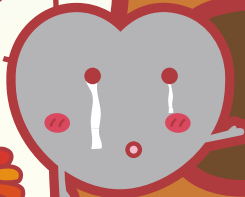
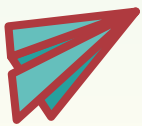
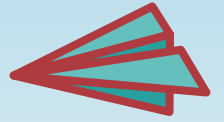
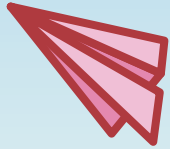




心晴行動慈善基金

JOYFUL (MENTAL HEALTH) FOUNDATION



2024-2025

Annual Report 年報

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成立背景 Background

「心晴行動慈善基金」為一註冊非牟利慈善團體，於2004年由曾患抑鬱焦慮症的林建明小姐聯同一班熱心義工成立。抑鬱症是一種全球常見病，根據世界衛生組織的資料顯示，全球約有3.8%的人口受到影響，其中5.0%的成年人及5.7% 60歲以上成年人患有抑鬱症。

普羅大眾對情緒病仍有誤解，令很多患者未能及早接受適當治療，甚至喪失寶貴生命。因此，本會致力推廣情緒病的知識，減少誤解及歧視，令患者及其家屬得到更多諮詢渠道、資源和幫助。

本會乃非政府恒常資助機構，所有財政支出主要靠籌募及善長捐助。

The Joyful (Mental Health) Foundation (JMHF) is a registered non-profit charitable organization founded in 2004 by Ms. Victoria Lam and a group of dedicated volunteers. Having personally experienced the challenges of a mood disorder, Ms. LAM was inspired to establish JMHF to address the widespread misconceptions surrounding mental health. Depression, as highlighted by the latest World Health Organization (WHO) estimates, remains a prevalent global health issue, affecting approximately 3.8% of the population including 5.0% of adults and 5.7% of adults over 60.

Despite its prevalence, mental illness continues to be misunderstood by the public, often leading to delayed treatment and, in tragic cases, loss of life. To combat this, JMHF is committed to raising awareness about mood disorders, reducing stigma, and providing essential counselling services, resources, and support to patients and their families.

As a non-subsidized non-governmental organization, JMHF relies entirely on fundraising initiatives and the generous contributions of compassionate donors to sustain its vital work.



年度重點 Highlight

踏入2025年，心晴行動慈善基金延續服務使命，重點之一是再次在清水灣鄉村俱樂部舉辦「心晴跑·跑傳情」慈善跑，凝聚社區力量推廣運動與情緒健康。本年更試辦全新「心晴室內定向慈善賽暨情緒健康嘉年華」，以創新互動形式提升大眾對情緒健康的關注。

此外，基金持續深入學校及社區，舉辦各類講座與活動，積極推廣情緒教育。面對大埔火災事故，我們迅速為受影響人士提供適切支援，與社會共渡難關。

心晴行動將秉持初心，以多元服務陪伴更多生命走出陰霾，共建晴朗未來。

In 2025, JMHF continued its mission by hosting the "Joyful Charity Run" once again at The Clearwater Bay Golf & Country Club, bringing the community together to promote emotional well-being through physical activity. A new initiative, the "Joyful Indoor Orienteering Charity Race 2025 cum Emotional Health Carnival," was launched to engage the public in an interactive and innovative format.

JMHF also sustained its outreach efforts by organizing talks and activities in schools and the community to foster emotional wellness education. In response to the Tai Po fire incident, JMHF provided timely support services to those affected, standing alongside the community in times of need.

Looking ahead, JMHF remains committed to developing diversified services and walking hand in hand with those in need, helping them overcome emotional challenges and build brighter lives.

信託人 Trustees

信託人



Trustees



林建明女士

Ms. Victoria K.M. LAM

心晴行動慈善基金創辦人
Founder, Joyful (Mental Health) Foundation



康寶駒先生

Mr. Martin Po Kui HONG

劉陳高律師事務所資深合夥人
Senior Partner, Lau, Chan & Ko, Solicitors & Notaries



黃綺雯博士

Dr. Alice Y. M. WONG

心晴行動慈善基金名譽主席
Honorary Chairperson,
Joyful (Mental Health) Foundation

信託人獻辭 Trustees' Message

心晴行動慈善基金自成立以來，始終秉持初心，致力於情緒健康的推廣、教育及支援服務。我們深知情緒困擾往往如隱形的風暴，因此本會一直透過多元化的公眾教育與專業輔導，為身處迷惘與困境中的人建立一個溫暖的避風港。

這份堅持，有賴一路上與我們並肩作戰的每一位。在此，我向全體執委致以敬意，特別感謝本年度新上任的董主席，憑藉各位的專業知識與對大眾精神健康的熱忱，帶領本會克服挑戰，開拓更廣闊的服務對象，為本會注入了嶄新的活力與思維。

我們能夠持續服務社區，全賴社會各位善長仁翁及合作夥伴的鼎力支持。你們的慷慨解囊與無私信任，是我們最堅實的後盾，為各項服務及教育項目提供了不可或缺的資源。亦要感謝每一位義工朋友，不論是在日常的支援服務，還是活動中，你們的付出點亮了無數人的心靈。

展望來年，社會對情緒健康的需求依然迫切。期望各位可以與我們繼續緊密攜手、同行並進，我們深信，只要一直同行，定能將更多關懷轉化為擁抱內心的力量，陪伴更多受困的心靈撥雲見日，迎向晴空。

Since its inception, the Joyful (Mental Health) Foundation has remained true to its founding mission, dedicated to promoting mental health awareness, education, and support services. We understand that emotional distress can often feel like an invisible storm. Therefore, through diverse public education initiatives and professional counselling, we have consistently strived to create a warm place for those navigating through confusion and hardship.

This perseverance relies entirely on everyone who has stood shoulder to shoulder with us along the way. Here, I would like to express my deepest respect to all members of the Executive Committee, with special thanks to our new Chairman, Mr. Nicholas TUNG, this year. Armed with your collective professional expertise and passion for public mental health, you have guided us through various challenges, expanded our reach to a wider audience, and injected brand-new vitality and innovative thinking into us.

Our ability to continuously serve the community is a testament to the steadfast support of our generous donors and partners. Your philanthropy and trust serve as our strongest backbone, providing the essential resources that allow our various services and educational programs to thrive. Furthermore, my heartfelt thanks go to every volunteer. Whether in day-to-day support services or at our events, your dedication has illuminated countless hearts.

Looking ahead, the community's need for mental health support remains urgent. We hope you will continue to walk hand in hand with us. We firmly believe that by moving forward together, we can transform care into an inner strength that embraces the heart, accompanying more troubled minds to step out of the shadows and embrace a brighter tomorrow.

信託人獻辭



Trustee's Message

執行委員會的話 Message From The Executive Committees

執行委員獻辭

Message from the Executive Committees

回顧過去一年，我們深刻體會到精神健康不是奢侈品，而是必需品。在這個充斥網絡較量、經濟動盪和急速轉變的時代，人與人之間的連結日趨脆弱，對社會難免造成沉重壓力。

今年本會服務需求之殷切，正好印證我們使命的重要。近 2,000 通熱線來電、1,500 小時輔導服務，背後是一個個尋求希望和聆聽的真實故事。衷心感謝每一位團隊成員和義工，以專業和同理心回應每一份信任。

接任主席之位後，我更感受到心晴行動基石之深厚，不由得對創辦人林建明女士再次肅然起敬。她作為香港精神健康慈善服務的先驅，以遠見創立本會；我亦由衷地感謝上任主席黃綺雯博士過去十年的卓越領導。她們的貢獻是我們力量的泉源，能承傳這份使命，我深感榮幸。

我們是沒有政府恆常資助的小型慈善機構，每一節輔導、每一通熱線、每一個外展項目，都有賴活動籌款和善長慷慨支持。每月定期捐款尤為關鍵，為我們提供穩定基礎，持續服務有需要的人。

令人鼓舞的是，越來越多人認同我們。今年月捐計劃獲更多朋友加入，每一位新支持者，都是對我們工作的肯定。衷心感謝每位月捐者：您們是機構的脈搏，讓我們擁有動力和希望。

踏進機構成立第三個十年，我們將繼續透過輔導、熱線和同行陪伴，服務每位需要幫助的人。我們努力推動一個以求助為榮、沒有標籤的世界，因為這值得我們共同追求。

衷心感謝您同行。因為您，我們才能在最黑暗的時刻，成為他人的一點光。

董鳳濤 (主席)



Looking back on the past year, we are reminded that mental health is a necessity, not a luxury. In an era of digital comparison, economic uncertainty, and constant change, the foundations of human connection feel fragile, and the toll on our community is undeniable.

This year, the sheer need for our services underscored the vital importance of our mission. Behind nearly 2,000 hotline calls and 1,500 hours of counselling are a thousand individual stories—each one a person reaching out for hope, stability, and a listening ear. We are profoundly grateful for our team and volunteers, who responded that call with unwavering compassion and expertise.

Stepping into the role of Chairperson this year has given me a profound, firsthand appreciation for the foundation's legacy. I have gained a newfound respect for Ms. Victoria LAM, our founder and a true pioneer of mental health charities here in Hong Kong, whose vision created this lifeline. I am equally indebted to Dr. Alice WONG, who has so ably spearheaded JMHF for the past ten years as Immediate-Past Chairperson. Their dedication forms the strength of us, and I am honoured to carry their work forward.

As a smaller charity in Hong Kong without regular government funding, every counselling session, hotline hour, and outreach program depends entirely on event-driven fundraising and the generosity of donors like you. This reality makes your support especially meaningful. Monthly donations, in particular, provide the steady foundation we need to plan ahead and consistently be there for those in need.

What encourages us is the growing belief in our mission. This year, more of you joined our monthly donation program—each new supporter a quiet vote of the work we do. To every monthly donor: you are the heartbeat of this organization. Because of you, we have real momentum and genuine hope.

Entering our third decade, we advance with optimism, committed to being there for everyone who needs us through our counselling, hotline, and unwavering presence. We will continue striving for a world where seeking help is celebrated, not stigmatized. Because that is the world we all deserve.

We are deeply grateful for your partnership. Because of you, we can remain a source of light for those in their darkest moments.

Nicholas TUNG (Chairperson)

執行委員會的話 Message From The Executive Committees

過去一年，心晴行動慈善基金在多個層面積極拓展，致力將情緒健康帶到社區不同角落。我們首辦「心晴室內定向慈善賽暨情緒健康嘉年華」，並將專家分享會移師至商場舉行，期望透過嶄新及互動的形式，開拓籌款途徑，同時將精神健康的訊息帶給更多公眾人士。

我們亦持續在學校及社區舉辦講座與工作坊，回應不同群體的需要。特別是在大埔宏福苑發生火災後，我們即時為受影響災民及參與前線救援工作的人士，提供情緒支援熱線及免費面談輔導，並為保險業從業員舉辦「關懷同行：陪伴支援大埔受災客戶」活動，協助他們支援受災客戶的情緒需要。這些服務體現了我們對社會情緒健康的即時回應與承擔。

各項服務與活動得以順利推展，實有賴每一位善長、夥伴及義工的支持。由衷感謝參與籌款活動的朋友，您的慷慨與投入，讓我們能夠持續提供情緒支援熱線、面談輔導等服務。特別感謝響應月捐計劃的長期支持者，您的信任為求助者帶來穩定而珍貴的陪伴。

我們亦深深感激一眾義工的全心付出。無論是服務前線還是活動現場，您的溫暖與耐心，正正體現了「心晴」二字的真義——每一個人都可以成為照亮他人心靈的光。

展望未來，我們將繼續懷抱使命，與大家攜手同行，傳遞更多溫暖與希望。

馮德璋 (執委)

Over the past year, JMHF expanded its reach to bring emotional wellness to all corners of the community. We launched the inaugural "JMHF Indoor Orienteering Charity Race cum Emotional Health Carnival" and moved expert sharing sessions to shopping malls—an innovative, interactive way to engage the public while exploring new fundraising avenues.

We continued organizing talks and workshops in schools and the community to address diverse needs. Following the fire at Wang Fuk Court in Tai Po, we promptly set up emotional support hotlines and free face-to-face counselling for affected residents and frontline rescue personnel. We also held a "Caring Together" event for insurance practitioners to help them support the emotional needs of affected clients. These efforts reflect our commitment to responding swiftly to the community's emotional well-being.

