



社區藥物教育輔導會

Community Drug Advisory Council



# Health and Drug

Education  
Booklet

for  
Parents



# About Community Drug Advisory Council

The Community Drug Advisory Council (CDAC), a bilingual non-governmental organization, was established in 1985 by a group of parents and volunteer professionals who shared a common concern – teenage drug abuse in Hong Kong.

The missions of CDAC are to prevent drug misuse and to minimize drug-related harm. We achieve the missions through:



**Organizing educational programs to raise community awareness**



**Developing service users' social skills to refuse drug abuse**



**Promoting healthy lifestyle choices among the public.**

There is ample evidence that health and drug issues are profoundly influenced by social, economic and cultural factors. CDAC is dedicated to eliminate health inequity among various ethnicities caused by these external factors and to improve the quality of life for all.

# The Purpose of This Booklet

Drug and health education is vitally important, but has been taken lightly in Hong Kong. Unfortunately, few schools pay enough effort to educate their pupils on this important matter. The inadequacy of drug and health education has already led to some negative consequences. For instance, over a half of our young people could not reach the daily exercise standard suggested by the World Health Organisation. The number of cannabis abuse cases for people aged under 21 has also soared in the past few years. The situation among our multicultural communities has got even worse.

By the time we are editing this booklet, the percentage of drug abuse cases among ethnic minorities in Hong Kong is approximately one time higher than that of their Chinese counterpart. Many factors, such as cultures and socioeconomic status, contribute to this situation.. A major one is the lack of drug knowledge among the multicultural communities.

Therefore, enhancing their knowledge is a crucial solution to this end. This booklet aims to facilitate parents and children of various ethnicities and cultural backgrounds to learn more about drug safety and ways to develop healthier lifestyles, as well as to provide easy-to-understand information and guides for them.



# Contents

## Chapter 1. Safe Medication

1.1	Why do we need medication?	01
1.2	If we don't know the relevant information about medication, what would be the potential consequences?	01
1.3	Where can I buy medicines?	02
1.4	How do I know if the drugs I buy are reliable?	04
1.5	What are the potential risks if I buy medicine of unknown sources?	05
1.6	Why should I follow the instructions when I take my medication?	06
1.7	What safe medication tips should I know?	07
1.8	What should I do if I forget to take medicine?	08
1.9	Where should we store the medicine?	09
1.10	My kids find it hard to read the medical instructions. Is there anything I can do to help them?	10
1.11	What is drug abuse and what are the harms?	12
1.12	Why do we need to know about drug abuse?	14

## Chapter 2. Say kNOw to Drugs

2.1	The importance of saying "kNOw" to drugs	15
2.2	The drug trend among youngsters aged under 21 in Hong Kong	16
2.3	Cannabis	17
2.4	Cocaine	19
2.5	Ketamine	20
2.6	Ice	21
2.7	Heroin	22
2.8	Ecstasy	23
2.9	Cough Medicine	24
2.10	How to identify drug abuse behaviours?	26
2.11	What are the common drug traps?	27

## Chapter 3. Healthy Lifestyle

3.1	What is health?	28
3.2	Why does health education at home matter?	29
3.3	What are the views of religions regarding health?	30
3.4	What should we do to maintain a healthy lifestyle?	31
3.5	How to maintain a good diet?	32
3.6	How do we know whether a food product is healthy?	33
3.7	How much physical exercise should we do?	34
3.8	How can I help my kid(s) develop exercise habits?	35
3.9	What can we do to maintain good personal hygiene?	36
3.10	Why does sleep hygiene matter? How to improve it?	37
3.11	How can we cope with stress?	38
3.12	What is stigma? Why should we not stigmatize people with mental health issues?	39
3.13	What is social health? How do my children develop it?	40

## Chapter 4. Useful Tips and Resources for Parents

4.1	How can I conduct drug and health education to my child at home?	41
4.2	What should I do if I find/suspect my child is abusing drugs?	43
4.3	Where can I seek help if I need support?	44

## Acknowledgement

57



# 1

Chapter 1



## Safe Medication

### 1.1 Why do we need medication?

Medication is often used when we feel sick or have illnesses. However, it is also used in other situations, including:

#### To treat diseases

For example, antibiotics can be used to treat infections.

#### To relieve symptoms

For example, a painkiller can reduce the feeling of pain and lower body temperature.

#### To prevent diseases

For example, influenza vaccines can help reduce influenza infection or reduce the symptoms of infection.

### 1.2 If we don't know the relevant information about medication, what would be the potential consequences?

There are rules and regulations about medication. Misuse of medication will threaten our lives and health. The Following are some possible outcomes:

- Adverse pharmacological effects
- Allergy
- Dependency
- Damage to tissues or organs
- Poisoning
- Drug resistance
- Death

### 1.3 Where can I buy medicines?

If you see a doctor in a clinic or a hospital, the doctor may prescribe medication to you. You could also buy medicines for yourself with a medical certificate issued by the doctor. There are two types of licensed drug retailers - registered pharmacies and licensed drug stores. Although both of them sell drugs, their characteristics and the regulations are different. Here are some of the key differences between a pharmacy and a drug store.

	Pharmacy	Drug store
Using the title of "Pharmacy" or "Dispensary" (Chinese: 藥房)	✓	✗
Using the "Rx" logo	✓	✗
With duty pharmacist in shop	✓	✗

The types of drugs they are authorized to sell are also different.

In Hong Kong, medicines are classified into three main categories, in accordance with the severity of the disease they intend for and the magnitude of the side effects they cause.

#### Category I: Prescription drugs

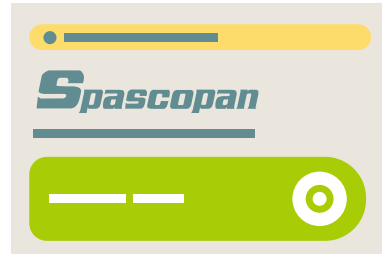
Medicine in this category must be dispensed and sold on doctor's prescription in registered pharmacies under the direct supervision of registered pharmacists.

E.g. medication for hypertension/ diabetes I



## Category II: Drugs under supervised sales

Medicines in this category do not require a doctor's prescription but have to be sold in registered pharmacies under the direction and supervision of registered pharmacists. Drug-takers must follow the method of use and dosage to avoid health risks.



## Category III: Drugs without supervised sales

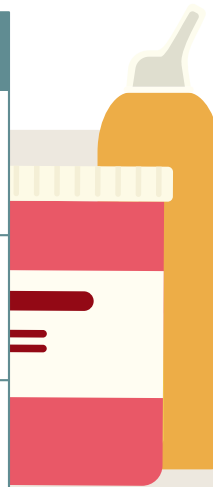
Medicines in this category can be sold in pharmacies or drug stores without resident pharmacists. Examples include drugs for common cold, antipyretics and painkillers. They are often used to treat or alleviate minor illnesses and have less side effects.



Here are the differences on the sales of drugs between a pharmacy and drug store.



Pharmacy	Drug store
Category I: Prescription drugs	/
Category II: Drugs under supervised sales	/
Category III: Drugs without supervised sales	Category III: Drugs without supervised sales



## 1.4 How do I know if the drugs I buy are reliable?

The first and most important step is to check the registration number. All the medicines that can be sold or distributed must be registered with the Pharmacy and Poison Board (PPB) in the first place. The PPB registration number is required to be printed on the medicine label for the general public to check whether the drugs they want to buy are registered or not.



Apart from the registration number, the following items of information are also required to be printed on the label:

- 1 Name of the product
- 2 Name and quantity of each active ingredient
- 3 Name and address of the manufacturer
- 4 Batch number
- 5 Expiry date
- 6 Product pack size and unit of quantity
- 7 Storage condition (including specific storage condition, if any)
- 8 Instructions for use, dosage and dosing intervals, if the medicine is to be sold over the counter

### 1 MENTHALATUM Nasal Relief

**Efficacy** For adults and children above 3 years old; Natural essential oils and menthol bring you a refreshing feeling.

**8 Direction** 1. Remove outer before usage  
2. Place it close to each nostril  
3. Hold other nostril closed, inhale deeply  
4. Close outer after usage

**2 Ingredients** Menthol, Eucalyptus Oil, Pine Needle Oil, Lavender Oil

**Caution** Not recommended for people who are pregnant, lactating and allergic to essential oils

**5 Expiry Date:** 02/2024

**4 Batch No.:** Please see tube bottom

**3 Manufactured by** the flower Pharmaceuticals Co., Ltd. in UK

1903 Net wt.: 1g



4

3

6



## 1.5 What are the potential risks if I buy medicine of unknown sources?

All medicines that can be sold in the market should be registered. Buying medicines of unknown sources is not only dangerous and risky, but may also offend the law.

On one hand, the effects of medical products without information about expiry date, storage conditions or instructions are doubtful. On the other hand, you are not able to check whether the medicine consists of the claimed ingredients. Therefore, it is doubtful that these unknown medicines can treat your sickness.

Moreover, some medicines of unknown sources may contain illicit ingredients which are banned or regulated by laws, such as the Dangerous Drugs Ordinance. Not knowing the nature of the drug is not an excuse to get away from legal consequences.

25 February 2021

### News

The Hong Kong police arrested a 27 years old man for selling weight loss pills of unknown origins on Instagram with exaggerating statements, including “reducing 10-pounds in 2 weeks” and “the more expensive the pills are, the better effect they will have”. More than 1,000 plasticbags with 18,510 dangerous category pills and 20,000 dollars have been confiscated. These pills contain Ephedrine and Fluoxetine which will cause hallucinations, insomnia and anxiety disorders and other serious consequences. The authority urged the public

**NOT to buy products with unknown ingredients and medicine of unknown origins.**



## 1.6 Why should I follow the instructions when I take my medication?

Although medication can help reduce symptoms or treat our sicknesses, it does not mean that we should take medicine excessively. On the contrary, even though some medicines are poisonous, it does not mean that we should avoid taking them. Instead, we should follow the medical instructions by healthcare providers.

Here are the potential risks if you do not follow the instructions or prescriptions:



### 1. Overdose

Overdosing drugs is harmful to our bodies and maybe even lethal. Sometimes you may forget to take medicine at the scheduled time, you should not take double dosage at the next time slot.



### 2. Reducing treatment effects

To achieve the treatment effects, some prescriptions require you to take medicine regularly. Otherwise, the effects might be reduced or even eliminated. For example, some antidepressants need to be taken for at least two to four consecutive weeks to have the treatment effects.



