

MINDSET HONG KONG

# 成果報告 IMPACT REPORT 2023



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。

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聯絡我們

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# 2023

## at a Glance

2023 概覽



Over  
**HK\$13 million**

channelled towards  
mental health initiatives

撥款超過一千三百萬港元  
於精神健康的計劃

Over  
**HK\$5 million**

raised through major  
fundraising events

於主要籌款活動中籌得  
超過五百萬港元



Some 約  
**24,000**  
beneficiaries impacted  
名受惠者

**8**  
funded projects  
個資助的項目



**16**  
NGOs engaged and supported  
個已支援的社福機構

**30**  
MINDSET  
Ambassadors  
名思健大使

contributed near to  
共貢獻了近

**520**  
volunteering hours  
義工服務時數



# About MINDSET

## 關於思健

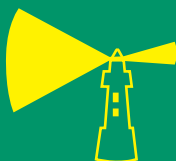


**Inclusive communities where everyone is empowered to improve their mental health.**

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 ('Jardines' or 'the Group') in 2002. Operating in Hong Kong and Singapore, we aim to raise awareness and change perceptions towards mental illness, and support initiatives that foster improved mental health through our three focus areas: Community partnerships; Fundraising and financial support; Leveraging the Jardines network.

思健是怡和集團（「怡和」或「集團」）於二零零二年在香港成立的註冊慈善組織。思健在香港和新加坡均設辦事處，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，以及怡和網絡之力量三方面，推動各類項目，協助提升精神健康水平。



### Our vision

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

### 願景

建立共融社會，讓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，以協助提升精神健康水平。

We lead through corporate stewardship, 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。

## Strategic Direction

### 策略發展方向

We leverage the collective power of Jardines to increase mental wellbeing in Hong Kong and in the communities in which we operate.

我們利用怡和的集體力量，以改善香港及集團業務所在社區的精神健康。



#### Structured funding & partnership models

We ensure effective spending and expansion of our partnership network to promote synergies.

#### 建立有組織的資助和協作模式

有效地投放資源和拓展合作夥伴網絡，以充分發揮協同效應。



#### Strengthen our voice

We raise awareness and boost engagement through a strengthened communication strategy internally and externally.

#### 加強推廣

加強對內及對外的傳訊策略，以提升意識及推動各方參與。



#### Harness the power of people

We promote inclusive volunteering opportunities empowering Jardines colleagues to get involved with MINDSET.

#### 善用人力資源

為怡和集團同事提供多元的義工機會，鼓勵他們積極參與思健。

# Message from our Board



**Andrew Wong**

黃曦嵐

*Chairman*

主席



**Matthew Bland**

柏萬輝

*Board member*

理事會成員



**Max Sunarcia**

蘇政勇

*Board member*

理事會成員

According to a recent study by Mind HK, one in six Hong Kong residents is currently affected by mental health issues. This represents an increase from one in seven residents in 2013. The rising prevalence of these issues highlights the ongoing need for us to continue and build on our work — raising awareness about mental health and making a positive impact for people in our communities.

With this in mind, 2023 was another fruitful year for MINDSET Hong Kong. Emerging from the pandemic, we reinstated our iconic awareness and fundraising event and embarked on new initiatives in collaboration with our long-term partners.

First, partnering with Mind HK, we successfully launched the *iACT® Youth Wellbeing Practitioners* programme. This programme empowers young individuals as advocates and equips them with tools and resources to support their peers with mild to moderate mental health challenges. The pilot phase of the programme yielded outstanding results. 51 practitioners graduated from the programme in 2023 and collectively helped 417 youths in their communities in dealing with early-stage mental health issues. As a result of the success of this pilot, we have committed to sustaining and building on this meaningful collaboration with Mind HK. In addition to these achievements, it is worth noting the Hong Kong Government's policy address emphasised the importance of expanding community-based services, aligning with the programme's objectives and highlights the significance of our efforts in the mental health sector.

In July, we launched our *MINDSET Ambassadors ('MA')* programme. This is a voluntary programme that seeks to connect like-minded Jardines colleagues who want to get involved in supporting MINDSET's aims and initiatives. We had an overwhelming response to the programme, attracting many more applications than we had places to fill. Among those, we successfully recruited 30 MAs. The dedication and commitment demonstrated by the first class of our MAs has been truly remarkable, with nearly 520 volunteer hours contributed in 2023. Their impact extends beyond the beneficiaries to their personal networks and communities. We will be continuing to build on the success of the programme and will commence recruiting for the class of 2024 soon.

