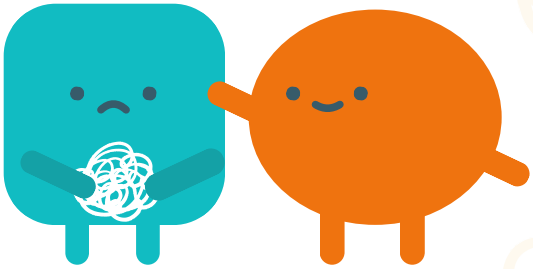
mindhk 香港心聆

返學壓力大，冇乜動力？

Stressed and lacking motivation with your studies?



About to burn out? Here's how to cope.

就快爆煲？如何自救？

# 免費心理健康諮詢
# FREE WELLBEING CHECK-IN

## 與香港心聆 iACT®心理健康主任一起
## Meet with a Mind HK iACT® Wellbeing Practitioner to

了解當下的情緒健康
Understand your current wellbeing

探索適合的社區資源
Explore suitable community resources

照顧你的情緒健康
Take care of your emotional wellbeing

## 計劃流程 How it works

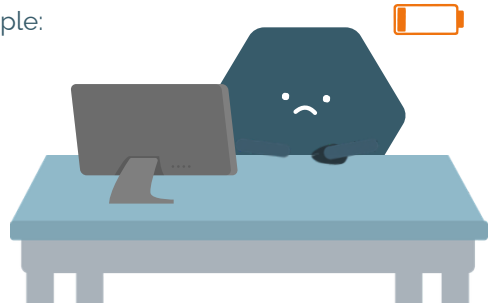
1. 掃描二維碼或透過連結報名參加
   Sign up via QR code or at https://bit.ly/iact-cuhkshaw
2. 如合符資格，我們將在兩週內聯絡你
   If eligible, we will contact you within two weeks
3. 與心理健康主任進行45分鐘保密會談
   Have a 45-minute confidential session with a Wellbeing Practitioner
4. 心理健康主任會因應情況建議合適的社區資源
   If necessary, be recommended with appropriate community resources

# 你適合參加這計劃嗎？
# Is this service for you?

對自己的情緒健康及狀態感興趣的人
Interested in understanding your emotional wellbeing and status

正在經歷以下一些或其中一個狀況的人：
Experience one or more of the following problems:

- 輕微至中等焦慮（包括社交、健康、學業等焦慮）
  Mild to moderate anxiety (including social, health, exam anxiety etc.)
- 輕微至中等抑鬱
  Mild to moderate depression
- 其他情緒困擾，例如：
  Other emotional distress, for example:
  - 低自尊感
  - 輕微憤怒問題
  - 缺乏動力
  - Low self-esteem
  - Mild anger issues
  - Low motivation



## 服務亮點 Key Highlights

費用全免
Free of charge

可選擇英文、廣東話或普通話進行
Available in English, Cantonese or Mandarin

內容保密
Confidential

一次性 45 分鐘對談
45-min single session

面對面、視像或電話
Face-to-face, video or phone call

彈性時間安排
Flexible scheduling