



Make An Appointment:



1) By telephone

Call us within office hours to arrange an appointment.



3) In person

Visit our office within office hours to make an appointment.



2) Initial Assessment Booking System

https://wacc-initial-assess-booking.osa.cuhk.edu.hk/osa_wacc_booking



*If you have an urgent need to see a counsellor, you may visit our Centre during office hours. The Duty Counsellor will assess your needs and make appropriate arrangements with you.

Wellness and Counselling Centre

Telephone :

3943 7208
3943 3493

Office Hours :

Monday to Thursday
8:45am – 1:00pm; 2:00pm -5:30pm

Address :

2/F, Pommerenke Student Centre

Friday

8:45am – 1:00pm; 2:00pm -5:45pm

Webpage :

www.cuhk.edu.hk/osa/wacc

Saturday, Sunday and Public holidays
Closed

Email :

wacc@cuhk.edu.hk

Target :

Full-time Undergraduate and
Postgraduate Students

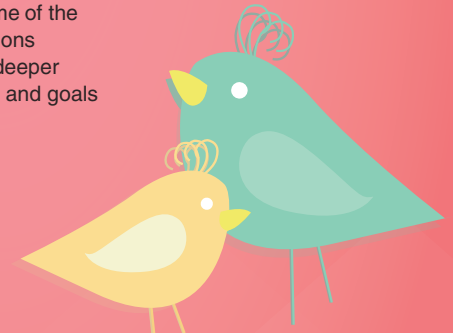
CUHK 24-hour Emotional Support Hotline:

5400 2055



Psychological Counselling in CU

The Wellness and Counselling Centre of the Office of Student Affairs has been established primarily to help students to overcome psychological barriers and difficulties which may impede their functioning, adjustment and personal development. Through this pamphlet, we hope to be able to clarify some of the common myths and misconceptions as well as help students gain a deeper understanding of the true nature and goals of psychological counselling.



Facts

About Counselling

Myth:

It is better to be self-reliant than to depend on others. Asking for help is a sign of weakness.

Fact:

Facing stressful or painful experiences can be overwhelming at times, and it often takes courage and determination to overcome adversities. Instead of fostering dependency, a primary goal of counselling is to empower students to help themselves. Through the counselling process, students are encouraged to manage their emotions, understand the nature of their problems, develop different perspectives as well as learn effective coping skills.

Myth:

Only abnormal people or people with serious mental problems will seek counselling.

Fact:

Psychological counselling has preventive, remedial and educational functions. Apart from helping students who are experiencing various emotional disturbances or personal crises, counselling is also a learning process which facilitates self-exploration and personal growth. Through counselling, students can work on immediate concerns and developmental issues such as university adjustment, studies, emotional management, personality, relationships and family issues. Early detection and management can often expedite the resolution of problems while avoidance and procrastination can result in the escalation of minor disturbances into major difficulties.

Myth:

The Counsellor will tell me what to do to solve my problems.

Fact:

The Counsellor will not impose his/her values and opinions on students but will help them gain deeper understanding into their thoughts, feelings, needs and behaviour. More importantly, the Counsellor will encourage students to assume personal responsibility for their actions, develop objective and rational perspectives as well as make choices and changes appropriate to their individual circumstances.

Myth:

Only a Counsellor whose background and experiences are similar to mine can understand my situation and difficulties.

Fact:

Through professional training, the Counsellors have developed the necessary sensitivity and empathy to understand, accept and respect students from different backgrounds. They are also able to be 'student-centered', i.e. to take into consideration student's unique experiences, needs and value system when exploring problems and solutions. The Counsellors will stay objective, their personal political views, religion or beliefs will not interfere with the counselling process.

Myth:

The Counsellor may disclose my personal secrets or the contents of our counselling sessions to others.

Fact:

Under normal circumstances, the Counsellor will safeguard the student's rights to privacy and ensure confidentiality regarding the contents of counselling. Hence, personal information or matters discussed within counselling will not be disclosed to third parties without the student's knowledge and consent. However, in cases where the student's personal safety or that of others is being threatened, the Counsellor is obliged to notify relevant parties in order to safeguard the well-being of the persons concerned.

