

青少年健康服務計劃 ADOLESCENT HEALTH PROGRAMME

服務計劃內容 PROGRAMME CONTENT

衛生署學生健康服務於2001年開始推行青少年健康服務計劃，透過外展服務形式，在學校向就讀日校的中學生及其家長和老師，推廣促進身心社交健康的活動。服務團隊是由醫生、護士、社工、營養師、及臨牀心理學家組成。本計劃主要有兩大範疇，包括為中一至中三學生而設的基本生活技巧訓練，以及為中一至中六學生、家長及老師而設的專題探討。計劃內容多樣化，涵蓋情緒管理、壓力和逆境處理、人際溝通技巧、建立目標和健康生活習慣、健康使用互聯網，以及預防吸煙、飲酒和吸食危害精神毒品等。本計劃促使青少年能自信和有效地面對成長所帶來的轉變與挑戰。

The Student Health Service has launched the Adolescent Health Programme since 2001. The programme is an outreach service provided to secondary day school students, their parents and teachers via psychosocial and physical health promotional activities. It is implemented in schools by multidisciplinary team staff comprising doctors, nurses, social workers, dietitians and clinical psychologists. The programme includes basic life skills training for Form one to Form three students and topical programmes for Form one to Form six students, parents and teachers. A variety of topics are covered, including management of emotions, stress and adversity; interpersonal communication skills; goal setting; healthy life style; healthy use of Internet as well as prevention of smoking, drinking and drug abuse. The programme enables adolescents to face changes and challenges in life competently and confidently.

參加辦法 ENROLMENT

本計劃是以學校為單位，只要所屬中學參與本計劃，其學生、家長及老師便可以免費接受服務。

The service is provided on a school basis. Students, their parents and teachers will receive this service free of charge once their schools have enrolled in our programme.

聯絡我們 CONTACT US

請於以下辦公時間致電各青少年健康服務計劃室

Please contact our offices during service hours

- 星期一** : 上午九時至下午一時，
下午二時至六時
(公眾假期除外)
- 星期二至五** : 上午九時至下午一時，
下午二時至五時四十五分
(公眾假期除外)
- Monday** : 9am-1pm, 2pm-6pm
(except public holidays)
- Tuesday to Friday** : 9am-1pm, 2pm-5:45pm
(except public holidays)

請瀏覽青少年健康服務計劃網頁以獲取最新資訊。
Please visit Adolescent Health Programme website for the latest information.
www.ahpshs.gov.hk



青少年健康服務計劃

Adolescent Health Programme Office

青少年健康服務計劃室 Office	服務地區 Districts Served	電話號碼 Telephone Number
港島區 Hong Kong Office	灣仔、東區、中區、西區、南區及離島# Wan Chai, Eastern, Central, Western, Southern & Islands District#	2717 5839
九龍區 Kowloon Office	觀塘、深水埗、油尖旺、西貢、黃大仙及九龍城區 Kwun Tong, Sham Shui Po, Yau Tsim Mong, Sai Kung, Wong Tai Sin & Kowloon City Districts	2717 8052
新界東區 New Territories East Office	沙田、大埔及北區 Sha Tin, Tai Po & North District	2717 2009
新界西區 New Territories West Office	葵青、荃灣、屯門、元朗、東涌及大澳區 Kwai Tsing, Tsuen Wan, Tuen Mun, Yuen Long, Tung Chung & Tai O District	2149 5210

註：屬離島區的東涌及大澳學校可聯絡新界西青少年健康服務計劃室
Remarks: For schools located in Tung Chung and Tai O, please contact the New Territories West Office

學生 健康服務

STUDENT HEALTH SERVICE



衛生署
Department of Health

最後更新日期：二零二一年五月 Last revision date: 05/2021

目標 Objectives

衛生署由1995/1996學年開始推行學生健康服務，旨在透過促進健康及預防疾病服務，保障學生生理和心理的健康，使他們能夠在教育體系中得到最大的裨益及充分發揮潛能。

The Student Health Service was introduced by the Department of Health in the school year 1995/1996. It aims to safeguard both the physical and psychological health of students through health promotion and disease prevention services, enabling them to gain the maximum benefit from the education system and develop their full potential.

學生健康服務所提供的服務包括中心服務及外展服務（青少年健康服務計劃）。

The Student Health Service provides centre-based services and outreach programmes (Adolescent Health Programme).



