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Revised in Aug 2026



葵涌醫院
KWAI CHUNG HOSPITAL

Admission and Discharge Booklet

For detail, please visit
Website of Kwai Chung
Hospital



SCAN ME



醫院管理局
HOSPITAL
AUTHORITY

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Kwai Chung Hospital

1. Introduction

Kwai Chung Hospital was established in 1981. With the commissioning of its new buildings in 2026, the hospital's total gross floor area has increased by more than 67% to approximately 134,000 square metres. The new blocks provide a total of 1 000 psychiatric beds. Serving patients with mental illnesses across Kwai Chung, Tsing Yi, Tsuen Wan, North Lantau, Mong Kok, Sham Shui Po and Wong Tai Sin, the hospital now provides more spacious and comprehensive inpatient and post-discharge support services, actively helping patients on their path to recovery and reintegration into the community.

2. 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.

3. Our Services

1. Adult Psychiatric Services

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

2. Child and Adolescent Psychiatric Service

- Inpatient Service
- Day Hospital Service
- Child and Adolescent Mental Health Community Support Project (CAMCom)

3. Psychogeriatric Service

- Inpatient Service
- Community Outreach Service
- Psychogeriatric Day Hospital and Psychogeriatric Day Care Unit for Dementia

4. Other Sub-Specialties Services

- Substance Abuse Assessment Unit provides services on voluntary basis including individual assessment, drug counseling, brief inpatient detoxification, outpatient and day hospital services.
- Psychiatric Unit for Learning Disabilities provide inpatient, outpatient and outreach services.

5. Allied Health Services

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

6. Psychiatric Outpatient Service

- West Kowloon Psychiatric Centre
- East Kowloon Psychiatric Centre
- Kwai Chung Psychogeriatric Outpatient Clinic cum Carer Support Centre
- Child and Adolescent Integrated Clinic

7. Interpretation Service

- Provide interpretation service for patients of different nationalities and sign language interpretation service. For more information, please contact our staff (Appendices 1 and 2)

4. Medical and Other Facilities

Electrographic Diagnostic Unit and Neuromodulation Centre

- Location: 3/F, Main Block (Blocks B/C)

Radiology Department:

- 3/F, Main Block (Blocks B/C)

Dental Clinic

- Location: 3/F, Main Block (Blocks B/C)

Patient Resource and Social Centre:

- Location: 3/F, Main Block (Blocks B/C)

Catholic Pastoral Care Unit:

- In-patients service
- Location: 1/F, Main Block (Blocks D/E)

Christian Chaplaincy Unit:

- In-patients service
- Location: 1/F, Main Block (Blocks D/E)

Visitors' Toilets

- Location: G/F, 1/F, and 3/F to 9/F Main Block (Blocks B/C); 1/F to 9/F Main Block (Blocks D/E);
1/F, and 3/F to 5/F, Child and Adolescent Block (Block F)

Baby Care Room

- Location: G/F, Main Block (Blocks B/C)

Circle T Convenience Store

- Location: 2/F, Main Block (Blocks D/E)

Canteen

- Location: 1/F, Main Block (Blocks D/E)

Café

- Location: 2/F, Main Block (Blocks D/E)

Vending Machine

- Location:
 - Near Atrium, 1/F, Main Block (Blocks B/C)
 - Waiting Area for Central Shroff, 2/F, Main Block (Blocks B/C)
 - Visitor Lift Lobby, 10/F, Main Block (Blocks B/C)
 - Near Lift Tower Protected Lift Lobby, 1/F, Main Block (Blocks D/E)
 - Atrium, 2/F, Main Block (Blocks D/E)
 - Near Link Bridge to Child & Adolescent Block, 2/F, Main Block (Blocks D/E)
 - Near Security Counter, 3/F, Main Block (Blocks D/E)

Automatic Teller Machine (ATM)

- Location: G/F, Lobby, Main Block (Blocks B/C)

5. Admission Information

Notes to Admission

1. Please bring your HKID card or other valid identity documents
2. Please bring personal items, tooth brush, tooth paste, tissue, slippers, etc.
3. Inform the nurses-on-duty to arrange an appointment with doctors when required
4. For patient safety, please do not pass drugs, alcohol, cigarette or dangerous items to patients.
5. Please do not bring valuable items or a large amount of cash to patients
6. Please do not give any food, money or gift to any staff member.
7. Smoking is strictly prohibited within the hospital premises. Offender is liable to prosecution under the Hospital Authority Bylaws (Cap. 113A)

6. Patient Journey in Psychiatric Ward

1. Admission Day

- Patient admits via AED, Psychiatric Speciality Outpatient Clinic, general ward or direct admission.
- Patient acknowledges the reason and need of admission.
- Nurses accommodate patient's bed arrangement, provide environment orientation and admission information.
- Nurse conducts initial nursing assessment.
- Doctor conducts initial examination and prescribes treatment if necessary.

