

Mental Health support for Hong Kongers

Information in English:

Hong Kong Aid, in partnership with the South East Strategic Partnership for Migration and with funding from the UK Government, is now offering free, confidential mental health support for Hong Kong BN(O) visa holders living in South East England.

The service provides:

- Emotional support and signposting for anyone feeling low, anxious, isolated or overwhelmed;
- Free one-to-one counselling (up to six sessions), delivered online in Cantonese by qualified, culturally aware practitioners;
- Short triage conversation(s) to understand each person's needs and make sure they reach the right support.

It is designed to be easy and safe to access. People can self-refer, and professionals are very welcome to refer someone (with their consent). Everything is handled confidentially and in line with UK data protection law.

Who it's for: Hong Kong BN(O) visa holders living in South East England.

How to get in touch: email wellbeingmatters@hkaid.org.uk, or use the referral forms here: <https://forms.gle/cWou6vs3wehHqZpo7>

Information in Traditional Chinese:

【情緒健康，好緊要】

免費輔導服務，為住喺英格蘭東南部嘅街坊而設 🧡
喺英國生活，除咗要適應陌生環境，可能仲要面對思鄉、孤單、擔心屋企人、搵工、身體狀況，或者子女適應學校等壓力。我哋希望同大家同行。

Hong Kong Aid 嘅 Wellbeing Matters 計劃由香港人團隊提供免費同保密嘅專業輔導服務，唔使翻譯！用返香港語言講我哋嘅心聲；）當然亦都清楚我哋嘅文化背景，唔使由頭解釋。

 免費、保密 

 香港語進行（唔識英文都得）

 由英國 BACP 註冊輔導員提供

 服務對象：成人及 6–17 歲兒童青少年

 主要網上進行，6–11 歲兒童可安排面對面

 唔好覺得自己好嚴重先要搵我哋 —— 想搵人傾吓、整理下情緒，同樣歡迎。

英格蘭東南部地區包括：Kent & Medway, Hampshire, Surrey, East Sussex, West Sussex, Oxfordshire, Southampton, Portsmouth, Isle of Wight, Brighton & Hove, Buckinghamshire, Reading, Wokingham, West Berkshire, Royal Borough of Windsor & Maidenhead, Bracknell Forest, Slough or Milton Keynes.

 服務由英國政府資助。

 電郵：wellbeingmatters@hkaid.org.uk

 了解詳情：hkaid.org.uk/wellbeingmatters（或填寫表格
<https://forms.gle/cWou6vs3wehHqZpo7>）

本服務並非緊急支援。如有即時危險請致電 999。