



2024

ANNUAL REPORT

年報



mindhk
香港心聆

**We are here to ensure
that no one faces
a mental health problem
alone.**

**我們確保沒有人需要
獨自面對精神健康問題。**

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ABOUT MIND HK

關於我們

Mind HK is a mental health charity (S88 registered 91/16471) here to ensure no one faces a mental health problem alone. Through our work, we hope to improve awareness of mental health and mental health conditions, remove the associated stigma, and provide evidence-based psychological support, with the aim of achieving the best mental health for all in Hong Kong. Together with existing collaborations and research efforts, we are here to support Hong Kong in becoming a global leader and regional model for public mental health.

香港心聆為《稅務條例》第 88 條下的一所註冊慈善機構 (91/16471)，致力確保沒有人需要獨自面對精神健康問題。我們希望透過網上資源、培訓以及外展活動與計劃，來提升大眾對精神健康的認識及減少污名，達到全民精神健康的目標。此外，我們透過不同的合作研究，推動香港成為公共精神健康界內的全球領袖及地區典範。

Our Values 我們的價值觀

INTEGRITY 誠信

We uphold the highest standards of ethics and practice, ensuring transparency and honesty in all our actions.

我們堅守最高的道德和實踐標準，確保我們所有行動保持透明和誠信。

INCLUSIVITY 共融

We will seek to help as many people across Hong Kong as we can, from all walks of life.

我們會竭盡所能，為更多香港市民提供協助，包括正處於不同狀況的人。

COMPASSION 惻隱之心

We will act with kindness, care and empathy for all of those that we interact with.

我們會抱持友善、關懷與同理心接觸大眾。

COMMITMENT 承諾

We will work to achieve the best mental health outcomes with drive and dedication.

我們會堅持我們的信念，達到最佳的精神健康成果。



MESSAGE FROM EXECUTIVE CHAIR

執行主席的話



Dr Lucy Lord

Founder and Executive Chair, Mind HK
香港心聆執行主席

I am pleased to present Mind HK's 2024 Annual Report, which documents our significant progress in advancing mental health care in Hong Kong.

Being the Executive Chair of Mind HK while living in the UK has presented challenges, but our biweekly virtual executive meetings continue to be efficient, productive, and fun. Over the past year, the board has worked closely with the leadership team to align Mind HK's strategic initiatives with the evolving mental health needs of our community. This included overseeing the successful launch of new services, such as the "Wellbeing Check-in" programme, and expanding our Improving Access to Community Therapies (iACT) initiative, which provided over 5,500 free psychological support sessions. These milestones underscore our commitment to delivering much-needed, impactful, evidence-based community services.

我很高興在此發表香港心聆的 2024 年年報，這份報告記錄了我們在推動香港精神健康護理方面的重大進展。

作為香港心聆的執行主席，身在英國確實帶來一些挑戰，但是我們每兩週一次的網上執行會議依然高效率、有成果，亦充滿樂趣。過去一年，董事會與領導團隊緊密合作，確保香港心聆的策略計劃能切合社區不斷變化的心理健康需求，當中包括成功推出新的免費服務，如「心理健康諮詢」，另外亦擴大我們的「社區心活指南」計劃，提供了超過 5,500 次免費心理支援。這些里程碑彰顯了我們的承諾：提供適切、有成效、以實證為本的社區服務。

Mind HK's new three-year Strategic Plan (2025-2027) is built around four key focus areas: Educate, to improve mental health literacy and reduce stigma; Reach, to extend our services to underserved communities; Bridge, to foster partnerships and strengthen the mental health ecosystem; and Service, to enhance access to timely, effective, and evidence-based mental health care. These pillars reflect our commitment to addressing the growing mental health challenges in Hong Kong with sustainable and innovative solutions.

The board continues to foster partnerships with key stakeholders. This year, collaborations with Manulife, the Hong Kong Jockey Club Charities Trust, Mannings, and numerous other organisations have been instrumental in expanding our community impact. I would like to thank our board, our partners, supporters, and donors, whose belief in our work makes everything possible.

I would like to take this opportunity to congratulate and thank the entire Mind HK team, ambassadors, and volunteers for their unwavering dedication and resilience. Together, we have grown from an organisation of 20 to over 80 staff members in just four years.

香港心聆新的三年策略計劃（2025-2027）圍繞著四個重點——教育（Educate）：加強大眾對精神健康問題的認識，消除污名；外展（Reach）：把精神健康資源帶到各個服務不足的社區；橋樑（Bridge）：與各界建立夥伴關係，強化心理健康生態系統；服務（Service）：令公眾更易獲得及時、有效、以實證為本的心理健康服務。這四大重點反映出我們致力提供可持續和創新的解決方案，以應付香港日益嚴峻的精神健康挑戰。

董事會將繼續與主要利益相關者建立合作關係。今年，我們與宏利、香港賽馬會慈善信託基金、萬寧，以及其他眾多機構合作，大大擴展了我們的社區影響力。衷心感謝董事會、合作夥伴、支持者和捐贈者，正是他們對我們工作的信任，使一切成為可能。

我想藉此機會祝賀和感謝香港心聆的全體團隊、心聆大使和義工堅定不移的奉獻精神。在短短四年內，我們從一個只有 20 名員工的組織，成長至超過 80 名員工的團體。

I am confident that Mind HK will continue to be the preeminent community mental health charity, destigmatising mental health and providing transformative, accessible, and evidence-based care. With the support of our community, we will together build a brighter future for mental health in Hong Kong

With gratitude,



Dr Lucy Lord
Founder and Executive Chair, Mind HK

我有信心，香港心聆將繼續成為傑出的社區精神健康慈善機構，致力消除有關精神健康的污名，並提供具變革性、容易接觸、以實證為本的服務。在社會各界的支持下，我們將攜手為香港的精神健康創造更美好的未來。

謹此致謝，



Dr Lucy Lord
香港心聆創辦人及執行主席

MESSAGE FROM CEO

行政總裁的話



Dr Candice Powell

CEO, Mind HK
香港心聆行政總裁

Looking back on 2024, I am proud of how Mind HK has advanced its mission of ensuring no one in Hong Kong faces a mental health problem alone. This year, we achieved key milestones, expanding access to care, and laying the groundwork for sustainable growth in primary mental health, through focusing on promotion, prevention, and early intervention.

Our Improving Access to Community Therapies (iACT) programme delivered over 5,500 free psychological support sessions to more than 1,840 individuals in 2024 alone. The launch of the "Wellbeing Check-in" initiative, in partnership with Mannings, brought mental health consultations to five community pharmacy locations, making mental health care more accessible.

回顧 2024 年，香港心聆在推動「確保香港沒有人需要獨自面對精神健康問題」的使命上不斷取得成果，我為此深感自豪。今年，我們達成了多項重要成就，透過專注於推廣、預防和早期介入，擴大了精神健康服務的可及性，並為基層精神健康的可持續發展奠下基礎。

我們的「社區心活指南」計劃僅在 2024 年就提供了超過 5,500 次免費心理健康支援服務，幫助超過 1,840 人。與萬寧合作推出的「心理健康諮詢」計劃，更將免費諮詢服務帶到五個萬寧藥房門市，讓市民更容易獲得心理健康支援。

In a pivotal step, we are proud to have participated in the Healthy Mind Pilot Project, providing early mental health support in District Health Centres supported by the Government. This pilot integrates early detection and intervention into primary care, creating a pioneering, sustainable model for community wellbeing.

We also prioritised education and training for over 6,200 individuals—from educators to corporate teams—and addressed stigma through our More Than a Label campaign, engaging nearly 2,000 participants across 29 storytelling events led by our Mental Health Ambassadors. Additionally, through the JC LevelMind@School programme, we supported over 40 schools by empowering youth to lead mental wellbeing efforts.

As we look to 2025 and beyond, our 2025-2027 Strategic Plan focuses on four key priorities: Educate, Reach, Bridge, and Service. These pillars will guide us in strengthening partnerships, expanding services, and integrating mental health into the broader healthcare system.

我們很榮幸能參與「健康心靈先導計劃」，這是關鍵一步，在政府資助的地區康健中心及康健站提供早期心理健康支援。這項試驗計劃把早期識別與介入整合進基層醫療體系之中，為社區建立了一個創新、可持續的心理健康服務模式。

我們亦專注提供教育及培訓，為超過 6,200 名人士（包括教育工作者、企業團隊等人士）提供心理健康教育與培訓，並透過「More Than a Label 我就是我」消除污名計劃，舉辦了 29 場心聆大使分享會，吸引近 2,000 名參加者參與。此外，我們透過「賽馬會平行心間（校園版）」計劃支援了超過 40 所學校，鼓勵年輕人成為推動心理健康的領袖。

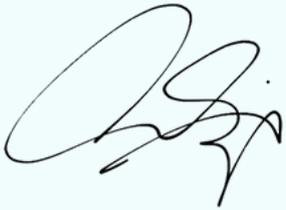
展望 2025 年及未來，我們的 2025-2027 年策略計劃聚焦於四大核心項目：教育（Educate）、外展（Reach）、橋樑（Bridge）與服務（Service）。這四大重點將引領我們深化合作、擴展服務，並進一步將心理健康融入更廣泛的醫療保健系統之中。

Mind HK's progress would not have been possible without our incredible team, partners, sponsors, funders, and community supporters. Together, we are reimagining mental health care in Hong Kong, ensuring prevention and timely support for all.

香港心聆能取得今日的成就，全賴我們卓越的團隊、合作夥伴、贊助商、資助者及支持者。我們齊心協力，重新構想香港的心理健康支援服務，確保每個人都能獲得及時且有效的預防措施及支援。

With gratitude,

謹此致謝，



Dr Candice Powell
CEO, Mind HK



凌悅雯博士
香港心聆行政總裁



OUR STRATEGY

我們的策略

OUR VISION, MISSION, AND VALUES

願景、使命和價值觀

Our strategic priorities and guiding principles will act as mechanisms to ensure the implementation of our revised tagline, vision, mission, and values.

我們將透過策略重點和指導原則，確保機構最新的宗旨、願景、使命及價值觀得以實現。

Tagline 宗旨

Mental health matters.
精神健康至為重要。

Vision 願景

We are here to ensure no one faces a mental health problem alone.
我們致力確保沒有人需要獨自面對精神健康問題。

Mission 使命

We are here to raise awareness, reduce stigma, and provide care to promote the best mental health for all.

我們致力提升公眾意識、消除污名並提供心理支援，以促進社區的精神健康。

2022-2024

Throughout our 2022-2024 strategic period, we adapted and innovated in response to the evolving challenges in our community, tailoring our approach to meet the diverse needs of Hong Kong's population.

在整個 2022-2024 年的策略期間，我們因應社會上不斷變化的挑戰而作出調整和創新，以滿足香港多元化的需求。

During our previous three year strategic period, we concentrated on the following five core areas:

在上一個三年策略期間，我們專注於以下五大核心領域：



2025-2027

As we transition into our 2025-2027 strategic period, we reflect on the extraordinary journey since Mind HK was founded. We have achieved significant milestones together, and as we approach the end of our tenth year of operation at the conclusion of our strategic period (2027), our mission remains more crucial than ever.