2. Early Phase of Hospitalization

- Doctor/ senior doctor prescribes investigation and laboratory testing when indicated.
- Doctor formulates medication regime and treatment plan.
- Doctor interviews patient's relatives or carers when necessary.
- Primary nurse conducts nursing assessment and formulates personalized care plan.
- Doctor and medical team review patient's treatment plan.
- Allied health professionals provide assessment and treatment plan.
- All healthcare professionals conduct multidisciplinary team meeting to review patient's progress.

3. Treatment and Recovery Phase

- Nurse conducts regular review on nursing care plan according to patient's mental state and physical condition.
- Patient receives prescribed treatment participates in activities of daily living skills training and other therapeutic programs.
- Multidisciplinary team conducts regular clinical meeting for reviewing patient's progress.
- Doctor refers patient to other specialties services when necessary
- Healthcare professions collaborate with patient and his/her carers for discharge preparation.
- Healthcare team promotes optimal rehabilitation training and facilitates the patient re-integrating into community.

4. Discharge Arrangement

- Doctor refers patient to community psychiatric services, psychiatric day hospital and/ or other community services when necessary.
- Nurse informs relatives or carers about discharge preparation.
- On day of discharge, nurse provides prescription or (if applicable), discharge slip (hospital bill) and other necessary information to patient.

* If you request to be discharged, you should inform the nurse on duty and arrange to discuss with doctor.

7. Patient's Charter

The Patient's Charter of Rights include i. Right to medical treatment, ii. Right to information, iii. Right to Choices, iv. Right to privacy, v. Right to complaint

Your Responsibilities

1. Give your health care providers as much information as you can about your present health, past illnesses, any allergies and any other relevant details
2. Follow the prescribed and agreed treatment plan, and conscientiously comply with the instructions given.
3. Show consideration for the rights of other patients and health care providers, by following the hospital rules concerning patient conduct.
4. Keep any appointments that you make, or notify the hospital or clinic as early as possible if you are unable to do so
5. Never ask health care providers to provide incorrect information, receipts or certificates.
6. Not waste medical resources unnecessarily.

*Please contact us if you have any enquiries about Patient's Charter.

8. Personal Data

- Please read 'Personal Data (Privacy) Ordinance – Notice to Patient' regarding use and disclosure of personal data.
- Patient's Visitors
Unless you disagree, the HA hospital may disclose your ward/bed number to persons requesting to visit you in hospital. If you do not agree to disclose your personal information, please inform the ward nurse.
- Admission Registration
The wards are equipped with closed-circuit televisions at designated locations to ensure the safety of the inpatients.

* A Justice of the Peace will visit the hospital from time to time and your personal information will be disclosed to the Justice of the Peace upon inquiry.

9. Personal belongings / Valuables

Patient should not 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 for collection.
- Operation Hours:
Monday to Friday 9:00am to 12:30noon, 2:00pm to 5:30pm (No service on Saturday,

Sunday and Public Holiday)

10. Visiting Arrangement

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

Outside visiting hours, please contact nurse for special arrangement. The Hospital will adjust the visiting hours in response to special circumstances. Please observe hospital notices.

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 pass is valid for 6 months from the date of issue. Please contact ward nurse for a new visitor pass if patient is still in the hospital.
- When patient is discharged from the hospital, the visitor pass will be invalid. Please return it to ward nurse.
- Visitor pass 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.

11. Fees and Charges (HK Dollar)

Service		Eligible Person (effective date: 1 January 2026)	Non-eligible Person (effective date: 1 January 2026)
In-patient		\$200 per day	\$3,100 per day (and deposit of \$ 31,000 payable upon admission)
Specialist Out-patient (including Allied Health Services)		\$250 per attendance, \$20 per drug item (4 weeks as chargeable unit)	\$850 per attendance, \$90 per drug item (4 weeks as chargeable unit)
Dressing & Injection		\$50 per attendance	\$250 per attendance
Psychiatric Day Hospital		Free	\$1,800 per attendance
Community Nursing (Psychiatric)		Free	\$2,000 per visit
Community Allied Health Services (Psychiatric)		Free	\$2,000 per visit
Pathology Testing Service (applicable for Specialist Out-patient)	Basic	Free	\$400 per item
	Intermediate	\$50 per item	\$800 per item
	Advanced	\$200 per item	\$16,100 per item
Non-urgent Radiology Service	Basic	Free	\$400 per item
	Intermediate	\$250 per item	\$1,600 per item
	Advanced	\$500 per item	\$4,700 per item

1. 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.
2. Eligible persons have to present the document(s) below to the Shroff/Accounts Office. Otherwise, the charges for Non-Eligible Person will be levied.
 - Hong Kong Identity Card holders: Hong Kong Permanent Identity Card; or valid Hong Kong Identity Card
 - Children under 11 years old: Hong Kong Identity Card; or Hong Kong Birth Certificate indicating patient's right as a Hong Kong permanent resident is "ESTABLISHED"; or document indicating patient's right to land/stay in Hong Kong.

