

Hotlines (Local) 本地求助熱線

Organizations	Service hours	Contact
Breakthrough 突破輔導中心	4:30 pm - 7:30 pm	Tel: 2317 0733
Caritas Family Service 24 hours hotline 向晴熱線 (香港明愛家庭服務)	24 hours	Tel: 18288
HKFYG 關心一線 (香港青年協會)	Mon-Sat: 2 pm - 2 am	Tel: 2777 8899 Email: mcc@hkfyg.org.hk
Media Evangelism Limited 人生熱線 (影音使團)	Mon - Sat: 10 am - 10 pm; Sun: 4 pm - 10 pm	Tel: 8100 8012 Email: gospel@life-tme.org
Social Welfare Department hotline 社會福利署熱線		Tel: 2343 2255 (Press 7 for services)
Tung Wah Group of Hospitals 東華關懷熱線 (東華三院)	Mon-Fri: 2 pm - 6 pm	Tel: 2548 0010 Email: twghcares@tungwah.org.hk

Self-help resources 自助資料

Web resources	Contact
人生熱線急救手冊資料庫	
晴天 online	
The Mental Health Association of Hong Kong (Cantonese or Putonghua only) 心理健康輔導及資訊熱線 (香港心理衛生會)	Tel: 2772 0047 (按"9"字選擇"情緒疏導")
Smart patient , Hospital Authority 智友站 (醫院管理局)	
United centre of emotional health & positive living (Chinese only) 做情緒的主人 (聯合情緒健康教育中心)	Tel: 2349 3212

Counselling services 輔導服務

Organizations	Contact
Breakthrough Counselling Centre 突破輔導中心	Tel: 2377 8511 (during 9:30 am to 5:30 pm, Monday, Wednesday to Friday) Email: btcc@breakthrough.org.hk Address: 2/F, Breakthrough Centre, 191, Woo Sung Street, Kowloon
Green Pastures Whole Person Development Centre 青草地全人發展中心	Tel: 2771 1370 Email: enquiries@greenpastures.com.hk Address: 9/F Wofoo Commerical Building, 574-576 Nathan Road, Kowloon, Hong Kong.
United Centre of Emotional Health & Positive Living 聯合情緒健康教育中心	Tel: 2775 3360 Address: 九龍牛頭角道 55 號利基大廈 A 座二樓

Additional resources for helping hands

Organizations	Contact
Counselling and Research Centre, Hong Kong Shue Yan University 輔導暨研究中心	Tel: 2806 7333 Address: 10 Wai Tsui Cresent, Braemar Hill, North Point, H.K
Family Council 家庭議會	Tel: 2859 5300 Address: 5/F, Tsan Yuk Hospital, 30 Hospital Road, Sai Ying Pun, Hong Kong