In October, as part of World Mental Health Month, our annual fundraising event, *Walk Up Jardine House*, raised a record HK\$5 million and was for the first time held in parallel physical and virtual formats, enabling more people than ever to participate. This achievement exemplifies the immense support and generosity of our community and partners and will go a long way in helping MINDSET support more mental health initiatives.

These are only some of the many initiatives that MINDSET has been involved in during the year — all of which would not have been possible without the support and generosity of our team, volunteers and donors. We would like to express our heartfelt gratitude to all our donors, partners, supporters, and volunteers who have played an invaluable role in making these achievements possible. We look forward to further opportunities to work with all our stakeholders in 2024 to create a more inclusive society, where mental health is prioritised, and stigma is eliminated.

## 理事會致辭

根據香港心聆最近進行的一項研究，每六名香港市民中就有一名受到精神健康問題的困擾。與二零一三年的七分之一相比，反映了一定程度的比例上升。相關問題亦日益普遍，反映了我們需要繼續並加強我們的工作：提高大眾對精神健康的認識，並為社會大眾帶來積極的影響。

有鑒於此，二零二三年對思健香港為相當充實的一年。疫情過後，我們恢復了標誌性籌款及提高精神健康意識的活動，更與長期合作夥伴展開了全新的項目。

首先，我們與香港心聆再度攜手合作並成功推出**社區心活指南計劃®——青少年情緒輔導計劃**。藉此計劃為年輕人提供工具及資源，讓他們成為倡導者，以支援受輕度至中度精神健康問題的同儕。計劃的試驗階段取得優異的成果。

51名輔導員於二零二三年畢業，並為社區內417名受困於早期精神健康問題的青少年提供支援。鑑於計劃的成功，我們將繼續致力與香港心聆進行這項有意義的合作。除了這些成績，值得注意的是，香港政府的施政報告強調了擴大社區服務的重要性，與此計劃的目標不謀而合，亦突顯了我們在精神健康領域所努力重要意義。

我們於七月推行了**思健大使計畫**。此義工計劃旨在匯聚志同道合的怡和同事之力量，以支持思健的各項活動。同事們反應熱烈，申請數目遠超於計劃名額。我們從中成功地邀請了30名同事成為思健大使。我們第一屆思健大使於二零二三年共錄得近520小時的義工服務時數，他們的影響力不但從受惠者擴展至他們的個人網絡及社區，所展現的奉獻精神和承諾亦著實令人敬佩。深受計劃成功的鼓舞，我們即將再接再厲，為二零二四年的思健大使進行招募。

二零二三年十月，作為世界精神健康月的一部分，我們的年度籌款活動**齊步上怡廈**首次以實體及虛擬形式同步舉行，讓比以往更多的參賽者加入，並籌得了破記錄的五百萬港元。這項成就充分體現了社會各界和合作夥伴對我們的大力支持和慷慨解囊，並將幫助思健在支持精神健康的路上走得更遠。

此上只是思健於本年內眾多計劃中的一部份，一切歸功於我們的團隊、義工及捐助者的支持及慷慨。我們衷心感謝所有捐助者、合作夥伴、支持者及義工，在實現這些成就上擔當不可或缺的角色。展望二零二四年，我們期待與所有持份者一起努力，讓大眾更關注精神健康，並消除其污名，由此締造一個更包容的社會。





In Focus:

# MINDSET Ambassadors

焦點：思健大使



The MINDSET Ambassadors programme launched in July, bringing together like-minded and passionate individuals across the Group to support MINDSET in creating a sustainable impact for mental health.

Our ambassadors actively contribute towards MINDSET and the community through three core areas: Education; Fundraising; and Job Training & Social Enterprise. Through this programme, ambassadors are also exposed to professional training and networking across the Group.

