

Psychological Counselling

Life is full of challenges.
You are not alone.
Come to talk with our counsellor!

Contact Us

Telephone:
3442 8478

E-mail:
socs@cityu.edu.hk

Address:
Student Development Services, 6/F,
Bank of China (Hong Kong) Complex

Website:



Counselling Hours:
Monday to Friday:
09:00-12:45
14:00-17:30

How to Make an Appointment

 Come to our office at Student Development Services

 Call us at 3442 8478 during Counselling hours.

 Send an email to socs@cityu.edu.hk



Service Objectives

The psychological counselling service offered by Student Development Services helps students overcome their personal difficulties and develop their potential so that they can lead a more fulfilling and rewarding life.



How We Can Help

While educational experience in the university is both exciting and fulfilling, it can also be stressful at times. You would benefit from counselling if you have the following concerns:

- Adapting to university life
- Emotional management
- Interpersonal relationships
- Love and sex
- Mental health
- Personal growth
- Self-understanding
- Study difficulties



Each counselling session lasts for 50 minutes and all information is kept strictly confidential.



After-hour Emergencies & Support

Should you require immediate emergency assistance after office hours, you can get help from the following options:

1. Accidental & Emergency Unit of Public Hospitals

Public Hospital nearest to CityUHK is the Caritas Medical Centre
111 Wing Hong Street, Shamshuipo, Kowloon
3408 7911

2. Crisis Lines

Mental Health Support Hotline
18111

CityUHK Caring Hotline
5117 7807

Caritas Family Crisis Support Centre (Crisis Hotline)
18288
<http://fcsc.caritas.org.hk>

Hospital Authority Mental Health Hotline
2466 7350
<http://www.ha.org.hk>

Suicide Prevention Services
2382 0000
<http://www.sps.org.hk>

The Hong Kong Federation of Youth Groups (Youthline)

Mon-Sat: 14:00-02:00
2777 8899
<http://www.hkfyg.org.hk>



Support to Staff

We provide consultation and workshops to staff on matters relating to student counselling and mental health.



Referral by Staff



With the student's consent, staff can refer the student for counselling.



Staff may either ask the student to contact us directly or arrange an appointment on the student's behalf.