

Media Release

Walk Up Jardine House 2019 Raises HK\$3.4 Million for Mental Health Support Programmes

28 April 2019, Hong Kong - Over 500 people, including executives from Jardine Matheson Group companies, business associates, their families, students and people recovering from mental illnesses, climbed 49 floors, 947 steps and 600 feet up Jardine House in the 34th annual Walk Up Jardine House charity event today.

Their collective efforts helped to raise HK\$3.4 million for MINDSET, Jardine's registered charity organisation dedicated to supporting the mental health wellness and recovery.

"Voice Up," the theme of the 2019 event, encourages mental health sufferers; people who believe they are at risk; and their families to share their experiences to build a better understanding of related issues. With greater awareness, information and education, the aim of "Voice Up" is to help reduce discrimination against mental health sufferers and inspire more support throughout their recovery and rehabilitation.

Photo 1



Participants run up 49 floors to reach the Penthouse of Jardine House in support of MINDSET, Jardine's registered charity organisation dedicated to supporting the mental health wellness and recovery.

Photo 2



Family teams compete in the newly added “Family Fun Race” for a charitable cause.

Photo 3



Dressing up as the Jardine's Thistle logo, the Group Corporate Affairs, Secretariat and Administration and Property Department team takes home the Fancy Dress Award.

Photo 4&5



A plethora of fun and interactive activities such as muppet making, face painting and terrarium workshop are arranged for all to enjoy and take part in.

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About Walk Up Jardine House

Walk Up Jardine House is Jardine Matheson's annual charity event. Since 1982, the event has raised over HK\$50 million to support charitable activities in Hong Kong. Steppers compete by running up 49 floors, covering 947 steps to the Penthouse of Jardine House. Every year, over 500 people including Jardine Matheson executives, colleagues from Group companies, business associates, families, friends, and people from all walks of life connect with each other through Walk Up Jardine House. The event also offers a carnival atmosphere for children and adults enjoy alike.

www.walkupjardinehouse.com

About MINDSET

One in four people in the world will experience a mental health problem at some point in their lives. Mental health recovery is a life-long journey. It is about embracing self-determination and positivity in our lives. MINDSET's goal is to change people's attitudes to mental health sufferers by reducing stigma of mental illness by raising awareness about the prevalence of mental health disorders and the effectiveness of seeking help.

MINDSET is a registered charity in Hong Kong established by the Jardine Matheson Group in 2002 and supported by our Jardine Ambassadors made up of young executives from Group businesses, who lead the MINDSET programme.

www.mindset.org.hk

For further information, please contact:

Jardine Matheson Limited
Jessie Tsui

(852) 6052 6836