



葵涌醫院
KWAI CHUNG HOSPITAL

Admission and Discharge Booklet



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For detail, please visit Website
of Kwai Chung Hospital



Revised on June 2023

With the approval of funding by Legislative Council in 2016, KCH has embarked on important milestone - hospital redevelopment. The Phase I redevelopment works has been substantially completed in late 2018. In the coming few years, some of the hospital buildings will be replaced by new erections in a series of redevelopment projects. We look forward to the future provision of a more comfortable and modern therapeutic environment for our in and out patients, committing to quality and comprehensive psychiatric services governed by prevailing recovery concepts.

During the redevelopment period, some of the facilities may be subject to change in location, please contact us for any enquiries.

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Kwai Chung Hospital

Introduction

Established in 1981, Kwai Chung Hospital (KCH) is a psychiatric hospital with 920 beds. It serves to address admission needs, aftercare and community support of the psychiatric patients who reside in Mong Kok, Sham Shui Po, Wong Tai Sin, Kwai Chung, Tsing Yi, Tsuen Wan and North Lantau Districts.

Quality Statement

Quality in KCH denotes a proactive and patient-oriented approach to providing comprehensive and cost-effective psychiatric services that are highly valued and satisfactory to users and the community. Care is provided with human touch in a safe and comfortable environment, led by management that emphasizes participation and is problem-focused and result-oriented.

Quality improvement in KCH also aims to improve the quality of life for patients as well as being responsive to community needs. It also aims to shape community expectations, enhance public confidence and participation in our services and thereby reinforce staff contribution.

The quality culture at KCH values staff taking individual ownership for quality improvement, which is supported by rich information sharing and open communication with meaningful feedback and effective performance management.

Our Services

Adult Psychiatric Services

- Inpatient Service
- Psychiatric Rehabilitation Service
- Community Psychiatric Service
- Consultation Liaison Service
- Early Intervention Service for Psychosis

Child and Adolescent Psychiatric Service

- Inpatient Service
- Child and Adolescent Mental Health Community Support

Psychogeriatric Service

- Inpatient Service
- Community Outreach Service
- Psychogeriatric Day Hospital service cum Dementia Day Care Centre

Other Sub-specialties Services

- Substance Abuse Assessment Unit provides individual assessment, drug counseling, brief inpatient detoxification, outpatient and day hospital services
- Psychiatric Unit for Learning Disabilities provides inpatient, outpatient and community services

Allied Health Services

- Clinical Psychology Service
- Medical Social Service Unit
- Occupational Therapy Department
- Physiotherapy Department
- Pharmacy Department
- Dietetic Service
- Dental Service
- Podiatry Service
- Speech Therapy
- Diagnostic Radiology Service

Psychiatric Outpatient Centres

- West Kowloon Psychiatric Centre
- East Kowloon Psychiatric Centre
- Kwai Chung Psychogeriatric Outpatient Clinic cum Carer Support Centre
- Kwai Chung Child and Adolescent Psychiatric Centre
- Yaumatei Child and Adolescent Mental Health Service

Medical and other Facilities

Patient Resource and Social Centre

Provide social, mental health education, recreational and motivational activities for patients

Electrographic Diagnostic Unit

Provide electrographic diagnostic services for inpatient including Electroencephalography, Electrocardiogram, Evoked Potential Studies, Biofeedback Therapy, and Transcranial Magnetic Stimulation

Diagnostic Radiology Service

Provide diagnostic radiology service to inpatients

Dental Service

Provide emergency and general dental care to our in-patients

Interpretation Service

Provide interpretation service for inpatients of different nationalities and sign language interpretation service. Please contact ward staff for more information (Appendices 1 and 2)

Catholic Pastoral Care Unit

Location: Room 131, 1/F, Block J, Kwai Chung Hospital

Christian Chaplaincy Unit

Location: Room 132, 1/F, Block J, Kwai Chung Hospital

Visitors' Toilets

Location: LM1/F, M5, LM11 Block LM, Kwai Chung Hospital

G/F, 1/F, 2/F and 3/F Day Recovery Centre, Kwai Chung Hospital

Circle T Convenience Store

Location: G/F, Day Recovery Centre, Kwai Chung Hospital

2/F, Block M, KCH – Café, Occupational Therapy Department

Vending machine

Location: 1/F & G/F, Block LM, Kwai Chung Hospital

G/F, Day Recovery Centre, Kwai Chung Hospital

Automatic Teller Machine (ATM)

Location: 1/F, Lobby Block LM, Kwai Chung Hospital

Remark: There is no visitor service at Kwai Chung Hospital Canteen. Visitors can go to hospital canteen on 4/F, Block G of Princess Margaret Hospital or 2/F, Block K of Princess Margaret Hospital

Admission Information

Items for attention	Special notes
1. Bring your HKID card or other documents for identification	1. For patient safety, please do not pass any drugs, alcohol, cigarette or dangerous items to patients.
2. Bring your proof of address (within 6 months), e.g. electricity bill, water bill or bill, etc.	2. Please do not bring the following items or give them to patients:
3. Bring your personal care items, e.g. face towel, tooth brush, toothpaste, tissue paper etc.	<ul style="list-style-type: none"> · valuable items or a large amount of cash · Do not give any food, money or gift to any staff member
4. Inform the nurses-on-duty to arrange an appointment with doctors when required	3. No smoking within the hospital compound. Offenders will be prosecuted

