

# Community Resources and Helpline

## I. Helpline and Online Counselling Services

A. Services for Children and Adolescents					
Organisation	Telephone/ Online Counselling	Operating hours/ Service Information	Service Targets	Service Language	Website/ Social Media
Suicide Prevention Services	2382 0777	<b>“Youth Link” Hotline Service</b>  Operating hours: Daily 2:00 p.m. to 2:00 a.m.	Young people under the age of 24 (and their families)	Cantonese	<a href="https://www.sps.org.hk/?a=doc&amp;id=218">https://www.sps.org.hk/?a=doc&amp;id=218</a>  Facebook : <a href="https://www.facebook.com/spshongkong/">https://www.facebook.com/spshongkong/</a>
The Samaritan Befrienders Hong Kong		<b>Chatpoint</b> Online counselling service  Operating hours: Monday to Friday 4:00 p.m. to 1:00 a.m.  Saturday, Sunday, and Public holidays 8:00 p.m. to 1:00 a.m.	People in need of emotional support and suicide prevention	Chinese and English	<a href="https://chatpoint.org.hk/#/home">https://chatpoint.org.hk/#/home</a>
	2389 2227	<b>Youth Crisis Service Hotline</b> [The hotline service is currently scheduled for a three-month period (from October 2023 to January 2024), with the possibility of extension if required.]	Provide support for youth in crisis with suicidal tendencies.	Cantonese	

		<p>Operating hours:</p> <p>Monday to Friday</p> <p>6:00 AM to 12:00 AM (midnight)</p> <p>Saturday, Sunday, and Public Holidays</p> <p>9:00 AM to 6:00 PM</p>			
<b>Hospital Authority</b>	2928 3283	<p><b>The Early Assessment Service for Young People with Early Psychosis (E.A.S.Y.) Programme</b></p> <p>24-hour enquiry and referral hotline</p>	People aged 15 to 64	Cantonese, Putonghua, English	<a href="https://www3.ha.org.hk/easy/eng/service.html">https://www3.ha.org.hk/easy/eng/service.html</a>
<b>Jockey Club Online Youth Emotional Support - Open Up</b>	WhatsApp/SMS: 9101 2012	<b>24-hour online counselling service</b>	Young people aged 11 to 35	Chinese and English	<p><a href="https://www.openup.hk/index.htm?lang=en">https://www.openup.hk/index.htm?lang=en</a></p> <p>Facebook: <a href="https://www.facebook.com/hkopenup/">https://www.facebook.com/hkopenup/</a></p> <p>Instagram: <a href="https://www.instagram.com/hkopenup/">https://www.instagram.com/hkopenup/</a></p>
<b>Youth Outreach</b>	9088 1023	<p>24-hour hotline service and WhatsApp to chat</p> <p>WhatsApp to chat</p> <p>Operating hours:</p> <p>9:00 p.m. – 6:00 a.m. only</p>	Young people aged 8 to 21	Cantonese, Putonghua, English	<p><a href="https://www.yo.org.hk/en/services-outreaching-team.html">https://www.yo.org.hk/en/services-outreaching-team.html</a></p> <p>Facebook: <a href="https://www.facebook.com/ornineup/">https://www.facebook.com/ornineup/</a></p> <p>Instagram:</p>