The mental health landscape in Hong Kong has undergone a positive transformation, marked by growing societal recognition of mental health issues—a direct result of our community's collective efforts, strong government partnerships, and the unwavering dedication of our team. However, our work is far from complete. Rising mental health conditions and the persistent effects of the COVID-19 pandemic underscore the continued need for comprehensive, accessible mental health services.

On 19th November, we hosted our "2025-2027 Strategy Announcement" event, where our CEO, Dr Candice Powell, unveiled the organisation's strategic priorities for the next three years.

踏入 2025-2027 年的策略期，我們回顧香港心聆成立至今的非凡旅程，一路上與各界共同達成了多個重要里程碑，而隨著新一個策略期結束之時（2027 年），香港心聆亦將迎來十周年，我們的使命亦更形重要。

香港的心理健康環境已有正面轉變，社會對心理健康問題的認知與日俱增，這正是社群共同努力、政府緊密合作，以及我們團隊不懈奉獻的成果。然而，我們的工作尚未完成。心理健康問題持續上升，加上新冠疫情的餘波未了，反映出社會對於完善且容易獲得的心理康復服務，仍有持續需求。

在 11 月 19 日，我們舉辦了「2025-2027 年策略計劃」發佈會，由行政總裁凌悅雯博士公佈機構未來三年的策略重點。

Read Our
2025-2027
Strategic Plan:
閱讀策略計劃全文：



Our Strategic Priorities 策略重點

Goal 目標

EDUCATE 教育

Improve understanding, knowledge, attitude, and self-help/helping skills of mental health conditions, interventions, and services.

提升公眾對精神健康的認識、培養正面態度和改善助人自助的技巧。提升業界的介入和服務方法。



Ensure people have the accurate knowledge and tools to support their own and others' mental health.

確保大眾擁有正確的知識和資源來支援自己及他人的精神健康。

REACH 外展

Broaden our presence offline and online, and via partnerships, to better connect wider communities with vital mental health resources and services.

擴大我們網上和實體的影響力，並透過夥伴合作關係，把重要的精神健康資源和服務帶到各個社區。



Make mental health support more accessible for more individuals and caregivers by expanding outreach efforts.

擴充外展服務，使更多人和照顧者得到精神健康支援。

BRIDGE 橋樑

Generate and share clinical and public health research findings to inform best practices and to drive innovation and evidence-based care in mental health strategies.

進行臨床和公共健康研究並分享調查結果，以制定最佳實踐方案、推動創新、提供以實證為本的精神健康支援。



Establish Hong Kong as a regional leader in public mental health.

確立香港成為地區的精神健康研究與實踐領導者。

SERVICE 服務

Deliver effective, direct psychological support.

提供有效和直接的心理支援。



Improve the mental health of individuals experiencing anxiety and depression or at risk of developing them.

協助正在經歷或面臨焦慮和抑鬱的人士，改善他們的精神健康狀況。

Our Guiding Principles 指導原則

■ Co-create With the Community 與社區共同創造

We are adaptable and responsive to the evolving needs of the people of Hong Kong. Our work is informed by close engagement and collaboration with the communities we serve, as well as input from those with lived experiences of mental health challenges. This ensures that our services truly meet the needs and perspectives of the people we support.

我們能靈活應對香港人不斷變化的需求，所提供的服務均建基於與社區的緊密連繫和合作，以及曾受精神問題困擾的過來人反饋，令我們的服務真正符合服務對象的需求和觀點。

■ Champion Evidence-based Practices 推崇以實證為本的實踐

All interventions and services are grounded in evidence and best practices from local and international research. We are dedicated to continuous evaluation and improving and maintaining the standard of delivering highquality, effective care.

我們所有的介入和服務均以本地和國際研究的實證和最佳實踐為基礎。我們會繼續進行評估工作，改善並維持優質和有效的支援服務。



Our Guiding Principles 指導原則

■ Ensure Holistic Wellbeing 確保整全健康

We believe in a holistic approach to mental health and wellbeing, treating individuals as whole persons rather than just illnesses or symptoms, by addressing the interconnectedness of physical, mental, emotional, social, and spiritual wellbeing. This includes emphasising prevention and early interventions to identify and address mental health concerns before they escalate, and promoting overall wellbeing through services and health promotion efforts.

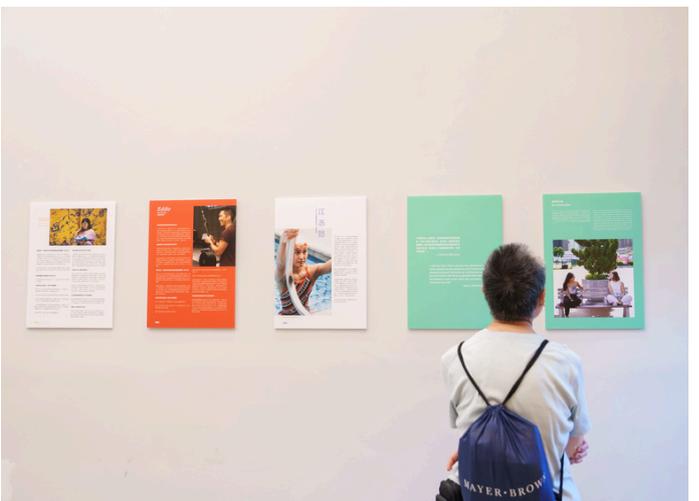
我們採取整全角度來看待身心健康，關注身體、心理、情感、社交和心靈健康之間的相互聯繫，把個體視為一個完整的人，而非僅僅看成某種疾病或徵狀。因此我們重視預防和早期介入，在服務對象的精神健康狀況惡化之前及早識別和解決問題，並透過提供服務和推廣資訊來提升社區的整體福祉。

■ Prioritise Sustainable Development 優先考慮可持續發展

We are dedicated to maintaining long-term organisational resilience by strengthening our infrastructure, enhancing digital capabilities, ensuring financial stability, investing in our talent, and developing scalable programmes.

我們致力維持機構的長期抗逆力，具體措施包括加強基礎設施、提升數碼能力、確保財務穩定、培育人才，以及開發可擴展的項目。





OUR IMPACT IN 2024

我們 2024 年的影響



5,500+

free psychological support sessions delivered
提供超過 5,500 節免費心理健康支援



1,840

individuals received free psychological support
為 1,840 位有需要人士提供免費心理治療



6,290+

individuals trained across Hong Kong
through public and private courses

透過公共及私人培訓課程，
在香港為超過 6,290 人提供精神健康培訓



40+

Mental Health Ambassadors trained to
reduce stigma and raise awareness through storytelling

培訓超過 40 名心聆大使，透過講述個人故事來
消除污名並提升公眾對精神健康的認識



40+

secondary schools engaged through the JC LevelMind@School
programme to support wellness clubs in schools

透過「賽馬會平行心間（校園版）」計劃，
支援超過 40 間中學在校內成立心理健康學會，推動學生身心健康



80+

staff members now part of the growing Mind HK team

團隊現已擴展至超過 80 位員工，攜手推動香港心聆的持續發展



~30.8%

growth on social media platforms

社交媒體平台增長約 30.8%

STRATEGIC PARTNERSHIP: MINDSET (THE JARDINE MATHESON GROUP CHARITY)

策略夥伴：思健（怡和集團旗下慈善機構）



Since 2019, Mind HK has been privileged to partner with MINDSET strategically in developing and delivering impactful mental health initiatives across Hong Kong. Together, we have worked to create innovative programmes that address the pressing needs of individuals facing mental health challenges, while fostering a society that is more inclusive, understanding, and supportive.

自 2019 年起，香港心聆有幸與思健成為策略夥伴，一起推行及舉辦具影響力的全港精神健康計劃。我們攜手合作，致力開展創新項目，以解決市民迫切的精神健康需求，同時促進一個更包容、理解和支持的社會。

Improving Access to Community Therapies (iACT) Wellbeing Practitioner Training Programme 「社區心活指南」計劃心理健康主任培訓課程

One of our most significant achievements has been the launch of the pioneering Wellbeing Practitioner Training Programme – the first of its kind in Hong Kong. This programme equips Wellbeing Practitioners with the skills to deliver short-term, evidence-based mental health support to people aged 12 to 24 experiencing mild to moderate mental health challenges. In recent years, this initiative has evolved into iACT, a programme that combines both training and service delivery. To date, we have successfully trained over 80 Wellbeing Practitioners and offered free, crucial mental health support to numerous individuals. Thanks to the steadfast commitment of MINDSET, our strategic partner, this initiative continues to grow.

「心理健康主任培訓課程」是我們其中一項重要成就。這是香港首個同類型計劃，旨在訓練心理健康主任掌握技巧，為有輕微至中等精神健康困擾的 12 至 24 歲的人士，提供以實證為本的短期心理健康支援。此項目近年已演變為「社區心活指南」計劃，結合培訓與服務提供。時至今日，我們已成功培訓超過 80 名心理健康主任，並為眾多市民提供免費的心理健康支援。感謝策略夥伴思健的堅定信心與承諾，讓這項計劃持續成長。



Anti-stigma Project 消除污名計劃



More Than a Label (MTAL)

Encouraging individuals to seek help in the early stages of mental health challenges requires tackling the stigma often associated with these issues. To address this, Mind HK partnered with MINDSET and launched the More Than a Label anti-stigma project in 2021. The project later also received sponsorship from Manulife.

With the joint effort of both sponsors, we are able to train Mental Health Ambassadors who share their recovery and resilience stories, helping to shift perceptions and normalise conversations about mental health.

The project engages the public through various platforms, including storytelling events, exhibitions, social media sharing, and panel discussions. These efforts underscore the message that mental health challenges do not define an individual; they are just one part of a larger, more complex human experience.

For more details on the campaign,
please check p.43

請參閱第 43 頁了解計劃的詳細資訊

「More Than a Label 我就是我」

要鼓勵大眾在遇到精神健康問題的初期即主動求助，就必須解決與精神健康相關的污名。為此，香港心聆與思健合作，於 2021 年推出「More Than a Label 我就是我」消除污名計劃，培訓心聆大使分享自己的復元故事，藉此改變大眾對精神健康的看法，並使相關話題普及化。隨後計劃亦獲得宏利的贊助。

透過思健及宏利共同支持「我就是我」計劃，我們得以舉辦心聆大使培訓課程，並透過不同平台推廣精神健康去污名化。

我們相信，消除污名的工作和以實證為本的早期介入，是建立一個精神健康友善社會的基礎。這項計劃透過不同媒介與大眾互動，包括故事分享活動、展覽、社交媒體分享和小組專題討論，旨在強調一個訊息：精神健康問題只是生活經歷的其中一部分，並不能定義一個人。



It is through their generosity and shared vision that we have been able to make such meaningful progress in improving mental health awareness, support, and care in Hong Kong.

