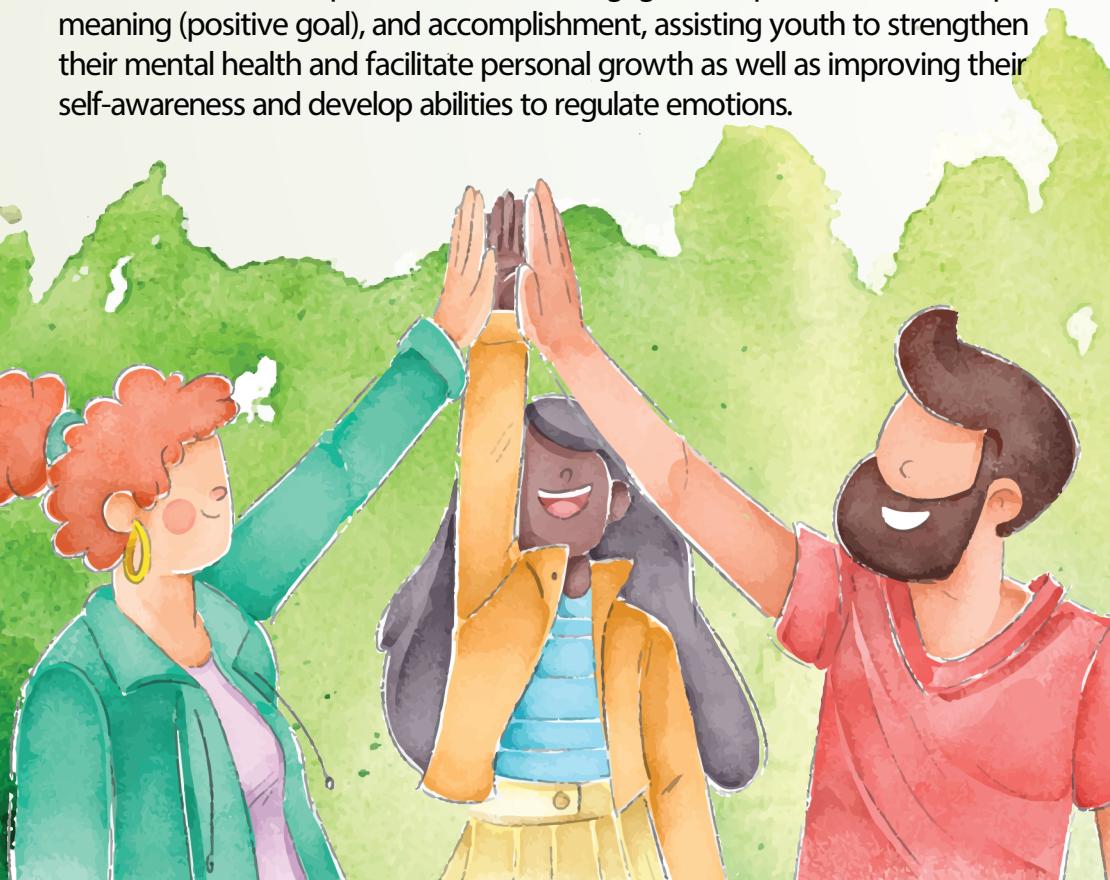


## About SideBySide

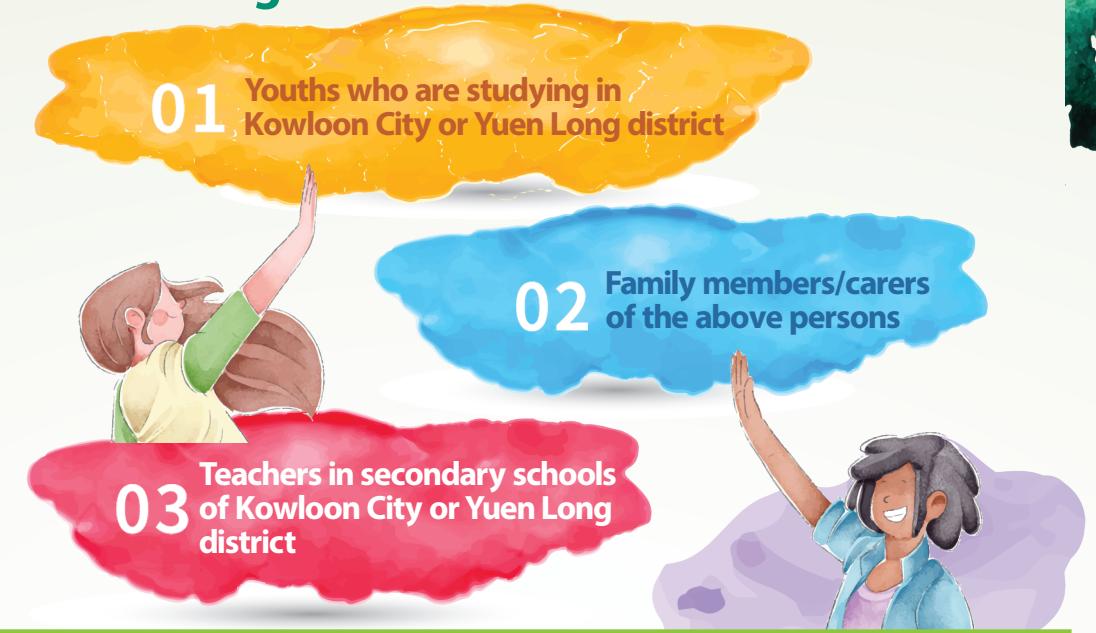
SideBySide is a government recognised charitable organisation established in 1957. Through service units, SideBySide provides quality rehabilitation and multifarious services, including social rehabilitation and crime prevention service, mental health service, employment service and social enterprise, as well as community education and volunteer service. Our organisation operates two Integrated Community Centres for Mental Wellness (ICCMW) in Kowloon City and Yuen Long districts, namely Vitality Place and Placidity Place, to provide one-stop, district-based and accessible community mental health support services from early prevention to risk management in the serving districts.

## Our Service

This service is based on the PERMA+ model in Positive Psychology, which includes elements of positive emotions, engagement, positive relationships, meaning (positive goal), and accomplishment, assisting youth to strengthen their mental health and facilitate personal growth as well as improving their self-awareness and develop abilities to regulate emotions.



## Service Target



### Enquiry or Application

For enquiry, please feel free to call or email to the ICCMW in your local district. Please send the completed application form via mail, email or fax to your local ICCMW if you would like to apply our services.

