

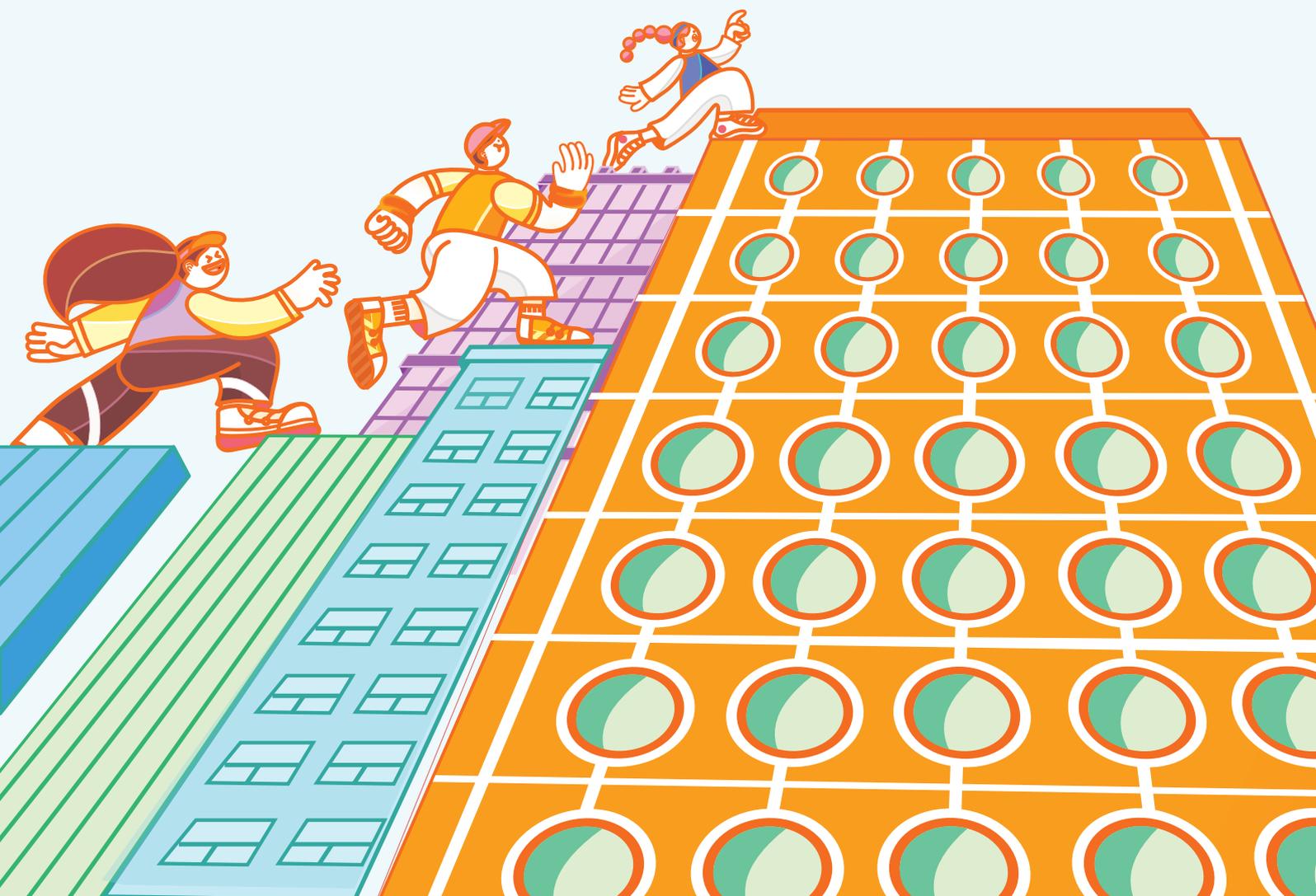
MINDSET HONG KONG
思健成果報告

IMPACT REPORT 2025

思健
Mindset



The Jardine Matheson Group Charity



About MINDSET

MINDSET is a registered charity in Hong Kong founded by Jardine Matheson 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.

Our vision

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

Our mission

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

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

關於思健

「思健」是怡和集團於 2002 年在香港成立的註冊慈善組織，致力建立一個讓精神健康獲得理解、支援與重視的共融社會。透過 2011 年成立的思健新加坡，我們的服務橫跨香港及新加坡兩地，並以三大策略方針消除污名、提高認知及建立可持續的精神健康支援：社區協作、籌款與財務支援，以及運用怡和集團網絡。

願景

建立共融社會，每個人都有能力改善自己的精神健康。

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，推動各類項目以提升精神健康水平。

我們透過企業協作、公眾教育、倡議和資助項目發揮引領作用，並與精神健康社群緊密合作，帶動正面的改變。



Message from our Board

The past year marked a pivotal step forward in mental health support in Hong Kong, with a collective effort to expand access to and opportunities for care across the community. Setting the agenda, the Hong Kong Government's Policy Address highlighted the benefits of a stepped-care model, strengthened medical, educational and social collaboration, and championed mental health-friendly workplaces. At MINDSET, these priorities resonate strongly with our commitment to early intervention and fostering community resilience.

