


## 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.

<b>Hotlines</b>			
<b>Organization</b>	<b>Website</b>	<b>Contact No.</b>	<b>Services</b>
The Hong Kong Council of Social Service – Overview of Social Service Hotline	<a href="https://www.hkcss.org.hk/contact-us/?lang=en">https://www.hkcss.org.hk/contact-us/?lang=en</a>		Provide hotlines & contact of different social service
<b>24-hour Hotline</b>			
Mental Health Support Hotline 	-	18111	24-hour supporting people with mental health needs, rendering them immediate mental health support and referral services.
The Samaritan Befrienders Hong Kong	<a href="https://sbhk.org.hk/?page_id=33200&amp;lang=en">https://sbhk.org.hk/?page_id=33200&amp;lang=en</a>	2389 2222	24-hour suicide prevention hotline
The Samaritans	<a href="http://www.samaritans.org.hk">http://www.samaritans.org.hk</a>	2896 0000	24-hour suicide prevention hotline in multiple languages
Suicide Prevention Services	<a href="http://www.sps.org.hk/?a=group&amp;id=hotline">http://www.sps.org.hk/?a=group&amp;id=hotline</a>	2382 0000	24-hour suicide prevention hotline
Family Caritas Crisis	<a href="https://family.caritas.org.hk/zh-hk/services/view/11">https://family.caritas.org.hk/zh-hk/services/view/11</a>	18288	24-hour hotline – provide crisis intervention and support for individuals or families in crisis
Tung Wah Group of Hospitals - Cease Crisis Centre	<a href="http://ceasecrisis.tungwahcsd.org/contact.html">http://ceasecrisis.tungwahcsd.org/contact.html</a>	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	<a href="http://ipep.hk/en/community_resources/HA-24-7-hotline">http://ipep.hk/en/community_resources/HA-24-7-hotline</a>	2466 7350	24-hour telephone enquiry service for psychiatry by Hospital Authority
PRIDE Line 24-hour Supporting	<a href="https://www.facebook.com/TWGHsPrideLine/">https://www.facebook.com/TWGHsPrideLine/</a>	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	<a href="https://www.donotgamble.org.hk/en/helpdesk1.php?utm_source=google&amp;utm_medium=cpc&amp;utm_campaign=sem&amp;utm_term=%7Bkeyword%7D&amp;utm_content=branding">https://www.donotgamble.org.hk/en/helpdesk1.php?utm_source=google&amp;utm_medium=cpc&amp;utm_campaign=sem&amp;utm_term=%7Bkeyword%7D&amp;utm_content=branding</a>	1834633	Provide specialized counselling and treatment services for gamblers with gambling disorder and their family members.
Caritas Hotline	<a href="http://love.caritas.org.hk/">http://love.caritas.org.hk/</a>	18288 Mon - Fri : 1200 – 2300	Hotline counselling service to those with love affairs problem
<b>Other hotlines</b>			
Social Welfare Department Hotline	<a href="http://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_department/">http://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_department/</a>	2343 2255 Mon - Fri : 0900 – 1700 Sat: 0900 - 1200 Sun & PH: (24-hour 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	<a href="https://hkfyg.org.hk/en/home/">https://hkfyg.org.hk/en/home/</a>	2788 3444	Counselling hotline service specially for students in tertiary institutions
student.hk – Student Hotline	<a href="https://hyc.org.hk/aboutus/contactus.php">https://hyc.org.hk/aboutus/contactus.php</a>	2503 3399 Tue, Fri: 1400 – 1800	Counselling hotline service for students and parents related to academic, employment or emotions
Stewards - Youth Outlook Hotline	<a href="http://youthoutlook.stewards.org.hk/">http://youthoutlook.stewards.org.hk/</a>	2635 7709 Mon – Fri: 1000 – 1300 1400 – 1730	Hotline counselling services for youth with emotional or mental problem
The Media Evangelism Limited – Life Hotline	<a href="http://www.life-tme.org/life-tme3/index.asp?pg=11">http://www.life-tme.org/life-tme3/index.asp?pg=11</a>	8100 8012 Mon – Sat: 1000 - 1800	Christian-based counselling hotline
Hong Kong Young Women's Christian Association (YWCA) Counselling Hotline	<a href="https://www.facebook.com/hongkongywca/posts/1078214195709760">https://www.facebook.com/hongkongywca/posts/1078214195709760</a>	2711 6622 Mon - Fri : 1900 – 2130	Counselling hotline service

