

## United College Counselling Support to Hostel Resident Students under COVID-19

### Links about Accepting Emotions:

#### 1. 香港中文大學疫症情緒健康研究

<https://www.wmhsurvey.cuhk.edu.hk/%E6%83%85%E7%B7%92%E5%81%A5%E5%BA%B7%E8%B3%87%E8%A8%A-1>

#### 2. Red Cross

[https://www.redcross.org.hk/sites/redcross/files/media/ccsd\\_files/%E7%96%AB%E5%A2%83%E4%B8%AD%E7%9A%84%E6%83%85%E7%B7%92%E8%99%95%E7%90%86\\_GENhk\\_CHI\\_final.pdf](https://www.redcross.org.hk/sites/redcross/files/media/ccsd_files/%E7%96%AB%E5%A2%83%E4%B8%AD%E7%9A%84%E6%83%85%E7%B7%92%E8%99%95%E7%90%86_GENhk_CHI_final.pdf)

#### 3. Jockey Club and New life

Online mental wellness self-checking

<https://www.egps.hk/mood-checkup>

### Related Activities at CUHK:

#### 1. CUHK Sunshine by OSA

<https://www.sunshine.cuhk.edu.hk/tc/%E6%89%BE%EF%BC%8E%E6%B4%BB%E5%8B%95%E6%A8%82%E5%AD%90/current-forthcoming-events-tc/>

[https://www.instagram.com/cuhk\\_osa\\_cpdc/?hl=zh-hk](https://www.instagram.com/cuhk_osa_cpdc/?hl=zh-hk)

#### 2. Harbouratcuhk

[https://instagram.com/harbouratcuhk?utm\\_medium=copy\\_link](https://instagram.com/harbouratcuhk?utm_medium=copy_link)

#### 3. Activities by NGOs:

<https://www.cahk.org.hk/zh-hant/work/GHKG/#special>

<https://www.facebook.com/HKMentalHealthFoundation/>

<https://hkfyg.org.hk/zh/caringtocall/>

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