

Available resources

For domestic workers

Counselling services | Hotlines | Resources & Community groups

A mental health crisis or emergency is when someone thinks **they might act on suicidal or self harming thoughts,** or that **they've harmed themselves and need urgent medical attention.**

If you are in an emergency or a crisis, please **contact 999**, or go to **your nearest A&E.**

For more information on COVID-19 in Hong Kong,
please visit the government website here:

English: www.coronavirus.gov.hk/eng/index.html

Bahasa Indonesia: www.chp.gov.hk/en/features/102790.html

Tagalog: www.chp.gov.hk/en/features/102791.html

For more COVID-19 mental health resources,
visit Mind HK's COVID information hub here:

www.mind.org.hk/covid-information-hub



Counselling services

Christian action - Migrant domestic workers services

Provides intervention and services for migrant domestic workers, including right-based and critical consultation services,, emergency shelter, psychological counselling, education workshops, and recreational activities.

Website:

christian-action.org.hk/en/hong-kong/humanitarian-social-services/migrant-domestic-workers

Contact number:

+852 2739 6193 (Tsim Sha Tsui)

+852 2362 1922 (To Kwa Wan)

Email:

domhelp@christian-action.org.hk

HELP for Domestic Workers

HELP provides advice and assistance, awareness and education, empowerment and peer-support to migrant domestic workers to gain access to justice and receive fair and equal treatment. Services include support for domestic workers in crisis through advice on employment, immigration, loan and criminal issues, mental wellbeing and counselling support, shelter referrals, emergency financial assistance and outreach services.

Website:

helpfordomesticworkers.org/

Contact number:

+852 2523 4020 / +852 5936 3780

Whatsapp (English and Filipino):

+852 5936 3780

Facebook: @HELPPForDomesticWorkers

MeHeal Support Programme -

support for domestic workers who requires counselling services

Register link: tinyurl.com/35u3kmvv



ReSources: The Counselling Centre Ltd.

The Centre consists of clinical psychologists and counsellors that speak different languages. It offers multilingual professional counselling service for people residing in Hong Kong in multiple languages.

Website:

resourcecounselling.org/

Contact number:

+852 2523 8979

Available languages:

Cantonese, English, Putonghua, Russian, Hindi, Marathi and Marwadi

Email:

resource@counselling.org.hk

St. John's Cathedral Counselling Service

SJCCS is a self-sufficient NGO that provides an affordable counselling service with a sliding scale system.

Website:

www.sjccs.hk/services/individuals-couples-families-counselling/

Available languages:

Cantonese, Mandarin, Dutch, English, French, German, Indonesian, Japanese, Korean, Spanish, Hindi, Sindhi and Tagalog.

Email: info@sjcshk.com

The Zubin Foundation - Ethnic Minority Well-being Centre

The centre serves those in the ethnic minority community who would like to talk to a counsellor about their mental well-being. All counsellors are able to speak English plus Hindi/ Urdu.

Website:

www.zubinfoundation.org/wellbeing

Available languages:

English, Hindi, Urdu

Contact number:

+852 9682 3100

The Samaritans

The Samaritans 24hrs provides a suicide hotline service in different languages.

Website: samaritans.org.hk/

Available languages:

English, Cantonese, Mandarin, others (not specified)

Contact number: +852 2896 0000



Hotlines

The Samaritans

The Samaritans 24-hour hotline provides a suicide hotline service in different languages.

Website: samaritans.org.hk/

Available languages:

English, Cantonese, Mandarin, others (not specified)

24-hour hotline: +852 2896 0000

The Samaritan Befrienders Hong Kong (SBHK)

SBHK English emotional support hotline is available to support individuals who are experiencing emotional distress, or suicidal feelings.

Website: www.sbhk.org.hk/?lang=en

Available languages:

English, Cantonese

Service hour:

Monday to Friday, from 6:30PM - 10PM

Contact number:

+852 2896 2223 (English)

+852 2896 0000 (Cantonese)

TWGH CEASE Crisis Centre

CEASE Crisis Centre provide crisis intervention services for victims who of domestic or sexual violence, including 24-hour hotline, outreach services and short-term accommodation service.

Pamphlets:

[English](#) | [Tagalog](#) | [Bahasa Indonesia](#)

Available languages:

not specified

24-hour hotline: 18281

Hong Kong Red Cross

Hong Kong Red Cross COVID-19 Support Hotline is a free and confidential service that provides COVID-19 related health and measures information and psychological support to anyone who is affected by the pandemic.

