

Local Community Resources

Important Notes:

- The listed services and organizations are for reference only and have no assumption as recommendations. For more information on local community resources, please refer to internet.
- The listed services may include charges. For details, please contact the concerned organizations.

1. Hotlines

Organization	Website	Contact No.	Services
The Hong Kong Council of Social Service – Overview of Social Service Hotline	http://webcontent.hkcss.org.hk/hotlines/index.asp		Provide hotlines & contact of different social service
24-hour hotline			
The Samaritan Befrienders Hong Kong	http://www.sbhk.org.hk/hotline_service.php	2389 2222	24-hour suicide prevention hotline
The Samaritans	http://www.samaritans.org.hk	2896 0000	24-hour suicide prevention hotline in multiple languages
Suicide Prevention Services	http://www.sps.org.hk/?a=group&id=hotline	2382 0000	24-hour suicide prevention hotline
Family Caritas Crisis	https://family.caritas.org.hk/zh-hk/services/view/11	18288	24-hour hotline – provide crisis intervention and support for individuals or families in crisis
Tung Wah Group of Hospitals - Cease Crisis Centre	http://ceasecrisis.tungwahcsd.org/contact.html	18281	24-hour hotline – provide one-stop crisis intervention and support services for victims of sex violence, individuals or families facing family violence or other family crisis
Telephone Enquiry service for psychiatry	http://www.ha.org.hk	2466 7350	24-hour telephone enquiry service for psychiatry by Hospital Authority

Other hotlines			
Social Welfare Department Hotline	http://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_department/	2343 2255 (Mon – Fri: 0900 – 2200; Sat: 0900 – 1200; Sun & PH: 1300 – 2200; 24-hour interactive voice response system)	SWD Hotline social workers to provide counselling, support and advice and arrange appropriate follow up services for general public
The Hong Kong Federation of Youth Groups -Uline	http://www.hkfyg.org.hk/	2777 0309 (Mon – Sat: 1400 – 0200)	Counselling hotline service specially for students in tertiary institutions
The Hong Kong Federation of Youth Groups –Careline	https://wmc.hkfyg.org.hk/emotion/	2777 8899 (Mon – Sat: 1400 – 0200)	Counselling hotline service for people aged between 6 to 24
student.hk – Student Hotline	http://www.student.hk/service/hotline/hotline.php	2503 3399 (Mon, Wed, Fri: 1900 – 2100)	Counselling hotline service for students and parents related to academic, employment or emotions
Stewards - Youth Outlook Hotline	http://youthoutlook.stewards.org.hk/	2635 7709 (Mon – Fri: 1000 – 1730)	Hotline counselling services for youth with emotional or mental problem
Caritas Love Line	http://fcsc.caritas.org.hk/3913136234248592477336628235662638121209.html	3161 1222 (Mon – Fri: 12000 – 2300)	Hotline counselling service to those with love affairs problem
The Media Evangelism Limited – Life Hotline	http://www.life-tme.org/life-tme3/index.asp?pg=11	8100 8012 (Mon – Sat: 1000 – 2200; Sun:1600-2200)	Christian-based counselling hotline
Praying Hearts Praying Hotline	http://www.prayinghearts.org.hk/hotline.html	8101 2929	Counselling & praying services
Hong Kong Young Women’s Christian Association (YWCA) Counselling Hotline	http://fwc.ywca.org.hk/page.aspx?corpname=fwc&i=2291	2711 6622 (Mon – Fri: 1900 – 2200)	Counselling hotline service

