

全面，盡心  
提供生活資訊  
專業，保密  
助你解疑難

## 個人諮詢及輔導服務 工作生活資訊

富達盟信顧問有限公司  
FOUR DIMENSIONS Consulting Limited



### 24小時全天候熱線

一年365日為你提供專業服務，你可隨時隨地致電我們的24小時電話熱線，詢問有關生活資訊或直接向我們傾吐你的心事。不管任何疑難，我們的專業顧問都會一一為你解答，務求為你提供適切的資訊及專業服務，助你解決生活的困擾，重拾笑容，活出精彩生活。

### 你有遇過以下情況嗎？

「日常生活很繁重，真的想找些活動或方法減減壓。不知那裏有合適的資源？怎樣可激發自己的動力呢？」

「子女升學可以怎樣選擇合適的學校，以提供一個舒適及愉快的學習環境給他們？遇到他們適應上的問題，我又可以怎樣處理？」

「最近很不開心，情緒又不由自主地起起伏伏，以致與朋友、同事及家人的溝通及關係日益轉差。我不知道原因何在及怎樣改善？」

「近來，白天總是很煩躁，一到晚上又睡不著。身體開始出現小毛病，看醫生也找不到因由，我可以怎樣做？」

「家人因年老或患病需要特別照顧，我跟配偶都要上班。希望可以找到有關服務幫手，那裏有適合及可信賴的資料呢？」

只需一個電話，我們的專業顧問會助你早日找到解決疑難的資訊或方法。

### 個人諮詢及輔導服務範圍

1. 心理諮詢：壓力、情緒困擾、人際關係、交友、失眠、焦慮、心理健康。
2. 工作諮詢：工作適應、職業發展、同事相處、退休前準備。
3. 家庭諮詢：婚前或婚姻輔導、親子溝通、子女教導疑難、家人相處。
4. 生活資訊：家務、幼兒照顧、子女成長發展、青少年教育、長者照顧、身心健康、財務、社區資源轉介。

個人諮詢及輔導服務與工作生活資訊由資深輔導員、社會工作者及臨床心理學家負責提供。所有諮詢及談話內容均**絕對保密**。

### 個人諮詢及輔導服務 24小時電話熱線

# 2721 3939

網上資源閣：

<http://www.fourdimensions.org/erc/index.asp>

使用者名稱：joy2u

登入密碼：allgood2

地址：中國香港特區九龍尖沙咀  
加連威老道33號7樓

電郵：[eapinfo@fourdimensions.org](mailto:eapinfo@fourdimensions.org)

網頁：<http://www.fourdimensions.org>





Comprehensive, Whole-hearted  
to offer you work/life information  
Professional, Confidential  
to free you from concerns

## Professional Personal Counselling and Consultation

## Work/life Information and Resources

富達盟信顧問有限公司  
FOUR DIMENSIONS Consulting Limited



### 24 hours, 7 days Telephone Hotline

This service is opened to you anytime, anywhere. You can simply call our 24-hour hotline to enquire work/life information or to confide your concerns/issues to us. Our privileged Professional Personal Counselling and Consultation and Work/life Information and Resources Services have helped many colleagues of our client organizations like yours in addressing work/life concerns, enhancing personal as well as professional well-being, and restoring happiness and leading a colorful life.

### Have you ever encountered the following situations?

"I am so stressed out with work/life issues... Where can I find appropriate resources to help me?"

"How can I find a suitable school for my child to learn? How can I deal with his/her adjustment problem?"

"Lately, I have been very unhappy and emotional which undermines my interpersonal relationship. I just don't know why and what I should do to improve the situations?"

"I felt very anxious during day-time. I couldn't get to sleep at night and my health is deteriorating. I have sought medical consultation, but the doctor can't tell what's wrong with me. Who should I turn to for help?"

"My spouse and I are both working full-time and we need to find someone to take care of my sick or old family member. Where can I find suitable and reliable information or resources on the needed services?"

Just give us a call. Our professional consultant will provide appropriate services or assistance to resolve your concerns or queries.

### Professional Personal Counselling and Consultation includes:

1. **Psychological Consultation:** Stress management, emotional disturbance, interpersonal relationship, insomnia, anxiety, psychological health.
2. **Work Consultation:** Job adjustment, career development, collateral relationship, pre-retirement, etc.
3. **Family Consultation:** Pre-marital and marital counselling, parenting, family relationship.
4. **Work/life Information:** Housekeeping, child care and development, youth education, elder care, health and mental health, finance, community resources and referral services.

Our professionals are qualified and experienced counsellors, social workers and clinical psychologists. All information will be kept in

**STRICTLY CONFIDENTIAL**

Professional Personal  
Counselling and Consultation  
24-Hour Telephone Hotline

**2721 3939**

e-Resource Corner:

<http://www.fourdimensions.org/erc/index.asp>

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Password: allgood2

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