Over the past year, MINDSET's programmes focused on expanding anti-stigma efforts in schools and communities, strengthening early intervention for depression and anxiety, equipping persons in recovery with essential skills for work readiness and facilitating reintegration of these individuals into employment and the society. In total, over 7,000 beneficiaries were positively impacted, while our MINDSET Ambassadors contributed 855 volunteering hours.

Our flagship fundraising event, Walk Up Jardine House, celebrated its 40th year and delivered outstanding results – uniting corporates, government and community groups through races and activities that fostered inclusivity and raised awareness of mental health issues. Notably, we introduced a community sector race, where students, NGO caregivers and persons in recovery participated side by side, reinforcing the importance of connection and community cohesion.

We are proud of these achievements and even more so of the impact we have brought towards the community.

理事會致辭

香港在過去一年於精神健康支援服務領域取得了重要進展。在各界攜手努力下，社區精神健康服務的可及性與覆蓋面均有所提升。香港政府《施政報告》為此奠定綱領，強調「分層支援模式」的效益，加強醫療、教育及社會服務的協作，並積極推動精神健康友善工作。這些優先發展方向，與思健致力推動早期介入及提升社區抗逆力的目標高度契合。

過去一年，思健的項目重點包括：在校園及社區擴展消除污名化工作、加強抑鬱症與焦慮症的早期介入支援、為復元人士提供職前技能培訓以增強就業能力，協助他們重返職場及融入社會。我們的服務受惠者達七千多名，而「思健大使」團隊更累積貢獻了855小時的義工服務時數。

我們的旗艦籌款活動「齊步上怡廈」適逢四十周年，取得卓越成果——透過競賽及教育活動，凝聚企業、政府及社區團體，促進社會共融並提升大眾對精神健康議題的關注。我們特別增設社區組別賽事，讓學生、照顧者及復元人士並肩參與，彰顯了聯繫與社區凝聚力的重要性。

我們為這些成就感到自豪，為能對社區帶來實質影響而深感欣慰。

Moving forward

Since 2002, MINDSET has pioneered corporate mental health advocacy – raising awareness, mobilising corporate support, and inspiring Jardines employees to volunteer for charitable causes. With the support of our portfolio companies, partners and volunteers, we have made a tangible difference in the community.

Looking ahead to 2026 and beyond, we recognise that the evolving mental health landscape and business environment call for a new approach. MINDSET Hong Kong will transition into The Keswick Foundation, aligning with its long-standing mission to support initiatives addressing service gaps across Hong Kong and the Chinese mainland. Under its guidance, MINDSET will expand into a broader platform spanning both regions, delivering evidence-based mental health programmes where they are needed most.

We deeply value the programmes, partnerships and contributions that have shaped MINDSET's success. These connections will continue under the stewardship of The Keswick Foundation, ensuring they continue to create meaningful impact for years to come.

As we move into this new chapter, MINDSET extends our sincere gratitude to donors, partners, volunteers, colleagues, and service users for their unwavering trust and contributions.

展望未來

自2002起，思健一直是香港企業精神健康倡導工作的先驅：我們積極提升大眾意識、動員商界支持，並鼓勵怡和集團員工參與義工服務。在各集團成員公司、合作夥伴及義工的鼎力支持下，我們為社區帶來了實質改變。

展望2026年及以後，我們意識到精神健康需求與商業環境的發展需要全新策略。思健香港將移交至「凱瑟克基金」(The Keswick Foundation)，延續其長期使命，致力支持填補香港及中國內地社區關鍵服務缺口。在基金會的指引下，思健將發展成一個跨越兩地、更廣闊的平台，在最有需要的地區推行實證為本的精神健康計劃。

我們十分珍視各項計劃、合作與貢獻，這些努力共同成就了思健的成果。未來，這些連繫將在凱瑟克基金的持續支持下得以延續，確保相關工作在社區中持續發揮深遠而具意義的影響。

隨著我們邁入這個新篇章，思健謹向捐贈者、合作夥伴、義工、同事及服務使用者致上誠摯謝意，感謝各位始終如一的信任與貢獻。



Governance

Members of the Board, Executive Committee, Sub-Committees, and team provide strategic direction, foster partnerships, and ensure the effective implementation of MINDSET's initiatives. Their coordinated leadership forms the cornerstone of our governance, and through shared commitment and collective effort, they advance meaningful progress and reinforce the collaborative strength that underpins MINDSET's mission.

管治

理事會、執行委員會、小組委員會及團隊成員為思健提供策略方向、促進合作夥伴關係，並確保各項倡議有效落實。協同領導、共同承諾與集體努力，是我們管治架構得以穩固運作的基石。各成員推動具意義的進展，並鞏固協作力量，賦能思健實踐使命。

Board of Governors

理事會



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

General Counsel /
Jardine Matheson

思健理事會成員
怡和集團總法律顧問



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

Executive Committee

執行委員會

Azel Han
Danny Luk
David Walker
Hubert Wong
Ian Law
Lucy Zhou
Natalie Wu

Sub-Committees

小組委員會

Alan Lee
Alice Wong
Ben Huang
Gary Au
Georgina Ho
Ian Choy
Iris Lam
Jason Lee
Jayla Kan
Joanna Lam
Kandy Mak
Lily Lau
Maribeth Janikowski
Marissa Hu
Maureen Ting
Yolice Wu

MINDSET Team

思健團隊

Cherie Lau
Cherie Ng
Helen Mok
Jovie Leung
Lily Lee

Volunteerism

Building on the legacy of Jardine Ambassadors, whose pioneering volunteer spirit sparked the creation of MINDSET, the programme brings together dedicated volunteers from multiple companies, now known as MINDSET Ambassadors, carrying forward a tradition of enduring commitment to community mental health.

