



2023-2025

ANNUAL REPORT 年報

Caring for the Minds: Mental Health Dialogue Across Communities
守護心靈 跨越社群的精神健康對話



About Us 機構簡介

Mental Health Foundation was established in January 2012 by a group of professionals engaged in mental health and concerned members of the public. We pledge to promote the importance of mental wellness and orchestrate a collective effort to making Hong Kong a mentally healthy city.

「精神健康基金會」於2012年，由社會賢達、精神科專科醫生、臨床心理學家、社工及律師等一群專業人士所創立。成立目的是為推動香港成為「精神健康城市」，消除社會對情緒及精神疾病的偏見；以我們的專業知識及善心人士捐贈的資源，致力提升市民的精神健康。

5 Key Messages 五個核心訊息



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Foreword 序言

It is my great honour to write the foreword for the 2023–2025 Annual Report of the Mental Health Foundation (the Foundation).

As a highly dense and fast-moving city, Hong Kong faces mental health challenges that warrant our close attention. Tension arising from work, academic competition, interpersonal relationships, as well as rapid socio-economic changes, are all potential sources of stress. With this in mind, the theme of this Annual Report — “Caring for the Minds: Mental Health Dialogue Across Communities” — clearly reflects the focus of our current efforts. We need to promote understanding, reduce stigma, and strengthen collaboration across sectors and communities to care for mental well-being and enhance individual resilience.

The Foundation plays an important role in promoting mental health. Through its online information hub and learning platform, the public can conveniently access relevant knowledge, empowering individuals to deepen self-awareness and build resilience. Its outreach initiatives, such as activities organised for **World Mental Health Day**, create valuable opportunities for interaction between professionals and the public, thereby strengthening mutual understanding and connection.

The Foundation is also committed to serving specific communities. Its services for young people, women, men, parents and persons with hearing impairment clearly demonstrate the importance of providing tailored and holistic support. These tangible initiatives align closely with the principles of “Mental Health for All” and the cross-sectoral and multi-disciplinary collaboration advocated by the Advisory Committee on Mental Health (ACMH). The ACMH has long been committed to enhancing collaboration across the healthcare, social welfare, education, and employment sectors, and the work carried out by the Foundation translates dialogue across community into concrete action, generating meaningful impact for the society.

很榮幸能為精神健康基金會(基金會)的2023–2025年度年報撰寫序言。

香港作為一個高度密集、節奏急促的城市，市民面對精神健康的挑戰值得大家關注。不論工作、學業競爭、人際關係，以至社會經濟環境的快速變遷，都為市民帶來壓力。在此背景下，本年度報告的主題——「守護心靈：跨越社群的精神健康對話」，精準地點出了當前工作的核心方向。我們需要促進了解、消除偏見並加強各界別及各社群的協作，以守護彼此心靈及自我強化心靈韌力。

基金會在促進精神健康方面擔當了一個重要角色。通過精神健康資訊平台及自我學習平台，讓公眾能便捷地獲取知識，讓市民加強自我認識及韌性。其外展服務，例如舉辦**世界精神健康日活動**，為專業人士與公眾的交流創造空間，以加強了解和聯繫。

基金會致力為特定社群提供服務。在為青年、女性、男性、家長或聽障人士提供的服務中充分顯示提供量身訂制及全面支援服務的重要性。這些實質舉措，與精神健康諮詢委員會在政策層面倡導「全民精神健康」、推動跨界別協作的方向不謀而合。委員會一直致力於促進醫療、社會福利、教育及就業等不同界別的協作，而基金會的工作，正好將這些理念轉化為具體行動，讓對話產生實質影響。



I am particularly impressed by the concept of the “Night to Light” programme. It not only integrates nature-based healing, peer support, and professional counselling, but more importantly, creates a safe and inclusive space where young people can embark on an inner dialogue while journeying alongside one another. This model demonstrates that effective dialogue does not necessarily take place in consultation rooms or workshops; it can also emerge naturally in everyday life. This is precisely the kind of innovative, **people-oriented, and community-based** service model that we should encourage.

Looking ahead, many challenges remain. We must continue to address societal stigma surrounding mental health. At the same time, organisations such as the Foundation provide strong and steady support. **Planting the seeds of mental health in the community** is made possible through the joint efforts of the public and all stakeholders.

I would like to extend my warm congratulations to the Mental Health Foundation on the successful publication of this Annual Report, and my sincere gratitude to all mental health practitioners for their dedication. With the achievements and vision showcased in this report, let us continue to work hand in hand to build a strong foundation for mental health in our community.

我特別欣賞「星曉行」計劃所蘊含的深意。它不僅結合了自然療愈、朋輩支援與專業輔導，更關鍵的是創造了一個安全、接納的空間，讓青年人在同行的旅程中開啓內心對話。此模式印證了有效的對話未必總在診室內或工作坊發生，它亦可以在日常生活中自然出現。這正是我們需要鼓勵的創新服務模式——**以人為本，走進社群**。

展望前路，我們仍有不少挑戰。我們仍需跨越社會對精神健康的偏見。同時，不少機構，例如基金會亦為我們提供穩健的支援。為了**讓精神健康植根社區**，所有持份者以及每一位市民都應一同努力。

本人謹此祝賀精神健康基金會年報順利出版，並對所有默默耕耘的精神健康同工，致以最誠摯的謝意。讓我們借鏡基金會在本報告中所展示的成果與精神，繼續携手將精神健康深植于我們的社區文化之中。

Dr. LAM Ching-choi, GBS, JP
林正財醫生, GBS, JP
Chairman
Advisory Committee on Mental Health
精神健康諮詢委員會主席



Preface 前言

Professor CHEN Char Nie
陳佳霽教授

Founding Chairman and Honourary Consultant
基金會創會主席兼現任榮譽顧問
OBE, JP, MB, MSc, FHKAM (Psychiatry),
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Beyond Common Discriminations 超越常見的歧視

Discrimination is the unfair or prejudicial treatment of people or groups based on characteristics such as race, gender, age or sexual orientation[1], but people with mental and/or physical disabilities are commonly the objects of discrimination. The effects of discrimination can exacerbate stress and, through stress, link to mental health issues such as anxiety, depression, or other mental disorders. Discrimination also has impacts on relationships, employment and overall health[2].

Organised oppression and segregation are rarely seen in Hong Kong, but discriminations are not uncommon. Equal Opportunity Commission (EOC) was set up in Hong Kong in 1996 to oversee individual cases. It also commissions a private group or organisation to examine discrimination at work or for other related reasons and publishes reports on different aspects of discrimination. Other community organisations, including the Mental Health Foundation, have also made tremendous efforts to educate the public against discrimination. On legislation, Hong Kong laws are enforced through several ordinances, including the Sex Discrimination Ordinance, Disability Discrimination Ordinance, Family Status Discrimination Ordinance, and Race Discrimination Ordinance. EOC is the independent body responsible for implementing these ordinances.

However, there are still some areas that our community education may have overlooked.

(1) Self-discrimination: There is a deep-seated belief that psychiatrists attend only psychoses. Therefore, any patient who is referred to seeing a psychiatrist must be 'psychotic (chi-sin 癲線)'.

歧視是針對個人或群體的特徵，如種族、性別、年齡或者性取向等[1]，對其施以不公平或差別待遇。當中精神病患和殘疾人士經常成為被歧視的對象。遭受歧視有可能加劇壓力，並因此引發精神健康方面的問題，例如焦慮、抑鬱或其他精神障礙。歧視亦會對人際關係、就業及整體健康產生影響[2]。

雖然發生有組織的壓迫和種族隔離在香港十分罕見，但歧視行為卻並非不常見。平等機會委員會（平機會）於1996年在本港成立，負責監督個別個案。平機會亦會委託私人團體或組織調查職場歧視及其相關原因，並就歧視層面發表報告。其他社區組織如精神健康基金會，也竭力向公眾推廣平等機會和反歧視的觀念。在立法方面，香港有《性別歧視條例》、《殘疾歧視條例》、《家庭崗位歧視條例》以及《種族歧視條例》，均由平機會這個獨立機構負責執行。

然而，我們的社區教育仍有一些領域可能被忽略。

(1) 自我歧視：大眾根深蒂固地認為精神科醫生只會處理「精神病」或「癲癲」的個案。因此，任何被轉介去看精神科的病人，都往往被視為「精神病患（癲線）」。

In January 1981 when I took up the chair in psychiatry at the new medical school of the Chinese University of Hong Kong (CUHK). It was then that our foundation dean, Professor Gerald CHOA, who kindly arranged with Dr. Robert DAN, the Director of CUHK Medical Clinic (CUHKMC), for me to work as an honorary consultant psychiatrist at the CUHKMC.

In the 1981s, I was scheduled to see a lady patient. She was a middle-aged university staff with symptoms of insomnia and anxiety. As usual, a background history was taken, and a mental status examination was done. She was explained that her insomnia was due to moderate anxiety problems and symptoms. She was taught to prevent negative thoughts at time of sleep, and to learn healthy sleep hygiene. Then she was prescribed a low dose anxiolytics and hypnotics before she left the clinic. On her departure, a nurse overheard that she kept saying that she was very happy and lucky to have seen a professor.

However, early in the next morning, I received an urgent call from the clinic. Apparently, the patient I saw the day before had been 'crazy' all night. She was crying and screaming, disturbing everyone in the staff hostel at night. Of course, I rushed to the clinic and arranged an early follow-up to see the patient.

At the clinic, a story was revealed. Apparently, she was so happy and grateful yesterday after seeing a professor at the university clinic. However, after dinner, she thought she would like to learn more about this professor. On the University Bulletin, it was printed that he was a professor of psychiatry, i.e., mental doctor. Her immediate interpretation was that she must be having 'chi-sin', otherwise she would not have to see a mental doctor. She thought I cheated on her when I told her she only had anxiety disorder. She kept shouting that she did not want to be sent to the Castle Peak Hospital (CPH) and be locked up there in a ward for the rest of her life. In the process of talking, she became increasingly upset and agitated. It took a couple of hours to calm her down before it was possible to explain to her that mental doctors see all kinds of mental disorders including anxiety and depression, etc. Her anxiety disorder was only moderate degree, and she should get better soon. She certainly did not have a psychotic illness, and in no way would she be sent to CPH. In fact, for psychotic patients at CPH, once their acute symptoms subsided, they were expected to be discharged home and followed up at their out-patient clinic. They did not have to spend their whole life inside the hospital.

1981年1月，我擔任香港中文大學（中大）新成立的醫學院精神科學系系主任。當時的創院院長蔡永業教授與大學保健處處長鄧秉鈞醫生，安排我擔任保健處的精神科榮譽顧問醫生。

在1981年間，我約見一名女患者。她是一位中年大學職員，出現了失眠和焦慮的症狀。我如常先了解她的病歷，並進行精神狀態檢查。我向她解釋，她的失眠是由中度焦慮問題和症狀引起的。我教她如何在睡前避免負面想法，並學習健康的睡眠衛生習慣。離開診所前，我還為她處方低劑量的抗焦慮藥和安眠藥。在她離開時，有護士聽到她不停說自己非常高興和幸運，能夠獲得教授的診症。

然而，第二天一早，我接到保健處的緊急電話。據說，我前一天見的那名女患者整晚「發瘋」。她在職員宿舍大喊大叫，驚動了所有人。我理所當然立即趕往保健處，並安排提早跟進患者的個案。

在詢問了解後，整個故事浮出水面。據知，她非常高興和感激能在大學保健處得到教授的診症。晚飯後她便想了解更多關於這位教授的資料。然而當在大學通訊上看到我是精神科教授，即是精神科醫生時，她立即聯想自己必定「癲線」了，否則不會被安排看精神科醫生。她認為我診斷她患有焦慮障礙，是欺騙了她。於是她不停叫喊，表示自己不想被送往青山醫院（CPH），不想在那裡的病房度過餘生。在交談的過程中，她變得越來越不安和激動。我花了幾個小時才讓她冷靜下來，向她解釋精神科醫生是可以處理各種精神障礙，包括焦慮和抑鬱等。她的焦慮障礙只屬中度，應該很快便能康復。她絕對沒有精神病，而且絕對不會被送往青山醫院。事實上，即便是青山醫院的院友，一旦他們的急性症狀消退，還是會安排出院回家，日後在門診跟進，不必在醫院度過餘生的。

Preface 前言

(2) Religious Discrimination: Different religious groups have their own way of managing mental illnesses. The common methods for Buddhism are praying, chanting, meditation and exorcism, etc. A few of my anxious patients from Malaysia recalled that they used to be taken to Buddhist temple as a child and offered to drink a mixture of charm paper (符水) and water for anxiety and/or depressive symptoms. In the USA, there are laws overseeing religious discrimination[3], but there is no specific law in Hong Kong except those discussed earlier. Nowadays, when they returned home and got worse in anxiety symptoms, they were still taken to see the monks with the same treatment. The fact that, at the adult age, they are still willing to see monks in the temple, indicating that shared beliefs are very strong in some cultures or regions. In the shared belief, a subject with mental problems may be interpreted as having done something wrong in the previous incarnation. A persistent existence of psychotic symptoms means that the person is 'possessed by evils in the brain that could only be cured by exorcism'. Because families within a community is deeply believing in the religion for generations, whenever family members have mental problems, they are always brought to see monks or nuns in the temples. The latter nearly always discourage their clients from seeking help from medical personnels.

