

輔導及病人支援中心

Counselling and Patient Support Centre

聯合道
320號
建新中心一樓

簡介

本中心為有需要的公眾人士提供專業和保密的輔導服務，並為有需要的患者及家屬提供心理及社交支援。

輔導服務

• 個人、婚姻及家庭輔導

心理輔導員協助有需要人士及其家庭成員積極面對危機和生活困難。

- 情緒壓力：協助有需要人士面對壓力、情緒低落、輕微抑鬱焦慮情緒、人際關係等生活難題。
- 婚姻關係：協助夫婦面對和調適婚姻關係所遇上的困難。
- 哀傷處理：為需要的喪親者或家庭，提供哀傷輔導，使之能抒解哀傷及適應新生活。
- 病患適應：幫助患者及家屬面對疾病所帶來的情緒困擾，以及調適癒後生活。



• 婚前輔導

為準婚人士提供婚前評估和輔導，促進雙方彼此認識的深度，為婚後生活作出準備。

- 評估工具：PREPARE/ENRICH 問卷評估
- 輔導內容：婚姻期望、原生家庭、性格、溝通、衝突、財務、親子、性生活、宗教等
- 輔導節數：五節
- 輔導時間：每節75分鐘
- 備註：服務包括一項網上婚前評估、面談及評估報告

病人支援服務(心理及社交)

為有需要的患者及親友提供心理及社交支援，協助獲得適切的資訊。

- 資源查詢：社會服務及社區復康支援資料 (歡迎到訪或致電查詢所需的資訊)。
- 輔導諮詢：協助有需要的病人或家屬了解患病引起的家庭及情緒等問題，如需要將轉介本中心輔導服務跟進。
- 病患講座：定期舉辦情緒支援講座，題目包括：調適你的憂慮、精神健康急救等。

預防教育

貫徹本院「全人醫治 榮神益人」的宗旨，本中心致力在社區推廣全人健康理念，應邀為不同的團體提供講座，主題包括情緒壓力管理、家庭/婚姻關係、病患哀傷、親子教養等，歡迎查詢預約。

服務時間 (輔導服務敬請預約)

星期一至五 上午9:30至下午1:00
下午2:00至下午6:00

晚間輔導時段：
星期一至三 下午6:00至晚上8:00

星期六、日及公眾假期休息



香港浸信會醫院

Hong Kong Baptist Hospital

輔導及病人支援中心

香港九龍聯合道320號建新中心1樓

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1/F,
Franki Centre,
320 Junction
Road

Introduction

Counselling and Patient Support Centre provides professional and confidential counselling services to the public in need, and provides psycho-social support to patients and carers in need.

Counselling Services

- **Individual, Couple and Family Counselling**
Psychological Counsellors will help clients and their families' members face crisis and difficulties with positive attitudes.
- Emotion & Stress: help clients handle pressure, upset feelings, mild depressive or anxiety emotions, interpersonal relationships etc.
- Marital Relationships: help married couples face issues and adjust to married life.
- Grief & Bereavement: help a bereaved person or family appropriately grieves whilst adjusting to their new life.
- Illness impact/Recovery: help patients and families face illnesses and adjustments after recovery.



- **Pre-marital Counselling**
Psychological Counsellors will arrange assessment and provide counselling to clients, helping them to know each other more deeply and to prepare them for married life.
- Assessment tools: PREPARE/ENRICH program
- Contents of counselling: expectation for marriage, family of origin, personality, communication, conflict, finance, parenting, sexual life, religion etc.
- No. of sessions: 5
- Duration: 75 minutes per session
- Remarks: services includes online assessment, counselling sessions and assessment report

Anxiety weighs down the heart, but taking word cheers it up.
(Proverbs 12:25)

Patient Support Services(Psycho-social)

Provide psycho-social support to patients and carers in need, to help them acquire appropriate social resources information.

- Social Resources Enquiries: social services and community rehabilitation support information (enquiries by drop-in or phone calls are welcomed).
- Counselling Consultation: help patients and carers in need to understand the family or emotional issues affected by illness, counselling services may be recommended if needed.
- Patient Talks: patient emotional support talks to be held regularly, topics include "Managing anxiety" and "Mental health first aids" etc.

Preventive Education

With our hospital's mission of "providing holistic healthcare and honouring God by serving the needy", we aim to promote holistic healthcare in the community by providing talks invited by different organizations. The topics include emotions/stress management, family/marital relationships, illness/grief, parenting etc. Please contact us for arrangement.

Service Hours (Counselling services by appointment)

Monday - Friday 9:30am – 1:00pm
2:00pm – 6:00pm

Evening Counselling Sessions:
Monday - Wednesday 6:00pm – 8:00pm

Closed on Saturday, Sunday and Public Holidays



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