3. 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).
4. For persons who are on Comprehensive Social Security Assistance, on Old Age Living Allowance or granted medical fee waivers, please claim their eligible status for medical fee waiving or bring along the original Certificate for Waiver of Medical Charges and present the valid proof of identity to Shroff counter staff, for verification of eligible status through on-line enquiry system and registration by Shroff counter staff.
5. Patient with financial or other difficulties and need to apply for medical fee waiver, please contact Medical Fee Waiving Designated Team during office hours (Location: 1/F, Main Block (Blocks B/C)).

Opening Hours of Designated Team

Monday to Thursday: 9:00 am – 1:00 pm, 2:00 pm – 5:30 pm

Friday: 9:00 am – 1:00 pm, 2:00 pm - 5:45 pm

Saturday, Sunday & Public Holiday: Closed

Opening Hours of Shroff Office

2/F, Main Block (Blocks B/C)

Monday - Friday	Saturday	Sunday & Public Holiday	Tel No:	Fax No.
8:30 am - 1:00 pm	9:00 am - 1:00 pm	Closed	2752 4280	2752 5333
2:00 pm - 5:30 pm	Closed at PM			

12. Discharge Procedures

Patient Discharged during office hours should note the following:

1. Please keep the follow-up card issued by the ward nurse safely and expect follow-up appointments accordingly.

2. Please collect all personal belongings and identity document from the hospital at Patient Valuables Office (G/F, Main Block (Blocks B/C)) with the company of relatives or ward staff before discharge.
3. Use Hospital Authority's mobile application "HA Go" or go to Shroff with discharge form HA412 for settlement of fees (2/F, Main Block (Blocks B/C)).
4. Collect drugs by presenting the prescription to Pharmacy (2/F, Main Block (Blocks B/C)).
5. If patient requests to be discharged outside of office hours, please contact the ward nurse for special arrangements.

13. Payment Instructions - For Bills or Outstanding Statement

1. Mobile Application – "HA Go"

You can download Hospital Authority's mobile application - "HA Go" which covers multiple electronic payment means to facilitate instant bill payment.

2. In Person

- a) One-stop Electronic Kiosks

You can make payment at hospital's electronic kiosks by Octopus, credit card (VISA, MasterCard) or electronic wallets (Alipay, WeChat Pay, BoC Pay, PayMe). The maximum amount per transaction for kiosk payments is HK\$3,000 for Octopus.

- b) Shroff/Accounts Office

Payment by cheque, cash, EPS (only available at selected hospitals), Octopus, credit card (VISA, MasterCard, UnionPay Card, JCB) or electronic wallets (Alipay, WeChat Pay) 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.

3. Faster 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)

4. PPS / Internet Banking

After opening your account at any PPS Terminal, you can settle the payment via PPS at 18031, on Internet (www.ppshk.com) or PPS on Mobile. For details, please call PPS

Hotline at 2311 9876. The merchant code of Hospital Authority is **83**. The number of daily payments for each account number is up to 3. In addition, you can also make payment via internet banking services provided by banks. (See Remarks i & ii)

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 i & ii)

6. 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 patient name and **bill number /outstanding statement** number at the back of the cheque/bank draft/cashier order, and allow sufficient mailing and payment processing time. **Do NOT send cash by post.** (See Remarks i)

7. Cash Payment at 7-Eleven

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

Remarks

Eligible persons

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

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 could not afford medical expenses at the public sector can apply for a medical fee waiver at the Medical Social Services Units of public hospitals and clinics or the Integrated Family Service Centres and other designated service units of Social Welfare Department. As it takes time to process medical fee waiving applications, needy patients / applicants should submit their waiver applications as early as possible. Unless there are exceptional circumstances or justifiable reasons, medical fee waiving applications submitted **more than 3 months after the issuance date of the bill / payment request** will normally not be processed.

14. Medical Reports, Donations & General Enquiries

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 G/F, Main Block (Blocks B/C). (Enquiries: 2752 4105); and pay the prescribed fees at the Central Shroff, 2/F, Main Block (Blocks B/C).

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 (10/F, Main Block (Blocks D/E), Kwai Chung Hospital).
- For enquiries, please contact Ms Maggie KO at 2752 3035 or e-mail to **kky154@ha.org.hk**

General Enquiries

Kwai Chung Hospital Enquiry: 2752 4040 or e-mail to kch.enquiry@ha.org.hk

Office Hour:

Monday to Friday: 9:00am to 5:30pm

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

- (a) Ward Manager or any nurse
- (b) Department Operations Manager
- (c) Patient Relation Officer
- (d) Chief of Service or any doctor
- (e) Hospital Chief Executive
- (f) Justices of Peace on visits (If you wish to meet a Justice of the Peace or request a private meeting with one during their visit, you may contact the Nurse-in-Charge to convey your request so that ward staff can make the necessary arrangements; however, the actual feasibility of such a private meeting depends on the decision of the Justice of the Peace.)

