



# 理解 從了解開始

## Raising Awareness

Understanding  
Mental Health and  
Embracing Our Differences

2016-18 年報  
Annual Report





# 目錄 Contents

- 003** Forward from Professor  
Sophia CHAN  
序言 —— 食物及衛生局局長陳肇始教授
- 007** Preface from Our Founder Professor  
CHEN Char-nie  
前言 —— 創會主席陳佳釁教授
- 011** Messages from Our Council Members  
理事會成員致詞
- 021** Mission and Vision  
使命和願景
- 025** Governance and Management  
治理與管理
- 029** Awareness Raising: Understand Mental  
Health and Embrace Our Differences  
理解從了解開始
- 033** Support and Services For Young People,  
PIR and Their Families  
給青少年、患者、復元人士及  
其家人的服務與支持
- 045** Moving the Society Forward in Increasing  
Mental Wellness  
推動社會一起提升精神健康
- 051** Understanding and Support  
理解與支持
- 059** Table of Activities  
活動列表
- 071** Financial Statements  
財務報告
- 073** Acknowledgement  
鳴謝
- 077** Support Us  
支持我們







Forward

# 序言

Professor Sophia CHAN

食物及衛生局局長  
陳肇始教授

## Forward

As stated by the World Health Organization, there is “no health without mental health”. Mental health is important to every one of us. Living in a high-tempo, action-packed and densely-populated city like Hong Kong, the importance of mental health could not be underestimated.

Mental health problems are not uncommon in Hong Kong. In 2018-19, the Hospital Authority provided mental health services to more than 260,000 patients. As the old saying goes, “Prevention is better than cure”. Apart from providing medical services, the Government also promotes mental wellbeing and delivers messages about the importance of mental health to the general public through different channels.

Since the establishment in 2012, the Mental Health Foundation has been making use of various means to enhance the knowledge of the general public on mental health, with a view to minimising misunderstanding towards mental health problems and reducing stigmatisation. We appreciate that the work of the Mental Health Foundation aligns very well with the objective of the Government in building a mental-health friendly society in Hong Kong.

The Government will embark on an on-going mental health promotion and public education initiative from the second half of 2019. The first phase of the new initiative aims to enhance public understanding of mental health, thereby reducing stigmatisation towards persons with mental health needs, with a view to building a mental-health friendly society in the long run. We wish that by working together with different sectors, our concerted efforts would help to build a mental-health friendly society in Hong Kong.

**Professor Sophia CHAN,**  
JP Secretary for Food and Health

## 序言

正如世界衛生組織所提倡，「沒有精神健康就沒有健康」(“nohealthwithoutmentalealth”)，精神健康對每個人都極為重要。生活在香港這個人煙稠密、生活繁忙、節奏急促的地方，精神健康的重要性更加不容忽視。

事實上，精神健康問題在香港並不罕見。在2018-19年度，醫院管理局共為超過26萬人士提供精神健康服務。正所謂「預防勝於治療」，政府除提供醫療服務外，亦提倡市民要保持良好的「心理健康」，並透過不同渠道向大眾傳播精神健康的訊息。

精神健康基金會自2012年成立以來，透過不同的方式，加強市民對精神健康的認識，以期消除社會對精神健康問題的誤會和歧視。精神健康基金會的工作正好與建立香港成為「精神健康友善社會」的目標不謀而合。

政府將於2019年下半年起開展一個持續的精神健康推廣和公眾教育計劃，首階段旨在增加公眾對精神健康的認識，從而減少對病者的歧視，長遠達致建立一個精神健康友善社會的目標。我們期望社會各界都能夠共同努力，凝聚力量，同心共建精神健康友善的香港。

**食物及衛生局局長陳肇始教授,JP**





Preface

# 前言

Our Founder Professor CHEN Char-nie

## 創會主席陳佳蘊教授

## Preface from Our Founder – Professor CHEN Char-nie

Prevention is the essence of maintaining mental health. In the process of growing up, a good quality of life provides the best primary prevention. In the inevitable event of having mental illness, early treatment would prevent further complication and chronicity. This is secondary prevention. On recovery, it is also essential to re-adjust one's cognition, thoughts, character or behaviour and to raise the quality of life and prevent relapses. This is tertiary prevention. It is therefore essential to understand the importance of prevention, for which community education is the way to achieve the task.

Mental Health Foundation has, since its establishment in January 2012, devoted to conducting community education and providing quality services to those underprivileged with mental illness and their family members, and aimed at establishing Hong Kong as a mentally healthy city. For years the Foundation has conducted numerous talks in schools and community organisations, charity mental health film shows, personal talks of recovered patients, youth ambassador programmes, services to recovered patients and their families, drug subsidisation scheme, volunteer training programme, etc. This consolidated report espouses the theme: "Raising Awareness - Understanding Mental Health and Embracing Our Differences", which aims to further the understanding of mental illnesses and support those with mental illness and their families as well as eradicate social stigma such that mental illnesses may be prevented, treated and recovered at as early a stage as possible and those with mental illness may have better quality of life.

### **Professor CHEN Char-nie**

OBE, JP, MB, MSc, FHKAM (Psychiatry), FHKCPsych, FRCPsych, FRANZCP, FAPA, DPM

Founding Chairman

Former Chairman, January 2012 to 16 June 2014

Honorary Consultant, 16 June 2014 to present



## 前言創會主席陳佳釅教授

減低心理精神疾病的風險以預防為主。在成長過程中，如能享有具質素的生活，這是最好的一級預防。即使無法避免心理精神的障礙，提早就醫可以避免症狀惡化，這是二級預防。病癒後能夠在認知、思維、性格或行為方面做一些微調，提高生活質素，防止疾病的復發，視為三級預防。因此，預防心理精神疾病，須要了解預防工作的重要性，這就有賴社區教育。

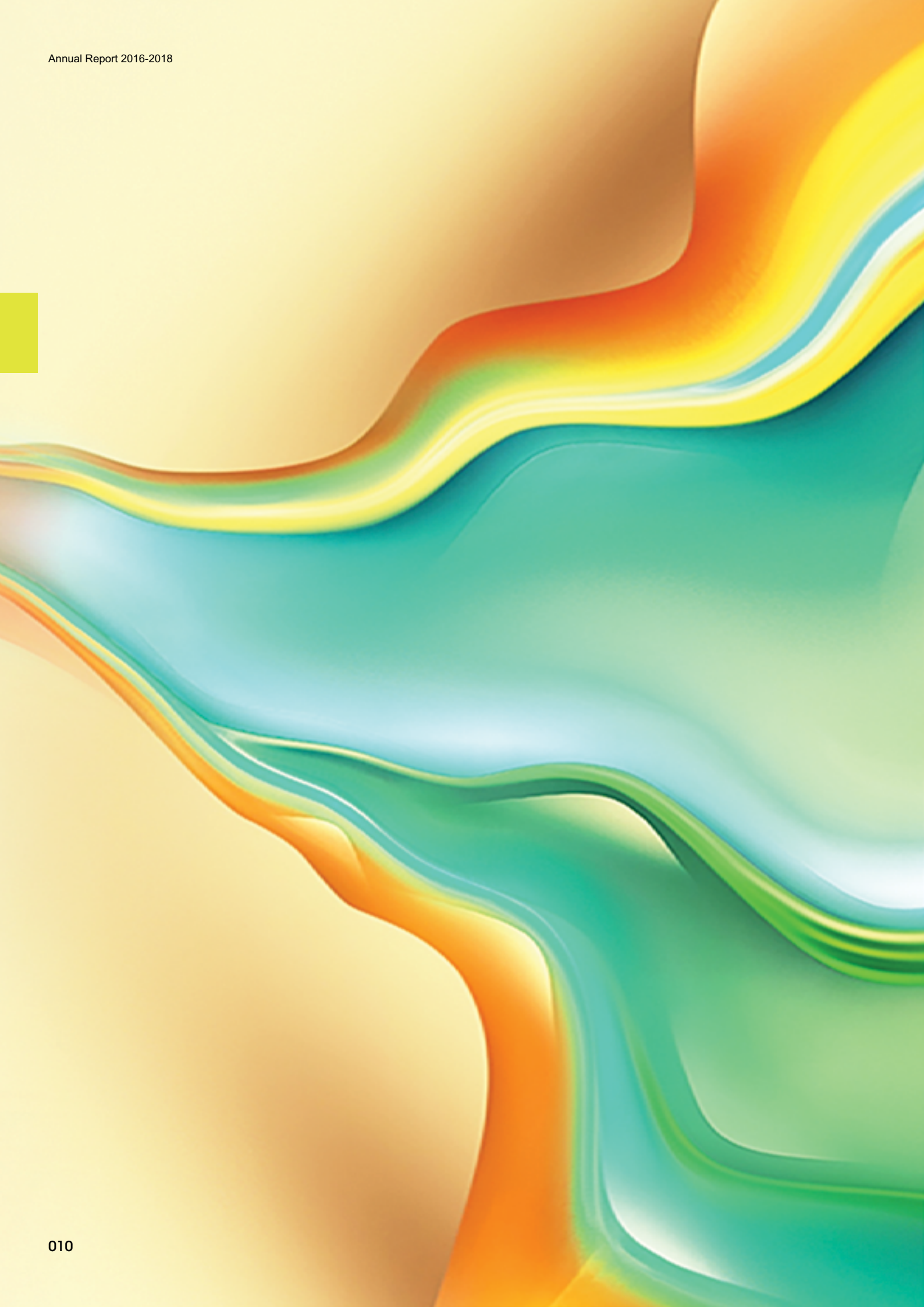
精神健康基金會自2012年1月創會開始，會務便一直以社區教育和為經濟有困難的患者及其家人提供具質素的服務為主，目標是使香港成為一個精神健康的城市。本會多年來先後舉辦許多社區或學校的講座、慈善影片觀賞、精神疾病康復者現身表達感受、少年大使計劃、支持康復者及其家人、藥物資助計劃、義工訓練等等。本次綜合年報更以「理解從了解開始」為主題，希望進一步提升大眾對精神疾病的了解，支持病患者及消除社會對精神疾病的偏見，以達到提早預防、治療、康復的目標，從而提高生活質素。

### 陳佳釅教授

OBE, JP, MB, MSc, FHKAM (Psychiatry), FHKCPsych, FRCPsych, FRANZCP, FAPA, DPM

前任主席，2012年1月至2014年6月16日

榮譽顧問，2014年6月16日至今



Messages from Our Council Members

# 理事會成員致詞



## Message from Our Chairman – Dr David LAU Ying-kit

### Raising Awareness - Understanding Mental Health and Embracing Our Differences

Time flies since our 2012-2015 report was published. The preparation of this 2016-2018 report reminded me of all MHF works, which involved a great team work of different stakeholders including our Council Members, consultants, staff and volunteers. Our aim is two-fold: to provide those with mental illness, those in recovery and their families with professional support, and to increase the public's awareness in mental health through to various innovative and appropriate services with a view to embracing the differences among ourselves whether as service users, care-givers or a member of our society.