(3) Medical System Discrimination: Social discrimination is often shown in societies that are poor or low-educated. 'The screams of hungry children are enough to stop the world.' This is a famous quotation from the Turkish Poet Hasan Hüseyin Korkmazgil (1927-1984).

In societies with better wealth and education, discrimination is also more common in lower socio-economic sector. In current days, every country is trying hard to eradicate such discrimination. However, there is one kind of social discrimination that we often overlook. The following is my own experience.

In the early 1980s, once I was in conversation with a non-psychiatric clinical professor who as usual asked me what I did and I replied. He responded and said: 'Oh! Psychiatry, very interesting! But I don't know anything about it.' This could have two different meanings. First, a humble one. He did not learn enough psychiatry in the early days, when psychiatry was not taught sufficiently. Second, a humiliated one. It is not an important clinical subject; anyone can be a professor without the knowledge of psychiatry.

(2) 宗教歧視：不同的宗教團體各有處理精神疾病的方式。佛教的常見方法是祈願、誦經、冥想和驅邪等。一些來自馬來西亞的焦慮症患者憶述，他們小時候被帶到佛教寺廟，透過飲用符水（符紙混合水）來治療焦慮和/或抑鬱症狀。在美國設有專門針對宗教歧視的法律[3]，但香港除了先前討論的條例外，並沒有獨立處理宗教歧視的專門法例。如今，當他們返回家鄉且焦慮症狀惡化時，他們仍會被帶去見僧侶，接受相同的治療。事實上，成年後的他們仍願意去寺廟見僧侶，這表明在某些文化或地區，共同信念非常強烈。在共同信念中，患有精神障礙的人會被解釋為在前世做了錯事。持續的精神病症狀意味著該人「腦中被惡靈附體，只能透過驅邪治癒」。由於社區內的家庭世代深信宗教，每當家庭成員出現精神障礙時，總是被帶去寺廟見僧侶或尼姑。後者幾乎總是勸阻他們尋求醫療人員的幫助。

(3) 醫療體系歧視：在較貧窮或教育水平較低的社會，社會歧視往往更為明顯。「飢餓兒童的哭喊足以讓世界停下來。」這是土耳其詩人 Hasan Hüseyin Korkmazgil (1927-1984) 的著名引述。

在富裕和教育水平較好的社會中，歧視也常出現在社會經濟底層。當代每個國家都在努力消除歧視。然而，有一種社會歧視經常被人忽略。以下是我親身的經歷。

在1980年代初，有次我與一位非精神科的臨床教授交談，在互相了解彼此的專科時，他說：「哦！精神科，非常有趣！但我對它一無所知。」其中可能表達兩種不同的意思：其一，他在謙虛地表達，早年間精神科教育不足，自己沒有學習到足夠的精神醫學知識；就算沒有精通相關的醫學知識，也能成為精神科教授。

This reminded me of my former training in neurology and psychiatry in the 1960s, when my Professor of Neurology learned that I decided to change my future career from neurology to psychiatry, he was so angry and shouted at me: 'What can you do to be a mad doctor?' I calmed him down by saying that 'neurology helped me build a good biological foundation as a mad doctor!' We ended up in laughter. He was indeed an excellent teacher in neurology, and I understand his disappointment. But I had to make a career choice.

The belittlement of psychiatry, poor understanding or not, is not only found among our medical colleagues, it might also be shared by some administrators of hospitals or medical centres. For this reason, psychiatry as a clinical specialty is sometimes omitted in hospital planning. Poor development of psychiatry in such community will therefore be apparent. Even in communities where psychiatry was set up but belittlement will lead to inadequate personnel and financial resources. Worse still, some social entrepreneurs feel it a bad luck to have their name associated with 'psyche 精神'. This led to fewer donations for research and development in psychiatry.

The immediate step to eradicate medical discrimination is therefore for psychiatrists, especially liaison psychiatrists, to try to make our medical colleagues understand what psychiatry is about. The earlier better teaching of medical students is of course more important.

這讓我想起自己在1960年代接受腦神經科和精神科的培訓，當我決定捨腦神經科而取精神科為我的未來職業時，腦神經科的教授大發雷霆地斥責我：「你當個瘋醫生，能有什麼出色？」我安撫他並解釋道：「腦神經科讓我學習到扎實的生物基礎，可以幫助我成為一個瘋醫生！」最後我們以笑聲作結。他確實是一位優秀的腦神經科老師，我理解他的失望。但我必須擔起自己的職業選擇。

無論是否出於理解不足，對精神科輕視的情況，除了存在於醫學同仁間，在醫院或醫療中心的行政同事之間也十分普遍。因此，精神科作為臨床專科有時在醫院規劃中常被忽略。在這樣的環境下，精神科的發展裹足不前。即使在已設立了精神科的社區中，不被重視也會導致人手和財政資源短缺。更糟的是，一些社會企業家覺得將自己的名字與「精神」聯繫起來是不吉利的，直接導致投向精神科研究和發展的捐款少之又少。

因此，身為精神科醫生的我們，有責任在醫學同仁之間宣傳和推廣精神醫學，是消除醫療體系內歧視的重要一步。當然，更關鍵的是應及早並更有系統地在醫學生培訓中加入精神健康教育，讓新一代醫生更明白精神科的價值及精神病患的需要。

[1] American Psychological Association. Discrimination: What it is and how to cope. Created on 31 October 2019 and updated on 16 May 2024.

[2] ibits (2016) The impacts of discrimination. In: Stress in AmericaTM: The Impact of Discrimination. Stress in AmericaTM Survey. Released on 10 March 2016.

[3] Civil Rights Division, US Department of justice. Combating religious discrimination. Issued in March 2024.



Messages from Our Council Members

理事會成員致辭

Message from Our Chairman

Dr. David LAU Ying Kit
主席劉英傑醫生致辭



The years 2023–25 marked a significant milestone for our community as we emerged from the pandemic. Despite the challenge in that era, we learned the importance of strengthening both mental and physical wellness, recognized the value of social interaction and dialogue within families and communities. The integration of online and offline tools has also guided our work and shaped our approach in future services.

Our main theme of this annual report, “Caring for the Minds: Mental Health Dialogue Across Communities,” reflects our commitment to fostering mental health conversations across communities. We worked closely with on a variety of impactful projects.

Mental health literacy remained our top priority. We invested in online and offline talks, seminars, and workshops, and launched our eLearning platform to offer courses on resilience and self-compassion. Our signature peer counselling workshops brought together specialists and the public, empowering participants to support the emotional needs of those around them. Inspired by community feedback during the pandemic, we also promoted intergenerational communication through dedicated dialogue programmes, with strong support from our community partner, the Jebson Group Charitable Fund.

On World Mental Health Day 2023 and 2024, we honoured Persons in Recovery, organizations and different stake holders in advancing mental health through our annual awards ceremony and hosted our first symposium focusing on the challenges in mental health services cum an exhibition featuring signature programmes of different NGOs. We were very privileged to have been supported by Mr. WONG Yan-lung, GBM, SC, immediate past chairman of the Advisory Committee on Mental Health and Lundbeck Hong Kong Limited.

隨着社會逐步走出疫情陰霾，2023 – 2025年成為基金會發展歷程中的重要里程碑。儘管疫情期間充滿挑戰，卻讓我們更深刻體會到身心健康並重的重要性，也更加肯定家庭連結、社區互動與真誠對話的價值。線上與線下模式的融合，為我們的服務帶來新的啟發，並引領我們思考未來發展的方向。

本年度報告的主題為「守護心靈：跨越社群的精神健康對話」，彰顯我們致力於在不同社群之間推動精神健康交流的承諾。透過與各界夥伴緊密合作，我們共同推展多項具深遠影響力的計劃，為社會注入更多關懷與支持。

提升精神健康素養一直是我們的首要工作重點。我們舉辦線上及線下講座、研討會及工作坊，並推出電子學習平台，提供有關心靈韌力及自我關顧的課程。我們的重點朋輩輔導工作坊，成功匯聚專業人士與公眾，賦能參加者支援身邊人的情緒需要。回應疫情期間從社區收集到的意見，我們亦推動以跨代溝通為主題的計劃，並獲捷成集團慈善基金鼎力支持。

於2023及2024年世界精神健康日，我們舉辦「十大精神健康之星」嘉許禮，表揚復元人士、機構及各界持份者在推動精神健康方面的努力與貢獻。同時，我們首次舉辦聚焦當前精神健康服務挑戰的研討會，並設立展覽展示不同機構推動精神健康工作的重點項目。我們十分榮幸獲得精神健康諮詢委員會前主席黃仁龍先生，GBM, SC 及丹麥靈北大藥廠的支持。

On World Mental Health Day 2025, we promoted daily habits that support mental well-being through a series of online campaigns and activities. We were honoured to receive the generous support of Otsuka Pharmaceutical (HK) Limited, Pfizer Corporation Hong Kong Limited, Mr. Sammy LEUNG, and our Foundation Ambassador, Ms. LEE San San.

Recognising the continued rise in parental stress in recent years, we launched the “Growing Together with Your Teen” Parenting Programme in 2025, with the support of the Chow Tai Fook Charity Foundation. Through mental health education initiatives and parent-child nature-based activities, the programme equipped parents with the knowledge and skills to address both their own and their children’s mental health needs, while strengthening family relationships through shared experiences.

We also remained attentive to the mental health needs of young people. With the support of the Labour and Welfare Bureau and Viatrix Healthcare Hong Kong Limited, we organised a range of initiatives — including the “Night to Light” programme and school talks — to enhance resilience among youth.

Another key new initiative focused on the connection between mental health and nature. In collaboration with WWF-Hong Kong, we designed the first-ever “Tranquility Path”. With the generous support of the Jepsen Group Charitable Fund, Lee Kum Kee Family Foundation, Otsuka Pharmaceutical (HK) Limited, Pfizer Corporation Hong Kong Limited, Race For Mind Wellness, and Wai Yin Association, this project aims to help the public relieve stress through the restorative power of nature.

We were also very grateful to welcome The Board of Management of The Chinese Permanent Cemeteries as our new community partner, delivering online workshops on positive mental wellness and school talks on resilience for the youth.

While it is not possible to list all our programme partners and supporting organisations here, I would like to express my heartfelt gratitude to every one of them. As chairman, I am deeply delighted for the unwavering support of our community partners. Their collaboration has enabled us to launch innovative and meaningful programmes, advancing dialogue and mental wellness for all stakeholders at this important moment of change.

“Caring for the Minds: Mental Health Dialogue Across Communities,” reflects our commitment to fostering mental health conversations across communities.

「守護心靈：跨越社群的精神健康對話」，彰顯我們致力於在不同社群之間推動精神健康交流的承諾。

在2025年世界精神健康日，我們透過一系列網上宣傳及相關活動，鼓勵公眾培養有助精神健康的日常習慣。我們衷心感謝香港大塚製藥、美國輝瑞，及森美和基金會傳晴大使李珊珊小姐於各項活動中的支持。

有見近年家長壓力持續增加，本會在2025年獲周大福慈善基金支持，推出「家有一Teen同行並肩」家長學堂。透過精神健康教育及親子自然體驗活動，協助家長更好地理解及回應自己與子女的精神健康需要，同時促進親子關係，強化家庭支持網絡。

此外，我們亦持續關注青少年的精神健康需要。在勞工及福利局及暉致醫療管理有限公司的支持下，我們透過「星曉行」活動及學校講座，提升青少年的心靈韌力，鼓勵他們以更積極的態度面對成長中的挑戰。

我們亦首次與世界自然基金會香港分會合作設計「心寧步道」，善用大自然的療癒力量紓緩市民的精神壓力。項目獲得捷成集團慈善基金、李錦記家族基金、香港大塚製藥、美國輝瑞、Race For Mind Wellness 及慧妍雅集的大力支持。

同時，我們欣然歡迎華人永遠墳場管理委員會成為新的社區夥伴，攜手舉辦推廣正向精神健康的線上工作坊，並為青年製作以心靈韌力為主題的動畫短片及學校講座。

尚有其他計劃合作夥伴及支持機構未能一一盡錄，本人謹代表基金會致以誠摯謝意。作為主席，我衷心感謝各界一直以來的信任與支持。正因為彼此攜手同行，我們得以在這個重要的轉變時刻推展創新而具意義的項目，持續深化精神健康對話，並為全民福祉奠定更長遠的基礎。

Message from Our Vice-Chairman (Fundraising)

Dr. William CHUI Wing Ho
副主席(籌款)崔永豪醫生致辭



As we look back on 2023 to 2025, Hong Kong has entered a new chapter — one marked not by the immediate crisis of a pandemic, but by the more covert yet persistent challenges that have emerged in its wake. The past two years have revealed that while we have learned to live with COVID-19, the mental health impact continues to unfold across every corner of our community.