有賴他們的慷慨與共同願景，我們方能在提升香港精神健康意識、支援和關懷等各方面取得如此重大進展。

Highlights of Past Events 過往活動總覽



August 八月 2024

#HereAndNow Campaign

「#此時此地」計劃



November 十一月 2024

Listening to Yourself -
Storytelling Event Series

聆聽身心聆故事分享活動系列



March, August and November
三月、八月及十一月 2024

Ambassadors Training
心聆大使培訓

STRATEGIC CHARITY PARTNERSHIP: MANULIFE

策略慈善夥伴：宏利



This year, we proudly celebrated the launch of our strategic charity partnership with Manulife. This collaboration has been pivotal in raising public awareness of mental health and enhancing support services in Hong Kong.

Together, we have launched impactful initiatives to challenge perceptions of mental health, reduce stigma, enhance support on mental health service (iACT), and promote community wellbeing. These efforts included large-scale public awareness events, anti-stigma programmes, and professional training for iACT Wellbeing Practitioners, marking significant progress in addressing the city's mental health needs.

今年，我們很榮幸與宏利建立策略慈善夥伴關係。這次合作在提升香港大眾對精神健康的關注和加強支援服務方面，發揮了關鍵作用。

我們共同推出了具影響力的項目，致力改變大眾對精神健康的觀念、減少污名化並加強精神健康服務支援，繼而促進社區福祉。當中包括大型公眾活動、消除污名計劃，以及「社區心活指南」計劃的心理健康主任培訓課程，在應對香港精神健康需求方面取得重大進展。

Mind HK x Manulife —

Your Mental Health Matters Public Awareness Raising Events

香港心聆 × 宏利 —

Your Mental Health Matters 公眾推廣活動

Organised a series of events to cover a wide range of mental health topics that are easily digestible for the public and invited expert speakers to raise awareness and increase understanding.

舉辦一系列活動，深入淺出與公眾探討各種精神健康主題，並邀請專家講者分享，以提升公眾對精神健康的認識和理解。

06/2024

Your Mental Health Matters series #1 — Managing Our and Others' Emotions

Your Mental Health Matters 活動系列 #1 — 照顧自己及別人的情緒需要

We hosted our first awareness event to spark open dialogue on mental health, bringing together professionals and individuals with lived experience.

Renowned linguist and former lecturer Benjamin Au Yeung (Ben Sir) delivered an engaging talk on the "Mental Fridge", a concept to help people build resilience and expand their outlook.

Our CEO and clinical psychologist, Dr Candice Powell, along with our Clinical Advisor and counselling psychologist, Opal Li, provided expert insights on managing emotions and wellbeing.

The event concluded with a powerful personal story from our Mental Health Ambassador, Phoebe, who shared her recovery journey and emphasised the importance of caring for both ourselves and others.

我們舉辦了首場公眾推廣活動，邀請專業人士和過來人共同分享，展開有關精神健康的對話。

著名語言學家及前大學講師歐陽偉豪（Ben Sir）分享如何透過「精神雪櫃」提升抗逆力，令我們更容易「睇開啲」。

香港心聆行政總裁及臨床心理學家凌悅雯博士，聯同臨床顧問及輔導心理學家李天蕊，以專業角度講解照顧情緒的方法。

活動最後由心聆大使 Phoebe 分享作為過來人的復元故事，她強調了照顧自己及別人情緒的重要性。



10/2024

Your Mental Health Matters series #2 – How Does Your Family of Origin Shape the Person You Are Today?

Your Mental Health Matters 活動系列 #2 – 原生家庭點樣影響今天嘅你？

We hosted our second awareness event, featuring cross-media content creator Hui Yin. He shared his personal experiences with family dynamics, providing a first-person perspective on this important topic. Our Clinical Advisor and counselling psychologist, Opal Li, joined the discussion, offering her expert insights into family relationships.

The event empowered participants to explore new ways of communicating with their families, breaking away from the detrimental cycles rooted in their familial backgrounds. The positive feedback and engagement from attendees underscore the significance of these conversations in promoting mental health and wellbeing.

第二場活動邀請了跨媒體創作者許賢，他分享了自己與家人相處的經驗，並以第一身角度探討這個重要議題。我們的臨床顧問及輔導心理學家李天蕊亦再次參與討論，提供了家庭關係方面的專業見解。

這次活動鼓勵參加者探索與家人溝通的新方式，擺脫原生家庭的影響，跳出惡性循環。參加者的積極回饋和參與，印證了這類對話有助促進精神健康和福祉。



Testimonials 參加者分享

The Chinese finger trap is a good demonstration of how we get trapped when escaping emotions, and it's a good reminder to keep relaxed and chill while facing challenges. 道具「手指陷阱」示範了如果抗拒情緒反而會被困，並提醒我們在面對挑戰時要保持放鬆和冷靜。

I can't change the older generation, but I can accept my own differences and communicate with the older generation to understand each other.

不能改變上一代，但可以接納自己的不同，與上一代溝通互相了解。

I will understand my parents' behaviour and thoughts from a different perspective.

會用不同角度理解自己父母的行為及想法。

You should clarify your own values and don't try to change others.

要釐清自己價值觀，不要嘗試改變對方。

Hong Kong International Mental Health Conference 2025

香港國際心理健康研討會 2025

We will co-host the Hong Kong International Mental Health Conference in November 2025, themed "Navigating Life's Defining Moments". The three-day event features:

Conference Day 1 & 2 (6-7 November, in English): focuses on the evidence, psychology, and culture of mental health across the lifespan.

*Cantonese simultaneous interpretation will be available for the main sessions

Mental Wellbeing Festival (8 November, in Cantonese and English): designed for the general public, exploring mental health during key transitions from birth to end-of-life.

Through these events, we aim to reach various sectors, including individuals from academia, the corporate sector, NGOs, and communities across Hong Kong and beyond, encouraging broad participation.

我們將於 2025 年 11 月聯合主辦香港國際心理健康研討會，是次主題為「如何應對生命中的變幻無常」，活動內容包括：

專題研討會議（11 月 6-7 日，以英語進行）：集中從實證為本、心理學及文化角度，探討人生各階段與精神健康的連繫。

*研討會的主要環節將提供廣東話同聲傳譯

心聆健康日（11 月 8 日，以廣東話及英語進行）：專為大眾而設，內容圍繞每個人由出生到生命結束期間的重要轉折。

透過以上活動，我們將邀請各界包括學術界、企業界、非政府組織，以及香港及其他地區人士參與研討會。

HONG KONG INTERNATIONAL MENTAL HEALTH CONFERENCE 2025
香港國際心理健康研討會

策劃機構
Organiser

mindhk
香港心聆

香港國際心理健康研討會2025

HONG KONG INTERNATIONAL MENTAL HEALTH CONFERENCE 2025

「如何應對生命中的變幻無常」
"Navigating Life's Defining Moments"

6.11 ——— 7.11 8.11 (公眾參與 Public Day)

研討會 CONFERENCE 心聆健康日 MENTAL WELLBEING FESTIVAL



Enhancing Support on Free Talking Therapy – Improving Access to Community Therapies (iACT®)

持續支援免費心理治療 – 社區心活指南 (iACT®) 計劃

For more details on the campaign, please check p.32

請參閱第 32 頁了解計劃的詳細資訊

With Manulife's support, we are enhancing the support of graduated practitioners network, enabling them to serve people in need more effectively.

在宏利的支持下，我們持續強化已受訓心理健康主任的網絡，讓他們能更有效地協助有需要人士。

Launch of the iACT Wellbeing Practitioner Network

啟動 iACT 心理健康主任網絡

A series of training programmes was organised to strengthen the iACT network for graduated Wellbeing Practitioners to enhance their skillsets.

為加強已完成培訓的心理健康主任之間的聯繫，我們舉辦了一系列培訓課程，進一步提升他們的專業能力。

Mindfulness Training

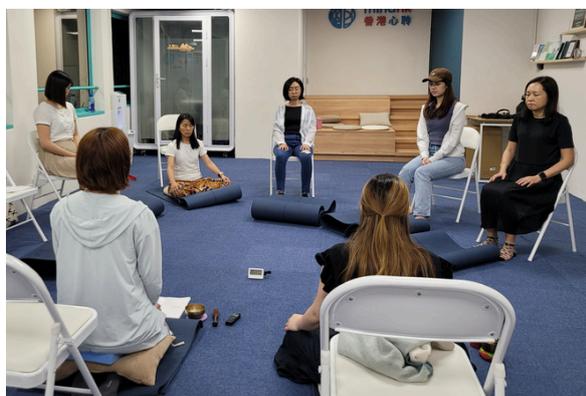
靜觀訓練

8-week Mindfulness for Life Course (MBCT-L)

靜觀生活八週課程 (MBCT-L)

Online Mindfulness for Life Course (MBCT-L)

網上靜觀生活八週課程 (MBCT-L)



PARTNERSHIP: MANNINGS

合作夥伴：萬寧



Implementing Wellbeing Check-ins for the community 於社區推行「心理健康諮詢」服務

This year, we are proud to have partnered with Mannings, Hong Kong's largest health and beauty retail chain, to launch the "Wellbeing Check-in" programme at selected Mannings locations. This collaboration is our initiative to bring free, accessible mental health services to community pharmacies in Hong Kong. Together, we aim to contribute to mental wellness among Hong Kong residents and address the high cost of private mental health services.

Having started in May 2024, our "Wellbeing Check-in" programme has been made available at five Mannings community pharmacies, offering face-to-face consultations with our trained Wellbeing Practitioners. The service encompasses preliminary assessments and pro bono psychological support.

今年，我們很榮幸與香港最大規模的健康及美容零售連鎖店萬寧合作，在指定分店推出「心理健康諮詢」。這次合作是我們將免費、方便的心理健康服務帶到香港社區藥房的重要一步。我們的目標是攜手為香港居民的精神健康作出貢獻，並解決私營精神健康服務成本高昂的問題。

自 2024 年 5 月開始，我們的「心理健康諮詢」已於五間萬寧分店提供服務，由受過專業培訓的心理健康主任提供實體面談，服務包括初步心理健康評估及免費心理支援，讓有需要的市民及早獲得適切的協助。

Key Achievements (May - Dec 2024) 主要成就 (2024 年 5 月至 12 月)

450

sessions provided

提供了 450 節心理健康支援服務

>90%

satisfaction rate*

超過 90% 的服務使用者滿意率*

~70%

reported a better understanding of their mental health*

約 70% 服務使用者表示更了解自己的心理健康*

*根據 2024 年 4 月至 2025 年 4 月 18 日在指定萬寧門市提供「心理健康諮詢」的服務成效評估

*According to the evaluated effectiveness of Wellbeing Check-in services provided in selected Mannings stores from April 2024 to 18 April 2025



Testimonials from service users 服務使用者分享



The discussion was very professional. Excellent start to a journey.

Tim

Very good service, and I hope it will further develop the scale.

