

聲明

選擇符合專業資格的心理輔導服務 守護心理健康與公眾福祉

現況與關注

近年，隨着社會對心理健康的關注日益提升，香港心理學會（下稱「本會」）注意到坊間及網上平台上出現疑似未受專業訓練及認證的個人與組織，聲稱提供心理輔導或相關服務。這些服務可能缺乏充分的專業培訓、臨床監督及倫理規範，不僅難以有效協助有情緒或心理困擾人士，更可能因錯誤介入而造成額外心理傷害。

作為香港心理學專業的主要學術及專業組織，本會重申：心理健康支援應由具備專業訓練及受監管的心理學家/輔導員提供，以確保公眾獲得安全、可靠與有質素的服務。

符合資格的心理學家/輔導員受專業培訓，確保治療安全有效，並恪守保密、尊重及責任的倫理原則，保障使用者權益與尊嚴。本會的會員須遵守《專業守則》(Code of Professional Conduct)。

求助與支援途徑

若市民的情緒困擾持續兩週以上，並嚴重影響日常生活或身體健康，本會建議及早尋求專業支援。以下為一些主要的求助途徑：

- 學童支援：與學校的輔導老師、特殊教育需要統籌主任或社工聯絡，安排校內支援或專業轉介。
- 社區支援：前往[精神健康綜合社區中心](#)、[綜合家庭服務中心](#)及[地區康健中心](#)，申請政府資助的心理支援。
- 醫療轉介：透過家庭醫生或精神科醫生，轉介至合適的心理輔導服務。
- 符合資格的心理輔導服務：如市民希望直接尋求心理學家的心理或輔導服務，可選擇本會四個專業分部的會員（臨床、教育、組織及輔導心理學部）。此外，市民也可以在香港臨床心理學家公會和香港教育心理學家公會尋找衛生署認可的心理學家。

如有查詢，請電郵 pr@hkps.org.hk
或瀏覽本會網站：

香港心理學會：www.hkps.org.hk

臨床心理學組：hkps-dcp.org.hk/en/

教育心理學部：www.dep.hkps.org.hk/

組織心理學部：www.diop.hkps.org.hk/

輔導心理學部：www.dcop.hkps.org.hk/

香港心理學會議會

二零二五年十月二十八日

求助資源

如遇緊急狀況或強烈情緒困擾，可聯絡以下服務：

服務名稱	機構名稱	服務形式	聯絡方式
精神健康專線	醫院管理局	熱線	2466 7350
地區康健中心	醫務衛生局	網頁	www.dhc.gov.hk/tc/mental_health.html
精神健康綜合社區中心	社會福利署	網頁	www.swd.gov.hk/tc/pubsvc/rehab/cat_supportcom/centrebase/iccmw/
綜合家庭服務	社會福利署	網頁	www.swd.gov.hk/tc/pubsvc/family/cat_family/ifs/
24小時情緒支援熱線	香港撒瑪利亞 防止自殺會	熱線	2389 2222
24小時預防自殺熱線	生命熱線	熱線	2382 0000
精神健康支援熱線	精神健康諮詢委員會 (陪我講)	熱線	18111
向晴熱線	明愛家庭服務	熱線	18288

STATEMENT

Choosing Professionally Qualified Psychological Counseling Services to Safeguard Mental Health and Public Well-being

28th October 2025

Current Situation and Concerns

Societal awareness of mental health has continued to grow in recent years. The Hong Kong Psychological Society (hereinafter referred to as “the Society”) has observed the emergence of individuals and organizations, both in the community and on online platforms, claiming to provide psychological counseling or related services without apparent professional training or certification. These services may lack adequate professional training, clinical supervision, and adherence to ethical standards, making it difficult to effectively assist individuals experiencing emotional or psychological distress and potentially causing additional psychological harm due to inappropriate interventions.

As the leading academic and professional body for psychology in Hong Kong, the Society reaffirms that mental health support should be provided by professionally trained and regulated psychologists or counselors to ensure the public receives safe, reliable, and high-quality services.

Qualified psychologists and counselors are professionally trained to ensure safe and effective treatment while adhering to ethical principles of confidentiality, respect, and responsibility, thereby safeguarding the rights and dignity of service users. Members of the Society are required to comply with the *Code of Professional Conduct*.

Seeking Help and Support

The Society recommends that individuals seek professional support promptly if emotional distress persists for more than two weeks and significantly impacts daily life or physical health. Below are some major pathways for seeking help:

- **Support for Students:** Contact school counseling teams, Special Educational Needs Coordinators, or social workers to arrange in-school support or professional referrals.
- **Community Support:** Visit Integrated Community Centres for Mental Wellness, Integrated Family Service Centres, or District Health Centres to apply for government-subsidized psychological support.
- **Medical Referrals:** Obtain referrals to appropriate psychological counseling services through family doctors or psychiatrists.
- **Qualified Psychological Intervention:** For those seeking psychological or counseling services directly from psychologists, individuals may select from the Society's four professional divisions: Clinical Psychology, Educational Psychology, Industrial-Organizational Psychology, and Counseling Psychology. Additionally, accredited psychologists are available through the Hong Kong Institute of Clinical Psychologists and the Hong Kong Association of Educational Psychologists.

For further inquiries, please email pr@hkps.org.hk, or visit our webpages:

The Hong Kong Psychological Society: www.hkps.org.hk/zh-hant/

Division of Clinical Psychology: hkps-dcp.org.hk/en/

Division of Educational Psychology: www.dep.hkps.org.hk/

Division of Industrial-Organizational Psychology: www.diop.hkps.org.hk/

Division of Counselling Psychology: www.dcop.hkps.org.hk/

Council of the Hong Kong Psychological Society

Support Resources

In case of emergencies or severe emotional distress, please contact the following service hotlines:

Service Name	Organization Name	Service Format	Contact Information
Mental Health Hotline	Hospital Authority	Hotline	2466 7350
District Health Center	Health Bureau	Website	https://www.dhc.gov.hk/tc/mental_health.html
Integrated Community Centre for Mental Wellness	Social Welfare Department	Website	https://www.swd.gov.hk/tc/pubsvc/rehab/cat_supportcom/centrebase/iccmw/
Integrated Family Services	Social Welfare Department	Website	https://www.swd.gov.hk/tc/pubsvc/family/cat_family/ifs/
24 hours Mental Health Hotline	The Samaritan Befrienders Hong Kong	Hotline	2389 2222
24-Hour Suicide Prevention Hotline	The Suicide Prevention Services	Hotline	2382 0000
Mental Health Support Hotline	Advisory Committee on Mental Health (Shall We Talk)	Hotline	18111
Sunny Hotline	Caritas Family Service	Hotline	18288

