

本中心設有一個開放式的心靈休憩間,放置各類身心靈的書籍和影音教材,亦會提供靜觀、 鬆弛練習及各種提升心靈健康活動,鼓勵同學 自由參與。

The Centre features a specially designed wellness area whereby you can read books and watch videos to nourish your soul and your mind. The centre also offers mindfulness and relaxation training together with other mental wellness promotion activities.

## ──:預約方法::-

除了致電或親臨本中心外,你亦可以在網上 預約輔導服務。

## Make an appointment

Other than calling or visiting us, you can make an appointment through our website.

網上預約: Make an appointment:





### 聯絡我們

地址:香港中文大學龐萬倫學生中心2樓

電話: 3943 7208/ 3943 3493

傳真: 2603 7388

電郵: wacc@cuhk.edu.hk

網址:www.cuhk.edu.hk/osa/wacc 中大24小時情緒支援熱線:5400 2055

### 辦公時間

星期一至四 上午8時45分至下午1時; 下午2時至5時30分 星期五

上午8時45分至下午1時; 下午2時至5時45分

\*辦公時間外,如在校園需要緊急協助, 請聯絡宿舍/書院職員或保安組 (電話:3943 7999)。

#### Contact Us -

Address: 2/F, Pommerenke Student Centre, CUHK
Tel No.: 3943 7208/ 3943 3493

Fax: 2603 7388

Email: wacc@cuhk.edu.hk

Website: www.cuhk.edu.hk/osa/wacc

CUHK 24-hour Emotional Support Hotline: 5400 2055

### Office Hour -

Mon - Thu

8:45 am - 1:00 pm; 2:00 pm - 5:30 pm

Fri

8:45 am - 1:00 pm; 2:00 pm - 5:45 pm

\* For emergency assistance on campus outside office hours, please contact hostel/college staff or security office (Tel: 3943 7999).



# 香港中文大學 學生事務處 心理健康及輔導中心

Wellness and Counselling Centre,
Office of Student Affairs,
The Chinese University of Hong Kong



# 服務宗旨——

「心理健康及輔導中心」由專業的輔導員團隊包括臨床 心理學家、社工及輔導學專家組成。除了提供心理輔導 服務之外,更提倡心理健康的概念,協助同學適應大學 生活的種種挑戰,發揮所長以及追求全人發展。

## — Service Objectives — —

Wellness and Counselling Centre (WACC) is run by a group of professional counsellors including clinical psychologists, social workers and counselling experts. The Centre aims primarily to assist students to overcome difficulties in adjusting to various challenges in university life, and to achieve personal growth and self-enhancement.





# 服務範圍 Types of Services



◆ 提供個人心理 輔導服務 Psychological Counselling Services

◆ 為新生舉辦迎新 及適應講座 Self-Enhancement Campaigns for New Students



◆ 舉辦小組活動 和成長坊 Development Programmes



◆推行'uBuddie'朋輩 輔導聯網及 'uPal' 心理健康推廣團隊 'uBuddies' Peer Counselling Network & 'uPals' Wellness Promotion Team



中大24小時情緒支援熱線 CUHK 24-hour Emotional Support Hotline

5400 2055

◆ 提供心理健康 講座及課程 Provide Mental Health Talks and Courses



## 其他服務: Other Service:







定期進行 問卷調查和研究, 以了解學生的 心理健康狀況 Conduct surveys periodically to understand students' mental health condition. 編訂處理學生問題 的機制和指引 Develop operational guidelines on handling students' problems





Target:
All registered full-time
undergraduate and postgraduate
students of CUHK are eligible for
counselling service offered by our Centre.

對象:

所有已註冊的 中大全日制本科生 及研究生均可享用本中心 所提供的免費輔導服務。