MINDSET Ambassadors commit to 15 months of service across education, fundraising, and job training streams, completing Mental Health First Aid and specialised training from Kwai Chung Hospital to provide volunteering support in the community.

義工責任

承傳「怡和親善大使」的精神 — 其開創性的義工服務精神促成了「思健」的誕生 — 「思健大使」計劃匯聚來自多家企業、志同道合的義工，延續一脈相承的傳統，以及對社區精神健康的長遠與堅定承諾。

「思健大使」承諾投入為期 15 個月的服務，涵蓋教育、籌款及業培訓三大範疇。大使均需接受「精神健康急救」及由葵涌醫院提供的專業培訓，為社區提供持支援，從而促進可持續性的改變。



Honouring our MINDSET Ambassadors 向思健大使致敬

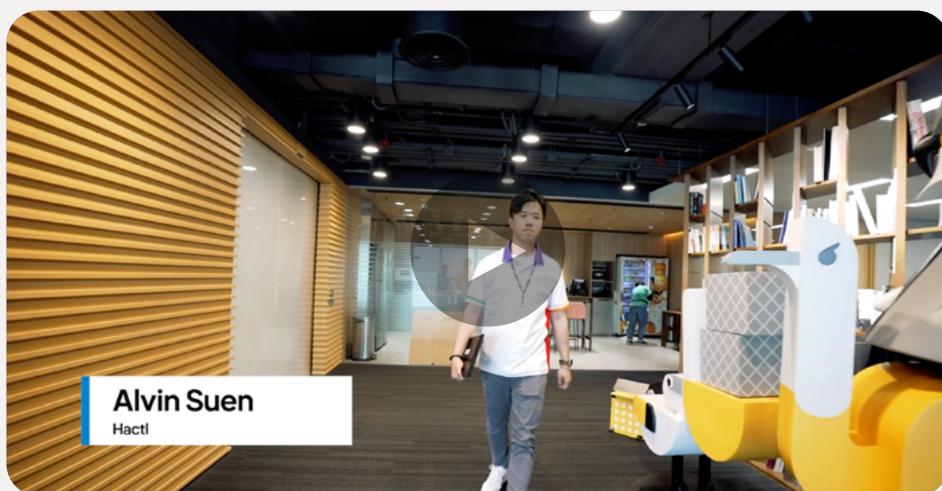
2024/25

Alice Cheng
Alvin Suen
Anakin Liu
Andrew Luk
Andy Leung
Chan Wai Chung
Chu Ka Yan
Edward Chiang
Gabriel Mok
Germaine Cheung
Heron Lam
Jayee Wong
Joey Tang
Kenix Luk
Kenson Tsang

King Mak
Kitty But
Lam Tse
Leo Cho
Luisa Wang
Mick Tse
Rex Coke
Shadow Zhang
Swan Wong
Vincent Choi
Winston Wong
Wong Wing
Ming

2025/26

Arthur Chiu
Chan Ka Yan
Chloe Lam
Corrine Chan
Dennis Lee
Jeffrey Ye
Kathy Tse
Maggie Ho
Michelle Chan
Regina Surya
Simpson Kwok
Timothy Chak
Viann Chan
Wilson Chu
Yan Leung
Vivian Tang



Alvin Suen
Hactl

2024/25 Awarded 年度獎項

Best MINDSET Ambassador
by stream and of the year
各組別及年度最優秀思健大使

Education
Stream
教育組

Alice Cheng
DFI Retail Group

Fundraising
Stream
籌款組

Kitty But
Hongkong Land

Job Training
Stream
職業培訓組

Leo Cho
Zung Fu

MINDSET
Ambassador
of the year
年度最優秀
思健大使

Leo Cho
Zung Fu

Milestones



思健成立

推行「Teen使行動－青少年思健推廣計劃」

Launch of MINDSET

Launch of Health in Mind Programme

2002



推出工作培訓計劃協助復元人士就業

Launched job training programme to enhance the employability of persons in recovery

2005



支持「汶川大地震災後研究項目」

Supported the Sichuan Expanded School Mental Health Network

2008



在新加坡成立思健

Launch of MINDSET Care Limited in Singapore

2011

2004

Funded the launch of Mental Health First Aid Training

資助首辦「精神健康急救訓練課程」



2006

Supported Community Mental Health Link programme

支持社區精神健康連網服務計劃



2010

Established MINDSET Place for providing residential service

成立「思健園」提供住宿服務



2012

Launch of the Peer Support Workers Project

推出思健朋輩支援計劃



發展歷程



藉「思健藝飛翔」協助復元人士發展藝術

Promoting art through the MINDSET Expression Project

2014



與香港心聆成為策略夥伴

Strategic partnership with Mind HK

2019



以創新形式舉辦「齊步上怡廈」籌款活動

The first ever virtual and innovative Walk Up Jardine House

2021



首次混合齊步上怡廈募款活動

Walk Up Jardine House 1st hybrid event

2023



慶祝「齊步上怡廈」40周年

40th Anniversary of Walk Up Jardine House

2025

2017

Promoting learning through MINDSET College

成立「思健學院」鼓勵學習



2020

Co-organised the Hong Kong Mental Health Conference 2020 and Hong Kong Youth Summit

