

Mental Health Contacts in Hong Kong @



- *Wherever you are, you should always talk to someone if you are feeling down, sad or depressed. Immediately find someone you know and talk to them, tell them how you are feeling (you can tell them that you don't want to be 'fixed'), you just want them to listen to you.*
- *use the services below or go straight to the internet and look up [Hong Kong Youth Mental Health support services](#) or [Hong Kong Suicide Prevention](#), then act contact them!*

In Hong Kong

Talk to your friends, family, school counsellor, a respected elder or contact a support service. Ensure that you do talk to someone you are comfortable with and trust.

Suicide Crisis Intervention Centre: 2341 7227

The Samaritan Befrienders Hong Kong - Suicide Crisis Intervention Centre (SCIC) provides round-the-clock outreaching service, crisis intervention and intensive counselling to persons at moderate/ high suicidal risk. SCIC also cooperates with the Life Education Centre and Hotline Centre and other related organisations to render other support services to persons affected by suicidal behaviour (including family members and friends).

Address : Unit 1, 3/F, Shui Tin House, Pak Tin Estate, Shek Kip Mei, Kowloon

Suicide Prevention Services: 2382 0000

is serving people who are suicidal, despairing or in emotional distress by means of befriending and other services helping them to regain control of their emotions and the will to live on. We also aim at raising general awareness towards suicide and identifying ways in which suicides can be effectively addressed.

Address : G/F, 14-15 Yat Tung House, Kowloon, Hong Kong

Hours: Mon, Tues, Wed, Thurs, Fri, Sat, Sun: 00:00 - 23:00

Website: sps.org.hk

The Samaritans: 2896 0000

are here to listen, no matter how disturbing or ordinary the problem may seem. We do not give advice, or tell you what to do. We are here to offer unconditional emotional support

Because we know emotional distress does not discriminate or choose its time, we are always here for our callers, 24 hours a day, 365 days a year. Because suicide continues to be one of the leading causes of death in Hong Kong, we have to do as much as we can, despite limited resources, to raise emotional health awareness and to encourage people in need to seek emotional support

G.PO Box 7953, Hong Kong

E-mail: jo@samaritans.org.hk

Website: samaritans.org.hk



Richmond Fellowship: 2529 1323

The Richmond Fellowship run world renowned programmes to support people experiencing health issues.

Address: Room 1801, 18/F, 21 Pak Fuk Road, North Point E-mail: rfho@richmond.org.hk
Website: <http://richmond.org.hk/zh> or <http://richmond.org.hk/en>

Other sources of support

Hong Kong Federation of Youth Groups 2777 8899

Organisation runs a counselling hot line. The Hong Kong Federation of Youth Groups (HKFYG) is now also the city's main youth work organisation. It provides opportunities and facilities for the social, educational, cultural and physical development of young people. The Federation is committed to setting up a youth membership network, while continuing to provide quality services that address the issues and concerns of young people's problems and by promoting healthy all-round development. Over 20,000 activities organised annually.

Address: 21 Pak Fuk Road, North Point, Hong Kong, E-mail: mcc@hkfyg.org HK.

Website: <http://mcc.hkfyg.org.hk/page.aspx?corpname=mcc&i=6445>

Hong Kong Satir Centre 2336 3121

Organisation runs 'fee for service' counselling (but has a fee rebate scheme as well). People have the ability and internal resources to change and grow. Their mission is to support, connect and empower individuals, families and organizations through the Satir Model. Services include Personal growth workshops, Professional counseling training, Training service for other agencies, Counseling and supervision services, Books and other educational resources for sale

Address: 11/F, Breakthrough Cntr, No.191 Woosung Street, Kln, E-mail: office@hksatir.org

Website: www.hksatir.org