We have given priority to our young people in the light of their needs. Between 2016 and 2018, we collaborated with different NGOs and the Hospital Authority to design programmes that were tailored to our young people's needs, such as Mentorship Scheme for adolescences who were under rehabilitation for mood disorder, and the Executive Function Training for children with Attention Deficit and Hyperactivity Disorder (ADHD). Our mental health professionals had also designed "Gatekeeper," a new mental health education programme tailored for students at schools. It aimed to increase students' awareness and understanding of the importance of mental health, sharing tips on managing stress and increasing resilience. As a result, the number of services offered to young people increased from a double digit in 2015 to 1,482 in 2018, while the number of young people who participated our programmes increased three-times, from approximately 450 in 2015 to approximately 3,202 in 2018, accounting for approximately 70% of the number of participants we served.

Our growth and achievements were the result of the various generous donors. Among them, we are grateful for the donation of our "De-Issue Center" in Central which we have been using as our office. It is also the venue where we offer services to our service users such as training to our volunteers and Mindfulness and WRAP® workshops to the busy workforce in Central.

In 2017-18, we held our first charity movie show where together with mental health professionals, we shared important messages relating to mental health with the public. Also, co-organising with C.H.O.I.C.E. in an HIV conference, we sought to advance the science relating to mental health with our peer psychiatrists.

Our efforts did not only benefit our service users, but also enable us to grow and become a better charity. As Chairman of MHF, I am proud to witness all the positive differences that had been made. My gratitude to all the involved stakeholders including our Council Members, consultants, staff and volunteers; it is simply beyond this short passage of words. Our mission to enhance the mental wellness for the people of Hong Kong remains the cornerstone of all our works now and in future.

**Dr David LAU Ying-kit**

Chairman, 17 June 2014 to present

## 主席劉英傑醫生致詞

提升意識——了解精神健康，擁抱我們的差異

時光飛逝，自基金會2012至2015年報出版後，2016至2018年年報的籌備，令我回想起基金會各方面的工作有賴不同持份者如理事會成員、顧問、員工及志願者的通力合作。精神健康基金會成立的目標是為精神病患者、康復者及其家人提供專業服務和支持。同時，透過各種創新和適切的服務，提升社會大眾對精神健康的認知，達至服務使用者、其家屬及社會成員能擁抱彼此的不同。

看到年輕一代的需要，本會把他們作為重點的服務對象。在過去的3年，我們與不同的慈善機構和醫院管理局合作，為年輕人開展了不同及適切的服務；如為在康復中的情緒病患青少年舉辦了「躍動夢想計劃」、為過度活躍及專注力缺乏症的兒童提供大腦功能訓練等；同時也為同學們設計了一個名為「守護者」的精神健康教育計劃，努力提高年輕一代對精神健康的關注和認知。針對年輕人的服務次數，從2015年的雙位數，大幅增加至2018年的1,482；而服務年輕人人數，則由2015年約450人次，上升超過3倍至2018年約3,202人次，佔整體服務人次約70%。

我們的成長，有賴各方的支持和鼓勵，當中感恩獲有心人捐贈現作為我們的辦工室及活動中心的地方，讓我們能舉辦各種不同的活動和工作坊；如義工培訓、針對區內忙碌的上班一族「靜觀」和「身心健康行動計劃」工作坊等。

在2017-18年度，我們舉辦了我們首個慈善電影放映，與一班有心人，一起推廣精神健康的訊息。此外，本會也參與了C.H.O.I.C.E.有關HIV的會議，和同業一起努力推進與精神健康相關的科學。

這些共同的努力，不僅使我們的服務用戶受益，也使基金會能成為更好的慈善機構。作為基金會的主席，我很高興能見證本會的成長和服務成果，亦非常感謝所有曾參與活動或給予我們支持及鼓勵的人，包括理事會成員、顧問、同事和義工們所付出的熱誠和時間。基金會將繼續認真貫徹自身使命，努力提昇大眾對精神疾病的理解、接納、與支持，推動香港成為一個精神健康的地方。

**劉英傑醫生**

主席，2014年6月17日至今





## Message from Our Vice-Chairman - Dr TING Sik-chuen

Chun-chun was 7 years old, living with his grandmother after his parents were separated. He was a smart and cheerful boy, and enjoyed good relationships to people. However, he had difficulty in sustaining attention in his study and was unable to follow his teachers' instructions in classes. As a result, his academic performance fell behind his classmates. The school social worker suspected he was suffering from Attention Deficit Disorder and refers him to the Government Child Psychiatric Clinic for further management. However, the first appointment will be one and a half years later. His grandmother was unable to afford services from the private sector. She felt helpless.

Chun-chun was one of the 5% children in Hong Kong suffering from Attention Deficit/Hyperactivity Disorder (ADHD). Most of them receive treatment after more than a year, missing the best time to treat the illness. We were pleased to collaborate with Yan Oi Tong who generously subsidised children of underprivileged families with ADHD children such that their children may receive the necessary professional treatment sooner.

Chun-chun was treated promptly in Yan Oi Tong Child Psychiatric Clinic. His performance had improved significantly while waiting for his appointment at the Government Child Psychiatric Clinic.

In our imperfect society, we can easily lose confidence and may see only the negative side of things, which erode our capacity to tackle the difficulties. Our Foundation is committed to promote the correct understanding of mental illness, and fight against stigmatisation and prejudice on people with mental illnesses, people in recovery and their families, working towards a society where we embrace our differences and respect each other's uniqueness!

**Dr TING Sik-chuen**

Vice-Chairman, 17 June 2014 to present

## 副主席丁錫全醫生致詞

俊俊今年七歲，父母離異之後與媽媽同住。他是一名醒目及活潑的好孩子。但是俊俊不能集中精神上課，也不能跟上老師的指示學習。因此，他的成績未如理想，與同學的差距越來越大。學校社工懷疑俊俊的專注力有問題，所以轉介至醫管局兒童精神科作詳細評估。可惜輪候病人很多，需要排期一年半才可以見醫生。經濟上，媽媽未能負擔私家醫生費用，令她感到十分無助。全香港約有5%小朋友患有專注力不足與過度活躍症(ADHD)，津津是其中之一。大部份患有ADHD的小朋友都延誤治療超過一年，錯過了6至8歲的治療黃金期。我們非常榮幸能與「仁愛堂史立德夫人青少年兒童醫療基金」合作，為低收入家庭及早提供所需的精神專科醫療服務。

俊俊經社工轉介到「仁愛堂專注力不足與過度活躍症診所」會見專科醫生，經治療後，成績有顯著的進步。在不完美的社會，我們很容易失去信心，甚至只看見事情最惡劣一面，失去應付困難的動力。我們精神健康基金會致力推廣精神健康教育、願能消除社會上對精神病的誤解、對康復者的歧視及偏見，讓患者、康復者、其家人，和在社會上的每一位，能接納彼此的不同與獨特！

### 丁錫全醫生

副主席，2014年6月17日至今

## Message from Our Vice-Chairman – Mr Stephen WONG

### **“Being the bridge of hearts”**

Some describe “relational poverty” as the reflection of our modern society.

In our modern society, people can get in touch with one another easily through the internet. However, more and more people feel lonely. According to a survey conducted by The Boys’ & Girls’ Clubs Association of Hong Kong in 2013, one in every 18 students aged 15 to 20 years old felt “highly lonely”. In another survey conducted by BBC in 2018, they found that almost 60% of the 4,000 interviewees aged between 16 and 24 felt lonely. Loneliness can affect physical and mental health and could lead to depression in the long run.

In the light of that, MHF devoted resources to “connectedness” among people. In particular, we organised various innovative activities for young people, reaching out to them via schools, communities and social media platforms to increase their knowledge and awareness in the importance of mental health. One example was “Dreams Come True,” a programme tailored for young people suffering from mood disorder. It connected them with their peers, family, community and professionals as well as persons in recovery. The “connection” provided support to those young people and helped them to re-build confidence and hope, while the interactions with others helped them to better connect with others and strengthen their physical and mental health.

In the past three years, many sharing the same vision as ours had walked with us including participants of our programmes, mentors for the young people, donors, supporters and friends who generously shared their resources and suggestions with us. We realised that we were not alone; many were ready and willing to walk with us in promoting mental wellness in our society. They were ready and willing to listen with their hearts to those in need and touch them with their hands, joining force with us to “kick away” relational poverty. I hope we can continue to water Hong Kong with love and hope, build bridges that connect people’s hearts, connect and grow with each other, and together witness the beautiful blue sky in Hong Kong.

