



mindhk
香港心聆

2025

ANNUAL REPORT

年報

**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

關於香港心聆



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 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 Vision 我們的願景

We are here to ensure that 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。

Our Mission 我們的使命

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。**

Our Tagline 我們的宗旨

Mental health matters.

精神健康至為重要。

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。

Our Strategic Priorities 我們的策略重點

■ EDUCATION 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。

■ 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。

■ 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。

■ SERVICE 服務

Deliver effective, direct psychological support.

提供有效和直接的心理支援。



Read Our
2025-2027
Strategic Plan:

閱讀策略計劃全文：



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 2025 Annual Report, reflecting on a year of continued growth, collaboration, and collective effort to advance mental health support across Hong Kong.

A key milestone this year was the successful conclusion of the Hong Kong International Mental Health Conference in November 2025. With over 1,300 participants joining from more than 10 countries and over 50 organisations collaborating as community partners, the strong engagement and positive feedback from attendees underscore the growing momentum for open dialogue and collective action on mental health.

This year also served as a stark reminder of how critical timely mental health and community support can be during moments of crisis. Following the devastating Tai Po fire, Mind HK worked swiftly to establish the Tai Po Mental Health Support Project to provide immediate psychological support and share reliable mental health resources for those affected.

我很高興在此發表香港心聆的 2025 年年報，這份報告反映了我們過去一年如何透過持續成長、協作與共同努力，推進香港的精神健康支援工作。

我們今年的一個關鍵里程碑，是於 2025 年 11 月圓滿舉行的香港國際心理健康研討會。本屆研討會吸引了來自十多個國家、超過 1,300 名人士參與，並有五十多個機構攜手擔任「社區合作夥伴」。參加者的踴躍參與和正面回饋反映了各界就精神健康議題進行的開放討論正日趨熱烈。

今年亦讓我們深切體會到，在危機發生的當下，及時的精神健康和社區支援是何等重要。大埔發生嚴重火災後，香港心聆成立了「大埔心聆支援服務」，為受影響人士提供即時的心理支援，並分享可靠的精神健康資源。

Message from Executive Chair

執行主席的話

During times of trauma and uncertainty, access to compassionate support and accurate information is essential in helping individuals process their experiences and begin the path to recovery. While it was a deeply heartbreaking incident, it was also a powerful reminder of how communities can come together to support one another in times of adversity.

Mind HK's progress in 2025 is a testament to the strength of our partnerships and the support that stands behind our work. Thanks to the continued support of sponsors and partners such as MINDSET (The Jardine Matheson Group Charity), Manulife, the Hong Kong Jockey Club Charities Trust, and many other organisations, our collective efforts enable us to expand our reach and strengthen Hong Kong's mental health support system, from raising awareness to providing accessible services.

This year, we are also thrilled to welcome Mrs Jennifer Lee Halley as the new Co-Chair of Mind HK, bringing vital continuity and vision to our board leadership. I would like to extend my gratitude to our board members, partners, donors, and supporters for their continued belief in our mission. I am equally grateful to the entire Mind HK team, along with our ambassadors and volunteers, whose dedication, compassion, and resilience drive our work forward and make a meaningful difference in the lives of those we serve.

在面對創傷與未知的時刻，富同理心的支援和準確的資訊能夠助人梳理經歷、邁向復元之路。雖然事件令人極其痛心，但亦讓我們看到社區在逆境中如何團結一致、守望相助。

香港心聆在 2025 年所取得的進展，印證了我們與夥伴關係堅實，並獲各界在背後強力支援。在此鳴謝贊助商和合作夥伴的持續支持，包括思健（怡和集團旗下慈善機構）、宏利、香港賽馬會慈善信託基金及眾多其他機構，讓我們得以擴大服務覆蓋面，鞏固香港的精神健康支援系統，包括提升大眾意識，以至提供普及服務。

今年，我們亦欣喜迎來李筱妮女士成為香港心聆的新任聯合主席，讓董事會的領導穩定延續，並帶來新的願景。在此，我要向我們的董事會成員、合作夥伴、捐款者和支持者致以衷心謝意，感謝各位對我們使命深信不疑。我同樣感激全體香港心聆團隊、心聆大使及一眾義工，正是你們的奉獻、同理心與韌性，推動著機構向前邁進，並為我們所服務的對象帶來充滿意義的改變。

Message from Executive Chair

執行主席的話

As we move forward, Mind HK will continue to play a leading role in promoting mental health awareness, reducing stigma, and improving access to evidence-based support. We are committed to adapting our initiatives to meet the evolving needs of our community.

展望未來，香港心聆將繼續擔當領導角色，積極推廣精神健康意識、消除污名，並讓實證為本的心理支援更加普及。我們會致力因應社區不斷變化的需求，持續調整我們的各項工作。

With gratitude 謹此致謝，



Dr Lucy Lord

Founder and Executive Chair, Mind HK 香港心聆創辦人及執行主席

Message from CEO

行政總裁的話



Dr Candice Powell 凌悅雯博士

CEO, Mind HK
香港心聆行政總裁

Dear Friends and Supporters,

2025 has been a year of profound, mixed emotions.

It marked the inaugural year of our new Strategic Plan (2025–2027), anchored by our four core pillars: Educate, Reach, Bridge, and Service. As a clinical psychologist, I often reflect on how true growth requires both a clear vision and a deeply rooted purpose. This past year, our team has beautifully demonstrated both. Throughout this annual report, you will see tangible evidence of our commitment to public mental health—specifically through the lens of promotion, prevention, and early intervention.

致各位朋友及支持者：

2025 年，是令人百感交集、體會至深的一年。

本年度是正式推行香港心聆全新策略計劃（2025–2027）的第一年，其核心奠基於四大支柱：教育（Educate）、外展（Reach）、橋樑（Bridge）及服務（Service）。作為一名臨床心理學家，我經常反思：真正的成長既需要清晰的願景，亦需要堅定的使命，而過去一年，我們的團隊充分展現了這兩點。在這份年度報告中，你會看到我們於公共精神健康領域的具體成果，尤其在推廣、預防及早期介入上所傾注的努力。

Message from CEO

行政總裁的話

Together, we have scaled mental health literacy and self-help skills across corporations, schools, and local communities. By championing the sharing of authentic mental health recovery stories across various media, we have chipped away at the stigma that so often prevents people from reaching out, ensuring that those experiencing emotional distress can access timely, evidence-based psychological support. We also had the privilege of celebrating our vision on an international scale during our third Hong Kong International Mental Health Conference, creating a sacred space for experts and advocates to connect on the vital topic of mental health throughout the human journey.

Yet, leadership and therapy teach us the same truth: light is often accompanied by shadow. The tragic Tai Po fire was a stark, painful reminder of how abruptly adversity can shatter lives and families. Living in Tai Po myself, witnessing the smoke and the collective shock, and supporting those directly affected was a difficult experience. In those moments, I saw immense pain, but I also witnessed the extraordinary human resilience and love. From volunteers and NGOs to corporate partners, foundations, and everyday individuals, our community showed up. Today, those affected by the fire are bravely and resiliently rebuilding their lives, step by step, given all the uncertainty.

我們並肩同行，將精神健康意識與自助技巧推廣至各大企業、學校及本地社區，亦於不同媒體上分享真實的精神健康復元故事，藉此逐步打破社會污名，消除求助隔閡，確保受情緒困擾的人士能夠及時獲得實證為本的心理支援。我們亦有幸在第三屆香港國際心理健康研討會上，將這份願景推向國際，為各方專家與倡議者營造一個真誠交流的空間，共同探討人生各個階段的心理健康。

然而，不論是機構管理或心理治療的工作，都讓我們明白同一真理：光明背後，往往伴隨着陰暗。大埔火災對整個社會是一次沉痛打擊，提醒我們災難往往毫無預兆，瞬間就能摧毀生命與家庭。作為一名大埔居民，我親眼目睹濃煙蔓延與大眾慌惶，並走到前線支援受災群眾，這個經歷至今仍歷歷在目。在這個事件上，我看到了生命的苦難，卻也同時見證了人性的非凡韌性與大愛。從義工、非政府組織，到企業夥伴、基金會以至各界市民，全都挺身而出。如今，即使面對種種未知，受影響人士仍憑著無比的勇氣與堅韌，逐步重建生活。

Message from CEO

行政總裁的話

As we look ahead, 2026 will undoubtedly bring its unique challenges. However, witnessing our collective strength this past year gives me immense hope that we will continue to grow stronger and more adaptable.

An organisation, much like an individual, cannot thrive in isolation. We cannot do this work alone. I want to express my deepest gratitude to our board, advisors, funders, sponsors, ambassadors, iACT trainees, volunteers, interns, and our dedicated staff team. Thank you for walking alongside us.

