



中華人民共和國香港特別行政區政府總部醫務衛生局  
Health Bureau, Government Secretariat  
The Government of the Hong Kong Special Administrative Region  
The People's Republic of China

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傳真 Fax. 2117 1915

3 February 2026

**BY EMAIL**

Dear Sirs / Madams,

**Request for Proposal for  
Provision of Services for the Healthy Mind Pilot Project  
for the Health Bureau**

We are now requesting for proposal for the provision of services for the Healthy Mind Pilot Project for the Health Bureau. The background and objectives of the project and some details of the requirement are specified at ***Annexes I and II*** respectively.

If your company / organisation is interested in providing such services, please submit your proposal by providing the following information and completing the attached ***proforma*** and returning them by fax at 2117 1915 or email to [klkau@healthbureau.gov.hk](mailto:klkau@healthbureau.gov.hk) on or before **1 March 2026**.

- Your company / organisation information and background**
- Services areas provided by your company / organisation**
- Past experience in providing services of similar nature**

Please note that this document is meant for collecting information only and **should not be construed as the Government's commitment to order**. This is **not a part of a tendering process**. Any purchase will be **subject to tender(s)** and the information provided above and in the attachments will be subject to change. By submitting proposal for this request, your company / organisation is deemed to acknowledge that the **Government shall not be liable for any costs or expenses** so incurred by your company / organisation. The final service specifications and requirements are subject to subsequent tender(s), if any.

Any enquiries concerning the service specifications and delivery requirements shall be made in writing to [klkau@healthbureau.gov.hk](mailto:klkau@healthbureau.gov.hk).

Yours faithfully,



( Kan AU )  
for Permanent Secretary for Health

*Encl.*

**Request for Proposal for**  
**Provision of Services for Healthy Mind Pilot Project**  
**for the Health Bureau (“HHB”)**

**Purpose**

Basing on the Stepped Care Model on Mental Health, psychological intervention may be provided at the community level to individuals presenting with mild to moderately severe depression and anxiety symptoms but have not reached the threshold requiring psychiatric care. The HHB is developing a suitable service model which should be evidence-based, internationally recognised and financially sustainable to provide early detection of people with mental health needs as well as early and timely community-based mental health support and interventions that best suit Hong Kong.

The Government acting through the HHB intends to appoint the service provider(s) to deliver a two-year service for the Healthy Mind Pilot Project (“the Project”) through evidence-based service model(s) which is / are culturally adapted and addresses the uniqueness of Hong Kong. The HHB is collecting proposal(s) for the service model(s) and provision of services.

Throughout the tentative two-year contract period, one of the major objectives is to evaluate the significance and outcome of different service models and protocols to cater for the mental health needs of Hong Kong at community level and to facilitate the consideration of the ways forward.

**Background of the Project**

In 2024, a pilot scheme known as “Healthy Mind Pilot Project” has been launched in three District Health Centres (DHCs) viz. the Tuen Mun DHC, the then Yau Tsim Mong District Health Centre Express (DHCE) and the then Eastern DHCE in collaboration with community organisations to deliver community mental health support services, which includes but not limited to provide mental health assessments for members of the public, with the aim of achieving the objective of “early detection and early intervention” of primary healthcare, and providing more appropriate support for persons in need. If necessary, the service providers will provide low-intensity psychological therapy or refer high-risk cases to receive other support services in the community for more comprehensive and professional care and support.

The Chief Executive announced in the 2025 Policy Address that the Government will extend the Project in 2026 to cover six more DHCs, with follow-up services to be provided by practitioners with an academic background and training in fields such as psychology or counselling.

## **Framework of Services Requirements**

### **1) Duration and Timeframe:**

The HHB plans to engage one or more than one service provider(s) to provide the services for the Healthy Mind Pilot Project by adopting an evidence-based service model which should be suitable for Hong Kong for a period of two years from Q3 / Q4 2026 tentatively in a total of nine DHCs viz. the Tuen Mun DHC, the Yau Tsim Mong DHC, the Eastern DHC, and another 6 DHCs out of the following DHCs: Central & Western DHC, Kwai Tsing DHC, Sham Shui Po DHC, Southern DHC, Tsuen Wan DHC, Wong Tai Sin DHC and Yuen Long DHC.

### **2) Scope of Services:**

The service provider(s) is / are required to provide psychological intervention services to the Target Service Users as follows:

#### **2.1) Target Service Users (“the service users”):**

- (a) Aged 18 or above, and
- (b) Experiences common mental disorders (CMDs) or subclinical depressive and anxiety symptoms or disorders.

#### **2.2) The service provider(s) is / are expected to provide the services including but not limited to the following:**

- (a) Outreach and engagement of people with CMDs at various district-based organisations and private entities;
- (b) Acceptance of referrals from DHCs or other district-based partners, such as General Practitioner networks, public hospitals, tertiary education institution, community centres, etc.;
- (c) Mental health assessments to review potential service users' mental health history, including but not limited to family history of mental health concerns, medical needs and current treatment, and conduct of screening by using different tools;
- (d) Mechanism and network to be developed to refer high risk cases and cases with complicated mental health conditions to suitable organisations where suitable;
- (e) Evidence-based low-intensity psychological intervention sessions provided at community level for service users, including but not limited to Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, mindfulness-based intervention,

counselling or other therapies which are evidence-based earning international recognition and locally proven, based on the service users' symptom severity;

- (f) Case management system or platform to document the Service Users' progress and facilitate follow-up actions;
- (g) Trainings for the members of the Service Team;
- (h) Regular checking and evaluation of service outcomes as well as programme evaluation on service workflow, longer-term efficacy of services, cost effectiveness and areas for refinements of the Project; and
- (i) Collaboration with the DHCs for overall operation and evaluation of the Project.

### 3) Service Team requirement:

The service provider(s) is / are expected to set up Service Team(s) consisting of mental health workers including practitioners with an academic background and training in fields of psychology and counselling.

### 4) Minimum Service Levels:

The service providers is / are expected to meet the following **minimum yearly** service levels in delivery of the Services for collaboration with **each DHC** –

	Minimum number
<b>Total no. of beneficiaries</b>	
Engagement	
- No. of potential service users being reached out during engagement activities	1800
Assessment	
- No. of assessments completed by potential service users	1400
Intervention	
- No. of service users who received the intake session after completion of assessments	500

## **5) Control and Monitor of Services:**

The service provider(s) shall provide monthly reports to the HHB on the utilisation of the services as well as:

- (a) Incorporating surveys to assess the users' satisfaction on the services provided;
- (b) Providing regular monitoring and trainings to Service Team members to ensure the quality of service delivery;
- (c) Submitting regular service statistic reports and provide additional information on service delivery during the whole service period;
- (d) Submitting evaluation reports on outcomes of the services and identify areas for enhancement at 6-month intervals; and
- (e) Conducting / facilitating evaluation of the cost-effectiveness and sustainability of the Project by a third independent party on top of the half-yearly evaluations.