					<a href="https://www.instagram.com/ornineup/">https://www.instagram.com/ornineup/</a>
<b>The Hong Kong Federation of Youth Groups</b>	2777 8899	<b>‘Youthline’ Hotline</b>  Operating hours: Monday to Saturday 2:00 p.m. to 2:00 a.m.	Young people aged 6 to 24	Cantonese	<a href="https://wmc.hkfyg.org.hk/mcc/">https://wmc.hkfyg.org.hk/mcc/</a> (Chinese only)
	WhatsApp: 6277 8899  Email: <a href="mailto:utouch@hkfyg.org.hk">utouch@hkfyg.org.hk</a>	<b>‘uTouch’ Online Counselling Service</b>  Whatsapp and online counselling service operating hours: Tuesday to Thursday 4:00 p.m. to 10:00 p.m.  Friday to Saturday 4:00 p.m. to 2:00 a.m.		Chinese	<a href="http://utouch.hk/">http://utouch.hk/</a> (Chinese only)  Facebook: <a href="http://www.facebook.com/utouch.hk">www.facebook.com/utouch.hk</a>  Instagram: <a href="https://www.instagram.com/utouch_hkfyg/">https://www.instagram.com/utouch_hkfyg/</a>
<b>Caritas Hong Kong Caritas Infinity Teens - Cyber Youth Support Team</b>	2117 0321  WhatsApp/ Signal: 9377 3666  Email: <a href="mailto:ycsteens@caritassws.org.hk">ycsteens@caritassws.org.hk</a>	<b>Caritas Infinity Teens - Cyber Youth Support Team</b> Online counselling service  Operating hours: Monday and Tuesday 10:00 a.m. to 6:00 p.m.  Wednesday and Thursday 2:00 p.m. to 10:00 p.m.  Friday and Saturday 6:00 p.m. to 2:00 a.m.	Young people aged 6 to 24	Cantonese, Putonghua, English	<a href="http://it.caritas.org.hk/">http://it.caritas.org.hk/</a> (Chinese only)  Facebook: <a href="http://www.facebook.com/caritas.infinityteens">http://www.facebook.com/caritas.infinityteens</a>  Instagram: <a href="https://www.instagram.com/caritas.infinityteens/">https://www.instagram.com/caritas.infinityteens/</a>

		Closed on Sundays and public holidays			
<b>Hong Kong Children and Youth Services - eSm^_ ^iley Cyber Youth Support Team</b>	<p>2606 7644</p> <p>WhatsApp: 6280 6281</p> <p>Email: <a href="mailto:esmiley@hkcys.org.hk">esmiley@hkcys.org.hk</a></p>	<p><b>eSm^_ ^iley Cyber Youth Support Team</b></p> <p>Operating hours: Monday, Tuesday and Saturday 6:00 p.m. to 2:00 a.m.</p> <p>Wednesday to Friday 2:00 p.m. to 10:00 p.m.</p> <p>Online enquiry service Operating hours: Monday, Tuesday and Saturday 6:00 p.m. to 2:00 a.m.</p> <p>Wednesday to Friday 6:00 p.m. to 10:00 p.m.</p> <p>Service will also be rendered during non-office hour whenever needs arise</p>	At-risk and hidden youths, aged 6 to 24, who have emotional or behavioural problems and are manifesting or engaging in various at-risk behaviours in the Internet	Cantonese, English	<p><a href="https://esmiley.hkcys.hk">https://esmiley.hkcys.hk</a> (Chinese only)</p> <p>Facebook : <a href="https://www.facebook.com/esmileyhk">https://www.facebook.com/esmileyhk</a></p> <p>Instagram: <a href="https://www.instagram.com/esmileyhk/">https://www.instagram.com/esmileyhk/</a></p> <p>Wechat/Telegram: esmileyhk</p>
<b>The Boys' and Girls' Clubs Association of Hong Kong</b>	<p>WhatsApp / signal: 9726 8159 / 9852 8625</p> <p>Email:</p>	<p><b>Nite Cat Online</b></p> <p>Nite Cate Chat Room providing online counselling service</p>	Young people aged 6 to 24 using the internet	Cantonese	<p><a href="http://nitecat.bgca.org.hk/">http://nitecat.bgca.org.hk/</a> (Chinese only)</p> <p>Facebook: <a href="https://www.facebook.com/nitecatonline/">https://www.facebook.com/nitecatonline/</a></p>