### Contact Us

#### Kowloon City District (Vitality Place)

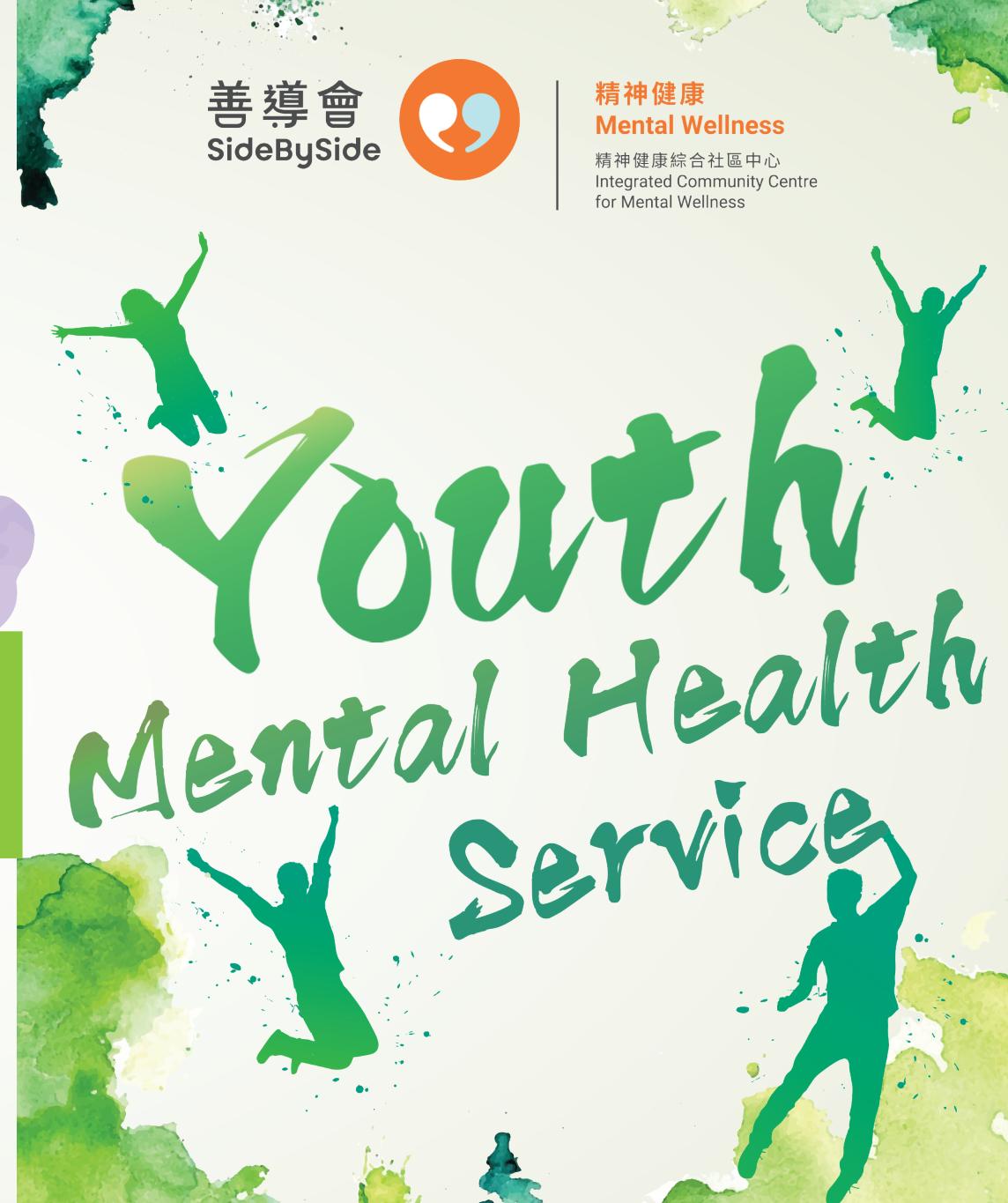
- 📞 (852) 2332 5332
- 📠 (852) 2402 3588
- ✉️ vp@sidebyside.org.hk
- 📍 Unit 11B, 9/F, Tower B, Hung Hom Commercial Centre, No. 37 Ma Tau Wai road, Kowloon
- FACEBOOK Vitality Place

#### Yuen Long District (Placidity Place)

- 📞 (852) 3163 2873
- 📠 (852) 3907 0180
- ✉️ pp@sidebyside.org.hk
- 📍 5/F, Tin Shui Wai (Tin Yip Road) Community Health Centre Building, 3 Tin Yip Road, Tin Shui Wai, N.T.
- FACEBOOK Placidity Place

To ensure the quality and continuous improvement of service, our organisation will have policies and implementation procedures based on the 16 Service Quality Standards (SQSs) of the Social Welfare Department. If you have any questions, please feel free to contact us.

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Scan the QR code for more information



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

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

政府資助 計劃  
Government-funded programme

## Service Content

This service divides into four stages, in order to meet the diverse needs of young people:

Stage	Understanding	Nurturing	Transforming	Support
Objective	 To improve mental wellness To facilitate personal growth	To enhance self-awareness abilities To strengthen emotions regulation skills	To overcome mental health difficulties To set up life meaning and goals	 To co-create a safe, trustful and caring environment To connect teachers, parents and peers to provide support
Target	Secondary school students	Secondary school students who are facing mental health difficulties		Teachers / Parents / Peers
Form	<b>Talk -</b> Getting to know more about mental health and positive emotions. <b>Booth -</b> Developing healthy lifestyle and experiencing art-based activities, etc. <b>Life Exchange Activities -</b> Human Library, Animal On-site Services, Visiting mental health related services and social enterprise "TI Farm", etc. <b>Life Planning Activities -</b> Self-understanding, Personality test, Goal Setting and Time Management, etc.	<b>Group -</b> Mindfulness-based activity, Narrative Practice, Cognitive Behavior Therapy, Art-based Intervention and Somatic Experiencing, etc.	<b>Counselling</b> <b>Connecting with community resources</b> 	<b>Professional Exchange -</b> Case discussion, multidisciplinary collaboration and crisis intervention, etc. <b>Parental Support -</b> Understanding youth mental health and enhancing parent-child communication. <b>Peer Supporter Training -</b> Developing active listening and communication skills, building up mutual trust and understanding.

Crisis intervention and assessment