Launched Mindbrew, an inclusive cafe

合辦香港心理健康研討會
推出Mindbrew共融就業計劃



2022

1st MINDSET 7-Eleven Franchise Store for workplace reintegration

首家思健7-Eleven特許經營店支持職場共融



2024

Mindbrew at DFI office
2nd MINDSET 7-Eleven Franchise Store

在DFI辦公室內開設Mindbrew

第二家思健7-Eleven特許經營店



Celebrating 40 Years of Walk Up Jardine House

Launched in 1985 by the Jardine Ambassadors, Walk Up Jardine House has grown into one of Hong Kong's signature charity events. In its early years, the event supported a wide range of community causes. Following the establishment of MINDSET in 2002 as Jardine Matheson's mental health charity, the event dedicated its focus to raising mental health awareness.

In 2025, we marked the 40th anniversary of Walk Up Jardine House with a month-long celebration, featuring a city-wide virtual race and the iconic 49-floor stair climb on 12 October, in commemoration of World Mental Health Day. The event united government, corporates, NGOs, schools and individuals in support of mental health, raising over HK\$5 million, including in-kind donations, from 70 sponsoring companies.

Over 500 participants conquered 947 steps, more than 1,000 virtual participants collectively achieved 100 million steps – proving mental health advocacy knows no boundaries.

A key highlight was the inaugural Community Race where students, service users and NGO representatives competed side by side, celebrating inclusion and connection. Carnival booths and stage performances filled the day with energy and hope.

Since 1985, Walk Up Jardine House has raised over HK\$61 million, building a legacy that celebrates the power of shared commitment to create a lasting impact.

慶祝「齊步上 怡廈」40周年

「齊步上怡廈」於1985年由「怡和親善大使」發起，在活動早期支持了廣泛的社區公益，及後發展為香港標誌性慈善活動之一。自2002年怡和集團成立精神健康慈善機構「思健」以來，此活動便專注於提升大眾的精神健康意識。

2025年，我們慶祝「齊步上怡廈」40周年重要里程碑。為期一個月的活動包括全城虛擬賽跑，以及10月12日攀登怡和大廈49層的實體挑戰，以響應「世界精神衛生日」。這項活動凝聚政府、企業、非政府組織、學校及公眾的力量，共同推動精神健康發展。在70間贊助公司支持下，活動共籌得超過500萬港元的善款及實物捐贈。

在實體賽事中，逾500位參加者成功征服947級台階；而1,000多名虛擬參與者更累積突破1億步，印證了精神健康倡導的廣泛影響力。

活動亮點為新增的「社區共融賽」，邀請學生、復元人士及慈善團體代表同場競技，體現共融精神。現場設有嘉年華攤位及舞台表演，為活動注入活力與正能量。

自1985年以來，「齊步上怡廈」已籌得逾6,100萬港元，建立了一個共同參與為基礎、持續為社會作出貢獻的傳承。





From left to right: Mr Andrew Wong, Chairman of MINDSET, Mr Graham Baker, CFO of Jardine Matheson, Mr Chris Sun Yuk-han, JP, Secretary for Labour and Welfare of the HKSAR Government, Miss Chan Sau-kam, Member of the Advisory Committee on Mental Health, and Ms Sherry Wong, Board Member of MINDSET, took part in the 49 floors mass walk-up in support of mental health.

由左至右：思健主席黃曦嵐先生、怡和集團財務總監關偉衡先生、香港特別行政區政府勞工及福利局局長孫玉菡先生，JP、精神健康諮詢委員會委員陳秀琴女士，以及思健理事會成員王志珊女士，一同步行49層登上怡和大廈頂樓，以行動支持精神健康。



Mr. Chris Sun Yuk-han, JP, Secretary for Labour and Welfare of the HKSAR Government, addresses the importance of collective efforts in promoting mental health and building an inclusive community.

香港特別行政區政府勞工及福利局局長孫玉菡先生，JP 闡述各界攜手推動精神健康及建設共融社區的重要性。



Miss Chan Sau-kam, Member of the Advisory Committee on Mental Health, highlights Walk Up Jardine House's contribution to promote mental health in Hong Kong in the past 40 years.

精神健康諮詢委員會委員陳秀琴女士分享「齊步上怡廈」四十年來對推動本港精神健康發展的重要性。

"Research shows that one in two people worldwide will face a mental health challenge at some point in their lives. This is why it's so important to build a culture where people feel safe to speak up, seek support, embrace vulnerability, and learn from the experiences of others. Standard Chartered Bank is proud to support MINDSET's efforts to raise awareness and challenge misconceptions surrounding mental illness."

