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HSBC Malta Foundation Continues Financial Capability Workshops with Mental Health Service Users

The HSBC Malta Foundation has continued its long-standing commitment to financial education by delivering the fifth interactive workshop as part of its Financial Capability Project for mental health service users. The most recent session, held at Mount Carmel Hospital, forms part of an ongoing series tailored to the unique needs of individuals facing mental health and substance use challenges.

The latest session was delivered by Josef Camilleri, Head of Products and Distribution at HSBC Life Assurance (Malta) Ltd., and lead of the Climate Action Network Financial Literacy Programme at HSBC Malta. The session was conducted for a group of individuals currently awaiting admission to rehabilitation programmes, all of whom are receiving care from the Dual Diagnosis Unit. The participants, many of whom have experienced profound financial and social hardship, engaged enthusiastically in discussions around saving, spending priorities, and planning for the future.

Now in its ninth cohort, the project is designed to promote financial resilience and literacy among some of the most vulnerable individuals in society. The initiative focuses on interactive and informal sessions that blend practical tools with real-life examples, encouraging open dialogue and personal reflection.

"These sessions are a vital part of our commitment to supporting the wider community through financial education," said Glenn Bugeja on behalf of the HSBC Malta Foundation "It's always humbling to see how people—despite facing serious life challenges—show real willingness to learn, grow, and regain control of their finances."

Ruth Bajada, Higher Allied Health Practitioner and Occupational Therapist expressed her appreciation for the continued collaboration: "These individuals have faced immense hardship, yet their openness and participation show the importance of these workshops. The fact that they are now thinking about saving and giving back to their families is a powerful testament to the impact of this project."

In addition, a dedicated financial literacy session was organised for a group of Occupational Therapists. Through the knowledge gained during this session, the occupational therapists will be better equipped to support participants in the various workshops they lead as part of their professional roles

The HSBC Malta Foundation has been supporting financial literacy initiatives across Malta for several years, with a focus on reaching underserved and at-risk groups. Future workshops are planned in collaboration with the National Mental Health Services to ensure the programme continues to reach those who need it most.

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