

Resources

Counselling and Psychological Services at HKU

If you would like to have a further discussion, feel free to make an appointment with the professional counsellors at Mind and Wellbeing, CEDARS. It is free-of-charge, professional and confidential. Don't hesitate to seek help if needed. There are also services and support in the community. You may explore further with the community resources below:

Email: cedars-mwb@hku.hk Phone : 3917-8388

Community resources

Online Counselling	
Open Up - Jockey Club Online Youth Emotional Support	Website: www.openup.hk Facebook: www.facebook.com/hkopenup WhatsApp/SMS: (852) 9101-2012 WeChat: hkopenup
The Jockey Club TourHeart+ Project - self-help psychological interventions	Website: https://www.jcthplus.org/
uTouch online & WhatsApp counselling (Tue – Thur, 4:00 pm – 10:00 pm; Fri – Sat, 4:00 pm – 2:00 am)	Website: utouch.hk Facebook: utouch.hk Instagram: @utouch_hkfyg Whatsapp: (852) 6277-8899 Telegram: @utouchsocialworker
headwind - online service by Youth Mental Health Team, HKU Department of Psychiatry	Website: https://www.youthmentalhealth.hku.hk/
“Counseline@MHAHK” - mobile app of Mental Health Association of HK Online counselling via mobile app (Mon – Fri, 2:00 pm – 10:00 pm)	“Counseline@MHAHK” could be downloaded from Apple Store or Google Play for free
LevelMind@JC	Website: https://www.levelmind.hk/
Caritas Infinity Teens – Cyber Youth Support Team	Website: https://it.caritas.org.hk/ Instagram: @caristas.infinityteens Whatsapp / Signal: 9377-3666 Telegram: @caritasinfinityteens
Stewards - Teens Online 天使在線	Website: https://www.teenonline.hk/ Phone: 2648-0299 Whatsapp: 9734-8185 Email: teenonline@stewards.hk

24 Hours Hotlines

The Samaritan Befrienders Hong Kong	(852) 2389-2223
The Samaritans – 24-hour Multi-lingual Suicide Prevention Services	(852) 2896-0000
Suicide Prevention Services	(852) 2382-0000
Caritas Family Crisis Support Centre	(852) 18288
Social Welfare Department Hotline (will be transferred to the Tung Wah Group of Hospitals hotline for certain hours)	(852) 2343-2255
Tung Wah Group of Hospitals (TWGHs) CEASE Crisis Centre	(852) 18281
24-hour Hospital Authority Psychiatric Hotline	(852) 2466-7350

Counselling Hotlines

HKFYG Hotline Counselling Services (Mon – Sat, 2:00 pm – 2:00 am) (For youth aged 6 - 24)	(852) 2777-8899
YWCA Hotline (Mon – Fri, 7:00 pm – 9:30 pm)	(852) 2711-6622 Website: https://fwcyyc.ywca.org.hk/services/rexianfuwu
Joyful (Mental Health) Foundation (Mon – Fri, 10:00am – 1:00pm, 2:00pm – 5:00pm ; Sat, 10:00am – 1:00pm)	(852) 2301-2303 Website: https://www.jmhcf.org/service

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