思健大使計劃於七月推出，旨在邀請集團內志同道合的人士，支持思健在精神健康領域創造可持續的影響。

我們的大使透過三大核心範疇積極地為思健及社區作出貢獻包括：教育、籌款、職業培訓及社會企業。大使亦於此計劃中接受培訓，以及在集團內推廣思健的工作。

30  
ambassadors selected  
名獲選成為大使

12  
business units  
個業務單位



- 1 MINDSET Ambassadors launch  
思健大使計劃啟動活動
- 2 MINDSET Ambassadors supporting fundraising and volunteering events  
思健大使支援不同的籌款及義工活動



## Conversation with King Mak

*We spoke to King Mak, MINDSET Ambassador and leader of the Education team on his motivation to join the MINDSET Ambassador programme and his journey so far.*

**Q: Tell us more about what inspired you to join the MINDSET Ambassador programme.**

**A:** I learnt about MINDSET when I joined Landmark Mandarin Oriental eight years ago. I've always appreciated the effort that MINDSET put into supporting mental health in Hong Kong. As a local, I am aware of how mental health issues have impacted Hong Kong citizens and understand that more support is needed for this under-served cause. Hence, when I received the opportunity to become a MINDSET Ambassador, I was excited and grateful to be a part of this charity.

**Q: What has been the key highlight of being a MINDSET Ambassador?**

**A:** It has provided great exposure to meet different people from various backgrounds. Walk Up Jardine House and the Health-in-Mind ('HIM') programme both create unique experiences for beneficiaries and myself as an Ambassador. I am grateful to see so many people supporting mental health together.

**Q: How do you support mental health as a MINDSET Ambassador?**

**A:** I try to be a representative and advocate for mental health not only for my family and friends, but also in the workplace. Long working hours and workload can affect our mental health, especially so for people in the hospitality industry. So I hope I can provide support to my colleagues in need.

**Q: Are there any exciting things happening in 2024 for you and the team?**

**A:** Definitely, in 2024 I am excited about participating in the HIM Joint School activity. We will be having a big event along with secondary school students and mental health people-in-recovery. This is an amazing event to look forward to.



## 與 King Mak 的對話

我們採訪了思健大使兼教育小組組長的King Mak, 談談他當初加入思健大使計劃的初心以及至今的心路歷程。

**問: 可以分享當初參與思健大使計劃的契機嗎?**

**答:** 我在八年前加入置地文華的時候認識到思健, 一直十分欣賞思健在香港支持精神健康方面所作的努力。作為本地人, 我深知精神健康對香港市民的影響, 亦明白需要在這得不到充分服務的領域多作支援。所以當我被獲選成為思健大使時, 我非常興奮和感恩, 可以為這慈善組織出一分力, 為香港的精神健康作出貢獻。

**問: 成為思健大使後最精采的經歷是甚麼?**

**答:** 我有機會認識來自不同背景的人。齊步上怡廈和Teen使行動都為我作為大使及其他受惠者帶來相當獨特的體驗。知道有這麼多人關注精神健康令我相當感恩。

**問: 作為思健大使, 你怎樣支援精神健康?**

**答:** 除了向家人和朋友宣傳外, 我更努力在職場上提升大家對精神健康的關注。工時長及工作量超載都會對我們的精神健康帶來影響, 尤其是酒店業從業員。所以我希望可以為有需要的同事提供支援。

**問: 可以預告一下你和教育小組於二零二四年有甚麼值得期待的事情嗎?**

**答:** 我十分期待參與二零二四年Teen使行動的聯校活動。屆時我們將與中學生及復元人士一起舉辦一項大型活動, 這將會是一個令人期待的項目。

## Our Programmes: Community Partnerships

### 計劃及項目： 社區協作

## iACT® Youth Wellbeing Practitioners Programme: Advocating for mental health support



MINDSET has partnered with Mind HK since 2019 with an aim to provide better mental health access to the community in Hong Kong.

In 2021, we launched the Youth Wellbeing Practitioner ('YWP') Programme with a two-year pilot. This programme trains people to become YWP who provide free low-intensive intervention to young people in Hong Kong facing mild to moderate mental health issues. A research done by Mind HK in 2022 further affirms the need for such a programme, as it found nearly three-quarters of youths in Hong Kong expressed need for more affordable mental health services.

The pilot was a success, with a recovery rate of 70% – well above the 50% target in the UK's "Improving Access to Psychological Therapies" programme. Following the success of the pilot, MINDSET and Mind HK officially launched the Programme as the iACT® Youth Wellbeing Practitioner Programme.