Jonathan Cher
Managing Director,
Standard Chartered Bank (Hong Kong) Limited

Founding Organisation and Diamond Sponsor



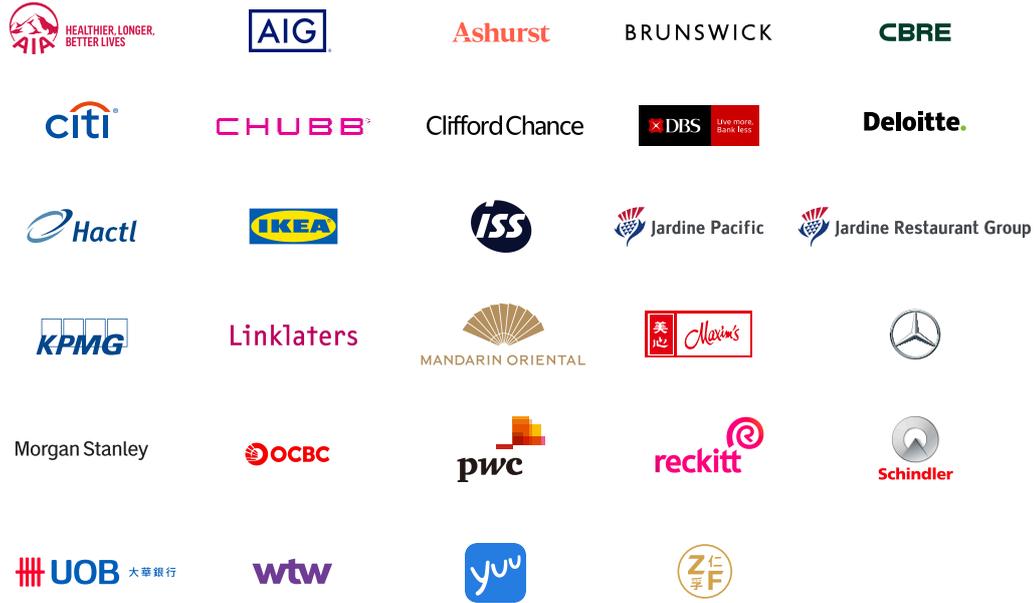
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Community Partners



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Deacons 的近律師行	Dentons Hong Kong LLP 德同國際有限法律責任合夥	Fresenius Kabi Hong Kong Limited 費森尤斯卡比香港有限公司	GNC
HKT Limited 香港電訊	Jardine Foundation 怡和教育基金會	L'Oreal Hong Kong Ltd. 香港歐萊雅	Mandarin Oriental, Hong Kong 香港文華東方酒店
Mentholatum (Asia Pacific) Limited 曼秀雷敦(亞洲太平洋)有限公司	MTR Corporation Limited 香港鐵路有限公司	MUFG Bank, Ltd. (incorporated in Japan with limited liability), Hong Kong Branch 三菱UFJ銀行 香港支行	Ocean Park Corporation 香港海洋公園
PURE Fitness & Yoga	Richwell Engineering Limited 顯豐工程有限公司	Slaughter and May 司力達律師樓	The Landmark Mandarin Oriental, Hong Kong 香港置地文華東方酒店
Watson Environmental Management Limited 華生環境管理有限公司			

Work towards mental health

Early intervention & capacity building

As the founding sponsor of **Mind HK's iACT® Wellbeing Practitioner Training**, our strategic partnership advances an evidence-based, stepped-care model by funding the training of paraprofessionals. These practitioners, engaged by NGOs, government programmes, and corporates, deliver assessments* and low-intensity treatments for anxiety and depression across schools, workplaces, pharmaceutical outlets, and community settings.

This initiative scales early-intervention-led care within primary healthcare, ensuring structured pathways for timely support and connection to social and community resources. By expanding accessibility and promoting help-seeking behaviours, we are building a multi-sector ecosystem that alleviates systemic pressure and strengthens population-based mental health resilience.

*Utilisation of PHQ 2/9 and GAD 2/7 for depression and anxiety assessment, respectively.

精神健康的工作與貢獻

能力建構與早期介入

作為香港心聆的策略夥伴，以及「社區心活指南(iACT®) 心理健康主任培訓課程」的創始贊助機構，思健資助培訓心理健康主任，推動以實證為本的階梯式支援架構 (Stepped Care Model)。心理健康主任屬輔助性專業人員，受聘於學校、企業及政府機構，於校園、職場、指定私營藥房及地區康健中心，為學生、僱員及公眾提供結構化篩檢*及低密度心理健康介入服務。

此項先導計劃旨在促進精神健康問題的及早識別與介入，將支援網絡融入基層醫療體系，確保服務使用者能及時連繫社區資源。透過擴大服務可及性及提升求助意識，我們致力強化跨界別協作，紓緩專科服務壓力，並提升社區整體的心理抗逆力。

*採用PHQ-2/9抑鬱及GAD-2/7焦慮評估工具。

Outcome at a glance

項目成果概覽



99

iACT® Wellbeing Practitioners trained (two cohorts)

兩屆課程共培訓 99 名心理健康主任



~6,000

Mental health support sessions

提供約 6,000 次心理健康支援



~1,500

Individuals supported

支援約 1,500 名青年及成人



94%

Trainees report increased confidence

94% 學員表示專業信心提升



88%

Of trained practitioners embedded their learning into both personal and professional practice

88% 受訓心理健康主任將所學融入個人及專業實踐



72.78%

Adult recovery rate

成人復元率達 72.78%

55.17%

Youth recovery rate

青年人復元率達 55.17%

Workplace reintegration & training

Through partnerships with corporates and NGOs, we create pathways that challenge stigma, highlight the capabilities of persons in recovery, and connect training with real employment opportunities. Workplace reintegration is a long term movement that strengthens organisational culture and advances inclusion. Together, we demonstrate that recovery leads to empowerment, opportunity, and respect.