None of this would have been possible without the support of our donors, partners, and volunteers. We sincerely thank everyone who took part in our fundraising activities; your generosity enables us to sustain services such as emotional support hotlines and counselling. Special thanks go to our monthly donors—your steadfast trust provides invaluable, stable support for those in need.

We are also deeply grateful to our volunteers. Whether on the front lines or at event venues, your warmth and patience embody the spirit of "Joyful Mind": each of us can be a light that brightens another's heart.

Looking ahead, we remain committed to our mission, walking hand in hand with you to spread warmth and hope.

Nicholas FUNG (Executive Committee Member)

執行委員獻辭

Message from the Executive Committees



執行委員會成員 Executive Committees

董鳳濤先生 (主席)

Mr. Nicholas F. T. TUNG (Chairperson)

公司總經理

General Manager

柳發文博士 (常務副主席兼秘書長)

Dr. Peter F. M. LAU (Executive Vice Chairperson and Secretary General)

大學講師

Lecturer

王秉怡先生 (副主席)

Mr. Natalis P. Y. WONG (Vice Chairperson)

註冊專業測量師

Registered Professional Surveyor

曹鈞傑先生 (司庫)

Mr. Steven K. K. TSAO (Treasurer)

專業會計師

Certified Public Accountant

王藹慈博士 (執委)

Dr. Gloria O. C. WONG (Executive Committee Member)

臨床心理學家

Clinical Psychologist

周博軒博士 (執委)

Dr. Felix B. H. CHOW (Executive Committee Member)

上市公司執行主席

Executive Chairman

馮德璋先生 (執委)

Mr. Nicholas T. C. FUNG (Executive Committee Member)

公司董事

Director

顧問團 Consultants

王忠桐先生

Mr. Senta WONG

商家

Merchant

李誠教授

Prof. Sing LEE

資深精神科專科醫生

Honorary Clinical Professor in Psychiatry

趙雨龍博士

Dr. Marcus Y. L. CHIU

伍懷璞教授

Prof. Wai Pok NG

香港大學中文學會名譽會長

Honorary President, The Chinese Society of HKU

馮康教授

Prof. Hong FUNG

香港中文大學賽馬會公共衛生

及基層醫療學院專業應用教授

Professor of Practice, Jockey Club School

of Public Health and Primary Care,

The Chinese University of Hong Kong

張建良醫生

Dr. Ben K. L. CHEUNG

資深精神科醫生 Senior Consultant in Psychiatry

張力智醫生

Dr. Lik Chee CHANG

精神科專科醫生

Specialist in Psychiatry

苗延琮醫生

Dr. Yin King MIAO

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Specialist in Psychiatry

麥永接醫生

Dr. Ivan W.C. MAK

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Specialist in Psychiatry

周鳳美醫生

Dr. Bernie CHOW

醫生

Doctor



黃秀真博士

Dr. Christine Sau Chun WONG

臨床心理學博士
Doctor of Psychology in Clinical Psychology

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Ms. Kathleen KWOK

香港健康情緒中心一級執業臨床心理學家
Practising Clinical Psychologist 1,
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張皓貽博士

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何念慈女士

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Clinical Psychologist

陳靄華女士

Ms. Eva CHAN

精神科顧問護師
Nurse Consultant (Mental Health)

謝樹基教授

Prof. Samson TSE

香港大學社會科學學院副院長 (本科教育)
Associate Dean (Undergraduate Education),
Faculty of Social Sciences, HKU

黃蔚澄博士

Dr. Paul W. C. WONG

香港大學社會工作及社會行政學系副教授
Associate Professor, Department of Social Work
and Social Administration, HKU

莊良基律師

Mr. Tony CHONG

本基金義務法律顧問
Honorary Legal Consultant, JMHF

陳啟鴻律師

Mr. Alfred CHAN

林錫光陳啟鴻律師行合伙人
S.K. Lam, Alfred Chan & Co. Solicitors & Notaries

黃錫源先生

Mr. Peter WONG

鄭鄭會計師事務所有限公司顧問
Consultant, Cheng & Cheng Limited

李少峰律師

Mr. Andrew S. F. LI

侯劉李楊律師行合伙人
Partner, Hau, Lau, Li & Yeung

郭偉健先生

Mr. Ken KWOK

港駿會計師行有限公司 - 資深管理顧問
Senior Management Consultant, FTW & Partners CPA Limited

曾展章先生

Mr. Samuel TSANG

傳媒工作者
Media Practitioner

曾智華先生

Mr. Luke TSANG

著名廣播人
Radio Broadcaster

潘啟迪先生

Mr. Kai Tik POON

醫療拓展基金總監
Director of Medical Development Foundation

顏聯武先生

Mr. Luen Mo NGAN

著名廣播人
Radio Broadcaster

水禾田先生

Mr. Water POON

藝術家 / 本基金義務美術指導
Artist / Honorary Art Director, JMHF

梁李少霞女士

Ms. Shiu Ha LEE LEUNG

傳媒工作者
Media Practitioner

劉月明女士

Ms. Marianne LAU

畫家 Artist

徐雅各先生

Mr. James TSUI

退休校長
Retired School Principal

夏月嫻女士

Ms. Yuet Han Josephine HA

公司董事
Company Director



組織架構 Organization Structure

組織架構

Organization Structure





教育 Education

心晴行動透過舉辦各類教育活動，向社會各階層人士，包括公眾、學生、病患者及其家屬等，灌輸正確的情緒健康知識，以提高大眾對情緒病的關注，從而增加治療及預防的成效。本會亦與不同團體合作，參與各種教育工作，令大眾關注情緒健康。

Through diverse educational initiatives, The Joyful (Mental Health) Foundation (JMHF) promotes the importance of mental well-being across all sectors of society. By raising public awareness about mood disorders, we encourage timely help-seeking and proper treatment.

JMHF is committed to collaborating with organizations and professional bodies to combat mood disorders—because no one should face these challenges alone.



心晴・心情短片計劃 Joyful Mood Short Video Project

舉辦日期 DATE 全年項目 All Year Round



本計劃致力於打破公眾對情緒健康的認知隔閡，透過數位影像技術，將深奧的心理學知識轉化為親民、生動的短片素材。計劃已順利完成，成功發揮本會專業優勢，由本會臨床心理學家及輔導員親自參與製作，產出 6 部專家短片及 4 部原創對話動畫，以確保訊息的科學性、權威性及專業性。

系列短片已全面投放於 Instagram、Facebook 及 YouTube 等平台，有效引導有需要人士善用本會熱線及輔導資源。數據顯示瀏覽量穩定，反映社群對情緒健康議題的持續需求。這些短片將持續於未來的講座、工作坊或宣傳活動中重複使用，發揮長遠教育效益。

This project successfully bridged gaps in mental health awareness by using digital technology to transform psychological insights into accessible short videos. Leveraging our professional expertise, clinical psychologists and counsellors produced six expert-led videos and four original animations, ensuring scientific authority.

Launched on Instagram, Facebook, and YouTube, the series effectively guided individuals toward our hotlines and counselling services. Steady viewership highlights a sustained community need for emotional health. These videos will remain core resources for future workshops and campaigns, securing a lasting educational impact.



1 分鐘心情系列：修補親子關係的牆



1 分鐘心情系列：靜觀對大腦的影響



1 分鐘心情系列：MBTI 脫單指南



Reels 動畫系列：鬱悶

專注力不足及過度活躍症（ADHD）兒童情緒支援服務 Emotional Support Service for ADHD Children

舉辦日期 DATE 全年項目 All Year Round

本會與一慈善團體合作，為 6-10 歲的 ADHD 兒童提供個別評估，並向家長提供針對個別情況的管教建議。另為兒童設計 12 節的團體治療小組，聚焦情緒調節、自我管理和溝通技巧。活動結束後，情緒與行為問題普遍得到改善，部分參與者尤為顯著，家長壓力亦有所減輕。

JMHF in collaboration with a charitable organization, provided individual assessments for children aged 6-10 with ADHD, and offered parenting advice tailored to each child's specific situation. In addition, a 12-session group therapy program was designed for the children, focusing on emotional regulation, self-management, and communication skills. After the program, emotional and behavioral issues generally showed improvement, with particularly notable progress in some participants. Stress Levels of parents also reduced.



臨床心理學家張皓怡博士
Dr. Ivy CHEUNG, JMHF's clinical psychologist

到校學前康復計劃：教導學前教職員支援及處理課室內 SEN 學生的技巧



On-site Preschool Rehabilitation Programme: Skills for Teaching Preschool Staff to Support and Manage SEN Students in the Classroom

舉辦日期 DATE 28/03/2025

本會受邀到太陽島幼稚園（東涌分校），舉辦中、英文各一場工作坊，教導學前教職員支援及處理室內特殊教育需要（SEN）學生的技巧。活動由本會臨床心理學家廖家寶博士擔任講者，分享如何識別 SEN 學生，並透過與老師的模擬演習，示範如何處理其需求。正確辨識及明白不同類別的 SEN 學生的狀況及需要，能更有效支援他們。此外，與家長溝通及協作對 SEN 學生的成長尤為重要。



本會臨床心理學家廖家寶博士擔任講者
Presented by Dr. Polly LIU, JMHF's clinical psychologist

JMHF was invited to Sun Island Kindergarten (Tung Chung Branch) to conduct two workshops, one in Cantonese and one in English, for preschool staff on supporting and managing students with special educational needs (SEN) in the classroom. The event was led by Dr. Polly LIU, JMHF's clinical psychologist, who shared strategies for identifying SEN students, demonstrated how to address their needs through role-play exercises with teachers. Accurately identifying and understanding the conditions and needs of different types of SEN students enables more effective support. Furthermore, communication and collaboration with parents are essential to the growth of SEN students.

教育



Education

明愛元朗陳震夏中學 - 家長情緒健康工作坊 Caritas Yuen Long Chan Chun Ha Secondary School - Parent Emotional Wellness Workshop

舉辦日期 DATE 14/05/2025

本會應明愛元朗陳震夏中學的邀請，到校為家長舉辦靜觀工作坊。是次工作坊由本會的臨床心理學家張皓貽博士擔任導師，帶領參加者體驗各種靜觀練習，從覺察呼吸開始，隨後練習深呼吸和放鬆身體的動作，促進身心的放鬆，最後以感恩練習作結。過程中，參加者專注投入，積極體驗靜觀對自我調適的助益。



JMHF was invited by Caritas Yuen Long Chan Chun Ha Secondary School to hold a mindfulness workshop for parents. The workshop was led by Dr. Ivy CHEUNG, JMHF's clinical psychologist, who guided participants through various mindfulness exercises, starting with breath awareness, followed by deep breathing and body relaxation movements to promote physical and mental relaxation, and concluding with a gratitude practice. Throughout the session, participants were fully engaged and actively experienced the benefits of mindfulness for self-regulation.



臨床心理學家張皓貽博士
Dr. Ivy CHEUNG, JMHF's clinical psychologist

黃昏頌鉢舒壓體驗

Evening Singing Bowl Relaxation Experience

舉辦日期 DATE 25/08/2025

「黃昏頌鉢舒壓體驗」活動承蒙社聯伙伴基金主席莫綺文女士贊助，並由 WOW Wellness on Wellington 提供場地，目標通過頌鉢減輕生活壓力，促進情緒健康。活動由本會輔導員及靜觀與頌鉢導師莫迪瑩女士擔任指導，介紹頌鉢療法的基本知識，帶領參加者進行靜觀呼吸練習，並讓大家躺於瑜伽墊上，享受沉浸式的聲頻浴體驗。參加者亦有機會親自體驗敲擊頌鉢，部分人更嘗試將頌鉢置於身體上，感受其振動所帶來的獨特效果。

The “Evening Singing Bowl Relaxation Experience” activity was sponsored by Ms. Beatrice MOK, Chairperson of the Community Partner Foundation, with venue support from WOW Wellness on Wellington. The event aimed to relieve stress and promote emotional well-being through singing bowl therapy. It was led by Ms. Charmaine MOK, JMHF’s counsellor and mindfulness and singing bowl instructor, who introduced the basics of singing bowl therapy, guided participants through mindful breathing exercises, and invited them to lie on yoga mats for an immersive sound bath experience. Participants also had the opportunity to try striking the singing bowls themselves, with some experiencing the unique effects of placing the bowls on their bodies to feel the vibrations.



活動由社聯伙伴基金主席莫綺文女士（右二）贊助，本會輔導員及靜觀與頌鉢導師莫迪瑩女士（右三）擔任指導
The event was sponsored by Ms. Beatrice MOK (second from right), Chairperson of the Community Partner Foundation, and guided by Ms. Charmaine MOK (third from right), JMHF’s counsellor and mindfulness and singing bowl instructor.



