

人際輔導中心

Resource The Counselling Centre LTD

報告年份 Year of Report

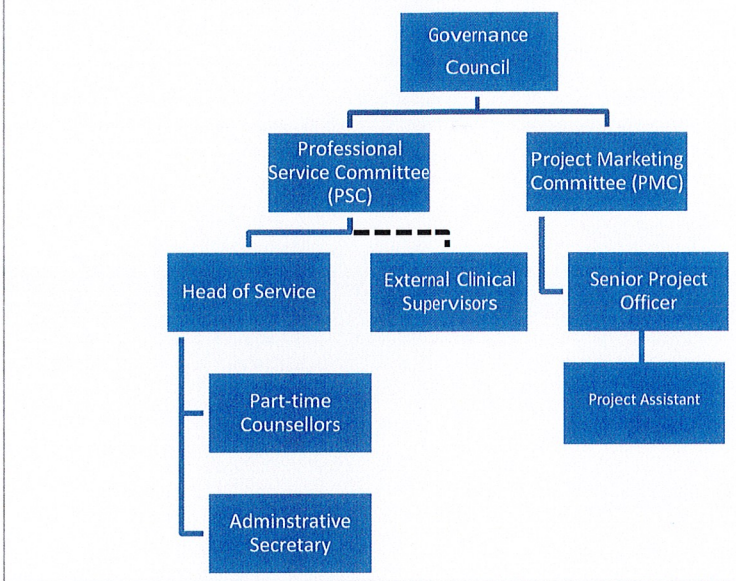
(2024 -2025)

項目 Item	資料名稱 Field Name	內容 Contents
2.1	成立年份 Year of Establishment	1973
2.2	註冊類別 Registration Type (註冊證書編號 Reference Number of the Certificate)	Companies Ordinance (Cap. 32) Reference Number of the Certificate: 803853
2.3	是否獲豁免繳稅的慈善團體? Tax Exempted Charitable Institute?	Yes
2.4	機構地址 Organization address	701, China Hong Kong Tower, 8-12 Hennessy Road, Wan Chai, HK (since 2021 April)
2.5	電話 Telephone No.	2523 8979
2.5.1	傳真 Fax	2845 7352
2.5.2	電郵 Email	resource@counselling.org.hk
2.5.3	機構網址 Organization's Website	http://resourcecounselling.org/

2.6	服務中心/單位總數 No. of Service Centers/Units	1
2.7	員工總數 No. of Staff	20

3.1	願景、使命、價值觀 Vision, Mission and Values	ReSource, a charitable mental health organization, aims to empower clients in dealing with their problems and developing their potential; thus, lead healthy and fulfilling lives. (Our moto: Helping Others Help Themselves) ReSource is a non-denominational, multi-cultural center offering confidential and professional mental health services for individuals, couples, families, at all age groups (child, adult, elderly) of both Chinese and non-Chinese ethnic background. Our team consists of professional and well qualified Psychologists and Counsellors from a diverse range of backgrounds, experiences, and expertise, providing services in more than 10 different languages and dialects. ReSource work on an income-based sliding fee scale to provide affordable mental health services to all service users. We believe in the autonomy and rights of the individual while recognizing the need to be a contributing and fulfilled member of society. We acknowledge the value and dignity of every human being regardless of race, sex, age, sexual orientation, beliefs, political or socioeconomic background. We wish to continuously advance our services and be able to assist our service users in reaching our motto "Helping Others Help Themselves".

3.2	董事局成員之姓名及其職銜 Name and Title of Members of Board of Directors	姓名 Name	職銜 Title
		Ms CHAN, Suk Ying Monique	Chairperson

		Mr KWAN, Kam Fan	Vice-Chairman
		Mr CASSUMBHOY, Abdul Aziz	Honorary Treasurer
		Mr CHAN, Siu Lok Amos	Council Member
		Dr. LIN, Hoi Yun Candy	Council Member
		Ms POR, Keng Guan Catherine	Council Member
		Ms. TAM, Yi Ting Erica	Council Member
		Mr. Wong Hong Yuen Peter	Council Member
3.3	機構主管姓名及職銜 Name and Title of Agency Head	Ms. Chan, Sze Wan Head of Service	
3.4	機構組織架構說明 Description on Organizational Structure		