學生健康服務中心 STUDENT HEALTH SERVICE CENTRES

服務內容 SERVICES PROVIDED

學生健康服務中心於1995年開始為學生提供服務。本服務會安排已參加的學生前往學生健康服務中心，接受每年一次的健康服務。這些服務是為配合學生在各個成長階段的健康需要而設計，其中包括身體檢查；與生長、營養、血壓、視力、聽覺、脊柱、心理健康及行為有關的檢查；個別健康輔導及健康教育。學生經檢查後如發現有健康問題，將獲安排轉介至學生健康服務轄下的健康評估中心、醫院管理局專科診所或其他機構接受詳細評估、跟進或治療。

*學生健康服務是一項促進健康及預防疾病的計劃。如學生需要治療服務，可前往醫院管理局轄下普通科門診診所或私家醫生求診。學生如有學習困難問題，學生或家長應向老師或學校輔導人員尋求協助。

Student Health Service Centres started to provide services in 1995. Enrolled students will be given an annual appointment for health assessment at a Student Health Service Centre to receive services meeting the health needs at various stages of their development. These services include physical examination; screening for health problems related to growth, nutrition, blood pressure, vision, hearing, spine, psychological health and behaviour; individual health counselling and health education. Students found to have problems will be referred to the Special Assessment Centres of the Student Health Service, specialist clinics of the Hospital Authority or other institutions for detailed assessment, follow-up or treatment.

*The Student Health Service is a health promotion and disease prevention programme. Students who need curative service may seek medical treatment from the General Out-Patient Clinics of the Hospital Authority or their own private practitioners. For students with academic problems, they or their parents should seek advice from teachers or student guidance officers.

參加辦法 ENROLMENT

此項服務的對象包括所有就讀日校的小學及中學學生。學生可於每個學年開始（九月），透過就讀的學校辦理參加手續，其後便可依照預約時間，到指定的學生健康服務中心接受每年一次健康檢查。符合資格的學生可免費參加服務，而非符合資格的學生需要繳交年費。

在特殊情況下，若學生不能循以上方法參加服務，請瀏覽學生健康服務網頁 www.studenthealth.gov.hk，下載參加表格及同意書，並將填妥的表格郵寄或傳真至就近學生健康服務中心（中心資料及最新資訊請參閱本服務網頁）。如有任何查詢，歡迎致電 2349 4212。

The service is offered to all primary and secondary day school students. Students can enrol through their schools at the beginning of each school year in September. Enrolled students will be given an annual appointment for health assessment at a designated Student Health Service Centre. The service is free to eligible students. For non-eligible students, an annual fee will be charged.

In special circumstances, if students cannot join our service through the above method, please browse our website www.studenthealth.gov.hk to download the "Application and Consent Form for Student Health Service". The completed form can be sent either by mail or by fax to the nearby Student Health Service Centre (please refer to our website for the Centre Information and latest update). For enquiries, please call 2349 4212.

聯絡我們 CONTACT US

請於以下服務時間致電各中心

Please contact our centres during service hours

星期一至五：上午九時至下午一時，下午二時至六時

（公眾假期除外）

（大埔學生健康服務中心逢星期三休息）

Monday to Friday: 9am-1pm, 2pm-6pm

(except public holidays)

(Tai Po SHSC is closed on Wednesday)

請瀏覽學生健康服務網頁以獲取最新資訊。

Please visit Student Health Service website for the latest information.

www.studenthealth.gov.hk

學生健康服務中心 Student Health Service Centres (SHSC)

電話號碼
Telephone
Number

* 柴灣學生健康服務中心 Chai Wan SHSC	2515 2813 2556 0929
* 西環學生健康服務中心 Western SHSC	2547 0766 2540 8075
* 藍田學生健康服務中心 Lam Tin SHSC	3163 4646
* 九龍灣學生健康服務中心 Kowloon Bay SHSC	2117 0894 2117 0895
* 九龍城獅子會學生健康服務中心 Kowloon City Lions Clubs SHSC	2382 2220 2383 2976
* 慈雲山伍若瑜學生健康服務中心 Tsz Wan Shan Wu York Yu SHSC	2320 6790 2322 5931
* 西九龍政府合署學生健康服務中心 West Kowloon Government Offices SHSC	3572 0727 3572 0757
* 沙田學生健康服務中心 Sha Tin SHSC	2609 3461 2609 5591
* 大埔學生健康服務中心（逢星期三休息） Tai Po SHSC (Closed on Wednesday)	2609 4597 2606 6214
* 石湖墟學生健康服務中心 Shek Wu Hui SHSC	2671 4027 2672 1856
* 南葵涌學生健康服務中心 South Kwai Chung SHSC	2615 2185 2614 2740
屯門學生健康服務中心 Tuen Mun SHSC	2441 6322 2430 0861
* 元朗學生健康服務中心 Yuen Long SHSC	2476 0500 2479 3057

健康評估中心 Special Assessment Centres (SAC)

電話號碼
Telephone
Number

* 柴灣健康評估中心 Chai Wan SAC	2147 7461
* 西環健康評估中心 Western SAC	2540 6036
* 藍田健康評估中心 Lam Tin SAC	3163 4650
* 西九龍政府合署評估中心 West Kowloon Government Offices SAC	3572 0727 3572 0757

* 備註：有升降機設施

* Remarks: Lift facilities available