

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.

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	https://www.sbhk.org.hk/hotline_service.php?lang=en	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://ipep.hk/en/community_resources/HA-24-7-hotline	2466 7350	24-hour telephone enquiry service for psychiatry by Hospital Authority
PRIDE Line 24-hour Supporting	https://www.facebook.com/TWGHsPrideLine/	2217 5959	Provide 24-hour counselling and

Hotline for Sexual Minorities			emotional support for people of different genders/gender identities
The Ping Wo Fund – Quit Gambling Service Hotline	https://www.donotgamble.org.hk/en/helpdesk1.php?utm_source=google&utm_medium=cpc&utm_campaign=sem&utm_term=%7Bkeyword%7D&utm_content=branding	1834633	Provide specialized counselling and treatment services for gamblers with gambling disorder and their family members.
Caritas Hotline	http://love.caritas.org.hk/	18288 Mon - Fri : 1200 – 2300	Hotline counselling service to those with love affairs problem
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 – 1700 Sat: 0900 - 1200 Sun & PH: (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 -uTouch	https://hkfyg.org.hk/en/home/	2788 3444 WhatsApp online counselling: 6277 8899	Counselling hotline service specially for students in tertiary institutions
student.hk – Student Hotline	http://www.student.hk/service/hotline/hotline.php	2728 7999 Tue, Thu: 1600 – 1800	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 – 1300 1400 – 1730	Hotline counselling services for youth with emotional or mental problem

The Media Evangelism Limited – Life Hotline	http://www.life-tme.org/life-tme3/index.asp?pg=11	8100 8012 Mon – Sat: 1000 - 1800	Christian-based counselling hotline
Hong Kong Young Women’s Christian Association (YWCA) Counselling Hotline	https://www.facebook.com/hongkongywca/posts/1078214195709760	2711 6622 Mon - Fri : 1900 – 2130	Counselling hotline service
Tung Wah Cares Hotline	http://www.tungwahcsd.org/en/our-services/youth-and-family-services/family-and-child-welfare-services/TWCH/introduction;category/9	2548 0010 Mon – Fri: 1400 – 1800 (Except public holidays) (Outside of service hours, recording messages will be provided)	Counselling hotline service
Joyful (Mental Health) Foundation	Services JMHF	2301 2303 Mon – Fri: 1000 – 1300 1400 – 1700 Sat: 1000 – 1300	Hotline services which give information about mood disorders and access to clinical services for those in need.
Hong Kong Family Welfare Society	https://www.hkfws.org.hk/en/contact-us	Family Careline: 2342 3110 The Net Education and Counselling Service Hotline: 5592 7474	Emotional support and peer counselling to needy people
Caritas Family Crisis Centre – Addiction Hotline	https://family.caritas.org.hk/zh-hk/services/view/62#.X2G02mgzaUk	3161 7777	Assessment & support for people with addiction problem

Tung Wah Group of Hospitals CROSS Centre	https://crosscentre.tungwahcsd.org/v3/index.php	2884 1234	Detoxification counselling hotline services
Harmony House	https://www.harmonyhousehk.org/eng	24-hour Woman Hotline: 2522 0434 Man Hotline: 2295 1386	Crisis intervention, counselling and resources referral for family violence victims
Richmond Fellowship of Hong Kong	https://justone.richmond.org.hk/?gclid=EAlaIQobChMIIuXOk7T15QIVQ6qWCh1mnwPwEAAYASAAEgKx9fD_BwE	3512 2626	Provides counselling service for needy people
Education Bureau – Teachers’ Helpline	https://www.edb.gov.hk/en/teacher/teacher-helpline/about-teacher-helpline/index.html	2892 6600 0800-2000 daily	Support teachers and principals to cope with work-related pressure
Hong Kong Red Cross Psychological Support Service	https://www.redcross.org.hk/en/covid_pss.html	1000 – 1800 Shall We Talk WhatsApp 51645040 Telegram @hkrcshallwetalk (Message to make an appointment)	Provides psychological support for needy people by appointment basis

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	https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_ifsbydistrict/	2343 2255	Counselling services (according to living district)