	<a href="mailto:nitecat@bgca.org.hk">nitecat@bgca.org.hk</a>	Operating hours: Monday, Tuesday, and Friday 6:00 p.m. to 2:00 a.m.			Instagram: <a href="https://www.instagram.com/nitecat.bgca/">https://www.instagram.com/nitecat.bgca/</a>  Telegram: nitecatt
<b>St. James' Settlement 6PM Cyber Youth Support Team</b>	2609 3228  WhatsApp: 5933 3711  Email: <a href="mailto:cyberyouth@sjs.org.hk">cyberyouth@sjs.org.hk</a>	<b>6PM Cyber Youth Support Team</b>  Operating hours: Monday: 10:00 a.m. to 6:00 p.m. Tuesday: 2:00 p.m. to 6:00 p.m. Wednesday: 10:00 a.m. to 2:00 p.m. Thursday: 2:00 p.m. to 10:00 p.m. Friday & Saturday: 2:00 p.m. to 2:00 a.m.	Children and Youth age 6 to 24 years old and their significant others who live in Hong Kong Island	Chinese	<a href="https://www.cyberyouth.sjs.org.hk/">https://www.cyberyouth.sjs.org.hk/</a> (Chinese only)  Facebook : <a href="https://www.facebook.com/SJS6PM">https://www.facebook.com/SJS6PM</a>  Instagram: <a href="https://www.instagram.com/6pm.hk/">https://www.instagram.com/6pm.hk/</a>
<b>Against Child Abuse</b>	2755 1122	<b>Parent-child Support Line</b>  Operating hours: Monday to Friday 9:00 a.m. to 1:00 p.m. 2:00 p.m. to 9:00 p.m.  Saturday 9:00 a.m. to 1:00 p.m.	Support children and for children to complain and express their opinions	Cantonese, Putonghua, English	<a href="https://www.aca.org.hk/en/">https://www.aca.org.hk/en/</a>  Facebook : <a href="https://www.facebook.com/ACAHK/">https://www.facebook.com/ACAHK/</a>
<b>Caritas Family Crisis Support Centre</b>	3161 0000  Email: <a href="mailto:fskids@caritassws.org.hk">fskids@caritassws.org.hk</a>	<b>Kids Hotline</b>  Operating hours (until further notice): Monday to Friday 10:00 a.m. to 9:00 p.m..	Children aged 6 to 12 facing family changes and crises, as well as issues related to getting along with their parents, family members passing away,	Cantonese	<a href="http://kids.caritas.org.hk/">http://kids.caritas.org.hk/</a> (Chinese only)

		(except public holidays)	making friends, study, and love affairs		
<b>Mother's Choice</b>	2313 5678  WhatsApp: 5633 5678  Email: <a href="mailto:bigsisiter@motherschoice.org">bigsisiter@motherschoice.org</a>	<b>24-hour enquiry and counselling service provided by social workers/counsellors</b>	<ul style="list-style-type: none"> <li>- Girls aged 25 or younger who get pregnant unexpectedly</li> <li>- Boys who are in the face of a partner gets pregnant unexpectedly</li> <li>- Family and friends of the girl/boy</li> <li>- Social workers and medical staff at various organisations/schools</li> </ul>	Cantonese, Putonghua, English	<a href="https://www.motherschoice.org/en/get-help/">https://www.motherschoice.org/en/get-help/</a>  Facebook : <a href="https://www.facebook.com/motherschoicchk/?ref=page_internal">https://www.facebook.com/motherschoicchk/?ref=page_internal</a>
<b>HKU Department of Psychiatry - Headwind</b>		<b>"headwind F2O"( free online service)</b>	Young people aged 15 to 30	Cantonese	<a href="https://www.youthmentalhealth.hku.hk/">https://www.youthmentalhealth.hku.hk/</a>  Facebook: <a href="https://www.facebook.com/headwind.hkupsychiatry/">https://www.facebook.com/headwind.hkupsychiatry/</a>  Instagram: <a href="https://www.instagram.com/headwind.hkupsychiatry/">https://www.instagram.com/headwind.hkupsychiatry/</a>

The above information is for reference only. Updated information will be subjected to the announcement of individual organisations. If information from other organisations is needed, please contact the school social workers, counsellors, etc.