15. Transportation

Bus Routes:

- No. 30 Tsuen Wan (Allway Gardens) < > Cheung Sha Wan^
- No. 32H Cheung Shan < > Lai Chi Kok^
- No. 40B Kwai Chung Estate < > Ping Tin^
- No. 42 Tsing Yi (Cheung Hong Estate) < > Shun Lee^
- No. 45 Kwai Chung (Lai Yiu Estate) < > Kowloon City Ferry Pier^
- No. 46 Kwai Chung (Lai Yiu Estate) < > Jordan (West Kowloon Station)^
- No. 46X Hin Keng < > Mei Foo^

Light Bus Routes:

- No. 90A Mei Foo < > Kwai Chung Hospital#
- No. 90P Mei Foo Sun Chuen < > Princess Margaret Hospital*
- No. 90M Mei Foo MTR Station < > Highland Park
- No. 92M Mei Foo < > Wah Yuen Chuen
- No. 313 Tsuen Wan (Fuk Loi Estate) < > Princess Margaret Hospital (Block K)
- No. 407 Cheung Wang Estate < > Princess Margaret Hospital*
- No. 407A Lai King, Kwai Fong MTR Station < > Princess Margaret Hospital*
- No. 410 Shek Yam Estate < > Princess Margaret Hospital (Block K)
- No. 411 Highland Park < > Sham Shui Po (Un Chau Street) (Circular)

- No. 413 Tsing Yi Public Pier < > Princess Margaret Hospital

^ Visitors to Kwai Chung Hospital should take the elevators at Kwai Chung Hospital Lift Tower

* Visitors to Kwai Chung Hospital should take the elevators at Block G/P, Princess Margaret Hospital to 4/F

Terminal is Kwai Chung Hospital Main Entrance

16. Hospital Map



17. 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: Concerning the medication issue, you may consult your attending doctor for advice.

2. Change in mental condition

Q: I have been feeling restless, up-rolling of eyeball, 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 advice from your doctor.

Q: My condition has worsened. I have insomnia, temper tantrums, depression, incoherent speech, auditory hallucinations, visual hallucinations, persecution delusions, 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]

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 **2752 3773**
- 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 encounter 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.

Mild 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]

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. [Appendix 3]

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. Eat a Balanced Diet

- Grains & Cereals: Choose rice, whole-wheat flour, oats, bread, and biscuits.
- Vegetables & Fruits: Eat plenty of fresh produce, leafy greens, and melons.
- Proteins & Meats: Include fish, seafood, chicken, eggs, beef, pork, and lamb.
- Dairy Products: Drink fresh milk or use milk powder and cheese

2. Reduce Harmful Ingredients

- Cut Sugar: Limit desserts, sugary drinks, and sweet snacks.
- Lower Salt: Avoid heavily salted foods and reduce added salt in cooking.
- Minimize Fat: Avoid fried foods and greasy dishes.

3. Boost Fiber Intake

- High-Fiber Foods: Consume more whole grains, fruits and vegetables to aid digestion.

Appendix 1 - Hospital Foreign Language Interpreter Service

醫院外語傳譯服務 Interpretation Service in Hospitals



本院盡量為不諳廣東話、普通話或英語人士在接受公營醫療服務時，提供傳譯服務。由於安排需時，如病人需要這服務，請盡早聯絡本院職員代為安排。
 本院盡量為不諳广东话、普通话或英语人士在接受公营医疗服务时，提供传译服务。由于安排需时，如病人需要这服务，请尽早联络本院职员代为安排。
 In the course of treatment process, if public patients need interpretation as they do not speak Cantonese, Putonghua or English, the hospital would try to provide the service as far as possible. Since it may take substantial time to arrange for interpreters, patients who need the service are advised to contact hospital staff in advance.

