

Support to Staff

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

Community Resources

If you need outside resources to deal with your problem, you may approach us for referral information. You may also choose the service that suits you from the list of community resources in our website.

Contact Us

Telephone : **3442 8478**
After-office-hour Hotline :
5117 7807

E-mail : **socs@cityu.edu.hk**

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

Website :
**[https://www.cityu.edu.hk/sds/
web/counselling.shtml](https://www.cityu.edu.hk/sds/web/counselling.shtml)**

Office Hours
Monday to Friday : 09:00 – 12:45
14:00 – 17:30



Psychological Counselling

Life is full of challenges and consultation with a counsellor can be a rewarding experience for personal growth.

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 seeing a friendly and experienced counsellor 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.

How to Make an Appointment

1. Come to our office at Student Development Services, 6/F, Bank of China (Hong Kong) Complex
2. Call us at 3442 8478 during office hours.

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.

What to Do in Case of Emergency

Office Hours

In case of urgent need for psychological counselling due to emotional crisis, you are strongly advised to visit the reception counter of SDS. One of our counsellors will attend to you immediately.

After Office Hours

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

1. Emergency Ward of Public Hospital

Public Hospital nearest to CityU is the **Caritas Medical Centre**
111 Wing Hong Street, Shamshuipo, Kowloon
Tel: 3408 7911

2. Crisis Lines

If you feel the need to talk to someone, you may contact any of the following helplines:

The Hongkong Federation of Youth Groups (Youthline) 2777 8899
Mon - Sat: 14:00 – 02:00
<http://www.hkfyg.org.hk>

24-hour Helpline:

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 Samaritan Befrienders Hong Kong 2389 2222
<http://www.sbhk.org.hk>