



mindhk
香港心聆



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



Do you know...

How staff feel about workplace mental health ?

About Mind HK | Mental Health Training

33,600+

Individuals trained

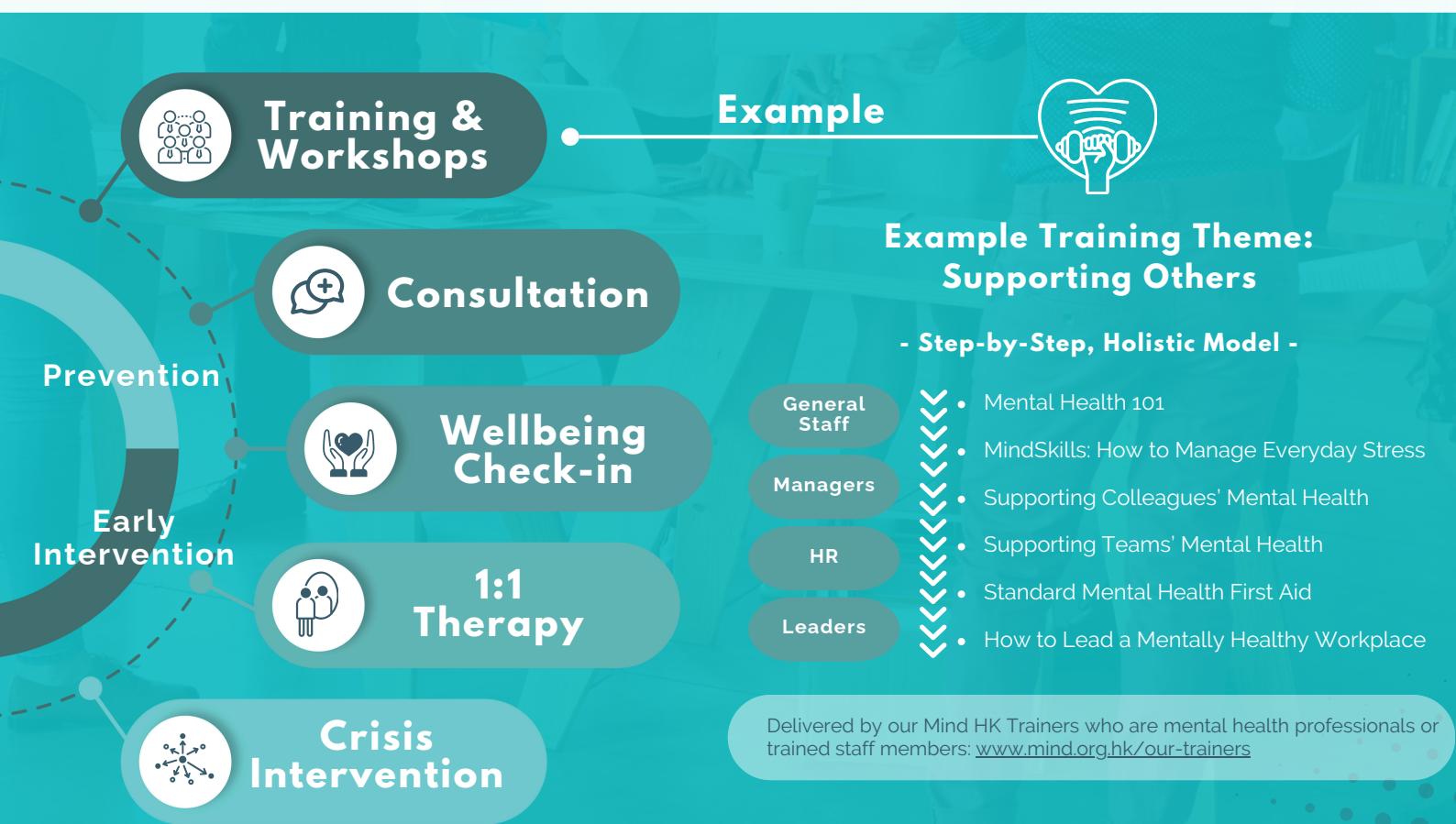
650+

Training sessions delivered

20+

Evidence-based multilingual training offerings

All profit generated from our evidence-based training offerings continues to support free and low bono community/public training programmes.



Enquire now: training@mind.org.hk

4 Key Themes

to support mental health in the workplace



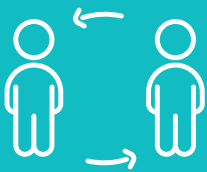
Supporting Self

- ✓ • 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
- ✓ ✓ • MindSkills: 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
- ✓ ✓ ✓ • Youth LGBTQ+ and Allyship Mental Health
- ✓ ✓ ✓ ✓ • How to Build an Inclusive Mental Health Language



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.