<b>B. Services for the General Public</b>					
<b>Organisation</b>	<b>Telephone/ Online Counselling</b>	<b>Operating Hours/ Service Information</b>	<b>Service Targets</b>	<b>Service Language</b>	<b>Website/Social Media</b>
<b>"18111 - Mental Health Support Hotline"</b>	18111	<b>Mental Health Support Hotline</b>  Operating hours: 24-hour hotline service with dedicated personnel answering the phone, providing immediate support and counselling services.	General public	Cantonese and English	<a href="https://www.shallwetalk.hk/zh/get-help/mental-health-support-hotline-18111/">https://www.shallwetalk.hk/zh/get-help/mental-health-support-hotline-18111/</a>
<b>The Samaritans</b>	2896 0000	<b>Multi-Lingual Suicide Prevention Hotline:</b> 24 hours	General public	Cantonese, Putonghua, English 、 other languages	<a href="https://samaritans.org.hk/services/hotline/?lang=en">https://samaritans.org.hk/services/hotline/?lang=en</a>  Facebook: <a href="https://www.facebook.com/SamaritansHongKong/">https://www.facebook.com/SamaritansHongKong/</a>
	Email: <a href="mailto:jo@samaritans.org.hk">jo@samaritans.org.hk</a>	<b>Befriending Email</b> Provide emotional support via email; and try to make reply within 24 hours		Chinese and English	
<b>The Samaritan Befrienders Hong Kong</b>	2389 2222 (Chinese)  Email: <a href="mailto:touch@sbhk.org.hk">touch@sbhk.org.hk</a> (Attn: The Samaritans)	24-hour hotline service	General public	Cantonese, Putonghua	<a href="https://sbhk.org.hk/?page_id=33200&amp;lang=en">https://sbhk.org.hk/?page_id=33200&amp;lang=en</a>

	2389 2223 (English)	<b>English Emotional Support Hotline</b>  Operating hours: Monday to Friday 6:30 pm. To 10:00 p.m.  Closed on Public Holidays	General public	English	<a href="https://sbhk.org.hk/?page_id=33205&amp;lang=en">https://sbhk.org.hk/?page_id=33205&amp;lang=en</a>
<b>Suicide Prevention Services</b>	2382 0000	<b>Suicide Prevention Hotline Service:</b> 24 hours	General public	Cantonese	<a href="https://www.sps.org.hk/?a=group&amp;id=hotline">https://www.sps.org.hk/?a=group&amp;id=hotline</a>
		<b>Say something to us - Online Chatroom</b> (Chinese only)  Operating hours: Monday to Sunday 6:00 p.m. to 12:00 a.m.	General public	Cantonese	<a href="http://saysomething.solutiononehk.com/SPS/">http://saysomething.solutiononehk.com/SPS/</a> (Chinese only)
<b>Hospital Authority</b>	2466 7350	<b>24-hour Psychiatric Hotline</b> 24-hour psychiatric enquiry hotline	General public	Cantonese, Putonghua, English	<a href="http://ipep.hk/en/community_resources/HA-24-7-hotline">http://ipep.hk/en/community_resources/HA-24-7-hotline</a>
	2928 3283	<b>The Early Assessment Service for Young People with Early Psychosis (E.A.S.Y.) Programme</b> 24-hour enquiry and referral hotline	People aged 15 to 64	Cantonese, Putonghua, English	<a href="https://www3.ha.org.hk/easy/eng/service.html">https://www3.ha.org.hk/easy/eng/service.html</a>
<b>Social Welfare Department</b>	2343 2255 Emotional support: Press “0” after selecting the language	24-hour <b>hotline service</b>  Operating hours: Monday to Friday	General public	Cantonese, Putonghua, English	<a href="https://www.swd.gov.hk/en/index/site_publicservice/page_family/sub_listofserv/id_department/">https://www.swd.gov.hk/en/index/site_publicservice/page_family/sub_listofserv/id_department/</a>