With warmth and gratitude 謹此致謝，



Dr Candice Powell 凌悅雯博士
CEO, Mind HK 香港心聆行政總裁

展望未來，2026 年無疑會迎來新的挑戰，然而看到過去一年各個界別齊心協力，讓我滿懷希望，深信危機會讓我們變得更加強大、更具適應力。

一個人的力量是渺小，機構亦然；香港心聆再過去一年的工作成果絕非我們能獨力達成，絕對是有賴各界的支持。在此，我謹向董事會、顧問、捐助者、贊助商、心聆大使、「社區心活指南」計劃學員、義工、實習生，以及香港心聆全體員工，致以最深切的謝意。感謝各位一路與我們同行。

11,700+

11,700+ individuals reached via iACT

「社區心活指南」計劃惠及超過 11,700 名人士

**1,300+**

1,300+ attendees in our Hong Kong International Mental Health Conference 2025

香港國際心理健康研討會 2025 吸引超過 1,300 名參加者

**6,400+**

6,400+ 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 6,400 人士提供精神健康培訓

**155+**

155+ training sessions, panels, and speaker events delivered

舉辦超過 155 場培訓課程、座談會及講座

**130+**

130+ secondary schools committed to the JC LevelMind@School programme to support wellness clubs in schools

超過 130 間中學承諾參與「賽馬會平行心間（校園版）」計劃，支持「平行心間學會」的發展

**3,000+**

3,000+ individuals reached via More Than a Label anti-stigma campaign

透過「我就是我」消除污名計劃，觸及超過 3,000 名人士

**~25%**

25% growth on social media platforms

社交媒體平台增長約 25 %



Our Work

年度工作回顧

2025

Hong Kong International Mental Health Conference 2025

香港國際心理健康研討會 2025



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



The Hong Kong International Mental Health Conference 2025 was successfully concluded in November 2025.

Consistent with one of our strategic focuses – “bridge” – our conference served as a vital link between academic research and real-world practice. By highlighting local and international research alongside best practices from global experts, the event provided attendees with deep insights into case studies and innovative approaches. Our goal was to bridge the gap between research and practice by showcasing real-world applications of evidence-based strategies from around the world.

香港國際心理健康研討會 2025 已於 2025 年 11 月圓滿落幕。

是次研討會貫徹香港心聆的其中一項策略重點——「橋樑」(Bridge)，連結了學術研究與實踐應用。活動同時呈現本地與國際的研究成果，以及全球專家的最佳實務經驗，讓參加者深入了解各種個案研究和創新方法。我們的目標，是透過展示全球各地以實證為本的策略於現實的應用方法，從而縮窄研究與實踐之間的差距。

Mental health is an inevitable part of the human experience, as are life transitions and defining moments. These experiences shape who we are and impact our mental wellbeing at every stage, from loss and grief to parental and perinatal health, career shifts, and relationship changes. This year, we aim to provide an informative, immersive, and well-rounded experience centred on the theme: "Navigating Life's Defining Moments".

The three-day event reached various sectors, including individuals from academia, the corporate sector, NGOs, and communities across Hong Kong and beyond, delving into the evidence, psychology, and culture across the lifespan, highlighting how these factors intersect with and shape mental health.

精神健康是人類生命歷程中不可或缺的一部分，生活上的轉變以及人生中的關鍵時刻亦然。這些經驗塑造了我們的身份，並在不同階段影響著我們的精神健康——從面對失去與哀慟，到為人父母及圍產期的精神健康，以至職涯轉變和人際關係的變遷等。今年，我們致力提供一個資訊豐富、具沉浸感且全方位的體驗，並以「如何應對生命中的變幻無常」為主題。

為期三天的活動，觸及學術界、商界、非政府機構及香港內外的不同社群，一同探討涵蓋整個生命週期的實證數據、心理學與文化，凸顯這些因素如何相互交織並形塑我們的精神健康。



Impact and Achievements 成效與成果

1,300+

1,300 participants actively engaged across the 3-day event
超過 1,300 名參加者在為期 3 天的活動中積極投入

110+

110 speakers from 8 countries led various sessions
來自 8 個國家的 110 多位講者親臨主持各個環節

50+

50+ NGOs and social enterprises partnered as community collaborators
超過 50 間非政府機構及社會企業以「社區合作夥伴」身份參與其中

40+

40+ sessions successfully delivered
完成了 40 多場專業研討與分享會

~90%

~90% overall satisfaction rate among attendees
與會者對活動的整體滿意度高達 ~90%

10+

Global reach with participants from 10+ countries
吸引了來自 10 多個國家的參加者

Event details 活動詳情

Conference Day 1 & 2 (6-7 November, in English)

Over the first two days, 30+ academic sessions deepened understanding of the current mental health landscape, showcasing participants with clinically grounded content for discussion, allowing them to gain expert insights and strategies to improve mental health support in their own settings.

Key sessions featured world-renowned experts, including Prof Dinesh Bhugra on othering, Prof Dixon Chibanda on community-based interventions, and Prof Todd Farchione on emotional regulation, strengthening participants' capacity to respond to complex mental health needs.

In parallel, 10 of our 50+ community partners hosted interactive booths showcasing a wide range of support services, fostering new collaborations and connecting stakeholders with tangible resources for follow-up care and community engagement.

專題研討會議（11月6-7日，以英語進行）

在首兩天的活動中進行了超過 30 場學術會議，令參加者更深入了解精神健康領域的現況，並提供了具臨床實證的內容以供探討，讓大家獲得專業見解與策略，從而提升自己在所屬範疇的精神健康支援服務。

多位世界知名的專家負責主持重點環節，包括探討「他者化」現象的 Dinesh Bhugra 教授、講解社區干預措施的 Dixon Chibanda 教授，以及深入分析情緒調節的 Todd Farchione 教授，令參加者更有能力應對複雜的精神健康需求。

與此同時，今次活動有 50 多個社區合作夥伴參與，當中 10 個機構設立了互動攤位，展示多元化的支援服務。這不僅促進了新的合作機會，更成功將持份者與具體的資源連繫起來，以便進行後續跟進及社區參與。



Event details 活動詳情

Mental Wellbeing Festival (8 November, in Cantonese and English)

To bridge the gap between academia and the community, Day 3 transitioned to a public-facing format. Featuring 10+ sessions including heartfelt guest stories and interactive workshops, the day focused on promoting mental health awareness and destigmatisation to the general public through highly engaging, relatable content.



Through a combination of personal stories from celebrities like singer Serrini and actress Rosa Maria Velasco, intimate support-group tasters, and therapeutic experiences like sound healing and expressive arts, the programme successfully equipped attendees with a renewed understanding of mental health and practical tools for self-care.

心聆健康日 (11月8日，以粵語及英語進行)

活動的第3天轉為面向公眾的模式，以縮短學術界與社區之間的距離。當日共舉辦超過10場活動，包括嘉賓故事分享與互動工作坊，透過極具感染力且貼近生活的內容，向大眾推廣精神健康意識，消除社會標籤。



我們邀請了歌手 Serrini 及演員韋羅莎等名人分享個人心路歷程，更設有支援小組的體驗環節，以及頌鉢音療與表達藝術治療等療愈體驗，讓參加者對精神健康有全新的認識，並學習各種支援個人身心健康的實用工具。

Testimonials 參加者分享



Great insights from speakers on maternal mental health and return to work, including how corporates can support return to work with policies.

嘉賓從不同職業和視角分享，讓大眾了解到在面對情緒及人生轉變的挑戰時，可以如何應對。

The most valuable part of this conference was realising that anyone can play a role in supporting others. I really loved the "grandma bench" idea – it's meaningful, practical, and could work in many places.

學會了面對失去的方法，例如先接受已經發生的事情，接著聚焦自己仍擁有的東西，加強自己幸福感。

感謝以下贊助商支持香港國際心理健康研討會 2025

A big thank you to the following sponsors for supporting the Hong Kong International Mental Health Conference 2025

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Tai Po Mental Health Support Project

大埔心聆支援服務

The tragic Tai Po fire, which occurred in November 2025, deeply affected the community – Wang Fuk Court residents, first responders, loved ones of those affected, and the Hong Kong community. While emergency relief addressed immediate physical and humanitarian needs, long-term psychological recovery remains a critical priority.

In response to the crisis, Mind HK launched the Tai Po Mental Health Relief Fund to support the recovery and resilience of those impacted. This dedicated fund ensures that all contributions are directed exclusively to the 2-year Tai Po Mental Health Support Project, which includes trauma-informed care, mental health recovery, and community rebuilding across the short and medium term.

2025 年 11 月發生的大埔火災，對社區造成深遠影響，當中包括宏福苑居民、前線人員、受影響人士的親友，以及整個香港社會。雖然緊急救援已處理了即時的醫療及人道需求，但長期的心理復元仍然是一項關鍵且迫切的工作。

為了應對這場危機，香港心聆設立了「大埔心理健康援助基金」，以支援受影響人士的復元並提升其心理韌性。所有透過基金收到的捐款，均全數用於為期兩年的「大埔心聆支援服務」，涵蓋短中期的創傷知情照護、精神健康復元及社區重建工作。



We utilise the International Intervention Pyramid (Intervention Pyramid for Mental Health and Psychosocial Support in Emergencies) to ensure every individual receives the right level of support:

我們採用「精神健康與社會心理支援金字塔」，確保每位受影響人士都能獲得合適層級的支援：

	SERVICE LEVEL 服務層級	TARGET GROUP 對象	DESCRIPTION 內容
1	Community Engagement 社區參與	General public and schools 公眾及學校	Psychoeducation, self-help tools, and coping skills 心理教育、自助工具及應對技巧
2	Screening and Triage 篩查與分流	Help-seekers 求助人士	Professional wellbeing assessments and trauma screening 專業評估及創傷篩查
3	Early Intervention 早期介入	People experiencing mild acute stress 出現輕度急性壓力反應的人士	Psychological First Aid (PFA) and Skills for Psychological Recovery (SPR) 心理急救及精神復元技能訓練
4	Moderate Support 中等支援	People experiencing PTSD symptoms 出現創傷後壓力症狀的人士	Evidence-based psychological interventions, such as Seeking Safety 以實證為本的心理介入，例如安全導向治療
5	Specialised Care 專科治療	Victims and first responders 受害者及前線人員	One-on-one, free therapy with psychologists or psychiatrists 由臨床心理學家或精神科醫生提供的一對一免費治療

We would like to express our gratitude to the following organisations and donor for supporting our project, which has allowed us to provide timely and efficient support to those affected by this incident.

