

MINDSET HONG KONG

成
果
報
告

IMPACT REPORT 2024



Inclusive communities where everyone is empowered to improve their mental health.

建立共融社會，讓每個人都有能力改善自己的精神健康。

Contents

目錄

1	About MINDSET 關於思健	III
2	Message from our Board 理事會致辭	02
3	2024 at a glance 2024 年概覽	04
4	Our work and impact towards mental health 我們對精神健康的工作及貢獻	06
5	Financials 財務	17
6	Corporate governance 機構管治	18
7	Hear from our partners 合作夥伴留言	20

Contact us

聯絡我們

© 2025 MINDSET Limited
All Rights Reserved

© 2025 思健有限公司
版權所有, 不得翻印



MINDSET@jardines.com



www.mindset.org.hk



@MINDSETHongKong



@mindset-hong-kong

MINDSET Limited

25/F Devon House, Taikoo Place
979 King's Road, Quarry Bay
Hong Kong

思健有限公司

香港鰂魚涌英皇道979號
太古坊德宏大廈25樓

About MINDSET

關於思健



Creating inclusive communities where everyone is empowered to improve their mental health.

建立共融社會，讓每個人都有能力改善自己的精神健康。

MINDSET is a registered charity in Hong Kong founded by the Jardine Matheson Group in 2002. We aim to raise awareness and change perceptions towards mental illness, and support initiatives that foster improved mental health through three approaches: Community partnerships; Fundraising and financial support; Leveraging the Jardines network. In 2011, MINDSET Care was launched to further the Group's impact of mental health in Singapore.

「思健」是怡和集團於2002年在香港成立的註冊慈善組織，旨在提升大眾對精神疾病的認知，改變既有觀念，並藉社區協作、籌款和財務支援，以及怡和集團網絡三方面，推動各類促進精神健康的項目。思健新加坡於2011年成立，以進一步推動集團於當地的精神健康工作。

Our vision

To create inclusive communities where everyone is empowered to improve their mental health.

願景

建立共融社會，每個人都有能力改善自己的精神健康。

Our mission

We empower our network of partners to challenge mental health stigma, raise awareness, and support initiatives that foster improved mental health.

使命

支援網絡內的合作夥伴，挑戰精神健康相關的污名，提高公眾對精神健康的關注，推動各類項目，協助提升精神健康水平。

We lead through corporate stewardship, public education, advocacy and sponsorship, while engaging and collaborating with the mental health community to drive positive change.

我們積極透過企業協作、公眾教育、倡議和資助項目實踐願景，並與精神健康社群緊密合作，帶來正面的改變。

Message from our Board

Mental health is essential to overall well-being, yet in Hong Kong, mental health challenges are on the rise. Children, adolescents, elderly¹, and working adults are significantly affected. For example, over 70% of working adults report at least one experience of work-related mental health issues².

At MINDSET, we are dedicated to addressing the mental health challenges faced by the community in Hong Kong. We contribute by raising awareness, reducing stigma, and supporting initiatives aimed at early intervention and recovery-focused reintegration. By helping to build capacity for mental health services alongside government-provided care, we aim to reduce healthcare burden and increase accessibility for those in need.

The iACT[®] programme is an excellent example of a successful early intervention initiative. The programme was developed by Mind HK with support and funding by MINDSET as a strategic partner. It adopts a stepped care model for mental health services, training Wellbeing Practitioners to help those with mental health issues. Over 70% of participants with clinical levels of depression and/or anxiety showed improvement, and nearly 65% achieved recovery after two or more consultation sessions³. These outcomes have inspired corporate and government partners to pilot the placement of iACT[®] Wellbeing Practitioners, offering free mental health assessments and consultations at private pharmaceutical outlets⁴ and three District Health Centre/District Health Centre Expresses in Hong Kong⁵.

Beyond early intervention, we focus on recovery and reintegration. Initiatives such as our second 7-Eleven franchise store and two in-office coffee corners, Mindbrew, supported by Starbucks Hong Kong's pro-bono barista training, have created job opportunities for persons in recovery. These initiatives equip individuals with the skills and confidence to rebuild their lives and re-enter the workforce.

Despite adverse weather leading to the cancellation of our physical race, our annual fundraising event, Walk Up Jardine House, raised HK\$5 million of in-kind sponsorship and funds through the generosity of sponsors and participants. Over 750 individuals joined the Virtual Race, demonstrating the desire of our corporate partners to improve mental health in the community. We look forward to welcoming the physical race back in 2025.

This report highlights some of MINDSET's key initiatives, which were made possible through the collaboration and trust of our donors, partners, volunteers and teams. As we look ahead to 2025, we will continue to strengthen partnerships, expanding early intervention efforts, building capacity, and fostering inclusivity in the community and workplace. Together, we remain steadfast in our mission to empower individuals to improve their mental health and build a stronger, more inclusive society.

