

Assessment and Advice Package:

The Clinical Health Psychology Centre of Hong Kong Sanatorium & Hospital offers a “**Mental Health Assessment and Advice Package**” in a comfortable, safe and caring environment. The package consists of the following services:

1. Individually tailored assessment on your mental and emotional well-being.
2. A personalized one-hour meeting with an experienced Clinical & Health Psychologist with feedback of results, psychoeducation, personal opportunities for questions and answers to your concerns and worries, and individually tailored advice on the best way to promote your mental fitness and well-being.
3. Individuals who wish to have additional psychotherapeutic wellness and coaching sessions may opt for further consultations.

Costs:

The package, which comprises initial assessment and a private consultation meeting with the Clinical & Health Psychologist, is charged at HK\$4,690.

Follow-up psychotherapeutic wellness consultations are usually charged at HK\$3,000 per hour. However, individuals who have opted for the “Mental Health Assessment and Advice Package” are entitled to a 10% discount for subsequent sessions taken up within the first year.

For enquiries and appointments, please contact us at:

Clinical Health Psychology Centre

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Email: psychology@hksh.com

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

www.hksh.com

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

Mental Health Assessment



養和醫院
Hong Kong Sanatorium & Hospital

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Do you have the following doubts or concerns?

- There is something emotionally / psychologically / mentally wrong with myself.
- Why should I be this unhappy, or why shouldn't I be happier with my life, given everything I now have?
- I might not be sleeping normally, eating normally, reacting normally to things. Or I might be too easily influenced by others.
- Something might be seriously wrong with my body as aspects of my health and symptoms simply do not go away despite the doctor's telling me that my health is alright.

Do you sometimes find yourself thinking or feeling this way?

- I am rather too self-conscious and inferior.
- I have become less involved and enthusiastic about things, with my usual interests and/or activities, and wonder why.
- Am I worrying too much? Or worrying about being worried?
- I am being bothered by a sense of being overwhelmed and just don't seem to be able to control.
- I have less interest in socializing with my friends and do not quite like this change.
- My mind / brain is too active and I have difficulties slowing down and relaxing.
- I have been bothered by things lately and do not seem able to let go.
- I have an increasing intolerance and bad temper.
- I have been becoming more and more forgetful.
- I find myself eating / drinking / smoking / shopping more than I wish to.

Normal or abnormal conditions?

From time to time, we may entertain doubts about our own "sanity" or mental well-being. We feel we should enjoy our lives more, but somehow simply could not do so. We are unhappy about getting into conflicts so easily. Yet, there seem few avenues or advice available whereby we can voice our concerns or clarify our worries. It is not easy to tell friends about such doubts as we may embarrass ourselves when they think we are "crazy" or even worse when they discount our worries as "having much ado about nothing". It is often difficult to even try to explain your concerns to others to make them understand.

While you may not consider it to be so serious, somehow you do not feel well as things / worries / emotions and even others just keep getting at your nerves.

We fully understand such reactions and doubts. Indeed, the Clinical Health Psychology Centre offers professional psychological and emotional health assessments, advice and assistance. We also offer a safe and comfortable environment in which you would feel free to fire off your questions, doubts and worries for clarification in consultation with our experienced Clinical & Health Psychologists. With appropriate assessment, our psychologists will offer you a clear explanation on your current psychological and emotional health status.

Indeed, you do not necessarily suffer from any mental or emotional illness. There is a fine line between having and not having a mental condition. The point is, if you positively understand the problem, regain peace of mind, achieve better emotional balance, and most of all, recapture your enjoyment and serenity in response to everyday things, hobbies, people, happenings and events, that would certainly add value to your life.

We all strive to have a "sound mind in a sound body".

Maintaining good physical health requires periodic health checkups and upkeep. Likewise, our mental and emotional health needs to be gently nurtured and consistently maintained. Problems are best dealt with at the early stage to reduce undesired anxiety and distress. Most emotional / mental health difficulties are also most effectively dealt with at an early stage.