香港浸會大學附屬學校王錦輝中小學 - 中學生情緒健康講座 HKBUAS Wong Kam Fai Secondary and Primary School - Emotional Health Talk for Secondary Students

舉辦日期 DATE 03/10/2025

本會應香港浸會大學附屬學校王錦輝中小學邀請，為中五學生舉辦情緒健康講座，約 150 名學生參與。講座由本會輔導員陳培恩女士主講，旨在提升學生對情緒健康的認識與自我覺察，並強化他們關懷他人情緒的能力。活動融入互動元素，包括讓學生分組扮演電影角色裏的五種情緒，從體驗中學習情緒辨識與表達。學生於活動中展現良好合作與反思能力，亦顯示他們對情緒管理技巧及關懷他人情緒的了解。

Invited by HKBUAS Wong Kam Fai Secondary and Primary School, JMHF conducted an emotional health talk for around 150 students. Led by our counsellor, Ms. Yannis CHAN, the session aimed to enhance students’ understanding of emotional health and self-awareness, while strengthening their ability to care for others. Interactive elements included group role-plays based on five emotions from a movie, allowing students to practise identifying and expressing emotions experientially. Participants demonstrated strong collaboration and reflection skills, reflecting their grasp of emotion management techniques and empathy for others.



教育

Education

大埔火災情緒支援服務

Tai Po Fire Emergency Emotional Support Services

舉辦日期 DATE Start from 12/2025 開始

大埔大火令人痛心，本會向受影響家庭及死傷者家屬致以衷心慰問，並為大埔宏福苑居民提供免費情緒支援熱線及專業面談輔導服務。本會亦舉辦免費講座及工作坊，透過預防性公眾教育，提升社區對災後心理健康的認識與應對能力，以減少事件可能帶來的長期心理風險。



The fire in Tai Po has deeply saddened us. Our organization extends heartfelt condolences to the affected families and the bereaved. We are offering a free emotional support hotline and professional counselling services for residents of Wang Fuk Court, Tai Po. In addition, we are organizing free talks and workshops as part of preventive public education, aiming to enhance the community's awareness and coping skills regarding post-disaster mental health, thereby reducing potential long-term psychological impacts of the incident.



教育



Education

康健慈善基金企業精神健康工作坊

Town Health Charity Foundation Mental Health Workshop

舉辦日期 DATE 12/12/2025, 06/02/2026



本會應康健慈善基金邀請，分別於 2025 年 12 月 12 日及 2026 年 2 月 6 日，為其員工舉辦「和諧粉彩」與「蝶古巴特拼貼」兩場藝術工作坊。活動在輕鬆愉悅的氛圍中進行，參加者投入創作，除了學習不同的藝術技法與體驗手作樂趣外，也有助於舒展身心、調節情緒。藝術作為一種療愈方式，能讓人專注其中、放鬆身心並釋放壓力，是有效的情緒調節途徑。

At the invitation of the Town Health Charity Foundation, JMHF organized two art workshops for its staff on 12 December 2025 and 6 February 2026, namely "Pastel Nagomi Art" and "Decoupage Collage". The activities were conducted in a relaxed and joyful atmosphere. Participants were fully engaged in the creative process. In addition to learning different artistic techniques and enjoying the fun of hands-on crafting, the workshops also helped participants relax both body and mind and regulate their emotions. Art, as a form of healing, enables people to focus, unwind, and release stress, making it an effective pathway for emotional regulation.

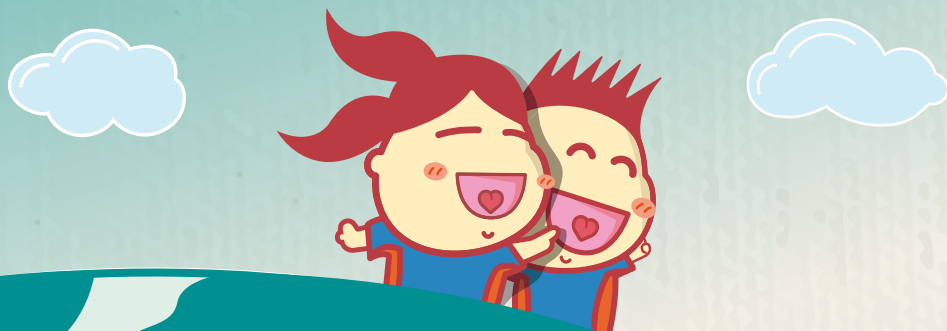




心晴行動致力提供促進情緒健康的服務，主要包括情緒支援熱線、專業面談輔導服務，亦會邀請專業人士如精神科專科醫生及專業輔導員等，出席本會之「專家分享會」及「朋輩支援聚會」，為患者提供支援。此外，本會亦積極與不同團體合作，推動義工服務，關懷受情緒困擾的人士。

The Joyful (Mental Health) Foundation (JMHF) is committed to providing comprehensive mental health services, including Emotional Support Hotline Services and Professional Counselling Services. To further support individuals and families affected by mood disorders, JMHF collaborates with mental health professionals—such as psychiatric specialists, clinical psychologists, and counsellors—to host events like the “Focus Group between Professionals, Patients, and Families” and “Peer Support Group”. These initiatives foster dialogue, shared understanding, and community-based care.

Additionally, JMHF actively partners with various organizations to promote volunteerism, encouraging society to extend compassion and support to those facing emotional challenges. Through these efforts, JMHF aims to create a more inclusive and empathetic environment for individuals navigating mental health difficulties.



專業面談輔導服務

Professional Counselling Services

舉辦日期 DATE 全年項目 All Year Round

本會自 2006 年開始，向受情緒困擾人士提供專業面談輔導服務，讓有需要人士及早尋求適當的治療及幫助，盡快康復。輔導服務由一班專業的臨床心理學家及輔導員主理，根據心理學的理論和原則去協助受助者解決各種情緒、思想或行為上的困擾。服務範疇包括情緒管理、生活及工作適應、人際、家庭關係及哀傷輔導等。

Starting from 2006, JMHF has been providing professional counselling services to people who are emotionally disturbed. We aimed to find suitable help and treatment to those in needs as soon as possible to facilitate early recovery. The counselling services are led by a group of professional clinical psychologists and counsellors, through psychological theories and principles to assist patients in soothing their emotional, cognitive and behavioral problems. The services include anger management, coping skill on life and work, counselling on interpersonal, family relations and mood disorders.



服務

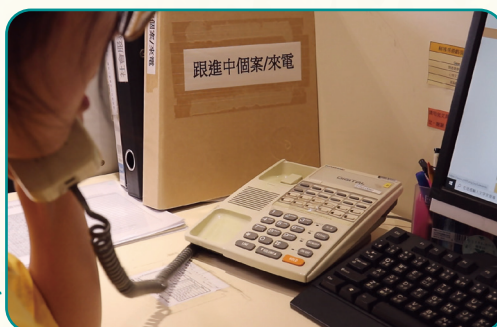
Service

情緒支援熱線服務：2301 2303 Hotline Services: 2301 2303

舉辦日期 DATE 全年項目 All Year Round

本會自 2004 年開始提供「情緒支援熱線電話服務」，為受情緒困擾的人士提供情緒支援、情緒病資訊及轉介服務，令來電者可及早找到合適支援途徑。本會的熱線義工均受系統性的專業培訓，並經過嚴格甄選，為大眾提供更專業、更關顧的熱線服務。

JMHF has been providing "Emotion Support Hotline Services" since 2004, rendering emotional support, information on mood disorder and referral services, so that callers can receive adequate support when in need. Volunteers of this hotline have gone through systematic and professional training, passing through a strict selection process in order to provide better professional and caring hotline services to the public.



心靈成長堡：兒童為本遊戲治療

Joyful Play Healing – Child-Centered Play Therapy (CCPT)

舉辦日期 DATE 全年項目 All Year Round

本會提供「心靈成長堡——兒童為本遊戲治療」服務，透過非指導的遊戲方式，讓小朋友表達自己的內心世界，就如成人的輔導一樣，希望藉此幫助他們更好去適應壓力與挑戰，提升抗逆能力，從而茁壯成長。

JMHF offers the "Joyful Play Healing – Play Therapy" service. Through non-directive play, this service allows children to express their inner world, similar to adult counselling. We aim to help them better cope with stress and challenges, enhance their resilience, and thrive.



服務

Service

助人自助輔導服務先導計劃

Helping People Help Themselves Counselling Service Pilot Program

舉辦日期 DATE 全年項目 All Year Round

「助人自助輔導服務先導計劃」旨在提供不同類型及多元化的輔導服務。計劃的輔導時間、會面次數及服務範圍具彈性，可支援有長期需要之人士。

心晴行動為非政府恆常資助機構，營運經費主要來自籌募及善長捐助。此計劃使用者無需依靠本會補貼，可為經濟不寬裕的人留出更多的資源名額之餘，所繳付的輔導服務費用亦能支持本會繼續這條推動情緒健康之路，幫助更多情緒受困的朋友走出幽谷。

The "Helping People Help Themselves Counselling Service Pilot Program" aims to provide diverse types of counselling services. The programme is designed to be flexible in terms of counselling hours, number of sessions and service scope, in order to support people with long-term needs.

The Joyful (Mental Health) Foundation is a non-profit organization that relies on fundraising and donations from donors. Users of the programme are not required to rely on our subsidy, which frees up resources for those who are not financially well-off. Furthermore, the fees paid for counselling can also support our continued efforts on promoting emotional health and help more emotionally distressed people to recover.

專家分享會

Focus Group between Professionals, Patients and Families

舉辦日期 DATE 18/02/2025, 28/09/2025, 17/12/2025

邀請不同精神科醫生及相關專家擔任聚會的嘉賓，與情緒病患者及其家屬、義工互相交流有關情緒病的治療方法。聚會中，大家暢所欲言，互相分享個人經驗，彼此支持及鼓勵，增加對抗情緒病的信心。

Psychiatrists or health experts in related field were invited to have interactive sharing on the treatments of mood disorder with patients, family members and volunteers. During the gatherings, participants shared their experiences and encouraged each other to fight against mood disorders with confidence.

舉行日期 Date	分享嘉賓 Speaker	分享主題 Theme
18/02/2025	精神科專科麥永接醫生 Dr. Ivan MAK, Specialist in Psychiatry	/
28/09/2025	精神科專科崔永豪醫生 Dr. William CHUI, Specialist in Psychiatry	克服情緒困擾，啟動學習潛能 Overcoming Emotional Distress, Unlocking Learning Potential
17/12/2025	臨床心理學家張皓貽博士 Dr. Ivy CHEUNG, Clinical Psychologist	認識強迫症：成因和治療方案——從神經學去解構 Understanding OCD: Causes and Treatment Options — Deconstructing It from a Neurological Perspective

服務



Service



精神科專科崔永豪醫生（左）及心晴行動顧問、臨床心理學家張皓貽博士（右）
Dr. William CHUI, Specialist in Psychiatry (left), and Dr. Ivy CHEUNG, Clinical Psychologist and Advisor of JMHF (right)



精神科專科麥永接醫生（右）及心晴行動教育及服務經理 / 臨床心理學家邱遠強博士（左）
Dr. Ivan MAK, Specialist in Psychiatry (right), and Dr. Edwin YAU, JMHF's Education & Service Manager / Clinical Psychologist (left)

熱線義工基礎訓練課程 2025/2026 Hotline Volunteers Training Course 2025-2026

舉辦日期 DATE 06/2025-03/2026

熱線義工每天協助接聽來電者的傾訴，是本會不可或缺的一部分，為此我們每年都會舉辦訓練課程，招募一班熱心又能付出寶貴時間的人士，培訓成為熱線義工。本屆課程經面試選後，共 11 名學員參加。學員於六節理論課堂中學習熱線義工需具備的知識和注意事項，有效增進對情緒病、危機處理、義工自我保護等的認識。是次課程於本會多用途室進行，特別感謝林建明小姐提供多把椅子讓學員可舒適地上課。

本會榮幸邀請到臨床心理學家張皓貽博士為學員分享「了解情緒病及求助者」及介紹「熱線服務的溝通技巧」，以及香港撒瑪利亞防止自殺會熱線中心主任丘鴻生先生講解危機處理注意事項，希望學員可以透過專業的培訓模式學習所需技巧，並透過練習累積經驗，讓來電者得到適切的幫助。

To support our hotline service, JMHF organises annual training courses to recruit dedicated individuals willing to contribute their valuable time. After interviews, 11 trainees were selected for this year's programme. Participants learned essential knowledge and precautions for hotline volunteering, including emotional disorders, crisis management, and volunteer self-care through six theoretical sessions. We are especially grateful to Ms. Victoria LAM for providing extra chairs for the trainees' comfort.