1 The Chinese University of Hong Kong 香港中文大學. (2023, November 29).

2 AXA 安盛香港. (2024, March 6).

3 Mind Hong Kong 香港心聆. (2024, November 22).

4 Mind Hong Kong 香港心聆. (2024, May 10).

5 The HKSAR Government 香港特別行政區政府. (2025, February 6).

理事會致辭

精神健康對社會的整體福祉相當重要，但相關問題在香港正不斷增加。兒童、青少年、長者¹和在職成年人都受到重大影響。例如，超過70%的在職成年人表示曾經歷至少一次與工作相關的精神健康問題²。

思健致力於解決香港社區面臨的精神健康挑戰。思健的貢獻包括提升公眾意識、減少污名化，以及支持以早期介入和復元為本的計劃。我們希望通過支持精神健康服務的能力建設，配合政府提供的服務，減輕醫療負擔並提高有需要人士獲取服務的機會。

iACT[®] 計劃是一個非常成功的早期介入項目，由香港心聆開發，並獲得我們作為策略夥伴的支持和資助。計劃培訓精神健康主任，以分層護理模式協助正在面對精神健康問題的人士。超過70%的參與者在抑鬱和焦慮的臨床指標上有改善，而近65%的參與者在兩次或以上的諮詢後達到康復水平³。這些成果啟發了企業和政府合作夥伴，試行在健康與美容產品連鎖店⁴以及三個地區康健中心/地區康健站⁵提供由iACT[®] 精神健康主任進行評估及諮詢的免費服務。

除了早期介入，思健還專注於復元和重新融入社會的工作。相關舉措包括我們第二間7-Eleven特許經營店，以及Mindbrew計劃，於兩間辦公室設置咖啡站，並由香港星巴克提供義務咖啡師培訓，為復元人士創造就業機會。這些計劃協助復元人士獲得技能及信心，重投職場並重建生活。

我們的年度籌款活動「齊步上怡廈」雖然因惡劣天氣而導致實體賽事被取消，但仍然透過贊助商和參加者的慷慨捐助而籌得500萬港元的善款及實物捐贈。活動共有750名跑手參與虛擬賽事，顯示出我們的企業合作夥伴對改善社區精神健康的熱忱。我們期待在2025年再次迎接實體賽。

本成果報告重點介紹了思健的主要計劃。有賴於我們的捐贈者、合作夥伴、義工和團隊之間的協作與信任，這些計劃才得以推動。展望2025年，我們將繼續加強與合作夥伴關係，擴大早期介入的工作，增強服務能力，並在社區和職場中促進共融性。我們將繼續堅守使命，賦權個人改善精神健康，並建立一個更強大、並互共共融的社會。



Andrew Wong
黃曦嵐
Chairman
主席



Matthew Bland
柏萬輝
Board member
理事會成員



Sherry Wong
王志珊
Board member
理事會成員

2024 at a glance 2024年概覽



HK\$8 million+

funds channelled towards mental health programmes

撥款超過八百萬港元至精神健康項目



HK\$5 million+

cash and in-kind donations raised through Walk Up Jardine House

「齊步上怡廈」籌得超過五百萬港元善款及實物捐贈

31

MINDSET Ambassadors from the 2024/2025 cohort
名2024/25年度思健大使

contributed
貢獻

1,400+

volunteer hours
義工服務時數



8

funded projects
資助計劃數目



22,000+

beneficiaries impacted
受惠人數



Engaged and supported
community partners

17

合作並支持17個社區夥伴



Building capacity & early intervention

能力建構
與早期介入



iACT® Wellbeing Practitioner Programme
iACT® 精神健康主任培訓計劃

46

trained iACT® Programme Wellbeing Practitioners in the 2024/25 cohort

位於2024/25年度完成培訓的iACT®精神健康主任

1,300+

sessions of low-intensity psychological therapy provided

節低密度心理治療

Job training & reintegration

職業培訓與重新融入



7-Eleven Franchise Project
7-Eleven 特許經營店



Mindbrew Café
Mindbrew 咖啡店

50+

persons in recovery received job training

位復元人士接受就業培訓

50%

of hiring capacity for reintegration purposes

的店舖職位為復元人士重返職場而設

Reducing stigma towards mental health

減少對精神健康的污名化



Health in Mind Programme
「Teen使行動 – 青少年思健推廣計劃」

85+

online and in-person activities & workshops for students, teachers, non-teaching staff and parents

與學生、教師、非教職員和家長透過面對面或網上的方式進行了超過85個活動及工作坊



'More Than a Label' Anti-Stigma Campaign
「我就是我」消除污名計劃

40+

Mind HK's Mental Health Ambassadors empowered individuals with their lived experiences of mental health challenges

名心聆大使向大眾分享自己在精神健康挑戰的經歷

Strengthening resilience

加強心理韌性



MINDSET Place
思健園

130+

sessions of recovery-oriented activities arranged for residents

節為舍友安排的復元導向活動



Chinese YMCA – 'Empowering Youth to Fly'
香港中國基督教青年會 – 「青年夢想啟航」

400+

grassroots individuals acquired mental health knowledge

名基層市民獲得精神健康知識

Our work and impact towards mental health

我們對精神健康的工作和貢獻

Building capacity and early intervention

能力建構與早期介入

iACT® impact

社區心活指南計劃® 影響

In recent research under the iACT® project umbrella, among 269 individuals with clinical levels of depression and anxiety:

最近iACT®相關的研究中, 有269位求助者呈現臨床輕微至中等抑鬱或焦慮徵狀:

iACT® Wellbeing Practitioner Programme Improving Access to Community Therapies

社區心活指南® 計劃

As a longstanding partner of Mind HK, MINDSET is also the founding sponsor for the Improving Access to Community Therapies (iACT®) Programme Wellbeing Practitioner Training, continuing our former support for the Youth Wellbeing Practitioner programme. Trained iACT® Wellbeing Practitioners (Wellbeing Practitioners) offer complimentary, short-term assistance both remotely and in-person to local citizens aged 12 to 65 who are experiencing mild to severe anxiety, mild to moderate depression, or emotional distress.