The numbers speak with urgency. Recent studies show that among those aged 15 to 24, the depression prevalence rate of 13.7% ranks among the highest internationally. Nearly one in four children and adolescents experiences a mental health issue, yet almost half of their caregivers remain hesitant to seek professional help. We must look beyond the percentages to see who is truly in need: our own children, our students, and the generation that will one day lead our community.

The Mental Health Foundation has endeavored to create spaces for genuine dialogue across communities. This year’s theme, Caring for the Minds: Mental Health Dialogue Across Communities, captures the heart of what we have learned. Mental wellness is not built in isolation, but through connection — cutting across the boundaries that have traditionally separated us.

While our e-learning platforms have made mental health education widely accessible, our peer counselling workshops have equipped community members to support one another with greater skill and confidence. The “Appreciation in Action” campaign reminded us that small acts of recognition can create ripples of positive emotion that strengthen our collective resilience. And our “Night to Light” programme continues to demonstrate that healing often happens not in clinical settings alone, but also in nature, in the company of others who understand, and through the simple act of walking together.

回顧 2023 - 2025 年，香港已邁進新篇章——不再是疫情帶來的迫切危機，而是隨之而來那較隱蔽卻持續存在的挑戰。過去幾年讓我們看到，雖然我們已學會與新冠病毒共存，但其對精神健康的影響仍在社會的每個角落持續浮現出來。

這些數據道出了問題之迫切性。近期研究顯示，在 15 至 24 歲的群組中，抑鬱症患病率達 13.7%，位居國際前列。近四分之一的兒童及青少年受到精神健康問題困擾，然而，近半數的照顧者仍對尋求專業協助感到猶豫。我們必須看穿那些百分比背後，哪些人真正需要幫助：他們正是我們的子女、學生，以及將來引領我們社會的新一代。

精神健康基金會一直致力於在不同社群間創造真誠對話的空間。本年報的主題「守護心靈：跨越社群的精神健康對話」，正正道出了我們一直以來所學之核心：精神健康無法獨自建立，而是必須透過連結——跨越那些傳統上將我們分隔開來的界限來達成。

我們的網上學習平台讓眾多市民得以接觸精神健康教育；而我們的朋輩輔導工作坊，則讓社會人士具備更佳的技巧與信心去互相扶持。「欣賞說出來」提醒了我們，微小的肯定之舉也能激起正面情緒的漣漪，從而增強我們整體的抗逆力。此外，我們的「星曉行」計劃持續展示，療癒往往不只發生在臨床環境，更發生在大自然之中、在彼此了解的伙伴中，以及在簡單的並肩同行當中。

I am particularly moved by the partnerships that have made this work possible. From our donors and sponsors to our frontline professionals and volunteers—each collaboration represents a shared commitment to placing mental wellness at the centre of our community's priorities. These partnerships signal a cultural shift toward recognizing that mental health is everyone's responsibility.

The path ahead remains challenging. Despite growing awareness, stigma persists and in some measures has even intensified. Many still struggle in silence, reluctant to disclose their difficulties or seek help. As projected by the University of Hong Kong's recent study on the depression burden through 2032, the road ahead demands sustained, coordinated action across all sectors. Nevertheless, our experience over these two years has taught us that change is possible when we are willing to talk openly, to listen deeply, and to walk alongside one another.

As the Vice-Chairman (Fundraising), I see firsthand how generosity from our donors and volunteers translates into changed lives. Each contribution, whether of time, expertise, or resources, becomes part of a larger conversation, one that says: you are not alone, your struggles matter, and help is available. This is the dialogue we must continue to nurture and expand.

To everyone who has supported the Mental Health Foundation's work during 2023 to 2025, particularly those who have courageously shared their recovery journeys, please accept my deepest gratitude. Together, we are not just providing services; we are reshaping what it means to be a community that truly safeguards the mental wellness of all its members.

To everyone who has supported the Mental Health Foundation's work during 2023 to 2025, particularly those who have courageously shared their recovery journeys, please accept my deepest gratitude.

對於在 2023 至 2025 年間支持精神健康基金會工作的每一位，特別是那些勇敢分享自身復元之路的朋友，請接受我最深切的謝意。

令我特別動容的，是玉成這一切事的伙伴關係。從捐款人和贊助商，到前線專業人員及義工——每一次合作都代表著一份共同承諾，務求將精神健康置於我們社會首要關注事宜的核心。這些伙伴關係標誌著一種文化轉變：社會大眾已開始意識到，精神健康是每一個人的責任。

前路依然充滿挑戰。儘管意識有所提升，但負面標籤 (Stigma) 依然存在，甚至在某些層面上有所加劇。許多人仍在默默承受，不願向人透露自己的困難或尋求協助。正如香港大學近期就直至 2032 年抑鬱症負擔所作的推算，未來的道路需要社會各界採取持之以恆且協調一致的行動。然而，這兩年的經驗告訴我們，只要我們願意坦誠傾訴、用心聆聽並結伴同行，改變是有可能的。

身為副主席(籌款)，我親身見證了捐款人和義工的慷慨，如何轉化為一個個生命的改變。每一份貢獻，不論是時間、專業知識還是資源，都匯聚成一段更宏大的對話，向外界傳遞著這樣的訊息：「你並不孤單，你的掙扎有人在乎，而你可以找到支援。」這正是我們必須持續培養並擴展的對話。

對於在 2023 至 2025 年間支持精神健康基金會工作的每一位，特別是那些勇敢分享自身復元之路的朋友，請接受我最深切的謝意。攜手同行，我們不只提供服務，更是在重塑社區的真諦——致力建立一個真正守護每位成員精神健康的共同體。

Message from Our Vice-Chairman (Operations)

Mr. Stephen WONG
副主席(營運)黃敏信先生致辭



Mental health is a cornerstone of individual well-being and sustainable social development. Over the years, the Foundation has upheld the principle of "Anchored in prevention, advancing in partnership", striving to advance mental health education and early intervention. Our goal is to provide timely and effective support to individuals, families, and communities before challenges escalate.

In the area of preventive mental health education, the Foundation continues to implement peer support programmes and related training for employees across various sectors. By enhancing awareness of common mental health conditions and equipping participants with appropriate response and support skills, we assist organisations in fostering more empathetic and supportive workplace environments. This enables colleagues facing mental health challenges to receive timely assistance and prevent issues from escalating. Moving forward, we will continue to promote workplace mental health across industries, helping employees maintain psychological well-being, prevent burnout, and achieve a healthy work-life balance.

精神健康是個人福祉與社會可持續發展的重要基石。多年來，精神健康基金會一直秉持「預防為本、同行共建」的理念，致力推動精神健康教育及早期介入，期望在問題尚未惡化之前，為個人、家庭及社區提供適切而有效的支援。

在精神健康預防教育方面，本會持續推行朋輩支援及相關培訓，服務對象涵蓋不同行業的員工。透過認識常見的精神健康問題，學習正確的回應及支援技巧，協助機構建立更有同理心及支持性的工作環境，讓同事在面對精神健康困擾時，能及早獲得適當協助，減少問題惡化的風險。未來，我們會繼續推動關注職場的精神健康，讓不同行業員工，保持良好的身心狀態，避免工作過勞和怠倦，在生活和工作間保持應有的平衡。

In response to the widespread use of the internet, the Foundation has developed an online learning platform covering topics such as resilience, living with adversity, self-care, and emotional regulation. Through online webinars, we also provide the public with practical knowledge on maintaining mental well-being and strengthening communication skills in various interpersonal relationships. We will continue to introduce additional online courses related to emotional health, empowering individuals to cultivate positive thinking and enhance their sense of well-being through self-learning courses. In 2023, we organised the “Appreciation in Action” campaign, collecting messages of appreciation from 250 members of the public and delivering them by post to the recipients. The initiative yielded encouraging results: over 90% of participants reported that the activity helped them cherish others more deeply, while 86.3% indicated that reflecting on appreciation brought them feelings of happiness and joy.

We are equally committed to addressing the mental health needs of young people. With the generous support of the HSBC Charity Fund, we provided mental health training to a group of youths, integrating filmmaking skills to enable them to explore mental health issues from their own perspectives. Production of a short film, “The Filter,” authentically portraying the emotional experiences and struggles of the younger generation. The film resonated widely with the community and has since become a valuable training resource for educators and youth workers, helping them better understand the mental health needs of young people.

The Foundation also promotes initiatives linking nature and mental well-being. Through the “Night to Light” programme, youths from diverse backgrounds are brought together to experience hiking and nature immersion, exploring the positive impact of nature on mental health. The programme features sharing sessions by persons in recovery, psychiatrists, and mental health social workers to enhance understanding and acceptance of individuals with mental illness, reduce stigma, and encourage help-seeking behaviour. In collaboration with WWF, the Foundation established the first “Tranquility Path” which is located near the Education Centre of the Mai Po Nature Reserve, enabling participants to reconnect with nature through their five senses, remain present, and rediscover inner calm. Research indicates that nature-based experiential activities combined with guided sharing can effectively promote psychological well-being and social inclusion.

此外，因應互聯網的普及性，本會增設網上學習平台，內容涵蓋復元力、與困難共存、自我關懷、情緒管理等。另外，我們也透過網上講座，讓大眾市民認識保持精神健康的方法，了解不同人際關係的溝通方法，讓市民可以透過網上學習，提升個人的精神健康。日後我們會繼續推出更多與情緒相關的網上課程，讓大眾能透過自我學習的方式，為個人注入更多正向思維，提升個人幸福感。在2023年舉辦了「欣賞說出來」活動，收集了250名市民對別人的讚賞，經本會郵寄給受讚賞的人，此活動帶來鼓舞的成效，約九成多人表示此活動讓他們更珍惜對方，有86.3%人表示在思考欣賞對方時會感到快樂和幸福。

我們同時高度關注年青人的精神健康需要。承蒙匯豐慈善基金的慷慨資助，本會為一群年青人提供精神健康培訓，並結合短片拍攝技巧，讓他們以自身視角探索精神健康議題。最終，由年青人親自製作的微電影《濾鏡》順利誕生，真誠呈現年青世代在精神健康上的感受與掙扎。此作品不僅引起社會共鳴，更成為培訓老師及青年工作者的重要教材，協助他們更深入理解年青人的精神健康需要。

此外，本會致力推展「大自然與精神健康」的活動，透過「星曠行」活動，連繫來自不同界別的年青人，藉着行山及親近大自然的體驗，共同探索大自然對精神健康的正面影響。活動中亦邀請復元人士、精神科醫生及資深社工分享，促進對精神病患者的理解與接納，減少污名，並提升求助動機。此外，本會亦與WWF協作，於米埔自然保護教育中心設立首條「心寧步道」，讓參加者透過五感與大自然深度連結，感受當下，重新連結自己，達到療愈心靈的效果。多項實證研究顯示，這類結合自然體驗與分享交流的活動，能有效促進身心健康及社會共融。

To recognise individuals who have made significant contributions to mental health services and promotion, the Foundation continues to organise the Mental Health Awards Ceremony cum Mental Health Expo. The event honours persons in recovery, caregivers, psychiatrists, social service professionals, corporate partners, and eminent figures for their dedication to promoting mental health and reducing stigma. It also brings together various mental health service organisations to showcase innovative programmes to enhance mental wellness and facilitate exchange among stakeholders.

We recognise that parents today face substantial pressures, and that family relationships have a profound influence on adolescents' emotional development. In response, the Foundation launched the “Growing Together with Your Teen” Parenting Academy, offering a range of initiatives including seminars and parent-child nature-based experiential activities etc. The programme enhances parents' understanding of how their experience from family of origin influence their parenting, equips them with practical strategies to support adolescents' emotional adjustment, and strengthens parent-child communication and connection.

Looking ahead, the Foundation will continue to deepen mental health education and preventive efforts through multiple channels, including social media, seminars, groups, and workshops. We aim to enhance public understanding of mental health, reduce social stigma, encourage early help-seeking, promote mutual acceptance, and nurture self-care capabilities. We firmly believe that only by walking together, we can build a more caring and inclusive community, where every individual can live with hope and dignity on a foundation of mental well-being.

