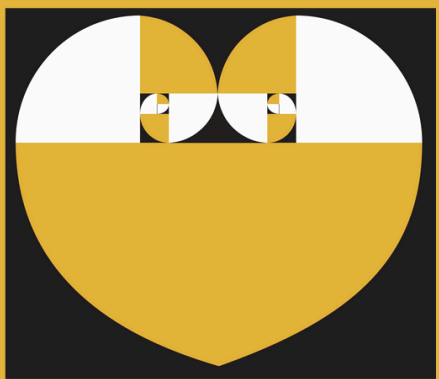




Help and Support Available in Hong Kong

BY RCHK COUNSELLING TEAM
SUPPORTING WELLBEING-
A RESOURCE FOR YOU
(2025 UPDATED)



Health Bureau 18111 Mental Health Support Hotline

If you or someone you know needs immediate mental health support or referral services, please call the Health Bureau's 18111 Mental Health Support Hotline. The hotline provides round-the-clock immediate support and referral services for members of the public with mental health needs.

[Shall We Talk](#)





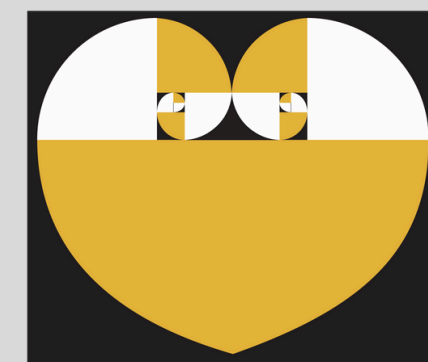
mindhk

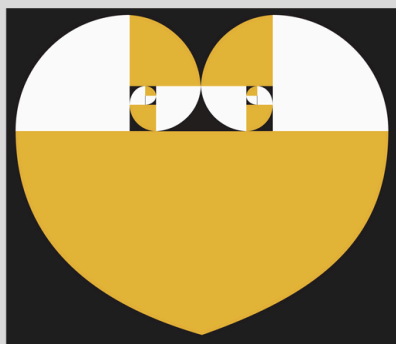
MindHK

Mind HK is a mental health charity based in Hong Kong, dedicated to providing accessible support and resources for mental wellbeing.

Whether you are experiencing wellbeing issues or you are caring for someone who is.

MindHK can help





EMEGENCIES AND CRISIS INTERVENTIONS

24-hours Hotlines



[The Samaritans
Befrienders H.K.](#)

2389 2222



[Hospital Authority Mental
Health Direct](#)

2466 7350

[The
Samaritans](#)

2896 0000



[Suicide Prevention
Services](#)

2382 0000

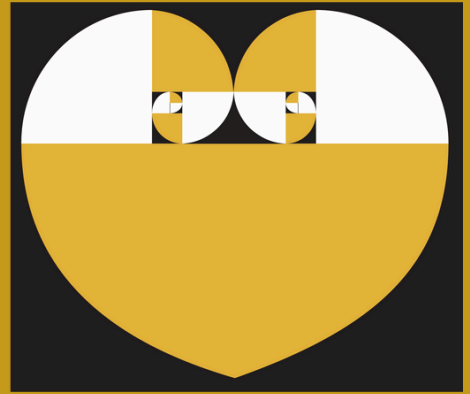


*You might find more information [HERE](#)

IMPORTANT

If you think you may act on suicidal feelings, or you have seriously harmed yourself,
or know someone who has: Call **999** or go to your nearest
[Accident & Emergency Department](#) immediately

ONLINE SUPPORT FOR FAMILY CRISIS



1. Caritas Family Crisis Support Centre



- 24-hour hotline
- **18288**

2. RAINLILY

- Sexual Violence Helpline
- Mon-Fri (9 am-10 pm) Sat (9 am-1 pm)
- **2375 5322**



3. CEASE Crisis Centre



- For victims of sexual/ domestic violence
- (24 hours Hotline)
- **18281**

EMOTIONAL SUPPORT HELPLINES



Suicide Prevention Service- Youth Link

- Youth: below 24 yrs
- Counseling hotline 2pm-2am

2382 0777



關心一線

- Youth: 6-24 yrs
- Mon- Sat 2 pm-2 am (Cantonese)

2777 8899



The Samaritan Befrienders HK

- **English** language emotional support helpline for suicide prevention
- Mon-Fri 6:30pm-10pm

2389 2223



Youth Outreach Youth Hotline

- Youth: 10-18 yrs
- Counselling and short-term shelter
- 10 pm-6 am (Chinese and English)