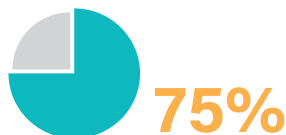
思健與香港心聆建立長期合作關係, 並且是社區心活指南計劃(iACT®)精神健康主任培訓計劃的起始贊助機構。計劃為我們對青少年情緒輔導員培訓的延伸。接受培訓後的 iACT® 精神健康主任, 可為12-65歲、患有輕微至重度焦慮症、輕微至中度抑鬱症或受情緒困擾的人士提供線上及線下免費的短期精神健康支援。



>80%

completed low-intensity psychological treatment

求助者完成低密度心理支援



reported significant symptoms reduction

求助者的情緒症狀有顯著改善



65%

achieved recovery after \geq two sessions

求助者在進行兩次或以上的治療後康復



Improved overall

health, work performance, social functioning and emotional resilience

求助者的整體健康、工作表現、社交功能和認知靈活性方面均有所改善

Since launching in 2022
計劃自2022年正式啟動以來

125

practitioners graduated
名學員完成受訓並畢業

5,600

individuals supported
through workshops and
individual sessions
名有需要人士透過工作坊及
一對一支援服務獲得支援

Pilot placement of iACT® Wellbeing Practitioners iACT®精神健康主任的工作實踐

MINDSET and Mind HK envision building capacity and expanding reach for mental health services:

Mind HK was appointed as a service provider of the Hong Kong government's Healthy Mind Pilot Project. Wellbeing Practitioners who graduated from the iACT® training will deliver free, initial mental health assessments to members of the public, and evidence-based low-intensity psychological therapy according to the needs of those with mild to moderate symptoms of anxiety and depression.

Mannings HK collaborated with Mind HK to become the first community pharmacy in Hong Kong to pioneer complimentary 'Wellbeing Check-in' services. Individuals can access mental health consultation by iACT® Wellbeing Practitioners at designated Mannings stores.

思健與香港心聆的願景是建構精神健康服務能力並擴大其覆蓋範圍：

香港心聆被香港政府委任為「健康心靈先導計劃」的服務提供機構。經iACT®培訓的精神健康主任會在試行在地區康健中心為市民提供免費的精神健康初步評估，並按需要向有輕微至中度焦慮或抑鬱症狀的市民提供實證為本的低密度心理治療。

香港萬寧亦與香港心聆合作成為全港首家連鎖社區藥房提供免費「精神健康諮詢」。有需要人士可於指定萬寧門市接受由iACT®精神健康主任提供的精神健康評估。

Dr. Candice Powell 凌悅雯博士
Chief Executive Officer, Mind HK
香港心聆行政總裁



"Mind HK has consistently dedicated its efforts towards reducing mental health stigma and improving access to evidence-based psychological support. The support from MINDSET is crucial as we strive to scale these meaningful initiatives, fostering more collaboration to build a more 'mental health friendly' society in Hong Kong.

"Our goal is to ensure that no one has to face mental health challenges alone. We look forward to continuing this partnership with MINDSET, creating more synergies to co-create and transform our society."

「香港心聆一直致力於減少精神健康的污名與普及提供實證為本的心理支援。思健對我們的支持，有助我們努力擴大這些有意義的活動，促進更多合作，以在香港建立一個更『精神健康友好』的社會。

我們的目標是確保沒有人需要獨自面對精神健康的挑戰。我們期待延續與思健的夥伴關係，建立更多的協同效應，共同創造和改變我們的社會。」

Job training & reintegration

職業培訓與重新融入

Since 2022
自2022年起

34

persons in recovery
received training
位復元人士接受培訓

50%

of hiring capacity for
reintegration purposes
的店舖職位為復元人士
重返職場而設

Nicole

Store Assistant at Tseung Kwan O Store
將軍澳店舖助理



7-Eleven franchise project expands

特許經營店項目擴展

On 2 December 2024, MINDSET took over our second 7-Eleven franchise at The Education University of Hong Kong, employing persons in recovery as 50% of its workforce. This store offers job training and supports their reintegration into the workforce and community. In partnership with MentalCare Connect Co Ltd, a subsidiary of the Mental Health Association of Hong Kong, this initiative promotes sustainable employment and inclusivity. Our first store at Tseung Kwan O Hospital has already created jobs for over 30 persons in recovery, making up more than 50% of its workforce.

思健於2024年12月2日在香港教育大學接管了第二間7-Eleven特許經營店，現時有一半員工為復元人士。店舖提供培訓和就業機會，以幫助復元人士重返職場和社區。我們與香港心理衛生會附屬的明途聯繫有限公司合作，推動可持續的商業模式，促進包容性。首間特許經營店位於將軍澳醫院，已為超過30名復元人士提供就業機會，店內超過50%的員工為復元人士。

「這份工作改變了我的人生，擁有互相支持的同事和熟客都幫助我克服恐懼，建立自信。我學到了溝通和準確性的重要技能，這些技能對我的工作與個人生活都有正面影響。我相信建立連繫，並在同事與顧客之間擔當橋樑角色，是我們成功的關鍵。」

(Translated from original quote above) ↑

"This job has transformed my life, helping me overcome my fears and build confidence with the help of supportive colleagues and regular customers. I've developed vital skills in communication and accuracy, which have positively impacted my workplace and personal life. I believe that fostering connections and serving as a bridge between colleagues and customers is key to our success."