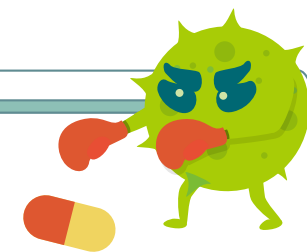
### 3. Drug resistance

Misuse of drugs might accelerate the development of drug resistance in your body. In other words, the same dosage of drugs might not work for the next treatment.



### Antibiotics misuse

Antibiotics is an important kind of drug to treat bacterial infections. However, misuse of antibiotics leads to the development of antibiotic resistance among some bacteria. In other words, scientists might have to develop new types of antibiotics or new methods to treat that bacterial infection. Therefore, correct use of antibiotics is extremely important.



## 1.7 What safe medication tips should I know? \*

Remember, one of the most important steps is to follow the medication instructions. However, there are some other key tips that you should follow:



- 1 Some medications cannot be mixed or taken at the same time.** If you want to do so, you should consult your doctor first. Otherwise, chemical reactions caused by the medications may do harm to your body or reduce the effectiveness of the medicines.



- 2 The medication should be taken with water,** rather than tea, juices, beverages or drinks as they might affect the treatment effects or even cause adverse drug reactions, unless you are advised by doctors or other professionals to do so.



- 3 Not all pills can be cut, split or crushed.** It depends on the dosage form of the pills. If you find "CR, SR, ZOK or GITS" on drug labels or tablets, it means that these pills are of special forms and must not be crushed or split.



- 4 Do not take dampened medicines.** All dampened drugs should be discarded as soon as possible.



- 5 Once allergy symptoms** (rash, hives, itchiness, fever, watery/red eyes and runny nose, etc.) **appear, please stop using the medicine** and consult your doctor or healthcare provider as soon as possible.



- 6 If the medication affects your mental state,** for example, making you sleepy, **you must avoid activities that require your concentration,** such as driving.

\* Source: Smart Patient, Hospital Authority

## 1.8 What should I do if I forget to take medicine?

If the drug should be taken once a day, you need to take the missed dose immediately. If you remember it the next day, do not double the dosage and just take the next dose as usual.

If the drug should be taken several times a day, it is necessary to consider the time interval of the medication. If you find this out before 1/2 of the dosing interval, then it should be taken immediately. Conversely, if the missed dose is found to be more than 1/2 of the normal interval, you can ignore it and take the next dose directly at the regular time slot.

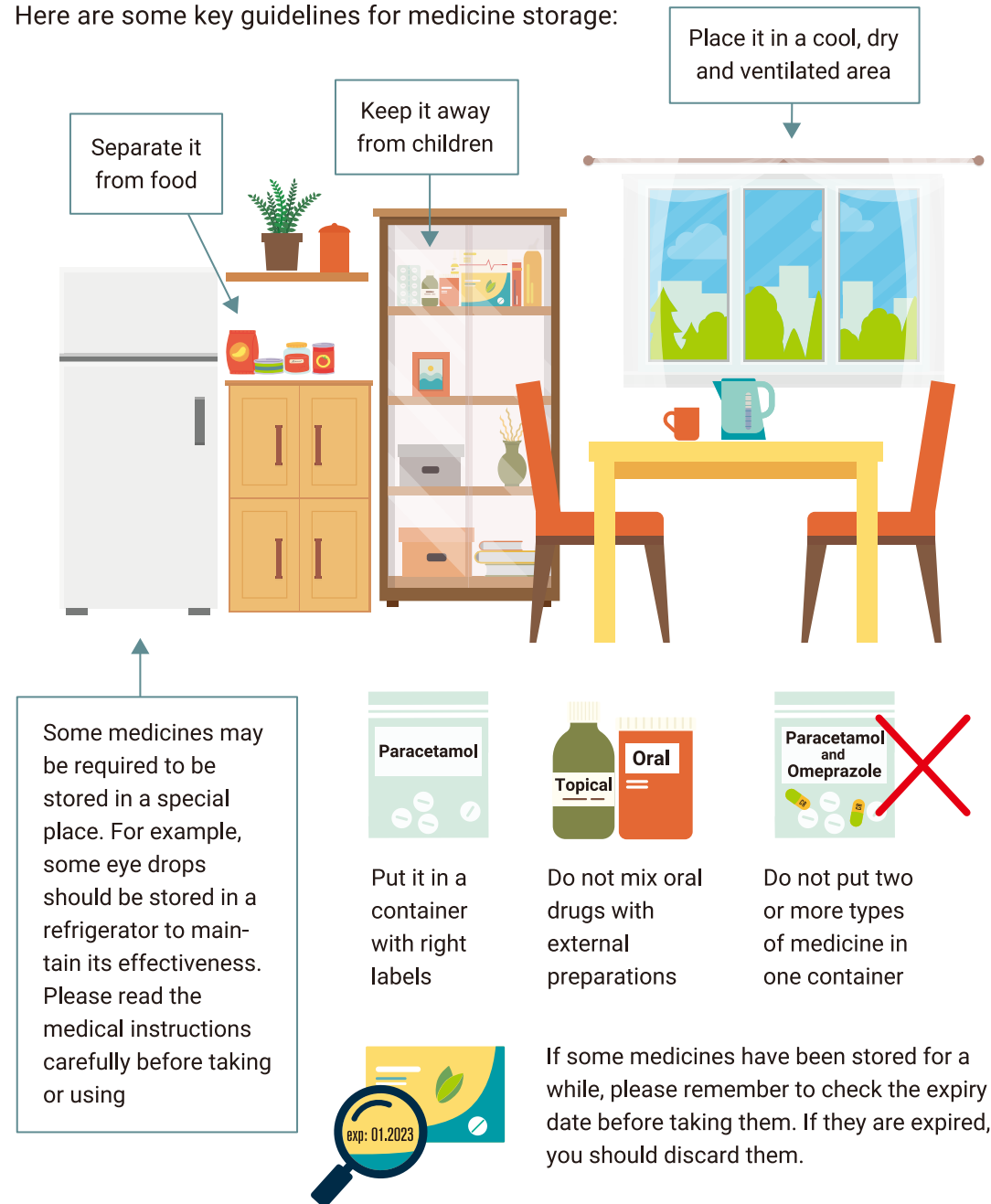
Be careful, avoid overdosing.

Drug should be taken once a day	
Remember <b>on the day</b>	→ take the missed dose immediately
Remember <b>the next day</b>	→ just take the next dose as usual
Drug should be several times a day	
find out <b>before</b> 1/2 of the dosing interval	→ take the missed dose immediately
find out <b>after</b> 1/2 of the dosing interval	→ ignore it and take the next dose directly at the regular time slot

## 1.9 Where should we store the medicine?

Medicines should be placed or stored in a proper place to maintain its effectiveness and quality.

Here are some key guidelines for medicine storage:



## 1.10 My kids find it hard to read the medical instructions. Is there anything I can do to help them?

In Hong Kong, drug labels are often presented in words and some people might not be able to fully understand them. In this regard, **Drug Icon CC** developed a pillbox with drug icons and sticker packs to facilitate the general public, especially children and the elderly. Here are some examples of drug icons:

				Take medicine in the morning, afternoon, evening or before bedtime
		30 mins-1 hour after meal or before meal.		Take as needed for related symptoms.
		Take one or half a pill each time.		Take one teaspoon (5ml) each time.
		The drug should be kept cool or away from light.		Chew well or not before swallowing.
		Shake well before use.		Avoid taking alcoholic drinks.
		Take medicine with more water (at least 150ml).		For external use only.
		Inhale through mouth.		Put under the tongue until completely dissolved.



Urdu version of drug labels is also available to support people from diverse ethnic backgrounds.



### How can I get the label packs?

All drug icons are distributed under Creative Commons License. To promote the widespread use of drug icons, individuals and organizations are welcome to copy and redistribute them for any purpose while modification is prohibited and acknowledgement is required.

To know more about drug icons and general advices on taking medicine?

Please visit: <https://www.drugicon.cc/>

or scan the QR code:



## 1.11 What is drug abuse and what are the harms?

Although people who abuse drugs might have different behaviors, they often demonstrate the following characteristics:

- 1 Taking psychotropic drugs continuously or in excessive amounts without medical diagnosis;
- 2 Taking psychotropic drugs with non-treatment purposes - to achieve a certain mental or physical state;
- 3 Substance dependence or addiction is developed;
- 4 The drug abuse behaviors lead to short-term to permanent damage to the takers' mental or physical state.

Drug abuse behaviors will not only do harm to our physical and mental health, but also will enormously affect our social life and social abilities. Moreover, taking, possessing and trafficking illicit drugs are offences in law.

### Legal liabilities of drug-related issues

According to the Dangerous Drugs Ordinance (Cap. 134), taking, possessing and trafficking illicit drugs are considered as criminal crimes. Here are the maximum penalty of these behaviors:

#### Taking illicit drugs

7 Years' imprisonment and a fine of HKD1,000,000

#### Possessing illicit drugs

7 Years' imprisonment and a fine of HKD1,000,000

#### Trafficking illicit drugs

Life imprisonment and a fine of HKD\$5,000,000



## Video



EP1.

**Legislative intent of the Hong Kong Dangerous Drugs Ordinance**



EP2.

**Presumption of possession and knowledge of dangerous drug**



EP3.

**Drug abuse = Possession of drugs?**



EP4.

**Drug Trafficking doesn't necessarily involve money**

## Story of a newly arrived EM youth

Bibek, aged 18, arrived and lived in Hong Kong for less than 5 years, was arrested for consuming cannabis. He came from a country which has legalized cannabis for a long time, Hence he thought a metropolitan city like Hong Kong would have legalized cannabis too. Without fully understanding the Hong Kong law, he took cannabis and was later caught.

When the police arrested him, he was shocked to find out that it was illegal to buy, sell and consume cannabis in Hong Kong. He tried to defend himself, arguing that he only took them to relieve muscle pain and he really did not know his action was against the law.

The laws of Hong Kong have zero tolerance about illegal drug use and take firm actions against it. Drugs, such as cannabis and ecstasy, considered as recreational drugs in some other countries, are all illegal in Hong Kong. Anyone who takes illegal drugs in Hong Kong bears serious consequences, no matter how young they are.



## 1.12 Why do we need to know about drug abuse?

Drug abuse is a common misbehavior in life.

Saying “kNOw” to drugs does not mean that our kids are exposed to the risks of drug abuse. Hence, we should not resist drug knowledge but rather better prepare ourselves as parents to provide proper guidance and home education of correct drug use to our children.