Tung Wah Cares Hotline	<a href="http://www.tungwahcsd.org/en/our-services/youth-and-family-services/family-and-child-welfare-services/TWCH/introduction;category/9">http://www.tungwahcsd.org/en/our-services/youth-and-family-services/family-and-child-welfare-services/TWCH/introduction;category/9</a>	2548 0010 Mon – Fri: 1400 – 1800 (Except PH)	Counselling hotline service
Joyful (Mental Health) Foundation	<a href="https://www.imhf.org/service">https://www.imhf.org/service</a>	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	<a href="https://www.hkfws.org.hk/en/contact-us">https://www.hkfws.org.hk/en/contact-us</a>	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	<a href="https://lksf.org/20080604/?lang=hk">https://lksf.org/20080604/?lang=hk</a>	3904 3098	Assessment & support for people with addiction problem
Tung Wah Group of Hospitals CROSS Centre	<a href="https://crosscentre.tungwahcsd.org/v3/index.php">https://crosscentre.tungwahcsd.org/v3/index.php</a>	2884 1234	Detoxification counselling hotline services
Harmony House	<a href="https://www.harmonyhousehk.org/eng">https://www.harmonyhousehk.org/eng</a>	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	<a href="https://justone.richmond.org.hk/?gclid=EAlaIQobChMIIuXOk7T15QIVQ6qWCh1mnwPwEAAYASAAEgKx9fD_BwE">https://justone.richmond.org.hk/?gclid=EAlaIQobChMIIuXOk7T15QIVQ6qWCh1mnwPwEAAYASAAEgKx9fD_BwE</a>	3512 2626	Provides counselling service for needy people
Education Bureau – Teachers'	<a href="https://www.edb.gov.hk/en/teacher/teacher-">https://www.edb.gov.hk/en/teacher/teacher-</a>	2892 6600	Support teachers and principals to

Helpline	<a href="http://helpline/about-teacher-helpline/index.html">helpline/about-teacher-helpline/index.html</a>	0800-2000 daily	cope with work-related pressure
Hong Kong Red Cross Psychological Support Service	<a href="https://www.redcross.org.hk/en/covid_pss.html">https://www.redcross.org.hk/en/covid_pss.html</a>	1000 – 1800 <b>Shall We Talk</b> 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
<b>General Counselling Services (Free-of-charge)</b>			
Social Welfare Department and Non-Governmental Organizations Integrated Family Services Center	<a href="https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_ifsbydistrict/">https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_ifsbydistrict/</a>	2343 2255	Counselling services (according to living district)
Hong Kong Christian Service –  Navigating Adversity Counselling Service	<a href="http://www.hkcs.org/en/services/nacs">http://www.hkcs.org/en/services/nacs</a>	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	<a href="http://www.cys.org.hk/aboutus/cp_eng.asp">http://www.cys.org.hk/aboutus/cp_eng.asp</a>	2761 1106	Psychological assessment & treatment (priority for urgent case & referral by own agency)
Ethnic Minority Well-being Centre	<a href="https://www.zubinfoundation.org/wellbeing">https://www.zubinfoundation.org/wellbeing</a>	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	<a href="https://chatpoint.org.hk/">https://chatpoint.org.hk/</a>	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	<a href="https://www.openup.hk/index.htm?lang=en">https://www.openup.hk/index.htm?lang=en</a>	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	<a href="https://www.mhahk.org.hk/index.php/service/pr_omoedu/dce/counsellingapp/">https://www.mhahk.org.hk/index.php/service/pr_omoedu/dce/counsellingapp/</a>	iOS & Android Mobile App Mon – Fri: 0200 - 1000	Through the mobile app, provide counselling service, mental health information, emotional tests and positive attitude games etc
The Boys' & Girls' Clubs Association of Hong Kong - 夜貓 online	<a href="https://nitecat.bgca.org.hk/">https://nitecat.bgca.org.hk/</a>	2396 9447 9726 8159 9852 8625	Provide online counselling service for teenagers under 24 years old
The Hong Kong Federation of Youth Groups - uTouch	<a href="https://utouch.hk/">https://utouch.hk/</a>	WhatsApp : 62778899 Email: utouch@hkfyg.org.hk Facebook:	Counselling Service for adolescents via different platform

