

社區資源 Local Community Resources

- 以下所列之機構純屬參考，並不含推薦之意，如欲了解更多社區資源，請瀏覽互聯網。

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.

- 以下所列之機構提供免費或收費服務，詳情請向個別機構查詢。

The listed services may include charges. For details, please contact the concerned organizations.

求助熱線 Hotlines		
機構 Organization	聯絡方法 Contact	服務資料 Services
情緒通 18111 精神健康支援熱線 18111 Mental Health Support Hotline	18111	24 小時由專人接聽電話，提供一站式精神健康支援服務 24-hour mental health support hotline, and provides one-stop mental health support
香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	2389 2222	24 小時預防自殺熱線 24-hour suicide prevention hotline
撒瑪利亞會 The Samaritans	2896 0000	24 小時多種語言預防自殺熱線 24-hour suicide prevention hotline in multiple languages
生命熱線 Suicide Prevention Services	2382 0000	24 小時預防自殺熱線 24-hour suicide prevention hotline
香港明愛家庭服務 – 向晴熱線 Family Caritas Crisis	18288	24 小時熱線 – 為身處危機的個人或家庭提供危機處理及支援服務 24-hour hotline – provide crisis intervention and support for individuals or families in crisis
東華三院芷若園危機熱線 Tung Wah Group of Hospitals - Cease Crisis Centre	18281	24 小時熱線 – 為性暴力受害人、面對家庭暴力，以及面對其他家庭危機的個人或家庭提供一站式危機介入及支援服務 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
醫院管理局精神科熱線 Telephone Enquiry Service for Psychiatry	2466 7350	精神科健康問題諮詢，由精神科護士接聽，協助危機處理或緊急求助 24-hour telephone enquiry service for psychiatry by Hospital Authority
東華三院 – 同一線 PRIDE Line 24-hour Supporting Hotline for Sexual Minorities	2217 5959	為不同性傾向/性別認同的人士提供 24 小時輔導及情緒支援 Provide 24-hour counselling and emotional support for people of different genders/gender identities
明愛向晴熱線 Caritas Hotline	18288	由專業社工提供電話輔導服務，為正面對感情危機的人士而設，協助不同年齡的人士以正面及負責任的方式處理愛情危機及創傷 Hotline counselling service to those with love affairs problem

uTouch 網上青年外展服務 The Hong Kong Federation of Youth Groups - uTouch	2788 3444	為大專生設立的輔導專線 Counselling hotline service specially for students in tertiary institutions
香港神託會 - 青年新領域熱線 Stewards - Youth Outlook Hotline	2635 7709	為受著精神困擾的青年人提供情緒支援熱線服務 Hotline counselling services for youth with emotional or mental problem
東華三院 - 東華關懷熱線 Joyful (Mental Health) Foundation	2548 0010	為因工作壓力、家庭問題或個人情緒受困擾的人士，提供即時援助，紓緩來電者的情緒，或提供社會服務轉介 Hotline services which give information about mood disorders and access to clinical services for those in need
心晴行動慈善基金熱線服務 Joyful (Mental Health) Foundation	2301 2303	提供有關情緒病的資訊、求助途徑及相關服務 Hotline services which give information about mood disorders and access to clinical services for those in need.
香港家庭福利會 Hong Kong Family Welfare Society	2342 3110	由受訓義工為有需要人士或家庭提供電話輔導服務，給予情緒支援 Emotional support and peer counselling to needy people
明愛向晴軒 - 跳出沉溺專線 Caritas Family Crisis Centre – Addiction Hotline	3904 3098	為受成癮問題影響的人士和家庭提供評估、處理方法、情緒支援。 Assessment & support for people with addiction problem
東華三院越峰成長中心 - 戒毒輔導熱線 Tung Wah Group of Hospitals CROSS Centre	2884 1234	戒毒輔導熱線服務 Detoxification counselling hotline services
和諧之家 Harmony House	女士 For Woman: 2522 0434 男士 For Man: 2295 1386	提供輔導、個案跟進、轉介及支援服務；另為有需要的婦女安排危機評估，制定安全計劃，及安排入住庇護中心 Crisis intervention, counselling and resources referral for family violence victims
教育局 - 教師陽光專線 Education Bureau – Teachers’ Helpline	2892 6600	協助教師及校長處理工作壓力的問題，提供專業輔導服務、面談和安排專業人士跟進有關個案 Support teachers and principals to cope with work-related pressure