Hong Kong Christian Service – Navigating Adversity Counselling Service	http://www.hkcs.org/en/services/nacs	2731 6251 Mon – Fri: 0900 - 1300 1400 - 1730	Provide professional and in-depth personal and family counselling to enhance service user’s resilience, to facilitate them to adjust their life patterns and to turn latent cries to positive growth opportunities.
Hong Kong Children & Youth Services- Clinical Psychological Service	http://www.cys.org.hk/aboutus/cp_eng.asp	2761 1106	Psychological assessment & treatment (priority for urgent case & referral by own agency)
 Ethnic Minority Well-being Centre	https://www.zubinfoundation.org/wellbeing	9682 3100	Individual counselling services for ethnic. Provide Free Well-being Check-up Service for Hindi & Urdu Speakers
Online support / counselling service			
The Samaritan Befrienders Hong Kong - ChatPoint	https://chatpoint.org.hk/	Online chatroom and iOS & Android Mobile App Mon – Fri: 1600 – 0100 Sat, Sun, PH: 2000 – 0100	Provide one-off emotional support and suicide prevention chatroom service by well-trained volunteers and professional social workers.
Hong Kong Jockey Club Charities Trust – Open Up	https://www.openup.hk/index.htm?lang=en	Facebook / Instagram: hkopenup WhatsApp / SMS: 91 012 012	An online text platform designed specifically to cater the needs of youngsters experiencing emotional distress from different aspects such as family issues, interpersonal relationships and academic stress.
The Mental Health Association of Hong Kong	https://www.mhahk.org.hk/index.php/service/pr	iOS & Android	Through the mobile app to provide

	omoedu/dce/counsellingapp/	Mobile App Mon – Fri: 0200 - 1000	counselling service directly, mental health information, emotional tests, positive attitude games, and other resources
The Boys' & Girls' Clubs Association of Hong Kong - 夜貓 online	http://nitecat.bgca.org.hk/tc/	2396 9447 9726 8159 9852 8625 Mon, Tue, Fri: 1800-0200 Wed, Thu, Sat: 1400-2200	Provide online counselling service for teenagers under 24 years old
The Hong Kong Federation of Youth Groups - uTouch	https://utouch.hk/	WhatsApp : 62778899 Email: utouch@hkfyg.org.hk Facebook: www.facebook.com/utouch.hk IG: utouch_hkfyg	Counselling Service for adolescents
 RainLily – SafeChat Online Support	https://rainlily.org.hk/chi/safechat	SafeChat Mon-Fri : 0900 – 2200 Sat: 0900 – 1300 WhatsApp: 6730 1892	Provide help for people who have experienced sexual violence and supporters



The Society for the Aid and Rehabilitation of Drug Abusers – “You Got Chance” Outreaching Service

<https://www.sarda.org.hk/eng/index.html>

WhatsApp:
5264 4716

Provide outreach services, case counseling and consulting services. The social worker will also refer the case to a drug rehabilitation institution or related drug rehabilitation institution for follow-up.

General Counselling Services (Fee-Charging)

Baptist Oi Kwan Social Service
Clinical Psychology & Counselling Services

https://bokss.org.hk/clinical-psychological-and-counseling-services?_lang=en

3413 1604 /
3413 1620
Tue:
0930 – 1300
1400 – 1800
1900 – 2130
Wed, Thu:
1400 – 1800
1900 – 2130
Fri, Sat:
0930 – 1300
1400 – 1800

Counselling & clinical psychological services

Breakthrough Counselling Centre

<https://www.breakthrough.org.hk/en/about-breakthrough/interpersonal-ministry/breakthrough-counselling-centre/>

2632 0777

Personal psychological counselling service for young people aged 19 to 30; family counselling service for young people of age 11 to 18 and their families

Caritas Family Service
Human Empowerment & Achievement Training (HEAT)