Jack

欣賞你們有彈性服務時間，感受到被明白和接納。

Jamie

感謝心理健康主任為我提供一次專業且充滿溫度的諮詢，讓我更了解自己，並釋放了一定的情緒壓力，對我幫助甚大。

Charlie



OUR WORK

年度工作回顧

Improving Access to Community Therapies

社區心活指南計劃



Improving Access to Community Therapies (iACT) is one of Mind HK's services. Through this programme, we:

「社區心活指南」計劃是香港心聆的服務之一。透過此計劃，我們：

1

Support 支援

Provide accessible service by offering 6-8 sessions of free, short-term, online or in-person psychological support to local citizens experiencing mild to severe anxiety, as well as mild to moderate depression or emotional distress by our Wellbeing Practitioners.

安排心理健康主任為有輕微至嚴重焦慮徵狀、輕微至中等抑鬱徵狀或受情緒困擾的香港市民，提供 6-8 節免費及短期的線上或面對面的心理健康支援。

2

Training 培訓

Provide annual training to a new cohort of Wellbeing Practitioners to enhance the accessibility and efficiency of overall mental health support to youth and adults within the community.

每年培訓新一批心理健康主任，為青少年和成人提供免費的心理健康支援，提高社區整體心理健康支援的可及性和效率。

Service 服務



Wellbeing check-in
心理健康諮詢

Low intensity psychological support
低密度心理健康支援

Community outreach, including booth, talks, taster sessions
社區外展活動，包括攤位活動、講座、體驗工作坊

Training 培訓



Improving Access to Community Therapies (iACT®) Wellbeing Practitioner Training Programme

「社區心活指南」計劃心理健康主任培訓課程

iACT Programme Milestones (2024) 「社區心活指南」計劃里程碑 (2024)

04/2024

Youth Services Expansion 青少年服務擴展

Further supported by the Robert H.N. Ho Family Foundation and Tung Foundation, iACT expanded services to seven local secondary schools, offering individual, group, and single-session interventions for students with mild to moderate mental health needs.

在何鴻毅家族基金及董氏基金的進一步支持下，「社區心活指南」計劃已拓展至 7 所本地中學，為有輕微至中等精神健康困擾的學生提供個人、小組及單節形式的介入服務。

Mandarin-Language Services 普通話服務

Supported by Goldman Sachs, training and service delivery were adapted to support the Mandarin-speaking population, aiming to reach 80 beneficiaries by 2026.

在高盛集團公司的支持下，我們調整了培訓及服務內容，為講普通話人士提供更佳支援，目標於 2026 年惠及 80 名服務使用者。

05/2024

Wellbeing Check-in Service Launch 推出「心理健康諮詢」服務

In partnership with Mannings, iACT introduced free 45 -minute mental health consultations at five store locations, available in English, Cantonese, and Mandarin.

我們與萬寧合作，在五間指定萬寧分店推出 45 分鐘的免費心理健康諮詢服務，提供英語、廣東話及普通話三種語言選擇。

Wellbeing Practitioner Training Programme 心理健康主任培訓課程

Supported by MINDSET (The Jardine Matheson Group Charity), 46 new trainees began the updated training programme, completing 120 hours of training. They were then deployed to schools, NGOs, clinics, and corporations to support individuals aged 12-65.

在思健（怡和集團旗下慈善機構）的支持下，46 位學員參加了改良後的培訓課程，完成了 120 小時的培訓。隨後，他們被派遣至各學校、非牟利機構、診所及企業，為 12 至 65 歲有需要人士提供支援。



07/2024**Service Expansion & Randomised Controlled Trials 服務擴展及隨機對照試驗**

Supported by the Kerry Group Kuok Foundation, iACT launched randomised controlled trials (RCTs) to assess the impact on adult mental health outcomes.

在嘉里集團郭氏基金會的支持下，「社區心活指南」計劃推出了隨機對照試驗（RCTs），以評估服務對成人心理健康的影響。

Graduation Ceremony for 2023-2024 Cohort 心理健康主任畢業典禮

Supported by the Kadoorie Charitable Foundation & Hemera Foundation, our 30 trainees successfully completed the Psychological Wellbeing Practitioner Programme (now named Wellbeing Practitioner Training Programme), strengthening frontline mental health capacity.

在嘉道理慈善基金會及赫墨拉基金會的支持下，我們的 30 位學員順利完成「情緒輔導員計劃」（現名為「社區心活指南計劃 - 心理健康主任培訓課程」），進一步強化前線心理健康服務。

08/2024**Healthy Mind Pilot Project 健康心靈先導計劃**

Rolled out in three District Health Centres/Express (Eastern and Yau Tsim Mong), integrating early mental health support into primary care with funding from the Health Bureau of the HKSAR government.

由香港特別行政區政府衛生局撥款，在 3 間地區康健中心／康健站（東區及油尖旺）推行計劃，將早期精神健康介入融入基層醫療。

11/2024**Launch of the iACT Wellbeing Practitioner Network****啟動 iACT 心理健康主任網絡**

With the generous support of Manulife, we proudly launched the iACT Wellbeing Practitioner Network, offering new opportunities for alumni to participate in mental health training and volunteer initiatives. The inaugural event was an 8-week "Mindfulness for Life" course (MBCT-L), which integrated mindfulness practices with cognitive behavioural therapy.

Wellbeing Check-in Days were also organised quarterly, offering 45-minute 1-on-1 sessions led by five iACT Alumni Wellbeing Practitioners. These sessions were available to Manulife staff, their families, and friends, supporting participants in navigating emotional challenges and equipping practical self-care strategies.

在宏利的慷慨支持下，我們為已完成培訓的心理健康主任成立了 iACT 心理健康主任網絡，為畢業生提供心理健康培訓及義工服務的機會。計劃首個活動是為期八週的「靜觀生活」課程（MBCT-L），結合靜觀練習與認知行為療法，協助畢業生更有效支援服務使用者。

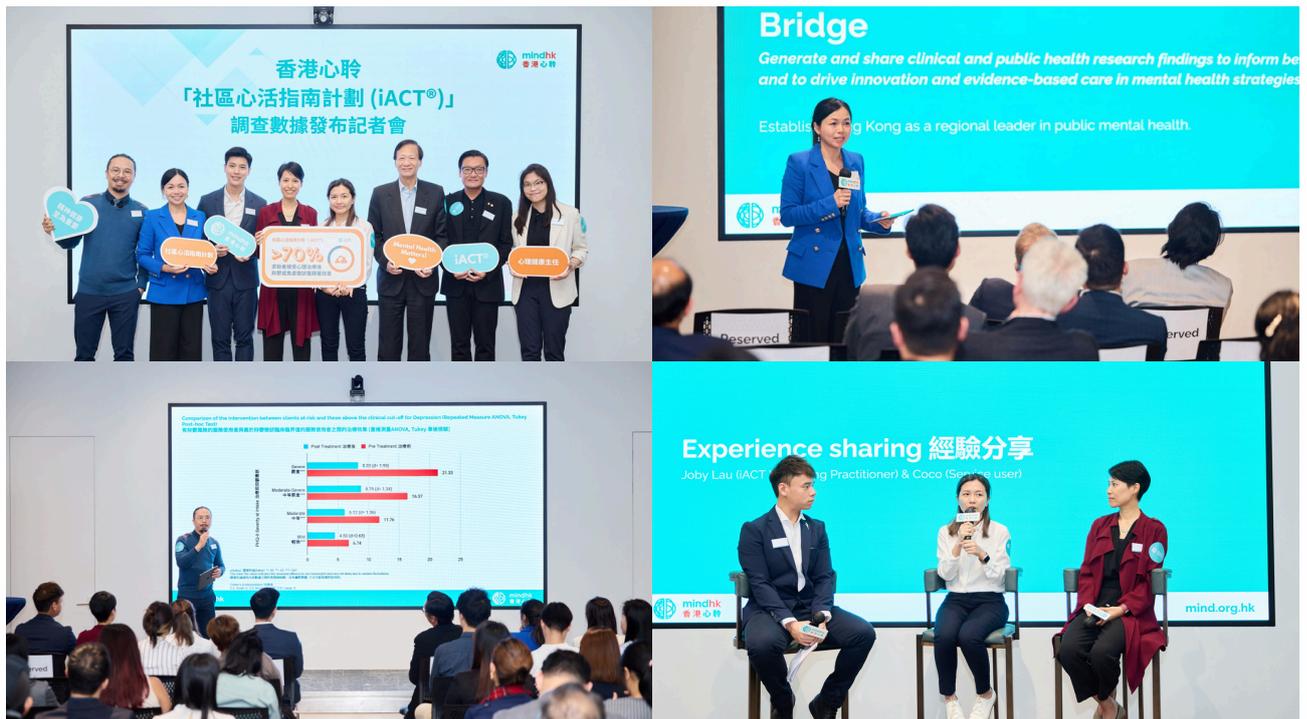
此外，我們亦每季度舉辦心理健康諮詢日。由五位已完成培訓的心理健康主任為宏利的員工、家屬和朋友提供一對一的 45 分鐘心理健康諮詢，幫助參加者應對情緒挑戰，並掌握實用的自我照顧策略。

11/2024

Research Press Conference 研究發佈會

Announced the research findings from Psychological Wellbeing Practitioner Programme – 65 %+ recovery rate among participants received two sessions or more, affirming the programme's effectiveness in early community-based intervention.

宣布「情緒輔導員計劃」（現名為「社區心活指南」計劃）的服務成效——在服務期間，超過 65 % 服務使用者在接受兩節或以上治療後復元，進一步證明此計劃能夠提供有效的早期社區介入服務。



12/2024

Mental Health Symposium 心理健康研討會

Supported by Goldman Sachs, we co-hosted a full-day symposium, "Advancing Evidence-based Psychological Support at Scale", at Tsinghua University, bringing together more than 100 experts and clinicians. The event focused on innovative, evidence-based psychological therapies for depression and anxiety, featuring speakers from Boston University, The Chinese University of Hong Kong, Tsinghua University, and Mind HK. The symposium marked a key step in promoting scalable mental health solutions and advancing regional cooperation in low-intensity psychological care.

在高盛集團公司的支持下，我們於清華大學聯合主辦了一個研討會，聚集了超過 100 位專家和臨床醫生。研討會集中討論以實證為本、針對抑鬱症和焦慮症的最新心理治療，講者包括來自波士頓大學、香港中文大學、清華大學和香港心聆的代表。這次研討會是心理健康界的重要發展，有助推動更易於擴展的心理健康支援方式，同時加強低密度心理健康服務的區域合作。

Key Achievements 主要成就

1,840



individuals in need were received free psychological support in 2024

2024 年期間為 1,840 位有需要人士提供免費心理治療



5,500+

free psychological support sessions in 2024 were delivered

2024 年期間提供超過 5,500 節的免費心理治療

128



Wellbeing Practitioners have participated in the training programme since 2022

自 2022 年，128 名心理健康主任參與培訓計劃



48

Wellbeing Practitioners currently in training

48 名心理健康主任正進行培訓

39



host organisations participating in the 2024/25 cohort

在 2024/25 年度有 39 間主辦機構參與



Research

Research was conducted by the iACT research team, in collaboration with local cross-university research advisors, to evaluate the effectiveness of the iACT training programme from September 2023 to April 2024.

