



**HKU**  
**SWSA**

Department of Social Work and Social Administration  
The University of Hong Kong  
香港大學社會工作及社會行政學系



Counselling Unit  
輔導組

# Counselling Services

## Service Target

Individuals, families or couples who need support, include children, youth, adults and elderly.

## Multilingual

Services in Cantonese, Mandarin and English

## Service Fee

HK\$200 / Session (1 hour)



## Operation Hours (By appointment)

Tuesday & Thursday 5:30 PM – 9:30 PM  
Saturday 10:00 AM – 5:00 PM  
(Except public holidays)

## Address

CPD 4.23, Practice Centre,  
4/F, The Jockey Club Tower,  
The Centennial Campus, HKU

*The Counselling Unit* provides our students from the Bachelor of Social Sciences (Counselling) and Master of Social Sciences (Counselling) Programmes with teaching and research facilities in The University of Hong Kong (HKU). It enables students to integrate and apply counselling theories with practice, and at the same time, provides professional, confidential and affordable counselling services to the community.



### *Individual Counselling*

- To promote personal growth and development, e.g., education, career development, adjustment to retirement;
- To assist clients in handling emotional issues, e.g., stress, anxiety, depression, loss and grief, sexuality and addiction problems.

### *Family/ Couple/ Relationship Counselling*

- To explore challenges arising from family, couple or relationships, e.g., communication, parenting, and separation.

\*\* The Unit does not offer IQ test, personality assessments or making clinical diagnosis.



*Make an appointment*

*Call and leave message at (852) 3917 2984;*

*Email to [counselling\\_unit@hku.hk](mailto:counselling_unit@hku.hk);*

*Scan the QR code to register*