Patient Journey in Psychiatric Ward



• According to the Mental Health Ordinance, Justices of the Peace ("JPs") conducts statutory visits to the department regularly. The department will disclose your personal data, if necessary, to the JPs and the Administration Wing of the Government to facilitate JPs to understand the situation of the department during the statutory visits. In addition, if you would like to meet JPs or meet JPs in private, please approach the on duty nurse in charge to make necessary arrangement. However, whether a private meeting can be arranged depends on the JPs decision

** Caregivers or relatives should be contacted for care planning within one week of admission wherever feasible

Revised April, 2023

Patient's Right and Responsibilities

Patient's Charter explains both your Rights and Responsibilities. As a patient. Knowing and understanding your rights and responsibilities will make your relationship with health care providers a mutually beneficial one.

Patient's Rights: Right to Medical Treatment, Right to Information, Right to Choices, Right to Privacy and Right to Complaint.

Patient's Responsibilities:

- Give your health care providers as much information as you can about your present health, past illnesses, any allergies and any other relevant details.
- Follow the prescribed and agreed treatment plan, and conscientiously comply with the instructions given.
- Show consideration for the rights of other patients and health care providers, by following the hospital rules concerning patient conduct.
- Keep any appointments that you make, or notify the hospital or clinic as early as possible if you are unable to do so.
- Should not ask health care providers to provide incorrect information, receipts or certificates.
- Should not waste medical resources unnecessarily.

*You can contact ward staff for more detail information about Patient Charter.

Personal Data

- Before providing any Personal Data to hospital, please read the 'Notice to Patient' of Hospital Authority.
- In general, the hospital will disclose to visitor(s) the ward you admitted upon their request. If you wish to keep your location confidential during current hospitalization, you may apply through ward nurse.
- Closed-circuit Television (CCTV) are installed in designated areas of ward to facilitate safety of patients.
- According to the "Mental Health Ordinance", Justices of the Peace ("JPs") conducts statutory visits to the department regularly. The department will disclose your personal data, if necessary, to the JPs and the Administration Wing of the Government to facilitate JPs to understand the situation of the department during the statutory visits.

*if patient request for discharge, please inform ward nurse and apply via medical officer

Patient's Personal Belongings and Valuables

Patient is not advisable to bring along personal belongings / valuable items on admission to and during hospitalization at a hospital (the "Hospital") of the Hospital Authority ("HA").

- Patient should take care of all his / her personal belongings / valuable items during hospitalization. All such items (whether kept by the patient or temporarily kept by the Hospital) are at the sole risk of the patient, and the patient agrees that HA / the Hospital is not liable for any loss or damage to such items, howsoever arising. All such items must also be removed or collected by the patient or the patient's next of kin / intended or actual personal representative of the estate forthwith when the patient no longer stays in the Hospital (for the reason of discharge or other circumstances) ("the Discharge").
- If patient's case is temporarily kept by the Hospital, the Hospital may deposit the cash to HA's bank account for security reason. The same amount of cash (with no interest) will be returned to the patient or the patient's next of kin / intended or actual personal representative of the estate upon the Discharge. The patient agrees that any interest generated into the bank account from the cash belongs to HA absolutely.
- The patient agrees that all his / her personal belongings / valuable items in the Hospital (including items temporarily kept by the Hospital) not removed or collected for more than three months after the Discharge shall be considered abandoned by the patient and the Hospital may dispose of such items at any time thereafter and in any manner considered appropriate, and the proceeds of disposal (if any) may be retained by the Hospital for its own use. Patient further agrees that if such items are perishable, noxious, offensive, or otherwise repulsive, they may be disposed of by the Hospital at any time and in any manner considered appropriate without notice to the patient or the patient's next of kin / intended or actual personal representative of the estate and the Hospital is not liable for any loss or damage caused.
- A patient claiming ownership of any personal property subsequent to or when he / she leaves the Hospital may be required to identify it himself / herself to the reasonable satisfaction of the Hospital.
- Procedures of withdrawing personal property are subject to the prevailing Hospital policy. In case the amount of cash withdrawals (if applicable) is over a specific limit as prescribed by the Hospital or the cash reserve is in short, Hospital may issue a cheque to the patient which will need some processing time.
- Due to operational limitations, Hospital would only handle deposit and withdrawal request of patient's valuable within a fixed timeslot.

For withdrawal of patient valuables, please note the followings:

- Request ward staff to prepare a “Patient Valuables Withdrawal Form”, which should be signed by ward staff and patient.
- Bring along the “Patient Valuables Withdrawal Form” to Central Team Office for Patient Valuables on 1/F, Block L/M, Kwai Chung Hospital for collection.
- Operation Hours:
 - Monday to Friday 9:00 am to 12:30 pm
 - 2:00 pm to 5:30 pm
 - No service on Saturday, Sunday and Public Holiday

Notes for Visiting

Visiting Hours	Alert / Serious (1)	Serious (2) & Emergency (1)	Emergency (2)
General Wards	Monday to Sunday 8:30 am – 7:30 pm	Daily 3:30 pm – 5:30 pm	Follow instructions given by Centre for Health Protection
Child & Adolescent Ward	Monday to Sunday 9:00 am – 8:00 pm		
Gazetted Wards	Monday to Friday 3:30 pm – 5:30 pm Saturday, Sunday & Public Holiday 10:00 am – 12:00 noon 3:30 pm – 5:30 pm		

*Please contact ward nurse for special arrangement of visiting hours outside this schedule.

