



香港職場互助聯盟
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 EXPERIENCED MENTAL HEALTH PROBLEMS IN THE PAST 12 MONTHS ⁽ⁱ⁾



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

92% OF PEOPLE BELIEVE THEIR INDUSTRY NEEDS GREATER SUPPORT TO DEAL WITH MENTAL HEALTH IN THE WORKPLACE ⁽ⁱⁱⁱ⁾



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



(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.

"I'm inspired by our members. They continue making further positive strides to create and maintain healthier and happier workplaces, as shown by the results of our annual Thriving at Work Assessments. As a member-led organisation, we deeply value their input and insights and rely on their participation to drive the strategic direction of the organisation."

Peter Reynolds, Group Chief Strategic Development Officer, FWD Group

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 and a HK Registered Charity (91/19956).

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 comprises representatives from our member companies. 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.

Resource & 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.

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 programs
- [Expert Series](#): summary articles from CMHA HK panel events, tips from mental health experts and member sharing
- [Mental Health Toolkits](#): comprehensive themed stepwise guides and resources focused on resilience-building

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.

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
EY
FWD
Goldman Sachs
Hai Wen & Partners LLP

Hong Kong Exchanges and
Clearing Limited
Hong Kong Jockey Club
HSBC
Jardine Matheson Group
King & Wood Mallesons
KPMG
Linklaters
Morgan Stanley

Nomura
Oliver Wyman
Pacific Prime
Prudential
Securities and Futures Commission
Simmons & Simmons
Slaughter and May
Standard Chartered Bank

Membership Benefits



RESEARCH & DATA COLLECTION

Individual company assessments, surveys and reports

Bi-annual Thriving at Work Assessment

Bi-annual Employee Mental Wellbeing Survey

- 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 Sharing Sessions
- Member Workshops
- Global Webinars
- Affiliate Events



MENTAL HEALTH TRAINING

- Two hours of training (or alternative engagements e.g. panel appearance) plus access to digital training clips on workplace mental health
- Additional training sessions can be arranged at significantly 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

- Assigned a member of the CMHA HK team to act as direct liaison with CMHA HK
- 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

Our Themes

CAREER AND LIFE STAGES

MENTAL HEALTH CHAMPIONS

ADDRESSING STIGMA

SUPPORTING LEADERSHIP

MINDFUL MANAGEMENT

Training Offering Overview

MANAGER AND LEADERSHIP TRAINING

- Cascading Best Practice Leadership
- Manager Training
- Mindful Management

MENTAL HEALTH TOOLKIT

- Essential Mental Health Awareness
- Building Resilience from the Inside Out
- Managing Stress
- Staying Mentally Healthy in Uncertain Times
- Enhancing Your Self-Care
- Overcoming Difficulties Together Post-Trauma

LIFE STAGES SUPPORT

- Parenting and Work-Life Harmony
- Successful Transition to the Workplace

WELLBEING PLAYBOOK

- Cultivating a Growth Mindset
- The Power of Positive Psychology
- Unlock Your Wise Mind With DBT Skills

MENTAL HEALTH FIRST AID (MHFA) & WORKPLACE CHAMPIONS

- **MHFA**: a 12-hour internationally accredited training, delivered virtually or in-person
- **Workplace Mental Health Champions**: 6-hour certified training program
- **Refresh Your Mental Health Support Skills**: 2-hour session for MHFAers and Champions

MHFA and Champions provides the 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) per membership year plus access to digital training clips on workplace mental health.
- 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-member organisations.

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

CMHA HK Member Responsibilities

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

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 points of contact for the CMHA HK
- As far as possible, participate in the CMHA HK program of events and our workplace research programs: the **Employee Mental Wellbeing** survey and the **Thriving at Work 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 further discuss our membership services with you 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

Website: cmhahk.org

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



香港城市精神健康聯盟

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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.