



New Life

Psychiatric Rehabilitation Association
新生精神康復會

From Recovery to Well-being 從復元邁向身心靈健康



社區330

Community Support
Services

關於新生精神康復會

About New Life Psychiatric Rehabilitation Association

從復元邁向身心靈健康

新生精神康復會(新生會)成立於1965年，是專注發展精神健康服務的非政府社會服務機構。我們致力透過專業服務、社會企業、精神健康教育推廣和預防工作、社會創新項目及家屬支援，為精神病康復者爭取平等機會，協助他們改善生活質素，以達致全面融入社會。我們屬下設有超過70個服務單位/項目及20多項社會企業，每年服務約15,000名精神病康復者、其家屬，以及43,000公眾人士於精神健康教育方面。我們持守提供「以人為本」、「以復元為導向」及「以實證為基礎」的服務，尊重服務使用者及重視他們的個人優勢、自我管理、充權、互相支援及維護人權。我們亦積極推廣精神健康教育，提升市民對身心靈健康的關注，並加強市民對康復者的接納。

經過50多年的蛻變，我們從復元為本的服務，邁向推廣身心靈健康。我們將330(身心靈)融入日常生活中，而330整全人生即「善待自己·與人連繫·關愛社會·擁抱自然·豐富人生」。在未來，我們將堅守「以人為本、從心關顧·與時並進、追求卓越」的核心價值，繼續提供優質的精神健康服務。

From Recovery to Well-being

Established in 1965, New Life Psychiatric Rehabilitation Association is a leading non-governmental organization specializing in mental health. We aim to make a positive difference by advocating for equal opportunities for people in recovery, enhancing their quality of life and moving towards an inclusive society through direct services, social enterprises, mental health promotion and prevention, social innovation projects and family support. We currently operate more than 70 service units/projects and over 20 social enterprises. We serve around 15,000 people in recovery of mental illness and their families, as well as 43,000 general public in mental health education annually. We are committed to provide people-focused, recovery-oriented services and evidence-informed practices that respect our service users and value their strengths, self-management, empowerment, mutual support, as well as human rights. We also strive for raising the awareness on well-being and acceptance of people in recovery in the community through mental health promotion and prevention.

After 50 years of development, we move forward from recovery-oriented service to promote well-being for all. We integrate 330 (physical, psychosocial and transcendental well-being) into daily life. 330 well-being represents "Treat Ourselves Well – Connect with People – Care for the Society – Embrace the Nature – Enrich Our Life". In future, we will continue to uphold to our core value of "Care for People, Excel for Quality" for providing high quality mental health services.

社區33°

Community Support Services



同行 · 關懷 · 連繫
Companion · Care · Connect

我們於2009年在水圍開設全港首間精神健康綜合社區中心——安泰軒，其後於2010年10月起分別在深水埗、油尖旺、沙田、葵涌、屯門及離島區增設服務點，現時共有7間安泰軒。

We pioneered the first Integrated Community Centre for Mental Wellness, The Wellness Centre (TWC) at Tin Shui Wai in 2009. From October 2010 onwards, service points extended to Sham Shui Po, Yau Tsim Mong, Sha Tin, Kwai Chung, Tuen Mun and Islands Districts.

我們的宗旨 Our Aims

希望在心中， 生活更輕鬆 Instilling Hope For Better Life

- 提供一站式、綜合性和復元為本的社區精神健康服務，協助及跟進精神病康復者、懷疑受精神健康問題困擾的人士，並提供家屬及照顧者的支援
- 推行公眾教育，推動社區共融及睦鄰和諧，並加強公眾對身心靈健康的關注
- 通過各種服務，宣揚「希望在心中，生活更輕鬆」的訊息
- Providing one-stop, comprehensive and recovery-oriented community support services to local residents, assistance and follow-up services for people with suspected mental health problems as well as support for people in recovery of mental illness, their families and carers
- Initiating public education in promoting social inclusion, harmony and well-being in neighborhood
- Promoting the message of "instilling hope for better life" through various services



輔導服務 Counselling Service

專業同工提供輔導服務及外展家訪，協助居民處理精神及生活上的各種問題，促進康復者在社區過著有意義的生活。

Our professional staff team provides casework counselling and outreaching home visits, helping service users to cope with their mental health and life challenges, actualizing self-directive in their journey of recovery and leading a fulfilling life in the community.



身心康盛活動 Wellness Programs

舉辦各類興趣班、社交康樂活動、治療及支援小組，以促進參加者的身心康泰，包括生理、心理、社交和靈性健康的平衡發展。

By organizing various interest classes, social recreational programs, therapeutic and support groups, we aim at promoting well-being among service users, including physical, psychological, social and transcendental dimensions.



