



**Ms. Minal R. Mahtani**  
CEO and Founder  
OCD and Anxiety Support Hong Kong

### **Biography**

Minal Mahtani is the CEO and Founder of OCD & Anxiety Support Hong Kong, a non-profit organisation dedicated to supporting, educating, coaching and being a resource to adults and teenagers who are affected by Obsessive Compulsive Disorders, Anxiety Disorders and Depression. Minal has received training in Cognitive Behaviour Therapy and possesses degrees in both Psychology and Education. Minal runs regular support groups for adults with mental health problems, providing them with a safe and non-judgmental space to share their struggles and fears. She conducts mental health workshops and programs in a variety of settings including health clinics, schools and to disadvantaged and minority communities. She has spoken at numerous conferences and panels in Hong Kong and is an integral member of the mental health community. She is committed to research in the field of mental health and conducted a study in June 2018 which culminated in the publication "State of Mental Health Awareness in HK and well-being in the workplace". In addition, Minal is a Mental Health First Aid Instructor and a Stress Management Yoga teacher (RYT500). Minal was a nominee for the Women of Hope award by the HK Tatler magazine and HKAF earlier this year and is currently a nominee for American Chamber's 2018 Women of Influence award.