**Mr Stephen WONG**

Vice-Chairman, 17 June 2014 to present



## 副主席黃敏信先生致詞

### 「拉近人內心的橋樑」

有人形容現今是「關係貧窮」的一代。

在這個通訊發達的社會，科技本應能夠拉近人與人之間的距離，社會上卻越來越多人感到孤單。根據香港小童群益會2013年就青少年孤獨感狀況進行調查，結果顯示15至20歲青少年中，平均18人就有一人感到高度孤獨，而4,000多名受訪者中，近六成說不出感到孤獨的原因。而英國BBC在2018年的調查發現，接近40%16至24歲的年青人表示感到孤單，而孤單感會影響身心健康，長遠甚至容易產生抑鬱困擾。

有見及此，基金會致力推動社會的「連繫」和推展各項創新的活動。透過學校、社區、社交媒體等平台接觸年青人，讓年輕一輩正確地認識及照顧情緒健康。此外，通過不同的「連繫」活動，譬如「躍動夢想計劃」，讓備受情緒病困擾年青人與同輩、家人、社區、專業和精神復元人士等連繫起來。大家的支持不但重燃年青人的自信和對生活的希望，良好的互動更能幫助他們建立健康的人際關係和身心的發展。

在過去三年，我們遇到很多有心人與我們一起同行，當中有參與活動的、有擔任生命導師的、有捐款或為我們推廣活動的、也有給予建議的。我們發現，原來我們並不孤單，有很多人願意一起關心社會上有需要的人，並願意用自己的手和心去接觸和聆聽別人，一起「踢」走「關係貧窮」。願我們能繼續用愛與希望，澆灌香港，築起連繫人心的橋樑，讓彼此連繫和成長，讓香港這地方見到美麗的藍天。

### 黃敏信先生

副主席，2014年6月17日至今



# Mission and Vision 使命和願景

## Our Mission 我們的使命

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

- 凝聚社會資源
- 匯集各方專業團隊
- 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

# 治理與管理

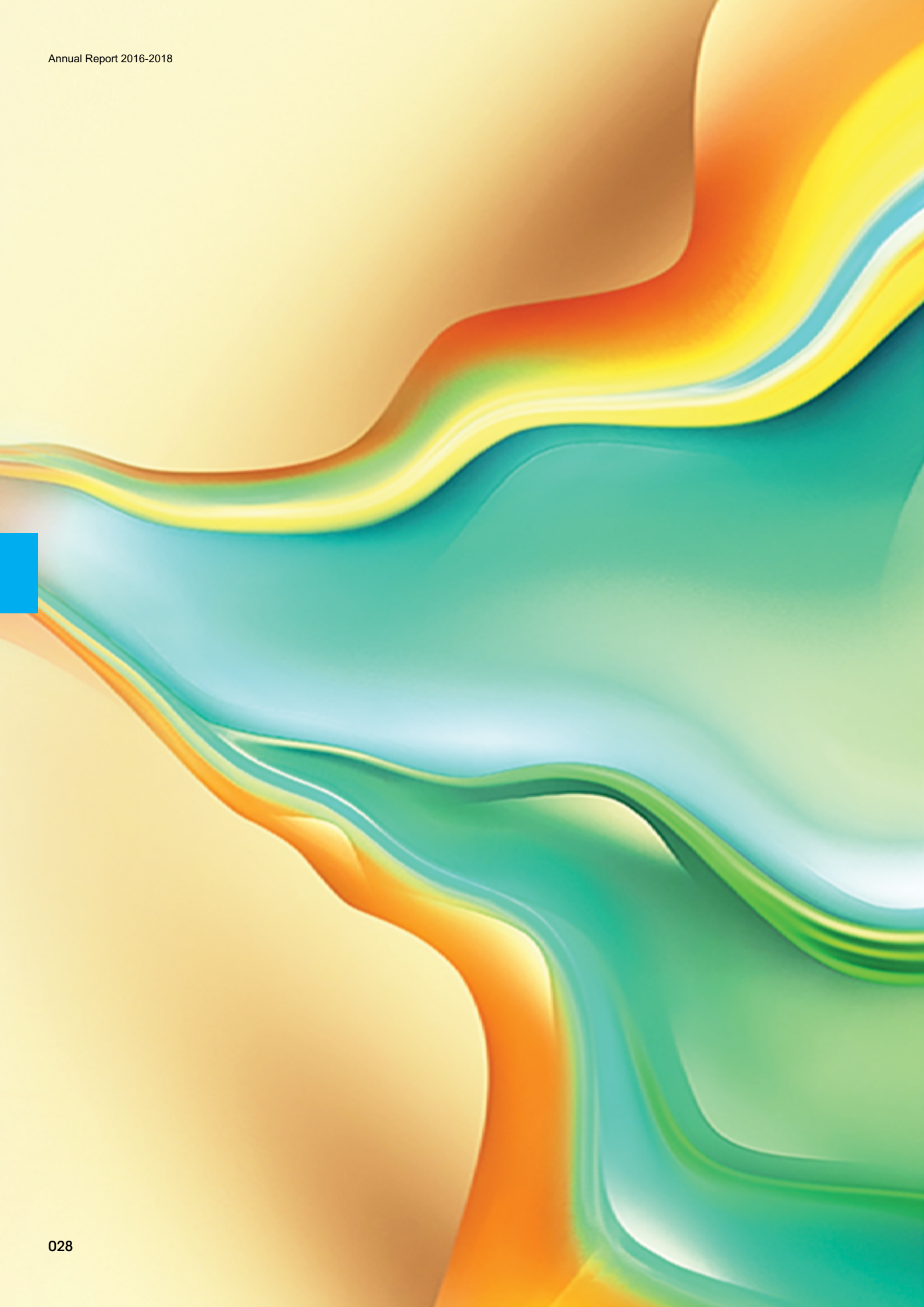
## Council of Management





## 治理與管理





Awareness Raising Understand Mental Health  
and Embrace Our Differences

理解從了解開始

## From Understanding to Embracing Our Differences

Building upon our achievements to increase public awareness in the importance of mental health, from 2016 to 2018, the theme of Mental Health Foundation's services was "From Understanding to Embracing Our Differences". We worked on increasing public's understanding of mental illnesses and of the journeys of persons in recovery and their families, that with such improved understanding, the prejudice and stigma previously attached to mental illness may be reduced, we may take better care of our own and each other's mental health, and embrace our differences.

### 理解從了解開始

承接過去致力提高大眾對精神健康重要的關注，在2016至2018年度，精神健康基金會以「理解從了解開始」作為服務方向，進一步提升大眾對精神疾病的了解、減少對精神疾病的偏見和誤解，理解復元人士及其家人的經驗；從增加理解至增加關注個人及彼此的精神健康，擁抱彼此的不同。







Support and Services  
For Young People, PIR and Their Families

給青少年、患者、復元人士  
及其家人的服務與支持

## Support and Services For Young People, People in Recovery and Their Families Youth Ambassador Program 給青少年、患者、復元人士及其家人的服務與支持

### Youth Ambassador Program

Youth Ambassador Program is an annual event jointly organized with Castle Peak Hospital to support children (aged 6 to 12) whose parents were suffering from severe mental illness.

Themed “幸福 More 天倫” (Family Bonding and Happiness), the Program included mental health education, communication and training in problem-solving. One part of the Program helped children with parents suffering from mental illness to improve their resilience in coping with the negative impacts to their families, preventing them from falling into mental health problems in future. The other part of the Program provided their parents with mindful parenting exercises and family activities, helping them to improve their parenting skills.

Analysis of the data collected before and after the Program indicated that children's self-esteem, self-efficacy and interpersonal relationships had improved significantly. The value in the Chinese State Anxiety Scale (Chinese version) had also dropped from 15.8 to 14.7 ( $p = 0.01$ ), indicating that their anxiety level had reduced significantly. In the interviews, both children and parents reported that parent-child conflicts had decreased while their stress tolerance had improved significantly.

### 「少年兵團」計劃

「少年兵團」是一個與青山醫院聯合推出的年度計劃，目的是支援嚴重精神病患者的子女(6至12歲)。

以「幸福 More 天倫」為主題，計劃內容包括精神健康教育、溝通及解難訓練等。計劃幫助病患者的子女增強他們的抗逆能力去應付家庭的負面影響，預防他們日後墮入精神健康問題。同時，家長亦會參與計劃的靜觀親子法練習及家庭活動，以提升他們的教養技巧。



活動前後收集的數據分析顯示，子女的自尊、自我效能感及人際關係均有顯著的進步。在量表Chinese State Anxiety Scale (中文版)的數值也從15.8跌至14.7( $p=0.01$ )，表示他們的焦慮感有顯著的改善。在訪談中，子女和家長均表示親子衝突減少了，雙方的抗壓力也有明顯的提升。



「少年兵團」計劃 Youth Ambassador Program (24/11/2018)



## “Let Me Know. Ready To Go!” Volunteer Training Programme and Volunteer Services

This programme primarily recruited college students to be friends of people in recovery from mental illness (PIR). In the beginning, volunteers learned about the different mental illnesses and the process of recovery at our workshops and activities. Then they offered voluntary services to people in recovery at Castle Peak Hospital, Caritas Lok Wah Hostel and Caritas Lok Dao Integrated Vocational Rehabilitation Workshop, walking with them as their friends. At the end of the programme, the volunteers shared that their concepts and impressions of people with mental illness and PIR had changed entirely as they gained a better understanding of the illnesses and a better appreciation of what people with mental illness and PIR were going or went through.

### 「友理心」義工訓練計劃及義工服務

這計劃主要招募大專院校學生擔任精神疾病復元人士的同行者。義工們首先透過我們的工作坊認識不同精神疾病及了解復元歷程，藉著體驗和活動，「理」解復元人士的困難。之後，他們到青山醫院、明愛樂華宿舍(輔助宿舍)及明愛樂道坊(綜合職業復康工場)，以朋「友」角色與復元人士接觸及互相學習。義工們在分享會表示，參加計劃後，對精神疾病和復元人士的概念和印象截然不同，並對他們有更多理解和欣賞。



「友理心」義工訓練計劃 - 訓練工作坊 “Let Me Know. Ready To Go!” Volunteer Training Programme – Training session (09/06/2018)



「友理心」義工計劃 “Let Me Know. Ready To Go!” Volunteer Service (27/07/2018)

## School Programmes Designed to Address Students' and Teachers' Needs

In order to provide young people with proper concept of mental wellness at the earliest opportunity and in response to the increasing pressure experienced by students, in 2017, our psychiatrists, clinical psychologists and fellow members of the professions designed and delivered “Gatekeeper”, a series of talks on stress management and building resilience to secondary school students and teachers.

Most of the participants found the sharing of stress reduction methods helpful.