#### 1—4

iACT® Youth Wellbeing Practitioners programme graduation ceremony

社區心活指南®青少年情緒輔導員計劃  
畢業典禮

#### 5

Our YWPs celebrating this exciting moment with the MINDSET and Mind HK team

我們的青少年情緒輔導員與思健及香港心聆團隊一起慶祝喜悅

## 社區心活指南® 青少年情緒輔導員計劃： 倡導社區精神健康

# 51

Youth Wellbeing  
Practitioners trained  
位青少年情緒輔導員

# 417

young people in  
Hong Kong completed  
the full YWP intervention

位年輕人完成青少年情緒輔導員培訓

Over

# 3,300

free mental health  
intervention sessions  
provided

多個免費心理健康介入  
諮詢會面

# 32

host organisations (e.g.,  
schools / NGOs) engaged

個主辦機構參與，  
例如：學校/社福機構



思健自二零一九年起與香港心聆合作，旨在為香港社區提供更好的精神健康服務。

經過兩年的試驗階段後，我們於二零二一年推出了社區心活指南® (iACT®) —— 青少年情緒輔導員 (YWP) 計劃。此計劃旨在培訓青少年情緒輔導員，為在香港面對輕度至中度精神健康問題的青少年提供免費的低密度介入支援。香港心聆於二零二二年進行的研究發現，香港近四分之三的青少年表示需要更能負擔得起的精神健康服務，進一步肯定了計劃的必要性。

試驗階段取得了成功，康復率達70%，遠高於英國的改善心理治療服務可及性計劃所公佈的50%目標。在試驗階段的成功後，思健和香港心聆正式啟動社區心活指南® (iACT®) —— 青少年情緒輔導員計劃。



## Health-in-Mind: Supporting youth mental health

### Teen使行動: 支援青少年精神健康



Since 2002 自2002年起

# 100

local secondary schools  
participated

間本地中學參與

In collaboration with Kwai Chung Hospital, under the Hospital Authority in Hong Kong, MINDSET developed the Health-in-Mind programme ('HIM') to support Hong Kong adolescents in 2002.

The two-year programme empowers secondary school students through interactive activities and experiential personal development training to become advocates for mental health who can help fellow students, families and the public.

# 130,000

students, teachers, and  
parents benefitted

名學生、教師及家長受惠

思健自二零零二年起，與醫院管理局轄下的葵涌醫院合辦Teen使行動——青少年思健推廣計劃，以支援香港的青少年。

兩年的計劃旨在透過互動活動和體驗式個人發展培訓，裝備中學生成為提倡者，向他們的同學、家人，以至公眾，推廣精神健康的訊息。





**MINDSET Place:**  
Residential services for mental  
health people-in-recovery

**思健園:**  
為復元人士提供住宿服務

**28**  
residential places provided  
個住宅單位提供



MINDSET Place provides residential services for people-in-recovery from mental health issues with the support of registered social workers and professional healthcare staff. Located in Fanling, Hong Kong, the centre has been operated and managed by New Life Psychiatric Rehabilitation Association since 2010.

MINDSET Place aims to help its residents reintegrate into the community and serves as a successful case study of collaboration between the business and NGO communities helping those affected by mental health issues.

思健園為復元人士提供院舍服務，配合註冊社工及專業健康護理員的照顧及支援。位於粉嶺，思健園自二零一零年投入服務，並由我們的合作夥伴新生精神康復會協助營運和管理。

思健園旨在協助復元人士重投社會，並作為企業和社福機構社群合作幫助受精神健康問題影響的人的成功例子。

	1
2	
3	

1—2  
MINDSET Board and Executive Committee members visiting the MINDSET Place and chatting with the residents

思健理事會及執行委員會成員探訪思健園，並與舍友聊友

3  
MINDSET Board members giving out care packs to the residents  
思健理事會成員派發關愛包給舍友

## Youth to Fly: Building mental health support networks for the underprivileged

### 青年夢想啟航： 為弱勢群體建立心理 健康支援網絡



---

720

participants impacted

名參與者

16

mental health public talks

場精神健康公開講座

There is a need for increased awareness of mental health issues particularly among underprivileged families who face constant mental stress in their daily lives.

The 'Youth to Fly' programme was launched in partnership with YMCA in 2023. This three-year partnership aims to build up supporting networks for underprivileged families and enhance their awareness of positive physical and mental health.

Some of the initiatives in this programme include training volunteers who are paired with family units to provide care and support, as well as regular home visits to build long-term friendships.

