

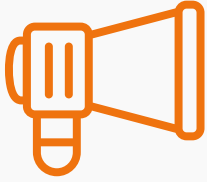


**我們致力確保香港沒有人需要獨自面對精神健康問題。
We are here to ensure that no one in Hong Kong
has to face a mental health problem alone.**

Mind HK (Mind Mental Health Hong Kong Limited) is a S88 registered charity (91/16471), which launched in 2017. Our vision is to ensure no one in Hong Kong has to face a mental health problem alone. Through resources, training, and outreach campaigns and programmes, we help to educate around mental health and remove the associate stigma, with the aim of achieving the best mental health for all in Hong Kong. With existing collaboration and research efforts, we are here to support Hong Kong in becoming a global leader and regional model for public mental health.

Mind HK 為《稅務條例》第 88 條下的一所註冊慈善機構 (91/16471)，並於 2017 年成立。我們希望確保香港沒有人需要獨自面對精神健康問題。我們透過網上資源、培訓以及外展活動與計劃等工作來提高大眾對精神健康的認識及消除有關污名，達到全民精神健康的目標。透過合作研究，我們希望讓香港成為公共精神健康界內的全球領袖及地區典範。

我們的工作 What we do



活動與計劃
Events and
Campaigns



網上精神健康資源
Online mental
health resources



精神健康培訓
Mental Health
trainings



青年精神健康資源
Youth mental
health resources

你嘅精神健康同樣重要。
Your mental health matters.

聯絡我們 Get in touch

If you would like to learn more about us, please email Mind HK's Development & Partnerships Manager, Melissa Kong, at melissa.kong@mind.org.hk.

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如想了解更多我們的工作，請電郵至 melissa.kong@mind.org.hk 聯絡 Mind HK 事務發展夥伴關係經理 Melissa Kong。

Website: www.mind.org.hk

Coolminds: www.coolmindshk.com

More Than a Label: www.morethanalabelhk.com

Facebook: [@hongkongmind](https://www.facebook.com/hongkongmind)

Instagram/Twitter: [@mindhongkong](https://www.instagram.com/mindhongkong)

Medium (blog): [/mindhk](https://www.mind.org.hk)