學生事務處的輔導服務是協助同學在生活上作出合適的轉變和抉擇。輔導的目的是單是解決困難，我們更希望協助同學認識自己、發展自我的力量。我們是一群富經驗的專業輔導主任，誠意為你提供免費輔導服務，作爲你的同行者。所有輔導內容都是保密的，歡迎你前來與我們細談你關注的事情。

輔導常見的話題是什麼？

同學們在輔導過程中談及的話題及內容包括（但並不限於）以下各項：

1. 學習
2. 情緒
3. 戀愛、交友
4. 與家人相處
5. 個人成長
6. 精神健康
7. 適應大學生活

“輔導內容絕對保密”

輔導服務常見問題

1. 輔導服務是否需要收費？

2. 我的同學、父母或老師知不知道我正在接觸輔導？

3. 我們會將你的個人資料及輔導內容保密，如未經你同意，不會向其他人透露有關資料。

4. 黑暗時期需要輔導？

5. 我发现了有同学已经有一段时期看似十分困扰，他正面对一些困难但未能解决。我可以如何帮助他？

6. 訴他人你的觀念及你很關心他，啟發他找輔導主任談一談，嘗試找尋解決方法。如該同學因某種原因不想自己約見面談，你可在他人同意下為他預約，並陪同他到輔導服務中心。

聯絡我們：

雲雀樓曹貴子基金會大樓一樓
電郵：soacs@edu.hk
星期一至五 上午8:30 至下午5:20
（輔導主任會於三個工作天內與同學聯絡。）
Counselling Service

What is Counselling Service?

The Counselling Service at the Student Affairs Office helps you make desired changes and decisions in your life. Counselling goes beyond problem-solving; it provides support for you and helps you discover more about yourselves and your potential. Our counselors are professionally trained and experienced, and are happy to be your companion. We offer free and confidential individual counselling sessions where you are always welcome to come and talk to us about your concerns.

Issues and Concerns in Counselling Service

Common issues that students talk to a counsellor include but not limited to:
- Study and learning
- Emotions
- Love & peer relationships
- Relationship with family members
- Personal growth
- Mental health concerns
- Adjustment to university life

*All conversations will be kept in strict confidence*

Counselling Service FAQ

1. **How much does it charge for counselling service?**
   - Counselling service for EdUHK students is free of charge. All students are eligible for counselling service.

2. **Will my classmates, parents or teachers know that I am receiving counselling service?**
   - Your personal information and contents discussed during counselling process are kept confidential. Your information will not be disclosed to others without your consent.

3. **Is it only problematic students seek for counselling?**
   - No, all students may face challenges during their university life. Students who seek for counselling are those with courage to face their challenges and are motivated to improve their coping strategies.

4. **One of my classmates looks distressed for quite some time. He is facing some difficulties and finds no ways to resolve it. What can I do to help him?**
   - Tell him your observation and show your care to him. Encourage him to talk to a counsellor to explore possible solutions to overcome the difficulties. If he does not feel like taking the steps for whatever reasons, with his consent, you can make an appointment with a counsellor on behalf of him, and accompany him to the counselling service centre.

Contact Us:

You may come in person, call, or email to make an appointment with our counsellors:

**Location:** 1/F, Cho Kwai Chee Foundation Building, Tai Po Campus
**Tel:** 2948 6245
**Email:** sncs@edu.hk
**Monday to Friday:** 8:30 a.m. to 5:20 p.m.
(A counsellor will contact you within 3 working days.)

Drop-in sessions:

**Location:** 1/F, Cho Kwai Chee Foundation Building, Tai Po Campus
**Tuesday and Friday:** 8:30 a.m. to 1:00 p.m.
2:00 p.m. to 5:20 p.m.
(You can talk to the counsellor on-duty immediately, on a first-come, first-served basis.)

Non-office-hour counselling hotline:

**Hotline:** 8208 1155

The University entrusts professional counsellors of Christian Family Service Centre to answer your call and provide immediate emotional support to you. Counselling Services of SAO will provide further assistance to you when in need.

Monday to Friday: 5:20 p.m. to 8:30 a.m.
Saturday, Sunday & Public Holidays: 24 hours