為表揚社會上在精神健康服務及推廣方面作出貢獻的人士，本會繼續舉辦精神健康之星頒獎禮暨精神健康博覽會，嘉許復元人士、照顧者、精神科醫生、社福界專業同工、企業及知名人士，肯定他們在推動精神健康、減少污名方面的努力與承擔。並且匯集各精神健康服務機構，介紹其創新精神健康計劃，讓不同服務持份者參與，增加彼此交流。

我們明白作為父母面對沉重的壓力，而家庭關係也正直接影響青少年的心靈成長，所以本會推展「家有一Teen 同行並肩」家長學堂計劃，透過多元化的項目，包括講座、親子大自然體驗活動等，提升家長認識原生家庭對其教養的影響，了解協助青少年調適情緒的方法，強化親子互動和了解，改善家庭關係，促進家庭成員彼此坦誠溝通、加強親子間的連結。

展望未來，基金會將繼續透過不同渠道，包括社交媒體、講座、小組及工作坊等，深化精神健康教育與預防工作，協助市民加深對精神健康的認識，減少標籤與誤解，鼓勵及早求助，彼此接納，並培養自我關顧的能力。我們深信，唯有攜手同行，才能建立一個更關愛、更共融的社區，讓每一位市民都能在心理健康的基礎上，活出更有希望與尊嚴的人生。



Looking ahead, the Foundation will continue to deepen mental health education and preventive efforts through multiple channels

展望未來，基金會將繼續透過不同渠道深化精神健康教育與預防工作

Mission and Vision

使命與願景

Our Mission 我們的使命

To advance mental wellness for the people of Hong Kong as an impactful grantmaker and catalyst for change by advocating for a high quality mental health service in collaboration with different parties.

凝聚
社會資源

匯集
專業團隊

促進優質
精神健康
服務

Our Vision 我們的願景

Envisioning Hong Kong to be a mentally healthy and stigma-free city, we will invest our knowledge and resources to move the society forward in achieving mental wellness.

我們致力推動香港成為「精神健康城市」，消除社會對情緒及精神疾病的偏見。藉著我們的專業知識及善心人士捐贈的資源，我們會努力不懈，提升市民的精神健康。

Governance and Management

治理和管理

Council of Management 理事會

Honorary Consultants as of 31 December 2025 are: 榮譽顧問 (截至2025年12月31日):

- Prof. CHEN Char Nie, OBE, JP
陳佳霖教授, OBE, JP
- Dr. Michelle CHAN Wing Chiu
陳穎昭博士
- Dr. CHENG Chi Wai
鄭志威醫生
- Dr. Eric CHEUNG Fuk Chi
張復熾醫生
- Mr. Gerund CHEUNG (Before June 2024)
張偉倫先生 (2024年6月前)
- Mr. Michael IP (After June 2024)
葉燮驥先生 (2024年6月後)
- Dr. MAK Dun Ping (Before June 2024)
麥敦平教授 (2024年6月前)
- Dr. Bonnie SIU Wei Man
蕭慧敏醫生
- Prof. WING Yun Kwok
榮潤國教授
- Mr. Johan WONG (Before June 2024)
黃宇瀚先生 (2024年6月前)

Members of the Council of Management as of 31 December 2025 are: 理事會成員 (截至2025年12月31日):

- Dr. David LAU Ying Kit, Chairman
主席 – 劉英傑醫生
- Dr. William CHUI Wing Ho, Vice-Chairman (Fundraising)
副主席 (籌款) – 崔永豪醫生
- Mr. Stephen WONG, Vice-Chairman (Operations)
副主席 (營運) – 黃敏信先生
- Mr. John LOK Kam Chong, Honorary Treasurer
榮譽司庫 – 樂錦壯先生
- Dr. Elisabeth WONG Wai Yin, Honorary Secretary
(Before June 2024)
榮譽秘書 – 黃瑋妍醫生 (2024年6月前)
- Dr. Wilson LAU Yuk Shing, Honorary Secretary
(After June 2024)
榮譽秘書 – 劉育成醫生 (2024年6月後)
- Ms. Fanny CHENG Wai Yee
鄭慧儀女士
- Dr. Lily HO Nga Lei
何雅莉醫生
- Prof. LIN Feng
林峰教授
- Dr. Candy LIN Hoi Yun
連凱欣醫生
- Dr. Francis LUM Choong Kein
林中鍵醫生
- Ms. Jolene MUI Hang Chun
梅杏春女士
- Mr. Joe NIEH Chun
倪震先生
- Mr. Victor SO Hing Woh, SBS, JP
蘇慶和先生, SBS, JP
- Dr. Dick TING Sik Chuen
丁錫全醫生

Our Work 我們的工作

Public Mental
Health Education
公眾精神健康教育

E-learning Platform 精神健康資訊平台

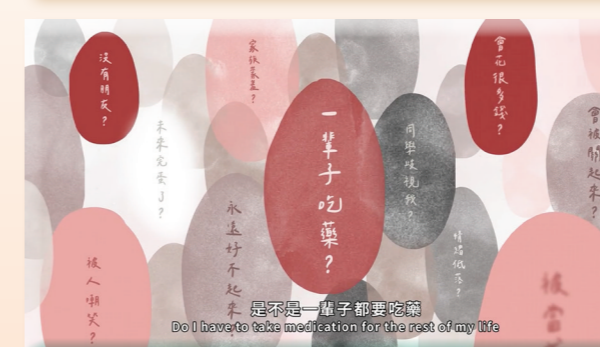


The Foundation set up an e-learning platform to promote, educate, inspire and increase people's awareness and understanding of mental health and well-being, and to eliminate social stigma against emotional and mental illness.

We have been inviting professionals from different mental health service sectors to share diverse and practical information through multimedia content on our e-platform. Newly added content includes the voice of carers, stress management video, infographics about mental health, and animation series about emotion and mental illness etc.

基金會早前設立精神健康資訊平台，旨在宣傳、教育、啟發和提昇人們對精神健康和福祉的認識和理解，同時致力消除社會對情緒及精神疾病的偏見。

基金會邀請不同精神健康服務界別的專業人士，以多媒體形式，透過此平台為大眾提供廣泛而且實用的資訊。今年新增內容包括：照顧者的心聲系列、同行抗壓影片、精神健康信息圖表，以及情緒及精神病資訊動畫系列等等。



Mental Health Self-learning Platform 精神健康自學平台

LINK 平台連結
<https://course.hkmhf.org/>



The Foundation has newly launched an online self-learning platform to encourage busy individuals in Hong Kong to pay greater attention to their mental well-being. The platform offers free online courses structured into different modules, guiding participants through resilience, self-care, and emotion management. Upon enrolment, participants can access engaging video lessons, exercises, and downloadable resources. Complemented by offline group sessions, the platform provides a more comprehensive learning experience. To date, the self-learning platform has recorded nearly **300 user** enrolments.

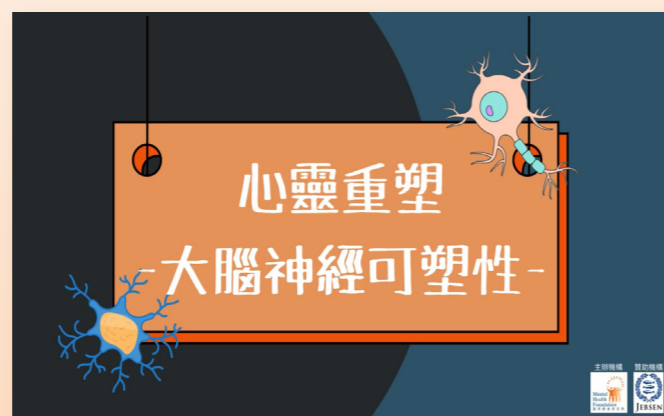
基金會新設立了一個在線自助學習平台，鼓勵繁忙的香港人多關注精神健康。平台提供免費線上課程，透過不同的單元引導參加者學習如何應對壓力和焦慮，建立更健康的思維模式，提升心理韌性，同時建立支援系統。參加者登入課程後，可以觀看課程影片、完成練習和下載資源。配合線下小組，令學習更全面。現時已有近 **300人次** 使用自學平台。



Mental and Physical Wellness Workshops (Online Webinars) 身心健康工作坊 (網上講座)

In the post-pandemic era, public awareness of mental and physical well-being has increased significantly. The Foundation has invited professionals from diverse disciplines to organise a series of online webinars. Through providing practical information, these webinars aim to enhance public understanding of mental and physical health, while promoting positive mindsets and healthy lifestyles. Topics covered include healthy eating, mental health of elderly, emotional and developmental issues of children and adolescents, as well as social and parent-child relationships.

疫情過後，大眾對於身心健康更為關注。基金會邀請不同專業背景的嘉賓，籌辦網上講座，透過提供不同資訊，提升大眾對身心健康的理解，同時促進建立積極的心態和健康的生活方式。內容包括：健康飲食、長者精神健康、兒童及青少年情緒及發展、社交及親子關係等。



朋輩輔導課程 Peer Counselling Course

To cultivate participants into peer supporters equipped with counselling skills, enabling them to provide appropriate support to friends, family members, or colleagues facing emotional distress or mental health challenges, the Foundation continues to organise Peer Counselling Workshops. The programme is offered at both Foundation and Advanced levels, covering fundamental mental health concepts, common emotional disorders, as well as self-care and peer support skills, thereby enhancing participants' confidence and capacity to support others.

為培養參加者成為具備輔導能力的朋輩支援者，能在朋友、家人或同事面對情緒困擾或精神健康挑戰時提供適切支持，基金會持續舉辦朋輩輔導工作坊。課程設有基礎版及進階版，內容涵蓋精神健康基本概念、常見情緒疾病的認識，以及自我關顧和朋輩輔導技巧，全面提升參加者的支援能力與信心。

Our Work

我們的工作



Advocacy Work
倡導工作

Appreciation In Action

「欣賞說出來」運動

Research has shown that expressing appreciation not only brings happiness to the person being praised but also brings joy to the one giving the compliment. The Mental Health Foundation launched the “Appreciation in Action” campaign, collecting over 250 appreciation messages from Hong Kong citizens. These messages were transformed into certificates of appreciation and mailed to the recipients, helping them realize their efforts were recognized and valued by others, at the same time strengthening their relationships.

有研究指出學會正面的讚賞，像是欣賞他人，能夠為我們帶來更多快樂。基金會於2023年世界精神衛生日期間舉辦了「欣賞說出來」運動，共收集了超過250名本港市民對別人讚賞或欣賞的說話，並製作成欣賞獎狀，郵寄給受讚賞的人，讓他們發現自己的付出被他人欣賞，同時增進彼此的關係。

As part of the campaign, the Foundation conducted a survey. From around 200 responses,

與此同時，基金會亦就活動進行了問卷調查，共收集約200位受訪者意見，當中：

86.3%

felt happy and fulfilled when reflecting on the qualities they appreciated in others.

表示當思考對方值得欣賞的地方時會感到快樂和幸福。

94.4%

reported cherishing their relationship with the person they appreciated more deeply.

表示更珍惜和對方的關係。

90.9%

agreed that the appreciation exercise enabled them to discover more beauty in life.

認同從欣賞出發可讓他/她有更多能力發現生活中的美好。



“World Mental Health Day” Activities 「世界精神衛生日」活動 2023 - 2025

2023

- “World Mental Health Day” Symposium cum Mental Health Exhibition
「世界精神衛生日」研討會暨精神健康博覽會
- Mental Health Awards Ceremony 2023
精神健康之星嘉許典禮 2023

2024

- Mental Health Awards Ceremony 2024
精神健康之星嘉許典禮 2024

2025

- 【Vitamins for the Mind : Calm & Give】
【心靈維他命 : Calm & Give】
- World Mental Health Day Special Live Programme – Celebrity Chatroom
世界精神衛生日特備直播節目《Chill星級Chatroom》
- #LoveYourselfChallenge2025

“World Mental Health Day” Symposium cum Mental Health Exhibition 2023 「世界精神衛生日」研討會暨精神健康博覽會2023

In response to World Mental Health Day on October 10th, Mental Health Foundation held the “World Mental Health Day” Symposium cum Mental Health Exhibition 2023 at the Cordis Hotel in Mong Kok on the same day. The seminar focused on the current challenges in mental health services and provided a valuable platform for professional knowledge exchange and sharing.

為響應10月10日「世界精神健康衛生日」，基金會當日於旺角康得思酒店舉行「世界精神衛生日」研討會暨精神健康博覽會2023，研討會聚焦於當前精神健康服務的挑戰，並提供一個寶貴的交流平台，以促進專業知識的交流 and 分享。

“World Mental Health Day” Symposium 「世界精神衛生日」研討會

Seminar Topics 研討會內容

- § Framework for Specialized Competencies of Mental Health Social Workers
精神健康社工專科專業勝任能力架構
Speakers 講者：
 - Prof. NG Siu Man, “Framework for Specialized Competencies of Mental Health Social Workers” Task Force,
吳兆文教授 「精神健康社工專科專業勝任能力架構」專責工作小組
 - Ms. Lucianna LI Yuen Fun, Hong Kong Association of Social Workers
李婉芬女士 香港社會工作人員協會
- § Promoting a Culture of Healthy Sleep in the Community
在社區中推廣健康睡眠文化
Speakers 講者：
 - Dr. Rachel CHAN Ngan Yin, Department of Psychiatry, The Chinese University of Hong Kong
陳銀燕博士 香港中文大學精神醫學系
- § Assisting People with Severe Mental Illness in Community Integration
協助重性精神復元人士融入社區
Speakers 講者：
 - Mr. Dan YU Kin Sun, The Mental Health Association of Hong Kong
余健新先生 香港心理衛生會
 - Mr. Raymond LAM Ming Wai, New Life Psychiatric Rehabilitation Association
林銘偉先生 新生精神康復會



Mental Health Exhibition 精神健康博覽會

To provide an opportunity for professionals from various industries to learn about innovative community mental health support programs, the event also invited over ten organizations to introduce their innovative mental health service initiatives. It welcomed staff members and service users from these organizations to participate, facilitating mutual exchange and sharing of experiences.