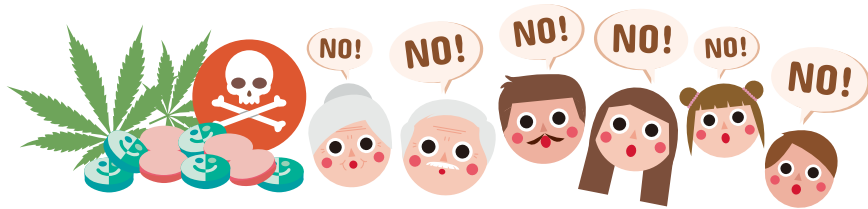
To protect our loved ones, we should enrich our knowledge about drug abuse prevention.



# 2

Chapter 2

## Say kNOw to Drugs\*



### 2.1 The importance of saying “kNOw” to drugs

The first taste of an illicit drug often comes from curiosity and peer influence. Many cases show that drug abusers are driven by curiosity at first. Many drug abusers also strongly believed at the beginning that they would never get addicted, but they eventually found out they could not get rid of the drug. This phenomenon reflects that these drug abusers often underestimate or even do not understand the danger of illicit drugs. Their misfortune stems mainly from their lack of understanding about drugs. Therefore, it is vital for us to have a clearer picture about illicit drugs, especially their harms.

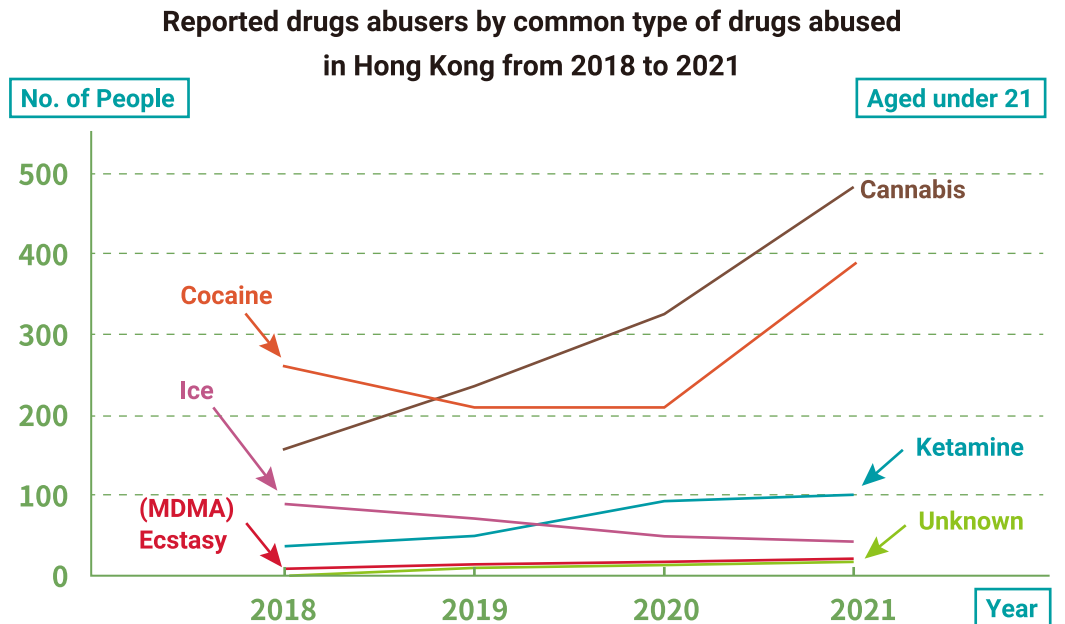
#### Story of a HK born EM youth

Dipendra, born and raised in Hong Kong, was only 19 when he was arrested for transporting drugs. He was looking for part time jobs and a friend introduced a lucrative job that promised to provide “quick and big money”. His friend told him that all he had to do was to deliver a bag from Kowloon to Central, then he could receive the fee in cash. He delivered the bag without knowing it contained illegal drugs. He got caught red handed very soon and then finally realized the bag contained methamphetamine.

The public should stay alert to job advertisements or people who offer to introduce part time delivery jobs that can earn “quick and easy” money.

\* Part of the information in this Chapter is derived from the Narcotics Division, Security Bureau

### 2.2 The drug trend among youngsters aged under 21 in Hong Kong



Note: Since a reported drug abuser may abuse one or more types of drugs, the numbers reported for abusing different drugs should not be added together.

Source: Central Registry of Drug Abuse Updated on 31.3.2022

The latest statistics shows that **the number of drug abusers under 21 in Hong Kong is surging up in the last few years.** This is a worrying trend.

**Cannabis is the most common kind of drug used among young people under the age of 21 in Hong Kong.** Since 2019, the number of cannabis users exceeded that of cocaine and continued to grow to **nearly 500 teenager users** in Hong Kong in two years. **Cocaine users** decreased slightly and maintained a stable trend from 2018 to 2020, but **increased significantly in 2021 to nearly 400 cases.** In addition, **about 100 young people were reported of ketamine abuse in 2021,** followed by ice, ecstasy and other kinds of drugs.

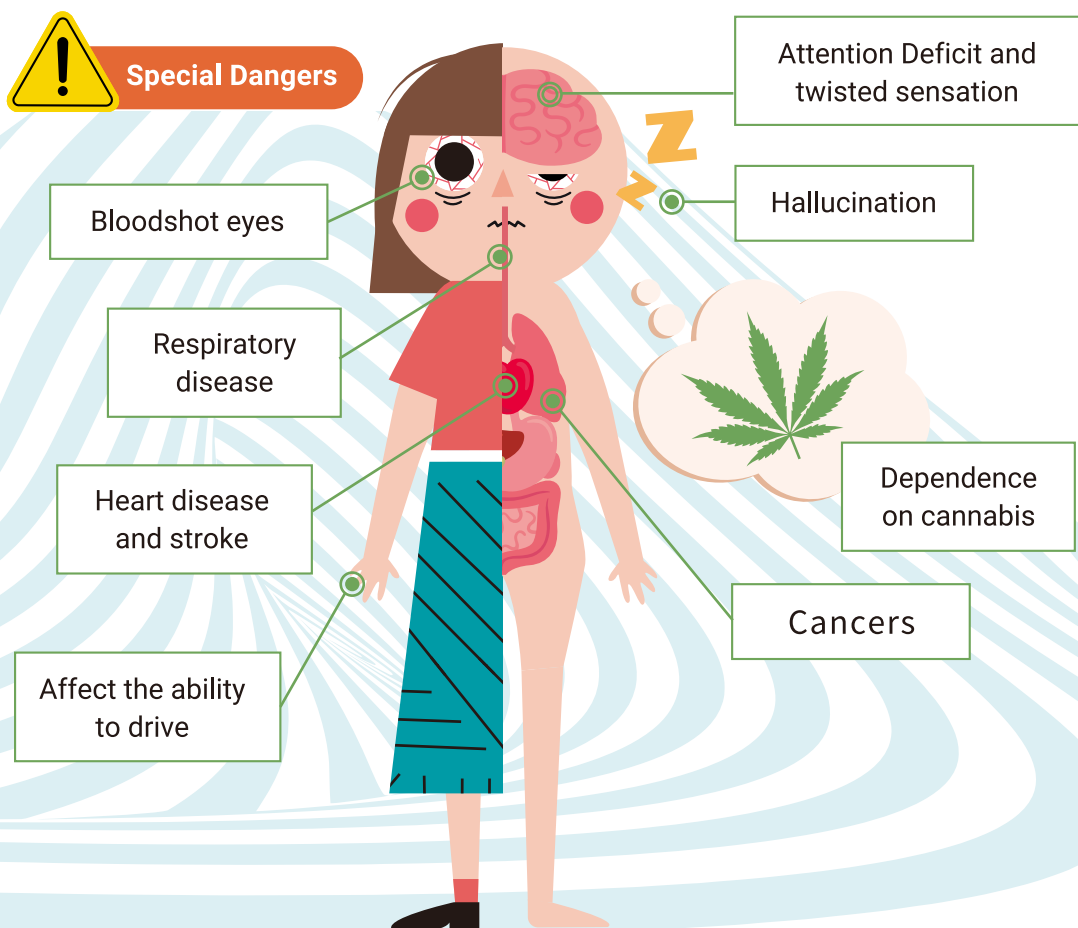
The trend of young people taking drugs deserves our attention and intervention. This chapter lists some information and hazards of seven kinds of common drugs.

## 2.3 Cannabis

Cannabis is a drug extracted from *Cannabis sativa*, a herb which can be easily planted, even in a pot. It contains a chemical compound called “THC” which can affect our nervous system. Cannabis is a suppressant, but it causes hallucination when used in high dosage. Therefore it is also categorized as a hallucinogen.

Cannabis can be smoked, eaten and inhaled through vaporization. Some people also put it into various types of food. Usually, it takes one to two hours to feel the effects of cannabis, which can last for 8 to 12 hours.

**Street names** "marijuana", "hash", "grass", "weed", "420", or "stoner"



## CBD vs THC

THC (tetrahydrocannabinol) is the main cannabinoid in cannabis plants. It can cause harmful effects, such as hyperactivity and addiction. THC is strictly controlled under the Dangerous Drugs Ordinance.

CBD (cannabidiol) is the second most prevalent ingredient in cannabis. While CBD is an essential component of medical marijuana, it is derived directly from the hemp plant (a cousin of marijuana). CBD does not cause a "high" feeling by itself.

	CBD	THC
<b>Produce a "High" Feeling</b>	No	Yes
<b>Additive potential</b>	No	Yes
<b>Illegal</b>	Yes <sup>1</sup> <small>(Start from Feb 2023)</small>	Yes
<b>Side effects</b>	Dry Mouth Diarrhea Appetite Reduced Fatigue	Hallucination Anxiety Loss of memory Red eye Slower Reaction time Coordination problem



It is very difficult to extract CBD from cannabis and its extracts often contain THC as they have similar chemical structures. Please be mindful that any product containing THC, regardless of the amount, is strictly prohibited in Hong Kong and the possession of such THC products is a criminal offence.

<sup>1</sup> Since THC can be easily found in CBD products, the government is planning to legalize CBD by including it into the First Schedule of Dangerous Drugs Ordinance (Cap.134). This matter has already been brought to the Panel on Security of the Legislative Council for discussion.

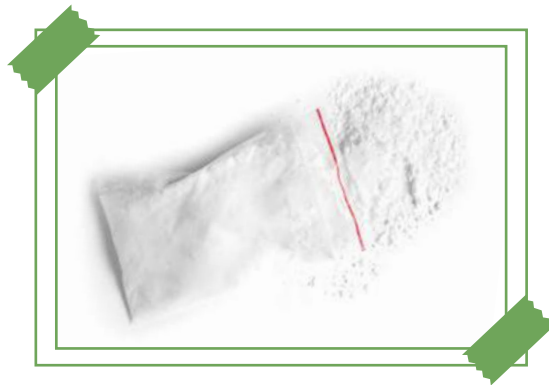
## 2.4 Cocaine

Cocaine and its variations are stimulants derived from the leaves of coca trees. Cocaine is an odourless, white flaky, crystalline powder with a bitter taste. It is highly soluble in water or alcohol.