Two **7-Eleven franchise** stores, in operated in partnership with **MentalCare Connect Co Ltd**, a subsidiary of the Mental Health Association of Hong Kong, employ persons in recovery as over half of their workforce, offering structured training and an inclusive working environment. These employment opportunities provide a pathway to and financial independence, with employees reporting improved quality of life and greater stability in their recovery journey.

Mindbrew, delivered with **Baptist Oi Kwan Social Service** and supported by partners including DFI Retail Group, Jardine Restaurant Group and Gammon Construction Limited, provides barista training leading to Specialty Coffee Association certification, turning craftsmanship into careers.



Job Readiness Workshops offer persons in recovery the opportunity to learn within real corporate environments. With venues sponsored by partners, DFI Retail Group, Gammon Construction Limited, and Johnson Stokes & Master, we invite their representatives to share sector insights and hiring expectations. The workshops also convene NGOs supporting reintegration, fostering shared learning and strengthening participants' preparedness for interviews and employment.

Beyond individual reintegration, MINDSET co-funded the **Mental Health at Work Index™** with global partners, developed by **One Mind at Work**, **Columbia University**, and **Ethisphere**. This global benchmarking tool embeds diverse perspectives and enables sector-specific adaptations to advance evidence-based mental health strategies.

職場共融與職業培訓

透過與企業及慈善團體合作，思健為復元人士創建就業途徑，以行動消除偏見，展現他們的專業能力。我們的計劃結合培訓與實質就業機會。職場共融深化企業文化，並推動共融價值。證明復元之路能成就賦能、機遇與尊重。

兩間7-Eleven特許經營店由香港心理衛生會附屬公司，明途聯繫與思健合作營運，提供了具建設性的培訓和職業共融的工作環境，當中一半以上員工為復元人士，令其得以經濟獨立以改善生活質素。

Mindbrew與浸信會愛群社會服務處協作，並獲得DFI零售集團、怡和餐飲集團、金門建築有限公司及其他企業的支持，給復元人士提供專業咖啡師培訓和就業機會。學員可考取精品咖啡協會（SCA）認證資歷，將匠心工藝轉化為職業導向的事業。



「就業準備工作坊」為復元人士提供在真實企業環境中學習的機會。工作坊獲合作夥伴贊助場地，包括DFI零售集團、金門建築有限公司及孖士打律師行；我們更邀請各企業代表分享行業洞見及招聘標準。此外，工作坊亦匯聚了支持重返職場的慈善機構，促進知識共享，並全面提升參加者在面試及就業方面的準備。

除了支援個人發展，思健亦與全球夥伴共同資助開發**「職場精神健康指數™」**（Mental Health at Work Index™），該指數由One Mind at Work、哥倫比亞大學及Ethisphere研發。此全球基準工具涵蓋多元視點，並能針對特定行業進行調整，以推動數據實證為本的精神健康策略。

Outcome at a glance

項目成果概覽

Workplace reintegration

職場共融



>50%

Of MINDSET's 7-Eleven franchisee stores and Mindbrew current hires are persons in recovery

特許經營店及Mindbrew現時僱用復元人士佔員工總數>50%



78%

Of employed persons in recovery reported improved quality of life

78%受聘的復元人士表示生活質素有所改善

Job training

職業培訓



2

Baristas earned SCA certification
2位咖啡師獲SCA認證



4

Persons in recovery trained
4名復元人士完成培訓



15

MINDSET Ambassadors trained as facilitators
15名思健大使受訓成為工作坊導師



20%

Of Job Readiness Workshop participants secured employment
20%職前工作坊參與者成功獲聘

Reduce stigma & mental health literacy

Through multi-sector partnerships, we broaden anti-stigma initiatives that shift cultural narratives from misconception to empathy.

The **'More Than a Label'** Anti-Stigma Campaign, a three-year collaboration with **Mind HK** launched in 2023, amplifies first-person narratives through storytelling and public events. This year's **'Listen to the Beat'** exhibition featured immersive installations highlighting Mental Health Ambassadors and their lived experience, while **'Personalising the Percentage'** sessions explored workplace mental health, parental support, and youth resilience—both promoting understanding and encouraging help-seeking.



消除污名與公眾教育

透過跨界別合作推動消除污名計劃，我們將公眾對精神健康的觀念從誤解轉化為同理心。

「我就是我」消除污名計劃於2023年與**香港心聆**合作推出，為期三年，透過故事分享及公眾活動放大過來人聲音。本年度舉辦的「我們與心的距離」展覽以沉浸式裝置呈現心聆大使的自身經歷；「百萬人間有我的故事」分享探討職場精神健康、家長支援及青少年抗逆力，共同提升大眾理解，並鼓勵主動尋求支援。

The Health in Mind Programme, delivered since 2002 with **Kwai Chung Hospital** under the Hospital Authority, embeds mental health literacy across Hong Kong secondary schools using a whole-school approach. This year, MINDSET received '20-Year Partnership Organisation' recognition from the Education Bureau's Business-School Partnership Programme, affirming two decades of commitment to youth mental health education support.