Website:

www.redcross.org.hk/en/covid_SupportHotline2022.html

Available languages:

English, Cantonese, Mandarin

Service hour:

Monday to Sunday, 10AM - 10PM

Contact number: +852 3628 1185

More crisis support services can be found here: mind.org.hk/find-help-now



Resources & Community groups

ATKI-HK

TKI conducts education and raises awareness, mobilizes emancipation and organizes the struggles of Indonesian migrant workers.

Website: www.facebook.com/ATKIHK/

Language: Bahasa Indonesia

Email: atkihongkong@gmail.com

Bethune House

Bethune House provides shelter services, case and medical support, resources for migrant women workers to support their psycho-social welfare and community support.

Website: bethunehouse.org/

Contact number: +852 2721 3119

Email: shelter@bethunehouse.org.hk

Caritas Asian Migrant Project

Asian Migrant Workers Social Service Project is a Non-Government subsidised project serving migrant workers from the Southeast Asian countries. It is currently delivering personal hygiene products to migrant domestic helpers.

Website: www.facebook.com/CaritasAsianMigrantProject

Contact number: +852 5497 2899

Email: cdamp@caritassws.org.hk



RESOURCES & COMMUNITY GROUPS

EmpowerU

EmpowerU provides high-quality education to individuals in the marginalised community through education programmes created by professionals.

Website: www.empoweru.io/

Email: info@empoweru.io

Enrich HK

To empower migrant domestic workers in Hong Kong, regardless of nationality or background, to transform their lives through financial education and personal development programmes.

Website: enrichhk.org/

Available language: English, Chinese, Bahasa Indonesia

Contact number:

+852 5981 3754 (English/Tagalog)

+852 5648 0990 (Bahasa Indonesia)

Email: info@enrichhk.org

Migrante - Hong Kong

United Filipinos in Hong Kong (UNIFIL-MIGRANTE-HK) was established in 1985. It is an alliance of OFW organizations, united in struggling to end the root causes of forced migration.

Website: www.facebook.com/migrante.hongkong/

Language: Tagalog

Contact number: +852 9747 2986

Email: secretariat@unifil.org.hk

Mission For Migrant Workers

MFMW supports migrant workers in crisis through timely assistance, case guidance and outreach services, and referral to professional services.

Website: www.migrants.net/

Contact number: +852 2522 9264

Email: mission@migrants.net



RESOURCES & COMMUNITY GROUPS

PathFinders Ltd

Ensure the most vulnerable and unsupported children in Hong Kong are protected and respected, and their migrant mothers - predominantly current or former Migrant Domestic Workers - are empowered to find a path to a bright future.

Website: www.pathfinders.org.hk/

Available language: English Chinese, Bahasa Indonesia

Contact number: +852 5190 4886

Splash Foundation

Splash provides free swimming lessons to migrant domestic workers and children, to empower and connect the marginalised community together to create a sense of belonging.

Website: www.splashfoundation.org/

Email: info@splashfoundation.org

Uplifters

To empower migrant domestic workers through online education and community support.

Website: uplifters-edu.org/

Available languages: English

Email: hello@uplifters-edu.org



About Mind HK

Mind HK (Mind Mental Health Hong Kong Limited) is a S88 registered charity (91/16471), which launched in 2017. Our vision is to ensure no one in Hong Kong has to face a mental health problem alone. Through resources, training, and outreach campaigns and programmes, we help to educate around mental health and remove the associate stigma, with the aim of achieving the best mental health for all in Hong Kong. With existing collaboration and research efforts, we are here to support Hong Kong in becoming a global leader and regional model for public mental health. For more on our work, mission and vision, please visit www.mind.org.hk.

Useful Resources

If you want to learn more about other mental health topics, please visit **our Mental Health A to Z:**
www.mind.org.hk/mental-health-a-to-z/

COVID-19 Mental Health Information Hub:
Mental health resources and local supports available to take care of your mental health during the COVID-19 pandemic
mind.org.hk/covid-information-hub

If you are in an emergency or crisis situation, please contact 999, or go to your nearest A&E.

More local urgent support in Hong Kong:
mind.org.hk/find-help-now
More non-urgent support can be found here:
mind.org.hk/community-directory/
How & where to seek help in Hong Kong:
mind.org.hk/getting-help/



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