**Street names** "C", "Big C", "coke", "flake", "snow", "stardust", "charlie", "crack"

### ! Special Dangers

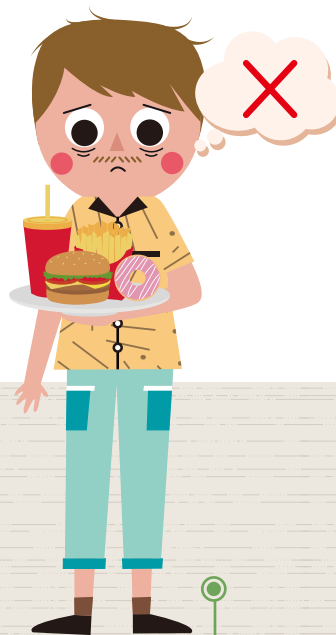
Cocaine is a powerful central nervous system stimulant that can lead to many effects.



Maintaining high spirits, difficult to fall asleep or causing sleep disorders



Causing a talkative or meditative mood



Loss of appetite

## 2.5 Ketamine

Ketamine is a central nervous system inhibitor. People who take it will feel that the brain is "separated" from the body. It can also hinder normal thinking and most sensory functions, as well as leading to temporary memory loss.

Abusers usually inhale ketamine powder or taking tablets containing ketamine.

**Street names** "K", "Kit Kat", "Vitamin K", "Jet" etc.

### ! Special Dangers



Limb disharmony due to nervous system damage

Hallucinations

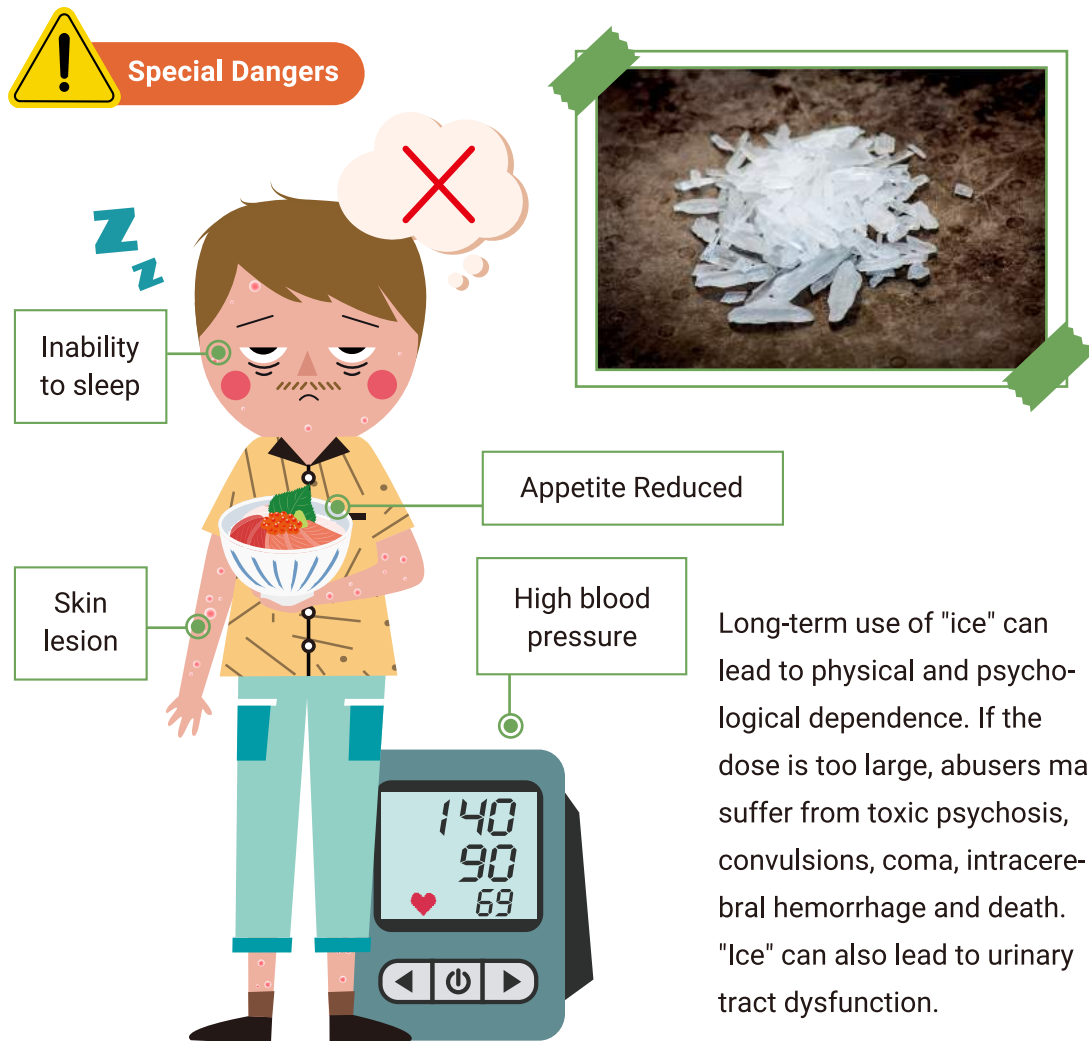
Due to the anesthetic and analgesic effects of the drug, abusers may unknowingly hurt themselves. It would also lower the heart rate. If the dose is large, Ketamine would lead to hypoxia in the brain and muscles (coma or even death).

## 2.6 Ice

The proper name for "ice" is methamphetamine, a kind of amphetamine. "Ice" is a potent central nervous system stimulant. It speeds up the transmission of brain commands to all parts of the body.

"Ice" appears as a semi-transparent, colourless, grain-sized crystal with a bitter taste.

**Street names** "Ice", "Shabu", "Crystal", "Chalk" etc.

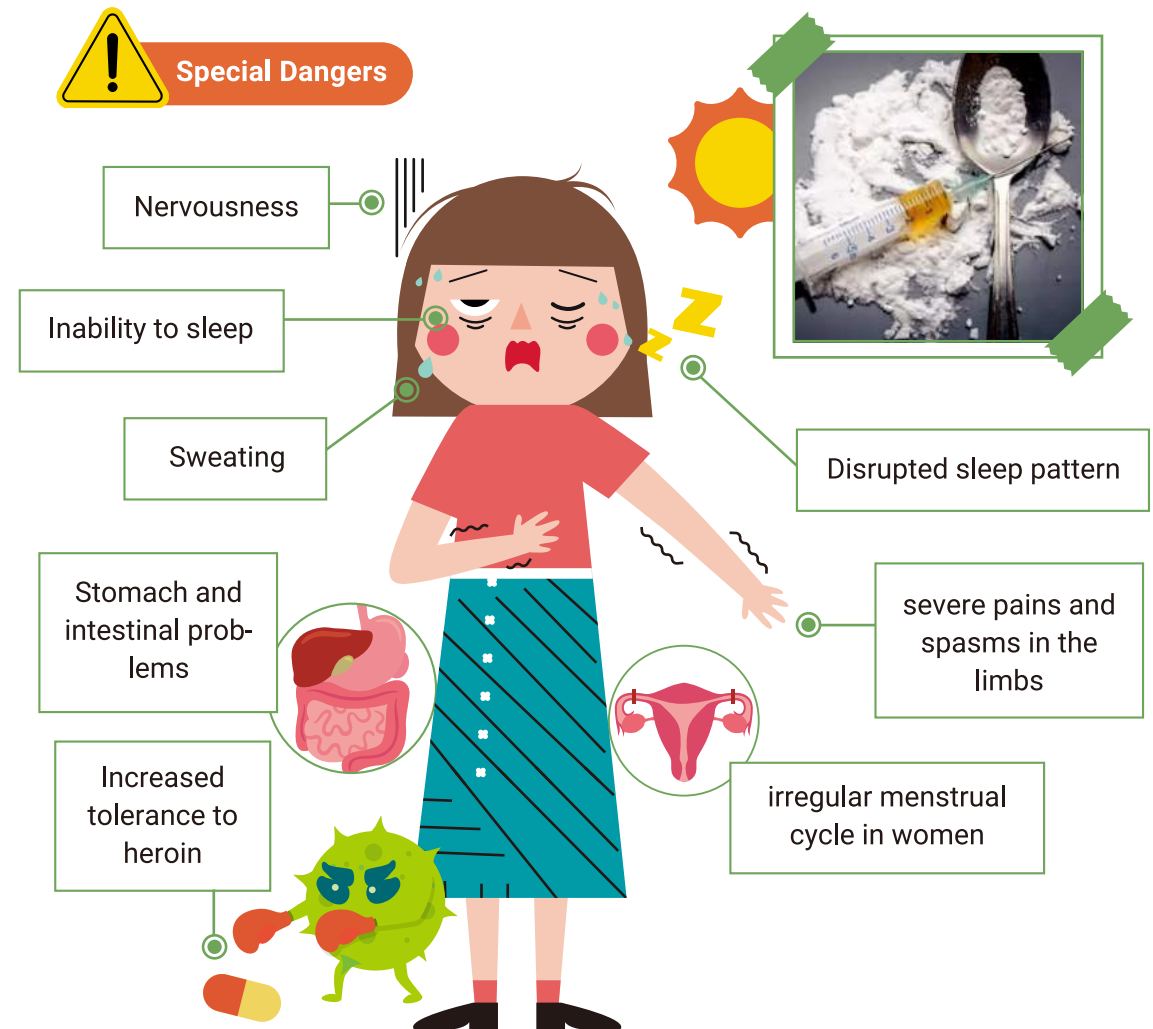


## 2.7 Heroin

Opium, morphine and heroin are all derived from the opium poppy (*Papaver somniferum*) and are therefore often called opiates. They slow down or depress the actions of the brain.

Pure heroin is a white crystalline powder. Heroin often appears in various colors on the market because it is often mixed with other substances, resulting in inconsistent compositions.

