

## 服務宗旨 Service Objective

「心理健康及輔導中心」由具有臨床心理學、社會工作及/或輔導訓練背景的專業輔導員組成。我們提供各類型心理及輔導服務，旨在協助學生適應大學生活，促進心理健康和個人成長。

Wellness and Counselling Centre (WACC) is run by a professional team of counsellors with training background in clinical psychology, social work and/or counselling. The Centre offers a range of psychological and counselling services to assist students to overcome difficulties in adjusting to various challenges in university life, to promote mental wellness, and to achieve personal growth.

## 預約方法 Make an Appointment

除了致電或親臨本中心外，你亦可於網上預約輔導服務。  
Other than calling or visiting us, you can make an appointment through our website.



## 聯絡我們

地址：香港中文大學龐萬倫學生中心2樓  
電話：3943 7208  
傳真：2603 7388  
電郵：wacc@cuhk.edu.hk  
網址：wacc.osa.cuhk.edu.hk  
中大24小時情緒支援熱線：5400 2055

## 辦公時間

星期一至四 上午8時45分至下午1時；  
下午2時至5時30分  
星期五 上午8時45分至下午1時；  
下午2時至5時45分

\* 辦公時間外，如在校園需要緊急協助，  
請聯絡宿舍/書院職員或保安組  
(電話：3943 7999)

## Contact Us

Address: 2/F, Pommerenke Student Centre,  
The Chinese University of Hong Kong  
Tel No.: 3943 7208  
Fax: 2603 7388  
Email: wacc@cuhk.edu.hk  
Website: wacc.osa.cuhk.edu.hk  
CUHK 24-hour Emotional Support Hotline: 5400 2055

## Office Hours

Mon - Thu  
8:45 am - 1:00 pm; 2:00 pm - 5:30 pm  
Fri  
8:45 am - 1:00 pm; 2:00 pm - 5:45 pm

\* For emergency assistance on campus outside  
office hours, please contact hostel/college staff  
or security office (Tel: 3943 7999).



## 香港中文大學 學生事務處 心理健康及輔導中心



## WELLNESS AND COUNSELLING CENTRE

OFFICE OF STUDENT AFFAIRS  
THE CHINESE UNIVERSITY OF HONG KONG

## 服務範圍 Types of Services



心理輔導服務

Psychological counselling  
services



新生心理健康測試  
Mental health screening  
for new students



心理健康教育活動及課程  
Mental health educational  
activities and courses



## 對象 Target

所有已註冊的中大全日制本科生及研究生  
均可享用我們的免費輔導服務。

All registered full-time undergraduate and  
postgraduate students of CUHK are  
eligible for our services.



特殊教育需要學生支援服務  
Support services for students  
with Special Educational Needs  
(SEN)

中大24小時情緒支援熱線  
CUHK 24-hour Emotional  
Support Hotline  
5400 2055



多元文化心理支援服務  
Multicultural Psychological  
Support Service (MPSS) For  
Non-Local Students



有關學生心理健康的  
教職員培訓及專業諮詢  
In-service training and professional  
consultation to staff on student  
mental health issues



WACC x 心導遊+計劃  
WACC x TourHeart+



一站式心理健康資訊平台  
One-stop online platform  
for mental health  
information



朋輩支援聯網  
uBuddies and uPals  
Peer Support Network