為了讓各業內人士認識現時各機構的創新社區精神健康支援計劃，基金會同期邀請了十多間機構，介紹其創新精神健康服務計劃，讓機構同工及服務使用者參與，互相交流及分享。

Participating organizations: (in no particular order) 參與機構：(排名不分先後)

- Hong Kong Social Workers Association Chapter of Mental Health
社會工作人員協會精神健康社工分會
- The Jockey Club Sleep Well Project
中文大學賽馬會樂眠無憂計劃
- The Mental Health Association of Hong Kong
香港心理衛生會
- New Life Psychiatric Rehabilitation Association
新生精神康復會
- Baptist Oi Kwan Social Service
浸信會愛羣社會服務處
- Christian Family Service Centre
基督教家庭服務中心
- LevelMind@JC
小童群益會平行心間
- Mind HK
香港心聆
- Richmond Fellowship of Hong Kong
利民會
- SideBySide
善導會
- Mental Health Photographic Society
心影薈
- Mental Health Foundation
精神健康基金會



Mental Health Awards Ceremony 精神健康之星嘉許典禮

To recognise the dedicated efforts of individuals across various sectors in promoting mental health, and to encourage the public to pay attention to and care for their own well-being, the Foundation organised the Mental Health Awards Ceremony in both 2023 and 2024.

為表揚復元人士、照顧者，以及社會上熱心人士及機構在推動精神健康的努力，基金會於2023及2024年舉辦連續兩屆精神健康之星嘉許典禮，藉此鼓勵大家關注同正視自己既精神健康。

Professional Judging Panel in 2023 and 2024: 2023年及2024年專業評審團名單包括：

- Prof. CHEN Char-nie, OBE, JP, Founding Chairman of Mental Health Foundation
精神健康基金會創會主席陳佳勳教授, OBE, JP
- Dr. David LAU Ying Kit, Psychiatrist, Chairman of Mental Health Foundation
精神健康基金會主席劉英傑醫生
- Mr. Victor SO Hing Woh, SBS, JP, Council Member of Mental Health Foundation
精神健康基金會委員蘇慶和先生, SBS, JP
- Ms. LEE San San, Mental Health Ambassador of Mental Health Foundation
精神健康基金會傳晴大使李珊珊小姐
- Mr. CHUA Hoi Wai, Chief Executive of the Hong Kong Council of Social Service
香港社會服務聯會行政總裁蔡海偉先生
- Prof. Eric CHEN Yu Hai, Head of Department of Psychiatry at The University of Hong Kong
香港大學臨床醫學學院精神醫學系系主任陳友凱教授
- Mr. Peter CHENG Kar-shing, Chairman of Chow Tai Fook Charity Foundation
周大福慈善基金主席鄭家成先生
- Mr. Helmuth HENNING, Chairman of Jepsen Group Charitable Fund
捷成集團慈善基金主席海寧先生
- Ms. Alice LEUNG, awardee of Mental Health Award 2022
2022年十大精神健康之星得獎者梁慧雅女士
- Prof. HUNG Se Fong, awardees of Mental Health Award 2023
2023年十大精神健康之星熊思方教授
- Prof. Winnie MAK Wing Sze, awardees of Mental Health Award 2023
2023年十大精神健康之星麥穎思教授
- Ms. Vicky LEUNG, , awardees of Mental Health Award 2023
2023年十大精神健康之星梁珮琪小姐



The “Mental Health Award Ceremony” has established seven awards for different sectors, and the awardees are as follows:
「精神健康之星」針對不同界別設立了7個獎項，得獎者分別是：

Awards 獎項	Awardees of 2023 2023年度得獎者	Awardees of 2024 2024年度得獎者
Public Figure – Compassion Award 《知名人士 – 愛心大獎》	Ms. Lesley CHIANG 姜麗文小姐	Ms. Jade KWAN, Shining Life Charity 關心妍小姐 (妍亮生命慈善基金)
Health Care Professionals – Excellence Award 《醫護界人員 – 卓越大獎》	Dr. HUNG Se Fong 熊思方醫生	Prof. Linda LAM Chui Wa 林翠華教授
Social Welfare Professionals – Excellence Award 《社福界人員 – 關愛大獎》	Prof. Winnie MAK Wing Sze 麥穎思教授	Prof. Samson TSE Shui Ki 謝樹基教授
Business / Charity Organisation – Charity Award 《商業 / 慈善機構 – 沿途有你大獎》	Chow Tai Fook Charity Foundation 周大福慈善基金	Zurich Insurance (Hong Kong) 蘇黎世保險(香港)
Person in Recovery (PIR) – Campanionship Award 《復元人士 – 結伴同行大獎》	Ms. Vicky LEUNG 梁珮琪小姐 Ms. Piano LEE 李清惠小姐	方嘉偉先生 何惠燕女士 李麗環女士 曼曼女士
Carers – Guardian Angel Award 《照顧者 – 守護天使大獎》	Ms. KWOK Kam Ling 郭金玲女士 Ms. CHOW Chung Wai 鄒聰慧女士 Ms. CHAN Tsui Bing 陳翠冰女士	吳道隆先生 陳漢來先生 蔡妙卿女士
Outstanding Achievement and Contribution to Mental Health Award 《精神健康非凡成就獎》	Advisory Committee on Mental Health Service (Represented by Mr. WONG Yan Lung, GBM, SC, JP) 精神健康諮詢委員會 (由黃仁龍先生 GBM, SC, JP 代表)	Dr. CHEUNG Hung Kin 張鴻堅醫生

World Mental Health Day 2025 世界精神衛生日2025

【Vitamins for the Mind : Calm & Give】 【心靈維他命 : Calm & Give】

In support of World Mental Health Day 2025, the Foundation launched a series of promotional initiatives and activities under the theme “Vitamins for the Mind: Calm & Give.” The campaign aimed to encourage the public to cultivate daily habits that promote psychological well-being and to foster mutual support within the community. The campaign was designed around the Five Ways to Wellbeing proposed by the UK’s New Economics Foundation — **Connect, Be Active, Learn, Be Mindful (Take Notice), and Give**. Participants were encouraged to incorporate simple and practical actions into their daily life to relieve stress, build resilience, and enhance long-term happiness. By taking small steps consistently, meaningful and lasting positive change can be achieved. Ambassador of the Foundation Ms. LEE San San filmed a promotional video in support of the campaign.

在2025年世界精神衛生日，基金會以「心靈維他命 - Calm & Give」為主題，舉辦了一系列宣傳與活動，旨在推動大眾實踐有助心理健康的日常習慣，並鼓勵相互支持。主題活動根據英國 New Economics Foundation 提出的五大促進幸福方法 (**Connect、Be Active、Learn、Be Mindful (Take Notice) & Give**) 設計，透過簡單可行的小行動協助參加者減壓、增強韌性與長遠提升幸福感，鼓勵每天行一件小事，慢慢融入生活。活動亦邀請到精神健康基金會傳晴大使李珊珊小姐為我們拍攝宣傳短片。

心靈維他命 CALM & GIVE

- CONNECT**: 與人連繫，心靈滋養。綠色 = 友誼、成長。與親友和他人建立良好的連結，透過社交互動增強自我價值感。
- BE ACTIVE**: 動身動動，充滿能量。紅色 = 活力、熱情。透過日常運動或體能活動保持身體活力，有益於身心健康。
- LEARN**: 持續學習，腦袋清新。藍色 = 好奇、智慧。保持好奇心，培養興趣，學習新知識或技能，提升自信和滿足感。
- BE MINDFUL (TAKE NOTICE)**: 留心當下，安定心靈。紫色 = 靜心、平衡。將注意力集中在當下，留意事物的細節，提升對周遭環境和自身狀態的覺察。
- GIVE**: 小小善舉，傳遞快樂。黃色 = 溫暖、陽光。對他人表達善意，能刺激大腦分泌多巴胺，帶來愉悅和滿足感。

心靈維他命 CALM & GIVE

幫助減壓 增強韌性 促進提升 幸福感

每日維一樣小行動 融入生活 成為自然習慣!

Promotional video 宣傳短片



能夠大大提升我們的心理健康

World Mental Health Day Special Live Programme - Celebrity Chatroom 世界精神衛生日特備直播節目 《Chill星級Chatroom》

The Foundation hosted a special live-streamed programme on the evening of 10 October. Ms. LEE San San, The Foundation’s Ambassador, Dr. William CHUI Wing Ho, Psychiatrist and Vice-Chairman of the Foundation, and Mr. Sammy LEUNG, a well-known DJ shared their personal stories and practical mental health tips. The programme was broadcast simultaneously on the Foundation’s Facebook page and Mount Trio’s YouTube channel, attracting active public engagement and real-time interaction.

在10月10日晚上，基金會邀請到森美擔任特別嘉賓、連同精神健康基金會傳晴大使李珊珊小姐及副主席兼精神科專科醫生崔永豪醫生以輕鬆對談形式分享生活故事與實用精神健康小貼士，並透過基金會Facebook專頁與三坐山YouTube同步直播，吸引公眾即時互動與關注。



Scan the code to view the programme 掃描二維碼瀏覽節目

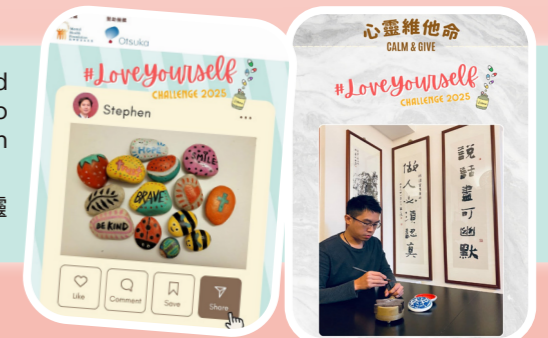


#LoveYourselfChallenge2025

Beyond raising awareness and enhancing public understanding, the Foundation also launched a three-week initiative, **#LoveYourselfChallenge2025**, to encourage the public to put ideas into action and practise daily habits that support mental well-being. From 13 October to 31 October, the Foundation released a weekly task on its social media platforms aligned with the “Vitamins for the Mind” theme. The first week focused on “**Connect**”, encouraging participants to meet up with friends and share joyful moments. The second week combined “**Be Active**” and “**Be Mindful**,” inviting participants to take a walk outdoors, stay present in the moment, and share their observations and reflections online. The third week centred on “**Learn**,” encouraging continuous learning and the sharing of personal insights. Creative mini-task awards were also introduced to recognise meaningful participation, fostering mutual support and positive energy within the community through tangible actions.

除了令大家認和了解，基金會更推出為期三星期的**#LoveYourselfChallenge2025**，鼓勵大家身體力行，實踐有助心理健康的日常習慣。由10月13日起至10月31日，基金會每週於社交平台發布一項與「心靈維他命」對應的任務：第一週以「**Connect**」為題，鼓勵約朋友相聚並分享開心時刻；第二週結合「**Be Active**」與「**Be Mindful**」，鼓勵大家外出散步、留意當下並上載所見所感；第三週則以「**Learn**」為題，鼓勵大眾持續學習並分享學習心得。活動同時設有創意小任務獎項，透過實際行動帶動社群互助與正向傳播。

Mr. Stephen WONG, Vice-Chairman of the Foundation, and Dr. LAU Yuk Shing, Honorary Secretary, also took part to share their actions of practising “Vitamins for the Mind: Calm & Give” initiative by stone painting and seal engraving. 黃敏信先生及劉育成醫生亦透過石頭畫和篆刻藝術實踐心靈維他命Calm & Give任務。



Our Work 我們的工作



The “Night to Light” Program was tailor-made for participants aged between 18 to 35 with mild emotional distress, who wanted to boost their self-confidence and develop a positive attitude. Through hiking activities, certified instructors led participants to challenge themselves in the process of trekking, fostering a sense of hope and enhancing their self-confidence. The programme also echoed the spirit of the Anti-stigma Campaign “I Have a Story to Tell”. In each hike, we invited psychiatric specialists, social workers, persons in recovery and volunteers to trek together. Irrespective of their background, everyone frankly shared their feelings and experiences, learning from each other. At the same time, participants learned more about mental health and grew together in an atmosphere of mutual acceptance and support.

From 2023–2024, we organised a total of six hikes and nature activities, including routes such as Dragon’s Back, Kwu Tung Ki Lun Shan, and the High Junk Peak Country Trail. The Foundation also collaborated with WWF – Hong Kong for holding nature activities at Mai Po and Hoi Ha Wan. In addition, the Foundation partnered for the first time with SLCO Community Resources to organise hiking activities tailored for persons who has hearing impairment. This helps to extend the programme to wider communities and raises awareness of mental health.