In the following year, in response to the specific needs of students promoting from primary to secondary schools, our psychiatrists and clinical psychologists designed and fellow members of the professions delivered “Bridging Workshop.” Around 70% of the participating students felt that they “have more confidence in managing their emotions and stress”.

The Foundation also liaised with psychiatrists and collaborated with local university in providing a summer programme for secondary school students to increase their understanding and their interests in medicine and mental health related professions.

### 適切學生和老師的需要的講座及工作坊

為了讓青少年更早建立精神健康的概念及回應學生壓力持續增加的情況，在2017年，本會的精神科醫生和臨床心理學家聯同其專業全人為中學生和老師設計並舉辦了一系列「壓力管理講座」。參加者普遍認為減壓方法的分享很有幫助。

翌年，本會的精神科醫生和臨床心理學家聯同其專業全人為升讀中一的學生的特別需要，設計並舉辦了「升中工作坊之下一站中一『適應有法』」。約七成同學表示參加工作坊後「對於管理自己的情緒和壓力有更大的信心」，成績令人鼓舞。

基金會亦聯繫精神科專科醫生參與本地大學為中學生設計的暑期計劃，增加同學們對醫學和精神健康相關專業的了解和興趣。



學校講座-「升中工作坊之下一站中一『適應有法』」“Gatekeeper” School Education Programme - Bridging Workshop (05/09/2018)

---

### “Dreams Come True” Mentorship Programme

We co-organised this Programme with the Baptist Oi Kwan Social Service for young people aged 15 to 22 suffering from mental and emotional distress.

Under the Programme, young participants set their goals and realised their dreams through “Target Savings.” Throughout the Programme, they were guided by their mentors and assisted with various trainings and activities that together helped our young participants to build their internal resources. The Programme had also promoted the community’s understanding and care about the positive growth and mental health of young people as the volunteering mentors gained a better understanding of mental health through our training and insights from walking with their mentees.

## 《躍動·夢想》青少年夢想實踐計劃

我們與「香港浸信會愛羣社會服務處」協辦，為15至22歲受精神及情緒困擾的青少年而設的服務計劃。

計劃以「師友同行」的理念，在成長導師的關懷和引導下，協助青少年參加者訂立目標，並透過「目標儲蓄」、相關培訓及活動實踐其夢想，藉此建立青少年參加者的內在資源。同時，藉招募和培訓成長導師，推動社區人士認識及關心青少年的正面成長和精神健康。

---

## Enhancing Executive Functions in Adolescents with Attention Deficit Hyperactivity Disorder (ADHD)

This is a three-year Programme jointly organized with Castle Peak Hospital that aimed to assist the underprivileged families and their adolescents (8-18 years old) with ADHD.

The Programme employed a new training model to deepen adolescents' understanding of and improving their executive functions. It provided computerized cognitive training to enhance their cognitive abilities and related executive functions, thereby reducing the impact of the symptoms of their illness to their daily life and learning.

According to the results of five different clinical assessments, participants' flexibility in cognition and control (impulsivity) improved significantly after participating in the Programme, and their persistent errors have also improved.

## 青少年(專注力失調/過度活躍症)執行能力加強計劃

這是一個與青山醫院聯合舉辦為期三年的計劃，對象是綜援受助家庭及其患有專注力失調/過度活躍症的8至18歲青少年。

計劃以全新的訓練模式，加深青少年對自己的執行功能的理解和提升自己的執行能

力。此外，計劃包括提供電腦輔助認知訓練、增強認知能力及相關的執行功能，從而減低症狀對日常生活及學習帶來的影響。

從五種不同的臨床評估，他們在認知及控制(衝動)的彈性有顯著提升，而對於持續性的錯誤亦有所改善。

---

### Trainings and Clinical Services to ADHD Patients

This scheme was sponsored by Yan Oi Tong Mrs Shi Lop Tak Youth & Children Medical Foundation. It provided timely diagnosis and referral services for children of underprivileged families while they were waiting for the Child and Adolescent Psychiatric Services of the Hospital Authority.

The Foundation liaised with psychiatrists to provide professional support and diagnostic services to users of the scheme.

### 專注力失調/過度活躍症資助計劃

此計劃由「仁愛堂史立德夫人青少年兒童醫療服務基金」贊助，資助綜援受助家庭之子女在得到醫院管理局兒童及青少年精神科的服務前，獲得及時的診斷和轉介服務。

本會聯繫了精神科專科醫生為計劃提供專業的支援及診斷服務。

---

### Drug Subsidisation Scheme

Our Drug Subsidisation Scheme was the first of its kind in Hong Kong that maintained a list of advanced medications for treating mood disorders with relatively fewer side-effects and that are not publicly financed under the Hospital Authority's Drug Formulary. Underprivileged patients were able to apply and benefit from those advanced medication that were not available under the public healthcare.



**精神健康基金會**  
Mental Health Foundation  
精神健康基金會

# 精神健康基金會 藥物資助計劃

精神健康基金會推出情緒病藥物資助計劃，  
為社會上經濟有困難的精神科病人提供資助。

**資助對象**

1. 於醫院管理處精神科門診接受治療的病患者，
2. 領取臨床人士可獲優先資助。

第一階段資助計劃主要針對患有抑鬱症或其情緒病患者。

申請人可於醫院管理處精神科門診索取藥物資助計劃申請表及申請表。  
申請人可於醫院管理處精神科門診索取藥物資助計劃申請表及申請表。  
申請人可於醫院管理處精神科門診索取藥物資助計劃申請表及申請表。

亦可向香港基金會網頁 ([www.mhkf.org](http://www.mhkf.org)) 及致電查詢中心：8102 4222 取得每月更新的資助藥物名單。

藥物資助計劃的資助藥物為新一代精神科藥物，獲資助的藥物會視乎社會、醫療協助及病人的需要而有所調整。

精神健康基金會將保留一切計劃及決定權。

查詢及申請：8102 4222

藥物資助計劃 Drug Subsidisation Scheme

## 藥物資助計劃

我們的「藥物資助計劃」是香港首個同類計劃，設有一份治療情緒病的藥物名單。名單內的藥物的副作用較少，但不在醫院管理局藥物名冊的資助範圍內。經濟有困難的病患者可以申請資助，購買這些公共醫療系統以外的自費處方藥物，從而受益早日康復。

---

## Focus Groups

We collaborated with other non-governmental organisations and held focus groups for people in recovery and their families. Their contents covered various common mental illnesses including how to manage mental health problems, and how to support people in recovery, their relatives and friends, as well as sharing knowledge in building up resilience and maintaining mental health.

## 專家分享會

我們與多個慈善機構合作，為復元人士及其家屬舉辦專家分享會。內容涵蓋各種常見的精神疾病、如何處理精神健康問題及如何支援精神病患者及其親友，並分享建立抗逆能力和保持精神健康的知識。

---

## Special Medical Clinic for people living with HIV

Our psychiatrist provided weekly voluntary psychiatric consultative service to people living with human immunodeficiency viruses (HIV) at Special Medical Clinic of Princess Margaret Hospital.

## 精神科義務諮詢服務 (愛滋病病毒感染者)

我們的精神專科醫生在瑪嘉烈醫院特別內科，每週為愛滋病病毒感染者提供精神科義診諮詢服務。

### Anti-Drug Service for Men Having Sex with Men (MSM)

The Foundation collaborated with C.H.O.I.C.E. (Community Health Organization for Intervention, Care and Empowerment) and private psychiatrists in bridging the gap by providing five-free psychiatric services for each MSM patient in need while they were waiting for their appointments with Substance Abuse Clinics run by the Hospital Authority.

### 男同志綜合禁毒服務

再思社區健康組織與本會及私家執業的精神科醫生合作，為有需要的男同志人士在輪候醫院管理局物質誤用診所時，提供每位5次精神科醫生診斷服務，建立緩衝橋樑。





Moving the Society  
Forward in Increasing Mental Wellness

推動社會  
一起提升精神健康



## Moving the Society Forward in Increasing Mental Wellness 推動社會一起提升精神健康

### Mindfulness and WRAP® Workshop

The Mindfulness and WRAP® Workshop was a short-term workshop designed to give participants an understanding of the basic concept and the chance to practice Mindfulness and WRAP®.

The Workshop was led by psychiatrists, clinical psychologists, social workers and persons in recovery. At the end of the Workshop, the participants shared that “the Workshop had increased their awareness about the importance of mental health and their knowledge of how to take care of their mental health.”

### 「靜觀」及「身心健康行動計劃」工作坊

「靜觀」及「身心健康行動計劃」工作坊是一個短期的體驗工作坊，旨在認識基本「靜觀」及「身心健康行動計劃」的概念，並練習當中內容。

工作坊由精神科專科醫生、臨床心理學家、社工和復元人士帶領。參加者均認為工作坊增加了他們對『如何照顧自己的精神健康』的知識，同時提升了他們對精神健康的關注。



「身心健康行動計劃」工作坊 WRAP® Workshop (09/04/2018)

### Website, Facebook and Instagram

The Foundation had stayed connected with the general public through its website, Facebook and Instagram. Through these media, we shared news and information about the Foundation, mental health, our services and updates on our activities.

### 網站、Facebook 和 Instagram

基金會透過其網站、Facebook 和 Instagram 與廣大市民保持聯繫，通過這些渠道，我們與公眾分享有關精神健康、我們的服務及最新的活動資訊和消息。

## Media Interviews and publications

Through interviews by and publications in different media platforms, newspapers, magazines and television stations, the Foundation shared information about mental illness and mental health with the public.