9088 1023 WhatsApp



KELY Support Group Project Connect

- Youth: 14-24 yrs
- Mon- Fri 9am-6pm

5647 6688

whatsApp/ Signal

ONLINE EMOTIONAL SUPPORT SERVICES



Open Up

Youth: 11-35 yrs
24 hrs (Chinese & English)
SMS/WhatsApp:
9101 2012
Wechat:hkopenup/
Facebook



iACT

Target: Aged 16 to 24 yrs
Free Online 1on1
Psychological
Support for mild to
moderate
Depression & Anxiety



U Touch

Youth: 6-24 yrs
Tue- Thur (4-10pm)
Fri-Sat (4pm-2am)
(Chinese & English)
Whatsapp: **6277 8899**



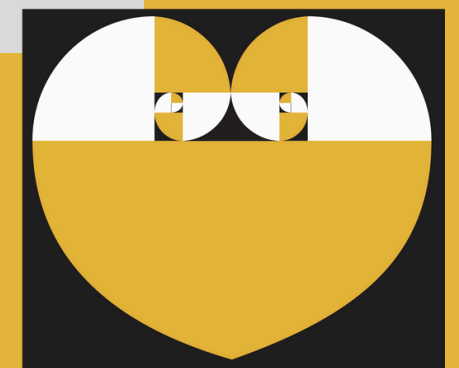
Chatpoint

General Public
Mon- Fri (4pm-1am)
Sat, Sun, & PH (4pm-2am)
(Chinese & English)
Web Engagement Service



Teens Online 天使在線

Youth: 11-29 yrs
24 hrs (Chinese & English)
Whatsapp: **9734 8185**
Online chat:
<https://www.teensonline.hk/>



SUPPORT HELPLINES FOR LGBTQ & THEIR FAMILIES

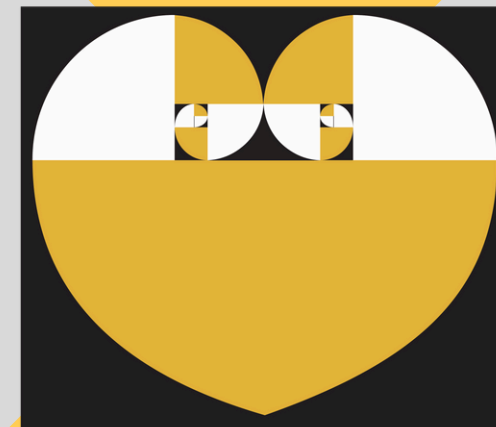


東華三院
Tung Wah Group of Hospitals



Pride Line

2217 5959
(24 HOURS HOLINE)



Project Touch

2321 1103
(ENQUIRY)



HEDA

2850 4448

Mon-Fri (9am-6pm)

Comfort Care Concern Group



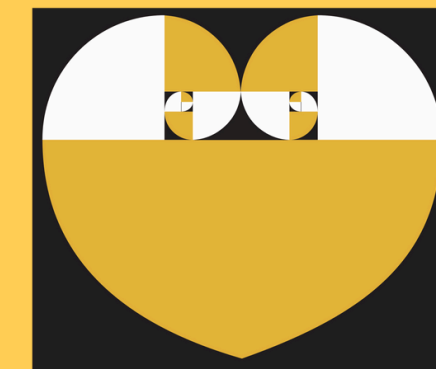
Comfort
Care
Concern

Bereavement counselling service

2361 6606

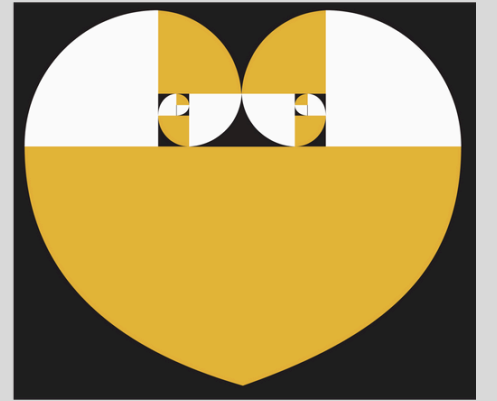
Mon-Fri (10am-6pm)

Sat (9am-1pm)



**SUPPORT
HELPLINES
FOR
SPECIFIC
CONCERNS**

External Professional Counselling Services



[Hong Kong
Psychological
Centre](#)

TEL: 6676 4236



St John's Cathedral
Counselling Service

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

TEL: 2525 7207



[ReSource- The
Counselling
Centre Ltd](#)

TEL: 2632 0777



[Breakthrough
Counselling
Centre](#)

TEL: 2632 0777



香港健康情緒中心
Hong Kong Mood Disorders Centre

[Hong Kong
Mood Disorder
Centre](#)

(CUHK)

TEL: 2144 6004

CENTRAL HEALTH

[Central Health](#)

TEL: 2824 0822

DUDELL ST./

2592 9000

SOUTHSIDE