**Street names** "White powder", "Brown sugar", "Smack", "Horse", "Harry" etc.



## 2.8 Ecstasy

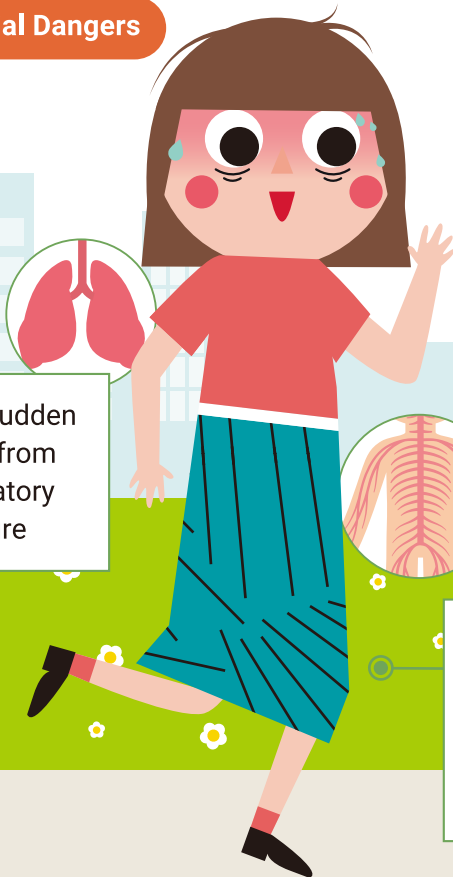
The proper name of "Ecstasy" is MDMA. It is a stimulant of the central nervous system and can cause users to hallucinate. After taking MDMA, abusers may feel they have unlimited energy, but in fact MDMA can cause muscle spasms (usually limb and neck muscles). Therefore, all these "trembling and dancing" are actually acts beyond the control of the abuser.

MDMA is usually sold as round tablets of various colors, impressed with a multitude of logos.

**Street names** "Ecstasy", "E", "XTC", "Adam", "Happy pill" etc.



### Special Dangers



Cause sudden death from respiratory failure



Neural cell damage



Over-exercising leads to dehydration, exhaustion, muscle breakdown, overheating of the body and eventually convulsion or insomnia

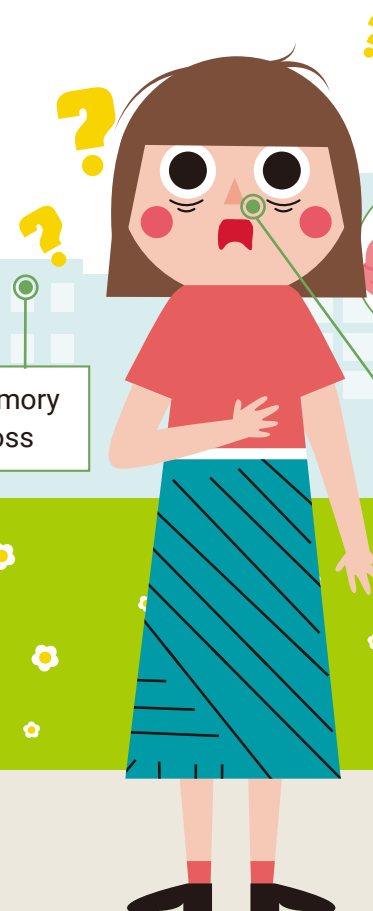
## 2.9 Cough Medicine

Some cough medicines contain Part I poisons such as codeine and dextromethorphan, which are controlled under the Pharmacy and Poisons Ordinance. Therefore, it needs to be taken with the doctor's diagnosis. If people use cough medicines containing addictive opiates for non-medical purposes, they may suffer from addiction. Usually in syrup form.

**Street names** "Robo", "DXM" etc



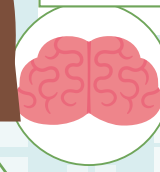
### Special Dangers



Memory loss



Brain damage



Breathing rate reduced

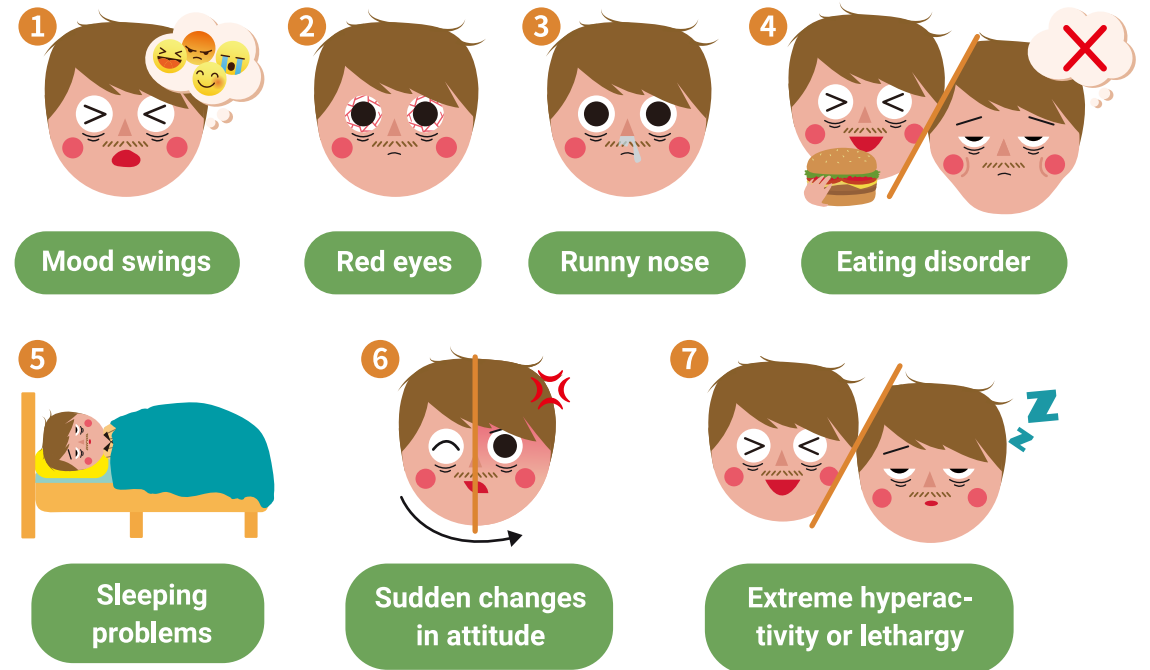


## Effects of drug abuse

	Psychotic symptoms	Mood swing	Depression	Insomnia	Psychological dependence	Change of appetite	Mild anxiety and paranoia	Reduced cognitive functioning	Sexual incompetence
Cannabis	!	!	!	!	!	↑	!	!	!
Cocaine	!	!	!	!	!	↓	!	!	!
Ketamine	!	!	!	!	!	!	!	!	!
Ice	!	!	!	!	!	↓	!	!	!
Heroin	!	!	!	!	!	!	!	!	!
Ecstasy	!	!	!	!	!	!	!	!	!
Cough Medicine	!	!	!	!	!	!	!	!	!

## 2.10 How to identify drug abuse behaviors?

In many cases, drug abusers have enormous changes in their behaviors after taking drugs. Here are some common signs that can be observed from drug abusers:



Tools	E-cigarette	Signs



If you need help, please refer to Chapter 4 Useful Tips and Resources for Parents.



## 2.11 What are the common drug myths?

In order to lure more people, drug dealers might use sweet talk or even lies. Here are some of the false statements that drug dealers might use:



Please remember, these are all false statements. We should teach our kids to identify them.

Some drug dealers would also mix illicit drugs with snacks and drinks. Therefore, please avoid food of unknown sources, especially if it is provided by strangers



## 3.1 What is health?

Many people think that health is merely about their physical conditions or whether they are sick or not. However, according to the World Health Organization, health is defined as **“a state of complete physical, mental and social well being and not merely the absence of disease or infirmity”**. Therefore, to maintain good health, we should not just prevent illnesses passively, but need to develop a healthy lifestyle proactively.

Moreover, health is not only determined by individual factors, such as genetic factors or habits. It is also greatly influenced by sociocultural factors. For example, Living in a narrow environment for a long time might affect the health of our eyes, as studies pointed out that activities at close range would increase the rate of myopia. To improve the situation, efforts should be paid not only at individual level, but also at policy level to improve our living quality. Therefore, collective participation and advocacy are necessary to improve the quality of our health.

### 3.2 Why does health education at home matter?

Parents play an important role and bear responsibilities in family health education. The lifestyles of parents will inevitably affect their children and other family members. For example, the cooking style of a mother have a great impact on the diet of her children. Parents also need to teach their children how to take care of themselves. Topics such as ways to maintain good personal hygiene and develop a good exercise routine are of great importance.

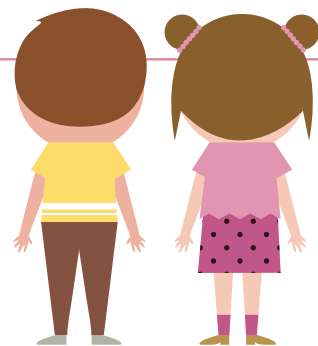
To improve community health, health education is a very important factor. Health education requires the collaboration of all stakeholders - from citizens to governments, from educators to medical workers - to improve the health condition of the public and to promote their equal access to health care.

Health education is the process of identifying health problems and trends of people and trying to solve these problems.



It involves many fields of health, including:

- Understanding of chronic diseases and prevention
- Rational use of drugs
- Mental and behavioral health
- Nutrition, exercises and obesity prevention



### 3.3 What are the views of religions regarding health?

Every religion interprets health from different perspectives, but they share the same goal of pursuing health. All religious beliefs emphasize the importance of good physical and mental health.



Christianity

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”

— Proverbs 17:22



Islam

“Eat and drink healthy and be not prodigal.”

— Quran 7:31



Buddhism

“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”

— Buddha



Hinduism

“Desisting from action, you cannot even maintain your body”

— Niyatam kuru karmatwam,  
karmajayo hrakarmanaha 3:8



### 3.4 What should we do to maintain a healthy lifestyle?

Developing a healthy lifestyle can help children have better physical growth, interpersonal relationship and happier lives.

