查詢及聯絡方法 Enquiries

電話Phone Number : 2110 9805
WhatsApp : 5561 0516
傳真Fax Number : 3613 0685
電郵Email Address : tab-crc@tungwah.org.hk

Facebook / Instagram: twghs.takeabreath

地址 :
九龍長沙灣道833號長沙灣廣場2期9樓902室
(港鐵荔枝角站 A 出口)

Address :
Flat 902, 9/F, Tower 2, Cheung Sha Wan Plaza,
833 Cheung Sha Wan Road , Kowloon
(Lai Chi Kok MTR Station Exit A)

中心開放時間 Opening Hours

時間/星期 Time/Week	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat
9:00 AM-1:00 PM	✓	✓	✓	✓	✓	✓
2:00 PM-5:30 PM	✓	✓	✓	✓	✓	✓
5:30 PM-9:00 PM					✓	

*星期日及公眾假期暫停開放
Closed on Sunday & Public holidays

服務申請方法 Service Application

- 掃瞄以下QR code，填妥網上表格，本中心職員將聯絡協助登記成為會員
- 於辦公時間到訪中心
- 由醫護人員、社工、各機構或團體作轉介

- Scan the QR code to complete the online form, our staff will assist with the process.
- Register in person during office hours.
- Referrals from welfare services units.

登記表格 Application form



服務收費 Service Fee

中心會員年費為21元
個別活動因應需要另行收費

Annual member fee: $21
Group and programme will be charged according to needs.

退出服務 Exit from Service

- 會員可自行向中心申請終止服務
- 中心會藉需要每年更新，若會員於指定續會時段內仍未辦理續會手續及繳交該年會費，將視作自願退出服務
- 根據中心政策，若認為服務使用者不合適繼續接受中心服務，可要求退出相關服務

- Self-withdrawal
- The service membership requires annual renewal. If member fails to complete the renewal during the designated period, they will be considered to have voluntarily withdrawn.
- According to the centre's policy, if a service user is deemed unsuitable to continue receiving services, withdrawal from the relevant services may be requested.



「歇一歇」照顧者資源中心
Take a Breath carer Resource centre

東華三院 Tung Wah Group of Hospitals

社會福利署資助服務 Subvented Service by the Social Welfare Department

政府資助計劃 Government-funded programme

愛家人
也記得愛自己



東華三院「歇一歇」照顧者資源中心於2025年6月正式投入服務，為精神復元人士的照顧者及家屬提供一站式的支援服務。照顧歷程充滿不可預測和難以掌控的挑戰，常使照顧者難以找到繼續前行的方向。本中心致力於為照顧者提供一個身心歇息的空間，讓他們得以好好休息，照顧自己。

TWGHs 'Take a Breath' Carer Resource Centre launched in June 2025, providing a one-stop community service for carers of persons in mental recovery. The caregiving journey is filled with unpredictable challenges, making it hard for carers to find a way forward. Our centre is committed to offering carers a space to 'take a breath' and focus on their well-being.

服務對象 Service Target

- 精神復元人士的照顧者、家屬及親友
- 懷疑有情緒及精神健康問題人士的照顧者、家屬及親友
- 有意進一步認識精神健康之人士

- Carers, family members and relatives of persons in mental recovery
- Carers, family members and relatives of persons with suspected emotional and mental health problems
- People with interest in understanding mental health

服務目標 Objectives

- 為照顧者提供一個專屬的歇息空間，促進照顧者關顧自己的身心需要
- 提升照顧者對精神健康及社區資源的認識
- 促進照顧者之間的連結，建立互助網絡
- 及早辨識及支援有需要的照顧者，提升他們的照顧能力
- 提升公眾對精神復元人士的了解及接納，並對照顧者的需要及貢獻作出肯定

- To provide carers with a space for rest, cultivating their awareness of self-care.
- To assist carers in acquiring knowledge of mental health and community resources.
- To foster connections among carers and establish a mutually support network.
- To provide early identification and intervention services to carers, improving their caregiving ability.
- To promote public acceptance of persons in mental recovery, and acknowledge the needs and contributions of their carer.

服務內容 Scope of Services

- 「歇一歇」偶到服務
- 照顧者資源閣
- 個案服務
- 朋輩照顧員支援服務
- 互助及治療小組
- 身心靈療癒小組及活動
- 專題講座及培訓課程
- 社區教育活動

- Drop-in service
- Resource room
- Casework service
- Peer support carer service
- Mutual support and therapeutic group
- Interest group and activity
- Professional seminar and training course
- Public education programme

服務區域 Service Area

參加活動及成為會員：全港
Membership: No service area limitation

個案服務：
九龍城、深水埗、油尖旺、葵青、荃灣
Casework service:
Kowloon City, Sham Shui Po, Yau Tsim Mong
Kwai Tsing , Tsuen Wan