

Participant Information Sheet

Study title: Experiences and Views on Mental Health

1. What is this survey about?

You are invited to take part in a short survey about experiences, attitudes, and views related to mental health. The aim is to understand better how people think and feel about mental health, help-seeking, and support. Your responses will be used for research and awareness-raising purposes only (e.g., talks, reports, or articles) and may help inform future mental health initiatives.

Taking part is entirely voluntary.

2. What will I be asked to do?

- You will complete an online questionnaire that takes about **5–10 minutes**.
- You will be asked general questions about:
 - Your views on mental health and wellbeing
 - Any challenges you may have faced
 - Your awareness of support and resources
- You can skip any question you do not wish to answer.
- You can stop the survey at any time by closing the browser window. If you stop partway through, your partially completed answers may not be saved.

3. Are there any risks or benefits?

Some questions touch on **mental health, stress, low mood, anxiety, or difficult experiences**, which some people may find sensitive or upsetting to think about. If you become distressed at any point, you can stop the survey immediately.

There are no direct personal benefits or payments for taking part, but your responses may help improve understanding of mental health experiences and needs in the community.

4. Confidentiality and data protection

- The survey does **not** ask for your name, HKID, or other obvious identifying information.
- Your answers will be stored securely, and only the researcher(s) will have access to the raw data.

- Results will be reported in a **summarised, anonymised form** (for example, percentages, themes, or anonymous quotes) so that no individual can be identified.
- Data will be stored for research purposes only and not shared with third parties in any way that could identify you.

5. Voluntary participation and right to withdraw

- Your participation is **entirely voluntary**.
- You are free to decline to take part or to stop at any time, without giving a reason and without any negative consequences.
- Because the survey is anonymous, it may not be possible to remove your data after submission, as there is no way to link responses back to you personally.

6. What if I feel distressed?

If any of the questions cause you distress, or if you are feeling very low, anxious, or overwhelmed, please consider stopping the survey and contacting a trusted person or a professional service. In Hong Kong, the following free helplines and services are available:

- **The Samaritans (Hong Kong)** – 24-hour multilingual emotional support hotline
 - Phone: **2896 0000**
 - Website: <https://samaritans.org.hk>samaritans+1
- **Suicide Prevention Services (Hong Kong)** – 24-hour hotline
 - Phone: **2382 0000**
 - Website: <https://www.sps.org.hk>shallwetalk+1
- **Shall We Talk – Emergency Helplines Directory**
 - Lists multiple mental health and crisis helplines in Hong Kong.
 - Website: <https://www.shallwetalk.hk/en/get-help/emergency-helplinesshallwetalk>

If you are in immediate danger or feel you may harm yourself or someone else, please get in touch with emergency services (999 /911 etc.) or go to the nearest Accident & Emergency department.

7. Who is organising this survey?

Mental Health is conducting this survey in Finance Ltd as part of a small research and awareness project on mental health. If you have any questions or concerns about the survey, please contact:

- **Name:** Kevin Rideout
- **Email:** info@mentalhealthfinance.com
- **Organisation: Mental Health in Finance Ltd.**

8. Consent

By proceeding to the questions, you confirm that:

- You have read and understood this information sheet.
- You are in finance or fintech or formerly so.
- You are **18 years or older** (or your minimum age criterion).
- You understand that participation is voluntary and anonymous.
- You agree to take part in this mental health survey.