感謝以下機構及捐助者對本計劃的支持，讓我們能為受事故影響人士提供及時且有效的支援。

按照英文字母順序排列

Listed in alphabetical order

Sponsors - Tai Po Mental Health Support Project

贊助商 - 大埔心聆支援服務



As of May 2026

截至 2026 年 5 月

Donor - Tai Po Mental Health Support Project

捐助者 - 大埔心聆支援服務

Liu Samantha Chee-Wun

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 core services, designed to make psychological support readily accessible within the community. We believe everyone can take care of their mental health with the support by trained professionals in a safe and supportive environment.

iACT is based on an internationally recognised stepped care model, drawing inspiration from established programmes such as the UK's Talking Therapies (formerly Improving Access to Psychological Therapies, IAPT) and NewAccess in Australia. These approaches aim to provide timely, appropriate mental health support to those in need.

「社區心活指南」計劃 (iACT) 是香港心聆的核心服務之一，旨在確保大眾能在社區內方便快捷地獲得心理支援。我們深信，每個人都可以照顧自己的精神健康，並在安全且充滿支持的環境下，接受已培訓專業人員的協助。

「社區心活指南」計劃採用國際認可的階梯支援模式，參考了英國的「談話療法」(Talking Therapies，前稱 IAPT) 及澳洲的

「NewAccess」等已實行多年的計劃。這些模式旨在為有需要人士提供及時且適切的精神健康支援。





Support 支援

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

提供方便快捷的服務，包括短期、線上或面對面的實證為本心理支援，由我們的心理健康主任提供，服務對象為有輕微至嚴重焦慮徵狀、輕微至中等抑鬱或情緒困擾的本地市民。

Wellbeing Check-in 心理健康諮詢

A one-time, 45-minute consultation to support individuals in understanding their current wellbeing status and emotional needs

一節 45 分鐘的諮詢服務，協助服務使用者了解自己現時的身心狀態及情感需求

Low Intensity Psychological Support 低密度心理治療

6-8 guided self-help sessions with at-home practices to support individuals in exploring and managing their emotional challenges

6 至 8 節指導式自助治療，配合「在家練習」，支援個案探索並應付他們所面對的挑戰

Community Outreach 社區外展活動

Booths, talks, taster sessions, and public events to promote mental health knowledge and provide support to the community

攤位、講座、體驗工作坊及公眾活動，推廣精神健康知識並為社區提供支援



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

Provide annual training to a new cohort of Wellbeing Practitioners to task-shift the mental health intervention to intensively train para-professionals, so as to enhance the accessibility and cost-efficiency of overall mental health support to youth and adults within the community.

每年為新一屆心理健康主任提供培訓，透過「任務轉移」模式，密集培訓準專業人員分擔精神健康介入服務，從而令社區內的青少年及成年人更易獲得精神健康支援，並提高成本效益。

Impact and Achievements 成效與成果

12,500+

12,500+ free psychological support sessions delivered in 2025

2025 年期間提供超過 12,500 節的免費心理支援服務

11,700+

11,700+ individuals reached via our iACT programme. To address the substantial demand, we provided training in trauma-informed care and post-disaster psychological support to all Wellbeing Practitioners, equipping them to provide appropriate support to affected community members.

「社區心活指南」計劃惠及超過 11,700 位人士。為了應付龐大的需求，我們為所有心理健康主任提供了創傷知情照護及災後心理支援的培訓，讓他們能夠適切地支援受影響的市民。

180

Wellbeing Practitioners have participated in the training programme since 2022

自 2022 年，已有 180 名心理健康主任參與培訓計劃

Testimonials 服務使用者分享

“

Before, I often felt emotionally sensitive and easily affected by different life events, sometimes becoming caught up in negative thoughts and emotions and finding it difficult to step back from them. After iACT, I have learned to observe my thoughts and feelings with greater awareness, and I am now able to use meditation to calm myself down and regain a sense of stability when I feel overwhelmed.

以前我情緒較為敏感，容易受生活中的不同事情影響，有時會被負面想法和情緒牽動，難以抽離；參與「社區心活指南」計劃後，我學會以更有覺察的方式觀察自己的想法和感受，並透過冥想幫助自己平靜下來，在感到壓力時重新穩定自己。

iACT Programme Milestones (2025) 「社區心活指南」計劃里程碑 (2025)

03/2025

Workshop – iACT Wellbeing Practitioner Network

工作坊：「社區心活指南」計劃心理健康主任網絡

Supported by Manulife, a workshop exploring the mental health needs of ethnic minorities was held in partnership with the Zubin Foundation, enhancing the cultural sensitivity and clinical skills of our iACT alumni Wellbeing Practitioners to better serve diverse communities.

在宏利的支持下，我們與小彬紀念基金會合作，舉辦了一場探討少數族裔精神健康需求的工作坊，旨在提升已畢業的心理健康主任的文化敏感度及臨床技巧，從而更有效地服務多元社群。



04/2025

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

Supported by MINDSET (The Jardine Matheson Group Charity), 50 new trainees joined the 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，50位學員參加了培訓課程，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。

05/2025

First Anniversary – Mannings In-Store Free Wellbeing Check-In Service 一週年誌：萬寧店內免費「心理健康諮詢」服務

Supported by Mannings, we are able to offer face-to-face consultations in five Mannings stores across Hong Kong, complimenting our online services and catering to those who prefer in-person support. In our first year together, we delivered 700 sessions to individuals in need and supported nearly 500 adults with timely and accessible psychological support, reaching a 95%+ satisfaction rate with the programme.

在萬寧的支持下，我們於全港五間萬寧分店提供面對面諮詢，藉此與線上服務互相補足，為偏好實體支援的人士提供服務。在合作的第一年，我們為有需要人士提供了 700 節諮詢，支援了近 500 名成年人獲得及時且便捷的心理支援，服務滿意度高達 95% 以上。

來源：2025-May-12 16:52 更新：2025-May-12 16:52

近六成受精神健康困擾者因價格高昂拒求助 機構與萬寧推諮詢服務 近500人參與



05/2025

Launch of Low-Intensity (LI) Group Sessions 推出低密度小組支援服務

Successfully launched the first LI group programme for adults, marking an important step toward scalable, group-based psychological support.

成功推出首個為成年人而設的低密度小組課程，標誌著我們在推動可擴展的小組心理支援服務上，邁出了重要一步。

08/2025

Graduation Ceremony for the Wellbeing Practitioner Training Programme 24/25 Cohort

心理健康主任畢業典禮

Supported by MINDSET (The Jardine Matheson Group Charity), our 47 trainees successfully completed the Wellbeing Practitioner Training Programme, strengthening frontline mental health capacity.

在思健（怡和集團旗下慈善機構）的支持下，我們的 47 位學員順利完成「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。

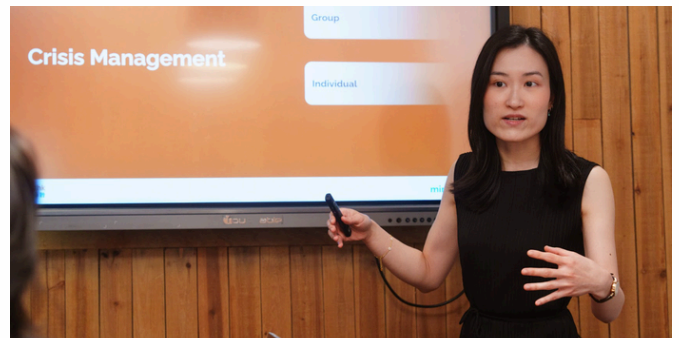


Mental Health Training

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 mission, 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。作為香港心聆使命的基石，培訓團隊致力推動本港的精神健康教育項目，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身心健康的支援性環境。



Impact and Achievements 成效與成果

6,400+

6,400+ individuals in Hong Kong were trained with quality mental health literacy and skills

培訓 6,400+ 位本地市民，提升精神健康知識與應對技巧

155+

155+ training sessions, panels, and speaker events were delivered to general public, schools, NGOs/charities, and private organisations, enhancing mental health accessibility for all

舉辦 155+ 場培訓課程、座談會及講座，對象涵蓋公眾、學校、非政府機構／慈善團體及私營機構，致力提升全民精神健康資源的可及性

2025 Timeline 2025年時間線

01/2025

Collaboration with Hong Kong Metropolitan University 與香港都會大學合作

Commenced delivery of Mental Health First Aid Course and other training sessions throughout the year for Hong Kong Metropolitan University, benefiting a total of 582 undergraduate students via 24 training sessions.

開始為香港都會大學提供「精神健康急救」及其他培訓課程。全年共舉辦 24 場培訓，惠及共 582 名本科生。

03/2025

Launch of School Training Programme Supported by Aspex Management 啟動由 Aspex Management 支持之學校培訓計劃

Supported by Aspex Management, 16 sessions of mental health literacy and skills training were delivered, benefitting a total of 1,336 secondary school students and parents under this initiative.

在 Aspex Management 的支持下，成功舉辦了 16 場精神健康知識與支援技巧培訓，惠及共 1,336 名中學生及家長。

06/2025

Launch of School Training Programme Supported by Morgan Stanley 啟動由摩根士丹利支持之學校培訓計劃

Supported by Morgan Stanley, 7 sessions of mental health literacy and skills training were delivered, benefitting a total of 905 secondary school students, parents, and educators under this initiative.

