

Orientation Sharing



CENTRE
STARS
Student Advancement and Resources
學生發展及資源



Office of Counselling
and Wellness
身心健康及輔導處



Welcome to the PolyU Family!



Vision of OCW

- Providing proactive and professional counselling
- Mental Health Promotion



- Physical Education / Sports development
- Sport for all



- Life education

Challenges at University

- Academic
- Psychological distress
- Relations with teachers and peers
- Lack of social support
- Financial burden
- Stress from uncertainty



What is your coping to stress?

- Eating “therapy” (eating = 食嘢)
- Shopping “therapy” (shopping = 行街)
- Talking “therapy” (chatting = 傾計)
- Video Game “therapy”
(play video game = 打機)
- Music “therapy”
- Exercise “therapy”



“My tattoo was a lot cheaper than therapy.”

Be Positive!
Chat with
others!



Stay **Connected!**



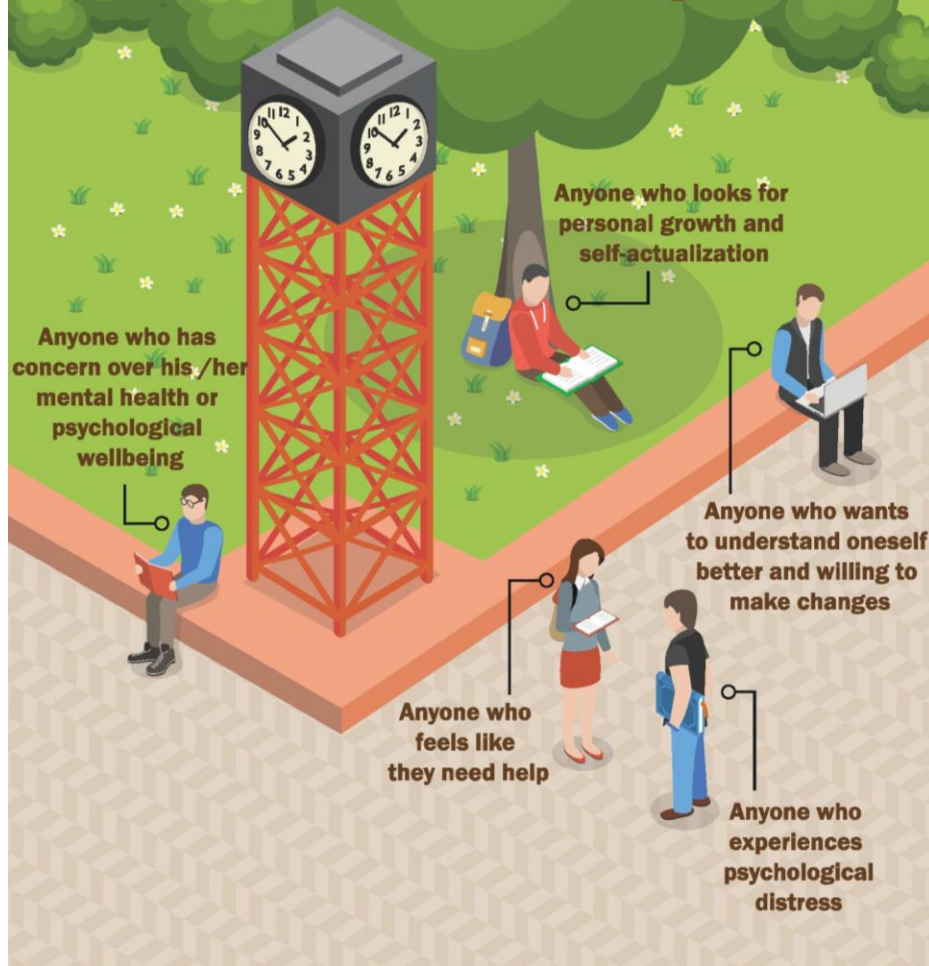
When to seek counseling service?

- Lack of motivation, withdrawn
- Love relationship issues
- Personal management issues
- Inadequate learning skills, academic problems
- Interpersonal difficulties
- Mental health Issues
- Stress and anxiety
- Family problems
- Lack of financial resources



STUDENT COUNSELLING SERVICE

Office of Counselling and Wellness



What does a Professional Counsellor do?

Conduct professional psychological assessment



Give psychoeducation through workshops, promotions, individual guidance...etc



Work together with other professionals, such as medical doctors, professors...etc to help students



Provide psychological intervention and emotional support



Foster self-understanding and personal growth



Promote mental health, healthy life-style and work/study-life balance

Who Would Meet a Counsellor? Start talking to professionals before things roll into a big snow ball!

Appointment and Enquiry

Telephone 2766 6800
Fax 2774 5226

Email: ocwsc@polyu.edu.hk
Online Booking: www.polyu.edu.hk/poss



Our Location:
QT308, 3/F, Core T



OCW Counselling Team

- Counselling Professional
- Experienced
- Respect Confidentiality
- Free of charge
- Easily accessible



Student Counselling Service

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ✓	2 ✓	3 ✓	4 🕒
5 ✗	6 ✓	7 ✓	8 ✓	9 ✓	10 ✓	11 🕒
12 ✗	13 ✓	14 ✓	15 ✓	16 ✗	17 ✓	18 🕒
19 ✗	20 ✓	21 ✓	22 ✓	23 ✓	24 ✓	25 🕒
26 ✗	27 ✓	28 ✓	29 ✓	30 ✓		🕒

✓ Mon-Fri
09:00-19:00

🕒 Sat
09:00-12:00

✗ Sun &
Public Holiday
Closed



After office hour counselling service hotline: 3161 8123

Making Appointment



Online: POSS system



Telephone: 2766-6800



Email: ocw.sc@polyu.edu.hk



Walk-in: QT308



After office hour
counselling service hotline:
3161 8123



Program



Wellness in Action

- Year-round campaign that promotes integration of **physical**, **spiritual** and **emotional (psychological)** wellness



Wellness Ally



- A group of committed PolyU students aiming at promoting Psychological, Physical & Spiritual Wellness on PolyU campus
- Compulsory Training
 - Mental Health First Aid training



Wellness Ally



- All PolyU full-time students are welcome
- Join us in promotion of Wellness!



спасибо
danke 謝謝
ngiyabonga
teşekkür ederim
dank je
gracias tapadh leat
bedankt
hvala maururu
dziękuje
thank you
mochchakkeram
sagolun
sukriya kop khun krap
go raibh maith agat
arigato takk dakujem
merci
obrigado
terima kasih
감사합니다
ευχαριστώ
merci