



香港城市精神健康聯盟

City Mental Health  
Alliance HK



# City Mental Health Alliance Hong Kong

Led by businesses for businesses to create mentally healthy workplaces

# Let's start with the facts

**40% OF HONG KONG EMPLOYEES** HAVE EXPERIENCED MENTAL HEALTH PROBLEMS IN THE PAST 12 MONTHS <sup>(i)</sup>



**DEPRESSION IS RANKED THIRD** IN THE GLOBAL BURDEN OF DISEASE AND IS PROJECTED TO RANK FIRST BY 2030 <sup>(ii)</sup>



**92% OF PEOPLE BELIEVE THEIR INDUSTRY NEEDS MORE SUPPORT TO DEAL WITH MENTAL HEALTH IN THE WORKPLACE** <sup>(iii)</sup>



**25% OF PEOPLE GLOBALLY WILL BE AFFECTED BY ISSUES RELATED TO MENTAL HEALTH DURING THEIR LIVES** <sup>(iv)</sup>



(i) CMHA HK Research December 2022 (ii) United Nations (iii) CMHA HK Research 2019 (iv) 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 Board**

**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 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 locally relevant training and resources to member and non-member organisations and undertake research within our region. We bring our members together to collaborate and share best practice via a range of events and working groups. Our Board is comprised of representatives from our member companies and we are advised by experts.

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

# Areas of Focus

The [CMHA HK Guide to Thriving at Work](#) is a framework adapted by CMHA HK members to suit local business conditions and support the development of strategies that underpin mentally healthy workplaces. We use this framework to inform our key focus areas outlined below.

## Research & Data Collection

CMHA HK is committed to supporting its members and the broader community with insightful research such as our [Analysis of the Economic Costs of Mental Ill Health](#) and a series of [employee wellbeing surveys](#).

The Thriving at Work Self-Assessment is a benchmarking survey based on the Guide to Thriving at Work standards. On completion of the survey, organisations receive an individual company report and 1:1 feedback session. The survey is a CMHA HK member benefit but also available for non-members at a cost. Please [contact us](#) to discuss further.

## Training

Our training content has been developed with input from our members and mental health experts to create modules and resources which meet the needs of corporate environments.

Training sessions and resources are offered in English, Cantonese and Mandarin and are available for member and non-member organisations. Most modules can be delivered within a 'lunch & learn' timeframe.

Visit our [Training page](#) for information on training modules and pricing.

## Toolkits & Resources

We create a number of member-only and publicly available toolkits and resources on topics related to workplace mental health and wellbeing, including:

- [CMHA HK Guide to Thriving at Work](#): a framework to support the development of a workplace mental health strategy
- ['How to' Guide series](#): stepwise guides to support the implementation of key workplace mental health strategies and initiatives
- [Case Studies](#): case studies featuring insights, challenges and successes from Alliance members on their mental health initiatives and programmes.
- [Expert Series](#): summary articles from CMHA HK panel events, tips from mental health experts and member sharing.
- [Mental Health Toolkits](#): comprehensive themed step-wise guides and resources focused on resilience-building.

## Events

CMHA HK hosts a number of member-only sharing sessions, workshops and global webinars throughout the year. Topics are based on the Guide to Thriving at Work as well as our annual themes.

We also partner with global and local events and conferences and use these as a platform to showcase CMHA HK work.

# Our Members

A&O Shearman

AIA

AXA

Bank of America Merrill Lynch

BNY Mellon

Clifford Chance

EY

Goldman Sachs

Hong Kong Exchanges and Clearing Limited

HSBC

Jardine Matheson Group

J.P. Morgan

King & Wood Mallesons

KPMG

Linklaters

Mayer Brown

Morgan Stanley

MTR

Oliver Wyman

Pacific Prime

Prudential

PwC

Schroders

Securities and Futures Commission

Slaughter and May

Standard Chartered Bank

Swire

## Membership Benefits



### RESEARCH & DATA COLLECTION

Individual company assessments and reports

Annual Thriving at Work Assessment

- Includes individual company report and 1:1 feedback



### TOOLKITS & RESOURCES

Access to toolkits and resources developed by CMHA HK

**How to Guide series**

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



### EVENTS

Access to a yearly calendar of 10+ member only events and workshops:

- Member Insight & Exchange Sessions (MIES)
- Member Workshops
- CMHA Global Webinars
- Affiliate Events



### TRAINING

#### Mental Health Training

- Two hours of training (or alternative engagements e.g. panel appearance) plus access to one General Mental Health Awareness (GMHA) digital training module
- Additional training sessions can be arranged at a discounted member rate

We also deliver training to non-member organisations. Information on training modules and fees are available on our [website](#).



### MEMBER ENGAGEMENT & COMMUNICATION

- Monthly member newsletters
- Member case studies
- Access to resources in the member only section of CMHA HK website



### PUBLIC COMMITMENT TO WORKPLACE MENTAL HEALTH AND WELLBEING

- Company name featured on CMHA HK website, demonstrating public commitment to workplace mental health and wellbeing
- Opportunity to showcase best practice and knowledge across CMHA HK member companies

## 2024 Themes

**LIFE STAGE SUPPORT**

**SECTOR CHALLENGES**

**STIGMA**

**LEADERSHIP**

**MINDFUL MANAGEMENT**

# 2024 Training Offering Overview

## STANDARD MODULES

General Mental Health

Building Resilience

Managing Stress

Staying Mentally Healthy in Uncertain Times

Self Care

## SPECIALISED MODULES

Parenting and Work-Life Harmony

Successful Transition to the Workplace

## LEADERSHIP & MANAGEMENT MODULES

Manager Training

Psychological Safety for Managers

Cascading Best Practice Leadership

## MENTAL HEALTH FIRST AID (MHFA) MODULES

### Intro to MHFA

An overview and Q&A session to encourage enrolment in training

### MHFA

MHFA is a 12 hour training, delivered virtually or in-person

MHFA provides you with knowledge and practical skills to support someone in a time of mental health crisis, giving you the confidence to act as a first-responder to support their mental health and then direct them to the care of trained mental health professionals if required. Find more information about the course [here](#).

- CMHA HK Members receive 2 hours of training (or alternative engagements e.g. panel appearance) plus access to one General Mental Health Awareness (GMHA) digital training module within a membership year.
- Additional training sessions can be arranged at a discounted member rate.
- Training is delivered virtually or in-person and can be delivered in English, Cantonese and Mandarin.
- Our trainers are all mental health professionals.
- Training is also available for non-members.

Please contact the [Training Team](#) for more information.

# 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: \$99,000 HKD per annum**

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

**“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](mailto:info@cmhahk.org)

**Website:** [cmhahk.org](http://cmhahk.org)

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



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

**Website:** [cmhahk.org](http://cmhahk.org)

**LinkedIn:** [City Mental Health Alliance Hong](#)

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.