We were honoured to invite Clinical Psychologist Dr. Ivy CHEUNG to speak on "Understanding Emotional Disorders and Help-seekers" and share hotline communication techniques. Mr. Hung Sang YAU, former Centre-in-charge of the Hotline Centre at The Samaritan Befrienders Hong Kong, explained key points on crisis management.



Through this professional training and practice, we hope the trainees will gain the skills and experience needed to provide appropriate support to callers.



熱線義工進階訓練課程

Hotline Volunteers Advanced Training Course

舉辦日期 DATE 11/12/2025

本會於 2025 年 12 月 11 日晚上以線上形式舉辦了熱線義工進階培訓，主題為哀傷輔導技巧分享。是次工作坊的目的有二：一方面，針對大埔火災事件，讓義工了解如何向火災中經歷親人離世或失去家園的人士提供情緒支援；另一方面，義工在日常服務中亦可能接觸到來電者提及親人重病、突然離世，或即使親人已離世一段時間仍深陷悲傷的情況。講座分享的內容包括當事人的心理需要、義工應對技巧及個案分享等。

On 11 December 2025, our organization held an online advanced training workshop for hotline volunteers themed "Grief Counselling Techniques". The workshop had two main objectives: to equip volunteers with skills to support individuals who lost loved ones or homes in the Tai Po fire disaster, and to help them handle daily calls involving relatives' serious illness, sudden death, or prolonged grief. The session covered the psychological needs of the bereaved, practical response techniques for volunteers, and real case sharing.



服務



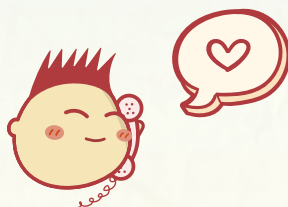
Service

朋輩支援聚會

Peer Support Group

舉辦日期 DATE 26/03/2025, 14/07/2025

由情緒病康復者、家屬及對情緒病有認識的人士組成朋輩支援小組，並由心理輔導員帶領，透過分享個人的抗病經驗，為正受情緒困擾的人士給予鼓勵及支持，令他們更有信心對抗情緒病。



The Peer Support Group is gathered by people suffering from mood disorders, rehabilitants and their families, led by our counsellors. It provides encouragement, support and confidence to the sufferers through personal sharing to fight against mental disorders.



籌款 Fundraising

心晴行動每年都舉辦籌款活動，以支持本會各項教育、服務及推廣的工作。恆常的籌款項目包括於慈善活動擔任受惠機構、義賣及慈善跑等。

本年度心晴行動邀請到 3 位愛心大使，與我們在推廣情緒健康的路上攜手同行。他們是：

Each year, the Joyful (Mental Health) Foundation (JMHF) organizes fundraising initiatives to sustain our vital work in mental health education, services, and public awareness. Our ongoing fundraising efforts include serving as the beneficiary of charitable events, selling tickets for charity concerts, and placing donation boxes in prominent institutions and retail outlet across Hong Kong.

This year, we were privileged to collaborate with three distinguished Charity Ambassadors who shared our commitment to mental health advocacy. Together, we amplified our efforts to foster greater understanding and support for mental well-being throughout the community. They are:



鄭子誠
Mr. Timothy CHENG



森美
Mr. Sammy LEUNG



余德丞
Mr. Dickson YU



K Cash 呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款 2025

K Cash Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk 2025

舉辦日期 DATE 08/03/2025

本會於 2025 年 3 月 8 日假清水灣鄉村俱樂部舉行「K Cash 呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款 2025」，分 5 公里賽跑及 3.5 公里步行活動，吸引逾千人參加，以實際行動支持精神健康。

本屆得到清水灣鄉村俱樂部全力支持，包括贊助活動及場地統籌、餐飲及活動日設置裝配等。活動由 K Cash Corporation Limited 冠名贊助，籌集之善款將用於加強及拓展更多情緒健康服務，令機構得以持續發展，為紓解香港人的情緒問題提供更多可行方案。

活動當天，勞工及福利局局長孫玉菡先生，JP 與夫人結伴蒞臨活動現場為參加者打氣，亦得到多位演藝界名人出席支持，除了心晴行動創辦人兼信託人林建明女士及活動愛心大使鄭子誠先生、李潤東先生外，謝寧女士、劉倩怡女士、及清水灣鄉村俱樂部 Wellness Ambassador 梁諾妍女士亦到場支持，與一眾嘉賓一起主持開幕及鳴按儀式，將活動的氣氛推向高峰。

除了比賽及步行外，活動當日亦設嘉年華攤位遊戲，更有心晴行動的臨床心理學博士及輔導員即場提供諮詢，讓參加者既可以做運動，又可以更了解情緒健康及輔導服務。

On 8 March 2025, JMHF held the "K Cash Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run and Walk 2025" at The Clearwater Bay Golf & Country Club. The event featured a 5km run and a 3.5km walk, attracting over 1,000 participants who showed their support for mental health.

The event was fully supported by The Clearwater Bay Golf & Country Club, which sponsored the venue, logistics, catering, and event-day setup. The title sponsor was K Cash Corporation Limited. All funds raised will be used to strengthen and expand emotional health services, enabling the organization to continue its development and provide more viable solutions to alleviate emotional distress among people in Hong Kong.

On the event day, Mr. Chris SUN, JP, Secretary for Labour and Welfare, and his wife visited the venue to cheer on the participants. The event also received support from several celebrities and public figures. In addition to Ms. Victoria LAM, JMHF's founder and trustee, and charity ambassadors Mr. Timothy CHENG and Mr. Dave LI, other notable attendees included Ms. Charlene TSE, Ms. Claudia LAU, and Ms. Inez LEUNG (Wellness Ambassador of The Clearwater Bay Golf & Country Club). Together with other guests, they officiated the opening and bell-ringing ceremony, bringing the event to a celebratory climax.

In addition to the race and walk, the event also featured carnival game booths. Clinical psychologists and counsellors from JMHF were on-site to provide consultations, allowing participants not only to engage in physical activity but also to learn more about emotional health and counselling services.



籌款

Fundraising

心晴室內定向慈善賽 2025 暨 情緒健康嘉年華 Joyful Indoor Orienteering Charity Race 2025 cum Emotional Wellness Carnival

舉辦日期 DATE 全年項目 28/09/2025

心晴行動假荃灣愉景新城舉辦首屆「心晴室內定向慈善賽 2025 暨 情緒健康嘉年華」，並由香港菁英會及 Home square 青年宿舍合辦，旨在透過定向與解謎遊戲，提升身心健康，同時鍛鍊解難能力和團隊精神。活動所籌得的款項，用於本會的情緒支援服務，幫助更多情緒病患者。

是次活動邀請到鄭子誠先生、森美先生及余德丞先生擔任愛心大使，而余德丞先生更於當天蒞臨比賽現場打氣，為大家提供情緒健康小貼士。

在比賽以外，亦同時舉行了情緒健康嘉年華，設遊戲攤位、藝術工作坊及情緒諮詢站，讓參與者透過遊戲及互動體驗，認識更多維持情緒健康的方法。

活動當天亦舉辦了一場專家分享會，主題為「兒童及青少年精神健康—克服情緒困擾，啟動學習潛能」，邀請到精神科專科醫生崔永豪醫生主講，並由本會顧問、臨床心理學博士張皓貽博士擔任嘉賓主持。

JMHF held its first “Joyful Indoor Orienteering Charity Race 2025 cum Emotional Wellness Carnival” at D • PARK, Tsuen Wan. Co-organized with the Y. Elites Association and Home² Youth Hostel, the event aimed to promote physical and mental well-being through orienteering and puzzle-solving games, while strengthening problem-solving skills and teamwork. Proceeds from the event will support our emotional support services to help more people with mental health issues.

Mr. Timothy CHENG, Mr. Sammy LEUNG and Mr. Dickson YU served as Joyful Ambassadors. Mr. Dickson YU also attended the event to cheer on participants and share emotional health tips.

In addition, an Emotional Wellness Carnival featured game stalls, art workshops, and counselling station, enabling participants to learn practical ways to maintain emotional health through interactive experiences.

A professional seminar entitled “Children and Adolescent Mental Health - Overcoming Emotional Distress and Unlocking Learning Potential” was delivered by Specialist in Psychiatry Dr. William CHUI and moderated by Clinical Psychologist Dr. Ivy CHEUNG, consultant to the organization.



籌款



Fundraising

渣打香港馬拉松慈善計劃 2025

Standard Chartered Hong Kong Marathon Charity Program 2025

舉辦日期 DATE 09/2024-04/2025

「渣打香港馬拉松慈善計劃 2025」由中國香港田徑總會主辦，計劃將部分賽事名額贊助予慈善機構，透過義賣或認捐方式籌集善款，用於發展服務及慈善項目。本會為獲選慈善機構之一，籌得善款用於本會情緒健康教育及服務，支援受情緒困擾人士。

本會亦受邀參與「渣打香港馬拉松博覽會」，博覽會於 2025 年 2 月 5 日至 2 月 8 日在啟德體藝館舉行，匯聚豐富攤位及打卡位，吸引跑手及市民參與。本會於現場設置攤位，透過互動遊戲向公眾推廣情緒健康知識。



Standard Chartered Hong Kong Marathon Charity Program 2025 was organized by the Hong Kong, China Association of Athletics Affiliates. The program sponsored a portion of race entries to charitable organizations, which raise funds through sales or donations to support their services and charitable projects. JMHF was one of the selected charities, and the funds raised would be used for our emotional health education and services to support individuals in emotional distress.

JMHF was also invited to participate in the Standard Chartered Hong Kong Marathon Expo, held from 5 to 8 February 2025 at Kai Tak Sports Park. The expo featured a variety of booths and photo spots, attracting runners and the public. We set up a booth at the venue, using interactive games to promote emotional health knowledge to the community.

籌款



Fundraising

「慳杯咖啡·照亮心晴」月捐計劃 “Skip a Coffee, Brighten a Mind” Monthly Donation Plan Program 2025

舉辦日期 DATE 全年項目 All Year Round

您的小小力量，可以為受情緒困擾人士帶來大大的改變。本會發起「慳杯咖啡 照亮心晴」月捐計劃，鼓勵一個月少喝一杯咖啡，將 \$50 捐至心晴行動，支援本會情緒健康教育及服務，照亮情緒病患者的心窗。通過教育及服務，可以協助助人有效調節情緒，促進積極生活。

Your small effort can make a big difference for those in emotional distress. Our organization has launched the “Skip a Coffee, Brighten a Mind” monthly donation plan, encouraging everyone to skip one cup of coffee a month and donate \$50 to JMHF. The fund raised will support our emotional health education and services, bringing light into the lives of those struggling with mood disorders. Through education and services, we help individuals regulate their emotions effectively and lead more active, positive lives.



香港保健食品協會 - 企業情緒健康工作坊

Hong Kong Health Food Association – Corporate Emotional Wellness Workshop

舉辦日期 DATE 29/09/2025

本會應香港保健食品協會邀請，為其會員舉辦蝶古巴特工作坊，旨在通過簡單的藝術創作，釋放日常工作壓力，促進身心健康。此活動由林琮娟小姐擔任導師，教導蝶古巴特拼貼藝術，讓參與者體驗藝術療癒，找回內在平靜與滿足感。

At the invitation of the Hong Kong Health Food Association, JMHF held a decoupage workshop for its members, aiming to relieve daily work stress and promote physical and mental well-being through simple artistic creation. The workshop was led by Ms. Crystal LAM, who taught decoupage collage techniques, allowing participants to experience art therapy and rediscover inner peace and satisfaction.



保單捐贈計劃

Policy Donation Scheme

舉辦日期 DATE 全年項目 All Year Round

由香港人壽保險從業員協會慈善基金推出的「保單捐贈計劃」，旨在鼓勵準保單捐贈人自願捐出其合資格人壽保單內保障額的某個百分比予心儀的慈善機構，為社會創造共享價值，推動關愛文化。本會為計劃的支持機構之一，希望通過保單捐贈，支持推動情緒健康的工作。

Launched by the LUA Foundation, the “Policy Donation Scheme” encourages prospective policy donors to voluntarily donate a certain percentage of the coverage amount of their eligible life insurance policies to their chosen charities, thereby creating shared value for society and promoting a caring culture. JMHF is one of the supporting organizations of the scheme, hoping to advance emotional wellness through policy donations.