		www.facebook.com/utouch.hk Instagram: utouch_hkfyg	
Jockey Club Mental Wellness Project for Women -	<a href="https://www.isleofsoul.hku.hk/%E8%81%BD%E5%BF%83%E4%BA%AD">https://www.isleofsoul.hku.hk/%E8%81%BD%E5%BF%83%E4%BA%AD</a>	5965 4659 / 9420 9547	Provide online counselling service for females between 18 and 64.
St James Settlement – 6 PM Cyber Youth Support Team	<a href="https://www.cyberyouth.sjs.org.hk/services">https://www.cyberyouth.sjs.org.hk/services</a>	5933 3711	Provide services to at-risk and hidden youths aged between 6 and 24
Caritas – Infinity Teens	<a href="https://it.caritas.org.hk/">https://it.caritas.org.hk/</a>	WhatsApp: 9377 3666	Provide internet counselling services for internet-active teenagers between 6 and 24.
Stewards – Teens Online	<a href="https://www.teenonline.hk/">https://www.teenonline.hk/</a>	WhatsApp: 9734 8185	Provide internet counselling services for teenagers between 11 and 25
The Jockey Club TourHeart+ Project	<a href="https://www.ichtplus.org/">https://www.ichtplus.org/</a>		Provide one-stop online platform and personalized mental health self-help services, including self-help psychological interventions, emotional self-help tools, and educational information about psychology and mental health
RainLily – SafeChat Online Support	<a href="https://rainlily.org.hk/chi/safechat">https://rainlily.org.hk/chi/safechat</a>	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	<a href="https://www.sarda.org.hk/eng/index.html">https://www.sarda.org.hk/eng/index.html</a>	WhatsApp: 5264 4716	Provide outreach services, case counseling and consulting services. The social worker will also refer the case to related drug rehabilitation

			institution for follow-up.
<b>General Counselling Services (Fee-Charging)</b>			
Baptist Oi Kwan Social Service Clinical Psychology & Counselling Services	<a href="https://bokss.org.hk/clinical-psychological-and-counseling-services?lang=en">https://bokss.org.hk/clinical-psychological-and-counseling-services?lang=en</a>	3413 1604 / 3413 1620	Counselling & clinical psychological services
Breakthrough Counselling Centre	<a href="https://www.breakthrough.org.hk/en/about-breakthrough/interpersonal-ministry/breakthrough-counselling-centre/">https://www.breakthrough.org.hk/en/about-breakthrough/interpersonal-ministry/breakthrough-counselling-centre/</a>	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)	<a href="https://www.counselling.caritas.org.hk/">https://www.counselling.caritas.org.hk/</a>	2525 6265	Counselling & clinical psychological services
Chinese YMCA of Hong Kong Counselling Service	<a href="https://cou.ymca.org.hk/en">https://cou.ymca.org.hk/en</a>	2783 3431	Provide individual & family counselling services
Concorde Psychological Services (Youth Outreach)	<a href="http://www.youthoutreach.org.hk/cps">http://www.youthoutreach.org.hk/cps</a>	2513 0213	Psychological assessment & support
Hong Kong Family Welfare Society – Wellness Programme	<a href="http://www.wellnesshk.com/en/public/individual-family-counseling">http://www.wellnesshk.com/en/public/individual-family-counseling</a>	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	<a href="http://cs.skhwc.org.hk/tc/therapy">http://cs.skhwc.org.hk/tc/therapy</a>	2713 9174	Provide clinical psychological service, family and pre-marriage counselling service
YWCA Family Wellness Centre	<a href="https://www.mind.org.hk/service_providers/ywca-family-wellness-centre/">https://www.mind.org.hk/service_providers/ywca-family-wellness-centre/</a>	3443 1601	Provide services of individual counselling, children play therapy, marriage and family counselling, and