**Please observe hospital notices as the Hospital will change the visiting hours in response to special circumstances.

Notes to Visitors :

- Visitors must bring along Visitor Card for inspection.
- Please use the main entrance of Kwai Chung Hospital to enter and exit the hospital and bring along Visitor Card for registration.
- Without permission of doctor:
 - must not provide patients with any drug
 - must not pass any document to patients for signature
- Hospital forbids unauthorized media interview, photo taking, audio-visual recordings of patients and hospital premises areas.

- Inform ward nurse before food is given to patient.
- Must not provide patients with any article that may cause harm such as sharp items, lighters, etc.
- Children under the age of 16 and pregnant women are discouraged for visiting patients. For special arrangement, please contact ward nurses.
- Visitors are required to comply with the infection control measures of Kwai Chung Hospital. Our hospital will adhere to the respective infection disease response level activated by the Hospital Authority and visiting will be suspended, if necessary.
- The visitor card is valid for 6 months from the date of issue. Please contact ward nurse for a new visitor card if patient is still in the hospital.
- When patient is discharged from the hospital, please return the visitor card to ward nurse as it will be invalid.
- Visitor badge should be worn throughout the visiting period. Please return to our staff at the main entrance before leaving the hospital.
- Please do not give cigarettes to patients and smoking is not allowed within hospital compound. Offenders will be prosecuted.

Fees and Charges

Service	Eligible Person (effective date: 18 June 2017)	Non-eligible Person (effective date: 18 June 2017)
In-patient	\$100 per day (or part thereof)	\$2,340 per day (or part thereof) (and deposit of \$ 24,000 payable upon admission)
Specialist Out-patient (including Allied Health Services)	\$135 for the 1st Attendance, \$80 per subsequent Attendance, a charge of \$15 per item will apply for prescriptions	\$1,190 per Attendance
Dressing & Injection	\$19 per Attendance	\$100 per Attendance
Psychiatric Day Hospital	\$60 per Attendance	\$1,260 per Attendance
Community Nursing (Psychiatric)	Free	\$1,550 per Visit
Community Allied Health Services (Psychiatric)	Free	\$1,730 per visit

- Services are charged as per Gazette. For special drugs used outside the specified clinical conditions and those drugs outside the Hospital Authority Drug Formulary, patients are required to pay in full rate.
- Only patients falling into the following categories are eligible for the rates of charges applicable to "Eligible Persons":
 - Holders of HKID Card issued under the Registration of Persons Ordinance (Chapter 177), except those who obtained their HKID Card by virtue of a previous permission to land or remain in Hong Kong granted to them and such permission has expired or ceased to be valid;
 - Children who are Hong Kong residents and under 11 years of age; or
 - Other persons approved by the Chief Executive of the Hospital Authority/ Director of Health. Persons who are not Eligible Persons are classified as Non-eligible Persons.
- For HA staff/Civil servants and their eligible dependents, please inform Shroff counter staff of your eligibility for medical & dental benefits and produce valid proof of identity for their inspections. Shroff counter staff will verify their eligibility through the Eligibility Checking System (ECS).
- For persons who are on comprehensive social security assistance (CSSA) or who are granted medical fee waivers, please bring along your valid and original CSSA certificate or Certificate for Waiver of Medical Charges for inspection and registration by Shroff counter staff.
- Patient with financial or other difficulties and need to apply for medical fee waiver, please contact Medical Social Worker during office hours (Location: 5/F, Block M, Kwai Chung Hospital).

Shroff Office Information

Location	Operating Hours	Telephone	Fax
1/F, Block LM, Kwai Chung Hospital	Monday to Thursday: 9 am to 1 pm 2 pm to 5:45 pm Friday: 9 am to 1 pm 2 pm to 6 pm Saturday: 9 am to 1 pm No service on Sunday and Public Holiday	2959 8168	2959 8730

Discharge Procedures

Patient Discharged during office hours should note the following:

- Please keep the follow-up card issued by the ward nurse safely and expect follow-up appointments accordingly.
- Please collect all personal belongings and identity document from the hospital with the company of relatives or ward staff before discharge. (1/F, Block LM, Kwai Chung Hospital)
- Settle hospital fees at Shroff Office (1 / F, Block LM) with discharge form HA412 (Rev.2019).
- After payment, collect drugs by presenting the prescription (stamped by Shroff Office) to Pharmacy (G / F, Block LM).
- If patient requests to be discharged outside of office hours, please contact the ward nurse for special arrangements.

Payment Instructions - For Bills or Outstanding Statement

In Person

Payment by cheque, cash, EPS, Octopus, credit card (VISA, MasterCard, UnionPay Card, JCB) or electronic wallets (Alipay, AlipayHK, WeChat Pay, WeChat Pay HK) will be accepted during opening office hours at the Shroff/Accounts Office of any hospitals under the Hospital Authority. You may also make payment at the Accident and Emergency Registration Counter (except for St. John Hospital) after opening hours of Shroff/Accounts Office.

