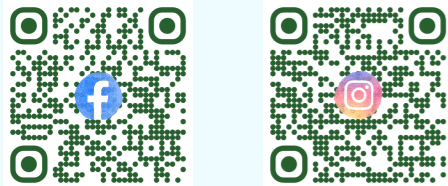


查詢及聯絡方法 Enquiries

電話 Phone Number : 5561 0516
傳真 Fax Number: 3709 6537
電郵 Email Address: tab-crc@tungwah.org.hk

Facebook / Instagram: twghs.takeabreath



地址 (臨時會址):

九龍深水埗富昌邨富潤樓服務設施大樓五樓
凌瑞英中心(港鐵南昌站A1出口步行3分鐘)

Address (Temporary Base):

Ling Sui Ying Centre
Level 5, Fu Yun House, Ancillary Facilities Block,
Fu Cheong Estate, Sham Shui Po, Kowloon
(Take 5-minute walk from Exit A1, Nam Cheong MTR)

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

- ✿ 掃描以下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



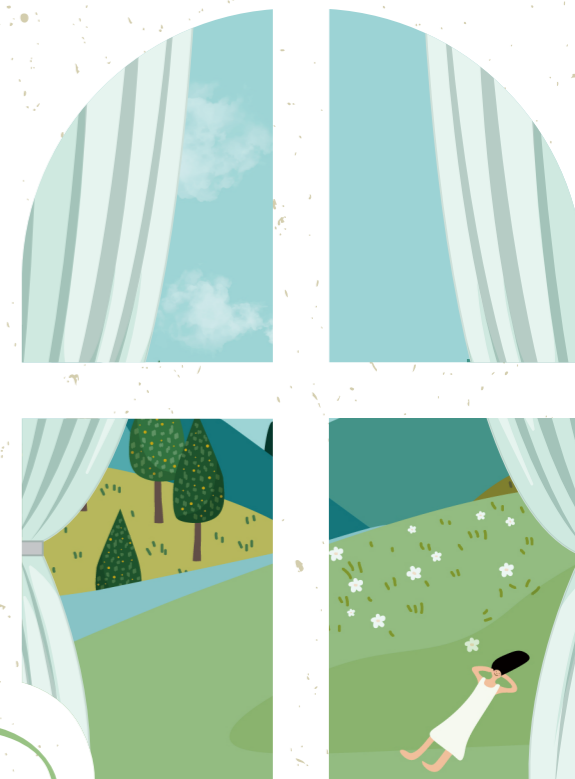
服務收費 Service Fee

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 If member fails to complete the renewal during the designated period, they will be considered to have voluntarily withdrawn.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



政府資助計劃
Government-funded programme

愛家人 也記得愛自己

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

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
 - ✿ 身心靈療愈小組及活動
 - ✿ 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