是一項為期 11 個月的全面培訓課程，旨在為超過 28 名參加者提供所需的知識和技能，為正經歷輕微至中等精神健康困擾（包括抑鬱症和焦慮症）的18歲或以上成年人提供早期和簡短的介入支援。通過篩選的輔導員將於2023 年中開始接受培訓。

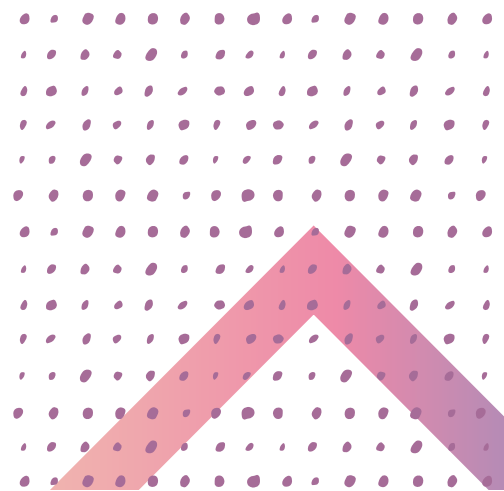


# Mental Health Training

## 培訓

Mental health training has been a core component of Mind HK's work since its inception, and in 2022 we continued to improve and grow our offerings. We offered a range of training courses, both privately and publicly. These included Mental Health 101 (Introduction to Mental Health), Mental Health First Aid (an internationally certified course), Mental Health during COVID-19 Outbreak, Supporting Staff Mental Health, and Managing Mental Health for NGOs. We also organised topic-specific events, featuring clinical professionals and/or experts from local and international NGOs, to support best practices locally and encourage the development of mental health initiatives. Education on mental health remained an integral part of our work in 2022, to raise mental health awareness, and equip people with the knowledge necessary to support their own and others' mental health.

自香港心聆成立以來，精神健康培訓一直是我們的重點工作，而在2022年，我們持續改善並擴展了培訓資源，為公眾及私人機構提供了一系列培訓課程，其中包括：心理健康基礎培訓班（精神健康的入門知識）、精神健康急救課程（受國際認可的證書課程）、在疫情中管理精神健康、在職場管理精神健康，以及為非政府機構而設的精神健康管理課程。我們亦為個別主題舉辦活動，邀請本地和國際非政府組織的臨床專業人士和專家分享支援本地的最佳實踐經驗。精神健康教育仍然是我們在2022年度的核心工作之一，旨在提高大眾關注精神健康的意識，並裝備充足的知識和技巧來支援自己及身邊的人的精神健康。



2022 achievements:  
我們在2022年的成就:

1,633

People trained in mental health literacy  
位參加者參加精神健康培訓

89

Public and private mental health training sessions  
場公眾及私人精神健康培訓

560

Certified in Mental Health First Aid (MHFA)  
位參加者完成了精神健康急救課程

9

Bilingual Mind HK trainers  
9名中英雙語香港心聆培訓導師

116

people trained during the partnership with HSBC to offer FREE public mental health sessions during Pride Month and World Mental Health Day

位參加者參加了我們與匯豐銀行合作、在同志驕傲月和世界精神健康日期間提供的免費公眾精神健康課程

270

people trained with the 2 newly developed COVID-19 related workshops in response to the COVID-19 fifth wave in Hong Kong:

- Managing Mental Health during the COVID-19 Outbreak (The fifth wave in Hong Kong)
- COVID-19 Mental Health Support Programme - Online Workshops

位參加者參加了我們展開並推出的兩個與疫情相關的工作坊，以應對香港的第五波疫情

- 在疫情中管理精神健康（第五波疫情版）
- 疫情精神健康支援計劃 - 網上工作坊



Revamped existing and launched new mental health workshops:

- Mental Health 101
- Supporting Staff Mental Health
- MindSkills: Psychological Strategies for Improved Wellbeing

改進現有並推出全新的精神健康工作坊

- 心理健康基礎培訓班
- 在職場中支援員工的精神健康
- MindSkills：促進身心健康的技巧

During the fifth wave of COVID-19 in Hong Kong, we observed a significant impact on the mental health of Hong Kong citizens. We adapted our "Managing Mental Health during COVID-19" training to address the specific mental health challenges that Hong Kong citizens may face during the fifth wave. Additionally, we developed a series of COVID Mental Health support workshops to introduce practical techniques to alleviate difficult feelings related to the impacts brought by COVID-19.

To ensure best practices, our team revamped three of our training sessions based on our pre/post evaluation results: Mental Health 101, Supporting Staff Mental Health, and MindSkills: Psychological Strategies for Improved Wellbeing. The updated content and delivery styles garnered positive feedback.

在香港第五波疫情期間，我們留意到香港市民的精神健康大受影響。為此我們調整了「在疫情中管理精神健康」的培訓課程，探討人們因第五波疫情而需要面臨特定精神健康挑戰。此外，我們增設了一系列疫情精神健康支援工作坊，介紹有助減輕疫情帶來的影響及所造成的情緒問題的各種實用技巧。

為確保實踐經驗發揮最佳效果，我們的團隊根據課程前後的評估結果改善三個培訓課程的內容，當中包括：心理健康基礎培訓班、在職場中支援員工的精神健康及 MindSkills：促進身心健康的技巧。更新後的內容和教學方式獲得熱烈的反饋。

# More Than A Label

## 我就是我

In partnership with MINDSET and funded by Jardine Matheson

與思健合作，由怡和集團贊助

We understand that sharing personal stories of lived mental health experiences is a powerful and touching way to combat the stigma around mental health and empower individuals who are on their journey to recovery. In view of this, we launched an anti-stigma campaign, "More Than a Label" in October 2021, in partnership with MINDSET, which stemmed from a joint goal of changing and influencing the public's perception towards people with diagnosable mental health conditions. This campaign encourages the public to look beyond the typical, stigmatising labels associated with mental health diagnoses. Through personal stories of mental health journeys, we want to showcase realistic portrayals of people who have faced and recovered from mental health problems while depicting their holistic identity.

Our goal is to raise awareness of the stigma towards persons with mental health conditions, celebrate the resilience and strength of people in recovery, educate and equip the public with mental health knowledge, and facilitate more conversations about mental health, which we hope will in turn help destigmatise mental health in Hong Kong.



我們都知道，經歷精神健康困擾的人們的自身故事有強大的力量並能感染他人，有助消除有關精神健康的污名，帶給正受精神健康困擾的人士在復元路上一些鼓勵並為其賦權。有鑑於此，我們於2021年10月與思健合作，推出了「More Than a Label 我就是我」計劃，以改變和影響公眾對被診斷出有精神健康問題的人的看法。這項計劃鼓勵大眾擺脫對精神健康相關的固有觀念、污名及標籤。透過復元人士的親身經歷，我們希望向大眾分享他們在面對精神健康問題和復元時的真實寫照，同時展示他們完整的身份。

我們致力提高大眾對消除有關精神健康的污名的關注、表現復元人士的抗逆力和力量、教育大眾相關方面的知識，並鼓勵展開更多圍繞精神健康的對話，希望從而協助消除大眾對精神健康的污名。

In 2022, we focused on growing our ambassador network and reaching more individuals via digital media, campaigns and events.

