



香港職場互助聯盟
City Mental Health
Alliance HK

Led by businesses for
businesses to create
mentally healthy
workplaces

Public Resources

CMHA HK's public resources cover a range of mental health topics to support your workplace wellbeing programme.

Some are available in both English and Traditional Chinese.

About Us

We work with businesses to create mentally healthy, inclusive workplaces where all employees can thrive. Through collaboration, expert insight and practical support, we help our members turn commitment into lasting change.

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English resources

[Top Tips for Neurodiversity Support](#)

How managers and co-workers can support neurodiverse colleagues.



[Men's Mental Health Tips](#)

How men can protect and improve their mental health.



[Men's Mental Health Factsheet](#)

Mental health issues facing by men in Hong Kong and a list of resources to access.



[Supporting Employees Returning To Work After Mental Ill-Health](#)

Information for managers and employees on how to support colleagues returning to work after a period of leave for mental ill-health.



[Building A Psychologically Safe Workspace: Top Tips For Managers](#)

Information for managers on how they can build a more psychologically safe working environment for employees.



[Remote and Hybrid Working: Top Tips for Employers and Employees](#)

How to work better in remote and hybrid working arrangements.



[Language to tackle mental health stigma in the workplace](#)

How language can help to address and impact on stigma around mental health in the workplace.



[Top Tips To Keep Sleep On Track](#)

Sleep expert Kate Bridle, founder of Sleep HQ, shares her top tips for improving sleep.



[Top Tips for Leading with Authenticity](#)

A short description of authentic leadership - what it is, why it's important and tips on how you can be a better leader when you practice authenticity.



[What to expect when accessing mental health support in Hong Kong](#)

Information that describes what you can expect when accessing mental health support services in Hong Kong.



[Spotlight on Burnout](#)

A factsheet on what burnout means and why it's important for business to identify how they can prevent burnout for employees.



[How to Manage Holiday Stress?](#)

The festive season can bring both happy and difficult times - we provide some tips on how you can manage stress during the holidays.



[Top Tips for Transitioning Into the Workplace](#)

Tips for graduates joining the workforce or new employees to an organisation as they take on a new corporate role.



[Dealing with Uncertainties - Danielle Buckley](#)

Information and tips about managing uncertainty from psychologist Danielle Buckley.



[Caregiver's Toolkit](#)

A toolkit identifying challenges faced by informal caregivers in Hong Kong, the potential impact on their mental health and the support available.



[Parents Toolkit](#)

A toolkit of information for working parents about child development and their mental health needs, guiding them to better support their child's wellbeing.



Chinese resources

[男性心理健康小貼士](#)

為男性提供如何保護和改善心理健康的建議。



[語言如何幫助我們應對職場中的精神健康污名](#)

語言如何幫助解決和影響工作場所心理健康方面的污名化。



[保持良好睡眠的小訣竅](#)

睡眠專家、Sleep HQ 創辦人 Kate Bridle 分享了改善睡眠的最佳秘訣。



[節日減壓小貼士](#)

節日期間既有歡樂也有煩惱—我們提供一些關於如何在節日期間應對壓力的建議。



[香港城市精神健康聯盟專家系列：應對不確定性](#)

心理學家 Danielle Buckley 提供管理不確定性的資訊和技巧。



[在職照顧者心理健康工具包](#)

一個用於識別香港非正式護理人員面臨的挑戰、對他們心理健康的潛在影響以及可用的工具包。



[支持兒童和青少年心理健康 - 家長工具包](#)

為在職父母提供有關兒童發展和心理健康需求的資訊的工具包，指導他們更好地支持孩子的健康。