公司註冊名稱：心晴行動慈善基金

公司註冊編號：1031982

<https://www.policydonation.org.hk/index.html>



心晴吉祥人物認捐計劃

Joyful Lucky Icons Donation Programme

舉辦日期 DATE 全年項目 All Year Round

有時候一個笑容，一點鼓勵已經能夠改變我們對事情的看法，因此本會於 2005 年特別創造了「笑爺仔、笑奶妹」這對吉祥人物，提醒我們生活當中遇到任何挫折，也必須抱着樂觀心情，以積極態度面對。

只要捐出 HK\$2,388 或以上，便可在吉祥物上印上善長或公司名字。吉祥物會放於心晴會址內，以示謝意。

In daily life, a simple smile or a word of encouragement sometimes may make all the difference. JMHF has created "The Cheerful Duo" in 2005 to remind people that in facing difficulties, we should still be optimistic and deal with them positively.

Donate HK\$2,388 or more to have your name or company's name displayed on a lucky icon model figure at the office of JMHF as a token of appreciation.



笑爺笑奶分為春夏秋冬四個版本
The 4-season Cheerful Duo versions

籌款



Fundraising

善 JOY 捐款計劃

Joyful Donation Scheme

舉辦日期 DATE 全年項目 All Year Round

心晴行動推出「善 joy 捐款計劃」，鼓勵公眾在特別日子捐出部分禮金代替回禮，又或藉着捐贈去懷念遠去親人，以幫助情緒病患者及其家屬。捐款達一定金額，可選擇由本會設計的電子賀卡作回禮卡，供捐贈者自行印刷。



We launched the Joyful Scheme for donations which encourages people to donate part of the gifts received or favors returned in money terms on their special occasions. Such donations will commemorate their beloved ones to help others with mental disturbances and their families. Donations above a certain amount can receive a custom e-card from us, printable by the donor.



Name & Name
20 MAY 2025



回禮卡樣本
Sample of the e-cards





推廣 Promotion

本會透過舉辦不同形式的推廣及宣傳活動，向大眾推廣本會的服務及灌輸健康情緒的訊息，推動社會關注情緒病患者，期望減少大眾對情緒病的誤解及歧視。同時亦透過各傳播媒體將情緒健康推廣予大眾認知。

Through targeted outreach and public education initiatives, the Joyful (Mental Health) Foundation (JMHF) raises awareness about mood disorders and advocates for greater societal understanding. We strive to eliminate stigma and discrimination while fostering compassion for those affected by mental health challenges. Our efforts aim to create a more supportive and inclusive community where individuals facing emotional difficulties can seek help without fear or judgement.



商界展關懷 2025 Caring Company 2025

舉辦日期 DATE 全年項目 All Year Round

「商界展關懷」旨在促進商界與社會伙伴合作，推動企業履行社會責任，並鼓勵工商及公共機構關懷社群、關心員工及愛護環境，攜手建設共融社會。2024-2025 年度本會成功提名了 9 間友好機構獲得嘉許，感謝其在不同層面對本會的支持。本年度 S+ 高峰會暨博覽 2025 於 5 月 20 至 5 月 21 日假灣仔香港會議展覽中心 3FG 展覽廳舉行，心晴行動於場內設攤位，與工商及公共機構接觸及交流。



The “Caring Company” Scheme aims to promote collaboration between the business sector and the community, encourage corporations to fulfil their social responsibilities, and inspire commercial and public organizations to care for the community, employees, and the environment, working together to build an inclusive society. In the 2024-2025 term, JMHF successfully nominated nine partner organizations to receive the Caring Company recognition, thanking them for their support across various areas. The S+ Summit and Expo 2025 was held from 20 to 21 May at Hall 3FG of the Hong Kong Convention and Exhibition Centre in Wan Chai, where JMHF set up a booth to connect and exchange with representatives from commercial and public organizations.

推廣



Promotion

2025 精神健康月 2025 Mental Health Month

舉辦日期 DATE 全年項目 All Year Round

本會是「精神健康月」活動的主辦機構之一，「2025 精神健康月」以「活·好 D」為主題，帶出改善生活方式對增進心理健康的重要，鼓勵大家選擇健康生活方式以提升身心健康。活動啟動禮於 2025 年 10 月 11 日假樂富廣場舉行，勞工及福利局局長孫玉菡，JP 亦有到場主禮及參觀。活動設攤位遊戲及專家分享，推廣五大健康生活元素。閉幕嘉許禮則於 2026 年 1 月 17 日假荃灣愉景新城舉行，重點活動包括：「活好生活 x 五大日常」短片創作比賽頒獎禮、體驗及遊戲攤位、健康生活博覽等，多元地推廣精神健康。

JMHF is a co-organizer of the “Mental Health Month 2025” campaign, themed “Healthy Life Healthy Mind”, which highlighted the importance of lifestyle improvements for mental well-being. The kick-off ceremony was held on 11 October 2025 at Lok Fu Place, officiated by the Secretary for Labour and Welfare, Mr. Chris SUN, JP. The event featured booth games and expert sharing on the five key elements of a healthy lifestyle.

The closing ceremony took place on 17 January 2026 at D-PARK in Tsuen Wan, including the awards presentation of the “Live Well x Five Daily Habits” short video competition, experiential booths, a healthy living expo, and other activities to promote mental health in diverse ways.

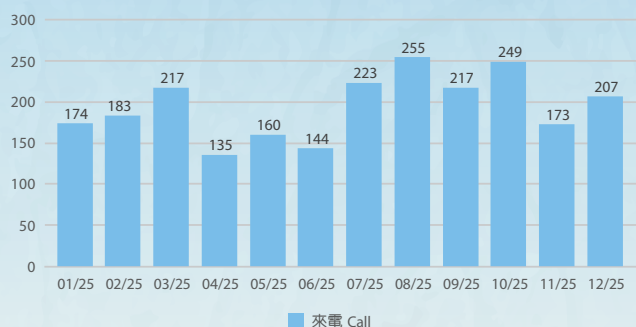


活動列表 List of Activities

舉行日期 Date (dd/mm/yyyy)	類別	活動名稱	Activity
09/2024-04/2025	籌款	渣打香港馬拉松慈善計劃 2025	Standard Chartered Hong Kong Marathon Charity Program 2025
18/02/2025, 28/09/2025, 17/12/2025	服務	專家分享會	Focus Group between Professionals, Patients and Families
08/03/2025	籌款	K Cash 呈獻：清水灣鄉村俱樂部心晴慈善跑及步行籌款 2025	K Cash Presents: The Clearwater Bay Golf & Country Club Joyful Charity Run & Walk 2025
26/03/2025, 14/07/2025	服務	朋輩支援聚會	Peer Support Group
28/03/2025	教育	到校學前康復計劃：教導學前教職員支援及處理課室內 SEN 學生的技巧	On-site Preschool Rehabilitation Programme: Skills for Teaching Preschool Staff to Support and Manage SEN Students in the Classroom
14/05/2025	教育	明愛元朗陳震夏中學 — 家長情緒健康工作坊	Caritas Yuen Long Chan Chun Ha Secondary School – Parent Emotional Wellness Workshop
06/2025-03/2026	服務	熱線義工基礎訓練課程 2025/2026	Hotline Volunteers Training Course 2025-2026
25/08/2025	教育	黃昏頌鉢舒壓體驗	Evening Singing Bowl Relaxation Experience
28/09/2025	籌款	心晴室內定向慈善賽 2025 暨情緒健康嘉年華	Joyful Indoor Orienteering Charity Race 2025 cum Emotional Wellness Carnival
29/09/2025	籌款	香港保健食品協會 — 企業情緒健康工作坊	Hong Kong Health Food Association – Corporate Emotional Wellness Workshop
03/10/2025	教育	香港浸會大學附屬學校王錦輝中小學 — 中學生情緒健康講座	HKBUAS Wong Kam Fai Secondary and Primary School - Emotional Health Talk for Secondary Students
2025 年 12 月開始 Start from 12/2025	教育	大埔火災情緒支援服務	Tai Po Fire Emergency Emotional Support Services
全年項目 All Year Round	服務	專業面談輔導服務	Professional Counselling Services
全年項目 All Year Round	服務	情緒支援熱線服務：2301 2303	Hotline Services: 2301 2303
全年項目 All Year Round	服務	心靈成長堡：兒童為本遊戲治療	Joyful Play Healing – Child-Centered Play Therapy
全年項目 All Year Round	服務	助人自助輔導服務先導計劃	Helping People Help Themselves Counselling Service Pilot Program
全年項目 All Year Round	服務	熱線義工進階訓練課程	Hotline Volunteers Advanced Training Course
全年項目 All Year Round	教育	專注力不足及過度活躍症 (ADHD) 兒童情緒支援服務	Emotional Support Service for ADHD Children
全年項目 All Year Round	教育	心晴・心情短片計劃	
全年項目 All Year Round	推廣	商界展關懷 2025	Caring Company 2025
全年項目 All Year Round	推廣	2025 精神健康月	2025 Mental Health Month
全年項目 All Year Round	籌款	「慳杯咖啡・照亮心晴」月捐計劃	"Skip a Coffee, Brighten a Mind" Monthly Donation Plan
全年項目 All Year Round	籌款	心晴吉祥人物認捐	Joyful Lucky Icons Donation Programme
全年項目 All Year Round	籌款	善 joy 捐款計劃	Joyful Donation Scheme
全年項目 All Year Round	籌款	保單捐贈計劃	Policy Donation Scheme

統計數據 Statistics

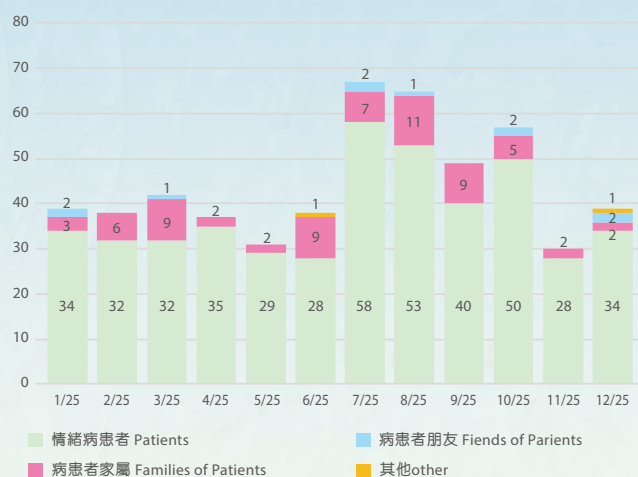
熱線服務統計 Hotline Statistics



年度數字 Annual Data

總數 Total **2337**

深入來電個案 Hotline Cases

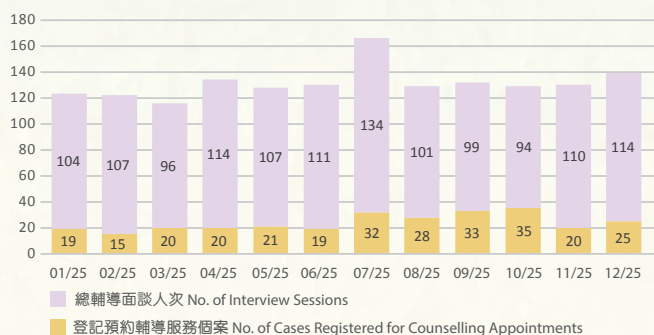


年度數字 Annual Data

情緒病患者 Patients	453
病患者家屬 Families of Patients	67
病患者朋友 Friends of Patients	10
其他 Others	2
總數 Total	532

輔導個案 Professional Counselling Service Statistics

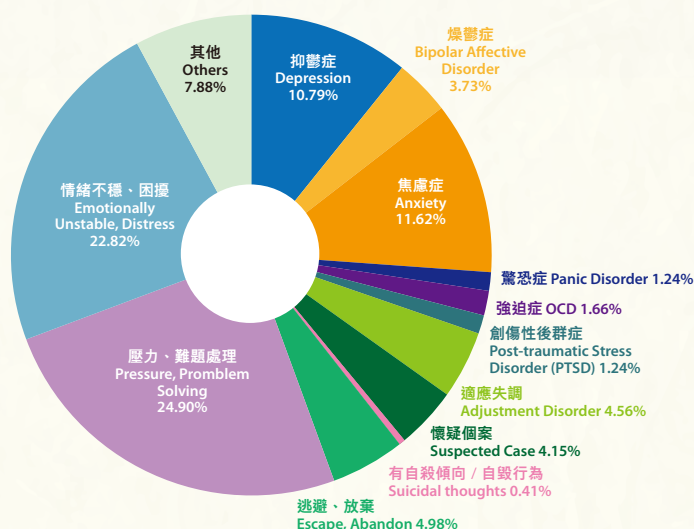
Professional Counselling Service Statistics



年度數字 Annual Data

總登記個案 No. of Cases	287
總約見人次 No. of Interview Sessions	1578

求助病患者情況 Patient's Condition





鳴謝名單 Acknowledgment

特別鳴謝 (公司機構) Special thanks to (Companies & Organisations)



葉茂林慈善基金



特別鳴謝 (個人) Special thanks to (Individuals)

林建明

鄭子誠

黃進達, JP

黃綺雯博士

森 美

蔡金明

孫玉菡, JP

余德丞

鄧世文

麥永接醫生

李潤東

趙郁林

馮康教授

劉倩怡

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謝 寧

董鳳濤

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劉仲恒醫生, MH

柳發文博士

張皓貽博士

許 劍

王秉怡

崔永豪醫生

陳向黎

周博軒博士

排名不分先後，捐款者眾，未能盡錄所有善長芳名，我們謹代表所有受惠者，衷心感謝您的支持。
Listed in no particular order. Due to limited space, please accept our apologies for not being able to list the names of all the donors and supporters.

