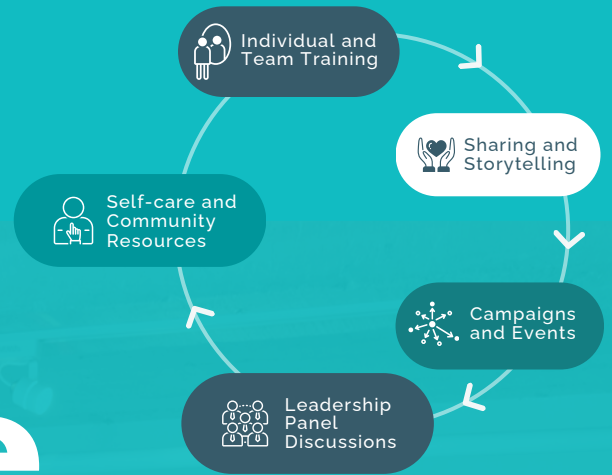




mindhk  
香港心聆

# 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.<sup>1</sup>

## Enhance organisational wellbeing and productivity

**4X** Return of Investment for every dollar spent in treatment for depression and anxiety in organisations.<sup>2</sup>

## About Mind HK | Mental Health Training

**26,000+**

Individuals trained

**400+**

Training sessions delivered

**14+**

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

<sup>2</sup> 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

9-15 hours for 40 max pax

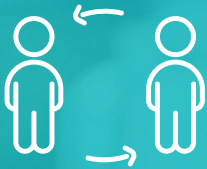
- ✓ Mental Health 101
- ✓ Managing Stress in the Workplace
- ✓ MindSkills: Psychological Strategy for Improved Wellbeing
- ✓ MindSkills: Positive Psychology



## Supporting Others

8-39 hours for 40 max pax

- ✓ Mental Health 101
- ✓ Managing Stress in the Workplace
- ✓ Supporting Colleagues Mental Health
- ✓ Supporting Staff Mental Health
- ✓ Leading a Mentally Healthy Workplace
- ✓ MindSkills: Emotional Support Skills
- ✓ Standard Mental Health First Aid



## Diversity & Inclusion

5 hours for 40 max pax

- ✓ Mental Health 101
- ✓ Allyship: Supporting LGBTQ+ Mental Health
- ✓ Managing Workplace Bullying



## Family Wellbeing

9-23 hours for 40 max pax

- ✓ Children and Youth Mental Health 101
- ✓ Fostering Family Wellbeing for Parents
- ✓ MindSkills: Emotional Support Skills for Parents
- ✓ 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](mailto: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](http://www.mind.org.hk/our-trainers) to learn more about our trainers' profiles.