Mindbrew is an inclusive workplace café initiative by MINDSET, supported by Baptist Oi Kwan Social Service, to empower persons in recovery to reintegrate back into workforce. In 2024, Mindbrew took a step forward by launching a new workplace café at DFI Retail Group's office. Thanks to the generous support of Starbucks Hong Kong, ten persons in recovery received pro-bono training, equipping them with barista skills.

Mindbrew launches in workplaces

Mindbrew 於辦公室設立咖啡站

Through physical locations at DFI Retail Group, Jardine Restaurant Group, and roadshows, Mindbrew raises awareness of the importance of mental health. By showcasing the talent and abilities of our baristas, we aim to change perceptions and promote a more inclusive society.

10

persons in recovery received training

位復元人士接受培訓

「Mindbrew」是由思健成立的共融職場咖啡站計劃，並得到浸信會愛群社會服務處的支持，旨在賦能復元人士重新融入職場。2024年，Mindbrew 踏出了新的一步，在DFI零售集團的辦公室開設了全新的咖啡站。在星巴克香港的慷慨支持下，10名復元人士接受了免費的咖啡師培訓，掌握了沖泡咖啡技能。

50%

of hiring capacity for reintegration purposes

的店舖職位為復元人士重返職場而設

Mindbrew 通過在DFI零售集團和怡和餐飲集團的實體店，以及路演活動，提高了公眾對精神健康重要性的認識。我們希望透過展示咖啡師的才能和能力，從而改變大眾的觀念，促進一個更具包容性的社會。



Chris Wong (alias 化名)
Mindbrew Barista
Mindbrew 咖啡師

「沖泡咖啡帶給我快樂，而顧客的正面反饋讓我感到被重視。這段培訓不僅提升了我的技能，還重新賦予我在這個社區的使命感。」

(Translated from original quote above) ↑

"Brewing coffee brings me joy, and the positive feedback from customers makes me feel valued. The training has not only sharpened my skills but also given me a renewed sense of purpose in a supportive community."

Reducing stigma towards mental health

減少精神健康的污名化



'More Than a Label' Anti-Stigma Campaign shares mental health lived experiences

「我就是我」消除污名計劃分享過來人經驗

Launched in partnership with Mind HK in 2023, the 'More Than a Label' Anti-Stigma Campaign is a three-year initiative by MINDSET and Mind HK, aimed at reducing mental health stigma. The programme empowers individuals with lived experiences of mental health struggles to share their stories through diverse mediums. To date, the initiative has recruited over 160 mental health ambassadors and hosted over 110 public events, significantly elevating public comprehension around mental health challenges and the journey to recovery.

思健與香港心聆於2023年合作推出為期三年的「我就是我」消除污名計劃，旨在減少有關精神健康的污名。計劃鼓勵參加者以不同的媒介分享自身經歷。計劃至今已招募超過160位心聆大使及舉辦超過110場公眾活動，希望藉此提升公眾對精神健康困擾及復元過程的理解。

Health in Mind Programme reduces mental health stigma among students

「Teen使行動 – 青少年思健推廣計劃」減少學生對精神健康的成見



Launched in 2002, in collaboration with Kwai Chung Hospital under the Hospital Authority, the Health in Mind (HIM) Programme promotes mental health awareness and reduces stigma across secondary schools in Hong Kong by enhancing mental health knowledge using a whole-school approach. Over 85 workshops and talks were completed in schools throughout the year.

MINDSET organises an annual joint-school volunteering activity to empower students and teachers, MINDSET Ambassadors, Jardines' volunteers, and persons in recovery to nurture inclusivity through collaborative games and apply what they have learned from the programme.

「Teen使行動 – 青少年思健推廣計劃」於2002年啟動，與醫院管理局轄下的葵涌醫院合辦推出，以全校參與模式，向香港中學推廣精神健康知識，從而提高學生對精神健康的關注，並減少對精神健康的成見。本年度在參與學校舉辦了超過85場工作坊及講座。

思健每年舉辦聯校義工活動，目的是讓參加者能夠在不同情景及活動中學以致用。學生、教師、思健大使、怡和義工和復元人士共聚一堂，通過合作遊戲培養共融精神。

Strengthening resilience

加強心理韌性



MINDSET Place offers transitional residential care for persons in recovery

思健園為復元人士提供過渡住宿照顧

MINDSET Place is a self-financed hostel funded by MINDSET and managed by the New Life Psychiatric Rehabilitation Association. 38 residential places are provided. MINDSET Place offers affordable, high-independence residential services for persons in recovery. A multidisciplinary team, including occupational therapists, social workers, and nurses, helps residents reintegrate into society through self-care skills training, peer network building, vocational counselling, family intervention, etc. In 2024, over 130 sessions of recovery-oriented activities were arranged for the residents.

思健園是一間自負盈虧，由思健資助，新生精神康復會營運的院舍。院舍設有38個宿位，為有需要的復元人士提供自主獨立以及可負擔的住宿生活。由職業治療師、社工和護士組成的跨專業團隊，透過自我照顧技能訓練、同儕網絡建立、職業諮詢、家庭介入等方式，幫助舍友重新融入社會。在2024年，院舍為舍友安排了超過130場復元導向活動。

'Empowering Youth to Fly' benefits families

「青年夢想啟航」提供家庭支援



The Chinese YMCA of Hong Kong commenced the 'Empowering Youth to Fly' Mental Health Enhancement Project in 2023 with funding support from MINDSET. The programme aims to nurture resilient families through diverse psychosocial activities, peer support, and community resources, empowering individuals to navigate life's challenges. This two-year programme is dedicated to supporting youth and community members in the Yau Tsim Mong and Sham Shui Po districts, serving about 2,800 people and strengthening their mental health safety nets.