在摩根士丹利的支持下，成功舉辦了 7 場精神健康知識與支援技巧培訓，惠及共 905 名中學生、家長及教育工作者。

2025 Timeline 2025年時間線

11/2025

Evidence-based Professional Training & Global Collaborations

實證為本的專業培訓與全球協作

Mindful Parenting Teacher Training 靜觀親職導師培訓

Delivered a 29-hour hybrid training led by international expert Prof Susan Bögels and clinical psychologist Dr Candice Powell. This programme equipped 48 mental health professionals in implementing mindful parenting for families facing mental health challenges.

由國際靜觀親職專家 Susan Bögels 教授及臨床心理學家凌悅雯博士帶領，共有 48 名精神健康專業人員完成了 29 小時的混合模式培訓，為受精神健康困擾的家庭推行靜觀親職課程。



MYmind Teacher Training 「MYmind」靜觀導師培訓

Facilitated a 29-hour hybrid training with Prof Susan Bögels and psychiatrist Dr Elisabeth Wong. A total of 17 professionals were trained to deliver the MYmind mindfulness programme for children and adolescents with ADHD and ASD, as well as their parents.

由 Susan Bögels 教授與精神科醫生黃瑋妍主持，共有 17 名專業人員完成了 29 小時的混合模式培訓，為患有注意力不足過動症（ADHD）和自閉症譜系障礙（ASD）的青少年及其家長提供 MYmind 靜觀計劃。



2025 Timeline 2025年時間線

11/2025

Evidence-based Professional Training 實證為本的專業培訓

Unified Protocol (UP) Level 1 Training 「整全情緒治療（UP）第一階段」課程

Conducted a 3-day in-person training featuring UP co-developer Prof Todd Farchione, alongside clinical psychologists Dr An Tong Gong and Dr Candice Powell. This session benefited 30 mental health professionals in applying transdiagnostic treatments for emotional disorders in both individual and group settings.

舉辦為期 3 天的面授培訓，邀請了 UP 共同開發者 Todd Farchione 教授，以及臨床心理學家龔安童博士和凌悅雯博士作為指導。此課程惠及 30 名精神健康專業人員，助其將「跨診斷治療」應用於個人及小組形式的情緒疾患治療。



“

Having trainees take turns leading session practice made the experience much more hands-on and interactive.

這個課程讓受訓者輪流帶領小組練習，令學習體驗更實用、更互動性。

“

MYmind teacher training has been a great refresher for my personal mindfulness practice and for utilising mindfulness with neurodivergent clients and caregivers. I really appreciated the immersive aspect of the training and the connection and sense of community with the trainers and other participants to support each other in this process.

「MYmind」靜觀導師培訓對我的個人靜觀修習，以及為神經多樣性個案與照顧者時應用靜觀技巧，都有很大的啟發。我非常欣賞培訓的沉浸式體驗，以及與導師和其他參加者之間建立的連結與社群感，讓我們能在過程中互相支持。

2025 Timeline 2025年時間線

12/2025

Supporting Our Community and Fellow Practitioners

支援社區及同儕專業人員

Promptly organised several tailored training sessions in swift response to the Tai Po fire:

針對大埔火災作出即時應變，組織了多場具針對性的培訓課程：

Community Support 社區支援

Delivered "Navigating After Crisis: Building Resilience for Ourselves" training sessions to NGOs and the public to support our community with practical knowledge and tips in taking care of ourselves and others.

為非政府機構及公眾舉辦「危機過後：建立個人韌性」培訓課程，提供照顧自己和他人的實用知識與技巧，以支援社區成員。

Resource Release 資源發佈

Circulated a "SUPPORT" workplace toolkit on our LinkedIn, newsletter and our network, providing HR/leaders with a clear framework to best respond and support their employees' mental health.

透過LinkedIn、電子報及社交網絡發布「SUPPORT」職場工具包，為人力資源主管及領導層提供清晰框架，以便在危機期間支援員工的精神健康。

Leadership Training 領導層培訓

Delivered a "Managing Crisis After Traumatic Events: Building Resilience for Yourself and Your Team" training with a "SUPPORT" workplace toolkit as a practical framework reference for 400+ HR/leaders.

舉辦「處理重大創傷後的危機：為自己及團隊建立韌性」培訓，並以「SUPPORT」職場工具包作為實用框架參考，惠及超過 400 名人力資源主管及領導層。

Learn more about the
"SUPPORT" toolkit:

了解更多 SUPPORT 工具包：



More Than a Label Anti-Stigma Campaign

「我就是我」消除污名計劃



More Than a Label is Mind HK's citywide anti-stigma campaign. In partnership with and sponsored by MINDSET (the Jardine Matheson Group Charity), and supported by Manulife, More Than a Label works to reshape how our community understands mental health.

We encourage the public to look beyond the typical, stigmatising labels associated with mental health diagnoses. Through personal stories of mental health recovery journeys, we want to showcase realistic portrayals of people with lived mental health experiences and depict their holistic identities to combat stigma. We aim to celebrate the resilience of individuals in recovery, educate the public about mental health, and encourage conversations on mental health-related topics.

「More Than a Label 我就是我」是香港心聆的全港消除污名計劃。本活動得到思健（怡和集團旗下慈善機構）作為夥伴和贊助商，並獲得宏利的支持，致力於重塑社區對精神健康的理解。

我們鼓勵大眾擺脫對精神疾病的固有觀念、污名及標籤，透過邀請精神健康挑戰親歷者分享他們的精神復元故事，展示他們最真實的一面，描繪最完整的自我身分，藉此對抗社會偏見。我們希望彰顯復元人士的韌性，提升公眾的精神健康知識，並鼓勵大眾展開更多關於精神健康的對話。



Impact and Achievements 成效與成果

1,800+

1,800+ individuals reached via 30 NGO partnerships and public-facing story-sharing events

我們與多過 30 個非牟利機構合作舉辦分享故事活動，超過 1,800 人參加

1,200+

1,200+ individuals reached via the “Listen to the Beat” exhibition
透過「我們與心的距離」展覽，觸及超過 1,200 人

2

2 ambassador community development events organised
舉辦了 2 場心聆大使團隊建設活動



1 comprehensive study on stigma published in collaboration with The University of Hong Kong

與香港大學合作發表了 1 項關於污名的全面研究

[View here 閱讀全文](#)



2025 Timeline 2025年時間線

03/2025 • Mental Health Ambassador Training 心聆大使培訓

Organised and delivered the 2025 Cantonese cohort of Mental Health Ambassador Training.

籌辦並完成了 2025 年度粵語組別的心聆大使培訓。

• “Personalising the Percentage – Our Mental Health Journeys” Story Sharing Event

「百萬人間有我的故事 —— 我們的精神健康旅程」故事分享活動

Launched a large-scale story-sharing event, “Personalising the Percentage – Our Mental Health Journeys”, on 13 and 14 March, featuring 14 ambassadors and reaching 300+ individuals. Diverse topics such as men’s mental health, workplace mental health, parental mental health, and youth mental health were addressed. Thank you 1880 Hong Kong for being our venue sponsor.

於 3 月 13 及 14 日舉辦了名為「百萬人間有我的故事 —— 我們的精神健康旅程」的大型故事分享活動，共 14 名心聆大使參與，觸及超過 300 人。分享內容涵蓋多元化課題，包括男性精神健康、職場精神健康、家長精神健康及青少年精神健康。感謝 1880 香港贊助活動場地。



I have a clearer idea of how stigmas around people with mental disorders manifest themselves in different environments, schools, work, and even homes. How the speakers experienced them firsthand, giving us a glimpse of what it's really like to be in different roles when you're struggling with mental health problems, what got them through tough times, and what they got out of their experiences, etc.

我現在更清楚了解，對精神疾病患者的污名是如何在學校、職場甚至家庭等不同環境中體現的。一眾講者分享了他們的親身經歷，讓我們看到當一個人面對精神健康困擾時，處於不同角色究竟是什麼樣的感覺、是什麼支持他們度過難關、他們從經驗中獲得了什麼啟發等等。

2025 Timeline 2025年時間線

05/2025 • Mental Health Ambassador Training 心聆大使培訓

Organised and delivered the 2025 English cohort of Mental Health Ambassador Training.

籌辦並完成了 2025 年度英語組別的心聆大使培訓。

08/2025 • “Listen to the Beat” Exhibition 「我們與心的距離」展覽

Organised a large-scale public campaign, the “Listen to the Beat” exhibition, attracted a record-breaking total of 1,200+ individuals. The exhibition featured 100+ ambassadors' stories, artwork, portraits, or handwritten letters, highlighting the diverse mental health recovery narratives of our ambassadors.

籌辦了大型公眾活動「我們與心的距離」展覽，吸引了破紀錄的 1,200 多人參加。展覽展出了超過 100 位心聆大使的故事、藝術作品、人像照片或手寫信，突顯了心聆大使多元化的精神健康復元故事。



“

I realised that emotions are beautiful, and that everyone has their own story. We are more than what others name us.

我意識到情緒是美麗的，每個人都有自己的故事。我們不只是他人加諸的標籤。

2025 Timeline 2025年時間線

10/2025 • Research Collaboration with The University of Hong Kong 與香港大學合作研究

Published the paper "Changes in mental health stigma and well-being: knowledge, attitudes and behavioural intentions among Hong Kong residents between 2021 and 2023" on *BJPsych Open* in collaboration with The University of Hong Kong.

與香港大學合作，在《BJPsych Open》期刊上發表了名為「2021年至2023年間香港居民心理健康污名化與身心健康的變化：知識、態度及行為意向」的研究論文。

11/2025 • Sharing Sessions at the Hong Kong International Mental Health Conference 2025 香港國際心理健康研討會 2025 分享環節

Delivered 6 story-sharing sessions or speaker presentations during the Hong Kong International Mental Health Conference 2025.