1. By Post

Please send a crossed cheque, bank draft or cashier order made payable to "Hospital Authority" and post to the Shroff/Accounts Office of the address given at the lower left-hand corner on the front page. Please write down patient name and bill number /outstanding statement number at the back of the cheque/bank draft/cashier order, and allow sufficient mailing time. Do NOT send cash by post. (See Remarks i)

2. Payment by Phone Service (PPS)

After opening your account at any PPS Terminal, you can settle the payment via PPS at 18031 or on Internet (www.ppschk.com). For details, please call PPS Hotline at 2311 9876. The merchant code of Hospital Authority is 83. The number of daily payment for each account number is up to 3. (See Remarks i & ii)

3. Internet Banking / Mobile Application

You can make payment via internet services provided by banks (See Remarks ii) or download Hospital Authority's mobile application "HA Go" for bill payment.

4. Fast Payment System (FPS)

You can scan the FPS Quick Response (QR) code printed on bill or outstanding statement using supporting mobile applications of the banks or stored value facilities. (See Remarks i).

5. Automated Teller Machine (ATM)

You can use any JETCO member bank's ATM card or credit card with cash withdrawal function to settle the payment at any ATM with "JET PAYMENT" signage. The merchant code of Hospital Authority is 9083 (Bill Type: 01). (See Remarks ii).

6. Cash Payment at 7-Eleven

You can make cash payment at any 7-Eleven convenience store in Hong Kong by presenting the bill/outstanding statement. The maximum cash payment per transaction is HK\$5,000. (See Remarks ii)

Remarks

i. Bill settlement sequence

Payment will be applied to settle outstanding bills according to the chronological order of bill and service dates, except for settlement of the specified bill via FPS, at ATM, 7-Eleven or by postal cheque.

ii. Time for payment processing

Other than payment made via Hospital Authority's mobile application, at least three working days should be allowed for payment processing.

Administrative charge on late payment of bills

An administrative charge of 5%, subject to a cap of HK\$1,000, will be imposed on the amount outstanding for 60 days from issuance of the bill. An additional administrative charge of 10%, subject to a cap of HK\$10,000, will be imposed on the amount outstanding for 90 days from issuance of the bill.

Over-payment handling procedures

Over-payment will be refunded to the patient by cheque or credit to the credit card /FPS account used in the payment after settlement of other outstanding bills.

Issuance of receipts

Other than payment made at the Shroff / Accounts Office of any hospitals of Hospital Authority, receipts will only be issued upon request. Please retain relevant payment document for record.

Financial Assistance

Patients who have difficulties in making payments due to financial hardship are advised to contact the medical social worker. The “MSW Enquiry” telephone number is shown at the upper right-hand corner on the front page.

Medical Reports

If you wish to apply medical report, you may obtain application form from our Health Information and Records Department. Please return the completed application form to Health Information and Records Department – Medical Report Section at 1/F, Kwai Chung Hospital Day Recovery Centre. (Enquiries: 29598028); and pay the prescribed fees at Shroff Office, 1/F, Block L/M. Kwai Chung Hospital.

Donation

While we appreciate donations as a gesture of generosity and thoughtfulness to Kwai Chung Hospital, the staff of Kwai Chung Hospital is not permitted to solicit donations of any kind and our serving patients and their relatives are not obliged to make any kind of donation.

- Please complete the [Donation form](#) (download through KCH website) with cash or crossed cheque in kind to: Community Relations Office, Kwai Chung Hospital (5/F, Block J, Kwai Chung Hospital).
- For enquiries, please contact Ms Maggie KO at 2959 8137 or e-mail to kky154@ha.org.hk

Contact Us

Kwai Chung Hospital Enquiry (provide general enquiry service): 2959 8441 or e-mail to kch.enquiry@ha.org.hk

Service Hour

Monday to Friday: 8:30 am to 5:15 pm

You can use the following communication channels to express opinions on hospital services:

- Ward Manager or any nurse
- Department Operations Manager
- Patient Relations Officer
- Chief of Service or any doctor
- Hospital Chief Executive
- Justices of Peace on visits (if you would like to meet JPs or meet JPs in private, please approach the on duty nurse-in-charge to make necessary arrangement. However, whether a private meeting can be arranged depends on the JPs' decision).