		9:00 a.m. to 5:00 p.m.  Saturday 9:00 am to 12:00 noon			
<b>Richmond Fellowship of Hong Kong</b>	3512 2626  Email: <a href="mailto:justone@richmond.org.hk">justone@richmond.org.hk</a>	<b>JUSTONE - Mental Health Linking Project</b> 24-hour emotional support and mental health consultation hotline	General public	Cantonese, Putonghua, English	<a href="https://justone.richmond.org.hk/">https://justone.richmond.org.hk/</a> (Chinese only)  Facebook: <a href="https://www.facebook.com/JusTone24hours/">https://www.facebook.com/JusTone24hours/</a>
<b>Baptist Oi Kwan Social Service</b>	2535 4135  .	<b>Emotional Support and Mental Health Consultation Hotline</b> (answered by social workers)  Operating hours: Monday, Wednesday to Friday 10:00 a.m. to 12:30 p.m. 2:00 p.m. to 5:00 p.m.  Tuesday 10:00 a.m. to 12:30 p.m. 2:00 p.m. to 5:00 p.m. 7:00 p.m. to 9:00 p.m.	General public	Cantonese	<a href="https://www.bokss.org.hk/news/detail?id=42&amp;lang=en">https://www.bokss.org.hk/news/detail?id=42&amp;lang=en</a>
<b>The Mental Health Association of Hong Kong</b>		<b>Counselline</b> Apps providing online counselling service	General public	Chinese and English	Android and iOS (Chinese only) : <a href="https://www.mhahk.org.hk/index.php/service/promoedu/dce/counsellingapp/">https://www.mhahk.org.hk/index.php/service/promoedu/dce/counsellingapp/</a>

		<p>Operating hours: Monday to Friday 2:00 p.m. to 10:00 p.m.</p> <p>Closed on Saturdays, Sundays and public holidays</p>			
<b>Caritas Family Crisis Support Centre</b>	18288	<p><b>Crisis Line:</b> 24 hours (Answered by registered social workers)</p>	General public	Cantonese, Putonghua, English	<a href="http://fcsc.caritas.org.hk/">http://fcsc.caritas.org.hk/</a> (Chinese only)
<b>Against Child Abuse</b>	2755 1122	<p><b>Parent-child Support Line</b></p> <p>Operating hours: Monday to Friday 9:00 a.m. to 1:00 p.m. 2:00 p.m. to 9:00 p.m.</p> <p>Saturday 9:00 a.m. to 1:00 p.m.</p> <p>Telephone recording service available during non office hours</p>	<p>General public</p> <ul style="list-style-type: none"> <li>- Report suspected child abuse cases or ask questions about child discipline</li> <li>- Support children and for children to complain and express their opinions</li> </ul> <p>(Professionals will provide professional advice on handling suspected child abuse cases)</p>	Cantonese, Putonghua, English	<p><a href="https://www.aca.org.hk/en/">https://www.aca.org.hk/en/</a></p> <p>Facebook : <a href="https://www.facebook.com/ACAHK/posts/2470502472970496/">https://www.facebook.com/ACAHK/posts/2470502472970496/</a></p>
<b>Tung Wah Group of Hospitals CEASE Crisis Centre</b>	18281	<b>CEASE Crisis Centre 24-hour Hotline</b>	Victims of sexual violence and individuals / families encountering domestics violence or other family crises	Cantonese, Putonghua, English (If service users use other	<p><a href="https://ceasecrisis.tungwahcsd.org/">https://ceasecrisis.tungwahcsd.org/</a> (Chinese only)</p> <p><a href="http://18281.tungwahcsd.org/popup.htm">http://18281.tungwahcsd.org/popup.htm</a> (Chinese only)</p>