4.1	主席及/或 機構主管工作報告 Report from Chairperson and/or Head of Organization	**ACKNOWLEDGEMENT** First of all, we would like to express our sincere gratitude to The Hong Kong Community Chest for its continued financial support, which remains essential in enabling ReSource to provide accessible and affordable counselling services to the Hong Kong community. We are pleased to share that ReSource was approved with a baseline allocation for 2024/25, allowing us to sustain our core services. We also extend our appreciation to the Fu Tak Iam Foundation Limited (FTIF) for its steadfast partnership. FTIF continues to support ReSource's key services for the "sandwich class" community throughout the past years. This group is often excluded from government-subvented services while being unable to afford private mental health care, making subsidized counselling support critically important. While the project concluded in March 2025, the social impact brought to sandwich class will endure, as the mental well-being fostered in these communities lays the groundwork for increased resilience and a stronger support network among individuals facing economic and emotional challenges. Building on the success of the "Subsidized Counselling Service Pilot Program for Educators and Healthcare Professionals," which achieved its KPIs by delivering the planned counselling service hours, FTIF approved further extensions of the program. Phase 2 continues supporting the same beneficiary groups, while Phase 3 expands the scope to include a broader range of helping professionals working in hospitals and schools. Our support extends beyond teachers, nurses, and doctors to encompass social workers, counsellors, students studying in related professions, and veterinary

professionals working in clinics. The extended program provides timely counselling support to frontline professionals experiencing burnout and emotional distress, supporting their self-awareness and psychological well-being. ReSource is deeply grateful for FTIF's long-term commitment to strengthening mental health support for both service users and helping professionals.

We would also like to express our deep gratitude to the Drs. Richard Charles and Esther Yewpick Lee Charitable Foundation. Following the successful completion of our previous project, "Psychological Crisis Intervention Response to Protest Aftermath and COVID-19 Outbreak in Hong Kong," we launched a post-COVID recovery program running from July 2023 to October 2025. Rooted in the MASS Approach—EMpower, Awareness, Skills Training, and Seeking Help—the program aims to enhance resilience and overall mental well-being across the community in the post-pandemic era.

A key highlight of this program was a professional conference entitled "Separation and Loss: Update on Social Trends and Clinical Practice," jointly organized with the Department of Social Work and Social Administration at The University of Hong Kong. The conference aimed to share ReSource's professional competence and clinical insights with helping professionals, focusing on contemporary social trends related to separation and loss and their clinical implications. We were honored to invite esteemed keynote speakers, including Prof. Paul Wong, Program Director of the Master of Counselling at HKU, along with Dr. Herman Chow, Dr. Pasu Ng, and Dr. Paulina Kwok, representing both local and overseas expertise. Held

on 15 March 2025 at Tai Kwun, the full-day conference was fully subscribed, with more than 200 seats sold. Additionally, six three-hour pre- and post-conference workshops attracted over 180 participants, enabling a deeper understanding of separation and loss issues and their clinical applications. Altogether, the conference and workshops benefited over 300 helping professionals, reinforcing ReSource's role as a trusted provider of professional training and clinical expertise.

The post-COVID recovery program also includes online and offline mental health awareness promotion, 2,400 hours of complimentary trial counselling, 120 hours of outreach workshops, and the distribution of 15,000 mental health care card decks. We are sincerely grateful for the Foundation's continued support, which enables us to deliver these critical services to the community. We are pleased to observe a steady growth in counselling service hours in 2024/25, reflecting increasing community needs and trust in ReSource's services.

FINANCE

During the financial year from April 2024 to March 2025, ReSource maintained a healthy financial position with steady growth. Through continued promotion efforts and funding support, the organization was able to sustain and expand its core services. Total counselling service hours reached nearly 7,500 hours in 2024/25, reflecting rising demand for mental health support.