研究

「社區心活指南」計劃的研究團隊與本地大學的研究顧問合作，評估 2023 年 9 月至 2024 年 4 月「社區心活指南」計劃的成效。

Among 269 individuals with clinical levels of depression and anxiety:

在 269 名有臨床水平抑鬱和焦慮的人士中：

80%+ completed the full low-intensity psychological treatment.
超過 80% 人士完成整個低密度心理治療

65%+ of those with more severe symptoms recovered after two or more sessions
超過 65% 症狀較嚴重的人士在接受兩節或以上治療後復元

72.9% showed significant improvement in depressive and anxiety symptoms
72.9% 人士的情緒症狀有顯著改善



No significant individual differences in client recovery rates among Wellbeing Practitioners, indicating that the training effectively prepares trainees to deliver equally effective interventions

數據分析亦顯示，心理健康主任所跟進的個案在復元率方面並無顯著差異，這代表在接受相關培訓及定期臨床督導後，心理健康主任均能提供一致且高質素的服務



We have found this model to be highly effective in optimising resource allocation, reducing wait times, and enhancing accessibility and efficiency in our service delivery.

我們發現這種模式能更有效地分配資源、縮短輪候時間，並提升服務的可及性和整體效率。



Testimonials from service users 服務使用者分享

I appreciate this service, especially since it is free for individuals like me who have never tried counselling. It offers a valuable opportunity to explore new approaches to cope with life's challenges.

非常感謝這項服務。服務費用全免，為像我這種從未接受過輔導的人提供了一個寶貴機會，讓我探索如何用新方法應對生活挑戰。

Dara

Even if it was an online conversation, the Wellbeing Practitioner made me feel at ease, stabilised my emotions, and understood my problems quickly. I started to accept my negative emotions, and after allowing myself to have negative emotions, I seem to have fewer worries, and I am able to face the difficulties in my life more positively.

即使是線上交談，心理健康主任也讓我感到很安心，能穩定我的情緒，並很快地理解我的問題。開始接受自己的負面情緒，容許自己有負面情緒後好像煩惱少了，也能夠更積極面對生活中的困難。

Elison



Testimonials from Wellbeing Practitioner Trainee 實習心理健康主任分享

It has been incredibly rewarding to share what I've learnt about iACT framework/techniques & counselling skills and apply them to "real-life" clients, and to observe how much clients have progressed through their mental health journeys during those 6 intervention sessions.

能夠將我在「社區心活指南」計劃培訓課程學到的輔導技能應用於真實的服務使用者上，非常有成就感。在這六次的面談服務中，我觀察到服務使用者的進步，讓我感到無比欣慰。

Iris

I am grateful for the opportunity to meet face-to-face with students who are facing a variety of emotional difficulties. This training provided me with a deeper understanding of different students' psychological conditions and how Acceptance and Commitment Therapy (ACT) can be a tool to help alleviate their emotional distress.

感激有機會與面對各種情緒困擾的學生進行面對面的交流。這個培訓讓我更深入了解不同學生的心理狀況，以及接納與承諾治療（ACT）如何成為一個協助舒緩他們的情緒困擾工具。

Lian

Mental Health Training

精神健康培訓

Training has been a core pillar of Mind HK since its inception. Serving as the cornerstone of Mind HK's operations, the Training Team is committed to spearheading psychoeducation initiatives in the city. With a primary objective of enhancing mental health awareness, literacy, and skills, the Training Team focuses on engaging the community through training sessions, workshops, and panel or speaker events to foster a deeper understanding of mental health in Hong Kong. Our goal extends beyond education; we strive to create a supportive environment that prioritises mental wellbeing.

自創立以來，培訓一直是香港心聆的核心支柱之一。作為香港心聆的運作基石，培訓團隊致力推動本港的心理教育項目，提升社會大眾對精神健康的認識、知識和應對能力。培訓團隊透過各類培訓課程、工作坊、講座及座談會等形式，積極與社區接軌，促進香港市民對精神健康的深入了解。我們的目標不僅止於教育，更旨在建立一個重視心理健康的支援性環境。



2024 Timeline 2024年時間線

◆ 02-03/2024

Trained 164 secondary school teachers from the Education Bureau with youth mental health crisis management skills via seven sessions of Youth Mental Health First Aid Courses.

Trained 50 social workers and educational psychologists from the Education Bureau with evidence-based psychological intervention skills.

Trained 20 social workers from the Hong Kong Family Welfare Society via a 3-day Unified Protocol (UP) Level One training to provide low-intensity UP group intervention for families.

與教育局合作，為 164 位中學教師提供七節「青少年精神健康急救課程」，強化他們應對青少年心理危機的能力。

為 50 位教育局的社工及教育心理學家提供以實證為本的心理介入技巧培訓。

為 20 位香港家庭福利會的社工提供為期三天的「整全情緒治療 (UP) 第一級」課程，支援他們為家庭提供低密度的 UP 小組介入服務。

04-10/2024

Trained 416 staff members from the New World Development Group with knowledge and skills in supporting colleagues and teams via 14 workplace training sessions.

為新世界發展集團 416 位員工提供 14 節職場精神健康培訓，加強他們支援同事及團隊精神健康的能力。

04-12/2024

Delivered the "Implementing Mindful Parenting (MP) to Enhance Family Well-being" Programme with generous support from our Growth Partner and Funder, The D. H. Chen Foundation, benefitting 16 parents across the socio-economic spectrum via two 8-week MP group courses, and 17 MP practitioners via an upskilling refresher course.

推行「靜觀親職——提升家庭身心健康」計劃，在成長夥伴及捐助機構陳廷驊基金會的慷慨支持下，透過兩個為期八週的培訓及小組課程，為 17 位靜觀親職實務工作者提供進修提升課程，惠及來自不同社經背景的 16 位家長。

05-12/2024

Developed and delivered the Youth LGBTQ+ and Allyship Training Programme with generous support from our donor, the Consulate of the Federal Republic of Germany in Hong Kong, benefitting 80+ youth, including those identifying as LGBTQ+, with knowledge and skills in supporting their peers in need as a mental health ally.

在德國駐港總領事館的資助下，開發並推行「多元性／別青年及盟友培訓工作坊」，為超過 80 位青年（包括LGBTQ+群體）提供知識與技巧，協助他們成為心理健康盟友，支援身邊有需要人士。

09/2024

Trained 14 social workers from the Mental Health Association of Hong Kong via a 3-day Unified Protocol (UP) Level One training to provide low-intensity UP intervention for maternal mental health.

為 14 位香港心理衛生會的社工提供為期三天的「整全情緒治療（UP）第一級」課程，提供低密度認知行為介入方法，以協助他們應對與母親精神健康相關的支援工作。



10/2024

Actively engaged in corporate-focused promotion and training in this Mental Health Awareness Month to echo the theme of prioritising mental health in the workplace: 在「精神健康關注月」期間，我們積極參與企業導向的宣傳與培訓活動，呼應職場優先關注心理健康的主題：

- **Delivered the Driving Changes for Workplace Mental Health webinar**
舉辦「推動職場精神健康的改變」網上講座
- **Launched our LinkedIn Newsletter on workplace mental health**
推出以職場心理健康為主題的 LinkedIn 電子報
- **Delivered training sessions, workshops, panel, and speaker events with various organisations and corporations**
與多間機構及企業合作，舉辦培訓課程、工作坊、座談會及專題演講活動

11/2024

Delivered a 5-day MYmind Teacher Training Programme with international mindful parenting expert, Prof Susan Bögels, and Specialist in Psychiatry, Dr Elisabeth Wong, benefitting 26 mental health professionals in implementing the MYmind mindfulness training for their children and adolescent clients with executive functioning problems.

舉辦為期五天的「MYmind靜觀導師課程」，由國際靜觀親職專家 Susan Bögels 教授與精神科專科醫生黃瑋妍醫生聯合主講，惠及 26 位心理健康專業人士，協助他們為有執行功能困難的兒童與青少年個案推行 MYmind 靜觀訓練。

Delivered the first-in-Hong Kong 5-day Parenting Our Selves Communal Mindful Retreat with international mindfulness experts, Prof Susan Bögels and Mr George Langenberg, benefitting 15 individuals from the local community to reconnect with their inner child through a guided self-discovery journey. With gratitude to Sino Group, Ng Teng Fong Charitable Foundation, and Royal Pacific Hotel for sponsoring the venue.

首度在香港舉辦為期五天的「重新連結內在小孩」靜觀退修日營，由國際靜觀專家 Susan Bögels 教授及 George Langenberg 先生帶領，透過引導式自我探索旅程，幫助 15 位本地參加者重新連結內在小孩。特別鳴謝信和集團、黃廷方慈善基金及皇家太平洋酒店提供場地贊助。

12/2024

Trained 400+ first-year students from Hong Kong Metropolitan University via 14 sessions of the Mental Health First Aid Course.

為超過 400 位香港都會大學一年級學生提供 14 節「精神健康急救課程」培訓。

Impact and Achievements 成效與成果

6,296

individuals in Hong Kong were trained with quality mental health literacy and skills
培訓 6,296 位本地市民，提升精神健康知識與應對技巧

122

training sessions, panels, and speaker events were delivered with private organisations
與私營機構合辦 122 場培訓課程、座談會及講座

56

public sessions were delivered that are either pro bono or low bono to enhance mental health accessibility for all
舉行 56 場公益或低收費課堂，致力令精神健康資源普及化

“

Testimonials from participants 培訓學員分享

The course is very insightful. I have a better understanding of many types of mental problems and lots of useful resources in the community available in Hong Kong.
課程內容非常有啟發性，讓我更了解各類心理健康問題，以及本地可使用的資源。

Peter

I like how the course provides practical tools and skills for supporting my close ones with mental health struggles.
我喜歡課程中提供的實用技巧，幫助我支援身邊有心理困擾的親友。

Maria



More Than a Label Anti-Stigma Project

「我就是我」消除污名計劃



We are honoured to have MINDSET (the Jardine Matheson Group Charity) as our partner and sponsor, as well as Manulife Hong Kong as our sponsor for this anti-stigma programme.

Sharing personal stories of mental health recovery can foster feelings of strength while also combating mental health stigma effectively.

Our anti-stigma project More Than a Label aims to share individuals' holistic identities and combat stigma associated with mental health diagnoses. Our goal is to raise awareness of and destigmatise mental health conditions in Hong Kong. We aim to celebrate the resilience of individuals in recovery, educate the public about mental health, and encourage conversations on mental health-related topics.