在香港國際心理健康研討會 2025 期間，舉辦了 6 場故事分享環節或講者簡報。

• First Ambassador Get-Together Event 第一屆「我就是我」心聆大使大聚會

Organised the first "Ambassador Get-Together Event" serving as a social networking and team building opportunity for our ambassadors trained across different cohorts to build a sense of community and belonging within the group.

籌辦了第一屆「我就是我」心聆大使大聚會，為歷屆受訓的心聆大使提供互相交流及團隊建設的機會，以建立心聆大使團隊的社群意識與歸屬感。



• Launched the Ambassador Advisory Committee (AAC) 成立「大使諮詢委員會」

Launched the first AAC of 7 dedicated ambassadors to work closely with Mind HK staff and fellow ambassadors to drive the More Than a Label campaign forward.

成立了首屆「大使諮詢委員會」，由 7 位熱心大使組成，與香港心聆職員及其他大使緊密合作，共同推動「More Than a Label 我就是我」計劃的發展。

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. 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。

Impact and Achievements 成效與成果

132

132 secondary schools committed to joining the project with 640 committee members for the 2025/26 cohort

132 間中學承諾參與計劃，2025/26 年度共有 649 名學會幹事

180+

Over 180 school-wide mental wellness events were designed and successfully organised by Student Wellness Club committee members from the 2025/26 cohort, engaging over 33,000 students

2025/26 年度「平行心間學會」幹事設計及成功舉辦超過 180 場全校精神健康活動，吸引超過 33,000 名學生參與

80

80 students (including 76 students from 35 schools and 4 Youth Advisory Committee (YAC) members) were engaged in the Annual Leadership Event 2025

共有 80 名學生參與年度聯校領袖日 2025，當中包括來自 35 間學校的 76 名學生和 4 位青年諮詢委員會成員

400+

Over 400 Student Wellness Club committee members participated in training sessions

超過 400 名「平行心間學會」幹事參加 2025/26 年度培訓課程

12

12 Youth Advisory Committee (YAC) members were recruited

完成招募 12 名青年諮詢委員會成員



2025 Timeline 2025年時間線

04/2025 • Annual Leadership Event 年度聯校領袖日

The first Annual Student Leadership Event was successfully held at Salesians of Don Bosco Ng Siu Mui Secondary School, engaging 80 students from 35 schools. The event included a variety of student-led wellness activities, a school tour, and a discussion on the future development of the Student Wellness Club.

首屆年度聯校領袖日於天主教慈幼會伍少梅中學成功舉行，吸引來自 35 間學校的 80 名學生參與。活動包括由學生主導的多項身心靈健康推廣活動、校園導覽，以及關於「平行心間學會」未來發展的討論。

05/2025 • "From Hearts to Lens" School-wide Campaign 聯校推廣活動「心之攝影學」

The first school-wide campaign, "From Hearts to Lens", was successfully launched across 42 Student Wellness Clubs. The campaign invited students to use disposable film cameras to capture meaningful moments from their daily lives, encouraging them to slow down and practise the art of savouring life.

首屆聯校推廣活動「心之攝影學」在 42 個「平行心間學會」成功推出。活動邀請學生使用即棄菲林相機捕捉生活中有意義的時刻，鼓勵他們放慢腳步，練習細味生活的藝術。



06/2025 • JC Levelmind Official Website Launch 「賽馬會平行心間」官方網站正式推出

The JC Levelmind official website was launched. The website features profiles of Student Wellness Clubs, highlighting the activities organised and led by their members. It also includes biographies and blogs from the Youth Advisory Committee (YAC), emphasising the importance of youth voices in advocating for mental health.

「賽馬會平行心間」官方網站正式推出。網站展示「平行心間學會」的簡介，重點突出由成員策劃及主導的活動，同時亦包括賽馬會平行心間（校園版）青年諮詢委員會成員的個人介紹及網誌，強調青年聲音在倡導方面的重要性。



2025 Timeline 2025年時間線

08/2025

JC Levelmind Fest 賽馬會平行心間節

The JC LevelMind Fest 2025 was successfully held at PMQ under the theme of "Rediscover the Path Within". Plenary sessions, wellness activities booths, and photo exhibitions were held on the day. The Fest attracted 1,000+ participants, including approximately 400 youths, reflecting strong engagement from young people and the community.

「賽馬會平行心間節 2025」以「漫步心林，重新發現」為主題，於 PMQ 元創方成功舉行。當日設有專題講座、健康活動攤位及攝影展覽，吸引超過 1,000 名參與者，包括約 400 名青少年，展現了青年及社區的踴躍參與。



“

I was grateful for the opportunity to engage in a dialogue with Dr Lam Ching-Choi and other youth representatives at the JC LevelMind Fest. We discussed the mental, physical, and spiritual health of young people. In addition to sharing my own experiences, I actively listened to diverse perspectives from individuals with various backgrounds. This unique opportunity significantly contributed to my personal growth, helping me discover new aspects of myself and encouraging me to step out of my comfort zone and embrace challenges.

Venus Tam,
Youth Advisory Committee

我很感激能有機會與林正財醫生及其他青年代表在賽馬會平行心間節進行對話。我們討論了青少年的心理、身體和精神健康。我分享了自己的經歷，也聆聽了來自不同背景的觀點。這次特別的經歷讓我成長不少，助我發現自己的另一面，突破舒適圈，勇於面對挑戰。

青年諮詢委員會成員 譚詠詩

2025 Timeline 2025年時間線

09/2025

Participating School & Youth Advisory Committee Recruitment

參與學校及青年諮詢委員會招募

In the second project year, the project team successfully recruited 90 schools and organised two mass introductory sessions in September to provide an overview of the project framework and its transformative impact on students. The 25/26 cohort of the Youth Advisory Committee recruited 12 members and held its first quarterly meeting in October.

踏入第二個計劃年度，項目團隊成功招募 90 間學校，並於 9 月舉辦兩場大型介紹會，向學校概述項目框架及其對學生帶來的積極轉變。此外，2025/26 年度賽馬會平行心間（校園版）青年諮詢委員會亦招募了 12 名成員，並於 10 月舉行首次季度會議。

10/2025

Trainings for Students Wellness Clubs 「平行心間學會」培訓

Youth Mental Health 101, Youth Mental Health First Aid, Peer Support, and Activity Design Training were provided to participating schools, benefiting over 460+ students/teachers.

為參與學校提供「青少年精神健康 101 課程」、「青少年精神健康急救課程」、「朋輩支援課程」及「活動設計課程」等培訓課程，惠及超過 460 名學生及教師，提升他們的精神健康知識及活動策劃能力。

01/2026

Establishment of “Mindful Hearts, Boundless Ideas” Campus Wellness Fund

「心間·無間」健康校園基金

The Campus Wellness Fund was established to empower students from all 132 participating schools to design and implement student-led mental wellness campaigns. Students are encouraged to drive the implementation of youth-led, innovative mental well-being solutions within their schools, further supporting creative practices that foster a sustainable, caring, and wellness-oriented campus culture.

成立「心間·無間」健康校園基金，讓來自 132 間參與學校的學生有機會設計及推行更多身心靈健康活動，鼓勵學生在校內推動創新、以青年為本的精神健康解決方案，進一步支持學生對共建可持續健康關愛校園文化的創意及實踐。



Testimonials 分享



Mr Lam, Buddhist Sum Heung Lam Memorial College
佛教沈香林紀念中學 林老師



The Student Wellness Club gave members the chance to work together to create mental health activities tailored for their peers. Through supporting others, they also learned to take care of their own wellbeing, growing together in the process.

「平行心間學會」的成立，讓一眾幹事有機會共同設計適合同齡同學的精神健康活動。在協助他人的同時，他們亦能學會關心自己的身心靈健康，實現彼此成長。



Justin Liu, Youth Advisory Committee (YAC)
青年諮詢委員會成員 廖祐男

What surprised me most about joining the Youth Advisory Committee was that I transitioned from simply offering ideas to having the opportunity to share my voice at the JC LevelMind Fest. I was able to articulate my beliefs and thoughts, reaching a wider audience of young people and inviting everyone to collaborate in building our own support network.



加入青年諮詢委員會讓我有機會在賽馬會平行心間節上分享我的聲音，讓我以青少年的身份觸及更廣泛的年輕受眾，為消除污名化和推廣精神健康出一分力，並邀請大家建立支援網絡。

Our Fundraising

我們的籌募活動

At Mind HK, we rely on the community's generous support to sustain and grow our essential mental health services. Our Fundraising and Partnerships Team builds strategic partnerships and connections in the community to fund and provide resources to Mind HK via meaningful awareness campaigns, ensuring accessible mental health support reaches individuals facing challenges across Hong Kong.

有賴社區的慷慨支持，香港心聆才能維持並拓展核心的精神健康服務。我們的籌款及夥伴合作團隊努力建立策略夥伴關係，加強社區連結，為機構提供足夠資金和資源，並透過具意義的公眾意識提升活動，確保香港每一位面對精神健康挑戰的人士都能獲得支援。

Our New Charity Shop: Spread the Message, Support the Cause

香港心聆慈善商店：把訊息融入日常生活，以行動支持精神健康

This year marked an exciting milestone with the official launch of our first online shop. Our journey began with a special "soft launch" at the Hong Kong International Mental Health Conference 2025, where we were overwhelmed by the positive reception. Partnering with various local brands to support local businesses, our Mind HK capsule collection featured quality products ranging from lifestyle goods to apparel.