			risk management supporting services
The Mental Health Association of Hong Kong – T.N.Foo Centre for Positive Mental Health	<a href="http://mhahk.org.hk">T.N.Foo Centre for Positive Mental Health (mhahk.org.hk)</a>	3583 1196	Individual & family counselling, psychological assessment & treatment. Subsidized counselling service is available
ReSource – The Counselling Centre LTD	<a href="http://resourcecounselling.org/en/about-resource/">http://resourcecounselling.org/en/about-resource/</a>	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	<a href="http://www.ucep.org.hk/index.php?section=clinical">http://www.ucep.org.hk/index.php?section=clinical</a>	2349 3212 Mon - Sat	Psychological counselling & treatment
Yang Memorial Methodist Social Services	<a href="https://www.yang.org.hk/en/service_detail.php?id=23">https://www.yang.org.hk/en/service_detail.php?id=23</a>	2171 4111	Counselling & family support services
Hong Kong Mood Disorders Centre	<a href="https://www.hmdc.cuhk.edu.hk/contact-us/">https://www.hmdc.cuhk.edu.hk/contact-us/</a>	2144 6004	Education and treatment to people with mental health concerns
<b>Specialized Counselling or Support Services</b>			
Counselling Centres for Psychotropic Substance Abusers	<a href="https://www.nd.gov.hk/en/list_of_major_organizations_providing_drug_treatment_and_rehabilitation_services.html">https://www.nd.gov.hk/en/list_of_major_organizations_providing_drug_treatment_and_rehabilitation_services.html</a>		Provide a focal point for psychotropic substance abusers to receive relevant information and timely counselling, as well as treatment and rehabilitation
Caritas Debt & Budgeting Counselling Service	<a href="http://debt.caritas.org.hk/">http://debt.caritas.org.hk/</a>	3161 2929	Consultation & counselling on debt and budgeting
Tung Wah Group of Hospital Healthy Budgeting Family Debt Counselling Centre	<a href="http://www.tungwahcsd.org/en/our-services/youth-and-family-services/specialized-counselling-services/HBFDCC/introduction;category/9">http://www.tungwahcsd.org/en/our-services/youth-and-family-services/specialized-counselling-services/HBFDCC/introduction;category/9</a>	2548 0803	Consultation & counselling on debt and budgeting



Caritas Addicted Gamblers Counselling Centre	<a href="https://gamblercaritas.org.hk/">https://gamblercaritas.org.hk/</a>	2499 7828 Hotline: 1834633 press 2 WhatsApp: 6829 8764 (Emergency 18288)	Counseling service for problem gamblers and their families
Hong Kong Lutheran Social Service - Sunshine Lutheran Centre	<a href="http://www.sunshine-lutheran.org.hk/">http://www.sunshine-lutheran.org.hk/</a>	8108 3933 WhatsApp: 6606 3933	Counseling service for problem gamblers and their families
Tung Wah Group of Hospitals Even Centre	<a href="https://eventcentre.tungwahcsd.org/service-hours? lang=en">https://eventcentre.tungwahcsd.org/service-hours? lang=en</a>	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	<a href="https://www.motherschoice.org/en/">https://www.motherschoice.org/en/</a>	2313 5678 WhatsApp: 5633 5678	Pre-marital pregnancy counselling
The Family Planning Association of Hong Kong	<a href="https://www.famplan.org.hk/en">https://www.famplan.org.hk/en</a>	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	<a href="https://family.caritas.org.hk/zh-hk/services/view/21#.X2HUamgzaUk">https://family.caritas.org.hk/zh-hk/services/view/21#.X2HUamgzaUk</a>	2649 9900 Wed: 1400 – 2100	Counselling service for adult survivors of childhood trauma

Society for the Promotion of Hospice care	<a href="https://www.hospicecare.org.hk/?lang=en">https://www.hospicecare.org.hk/?lang=en</a>	2331 7000	Counselling service for terminal patients and the bereaved
Project Touch, The Boys' & Girls' Clubs Association of Hong Kong	<a href="http://newtouch.net">http://newtouch.net</a>	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	<a href="http://icapt.tungwahcsd.org/?locale=en-US">http://icapt.tungwahcsd.org/?locale=en-US</a> Online Counselling  <a href="https://goo.gl/forms/1hC3IngN81fENtOi1">https://goo.gl/forms/1hC3IngN81fENtOi1</a>	Hotline: 2827 1000	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
Po Leung Kuk Family and Intimate Partner Relationship Hotline for Men	<a href="http://family.poleungkuk.org.hk/en/page.aspx?pageid=876">http://family.poleungkuk.org.hk/en/page.aspx?pageid=876</a>	2899 0019	The service is provided on 24-hour basis. The staff on duty will listen and help analyze problems from male perspective and provides relevant service information. If the need arises, our social worker will follow-up by phone or provide face-to-face counseling.
Po Leung Kuk Refuge Centres for Women	<a href="http://family.poleungkuk.org.hk/en/page.aspx?pageid=874">http://family.poleungkuk.org.hk/en/page.aspx?pageid=874</a>	1001155	provide temporary accommodation and support services for women and their children facing family relationship problem or in danger of domestic violence. Single girl in need can also be referred for admission by

social worker.