公眾教育 Community Education

通過在社區舉辦展覽、講座及活動，向公眾人士推廣身心靈健康的概念，以增加大眾對精神病的認識；消除對康復者的歧視；與地區伙伴共同創建共融社區。

By organizing exhibitions, talks and activities in the community, we promote well-being to the public on understanding of mental health; advocating for anti-stigma and collaborating with district partners to build an inclusive society.



職業規劃與發展 Vocational Planning & Development

為康復者提供職前技巧、在職支援及社區生活技能訓練，以應付日常生活各種需要及挑戰。

We provide pre-vocational, on-the-job support and community living skills training for people in recovery to prepare them to work according to one's own abilities and potentials.





服務內容 Services Details

服務對象 Service Target

綜合社區中心的服務對象是居住在當區的居民。他們包括：

- 15歲或以上的精神病康復者
- 15歲或以上的懷疑有精神健康問題的人士
- 上述人士的家屬 / 照顧者
- 有意進一步認識 / 改善精神健康的居民

The target groups of ICCMW are those living in the district, including:

- Discharged mental patients aged 15 or above
- Persons with suspected mental health problems aged 15 or above
- Family members / carers of the above persons
- Residents with interest in understanding and improving their mental health

申請及退出服務 Application & Exit of Service

- 申請人可親臨或致電聯絡所屬地區的安泰軒，亦可由其他機構或團體轉介
- 如申請人欲退出服務，中心會替其安排退出服務或轉介往合適的服務
- 申請及退出服務均不收費，中心舉辦大部份的活動皆免費參加，惟部份會酌量收費

- We welcome applicants to approach The Wellness Centre of their respective districts in person or by phone. Referrals made by other organizations are also welcome
- For service users who wish to withdraw from the service or request other services, we shall arrange discharge and make other referrals to appropriate service
- There is no charge for admission and discharge of service. Majority of activities are free for participants, but some may charge for minimal

聯絡我們

Contact Us

精神健康綜合社區中心 Integrated Community Centre for Mental Wellness	
服務單位 Service Unit	地址 Address / 電話 T / 傳真 F / 電郵 E
安泰軒（天水圍） The Wellness Centre (Tin Shui Wai)	新界天水圍天澤邨服務設施大樓五樓 503-504室 Units 503-504, 5/F, Ancillary Facilities Block, Tin Chak Est, Tin Shui Wai, N.T. T 2451 4369 F 2486 3007 E wellness@nlpra.org.hk
安泰軒（屯門－安定） The Wellness Centre (Tuen Mun – On Ting)	新界屯門安定邨安定友愛社區中心地下 G/F, On Ting Yau Oi Community Centre, On Ting Est, Tuen Mun, N.T. T 2450 2172 F 2441 5625 E tmtwc@nlpra.org.hk
安泰軒（屯門－湖景） The Wellness Centre (Tuen Mun – Wu King)	新界屯門湖景邨湖翠樓地下9至15室 Units 9-15, G/F, Wu Tsui House, Wu King Est, Tuen Mun, N.T. T 2450 2172 F 2441 5625 E tmtwc@nlpra.org.hk
安泰軒（葵涌） The Wellness Centre (Kwai Chung)	新界葵涌葵盛西邨第九座地下101-104室 （臨時辦事處） Units 101-104, Block 9, Kwai Shing West Est, Kwai Chung, N.T. (Temporary Office) T 3552 5420 F 3552 5352 E kctwc@nlpra.org.hk
安泰軒（沙田） The Wellness Centre (Shatin)	新界沙田新翠邨新俊樓低座21-31號地下 （臨時辦事處） Units 21-31, G/F, Low Block, Sun Chun House, Sun Chui Est, Shatin, N.T. (Temporary Office) T 2745 6760 F 3552 5354 E sttwc@nlpra.org.hk

服務單位 Service Unit	地址 Address / 電話 T / 傳真 F / 電郵 E
安泰軒（深水埗） The Wellness Centre (Sham Shui Po)	九龍南昌街332號新生會大樓二樓 2/F, New Life Building, 332 Nam Cheong Street, Kln T 2319 2103 F 2784 5367 E ssptwc@nlpra.org.hk
安泰軒（油尖旺） The Wellness Centre (Yau Tsim Mong)	九龍旺角長旺道9號長旺雅苑地下至一樓 G/F-1/F, Flourish Mansion, 9 Cheung Wong Road, Mong Kok, Kln T 2977 8900 F 3552 5353 E ytmtdwc@nlpra.org.hk
安泰軒（離島） The Wellness Centre (Islands)	新界大嶼山東涌逸東（一）邨祿逸樓地下 G/F, Luk Yat House, Yat Tung (I) Est, Tung Chung, Lantau Island, N.T. T 2363 5718 F 3552 5355 E islandstwc@nlpra.org.hk

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