LOOKING AHEAD

Looking ahead, ReSource remains committed to promoting psychological

		well-being and extending our support beyond counselling rooms to reach the wider community. Our services are delivered by a team of 20+ qualified counsellors, specializing in different clinical areas and representing diverse cultural backgrounds and nationalities. With counselling services available in more than 10 languages and dialects, we are well positioned to meet the needs of Hong Kong's multicultural population. We will continue to uphold high service standards through ongoing professional training and clinical supervision, while strengthening collaboration with counsellors, staff, donors, partners, and Council Members. Together, we will continue to expand our impact and respond proactively to emerging mental health challenges. Thank You. Monique Chan Chairperson ReSource The Counselling Centre Limited

4.2

4.2.1 活動名稱 Name of the Events/Activities	4.2.2 活動目的 Objective	4.2.3 活動內容簡介 Content
Counselling/Therapy Service	ReSource is a non-denominational, multi-lingual, multi-cultural center offering confidential and professional mental health	We provide affordable professional counseling services to a multi-cultural clientele which includes both Chinese and Non-Chinese speaking clients in Hong Kong.

	services to individuals, couples, and families, as well as support clients who are in crisis. ReSource aims to empower clients in dealing with their problems and developing their potential. We provide affordable counselling service by using a sliding fee scale (based on household income).	Our unique multi-lingual counseling service supports those community members who are unable to utilize the local community services due to language, culture, and other kinds of barriers. This particularly benefits those non-Chinese speaking community who are living on limited means and have a fewer choice. At present, we are capable of more than 10 languages/dialects, (English, Cantonese, Putonghua, Chinese Fukien, Russian, Hindi, Marathi, Maithili, Marwadi, Sinhala). Through professional counselling we contribute to the community by improving interpersonal relationships; managing healing from traumas and difficult life events; managing and coping with psychological, illness and distress; and gaining empowerment to utilize client's strengths and attaining better mental health.

4.2.6 服務/活動/計劃成效或影響 Outcome or Impact of Services/Events/Projects
請簡介機構的服務/活動/計劃(即 4.2 所描述之內容)對受惠者或對社會之裨益。(如有使用特定的成效評估工具或曾作出質性/量性研究，均可在此作出簡介) Please describe the benefits of the organization's services/events/projects (i.e. Described in 4.2) to the beneficiaries or to society. (If it is evaluated by a particular tool or assessed by qualitative/ quantitative study, please provide a brief introduction)

ReSource's core mission is to provide affordable, professional counselling services to the public. In 2024–2025, we served 1,604 service users, including 1,155 new cases, and delivered nearly 7,500 counselling hours. Our beneficiaries mainly included individuals, couples, and families from the "sandwich class" and low-income households. Through our services, many experienced improvements in psychological well-being and interpersonal functioning, enabling them to better cope with socio-economic pressures and post-pandemic challenges without the added burden of high service costs.

With the continuous support of the Drs. Richard Charles and Esther Yewpick Lee Charitable Foundation, our counselling programs always made an important contribution to community well-being during the pandemic. Building on this foundation, we launched the "Post-COVID Psychological Recovery Project," which provides free counselling sessions, monthly mental health talks and workshops, and support groups. In addition, we produced and distributed 12,000 mental health card decks to social service centres, schools, and beneficiaries, extending timely support to a broader community. The project aimed to promote psychological well-being through counselling services and psychoeducation, enhance public awareness of mental health, and reduce hesitation in seeking timely professional support.

ReSource also organized professional development initiatives to strengthen the capacity of helping professionals. On 15 March 2025, we held the full-day conference "Separation and Loss: Update on Social Trends and Clinical Practice" at JC Cube, Tai Kwun, attracting over 180 participants. Co-organized with the Department of Social Work and Social Administration of The University of Hong Kong, the conference was supported by 19 supporting organizations and over 30 volunteers. It served as a platform for sharing updated clinical knowledge and practical responses to issues of separation and loss. To further deepen the impact, six 3-hour pre- and post-conference workshops were held at HKU Centennial Campus, covering bereavement, migration, divorce, and suicide. Together, the conference and workshops enhanced clinical competencies, fostered exchange between academia and frontline practitioners, and strengthened professional capacity in responding to separation and loss in Hong Kong's evolving social context, while also increasing ReSource's visibility and partnerships within the helping professions, and facilitating our service referrals.

With the continuing sponsorship of the Fu Tak Iam Foundation, we have continued to provide dedicated and accessible counselling support services for educators, medical professionals since 2022. Our services are always tailored to their needs. Through this sustained effort, ReSource continues to assist in helping the target groups manage stress, strengthen resilience, and maintain their psychological well-being.

As a member agency of The Community Chest, ReSource has consistently provided subsidized counselling services to individuals from low-income households. This support helps remove financial barriers that often discourage people from seeking help, especially during difficult economic times. It also enables low-income families and individuals to access regular, longer-term professional mental health support that would otherwise be beyond their reach.