2022 年，我們集中發展我們的大使網絡，並通過數碼媒體及舉辦各種計劃和活動接觸更多人。

**2022 achievements:**  
**我們在2022 年的成就：**

**83**

Mind HK Ambassadors  
trained  
位心聆大使接受培訓

**14,500**

Pageviews on the website  
次頁面瀏覽量

**6,700+**

Visitors on the website  
名網頁訪客

Launched Cantonese  
Ambassador Training pilot  
programme in March 2022 於  
於2022年3月推出廣東話大使  
培訓先導計劃

**41%**

Increase of website visitors  
compared to 2021  
對比 2021 年的訪客人數增幅

**3,000+**

Event attendees to date  
名活動參加者

**2,000+**

Followers on Instagram  
名 Instagram 追蹤者

**64**

Events organised in total  
共舉行了的活動數量

**7**

Ambassador training hosted  
場大使培訓課程

## Ambassador Training 心聆大使培訓課程

We believe that personal stories have the power to raise awareness of mental health and reduce the stigma around it. With this in mind, we continued to host the Mind HK ambassador programme with the aim of supporting individuals with lived experiences of mental health to share their journey in a safe and informative way. We trained them to become a part of Mind HK ambassadors, empowering them to safely, and powerfully, speak on a range of topics including depression, anxiety, eating disorder, perfectionism, post-traumatic stress disorder (PTSD), work / academic burnout, bipolar disorder, postpartum psychosis, postpartum mental health, LGBTQ+, mental health in sports, attention deficit hyperactivity disorder (ADHD), neurodiversity, obsessive-compulsive disorder (OCD), adverse childhood experiences (ACEs), and mental health in general.

We also launched our Cantonese Ambassador Training pilot programme in March 2022. For the Cantonese Ambassador training, we added an additional session on localising mental health within the realm of Hong Kong and Chinese culture.

我們深信親身經歷能提高人們對精神健康的認知，並減少有關精神健康的污名。有鑒於此，心聆大使計劃的目的就是為曾經歷精神健康困擾的人提供一個安全的空間，以分享他們的心路歷程。他們經培訓後成為心聆大使的一員，使他們就抑鬱症、焦慮症、飲食失調、完美主義、創傷後壓力症候群、工作／學業過勞、躁鬱症、產後思覺失調、產後精神健康、性小眾群體、運動精神健康、專注力不足及過度活躍症、神經多樣性、強迫症、痛苦的童年經歷與精神健康等一系列主題無拘束並安全地向大眾分享自己的體會和經歷。

我們於 2022 年 3 月啟動了廣東話大使培訓先導計劃。就廣東話大使培訓內容上，我們增加關於如何將精神健康議題於香港和中國其他地區上本地化的環節。



**Mental health story sharing provides self-understanding by knowing the close relationships between anxiety and different neurodevelopmental conditions. It also leads to self-healing, I forgive others and myself and start to live with self-compassion.**

分享精神健康故事能夠讓我從焦慮與不同神經發展狀況中的密切關係來實現自我了解，同時能引導我達至自癒、包容他人與自己，以開展擁有自我關懷的生活。

**Jonathan,  
Mind HK Ambassador 心聆大使**





## Monthly Story Sharing and Discussion Panel 每月故事分享和研討會

We invited different ambassadors each month to share their mental health stories and perspectives on various mental health topics, in order to engage audiences and raise awareness of mental health stigma in Hong Kong. Since the launch of the programme, we have held an average of at least two events per month, with a vast majority of these events being held virtually due to the pandemic.

每月我們都會邀請不同的心聆大使，就不同的精神健康議題分享他們的故事和看法，與受眾互動並改善香港的精神健康的污名。自計劃推出以來，我們每月舉辦兩場的分享會，在疫情期間，大部分活動以網上形式進行，方便公眾參與。

### Key events include: 主要活動包括：

#### MAY 2022

**OUR MENTAL HEALTH STORIES:  
SPEAKING UP AGAINST STIGMA  
(ONLINE SHARING EVENT)**  
我們的精神健康故事：  
由我們發聲 再見污名  
(網上分享活動)

We hosted a day-long online sharing event titled "Our Mental Health Stories: Speaking Up Against Stigma". Organised by Mind HK and MINDSET Hong Kong and sponsored by Jardine Matheson Group, the event featured a series of personal stories from Mind HK's very own ambassadors about their experiences with stigma and mental health. Throughout the full-day event, over 490 people joined us to listen to the inspiring stories on the ambassadors' lived experiences with mental health stigma, conversations with loved ones, and what it was like to be living in recovery from depression, anxiety and an eating disorder.

我們舉辦了為期一天的網上分享活動，主題為「我們的精神健康故事：由我們發聲再見污名」。是次活動由香港心聆與思健合辦、怡和集團贊助，並由香港心聆大使分享他們有關精神健康與其污名的個人經歷。在當天的活動中，逾490人參與，聆聽大使們分享其啟發性的精神健康個人故事、與家人的對話以及從抑鬱、焦慮和飲食失調中復元的經歷。

我們的精神健康故事：  
由我們發聲 再見污名  
**OUR MENTAL HEALTH STORIES:  
SPEAKING UP AGAINST STIGMA**

就在明天! HAPPENING TOMORROW!  
25 MAY 2022, 11AM-8PM

展出15多個精神健康故事  
FEATURING 15+  
MENTAL HEALTH STORIES

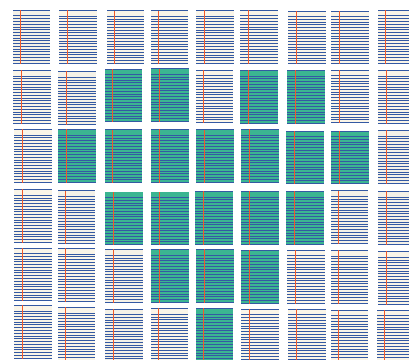


NOV 2022

**MORE THAN A LABEL:  
I WAS, I AM, I WILL BE" EXHIBITION  
《我就是我 — 過去 · 現在 · 未來》展覽**

More Than A Label joined hands with its ambassadors to present a brand-new public exhibition titled "More Than A Label: I was, I am, I will be" from November 21-28, 2022, at Sun Fung Mansion, Central. With a focus on self-reflection and learnings from the recovery journey, the exhibition showcased Mind HK's ambassadors' thoughts and feelings towards their past experiences in going through mental health challenges and how these experiences helped them to grow with greater empathy, resilience, and strength. Along with several interactive sharing sessions, the exhibition offered fresh and inspirational perspectives for visitors on managing mental health, encouraging reflection, and fostering conversations around the topic. Over 370 people visited the exhibition.

The exhibition featured a spectrum of lived experiences facing mental health challenges and recovery journeys through multimedia and creative formats. Exhibits included written pieces from Mind HK's ambassadors in the form of "A Letter to Yourself", addressing their past selves and the ups and downs of dealing with mental health challenges. There were also poems about mental health in different forms, and artistic 3D-printed installations painted by the ambassadors - interpretations of their personal mental health journeys. We would like to extend our gratitude towards Chariz Mental Health Foundation for their generosity in donating and custom-making the 3D printed brains for our exhibition.



「我就是我」聯同心聆大使於2022年11月21至28日期間，在中環新豐樓舉辦了一個全新的展覽「我就是我 — 過去 · 現在 · 未來」。展覽以自我反思和於復元旅程中學習為重點，展示大使們就過去經歷精神健康難關的想法和感受，以及這些經歷如何幫助他們在更多的同理心、毅力和力量中成長。展覽設有數場互動分享環節，為參觀者在管理精神健康方面帶具啟發性的觀點，鼓勵思考並促進圍繞精神健康主題的對話。是次展覽有逾 370 人參觀。

此展覽透過多媒體及創意的方式，展示出多段面對精神健康挑戰和復元歷程的真實經歷。展品包括由一眾心聆大使以「給自己的信」為題所寫下的書信、與他們過去的自己剖白，以及訴說他們在應對精神健康難關時的高低起伏；亦有以不同體裁創作的精神健康詩句，以及大使們就他們對精神健康之旅的詮釋所繪製的3D打印藝術裝置。我們希望能在對保協慈善基金的慷慨捐款，以及特意為我們的展覽製作了立體大腦模型表示謝意。

In addition, Mind HK also created three inspirational videos together with our ambassadors for the exhibition, titled "Dear Me," "Speaking of mental health...", and "Let's talk about our mental health". These videos highlighted useful advice and deeper perspectives on how the ambassadors' experiences helped them overcome mental health challenges and move forward into the future, provoking answers surrounding mental health and stigmatisation as well as encouraging public reflection and conversations.

