

What HKA did for

# WORLD MENTAL HEALTH DAY!



HK>A

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A wide-angle photograph of a beach at sunset. The sun is a bright, glowing orb on the horizon, casting a long, shimmering reflection across the water. The sky transitions from a deep blue at the top to a warm orange near the horizon. Gentle waves with white foam are washing onto the sandy beach. In the lower-left foreground, a person is captured in silhouette, running along the shoreline. The overall mood is peaceful and serene.

We went  
outside







We followed  
a passion

HK➤A



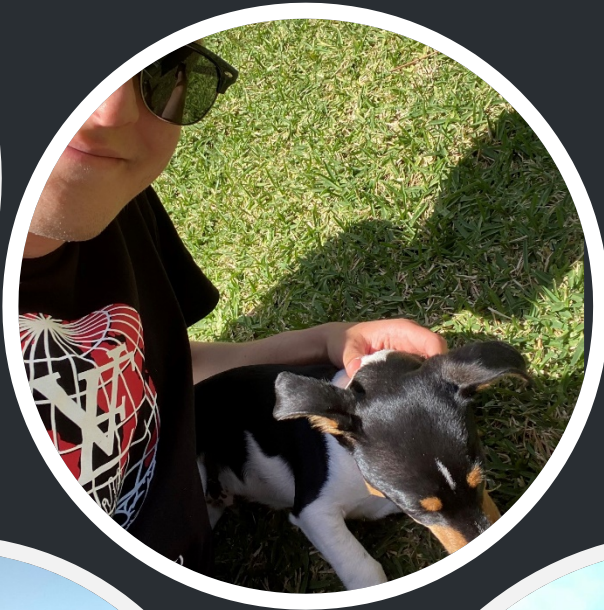




HK>A

We did something we love





We spent  
time with  
furry friends

We also made  
charitable donations to



Beyond  
Blue



# Subscribed colleagues in Asia to the Calm app





# And sent out wellbeing packages to colleagues in the Middle East





We all have the power to make a difference when it comes to mental health.

Don't be afraid to seek help, if you need it, and support others that do.

Good mental health is for **everyone**.



**#WorldMentalHealthDay2020**

**#MentalHealthforAll**