 孟加拉 BANGLADESH	ৱিৰ্ভিৰা প্ৰতিভা চলাকালীন সময়ে, যেসব রোগী ক্যান্টনিজ, পুডোঙহা ও ইংরেজী ভাষায় কথা বলতে অপারগ, তাদের দ্বাভাষী সেবা বা ইন্টারপ্ৰিটেশনের প্রয়োজন হলে হাসপাতাল এই সেবা প্রদানের জন্য ক্যাম্পাসেব চেষ্ঠা করবে। দ্বাভাষী সেবা আয়োজন করা সমস্যাশীল হওয়ায় যে সকল রোগীদের দ্বাভাষী সেবা প্রয়োজন, তাদেরকে অনুগ্রহ করে হাসপাতালের কর্মীদের সাথে পূর্বেই বাগাযোগের অনুরোধ করা যাচ্ছে।
 埃及 EGYPT	أثناء تلقي العلاج ستحاول المستشفى تأمين خدمة الترجمة قدر الإمكان للمرضى العامين الذين يحتاجون إليها بسبب عدم قدرتهم على تكلم اللغات الصينية أو الانكليزية. بما أنه يلزم وقت طويل لإتمام ترتيبات تأمين المترجمين، من الأفضل للأشخاص الذين يحتاجون هذه الخدمة أن يتواصلوا مقدماً مع موظفي المستشفى
 法國 FRANCE	Lors d'une consultation, pour les patients qui ne parlent ni cantonais, ni mandarin, ni anglais, s'ils ont besoin d'un service de traduction, l'hôpital pourrait dans la mesure du possible offrir un tel service. Comme nous aurons besoin de temps pour trouver des interprètes disponibles, les patients qui souhaitent solliciter ce service sont priés de contacter le personnel de l'hôpital à l'avance.
 德國 GERMANY	Für Patienten die der Behandlung nicht in Englisch, Kantonesisch oder Mandarin folgen können und deshalb einen Dolmetscher benötigen, kann das Krankenhaus versuchen einen entsprechenden Dolmetscher zur Verfügung zu stellen. Da es länger dauern könnte einen Dolmetscher zu organisieren, bitten wir die Patienten sich im Voraus mit dem Personal des Krankenhauses in Verbindung zu setzen.
 印度 INDIA	5 हिंदी Hindi: उपचार प्रक्रिया के दौरान, यदि सार्वजनिक रोगियों को अनुवाद सेवा की आवश्यकता है, क्योंकि वे कैंटोनीज, पुटोंगवा या अंग्रेजी नहीं बोलते हैं तो अस्पताल अनुवाद सेवा प्रदान करने का प्रयास करेगा। चूंकि दुभाषियों की व्यवस्था करने में कुछ ज्यादा समय लग सकता है, इसलिए जिन रोगियों को सेवा की आवश्यकता है उन्हें सलाह दी जाती है कि वे पहले से ही अस्पताल के कर्मचारियों से संपर्क करें। 6 ਪੰਜਾਬੀ Punjabi: ਇਲਾਜ ਦੀ ਪ੍ਰਕਿਰਿਆ ਦੇ ਦੌਰਾਨ, ਜੇ ਜਨਤਕ ਮਰੀਜ਼ਾਂ ਨੂੰ ਅਨੁਵਾਦ ਸੇਵਾ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ ਜੇ ਕਿ ਕੈਟੋਨੀਜ਼, ਪੁਟੋਂਗਵਾ ਜਾਂ ਇੰਗਲਿਸ਼ ਨਹੀਂ ਬੋਲ ਸਕਦੇ ਹਨ ਤਾਂ ਹਸਪਤਾਲ ਜਿਨ੍ਹਾਂ ਸੰਭਵ ਹੋਵੇ ਅਨੁਵਾਦ ਸੇਵਾ ਪ੍ਰਦਾਨ ਕਰਨ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰੇਗਾ। ਕਿਉਂਕਿ ਦੁਬਾਸ਼ੀਏ ਦੀ ਵਿਵਸਥਾ ਕਰਨ ਲਈ ਕਾਫ਼ੀ ਸਮਾਂ ਲੱਗ ਸਕਦਾ ਹੈ, ਇਸ ਲਈ ਜਿਨ੍ਹਾਂ ਮਰੀਜ਼ਾਂ ਨੂੰ ਅਨੁਵਾਦ ਸੇਵਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਉਹਨਾਂ ਨੂੰ ਸਲਾਹ ਦਿੱਤੀ ਜਾਂਦੀ ਹੈ ਕਿ ਉਹ ਹਸਪਤਾਲ ਦੇ ਅਮਲੇ ਨਾਲ ਪਹਿਲਾਂ ਹੀ ਸੰਪਰਕ ਕਰਨ।
 印尼 INDONESIA	7 Selama proses pengobatan, jika pasien umum memerlukan penerjemahan karena mereka tidak berbicara bahasa Kanton, Putonghua atau Inggris, rumah sakit akan berusaha sebaik mungkin menyediakan layanan penerjemahan. Karena menyediakan penerjemah memerlukan banyak waktu, pasien yang memerlukan layanan ini diminta menghubungi staf rumah sakit sebelumnya.
 日本 JAPAN	8 治療経過中に、広東語、中国語、英語のいずれも話さない患者が 通訳を必要とする場合、病院はできる限り通訳サービスを提供します。通訳者の手配に時間がかかるため、通訳サービスを必要とする患者様は予め病院職員へご連絡ください。
 馬來西亞 MALAYSIA	9 Semasa rawatan, jika pesakit awam memerlukan penterjemahan kerana tidak bertutur Bahasa Kantonis, Mandarin atau Inggeris, pihak hospital akan cuba menyediakan jurubahasa seberapa dapat. Oleh kerana kami memerlukan masa untuk mendapatkan jurubahasa, pesakit yang perlukan perkhidmatan ini dinasihatkan supaya menghubungi hospital awal-awal lagi.