Transportation

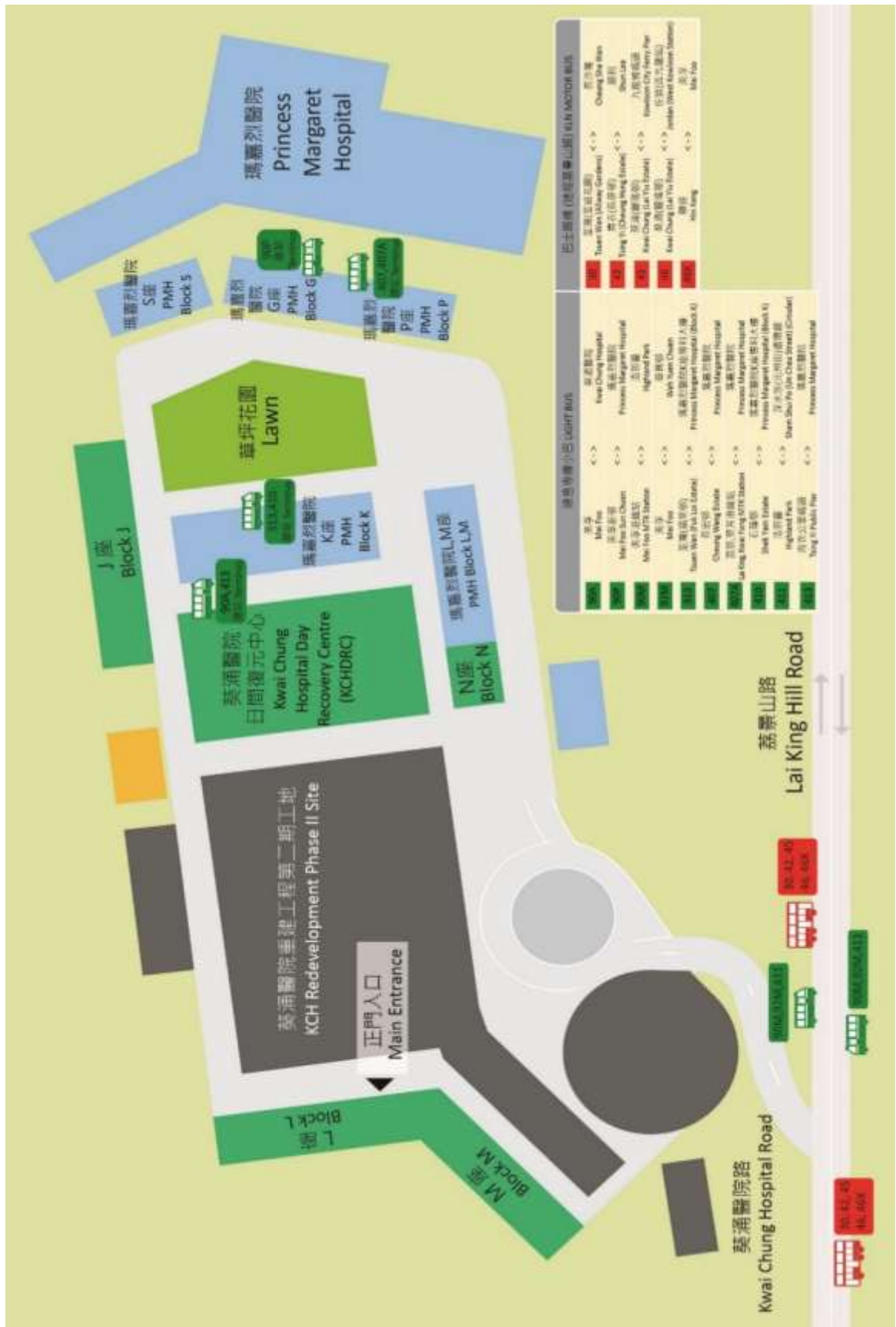
Bus route: (via Lai King Hill Road)

Bus Route	Departure	Destination	Remark
30	Tsuen Wan (Allway Garden)	Cheung Sha Wan	
32H	Cheung Shan Estate	Lai Chi Kok	
42	Tsing Yi (Cheung Hong Estate)	Shun Lee	
45	Kwai Chung (Lai Yiu Estate)	Kowloon City Ferry Pier	
46	Kwai Chung (Lai Yiu Estate)	Jordan (West Kowloon Station)	
46X	Hin Keng	Mei Foo	
N241	Cheung Wang	Hung Hom Station	Overnight bus route

Light Bus Route:

Bus Route	Departure	Destination	Remark
90A	Mei Foo	Kwai Chung Hospital Day Recovery Centre	
90P	Mei Foo Sun Chuen	Princess Margaret Hospital	(A)
90M	Mei Foo MTR Station	Highland Park	
92M	Mei Foo	Wah Yuen Chuen	
313	Tsuen Wan (Fuk Loi Estate)	Block K Princess Margaret Hospital	
407	Cheung Wang Estate	Princess Margaret Hospital	(A)
407A	Lai King, Kwai Fong MTR Station	Princess Margaret Hospital	(A)
410	Shek Yam Estate	Block K Princess Margaret Hospital	
411	Highland Park	Shamshuipo (Un Chau Street) (circular)	
413	Tsing Yi Public Pier	Kwai Chung Hospital Day Recovery Centre	

(A) Visitors to Kwai Chung Hospital should take the elevators at Block G, Princess Margaret Hospital to 4/F



Discharge Tips Q&A

1. Drug Compliance

Q: Can I adjust the dosage or stop taking medication by self?

A: Absolutely not. In general, people with mental illness need to take medication for a long time to stabilize their condition and prevent deterioration. You should not adjust the dosage of medication or stop taking it on your own, no matter if your condition is getting better or worse. If you have any questions about your medication, you should discuss with doctor, who will decide to adjust the medication dosage as appropriate.

Q: What should I do if I forget to take my medication sometimes?

A: Never take a double dose of your medication. Please continue to take your medication regularly as instructed. If you have any questions, please call pre-discharge ward or outpatient clinic.

Q: Can I drink alcohol while taking medication?

