



## **Kuaishou’s “Planting the Sun” Initiative Teams Up with Healthy China for Live Talk—Experts Explain Science-Based Ways to Tackle Depression and Anxiety**

2025.10.13

Global Times: [Kuaishou’s “Planting the Sun” Initiative Teams Up with Healthy China for Live Talk—Experts Explain Science-Based Ways to Tackle Depression and Anxiety](#)

On the occasion of the 34th World Mental Health Day, Kuaishou’s “Planting the Sun” program joined forces with the official Healthy China Kuaishou account to host a livestream titled “Out of the Shadows: Plant the Sun, Plant Hope.” Two senior psychiatrists were invited to address netizens’ questions on work stress, emotional regulation, and common mental disorders, disseminating evidence-based mental-health knowledge. The livestream attracted 3.2 million viewers and served as the flagship event of Kuaishou’s “Planting the Sun” campaign for World Mental Health Day.