In addition, the anonymised insights collected through the programme, especially post COVID-19, will be used to inform and advance youth mental health research. These evidence based findings aim to strengthen understanding of emerging needs and contribute to improved support for young people's development and wellbeing.



自2002年起，思健與醫院管理局葵涌醫院合辦「Teen使行動—青少年思健推廣計劃」，以「全校參與」模式將精神健康教育根植於香港中學。本年度，思健榮獲教育局「商校合作計劃」頒發「20年合作夥伴機構」殊榮，肯定了我們二十年來對青少年精神健康教育及支援的長期承諾。

此外，計劃在後疫情時期收集的不記名數據與見解，將用於支持及深化青少年精神健康研究。這些實證研究結果旨在加強對新興需求的了解，並為提升青少年的發展與福祉貢獻力量。

Outcome at a glance

項目成果概覽

More Than a Label 我就是我

 **170**

Mental Health Ambassadors recruited to date and have shared their lived experiences
累計招募 170 多位心聆大使分享親身經歷

 **86%**

Of participants reported gaining a better understanding of people with mental health challenges
86% 參與者表示活動增進對精神健康困擾者的理解

 **1200**

Participants engaged at 'Listen to the Beat' exhibition
「我們與心的距離」展覽吸引逾 1,200 人次參與

Health in Mind Teen使行動

 **20+**

Year partnership recognition from the Education Bureau's Business-School Partnership Programme
獲教育局頒發「20年合作夥伴」殊榮

 Participating students showed a significant improvement in their attitudes toward individuals with mental illness for year 2023-2025 ($p < 0.05$)
於 2023-2025 年期間，參與學生對精神病人的態度顯著改善，有更高的接納度及較少的歧視 ($p < 0.05$)

 Participating parents reported a significant increase in parental efficacy ($p < 0.05$)
參與家長的子女管教效能感亦明顯提升 ($p < 0.05$)

Community-based support & resilience strengthening

Through long-term partnerships with community organisations, we deliver integrated support services addressing housing, social connection, and reintegration for persons in recovery.

MINDSET Place, operated by the **New Life Psychiatric Rehabilitation Association** since 2010, offers 38 high independence transitional residential homes funded by MINDSET over the past 15 years. A multidisciplinary team provides self care training, peer support, vocational guidance, family intervention and social connectedness programmes, while also supporting residents in planning future living arrangements to ensure continuity of care and long term stability. Residents further participate in community volunteering and school partnerships to help reduce stigma and strengthen confidence and social connection.



The '**Empowering Youth to Fly**' Mental Health Enhancement Project, delivered by **The Chinese YMCA of Hong Kong** across Yau Tsim Mong and Sham Shui Po districts, strengthened mental health safety nets for youth and families through psychosocial activities, peer support, and community resources, demonstrating how accessible, district-based programming builds resilience whilst normalising help-seeking behaviours.



加強抗逆性與社區支援

我們持續與社區機構合作，為復元人士提供涵蓋住宿、社交連結和社會融入的綜合支援服務。

「思健園」由思健資助，**新生精神康復會**營運，於過去15年提供38個高獨立性過渡宿位。由職業治療師、社工和護士組成的跨專業團隊支援，透過自理能力訓練、同儕網絡建立、職業諮詢及家庭介入等方式協助舍友。團隊亦與舍友緊密合作，規劃未來的居住安排，以確保照顧得以延續，並維持長遠的生活穩定。居民同時參與社區義工服務及與學校的協作活動，從中協助減低社會對精神健康的污名化，並加強自身的信心、社交連繫及使命感。

「青年夢想啟航」精神健康社區計劃由**香港中國基督教青年會**於油尖旺及深水埗區推行，透過各樣心理社交健康活動、朋輩及社區支援，為青少年及家庭強化精神健康安全網，證明社區為本的服務能有效強化抗逆力，同時鼓勵有需要人士及早尋求協助。

Outcome at a glance

項目成果概覽

MINDSET Place 思健園



80%+

Employment rate among residents
舍友就業率達80%以上



~70%

Of residents found the hostel activities helpful in facilitating socialisation
約70%舍友認為院舍活動有效促進社交互動



~70%

Of residents found the personalised plan effective in supporting recovery goal progress
約70%舍友認為個人化計劃能有效幫助他們向復元目標邁進

Empowering Youth to Fly 青年夢想啟航



2,800+

Youth and families supported
支援2,800多名青少年及家庭



>80%

Increased mental health understanding and improved interpersonal skills
超過80%參加者提升精神健康理解及改善人際溝通技巧



72%

Willing to share mental health experiences
72% 參加者願意分享精神健康經歷

Mental health advocacy & youth leadership

Through multi-sector dialogue and youth engagement platforms, we foster mental health advocacy whilst nurturing future leaders equipped to drive systemic change.

Chairman Andrew Wong engaged over 30 youth leaders at the **'Hong Kong 200' Leadership Project** hosted by **The HKFYG Leadership Institute**, encouraging innovative mental health solutions leveraging corporate resources.



MINDSET mentored a team of HKUST students from **180 Degrees Consulting**, sharing practical insights from our mental-health charity work to guide their project on supporting young adults transitioning from school to work. Our input helped deepen their understanding and advocacy for mental wellbeing on campus.

