



**City Mental Health
Alliance** HK

October 2020

CITY MENTAL HEALTH ALLIANCE HONG KONG

**Led by businesses for businesses to
create mentally healthy workplaces**

Let's start with the facts

57% OF EMPLOYEES REPORT WORK RELATED STRESS ⁽ⁱ⁾



77 DAYS OF PRODUCTIVITY LOST DUE TO HEALTH-RELATED ABSENTEEISM AND PRESENTEEISM PER EMPLOYEE PER YEAR ⁽ⁱⁱ⁾

92% OF PEOPLE BELIEVE THEIR INDUSTRY NEEDS MORE SUPPORT DEALING WITH MENTAL HEALTH IN THE WORKPLACE ⁽ⁱⁱⁱ⁾



25% OF PEOPLE GLOBALLY WILL BE AFFECTED BY ISSUES RELATED TO MENTAL HEALTH DURING THEIR LIVES ⁽ⁱⁱⁱ⁾

(i) AIA Healthiest Workplace 2019 (ii) CMHA HK Research 2019 (iii) World Health Organisation, 2020

Our vision

CREATE MENTALLY HEALTHY WORKPLACES AND INSPIRE HEALTH CREATION IN BUSINESSES.

“Everyone has mental health in the same way as everyone has physical health. With Hong Kong as a leading Asian business hub, CMHA HK believes Hong Kong businesses can play a leading role in raising awareness, devising strategies and sharing best practice on mental health and wellbeing in the workplace. Our vision is to help workers at all levels talk about mental health without fear of stigma. We wish for mental health to be considered as a boardroom issue and to be recognized as a critical lever of any company’s ability to optimize business performance, manage risk and safeguard social and societal responsibilities.” - Edward Moncreiffe, CEO HSBC Life (International) Limited and Chair, CMHA HK

WHAT WE BELIEVE WORKPLACES SHOULD BE. PLACES WHERE MENTAL HEALTH AND WELLBEING:

- ✓ is no longer stigmatised
- ✓ is a boardroom priority
- ✓ are part of the solution to mental health issues faced globally

WHO WE ARE

The City Mental Health Alliance Hong Kong exists to improve mental health in the workplace - providing training, information, practical support, assessments and research for companies wishing to create mentally healthy workplaces. We also focus on bringing companies together to collaborate and share best practice and work together. Our Board is made up of member companies and we are advised by experts.

Meet our team and our Board members [here](#).

Areas of Focus

Toolkits & Resources

Guide to Thriving at Work

- a framework to develop a workplace mental health strategy

'How to' Guide series

- stepwise guides on how to implement workplace mental health strategies and initiatives

Company Thriving at Work Assessment

- an annual self assessment process so companies can benchmark their progress against the Thriving at Work Guide

Factsheets

- on topics which address member needs

Events

Member Insight & Exchange Sessions (MIES)

- opportunity for members to share during closed door and informal discussions

Workshops

- focus on practical topics with expert speakers

City Mental Health Alliance Global Webinars

- member sharing across the global CMHAs (UK, HK, Australia)

Support with in-house events

- as required

Research & Data Collection

Annual mental health and wellbeing survey

- from which CMHA HK members will receive individual (if greater than 20 responses) and sector reports

Rigorous research into key topics

- e.g. economic costs of mental ill health

Training

- General Mental Health Awareness for general staff
- General Mental Health Awareness for Managers (Level 1 & 2)
- Resilience Training
- Staying Mentally Healthy in Uncertain Times

* Training modules can be modified to suit specific needs for your company and can be delivered in English, Cantonese and Mandarin.

Member Engagement & Communications

- Monthly member newsletter
- Monthly bulletin on mental health in the workplace
- Expert speaker series
- Member case studies
- CMHA HK team on hand to support company mental health strategy

Aetna Insurance
Allen & Overy
AXA
Bank of America Merrill Lynch
BNY Mellon
Clifford Chance
DLA Piper
Edelman
EY

Goldman Sachs
Hong Kong Exchanges and
Clearing Limited
HSBC
Jardine Matheson Group
JLL
J.P. Morgan
Latham & Watkins
Linklaters

Mayer Brown
Morgan Stanley
Oliver Wyman
PwC
Slaughter and May
The Securities and Futures
Commission
Wellington Management

Membership Benefits



Three 1-hour mental health training courses delivered by our expert trainers
(NB: these can also be alternative engagements e.g. panel discussions, roundtables etc.)



Access to a yearly calendar of 8-10 member only events and workshops



Annual Thriving at Work Self-Assessment and individual company report



Opportunity to showcase best practice and knowledge across CMHA HK member companies



Exclusive access to assessments, research, toolkits and guidance developed by CMHA HK



Company name featured on CMHA HK website, demonstrating public commitment to workplace mental health and wellbeing

CMHA HK Membership Responsibilities

The City Mental Health Alliance Hong Kong is led by members and guided by experts. Our members are responsible for driving the vision and strategy of the organisation.

In addition to the membership fee, we ask that our members:

- Commit to the promotion of mental health and wellbeing within their organisation
- Assign a senior sponsor and operational lead as primary contact for the CMHA HK
- Actively participate in the CMHA HK program of events, surveys and the Thriving at Work self assessment
- Be prepared to assist CMHA HK in the hosting of member events

Membership Fee: \$90,000 HKD per annum

We welcome the opportunity to discuss further and look forward to hearing from you.

NB: Our training courses are available to book for non-members. Please contact our team to find out more.

“We appreciate the support we have received from CMHA HK so far. The advice and training provided by the team has helped tremendously in formulating and implementing our mental health policy and strategy. We look forward to the continued partnership with CMHA HK to help take our effort to the next level.”

SFC, CMHA HK Member

For more information, please email: info@cmhahk.org

Website: cmhahk.org

LinkedIn: [City Mental Health Alliance Hong Kong](https://www.linkedin.com/company/city-mental-health-alliance-hong-kong)



The City Mental Health Alliance Hong Kong is a collaborative venture founded by city businesses. Championed by senior leaders, the Alliance is business led and expert guided and aims to create a culture of good mental health for workers in the city of Hong Kong, share best practice and increase mental health understanding.

This document is not and should not be considered as clinical advice or support. Anyone who may have a need for such support should seek professional advice.