

COMMON QUESTIONS

1. How can counselling help?

Counsellors offer support, problem-solving skills, and enhanced coping strategies for issues such as depression, anxiety, relationship conflicts, grief, stress management, body image issues, PTSD, etc. They provide a fresh perspective on a difficult problem or help you find a solution. The benefit of counselling depends on how well you use the process and put into practice what you learn.

2. Does the problem have to be a serious one to visit/refer to counsellor?

Of course NOT. Everyone goes through challenging situations in life. There is nothing wrong with seeking out extra support when you need it. Counselling is a process to enhance students' self-understanding. Visiting the counsellors is about making a positive choice to get the help that you need.

3. What to do if you need counselling support?

Students may make an appointment using our online booking system (www.LN.edu.hk/osa/counselling), or come to our counter directly at LYH 318, call us at 2616-7024, or send us an email at counsel@LN.edu.hk.

4. What to do in case of emergency?

The Campus Emergency Hotline can be reached at 2616-8000. Students can also contact the 24-hour hotline at 2616-8866, which is managed by The Christian Family Service Centre or other community services listed on the following page.

5. If I am not ready to go for counselling, are there any other programmes I may join?

You can find a variety of wellness programmes that can benefit both your mental and physical well-being on the Office of Student Affairs website at www.LN.edu.hk/osa.

EMERGENCY CONTACT

24-hour Counselling & Crisis Hotlines	
Social Welfare Department Hotline	2423-2255
Suicide Prevention Service	2382-0000
The Samaritans	2896-0000
Caritas Family Crisis	18288
OpenUp (Online counselling: www.openup.hk)	9101-2012
Other Campus Resources (24-hour)	
Counselling Hotline For Lingnan Student	2616-8866
Lingnan University Emergency Hotline	2616-8000

WELCOME TO
**COUNSELLING
SERVICES**



ABOUT COUNSELLING

Counselling services aim to enhance students personal development for rewarding university experience, promote skills and attitudes for a smooth transition and adaptation to university life; and assist students to embrace challenges and achieve academic success.

Free services are available through our professional Counselling Services staff for psychological counselling and assessment; orientation sessions for non-local undergraduate and post-graduate students, services for students with special educational needs; and support for academic and hostel staff.

COMMON REASONS FOR COUNSELLING

- Personal Growth
- Self-Understanding
- Interpersonal Relationship
- Mental Well-being
- Adjustment Issues
- Study Related Stress

SCHEDULE AN APPOINTMENT



2616-7024



counsel@LN.edu.hk



<https://www.LN.edu.hk/osa/counselling>



LYH 318



Mon-Fri (0900-1230; 1330-1720)
Sat, Sun & PH (Closed)