<https://www.counselling.caritas.org.hk/>

2525 6265

Counselling & clinical psychological services

Chinese YMCA of Hong Kong Counselling Service	https://cou.ymca.org.hk/en	2783 3431 (Voice message box)	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 – Wellness Programme	http://www.wellnesshk.com/en/public/individual-family-counseling	2771 1891 Mon – Fri: 0900 - 1730	Organize trainings, counselling, seminar, group activities for individuals, commercial and community organizations.
Hong Kong Sheng Kung Hui Counselling Service	http://cs.skhw.org.hk/tc/therapy	2713 9174	Provide clinical psychological service, family and pre-marriage counselling service
YWCA Family Wellness Centre	https://www.mind.org.hk/service_providers/ywca-family-wellness-centre/	3443 1601	Provide counselling services for individuals counselling, children play therapy, marriage and family counselling, employee supporting scheme and risk management supporting services
The Mental Health Association of Hong Kong – T.N.Foo Centre for Positive Mental Health	T.N.Foo Centre for Positive Mental Health (mhahk.org.hk)	3583 1196	Individual & family counselling, psychological assessment & treatment. Subsidized counselling service is available
ReSource – The Counselling Centre LTD	http://resourcecounselling.org/en/about-resource/	2523 8979 Mon – Fri: 0915 - 1900	Mental health services for individuals, couples, and families; support clients who are in crisis or those with more severe mental illnesses. Counselling is offered in different languages.

United Centre of Emotional Health & Positive Living	http://www.ucep.org.hk/index.php?section=clinical	2349 3212 Mon - Sat	Psychological counselling & treatment
Yang Memorial Methodist Social Services	https://www.yang.org.hk/en/service_detail.php?id=23	2171 4111	Counselling & family support services
Hong Kong Mood Disorders Centre	https://www.hmdc.cuhk.edu.hk/contact-us/	2144 6004	Education and treatment to people with mental health concerns
Specialized Counselling or Support Services			
Cheer Lutheran Centre - Hong Kong Lutheran Social Service, LC-HKS	http://cheer-ccpsa.hklss.hk/%E9%97%9C%E6%96%BC%E6%88%91%E5%80%91/	2660 0400	Provide individual and group counselling, educating activities in schools, outreach service, medical supports, family supports, professional training and education work in society. Mainly served in Sheung Shui, Fanling, Tai Po, Wong Tai Sin, Tseung Kwan O, Kwun Tong & Sai Kung
Caritas Debt & Budgeting Counselling Service	http://debt.caritas.org.hk/	3161 2929	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 Mon – Tue: 1000 – 1800 Wed: 1000 – 2200 Thu – Fri: 1400 - 2200	Consultation & counselling on debt and budgeting
Caritas Addicted Gamblers Counselling Centre	香港戒賭輔導-明愛展晴中心 戒賭直線 24997828 (gamblers.org.hk)	2499 7828 Gamblers' Hotline: 1834633 press 2	Counseling service for problem gamblers and their families


		WhatsApp: 6829 8764 (Emergency 18288)	
Hong Kong Lutheran Social Service - Sunshine Lutheran Centre	http://www.sunshine-lutheran.org.hk/	8108 3933 WhatsApp: 6606 3933	Counseling service for problem gamblers and their families
Tung Wah Group of Hospitals Even Centre	https://evencentre.tungwahcsd.org/service-hours?_lang=en	Gamblers' Hotline: 1834 633 Press 1 Hotline : 2827 4321 WhatsApp: 6770 5599	Counseling service for problem gamblers and their families
Mother's Choice – Pre-marital pregnancy service	https://www.motherschoice.org/en/	2313 5678 WhatsApp: 5633 5678	Pre-marital pregnancy counselling
The Family Planning Association of Hong Kong	https://www.famplan.org.hk/en	Married Life Information Service 2572 4477 (ext 44)	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	https://family.caritas.org.hk/zh-hk/services/view/21#.X2HUamgzaUk	2649 9900 Wed: 1400 – 2100 Answered by intake social worker	Counselling service for adult survivors of childhood trauma

Society for the Promotion of Hospice care	https://www.hospicecare.org.hk/?lang=en	2331 7000	Counselling service for terminal patients and the bereaved
Project Touch, The Boys' & Girls' Clubs Association of Hong Kong	http://newtouch.net	2321 1103 WhatsApp: 3895 6398	Services for LGBT teens include: counselling service, mutual-support group, relationship support, parent support etc.
TWGHs Integrated Centre on Addiction Prevention & Treatment	東華三院心瑜軒 (tungwahcsd.org) Online Counselling https://goo.gl/forms/1hC3IngN81fENTOi1	Hotline: 2827 1000 Mon, Wed, Thu, Sat: 1000 – 1900 Tue, Fri: 1000 - 2200	Provide assessment & treatment program for people with multiple addictions and comorbid mental health disorders. Services include: hotline counseling and consultation, addiction counseling and treatment, psychiatric assessment and treatment, physical exam and consultation, and group therapy etc