✓ We should practice:



Healthy diet



Regular exercises

➔ We should maintain:



Good personal hygiene



Regular daily routines



Good mental health conditions

✗ We should avoid:



Smoking



Alcohol



Illicit drugs

Source: Student Health Service, Department of Health

### 3.5 How to maintain a good diet?

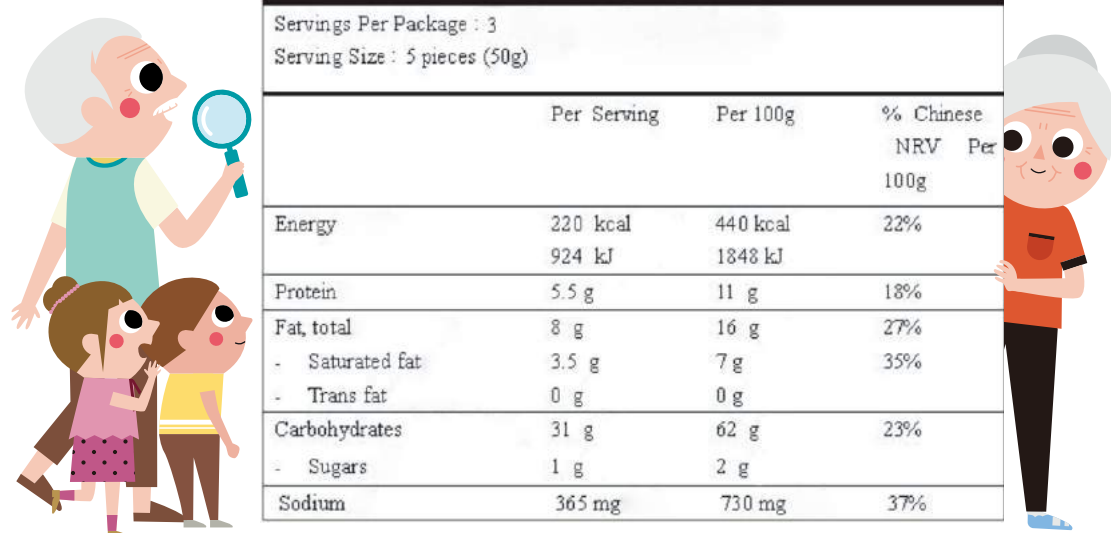
A good diet is fundamental to our health. We can obtain a variety of nutrients from various types of food. Some nutrients are vital to our bodies, but it does not mean that we should excessively absorb them from food. A balanced diet is recommended.

Here are the recommended amounts of food for children and adults per day:

	Aged 2-5	Aged 6-11	Aged 12-17	Adults
<b>Grains</b>	1.5-3 bowls	3-4 bowls	4-6 bowls	3-8 bowls
<b>Vegetables</b>	>1.5 servings	>2 servings	>3 servings	>3 servings
<b>Fruits</b>	>1 serving	>2 servings	>2 servings	>2 servings
<b>Meat, fish, eggs and alternatives</b>	1.5-3 tael	3-5 tael	4-6 tael	5-8 tael
<b>Milk and alternatives</b>	2 servings	2 servings	2 servings	1-2 servings
<b>Fat/oil</b>	As little as possible	As little as possible	As little as possible	As little as possible
<b>Fluid</b>	4-5 glasses	6-8 glasses	6-8 glasses	6-8 glasses

### 3.6 How do we know whether a food item is healthy?

Knowing how to read a nutrition label is one of the key steps to measure and calculate the amount of some nutrients we absorb from food. A nutrition label shows how much energy, protein, fat, carbohydrates, sugar and sodium the food provides. Sometimes, it also includes information about fiber, calcium or other nutrients.



Nutrition Information			
Servings Per Package : 3			
Serving Size : 5 pieces (50g)			
	Per Serving	Per 100g	% Chinese NRV Per 100g
Energy	220 kcal 924 kJ	440 kcal 1848 kJ	22%
Protein	5.5 g	11 g	18%
Fat, total	8 g	16 g	27%
- Saturated fat	3.5 g	7 g	35%
- Trans fat	0 g	0 g	
Carbohydrates	31 g	62 g	23%
- Sugars	1 g	2 g	
Sodium	365 mg	730 mg	37%

#### ! "One more and three less" diet

"One more and three less" diet is a recommended way to keep our health and prevent chronic diseases such as diabetes and hypertension. "One more" means more dietary fiber. "Three less" means less fat, less sugar and less salt. Reading nutrition labels can help us identify the food that we need.



### 3.7 How much physical exercise should we do?

Exercise has many benefits to our health. Besides improving heart and lung functions, building muscle and strengthening bones, regular exercise can also enhance our work and study performances, as well as lower our stress levels.

According to the World Health Organization, children and adolescents aged 5-17 years should do at least one hour of moderate-to-vigorous-intensity exercise every day, while adults aged 18-64 years should do at least 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity aerobic exercise, as well as muscle-strengthening exercise for at least 2 days per week.

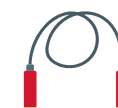
#### Examples of aerobic exercise



Swimming



Running



Jumping rope



Aerobic dance



Yoga

#### Types of muscle-building exercise



Sit-up



Push-up




Squat

Apart from aerobic and muscle-strengthening exercises, warm-up and cool-down are also important, especially before and after exercise. These include light exercises such as circling your arms or stretching.

### 3.8 How can I help my kid(s) develop exercise habits?

Exercise is important to children as it provides various benefits. However, sometimes we might find it difficult to persuade children to do exercises, especially when they are too occupied by digital gadgets or television. Here are some tips to help children develop exercise habits:

1 Choose sports that your children might like to do	2 Doing exercises through interesting games	3 Try various kinds of sports
4 Arrange outdoor activities on weekends or holidays	5 Exercise with children together	6 Encourage and give support to children
7 Encourage children to do sports with their friends	8 Be a role model for your children	



### 3.9 What can we do to maintain good personal hygiene?

Personal hygiene is vital for improving our health and well-being. Maintaining good personal hygiene involves at least the following steps:

#### Wash hands properly

- Immediately after going to the toilet.
- Before handling food or eating.
- After changing nappies.
- After handling articles soiled by faeces, respiratory or other bodily secretions.
- Before and after visiting hospitals or residential care homes.
- After making contact with animals or poultry.



#### Observe good food hygiene

- Do not drop food scraps and litter in public places. Be civic-minded.
- Do not eat dirty food.



#### Ensure good ventilation at your home

- Keep windows open to maintain good indoor ventilation.
- Switch on fans or exhaust fans to enhance air flow.
- Wash dust filters of air-conditioners frequently and check for drips from air-conditioners.
- Create a smoke-free environment for work, rest and play.

Source: Centre for Health Protection

### 3.10 Why does sleep hygiene matter? How to improve it?

Sleeping quality affects daily performances as well as physical and mental health. Adults are recommended to sleep for 7 or more hours at night while school age children are suggested to sleep at least 9 hours per day. people and trying to solve these problems.

#### The benefits of good sleep quality

- Reduce stress 
- Improve memory 
- Maintain healthy body weight 
- Prevent illnesses 
- Beneficial to mental well-being 

However, sleep problems are prevalent in Hong Kong and cause numerous mentally and physical issues. If you find it difficult to sleep, please try the following tips:

- Set a **realistic sleeping time** and stick to it every night, even on weekends.
- Maintain **comfortable temperature settings and low light levels** in your bedroom.
- Consider a **“screen ban”** on televisions, computers and tablets, cell phones and other electronic devices in the bedroom.
- Avoid caffeine, alcohol and large meals** within a few hours before bedtime.
- Refrain from using tobacco at any time**, day or night.
- Exercise during the day**. This can help you wind down in the evening and prepare for sleep.

If you have sleeping problems for a long time and they greatly affect your daily life and functioning or suspect yourself having a sleeping disorder, please consult a doctor as soon as possible.

### 3.11 How can we cope with stress?

Stress is a normal response when we are facing demands in our lives. If the stress level is too high or lasts for too long, it might affect our mental well-being and health. Therefore, to maintain good mental health, we need to effectively cope with stress.

#### Here are some tips:

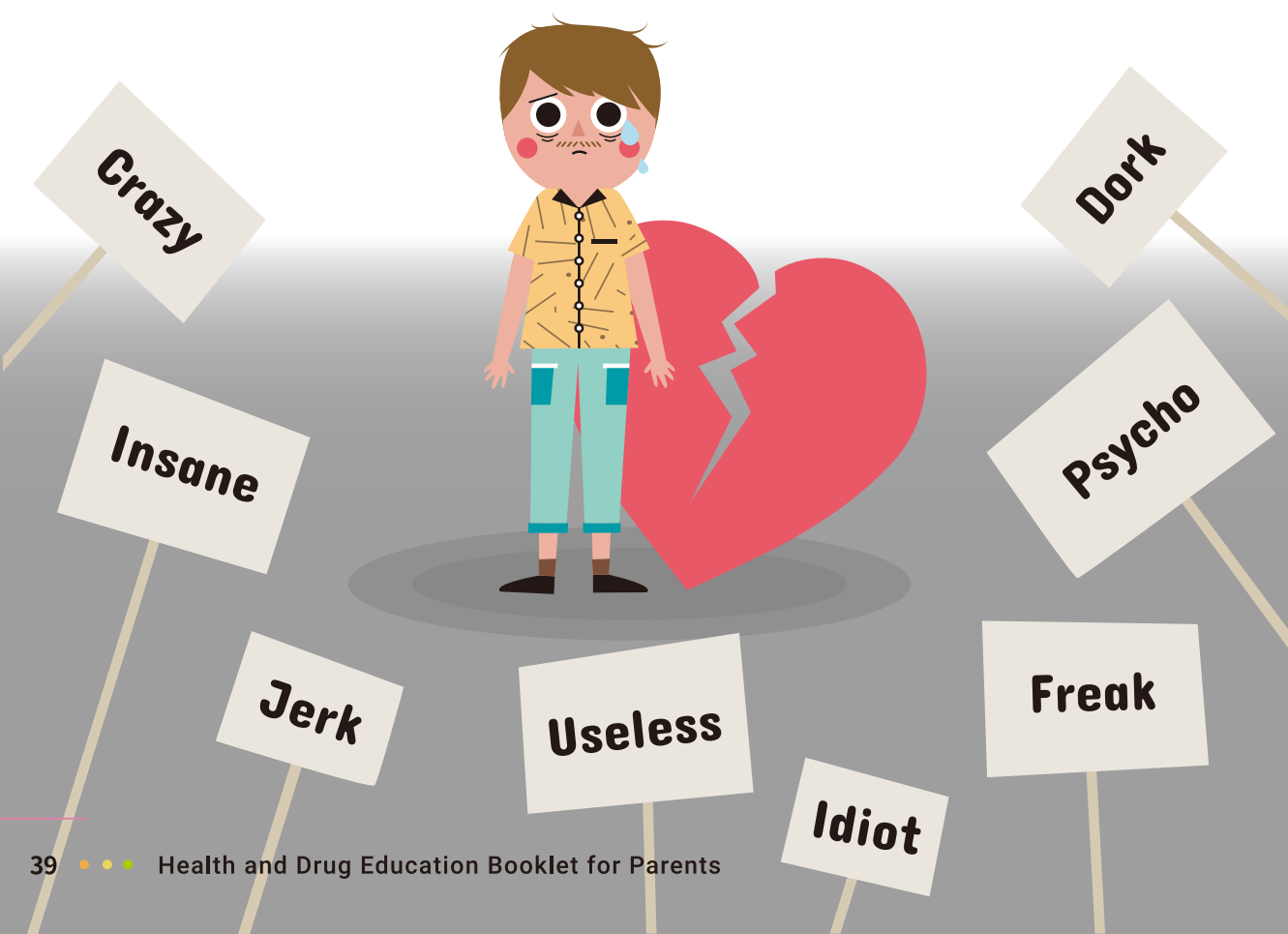
- Keep a **positive attitude**.
- Accept** that there are events which **you cannot control**.
- Be assertive** instead of aggressive. Assert your feelings, opinions or beliefs instead of becoming angry, defensive or passive.
- Manage your time **more efficiently**
- Set clear personal boundaries** and say no to requests that would create excessive stress in your life.
- Make time** for hobbies and interests.
- Don't rely on alcohol, drugs or compulsive behaviors** to reduce stress.
- Seek for social support**. Spend enough time with those you love.
- Seek treatment from psychologist** or other mental health professionals trained in stress management or biofeedback techniques, to learn more healthy ways to deal with stress.