				languages, will seek immediate interpretation support from other NGOs)	English Pamphlet: <a href="http://ceasecrisis.tungwahcsd.org/document/pamphlet_eng.pdf">http://ceasecrisis.tungwahcsd.org/document/pamphlet_eng.pdf</a>  Website of CEASE Crisis Centre of Supporting Service for Sexual Violence
	Email: <a href="mailto:ceasecrisis@tungwah.org.hk">ceasecrisis@tungwah.org.hk</a>	<b>CEASE Crisis Centre Online Counselling Service</b>  Operating hours: Monday to Saturday 4:00 p.m. to 10:00 p.m.  (Messages on Sundays and public holidays will be automatically transferred to the Email system. The social workers will reply to the message within three days.)		Chinese and English	Victims (Chinese only): <a href="http://18281.tungwahcsd.org">http://18281.tungwahcsd.org</a>
<b>Education Bureau</b>	2892 6600	<b>Teachers' Helpline</b>  Operating hours: Monday to Sunday 10:00 a.m. to 10:00 p.m.	Teachers and principals	Cantonese, Putonghua, English	<a href="https://edb.gov.hk/en/teacher/teacher-helpline/about-teacher-helpline/">https://edb.gov.hk/en/teacher/teacher-helpline/about-teacher-helpline/</a>
<b>Civil Service Bureau</b>	5543 7791	<b>Hotline Counselling Service on Stress Management</b> (Service period from 1 July 2023 to 30 June 2024)	Civil servants, Non-Civil Service Contract staff and Post-Retirement Service Contract staff	Cantonese, Putonghua, English	<a href="https://www.csb.gov.hk/english/admin/relations/471.html">https://www.csb.gov.hk/english/admin/relations/471.html</a>

		<p>Operating hours:</p> <p>Monday to Friday</p> <p>2:00 p.m. to 10:00 p.m.</p> <p>Saturday</p> <p>9:00 a.m. to 1:00 p.m.</p> <p>Closed on public holidays</p>			
<b>Hong Kong Christian Service</b>	<p>PS33 Headquarters (General Enquiry):</p> <p>2731 6348</p> <p>PS33 Tsim Sha Tsui Centre (Counselling Service):</p> <p>2368 8269</p> <p>PS33 Sham Shui Po Centre (Counseling Service):</p> <p>3572 0673</p>	<p><b>PS33 Counselling Service for Psychotropic Substance Abusers</b></p> <p>Operating hours:</p> <p>Monday to Friday</p> <p>10:00a.m. to 1:00 p.m.</p> <p>2:00 p.m. to 6:00 p.m.</p> <p>The following times are available for appointment interview and group activities: Tuesday to Friday</p> <p>7:00 p.m. to 10:00 p.m.</p> <p>Saturday</p> <p>10:00 a.m. to 1:00 p.m.</p> <p>Closed on Sundays and public holidays</p>	<ul style="list-style-type: none"> <li>- Psychotropic substance abusers and their family members</li> <li>- Potential psychotropic substance abusers</li> <li>- Social workers, teachers, parents, other interested parties and the general public</li> </ul>	Cantonese	<a href="http://www.hkcs.org/en/services/ps33">http://www.hkcs.org/en/services/ps33</a>
<b>Narcotics Division, Security Bureau</b>	<p>186 186</p> <p>After choosing the suitable language, please press "1" to talk to the social worker</p>	<b>Anti-drug Telephone Enquiry Service</b>	General public	Cantonese, Putonghua, English	<a href="https://www.nd.gov.hk/en/telephone_enquiry.html">https://www.nd.gov.hk/en/telephone_enquiry.html</a>

	directly				
	WhatsApp and WeChat: 98 186 186	<b>Anti-drug Instant Messaging Enquiry Service</b>  Operating hours: from 10:00 a.m. to 6:00 p.m. daily			
<b>Hong Kong Family Welfare Society</b>	2342 3110	<b>Family Careline</b>  Operating hours: Monday to Thursday 10:00a.m. to 12:30 p.m. 2:30 p.m. to 5:00 p.m.  Friday 2:30 p.m. to 5:00 p.m.  Saturday 10:00 a.m. to 12:30 p.m.  Closed on Sundays and public holidays	General public	Cantonese	<a href="https://www.hkfws.org.hk/en/how-we-help/integrated-family-services/careline">https://www.hkfws.org.hk/en/how-we-help/integrated-family-services/careline</a>