香港中國基督教青年會於2023年在思健的資助下推行「『青年夢想啟航』- 精神健康社區計劃」。計劃旨在提升家庭面對逆境的能力，透過舉辦各樣心理社交健康活動，同時提供朋輩及社區支援，讓家庭能應對生活中的挑戰。為期兩年的計劃主要為油尖旺及深水埗之青少年及社區人士提供支援，預計服務近2,800人次並擴展其精神健康安全網。

Strengthening our voice

加強推廣

60+

corporate sponsors
間企業贊助

16

community partners including NGOs, social enterprises and schools committed to participate

個社區夥伴參與，包括社福機構、社企及學校

750+

runners participated in the virtual race

名跑手登記參與虛擬賽

HK\$5 million

raised for mental health (includes monetary and in-kind donations)

為精神健康籌得超過50萬港元(包括金錢及實物捐贈)

Walk Up Jardine House 2024 celebrates mental health among corporates

「齊步上怡廈2024」與企業共同慶祝精神健康

Walk Up Jardine House 2024, themed 'Level Up Your Mind & Body,' emphasised the connection between physical and mental health. The event featured a two-week virtual race where corporate partners scaled Jardine House using stepper machines in their offices, promoting well-being through daily exercise and fostering office camaraderie. Although the physical race was cancelled due to adverse weather, MINDSET organised an Appreciation Ceremony to honour corporate sponsors and community partners while celebrating the virtual race winners.

The event raised HK\$5 million in cash and in-kind sponsorships, supporting local mental health non-governmental organisations (NGOs) and initiatives. This achievement reflects our partners' dedication to building a healthier, more inclusive community.

2025 marks the 40th anniversary of the iconic Walk Up Jardine House. We look forward to meeting our partners at the Physical Race and Carnival, furthering our mission to promote mental health awareness and drive positive change together.

齊步上怡廈2024以「強健身心」為主題，強調身心健康之間的連繫。活動包括為期兩周的虛擬賽，企業夥伴在辦公室內使用踏步機模擬攀登怡和大廈，通過日常運動促進身心健康，並促進同事間的互動。實體賽雖然因天氣惡劣而取消，思健特意舉辦感謝典禮，向企業贊助商及社區夥伴致謝，並同時表揚虛擬賽的優勝者。

活動共籌得500萬港元的善款及實物捐贈，以支持本地精神健康的社福機構以及相關倡議。這項成就反映我們的合作夥伴致力於建立一個更健康、更包容的社區。

齊步上怡廈將於2025年邁入40周年。思健期待在實體賽和嘉年華中與大家見面，並進一步實踐我們的使命，推廣精神健康意識，共同推動正面改變。



Diamond sponsors 閃鑽贊助



Major sponsors 主力贊助



Diamond & venue sponsor 閃鑽及場地贊助



Supporting organisations 支持機構



Harnessing the power of people

善用人力資源



From left to right:

Mr. Leong Cheung, Former Executive Director of Charities & Communities of The Hong Kong Jockey Club and Co-Founder and former Chairman of social enterprise RunOurCity

Dr. Lam Ching Choi, SBS, JP, Chairman of the Advisory Committee on Mental Health

Prof. Sophia Chan, GBS, JP, Former Secretary for Food and Health, Professor in Nursing, and Senior Advisor to the President's Office of The University of Hong Kong

Mr. Matthew Bland, Group Director and General Counsel of Jardine Matheson and Board Member of MINDSET

Knowledge sharing from social leaders

社會領袖知識分享

In March, MINDSET hosted a mental health panel discussion at Jardine House on 'Building an Inclusive Society: Empowering Voices for Mental Health'. Distinguished speakers, MINDSET leaders, partners, and Ambassadors discussed the connection between mental health and well-being, the significance of collaboration between various stakeholders, and technology's transformative potential in shaping Hong Kong's mental health landscape. The panel also addressed identifying mental health risks in workplaces and communities and explored innovative strategies for promoting long-term mental well-being.

思健於3月份在怡和大廈舉辦了「建立包容社會：為精神健康發聲」座談會。嘉賓講者、思健領袖、合作夥伴，以及思健大使探討精神健康和福祉之間的聯繫、持份者合作的重要性，以及科技在塑造香港社會精神健康面貌方面的轉型潛力。座談會還討論了如何識別工作場所和社區中的精神健康風險，以及促進長遠精神健康的創新策略。

由左至右：

張亮先生，前任香港賽馬會慈善及社區事務執行總監，社會企業「全城街馬」創辦人之一及前任主席

林正財博士，SBS, JP, 精神健康諮詢委員主席

陳肇始教授，GBS, JP, 前食物及衛生局局長，護理系教授，香港大專校長辦公室資深顧問

柏萬輝先生，怡和集團董事及總法律顧問，思健理事會成員

MINDSET Job Fair connects employers and persons in recovery

思健招聘日連繫僱主及復元人士



The MINDSET Job Fair connects employers and NGO partners with persons in recovery, offering diverse employment opportunities. It facilitated connections between nine NGOs and seven companies. To support participants, our volunteer trainer experienced in talent management conducted workshops on resume writing and interview skills. Companies also arranged booths to share insights on job market demands, helping participants prepare to reintegrate into the workforce and reach their full potential.

