

Service Hours:
Monday to Friday:
7:00pm to 10:00pm
Saturday:
10:30am to 1:30pm
(By appointment)

Each interview lasts for 50 minutes.
The number of interviews depends on individual case nature.
Counselling sessions may be arranged during school holidays
but not on public holidays.

Free of charge

Venue:
GH203 (podium), Professional Practice and Assessment Centre
The Hong Kong Polytechnic University

Contact us:
Monday to Friday:
9:00am to 5:00pm
Saturday:
9:00am to 12:00noon
Tel No.: 3400 3492 / 2766 5761
Email: ssgnet@polyu.edu.hk
Website (for making appointment):
https://polyu.hk/MQiXv
Our Aims:
To provide people in need with opportunities to explore, discover and clarify ways of living in a resourceful manner. Our counsellors are trained to help facilitate the growth of individuals in ways which respect their values, personal resources and capacity.

Our Service Targets:
We provide counselling service to people in need. Individual, couples and family counselling are available. Services can be provided in English and Chinese.

Our Service:
Face to face individual or group counselling sessions
The aims are to help clients to:
- Enhance self-understanding.
- Tackle challenges encountered during all developmental stages.
- Handle emotional disturbance.
- Solve problems related to learning, study planning and career planning.
- Enhance interpersonal relationship or parent-child relationship and develop supportive network
- Understand the needs and emotion of their own children

Information of clients and contents of the counselling sessions are strictly kept confidential.
(Abide by the code of ethics of the Hong Kong Professional Counselling Association)

Our Counsellors:
- Students of our Master of Arts in Guidance and Counselling programme.
- Students are screened before they participate in providing counselling service.
- Student counsellors are under close supervision of the teaching staff of our Department and experienced counsellors.