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## II. Community Resources

Organisation	Service Information and Website	Service Targets	Service/Online Resources Language
<b>The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong</b>	<b>The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong</b> Website: <a href="https://csrp.hku.hk/">https://csrp.hku.hk/</a>	General public	English
<b>HKU Department of Psychiatry</b>	<b>headwind</b> Website: <a href="https://www.youthmentalhealth.hku.hk/">https://www.youthmentalhealth.hku.hk/</a> (Chinese only)	General public	Traditional Chinese
<b>The Hong Kong Jockey Club Charities Trust- LevelMind</b>	<b>LevelMind</b> Website: <a href="https://www.levelmind.hk/">https://www.levelmind.hk/</a> FB: <a href="https://www.facebook.com/LevelMindAtJC/">https://www.facebook.com/LevelMindAtJC/</a>	Young people aged 12 to 24	Traditional Chinese, Simplified Chinese, English
<b>Student Health Service, Department of Health</b>	<b>Emotional Health Tips</b> Website: <a href="https://www.studenthealth.gov.hk/english/emotional_health_tips/emotional_health_tips.html#p6">https://www.studenthealth.gov.hk/english/emotional_health_tips/emotional_health_tips.html#p6</a>	Students, parents, and teachers	Traditional Chinese, Simplified Chinese, English
	<b>YouthCan</b> Website: <a href="https://www.youthcan.hk/en/">https://www.youthcan.hk/en/</a>	Adolescents	Traditional Chinese, Simplified Chinese, English
<b>Hong Kong Mood Disorders Centre</b>	<b>Hong Kong Mood Disorders Centre</b> Provide education, treatment and research for emotional health issues Website: <a href="https://www.hmdc.cuhk.edu.hk/">https://www.hmdc.cuhk.edu.hk/</a> (Chinese only)	General public	Traditional and Simplified Chinese
<b>United Christian Nethersole Community Health Service</b>	<b>United Centre of Emotional Health &amp; Positive Living - Emotional counselling services as well as understanding emotional health and emotional illness</b> Website: <a href="http://www.ucep.org.hk/cognition/health_mood.htm">http://www.ucep.org.hk/cognition/health_mood.htm</a> (Chinese only)	General public	Traditional Chinese
<b>Baptist Oi Kwan Social</b>	<b>Mental Wellness Services for Children</b>	Children and youth aged 6 to 18	Traditional Chinese and English

<b>Service</b>	Website: <a href="https://www.bokss.org.hk/integrated-mental-health-services/service?id=56&amp;_lang=en">https://www.bokss.org.hk/integrated-mental-health-services/service?id=56&amp;_lang=en</a>	suffering from emotion or mental health issues	
	<b>Mental Wellness Services for Youth</b> Website: <a href="https://www.bokss.org.hk/integrated-mental-health-services/service?id=57&amp;_lang=en">https://www.bokss.org.hk/integrated-mental-health-services/service?id=57&amp;_lang=en</a>	Youth aged 11 to 25 with emotion or mental distress	Traditional Chinese and English
<b>Jockey Club TourHeart+ Project</b>	<b>Jockey Club TourHeart+ Project</b> Website: <a href="https://www.jcthlplus.org/">https://www.jcthlplus.org/</a>	General public	Traditional Chinese and English
	<b>Emotion GPS (will be shutting down on the 2023-12-13)</b> Provide ‘Guided Self-help Treatment’ according to the needs of the client Website: <a href="https://en.egps.hk/">https://en.egps.hk/</a>	People aged 18 or above who have had emotional distress after assessment and who have not received other psychotherapy or counselling services	Traditional Chinese
<b>Hospital Authority</b>	<b>Institute of Mental Health, Castle Peak Hospital – Mental Health Information</b> Website: <a href="http://www3.ha.org.hk/cph/imh/mhi/index.asp">http://www3.ha.org.hk/cph/imh/mhi/index.asp</a>	General public	Traditional Chinese, Simplified Chinese, English
	<b>Kwai Chung Hospital - Mental Health Education Materials</b> Website: <a href="http://kch.ha.org.hk/EN/subpage?pid=16">http://kch.ha.org.hk/EN/subpage?pid=16</a>	General public	Traditional Chinese, Simplified Chinese, English
	<b>The Child and Adolescent Mental Health Community Support Project (CAMcom)</b> Website: <a href="http://www3.ha.org.hk/CAMcom/">http://www3.ha.org.hk/CAMcom/</a> (Chinese only)	Young people aged 6 to 18	Traditional Chinese
	<b>Mental Health Information Platform - Smart Patient</b> Website: <a href="https://www21.ha.org.hk/smartpatient/SPW/en-us/Self-Care-Tips/Mental-Health-Info-Corner/">https://www21.ha.org.hk/smartpatient/SPW/en-us/Self-Care-Tips/Mental-Health-Info-Corner/</a>	General public	Traditional Chinese, Simplified Chinese, English, Hindi, Punjabi (Indian), Bahasa Indonesia, Nepali, Punjabi (Pakistani), Urdu, Tagalog, Thai
<b>IPEP Internet-based</b>	<b>IPEP Internet-based Psychosis Education Program</b>	psychotic patients families	Traditional Chinese and English