### 3.12 What is stigma? Why should we not stigmatize people with mental health issues?

Stigma refers to **a label or a negative social attitude towards people with mental health issues**. For example, some may call a person with emotional disorder “a crazy guy”. Stigma might be internalized in our daily experiences too. For instance, we may find it difficult to share our inner experiences or difficulties with others simply because we are afraid of being judged as “insane” or “dumb” people. Hence, stigma hinders our expression of emotions and seek for social support. The inability to openness can significantly affect the recovery of our mental health.

In fact, stigmatization comes mainly from **stereotypes and the lack of knowledge about mental health**. Mental health issues are commonplace around the world, especially in a stressful city like Hong Kong. Therefore, there is no need to feel ashamed about having mental health issues.



### 3.13 What is social health? How can my children develop it?

Social health or social well-being is one of the three components of “health” emphasized by the World Health Organization. It can be defined as **the state of developing and maintaining positive and meaningful interpersonal relationships**. For instance, a person with good social health is able to engage with people in the community, maintain a positive relationship and strong support network with others, as well as adapt to different social situations.

Some researchers pointed out that having poor social health leads to poor health outcomes, such as higher rates of heart disease, hypertension and poorer mental health conditions. Therefore, maintaining good social health is essential to us.

#### Here are some tips to improve our social health:



Self-care



Small talk with friends and family



Reaching out



Join community groups or volunteer activities



Enjoy Me-time

# 4

Chapter 4

## Useful tips and resources for parents



### 4.1 How can I conduct drug and health education to my children at home?

Before we conduct drug and health education at home, it is important to establish a happy learning atmosphere. Happy learning begins with the journey of parents and children learning together, exploring their children's needs, goals and dreams together, as well as insisting on making their children achieve their best at each stage.

- ✔ Spend quality time together
- ✔ Giving children a balance between personal space and guidance
- ✔ Let children try without worrying about the result and not at the cost of their health or safety
- ✔ Listening to children (e.g. academic pressure/peer bullying)
- ✔ Develop effective approaches to communicate with children and help them learn in a happy way

Here are the key elements for drug and health education:



- ✔ Formulate the right concept for safe use of medicine



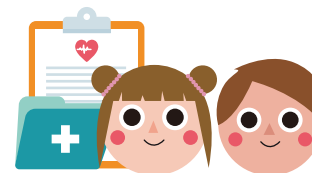
- ✔ Develop healthy living skills and habits



- ✔ Build a harmonious parent-child relationship



- ✔ Take medication education seriously



- ✔ Pay attention to the health status of your children



- ✔ Encourage your children to take care of others



## 4.2 What should I do if I find/suspect my child is abusing drug?

### Step 1 Stay calm

If you find yourself too worried, panic or angry, take some deep breaths. Staying calm and rational is crucial to handle the situation.



### Step 2 Listen to your child

Please refer to 4.3 if you need support.

Paying attention to the health of your child is always a good starting point for listening.

Instead of making any judgement, listening and showing your empathy to why he/she abuses drugs is the key to maintaining a trustworthy relationship with your child.

Showing your understanding does not mean that you agree to your child's behaviors. It is just a respectful method for both parties to create an honest communication.



### Step 3 Seek professional help

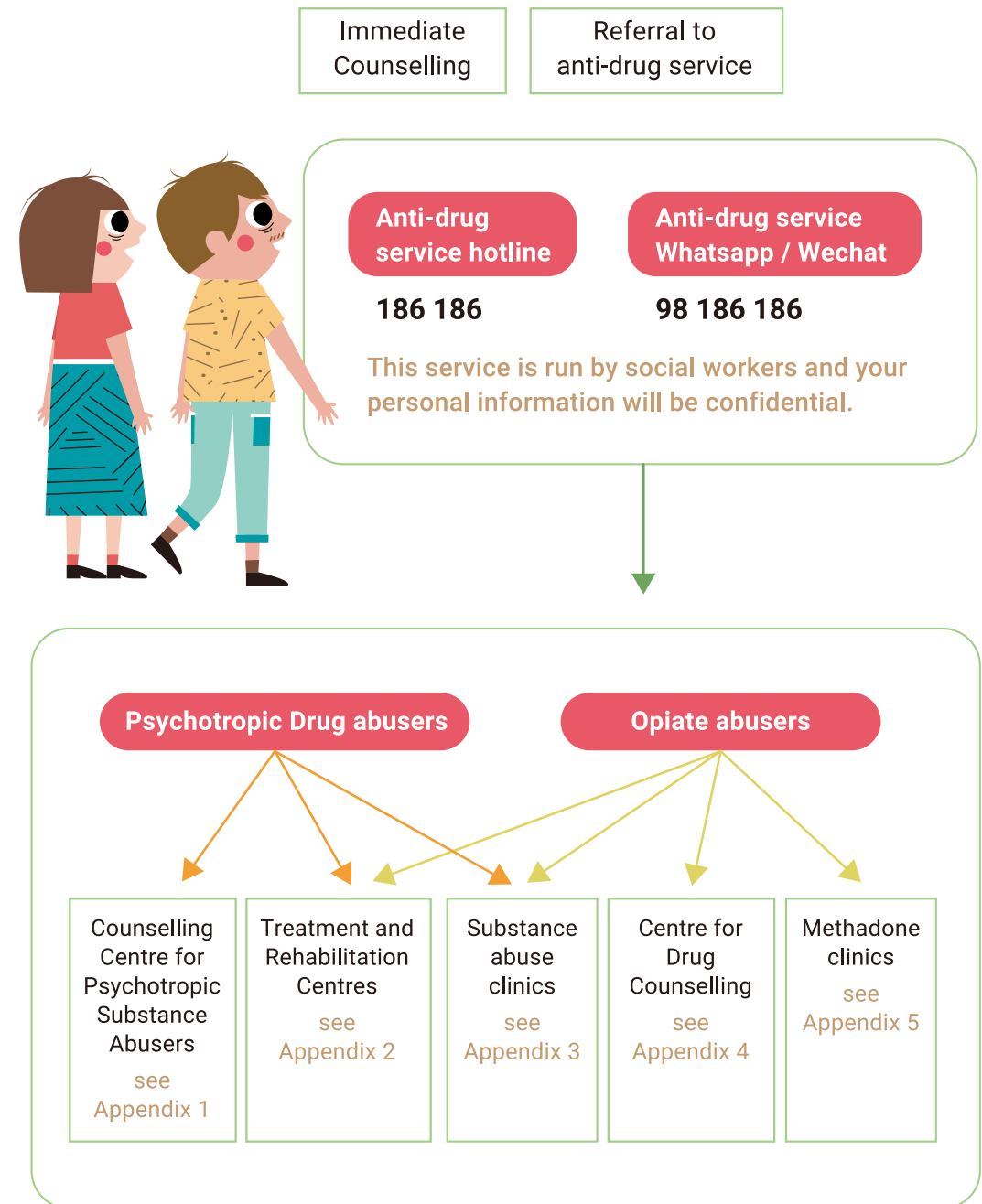
Please seek professional help as early as you can. It can facilitate you to handle the situation much better.



### Step 4 Keep your faith

Quitting drug is never an easy thing. Your child may relapse along the way. However, everyone can change to be a better self, so your unshakable support can definitely help your kid get rid of drug.

## 4.3 Where can I seek help if I need support?



## Appendix 1. Counselling Centre for Psychotropic Substance Abusers (CCPSA) \*

There are 11 CCPSAs in Hong Kong which provide counselling, rehabilitation and treatment services to drug abusers and youths who are at risk.

**Targets**

- 1 habitual/occasional/potential psychotropic substance abusers

- 2 youths at risk

**Services**

- 1 Individual case
- 2 Group counselling

- 3 Preventive education programs

- 4 Professional training

- 5 On-site medical support service

Centre	District	Address / Telephone / Fax / Email / Website
Tung Wah Group of Hospitals CROSS Centre: Central Western, Southern and Islands Office	Central Western Southern Islands	<b>Address:</b> Room 1501-1504, 15/F, Tung Ning Building, 2 Hillier Street, Sheung Wan, HK <b>Telephone:</b> 2884 0282 <b>Fax:</b> 2884 3262 <b>Email:</b> csdcross@tungwah.org.hk <b>Website:</b> crosscentre.tungwahcsd.org
Tung Wah Group of Hospitals CROSS Centre: Eastern and Wanchai Office	Eastern Wanchai	<b>Address:</b> 9/F, TWGHs Fong Shu Chuen Social Service Building, 6 Po Man Street, Shau Kei Wan, HK <b>Telephone:</b> 2884 0282 <b>Fax:</b> 2884 3262 <b>Email:</b> csdcross@tungwah.org.hk <b>Website:</b> crosscentre.tungwahcsd.org
Hong Kong Lutheran Social Service Evergreen Lutheran Centre	Kwun Tong	<b>Address:</b> 2 Horse Shoe Lane, Kwun Tong, Kowloon <b>Telephone:</b> 2712 0097 <b>Fax:</b> 2712 9906 <b>Email:</b> Y08@hklss.hk <b>Website:</b> evergreen-ccpsa.hklss.hk

