

Fundraise for Mind HK

Fundraising is a fun way to make a real impact!

By supporting us, you enable us to provide free psychological support services, training and more to improve the mental health of Hong Kongers.

Your efforts play a crucial role in expanding access to vital mental health resources, empowering individuals, and fostering a healthier community.

Every contribution helps brighten lives!

If you can raise 2500 HKD

you can help support someone on their recovery journey
by providing access to our free psychological support services.



HOW TO SET UP YOUR FUNDRAISING PAGE ON GIVE ASIA

1 Visit the Mind HK page on Give.Asia
give.asia/charity/mind-hk

2 Select the category that fits your campaign the most

What kind of campaign you'd like to create? I'll give you a couple of ideas. 💡

- 🔥 Take part in an event >
- 👉 Doing your own thing >
- 🎉 Celebrate an occasion >
- 👤 Remember someone >

3 Enter your target, we suggest at least 5000 HKD. Aim high! This can always be changed later.

Rosie @ Give.Asia

Sweet! Now let's set a fundraising target for your campaign 🎯.

Fundraising target

HK\$5,000 HKD

Most campaigns raise between \$2,000 to \$4,000. Go higher if you're feeling ambitious!

P.S. You can always increase your target later on.

NEXT

Fundraise

Interested to fundraise for MIND HK (Mind Mental Health Hong Kong Limited)?

Do more than just giving and create a fundraising campaign for MIND HK (Mind Mental Health Hong Kong Limited).

START FUNDRAISING

4 Scroll down and select "Start fundraising"

5 Give your campaign a name.

Campaign name

Ady is fundraising for Mind HK this Mental Health Day!

E.g. "Ady is fundraising for Mind HK this Mental Health Day!"

6 Add a picture as a banner image.

A picture is worth a thousand words. 📷

An amazing campaign starts with a great picture. You can select one below 📷 or you can upload your own.



UPLOAD

NEXT

All donations go directly to Mind HK with no admin fee!

Photographs of you can always boost your fundraising as it's more personal.

FUNDRAISING INSPIRATION

NEED SOME IDEAS FOR HOW TO FUNDRAISE?
HAVE A LOOK AT OUR LIST BELOW
TO GET SOME IDEAS!



Bake Sales

Why not whip up some treats like pineapple buns or egg tarts? You can sell them at community events or even online. A bake-off featuring traditional recipes could be a lot of fun!



Move It for Mental Health Challenges

How about organising something sporty and active? Like a hike up the Dragon's Back or a fun run around Victoria Park? It's a great way to get active and rally support through entry fees or sponsorships.



Quit Caffeine Challenge

Challenge yourself and your mates to give up milk tea or coffee for a month. You can gather pledges for every day you manage to stick to it — let's see who can go the longest



Set a Clear Goal



Make your fundraising target visible to motivate supporters.

Leverage Social Media



Promote your campaign across platforms to reach a wider audience.

Share Personal Stories



Connect emotionally by sharing your journey and why the cause matters.

If you need help or have any questions, feel free to contact



ady.lai@mind.org.hk / fundraising@mind.org.hk