今年我們迎來一項重要里程碑——首個網上商店正式開幕。我們於香港國際心理健康研討會2025期間先行試業，當時大眾反應熱烈，令我們深感鼓舞。透過與多個本地品牌合作，我們推出了香港心聆膠囊系列，產品涵蓋優質生活用品及服飾，藉此支持本地企業發展。



More than just merchandise, our shop serves as a vital tool for sharing our mission. Blending mental health awareness messages into everyday goods, our Mind HK capsule collection sparks vital conversations and brings mental health awareness into our daily lives. We invite you to join us, shop our merchandise, and spread our message.



網店不僅售賣商品，更是傳遞我們使命的重要平台。我們將精神健康訊息融入日常用品中，讓膠囊系列成為開啟對話的契機，將精神健康意識帶入日常生活。我們誠邀大家加入我們的行列，選購義賣產品，並與我們一起傳遞這份重要訊息。



Visit our e-shop:
瀏覽網上商店：



Move It for Mental Health 為精神健康躍動

"Move It for Mental Health" is a Mind HK project that aims to promote the connection between physical activity and mental wellbeing in Hong Kong. Through various online and offline events, we inspire participants of all ages and abilities to stay active, connect with others, and make a positive impact on both our minds and bodies.

「為精神健康躍動」是香港心聆的項目，旨在宣揚體能活動與精神健康之間的緊密聯繫。透過多元化的線上及線下活動，我們鼓勵不同年齡及能力的參加者保持身心活躍、與他人建立聯繫，感受運動對身心健康帶來的正向影響。



Impact and Achievements 成效與成果

2,700+

2,700+ attendees were engaged throughout the year via different activities

超過 2,700 人參與「為精神健康躍動」的全年各類活動

15+

15+ public, school outreach, and corporate partnership events were initiated and co-organised

發起及合辦超過 15 場公眾、校園推廣及企業夥伴活動

6,500+

6,500+ km of sports distance were accumulated

累積運動里程數超過 6,500 公里

Key Engagements 主要活動

"Move It for Mental Health" booths were featured at a range of events, highlighting the positive impact of physical activity on mental wellbeing. These included the Hong Kong Fitness & Wellness Expo, West Island School's Mental Health Week, and The Hong Kong University of Science and Technology's Check-In Day. We also collaborated with corporate partners such as Morgan Stanley and DBS Bank, and community partners like Exploring Dogs, to reach a wider audience. In addition, we participated in several major events and launched a city-wide campaign to further promote mental and physical wellbeing across the community:

「為精神健康躍動」於多項活動中設置攤位，展示運動如何提升心理韌性，包括香港運動及健康博覽、西島中學精神健康週及香港科技大學 Check-In Day。我們亦與摩根士丹利、星展銀行及 Exploring Dogs 等企業及社區夥伴協作，成功將訊息帶給更多不同階層的人士。此外，我們亦參與多項大型盛事，並展開全港宣傳，致力提升大眾對身心健康的關注：

2025 Timeline 2025年時間線

02/2025 • Standard Chartered Hong Kong Marathon 2025 渣打香港馬拉松 2025

Pre-race training, runners gathering, and on-site support were provided for our fundraisers participating in the Standard Chartered Hong Kong Marathon 2025.

我們為參加渣打香港馬拉松 2025 的籌款跑手提供了賽前培訓、跑手聚會及現場支援。

06/2025 • Summer Virtual Challenge Campaign 夏日線上運動挑戰

We launched a 10-day Summer Virtual Challenge campaign, encouraging people to stay active for mental and physical wellbeing through different sports. Our social media promotion featured 3 of our Mental Health Ambassadors, attracting 304 participants from the general public and corporate sectors, collectively covering over 6,200km sports distance.

我們發起了為期 10 天的「夏日線上運動挑戰」活動，鼓勵大眾透過不同運動項目保持身心活躍。我們邀請了 3 位心聆大使參與社交媒體宣傳，成功吸引了 304 名來自公眾及企業界別的人士參加，共同累積了超過 6,200 公里的運動里程。

10/2025 • Pici Pasta Run

We collaborated with the Pirata Group to co-organise the Pici Pasta Run for the fifth time. 900+ runners took part and finished 5km or 10km along the Hong Kong Island harbourfront in costumes.

我們與 Pirata Group 第五度合辦 Pici Pasta Run。超過 900 名跑手穿上創意服飾參加，沿著港島海濱完成了 5 公里或 10 公里的賽事。



Testimonials 參加者分享

“

Though the weather was humid and sweltering, sweating it out with friends felt refreshing. And chatting with friends was always enjoyable, making one forget about the heat entirely.

雖然天氣潮濕悶熱，但與朋友一起流汗，反而感覺非常舒暢。而且與朋友聊天總是令人愉快的，讓人完全忘記了酷熱。

“

I never knew I could cover around 20,000 steps in just a day! I will say, though, there were some days I felt that my mental health was at its low and I didn't feel like leaving my house on those days. This really goes to show that while it is important to take care of our mental and physical health, we all have our lows, and it's okay! The most important thing is that you give yourself a break and go easy on yourself. We all need to slow down in this fast-paced life.

我從沒想過自己一天竟然能走 20,000 步！不過有些日子，我的心理狀態會較為低落，那幾天會完全不想踏出家門。這讓我明白到，即使我們努力照顧身心健康，但每個人還是會有低潮期，而這是沒關係的！最重要的是，給自己休息空間，對自己溫柔一點。在如此節奏快的生活中，我們都需要慢下來。



Learn more about "Move It for Mental Health":
了解更多關於「為精神健康躍動」資訊：



World Mental Health Day Campaign 2025: 70/30 Light the Spark

世界精神健康日 2025：關於陪伴的 70/30



Impact and Achievements 成效與成果

420+

420+ iACT sessions were made possible through funds raised by the campaign, providing individual and group support for individuals in need, including our youths

透過活動籌得的善款，成功提供超過 420 節「社區心活指南」計劃心理輔導服務，為包括青少年在內的有需要人士提供個人及小組支援

362,000+

362,000+ individuals reached through our storytelling materials

透過故事分享素材，觸及超過 362,000 人

15+

15+ corporations and schools supported our campaign

超過 15 間企業及學校支持是次活動

9

9 content creators were engaged and participated in our campaign

共有 9 位內容創作者參與並支持是次活動

On World Mental Health Day 2025, we launched the "70/30 Light the Spark" campaign to support Hong Kong's next generation. In a city where many young people face the heavy burden of depression and anxiety, we championed the 70/30 principle: while we all possess 70% inner resilience, we all deserve that vital 30% of external support to help us shine again. This message of hope reminded our youth that while their strength is immense, they never have to carry the weight alone.

The campaign flourished into a magnificent collective effort across the community, as 9 content creators courageously used their platforms to share their personal stories and struggles in life, reaching 362,000+ individuals, garnering 29,100+ likes and 1,480+ shares, and gaining 1,100+ new followers during the campaign period. Meanwhile, our reach extended into schools through a moving city-wide poetry competition and into the corporate world through inspiring talks and exhibitions. These partnerships allowed us to foster a culture of care and understanding in the places where people work and learn.

在世界精神健康日 2025，我們發起了「關於陪伴的 70/30」活動，旨在支援香港的下一代。本港許多青少年正面對抑鬱與焦慮的沉重壓力，因此我們積極推廣「70/30 原則」：我們每個人都擁有 70% 的內在韌性，但同樣需要那關鍵的 30% 外部支援，來幫助我們再次發光。這個充滿希望的訊息提醒年輕人，他們本身擁有強大力量，但亦無需獨自承受重擔。

這項活動隨後發展成一場盛大的社群集體行動：共 9 位內容創作者透過自己的平台，勇敢分享個人故事與掙扎，成功觸及超過 362,000 人次，獲得逾 29,100 個讚好及 1,480 次分享，並在活動期間增加了 1,100 多名新追蹤者。我們亦透過一場全港新詩創作比賽走進校園，並透過具啟發性的講座與展覽深入企業世界。這些夥伴關係助我們在職場和校園建立關懷與理解的文化。



We were especially honoured to share the story of Arina, an iACT Wellbeing Practitioner who transitioned from nursing to psychology after navigating her own family pressures. Today, she supports students who face similar struggles, beautifully noting: "Though others can't solve our problems for us, we still all need the strength of having someone by our side."



The HK\$ 160,000+ raised is a testament to our city's compassion, directly fueling our iACT youth service to provide free psychological support for every young person seeking a space to heal. Thank you to all our sponsors and fundraisers for making this possible.

我們特別榮幸能分享 Arina 的故事。她是「社區心活指南」計劃的心理健康主任，在處理自身的家庭壓力後，從護理行業轉投心理學領域，如今致力支援那些面對類似困境的學生，並說：「雖然別人無法代我們解決問題，但我們仍然需要有人陪伴在側的力量。」



是次活動共籌得超過港幣\$ 160,000，見證了香港社會的善心。這些資金將直接投入我們的「社區心活指南計劃」青少年服務，為尋求療癒空間的年輕人提供免費心理支援。感謝所有贊助商與籌款者，讓這一切得以實現。

Communications & Community Engagements

傳訊與社區參與

Echoing our strategic priorities, our communications work played a pivotal role in advancing education and community engagement. Through targeted outreach and content delivery, our work reached diverse audiences and provided mental health education to communities across Hong Kong.

Throughout the year, we sustained production of high-quality materials aligned with three core objectives: (1) creating approachable and accessible psychoeducational content, (2) developing timely and locally relevant resources for Hong Kong, and (3) solidifying our role as the go-to platform for mental health information and support.