The programme was complemented by personal growth groups, incorporating music therapy to support participants’ emotional well-being. Moving forward, we hope to continue walking alongside participants through nature-based experiences and professional mental health support services, enabling them to learn diverse ways to cope with stress, deepen self-understanding, and develop self-acceptance.

「星曉行」計劃是基金會旨在幫助18至35歲有輕微情緒困擾，並希望提昇自信和培養積極態度的年青人。計劃透過行山活動，由認證教練帶領參與者在遠足的過程中挑戰自我，從而感受到希望並提升自信。此計劃同時發揮「零標籤行動」的精神，每次遠足都會邀請精神科專科醫生、社工、精神復元人士同行，加深參與者對精神健康資訊的了解，同時讓大家在沿途上不論身份背景坦誠分享，讓生命影響生命，藉此在互相接納、互相扶助的氣氛下共同成長。

在2023至2024年，「星曉行」共舉辦了六次行山及郊遊活動，當中包括龍脊、古洞麒麟山、釣魚翁郊遊徑等。基金會亦與世界自然基金會香港分會合作，在米埔及海下灣等大自然環境中讓參與者放鬆心情。此外，基金會亦首次與語橋社資SLCO Community Resources合作，設立為聾人及弱聽人士而設的行山活動，希望將計劃推廣至更多人群，以提升精神健康意識。

活動同時亦配合個人成長小組，透過音樂治療支援參加者。我們期望繼續透過大自然和不同的專業精神支援服務，和參加者同行，讓參加者學習用不同的方法應對壓力，並更認識自己、接納自己。



Tranquility Path 心寧步道

Noted that people are facing lots of pressure in their daily lives, and many lack adequate ways to relieve it. Mental Health Foundation introduced a new concept – “Tranquility Path”, developed in collaboration with WWF–Hong Kong. The initiative aims to help the public alleviate stress through the healing power of nature.

Located near the Education Centre of the Mai Po Nature Reserve, the “Tranquility Path” features seven mindfulness practice checkpoints. Participants are encouraged to slow down, connect deeply with nature through their five senses, and appreciate the beauty of the present moment. Through this process, they can reconnect with themselves and hence enhance their mental well-being.

都市人精神壓力大，不少人缺乏足夠途徑舒解壓力。為此，精神健康基金會於2025年推出全新概念「心寧步道」，並首度與世界自然基金會香港分會合作，共同設計步道，期望透過大自然力量舒緩市民精神壓力。

「心寧步道」設於米埔自然保護區教育中心附近，全程設有7個結合米埔自然保護區寧靜環境的靜觀練習點，參加者沿路行走時會遇到不同的練習提示，鼓勵參加者放慢腳步，並利用五感與大自然深度連結，感受當下的美好，希望市民在自然中重新連繫自我，達到療癒心靈的效果。

Kick-off Ceremony 啟用禮

The Tranquility Path kick-off ceremony was held on 5 May, 2025 at the WWF Jockey Club Mai Po Peter Scott Visitor Centre. Officiating guests included Dr. David LAU, Chairman of MHF, Mr. Stephen WONG, Vice-Chairman of MHF, Mr. Thomas LEUNG, Chief Operating Officer of WWF–Hong Kong, and Mr. Yamme LEUNG, Director of Education of WWF–Hong Kong. Dr. Wilson LAU, Honorary Secretary of MHF delivered a keynote speech titled “Five Senses x The Healing Power of Nature”, highlighting how connecting with nature through the five senses can help relieve stress and enhance mental well-being. Following the ceremony, guests were invited to be among the first to walk the path and experience moments of “Enhancing Tranquility Through Nature”.

基金會於2025年5月5日在世界自然基金會賽馬會米埔斯科特訪客中心舉行啟用禮及步道體驗活動。主禮嘉賓包括精神健康基金會主席劉英傑醫生、副主席黃敏信先生、世界自然基金會香港分會營運總監梁志偉先生及教育總監梁恩銘先生。精神健康基金會榮譽秘書劉育成醫生在啟用禮上分享了題為《五感 X 大自然的療癒力量》的主題演講，闡述如何透過五感覺察與自然接觸來舒緩壓力與提升精神健康。啟用禮結束後，嘉賓率先踏上步道體驗，親身感受「心靈與自然共鳴」的時刻。



Tranquility Path Guided Tours 「心寧步道」導賞團



To enable the public to gain a deeper experience of the path, the Foundation organised two “Tranquility Path” guided tours. Participants were led through a series of mindfulness practices along the route, with facilitators explaining the purpose and key points of each checkpoint. The tours helped participants develop skills in five-senses awareness, allowing them to slow down and strengthen their connection with both nature and themselves.

Looking ahead, the Foundation hopes to extend the “Tranquility Path” concept into the wider community, enabling more members of the public to experience the power of mindfulness firsthand. By integrating “Enhancing Tranquility Through Nature” into daily life, the initiative aims to enhance mental well-being and cultivate an attitude of living in the present.



為讓公眾更深入體驗步道，基金會舉辦了兩場「心寧步道」導賞團，帶領市民沿途進行不同的靜觀練習，並由專人講解每個練習點的用途與注意事項，協助參加者掌握五感覺察的方法，從而更有效地放慢步伐、連結自然與自我。

基金會期望未來把「心寧步道」的概念推展至社區，讓更多市民親身體驗靜觀的力量，把「心靈與自然共鳴」融入日常，提升精神健康並培養珍惜當下的生活態度。



After completing the exercises, participants can share their experiences, reflections and photos taken at the path with MHF via WhatsApp. MHF will then create a short personalized video for each participant, which they will receive a few months later. 完成體驗後，參加者可透過 WhatsApp 分享感受與相片，用以整合製作成專屬短片，並於數月後送回參加者。

Our Work 我們的工作



Direct Support
Service
直接支援服務

Growing Together with Your Teen Parenting Academy 「家有一Teen 同行並肩」家長學堂

With the fast pace of urban life and rising academic pressure, youths and their families are facing increasing mental health challenges. In 2025, the Foundation launched a year-long “Growing Together with Your Teen” Parenting Academy, a structured and multi-faceted programme designed to enhance parents’ mental well-being and parenting capacity during their children’s adolescent years, while strengthening emotional bonds within families.

面對都市生活節奏加快及學業壓力上升，青少年及其家庭的精神健康挑戰日益增加。基金會於2025年推出為期一年的「家有一Teen 同行並肩」家長學堂，透過系統性及多元化的項目，提升家長在青少年成長階段的精神健康與育兒能力，並加強親子間的情感連結。

Parent-child Nature and Mental Health Outings 親子自然體驗



The Foundation organised four parent-child nature and mental outings, serving 120 parent-child pairs. Activities included rice planting at Ho Sheung Heung, ecological and Tranquility Path exploration at Mai Po Nature Reserve, and an outdoor family activity at Wadakiyama Plantation. Through guided farm tours, birdwatching, mindfulness practices, and interactive parent-child activities, families were encouraged to take a break from daily life, connect with nature, cultivate awareness of the present and emotions, and foster mutual understanding and positive parent-child interaction.

基金會舉辦四場親子自然體驗，包括河上鄉稻田插秧、米埔自然保護區探索及「心寧步道」體驗，以及禾田喜山種植園活動，服務120對親子。活動透過農田導賞、觀鳥體驗，靜觀練習以及親子活動，讓家長與子女共同體驗自然、放慢步伐、增進覺察生活與情緒的習慣，並促進互相理解與親子互動。

Parental Mental Health Talks 家長精神健康講座



The Foundation conducted **20** parental mental health talks at schools across Hong Kong, inviting Psychiatrists to share clinical insights and practical advice. The talks aimed to enhance parents’ self-awareness and emotional regulation, help them understand how their own stress may affect their children, and deepen their understanding of youth mental health. Practical strategies were provided to support healthy youth development and strengthen overall family well-being and parent-child relationships.

Questions raised by parents were compiled and addressed by the psychiatrists after the talk. 11 Q&A videos were produced and uploaded to social media platforms to extend the programme’s impact and make professional mental health knowledge more accessible to parents and the wider public.

基金會於全港不同學校舉辦**20場**家長精神健康講座，邀請精神科專科醫生分享臨床經驗及實務建議。講座旨在協助家長提升自我覺察與情緒管理能力，理解自身壓力對子女的影響，同時增進對青少年精神健康的認識，並提供實用方法以支持子女成長，促進家庭整體精神健康與親子關係。

講座後，基金會收集家長提出的問題，邀請專科醫生回應，並製作11條【精神科專科醫生Q&A】影片，上載至社交平台，讓更多家長及公眾方便獲取專業精神健康知識，延伸活動影響力。

Growing Together with Your Teen Parenting Academy 「家有一Teen 同行並肩」家長學堂

Youth Mental Health First Aid 精神健康急救班（關懷青少年）

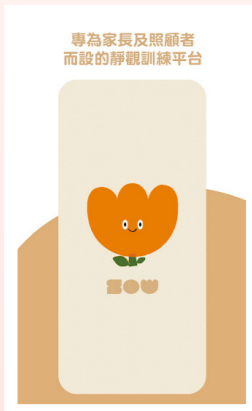


To strengthen parents' ability to respond to adolescent mental health needs, the Foundation organised four trainings of the Youth Mental Health First Aid (Youth) course. The training was delivered by professional instructors from The Mental Health Association of Hong Kong and covered the skills in identifying signs and symptoms of common mental health issues and crisis among teenagers, such as anxiety, depression, and behavioural difficulties. Parents who completed the course were awarded a certificate of the Youth Mental Health First Aid, enhancing their capacity to provide support within the family.



為增強家長對青少年精神健康的應對能力，基金會舉辦四場「精神健康急救班（關懷青少年）」，由香港心理衛生會專業導師教授青少年常見精神健康問題的識別與初步處理方法，包括焦慮、抑鬱及行為異常等。完成課程的家長可獲頒發精神健康急救課程（關懷青少年版）證書，提升家庭支援能力。

Mindful Parenting Online Workshops 靜觀教養網上工作坊



With support of a custom app **SOW 壤逸誌**, the Foundation organised **eight** sessions of Mindful Parenting Online Workshops. Through mindfulness exercises and self-awareness practices, parents were guided to better understand the emotions underlying parenting stress and to respond to themselves and their children with greater compassion. The workshops aimed to strengthen psychological resilience and nurture healthier parent-child relationships.

配合**SOW 壤逸誌**手機程式，基金會舉辦**八堂**「靜觀教養網上工作坊」，透過靜觀練習及自我覺察活動，協助家長理解育兒壓力背後的自我情緒，學習以更溫柔的態度善待自己與子女，提升心理韌性與親子關係。

Parenting Course 家長培訓活動

Intergenerational Dialogue Initiative 讓「說話」變成「對話」計劃



In 2024, the Foundation successfully launched the “Intergenerational Dialogues Initiative” series, aiming to enhance the quality of parent-child communication and promote healthy, harmonious family relationships. The initiative sought to transform the traditional “speaking mode” into a more interactive “dialogue mode,” fostering deeper and more meaningful exchanges between parents and children.

在2024年，基金會成功舉辦了「讓說話變成對話」系列活動，旨在提升親子之間的溝通質量，促進家庭的健康與和諧。該系列活動將傳統的「說話模式」轉變為更具互動性的「對話模式」，使父母與子女之間的交流更有意義和深刻。

Key Activities include: 主要活動包括：

“Good Conversation” Activity

Through social media, the Foundation invited parents and children to share their thoughts and feelings through written messages, voice recordings, or images, creating a platform for mutual expression and understanding across generations.

The campaign was conducted in four stages. It began with young people sharing their feelings with their parents, followed by parents responding and reflecting on what was shared. In the subsequent stages, both parties engaged in further interaction based on the previous exchanges, strengthening mutual understanding and emotional connection.

《好好對話》網上活動

基金會透過社交媒體邀請父母和子女以文字、錄音或圖片方式分享彼此想表達的心聲，了解親子兩代的想法。

活動分為四個階段，首先由青年向父母分享感受，然後父母回應並分享他們的反思。接下來的階段中，雙方就前一階段的内容進行互動，增進理解與情感連結。



How Parents Can Avoid Becoming the Storm in Their Children's Lives Webinar

Dr. Elisabeth WONG, Specialist in Psychiatry, shared practical and effective intergenerational communication strategies at the webinar. The session aimed to enhance parents' communication skills, strengthen parent-child relationships, and support parents in becoming trusted partners in their children in growth — rather than a source of overwhelming pressure or conflict.