### 媒體專訪

基金會透過不同的資訊平台、電視電台的訪問、報刊雜誌的文章，與公眾分享有關精神病患及精神健康的資訊。

---

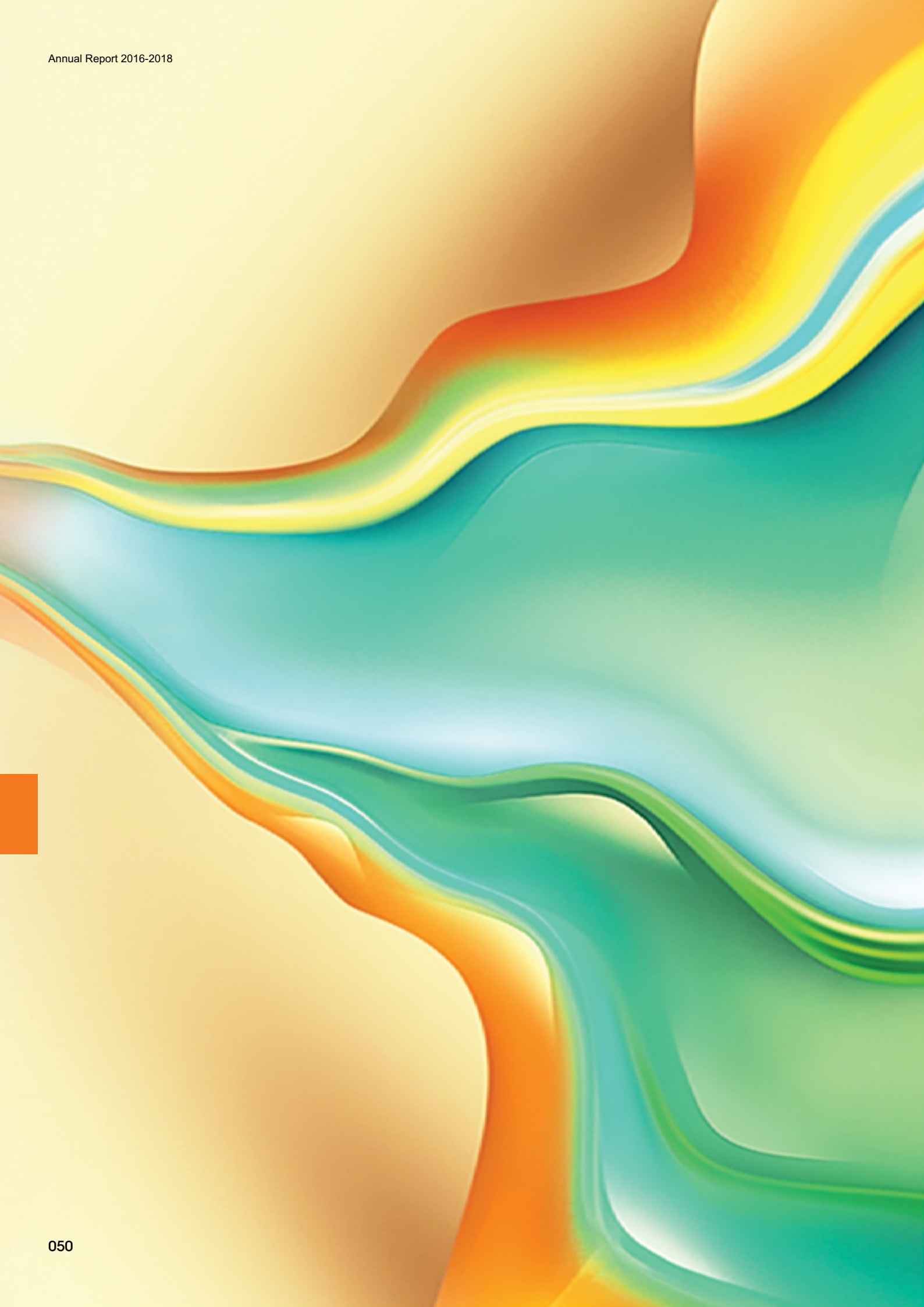
## Seminars and Academic Conferences

The Foundation collaborated with various institutions in holding academic conferences and workshops to local and overseas medical staff where professional knowledge and experience were exchanged. Our collaborators included Hospital Authority (Nursing Care of People Living with HIV/AIDS), The Chinese University of Hong Kong (CUHK Psychiatry – the First Four Decades, from Foundation to Future Scientific Symposium cum dinner), Community Health Organization for Intervention, Care and Empowerment (C.H.O.I.C.E., Conference of The New Horizons In HIV / AIDS Prevention and Care).

### 研討會及學術會議

基金會與不同機構合作，在工作坊及學術會議上與本地及海外醫護人員及參與者交流其專業知識及經驗，彼此學習和提升大家對專門精神科項目的學術水平；包括：醫院管理局 (Nursing Care of People Living with HIV/AIDS)、香港中文大學 (CUHK Psychiatry – the First Four Decades, from Foundation to Future Scientific Symposium cum dinner)、再思社區健康組織 (Conference of The New Horizons In HIV/AIDS Prevention and Care)。







Understanding and Support  
理解與支持

## Understanding and Support 理解與支持

### Walkathon

On 6 November 2016, the Foundation held its second Walkathon with the generous support of a pharmaceutical company. Over 200 people participated the event that was led by celebrity and Ambassador of the event, Mr. CHEUNG Tat-ming.

Themed “Care bridges, Love connects”, “5 Languages of Love” were introduced to the participants who were encouraged to take good care of their own mental health and that of their families and friends.

### 「快樂同行」步行籌款

在2016年11月6日，受惠於一家製藥公司慷慨的支持，本會舉辦了第二次步行籌款－「快樂同行」。超過200名關心精神健康的人士參加，包括活動大使並著名藝人張達明先生。

大會主題為「來關顧・愛相連」，介紹「五種愛的語言」，並鼓勵參與者關顧自己和身邊親友的精神健康。



「快樂同行」步行籌款 Walkathon (06/11/2016)

### “Active Listening: Taste of Youth” Charity Movie Show

In October 2017, the Foundation held a charity movie show entitled “Active Listening: Taste of Youth.” The first Show that was going to be held at The Grand Cinema (Elements) had to be cancelled due to Tropical Cyclone Khanun.

The second Show was held at M21 uCinema (Shek Pai Wan Shopping Centre). About 380 people participated. After the movie, our guests of mental health professionals and experienced teachers shared with us how “active listening” could promote positive communication and improve the understanding between young people on the one hand and their parents and friends on the other, and help our young people to maintain mental health.

### 「真·聆聽：少年滋味」慈善電影分享會

在2017年10月，本會舉辦了「真·聆聽：少年滋味」慈善電影分享會。第一場原訂在圓方商場 The Grand 電影院舉行的電影分享會，因熱帶氣旋「卡努」而取消。

第二場在石排灣邨商場青年影院舉行。當日有約380人參與。在分享會，嘉賓從他們的精神健康專業和教育專業角度，與我們分享「真·聆聽」如何能促進正面的溝通，從而增進青少年與父母及親友的理解和建立更好的精神健康。



真·聆聽：「少年滋味」慈善電影會 Active Listening: 'Taste of Youth' Charity Movie Show (21/10/2017)



### "Distinction" Charity Movie Show

In September 2018, the Foundation held "Distinction" Charity Movie Show, appealing to all to put aside prejudice and treat everyone on the same basis, allowing people in recovery from mental illness and people with special needs to be re-integrate into our society and allowing their unique talents to shine through them.

We are grateful to have the support of all guests and participants, including Dr CHUI Tak-yi, JP, Under Secretary for Food and Health, Prof CHEN Char-nie, OBE, JP, Founding Chairman of the MHF, Ms Laurinda HO, Founder of Smile with us HK and Mr Aaron STADLIN, Founder of Talking Mental.

### 慈善電影會：放下偏見，用心細味各自的「非同凡響」

在2018年9月，本會舉辦了「非同凡響」慈善電影會，並帶出「放下偏見，用心細味各自的「非同凡響」」的信息，鼓勵平等看待每一個人，讓復元人士和有特殊需要的人再融入社會，讓他們發揮其獨特的光彩。

活動當日幸得各嘉賓出席支持，包括食物及衛生局副局長徐德義醫生 JP、精神健康基金會創會主席陳佳肅教授 OBE, JP、一起微笑創辦人何超蓮小姐、Talking Mental 創辦人 Aaron Stadlin 先生等。



慈善電影會：放下偏見，用心細味各自的「非同凡響」 Distinction-Charity Movie Show (23/09/2018)

## 慈善義賣 - 「眾樂之舞」門票 Charity Sale- Ticket of Maxwell International dance performance



慈善義賣 Charity Sale  
《愛上情緒化的自己》



## Charity Sales

Our Chairman, Dr. LAU Ying-kit had sponsored a hundred copies of the book “愛上情緒化的自己” authored by clinical psychologist, Dr Cindy CHAN, to families of the Youth Ambassador Program and for charity sale.

Maxwell International had also generously donated tickets of the dance performance The Dance of Joy for charity sale. Donors and audience were able to support the Foundation’s mental health work to those in need as they enjoyed the elegant Egyptian dance.

## 慈善義賣

基金會得主席劉英傑醫生捐贈100本心理學家陳皓宜博士的著作《愛上情緒化的自己》予「少年兵團」的家庭，以及作慈善義賣。

另外，本會也得跳舞團體Maxwell International慷慨捐贈「眾樂之舞」門票作慈善義賣。參加者可一邊欣賞精采的埃及民族舞，一邊支持本會的精神健康服務予有需要人士。



### Donation box at Clinics of Private Medical Practitioners

The Foundation had received the generous support from 25 fellow medical practitioners allowing donation boxes to be put in their clinics for the benefit of the Foundation.

### 診所捐款箱

基金會得到業界醫生的慷慨支持，在25間診所擺放捐款箱，收益撥捐基金會。



## Charity Motorsport Races

The Holiday Racing Team raised funds for the Foundation and mental wellness in Clio Cup China Series (2017), Chinese Racing Cup of 64th Macau Grand Prix (2017), and Asia GT Master Series (2018).