此外，香港心聆更與心聆大使一同創作了3段充滿啟發性的短片，分別名為「致親愛的我」、「關於精神健康，我想說的是...」和「一齊傾吓精神健康」，並在展覽中發布。短片內容談及大使們從經歷中得出的一些實用建議、當中經歷如何幫助他們應對精神健康的難關以及如何引領他們對未來、關係等更深層的觀點、對於精神健康和污名的想法，以鼓勵公眾反思及談論精神健康。



Watch ambassador videos here through this link  
透過此連結觀看大使影片：

[bit.ly/mindhkmtal1122](https://bit.ly/mindhkmtal1122)



# Coolminds 凝心知友

Sponsored by Morgan Stanley and Operation Santa Claus  
由摩根士丹利和「愛心聖誕大行動」贊助

Coolminds, a joint youth mental health initiative between Mind HK and KELY Support Group since 2018, seeks to promote mental health awareness, support, and understanding in Hong Kong's youth and the adults around them.

Coolminds 凝心知友是由香港心聆及啟勵扶青會於 2018 年起共同籌辦的青年精神健康項目，希望向香港學生及其身邊的成年人推廣有關精神健康的意識、支援和理解。



## 2022 achievements: 我們在 2022 年的成就:

**76**

Mental health literacy training (both in-person and online) delivered  
場精神健康實體及網上培訓工作坊

Trained...  
已訓練...

**3,991** Students  
名學生

**384** Educators  
名教育工作者

**455** Parents  
名家長

**7**

bilingual resources crafted by clinicians on website  
份由臨床專業人士製作的中英雙語的資源

**24**

Blog articles written by youth published  
篇由青少年親自撰寫的網誌

**16**

Youth trained to gain skills to share own lived mental health experience  
名青少年接受培訓以分享精神健康親身經歷

**63,778**

Total website users  
網站使用者

**5,315**

Monthly users  
每月使用者



Launched a **bilingual multifunctional one-stop app, Coolminds app**, that provides youth with information on mental health resources and support in Hong Kong, as well as self-care tools, e.g. diary, tracker, mindfulness exercises, self-assessments, wellbeing checklist and challenges

推出雙語多功能一站式凝心知友應用程式，為青少年提供本港精神健康資源和支援的資訊，以及自我照顧的工具，例如：日記、追蹤記錄表、靜觀練習、自我評估、精神健康清單和挑戰



Held the 3rd annual Coolminds youth event in August, which engaged over 1,800 attendees through an in-person art exhibition featuring over 40 multi-medium artworks created by youth themselves, as well as online activities such as panel discussions, pastel Nagomi art workshops and laughter yoga workshops

於 8 月舉行了第3屆年度凝心知友青年活動，在實體藝術展覽展出了 40 多件由青少年創作的多媒體藝術作品，以及小組討論、和諧粉彩藝術工作坊和大笑瑜伽工作坊等線上活動，吸引了逾1,800 人參與



Recruited a new batch of Youth Advisory Committee (YAC) and Youth Operations Committee (YOC) members, leading to a total of 21 youth volunteers in 2022. The YAC provides feedback on our programmes and produces youth-friendly podcasts and videos to promote youth mental health, whereas the YOC supports our operational projects including writing blog articles, producing social media content and graphic design.

在2022年招募了新一批YAC 青年諮詢委員會和YOC 青年事務工作委員會，共21名青年義工。YAC會就我們的計劃提供意見並製作為青少年而設的網絡廣播和影片以促進青少年精神健康，而 YOC 則為我們的營運項目提供支援，包括撰寫博客文章、製作社交媒體內容和平面設計



Completed a project evaluation covering four pilot projects from 2019 to 2022, including **(1) student training; (2) parent training; (3) teacher training; and (4) virtual resources**. All training sessions improved mental health knowledge and awareness, as reflected by significantly improved pre- and post-survey scores. Overall, the Coolminds pilot has demonstrated the strengths of the programme and improved overall attitudes for all three stakeholder groups

完成了2019年至2022年四個先導項目的項目評估，包括 **(1) 學生培訓；(2) 家長培訓；(3) 教師培訓及；(4) 網上資源**。從項目前後進行的調查分數明顯上升，可見所有培訓課程皆提高了精神健康知識和關注。整體而言，凝心知友先導計劃反映了計劃的優勢，並改善了三個持分團體的整體態度



We continue to extend our gratitude to **Orygen, Charlie Waller Memorial Trust, the Black Dog Institute, and the Weez Project** for providing comprehensive and useful youth mental health resources, and permitting Coolminds to adapt and translate them for people in Hong Kong.

我們感謝 **Orygen, Charlie Waller Memorial Trust, the Black Dog Institute 和 the Weez Project** 提供全面而且實用的青少年精神健康資源，並授權凝心知友改編和翻譯相關資源於香港使用。

# Online Resources 網上資源

The Mind HK website ([www.mind.org.hk](http://www.mind.org.hk)) continued to be updated and expanded. In 2022, we published new content, including an [information hub for COVID-19 resources](#) for individuals whose mental health was affected by the pandemic, a renewed version of the [community directory](#) that listed out non-urgent services available in Hong Kong, new mental health literacy content for youth, and a [fundraising toolkit](#) for fundraisers and collaborators.

香港心聆的網站 ([www.mind.org.hk](http://www.mind.org.hk)) 進一步獲得了更新和完善。我們在2022年發布了新的內容，包括為精神健康受疫情影響的人設立網上疫情精神健康資訊站、更新心理健康服務指南、加入香港非緊急服務的資訊、更新青少年精神健康培訓課程內容，以及上載籌款手冊讓有意支持香港心聆的人更容易為我們籌款和合作。

A highlight of 2022 was the development of our COVID-19 information hub, designed to help those who had difficulty managing their mental health during the pandemic. This was made possible thanks to the support of Central Health Medical Practice, Goldman Sachs, and Fu Tak lam Foundation Limited Foundation. The hub includes tips on a range of topics supporting mental health for pandemic fatigue or quarantine, such as providing guidance on how to support your mental health during separation for those who were unable to stay with their loved ones due to the pandemic.

當中我們開設了網上疫情精神健康資訊站，幫助在疫情期間難以管理精神健康問題的人。資訊站的成立有賴 Central Health Medical Practice、Goldman Sachs 和 FTI Foundation 的支持。資訊站提供不同主題的貼士，以支援市民在感到抗疫疲勞時或在檢疫期間時的疲憊精神健康，尤其是因疫情而被迫與親人分離的精神健康的資訊。



In 2022, our website had:  
在 2022 年，我們的網站有：

568,175  
NEW USERS  
新使用者

49,354  
MONTHLY USERS  
每月使用者

2,374,939  
PAGEVIEWS  
瀏覽量



Our website usage continued to grow, and we have seen a greater diversity of our most visited pages, indicating an upward shift of awareness of other different mental health conditions. We remain committed to providing a wide array of resources in the hope of helping those who are seeking mental health information and support in Hong Kong.

我們的網站使用量持續增長，從網站的最多瀏覽人次的頁面內容可見，大眾對各種精神健康問題的關注有所提升。我們將繼續致力於提供豐富的資源，希望能幫助那些正在尋求精神健康資訊和支援的香港人。



### Most visited pages (excluding homepage) in 2022: 2022 年最多瀏覽人次的頁面（不包括主頁）：

1	Depression / What are the symptoms of depression? 抑鬱症 / 抑鬱症有什麼症狀?	185,384 PAGEVIEWS 瀏覽量
2	Anxiety and Panic Attacks / How can I help myself manage anxiety? 焦慮症與恐慌突襲 / 我應該怎麼處理焦慮情緒?	84,189 PAGEVIEWS 瀏覽量
3	Bipolar Disorder / About Bipolar disorder 躁狂抑鬱症 / 「躁狂抑鬱症」是甚麼?	69,761 PAGEVIEWS 瀏覽量
4	Personality Disorder / What types of personality disorders are there? 人格障礙 / 人格障礙可分為哪幾種?	81,574 PAGEVIEWS 瀏覽量
5	Mental Health in Hong Kong 香港的精神健康	58,790 PAGEVIEWS 瀏覽量
6	Dissociation and Dissociative Disorders / What are dissociative disorders? 解離狀態和解離症 / 什麼是解離狀態?	52,242 PAGEVIEWS 瀏覽量
7	Paranoia / What is paranoia? 認識妄想症 / 甚麼是「妄想症」?	35,274 PAGEVIEWS 瀏覽量
8	Bipolar Disorder / How can friends and family help? 躁狂抑鬱症 / 朋友和家人可以如何幫助患者?	30,839 PAGEVIEWS 瀏覽量

# Help Me Virtual Assistant

## Help Me 網上小助手

Supported by the Grant Family & Private Funder  
由 Grant Family & 其他私人募捐支持

Help Me is Mind HK's bilingual virtual assistant, available 24/7 on our website to provide mental health resources and self-help guides, as well as to signpost individuals to local services available. We believe that technology can help expand our reach and ability to support those seeking information on mental health and accessing help. After launching our 'Help Me' Virtual Assistant in 2020, we have continued to periodically monitor and review the content of the platform to ensure its quality and accuracy.