A: Absolutely not, it may cause dizziness or other adverse drug reactions.

Q: Can I take Chinese medicine or proprietary Chinese medicine at the same time?

A: Absolutely not, it is better to avoid adverse interactions between Chinese and Western medicines.

2. Change in Mental Condition

Q: I have been feeling restless, eye rolling, "eye rolling", muscle tension, etc. What should I do?

A: This is body's reaction to the medication and there is no need to worry too much. You can advance follow up and seek medical advance from your doctor.

Q: My condition has worsened. I have insomnia, temper tantrums, depression, incoherent speech, hallucinations, persecutions, what should I do?

A: You can contact with pre-discharge ward or the outpatient center for more information or seek medical advice in advance.

Q: What should I do if my family finds that the patient has suicidal thoughts?

A: If a patient is depressed, refuses to eat or drink, or reveal a lack of interest or a sense of despair, this may be a sign of suicidal ideation. If the patient has a history of suicide, you should pay more attention to patient, observe him closely and listen to him patiently. If there is any suspicion or concern, patient should arrange early follow-up as soon as

possible. In case of emergency, take patient to the emergency room of the hospital for medical attention or call police for help.

3. Follow-up Consultation

Q: Can I stop the follow-up consultation by self?

A: No. The recovered patient should remember the follow-up date and bring a follow-up appointment slip to the designated psychiatric outpatient department for follow-up. If there is a special or urgent situation, you can call psychiatric outpatient department to make other arrangements. (Appendix 3 (I))

4. Spending time with family members

Q: After I was discharged from the hospital, I often argued with my family members, and I felt that they were not understanding enough, so I didn't know how to deal with it.

A: It is inevitable that people have some conflicts in daily life. As long as we understand each other, try our best to strengthen communication and get along with each other honestly, the problem will not be difficult to solve. If the problem cannot be solved, the recovered person and the family should discuss with the doctor together. The doctor will provide counseling or refer other professionals, such as psychologists, community psychiatric nurses or medical social workers, for follow-up and counseling as appropriate.

If necessary, you can try to apply for residential services for recovered mental health persons, such as halfway houses and long term care homes. Patients can apply for these services through referrals from medical social workers.

5. Job Search

Q: What are the ways to seek for a job?

A: There are several ways to find a job:

- Referral to a medical social worker or occupational therapist through the outpatient department
- Seek help from the Occupational Therapy Department Supported Employment Service at 2959 8260
- Labor Department Selective Placement Unit

Q: How can I seek help if I encounter difficulties at work?

A: You should talk to your supervisor or colleagues about the difficulties you encountered as soon as possible to enhance communication and to find assistance and solutions. If necessary, you can discuss with the attending physician at the follow-up appointment. The doctor will provide counseling or refer to other professionals for follow-up and counseling as appropriate.

6. Financial Assistance

Q: How can I do if I have financial difficulties?

A: The Social Welfare Department has a Comprehensive Social Security Assistance (CSSA) program. If necessary, you can seek help from medical social workers.

7. Physical and Mental Health

Q: How should I handle the stress of life and work?

A: When we think we cannot cope with some internal or external demands, we will inevitably feel stressed.

Light stress can motivate us to strive for progress, but too much or prolonged stress can cause physical and mental fatigue, anxiety and lack of concentration.

In the face of stress, we need to be positive and optimistic, analyze the source of stress objectively, find feasible solutions, set reasonable expectations for people and things, and live within our means. If necessary, we can talk to our friends and relatives for help, and we can also participate in social, cultural and recreational activities that are beneficial to our body and mind to relax ourselves. (Appendix 3 (III) and (IV))

If you find it difficult to deal with the problem or feel overwhelmed by the stress, you can seek help from the attending psychiatrist, community psychiatric nurse, or social worker in the psychiatric outpatient department. [Annex 3 (a) and (b)]

Q: How should I choose healthy food after discharge from the hospital?

A: In order to maintain good health and ideal body weight, the following principles of healthy eating should be followed when choosing food:

(1) A balanced diet should include:

Grains and cereals (e.g. rice, flour, bread, biscuits, cereals)

Vegetables and fruits (e.g. fruits, vegetables, melons)

Meat (e.g. beef, pork, lamb, chicken, fish, seafood, eggs)

Dairy foods (e.g. fresh milk, milk powder, cheese)

(2) Less sugar and desserts

(3) Eat less salt or salty food

(4) Eat less fat and fried foods

(5) Eat more high-fiber foods

(e.g. fruits and vegetables, whole grain cereals)



