



華人資料及諮詢中心

Chinese Information and Advice Centre

Registered charity number 800646 and social enterprise



免費情緒健康輔導服務

☎ 0300 201 1868

@ info@ciac.co.uk

服務範圍

華人資料及諮詢中心(CIAC)情緒健康輔導服務是為在西斯敏斯特區、肯辛頓區以及哈莫斯密斯和弗羅姆區居住的華裔居民而設，服務是免費和保密

誰可獲益？

倘若您正在經歷以下的情緒問題

- 感到抑鬱或意志消沈
- 覺得與社會隔絕、缺乏家人或朋友支持
- 工作與生活方面的壓力和焦慮
- 感到缺乏自信或自我價值
- 正在經歷關係方面的問題
- 現任或前任護理工作者
- 正在經歷人生轉折或者挑戰

我們講您的語言！

粵語•普通話•英語

輔導安排

我們為您提供四節輔導服務
每次輔導時間為一小時

輔導方式

- 一對一保密面談
- 充滿接納，不帶批判的聆聽
- 提供情緒輔導，緩解壓力
- 酌情轉介您到社工或醫療機構接受進一步的幫助

預約輔導

服務由2016年10月開始，名額有限，不要猶豫，請速與我們登記。

中心地址

倫敦華埠
爵祿坊2號地庫
W1D 5PB



BME
healthforum

NHS

**Central London
Clinical Commissioning Group**

Emotional Wellbeing Support

by Chinese Information & Advice Centre (CIAC)

Our Service

CIAC/BME Emotional Wellbeing Service provides free, confidential and informal counselling service to Chinese people who live in **Westminster Kensington & Chelsea and Hammersmith & Fulham** and are experiencing emotional difficulties but who are not specialist health service users.

Who would Benefit?

We support people who

- Feel depressed or low
- Feel socially isolated – little or no support from family or friends
- Suffer from work or relationship related stress and anxiety
- Feel low in confidence or self esteem
- Experience relationship problems
- Ex-carers or carers
- Going through crisis or transition

About the Sessions

The service provides 4 sessions
Each lasts one hour long

We Speak Your Language!!

The session is delivered in your preferred language

- **Cantonese**
- **Mandarin**
- **English**

Make an Appointment

To access the Emotional Wellbeing Service at CIAC



0300 201 1868



info@ciac.co.uk

Address

Basement
2 Gerrard Place
London W1D 5PB

My Appointment

For: _____

Date: _____

Time: _____