Help Me是香港心聆的雙語網上小助手，於網站上提供全天候精神健康資源和自助練習指導，並指引使用者至本地可供選擇的服務。我們相信科技能協助擴展我們支援社群的能力與影響力，以支援需要尋找精神健康資訊和協助的人。「Help Me」在2020年推出後，我們一直定期監察和審核平台上的內容，確保相關內容的質素和準確性。

In 2022, we:  
在 2022 年，我們：

Gathered feedback from users to further evaluate the user experience and quality of the virtual assistant in preparation for the second phase of development.

更收集了使用者對Help Me網上小助手的意見，以進一步評估用戶體驗和服務質素，為進行第二階段的開發做好準備。



4,632

USERS  
使用者

12,000+

INCOMING MESSAGES  
AND CLICK-THROUGHS  
RECEIVED  
接收逾12,000 條訊息

## Help Me Phase 2 Development

### Help Me網上小助手的第二開發階段

In the second phase of development, we aim to enhance "Help Me" based on the feedback collected from Phase 1. We are dedicated to improving the chatbot's overall ability to enhance the user experience and cater to the users' needs. Our main objectives are to:

在第二開發階段中，我們根據於第一階段所收集的意見改善Help Me網上小助手的功能，以滿足用戶體驗和需求。第二開發階段的主要目標包括：

- Enable the chatbot to check in with users' emotions and provide relevant mental health resources and community services information
- Integrate self-help activities to engage users in actively taking steps to care for their mental health
- Humanise the conversation style and response.
- Redesign the layout and user interface to enhance the overall user experience, friendliness and increase the level of engagement.
- 確保用戶可以透過網上小助手記錄其情緒，以提供相關的精神健康資源和社區服務資訊
- 結合自助練習，讓使用者以互動式指令去學習不同的方法照顧精神健康
- 使談話風格和回應更人性化
- 重新設計版面和用戶介面，以提升整體用戶體驗、方便使用度並提高參與度

The second phase of development of "Help Me" began in Q2 2022 and is expected to launch in Q2 2023.

Help Me網上小助手的第二開發階段於 2022 年第二季度展開，預計將於 2023 年第二季度正式推出。

After the launch of the second phase, we will continue to monitor platform behaviour and review the content and user experience by collecting user feedback. This will help us continuously improve and explore new features to be implemented in the future.

在推出第二開發階段後，我們將繼續監察平台表現，通過收集使用者的意見來審視內容和用戶體驗。這將有助於我們持續改進和探索未來需引入的新功能。

# Research 研究

As the COVID-19 pandemic persists, it is no secret that it has impacted every facet of our daily lives. In response to the surging cases in the fifth wave of the COVID-19 pandemic, many Hong Kong citizens may have faced unprecedented uncertainty related to the pandemic and changing social distancing measures. The pandemic has brought attention to a deeply concerning mental health crisis, highlighting the immediate need for us to consider how it has affected the community's mental wellbeing and what we can do to mitigate this.

To further examine the impact of the pandemic situation on mental health and access to mental health support for Hong Kong citizens, Mind HK commissioned Social Policy Research (SPR) to conduct a survey amongst 1,000 randomly selected adults in March 2022 with the funding support from The Robert H. N. Ho Family Foundation.

We administered a self-reporting survey to assess the mental health status of the participants, using the World Health Organisation 5 (WHO - 5) Well-Being Index, General Anxiety Disorder - 7 (GAD - 7) and Patient Health Questionnaire - 9 (PHQ - 9) for anxiety and depression symptoms. The survey also included questions about the factors that contributed to the impacts on participants' mental health, as well as their awareness of local mental health support resources.

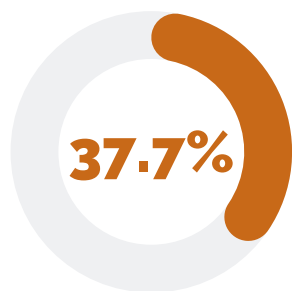
疫情在去年繼續影響到我們的日常生活。就第五波疫情病例激增、社交距離措施的調整，讓許多香港市民面臨前所未有的不確定性和挫敗感。疫情引起了社區人士對精神健康危機的關注，我們急切需要了解疫情如何影響了社區的精神健康，以及採取適當的措施來減輕影響。

為此，香港心聆於 2022 年 3 月在何鴻毅家族香港基金會的贊助下，委託了社會政策研究有限公司進行一項問卷調查，以隨機抽樣的形式訪問了 1,000 名成年人，進一步研究疫情對整體香港市民精神健康的影響，以及有關精神健康支援的使用情況。

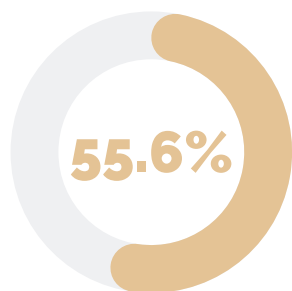
我們採用了世界衛生組織五項身心健康指標（WHO-5）、焦慮徵狀自我測量表（GAD-7）和抑鬱徵狀自我測量表（PHQ-9）以問卷形式調查香港人的焦慮和抑鬱症狀。此次問卷調查亦包括了解各項影響精神健康的因素，以及香港人對本地精神健康援助服務所關注的問題。

As a whole, the pandemic has not only affected physical health but has also put a further strain on people's mental health, including:

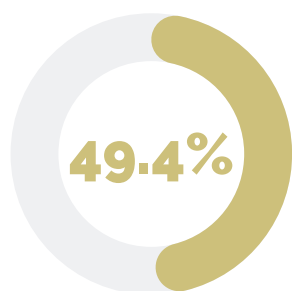
調查發現疫情不僅影響了身體健康，也對人們的精神健康造成巨大負擔，包括：



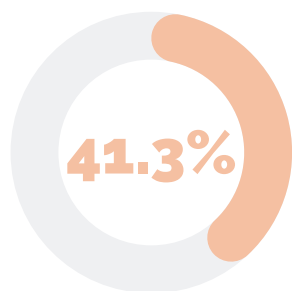
37.7% of respondents reported that their mental health had worsened since January 2022  
 的受訪者表示其精神健康狀況自2022年1月起轉差



55.6% of respondents scored lower than 52 out of 100 on the WHO - 5 Well-Being Index, indicating "poor" overall mental well-being  
 的受訪者在WHO-5中得分低於52（滿分100分），代表其整體精神健康狀況屬於「差」的狀態



49.4% of the respondents showed symptoms of mild to severe depression, and 19.2% showed moderate to severe symptoms of depression, according to the PHQ - 9  
 的受訪者反映出輕微至嚴重抑鬱徵狀（根據PHQ-9），其中 19.2% 受訪者更出現中等至嚴重抑鬱徵狀



41.3% surveyed showed symptoms of mild to severe anxiety, and 13.7% showed symptoms of moderate to severe anxiety, according to the GAD - 7  
 的受訪者反映輕微至嚴重的焦慮徵狀（根據GAD-7），其中 13.7% 受訪者更出現中等至嚴重焦慮徵狀