醫院手語傳譯服務



本院提供手語傳譯服務，
有需要人士請盡早聯絡本院職員代為安排。

Appendix 3 – Information of related departments

(1) Outpatient Department and Day Hospital

Clinic and Hospital	Address	Enquiry	Medical and Social Services	Day Hospital /Clinic
East Kowloon Psychiatric Centre	2/F & 3/F, Stage II, East Kowloon Polyclinic, 160 Hammer Hill Road, Diamond Hill, Kowloon	3960 2100	3960 2258	3960 2220
West Kowloon Psychiatric Centre	10/F, Block K, Princess Margaret Hospital	2959 8601	2959 8632	2959 8313
Kwai Chung Child & Adolescent Psychiatric Centre	8/F, Block K, Princess Margaret Hospital	2959 8555	2959 8011	2959 8456
Yaumatei Child & Adolescent Mental Health Service	8/F, Block T, Queen Elisabeth Hospital	2384 9774	2359 4612	2384 4143
Kwai Chung Child & Adolescent Psychiatric Centre <i>Development and Resilience Training Service</i>	8/F, Block K, Princess Margaret Hospital	2959 8972	2959 8011	2959 8456
Kwai Chung Psychogeriatric Outpatient Clinic cum Carer Support Centre	3/F, Ha Kwai Chung Polyclinic, 77, Lai Cho Road, Kwai Chung	2742 7030	2742 7266	-
Occupational Therapy Department	2/F, Block M, Kwai Chung Hospital	2959 8261		
	1/F, Day Recovery Centre, Kwai Chung Hospital	2959 8260	-	-
	2/F, Stage II, East Kowloon Polyclinic	2959 2231		
Physiotherapy Department	5/F, Block M, Kwai Chung Hospital	2959 8390	-	
Kwai Chung Hospital	3-15, Kwai Chung Hospital Road	2959 8111	2959 8011	-
Substance Abuse Assessment Unit	Room 530, 5/F, Block L	2959 8082	-	2959 8082
Day Recovery Centre <ul style="list-style-type: none"> Psychiatric Day Recovery Service Depot Clinic 	1/F, Day Recovery Centre, Kwai Chung Hospital	29598313	-	2959 8313
Psychogeriatric Day Hospital	8/F, Block L	2959 8414	-	-
Kwai Chung Child & Adolescent Day Centre	1/F, Block L	2959 8272	-	-
Occupational Therapy Department	2/F, Block M	2959 8261	-	-
Physiotherapy Department	5/F, Block M	2959 8390	-	-

(2) Outreach Services

Service	Tel no.
Intensive Care Team	6462 0360
Community Psychiatric Learning Disabilities Services	29598962
Community Psychiatric Services (Wong Tai Sin) - Personalised Care Programme	2462 3000
Community Psychiatric Services (Mong Kok/Sham Shui Po) - Personalised Care Programme	6462 0300
Community Psychiatric Services (Kwai Tsing) – Personalised Care Programme	6462 0162
Community Psychiatric Services (Tsuen Wan)	2620 0120
Community Psychiatric Services (North Lantau)	2620 0380
Enhancement of Psychogeriatric Outreach Service to Residential Care Homes for the Elderly (EPGO)	2959 8212
Community psychogeriatric Nursing Service	2741 7719
Elderly Suicide Prevention Team (ESPT)	2959 8473
Community Psychogeriatric Outreach Programme to Private Old Age Homes (COMPASS)	2959 8210
Supported Employment Service (IDRS – OT)	29598260

(3) Community Support Hotlines

Service	Tel no.
1. Helpline and Community Resources Social Welfare Department Hotline Services (24 hours) Mental Health Hotline The Hong Kong Council of Social Service Mutual Aid Helpline	2343 2255 2466 7350 1878 668
2. Family Crisis / Personal and Family Distress Caritas Family Crisis Support Centre (24 hours)	182 88
3. Serious Emotional Distress 24-hour Suicide Prevention Hotline Service The Samaritan Befrienders Hong Kong The Samaritan – 24 hours Multi-lingual Suicide Prevention Services	2382 0000 2389 2222 2896 0000
4. Youth Hotline Hong Kong Federation of Youth Groups 24 Hours Hotline of Youth Outreach (Crisis Residential Service for Youth at Risk)	2777 8899 9088 1023
5. Gambling Counselling Gambling Counselling Hotline Caritas Addicted Gamblers Counselling Centre	1834 633 2499 7828
6. Debt Issue Caritas Family Crisis Support Centre - Financial Stress Counselling (24hours) Caritas Family Crisis Support Centre - Debt Counselling Services TWGHs Healthy Budgeting Family Debt Counselling Centre	3161 0102 3161 2929 2548 0803