We thank **The Tastemaker Series of LMO Freshly Baked** for championing MINDSET's initiatives through collaborative food creation with culinary professionals. Each dish reflected a shared commitment to wellbeing. We are grateful to Chef Richard Ekkebus, Culinary Director of **The Landmark Mandarin Oriental, Hong Kong**, for his leadership in advancing mental health awareness across the sector.



At the **Psychology & Mental Health Fair 2025**, organised by **Hong Kong Society of Psychological Innovation**, MINDSET Board Member Sherry Wong joined discussions on AI's role in youth mental health – emphasising technology must complement, not replace, human connection. Jardines leaders also explored how diversity, equity, and inclusion unlock resilience in early career development.

精神健康倡議與青年領袖發展

我們透過跨界別對話及青年參與平台，積極推動精神健康倡導工作，同時培育具備推動系統性變革能力的未來領袖。

思健主席黃曦嵐於香港青年協會領袖學院主辦的《香港200》領袖計劃中，與30多位青年領袖深入交流，鼓勵他們善用企業資源，共同開創嶄新的精神健康解決方案。

思健為來自180 Degrees Consulting的香港科技大學學生團隊提供指導，分享了我們在精神健康慈善工作中的實務見解，協助他們推動支援年輕人由校園過渡至職場的計劃設計，並促進校園精神健康倡議。



在香港創新心理學會主辦的「2025心理學與精神健康博覽會」上，思健理事王志珊參與討論人工智能在青年精神健康中的應用，強調科技應「輔助而非取代人際聯繫」。怡和集團代表亦探討多元、平等與共融（DEI）如何提升職場初期的抗逆能力。

LMO Freshly Baked 的 The Tastemaker 系列透過與餐飲界同業攜手創作美食，積極支持並推廣思健的精神健康倡議。每一道菜式皆傳遞了對身心健康的共同理念。我們亦特別感謝香港置地文華東方酒店餐飲總監 Richard Ekkebus 主廚，在提升業界精神健康意識方面的領導貢獻。

Financials

MINDSET upholds strong financial stewardship to ensure transparency, accountability and strategic use of resources. A dedicated sub-committee allocates funds to evidence-based mental health initiatives grounded in beneficiary needs, whilst the Board and Executive Committee receive regular updates on fund allocation and programme outcomes. Our Treasurer provides strategic oversight through monthly financial reporting, budget monitoring, and annual audits.

Since our establishment in 2002, MINDSET has donated HK\$139.8 million to local mental health NGOs and initiatives, demonstrating the commitment to building a mentally healthier society through strategic partnerships and grant making.

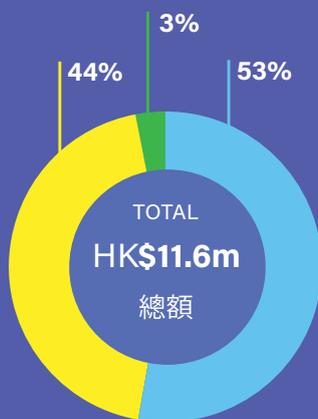
As MINDSET transitions under Keswick Foundation, all existing donations will remain designated for ongoing programmes, and will be supported by Keswick Foundation's established governance and monitoring systems.

財務

思健堅守審慎的財務管理、確保透明度、問責性及策略性資源運用，以發揮最大的社區效益。專責小組根據受惠者需求，將資金分配至以實證為本的精神健康項目；同時，理事會及執行委員會定期獲取撥款分配及計劃成果的最新進展。財務主管透過每月財務報告、預算監控及年度審計提供策略監督，持續強化管治標準。

自 2002 年成立以來，思健已向本地精神健康相關的非政府機構及倡議項目捐助 1.39 億港元，展現了透過合作夥伴關係及策略性撥款，建設精神健康社會的長期承諾。

隨着思健的工作將於凱瑟克基金的架構下延續，現有捐款將繼續專款專用，以支持各項持續進行的項目；而凱瑟克基金的既有管治機制亦會確保資源獲得適切的監察與管理。展望未來，凱瑟克基金亦將投放資金於以實證為本、以成效為導向的精神健康計劃，確保資源能持續為社群帶來具意義且可量化的成果。

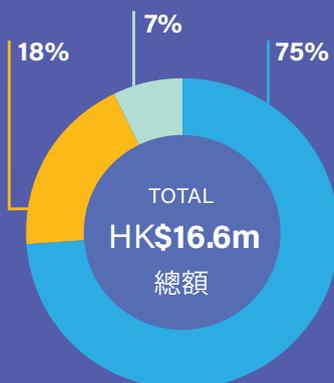


Income sources for FY2025

2025 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	6.1m
Corporate donations	企業捐助	5.1m
Donations from general public and others	公眾及其他捐助	0.4m



Expenditure allocation for FY2025

2025 財政年度支出分配

HK\$m
百萬港元

Funded projects / programmes	資助項目/計劃	12.4m
Publicity and advocacy	宣傳及倡導	1.2m
Administration	行政	3.0m

Financial figures are subject to final year-end audit review.
財務數據以年度終結審計報告為準。

Contact us

聯絡我們

Visit us now at
思健網頁
mindset.org.hk

As of 1 April 2026 visit
凱瑟克基金網站
keswickfoundation.org.hk

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