Tung Wah Cares Hotline	http://www.tungwahcsd.org/?content=587	2548 0010	Counselling hotline service
The Mental Health Association of Hong Kong – Hong Kong Mental Health Hotline	http://www.mhahk.org.hk/chi/sub2_1_service_1_4.htm	2772 0047 (Mon – Fri: 1400 – 2200)	Information hotline related to mental health and mental illness
Joyful (Mental Health) Foundation	https://www.jmhf.org/jmhf-web/	2301 2303	Hotline services which give information about mood disorders and access to clinical services for those in need.
Hong Kong Family Welfare Society – Family Careline	http://www.hkfws.org.hk/en_service.aspx?id=7&show=1&aaa=3	2342 3110	Emotional support and peer counselling to needy people
Caritas Family Crisis Centre – Addiction Hotline	http://addiction.caritas.org.hk/	3161 7777 (Mon – Fri: 1200 – 2300)	Assessment & support for people with addiction problem
Tung Wah Group of Hospitals CROSS Centre	http://crosscentre.tungwahcsd.org/services01_04.html	2884 1234	Detoxification counselling hotline services
Harmony House	http://www.harmonyhousehk.org/	2522 0434 (24-hour Woman Hotline) 2295 1386 (Man Hotline)	Crisis intervention , counselling and resources referral for family violence victims
Tung Wah Group of Hospital – Pride Line	https://www.facebook.com/TWGHsPrideLine/	2217 5959 (24-hour)	Supporting hotline for Sexual Minorities

Counselling / Clinical Psychological Services

Organization	Website	Contact No.	Services
General Counselling Services (free-of-charge)			
Social Welfare Department and Non-Governmental Organizations Integrated Family Services Center	http://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_ifs/	2343 2255	Counselling services (according to living district)
Hong Kong Children & Youth Services-Clinical Psychological Service	http://www.cys.org.hk/aboutus/cp.asp	2761 1106	Psychological assessment & treatment (priority for urgent case & referral by own agency)
Hong Kong Christian Service Navigating Adversity Counselling Service	http://www.hkcs.org/fcb/nacs/nacs.html	2731 6251 / 2731 6330	Individual & family counselling services
General Counselling Services (fee-charging)			
Baptist Oi Kwan Social Service Clinical Psychology & Counselling Services	https://bokss.org.hk/clinical-psychological-and-counseling-services/service?id=140&lang=en	3413 1604	Counselling & clinical psychological services
Breakthrough Counselling Centre	https://www.breakthrough.org.hk/eng/cc.xhtml	2377 8511	Personal psychological counselling service for young people aged 18 to 30; family counselling service for young people of age 11 to 18 and their families
Caritas Family Service Human Empowerment & Achievement Training (HEAT)	http://www.heat.org.hk/heat_family.html	2525 6265	Counselling & clinical psychological services

Chinese YMCA of Hong Kong Counselling Service	http://cou.ymca.org.hk/en/mini-opening-hour	2332 4899	Provide individual & family counselling services
Concorde Psychological Services (Youth Outreach)	http://www.youthoutreach.org.hk/cps	2513 0213	Psychological assessment & support
Hong Kong Family Welfare Society Counselling & Clinical Psychological Service	http://www.hkfws.org.hk/b5_service.aspx?id=45&aaa=2	2771 1891	Individual and family counselling, pre-marital assessment and counselling, personalty assessment, children development assessment and other psychological assessment and treatment.
Hong Kong Sheng Kung Hui Counselling Service	http://www.skhwc.org.hk/en/services/main/6/	2713 9174	Counselling & Clinical Psychological services
Hong Kong Young Women's Christian Association (YWCA) Family Wellness Centre	http://fwc.ywca.org.hk/page.aspx?corpname=fwc&i=2251	3443 1601	Individual & family counselling services
Mental Health Association of Hong Kong T.N. Foo Centre for Positive Mental Health	http://cpmh.mhahk.org.hk/index.php?Language=E	3583 1196	Individual & family counselling, psychological assessment & treatment. Subsidized counselling service is available
Praying Hearts Counselling Centre	http://www.prayinghearts.org.hk/counselingservices.html	2797 6888	Counselling services by praying and bible words

