

For enquiries and appointments,  
please contact us at:

### Clinical Health Psychology Centre

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#### Service Hours (By appointment only)

Monday to Friday: 9:00 am – 5:00 pm

Saturday: 9:00 am – 1:00 pm

Closed on Sundays and Public Holidays

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CHPC0011/HE-03-102017

# Health of Children and Adolescents



養和醫院  
Hong Kong Sanatorium & Hospital

臨床醫療心理學中心  
Clinical Health Psychology Centre

Raising children of any age is a fulfilling, complex but certainly not an easy task. Practically no parent is immune from feeling bothered, worried and even being confused regarding how best to understand and help their children grow in the healthiest manner, emotionally, mentally as well as physically.

The clinical health psychologists of the Clinical Health Psychology Centre have extensive experience working with children, adolescents and parents. We are available to offer advice, assessment and help for your child in the following areas:

## Learning Problems

- Intellectual abilities
- Concentration on tasks
- Motivation in studying
- Reluctance and refusal to attend school
- Poor school performance

## Behavioural or Conduct Problems

- Argumentativeness and aggression
- Bad temper
- Poor manners
- Non-compliance
- Complaints from school
- Spending too much time watching TV or playing computer games
- Social withdrawal or poor social relationships
- Bad habits (sloppiness, nail biting, poor time management)
- Association with bad peers
- Self-harm



## Mood Problems

- Sulkeness, irritability, anger and temper problems
- Anxiety and fears
- Frequent nightmares
- Temperamental problems (too quiet, passive, withdrawn; unhappy, weepy and losing interests)

## Health Issues

- Poor eating habits (too choosy, eating too little or too much, weight problem)
- Bad habits like taking alcohol, smoking or abusing substances
- Chronic health problems and issues (e.g. diabetes, asthma, allergies, frequent complaints of pains and aches) affecting mood, self-confidence, adjustment, achievement and life satisfaction

## What We Offer

The above listed are only a small proportion of problems commonly noted in children and adolescents. As rapidly developing persons with differing maturity and intellectual abilities, children and adolescents need consistent attention, guidance and monitoring on top of loving and supportive family environments to optimise their physical growth, social development and health.

The psychologists of the Clinical Health Psychology Centre offer timely professional advice tailored to your child's needs and situation.

You are welcome to contact the Clinical Health Psychology Centre. We have extensive experience working with children, adolescents and parents. We are here to assist you to resolve your child's adjustment difficulties, improve their discipline and cooperation, manage their interpersonal, conduct and emotional problems, foster optimal psychological well-being and improve all levels of individual, social and family health.