鳴謝名單 Acknowledgment

公司機構 Companies & Organisations

中國香港田徑總會
Hong Kong, China Association of
Athletics Affiliates

中國香港獨木舟總會
Hong Kong China Canoe Union

天昊會計師事務所有限公司
MCI CPA Limited

四洲集團有限公司
Four Seas Group

曲奇四重奏
Cookies Quartet Limited

和記電訊
Hutchison Telecom

和興白花油藥廠有限公司
Hoe Hin Pak Fah Yeow
Manufactory Limited

尚方劍擊訓練中心
BYJOSS Fencing

社聯伙伴基金
Community Partner Foundation

虎標萬金油 (香港) 有限公司
Tiger Balm Hong Kong

金杯印刷有限公司
GoldenCup Printing Co., Limited

南華集團
South China Holdings Limited

恒益物業管理有限公司
Hang Yick Properties
Management Limited

恒愛義工隊
Team of Care

香港人壽保險從業員協會
慈善基金
The Life Underwriters Association
of Hong Kong Limited

香港中文大學醫院
CUHK Medical Centre

香港保健食品協會
The Hong Kong Health Food
Association Limited

香港海洋公園
Ocean Park Hong Kong

香港海關
Hong Kong Customs and Excise
Department

香港消防處義工隊
Fire Services Department
Volunteer Team

香港童軍總會 - 童軍田徑會
Scout Association of Hong Kong
- Scout Athletic Club

香港郵政
Hong Kong Post

香港傷健共融網絡
Hong Kong Network for the
Promotion of Inclusive Society
Limited

香港聖約翰救護機構
Hong Kong St. John Ambulance

香港臨床心理學博士協會
The Hong Kong Association of
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家美屋 (香港) 有限公司
Kamiya (Hong Kong) Limited

商業廣播有限公司
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Limited (24008)

曼秀雷敦 (亞洲太平洋)
有限公司
Mentholatum (Asia Pacific) Ltd

陳定幫工作室有限公司
Clement Chan Workshop

勞工及福利局
Labour and Welfare Bureau

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Acknowledgment

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公司機構 Companies & Organisations

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Acknowledgement

富誠貿易中國有限公司 Great Wall Trading China Limited	精神健康月籌委會 Mental Health Month Preparation Committee	Deckers Asia Pacific Limited
普力通 Pernaton	精進微生物科技有限公司 G-NiiB GenieBiome Limited	Google Ads Hong Kong
新順福食品有限公司 Sun Shun Fuk Foods Co Limited	鴻博科技有限公司 Coresystem Technology Limited	MicroSigX Biotech Diagnostic Limited
義務工作發展局 Agency for Volunteer Service	懲教署愛羣義工團 Oi Kwan Volunteer Group	MOMAX Hong Kong
零食物語 Okashi Land	Candy Wong Official Fans Club Limited	MO 教練團隊
榮之聯盟義工團 United Leslie	CATXMAN LIMITED	Natural Made
	Clinic First Limited	Ogier S (A) Limited
		Time Auction Hong Kong
		WOW Wellness on Wellington

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方廷文
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何玉嬋
何夏麗
吳詩楠
呂婉芳
李迦樑
李 剛
李浩然
李祥榮
李寶珊
沈鴻逸
辛志雄
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周志林
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林琮娟
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鄭寶儀

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鍾浩榮

鍾善德

鍾愛蓮

簡囀儀

簡鈺恩

羅偉柏博士

羅鴻基

譚揚

蘇敏儀

Au Ngai Hin

Badminton team

Chan Andrew

Chan Chi Kai

Chan Ching

Chan Chun Wan

Chan Hon Wing

Chan Kit Kenny

Chan Ming Kin

Chan Oi Ling Ellen

Chan Pak Hang

Chan Po Ming

Chan Robert Wesley Ho Wan

Chan Venus

Chan Wai Leung

Chan Wai Yee Peon

Chan Wing Ki

Cheng Kwan Nang

Cheng Mandy

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Chien Kwok Keung Kenny

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Chiu Mei Zin Cecilia

Chiu Yat Hui Margo

Choi Cheuk Lung

Choi Ka Tsun

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Fung Mut Wah

Fung Pui Lan

Fung Steven

Giulio Brini

Ha Pui Ming Janice

Hau Pui Sim Barbara

Ho Chi Kwan Phoebe

Ho Ji Yang Deacon

Ho King Ying

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Hui Sui Yam Glory

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Kwan Cheuk Kin

Kwan Mo Yin

Lai Candy

Lai Mei Bo

Lam Ayden

Lam Bowie

Lam Hon Wai

Lam Pin Fung

Lam Tsz Shing

Lam Tsz Wai

Lam Viky

Lam Wai Kai

Lam Wai Lun Eric

Lau Ching Sun

Lau Cho Tim

Lau Kam Cheong

Lau King Man Clement

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Law Pui Fan
Law Yu Chung Caleb
Lee Kam Ming
Lee Sheung Ling
Lee Wai Man Raymond
Lee Wing Leung
Leung Chi Yan Barry
Leung Hoi Shan
Leung Lok Shan
Leung Pak Ki
Leung Wai Chun
Leung Wai Han Karen
Leung Wai Mun
Leung Wai Yin
Leung Yat Hei Isaac
Li Kam Wai
Lin Chung Ling
Liu Ka Yu Christina
Liu Kin Yip
Liu Natalie
Liu Xiaonan
Lo Yuen Fun Ada
Lok Ho Wai Michael
Low Kin Chung
Luca Maio
Lui Chuen Kwan
Luk Pui Yee
Luk Tsing Pong Joseph
Ma Pak Fai

Mai Chi Chung
Mai Sylvia Shao W.
Mak Hei Tung So
Mak Hing Chung
Ms. Ni
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Pang Hou Wa
Pang Yoko
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Wong Mei Fun
Wong Shiu Tung
Wong Siu Ling
Wong Tze Kwan
Wong Wing Kai
Woo Dick Wai
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Yeung Emma
Yeung Fung Chi Gigi
Yeung Pui Fung
Yeung Serena
Yeung Shuk Kuen
Yeung Wai Kai Guy
Yih Baldwin
Yip Chi Ho
Yiu Ivan
Yiu Kit Ngan
Yu Ho Yin Kelvin
Yui Kan Fong Tim
Yung Kim Bing Wemdy



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JOYFUL (MENTAL HEALTH) FOUNDATION
心晴行動慈善基金
REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

Joyful (Mental Health) Foundation
Reports and financial statements
For the year ended 31 March 2025

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Statement of financial position	7
Statement of changes in funds	8
Statement of cash flows	9
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Joyful (Mental Health) Foundation Report of the Executive Committee

The Executive Committee submits herewith its report together with the audited financial statements of Joyful (Mental Health) Foundation (the “Foundation”) for the year ended 31 March 2025.

Principal activities

The principal activities of the Foundation are the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and the promotion of research and education for better understanding of mental health and mental health patients and their families. There are no significant changes compared with the activities conducted in previous years.

Financial statements

The deficit of the Foundation for the year ended 31 March 2025 and the Foundation’s financial position as at the date are set out in the financial statements on pages 6 to 24.

Funds

Details of movements in funds during the year are set out in the statement of changes in funds on page 8.

Share capital

The Foundation was incorporated under the Companies Ordinance as a company with liability limited by guarantee and it has no share capital.

Permitted indemnity provision

At no time during the year and up to the date of this Report of the Executive Committee, there was or is, any permitted indemnity provision being in force for the benefit of any of the Executive Committee members of the Foundation (whether made by Foundation or otherwise).



Joyful (Mental Health) Foundation Report of the Executive Committee

Members of the Executive Committee

The members of the Executive Committee during the financial year and up to date of this report were:

TUNG Fung Tao, Nicholas (Chairperson)
LAU Fat Man
TSAO Kwan Kit
WONG Ping Yee, Natalis
WONG Oi Chi, Gloria
CHOW Bok Hin, Felix
FUNG Tak Cheung, Nicholas
MAK Ka Yan, Samuel (resigned on 1 January 2025)
WONG Yee Man (resigned on 1 January 2025)

In accordance with article 36 of the Foundation's Articles of Association, all existing members of the Executive Committee except the Chairperson shall retire at the forthcoming annual general meeting and, being eligible, offer themselves for re-election.

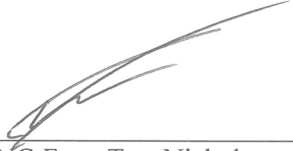
Reporting exemption

Since the Foundation falls within reporting exemption for the financial year in accordance with the Companies Ordinance, it has been exempted from certain disclosures in the report of the Executive Committee and in the financial statements.

Auditor

The financial statements have been audited by MCI CPA Limited, *Certified Public Accountants (Practising)*, who retire and, being eligible, offer itself for re-appointment. A resolution for the re-appointment of MCI CPA Limited, *Certified Public Accountants (Practising)*, as the Foundation's auditor is to be proposed at the forthcoming annual general meeting.

On behalf of the Executive Committee



TUNG Fung Tao, Nicholas
Chairperson
Hong Kong, 11 NOV 2025





MCI CPA Limited
天昊會計師事務所有限公司

Independent auditor's report
To the members of Joyful (Mental Health) Foundation
(Incorporated in Hong Kong with limited liability by guarantee)

Opinion

We have audited the financial statements of Joyful (Mental Health) Foundation (the "Foundation") set out on pages 6 to 24, which comprise the statement of financial position as at 31 March 2025, the statement of income and expenditure and other comprehensive income, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including material accounting policy information.

In our opinion, the financial statements give a true and fair view of the financial position of the Foundation as at 31 March 2025, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Companies Ordinance.

Basis for opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HSAs") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Foundation in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code") and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other information

The Executive Committee is responsible for the other information. The other information comprises the information included in the report of Executive Committee, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

continued/...



MCI CPA Limited
天昊會計師事務所有限公司

Independent auditor's report
To the members of Joyful (Mental Health) Foundation
(Incorporated in Hong Kong with limited liability by guarantee)

Responsibilities of the Executive Committee for the financial statements

The Executive Committee of the Foundation is responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA and the Companies Ordinance, and for such internal control as the Executive Committee determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Executive Committee of the Foundation is responsible for assessing the Foundation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Executive Committee either intends to liquidate the Foundation or to cease operations, or has no realistic alternative but to do so.

The Executive Committee is responsible for overseeing the Foundation's financial reporting process.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risk of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

continued/...





MCI CPA Limited
天昊會計師事務所有限公司

Independent auditor's report
To the members of Joyful (Mental Health) Foundation
(Incorporated in Hong Kong with limited liability by guarantee)

Auditor's responsibilities (continued)

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Foundation's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Executive Committee.
- Conclude on the appropriateness of the Executive Committee's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Foundation's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Foundation to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the Executive Committee regarding, among other matters the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The engagement director on the audit resulting in this independent auditor's report is Yip Ka Ki (Practising Certificate Number: P06883).

