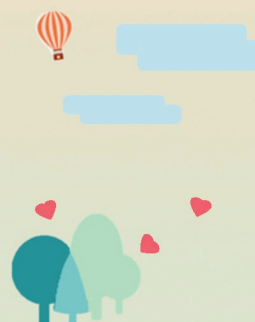


## 學生輔導處 心理輔導中心

大學生活多姿多彩，我們在這裡學習、認識新朋友、發掘自我潛能、不斷成長發展。但在成長的過程中，我們可能會遇到各種困難及挑戰，讓我們感到有壓力、困惑或挫敗。如果您願意，我們的心理輔導員樂意聆聽您的需要，與你探討如何更好地面對這些挑戰，助你更好成長，擁有充實豐富的大學生活。

如你遇到以下困難：

- 適應大學生活
- 情緒管理
- 人際關係
- 個人成長
- 心理健康
- 自我了解
- .....



你可以訂閱心理輔導中心的微信公眾號“**UM心輔**”，以獲得更多心理自助的資訊或預約心理輔導。



我們會嚴格遵守心理輔導專業倫理的保密原則，你可以放心與我們聊一聊。

想預約心理輔導，請掃一掃：



### 輔導室：

地址：學生活動中心 (E31) 2樓2009室

電話：(853) 8822 9000

傳真：(853) 8822 2369

電郵：sao.counsellor@um.edu.mo

### 辦公時間：

星期一至四：9:00 - 13:00；14:00 - 17:45

星期五：9:00 - 13:00；14:00 - 17:30

### 非辦公時間：

**Chat with U-**大專生輔導及網上支援計劃

此項目由聖公會澳門社會服務處負責

(獲澳門特別行政區高等教育基金資助)

星期一至星期日：16:00 - 02:00

Whatsapp：+853 6811 2121

Wechat：



**24小時澳門明愛生命熱線**

電話：2852 5222

### 緊急情況：

如果在非辦公時間內需要緊急的輔導服務，請致電澳門明愛緊急支援熱線（電話：6330 2692）。如情況緊急，請直接到澳門仁伯爵綜合醫院的急症室，或致電999求助。



澳門大學  
UNIVERSIDADE DE MACAU  
UNIVERSITY OF MACAU



學生事務部  
Gabinete de Assuntos dos Estudantes  
STUDENT AFFAIRS OFFICE

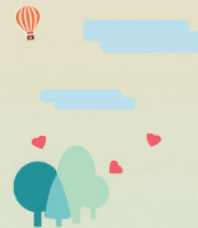


## Student Counselling Section Psychological Counselling Centre

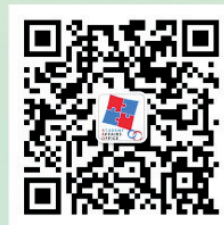
In a vibrant university environment, we can learn, study, meet new friends, find our own potential, and grow. However, we may also encounter difficulties and challenges which can bring us feelings of stress, confusion, and frustration. If you are willing, our counsellors can listen to your concerns and discuss with you how to better cope with your challenges, supporting you to achieve a thriving and fulfilling university life.

If you encountering difficulties in any of these areas:

- Adjustment to university life
- Emotional management
- Interpersonal relationship
- Personal growth
- Psychological well-being
- Self-awareness
- Etc.



You can subscribe to our WeChat Official Account "UM心輔" to obtain self-help resources. You may also make an appointment with our counsellors.



We strictly adhere to the confidentiality of the code of ethical in psychological Counselling. You can trust us when you chat with our counsellors.

Make an appointment with our counsellor, please scan:



### Psychological Counselling Centre:

Address: Student Activity Centre (E31),  
2nd Floor, Room 2009

Tel: (853) 8822 9000

Fax: (853) 8822 2369

Email: sao.counsellor@um.edu.mo

### Office Hours :

Mon to Thurs: 9:00a.m. – 1:00p.m.; 2:00p.m. – 5:45p.m.

Fri: 9:00a.m. – 1:00p.m.; 2:00p.m. – 5:30p.m.

### Non-office Hours:

Chat with U-Counselling Hotline and Online Support Program

This programme is provided by the S.K.H. Macau Social Services Coordination Office.

(Sponsored by the Higher Education Fund of the Macao SAR Government)

Monday to Sunday: 4:00p.m. – 2:00a.m.

Whatsapp : +853 6811 2121

Wechat :



24-hour Macau Caritas Counselling Hotline

Tel: 2852 5777

### Emergency :

If you need immediate support during non-office hours, please call the Macau Caritas Emergency Hotline (Tel: 6330 2692). You can also go directly to the Emergency Room of Hospital Center S. Januário or dial 999 for assistance in case of emergency.