

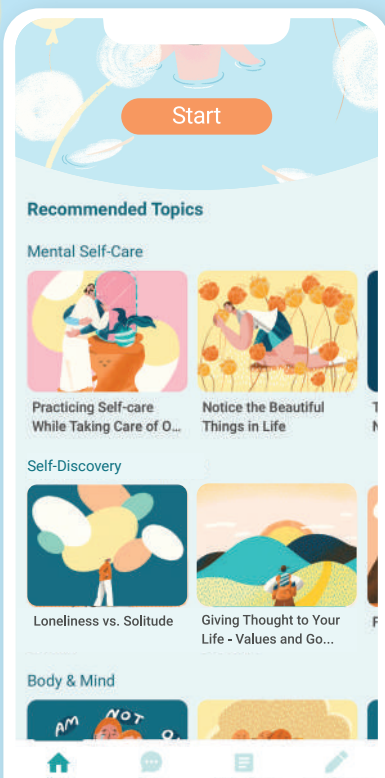
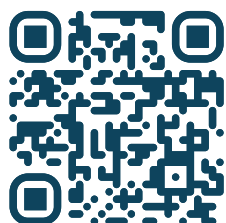
TourHeart+

One-stop integrated mental health platform

Did you care
for yourself
today?

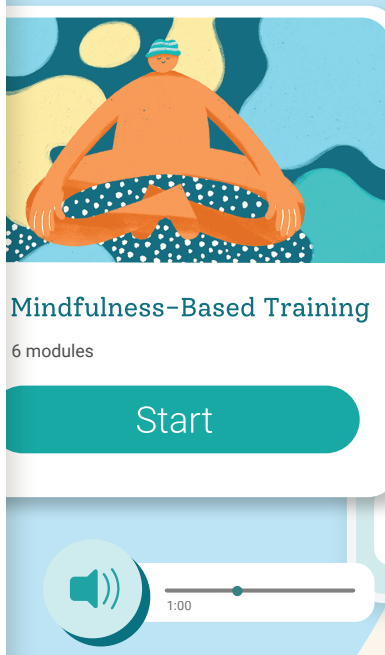


Free
Registration



Online	Offline
- Mental health assessment - Psychoeducation - Chatbot - Self-care exercises and tools - Virtual support community - Mini-modules - Psychological interventions	- Mental health workshops - Self-care group practices - Peer-led workshops - Storytelling activities - Group psychotherapies

Person-centered, scientific, and verified by clinical psychologists



Mental health status

Date and Time	Level of Depression	Level of Anxiety
12 Jan 11:02	Mild	Mild
2 Jan 9:45	Mild to Moderate	Mild to Moderate
28 Dec 18:37	Mild to Moderate	Mild

Organized by

Funded by



Co-organized by



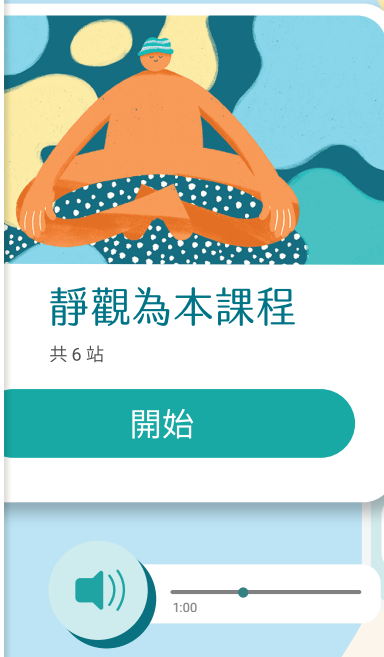
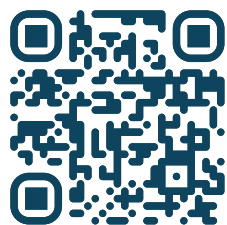
心導遊+

網上自助心理支援平台

你今日開心咗
自己未?



免費登記



心理健康狀況

日期和時間	抑鬱程度	焦慮程度
9月6日 11:02	● 沒有顯著症狀	● 沒有顯著症狀
5月2日 9:45	● 輕微至中度	● 輕微至中度
1月28日 18:37	● 輕微至中度	● 沒有顯著症狀

捐助機構



香港賽馬會慈善信託基金
The Hong Kong Jockey Club
Charities Trust

協辦機構



主辦機構

