Counseling and Wellness Center

A Process to Understand Myself Better

“Let us always meet each other with smile, for the smile is the beginning of love.”
~ Mother Teresa

Together we make a difference
Mission and Vision

The Counseling and Wellness Center of Student Affairs Office strives to assist students who are facing challenges and difficulties in life. By providing personal counseling service and organizing developmental group programs, we foster students’ self-understanding, personal growth and all-rounded development in emotional, intellectual, occupational, physical, social and spiritual aspects of life.

Personal Counseling Service

Students are welcome to meet with a Student Counselor to discuss his or her personal concerns, which will be handled in strict confidence. With professional guidance and advice, Counselors help students discover their personal strengths and potentials, approach problems constructively, learn to make favorable adjustments and develop adaptive coping strategies for the situation at hand. With empathetic and genuine support, Counselors are here to connect and walk with students along the way.

Some common issues you may consider to seek counseling:

- Adjustment to a new environment
- Anxiety
- Depression
- Emotional distress
- Grief and loss
- Interpersonal relationship
- Mental health issues (e.g., eating disorder, bipolar disorder, etc.)
- Personal growth
- Sexual orientation
- Sleep problems
- Stress management
- Study skills or unsatisfactory academic progress
- Trauma and abuse

Psychological Assessment

Counseling and Wellness Center provides psychological assessments, through which students can enhance their self-understanding. Students can make an online appointment with our Student Counselors to discuss their concerns so that appropriate psychological assessment can be administered.
Service for Students with Special Needs

We are committed to making every effort to provide appropriate accommodations to students with disabilities or special educational needs. Our Advisor to Students with Special Needs coordinates with academic schools, departments and also various offices and units in the University, such as Health Center, Student Housing & Residential Life Office, and Facilities Management Office, to render assistance in supporting the learning and campus life of students with special needs.

Crisis Prevention and Intervention

Proactive assistance is rendered in collaboration with Departments and Offices of the University in handling potentially critical situations. Counselors also provide consultation on pre and post management of crisis including Critical Incident Stress Debriefing to students and staff.

Mental Health First Aid (MHFA)

Our Student Counselors regularly organize the 12-hour MHFA standard certificate course to students and staff. Participants are trained to provide appropriate initial support for peers, family members or colleagues with mental health problems or under mental health crisis. The course covers:

- Basic knowledge of mood, anxiety, psychotic and substance abuse disorders.
- Necessary interventions for handling mental health crisis.
- Early intervention and appropriate support before situation gets worse.

Healthy Living Festival

Healthy Living Festival aims at enhancing students' and staff's psychological health awareness on campus. In the Festivals, a variety of activities and events including exhibition, sharing sessions, workshops, book sales and educational booths will be organized. By raising the awareness of psychological health among us, we shall continue to have a healthy, supportive and empathetic learning environment.
Peer Counselor Training Program

Peer Counselors are a group of students who are trained by Student Counselors to promote a caring spirit among students on campus. After training, Peer Counselors can:

- Acquire basic counseling and helping skills and also knowledge of mental health.
- Enhance their emotional management skills and interpersonal communication skills.
- Help promoting mental health awareness on campus through organizing series of activities and programs.
- Offer care and support to students in need.

Self-enrichment Workshops and Trainings

A series of workshops and programs are organized throughout the year to develop various competence and abilities among our students and staff. Topics include:

- Emotional and stress management
- Time management
- Interpersonal relationship building and social skills
- Strategies to cope with adversities
- Mindfulness and relaxation
- Goal setting
- Communication and basic helping skills
Our Center - A place to Rest and De-stress

Students can rest and gather in the lounge of Counseling and Wellness Center. Self-help resources including books and soothing music are available for students to gain serenity and manage stress on their own.
Professional Help-seeking

The University provides professional counseling services for undergraduate and postgraduate students. You may check out the profiles of our Student Counselors on our webpage and make an appointment with them online. Two weeks' advance booking is allowed. Please be reassured that all sharing and discussion during counseling sessions will be strictly confidential.

Counseling and Wellness Center
http://counsel.ust.hk  Room 5003 (via lift 3)
Email: counsel@ust.hk  Tel: (852) 2358-6696

Meet Our Counselors