浸信會愛羣社會服務處
BAPTIST OI KWAN SOCIAL SERVICE

政府資助機構
Government-funded organisation

社會福利署資助服務
Subsidised Service by the Social Welfare Department

敍暉匯

精神復元人士照顧者資源及服務中心

Resource and Service Centre for Carers of Persons in Mental Recovery

Walking Together

On the Caregiving Path

Scan here to join member:

Carers

Onset of Illness and Help-Seeking

When carers first face a family member's emotional distress or relapse, they may feel confused, anxious, and helpless.

A New Beginning in Relationships

When the family member begins treatment, carers adjust their roles and communication approaches.

Our Services

Social Worker Consultation:

- *Assist carers in handling crises*
- *Enhance carers' understanding of seeking treatment*
- *Teach carers to observe symptoms and respond appropriately*
- *Provide service referrals*

Psychoeducational Activities:

- *Family Workshops on Psychiatric Crises*
- *Illness-specific Support Groups and Courses*
- *Talks by Mental Health Professionals*

Illness-specific Courses and Mutual Support Groups

Obsessive-Compulsive Disorder (OCD)	Depression Disorder
Bipolar Disorder	Schizophrenia

Family Recovery Course

Social Worker Consultation:

- *Explore communication strategies with family members*
- *Manage caregiving stress and role conflicts*
- *Provide emotional support*

Challenges

Rebuilding Self and Relationships

As the family member's recovery stabilises, carers begin to reflect on their own needs and equip themselves to rebuild family relationships.

Transforming Roles, Lighting the Way for Others

Carers transform their personal experiences into Carer Peer Ambassador (CPA) , serving fellow carers as peer supporters or volunteers.

Support

Role-based Mutual Support Groups

Parent"s	Children's
Wives'	Siblings'
Faith	Elderly Carers'

Therapeutic Groups

- "Care for the Carer" Series
- Therapeutic groups (Emotion-focused, Narrative, ACT)
- Mind–Body Wellness Activities

Carer Peer Ambassador (CPA) Training

- Training Content: Identifying personal strengths, empathic communication, peer counselling, and group facilitation skills
- Practicum Period

Volunteer Services

- Individual Care: One-to-one matching to provide direct support to new carers
- Co-facilitating groups with social workers
- Sharing family recovery experiences
- Media interviews

Service Background

- Established in 1989 with funding from the Community Chest.
- Funded by the Social Welfare Department since 1994.
- Renamed in June 2025 as 一敘暉匯 Resource and Service Centre for Carers of Persons in Mental Recovery.

Target Service Users

Carers of persons experiencing mental distress / persons in mental recovery.

Service Objectives

- Enhance carers' mental health knowledge and caregiving skills;
- Build carers' support networks;
- Support help-seeking for suspected mental illness;
- Promote public awareness and acceptance of persons in recovery and their carers.

http://carer.bokss.org.hk/

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