Yip Ka Ki

MCI CPA Limited
Certified Public Accountants
Hong Kong, 11 NOV 2025



Joyful (Mental Health) Foundation
Statement of income and expenditure and other comprehensive income
For the year ended 31 March 2025

	Note	2025 HK\$	2024 HK\$
Income			
Donation received	5	459,514	337,982
Project income	5	<u>3,236,760</u>	<u>2,327,216</u>
		3,696,274	2,665,198
Less: Cost of income			
Project expenses	6	<u>3,077,118</u>	<u>2,874,383</u>
		619,156	(209,185)
Add: Other income			
Bank interest income	7	13,090	22,481
Sundry income	7	<u>8,477</u>	<u>-</u>
		21,567	22,481
Less: Administrative expenditure			
Auditor's remuneration		20,000	20,000
Bank charges		3,636	3,833
Cleaning expenses		980	4,780
Depreciation		668,092	663,507
Electricity, telecommunication and water		43,412	47,761
Insurance		16,984	11,315
Net foreign exchange loss		10	52
Office supplies		12,573	11,255
Postage, printing and stationery		657	550
Provident fund expenses		8,715	8,280
Rates and building management fee		139,742	132,313
Registration fee		2,528	3,945
Repairs and maintenance		21,403	23,883
Salaries and allowances		192,782	183,330
Sundries		47,976	44,438
Travelling expenses		<u>1,030</u>	<u>1,380</u>
		<u>1,180,520</u>	<u>1,160,622</u>
Deficit and total comprehensive expenditure for the year	8	<u>(539,797)</u>	<u>(1,347,326)</u>

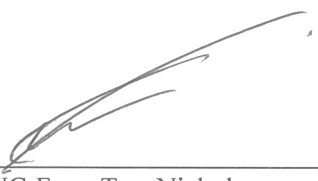
The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

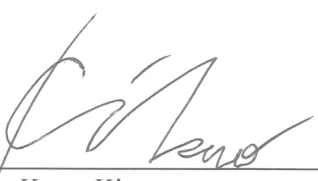
Joyful (Mental Health) Foundation
Statement of financial position
As at 31 March 2025

	Note	2025 HK\$	2024 HK\$
Non-current asset			
Property, plant and equipment	10	<u>14,685,346</u>	<u>15,334,844</u>
Current assets			
Project income and other receivables	11	505,836	164,403
Cash and bank balances	12	<u>3,414,545</u>	<u>3,881,759</u>
		<u>3,920,381</u>	<u>4,046,162</u>
Current liability			
Accruals and other payables		<u>77,817</u>	<u>313,299</u>
Net current assets		<u>3,842,564</u>	<u>3,732,863</u>
Net assets		<u>18,527,910</u>	<u>19,067,707</u>
Funds			
Education development fund	13	4,600,000	4,600,000
Fundraising and promotion fund	13	2,075,000	2,075,000
Research and community development fund	13	2,400,000	2,400,000
Services fund	13	2,638,100	2,638,100
Operation fund	13	<u>6,814,810</u>	<u>7,354,607</u>
		<u>18,527,910</u>	<u>19,067,707</u>

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

Approved and authorised for issued by the Executive Committee on 11 NOV 2025


 TUNG Fung Tao, Nicholas
 Chairperson


 Tsao Kwan Kit
 Treasurer

Joyful (Mental Health) Foundation
Statement of changes in funds
For the year ended 31 March 2025

	Education development fund HK\$	Fundraising and promotion fund HK\$	Research and community development fund HK\$	Services fund HK\$	Operation fund HK\$	Total HK\$
At 1 April 2023	4,600,000	2,075,000	2,400,000	2,638,100	8,701,933	20,415,033
Deficit and total comprehensive expenditure for the year	-	-	-	-	(1,347,326)	(1,347,326)
At 31 March 2024 and 1 April 2024	4,600,000	2,075,000	2,400,000	2,638,100	7,354,607	19,067,707
Deficit and total comprehensive expenditure for the year	-	-	-	-	(539,797)	(539,797)
At 31 March 2025	<u>4,600,000</u>	<u>2,075,000</u>	<u>2,400,000</u>	<u>2,638,100</u>	<u>6,814,810</u>	<u>18,527,910</u>

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.



Joyful (mental health) foundation
Statement of cash flows
For the year ended 31 March 2025

	Note	2025 HK\$	2024 HK\$
Operating activities			
Deficit for the year	(	539,797)	(1,347,326)
Adjustments for:			
Depreciation		668,092	663,507
Interest income	(	13,090)	(22,481)
Operating surplus / (deficit) before changes in working capital		115,205	(706,300)
(Increase) / Decrease in project income and other receivables	(	341,433)	137,847
Decrease in accruals and other payables	(	235,482)	(488,477)
Cash used in operations	(	461,710)	(1,056,930)
Interest received		<u>13,090</u>	<u>22,481</u>
Net cash used in operating activities	(	<u>448,620</u>)	(1,034,449)
Investing activity			
Purchase of property, plant and equipment	(	<u>18,594</u>)	(71,094)
Net cash used in investing activity	(	<u>18,594</u>)	(71,094)
Net decrease in cash and cash equivalents	(	<u>467,214</u>)	(1,105,543)
Cash and cash equivalents at the beginning of year		<u>3,881,759</u>	<u>4,987,302</u>
Cash and cash equivalents at the end of year	12	<u><u>3,414,545</u></u>	<u><u>3,881,759</u></u>

The accompanying accounting policies and explanatory notes form an integral part of, and should be read in conjunction with, these financial statements.

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

1. Corporate information

Joyful (Mental Health) Foundation (the “Foundation”) is a Foundation incorporated with liability limited by guarantee and domiciled in Hong Kong. Every member undertakes to contribute to the assets of the Foundation, in the event of its being wound up for an amount not exceeding HK\$100. The address of its registered office and principal place of operation is Units 01-03, 10/F, New Treasure Centre, 10 Ng Fong Street, San Po Kong, Kowloon, Hong Kong.

2. Statement of compliance and basis of preparation

These financial statements have been prepared in accordance with all applicable HKFRSs, which collectively includes all applicable individual Hong Kong Financial Reporting Standards, Hong Kong Accounting Standards (“HKASs”) and Interpretations issued by the HKICPA, accounting principles generally accepted in Hong Kong and the requirements of the Companies Ordinance.

The financial statements have been prepared on the historical cost basis, as explained in the respective accounting policies as set out below.

The preparation of the financial statements in conformity with HKFRSs requires management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets, liabilities, income and expenses. The estimates and associated assumptions are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the results of which form the basis of making the judgements about carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

3. Application of new and revised Hong Kong Financial Reporting Standards

The HKICPA has issued certain new, revised and amendments to HKFRSs that are first effective for the current accounting period of the Foundation. The application of the amendment to the standards in the current year has had no material effect on the Foundation’s financial performance and positions for the current and prior year and on the disclosures set out in these financial statements.

The Foundation has not applied the new, revised and amendments to HKFRSs that have been issued but are not yet effective for the current accounting period.



Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

4. Basis of preparation and accounting policies

The principal accounting policies adopted in the preparation of these financial statements are set out as follows:

(a) Income recognition

Revenue is recognised when it is probable that the economic benefits will flow to the Foundation and when the revenue can be measured reliably, on the following bases:

- Income from donation is recognised when cash is received up to end of the reporting period;
- Bank interest income is recognised using the effective interest method;
- Project income is recognised when the services are rendered; and

(b) Project income receivable

A receivable is recognised when the Foundation's right to consideration is unconditional. A right to consideration is unconditional if only the passage of time is required before payment of that consideration is due. If revenue has been recognised before the Foundation has an unconditional right to consideration, the amount is presented as a contract asset. Receivables are stated at amortised cost using the effective interest method less allowance for credit losses (see note 4(f)).

If collection of project income and other receivables is expected in one year or less, they are classified as current assets. If not, they are presented as non-current assets.

(c) Other payables

Other payables are initially recognised at the transaction price (including transaction costs) and subsequently measured at amortised cost using the effective interest method.

Accruals and other payables are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

4. Basis of preparation and accounting policies (continued)

(d) Property, plant and equipment

Property, plant and equipment are stated in the statement of financial position at cost less accumulated depreciation.

The depreciation amount of an item of property, plant and equipment is allocated on a systematic basis over its estimated useful life using the straight-line method. The principal annual rates used for depreciation are as follows:

Leasehold land and building	over the shorter of the unexpired term of lease and their estimated useful lives
Leasehold improvements	20%
Furniture and fixtures	20%
Equipment	20%

The gain or loss on disposal or retirement of an asset recognised in the statement of income and expenditure is the difference between the net sale proceeds and the carrying amount of the relevant asset.

(e) Financial instruments

Financial assets and financial liabilities are recognised in the statements of financial position when a group entity becomes a party to the contractual provisions of the instrument. Financial assets and financial liabilities within the scope of HKFRS 9 are initially measured at fair value and transaction costs that are directly attributable to the acquisition or issue of financial assets and financial liabilities are added to or deducted from the fair value of the financial assets or financial liabilities, as appropriate, on initial recognition.

The Foundation's financial assets, including deposits, receivables, time deposits and cash and cash equivalents, are subsequently measured at amortized cost using the effective interest method, less identified impairment charges (see note 2(f)) as the assets are held within a business model whose objective is to hold assets in order to collect contractual cash flows and the contractual terms of the financial assets give rise on specific dates to cash flows that are solely payments of principal and interest on the principal amount outstanding.

Financial liabilities include accounts payables and accruals. All financial liabilities are subsequently measured at amortised cost using the effective interest method.



Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

4. Basis of preparation and accounting policies (continued)

(f) Impairment of financial assets

The Foundation recognises loss allowances for expected credit loss on the financial instruments that are not measured at fair value through surplus or deficit. The Foundation considers the probability of default upon initial recognition of financial assets and assesses whether there has been a significant increase in credit risk on an ongoing basis.

The Foundation considers the credit risk on a financial instrument is low if the financial instrument has a low risk of default, the debtor has a strong capacity to meet its contractual cash flow obligations in the near term and adverse changes in economic and business conditions in the longer term may, but will not necessarily, reduce the ability of the debtor to fulfill its contractual cash flow obligations.

The carrying amount of the receivables is reduced through the use of the receivable impairment charges account. Changes in the carrying amount of the receivable impairment charges account are recognised in surplus or deficit. The receivable is written off against the receivable impairment charges account when the Foundation has no reasonable expectations of recovering the receivable.

If, in a subsequent period, the amount of expected credit losses decreases, the reversal would be adjusted to the receivable impairment charges account at the reporting date. The amount of any reversal is recognised in surplus or deficit.

(g) Derecognition of financial assets and financial liabilities

Financial assets are derecognised when the contractual rights to receive the cash flows of the financial assets expire; or where the Foundation transfers the financial assets and either (i) it has transferred substantially all the risks and rewards of ownership of the financial assets; or (ii) it has neither transferred nor retained substantially all the risks and rewards of ownership of the financial assets but has not retained control of the financial assets.

Financial liabilities are derecognised when they are extinguished, i.e. when the obligation is discharged, cancelled or expires.



4. Basis of preparation and accounting policies (continued)

(h) Impairment of non-financial assets

Internal and external sources of information are reviewed at the end of each reporting period to identify indications that assets may be impaired or an impairment charge previously recognised no longer exists or may have decreased. If any such indication exists, the asset's recoverable amount is estimated. The recoverable amount of an asset is the higher of its fair value less costs of disposal and value in use. An impairment charge is recognised in surplus or deficit whenever the carrying amount of an asset exceeds its recoverable amount.

An impairment charge is reversed if there has been a change in the estimates used to determine the recoverable amount and which results in an increase in the recoverable amount. A reversal of impairment charges is limited to the asset's carrying amount that would have been determined had no impairment charge been recognised in prior periods. Reversals of impairment charges are credited to surplus or deficit in the period in which the reversals are recognised.

(i) Employee benefits

Salaries, annual bonuses, annual leave entitlements and the cost to the Foundation of non-monetary benefits are accrued in the period in which the associated services are rendered by employees of the Foundation.

Obligations for contributions to defined contribution retirement plan under the Hong Kong Mandatory Provident Fund Schemes Ordinance are recognised as an expense in the income statement as incurred.

The Foundation operates a defined contribution mandatory provident fund scheme ("MPF Scheme") for its employees in Hong Kong. The assets of the MPF scheme are held separately from those of the Foundation in independent administration funds.