面對日常生活中持續的心理壓力，弱勢家庭更需要增加對精神健康的認知。

思健於二零二三年與香港中華基督教青年會合作啟動青年夢想啟航計劃。這項為期三年的合作旨在為弱勢家庭建立支持網絡，增強他們對身心健康的意識。

該計劃的一系列措施包括培訓義工，並與家庭單位進行配對，提供關懷和支持，以及定期進行家訪，從而維繫長期的友誼。

# Our Programmes: Fundraising & Financial Support

## 計劃及項目： 籌款和財務支援

## Fund allocation

### 資金分配

MINDSET established the Fund Allocation Sub-Committee which aims to provide good governance and a standardised process to allocating funds towards mental health related initiatives.

MINDSET primarily receives financial contributions from across the Jardine Matheson Group of companies in Hong Kong and organises fundraising initiatives such as the annual Walk Up Jardine House event to fund programmes and initiatives aligned with our mission.

Since MINDSET was established in 2002, it has donated HK\$117.1 million towards local mental health NGOs and initiatives.

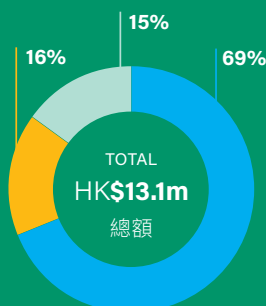
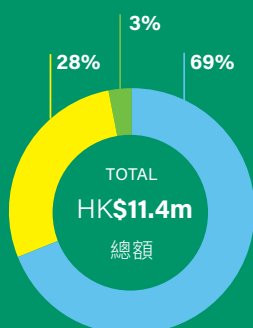
In 2023, MINDSET raised and received HK\$11.4 million and channelled HK\$ 13.1 million towards mental health initiatives.

思健成立了捐款分配委員會，旨在提供良好的管理和標準化流程，將資金用於支持與精神健康相關的計劃。

思健主要從怡和集團於香港的集團公司中獲得財務捐助，同時組織籌款活動，例如每年的齊步上怡廈，以籌集資金支持精神健康社群的計劃和倡議。

自二零零二年成立以來，思健已捐贈了一億一千七百一十萬港元予本地精神健康相關的社福機構和倡議。

在二零二三年，思健籌集和接收了一千一百四十萬港元，並將一千三百一十萬港元撥向支持與精神健康相關的倡議。



Sources of income for FY2023	2023 財政年度收入來源	HK\$
Contributions from Jardines businesses	來自怡和集團業務的捐助	7,784,978
Corporate donations	企業捐助	3,243,437
Donations from general public and others	公眾及其他捐助	351,134

Expenditure allocation for FY2023	2023 財政年度支出分配	HK\$
Funded projects / programmes	資助項目/計劃	9,017,218
Publicity and advocacy	宣傳及倡導	1,962,907
Administration	行政	2,084,141



## Walk Up Jardine House

齊步上怡廈



69

companies and  
organisations participated

間公司參與

15 million  
steps 百萬步

equivalent to 16,464 times  
up Jardine House

相當於16,464 棟怡和大廈

HK\$5  
million

highest amount of  
funds raised

籌得破紀錄的五百萬港元

Walk Up Jardine House ('WUJH') is MINDSET's main annual fundraising event.

In 2023, WUJH was held in a hybrid format for the first time — which included a month-long qualifying virtual race and the iconic physical vertical race up 947 steps of Jardine House. The event successfully raised a record HK\$5 million.

The event attracted 300 physical racers and over 2,200 participants in the virtual race. The physical event also included a mini carnival which featured food and beverages and mindful activities including a stretching booth and aromatherapy workshop, aimed at educating attendees on how to better take care of their mental wellbeing.

齊步上怡廈是思健每年舉辦的精神健康籌款活動。

在二零二三年，齊步上怡廈首次以混合形式舉行，包括為期一個月的虛擬賽事和標誌性的實體比賽，參賽者需要踏上怡和大廈的九百四十七級樓梯。活動成功籌集了破紀錄的五百萬港元。

活動吸引了三百名實體比賽選手和超過二千二百名虛擬賽事參與者。實體活動還設有一個小型嘉年華，提供美食和覺知活動，包括伸展攤位和香薰療法工作坊，旨在教育參與者如何更好地照顧自己的精神健康。

*"Supporting mental health has been something close and important to Jardines and MINDSET for the last 21 years. As one of the largest corporations in Hong Kong, Jardines places strong emphasis on the mental and physical health of our employees and communities, and hopes to lead the way for corporates and leaders to promote a more inclusive society for all."*

