

Helping One Another For a Resilient Hong Kong

In past 18 months, nearly

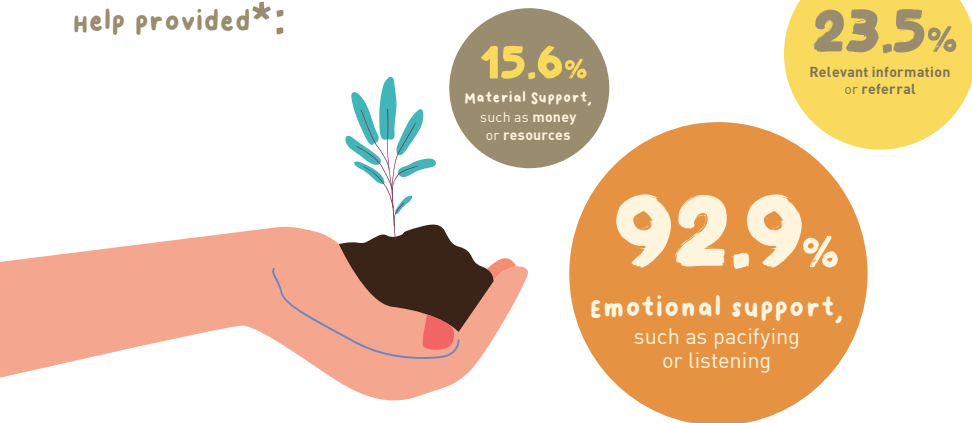
1 in 2



people had someone shared to them **mental distress concerns**.

About Hong Kong people offering help:

Help provided*:



Perceived effectiveness of help offered:

50.9% of people perceived their help offered as "so-so".

Only **35.9%** thought their help is "useful" to help seekers.

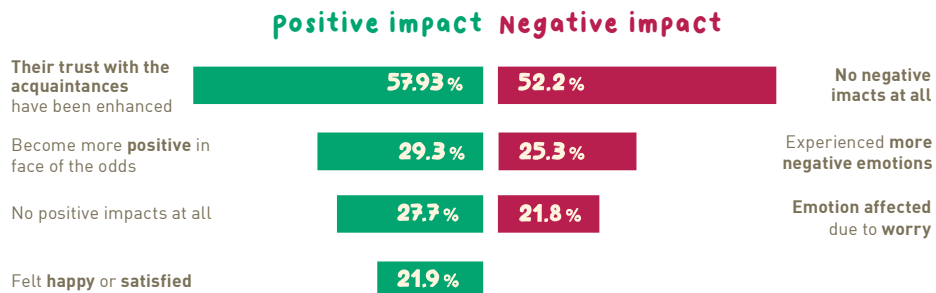
12.2% as not able to help.



*Respondents could choose more than one option.

Remark: This telephone survey on Hong Kong people's views towards the provision of help to people with mental distress was commissioned by The Hong Kong Jockey Club Disaster Preparedness and Response Institute ("HKJCDPRI") and conducted by Centre for Communication and Public Opinion Survey at The Chinese University of Hong Kong from 16 September to 4 October 2021 with a sample size of 1,004 adult Cantonese respondents.

Impact to helper



We Recommend:

Helpers as first-point-of-contact for help seekers, more resources should be invested to building up capacity of helpers.