

You will find a way out
if you think positive

Unemployment is undoubtedly a hard time in one's life: it not only brings upon financial difficulties but also deal a blow to the self-esteem of the unemployed person. Labour Department will put in our best effort to provide effective and tailor-made employment services to job seekers.

When confronted with difficulties, job seekers must not confuse your situation, nor lose your confidence. Instead, job seekers should dare to face the difficulties, sharing your worries with your family and friends and keep mind at ease.

For problems beyond the employment issue, you should seek professional help proactively if you think you cannot cope with them. Government departments and many organizations in society are prepared to give a hand to the needy.

If you need emotional counselling or assistance, you are welcome to call the hotlines below



◆ Social Welfare Department Hotline **2343 2255**

If you need instant assistance, you can press "7" after you choose language

◆ Hong Kong Council of Social Service
Mutual Aid Helpline **187 8668**

◆ Crisis Hotline of Caritas
18288

◆ Suicide Prevention Services
Suicide Prevention Hotline **2382 0000**

◆ Mental Health Association of Hong Kong
Mental Health Information Hotline **2772 0047**

◆ The Samaritan Befrienders Hong Kong
Hotline **2389 2222**

◆ The Hong Kong Federation of Youth Groups
Hotline for Working Youth **2777 0309**

