



NAVIGATING **HONG KONG'S** MENTAL HEALTH SYSTEM

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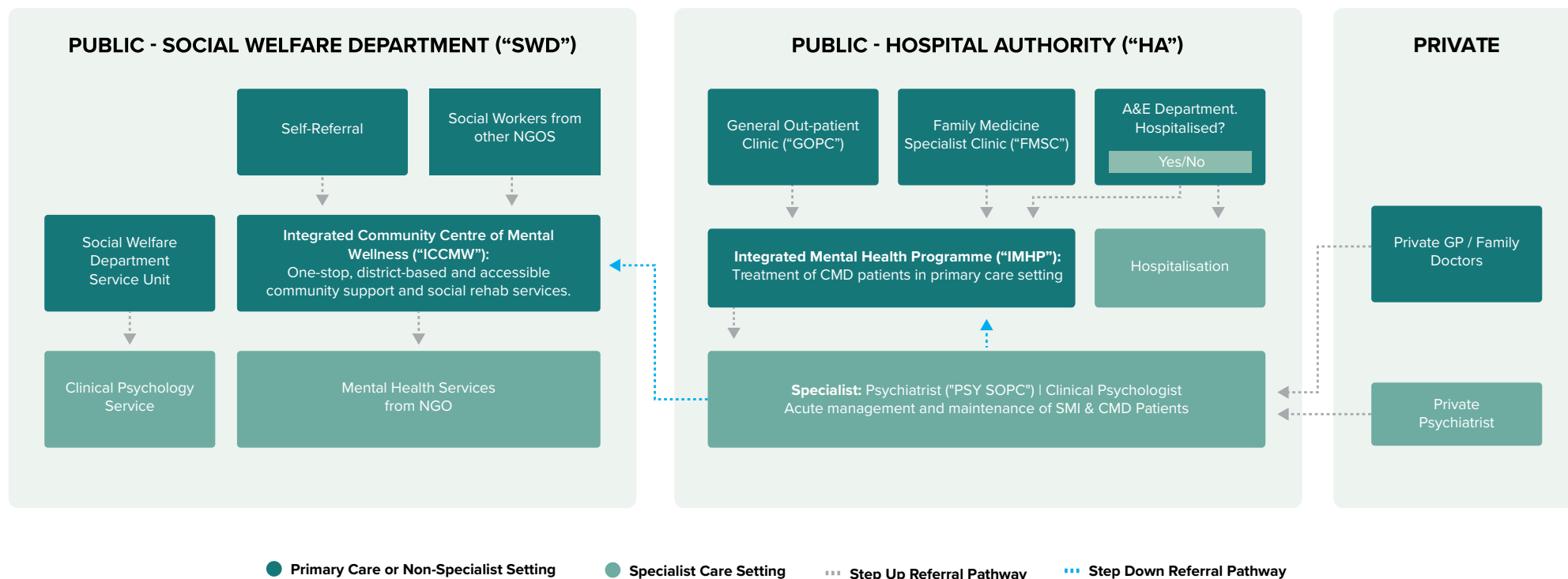
TABLE OF CONTENTS