The pandemic has posed challenges to our daily lives in terms of ever-changing safety protocols, disturbed routines and fear of illness etc., all of which could add to stress and anxiety for many. Our research identified the top five COVID-19-related factors that negatively impacted respondents' well-being since January 2022:

社交距離措施就疫情改變不停調整，不但改變市民的日常生活，其不穩性亦引起大眾對疾病的恐懼，這些因素為我們的日常生活帶來挑戰，增加許多人的壓力和焦慮。此次問卷調查亦發現自 2022 年以來五個與疫情相關而影響精神健康的因素：



64.2%

Fear of family members / loved ones getting infected with COVID-19  
擔心家人或重視的人染疫

63.7%

Feeling anxious about being placed in isolation / quarantine  
對檢疫和隔離感到焦慮

61.5%

Not being able to see people as frequently as you are used to  
不能如常與其他人見面

60.4%

Not being able to go out as frequently as you are used to  
不能如常外出

55.2%

Having been diagnosed with COVID-19 (including individuals who have tested positive for COVID-19 using the Rapid Antigen Test)  
被確診染疫（包括在快速抗原測試中陽性）

It is important to note that **almost half (48.6%)** of the participants who had been diagnosed with a mental health problem reported that they had never disclosed their problem to anyone, which indicates **how stigma is an obstacle inhibiting help-seeking behaviours.**

值得注意的是，**接近一半受訪者（48.6%）**曾被診斷經歷精神健康問題的受訪者表示，他們從未向任何人透露過其狀況，這顯示**精神健康的污名阻礙了求助行為。**



In addition to stigma, there are further barriers to overcome when seeking help and accessing appropriate mental health support locally. The key challenges include:

除了污名問題外，人們在尋求本地幫助和獲得適當的精神健康支援時也會面對不少挑戰，主要障礙包括：

61.7%

Lack of available mental health services  
缺乏適用的精神健康服務

56.2%

Fear of being infected by COVID-19 in clinics / hospitals  
害怕在診所或醫院中感染病毒

54.8%

Long waiting times for service  
醫院看診輪候時間長

52.1%

Financial concerns  
經濟顧慮

49.4%

Being unsure of where to seek help  
不知道在哪裡尋求幫助

The survey findings helped to inform our ongoing efforts to support the mental health and wellbeing of the Hong Kong community during the pandemic and beyond. We continue to work to **ensure that no one in Hong Kong has to face a mental health problem alone** by providing accessible and informative resources to support those in need. Based on these findings and with the support of our group of clinical professionals, we launched a series of online workshops and a new COVID-19 information hub to provide tips and self-help resources.

這些調查結果有助我們審視在疫情期間及過後，如何提升本地社區的精神健康。我們將繼續讓公眾和有需要的人容易獲得相關資訊，**確保香港沒有人需要獨自面對精神健康問題**。因此，根據調查結果及在臨床專業團隊的支援下，我們推出了一系列網絡工作坊和一個全新的網上疫情精神健康資訊站，提供自助資源。

# 06

## CAMPAIGNS AND EVENTS 計劃與活動

Our outreach efforts, through campaigns and events, seek to raise awareness of mental health and destigmatise it across communities. This year, we organised three large-scale campaigns: Move it for Mental Health in February (an annual event that promotes exercise for mental well-being) and Mental Health Restaurant Week in October (to celebrate Mind HK's 5th anniversary and promote mental health awareness), and a social media campaign Open Up, Level Up (sharing posts about mental health on social media) in November. Through these campaigns and events, we were able to engage with a diverse range of individuals in the local community and to further promote the importance of mental health in our daily lives.

### Move It for Mental Health 2022 (為精神健康 Move It 2022)

Supported by Here To Be, lululemon's social impact program and Laureus Sport for Good 由lululemon 的 Here to Be 社會影響計劃及 Laureus Sport for Good 全力支持

Mind HK's 2022 'Move it for Mental Health' campaign was a successful one, though it took place in the midst of Hong Kong's worst COVID-19 wave. The challenge encouraged Hong Kong to move more and get off to an active start in 2022 by joining a 280,000+ Stepathon challenge during the month of February. Participants could take up any physical activity adding to their steps, such as walking, running, rope skipping, jogging and hiking, in order to complete an average of 10,000 steps per day.

我們舉辦各項大型活動與項目來接觸更多的群眾，藉此喚起社區對精神健康的關注並消除有關污名。今年，我們舉辦了三項大型活動，包括在二月舉行「為精神健康 Move It」，宣傳運動對精神健康的益處的年度活動。另外為慶祝香港心聆成立 5 週年，我們於十月舉辦香港首個精神健康餐廳週，藉此引起對精神健康的關注。而於十一月我們推行「自我提升 重新開放」的社交媒體計劃，推動大眾在社交平台上發布關於精神健康的貼文。通過這些活動，我們與不同的社區人士互動，進一步提升大眾對精神健康在日常生活中的關注。



雖然香港心聆 2022 年的「為精神健康 Move It」計劃在疫情最嚴重時期中展開，但活動仍取得了重大的成功。此項挑戰鼓勵港人在 2022 年多做運動及舒展身心，以充滿活力的狀態迎接新一年，並於二月期間完成合共 280,000 步的挑戰。參加者自選任何運動進行挑戰並計算步數，例如步行、跑步、跳繩、慢跑和遠足等，完成每天大約 10,000 步的目標步數。

Over 3,700 took part in our Stepathon challenge, and of those who completed the challenge, there was a 21% average in overall wellbeing levels, and 85% believe the challenge motivated them to continue exercising more. 74% also reported feeling more energised. This indicates the positive impact a month-long behaviour activation campaign can make, and we are pleased to have had the opportunity to work with our many partners to promote Move it for Mental Health again. The [campaign video](#) reached over 110,000 and the campaign was included in 20 media clippings in local media.

Below are some testimonials from participants involved in Move it for Mental Health 2022:

**"During covid restrictions in Hong Kong it has motivated me to move and reminded me that I still need to be active to keep my mind healthy. It is so easy to stay in all day and especially with working from home. The days I felt the best were when I was out doing more steps in the sunshine. I am going to try and continue this for March."**

**"Provided a great chance to maintain health, both physically and mentally, which is very important during the pandemic of COVID-19."**

**"Clearer mind, calmer, more focused, happier within myself."**

大踏步挑戰吸引了逾超過 3,700 人參加，而在完成挑戰的人中，整體健康水平平均為 21%，85% 的挑戰者認為是次挑戰鼓勵他們繼續進行更多運動。74% 的挑戰者甚至表示在活動後感到更有活力。他們的回應正反映這為期一個月的活動能帶來正面影響，而我們亦很高興能藉此機會與我們的眾多夥伴機構一同再次推廣「為精神健康 Move It」。同時，是此次活動的影片有錄得超過 110,000 人次觀看人次，而本地媒體亦有 20 篇關於是次活動的報導。



以下為「為精神健康 Move It 2022」參加者的一些好評：

**「香港在疫情期間所添加的限制措施鼓勵了我多做運動，並提醒我仍然需要保持運動習慣，以保持身心健康。特別是在家工作的時候，我們很容易整天呆在家裡。在那些日子裡，令我感覺最好的是在陽光下多走幾步的時候。我會試著在三月份繼續這個習慣。」**

**「這個活動為我提供了一個很好的機會來保持身心健康，這在疫情期間非常重要。」**

**「我的頭腦變得更清晰、更平靜、更專注、更快樂。」**



# 大踏步 STEPATHON



**"The Stepathon has given me a routine and a sense of accomplishment after doing my steps and completing the challenge. I even went outside for walks during the days when we had a cold monsoon. My physical and mental well-being has definitely improved. "**

Together with the Stepathon challenge, Mind HK also co-organised several online mental health workshops with InspiringHK Sports Foundation and KELLY Support Group. These targeted mainly youth aged 13 – 24 years and aimed to provide a foundational understanding of the relationship between physical exercise, lifestyle, and mental health. Mind HK curated content for youth, particularly on lifestyle and habit changes, to complement these workshops and raise awareness of the impact of lifestyle habits on mental health and overall wellbeing.

