

How to Support Employees with Mental Health Conditions at Work

MENTAL HEALTH RESOURCES (LISTED IN ALPHABETICAL ORDER)

EOC Online Training Platform

Understanding Disability Series: Employees with Mental Health Conditions

<https://www.eoc.org.hk/en/training-and-education/teaching-resources/online-training-platform/>

Health Bureau 24-hour Mental Health Support Hotline 18111

Hong Kong Red Cross

Psychological support service

https://www.redcross.org.hk/en/services/psychological_support_service.html

Hospital Authority

Community psychiatric service

https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10093&Lang=ENG&Dimension=100&Parent_ID=10089

Integrated Community Centre for Mental Wellness

One-stop district-based community support

https://www.swd.gov.hk/en/pubsvc/rehab/cat_supportcom/centrebases/iccmw/

Mental Health Workplace Charter

<https://mentalhealthcharter.hk/en/>

Mind HK

Information and advice on a range of mental health topics

<https://www.mind.org.hk/>

New Life Psychiatric Rehabilitation Association

Agency-based peer support service

https://www.nlpra.org.hk/en/our_services/peer%20services

Richmond Fellowship of Hong Kong

Community-based mental health services

<https://www.richmond.org.hk/en/services/community-mental-health-support-services>

Shall We Talk

Online support service

<https://www.shallwetalk.hk/en/get-help/online-support/>

The Mental Health Association of Hong Kong

Rehabilitation services for persons with mental illness

<https://www.mhahk.org.hk/index.php/coreservice/> (Chinese version only)

Mental Health First Aid Course

<https://www.mhfa.org.hk/en-us>

The Samaritans

Rehabilitation services for persons with mental illness

<https://samaritans.org.hk/?lang=en>