輔導/臨床心理服務 Counselling / Clinical Psychological Services		
機構 Organization	聯絡方法 Contact	服務資料 Services
賽馬會青少年情緒健康網上支援平台 “Open 喻” Hong Kong Jockey Club Charities Trust – Open Up	N/A	為年青人開拓的網上輔導平台，透過社交媒體和不同訊息工具，與年青人溝通，陪伴年青人一起面對來自學業、家庭、朋輩相處、工作等引致的情緒困擾。 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.
香港心理衛生會 – 輔負得正 The Mental Health Association of Hong Kong	N/A	以手機應用程式方式提供直接輔導，情緒測試，正向遊戲，心理健康資訊，及其他求助資源 Through the mobile app, provide counselling service, mental health information, emotional tests and positive attitude games etc
香港小童群益會 – 夜貓 online The Boys' & Girls' Clubs Association of Hong Kong - 夜貓 online	2396 9447 9726 8159 9852 8625	為 24 歲或以下的青少年提供網上輔導服務 Provide online counselling service for teenagers under 24 years old
uTouch 網上青年外展服務 The Hong Kong Federation of Youth Groups - uTouch	WhatsApp: 62778899	透過不同網上平台，為青年提供輔導服務，社工亦會辨識有需要之個案作面談及進一步跟進。 Counselling Service for adolescents via different platform
賽馬會思妍婦女精神健康計劃 – 聽心亭 Jockey Club Mental Wellness Project for Women	5965 4659 9420 9547	為合資格的 18 – 64 歲女性，提供視像心理輔導服務 Provide online counselling service for females between 18 and 64
聖雅各福群會 – 6 PM 網上青年支援隊 St James Settlement – 6 PM Cyber Youth Support Team	5933 3711	連繫在網絡上處於高危或隱蔽的 6 – 24 歲青少年，並作出適當的介入 Provide services to at-risk and hidden youths aged between 6 and 24
香港明愛 – 連線 TEEN 地 Caritas – Infinity Teens	WhatsApp: 9377 3666	為 6 – 24 歲活躍於網上並有較大成長需要的青少年提供介入服務 Provide internet counselling services for internet-active teenagers between 6 and 24.
香港神託會 – 天使在線 Stewards – Teens Online	WhatsApp: 9734 8185	為 11-25 歲的青少年提供網上輔導服務 Provide internet counselling services for teenagers between 11 and 25