 墨西哥 MEXICO	10 Durante el proceso de tratamiento, si los pacientes del público necesitan una interpretación debido a que no hablan cantonés, mandarín o inglés, el hospital puede intentar proveer el servicio lo más que pueda. Ya que se toma un tiempo sustancial para alocar a un intérprete, le aconsejamos a los pacientes que necesitan de dicho servicio contactar al personal del hospital de antemano.
 尼泊爾 NEPAL	11 उपचार प्रक्रियाको दौरानमा, यदि सर्वसाधारण बिरामीहरूले क्याटोनिज, पुतुङ्गवा वा अङ्ग्रेजी नबोलाको कारण दोभाषेको आवश्यकता हुन्छ भने, अस्पतालले सकेसम्म यो सेवा प्रदान गर्न प्रयास गर्नेछ। दोभाषेहरूको व्यवस्था गर्न पर्याप्त समय लाग्न सक्ने हुनाले, यो सेवा चाहने बिरामीहरूलाई अग्रिम रुपमा अस्पतालका कर्मचारीलाई सम्पर्क गर्न सल्लाह दिइन्छ।
 巴基斯坦 PAKISTAN	12 اُردو Urdu: علاج کے مرحلے کے دوران، اگر عوامی مریضوں کو ترجمانی کی ضرورت پڑتی ہے کیونکہ وہ کینٹونیز، پوتونگوا یا انگریزی زبان میں گفتگو نہیں کر سکتے تو، ہسپتال ترجمانی کی سروس پہنچانے کی ہر ممکن کوشش کرے گا۔ چونکہ ترجمانوں کا انتظام کرنے میں وقت لگتا ہے، لہذا جن مریضوں کو ترجمانی کی سروس درکار ہے انہیں چاہیے کہ وہ ہسپتال کے صلیے کو پہلے سے رجوع کریں۔
 菲律賓 PHILIPPINES	13 پنجابی Punjabi: جی جی اس ہسپتال وچ علاج چل رہا اے تے اہل نون انگریزی، چینی یا پوتونگوا فہمی آندی، اہل واسے ہسپتال ترجمان دی سولت مہیا کرن دی پوری کوشش دے بنویست وچ ٹیم لگدا اے ایس لہی جنل نون ترجمان دی مدد چاہی دی اے او ہسپتال دے اسٹاف نون پہلے ای دن دین تگہ او اہل واسے ترجمان دا بنویست کتاجا سکے
 葡萄牙 Portugal	14 Sa proseso ng paggamot, kung ang mga pampublikong pasyente ay nangangailangan ng interpretasyon dahil hindi sila nagsasalita ng Cantonese, Putonghua o Ingles, susubukan ng ospital na magbigay ng serbisyo hangga't maaari. Dahil maaaring tumagal ang paghahanda ng mga interpreter o tagasalin, ang mga pasyenteng nangangailangan ng serbisyo ay pinapayuhang makipag-ugnayan sa mga tauhan ng ospital nang maaga.
 南韓 SOUTH KOREA	15 Este hospital providencia serviço gratuito de intérprete durante o processo de tratamento. No caso do utente ser incapaz de comunicar em Cantonés, Mandarin ou Inglês, por favor entre em contacto com qualquer membro da equipa médica ou funcionário hospitalar. Recomendamos que solicite este serviço antecipadamente, para evitar esperas longas e outros contratempos logísticos.
 斯里蘭卡 SRI LANKA	16 치료 과정 동안, 광동어, 광둥어, 보통화 혹은 영어를 사용하지 않는 일반 환자분들이 통역을 필요로 하시면, 가능한 한 서비스를 제공해 드리도록 하겠습니다. 통역사 안배를 위해 상당한 시간이 걸릴 수도 있으나, 통역 서비스를 원하시는 환자분들은 병원 직원에게 사전에 말씀해 주시기 바랍니다.
 泰國 THAILAND	17 මහජන රෝගීන් හට ප්‍රතිකාර කිරීමේ කාර්යයේදී, කැන්ටනීස්, පුටුංගා හෝ ඉංග්‍රීසි භාෂා කතා කිරීමට නොදන්නන් වන, ඔවුන්ට භාෂා පරිවර්තකයින් උපයෝගී කර ගැනීමට අවශ්‍ය වේ. භාෂා පරිවර්තකයින් සැපයීමට ප්‍රමාණවත් කාලයක් අවශ්‍ය වන බැවින් මෙම සේවාව අවශ්‍ය වන රෝගීන් කල් කලා ඒ බව රෝගීන් කාර්යාල මණ්ඩලයට දැනුම් දෙන ලෙස මෙයින් අවවාද කරයි.
 越南 VIETNAM	18 ในระหว่างเข้ารับการรักษา หากผู้ป่วยต้องการล่ามแปลเนื่องจากไม่สามารถพูดภาษาจีนกลางได้ ous, ภาษากลาง หรือภาษาอังกฤษได้ ทางโรงพยาบาลจะพยายามเต็มที่เพื่อจัดหาบริการล่ามแปลให้ ทั้งนี้การจัดหาล่ามจำเป็นต้องใช้เวลา ผู้ป่วยที่ต้องการบริการดังกล่าวควรแจ้งต่อ เจ้าหน้าที่ของโรงพยาบาลไว้ล่วงหน้า
 越南 VIETNAM	19 Trong quá trình điều trị, nếu bệnh nhân cần phiên dịch vì họ không biết nói tiếng Quảng Đông, tiếng Trung Quốc hoặc tiếng Anh, bệnh viện sẽ cố gắng cung cấp dịch vụ càng nhiều càng tốt. Vì có thể mất nhiều thời gian để sắp xếp thông dịch viên, những bệnh nhân cần dịch vụ này nên liên hệ trước với nhân viên của bệnh viện.