思健招聘會聯繫僱主和社福機構合作夥伴，為復元人士提供多元的就業機會。此次招聘會成功召集9間社福機構以及7間公司參與。為了支援求職者，我們舉辦由資深的人才及文化專家義工主講的履歷培訓和面試技巧工作坊。此外，各間公司也設置攤位，提供當前就業市場需求的寶貴見解，幫助參與者為重投職場做好準備，並充分發揮他們的潛力。

Volunteering network

義工網絡



The MINDSET Ambassadors Programme, launched in July 2023, unites passionate and driven individuals from across the Group to actively support MINDSET and the community through three key pillars: Education, Fundraising, and Job Training & Social Enterprise.

Equipped with mental health first-aid training, our ambassadors collaborate closely with the MINDSET team to design, execute, and support impactful mental health initiatives, fostering sustainable social change. They also champion the importance of mental health by engaging stakeholders across the Group, including business and community partners.

思健大使計劃於2023年7月啟動，旨在團結怡和集團內有意為精神健康作出貢獻的同事，透過三大支柱積極支持思健和社區工作，當中包括：教育、籌款，職業培訓和社會企業。

我們的思健大使接受精神健康急救培訓後，思健團隊一同設計、執行和支持具影響力的精神健康計劃，促進可持續的社區改變。作為思健的代言人，他們透過與集團內持份者包括商業和社區夥伴的互動來倡導精神健康的重要性。

MINDSET Ambassadors — Cohort 2023/2024

思健大使 — 2023/2024年度

Lillian Chan	Heron Lam	Vivian Tse
Tracy Chan	Ricky Lau	Corey Tsui
Alice Cheng	May Lee	Jay Wong
Tiffany Cheung	John Leung	Drusilla Wong
Dave Chik	Karen Leung	Christie Yeung
Chung Chan	Coey Liang	Judy Yeung
GQ Ho	Anakin Liu	Kris Yip
Vicky Ho	Jessica Liu	Irene Yip
Dorcas Lai	King Mak	Iris Yip
Carmen Lam	Perry Ngai	

MINDSET Ambassadors Programme

思健大使計劃

Ambassador of the Year — Chung Chan

Q: Can you tell us about your role as a MINDSET Ambassador?

A: Receiving the Outstanding MINDSET Ambassador (MA) Award 2023-2024 motivated me to continue with the MA Programme for a second year. This journey has been inspiring, allowing me to promote mental health in Hong Kong while becoming more mindful of my well-being and that of others.

I've organised activities connecting secondary school students with persons in recovery. I also had the opportunity to support impactful events like Walk Up Jardine House to raise funds for mental health initiatives. This experience has boosted my confidence, improved my communication skills, and deepened my understanding of mental health. I am grateful for this opportunity and am committed to supporting those around me with empathy and care.

Q: In what ways do you believe volunteering contributes to building a positive corporate culture and fostering employee engagement?

A: Volunteering activities are crucial in building a positive corporate culture by showcasing our commitment to community care, promoting positive values, and raising awareness for the underprivileged. Collaborating with social enterprises and NGOs fosters collective participation and opens up new opportunities to make a meaningful impact. These initiatives boost staff cohesion and teamwork and provide employees with valuable growth experiences, creating a stronger sense of belonging within the company. Additionally, volunteering offers learning opportunities that enhance competencies, enabling employees to bring fresh perspectives and skills to their day-to-day work.



年度大使 — 偉聰

問：你能告訴我們你作為思健大使的角色嗎？

答：今年是我參加思健大使計劃的第二年，我很榮幸在最近的感謝與慶祝典禮上獲得了2023-2024年度傑出思健大使獎。能夠參與這個有意義的事業，支持在香港推廣精神健康倡議，並更關注自己和周圍人的精神健康，對我來說是一種榮幸。

我的角色主要涉及舉辦活動，促進中學生與復元人士之間的互動。此外，我們還支持年度慈善活動「齊步上怡廈」，旨在籌集資金以支持精神健康活動和服務。這些經驗增強了我的自信心和溝通技巧，亦加深了我對精神健康的認識。我非常感謝這次機會，並會繼續致力於以同理心和關懷來支持身邊的人。

問：在你看來，義工服務在建立積極的企業文化和促進員工參與方面有何重要作用？

答：義工活動在提升公司的形象、展示我們對社區關懷的承諾以及推廣正面價值觀方面發揮了重要作用。這些舉措不僅展示了我們對弱勢群體的關注，還有助於提高公眾對弱勢群體的認識和支持。此外，通過與各種社企和社福機構的合作，公司還可以提升的聲譽，創造新的商機，同時增強品牌價值。最後，義工活動促進了員工之間的凝聚力，通過與不同人互動，從而改善溝通和團隊合作。義工活動為員工提供更多學習和成長的機會，為日常工作帶來新的視角和技能。

Financials

財務

Financial figures are subject to the final result of the year-end audit review.

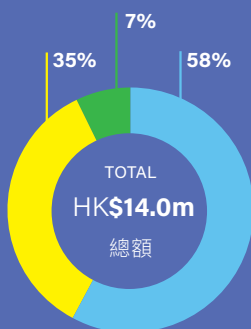
財務數據以年末審計結果為準。

MINDSET prioritises transparency, accountability, and strategic financial management to maximise the impact of every donation. A dedicated sub-committee ensures funds are allocated to mental health-focused initiatives based on beneficiaries' needs. The Board and Executive Committee receive regular updates on fund allocation, while the treasurer provides strategic oversight to monitor financial outcomes and optimise resource deployment for community impact. Governance is reinforced through annual audits, monthly financial reporting, and budget oversight.