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PUBLIC + PRIVATE MENTAL HEALTH SYSTEM IN SUMMARY

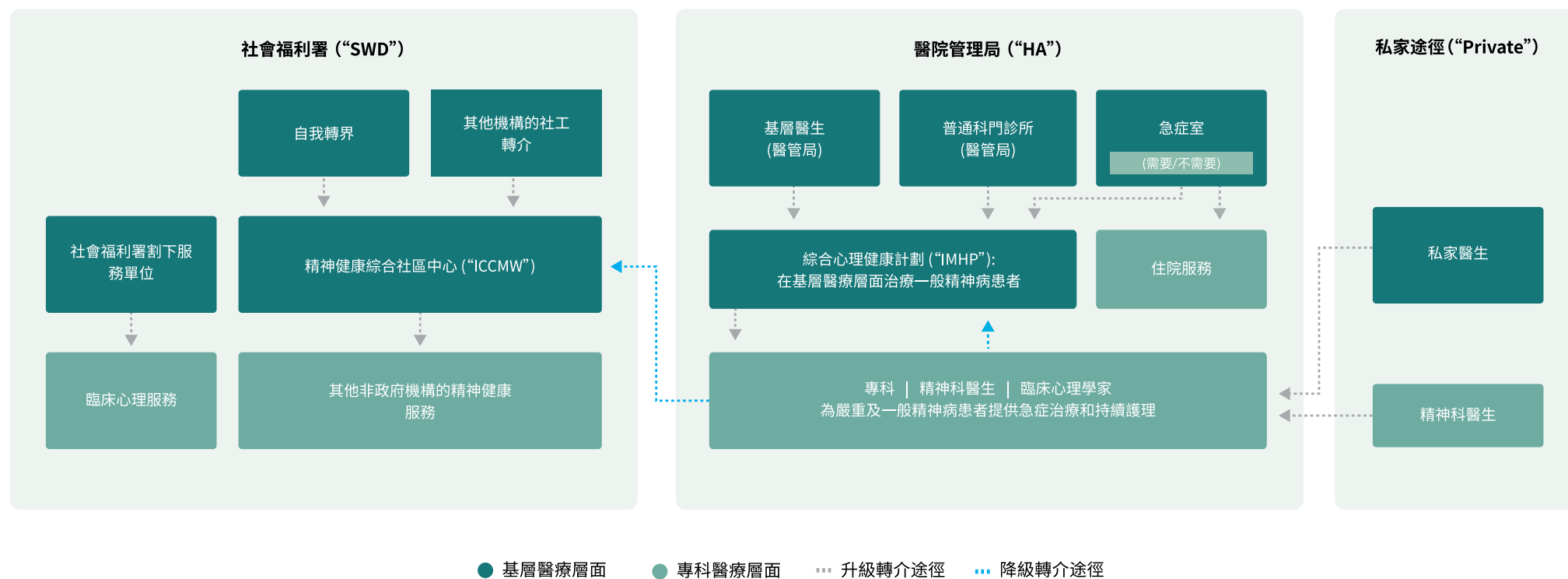


Source: [Our HK Foundation](#) & [Mind HK](#)



For emergencies, please consider self-admission to A&E or call 999

PUBLIC + PRIVATE MENTAL HEALTH SYSTEM IN SUMMARY 香港心理健康指南



Source: Our HK Foundation & Mind HK

MENTAL HEALTH IN HONG KONG

One in seven people will encounter a prevalent mental health disorder.

Approximately **75%** of individuals afflicted with a mental health disorder refrain from seeking assistance from trained professionals.

(Source: Mind HK)

MENTAL HEALTH CATEGORISATION HONG KONG

Less Severe

More Severe

General population ("well" and at-risk)



Examples:

- ✓ School leavers
- ✓ Teenage Mothers
- ✓ Isolated elderly
- ✓ People with chronic illness
- ✓ People with lower socioeconomic status

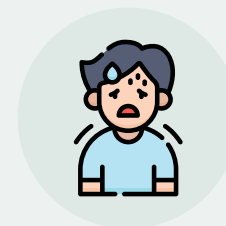
Common mental disorder (CMD)



Examples:

- ✓ Anxiety disorders
- ✓ Depression

Severe mental illness (SMI)