我們十分榮幸獲得思健（怡和集團旗下慈善機構）成為本計劃的合作夥伴及贊助機構，並獲得宏利香港的慷慨贊助，一同推動精神健康去污名化工作。

分享個人精神健康復元故事，不僅能賦予當事人力量，更是有效對抗污名化的關鍵途徑。

「More Than a Label 我就是我」消除污名計劃希望透過展示復元人士多面向的身份，打破社會對精神健康診斷的刻板印象，提升香港社會對精神健康的關注與理解，減低污名。我們致力透過計劃強調復元人士的韌性、推動社會大眾對精神健康的認知，並鼓勵開放討論有關心理健康的議題。



2024 Timeline 2024 時間線

02/2024

Conversations of the Heart: Our Mental Health Journeys Campaign

心事台—我們的精神健康旅程

Hosted at Tai Kwun and joined by 220+ participants, 19 ambassadors shared the darkest times and the brightest moments in their recovery journeys through speeches, poems, art, and songs, and discussed topics such as the mental health of men and the LGBTQ+ community.

於大館舉行故事分享活動，共有超過 220 位參加者出席。19 位心聆大使透過演講、詩歌、藝術與音樂，分享他們復元歷程中最黑暗與最光明的時刻，並探討男性及性小眾社群的精神健康等議題。

08/2024

#HereAndNow Campaign 「#此時此地」計劃及展覽活動

Launched the #HereAndNow campaign, an exhibition and social media series highlighting key places and moments in our Mental Health Ambassadors' recovery journeys through 20+ pieces of photography and storytelling. The campaign featured real-life stories and a collaborative art piece with local artist Erin Hung, reaching 470+ exhibition attendees and 175,890+ social media accounts, engaging in conversations around mental health through interactive displays and two live story-sharing events.

展開了一項名為「#此時此地」的計劃及展覽活動，聯同一眾香港心聆大使展出超過 20 幅攝影作品及兩場真人故事分享活動，亦透過與本地藝術家 Erin Hung 合作，以大使的心路歷程為靈感創作藝術作品，呈現真實的復元故事。活動觸及超過 470 名參展人士及超過 175,890 社交媒體帳戶。



10/2024

#HereAndNow Mural Event 「#此時此地」壁畫創作活動

As an extension of the #HereAndNow campaign, Erin Hung, together with our ambassadors and Mind HK staff, created the mural piece The Snakes and Ladders to provide an interactive and reflective experience for the city.

作為「#此時此地」計劃的延伸，藝術家 Erin Hung、心聆大使及香港心聆團隊聯合創作了名為《蛇與梯》的壁畫作品，為市民提供一個互動且富啟發性的沉浸式精神健康體驗。



11/2024

Listening to Yourself Storytelling Events 《聆聽身心聆》故事分享活動

Launched the Listening to Yourself event series, focused on destigmatising mental health and promoting open dialogue within the community, reaching 90+ attendees.

推出一系列故事分享活動，目標為消除精神健康污名並促進社區間更開放的對話，吸引超過 90 位參加者。

The Connection Between Sports and Mental Health 運動與精神健康的聯繫

Hosted two events in collaboration with Mind the Waves, a mental wellness organisation founded by Hong Kong Olympians Stephanie Au, Camille Cheng, and Jamie Yeung, highlighting the critical connection between sports and mental health.

與香港奧運健兒歐鎧淳、鄭莉梅及楊珍美創辦的精神健康組織 Mind the Waves 合作，舉辦兩場活動，探討體育與精神健康之間的重要聯繫。

**Key Achievements 主要成就**

41

**Mental Health Ambassadors Graduated in 2024
共 41 位心聆大使於 2024 年完成培訓**

Hosted both Chinese and English training sessions, with a total of 41 individuals with lived mental health experiences completing the training to become Mental Health Ambassadors, aiming to reduce stigma and raise awareness by sharing their lived experiences in a safe and helpful way.

成功舉辦中、英文版的大使訓練課程，共 41 位擁有精神健康經歷的參加者完成培訓，成為心聆大使，致力透過安全和有建設性的方式分享個人經歷，減少社會對精神健康的污名，並提升大眾關注。

“

Testimonials from Mental Health Ambassadors 心聆大使分享

Sharing one's mental health story is empowering. It is empowering in the way I can reflect on the past to understand the present. It also leads to self-healing, I forgive others and myself and start to live with self-compassion.

分享個人精神健康故事能夠賦予我能力去藉由反思過去來了解現在。它也能讓我自我癒合，我他人和自己，並開始以自我關懷的態度生活。

Jonathan

29 Public Events Held 舉辦 29 場公開活動

Hosted a total of 29 events, of which 21 were in-person, attended by nearly 2,000 participants, including:

總共舉辦了 29 個活動，其中 21 個是面對面活動，有近 2,000 名參加者參與，包括：

Mental Health in a Meal: Body Image and Mental Health in Hong Kong Event 一餐飯的精神健康：香港文化中的身體形象與精神健康

An event in collaboration with Body Banter to spark conversations on body image and mental health. Steph Ng, founder of Body Banter, shared excerpts of her new book and discussed experiences about eating disorders, body image, and food.

與慈善機構「談。身」合辦，希望促進社會對身體形象與精神健康的討論。創辦人伍雅愉分享其新書片段，並講述她在飲食失調、身體意象與食物相關的個人經歷。

Men's Mental Health and the Stigma Around It 男性精神健康與相關污名化問題

In collaboration with Suicide Prevention Services, this hour-long online discussion panel attracted an audience of over 100 to our conversation about how the culture and gender stereotypes influence men's mental health, stigma, and help-seeking.

與「生命熱線」合辦的一小時網上討論會，吸引超過 100 名觀眾參與，深入探討文化與性別定型如何影響男性的精神健康、求助行為及相關污名問題。

Face Up to Men's Mental Health 正視男性精神健康

Co-organised with Teen's Key, this session aimed to break the stigma surrounding men's mental health, encouraging both men and teenagers to express their emotions and needs.

與青躍合辦的活動，希望打破有關男性精神健康的迷思與標籤，鼓勵男性及青少年勇於表達情緒與個人需要。

JC LevelMind@School

賽馬會平行心間（校園版）



Created and funded by The Hong Kong Jockey Club Charities Trust, JC LevelMind has set up eight neighbourhood youth-centric and stigma-free LevelMind Hubs across the city since 2019, providing a comfortable environment for young people aged 12-24 who are facing mental distress. The project engages a multidisciplinary team to provide one-stop, youth-friendly services encompassing preventive measures and early and remedial intervention support, aiming to innovate a participatory youth-friendly mental health service model.

In 2024, JC LevelMind further expanded its support to 130 secondary schools through the establishment of the Student Wellness Club and LevelMind Hub. These initiatives empower students to create bottom-up, student-centred solutions that enhance mental wellbeing on campus, tapping into the vitality and creativity of young people. Mental Wellness Self-management training will also be provided to both students and teachers to jointly build a healthy and caring school.

The JC LevelMind@School project commenced in April 2024, and will run for a total of 40 months, until September 2027. Mind HK is one of the partnering organisations in implementing the project across schools, taking the lead in establishing Student Wellness Clubs and delivering joint-school training on mental health awareness and activity planning for the Clubs' leaders and committee members.

由香港賽馬會慈善信託基金策劃及捐助的「賽馬會平行心間」，自 2019 年起已於全港設立八間以青年為本、無標籤的「平行心間站」，為 12 至 24 歲正面對精神困擾的年青人提供一個舒適、具支援性的空間。計劃由跨專業團隊組成，提供以青年為本的一站式服務，包括預防、早期介入及後續支援，致力創建具參與性及青年友善的精神健康服務模式。

2024 年，「賽馬會平行心間」進一步擴展其支援範圍至 130 間中學，設立「平行心間學會」及「平行心間站」。這些項目鼓勵學生主導、由下而上地提出創新的校園精神健康方案，充分發揮年青人的活力與創意。計劃亦為學生及教師提供「身心健康自我管理課程」，共同打造一個健康關愛的校園文化。

「賽馬會平行心間（校園版）」計劃已於 2024 年 4 月正式啟動，為期 40 個月，將於 2027 年 9 月結束。香港心聆作為合作夥伴之一，負責在學校推行計劃，當中包括成立「平行心間學會」及舉辦聯校精神健康培訓，為學生領袖及幹事提供精神健康知識及活動策劃技能培訓。

2024 Timeline 2024 年時間線

04/2024

Project Commencement 項目啟動

The JC LevelMind@School project officially launched in April 2024. The initial phase focused on team formation, building partnerships, establishing key structures, and strategic planning.

「賽馬會平行心間 (校園版)」計劃於 2024 年 4 月正式展開，首階段集中於團隊組建、建立合作夥伴關係、架構設計及策略規劃。

08/2024

School Recruitment 學校招募

More than 300 student committee members from 42 secondary schools engaged through the JC LevelMind@School programme to support Wellness Clubs in schools.

透過「賽馬會平行心間 (校園版)」計劃，成功招募來自 42 間中學超過 300 位學生幹事，協助在校內成立「平行心間學會」。

10/2024

Formation of the Youth Advisory Committee (YAC) 青年諮詢委員會招募

Recruitment started in August, and the first year of Youth Advisory Committee recruitment was completed in October, with 11 students confirmed as Youth Advisory Committee members.

青年諮詢委員會的招募工作自 8 月展開，並於 10 月完成第一屆委員遴選，共 11 位中學生正式成為青年諮詢委員會成員。



Impact and Achievements 影響與成果

42

secondary schools committed to join the project and 92 schools participated in information webinars.

間學校承諾參與計劃，及 92 間學校參與由多個項目夥伴合辦的計劃簡介網上講座。

314

Student Wellness Club committee members joined our training sessions to enhance mental health awareness and skills in designing and planning wellness activities at school, including Youth Mental Health 101, Youth Mental Health First Aid, Peer Support, and Orientation and Activity Design Training.

位「平行心間學會」幹事參加我們的培訓，加強其在校內推廣精神健康的知識與技能。培訓內容包括：青少年心理健康 101 課程、青少年精神健康急救課程、朋輩支援訓練，以及迎新及活動設計課程。

80

school-wide mental wellness events designed and organised by Student Wellness Club committee members, with guidance from Youth Engagement Officers.

場全校性的身心靈健康活動，由「平行心間學會」幹事在青年協作主任的指導下進行活動設計和組織。

11

11 Youth Advisory Committee (YAC) members were recruited among 31 member applications and 2 rounds of interviews.

位中學生於 31 名申請者及 2 次面試中脫穎而出，正式成為青年諮詢委員會成員。





Testimonials from students 學生分享

The activity really helped me a lot to be connected with my own emotions. It was also fun to learn more about people's emotions.

這個活動讓我學會如何連結自己的情緒，讓我更了解他人的感受。

Ada

I was able to obtain a wider perspective of what mental wellbeing is like.

我對精神健康有了更全面的理解與視角。

Helen

In order to help people, you should take care of yourself first!

只有照顧好自己，才有能力去關心和幫助他人。

Leon

Always respect others, pay attention to your own wellbeing, and it's okay not to do okay.