ReSource The Counselling Centre	http://www.resourcecounselling.org/about-resource-en	2523 8979	Offer multi-lingual counselling service to individuals & family, and support clients in crisis. Language include English, Cantonese, Mandarin, Japanese, Hindi, Sindhi and Gujarati
United Centre of Emotional Health & Positive Living	http://www.ucep.org.hk/index.php?section=clinical	2775 3360	Psychological counselling & treatment
Yang Memorial Methodist Social Services	http://www.yang.org.hk/tc/service_detail.php?id=23	2171 4111	Counselling & family support services
Methodist Center Counselling & Integrated Employment Service	https://www.methodist-centre.com/cies/tc/counseling1	2520-4933 / 2520-4955	Emotional counselling, psychological assessment & clinical psychological services
Specialized Counselling or Support Services			
The Hong Kong Federation of Youth Groups – Utouch	https://utouch.hk/	2788 3444 email: utouch@hkfyg.org.hk Skype / Facebook: utouch@27778899.hk	Internet counselling for youth via uTouch Portal /MSN /Facebook /Instant chatroom
Hong Kong Lutheran Social Service - Cheer Lutheran Centre	http://www.hklss.hk/PublishWebSite/lutheran/gallery/getCMSPage.asp?url=/PublishWebSite/lutheran/en/contentPage33978.htm	2660 0400	Counseling service for psychotropic substance abuser (North & Tai Po District)

Caritas Debt & Budgeting Counselling Service	http://debt.caritas.org.hk/	3161 2999	Consultation & counselling on debt and budgeting
Tung Wah Group of Hospital Healthy Budgeting Family Debt Counselling Centre	http://www.tungwahcsd.org/en/our-services/youth-and-family-services/specialized-counselling-services/HBFDCC/introduction;category/9	2548 0803	Consultation & counselling on debt and budgeting
Caritas Addicted Gamblers Counselling Centre	http://www.gamblercaritas.org.hk/en/index.php?route=common/home	2499 7828 / 1834633	Counseling service for problem gamblers and their families
Hong Kong Lutheran Social Service - Sunshine Lutheran Centre	http://www.sunshine-lutheran.org.hk/	8108 3933 / 1834633 (press 4)	Counseling service for problem gamblers and their families
Tung Wah Group of Hospitals Even Centre	http://evencentre.tungwahcsd.org/index.html	2827 4321 / 1834633 (press 1)	Counseling service for problem gamblers and their families
Mother's Choice – Pre-marital pregnancy service	http://www.motherschoice.org	2868 2022	Pre-marital pregnancy counselling
The Family Planning Association of Hong Kong	http://www.famplan.org.hk/	2572 2222	Information on services of the Family Planning Association, 24-hour emergency contraception & information on services for sexually assaulted victims
Caritas Project for Adult Survivors of Childhood Trauma	http://csa.caritas.org.hk/csa/web/modules/ABOUSTUS/detail.asp?firstPage=Y	2649 9100 2649-9900	Counselling service for adult survivors of childhood trauma

		(Wed1400-2100 answered by intake social worker)	
Society for the Promotion of Hospice care	https://www.hospicecare.org.hk/we-listen/	2725 7693	Counselling service for terminal patients and the bereaved