我們的傳訊工作呼應機構的策略重點，在推動教育及社區參與方面發揮了關鍵作用。透過具針對性的外展及內容傳遞，我們觸及了不同社群，並為全港社區提供精神健康教育。

過去一年，我們持續製作優質內容，緊扣三項核心目標：(1) 製作親切易明的心理教育內容；(2) 製作貼近香港本地環境且及時的相關內容；以及 (3) 鞏固我們作為精神健康資訊及支援平台的首選地位。



Impact and Achievements 成效與成果

200+

Organised 1 awareness event with 200 attendees

舉辦了 1 場分享活動，超過 200 人參與

24,300+

24,300+ followers on Instagram, which was 32.5% higher than that in 2024

超過 24,300 追蹤者追蹤我們的 Instagram，比 2024 年增加了 32.5%

7,600+

7,600+ followers reached on LinkedIn, which was 29.3% higher than 2024

超過 7,600 追蹤者追蹤我們的 LinkedIn，比 2024 年增加了 29.3%

3.3m+

cumulative website users since our website launch in 2018

自 2018 年網站成立至今，已累計超過 330 萬名網站使用者

300+

total number of clippings with 4.4m+ media value

超過 300 篇媒體報導，累計超過 440 萬媒體價值

2,900+

Gaining 2,900+ subscribers on the LinkedIn newsletter, which provide content around prioritising workplace mental health, coping with life transitions, and personal sharing from our Mental Health Ambassadors

LinkedIn 電子報訂閱人數達超過 2,900 人，內容主要推廣有關「職場心理健康優先」、「應對生活轉變」，以及心聆大使的個人分享

2025 Timeline 2025年時間線

05/2025

Mind HK x Manulife - Your Mental Health Matters Series #3 - Caregivers and Their Stress

香港心聆 x 宏利 - Your Mental Health Matters 系列 #3 - 照顧者與他們的壓力

Our third awareness event featured director and screenwriter Vincci Cheuk, who shared her transformative journey of caring for her 90-year-old grandmother. Vincci's experience highlighted the delicate balance of addressing elderly needs while prioritising one's own mental and physical wellbeing. Our CEO, Dr Candice Powell, and Clinical Advisor, Dr Melissa Chan, also integrated clinical expertise with real-life insights to provide comprehensive and supportive strategies for caregivers in attendance.

我們的第三場公眾推廣活動，邀請了導演及編劇卓韻芝分享其照顧 90 歲婆婆的經歷，反映了她在滿足長者需要的同時，亦優先照顧自己的身心健康，並從中取得微妙平衡。我們的行政總裁凌悅雯博士及心聆臨床顧問陳潔英博士，亦結合其臨床專業知識與現實觀察，為在場的照顧者提供全面支援策略。



07/2025

Learning & Teaching Expo (LTE) at Hong Kong Convention and Exhibition Centre (HKCEC)

於香港會議展覽中心舉行的「學與教博覽」

Our participation in the LTE combined active booth engagement with strategic sharing sessions to reach a wide academic audience. By utilising interactive foamboards, we provided "emotional check-ins" as a lead-in for visitors to have a deeper exploration of our organisation and offerings.

To supplement this outreach, our COO, Min Huang, and Acting Senior Manager of Training and Operations, Nicole Lee, delivered presentations and participated in panel discussions on the fundamental role of mental health support for both students and educators.

我們於「學與教博覽」的參與，結合了攤位互動與策略式的分享環節，成功接觸廣大教育界受眾。我們利用互動展板為訪客提供「情緒檢查站」，引導他們更深入了解機構及服務。為進一步加強外展效果，我們的營運總裁黃敏連同培訓及營運署理高級經理李凱天，分別進行了專題演講和參與了小組討論，探討心理健康支援對學生及教育工作者的重要性。

2025 Timeline 2025年時間線

07/2025

Psychology & Mental Health Fair at Central Market

於中環街市舉行的心理學與精神健康博覽會

As the partner organisation for the Psychology & Mental Health Fair hosted by the Hong Kong Society of Psychological Innovation (HKSPI), we hosted two interactive booths at Central Market to showcase our services and resources, enhancing organisational visibility among the general public.

Our COO, Min Huang, also provided an opening speech for the event, reaffirming our strategic commitment to accessible mental health support and youth empowerment within the local community.

作為香港創新心理學會主辦的「心理學與精神健康博覽會」的合作機構，我們在中環街市設置了兩個互動攤位，展示本機構的服務及資源，增加公眾對我們的認識。

我們的營運總裁黃敏亦為活動發表開幕致辭，重申我們的策略承諾——致力為本地社區提供可及的心理健康支援，並推動青年賦權。



09/2025

Mind HK × Vincci Cheuk - IG Reels series - #Caregiver Series

香港心聆 × 卓韻芝 - IG Reels 系列 - #照顧者支援系列

Featuring discussions between Vincci and our CEO, Dr Candice Powell, the series translated complex psychological stressors into accessible, high-engagement digital content for a broad audience. This initiative achieved significant digital engagement, accumulating 106,370+ views, 1,850+ likes, and 220+ shares, effectively extending vital resources to those navigating the isolation of caregiving.

是次系列以卓韻芝與我們的行政總裁凌悅雯博士之間的對談為主軸，將複雜的心理壓力內容，轉化為易於理解且高互動性的數碼資訊，供廣大受眾閱覽。此計劃取得顯著的線上參與度，累計獲得超過 106,370 次觀看、超過 1,850 個讚好及超過 220 次分享，有效將重要的心理健康資源，延伸至許多孤立無援的照顧者。

2025 Timeline 2025年時間線

07/2025 • Chinachem Tsuen Wan Games at D-PARK 於 D・PARK 舉行的「華懋荃運會」

As a supporting organisation for the Tsuen Wan Games, we delivered 12 workshops and hosted a community booth to promote mental wellbeing. The event saw high engagement from family audiences, providing a valuable platform to increase our service visibility and connect directly with the public.

作為華懋荃運會的支持機構，我們舉辦了 12 場工作坊，並設置社區攤位以推廣心理健康。活動吸引了大量家庭觀眾參與，提供了一個寶貴平台，讓我們提升服務知名度，並直接與公眾建立聯繫。

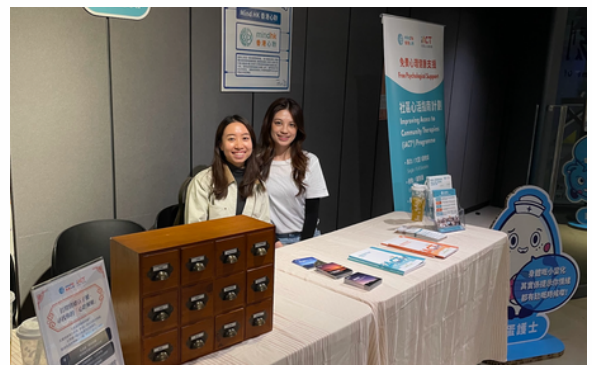
11/2025 • Emo Festival at The Mills 於南豐紗廠舉行的「砌返好個人生活祭」

We participated as one of the collaborating organisations in the Emo Festival, organised by In Time Of, a community project from Nam Fung Group for community engagement and mental health advocacy.

The Emotion Cabinet – a tactile, interactive tool designed to facilitate self-reflection and emotional literacy – was featured during our outreach. Participants were encouraged to navigate their internal emotional status and acquire evidence-based tips for maintaining mental wellbeing. This initiative successfully bridged the gap between abstract psychological concepts and practical, everyday applications for the general public.

作為合作機構之一，我們參與了由南豐集團旗下社區項目「世界之約」主辦的「砌返好個人生活祭」，該項目旨在推動社區參與及精神健康倡議。

活動期間，我們展示了觸覺互動工具「情緒百子櫃」，專為促進自我反思及情緒知識而設計，鼓勵參加者探索自身內在的情緒狀態，並學習實證為本的心理健康維持技巧。此計劃成功連接抽象的心理概念與日常的生活實踐，讓廣大市民更易應用。



Our Partnerships

我們的合作夥伴

2025

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

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. To date, we have successfully trained 180 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.

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。時至今日，我們已成功培訓 180 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。

Graduation Ceremony for 2024-2025 Cohort 2024 - 2025 年度 心理健康主任畢業典禮



Anti-stigma Campaign 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 campaign in 2021. The campaign 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 campaign 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.