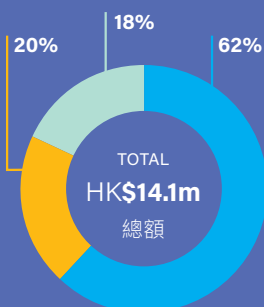
Since establishment in 2002, MINDSET has donated HK\$127.4 million to local mental health NGOs and initiatives.

思健致力於透明度、問責性與策略性財務管理，力求令每一筆捐款發揮最大的影響力。專門的委員會負責監督撥款過程，確保資金用於關注精神健康的項目和滿足受患者的需求。董事會和執行委員會定期更新資金分配情況，並由指定的財務主管提供策略監督，以確保透過持續監控我們的財務決策結果、實現捐贈的價值以產生積極影響並進行改善我們服務的社區所需的改變，有效地部署資源。年度審計、每月財務報告及預算管理則進一步強化了我們對管治的承諾。

自2002年成立以來，思健已向本地精神健康相關的社福機構和倡議捐款1.27億港元。



Income sources for FY2024	2024 財政年度收入來源	HK\$m 百萬港元
Contributions from Jardines companies	來自怡和集團業務的捐助	8.1m
Corporate donations	企業捐助	4.9m
Donations from general public and others	公眾及其他捐助	1.0m



Expenditure allocation for FY2024	2024 財政年度支出分配	HK\$m 百萬港元
Funded projects / programmes	資助項目/計劃	8.8m
Publicity and advocacy	宣傳及倡導	2.5m
Administration	行政	2.8m

Corporate governance

機構管治

The Board and Executive Committee convene quarterly to review the progress of MINDSET's initiatives and refine its strategic direction. These leaders contribute their expertise, resources, and oversight to ensure MINDSET operates effectively and delivers meaningful support to the mental health community.

理事會及執行委員會每季度召開會議，檢討思健項目的進展情況，並完善其策略方向。理事會及執行委員會成員貢獻其專業知識、資源及監督，確保思健有效運作，並為精神健康社群提供有意義的支持。

Change of governance

管治改變

For more details, please refer to the MINDSET website's [Governance](#) section.

詳情請瀏覽思健網站的[管治](#)部份。

MINDSET's Board provides strategic direction and fosters partnerships to ensure the success of our initiatives. During monthly meetings, the Board works closely with the MINDSET team to align efforts with our mission and goals.

This year, we are pleased to announce a transition in our governance structure. Ms. Sherry Wong, our new Board member, brings valuable experience and insights that will enhance our efforts to promote mental health awareness, provide impactful support, and build a more inclusive community. We also profoundly thank our former Board member, Mr. Max Sunarcia, for his dedication and significant contributions to MINDSET.

Our Board

我們的理事會

思健的理事會負責提供策略性指導，並促進各項合作計劃，以確保我們的倡議能取得成功。理事會於每月會議中與思健團隊緊密合作，確保各項工作與我們的使命和目標保持一致。

今年，我們欣然宣布在管治結構上迎來新轉變。新任理事會成員王志珊女士擁有豐富的經驗和專業見解，將進一步提升我們在推動精神健康意識、提供有影響力的支持及建立更具包容性和支援性的社區方面的努力。我們同時衷心感謝前任理事會成員蘇政勇先生對思健使命的全心投入及重要貢獻。

Andrew Wong

黃曦嵐

Chairman / MINDSET

CEO, Health & Beauty /
DFI Retail Group

思健主席

DFI零售集團健康與美容產品
業務總裁

Matthew Bland

柏萬輝

Board member / MINDSET

Group Director and
General Counsel /
Jardine Matheson

思健理事會成員

怡和集團董事及總法律顧問

Sherry Wong

王志珊

Board member / MINDSET

General Manager,
Building Operations /
Hongkong Land

思健理事會成員

置地公司物業營運總經理

Our committee members

委員會成員

The **Executive Committee** serves as an advisory body, providing guidance and support to ensure the charity operates effectively and remains aligned with its mission. Our Board and Executive Committee members extend their involvement by leading a sub-committee, ensuring clear leadership and alignment with MINDSET's strategic goals.

執行委員會擔當諮詢角色，提供指導和支持，確保思健有效運作並與其使命保持一致。每個小組委員會均由理事會及執行委員會的成員領導，確保清晰的領導方向及與思健策略目標的一致性。

Executive Committee members

執行委員會成員

Azel Han
Ian Law
Danny Luk
David Walker

Hubert Wong
Natalie Wu
Lucy Zhou
Hayly Leung
(Stepped down in 2024)

Sub-Committees members

小組委員會成員

Sub-committees are composed of like-minded and skilled peers across Jardines who meet regularly with the MINDSET team to explore ideas, think critically and promote the implementation of MINDSET initiatives. Four sub-committees are focused on communications, fund allocation, job training & social enterprise, and volunteering respectively.

小組委員會由怡和集團內志同道合且具專業技能的同事組成，定期與思健團隊會面，進行深入的批判性思考和探索，討論及促進落實精神健康相關的計劃。四個小組委員會分別專注於傳訊、捐款分配、職業培訓及社會企業，以及義工。

Gary Au
Venus Chan
Eric Choi
Ian Choy
Georgina Ho
Marissa Hu
Ben Huang
Maribeth Janikowski
Jayla Kan

Iris Lam
Joanna Lam
Lily Lau
Alan Lee
Jason Lee
Kandy Mak
Maureen Ting
Alice Wong
Yolice Wu

Hear from our partners

合作夥伴留言

Get involved

Partner with MINDSET and support the mental health community.