### 賽車慈善賽

「假日車隊」在克裡歐中國系列賽、第64屆澳門格蘭披治大賽華夏賽車大獎賽(2017)及亞洲超級跑車大師賽為基金會籌款和推廣精神健康。

賽車慈善賽 - 亞洲超級跑車大師賽 (2018) Charity Car  
Racing - Asia GT Master Series (2018)







## Table of Activities 活動列表

## Table of Activities 活動列表 2016-2018

## 2016

People in Recovery 復元人士	Family / Relatives of People in Recovery 復元人士的家人	Public 公眾人士
<b>Youth Ambassador Programme 「少年兵團」</b>		
# Castle Peak Hospital 青山醫院		
✓	✓ Children of PIR 復元人士的子女	-
<b>“Dreams Come True” Mentorship Scheme 《躍動・夢想》青少年夢想實踐計劃</b>		
# Baptist Oi Kwan Social Service 浸信會愛羣社會服務處		
✓ Youths 青少年	-	✓
<b>Enhancing Executive Functions in Adolescents with ADHD 青少年 (專注力失調 / 過度活躍症) 執行能力加強計劃</b>		
# Castle Peak Hospital 青山醫院		
✓ Youths 青少年	-	-
<b>Trainings and Clinical Services to ADHD Patients 專注力失調 / 過度活躍症資助計劃</b>		
# Yan Oi Tong 仁愛堂		
✓ Youths 青少年	-	-
<b>Drug subsidisation Scheme 藥物資助計劃</b>		
# -		
-	✓	-
<b>Special Medical Clinic (PMH HIV Clinic) 精神科義務諮詢服務 (愛滋病病毒感染者)</b>		
# Princess Margaret Hospital 瑪嘉烈醫院		
-	✓	-
<b>Anti-Drug Service for MSM 男同志綜合禁毒服務</b>		
# C.H.O.I.C.E. 再思社區健康組織		
-	✓	-
<b>School / University Talks 學校講座</b>		
# The University of Hong Kong (2018), St. Clare's Girls' School (2016-18), CNEC Christian College (2018), Ning Po College (2016-17) & Po Leung Kuk C. W. Chu College (2016-2017) 聖嘉勒女書院、寧波公學、保良局朱敬文中學 香港大學、聖嘉勒女書院、中華傳道會安柱中學		
-	-	✓ Youths 青少年

# Co-organiser(s) 合作機構



People in Recovery 復元人士	Family / Relatives of People in Recovery 復元人士的家人	Public 公眾人士
<b>Focus Groups 專家分享會</b>		
# Joyful (Mental Health) Foundation 心晴行動慈善基金		
✓	✓	-
<b>Charity Movie Show 慈善電影會</b>		
# -		
✓	✓	✓
<b>Charity Motorsport Races 賽車慈善賽</b>		
# Holiday Racing Team 假日車隊		
-	-	✓
<b>“Let Me Know. Ready To Go!” Volunteer Services 「友理心」義工計劃</b>		
# -		
-	-	-
<b>“Let Me Know. Ready To Go!” Volunteer Training Programme 「友理心」義工訓練計劃</b>		
# Castle Peak Hospital, Caritas Lok Wah Hostel, Caritas Lok Dao Integrated Vocational Rehabilitation Workshop 青山醫院、明愛樂華宿舍、明愛賽馬會荔景社會服務中心樂道坊		
-	-	-
<b>Mindfulness and WRAP Workshop 「靜觀」及「身心健康行動計劃」工作坊</b>		
# -		
-	-	-
<b>Seminars and Conferences 研討會及學術會議</b>		
# The Chinese University of Hong Kong, C.H.O.I.C.E. 香港中文大學, 再思社區健康組織		
-	-	-
<b>Charity Sale 義賣</b>		
# -		
-	-	-

# Co-organiser(s) 合作機構

## Table of Activities 活動列表 2016-2018

## 2017

People in Recovery 復元人士	Family / Relatives of People in Recovery 復元人士的家人	Public 公眾人士
<b>Youth Ambassador Programme 「少年兵團」</b>		
# Castle Peak Hospital 青山醫院		
✓	✓ Youths 青少年	-
<b>“Dreams Come True” Mentorship Scheme 《躍動・夢想》青少年夢想實踐計劃</b>		
# Baptist Oi Kwan Social Service 浸信會愛羣社會服務處		
✓ Youths 青少年	-	✓
<b>Enhancing Executive Functions in Adolescents with ADHD 青少年(專注力失調/過度活躍症)執行能力加強計劃</b>		
# Castle Peak Hospital 青山醫院		
✓ Youths 青少年	-	-
<b>Trainings and Clinical Services to ADHD Patients 專注力失調/過度活躍症資助計劃</b>		
# Yan Oi Tong 仁愛堂		
✓ Youths 青少年	-	-
<b>Drug subsidisation Scheme 藥物資助計劃</b>		
# -		
-	✓	-
<b>Special Medical Clinic (PMH HIV Clinic) 精神科義務諮詢服務 (愛滋病病毒感染者)</b>		
# Princess Margaret Hospital 瑪嘉烈醫院		
-	✓	-
<b>Anti-Drug Service for MSM 男同志綜合禁毒服務</b>		
# C.H.O.I.C.E. 再思社區健康組織		
-	✓	-
<b>School / University Talks 學校講座</b>		
# The University of Hong Kong (2018), St. Clare's Girls' School (2016-18), CNEC Christian College (2018), Ning Po College (2016-17) & Po Leung Kuk C. W. Chu College (2016-2017) 聖嘉勒女書院、寧波公學、保良局朱敬文中學 香港大學、聖嘉勒女書院、中華傳道會安柱中學		
-	-	✓ Youths 青少年

# Co-organiser(s) 合作機構

People in Recovery 復元人士	Family / Relatives of People in Recovery 復元人士的家人	Public 公眾人士
<b>Focus Groups 專家分享會</b>		
# Joyful (Mental Health) Foundation 心晴行動慈善基金		
-	-	-
<b>Charity Movie Show 慈善電影會</b>		
# -		
✓	✓	✓
<b>Charity Motorsport Races 賽車慈善賽</b>		
# Holiday Racing Team 假日車隊		
-	-	✓
<b>“Let Me Know. Ready To Go!” Volunteer Services 「友理心」義工計劃</b>		
# -		
-	-	-
<b>“Let Me Know. Ready To Go!” Volunteer Training Programme 「友理心」義工訓練計劃</b>		
# Castle Peak Hospital, Caritas Lok Wah Hostel, Caritas Lok Dao Integrated Vocational Rehabilitation Workshop 青山醫院、明愛樂華宿舍、明愛賽馬會荔景社會服務中心樂道坊		
-	-	-
<b>Mindfulness and WRAP Workshop 「靜觀」及「身心健康行動計劃」工作坊</b>		
# -		
-	-	-
<b>Seminars and Conferences 研討會及學術會議</b>		
# The Chinese University of Hong Kong, C.H.O.I.C.E. 香港中文大學, 再思社區健康組織		
-	-	-
<b>Charity Sale 義賣</b>		
# -		
-	-	-

# Co-organiser(s) 合作機構

## Table of Activities 活動列表 2016-2018

## 2018

People in Recovery 復元人士	Family / Relatives of People in Recovery 復元人士的家人	Public 公眾人士
<b>Youth Ambassador Programme 「少年兵團」</b>		
# Castle Peak Hospital 青山醫院		
✓	✓ Youths 青少年	-
<b>“Dreams Come True” Mentorship Scheme 《躍動・夢想》青少年夢想實踐計劃</b>		
# Baptist Oi Kwan Social Service 浸信會愛羣社會服務處		
-	-	-
<b>Enhancing Executive Functions in Adolescents with ADHD 青少年(專注力失調/過度活躍症)執行能力加強計劃</b>		
# Castle Peak Hospital 青山醫院		
✓ Youths 青少年	-	-
<b>Trainings and Clinical Services to ADHD Patients 專注力失調/過度活躍症資助計劃</b>		
# Yan Oi Tong 仁愛堂		
✓ Youths 青少年	-	-
<b>Drug subsidisation Scheme 藥物資助計劃</b>		
# -		
-	✓	-
<b>Special Medical Clinic (PMH HIV Clinic) 精神科義務諮詢服務(愛滋病病毒感染者)</b>		
# Princess Margaret Hospital 瑪嘉烈醫院		
-	✓	-
<b>Anti-Drug Service for MSM 男同志綜合禁毒服務</b>		
# C.H.O.I.C.E. 再思社區健康組織		
-	✓	-
<b>School / University Talks 學校講座</b>		
# The University of Hong Kong (2018), St. Clare's Girls' School (2016-18), CNEC Christian College (2018), Ning Po College (2016-17) & Po Leung Kuk C. W. Chu College (2016-2017) 聖嘉勒女書院、寧波公學、保良局朱敬文中學 香港大學、聖嘉勒女書院、中華傳道會安柱中學		
-	-	✓ Youths 青少年