《家長如何不成為孩子的驚濤駭浪》 網上講座

講座邀請精神科專科醫生黃瑋妍醫生分享有效的親子兩代對話技巧，提升父母與子女的溝通能力，改善家庭關係，讓家長成為子女並肩成長的伙伴，而非對方須應付的驚濤駭浪。



How Parents' Past Shapes Their Children's Future Series 《父母的過去，影響孩子的未來》系列活動

Building on the concept of Intergenerational Dialogue initiative, the Foundation launched a series of programmes in 2024–2025 under the theme “How Parents' Past Shapes Their Children's Future.” The series comprised webinars, parent groups, and sharing sessions, offering a deeper exploration of how parents' own childhood and family experiences influence their parenting roles, caregiving approaches, and their children's psychological development. The initiative sought to raise public awareness of intergenerational family dynamics and the importance of parent education.

為延續「讓說話變成對話」系列活動的理念，基金會於2024至2025年以「父母的過去，影響孩子的未來」為主題推出多元活動，包括網上講座，家長小組及分享會，進一步從家庭成長經驗的角度，探討父母的過去如何影響其親職角色、教養方式及子女的心理發展，從而提升社會對家庭跨代影響及親職教育的關注。

“How Parents' Past Shapes Their Children's Future” Webinars 《父母的過去，影響孩子的未來》網上講座



The Foundation organised two webinars to help parents understand how their personal developmental experiences shape their parenting roles and patterns of interaction with their children. Through professional insights and case sharing, the sessions guided participants to reflect on established family interaction patterns. Parents were encouraged to cultivate greater self-awareness and emotional understanding in order to build healthier and more positive parent-child relationships, thereby reducing the intergenerational transmission of negative patterns within families.

基金會舉辦兩場網上講座，協助家長了解個人成長經歷如何影響其親職角色及子女的互動模式。講座透過專業講解及案例分享，引導參加者反思家庭互動中的既有模式，並鼓勵家長透過提升自我覺察與情緒理解，建立更健康及正向的親子關係，從而減少負面模式在家庭中的跨代延續。

“How Parents' Past Shapes Their Children's Future” Parent Groups 《父母的過去，影響孩子的未來》家長小組

The Foundation organised two parent groups that provided a supportive platform for interactive discussions, experience sharing, and guided reflection. Through these activities, parents were encouraged to explore their own developmental narratives and gain insight into how their family of origin has shaped their values, emotional responses, and parenting styles. The groups also guided parents in applying these insights to everyday family interactions, fostering greater empathy and understanding in responding to their children's needs. And hence strengthen more supportive and connected parent-child relationships.

基金會舉辦兩場家長小組，透過互動討論、經驗分享及反思活動，協助家長探索自身的成長故事，理解原生家庭對其價值觀、情緒反應及教養方式的影響。小組同時引導家長將所學應用於日常家庭互動之中，以更具同理心與理解的方式回應子女需要，促進更具支持性及連結感的親子關係。

“How Parents' Past Shapes Their Children's Future” Professional Training 《父母的過去影響孩子的未來》輔導專業分享會

To foster cross-disciplinary exchange and collaboration among helping professionals, the Foundation organised the “How Parents' Past Shapes Their Children's Future” Professional Training on 20 June 2025 for social workers, teachers, counselling professionals, and students from social work, counselling, and psychology-related disciplines. The training attracted over 120 education and helping professionals from Hong Kong and Macau to explore more effective approaches to supporting families in practice.

Under the theme “Parenting is not only about skills, but also a journey of self-healing”, the training featured Dr. William CHUI, Specialist in Psychiatry, who explained the impact of childhood experiences on brain development and parent-child relationships from a neuroscience perspective. Ms. HAU Suet Mei, Senior Social Worker, Certified Expert in Sexual Abuse Trauma, Search Inside Yourself Certified Teacher also shared practical group facilitation techniques and frontline intervention strategies, equipping participants with concrete tools for family support. In addition, some parents shared their personal experiences of growing up and parenting journeys, allowing participants to gain insights from real-life cases.

Through cross-professional exchange and experience sharing, the training enhanced participants' understanding of family systems and intergenerational influences, while strengthening frontline practitioners' capacity to support families and promote positive parent-child relationships. The Foundation looks forward to continuing collaboration with stakeholders across sectors to advance mental health and family support services, benefiting more families in the community.

為促進助人專業之間的交流與合作，基金會於2025年6月20日舉辦《父母的過去影響孩子的未來》輔導專業分享會，對象包括社工、教師、輔導專業人士，以及社會工作、輔導及心理學相關學系學生。活動吸引超過120位來自香港及澳門的教育及助人專業人士參與，共同探討如何在實務中更有效地支援家庭。

分享會以「育兒不只是技巧，更是我修復的旅程」為主題，邀請精神科專科醫生崔永豪醫生從神經科學角度剖析童年經驗對大腦發展及親子關係的影響；資深社工侯雪媚姑娘亦分享前線工作中運用的小組互動技巧與實務策略，為參與者提供具體的家庭支援方法。此外，分享會亦邀請家長分享自身成長與育兒經驗，讓參加者透過真實個案深理解與學習。

透過跨專業的交流與經驗分享，活動有助促進參加者對家庭系統及跨代影響的理解，並提升了前線人員在支援家庭及促進親子關係方面的專業能力。基金會期望未來持續與不同界別合作，推動心理健康及家庭支援服務，讓更多家庭受惠。



Youth Mental Health Education 青少年精神健康教育

The Foundation places strong emphasis on the mental well-being of the younger generation. Research indicates that mental health conditions, such as depression, are showing an increasingly younger onset, with cases reported as early as age 13. If emotional disorders are not identified and treated at an early stage, they may have significant and long-term adverse effects on adolescents' growth, learning, and overall development.

In light of this, the Foundation has launched a range of youth-focused mental health programmes and services, covering school, family, and individual levels. Through education, prevention, and early intervention, these initiatives aim to enhance young people's psychological resilience, strengthen mental health awareness, and foster a more supportive environment for healthy development.

基金會十分重視下一代的精神健康。研究指出，精神疾病如抑鬱症的發病有年青化的趨勢，發病年齡可提早到13歲。如情緒問題未能及早識別及接受適切治療，將對青少年的成長、學習及整體發展帶來深遠而不利的影響。

有鑑於此，基金會積極籌辦多項針對青少年精神健康的服務與活動，涵蓋學校、家庭及個人層面，致力透過教育、預防及早期介入，提升青少年的心理韌性及精神健康意識，並營造更具支持性的成長環境。

Gatekeeper School Education Programme 「守護者」學校教育計劃

The “Gatekeeper” was a pilot project tailored to address the growing trend of teenage suicide. The project aimed to improve the mental wellness of teachers, students and parents and raise their mental health awareness.

The project cooperated with schools to teach students about resilience and adaptability by organising talks with psychiatrists and clinical psychologists as speakers. These talks provided students with relevant mental health education and encouraged them to seek help when they experience emotional stress.

「守護者」項目是針對青少年自殺日益增長的趨勢而量身定制的試點計劃。計劃旨在提高教師、學生和家長的精神健康質素，和提高他們對精神健康的認識。

計劃和學校合作，透過舉辦講座，由精神科專科醫生及臨床精神學家擔任講員，教導學生認識抗逆力和調適力，為他們提供相關精神健康教育資訊，並鼓勵大家在面對情緒壓力時勇敢求助。



Relationships and Mental Health 夫婦情侶關係與精神健康

Mindful Photography Group for Couples 【相由心生-夫婦情侶靜心攝影小組】

To strengthen emotional connection and promote mental well-being among married couples and partners, the Foundation launched its first Mindful Photography Group for Couples. The programme integrates elements of mindfulness and photography, encouraging participants to create photographic works with focused awareness while enhancing communication and connection with one another.

The programme included introductory sharing on basic photography techniques to equip participants with essential skills, alongside the fundamental principles of mindfulness to help them cultivate present-moment awareness. Specially designed mindful photography exercises for couples were incorporated, featuring both individual and joint activities. These provided diverse opportunities for sharing, interaction, and mutual understanding, fostering deeper emotional bonds and psychological well-being.

為促進夫婦及情侶之間的情感連結與精神健康，基金會首次舉辦「相由心生——夫婦情侶靜心攝影小組」。透過融合靜觀與攝影的元素，讓參加者以專注的心情和狀態拍攝作品，同時促進彼此交流。

活動內容包括攝影的基本技巧分享，幫助參加者掌握拍攝知識；以及教授靜觀的基本理論和實踐方法，讓參加者學會專注於當下。此外，活動亦針對夫婦情侶而設計不同靜觀攝影練習，涵蓋了個人和共同參與的活動，為參加者提供了多樣的分享與互動機會。

Mindfulness-Based Emotional Intelligence (EQ) Trainings 靜觀為本情緒智能 (EQ) 訓練系列活動

Since 2024, the Foundation has organised a series of Mindfulness-Based Emotional Intelligence (EQ) Trainings, including four training groups and two webinars. These trainings integrate mindfulness practices with concepts from psychology and neuroscience to enhance participants' self-awareness, emotional regulation, and interpersonal skills. The trainings also address specific needs of men in stress management and psychological resilience, encouraging them to cultivate greater awareness of their physical and emotional well-being amid busy schedules.

Through theoretical input, guided mindfulness exercises, and group interaction, participants learned to better understand and regulate their emotions in daily life and at work. The trainings strengthened their focus and resilience, while fostering healthier relationships and a greater sense of inner balance.

基金會於2024年起舉辦「靜觀為本情緒智能 (EQ) 訓練」系列活動，包括四個訓練小組及兩場網上講座，透過靜觀 (Mindfulness) 練習結合心理學及腦神經科學概念，協助參加者提升自我覺察、情緒管理及人際互動能力。活動同時亦關注男性在壓力管理及心理韌性方面的需要，鼓勵他們在忙碌的生活中停下腳步，覺察自身的身心狀態。

透過理論講解、靜觀練習及小組互動，參加者學習在日常生活及工作中更有效地理解與調節情緒，提升專注力與心理韌性，並建立更健康的人際關係與內在平衡。



Women and Mental Health 婦女精神健康

Mindful Photography Group for Women 相由心生 - 女士靜心攝影小組



To support women who experience distress arising from daily life pressures, the Foundation launched its first Mindful Photography Group for Women. Through mindful photography practices, participants are encouraged to cultivate positive thinking patterns, shift away from negative cognitive tendencies, and rediscover the small yet meaningful moments of beauty in everyday life. Amidst life's pressures, the group emphasised the importance of nurturing inner calm and learning to safeguard one's own sense of peace and emotional well-being.

為幫助因生活壓力而感到困擾的女性參與者，基金會首次舉辦相由心生 - 女士靜心攝影小組，透過靜心攝影活動，讓參加者重塑大腦的正向思維能力，破解負面的心理傾向，重新發現生活中微小而美好的事物。在壓力之中，更要學會守護自我內心的寧靜。



Creative Arts X Aromatherapy Self-Care Group 藝術創作 x 香薰自療小組



To further support women experiencing depressive symptoms, the Foundation organised the "Creation Arts x Aromatherapy Self-Care Group" in 2024. The group combined creative art-making with aromatherapy-based self-care practices to enhance participants' psychological well-being. The group provided a safe and relaxing space for stress relief, while also fostering social interaction and mutual support among participants. Women were encouraged to face challenges together and rediscover a sense of hope, connection, and appreciation for life.

為進一步支持有抑鬱徵狀的婦女，基金會亦於2024年舉辦「藝術創作 x 香薰自療小組」，透過結合藝術創作與香薰自療，改善參加者心理健康。此活動不僅提供了一個舒緩壓力的環境，更促進了參與者之間的社交互動與相互支持，鼓勵女性共同面對挑戰，重拾生活的美好。

Post-Disaster Emotional Support Programme 災後情緒支援活動

Post-Disaster Emotional Support Programme 災後情緒支援活動

To support residents affected by the Tai Po fire in coping with emotional distress and restoring mind-body balance, the Foundation organised the Restoring Stability Together: A Sound-Based Emotional Support Workshop in late 2025. The workshop was led by Registered Music Therapist Mr. Hugo WONG and Trauma-Informed Facilitator Ms. HAU Suet Mei. Through music, sound, and body-based awareness practices, the workshop created a gentle and supportive space for regulation. Participants were guided to relax their nervous systems, ease feelings of tension and fatigue, and gradually regain a sense of safety and connection within their bodies.

為協助受大埔火災影響的市民舒緩情緒及調節身心，基金會於2025年末舉辦「安定同行·聲音連結工作坊」。活動由註冊音樂治療師 Hugo WONG 及創傷知情專業引導師侯雪媚姑娘帶領，透過音樂、聲音與身體感知，創造溫和的調節空間，幫助參加者放鬆神經系統、減輕緊張與疲累感，讓身體慢慢回復對「安全與連結」的感知。同時，工作坊亦協助參加者在互動中培養自我覺察，找到心理安定與身心平衡。

Wellness for ALL 與醫護同行 | 午餐會分享

Dr. LAU Ying-kit, Chairman of the Mental Health Foundation, was invited as a guest speaker at a luncheon organized by Medical Conscience. He shared the theme of "Wellness for ALL" with the volunteers who had served in the Tai Po fire relief efforts.

