



**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

**35,000+**

Individuals trained

**700+**

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](mailto:training@mind.org.hk)

# 4 Key Themes

to support mental health in the workplace



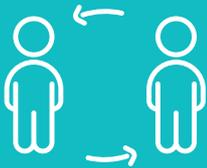
## Supporting Self

- ✓ • Mental Health 101
- ✓ • MindSkills: How to Manage Everyday Stress
- ✓ • Understanding vicarious trauma and building resilience
- ✓ • MindSkills: Psychological Strategy for Improved well-being
- ✓ • 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 Well-being

- ✓ • Children and Youth Mental Health 101
- ✓ • Youth Mental Health 101
- ✓ • Fostering Family well-being 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](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.