



Things are like falling leaves,  
tranquility comes after chaos.

## 24-HOUR EMERGENCY

Hong Kong Police Force,  
Ambulance & Fire Services

☎ 999

HKUST Security Office

☎ 2358 8999

International SOS Assistance<sup>#</sup>

☎ 2528 9900

<sup>#</sup> For non-local students in HK and all HKUST students abroad;  
Collect calls will be accepted;  
HKUST Membership Number: 07AYCA093635

## Student Counseling

HKUST Counseling and Wellness Center\*

☎ 2358 6696

\* During office hours.

24/7 HEARing<sup>#</sup>

☎ 8208 2688

<sup>#</sup> The service is made available by Counseling and Wellness Center  
in collaboration with the Christian Family Service Center.

## Medical & Health

HKUST Medical Clinic\*

☎ 2358 6670

\* During office hours.

## Staff Counseling

Vital Employee Service Consultancy<sup>#</sup>

☎ 5401 0877

<sup>#</sup> Including immediate family members (Spouse & children under 18-year-old)  
The service is made available by Human Resources Office in collaboration  
with the Christian Family Service Center.

## 24-Hour Community Helplines

HKSAR Government-run Mental Health Support

☎ 18111

The Samaritans (Multi-Lingual)

☎ 2896 0000

The Samaritans Befrienders Hong Kong (Cantonese)

☎ 2389 2222

24/7 Open Up (Online Text Platform)

  9101 2012   hkopenup

 <https://www.openup.hk>

Hospital Authority Psychiatric Service

☎ 2466 7350

Caritas Family Crisis Support

☎ 18288

Tung Wah Group of Hospitals CEASE Crisis Center

☎ 18281

Supporting victims of sexual violence, individuals / families facing  
domestic violence or in crisis

Tung Wah Group of Hospitals All Prideline

☎ 2217 5959

Supporting LGBT+ community

## Other Community Helpline

Hong Kong Red Cross

Psychological Support Service "Shall We Talk"

 5164 5040

 @hkrcshallwetalk

Reservation via WhatsApp / Telegram