Mental Health

Organization	Website	Contact No.	
Christian Family Service Center - Centre for Adolescent Mental Health Prevention and Intervention	http://www.cfsc.org.hk/rehab/ym/zh/about.php	2706 5262 (mainly Kowloon East & Tsueng Kwan O)	Provides one stop services (counselling, programme etc.) for the adolescent (aged 10 – 19) with mental health concerns
Stewards – Youth Outlook	http://youthoutlook.stewards.org.hk/	2647 4992 (Shatin, Tai Wai, Ma On Shan) 3998 3160 (Tai Po, Fanling, Sheung Shui)	Provide counselling, group, training and employment services for youth aged between 15 to 25 with Psychosis or emotional disorders
Baptist Oi Kwan Social Services – Adolescent Mental Health Integrated Service	http://ymh.bokss.org.hk/	3413 1543 (Youth Mental Health Consultation Hotline)	Provide early intervention and support service for youth aged between 10 to 25 required enhancement for emotions and mental health
Baptist Oi Kwan Social Services – Care Resources and Service Center	http://carer.bokss.org.hk/	2560 0651 Mental health enquiry hotline: 2535 4135	Provide consultation, groups and activities for relatives of persons with mental illness.
New Life Psychiatric Rehabilitation Association	http://www.nlpra.org.hk	2332 4343	Mental health services
The Mental Health Association of Hong Kong	http://www.mhahk.org.hk/chi/sub2_1_service_1_4.htm	2772 0047	Mental health services
Integrated Community Centre for Mental Wellness (ICCMW) (<i>different districts</i>)	https://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv/id_supportcom/id_iccmw/		One-stop service for recovered mental persons (15 years old or above), carers, persons with

			suspected mental health problems and other residents living in corresponding districts
Hospital Authority -The E.A.S.Y. (Early Assessment Service for Young People with Early Psychosis) Programme	http://www3.ha.org.hk/easy/eng/index.html	2928 3283	Early referral, assessment & treatment for Early Psychosis
Hospital Authority – Specialist Out-patient Clinics	http://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10053&Lan=CHIB5&Dimension=100&Parent_ID=10042	2466 7350 (Mental Health Hotline)	
Private Psychiatrist	http://www.hkcpsych.org.hk/index.php?option=com_docman&view=docman&Itemid=406&lang=en		List of Private Psychiatrists in Hong Kong

Professional Development Resources

Organization	Content	Related Link
Education Bureau	eBook on School Crisis Management (SCM) 2016	https://crc.edb.gov.hk/crhome/edbpublication/EDB_School-crisis-management-intervention-and-psychological-support-in-the-aftermath-of-crises-handbook_eng-2016.pdf
Education Bureau	Student Suicide and School Crisis Management	http://www.edb.gov.hk/en/student-parents/crisis-management/about-crisis-management/index.html
Hong Kong Jockey Club Centre for Suicide Research and Prevention	Guideline on Student Suicide Prevention	https://csr.p.hku.hk/wecare-fund-projects-2017-guideline/
National Changhua University of Education Department of Guidance and Counseling	Taiwan Counseling Net	http://www.heart.net.tw/indexeg.shtml

Self-help resources

Organization	Content	Related Link
Hong Kong Baptist University	Student Stress Management Platform	http://www.hkbu.edu.hk/~stress/English%20Version/index1.html
Hong Kong Tertiary Institutions Health Care Working Group	Resources on Health and Personal Development	http://web.hku.hk/~hkti hcwg/mental_health_awareness/index.html
UpPotential.com	Self-help stress management	http://www.uppotential.com/
Hong Kong Mood Disorders Centre, Medicine Department, The Chinese University of Hong Kong	Self-screening test on 7 types of mood disorders	http://www.hmdc.med.cuhk.edu.hk/main.html
Hong Kong Jockey Club Centre for Suicide Research and Prevention	Little Prince is Depressed (Understanding on Depression)	http://www.depression.edu.hk/en/home.html
United Centre of Emotional Health and Positive Living	Information on Emotional Management	http://ucep.org.hk/master_of_mood/index.php
Hospital Authority – Oasis	Center for Personal Growth & Crisis Intervention	http://www3.ha.org.hk/oasis/en_index.html
Department of Health - Health Zone	Mental health Information	http://www.cheu.gov.hk/eng/info/mental.htm
TWGHs Cease Crisis Centre	Understand on Sexual Violence	http://ceasecrisis.tungwahcsd.org/document/pamphlet_eng.pdf
Equal Opportunities Commission	Preventing and Dealing with Sexual Harassment	http://www.eoc.org.hk/eoc/graphicsfolder/showcontent.aspx?content=preventing%20and%20dealing%20with%20sexual%20harassment