**「在我外出走動並完成踏步挑戰後，大踏步讓我建立了規律和成就感。我甚至會在寒冷季候風的日子外出散步。我的身心健康得到了顯著的改善。」**

除了大踏步挑戰，香港心聆亦聯同凝動香港體育基金及啟勵扶青會，合辦了數個為 13 至 24 歲青少年而設的線上精神健康工作坊，加深對運動、生活方式和精神健康三者之間的關係的基本了解。香港心聆為青少年設計工作坊內容，包括關於生活方式和習慣改變方面、改善生活習慣以提升精神健康、以及提高對整體身心健康的關注。



## Mental Health Restaurant Week

### 「心聆良食」香港心聆精神健康餐廳週

Mind HK celebrated its 5th Anniversary by holding Hong Kong's first-ever Mental Health Restaurant Week from 15 to 30 October 2022. Themed under "Food for Thought & Time to Talk", the campaign collaborated with over 50 of Hong Kong's favourite restaurants and cafés to promote social connection and mental health awareness through food. Thank you to our official media partner, Tatler Hong Kong, and all participating restaurants for your invaluable support in making this happen.

Meals purchased during the restaurant week represented a commitment to improving mental health support within the local community. With the generous support of the participating restaurants, we raised over HK\$300,000 to support the development of Mind HK's Improving Access to Community Therapies (iACT) initiative.

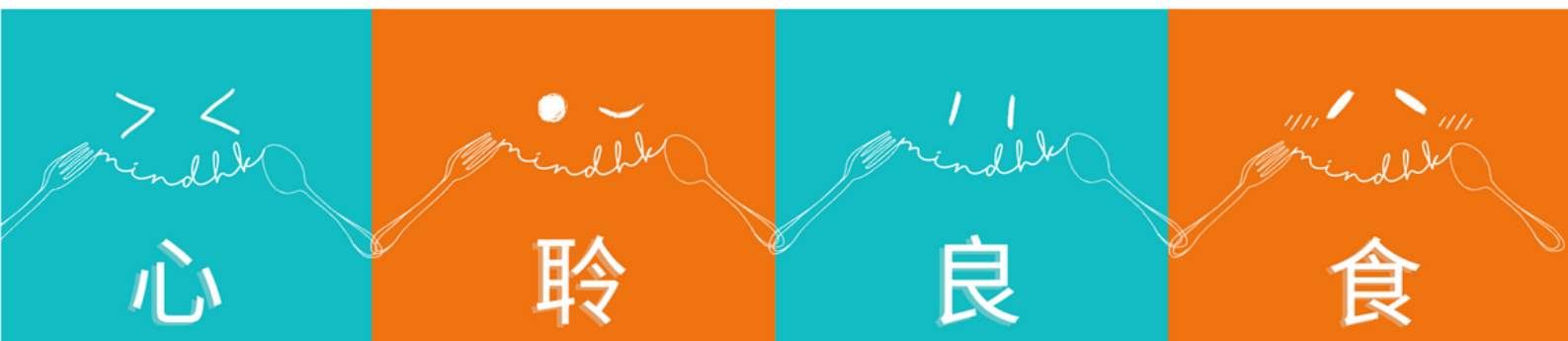
為慶祝香港心聆成立 5 週年，香港心聆於 2022 年 10 月 15 日至 30 日舉行了本地首個精神健康餐廳週「心聆良食」。此次活動以「心聆良食」為題，夥拍城中超過 50 間備受歡迎的人氣餐廳和咖啡店，透過美食連結大眾，促進人與人之間的聯繫及推廣對精神健康。在此特別鳴謝我們的官方媒體合作夥伴 Tatler Hong Kong 和所有參與食肆對是次活動的鼎力支持。

活動期間，食客享用的所有餐點均代表著對改善香港社區精神健康的支持。在參與餐廳的慷慨支持下，我們籌集了超過 300,000 港元，善款將用作支持香港心聆發展「社區心活指南」計劃。

香港心聆精神健康餐廳週

MIND HK MENTAL HEALTH RESTAURANT WEEK 2022

15 - 30  
OCT



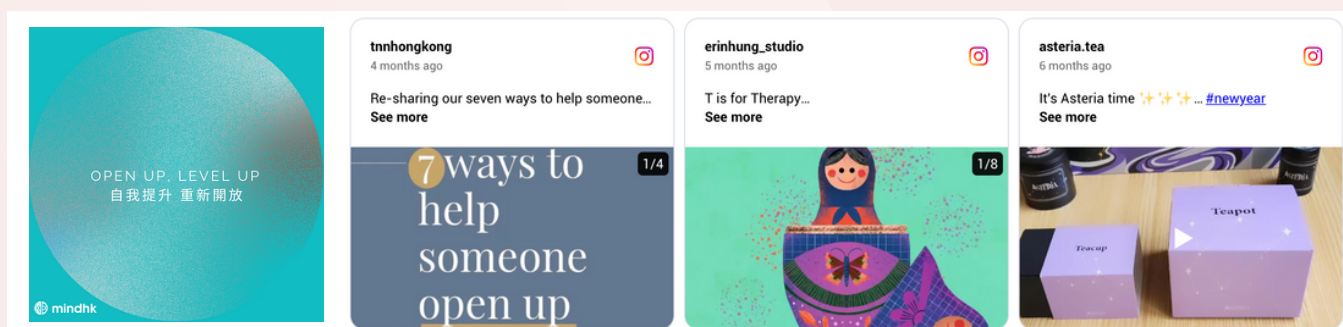
## Open Up level Up Campaign 「自我提升 重新開放」計劃

As Hong Kong reopened its doors to the world in 2022, we wanted to encourage the Hong Kong community to open up conversations surrounding mental health. In this regard, Mind HK launched the social media campaign, "Open Up, Level Up," which took place in mid-November 2022. The purpose of this campaign was to encourage people in Hong Kong to share and discuss the importance of taking care of mental health after a difficult few years. We aimed to build a sense of community and help individuals recognise the importance of their mental health both on a personal level and a city-wide scale, as well as to inform them of the local resources available.

During the campaign, we invited diverse voices from leaders across sectors and key opinion leaders to post empowering photos and videos on Instagram, Facebook, LinkedIn, or Twitter, in which they shared their self-care tips. The campaign was met with an overwhelming response, as more than 160 heartfelt posts were shared publicly. These posts reminded the public to prioritise their mental health and speak openly about it. You can visit our [website](#) to read the submissions and learn how the participants opened up and levelled up their mental health. We hope that after this campaign, Hong Kong people will keep up the openness to start more conversations about mental health.

隨著在 2022 年底香港開始重新向世界開放，我們希望能鼓勵社區對關於精神健康的話題也同步開放起來。有見及此，香港心聆於 2022 年 11 月中旬展開了「自我提升 重新開放」計劃，藉此鼓勵香港人分享並討論在經歷這數年間的困難後照顧好精神健康的重要性。計劃的目的在於建立社區意識並協助人們察覺精神健康在個人和城市層面的重要性，同時亦為他們帶來關於本地現有資源的資訊。

在計劃期間，我們邀請了不同界別的領袖及關鍵意見領袖在 Instagram、Facebook、LinkedIn 或 Twitter 上發布充滿力量的照片及影片，當中他們分享了照顧自己的方法。此計劃得到了巨大的迴響，更收到超過160 則向大眾分享的暖心貼文。這些貼文提醒了大眾要將精神健康放在首位並保持開放的態度進行談論。你可瀏覽我們的網頁以閱讀這些貼文，了解參加者們是如何提升和開放自己的精神健康。我們希望在此計劃後，香港人能維持這種開放態度以展開更多關於精神健康的對話。