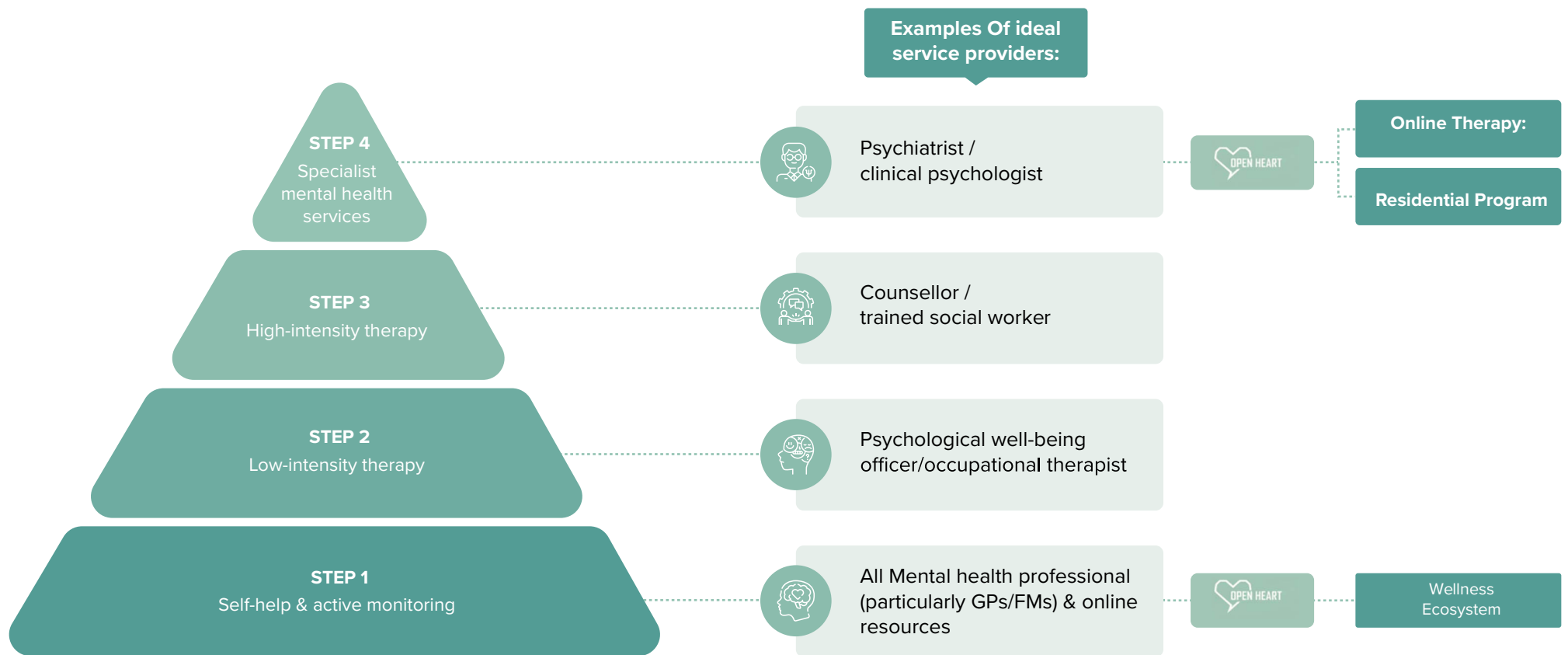


Examples:

- ✓ Psychotic disorders
- ✓ Bipolar disorder

(Source: OurHKFoundation)

MENTAL HEALTH CARE PROVIDERS IN HONG KONG



(Source: Our HK Foundation)

Open Heart is here to provide mental health solutions that improve your life: the Wellness Ecosystem, Online Therapy, and Residential Programs.



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SEEKING HELP IN THE PUBLIC MENTAL HEALTH SYSTEM

Hospital Authority (“HA”)



- ✓ HA is responsible for managing Hong Kong's public hospital services.
- ✓ HA Mental Health Services require a referral (from either general out-patient clinic (“GOPC”), family medicine specialist clinic (“FMSC”) or A&E.
- ✓ Emergencies can involve self-admission to A&E or calling 999. Patients either require hospitalisation or not. (source: Hong Kong FP)
- ✓ If patients require Hospitalisation —————> specialist care in hospital setting
- ✓ If patients do not require Hospitalisation —————> refer to specialist out-patient clinics SPOC ([link: https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10053](https://www.ha.org.hk/visitor/ha_visitor_index.asp?Content_ID=10053))
- ✓ Patients with special needs may be referred to the Castle Peak Hospital, which provides services such as alcohol and substance abuse treatment, old age psychiatry and more. ([link: https://www3.ha.org.hk/cph/en/services/](https://www3.ha.org.hk/cph/en/services/))
- ✓ HA also has a special programme for patients with psychosis. ([link: https://www3.ha.org.hk/easy/eng/link.html](https://www3.ha.org.hk/easy/eng/link.html))
- ✓ HA charges and fees: ([link: https://www.ha.org.hk/visitor/ha_visitor_text_index.asp?Parent_ID=10044&Content_ID=10045&Ver=TEXT](https://www.ha.org.hk/visitor/ha_visitor_text_index.asp?Parent_ID=10044&Content_ID=10045&Ver=TEXT))

Social Welfare Department (“SWD”)



- ✓ SWD's mission for customers: to provide quality social welfare services to enable them to meet life's challenges
- ✓ Access free clinical psychology assistance: ([link: https://www.swd.gov.hk/en/index/site_pubsvc/page_cps/sub_applicatio/](https://www.swd.gov.hk/en/index/site_pubsvc/page_cps/sub_applicatio/))
- ✓ Consult with a social worker in Integrated Family Services Centre ([link: https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_ifs/](https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_ifs/))
- ✓ Utilize one-step mental health services at Integrated Community Centres for Mental Wellness (“ICCMW”) for those 15 or older and their families. ([link: https://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv/id_supportcom/id_iccmw/#:~:text=Through%20the%20one%2Dstop%20and,problems%2C%20their%20families%20%2F%20carers%20and](https://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv/id_supportcom/id_iccmw/#:~:text=Through%20the%20one%2Dstop%20and,problems%2C%20their%20families%20%2F%20carers%20and))
- ✓ Call Hotline Service: speak to a hotline counsellor or opt to leave a message or seek police assistance. ([link: https://host.tungwahcsd.org/eindex.htm](https://host.tungwahcsd.org/eindex.htm))



For emergencies, please consider self-admission to A&E or call 999

SEEKING HELP IN THE PRIVATE MENTAL HEALTH SYSTEM



Counselling & Clinical Psychology:

- ✓ There is no government-managed registration system for counsellors and psychologists.
- ✓ The Hong Kong Psychological Society's Division of Clinical Psychology and Hong Kong Clinical Psychologists Association are professional bodies for those with master's or doctorate in clinical psychology. (link: http://www.hkps.org.hk/en/psychologists/who_are_psychologists/)
- ✓ The Hong Kong Association of Doctors in Clinical Psychology consist of clinical psychologists with doctoral degrees. (link: <https://www.hkadcp.org.hk/register-clinical-psychologist>)

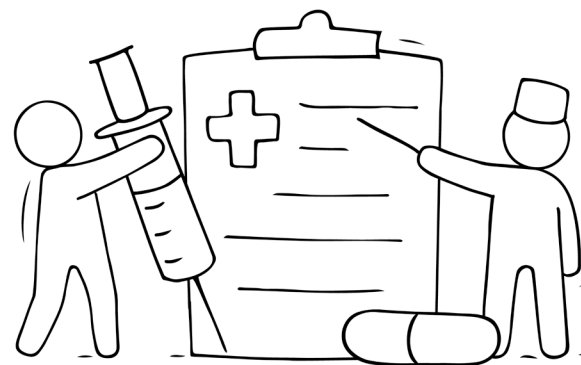


Psychiatrist

- ✓ List of Registered Medical Practitioners (link: https://www.mchk.org.hk/english/list_register/list.php?type=S&fromlist=Y&advancedsearch=Y®-no=S24)

OTHER SERVICES AND RESOURCES:

- ✓ **Mind HK**
<https://www.mind.org.hk/>
- ✓ **Traditional Chinese Medicine Doctors:** an alternative healing modality
<https://scm.hku.hk/Views/Clinical/English-ClinicalBooking.html>
- ✓ **Yoga Therapists:** providing supportive wellness strategies
<https://www.yamahk.org/ytss>
<https://inspire-yoga.com/>
- ✓ **Counsellors and Recovery Services:** various centres for recovery and counselling support
<https://www.bokss.org.hk/> ,
<https://www.nlpra.org.hk/> ,
<https://www.ocdanxietyhk.org/counselling>



WHILE NAVIGATING THE MENTAL HEALTH SYSTEM: PROBLEMS & SOLUTIONS

	Problem	Solution
Shortage of Mental Health Professionals	Psychiatrists and clinical psychologists are core mental health service providers within Hong Kong's existing service landscape. Hong Kong's psychiatrist-to-population ratio is currently 7.55 per 100,000 persons, trailing behind OECD average of 18.00. Hong Kong's psychologist-to-population ratio is 8.15 per 100,000 persons, trailing behind OECD average of 53.00 (Source: Our HK Foundation)	Open Heart is a platform (APAC registered psychologists) which provides online therapy services to clients. Shortage of Mental Health professionals in HK leads to higher prices locally, so Open Heart is more affordable.
Psychiatry vs Clinical Psychologists	Of the people willing to seek professional mental health support, over half (53%) see a psychiatrist, even if their needs could be potentially met in other treatment modalities / lower-level non-specialist setting. Source: Our HK Foundation	Online Therapy with registered clinical psychologists is an alternative treatment method to psychiatry
Psychiatry Specialist Out-patient Clinics ("PSY SOPC") Require Long Waiting Time	For example, Waiting time for stable case in Kowloon East's: median 52 weeks & longest 95 weeks. Source: Our HK Foundation	Online Therapy is one of the solutions for clients as it is immediate and effective.
Stigma	Hong Kong is still challenged by mental health stigma which has been identified as a barrier to help-seeking Source: Our HK Foundation	Online Therapy is private and secure. It may help and reduce stigmatization.
Lack of Understanding of mental health	General public does not have in depth knowledge about mental health	Open Heart has a wellness ecosystem which provides free mental health resources.



APPENDIX 1

In the past 12 months (01 April 2022 - 31 March 2023), there were 51,271 new case booking in Psychiatry Specialist Out-patient Clinics, with waiting time as follows:

	New case booking ₍₂₎		Waiting Time							
	Number	Percentage		Hong kong East	Hong kong West	Kowloon Central	Kowloon East	Kowloon West	New Territories East	New Territories West
Urgent Case	2,563	5%	Median	Less than 1 week	1 week	Less than 1 week	1 week	Less than 1 week	1 week	1 week
Semi-urgent Case	10,096	20%	Median	3 week	4 week	4 week	3 week	4 week	4 week	3 week
Stable Case	38,608	75%	Median	18 week	41 week	18 week	52 week	29 week	65 week	55 week
			Longest ₍₁₎	60 week	87 week	55 week	95 week	93 week	93 week	87 week

(For reference only)
Date of Next Update: 31 July 2023

Source: (Hong Kong FP)

SOURCES:

[Mind HK](#)

[Hong Kong FP](#)

[Our HK Foundation](#)