(4) Integrated Community Centre for Mental Wellness

Service District	Name of Centre	Address of Service Point	Tel. No.	Fax. No.
Central Western & Southern Districts	Sunrise Centre	Units 404-412, G/F, Wah Mei House, Wah Fu Estate, Hong Kong	2518 3880	2553 8796
	Lok Hong Integrated Community Centre for Mental Wellness	Suite Nos. 3-8, 29/F., Pacific Plaza, 418, Des Voeux Road West, Hong Kong	3460 6060	3709 6537
	Lok Hong Integrated Community Centre for Mental Wellness (sub-base)	G/F, Wong Chuk Hang Complex, 2 Wong Chuk Hang Path, Wong Chuk Hang, Hong Kong	3460 6060	3709 6537
Islands District	The Wellness Centre (Islands)	G/F, Luk Yat House, Yat Tung (I) Estate, Tung Chung, Lantau Island, New Territories	2363 5718	3552 5355
Eastern District	Integrated Community Centre for Mental Wellness (Eastern)	11/F, Lancashire Centre, 361 Shaukeiwan Road, Shaukeiwan, Hong Kong	2967 0902	2967 0577
	ALOHA (Eastern)	Unit 1-8, LG/F, Chak Tsui House, Wan Tsui Estate, Chai Wan, Hong Kong	2505 4287	2976 5330
Wan Chai	Integrated Community Centre for Mental Wellness (Wan Chai)	8/F, 36 Oi Kwan Road, Wanchai, Hong Kong	3413 1641	3413 1656
Wong Tai Sin	ALOHA (Wong Tai Sin)	Unit 1-12, G/F, Lok Tin House, Tsz Lok Estate, Tsz Wan Shan, Kowloon	2322 3794	2320 1178
	ALOHA (Wong Tai Sin) (Sub-base)	G/F, Room 1, Yiu Sin House, Upper Wong Tai Sin Estate, Kowloon	2322 3794	2320 1178
Kwun Tong	Amity Place (Kwun Tong Central)	9/F, Kai Nang Integrated Rehabilitation Services Complex, 4 Fuk Tong Road, Kwun Tong, Kowloon	2346 3798	2348 2428
	Amity Place (Kwun Tong North) (sub-base)	No. 101-108, G/F, Yan Wah House, Lok Wah North Estate, Kwun Tong, Kowloon	2116 0503	2116 0845
	Jockey Club Amity Place (Kwun Tong South) (sub-base)	4/F, Sai Tso Wan Neighbourhood Community Centre, 81 Cha Kwo Ling Road, Kwun Tong, Kowloon	2834 9618	2834 9655
Tseung Kwan O (South)	Wellness Zone - Integrated Community Centre for Mental Wellness	2/F, Mount Verdant, 48 Chui Ling Road, Tseung Kwan O, New Territories	3521 1611	2706 1223
Sai Kung & Tseung Kwan O (North)	Syner-bright Zone	Unit 223, 223A & 224A, Sau Lam House, Tsui Lam Estate, Tseung Kwan O	2633 3117	2631 0779
Kowloon City	Vitality Place	Unit 11B, 9/F, Tower B, Hunghom Commercial Centre, 37 Ma Tau Wai Road, Hung Hom, Kowloon	2332 5332	2402 3588
Yau Tsim Mong	The Wellness Centre (Yau Tsim Mong)	G/F - 1/F, Flourish Mansion, 9 Cheung Wong Road, Mong Kok, Kowloon	2977 8900	3552 5353

Service District	Name of Centre	Address of Service Point	Tel. No.	Fax. No.
Sham Shui Po	The Wellness Centre (Sham Shui Po)	2/F, New Life Building, 332 Nam Cheong Street, Kowloon	2319 2103	2784 5367
Tsuen Wan	Caritas Wellness Link – Tsuen Wan	Rm. 1302, 13/F, Grand City Plaza, 1-17 Sai Lau Kok Road, Tsuen Wan, New Territories	3105 5337	3105 0167
Kwai Tsing	Integrated Community Centre for Mental Wellness (Kwai Tsing)	No. 7-14, G/F, Hang Chi House, Cheung Hang Estate, Tsing Yi, New Territories	2434 4569	2436 3977
Kwai Chung	The Wellness Centre (Kwai Chung)	Unit 21-22, G/F, Fu On House, Tai Wo Hau Estate, Kwai Chung, New Territories	2652 1868	2652 1307
Shatin	Take Your Way Clubhouse (Shatin)	G/F, Unit 1-18, Bean Goose House, Sha Kok Estate, Shatin, New Territories	2645 1263	2632 5056
	Take Your Way Clubhouse (Ma On Shan)	Wing A, 1-12, G/F, Yiu Ping House, Yiu On Estate, Ma On Shan, N.T.	2321 3090	2321 3191
	The Wellness Centre (Shatin)	Room 1-8, G/F., Mei Wai House, Mei Lam Estate, Shatin, New Territories	3552 5460 2615 2820	3552 5354
Tai Po	Jockey Club Amity Place (Tai Po)	Unit 101-108, G/F, Wing A, Kwong Chi House, Kwong Fuk Estate, Tai Po, New Territories	2651 8132	2638 5130
North District	Caritas Wellness Link – North District	G/F, Wing B, Yung Wa House, Yung Shing Court, Fanling, New Territories	2278 1016	3590 9110
Yuen Long	Placidity Place	5/F, Tin Shui Wai (Tin Yip Road) Community Health Centre Building, 3 Tin Yip Road, Tin Shui Wai, New Territories	3163 2873	3907 0180
	The Wellness Centre (Tin Shui Wai)	Units 503-504, 5/F, Ancillary Facilities Block, Tin Chak Estate, Tin Shui Wai, New Territories	2451 4369	2486 3007
Tuen Mun	The Wellness Centre (Tuen Mun – Wu King)	Unit 9-15, G/F, Wu Tsui House, Wu King Estate, Tuen Mun, New Territories	2450 2172	2441 5625
	The Wellness Centre (Tuen Mun – On Ting) (sub-base)	G/F, On Ting Yau Oi Community Centre, On Ting Estate, Tuen Mun, New Territories	2450 2172	2441 5625
	The Club	82 Tsun Wen Road, Tuen Mun, New Territories The Providence Garden for Rehab	2465 3210	2994 1968

Information from Social Welfare Department (revised June 2023)

https://www.swd.gov.hk/tc/index/site_pubsvc/page_rehab/sub_listofserv/id_supportcom/id_icmw/