



Hong Kong Well UK 英國心泉

Hong Kong Well UK is serving the mental wellbeing/health of children and teenagers newly migrated to the UK from Hong Kong as well as their parents in their mother tongue. We are a registered Community Interest Company and a recipient of the government's Regional Voluntary Community and Social Enterprise Grant Scheme for Hong Kong migrants.

Our Team

We are operating by volunteers – comprising 20 psychologists/therapists and 60 in other disciplines – the majority of whom are also new migrants from Hong Kong.

Our Services

Parents supports	<p>Our Cantonese-speaking DBS-checked volunteers with social-work skillset and experiences from Hong Kong answer enquiries and offer help to parents whose children are in distress or in need of SEN supports. Details</p> <p>Translation for families (Cantonese/English) to support their communication with various stakeholders.</p> <p>Monthly online meet up for parents to air their joy and sorrow with coaching from our specialists.</p> <p>Fun day and family activities hosted by specialists to strengthen bonding</p>
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<p>Children counselling and therapy</p>	<p>Our UK registered specialists provide:</p> <p>Online triage assessment for children in distress</p> <p>Free Cantonese counselling or therapy for eligible children living in areas funded by the government including Greater London.</p> <p>Free or subsidised counselling or therapy for children of underprivileged families.</p> <p>Signposting of cases to NHS, local community services or NGOs with a referral letter in English</p>
<p>Bridging the information Gap</p>	<p>We provide training to local professionals in the education, health and family services to increase their understanding of Hong Kong migrants in cooperation with Thrive LDN and other local authorities</p> <p>We hold workshops on parenting, schooling, mental health and SEN supports with the help of volunteers that have relevant experience both in Hong Kong and the UK .</p> <p>Our website provides local support information relating to mental health, CAMHS and SEN translated into Chinese for parents and children.</p>
<p>Publication and Advocacy</p>	<p>Picture books for children and parents guides on stress and anxiety caused by migration</p> <p>English pamphlets on the recent political development on Hong Kong, its impact on the children and how to help.</p> <p>Member of the Greater London Authority London-Hong Kong Steering Group</p>

Contact Us

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"It is Okay to be Not Okay."

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