尊重他人，關愛自己；就算偶爾感到不好，也無需責怪自己，這是很正常的。

Ray



Our Fundraising 我們的募款活動

At Mind HK, we rely on support from the community to sustain our essential services. Our Fundraising and Partnerships Team builds strategic partnerships and connections in the community to fund and provide resources to Mind HK, in order to ensure that accessible mental health support reaches individuals facing challenges across Hong Kong.

有賴社會的支持，香港心聆才能持續提供重要的服務。我們的籌款及夥伴合作團隊努力建立策略夥伴關係並與社會連結，為機構提供足夠資金和資源，確保香港面臨精神健康挑戰的人士都能獲得精神健康支援。

Move It for Mental Health

1,000+

Participants
共 1,000+ 位參加者

The Move It for Mental Health campaign celebrated its seventh year in March 2024 with great enthusiasm. Sponsored by lululemon, this initiative encourages movement and exercise, and highlights its positive effects on mental health. This year's theme invited participants to complete 50km in nature through walking, running, or hiking along scenic trails. With over 1,000 participants, the campaign promoted physical activity and mental wellbeing while fostering a strong sense of community.

為精神健康躍動

HK\$320,000+

Raised
籌得 320,000+ 港元

2024年3月，「為精神健康躍動」計劃迎來七周年紀念。這項活動由 lululemon 贊助，鼓勵運動和鍛鍊，並強調運動對精神健康的正面影響。今年我們邀請參加者透過步行、跑步或徒步的方式，沿著風景優美的步道，在大自然中完成 50 公里的路程。活動吸引了超過 1,000 名參加者，不僅推動了運動與精神健康的結合，並增強社區凝聚力。



In 2024, we organised our first in-person Move It event, a vibrant 5km fun run around the Central Harbourfront, with thanks to the AIA Vitality Hub for hosting the event. This lovely gathering brought together families and corporate teams on a beautiful Sunday morning to enjoy the day while fundraising for those in need. Participants were allocated to different running distances and led by enthusiastic pacers. At the finishing line, attendees took photos and learned more about Mind HK. To enhance the experience, we also invited lululemon trainers for pre- and post-run stretches, making it a feel-good event for everyone involved. We raised over HK\$320,000 from the 2024 Move It campaign as well.

在 2024 年，我們舉辦了首個現場版的「為精神健康躍動」活動——圍繞中環海濱、充滿活力的 5 公里跑步挑戰，感謝 AIA Vitality 健康總部的熱情接待與支持。各個家庭和企業團隊齊聚一堂，享受美好的天氣同時為有需要人士籌款。參加者被分配到不同的跑步距離，並由熱心的配速員帶領。在終點線上，參加者拍照留念，並進一步了解香港心聆的服務。為了提升活動體驗，我們還邀請了 lululemon 訓練員帶領大家進行跑前和跑後的伸展運動，讓每一位參與者都能感受到活動的熱情。在 2024 年「為精神健康躍動」活動中，我們共籌得超過 320,000 港元。





Testimonials from participant 參加者分享

One participant, Thomas, reminisced about that special morning by the Harbourfront. It was his first 5km without stopping, and he felt surrounded by warmth and kindness, despite the chilly air. That day marked a turning point in his life; running became more than just a sport—it became his refuge. Through this journey, he learned to quit smoking, improve his lifestyle, and manage his depression. His newfound passion for trail running led him to set ambitious goals, completing a 50km race, and later a 60km. This transformation even inspired a career change from the music industry to sports nutrition, allowing him to share his journey with others.

其中一位參加者 Thomas 憶起那個身處海濱的特別早晨：那是他第一次馬不停蹄地跑完 5 公里，儘管天氣寒冷，他卻感受到被溫暖和善意包圍。那一天標誌著他人生的轉捩點——跑步不僅是一項運動，更成為他的避難所。在這段旅程中，他開始了戒煙、改善生活方式及處理抑鬱情緒。他對越野跑產生了熱情，並立下遠大目標，完成了 50 公里比賽，後來又完成了 60 公里比賽。這次改變甚至啟發了他從音樂界轉職至運動營養行業，讓他可以與他人分享自己的心路歷程。



Aside from our own Move It campaign, another highlight was the Pici Pasta Run in October. Around 500 runners joined the joyful event in fun costumes, raising over HK\$100,000 to support our services. A huge thanks to Pirata Group and Pici for organising such a meaningful event.

除了「為精神健康躍動」計劃外，另一個矚目活動則是 10 月舉辦的 Pici Pasta Run。約 500 名跑者身穿趣味服飾參加這次歡樂活動，共籌得超過 100,000 港元以支持我們的服務。衷心感謝 Pirata Group 及 Pici 舉辦如此有意義的活動。



Mind HK Mental Health Food Week 香港心聆 - 心聆良食週 2024

100+



Participating
Outlets
參與餐廳及店鋪

Held from 4th to 20th October, this campaign worked with the food and beverage industry to raise awareness about mental health and generate vital funds for mental health care. As Ricardo Chaneton, Chef at one of our participating restaurant partners Salisterra, expressed,

"Mental health in this industry is crucial. We helped to restore people through dining together, and we found enormous joy in doing so."

This lively event involved close to 100 participating outlets, creating a celebratory atmosphere where the community came together to savour delicious meals and engage in exciting activities like a silent auction and raffle, featuring over 100 fantastic prizes. Thanks to the incredible support from our partners and participants, we raised over HK\$388,000.



HK\$388,000+



Raised
籌得 388,000+ 港元

此活動於 10 月 4 日至 20 日舉行，與餐飲業合作，以提升社會對精神健康的關注，並為精神健康服務籌集重要資金。合作餐廳 Salisterra 的主廚 Ricardo Chaneton 提到：「精神健康在餐飲行業中非常重要。我們聚集大眾一起用餐，藉此幫助他們恢復活力，並從中找到極大樂趣。」



這個活動有近 100 間店鋪參與，營造了一個歡慶的氣氛，讓社會各界齊聚一堂，品嚐美味佳肴，並參與無聲拍賣和抽獎等令人興奮的活動，其中包括超過 100 份精彩獎品。感謝合作夥伴及參加者的鼎力支持，我們共籌得超過 388,000 港元。

Eat 
 Talk 
 Mind 

Holiday Appeal Online Fundraiser

網上假日募捐呼籲

59,580+

Reach on Social Media
 社交媒體觸及率達 59,580+

In December, we launched a holiday appeal "Unseen Struggles", which illuminated emotional challenges that go unseen and are so often overlooked. For the first time, we featured the stories of our iACT service users on social media, allowing the public to hear their voices. We are incredibly thankful for their openness and courage in sharing their experiences, and also to our very own colleague Michael Chiu for capturing their photographs so well.



We are also deeply grateful to our kind donors who supported this initiative. One donor shared, **"I donated because I have suffered from mental illness, and I wish I could have had help earlier."** This sentiment echoes the important message of our campaign. Together, we raised over HK\$244,000, which will fund free psychological therapy sessions through our iACT service. Today, we are fostering a strong sense of hope and healing in our community, ensuring that no one has to navigate their mental health struggles alone.

HK\$244,000+

Raised
 籌得 244,000+ 港元

在 12 月，我們發起了「看不見的掙扎」的節日呼籲，揭示那些看不見、經常被忽視的情緒挑戰。我們首次在社交媒體上介紹「社區心活指南」計劃服務使用者的故事，讓大眾聽到他們的聲音。我們非常感謝他們願意開放和勇於分享自己的經歷，也非常感謝我們的同事 Michael 為他們拍下精彩的照片。

非常感謝支持這項計劃的善心捐款者。其中一位捐款者分享：**「我捐款是因為我曾飽受精神疾病的折磨，只希望自己當時能早點得到幫助。」**這份心聲正呼應了這個活動的重要訊息。我們一共籌得超過 244,000 港元，這筆款項將用作資助我們的「社區心活指南」計劃服務，為市民提供免費的心理健康支援。我們正在社區中培養強烈的希望和治療意識，確保沒有人需要獨自面對精神健康的掙扎。

Our Online Presence

我們的網絡足跡

Mind HK aims to promote mental health information through various channels, including social media. Starting in 2024, we are undertaking a major revamp of our social media content with the following goals:

香港心聆致力透過多個渠道推廣心理健康資訊，其中包括社交媒體。自 2024 年起，我們全面更新社交媒體內容，目標如下：

Create Approachable and Accessible Educational Content

製作親切易明的教育內容

Create approachable, digestible educational content with a simplified, reader-friendly layout, featuring simple graphic characters to enhance accessibility and boost engagement.

製作親切易明的教育內容，採用簡潔易讀的版面設計，配合簡單的圖像，提升可及性及互動性。

Develop Timely and Relevant Content for Hong Kong

製作貼近香港本地環境的及時相關內容

Develop timely and relevant content tailored to the Hong Kong context to strengthen our connection with the local community.

製作貼近香港本地環境的及時相關內容，加強與社區的連結。

Go-To Platform for Mental Health Resources

首選資源獲取精神健康資訊

Position our social media platforms as go-to resources for mental health information, practical tools, event recommendations, and updates from Mind HK.

將我們的社交媒體平台定位為精神健康資訊、實用工具、活動推介及香港心聆最新消息的首選資源。

Our Achievements 我們的成就

500+  posts published across social media platforms
篇帖子發布在社交媒體平台上

 **18,360**

followers on Instagram, which was 28.2% higher than that in 2023
名追蹤者追蹤我們的 Instagram，比 2023 年增加了 28.2%

 **5,052**

followers on Facebook, which was 19.1% higher than that in 2023
名追蹤者追蹤我們的 Facebook，比 2023 年增加了 19.1%

5,926 

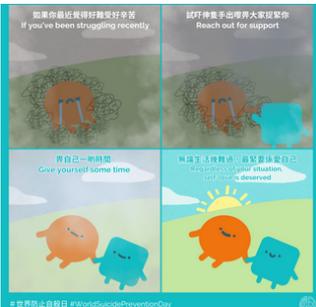
followers reached on LinkedIn, which was 53.7% higher than 2023
5,926 追蹤者追蹤我們的 LinkedIn，比 2023 年增加了 53.7%

719,950+ 

new website users, which was 22.4% higher than that in 2023
超過 719,950 名新網頁使用者，比 2023 年增加了 22.4%

 **371+**

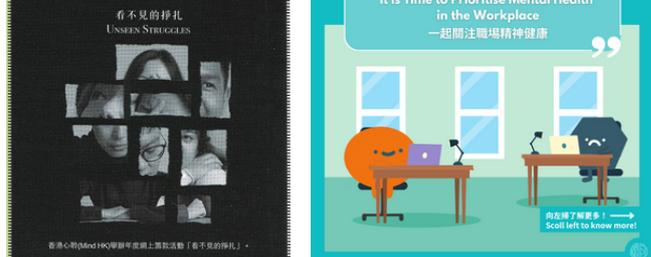
total number of clippings, which was 85% higher than that in 2023
超過 371 篇媒體報導，比 2023 年增加了 85%



面對精神健康問題的人常被扣上有關精神健康的負面標籤...