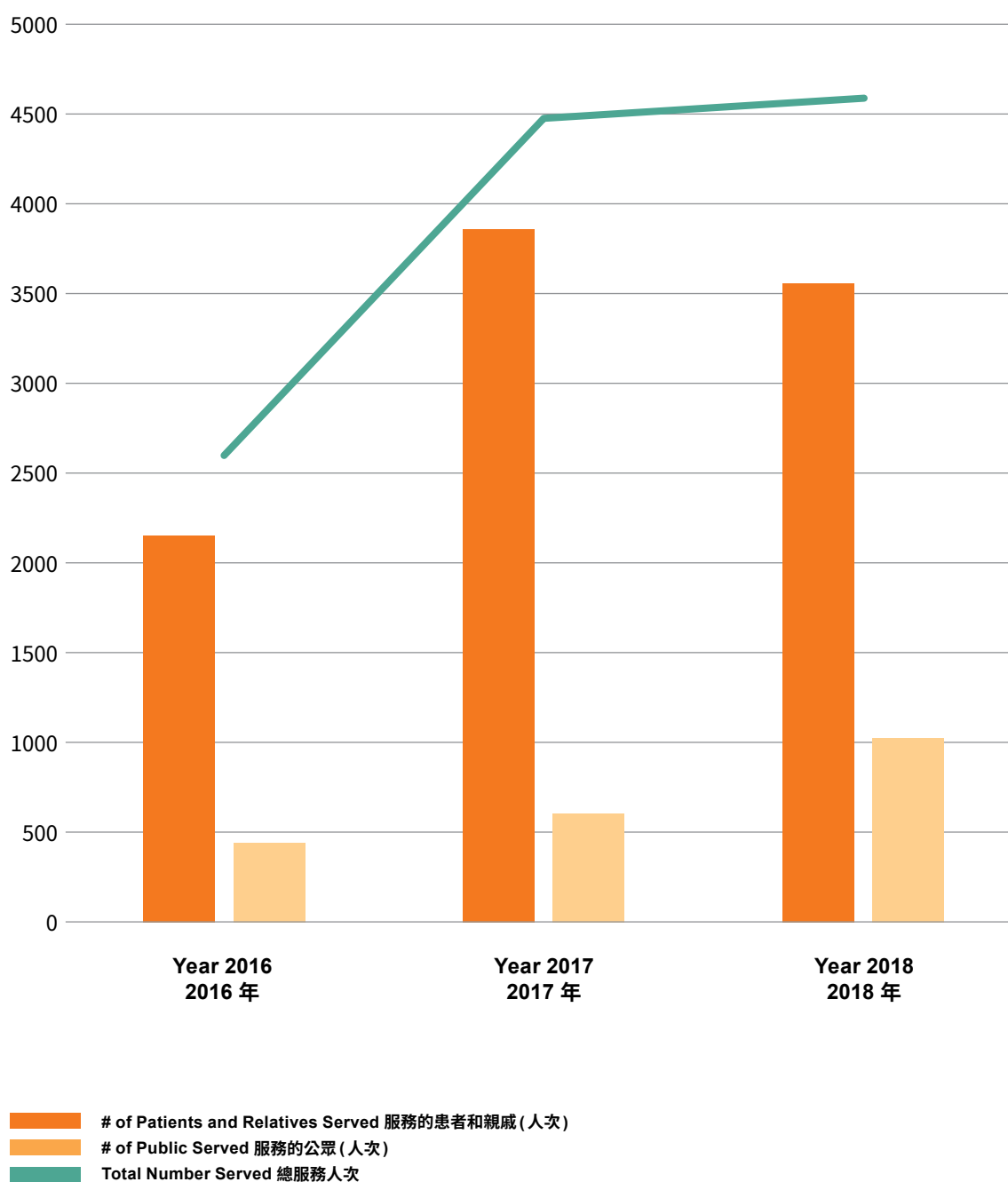
# Co-organiser(s) 合作機構

People in Recovery 復元人士	Family / Relatives of People in Recovery 復元人士的家人	Public 公眾人士
<b>Focus Groups 專家分享會</b>		
# Joyful (Mental Health) Foundation 心晴行動慈善基金		
✓	✓	-
<b>Charity Movie Show 慈善電影會</b>		
# -		
✓	✓	✓
<b>Charity Motorsport Races 賽車慈善賽</b>		
# Holiday Racing Team 假日車隊		
-	-	✓
<b>“Let Me Know. Ready To Go!” Volunteer Services 「友理心」義工計劃</b>		
# -		
-	✓	✓
<b>“Let Me Know. Ready To Go!” Volunteer Training Programme 「友理心」義工訓練計劃</b>		
# Castle Peak Hospital, Caritas Lok Wah Hostel, Caritas Lok Dao Integrated Vocational Rehabilitation Workshop 青山醫院、明愛樂華宿舍、明愛賽馬會荔景社會服務中心樂道坊		
-	✓	✓
<b>Mindfulness and WRAP Workshop 「靜觀」及「身心健康行動計劃」工作坊</b>		
# -		
-	-	✓
<b>Seminars and Conferences 研討會及學術會議</b>		
# The Chinese University of Hong Kong, C.H.O.I.C.E. 香港中文大學, 再思社區健康組織		
-	-	✓ (Medical Professionals 醫護人員)
<b>Charity Sale 義賣</b>		
# -		
-	-	✓

# Co-organiser(s) 合作機構

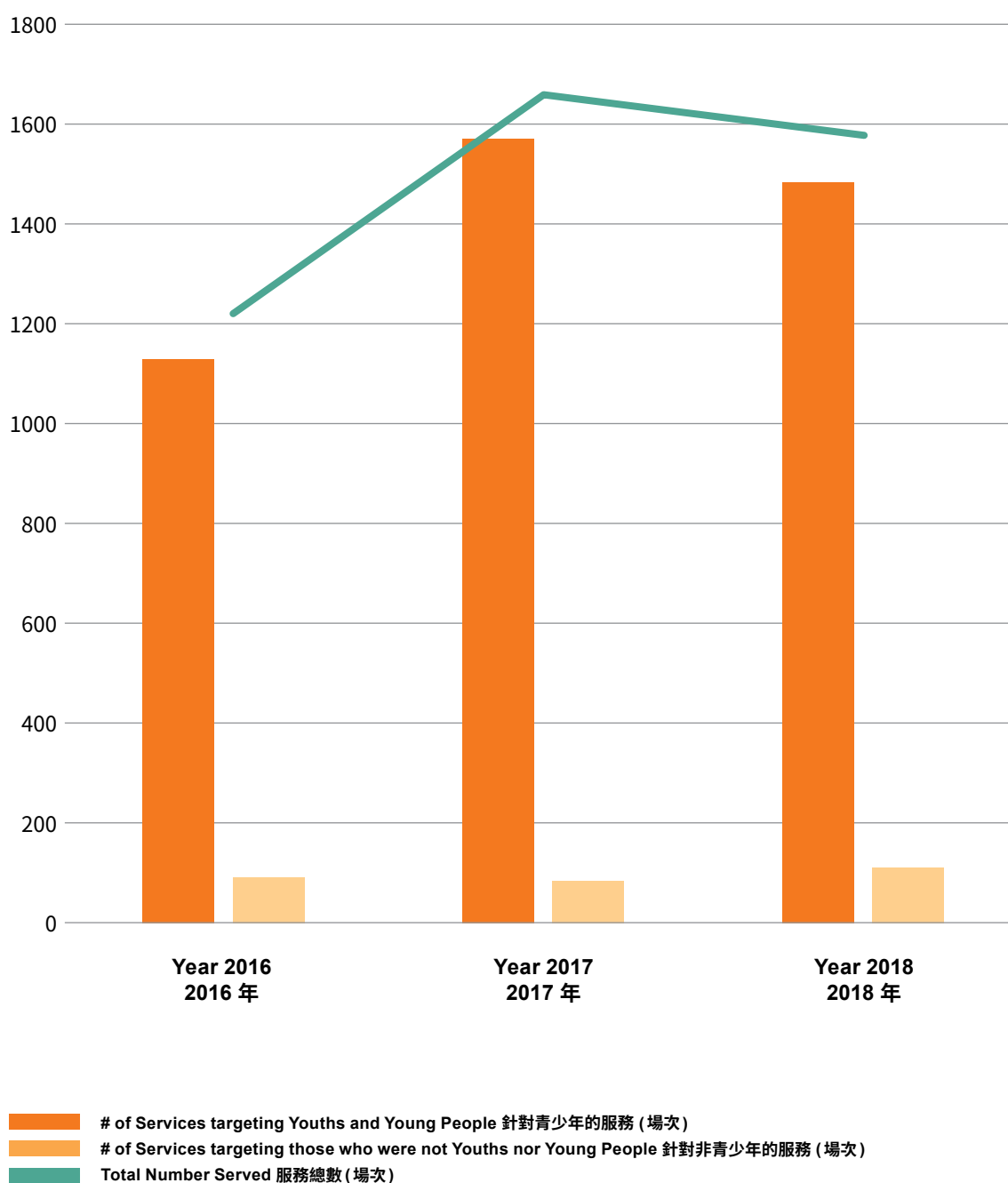


## Proportions of Patients & Relatives Served from 2016-2018 (headcount) 2016-2018年服務的患者和親戚的比例 (人次)



## Proportion of Services Provided to Youths & Young People from 2016-2018

### 2016-2018 年為青少年提供的服務比例 (場次)



- Enhancing Executive Functions in Adolescents with ADHD  
青少年(專注力失調/過度活躍症)  
執行能力加強計劃
- Trainings and Clinical Services to ADHD Patients  
專注力失調/過度活躍症資助計劃
- Youth Ambassador  
「少年兵團」
- "Dreams Come True"  
Mentorship Scheme  
《躍動。夢想》青少年夢想實踐計劃
- Charity Car Racing  
賽車慈善賽



- Drug subsidisation Scheme  
藥物資助計劃
- Walkaton  
快樂同行
- Focus Groups  
專家分享會
- Special Medical Clinic  
(PMH HIV Clinic)  
精神科義務諮詢服務  
(愛滋病病毒感染者)
- Seminars and Conferences  
研討會及學術會議

- Enhancing Executive Functions in Adolescents with ADHD  
青少年(專注力失調/過度活躍症)  
執行能力加強計劃
- Trainings and Clinical Services to ADHD Patients  
專注力失調/過度活躍症資助計劃
- Youth Ambassador  
「少年兵團」
- "Dreams Come True"  
Mentorship Scheme  
《躍動。夢想》青少年夢想實踐計劃
- Charity Car Racing  
賽車慈善賽



- Drug subsidisation Scheme  
藥物資助計劃
- Charity Movie Show  
慈善電影會
- Anti-Drug Service for MSM  
男同志綜合禁毒服務
- Special Medical Clinic  
(PMH HIV Clinic)  
精神科義務諮詢服務  
(愛滋病病毒感染者)
- School / University Talks  
學校講座