In his presentation, Dr. LAU focused on post-disaster psychological reactions, explored the deep impact of trauma on both body and mind, and reminded the audience that healthcare professionals must take good care of themselves before caring for others.

Key highlights of the presentation included:

- Typical Post-Disaster Psychological reactions and its phases
- Trauma-related mental health disorders
- The core principle of Psychological First Aid
- The differences between Mental Health and Mental Wellness
- Practical Mental Health Tips



The sharing session successfully empowered frontline healthcare workers, helping to transform the spirit of safeguarding physical and mental health into sustainable, long-term, and practical action.

精神健康基金會主席劉英傑醫生獲邀出席由「醫護誠信同行」舉辦的午餐聚會，擔任分享嘉賓，與一眾曾參與大埔火災支援工作的醫護義工，分享「Wellness for ALL」的理念。

劉醫生在分享中，從災後心理反應出發，深入探討創傷對身心的影響，並提醒大家：在照顧他人之前，醫護人員同樣需要好好照顧自己。

分享重點包括：

- * 災難後的常見心理反應與創傷歷程
- * 創傷相關的精神健康問題
- * 心理支援的基本原則與「心理急救」(Psychological First Aid)
- * 醫護人員的自我調節技巧與自我照顧
- * Mental Health 與 Mental Wellness 的分別
- * 實用的心理健康小貼士



這次分享為前線醫護帶來支持與力量，讓關懷得以延續，把守護身心健康的精神轉化為長遠而實際的行動。

Public Education on Mental Health for the Deaf Community 聾人群體與精神健康公眾教育

Recognising the unique challenges faced by the Deaf community in mental health and emotional regulation, the Foundation organised a series of webinars in 2024 to raise awareness of mental well-being within the community and to enhance public understanding of the difficulties they encounter. Topics included “Managing Emotional Outbursts” and “Navigating Emotional Hurt: Perspectives from the Deaf and Hard of Hearing Community”.

In both sessions, Counselling Psychologist Ms. Kloris LAU, together with a person in recovery, shared insights on the importance of emotional regulation and practical coping strategies. Participants learned how to manage their emotions more effectively and reduce negative consequences arising from impulsive reactions. The webinars also explored the emotional challenges faced by members of the Deaf community in everyday life, encouraging participants to care for their own feelings, enhance self-understanding, at the same time foster greater empathy and awareness among the wider public. Sign language interpretation services, provided by SLCO Community Resources, were arranged for both sessions to ensure full accessibility for Deaf participants.

鑒於聾人群體在精神健康及情緒管理上面臨不同挑戰，為了提升該群體對自身精神健康的關注，並提高大眾對群體面對的困境的認識，基金會於2024年舉辦了一系列網上講座，包括「情緒爆發點算好？」和「生活中感到受傷的時刻：聾人群體篇」。

在這兩場講座中，輔導心理學家劉紫蕾小姐及精神復元人士共同分享情緒調適的重要性和實踐方法，讓參加者學習如何有效管理自己的情緒，減少因衝動行為而產生的負面情緒。此外，講座亦探討了聾人群體在日常生活中所面臨的情感困境，促使參與者關心和照顧感覺受傷的自己，提升自我理解，同時增進社會大眾對該群體的認識。講座均設有由語橋社提供的手語傳譯服務，以確保聾人參與者能夠充分理解內容。



Corporate Training and Mental Health 企業培訓與精神健康

To enhance employees' mental well-being, the Foundation organised thematic group activities for corporations, including music therapy and aromatherapy sessions etc. These activities not only promoted physical and emotional relaxation, but also encouraged interaction and mutual support among colleagues. Through these experiential sessions, employees were able to relieve stress, strengthen their psychological well-being, and deepen their understanding of mental health, thereby fostering a more positive and supportive workplace environment.

為提升員工的精神健康，基金會為個別企業舉辦不同主題的小組活動，包括音樂治療及香薰治療，讓員工參與其中。活動不僅有助促進身心放鬆，亦鼓勵同事之間的互動與互相支持。透過參與體驗，員工得以舒緩壓力、增強心理健康，同時提升對精神健康的認識，從而營造更正向及關懷的工作氛圍。



Our Volunteers 我們的義工

Volunteers are our valuable partners playing an important role in our operation. They come from diverse backgrounds, including students, working adults and members of the public who care about mental wellness.

They have participated in activities such as the “Night to Light” Programme, engaging and fostering inclusion with persons in recovery and youth experiencing emotional challenges. They have also supported World Mental Day initiatives and professional sharing sessions, walking hand in hand with MHF to promote mental and emotional well-being.

義工的參與，一直是支持基金會運作的重要支援，亦是我們重要的夥伴。我們的義工包括中學生、大專生、在職人士及關心精神健康的大眾。

我們的義工曾參與「星曉行」行山活動，與復元人士以及受情緒困擾的青少年互動共融，亦參與世界精神衛生日活動及輔導專業分享會等活動，與基金會攜手推動身心健康。



Media and Other Collaboration 媒體與其他合作

The Foundation's activities are supported by the media, and many of them have been widely reported. Ms. LEE San San, Foundation's Ambassador, and member doctors are often invited to different media platforms to share mental health knowledge with the public and to encourage the public to face emotional distress with a positive attitude.

基金會的活動得到傳媒朋友的支持，很多都獲廣泛報導。基金會的「傳晴大使」李珊珊小姐和各位委員醫生經常獲邀到不同媒體平台，向公眾推廣精神健康知識，鼓勵大眾正視以及用正面態度面對情緒困擾。

Collaborating Organisations and Interview Programmes 合作機構和訪問節目

Organisation / Media 機構 / 媒體	Name of Programme 活動名稱
World Wide Fund for Nature in Hong Kong 世界自然基金會香港分會	<ul style="list-style-type: none"> - Island House Winter Festival 元洲仔冬日嘉年華 - Walk for Nature @ Mai Po 米埔慈善行「步走大自然」
Cigna Healthcare Hong Kong 信諾環球香港	Cigna Day 2024 2024年度信諾日
Hong Kong Stroke Fund 香港中風基金	【中風危機解密 – 風後錦囊】
Now News Now 新聞台	Medicine Online 《杏林在線》
RTHK AM567 香港電台 AM567	#Hashtag Hong Kong
Commercial Radio 商業電台	Commercial Radio 1 – “Fat’s Lifestyle” 雷霆881節目 – 「發式生活」
Chinese International School 漢基國際學校	Mental Health Conference “Social Media and Youth” 「社群媒體與青少年心理健康」
Mount Trio 三坐山	<ul style="list-style-type: none"> - 【神醫請坐】 - BoBo Kingdom
Metro Broadcast Corporation Limited 新城電台	《Life is so Happy》 《原來生活好快樂》
Outdoor Wildlife Learning Hong Kong 香港戶外生態教育協會	Hong Kong Nature Connectedness and Outdoor Environmental Education 「International Nature Connectedness and Environmental Education Conference – Outdoor Learning for Well-Being and Sustainability」 香港學童自然連結感研究及戶外環境教育推廣計劃 《自然連結感與環境教育國際會議 – 戶外學習促進福 祉及可持續發展》

Financial Report 財務報告

Financial Report

財務報告

Mental Health Foundation 精神健康基金會

Statement of Income 收益表

for the year ended 31 March 2023, 2024 and 2025
截至二零二三、二零二四及二零二五年三月三十一日止年度

	2022/23 HK\$	2023/24 HK\$	2024/25 HK\$
INCOME 收入			
Donation and sponsorship income 捐款及贊助收入	2,061,510	2,640,965	2,390,633
Workshops and activities income 工作坊及活動收入	-	-	18,760
Other income 其他收入	77,681	26,511	19,103
	<u>2,139,191</u>	<u>2,667,476</u>	<u>2,428,496</u>
EXPENDITURE 支出			
Programmes expenses 活動支出	1,182,036	703,764	308,255
Personal emoluments 員工薪酬	1,045,332	638,531	847,325
Rent related expenses 租金支出	196,250	236,620	239,030
Promotion expenses 推廣支出	83,548	25,476	2,655
Depreciation 折舊	6,920	6,920	6,920
Operating costs 運作成本	64,942	268,349	291,676
	<u>2,579,028</u>	<u>1,879,660</u>	<u>1,695,861</u>
(Deficit)/Surplus for the year 本年度(虧損)/收益	<u>(439,837)</u>	<u>787,816</u>	<u>732,635</u>

The Statement of Income and the Statement of Financial Position relating to the years ended 31 March 2023, 2024 and 2025 included in the Annual Report 2023-25 are not the Foundation's statutory annual financial statements for that year. Further information relating to those statutory financial statements required to be disclosed in accordance with section 436 of the Companies Ordinance is as follows:
The Foundation will deliver those financial statements to the Registrar of Companies as required by section 662(3) of, and Part 3 of Schedule 6 to, the Companies Ordinance.
The Foundation's auditor has reported on those financial statements. The auditor's report was unqualified; did not include a reference to any matters to which the auditor drew attention by way of emphasis without qualifying its reports; and did not contain a statement under sections 406(2), 407(2) or (3) of the Companies Ordinance.

Mental Health Foundation 精神健康基金會

Statement of Financial Position 財務狀況

for the year ended 31 March 2023, 2024 and 2025
截至二零二三、二零二四及二零二五年三月三十一日止年度

	2022/23 HK\$	2023/24 HK\$	2024/25 HK\$
NON-CURRENT ASSETS 非流動資產			
Property, plant and equipment 物業、廠房及設備	13,840	6,920	-
CURRENT ASSETS 流動資產			
Prepayments and deposits 預付及按金	60,900	38,400	41,903
Accounts receivable 應收帳款	-	104,688	-
Cash and bank balances 現金及銀行儲備	<u>3,718,627</u>	<u>3,926,918</u>	<u>3,487,479</u>
	<u>3,779,527</u>	<u>4,070,006</u>	<u>3,529,382</u>
LESS: CURRENT LIABILITIES 減：流動負債			
Accrued expenses 應付費用	28,281	6,200	54,110
Donation received in advance 預收捐款	1,810,265	1,328,089	-
Amount due to a councillor 應付委員款項	<u>10,800</u>	<u>10,800</u>	<u>10,800</u>
	<u>1,849,346</u>	<u>1,345,089</u>	<u>64,910</u>
NET CURRENT ASSETS 流動資產淨值	<u>1,930,181</u>	<u>2,724,917</u>	<u>3,464,472</u>
NET ASSETS 資產淨值	<u>1,944,021</u>	<u>2,731,837</u>	<u>3,464,472</u>
MEMBERS' EQUITY 成員權益			
General funds 一般基金	<u>1,944,021</u>	<u>2,731,837</u>	<u>3,464,472</u>

本會《二零二三至二五年度年報》內的〈截至二零二三及二零二五年三月三十一日止年度收益表及財務狀況表〉不是本會該年度法定的財務報表。按照公司條例第四百三十六條，更多資料關於那些法定的財務報表被要求披露如下：
根據公司條例第六百六十二(三)條及附表六第三部，本會將會交付那些財務報表到公司註冊處處長。
本會的核數師已就那些財務報表發表沒有保留意見的報告；核數師報告沒有提述核數師在不就該報告作保留的情況下以強調的方式促請有關的人注意的任何事宜；及核數師報告亦沒載有根據公司條例第四零六(二)或四零七(二)或(三)條作出的陳述。



We would like to express our gratitude to the following, whose generous donation and support have made our work possible. Owing to limited space, the Foundation regrets not being able to mention all contributors by name here.

衷心感謝下列公司機構及熱心人士的贊助和支持，協助我們推展工作。由於篇幅所限，恕致謝名單未能盡錄所有善長芳名，如有遺漏，謹此致歉。

(All names listed in alphabetical order 排名按英文字母為序)

Acknowledgement

Our sponsors, partners, frontline staff, volunteers and all participants are an indispensable member of MHF. They dedicate their time to walk with MHF, and work with us to implement the goal of supporting Hong Kong to become a mentally healthy city. Again, we would like to express our heartfelt thanks to all of YOU!

所有贊助機構、合作伙伴、前線員工、義工和參與人士都是本會不可或缺的一員。大家與本會結伴同行，與我們共同推動香港成為「精神健康城市」，本會再次致以由衷感謝！



Ambassadors of Mental Health Foundation 精神健康基金會「傳晴大使」

- Ms. LEE San San 李珊珊小姐

Event Sponsors 活動贊助

(All names listed in alphabetical order 排名按英文字母為序)

- Chow Tai Fook Charity Foundation 周大福慈善基金有限公司
- Cigna Worldwide General Insurance Company Limited 信諾環球人壽保險有限公司
- Jebsen Group Charitable Fund 捷成集團慈善基金
- Labour and Welfare Bureau 勞工及福利局
- Lee Kum Kee Family Foundation 李錦記家族基金
- Lundbeck HK Limited 丹麥靈北大藥廠
- Otsuka Pharmaceutical (HK) Limited 香港大塚製藥
- Pfizer Corporation Hong Kong Limited 美國輝瑞科研製藥有限公司
- Race for Mind Wellness
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