07

# FINANCIAL HIGHLIGHTS

## 財政摘要

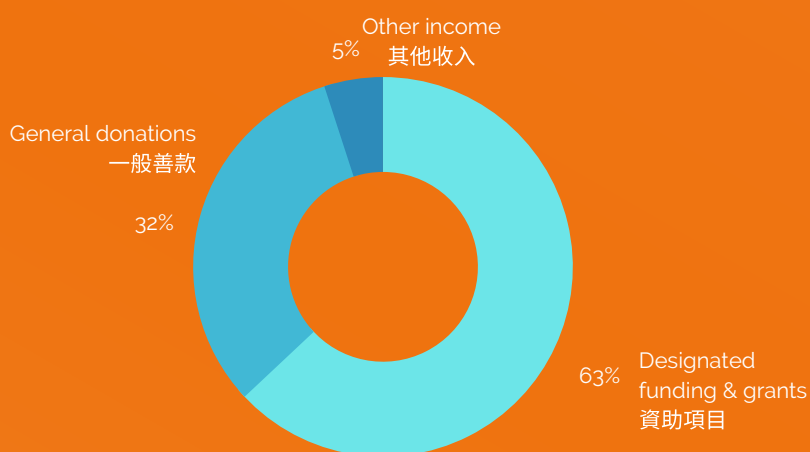
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# FINANCIAL HIGHLIGHTS

## 財政摘要

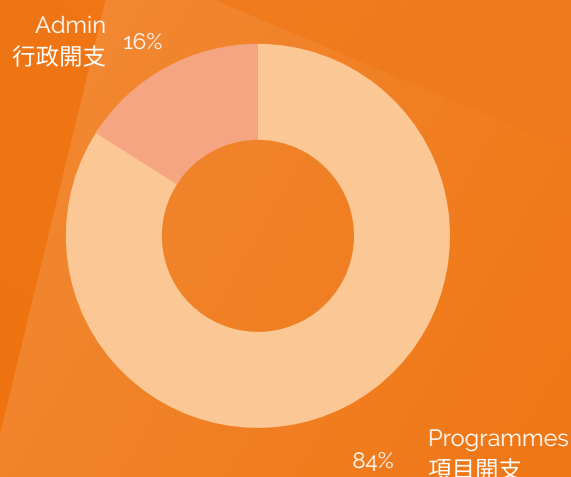
### Income by category 收入分佈

Total Income 總收入 (HK\$):  
\$15,633,418



### Expenditure by category 開支分佈

Total expenditure 總開支 (HK\$):  
\$12,050,806



### Balance sheet as at 31st December 2022

	HKD
<b>Non-current Assests</b>	
Property, Plant and Equipment	79,797
<b>Current Assests</b>	
Other Receivables & Prepayments	606,711
Cash at Banks and in hand	23,674,537
Total Current Assets	<b>24,281,248</b>
<b>Current Liabilities</b>	
Accruals and Other Payables	439,813
Deferred Income	13,745,312
Receipt in advance	20,000
Total Current Liabilities	<b>14,205,125</b>
<b>Net Current Assets</b>	<b>10,076,123</b>
<b>Net Assets</b>	<b>10,155,920</b>
<b>Surplus</b>	<b>10,155,920</b>

08

# WHO WE ARE

## 我們的團隊

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# Board Directors and Advisors

## 董事會成員及顧問

We would like to thank our board directors and advisors for their support in the year of 2022.

我們衷心感謝香港心聆董事會成員及顧問在 2022 年的支持。

### Executive Chair 主席

Dr Lucy Lord

#### Board Directors 董事會成員

Dr Lucy Lord, Executive Chair  
Marc Convery  
Professor Eric Chen (Till 1 May 2022)  
Jaclyn Jhin (Till 1 Feb 2022)  
Yvette Kong  
Sheena Liang  
Daryl Ng, JP  
Olivia Parker  
Ann Pearce  
Andrew Wong, JP  
Jim Woods  
Professor Olya Zayts  
Dr. Maxine Cheung (From 1 Jun 2022)  
Charlotte Chan (From 1 Jun 2022)  
Dee Poon (From 1 Sep 2022)

#### Board Advisors 顧問

Professor Cecilia Chan  
Charlotte Chan (Till 30 May 2022)  
Paul Farmer  
George Grant  
Professor Siu-man Ng  
Mark Peaker  
Manisha Wijesinghe  
Dr Elisabeth Wong  
Dr Josephine Wong  
Dr Paul Wong  
John Williamson (From 1 Feb 2022)  
Kok T Gan (From 1 Feb 2022)  
Cheng Hong Yung (From 1 Feb 2022)  
Nick Rawlins (From 1 Oct 2022)

# Our Team

## 我們的團隊

By the end of December 2022, our team had expanded to 32 members, 21 part-time & full-time staff, 5 contractors, and 6 interns.

至 2022 年 12 月底，我們的團隊已增加至 32 名成員、21 名兼職和全職員工、5 名特約員工和 6 名實習生。

<b>Dr Candice Powell</b>	Chief Executive Officer	行政總裁
<b>Carol Liang</b>	Deputy CEO	副行政總裁
<b>Min Huang</b>	Chief Operating Officer	營運總裁
<b>Alison Lee</b>	Clinical Advisor	臨床顧問
<b>Chloe Wong</b>	HR and Administration Officer	人力資源及行政主任
<b>Emet So</b>	Communications Coordinator	傳訊幹事
<b>Eva Kwok</b>	Project Manager - Digital Projects	網絡項目經理
<b>Esther Wong</b>	Clinical Advisor	臨床顧問
<b>Florence Wong</b>	Finance Manager	財務經理
<b>Dr Hannah Sugarman</b>	Lead Clinical Advisor - YWP & PWP	YWP & PWP 首席臨床顧問 網絡編輯幹事
<b>Henry Chan</b>	Training Manager	培訓經理
<b>Issac Wong</b>	Communications Assistant (Digital Content)	網絡傳訊助理
<b>Jess Chan</b>	Coolminds Project Coordinator	凝心知友項目幹事
<b>Karen Lau</b>	Clinical Advisor	臨床顧問
<b>Matthew Wong</b>	Programmes and Operations Manager	項目及營運經理
<b>Melissa Kong</b>	Head of Development & Partnerships	發展及夥伴合作主管

# Our Team

## 我們的團隊

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<b>Michelle Cheng</b>	Programme Manager - YWP & PWP	YWP & PWP項目經理
<b>Natalie Leung</b>	Coolminds Project Coordinator	凝心知友項目幹事
<b>Nicole Lee</b>	Coolminds Project Manager	凝心知友項目經理
<b>Odile Thiang</b>	Lead Clinical Advisor - Anti-Stigma Project	消除污名項目首席臨床顧問
<b>Opal Li</b>	Mental Health Officer (Clinical Assessment)	精神健康主任 (心理評估)
<b>Ophelia Tam</b>	Digital Content Coordinator	網絡編輯幹事
<b>Pinky Tso</b>	Content Advisor	內容顧問
<b>Vicki Tsang</b>	Project Coordinator - Anti-Stigma Project	消除污名項目幹事
<b>Rachel Wong</b>	Assistant Programme Manager - YWP & PWP	YWP & PWP 助理項目經理
<b>Serene Wong</b>	PWP Project Coordinator	PWP 項目幹事
<b>Wing Lam Chung</b>	Project Assistant - YWP & PWP	YWP & PWP項目助理
<b>Dr Hannah Reidy</b>	Chief Executive Officer (Till 29 Apr 2022)	行政總裁 (至 2022 年 4 月 29 日)
<b>Po Wan Cheng</b>	Chief Operating Officer (Till 31 Mar 2022)	營運總監 (至 2022 年 3 月 31 日)
<b>Teresa Chan</b>	Clinical Advisor (Till 30 Apr 2022)	臨床顧問 (至 2022 年 4 月 30 日)
<b>Jack Berry</b>	YWP Service Delivery Coordinator YWP (Till 22 June 2022)	YWP 服務傳遞統籌幹事 (至 2022 年 6 月 22 日)
<b>Thomas Chan</b>	Clinical Advisor (Till 31 Dec 2022)	臨床顧問 (至 2022 年 12 月 31 日)



# Our Team

## 我們的團隊

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We would also like to extend our gratitude to the following interns and volunteers, who have each contributed to our work and development during their time at Mind HK.