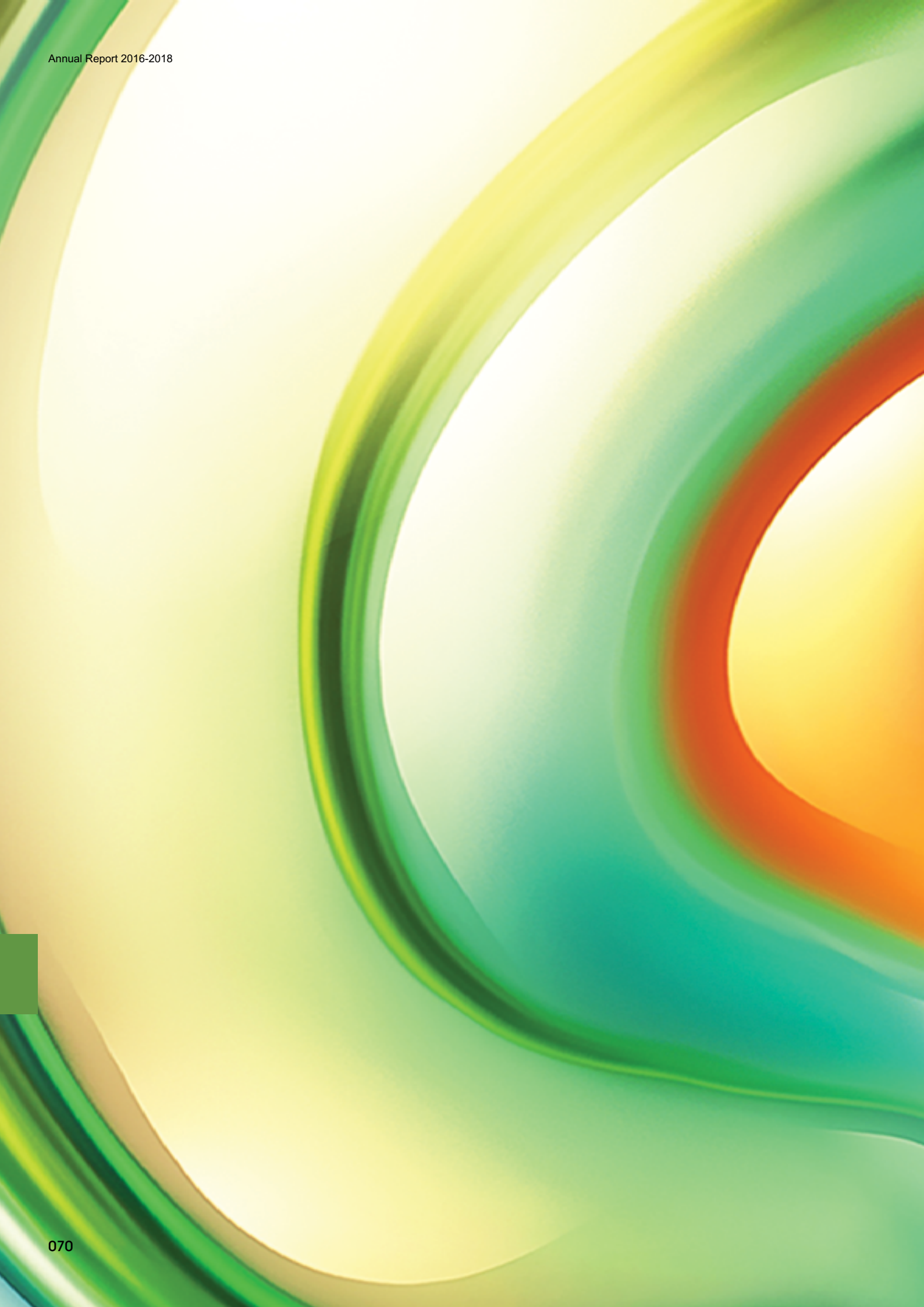
# 2016-2018

## Timeline of Activities 發展紀要

-  Enhancing Executive Functions in Adolescents with ADHD  
 青少年(專注力失調/過度活躍症)執行能力加強計劃
-  Trainings and Clinical Services to ADHD Patients  
 專注力失調/過度活躍症資助計劃
-  Youth Ambassador  
 「少年兵團」
-  Mindfulness & WRAP® Workshop  
 「靜觀」及「身心健康行動計劃」工作坊
-  "Let Me Know. Ready To Go!"  
 Volunteer Training & Service Programme  
 「友理心」義工訓練及服務計劃

2018

-  Charity Sale  
 慈善義賣
-  Charity Motorsport Races  
 賽車慈善賽
-  Drug subsidization Scheme  
 藥物資助計劃
-  Charity Movie Show  
 慈善電影會
-  Anti-Drug Service for MSM  
 男同志綜合禁毒服務
-  Special Medical Clinic (PMH HIV Clinic)  
 精神科義務諮詢服務  
 (愛滋病病毒感染者)
-  "Gatekeeper" School Education Program  
 「守護者」學校講座
-  Seminars and Conferences  
 研討會及學術會議





# Financial Statements 財務報告

## Financial Statements 財務報告


# 精神健康基金會有限公司

## MENTAL HEALTH FOUNDATION LIMITED

## STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2016, 2017 AND 2018

	2018 HK\$	2017 HK\$	2016 HK\$
<b>NON-CURRENT ASSETS</b>			
Property, plant and equipment	139,954	-	316
<b>CURRENT ASSETS</b>			
Prepayments and deposits	16,301	93,910	4,078
Cash and bank balances	1,123,682	954,747	867,154
	1,139,983	1,048,657	871,232
<b>LESS: CURRENT LIABILITIES</b>			
Accrued expenses	126	1,725	222,697
Amounts due to councillors	10,800	23,969	23,969
	10,926	25,694	246,666
<b>NET CURRENT ASSETS (LIABILITIES)</b>	<b>1,129,057</b>	<b>1,022,963</b>	<b>624,566</b>
<b>NET ASSETS (LIABILITIES)</b>	<b>1,269,011</b>	<b>1,022,963</b>	<b>624,882</b>
<b>CENERAL FUNDS (DEFICITS)</b>	<b>1,269,011</b>	<b>1,022,963</b>	<b>624,882</b>



Acknowledgement

鳴謝

## Acknowledgement 鳴謝

# Involved Programmes / Projects 參與計劃

\*排名不分先後 Names listed in no particular order

Name	姓名	Name	姓名
<b>School Programmes 學校講座及工作坊</b>			
Dr Candy LIN Hoi-yun	連凱欣醫生	Dr Michelle CHAN	陳穎昭博士
Dr Dennis CHEUNG Ching-ping	張正平醫生	Dr CHOI Wing-kit	蔡永傑醫生
Dr Carole LI	李智群博士		
<b>Enhancing Executive Functions in Adolescents with Attention Deficit Hyperactivity Disorder (ADHD) 青少年(專注力失調/過度活躍症)執行能力加強計劃</b>			
Dr Francis LUM Choong-kein	林中鍵醫生	Dr LAM Siu-man	林紹文醫生
Ms Shiren WONG	黃季芳女士		
<b>Trainings and Clinical Services to ADHD Patients 專注力失調/過度活躍症資助計劃</b>			
Dr TING Sik-chuen	丁錫全醫生	Dr Henry CHEUNG Hon-kee	張漢奇醫生
Dr Doris CHAN Man-lui	陳蔓蕾醫生	Dr Dennis CHEUNG Ching-ping	張正平醫生
<b>Mindfulness and WRAP® Workshop 「靜觀」及「身心健康行動計劃」工作坊</b>			
Dr Alfert TSANG Wai-kiu	曾韋僑醫生	Dr Dennis CHEUNG Ching-ping	張正平醫生
Ms Katherine LO Yuen-man	勞婉雯姑娘	Ms Janus TONG Pik-wan	唐碧雲女士
<b>Seminars and Academic Conferences 研討會及學術會議</b>			
Dr David LAU Ying-kit	劉英傑醫生		
<b>Special Medical Clinic 精神科義務諮詢服務(愛滋病病毒感染者)</b>			
Dr David LAU Ying-kit	劉英傑醫生		

## Involved Programmes / Projects 參與計劃

\* 排名不分先後 Names listed in no particular order

Name	姓名	Name	姓名
<b>Focus Groups 專家分享會</b>			
Dr TING Sik-chuen	丁錫全醫生	Dr Francis LUM Choong-kein	林中鍵醫生
<b>Anti-Drug Service for Men Having Sex with Men (MSM) 男同志綜合禁毒服務</b>			
Dr Alfert TSANG Wai-kiu	曾韋僑醫生	Dr Candy LIN Hoi-yun	連凱欣醫生
Dr Greg MAK Kai-lok	麥榮諾醫生	Dr CHUNG Kwok-hang	鍾國恒醫生
Dr LEE Yiu-ki	李耀基醫生		





Support Us  
支持我們

## Support Us

### Be our volunteer

#### Donation

##### Cheque

Please prepare a crossed cheque payable to the “Mental Health Foundation Limited” with the donor’s name and contact number written at the back and send it to the MHF. (Address: Room 626, Worldwide House, Des Voeux Road Central, Central, Hong Kong).

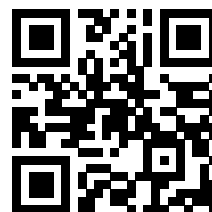
##### Direct Transfer to the MHF Bank Account

Please make a direct transfer to the “Mental Health Foundation Limited” account: HSBC 741-188726-838 and send the copy of the bank pay-in-slip to [info@hkmhf.org](mailto:info@hkmhf.org) (indicating the donor’s name and contact number).



## 支持我們

### 成為我們的義工 捐款



#### 簽發支票

請準備劃線支票，抬頭請寫「精神健康基金會有限公司」，支票背後請寫上捐款人之姓名和聯絡電話，並將其郵寄到精神健康基金會（香港中環德輔道中環球大廈 626 室）。

#### 銀行直接存款

將善款直接存入本基金會設於滙豐銀行的專戶：滙豐銀行 741-188726-838

並將存款收條副本電郵到 [info@hkmhf.org](mailto:info@hkmhf.org)

（請提供捐款人之姓名和聯絡電話）。



## Contact Us

Phone: 852-8102 4222

Email : [info@hkmhf.org](mailto:info@hkmhf.org)

Address : Room 626, Worldwide House, 19 Des Voeux Road Central, Central, Hong Kong

## 聯絡我們

電話 : 852-8102 4222

電郵 : [info@hkmhf.org](mailto:info@hkmhf.org)

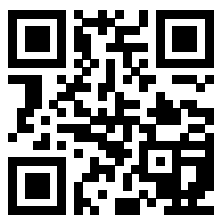
地址 : 香港中環德輔道中環球大廈 626 室







[www.hkmhf.org](http://www.hkmhf.org)



[www.facebook.com/  
HKMentalHealthFoundation](https://www.facebook.com/HKMentalHealthFoundation)

