

Service Entry and Exit

- Self-application of the above-mentioned target groups; or
- Referrals through doctors, social workers, allied health professionals or government departments, etc;
- Service users can withdraw from the service at any time. Referral can be made if service users have other welfare needs that fall outside the scope of services.

Service Hours

	Mon	Tue	Wed	Thu	Fri	Sat
09:00 13:00	○	○		○	○	○
13:00 17:30	○	○	○ open at 12:00	○	○	○ lunch break 13:00-14:00
17:30 20:30			○			

Closed on Sunday and public holiday



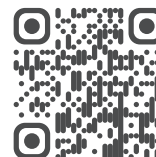
Transportation

Mini-bus stop: 2, 8, 8S, 13

Bus stop: 2E, 3B, 5C, 6C, 6F, 7B, 8, 11K, 11X, 15, 15X, 21, 45, 85S, 85X, 106, 106A, 106P, 115, 241X, 796X, E23, E23A

MTR Whampoa Station:
10-minute walk from Exit A

- (852) 2332 5332
- (852) 2402 3588
- vp@sidebyside.org.hk
- Facebook: Vitality Place



Scan the QR code for more information.

Printing Date: December 2025
Printing Copies: 300

*In order to ensure quality service, the Service Quality Standards (SQSs) being established by the Social Welfare Department are adopted. Please contact us for any enquiries.

善導會
SideBySide



精神健康
Mental Wellness

精神健康綜合社區中心
Integrated Community Centre
for Mental Wellness

Vitality Place



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



Service Objectives

We aim to provide comprehensive community mental health support service for people in recovery, persons with suspected mental health problem, their families/carers and residents living in Kowloon City District and to raise public awareness of the importance of mental wellness by spreading the message of “Mental Wellness is Everyone’s Concern” in the community.

The principles of recovery approach is adopted as the service basis to render individualised and person-centered intervention in order to develop members’ strengths and empower them along their recovery path in different aspects.

Service Features

Mental Wellness Recovery

- To enhance the involvement in mental health recovery by adopting the principles of recovery approach.

One-stop Community Service

- To provide district-based and accessible community mental health support service from early prevention to risk management in the serving districts.

Scope of Services

- **Outreach and Counselling Services**
Provides counselling and casework services through mental health professionals.
- **Developmental and Therapeutic Groups**
Focuses on mental well-being, enhancing community resilience.
- **Psychological and Community Education**
Organises mass programmes and activities to promote public awareness of mental health in the community.
- **Peer Support Services**
Provides emotional support and public education by peer support workers.
- **Family/Carer Support Services**
Provides psychoeducation and activities to alleviate caregiver stress and strengthen support networks.
- **Support Services for Children Family Members**
Offers emotional support, counselling and activities to children of people in recovery for resilience building and mental wellness.
- **Interest Groups and Skills Training**
Provides various interest groups and training programmes to enhance community living skills for individuals in recovery.
- **School Support Services**
Collaborates with secondary schools to provide mental health education groups and activities in schools.

Service Areas

Kowloon City District (Hung Hom, Whampao, To Kwa Wan, Homantin, Kowloon City, part of Kowloon Tong and Kai Tak area)

Target Group

Hong Kong citizen residing in the service district or at secondary school, including:

- Persons in recovery since secondary school age.
- Persons with suspected mental health problems since secondary school age.
- Family members / carers of the above persons.
- Residents with mental health problems or suspected mental health problems living in the private residential care homes for persons with disabilities within the service district.
- Local residents with interest in improving their mental health.