<b>Psychosis Education Program</b>	Website: <a href="http://ipep.hk/en">http://ipep.hk/en</a>		
<b>Social Welfare Department</b>	<b>Integrated Community Centre for Mental Wellness (ICCMW)</b> Website: <a href="https://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv/id_supportcom/id_iccmw/">https://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv/id_supportcom/id_iccmw/</a>	People aged 15 or above	Traditional Chinese, Simplified Chinese, English;  Service Brief on Integrated Community Centre for Mental Wellness (ICCMW) in Traditional Chinese, English and Ethnic Minority languages (including Hindi (India), Indonesian, Nepali, Tagalog (Philippines), Thai, Urdu, Vietnamese and Punjabi) can be downloaded from the website
<b>Advisory Committee on Mental Health</b>	<b>“Shall we talk” Initiative</b> Website: <a href="https://shallwetalk.hk/en/">https://shallwetalk.hk/en/</a>	General public	Traditional Chinese, Simplified Chinese, English
<b>Education Bureau</b>	<b>"Mental Health @ School"- One-stop Student Mental Health Information Website</b> Website: <a href="https://mentalhealth.edb.gov.hk/en/index.html">https://mentalhealth.edb.gov.hk/en/index.html</a>	General public	Traditional Chinese, Simplified Chinese, English
<b>Jockey Club Mental Wellness Project for Women</b>	<b>Jockey Club Mental Wellness Project for Women</b> Website: <a href="https://www.womencentre.org.hk/En/Services/wellness/jcwow/">https://www.womencentre.org.hk/En/Services/wellness/jcwow/</a>	Women aged 18 to 64	Traditional Chinese and English
<b>Centre for Health Protection, Department of Health</b>	<b>Health Information – Healthy Life Course</b> Website: <a href="https://www.chp.gov.hk/en/healthtopics/submenu/10004/index.html">https://www.chp.gov.hk/en/healthtopics/submenu/10004/index.html</a>	General public	Traditional Chinese, Simplified Chinese, English, and ethnic minority languages (including Hindi, Nepali, Urdu, Thai, Bahasa Indonesia, and Tagalog)

<b>The Comfort Care Concern Group</b>	<b>Grief Counselling for Children</b> <u>Enquiry and Application</u> Telephone: 2361 6606 Email: <a href="mailto:cccg@cccg.org.hk">cccg@cccg.org.hk</a> Website: <a href="http://www.cccg.org.hk/service/details/2/">http://www.cccg.org.hk/service/details/2/</a> (Chinese only) Download: <a href="https://www.cccg.org.hk/download/">https://www.cccg.org.hk/download/</a> (Chinese only, download Counselling Service Referral Form)	Children under the age of 18 suffering from bereavement/losing friends	Traditional Chinese
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The above information is for reference only. Updated information will be subjected to the announcement of individual organisations. If information from other organisations is needed, please contact the school social workers, counsellors, etc.

January 2024