精神健康一直備受香港社會關注，精神健康服務機構香港心聆(Mind HK)一直積極推動本地精神健康服務發展...



OUR SPONSORS & PARTNERS

我們的贊助商及合作夥伴

Thank you to all our sponsors and donors for your kind support
in making all our work possible.

感謝所有贊助商和捐助者的慷慨支持，讓我們的活動得以實現。

*All sponsors, supporting organisations, and donors are listed in alphabetical order
所有贊助商、支持組織及捐助者名字按字母順序排列

Strategic Partners

策略夥伴



Premium Sponsors and Funders

主要贊助及捐助機構

BORN THIS WAY/
FOUNDATION

Goldman
Sachs
Gives



HEMERA
FOUNDATION

HKEX
Foundation
香港交易所慈善基金



嘉里集團郭氏基金會
KERRY GROUP KUOK FOUNDATION

lululemon



萬寧 mannings

Morgan Stanley



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust



何鴻毅家族香港基金
The Robert H. N. Ho Family Foundation Hong Kong

The Tung Foundation
香港董氏慈善基金會

In addition to the above organisations, thank you to
The estate of Helen Zimmern for being a premium sponsor.

除上述主要贊助外，我們衷心感謝 The estate of Helen Zimmern 成為我們的特別贊助商。

Sponsors and funders

贊助商及捐助機構

The D.H. Chen Foundation
German Consulate General Hong Kong
Health & Happiness (H&H)
Hong Kong Education Bureau
Ophelia Hurst
Reimi Kinoshita
Nikki Ng
Ng Teng Fong Charitable Foundation
Ohel Leah Synagogue Charity
PAG
Rusy & Purviz Shroff Charitable Foundation
Seeds Foundation
Sino Group
Diana White

Supporting organisations and donors

支持組織和捐助者

Chan Wai Yin Elizabeth
The Hong Kong Country Club
Marshall Wace Asia Limited
Robert Rankin

And many more supporting organisations and donors
who have provided invaluable help!
以及其他支持組織及捐助者提供的寶貴幫助！

Thank you for all your support!

感謝你們的支持！

Our Partners

我們的合作夥伴

我們感到十分榮幸能與國際及本地不同的機構緊密合作。
We are lucky to work so closely with international and local organisations.

Partners

合作夥伴

Adega do António The King of Piri Piri Chicken
AIA
AMMO
Athletics Veterans of Hong Kong
Avra
Baptist Oi Kwan Social Service
Blue Supreme
Body Banter
British Council
BYJ
Catholic Ming Yuen Secondary School
Central Health
Central Minds
Clean Air Network
City Mental Health Alliance Hong Kong
Community Business
Concordia Lutheran School
Concordia Lutheran School (North Point)
Crushed Wine Bar
Cruise
Dalton Academy
DETERMINANT
District Health Centre
Diocesan Boys' School
Discovery College
Drawing Room Concepts
DSC International School of Canada
The Education University of Hong Kong
ELCHK Lutheran Academy
ELCHK Tin Shui Wai Integrated Youth Service Centre
Emmer Pizzeria & Cafe
Eve Bliss

Partners

合作夥伴

Exploring Dogs
Fair Employment Agency Limited
Fammate
Feuille
Fittery
Fisholic
FitFam
Five Guys
Flex Studio
Flowga
Fuel Espresso
The Fullerton Ocean Park Hotel Hong Kong
GASA (Global Anti-Stigma Alliance)
Gamway Property Agency LTD
Gertrude Simon Lutheran College
Grind & Brew
Groundswell HK
Green Sense
HandsOn Hong Kong
Harrow International School Hong Kong
Hansik Goo
Heart to Heart
HelperChoice
HELP for Domestic Workers
Heung To Middle School
HKRMA
HKTA Lee Heng Kwei Secondary School
HKU SPACE Po Leung Kuk Stanley Ho Community College
H-Kore
Hogan Coffee
Hong Kong Family Welfare Society
Hong Kong Federation of Women's Centres
Hong Kong Gold Coast Hotel
Hong Kong International Literary Festival
Hong Kong International School
The Hong Kong Metropolitan University
The Hong Kong Polytechnic University
Hong Kong University of Science and Technology

Partners

合作夥伴

Hooman by the Sea
HSBC
InspiringHK Sports Foundation
ioio Ltd.
JEE
Joint Dynamics
Kakure Yen TST
Kellett School
Kowloon True Light School
KUNST EXA Academy
LANE EIGHT
La Creperie, Bistro Breton
The Landmark Mandarin Oriental, Hong Kong
Lingnan Institute of Further Education, Lingnan University
Lui Ming Choi Lutheran College
Maison Kayser
Marymount Secondary School
Matchali
Mayer Brown
McKinsey & Company
Mealthy
Miam Bakery
Mind the Waves
Mind UK
MKMCF Ma Chan Duen Hey Memorial College
Momentum
New Life Psychiatric Rehabilitation Association
Nine One
Nord Anglia International School
NOSH
OCD & Anxiety Support HK
Paper & Tea, Conspiracy Chocolate
PathFinders Limited
Pekoe&Petals
PhysioCentral
PLK Ho Yuk Ching (1984) College
Potion House
PwC

Partners

合作夥伴

Quarks

Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School (QTS)

R&R Bagels

RAW Personal Training

Roganic

RunOurCity

Salisterra

Savour Cinema

S.T.F.A. Leung Kau Kui College

Senpha

Shakespeare4All Co Ltd

Shan Studios

SideBySideSOONER

SOL Committee

SOL Mate Club

St John's Cathedral Counselling Service

Suicide Prevention Services

Supernatural

Taboocha

Tai Kwong Hilary College

Tanuki Innovation

Teen's Key

The Astor

The Continental

The Gym

The Hideout

The Hong Kong Federation of Youth Groups (HKFYG)

The Mental Health Association of Hong Kong

The Mixing Bowl

The Zubin Foundation

Tung Wah Group of Hospitals Lee Ching Dea Memorial College

Twopresents

Urbanroot

Victoria Shanghai Academy

Vision Education Group

WeWork

Whey

Wingman HK

Partners

合作夥伴

WISE

WYNG Foundation

Yan Ping Industrial & Commercial Association (YPICA) Lee Lim Ming College

Yat Tung Heen

Yew Chung International School

Ying Jee Club

YMCA

YMCA of Hong Kong Christian College

Yuen Long Catholic Secondary School

Yung Kee Restaurant

Thank you for all your support!

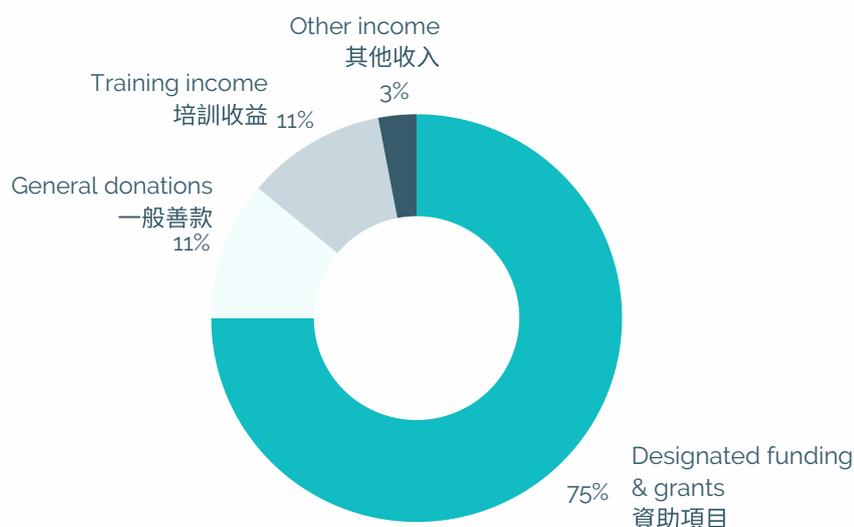
感謝你們的支持！

FINANCIAL HIGHLIGHTS

財政摘要

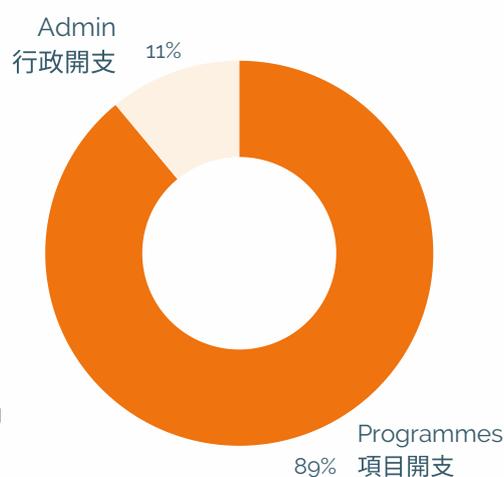
Income by Category 收入分佈

Total Income 總收入 (HK\$) :
\$28,747,054



Expenditure by Category 開支分佈

Total Expenditure 總開支 (HK\$) :
\$27,364,356



Balance sheet as at 31st December 2024

	HK\$
Non-current Assets	
Property, Plant and Equipment	253,893
Current Assets	
Other Receivables & Prepayments	1,878,199
Cash at Banks and in hand	25,425,731
Total Current Assets	27,303,930
Current Liabilities	
Accruals and Other Payables	650,529
Deferred Income	10,917,315
Receipt in advance	326,320
Total Current Liabilities	11,894,164
Net Current Assets	15,409,766
Net Assets	15,663,659
Surplus	15,663,659

OUR TEAM

我們的團隊

By the end of December 2024, our team had expanded to 84 members, including both staff and interns.

至 2024 年 12 月底，香港心聆團隊已增加至 84 名成員，當中包括員工及實習生。

Candice Powell	Chief Executive Officer	行政總裁
Carol Liang	Deputy CEO	副行政總裁
Charlotte Tottenham	Chief Development Officer	發展總裁
Min Huang	Chief Operations Officer	營運總裁
Pinky Tso	Advisor	顧問
Florence Wong	Finance Manager	財務經理
Mia Tse	Acting Office Manager	署理辦公室經理
Bernardette Lee	HR and Administration Officer	人力資源及行政主任
Chloe Wong	HR and Administration Officer	人力資源及行政主任

Clara Kwok	Acting Head of Communications	署理傳訊主管
Nancy Ng	Communications and Events Assistant Manager	傳訊及活動助理經理
Twinky Chan	Communications and Events Assistant Manager	傳訊及活動助理經理
Rose Siu	Communications & Events Assistant	傳訊及活動助理
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Hannah Hwa	Youth Engagement Officer	青年協作主任
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Kelvin Chan	Youth Engagement Officer	青年協作主任
Kelvin Leung	Youth Engagement Officer	青年協作主任
Kris Uy	Youth Engagement Officer	青年協作主任
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Expanded our team from 20 to 80+.
 團隊規模從 20 位擴展至超過 80 位職員。

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