



中華人民共和國香港特別行政區政府
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The Government of the Hong Kong Special Administrative Region
of the People's Republic of China



香港家庭醫學學院
The Hong Kong College of Family Physicians



WORLD
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World Family Doctor Day 2025 Symposium “Building Mental Resilience in a Changing World”

Hong Kong, May 17, 2025 – The Hong Kong College of Family Physicians (HKCFP), in collaboration with the Primary Healthcare Commission, is proud to announce the successful completion of the World Family Doctor Day 2025 Symposium held on Saturday, May 17, 2025, at the Hong Kong Academy of Medicine Building. Under the inspiring theme “Building Mental Resilience in a Changing World,” the event celebrated the pivotal role family doctors play in nurturing mental health and resilience amid rapid societal changes and unprecedented challenges.

The symposium commenced with welcome addresses by Dr. Libby HY LEE, Under Secretary for Health, and Professor Margaret CHAN, Emeritus Director-General of the WHO. Both speakers underscored the indispensable contributions of family doctors, whose holistic, patient-centered care forms the cornerstone of community health. Their remarks set an uplifting tone for the day, emphasizing mental health as a fundamental component of modern healthcare.

In particular, Dr. LEE highlighted that this year’s theme emphasized the pivotal role of family medicine in supporting mental health and resilience. Family doctors, through their continuous, long-term relationships with patients, are uniquely positioned to detect early symptoms of mental health issues, such as anxiety, depression and stress, enabling timely interventions that enhance resilience and well-being. Meanwhile, the Hong Kong Academy of Medicine’s Well-being Charter, launched in October 2021, promotes a supportive culture for clinicians. The charter facilitates mental health training, peer support programs, and wellness integration into professional development, ensuring all doctors are equipped to manage their own mental health while caring for others.

We were honored to welcome esteemed guests, including Deputy Director of Health Dr. Teresa LI, as well as representatives from the Hospital Authority, various Academy Colleges, and medical organizations. Additionally, we received a supporting letter from Dr. Lam Ching Choi, Chairman of the Advisory Committee on Mental Health, recognizing the pivotal role of family doctors in improving mental health



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and fostering positive societal change. Dr. Lam emphasized that through multidisciplinary collaboration and active community engagement, we can collectively cultivate a more supportive and inclusive social environment, empowering individuals to build resilience in an ever-evolving world.

An esteemed lineup of speakers enriched the event with a broad spectrum of insights, including:

- **Professor Philip KT LI**, President of the Hong Kong Academy of Medicine
- **Professor Donald KT LI**, Chairman of the Elderly Commission
- **Professor ZHU Shan Zhu**, President of the General Medicine Branch of the Cross-Strait Medical and Health Exchange Association
- **Dr. PANG Fei Chau**, Commissioner for Primary Healthcare, Health Bureau, HKSAR

These experts explored critical topics ranging from the evolving role of family doctors in Sports and Exercise Medicine and innovative strategies for enhancing elderly care, to sharing perspectives on community health services in Shanghai. Furthermore, updates on the expansion of the Chronic Disease Co-Care (CDCC) Pilot Scheme offered valuable insights on integrating comprehensive care models to primary healthcare.

In the concluding remarks, Dr. David VK CHAO, President of HKCFP, expressed sincere gratitude to all speakers and attendees. Dr. CHAO reaffirmed HKCFP's commitment to the empowering philosophy that "Everyone should have a Family Doctor." He emphasized that family doctors are uniquely positioned to deliver early interventions by addressing physical, emotional, and social needs across every life stage—a cornerstone for building resilient communities.

Amid intensifying global mental health challenges, the symposium also highlighted the transformative potential of the Primary Healthcare Blueprint. This strategic framework sets out a comprehensive plan to enhance primary care services, bolster mental health resources, and expand community-based initiatives. In support of the Blueprint's recommendations, the HKCFP is urging policymakers to allocate resources for at least 100 additional Family Medicine training positions annually, addressing the needs of Hong Kong's 7.5 million residents and paving the way for a more resilient and patient-centered healthcare system. Dr CHAO also reiterated HKCFP's strong commitments on providing Continuing Professional Development and Continuing Medical Education activities for practicing doctors in the community.



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The symposium not only celebrated the service and commitment of family doctors but also set a forward-thinking agenda designed to reinforce community mental health care. By championing the primary healthcare blueprint and advocating for expanded training and resource allocation, the HKCFP continues to drive progress towards innovative healthcare solutions that serve the evolving needs of our society.



HD Photos:

<https://drive.google.com/drive/folders/1puHdmLH0cMbtNVE05FKgB-dm4gA3ukaU?usp=sharing>

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