

Support Available

These slides contain information about support available in Hong Kong.

Your wellbeing is very important to us. The school will do all we can to provide you with the right support.

If you or parents need some help at the weekend, during holidays or after school hours, please refer to the hotlines available to support you in Hong Kong.



Support Available

Remember...

Just like we all have physical health,
we **all** have **mental health**.

We all need support at times and it is ok to ask for help.



Support Available in Hong Kong



Online Emotional Support Services



OPEN UP

(Youth: 11 to 35)
24 hrs (Chinese & English)
Website/
SMS/Whatsapp: 9101 2012
WeChat:hkopenup/Facebook



uTouch

(Youth: 6 to 24)
Tue - Thur (4-10pm)
Fri- Sat (4pm-2am)
(Chinese & English)
Portal/Whatsapp: 6277 8899
Facebook: utouch.hk
Instagram: utouch_hkfyg

headwind

迎風

HEADWIND F2O

(Youth: 11 to 35)
(Chinese & English)
Fill in the application form and
then they will contact you as
soon as possible
Whatsapp/Signal/Online
Meeting



CHAT 隆

網上情緒支援平台
服務時間:
星期一至五下午4時-凌晨1時
星期六、日、公眾假期晚上8時-凌晨1時

Chatpoint (General Public)

Mon-Fri (4pm-1am)
Sat,Sun,P.H.
(8pm-1am)
(Chinese and English)
Web Engagement Service



You may find more information [HERE](#)



Emotional Support Helplines



Youth Outreach

Youth Hotline

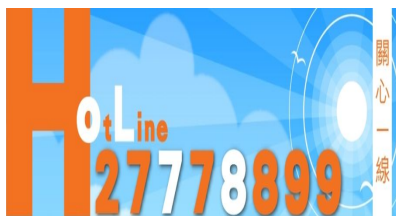
(Youth: 10-18)
Counselling service and short
term housing
10pm-6am(Chinese and
English)
Whatsapp/Tel: 9088 1023



Suicide Prevention

Services - Youth Link

(Youth: below 24)
Counselling hotline
2pm - 2am
Tel: 2382 0777



關心一線

(Youth: 6 - 24)
Mon-Sat 2pm-2am
(Cantonese)
Tel:2777 8899



KELY Support Group Project Connect

(Youth:14- 24)
Mon-Fri 9am-6pm
Tel:5647 6688
WhatsApp/Signal



Emergencies & Crisis Intervention



24-hour Hotlines:

[The Samaritans](#) Tel: 2869 0000

[The Samaritans Befrienders H.K.](#) Tel: 2389 2

[Suicide Prevention Services](#) Tel: 2382 0000

[24-hour Hospital Authority Psychiatric Hotline](#) Tel: 2466 7350

You may find more information [HERE](#)



The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會



Professional Support (External Counselling Services)



St. John's Cathedral
Counselling Service

[St. John's Cathedral Counselling Service](#)

Tel: 2525 7207



[The Hong Kong Psychological Counselling Center](#)

Tel: 6676 4236



You may find more Community Resources on our [school counselling webpage](#)



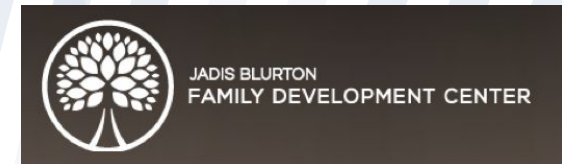
[ReSource - The Counselling Centre Ltd.](#)

Tel: 2523 8979

CENTRAL HEALTH

[Central Health](#)

Tel: 2824 0822 Duddell St. / 2592 9000
Southside



[Jadis Burton Family Development Center](#)

Tel: 2869 1962



Support Available

Emergency Child Protection Officers summer contact:

Ms Yee - sue.yee@qbs.edu.hk

Mr Cogbill - phil.cogbill@qbs.edu.hk

Ms Gorman - sarah.gorman@qbs.edu.hk