我們亦要感謝以下實習生和義工，他們於香港心聆在職期間，為我們的工作和發展作出貢獻。

<b>Ruchi Bhave</b>	Training Intern 培訓實習生
<b>Sandy Chan</b>	Communications Intern 傳訊實習生
<b>Kaye Lam</b>	Communications Intern 傳訊實習生
<b>Kitty Lam</b>	Intern - YWP & PWP YWP & PWP 項目實習生
<b>Grace Tse</b>	Intern - Anti-Stigma Project 消除污 名項目實習生
<b>Agnes Lau</b>	Intern - YWP & PWP YWP & PWP 項目實習生
<b>Sarah Rockowitz</b>	Development & Partnerships Intern 發展及夥伴合作實習生
<b>Maria Rivera</b>	Development & Training Intern 發展及培訓實習生
<b>Bernice Wong</b>	Development & Training Intern 發展及培訓實習生
<b>Justine Chan</b>	Intern 實習生
<b>Tiffany Cheung</b>	Intern 實習生
<b>Niki Hui</b>	Intern 實習生
<b>Matthew Lam</b>	Intern 實習生
<b>Jasmine lau</b>	Intern 實習生

# Our Team

## 我們的團隊

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<b>Phoebe Leung</b>	Intern 實習生
<b>Aaron Lo</b>	Intern 實習生
<b>Joseph Lim</b>	Intern 實習生
<b>Hannah Sou</b>	Intern 實習生
<b>Tagan Tsui</b>	Intern 實習生
<b>Eva Wong</b>	Intern 實習生
<b>Kadence Wong</b>	Intern 實習生
<b>Sabrina Chan</b>	Volunteer 義工
<b>Nathan Cheng</b>	Volunteer 義工
<b>Natasha Chyi</b>	Volunteer 義工
<b>Eugenie Kwan</b>	Volunteer 義工
<b>Tina Shum</b>	Volunteer 義工
<b>Sammi Tsoi</b>	Volunteer 義工
<b>Theros Wong</b>	Volunteer 義工
<b>Amelia Walter</b>	Volunteer 義工

We would like to sincerely thank the General Steering Committee and Clinical & Research Committee Members of our Youth Wellbeing Practitioner (YWP) programme here (names in alphabetical order):

我們希望能藉此對以下青少年情緒輔導員 (YWP) 計劃指導委員會和臨床及研究委員會的成員表達謝意 (姓名按字母順序排列) :

### General Steering Committee

Mind HK representatives:

**Dr Lucy Lord**

**Dr Candice Powell**

**Min Huang**

**Carol Liang**

**Michelle Cheng**

**Rachel Wong**

BOKSS representative:

**Scarlett Poon**

HKBU representative:

**Prof Daniel Lai**

King's College London representative:

**Ian Everall**

### Clinical & Research Committee

**Cecilia Yiu** - Local School Counsellor

**Dr Hannah Sugarman** - ex-Mind HK clinical advisor

**Dr Olya Zayts** - Associate Professor, HKU and Mind HK Board Member

**Prof Suet Lin Hung** - Professor & Head and Director of the Social Work Practice and Mental Health Centre, Department of Social Work, HKBU

**Dr Timothy Woo** - Wellness Response Partner at META; KELY Support Group Board Member; Local School Counsellor

We would also like to express our appreciation for the contribution of all 21 members of the YAC and YOC in cohort 2022-2023 below (names in alphabetical order):

我們亦希望能藉此對以下 2022-2023 年度 YAC 和 YOC 的全體 21 名成員的貢獻表示感謝 (姓名按字母順序排列) :

### Youth Advisory Committee members

Anson Ho Yin HO

Ashley Yan Tung CHENG

Charlotte Chak Yan YAU

China CHOY

Joseph Zhuo Yao LIM

Kadence Oi Kiu WONG

Louna Tsin Wai LAROSE

Megan Hoi Ching KWOK

Oceanna Ho Lam YIK

Verona Hiu Sum MAK

### Youth Operations Committee members

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Katie Yin Hing TAM

Lilian Li En TAY

Melody LAI

Mika LAU

Nayon LEE

Samantha Wing Sum CHENG

# OUR PARTNERS

## 我們的合作夥伴

We are lucky to work so closely with international and local mental health NGOs. 我們感到十分榮幸能與國際及本地不同的非政府精神健康機構緊密合作。

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... and more!  
... 還有更多!

## Local Non-profit Partnerships 本地非牟利合作機構



... and more!  
... 還有更多!



**Thank you for all your support!**  
**感謝您們的支持!**

# YWP Host Organisation Partners

## YWP 參與機構

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Baptist Oi Kwan Social Services  
Bishop Hall Jubilee Secondary School  
Breakthrough  
Caritas Ma On Shan Secondary School  
Central Health CDT  
Delia Group School (Broadway)  
Delia Group School (Glee Path)  
Delia School of Canada  
DMHC Siu Ming Catholic Secondary School  
ESF Island School  
ESF Sha Tin College  
ESF South Island School  
ESF West Island School  
Harrow International School  
HKU SPACE Po Leung Kuk Stanley Ho Community College  
Hong Kong Baptist University  
Hong Kong Federation of Youth Groups  
Hong Kong University of Science and Technology  
ISF Academy  
Joyful Mental Health Foundation  
Kowloon Technical School  
Li Po Chun United World College  
MKMCF Ma Chan Duen Hey Memorial College  
Po Leung Kuk Lo Kit Sing (1983) College  
SKH Lam Woo Memorial School  
Society for Community Organization  
St John's Cathedral Counselling Services  
Victoria Shanghai Academy  
Wong Shiu Chi Secondary School  
YMCA of Hong Kong  
Yuen Long Town Hall



# Move it for Mental Health 2022 Partners

## 為精神健康 Move It 參與機構

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Asphodel  
Body & Mind  
Baptist Oi Kwan Social Service  
Basic Reflex  
Beeearth  
Calibrate Studios  
City Mental Health Alliance HK  
Clifford Chance  
Credit Suisse  
Eco Drive Hong Kong  
Exploring Dogs Hong Kong  
Flex Studio  
Flowga  
Green Sense  
HandsOn Hong Kong  
Heart to Heart  
Hong Kong Disorders Association  
Hong Kong Association of Art Therapists  
HSBC  
Inspiring HK Sports Foundation  
Joint Dynamics  
KELY Support Group  
H Kore  
KPMG  
Laureus Sport for Good  
Mental Health Association of Hong Kong  
MINDSET  
Momentum  
OneTen Foundation  
Osteopathic Centre Hong Kong  
Parks & Trails  
Pinnacle Performance  
RAW Personal Training  
RUN  
RunOurCity  
SENPHA  
Shan Studio  
Sovereign  
Sovereign Art Foundation  
St John's Cathedral Counselling Service  
The British Chamber of Commerce  
Strength Culture  
The Zubin Foundation  
Total Loyalty Company  
Trail Runners Association of Hong Kong  
WISE  
YMCA

# Mental Health Restaurant Week Partners

## 精神健康餐廳週參與機構

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AGORA  
Andō  
Aria  
Armoury Terrace  
Baci  
Bakehouse  
Bedu  
Cookie Department  
DANJI  
Duddells  
Estro  
FEAST (Food by East)  
Fumi  
Hjem  
Honky Tonks Tavern  
Jade  
Joint Hong Kong  
Kyoto Joe  
LITE  
Little Bedu  
Louise  
Matchali  
Mendel's Delicatessen  
Ming Court, Wanchai  
Ming Court  
MONMONO Central  
MONMONO TST  
MONO  
Mott 32  
Mr & Mrs Fox  
Nuts Donut Shop  
Palm Court  
Pause Cafe  
Pondside  
Porterhouse  
Quality Goods Club  
Ramato  
Salisterra (The Upper House)  
Seoul Recipe  
Shady Acres  
Tai Lung Fung  
The Astor  
The Continental (The Upper House)  
Tokio Joe  
Uma Nota  
Yat Tung Heen  
YUÈ  
Yung Kee  
Yung's Bistro

### Media Partners 媒體合作夥伴

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# ACKNOWLEDGEMENT

## 鳴謝

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