如以上译文与英语原文有不相符之处或有疑问，请以英语原文为准。In case of doubt or discrepancy between the above translation and the original English text, the original English text shall prevail.

Appendix 2 - Hospital Sign Language Interpretation Service



醫院管理局
HOSPITAL
AUTHORITY

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 - Community Services

(I) Clinic & Day Hospital

Hospitals & Clinics	Address	Tel no.	Medical Social Services Unit	Day Hospital / Day Centre
East Kowloon Psychiatric Centre (EKPC)	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 (WKPC)	2/F, Blocks B/C, KCH	2782 4557	2752 3174	2752 3737
Child and Adolescent Integrated Clinic	2/F, Child and Adolescent Service Block	2752 5090	2752 5266	-
Child and Adolescent Integrated Day Hospital	3/F, Child and Adolescent Service Block	2752 5150	-	-
Kwai Chung Psychogeriatric Out-patient Department cum Carer Support Centre	2/F, Blocks D/E, KCH	2752 4212/ 2752 4213/ 2752 4217	2752 3182	-
Occupational Therapy Department	3rd Floor, Main Block (Blocks D/E) Occupational Therapy Department	2752 4450	-	-
	2nd Floor, Main Block (Blocks B/C) IDRS - OT / Supported Employment Service	2752 3772		
	2/F, Phase 2, East Kowloon Psychiatric Centre	39602230		
Physiotherapy Department	3rd Floor, Main Block (Block C)	2752 3324	-	-
Kwai Chung Hospital	3-15 Kwai Chung Hospital Road, New Territories, Hong Kong	2752 3000	2752 3182	-
Substance Abuse Assessment Unit	1/F, Blocks B/C, KCH	2752 3845	-	2752 3845
Integrated Day Recovery Service - Day Rehabilitation Service - Holiday Injection Service	Rm 103, 1/F, Day Recovery Centre, KCH	29598313	-	
Psychogeriatric Day Care Centre (PGDCC) Psychogeriatric Day Hospital / Ambulatory Care Centre (PGDH/ACC)	2/F, Blocks D/E, KCH	2752 4313	-	-
Occupational Therapy Department	3 rd Floor, Main Block (Blocks D/E)	2752 4450	-	-
Physiotherapy Department	3 rd Floor, Main Block (Block C)	2752 3324	-	-

Service	Tel no.
Intensive Care Team	6462 0360
Community Psychiatric Learning Disabilities Services	2752 3433
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)	6462 0380
Community Psychiatric Services (North Lantau)	6462 0380
Enhancement of Psychogeriatric Outreach Service to Residential Care Homes for the Elderly (EPGO)	2752 4241
Community psychogeriatric Nursing Service	2752 4251
Elderly Suicide Prevention Team (ESPT)	2752 4234
Efficiency Dividend Programme: Nursing Outreach Programme to Private Old Aged Homes (EDP:NOP)	2752 4254
Supported Employment Service (IDRS – OT)	2752 3772

(II) Helpline and Community Resources

Service	Tel no.
1. Helpline and Community Resources Social Welfare Department Hotline (24 hours) Hospital Authority - Mental Health Direct (24 hours) The Hong Kong Council of Social Service - Mutual Aid Helpline	2343 2255 2466 7350 1878 668
2. Family Crisis / Personal and Family Distress Caritas Hong Kong - Family Crisis Line (24 hours)	18288
3. Serious Emotional Distress Suicide Prevention Service - 24-hour Suicide Prevention Hotline Service The Samaritan Befrienders Hong Kong - 24-hour Emotional Support Hotline The Samaritans - 24-hour Multi-lingual Suicide Prevention Hotline	2382 0000 2389 2222 2896 0000
4. Youth Hotline Hong Kong Federation of Youth Groups – Youthline Youth Outreach - 24-Hour Hotline (Crisis Residential Service for Youth at Risk)	2777 8899 9088 1023
5. Gambling Counselling Ping Wo Fund Gambling Counselling Hotline Tung Wah Group of Hospitals - Even Centre Caritas Hong Kong – Caritas Addicted Gamblers Counselling Centre Zion Social Service - Yuk Lai Hin Counselling Centre Hong Kong Lutheran Social Service - Sunshine Lutheran Centre	1834 633 2827 4321 2499 7828 2703 9811 8108 3933
6. Debt Issue Caritas Hong Kong – Caritas Family Crisis Support Centre (Financial Distress Counselling Hotline) (24hours) Tung Wah Group of Hospitals - Healthy Budgeting Family Debt Counselling Centre	3161 0102 2548 0803

