

# Helping Students from Hong Kong

## Who are we

We are a non-profit making group managed by hongkongers to mind the mental wellbeing of children and young people recently migrated to the UK from Hong Kong. We are currently funded by the Government to offer bespoke counselling.

## It is okay not to be okay.

**Hong Kong Well UK CIC**  
英國心泉

 [hongkongwell.uk](http://hongkongwell.uk)

 [help@hongkongwell.uk](mailto:help@hongkongwell.uk)

 [hongkongwelluk](https://www.facebook.com/hongkongwelluk)



## Our services

### Children Counselling and Therapy

Our UK registered Cantonese speaking specialists provide:

- Online triage assessment for children in distress.
- Free counselling or therapy for eligible children living in England.
- Free or subsidised counselling or therapy for eligible children of underprivileged families living outside England.
- Signposting to NHS or local community services with English case summary.

### Parents Support

Our Cantonese speaking DBS-checked volunteers with social work experiences from Hong Kong advise parents of children in need.

We provide translation for families (Cantonese/English) to support their communication with school and other stakeholders.

We organise monthly online meet up for parents to air their joy and sorrow with coaching from our specialists.

We organise fun day and family activities.

### Bridging the Information Gap

We host workshops on parenting, schooling, mental health and SEN supports.

Our bilingual website inform parents and children on local supports relating to mental health, CAMHS and SEN.

We host workshops for professionals in schools, health and family services on Hong Kong migrants in cooperation with local councils.

### Publication and Advocacy

We publish picture books for children and parental guides on migration-linked stress and anxiety.

We publish English pamphlets on Hong Kong's political development, its impact on the children and how to help.

We are a receipt of the Children and Young People's Resettlement Fund.

We are a member of the Greater London Authority London-Hong Kong Steering Group.