<p>香港戒毒會 – 友 Chance 外展服務 The Society for the Aid and Rehabilitation of Drug Abusers – “You Got Chance” Outreaching Service</p>	<p>WhatsApp: 5264 4716</p>	<p>提供外展服務，個案輔導以及諮詢服務。社工亦會轉介個案至戒毒院舍或相關的戒毒康復機構作跟進 Provide outreach services, case counseling and consulting services. The social worker will also refer the case to related drug rehabilitation institution for follow-up.</p>
<p>專門輔導服務</p>		
<p>明愛向晴軒 – 債務及理財輔導服務 Caritas Debt & Budgeting Counselling Service</p>	<p>3161 2929</p>	<p>跨專業債務會見計劃、小額債務重組轉介計劃、支援及輔導小組等 Consultation & counselling on debt and budgeting</p>
<p>東華三院 – 健康理財家庭輔導中心(債務輔導服務) Tung Wah Group of Hospital Healthy Budgeting Family Debt Counselling Centre</p>	<p>2548 0803</p>	<p>受債務問題困擾的個人及家庭提供輔導服務 Consultation & counselling on debt and budgeting</p>
<p>明愛展晴中心 – 戒賭輔導服務 Caritas Addicted Gamblers Counselling Centre</p>	<p>1834633 WhatsApp:6829 8764</p>	<p>為受賭博問題困擾的人士(賭徒及家庭)提供戒賭、輔導及支援服務 Counseling service for problem gamblers and their families</p>
<p>東華三院平和坊 Tung Wah Group of Hospitals - Even Centre</p>	<p>2827 4321 WhatsApp:6770 5599</p>	<p>為受問題賭博影響之人士及家庭提供輔導及治療 Counseling service for problem gamblers and their families</p>
<p>母親的抉擇 Mother’s Choice – Pre-marital pregnancy service</p>	<p>2313 5678 WhatsApp:5633 5678</p>	<p>為沒有家庭的孩子和意外懷孕的少女提供服務 Pre-marital pregnancy counselling</p>
<p>香港家庭計劃指導會 The Family Planning Association of Hong Kong</p>	<p>2572 4477</p>	<p>提倡、推廣及提供性與生殖健康方面的資訊、教育、醫療及輔導服務 Information on services of the Family Planning Association, 24-hour emergency contraception & information on services for sexually assaulted victims</p>
<p>善寧會 Society for the Promotion of Hospice care</p>	<p>2331 7000</p>	<p>為末期病患及其家屬，失去摯愛的喪親人士提供支援及善別輔導服務 Counseling service for terminal patients and the bereaved</p>
<p>香港小童群益會性向無限計劃 Project Touch, The Boys’ & Girls’ Clubs Association of Hong Kong</p>	<p>2321 1103 WhatsApp: 3895 6398</p>	<p>為同志青少年提供輔導、互助小組、戀愛及伴侶支援、家長支援等服務 Services for LGBT teens include: counselling service, mutual-support group, relationship support, parent support etc.</p>

<p>東華三院心瑜軒 TWGHs Integrated Centre on Addiction Prevention & Treatment</p>	<p>2827 1000</p>	<p>為多重成癮或其他有需要人士提供熱線輔導、個案輔導及治療、精神評估及治療、身體檢查及評估、小組輔導及治療等服務</p> <p>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.</p>
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精神健康支援服務 Mental Health		
機構 Organization	聯絡方法 Contract	服務資料 Services
<p>香港大學精神醫學系 – 迎風 F20 HKU Department of Psychiatry – headwind F20</p>	<p>詳情請參閱網站 Please visit the website for more information</p>	<p>免費網上精神科諮詢 Free online psychiatric consultation</p>
<p>香港神託會 – 青少年精神健康服務 Stewards – Youth Outlook</p>	<p>2635 7709</p>	<p>為 11 – 29 歲患上思覺失調及其他情緒病的青年人提供小組活動、輔導服務及就業訓練服務</p> <p>Provide counselling, group, training and employment services for youth aged between 11 to 29 with Psychosis or emotional disorders</p>
<p>浸會愛群社會服務處 – 青少年精神健康綜合服務 Baptist Oi Kwan Social Services – Care Resources and Service Center</p>	<p>詳情請參閱網站 Please visit the website for more information</p>	<p>為需要提昇情緒或精神健康的青少年提供早期介入支援服務</p> <p>Provide consultation, groups and activities for relatives of persons with mental illness</p>
<p>新生精神康復會 New Life Psychiatric Rehabilitation Association</p>	<p>2528 0196</p>	<p>提供不同類型的心理健康服務</p> <p>Mental health services</p>
<p>香港心理衛生會 The Mental Health Association of Hong Kong</p>	<p>2528 0196</p>	<p>提供不同類型的心理健康服務</p> <p>Mental health services</p>
<p>思覺基金 Early Psychosis Foundation</p>	<p>2928 3283</p>	<p>由一群熱心於思覺失調服務的資深專業人士、學者及社會人士組成，透過結合研究及臨床經驗，與各相關組織攜手推廣高質素的思覺失調服務、專業培訓，及健康教育等活動</p>

<p>賽馬會平行心間計劃 LevelMind@JC</p>	<p>詳情請參閱網站 Please visit the website for more information</p>	<p>為 12 至 24 歲為主的青年人建立一套專為他們而設的身心靈健康服務，亦會為受到初期情緒困擾的青年人提供早期介入及支援服務 Provide a stigma-free youth-specific and youth-friendly mental wellness service model for youth mainly aged between 12 and 24</p>
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