## Mental Health

Organization	Website	Contact No.	Services
HKU Department of Psychiatry – headwind F2O	<a href="https://www.youthmentalhealth.hku.hk/">https://www.youthmentalhealth.hku.hk/</a>	<a href="https://hku.au1.qualtrics.com/jfe/form/SV_8AnA4YnGgghUyup">https://hku.au1.qualtrics.com/jfe/form/SV_8AnA4YnGgghUyup</a>	Free online psychiatric consultation
The Hong Kong Council of Social Service – “Time to Heal”	<a href="http://www.timetoheal.org.hk/page/about">http://www.timetoheal.org.hk/page/about</a>	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 is required. Please contact Counsellor for assistance if you are in need.)
Richmond “Instant hotline”	<a href="https://justone.richmond.org.hk/?gclid=EAlaIqobChMlluXOk7T15QIVQ6qWCh1mnwPwEAAAYASAAEgKx9fD_BwE">https://justone.richmond.org.hk/?gclid=EAlaIqobChMlluXOk7T15QIVQ6qWCh1mnwPwEAAAYASAAEgKx9fD_BwE</a>	3512 2626	24-hour hotline service for public with mental health concerns.
Centre for Adolescent Mental Health Prevention and Intervention	<a href="http://www.cfsc.org.hk/rehab/ym/en/about.php">http://www.cfsc.org.hk/rehab/ym/en/about.php</a>	2706 5262 6732 7143 (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	<a href="https://www.stewards.hk/teen-mental-health-services">https://www.stewards.hk/teen-mental-health-services</a>	2635 7709	Provide counselling, group, training and employment services for youth aged between 11 to 29 with Psychosis or emotional disorders
Baptist Oi Kwan Social Services	<a href="http://ymh.bokss.org.hk/">http://ymh.bokss.org.hk/</a>	Enquiries hotline: 3413 1543	Support mental health services for youth
Baptist Oi Kwan Social Services – Care	<a href="http://carer.bokss.org.hk/">http://carer.bokss.org.hk/</a>	2560 0651	Provide consultation, groups and

Resources and Service Center		Mental health enquiry hotline 2535 4135	activities for relatives of persons with mental illness
New Life Psychiatric Rehabilitation Association	<a href="https://www.nlpra.org.hk/default.aspx">https://www.nlpra.org.hk/default.aspx</a>	2332 4343	Mental health services
The Mental Health Association of Hong Kong	<a href="https://www.mhahk.org.hk/">https://www.mhahk.org.hk/</a>	2528 0196	Mental health services
Integrated Community Centre for Mental Wellness (ICCMW) (different districts)	<a href="https://www.swd.gov.hk/en/index/site_geoinfo/map/page_rehabmap/sub_cssmap/id_iccmwmap/">https://www.swd.gov.hk/en/index/site_geoinfo/map/page_rehabmap/sub_cssmap/id_iccmwmap/</a>		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	<a href="https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10053&amp;Lang=ENG&amp;Dimension=100&amp;Parent_ID=10042&amp;Ver=HTML">https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10053&amp;Lang=ENG&amp;Dimension=100&amp;Parent_ID=10042&amp;Ver=HTML</a>		
The Hong Kong College of Psychiatrists	<a href="https://www.hkpsych.org.hk/index.php?lang=en&amp;Itemid=296">https://www.hkpsych.org.hk/index.php?lang=en&amp;Itemid=296</a>		List of Private Psychiatrists in Hong Kong
Jockey Club Psychological Support Project – e GPS	<a href="https://en.egps.hk/">https://en.egps.hk/</a>	3188 2550	Provision of eGPS services to whom suffered from emotional disturbance. Stress on guided self-help psychotherapy.
Early Psychosis Foundation	<a href="http://www.episo.org/%E8%81%AF%E7%B5%A1%E6%88%91%E5%80%91/">http://www.episo.org/%E8%81%AF%E7%B5%A1%E6%88%91%E5%80%91/</a>	6075 6504	Early psychosis intervention services, professional training, and public awareness programs
E.A.S.Y. (Early Assessment Service for Young People with Early Psychosis)	<a href="http://ipep.hk/en/community_resources/E-A-S-Y">http://ipep.hk/en/community_resources/E-A-S-Y</a>	2928 3283	Early referral, assessment & treatment for Early Psychosis
LevelMind@JC	<a href="https://levelmind.hk/project-model">https://levelmind.hk/project-model</a>	Lai Chi Kok:	Provide a stigma-free youth-specific and youth-friendly mental wellness

		3168 Shatin: 2698 5565 Sheung Shui: 2679 7557 Tsuen Wan: 2425 9348 Kwai Ching: 2868 1061 Kwun Tong: 2759 9821 Wong Tai Sin: 2351 2611 Chai Wan: 3956 1970	4094	service model for youth mainly aged between 12 and 24.
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