

While sometimes the challenges in university life seem like opportunities, at other times they can feel like pressure, and lead to feelings of insecurity and unease. If you encounter any such negative feelings, our counseling team is here to help you: individual counseling, group counseling, “Whole-person development” workshop, training projects – Activity Ambassador Project and visits to non-resident students.

We would like to accompany you throughout your time here, and help to make your experience with us a memorable and positive one.

Office hours: Monday to Thursday ~ 0900 – 1300, 1430 – 1745; Friday ~ 0900 – 1300, 1430 -- 1730

When necessary, students can also arrange individual meetings with our counselors outside office hours.

Venue: Ground Floor left hand side of Multisport Pavilion of MPI

(Please use door opposite Wui Chi Building Entrance)

Tel: (853) 8599 6139 / 8599 6141; Fax: 2870 2734

E-mail: priscillalai@ipm.edu.mo or thomasho@ipm.edu.mo

### Counseling services

You are welcome to contact our counselors should you encounter difficulties such as:

- ♥ Adaptation to the environment  
e.g. non-resident students adapting to Macao’s daily living and their new campus life
- ♥ Study pressure  
e.g. poor study performance
- ♥ Interpersonal relationships  
e.g. wish to improve relationships with fellow classmates and family
- ♥ Personal development  
e.g. getting to know more about oneself
- ♥ Mental health  
e.g. experiencing problems such as insomnia, nervousness etc.
- ♥ Getting along with a partner  
e.g. having problems with your boyfriend / girlfriend

### ∞ Confidentiality ∞

**Content and information disclosed in the counseling meetings will be kept strictly confidential except in cases involving personal safety of the client and / or other students.**

### Community resources

Hotlines of the government and non-governmental organizations		Mental health rehabilitation service	
Organizations	Contact numbers	Organizations	Contact numbers
Social Welfare Bureau Counseling Hotline	2826 1126	Psychiatric Department of Centro Hospitalar Conde de São Januário	2831 3731
Social Welfare Bureau Counseling Hotline for Problem Gambling	2832 3998	Richmond Fellowship of Macao	2876 4576
Caritas Macau – Life Hotline	2852 5222	Fuhong Society of Macao	2826 1004
Comprehensive Service for New Comers to Macao by União Geral das Associações dos Moradores de Macau	2848 3261		