Email us at mindset@jardines.com.

參與其中

有意與思健合作或支持精神健康社群，

請電郵至 mindset@jardines.com。

Young people are generally more willing to discuss mental health topics, so it is particularly appropriate for the new generation to start this conversation, preventing problems before they occur.

年輕人群體普遍更願意談論精神健康話題，故尤為適合從新世代著手，防患於未然。

Sean Deehan
丁文生先生

Hong Kong and Macau Leader, WTW
韋萊韜悅香港及澳門區負責人

Thank you MINDSET for leading the collaboration between 7-Eleven and MentalCare Connect Co Ltd. Through 7-Eleven's mature operational management system and the support of MINDSET in funding and the support of professional volunteers, combined with MentalCare Connect's twenty years of experience in employing persons in recovery, we are collectively creating a brand-new operational model that generates more employment possibilities for those in recovery.

感謝「思健」牽頭促成7-Eleven與「明途聯繫」的合作。透過7-Eleven成熟的營運管理系統及「思健」在資金和專業義工的支持下，加上「明途聯繫」二十年來聘用精神復元人士的經驗，共同創造一個嶄新的營運模式，為復元人士就業製造了更多可能。

Chung Wai Shing
鍾偉成先生

CEO,
MentalCare Connect Co Ltd
明途聯繫有限公司行政總裁

Eddie

Mental Health Ambassador and
Board Advisor, Mind HK
心聆大使及香港心聆董事會顧問

We are proud to support the 'Walk Up Jardine House' organised by MINDSET. Our participation underscores UOB's commitment to making a meaningful impact in the community. Together, we foster a healthier and more sustainable future, inspiring individuals to embrace wellness and engagement. Thank you for having us on this important journey. Let us continue to keep the good going.

我們很高興支持由「思健」舉辦的「齊步上怡慶2024」活動。我們對活動的支持彰顯了大華銀行對於社區貢獻的承諾。我們期望與社會各界並肩前行，締造一個更健康和可持續的未來，激勵每個人支持健康和社區參與。感謝「思健」讓我們參與這個重要的旅程。讓我們一起繼續為社區帶來正面影響。

Adaline Zheng
鄭澐女士

CEO,
UOB Hong Kong
大華銀行(香港)行政總裁

It's okay to not be okay. Asking for help is a sign of strength, not weakness.

不好也沒關係。求助是堅強而非軟弱的表現。

MINDSET charity is recognised for its lasting commitment to promoting mental health in Hong Kong and to empower our MINDSET Place to provide quality residential services. Through school-community collaboration, volunteer services and other initiatives, MINDSET responds to the holistic needs of people in recovery of mental illness. We look forward to maintaining a close partnership with MINDSET to improve the mental well-being of the Hong Kong population and to foster an inclusive community for all.

怡和集團透過「思健」致力於香港推廣精神健康，並支持本會的思健園提供優質的住宿服務。「思健」亦通過社校合作計劃及義工服務等不同項目，以回應精神復元人士的整全需要。我們期望與「思健」保持緊密合作，提升香港市民的精神健康，一同建構共融社區。

Chiu Sai-ming, Thomas
朱世明先生

Chief Executive Officer,
New Life Psychiatric
Rehabilitation Association
新生精神康復會行政總裁

Karl Lau
劉俊泉先生

General Secretary,
Chinese YMCA of Hong Kong
香港中華基督教青年會總幹事

At EY, we believe in the power of collaboration to drive positive change. Joining Walk Up Jardine House for the ninth consecutive year, we are proud to support MINDSET and contribute to initiatives that promote mental health and well-being in our community. Together, we can create a brighter future.

在安永，我們相信合作的力量能夠推動積極的變化。連續第九年參加「齊步上怡廈2024」活動，我們很自豪能支持「思健」，並為促進社區精神健康和福祉的倡議作出貢獻。讓我們攜手創造更美好的未來。

Jasmine Lee
李舜兒女士

Managing Partner,
Hong Kong and Macau, EY
安永香港及澳門區主管合夥人

Scott Simpson

President, Hong Kong & Macau,
Chubb
安達保險香港及澳門地區總裁

Recent years have seen an increased public attention on mental health. We thank MINDSET for sponsoring our 'Empowering Youth to Fly - Mental Health Enhancement Project', which provided support services to underprivileged youth and families in Yau Tsim Mong and Sham Shui Po. Together, we have strengthened community connections and raised awareness of mental health.

近年來，公眾對精神健康的關注日益增加。感謝思健贊助我們的「青年夢想啟航 - 精神健康社區計劃」，為油尖旺及深水埗的基層家庭及學生提供支援服務。我們攜手加強了社區聯繫，並提升了對精神健康的認識。

Chubb is proud to support the mental health of the Hong Kong people through sponsoring the Walk Up Jardine initiative of MINDSET. Together we hope to raise the awareness of the importance of mental health and encourage people to lead a balanced life.

安達保險很自豪能通過贊助「思健」舉辦的「齊步上怡廈2024」活動來支持香港市民的精神健康。我們希望共同提高大眾對精神健康重要性的認識，並鼓勵大家過上健康的生活。

Contact us

聯絡我們

Visit us at

思健網頁

www.mindset.org.hk

Follow us on LinkedIn

緊貼我們的最新消息

@mindset-hong-kong

Support us

支持我們

© 2025 MINDSET Limited
All Rights Reserved

© 2025 思健有限公司
版權所有, 不得翻印