(III) Integrated Community Centre for Mental Wellness

Service District	Agency Name	Name of Centre	Address of Service Point	Tel. No.	Fax. No.
Central Western & Southern Districts	Fu Hong Society	Sunrise Centre	Units 404-412, G/F, Wah Mei House, Wah Fu Estate, Hong Kong	2518 3880	2553 8796
	Tung Wah Group of Hospitals	TWGHs 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
		TWGHs 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	New Life Psychiatric Rehabilitation Association	The Wellness Centre (Islands)	G/F, Luk Yat House, Yat Tung (I) Estate, Tung Chung, Lantau Island, New Territories	2363 5718	3552 5355
	St. James' Settlement	Wellness Island	Shop 113, 1/F, Yat Tung Shopping Centre, 8 Yat Tung Street, Tung Chung, Lantau Island, New Territories	5931 8691	3104 3646
Eastern District	Baptist Oi Kwan Social Service	Integrated Community Centre for Mental Wellness (Eastern)	Units 1506 & 1507, 15/F, Lancashire Centre, 361 Shaukeiwan Road, Shaukeiwan, Hong Kong	2967 0902	2967 0577
	Richmond Fellowship of Hong Kong	ALOHA (Eastern)	Unit 1-8, LG/F, Chak Tsui House, Wan Tsui Estate, Chai Wan, Hong Kong	2505 4287	2976 5330
Wan Chai	Baptist Oi Kwan Social Service	Integrated Community Centre for Mental Wellness (Wan Chai)	8/F, 36 Oi Kwan Road, Wanchai, Hong Kong	3413 1641	3413 1656
Wong Tai Sin	Richmond Fellowship of Hong Kong	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, Yiu Sin House, Upper Wong Tai Sin Estate, Kowloon	2322 3794	2320 1178
Kwun Tong	The Mental Health Association of Hong Kong	Amity Place (Kwun Tong Central)	9/F, Kai Nang Integrated Rehabilitation Services Complex, 4 Fuk Tong Road, Kwun Tong, Kowloon	2346 3798	2348 2428

Service District	Agency Name	Name of Centre	Address of Service Point	Tel. No.	Fax. No.
		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)	Christian Family Service Centre	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)	Stewards	Syner-bright Zone (Integrated Community Centre for Mental Wellness)	Unit 216-217, 218B, 223, 223A & 224A, Sau Lam House, Tsui Lam Estate, Tseung Kwan O	2633 3117	2631 0779
Kowloon City	The Society of Rehabilitation and Crime Prevention, Hong Kong	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	New Life Psychiatric Rehabilitation Association	The Wellness Centre (Yau Tsim Mong)	G/F - 1/F, Flourish Mansion, 9 Cheung Wong Road, Mong Kok, Kowloon	2977 8900	3552 5353
Sham Shui Po	New Life Psychiatric Rehabilitation Association	The Wellness Centre (Sham Shui Po)	2/F, New Life Building, 332 Nam Cheong Street, Kowloon	2319 2103	2784 5367
Tsuen Wan	Caritas - Hong Kong	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	Baptist Oi Kwan Social Service	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	New Life Psychiatric Rehabilitation Association	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	Stewards	Take Your Way Clubhouse (Integrated Community Centre for Mental Wellness) (Shatin)	G/F, Unit 1-18, Bean Goose House, Sha Kok Estate, Shatin, New Territories	2645 1263	2632 5056

Service District	Agency Name	Name of Centre	Address of Service Point	Tel. No.	Fax. No.
		Take Your Way Clubhouse (Integrated Community Centre for Mental Wellness) (Ma On Shan – sub-base)	Wing A, 1-12, G/F, Yiu Ping House, Yiu On Estate, Ma On Shan, N.T.	2321 3090	2321 3191
	New Life Psychiatric Rehabilitation Association	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	The Mental Health Association of Hong Kong	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 Hong Kong	Caritas Wellness Link – North District	8/F, North District Community Health Centre Building, 3 Wai Wo Street, Sheung Shui, New Territories	2278 1016	3590 9110
Yuen Long	The Society of Rehabilitation and Crime Prevention, Hong Kong	Placidity Place	5/F, Tin Shui Wai (Tin Yip Road) Family Medicine Integrated Centre, 3 Tin Yip Road, Tin Shui Wai, New Territories	3163 2873	3907 0180
	New Life Psychiatric Rehabilitation Association	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	New Life Psychiatric Rehabilitation Association	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
	Hong Kong Sheng Kung Hui Welfare Council Limited	Hong Kong Sheng Kung Hui Tuen Mun Integrated Community Centre for Mental Wellness - The Club	G/F, Low Block, Leung King Integrated Social Services Complex, Leung King Estate, Tuen Mun	2465 3210	2994 1968

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