

Resources

Counselling and Psychological Services at HKU

If you would like to have a further discussion on the issue of procrastination, feel free to make an appointment with the professional counsellors at the Counselling and Person Enrichment (CoPE) Section of 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-cope@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](https://www.facebook.com/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.teensonline.hk/>
Phone: 2648-0299
Whatsapp: 9734-8185
Email: teensonline@stewards.hk

24 Hours Hotlines

The Samaritans 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 U-Line (Mon – Sat, 2:00 pm – 2:00 am) (For university students)	U-Line: (852) 2777-0309 Hotline Counselling Services: (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.jmhf.org/service

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