

Suicide Prevention Services

Suicide Prevention Services provides beneficial friends and other suicide prevention services to people in Hong Kong who are suicidal, desperate, and emotionally distressed.

Tel: 00852-2382 0000

The Samaritans, Hong Kong

The Samaritans Hong Kong offers 24-hour unconditional emotional support to anyone in distress or at risk of suicide throughout Hong Kong.

Tel: 00852 2896 0000

CEASE Crisis Centre

CEASE Crisis Centre provides 24-hour support to people in Hong Kong who are in distress or at risk of suicide.

Tel: 18281

Po Leung Kuk Refuge Centres for Women

Po Leung Kuk Refuge Centres for Women provide 24-hour hotline and admission service, counseling, case management, daily life supportive services, after-care services, mutual help group for women, and community education.

Tel: 8100 1155

Open^嚟Open Up

Open^嚟Open Up is a 24/7 online emotional support platform that listens to the voices of young people and accompanies them through every low point.

***Tel:* 91 012 012**

***Text:* 91 012 012**

***Chat:* <https://www.openup.hk/index.htm?lang=en>**

The Instant Access 24-hour Mental Health Guardian Program

The Instant Access 24-hour Mental Health Guardian Program provides 24-hour hotline support services for people suffering from emotional distress and mental recovery, but also provides physical and mental support to a group of guardians who silently give behind them, namely family members or caregivers, to relieve stress.

***Tel:* 35122626**

Xiangqing Caritas-Hong Kong Family Crisis Support Centre Crisis Hotline

Xiangqing Caritas-Hong Kong Family Crisis Support Centre Crisis Hotline provides 24-hour one-stop services for people facing crises, assisting them to resolve personal and family crises with a positive attitude, and promoting them to continue to receive appropriate professional counseling and support services.

***Tel:* 18288**