

Counseling and Wellness Center

A Process to Understand Myself Better

“ Let us always meet each other with smile,
for the smile is the beginning of love. ”

~ Mother Teresa



Together we make a difference



香港科技大學 學生輔導中心
COUNSELING AND WELLNESS CENTER
THE HONG KONG UNIVERSITY OF SCIENCE AND TECHNOLOGY



HKUSTCounseling



About Us

The Counseling and Wellness Center is here to support you gain self-understanding, emotional resilience and personal insights into any challenges you may be experiencing throughout your university years. We provide high quality counseling and evidence-based psychological service that help you to put into effect real changes, unleash your personal potential, as well as to enhance your psychological well-being.

What is Personal Counseling?

Personal counseling provides you an opportunity to share with a caring professional who can walk through your experience, bring you objectivity and guidance, and assist you to approach concerns or problems with more adaptive coping strategies. With empathetic and genuine support, we lead you to see a concern or problem in a new way, thus feeling more able to face it constructively.

The experience of counseling may begin with your sharing of a wide range of personal concerns. Our Student Counselor will understand and conceptualize your concerns or problems in evidence-based practice, and think about how we may pursue the counseling goals or treatment plans in subsequent counseling sessions. The aim is to keep counseling as effective and efficient as possible.

Some common issues you may consider to seek counseling:

- Interpersonal relationship
- Emotional distress
- Depression
- Anxiety
- Stress management
- Sleep problems
- Sexual orientation
- Adjustment to a new environment
- Study skills or unsatisfactory academic progress
- Personal growth
- Mental health issues (e.g., eating disorder, bipolar disorder, etc.)
- Trauma and abuse
- Grief and loss

Psychological Assessment

Through evidence-based psychological assessments, students can gain better awareness of their psychological well-being, enhance self-understanding, promote personal growth, and get clearer direction in pursuing their life-long goals.

Students can make an appointment with our Student Counselors to have assessments conducted by Counselors and debriefing on the assessment results.

Confidentiality

All personal information and details shared and discussed in all counseling or therapy sessions are strictly confidential. Under normal circumstances, your information and details will not be shared with anyone without your express consent. During the course of counseling, there may be times when it is to your benefits for the Counselor to liaise with others, including health professionals, university staff and guardians. The counseling service will only do this with your agreement on a written consent. As part of a collaborative therapeutic relationship, you may approach your Counselor for an open discussion.

Urgent Care

We render proactive assistance in collaboration with various offices in handling potential critical incidents or urgent mental health issues. Some examples are when students:

- are having thoughts of hurting themselves or others
- are seriously concerned about another student's safety or psychological well-being
- are having functional impairments in performing daily routine
e.g., difficult to sleep, eat and meet with people
- have experienced a recent traumatic event causing great distress

Mental Health First Aid (MHFA)

Our Student Counselors regularly organize the 12-hour MHFA course to all students and staff. Participants are trained to provide appropriate initial support for peers, family members or colleagues with mental health problems or under mental health crisis. The course covers:

- Basic knowledge of mood, anxiety, psychotic and substance abuse disorders.
- Necessary interventions for handling mental health crisis.
- Early intervention and appropriate support before situation gets worse.

Healthy Living Events

Healthy Living Events aim at enhancing students' and staff's psychological health awareness on campus. A variety of activities and events including exhibition, sharing sessions, workshops and educational booths will be organized. By raising the awareness of psychological health among us, we shall continue to have a healthy, supportive and empathetic learning environment.

Peer Counselor Training Program

Peer Counselors are a group of students who are trained by Counselors to promote a caring spirit among students on campus. After training, Peer Counselors can:

- Acquire basic counseling and helping skills and also knowledge of mental health.
- Enhance their emotional management skills and interpersonal communication skills.
- Help promoting mental health awareness on campus through organizing a series of activities and programs.
- Offer care and support to students in need.

Self-enrichment Workshops and Trainings

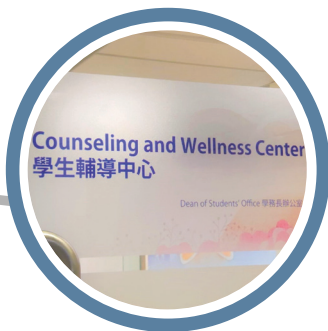
A series of workshops and programs are organized throughout the year to develop various competencies and abilities among our students and staff. Topics include:

- Emotional and stress management
- Self-management
- Resilience
- Interpersonal relationship building and social skills
- Mindfulness and relaxation
- Love and Relationship
- Communication and basic helping skills



Our Center - A place to rest and gain serenity

Students can rest and gather in the lounge of Counseling and Wellness Center. Self-help resources including books and music are available for students to gain serenity and manage stress on their own.





Professional Help-seeking

The University provides professional counseling services for undergraduate and postgraduate students. You may check out the profiles of our Student Counselors on our webpage and make an appointment with them online. Three weeks' advance booking is allowed. Please be reassured that all sharing and discussion during counseling sessions will be strictly confidential.

Counseling and Wellness Center

http://counsel.ust.hk

Email: counsel@ust.hk

Room **5003 (via lift 3)**

Tel: **(852) 2358 6696**

24/7 HEARing: (852) 8208 2688

This is a 24-hour helpline that supports exclusively all HKUST students 7 days a week. The service is made available by our Counselors in collaboration with the Christian Family Service Center.



Meet Our Counselors