This year we also further advanced our psychoeducation work by providing regular mental health self-help content—tailored for public accessibility—across our social media platforms and digital channels. Through consistent sharing of practical coping strategies, psychoeducational articles, and relatable mental wellness guidance, we aimed to raise public awareness of mental health, improve early recognition of emotional difficulties, and reduce stigma that may prevent individuals and families from seeking timely professional support. The content was designed to address latest mental health challenges, encourage help-seeking as a positive and proactive step, complementing our services and helping audiences better understand mental

wellness, manage stress in everyday life, and maintain healthier interpersonal relationships despite socio-economic pressure and challenges.

1. 未來計劃及發展 Future Plans and Development

簡述機構未來計劃及發展可展示機構的可持續性及創新思維。
Future plans and development could reflect the sustainability and innovation of the organization.

ReSource has been providing counselling services in Hong Kong for more than 50 years, and we remain committed to delivering quality, affordable support to individuals, couples, and families. In view of continued socio-economic pressures and the growing demand for mental health support, we expect the need for accessible counselling services to remain strong in 2025/26, particularly among low-income households, the sandwich class, and helping professionals such as educators and healthcare workers. To meet these needs, ReSource will continue to enhance service accessibility through flexible arrangements, including evening, weekend, and online counselling options.

We are committed to staying responsive to the changing needs of the community. In 2025/26, we will continue to strengthen our community-based mental health initiatives by partnering with NGOs, schools, and professional bodies to provide workshops, public talks, support groups, and counselling services tailored to specific target groups. One of our work focuses will be given to addressing the mental health challenges faced by educators, medical professionals, and other allied helping professionals, while also broadening our outreach to individuals and families experiencing emotional distress under economic and social pressures.

At the same time, ReSource will continue to expand its psychoeducational efforts through social media online platforms and offline events to promote mental health awareness, reduce the stigma surrounding counselling, and encourage timely help-seeking. Internally, we will continue to invest in staff training, clinical supervision, and professional development to uphold high service standards. We also remain committed to contributing to the sector by sharing good practices and organizing professional activities that strengthen the capacity of helping professionals in responding to emerging mental health needs in Hong Kong.

2. 財務狀況(參考機構提供最近年度的經核實之周年帳目或財務報告。)

Financial Situation (Refer to the latest available audited Annual Accounts or Financial Statements)

有關財務資料提供的說明：

為讓公眾進一步瞭解本機構的會務及服務營運情況，本機構謹提供以下資料，以增進讀者對本機構財務狀況的認識。

Note on provision of financial information

To enable readers to better understand the service and operation of this Organization, the below information is provided for easy access to disclosed financial information of this Organization.

6.1 機構最新經核實之周年財務報表覆蓋年度：

Period covered by the latest available audited Annual Financial Statements

2024 年(year) 4 月(month) 至 to 2025 年(year) 3 月(month)

6.2 機構的年度**收入**為 The Annual Income of the organization is $HKD 9,125,642

機構的年度**支出**為 The Annual Expenditure of the organization is $HKD 7,444,371

6.3 機構最新的周年財務報表，包括核數師報告及董事報告已向公司註冊處提交。

The latest annual financial statements including the report of the auditors and the report of the directors have bee submitted to Companies Registry.

☼是 yes ❒否 No ❒不適用 Not applicable

6.4 機構最新經核實之周年財務報表是否有向公眾披露?

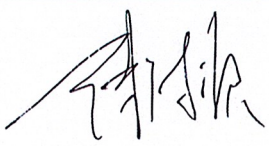
Are the latest available audited Financial Statements publicly disclosed?

☼是 yes ❒否 No

6.5 如是，可透過以下方法閱覽: If yes, the latest audited Financial Statements could be accessible via:

其他途徑 Others:

致電 2523 8979 預約親臨閱覽 Appointment for perusal can be made by calling phone no. 2523 8979

機構主管姓名 Name of Head of Organization	陳詩韻女士 Chan Sze Wan, Peggy
機構名稱 Name of Organization	人際輔導中心 Resource The Counselling Centre LTD
職位 Position	服務主管 Head of Service
簽署 Signature	
日期 Date	23-4-2026

(完 End)