「在過去的21年裡，支持精神健康一直是怡和集團和思健非常關注和重視的議題。作為香港最大的企業之一，怡和集團非常重視員工和社區的身心健康，並希望引領企業和領導者促進一個更包容的社會。」

**Andrew Wong 黃曦嵐先生**  
Chairman of MINDSET 思健主席



1

2

- 1 John Witt, Group Managing Director of Jardine Matheson, giving the opening address

怡和集團行政總裁韋梓強先生致開幕詞

- 2 1st place, Men's Relay, Jardine Matheson Group Challenge

怡和集團公司實體比賽，男子接力賽第一名得獎隊伍



Our  
Programmes:  
**Leveraging  
the Jardines  
Network**

計劃及項目：  
**怡和網絡之力量**

**Jardines Mental Wellness Month**  
怡和精神健康月

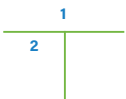


Held in conjunction with World Mental Health Day in October, Jardines Mental Wellness Month aims to raise awareness about the need to maintain a healthy work-life balance and prioritising mental health.

Over 50 in-person and virtual activities in seven different languages were held. Some 18,500 colleagues participated in the month-long campaign.

為響應十月的世界精神衛生日，怡和集團舉行精神健康月，旨在提高同事們對維持健康的工作與生活平衡，以及重視精神健康的意識。

以七種語言舉行超過五十項實體及線上活動，並吸引約18,500名同事參與整個月的活動。



- 1 Colleagues celebrating the Jardines Mental Wellness Month  
同事們一起慶祝怡和精神健康月

- 2 Zung Fu colleagues experienced deep relaxation and inner peace at the Singing Bowl Meditation session.

仁孚同事在頌鉢冥想之中找到深層放鬆和內心平靜。

# MINDSET Job Fair

## 思健招聘日

Over  
**50**  
participants  
多名參加者

Over  
**20**  
job vacancies created  
多個招聘職位提供

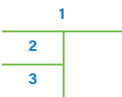


MINDSET hosted the first job fair since the pandemic in August, bringing together Jardines businesses such as DFI Retail Group, Jardine Restaurant Group, Jardine Schindler Group, and NGO partners to find inclusive job opportunities for people-in-recovery to reintegrate into society.

In addition to on-site interviews, there were activity booths for participants to interact with in order to help people-in-recovery to reintegrate into society.

思健於八月舉辦了疫情後首個招聘日，並邀請怡和集團旗下業務，包括DFI零售集團、怡和餐飲集團及怡和訊達集團，以及社福機構為復元人士提供多元共融的工作機會。

招聘日除安排即場面試機會外，亦設多個攤位讓參與者交流互動，藉此支持復元人士重投社會。



1—2 MINDSET Job Fair  
思健招聘日

3 Company representatives  
introducing job opportunities to  
the participants  
各公司代表向參加者介紹工作機會

# Corporate Governance

## 機構管治

MINDSET understands that good governance and transparency are essential in running a successful charity.

The Board and Executive Committee meet quarterly to discuss the progress of MINDSET's initiatives and strategy. The Board and Executive Committee comprise leaders from across Jardines, who come together and contribute skills, resources, and guidance to ensure that MINDSET is run effectively for the good of the mental health community.

思健明白要營運一所成功的慈善機構，必須具備良好管治，並保持透明度。

我們的理事會和執行委員會每季度進行會議，討論思健項目的進度 and 細節。理事會和執行委員會由怡和的管理層組成，成員都貢獻自己的專業技能、資源，並提供指導，確保思健有效運作，為精神健康社群出一分力。

## Our Board 我們的理事會

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 to ensure MINDSET meets its goals. They also serve as advisors to sub-committees and assist with various partnerships, ensuring the continued success of MINDSET's projects. The Board, together with the MINDSET team, meets on a monthly basis.

思健的理事會提供策略方向，以確保思健實現其目標。理事會同時擔任各委員會並支援不同合作計劃顧問，確保思健的項目持續取得成功。理事會與思健團隊會每月進行一次會議。

**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*

Director, Group General Counsel  
/ Jardine Matheson

思健理事會成員

怡和總法律顧問董事

**Max Sunarcia**  
蘇政勇

*Board member / MINDSET*

Strategy Director and  
Deputy CFO / THACO Group

思健理事會成員

THACO集團戰略總監及財務  
副總裁

## Sub-Committees

### 小組委員會

To ensure that we are making progress across our strategic priorities, MINDSET formed sub-committees of like-minded and skilled employees across Jardines who meet regularly to discuss and implement MINDSET initiatives. Each sub-committee is led by a member of the Board and/or Executive Committee.

