



## MEMBER CASE STUDY

### JARDINE MATHESON: HEART2HEART PROGRAMME

The City Mental Health Alliance Hong Kong Member Case Study series aims to showcase interesting and impactful workplace mental health initiatives, projects or campaigns in order to support and inspire organisations in Asia on their journey to creating mentally healthy workplaces.

#### INITIATIVE

Jardine Matheson launched the **Heart2Heart Programme** on 14 February 2022. This initiative is a new Group-wide mental health advocacy programme jointly set up by the Key2Wellness, MINDSET and Jardine Sports Association teams.

Close to 120 colleagues across the Jardines Group volunteered to be part of this programme and we were very encouraged by the terrific response. As certified Mental Health First Aiders, the role of the Heart2Heart advocates is to have peer-to-peer conversations in a confidential and non-judgmental way, and guide a colleague towards mental health resources and professional support where needed.

The programme was launched via a webinar in partnership with CHMA HK and Mind HK, who shared the importance of having mental health advocates in the workplace. Through this meaningful initiative, our hope is for Jardines colleagues to remain mentally and physically resilient, and to keep looking out for each other during these challenging times.

#### HOW IT FITS WITH OVERALL MENTAL HEALTH STRATEGY

Providing a safe place for colleagues to work, free from mental health stigma, is important to Jardines. We have a long history as a company with our registered charity, MINDSET, to provide mental health resources to the community. Expanding what we do internally for our colleagues with the Heart2Heart Programme is a great addition to the existing resources and support we provide for employees.

#### IMPACT

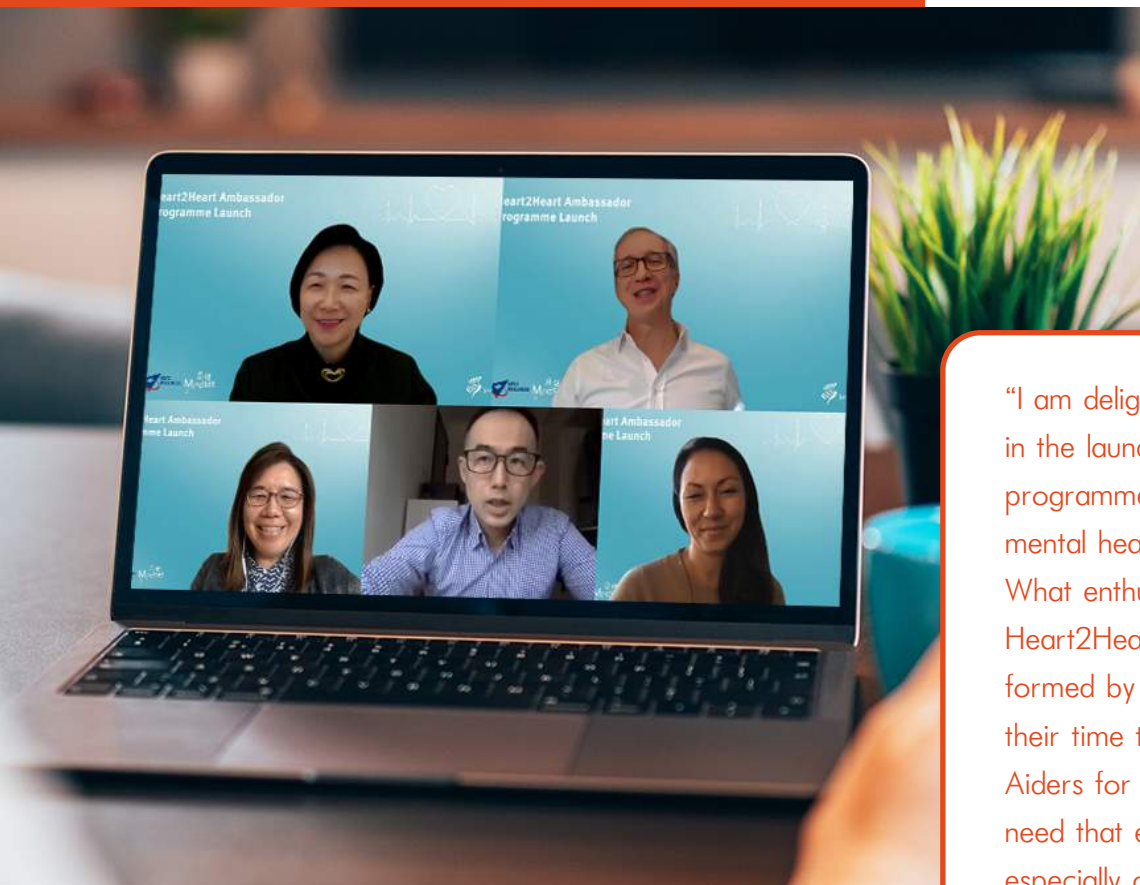
This is just the beginning of the programme and we will have more data later in the year on how the initiative is able to reduce stigma and raise awareness of mental health in the workplace. Having around 120 Group-wide colleagues volunteer their time to help colleagues in need reflects Jardines' collective efforts and firm commitment in improving mental health at work.

#### THIS INITIATIVE SUPPORTS CMHA HK THRIVING AT WORK STANDARDS:

2 (increase awareness and support), 3 (foster a culture of openness and inclusivity) and 4 (ensure a healthy work environment)

# Need someone to talk to?

Speak to a Heart2Heart Advocate today.



“I am delighted to be participating in the launch of our Heart2Heart programme, a new and important mental health initiative of the Group. What enthuses me most about Heart2Heart is that it has been formed by colleagues volunteering their time to be Mental Health First Aiders for colleagues who may need that extra bit of support - especially during these challenging and unprecedented times.”

**John Witt, Managing Director,  
Jardine Matheson**



香港城市精神健康聯盟

## City Mental Health Alliance HK

The City Mental Health Alliance Hong Kong (CMHA HK) is a not-for-profit membership organisation. We are an alliance of businesses, working together with mental health experts and partner organisations, to achieve our vision that every workplace will protect, support and create positive mental health for their people.

We provide training, events, resources, research and practical support for companies wishing to create mentally healthy workplaces.

### CONTACT

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