(j) Cash and cash equivalents

For the purpose of the statement of cash flows, cash and cash equivalents represent cash at bank and on hand, demand deposits with banks and other financial institutions, and short-term highly liquid investments which are readily convertible into known amounts of cash and subject to an insignificant risk of change in value, with original maturities of three months or less.

(k) Provision

Provision is recognised when the Foundation has a present legal or constructive obligation as a result of a past event, it is probable that an outflow of resources will be required to settle the obligation, and a reliable estimate of the amount can be made. Where the Foundation expects a provision to be reimbursed, for example under an insurance contract, the reimbursement is recognised as a separate asset but when the reimbursement is virtually certain.

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

5. Income

The Foundation is principally engaged in the promotion of equal opportunity and in particular the elimination of discrimination against mentally ill patients, and persons with mental or mood disorder; and the promotion of research and education for better understanding of mental health and mental health patients and their families.

An analysis of the Foundation's income for the years presented is as follows:

	2025 HK\$	2024 HK\$
Revenue from contracts with customers <i>Point in time</i>		
Project income		
Education	63,950	31,000
Fund-raising activities		
笑爺笑奶認捐計劃	7,164	8,400
商業電台《有誰共鳴》節目	666	601
慈善跑	848,641	1,643,812
水禾田慈善畫義賣展	-	200,000
#Happy Xmas Ball Challenge	-	15,000
Circle K X 心晴行動慈善活動	100,000	-
香港情懷藝術展	6,372	-
二十周年晚宴活動	1,622,775	-
GAMAHK 慈善巨SING 2024	38,000	-
渣打香港馬拉松慈善計劃2025	63,000	-
	<u>2,686,618</u>	<u>1,867,813</u>
Promotion	8,692	3,000
Services	453,300	320,403
Research & Development		
情緒健康講座及工作坊	-	15,000
晴心線上行計劃	-	90,000
香港菁英會畫出好心情 2024	24,200	-
	<u>24,200</u>	<u>105,000</u>
Sub-total	3,236,760	2,327,216
Donation received	<u>459,514</u>	<u>337,982</u>
	<u>3,696,274</u>	<u>2,665,198</u>

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

6. Project expenses

	2025 HK\$	2024 HK\$
Education	90,217	743,408
Fund-raising activities		
水禾田慈善畫義賣展	-	107,655
「正向抗逆情」心理輔導計劃	-	696
慈善跑	405,734	411,770
二十周年晚宴活動	772,596	-
Others	<u>21,496</u>	<u>14,050</u>
	<u>1,199,826</u>	<u>534,171</u>
Promotion	36,662	245,287
Services	1,732,519	1,255,807
Research & Development		
情緒健康講座及工作坊	-	4,433
晴心線上行計劃	-	90,000
香港菁英會畫出好心情	5,854	-
Others	<u>12,040</u>	<u>1,277</u>
	<u>17,894</u>	<u>95,710</u>
	<u>3,077,118</u>	<u>2,874,383</u>

7. Other income

	2025 HK\$	2024 HK\$
Bank interest income	13,090	22,481
Sundry income	<u>8,477</u>	<u>-</u>
	<u>21,567</u>	<u>22,481</u>



Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

8. Deficit and total comprehensive expenditure for the year

Deficit and total comprehensive expenditure for the year is arrived at after charging the following items:

	2025 HK\$	2024 HK\$
Auditor's remuneration	20,000	20,000
Depreciation	668,092	663,507
Employee benefit costs:		
- Salaries*	1,927,819	2,013,734
- Mandatory Provident Fund contribution#	87,152	90,954
Net foreign exchange loss	<u>10</u>	<u>52</u>

* Amount of HK\$ included in project expenses

Amount of HK\$ included in project expenses

9. Income tax

The Foundation is a charitable institution and is exempted from all taxes under Section 88 of the Inland Revenue Ordinance (Cap. 112).

Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

10. Property, plant and equipment

	Land and buildings HK\$	Leasehold improvements HK\$	Furniture and fixtures HK\$	Equipment HK\$	Total HK\$
Cost:					
At 1 April 2023, 31 March 2024 and 1 April 2024	19,491,244	1,163,884	110,285	606,506	21,371,919
Additions	-	-	-	18,594	18,594
31 March 2025	<u>19,491,244</u>	<u>1,163,884</u>	<u>110,285</u>	<u>625,100</u>	<u>21,390,513</u>
Accumulated depreciation:					
At 1 April 2023	3,573,396	1,092,790	110,285	597,097	5,373,568
Charge for the year	649,708	9,479	-	4,320	663,507
At 31 March 2024 and 1 April 2024	<u>4,223,104</u>	<u>1,102,269</u>	<u>110,285</u>	<u>601,417</u>	<u>6,037,075</u>
Charge for the year	649,708	14,219	-	4,165	668,092
At 31 March 2025	<u>4,872,812</u>	<u>1,116,488</u>	<u>110,285</u>	<u>605,582</u>	<u>6,705,167</u>
Net book value:					
At 31 March 2025	<u>14,618,432</u>	<u>47,396</u>	<u>-</u>	<u>19,518</u>	<u>14,685,346</u>
At 31 March 2024	<u>15,268,140</u>	<u>61,615</u>	<u>-</u>	<u>5,089</u>	<u>15,334,844</u>

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Joyful (Mental Health) Foundation
Notes to the financial statements
For the year ended 31 March 2025

11. Project income and other receivables

	2025 HK\$	2024 HK\$
Project income receivable	371,000	49,300
Other debtors and receivables	<u>134,836</u>	<u>115,103</u>
	<u>505,836</u>	<u>164,403</u>

The aging analysis of past due project income receivables that are not individually nor collectively considered to be impaired is as follows:

	2025 HK\$	2024 HK\$
Less than 1 month past due	<u>371,000</u>	<u>49,300</u>

All the project income receivables were received fully after the year end. No allowance for expected credit losses is recognised as at the end of reporting period.

12. Cash and bank balances

Cash and bank balances included in the statement of cash flows comprise the following items in the statement of financial position:

	2025 HK\$	2024 HK\$
Cash at bank and on hand	2,892,576	3,363,033
Time deposit having maturity of not more than three months at inception	<u>521,969</u>	<u>518,726</u>
	<u>3,414,545</u>	<u>3,881,759</u>

13. Funds

The Foundation was incorporated under the Companies Ordinance as a company limited by guarantee. The liability of each member is limited to contributing the assets of the Foundation to the extent of HK\$100 each in the event that the Foundation is wound up.

Details of the movements in funds during the year are referred to in the “Statement of changes in funds”. The nature and purpose of each fund are as follows:

Education Development Fund

The fund is used for developing educational programmes for the general public in enhancing the knowledge on emotional health.

Fundraising and Promotion Fund

Income to the fund is the donation received from various fund raising and promotion events. The fund is used to finance the promotion and public relation activities.

Research and Community Development Fund

The fund is used for the provision of research projects on mental and emotional health in Hong Kong, and education seminars / workshops on mental and emotional health to the general public.

Services Fund

- (i) The fund is used for support charitable organisations which are serving patient with mood disorder and the families in Hong Kong.
- (ii) The fund is used for the provision of personal counseling services by experienced counselors and appropriate solutions to the people who suffer from mood disorder.
- (iii) The fund is used for the provision of hotlines services to provide information about mood disorder to necessary people.

Operation Fund

The fund is held to support the administrative and operation expenditure of the Foundation.



Joyful (Mental Health) Foundation
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For the year ended 31 March 2025

14. Financial risk management objectives and policies

Exposure to credit, liquidity, interest rate and currency risks arises in the normal course of the Foundation's business. These risks are limited by the Foundation's financial management policies practices described below.

(a) Foreign currency risk

The Foundation carried out operations in various foreign currencies, mainly Renminbi, that exposes it to currency risk arising from such business operations and the resulting receivables and the payables.

The Foundation closely and continuously monitors the exposure on currency risk. Even HK dollars is not pegged to Renminbi, the Renminbi transactions and balances are insignificant. Thus, there is no significant exposure expected on Renminbi transactions and balances. In case of any significant fluctuation expected, the Renminbi transactions and balances would also be monitored and controlled in the same manner as other foreign currencies.

Summary quantitative data

	RMB (HK\$)	Total (HK\$)
<u>2025</u>		
Cash and bank balances	<u>885</u>	<u>885</u>
<u>2024</u>		
Cash and bank balances	<u>829</u>	<u>829</u>

No sensitivity analysis for the Foundation's exposure to currency risk arising from financial assets and liabilities denominated Renminbi are prepared since the management's assessment of reasonably possible changes in value of the HK dollar against Renminbi are insignificant.



14. Financial risk management objectives and policies (continued)

(b) Credit risk

The Foundation is exposed to credit risk on financial assets, mainly attributable to project income receivable.

Summary quantitative data

	2025 HK\$	2024 HK\$
Project income receivable (note 11)	371,000	49,300
Other debtors and receivables (note 11)	134,836	115,103
Cash and bank balances (note 12)	2,892,576	3,363,033
Time deposit (note 12)	<u>521,969</u>	<u>518,726</u>
	<u>3,920,381</u>	<u>4,046,162</u>

The Foundation's main source of income is subventions from the Government of Hong Kong Special Administrative Region and donations from the general public and other charitable organisations. It has no other significant financial assets which lead to any credit risk to the Foundation. Arising from the adverse economic impact from the Covid-19 pandemic, the Foundation has been closely monitoring the situation and carrying out necessary evaluation to assess the level of expected credit loss. Accordingly, the Executive Committee is of the opinion that the relevant credit risk of the Foundation is low without any significant concentration.

The Foundation's financial assets at amortised cost are subject to the ECL model. While cash at banks and short-term bank deposits are also subject to the impairment requirements of HKFRS 9, the identified loss allowance was immaterial as they are mainly deposited in reputable and creditworthy banks. For other financial assets at amortised cost, no loss allowance is determined as at 31 March 2025 and 2024 as in the opinion of the Executive Committee, the expected credit loss is immaterial.

The maximum exposure to credit risk is represented by the carrying amount of each financial asset in the statement of financial position.

The Executive Committee is satisfied with the credit quality of all financial assets.



Joyful (Mental Health) Foundation
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14. Financial risk management objectives and policies (continued)

(c) Liquidity risk

The Foundation's policy is to regularly monitor its liquidity requirements, its compliance with lending covenants and its relationship with its bankers to ensure that it maintains sufficient reserves of cash and readily realisable marketable securities and adequate committed lines of funding from major financial institutions to meet its liquidity requirements in the short and longer term.

Maturity of the financial liabilities of the Foundation is all within one year and amounted to HK\$77,817 as at 31 March 2025 (2024: HK\$313,299).

(d) Interest rate risk

The Foundation's exposure on fair value interest rate risk mainly arises from its fixed deposits with banks, which are classified as cash and cash equivalents. It also has exposure on cash flow interest rate risk which is mainly arising from its deposits with banks.

The Foundation mainly holds time deposits with banks with maturity within 3 months and the exposure is considered not significant. In consequence, no material exposure on fair value interest rate risk is expected. Even that, the Foundation closely monitors the fair value fluctuation of the investments in case of significant increase in interest rate is foreseen.

Summary quantitative data

	2025 HK\$	2024 HK\$
<u>Fixed-rate financial assets</u>		
Bank balances	1,289,293	2,156,437
Time deposit	<u>521,969</u>	<u>518,726</u>
Net interest-bearing assets	<u>1,811,262</u>	<u>2,675,163</u>

14. Financial risk management objectives and policies (continued)

(d) Interest rate risk (continued)

Sensitivity analysis

At 31 March 2025, if interest rates at that date had been 100 basis points higher with all other variables held constant, the Foundation's deficit for the year would have been HK\$18,113 lower (2024: HK\$26,752) and operation fund would have been HK\$18,113 higher (2024: HK\$26,752).

The sensitivity analysis has been prepared with the assumption that the change in interest rates had occurred at the end of each reporting period and had been applied to the exposure to interest rate risk for the relevant financial instruments in existence at that date. The changes in interest rate represent management's assessment of a reasonably possible change in interest rates at that date over the period until the end of the next reporting period.

The analysis is performed on the same basis as 2024.

(e) Market price risk

Market price risk is the risk that the fair value or future cash flows of a financial instrument traded in the market will fluctuate because of changes in market prices.

The Foundation is not exposed to market price risk.

(f) Fair value

The carrying amounts of the Foundation's financial assets and liabilities of short maturities approximate their fair values.





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