



Mental Health Project Highlights

2025 – Present



About the Team

Led by Professor Naubahar Sharif, the mental health projects team based at the Hong Kong University of Science and Technology and the Education University of Hong Kong conducts interdisciplinary research and community initiatives across mental health, substance use, family, and ageing, with a sustained focus on ethnic minority and non-Chinese populations in Hong Kong and the Greater Bay Area.

Partner With Us

Partners and funders can explore our full project portfolio, outputs, and impact metrics via the QR code or at emmh.hkust.edu.hk.

Contact Us

[https://emmh.hkust.edu.hk/](https://emmh.hkust.edu.hk) [+852 3469 2945](tel:+85234692945) emmh@ust.hk

Who We Are

We are a University-based, inter-disciplinary social sciences and policy studies project team at the Hong Kong University of Science and Technology and the Education University of Hong Kong, led by Professor Naubahar Sharif, working across research, community implementation, and policy-relevant knowledge translation.

Our portfolio addresses mental health, psychosocial well-being, substance use, family and ageing issues, with a sustained focus on ethnic minority and non-Chinese populations in Hong Kong and the Greater Bay Area.

What We Work On

Our projects span multiple populations and domains, including youth, families, elderly, non-Chinese communities, drug-related research, healthcare policy, and cross-border mental health initiatives. Across projects, we integrate empirical research, culturally responsive implementation, and capacity building with community stakeholders such as non-governmental organizations, schools, and public institutions.

Our work is guided by principles of inclusion, cultural responsiveness, evidence-informed design, scalability, and knowledge transfer.



Research-Practice-Policy Loop

We operate as a **research-practice-policy** platform rather than a single-issue service unit. Research informs programme design, implementation generates evidence, and insights are translated into system-level learning.

This feedback loop positions community outreach as living laboratories for research and policy development.

Cumulative Impact (2022 – 2025)

Community & Practice Impact



23,500+

unique participants reached across youth, families, elderly, and ethnic minority/non-Chinese populations



300+

evidence-based interventions delivered with

80%+

improvements* in intended learning goals



30+

partner organizations engaged, spanning government, NGOs, and community groups

Research & Knowledge Impact



20+

academic outputs encompass peer-reviewed publications and toolkits for system-level learning, along with presentations at leading academic conferences globally



10+

scalable intervention models developed, validated, and adapted across populations and settings



10+

Policy briefs and evidence summaries informing local and cross-border mental health strategies

*As measured by pre- and post-program assessments, showing changes in intended learning outcomes

Current Projects (2025 – Current)

Jockey Club Shining Together with Cross-Cultural Youth Project (2024 – 2027)

Chief Executive's Community Project List 2023

Funded by The Hong Kong Jockey Club Charities Trust (HK\$13.7M)

- A large-scale research and service-based initiative developing scalable models for youth mental health awareness, skills, and behavioural change holistically.
- 2025 Interim Impact:** 550+ youth participants reached, 40+ workshops delivered, 25+ partner organizations engaged.

Culturally Informed Anti-Drug and Preventive Mental Health Research among South Asian (2024 – 2027)

Funded by the Beat Drugs Fund, HKSARG (HK\$2.9M)

- Applied research and community engagement addressing substance use and preventive mental health.
- 2025 Interim Impact:** 30+ participants, a systematic review of the existing Beat Drugs Fund projects and a culture-sensitive policy framework for anti-drug initiatives completed.

Mental Health Policy and Inclusion for Ethnic Minority Elderly (2023 – 2026)

Funded by the Centre of Aging Studies, HKUST (HK\$2.7M)

- Policy-focused research generating evidence to inform inclusive ageing and mental healthcare planning for South Asian and Chinese elderly.
- 2025 Interim Impact:** 370+ elder participants engaged via the Hong Kong Elderly Well-being Survey, 2 research papers published, 1 impact case study completed.

Greater Bay Area Mental Health Early Warning System Development Project (2024 – 2026)

Funded by HKUST, HKUST(Guangzhou), and Guangdong Province government (HK\$1.3M)

- A collaborative interdisciplinary cross-border research initiative focusing on identifying early signs of mental health risks and providing targeted interventions and policies.
- 2025 Interim Impact:** 6 workshops across GBA, 1 mental health early warning system model completed, 2 institutional partners.

Track Record of Completed Projects (2022 – 2025)

Since 2022, the team has completed 3 government-funded community initiatives supporting ethnic minority lay leaders, elderly mental health, and family resilience.

Preparing and Deploying Ethnic Minority Lay Leaders to Promote Mental Well-Being (2022 – 2024)

Funded by Advisory Committee on Mental Health, Health Bureau, HKSARG (HK\$2M)

- We trained ethnic minority lay leaders through evidence-informed, culturally and linguistically adapted programs, creating a scalable community cascade model that measurably increased help-seeking behaviours and strengthened local mental health networks.
- Impact:** 28 lay leaders trained, reaching 15,000+ community members, and 60+ mental health videos created and shared to raise awareness.

Supporting Ethnic Minority Elderly with Mental Health Needs (2023 – 2025)

Funded by Advisory Committee on Mental Health, Health Bureau, HKSARG (HK\$2M)

- Through inter-generational life story sharing with Hong Kong Chinese youth and structured Tai Chi sessions, we reduced social isolation, promoted cross-cultural understanding, and generated evidence on culturally responsive ageing interventions, enhancing inclusion among Indian, Pakistani and Nepalese elderly.
- Impact:** 260+ EM elderly participants gained support, 50+ Chinese youth connected, 10+ parents engaged.

Strengthening Family Relationships for Hong Kong's Ethnic Minority Communities (2023 – 2025)

Funded by Advisory Committee on Mental Health, Health Bureau, HKSARG (HK\$2M)

- Culturally responsive, evidence-based family programs, including structured trainings and behavioral engagement activities, improved family relationships, elevated mental health literacy, and demonstrated replicable models for community-based interventions, reinforcing our capacity for systemic impact.
- Impact:** 100+ ethnic minority families benefited from structured programs, 260+ unique clients completed mindfulness training, 20+ partners engaged.

LEARN MORE ABOUT
OUR WORK