「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。

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。



For more details on the campaign, please check p.35

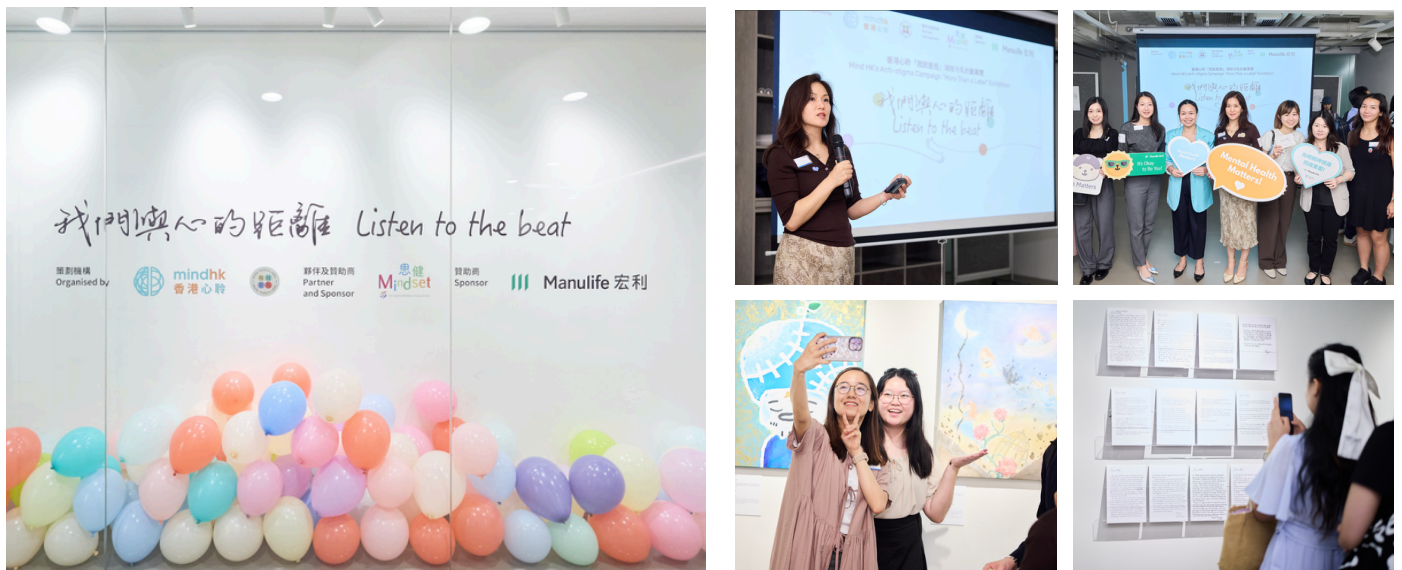
請參閱第 35 頁了解計劃的詳細資訊

Highlights of Past Events 過往活動總覽

Storytelling Event: "Personalising the Percentage – Our Mental Health Journeys" 精神健康故事分享活動：「百萬人間有我的故事 —— 我們的精神健康旅程」



Public Campaign: "Listen to the Beat" Exhibition 公眾活動：「我們與心的距離」年度展覽



STRATEGIC CHARITY PARTNERSHIP: MANULIFE

策略慈善夥伴：宏利



Our strategic charity partnership with Manulife 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.

我們與宏利的策略慈善合作，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。

Our Initiatives 合作項目

Mind HK x Manulife — Your Mental Health Matters Public Awareness Raising Events 香港心聆 × 宏利 — 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。

Your Mental Health Matters Event: Caregivers and Their Stress Your Mental Health Matters 活動：照顧者與他們的壓力



Testimonials 參加者分享

“

As a caregiver, I used to feel incredibly isolated. This talk gave me a profound sense of validation – knowing that I'm not alone and that there are many others walking this same path. It has brought me immense comfort and strength.

作為一名照顧者，我原本感到十分孤單。透過是次講座，我感受到強烈的認同感，知道自己並不孤單，而且有許多同路人一起前行。這給了我很大的安慰和力量。

After listening to the sharing, I've learned to accept my occasional feelings of anger and negativity. I've realised I don't need to be so hard on myself.

聽完分享後，我明白了要接納自己偶爾出現的憤怒和負面情緒，不再對自己過分苛責。

Hong Kong International Mental Health Conference 2025

香港國際心理健康研討會 2025

The Hong Kong International Mental Health Conference was successfully concluded in November 2025. As the Headline Sponsor, Manulife supported the conference from the very beginning. To learn more about the event, please refer to p.16.

香港國際心理健康研討會已於 2025 年 11 月圓滿結束。宏利作為主要贊助，從活動籌備初期便全力支持大會。欲知更多活動詳情，請參閱第 16 頁。



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」計劃

With Manulife's support, we are enhancing the graduated Wellbeing Practitioners network, enabling them to better serve people in need.

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。

To learn more about iACT, please refer to p.25.

欲知更多「社區心活指南」計劃詳情，請參閱第 25 頁。

Workshop – iACT Wellbeing Practitioner Network

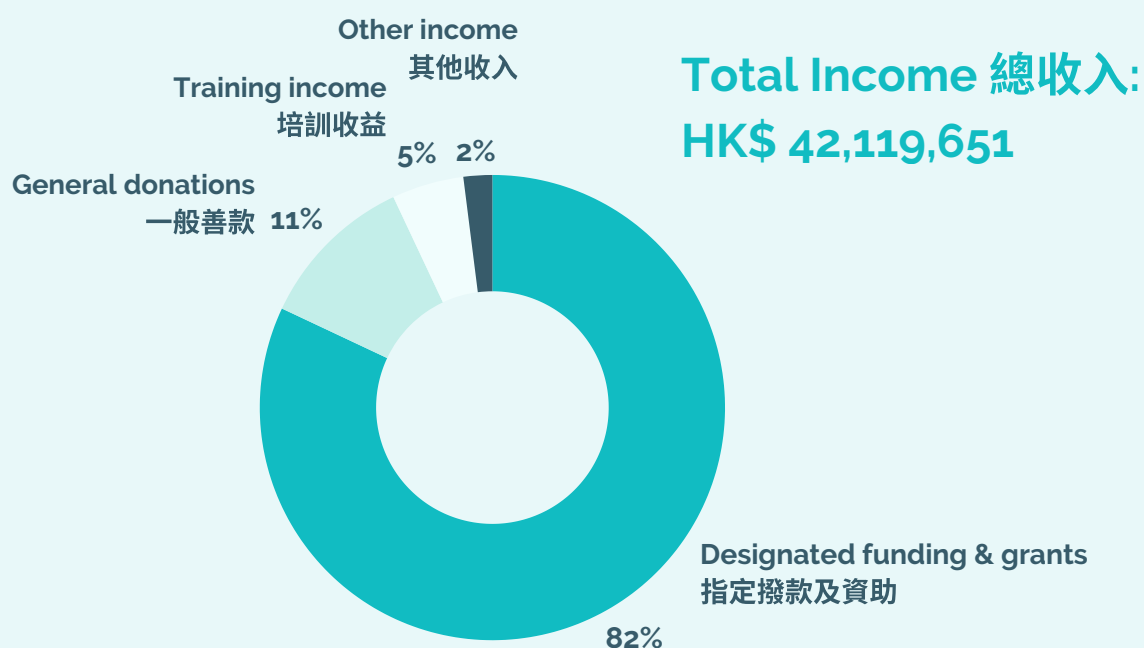
工作坊 – 「社區心活指南」計劃心理健康主任網絡



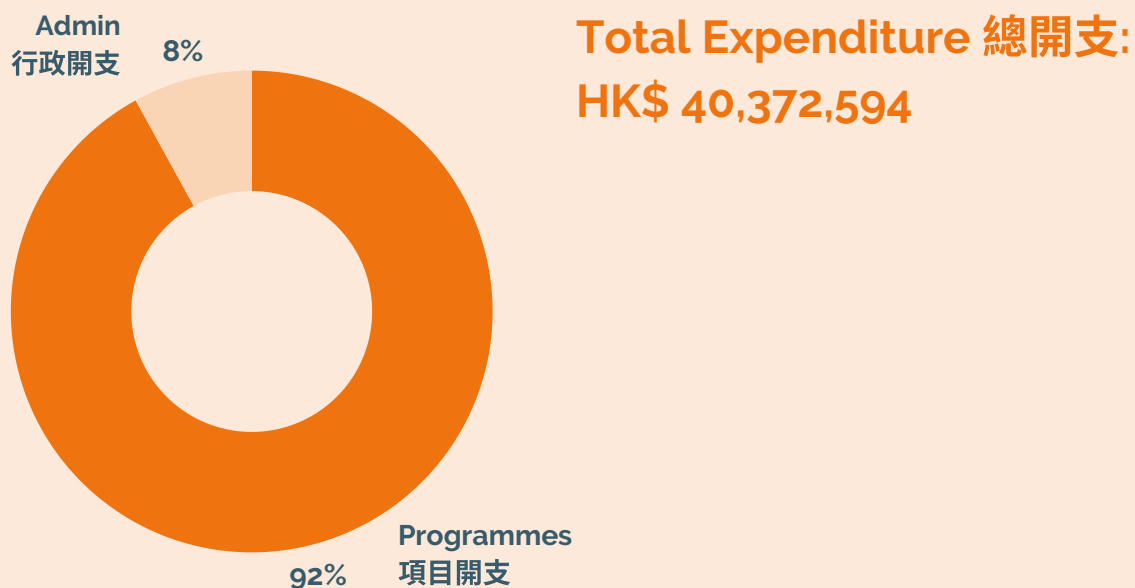
FINANCIAL HIGHLIGHTS

財政摘要

Income by Category 收入分佈



Expenditure by Category 開支分佈



Balance Sheet as at 31 December 2025**資產負債表 截至 2025 年 12 月 31 日****Non-current Assets 非流動資產**

Property, Plant and Equipment 物業、廠房及設備	86,593
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Current Assets 流動資產

Other Receivables & Prepayments 其他應收款項及預付款項	1,109,654
Cash at Banks and in Hand 銀行存款及現金	27,714,711
Total Current Assets 流動資產總額	28,824,365

Current Liabilities 流動負債

Accruals and Other Payables 應計費用及其他應計費用	559,256
Deferred Income 遞延收入	10,609,986
Receipt in Advance 預收款項	331,000
Total Current Liabilities 流動負債總額	11,500,242
Net Current Assets 流動資產淨額	17,324,123
Net Assets 淨資產	17,410,716
Surplus 盈餘	17,410,716

OUR TEAM

我們的團隊

By the end of December 2025, our team had expanded to 84 members, including both staff and interns.

至 2025 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
Karen Lau	Chief Programme Officer	項目總裁
Min Huang	Chief Operations Officer	營運總裁
Florence Wong	Acting Senior Manager - Finance	署理高級經理 - 財務
Mia Tse	HR and Administration Manager	人力資源及行政經理
Kwong Sham	Head of Technology & Digital Transformation	資訊科技及數碼轉型主管
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Mrs Jennifer Lee Halley 於 2025 年 11 月 1 日正式就任香港心聆聯合主席一職

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