為確保在我們的策略重點能取得定期進展，思健的小組委員會由一班志同道合的怡和同事組成，定期進行會議，討論和實施思健計劃。每個小組委員會皆由理事會及/或執行委員會的一名成員領導。

#### **Communications:**

Raises awareness of mental health and MINDSET through key publicity events and materials.

#### **Fund Allocation:**

Ensures that donations and funds are channelled appropriately to mental health initiatives.

#### **Job Training & Social Enterprise:**

Formulates strategic policies related to training and development of people-in-recovery.

#### **Volunteering:**

Manages and mentors MINDSET Ambassadors and employee volunteers across Jardines, to help progress MINDSET initiatives.

#### **傳訊：**

通過重點宣傳和活動，提高大眾對思健和精神健康的認識。

#### **捐款分配：**

確保將捐款和資金合適地運用於推動精神健康的計劃上。

#### **職業培訓和社會企業：**

制定與復元人士培訓和發展相關的策略。

#### **義工：**

負責管理和指導思健大使及怡和集團的義工，幫助推進思健的計劃。



# 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](mailto:mindset@jardines.com).

### 參與其中

有意與思健合作或支持精神健康社群，  
請電郵致 [mindset@jardines.com](mailto:mindset@jardines.com)。

### Dr. Desmond Nguyen

阮家興醫生

Hospital Chief Executive of  
Kwai Chung Hospital

葵涌醫院行政總監

*"The post-pandemic period has brought unexplored circumstances for many young individuals within our population. The need for acknowledging mental health has become increasingly imperative. Kwai Chung Hospital is proud to participate in this vital endeavour through our collaboration with MINDSET & Jardines."*

### Mr. 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

「感謝思健贊助本會推行『青年夢想啟航』—精神健康社區計劃，共同努力為社區帶來正面影響，為油尖旺及深水埗區的低收入家庭及青少年提供多元情緒支援服務，讓參加者提升身心靈健康。」

*"Thanks for the all along support by MINDSET who always provides different type of job training and matching to the people-in-recovery. It encourages the people-in-recovery go through their Recovery Journey."*

「感謝思健一直支持復元人士在職場上的發展，提供不同類型的職位配對予復元人實習，讓他們能夠走過復元的旅程。」

### Mr. CHU 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

「感謝思健大使籌劃活動予精神復元人士及其小家屬一起參與，活動不僅拉近了他們之間的親子關係，更增進彼此的情感交流與溝通，同時提升身心健康。」

### Ms. Luke Kit Ling

陸潔玲女士

Service Head,  
Rehabilitation Service,  
Caritas Hong Kong

香港明愛康復服務總主任



**Dr. Candice Powell**

凌悅雯博士

CEO, Mind HK

香港心聆行政總裁

*"Mind HK is incredibly grateful for MINDSET's meaningful and generous support, which has allowed us to grow our programmes that reduce mental health stigma and improve access to evidence-based, free mental health services in Hong Kong."*

*"Thanks for MINDSET's support. We have the opportunity to expand the role of and create more development opportunities for our peer support helpers through the practice of the co-production concept at MINDSET College. Our peer support helpers can excel in their strengths and accompany the recovery journeys of people-in-recovery more effectively."*

「感謝思健的支持，讓我們有機會透過復元學院的共建概念，提昇了朋輩的角色和開創更多發展機會，朋輩能按他們的優勢發揮所長，更有效地與復元人士同行。」



**Ms. Chan Sau Kam**

陳秀琴女士

Assistant Chief Executive Officer,  
Baptist Oi Kwan Social Service

浸信會愛羣社會服務處助理總幹事

*"For more than twenty years, MINDSET has consistently promoted mental health, reduced stigma, and fostered social inclusion. While facing numerous challenges, this vision is crucial for society. MINDSET has made significant contributions, bringing positive energy to Hong Kong."*

**Mr. Stephen Wong**

黃敏信先生

Assistant Director (Service)  
The Mental Health Association of  
Hong Kong

香港心理衛生會助理總幹事 (服務)

「思健二十多年如一，推動精神健康，減少歧見，讓社會展現共融，當中雖有不少挑戰，但這願景對社會極為重要，思健貢獻良多，為香港帶來正能量。」

