

**BE YOUR OWN
REMARKABLE...**

HONESTAS ANTE HONORES



Your well-being is very important to us. The school will do all we can to provide you with the right support.

If you or your parents need some help at the weekend, during holidays, or after school hours, please refer to the hotlines available to support you in Hong Kong.

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Remember...

Just like we all have physical health,
we all have **mental health**.

We all need support at times and it is ok to ask for
help.



Flourishing

Going OK

Struggling

Severely impacting everyday activities

KING GEORGE V SCHOOL

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Support
Available in
Hong Kong

Online Emotional Support Services



OPEN UP (Youth - 11 to 35)
24 hrs (Chinese and English)
Website/
SMS/Whatsapp:9101 2012/
WeChat:hkopenup/Facebook



uTouch (Youth - 6 to 24)
Tue - Thur (4-10pm)
Fri- Sat (4pm-2am)
(Chinese and English)
Portal/Whatsapp: 6277 8899

headwind
迎風

HEADWIND (Youth - 11 to 35)
(Chinese and English)
Fill in the application form and then they
will contact you as soon as possible
Whatsapp/Signal/Online Meeting



CHAT 隆
網上情緒支援平台
服務時間：
星期一至五下午4時-凌晨1時
星期六、日、公眾假期晚上8時-凌晨1時



Chatpoint (General Public)
Mon-Fri (4pm-1am)
Sat,Sun,P.H. (8pm-1am)
(Chinese and English)
Web Engagement Service

You may find more information [HERE](#) :)

Emotional Support Hotlines



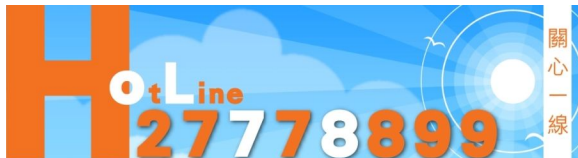
Youth Outreach Youth Hotline

Counselling service and short term housing for 10-18 year old youth
10pm-6am(Chinese and English)
Whatsapp/Tel: 9088 1023



Suicide Prevention Services - Youth Link

Counselling hotline for youth below 24 year-old (2pm - 2am)
Tel: 23820777



關心一線 (Youth:6 to 24)
Mon-Sat 2pm-2am (Cantonese)
Tel:2777 8899

Emergencies & Crisis Intervention

24-hour Hotlines:

[The Samaritans Befrienders H.K.](#) Tel: 2389 2222



The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會

[Suicide Prevention Services](#) Tel: 2382 0000



Suicide Prevention Services
讓我們用心聆聽.....

[24 hour Hospital Authority Psychiatric Hotline](#) Tel:2466 7350

You may find more information [HERE](#) :)

If you think you may act on suicidal feelings, or you have seriously harmed yourself: Phone 999 or go to your nearest A&E department.

Professional Support (External Counselling Services)



**St. John's Cathedral
Counselling Service**

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



HKPCC
香港心理輔導中心

[The Hong Kong Psychological
Counselling Center](#)



[ReSource - The Counselling Centre Ltd.](#)

CENTRAL HEALTH

[Central Health](#)

You may find more Community Resources on our <https://sites.google.com/kgv.hk/wellbeing/home> :)