Mental Health

Organization	Website	Contact No.	Services
The Hong Kong Council of Social Service - 「港講訴 Time to Heal」計劃	http://www.timetoheal.org.hk/page/about	9010 2980 Mon – Fri: 1000 - 2000	Provide psychological and mental service for people with mental health issues as triggered by social unrest or COVID-19 outbreak, including volunteer treatment and financial assistance etc. (Referral from Social Worker is required. Please contact Counsellor for assistance if you are in need.)
Richmond “Instant hotline”	https://justone.richmond.org.hk/?gclid=EAlaIQobChMIIuXOK7T15QIVQ6qWCh1mnwPwEAAAYASAAEgKx9fD_BwE	3512 2626	24-hour hotline service for public with mental health concerns.

Centre for Adolescent Mental Health Prevention and Intervention	http://www.cfsc.org.hk/rehab/ym/en/about.php	2706 5262 6732 7143 (mainly Kowloon East & Tsueng Kwan O) Mon – Fri: 0900 - 1730	Provides one stop services (counselling, programme etc.) for the adolescent (aged 10 – 19) with mental health concerns
Stewards – Youth Outlook	https://www.stewards.hk/teen-mental-health-services	2635 7709 Mon – Fri: 1000 – 1300 1400 – 1730	Provide counselling, group, training and employment services for youth aged between 11 to 29 with Psychosis or emotional disorders
Baptist Oi Kwan Social Services	http://ymh.bokss.org.hk/	Adolescent mental health enquiries hotline: 3413 1543	Support mental health services for youth
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	https://www.nlpra.org.hk/default.aspx	2332 4343	Mental health services
The Mental Health Association of Hong Kong	http://www.mhahk.org.hk/chi/index.htm	2528 0196	Mental health services
Integrated Community Centre for Mental Wellness (ICCMW) (different districts)	https://www.swd.gov.hk/en/index/site_geoinfom ap/page_rehabmap/sub_cssmap/id_iccmwmap/		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 – Specialist Out-patient Clinics	https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10053&Lang=ENG&Dimension=100&Parent_ID=10042&Ver=HTML		
The Hong Kong College of Psychiatrists	http://www.hkpsych.org.hk/index.php?option=com_docman&view=docman&Itemid=406&lang=en		List of Private Psychiatrists in Hong Kong
Jockey Club Psychological Support Project – e GPS	https://en.egps.hk/	3188 2550 Tue – Thu: 0900 – 1300; 1400 – 1730 Fri – Sat: 0900 – 1300; 1400 – 1730 (Reservation only)	Provision of eGPS services to whom suffered from emotional disturbance. Stress on guided self-help psychotherapy.
Early Psychosis Foundation	http://www.episo.org/%E8%81%AF%E7%B5%A1%E6%88%91%E5%80%91/	6075 6504	Early psychosis intervention services, professional training, and public awareness programs
The E.A.S.Y. (Early Assessment Service for Young People with Early Psychosis) Programme	http://ipep.hk/en/community_resources/E-A-S-Y	2928 3283	Early referral, assessment & treatment for Early Psychosis
 LevelMind@JC	https://levelmind.hk/project-model	Lai Chi Kok: 3168 4094 (Whatsapp: 5322 1961) Shatin: 2698 5565	Provide a stigma-free youth-specific and youth-friendly mental wellness service model for youth mainly aged between 12 and 24.

		Sheung Shui: 2679 7557 Tsuen Wan: 2425 9348 Kwai Ching: 2868 1061 Kwun Tong: 2759 9821 (Whatsapp: 6354 1949) Wong Tai Sin: 2351 2611 (Whatsapp: 5347 8254) Chai Wan: 3956 1970 (Whatsapp: 9734 4038)	
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