

健康心靈先導計劃

Healthy Mind Pilot Project

服務對象 Target Audience

- 三間地區康健中心及地區康健站十八歲或以上的會員
- 有輕度至中度抑鬱或焦慮症狀
- Members of three District Health Centre / District Health Centre Expresses aged 18 or above
- Have symptoms of mild to moderate depression or anxiety

服務模式 Service Modes

親身、電話或網上面談
In-person, telephone or online consultations

服務團隊 Service Team

臨床心理學家、心理健康主任、
社會工作員
Clinical Psychologists, Well-being Practitioners and Social Workers



計劃旨在為有輕度至中度抑鬱或焦慮症狀的會員提供實證為本的低密度心理治療(包括情緒評估及心理支援)，以改善會員的情緒困擾

The program offers evidence-based low-intensity psychological services, including emotional assessments and support, for members who have symptoms of mild to moderate depression or anxiety.

推行先導計劃的地區康健中心/地區康健站

The pilot project is implemented at District Health Centres/ District Health Centres Expresses

📍 屯門地區康健中心
Tuen Mun District Health Centre
計劃查詢電話 ☎ 2187 2137

📍 港島東區地區康健站
Eastern District Health Centre Express
計劃查詢電話 ☎ 5468 9920

📍 油尖旺地區康健站
Yau Tsim Mong District Health Centre Express
計劃查詢電話 ☎ 5468 9920

「健康心靈先導計劃」由醫務衛生局撥款資助，新生精神康復會及香港心聆為與先導計劃同區的服務提供機構
“Healthy Mind Pilot Project” is funded by the Health Bureau, the New Life Psychiatric Rehabilitation Association and Mind HK are service providers in the same district under the Pilot Project

計劃於2024年8月展開，為期18個月

The Pilot Program commenced in August 2024 for a duration of 18 months

計劃詳情