\* Updated in 10.2022

Centre	District	Address / Telephone / Fax / Email / Website
Hong Kong Lutheran Social Service Rainbow Lutheran Centre	Wong Tai Sin Sai Kung	<b>Address:</b> 1/F, Yee Yan House Annex, Yee Ming Estate, No. 6 Chi Shin Street, Tseung Kwan O, N.T. <b>Telephone:</b> 2330 8004 <b>Fax:</b> 2330 8071 <b>Email:</b> Y10@hklss.hk <b>Website:</b> rainbow-ccpsa.hklss.hk
Hong Kong Christian Service PS33: Tsim Sha Tsui Centre	Kawloon City Yau Tsim Mong	<b>Address:</b> G/F, 33 Granville Road, Tsim Sha Tsui, Kowloon <b>Telephone:</b> 2368 8269 <b>Fax:</b> 2739 6966 <b>Email:</b> ps33tst@hkcs.org <b>Website:</b> www.hkcs.org/tc/services/ps33tstc
Hong Kong Christian Service PS33: Sham Shui Po Centre	Sham Shui Po	<b>Address:</b> Unit 11-16, G/F, Nam Yiu House, Nam Shan Estate, Sham Shui Po, Kowloon <b>Telephone:</b> 3572 0673 <b>Fax:</b> 3188 1221 <b>Email:</b> ps33ssp@hkcs.org <b>Website:</b> www.hkcs.org/tc/services/ps33ssp
Hong Kong Children and Youth Services - Sane Centre	Tsuen Wan Kwai Tsing	<b>Address:</b> Units 01-03, 11/F, No. 99 Tai Ho Road, Tsuen Wan, N.T. <b>Telephone:</b> 2402 1010 <b>Fax:</b> 2614 2695 <b>Email:</b> sane@hkcys.org.hk <b>Website:</b> www.sanecentre.net

Centre	District	Address / Telephone / Fax / Email / Website
Caritas HUGS Centre	Tuen Mun	<p><b>Address:</b> Unit 41-44, G/F, Hing Shing House, Tai Hing Estate, Tuen Mun, N.T.</p> <p><b>Telephone:</b> 2453 7030</p> <p><b>Fax:</b> 2453 7031</p> <p><b>Email:</b> ycshugs@caritassws.org.hk</p> <p><b>Website:</b> <a href="http://hugs.caritas.org.hk">http://hugs.caritas.org.hk</a></p>
The Evangelical Lutheran Church of Hong Kong, Enlighten Centre	Yuen Long	<p><b>Address:</b> Unit 102, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, N.T.</p> <p><b>Telephone:</b> 2446 9226</p> <p><b>Fax:</b> 2446 9456</p> <p><b>Email:</b> ccpsa@elchk.org.hk</p> <p><b>Website:</b> <a href="http://ec.elchk.org.hk/">http://ec.elchk.org.hk/</a></p>
Hong Kong Sheng Kung Hui Welfare Council Neo-Horizon	Sha Tin	<p><b>Address:</b> Unit 2, G/F., Ming Chuen House, Phase 2, Shui Chuen O Estate, Shatin, N.T.</p> <p><b>Telephone:</b> 8202 1313</p> <p><b>Fax:</b> 2633 9331</p> <p><b>Email:</b> neoh@skhwc.org.hk</p> <p><b>Website:</b> <a href="http://neoh.skhwc.org.hk">neoh.skhwc.org.hk</a></p>
Hong Kong Lutheran Social Service Cheer Lutheran Centre	Tai Po Northern	<p><b>Address:</b> G/F, Ching Chung House, Ching Ho Estate, Sheung Shui, N.T.</p> <p><b>Telephone:</b> 2660 0400</p> <p><b>Fax:</b> 2662 0444</p> <p><b>Email:</b> Y07@hklss.hk</p> <p><b>Website:</b> <a href="http://cheer-ccpsa.hklss.hk">cheer-ccpsa.hklss.hk</a></p>

## Appendix 2. Residential Drug Treatment and Rehabilitation Services\*

There are 16 NGOs running 37 residential drug treatment centres and halfway houses.

- Targets** Drug abusers who wish to seek voluntary residential drug treatment
- Services** Provide residential/halfway house treatment services to drug abusers

Agency	Drug treatment centres / halfway houses	Telephone & Website
Barnabas Charitable Service Association	<ol style="list-style-type: none"> <li>Lamma Training Centre</li> <li>Ma On Shan Half-way House</li> </ol>	2640 1683 <a href="http://www.barnabas.org.hk">www.barnabas.org.hk</a>
Caritas - Hong Kong	Caritas Wong Yiu Nam Centre	2335 5088 <a href="http://sing52.wixsite.com/cwyn-3">http://sing52.wixsite.com/cwyn-3</a>
Christian New Being Fellowship	Life Training Base	2329 6077 <a href="http://www.newbeing.org.hk">www.newbeing.org.hk</a>
Christian New Life Association	Christian New Life Association	2397 6618 <a href="http://www.hknewlife.org">www.hknewlife.org</a>
The Evangelical Lutheran Church of Hong Kong	<ol style="list-style-type: none"> <li>Ling Oi Tan Ka Wan Centre</li> <li>Ling Oi Centre</li> </ol>	2612 1342 <a href="http://www.lingoi.org/index.php?language=tw">www.lingoi.org/index.php?language=tw</a>
Drug Addicts Counselling and Rehabilitation Services (DACARS)	Enchi Lodge	8104 2188 / 2673 8272

\* Updated in 10.2022

Agency	Drug treatment centres / halfway houses	Telephone & Website
Christian Zheng Sheng Association	1 Ha Keng Treatment and Rehabilitation Youth Centre for Male	9027 2547 www.zhengsheng.org.hk/
	2 Ha Keng Treatment and Rehabilitation Female Centre	
	3 Cheung Chau Male Training Centre for Youth	
	4 Cheung Chau Female Training Centre	
	5 Mui Wo Male Training Centre	
	6 Tai O Kau San Tei Male Treatment and Rehabilitation Centre	
Glorious Praise Fellowship (Hong Kong)	Glorious Praise Fellowship (Hong Kong)	2451 9802 / 5132 0469 <a href="https://bit.ly/3R6cX9Z">https://bit.ly/3R6cX9Z</a>
Hong Kong Christian Service	Jockey Club Lodge of the Rising Sun	2468 0044 www.hkcs.org/tc/services/jclrs
Mission Ark	Yuen Long Centre	2397 6618 www.hknewlife.org
Operation Dawn	1 Dawn Island Drug Treatment and Rehabilitation Centre	2714 2434 opdawn.org.hk
	2 Girl Centre	
	3 Wong Tai Sin Centre (Half-way House)	

Agency	Drug treatment centres / halfway houses	Telephone & Website
Perfect Fellowship	Koo Tung Rehabilitation Centre	9200 8546 www.perfectfellowship.hk
St Stephen's Society	1 Tuen Mun Multi-purpose Rehabilitation Home (Female)	2720 0179 www.ststephenssociety.com/indexch.php
	2 Shing Mun Springs Multi-purpose Rehabilitation Homes (Male/Female)	
The Society of Rehabilitation and Crime Prevention, Hong Kong	1 Bradbury OASIS Hostel	2527 1322 / 2865 1333
	2 Hong Kong Female Hostel	sracp.org.hk/tc/index.html
The Society for the Aid and Rehabilitation of Drug Abusers	1 Au Tau Youth Centre	2574 3300
	2 Adult Female Rehabilitation Centre	www.sarda.org.hk
	3 Shek Kwu Chau Treatment and Rehabilitation Centre	
	4 Bradbury Hong Ching Centre	
	5 Bradbury Pui Ching Centre	
	6 Kowloon Hostel	
	7 Luen Ching Centre	
	8 Female Hostel	
	9 Sister Aquinas Memorial Women's Treatment Centre	
Wu Oi Christian Centre	1 Shun Tin Half-way House	2782 2779
	2 Long Ke Training Centre	www.wuoi.org.hk
	3 Tai Mei Tuk Female Training Centre	

### Appendix 3. Substance abuse clinics\*

The substance abuse clinics, run by the seven service clusters of the Hospital Authority, accept referrals from counselling centres for psychotropic substance abusers, voluntary agencies and other health care providers, as well as patients seeking service directly from them.

**Targets** Drug abusers | **Services** ① Drug treatment ② Counselling ③ Psychotherapy

Clusters	Telephone	Address
Kowloon Center	Kowloon Hospital 3129 Substance Abuse Clinic 6710	Specialist Out-patient Department, 1/F, West Wing, Kowloon Hospital, 147A Argyle Street, Mongkok
Kowloon East	Kowloon East Substance 3949 Abuse Clinic 5070	1/F, Block P, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon
Kowloon West	Kwai Chung Hospital 2959 Substance Abuse 8082 Assessment Clinic	<b>Clinic:</b> 10/F, Block K, Princess Margaret Hospital, Lai Chi Kok, Kowloon  <b>Day Hospital :</b> G2 Medical Ward, 2/F, Block G, Kwai Chung Hospital, 3-15 Kwai Chung Hospital Road, NT
New Territories East	Prince of Wales Hospital 3505 Substance Abuse Clinic 2584	① 3/F, Li Ka Shing Specialist Clinic (North Wing), Prince of Wales Hospital , 30-32 Ngan Shing Street , Shatin, NT
	North District Hospital 2683	② Psychiatric SOPC, North District Hospital, 9 Po Kin Road, Sheung Shui, NT
	Alice Ho Miu Ling 7644 Nethersole Hospital Substance Abuse Clinic	③ Psychiatric SOPC, Alice Ho Miu Ling Nethersole Hospital, 11 Chuen On Road, Tai Po, NT
New Territories West	Castle Peak Hospital 2456 Tuen Mun Substance 8260 Abuse Clinic	Block C, Castle Peak Hospital, 13 Tsing Chung Koon Road, Tuen Mun

\* Updated in 10.2022

Clusters	Telephone	Address
Hong kong East	Pamela Youde Nether- sole Eastern Hospital 2595 Substance Misuse Clinic 4546	5/F, East block, Pamela Youde Nethersole Eastern Hospital,3 Lok Man Road,Chai Wan,HK
Hong Kong West	Queen Mary Hospital 2517 Substance Abuse 8140 Clinic	① 3/F, South Wing, David Trench Rehabilitation Centre, 1F High Street, Hong Kong  ② 2/F, Block J, Queen Mary Hospital, 102 Pokfulam Road, HK

### Appendix 4. Centre for Drug Counselling (CDC)\*

**Services** ① Individual case ② Group counselling ③ Preventive education programs ④ Professional training ⑤ On-site medical support service

There are two CDCs in Hong Kong

Centre	District	Address / Telephone / Email / Website
Caritas Lok Heep Club	Hong Kong Centre	<b>Address:</b> 12/F, Southorn Centre, 130 Hennessy Road, Wan Chai, H.K. <b>Telephone:</b> 2893 8060 <b>Email:</b> fslhchk@caritassws.org.hk <b>Website:</b> caritaslokheepclub.org.hk/
Caritas Lok Heep Club	Kowloon Centre	<b>Address:</b> Room 1-4, G/F, Yiu Tung House, Tung Tau (II) Estate, Wong Tai Sin, Kowloon <b>Telephone:</b> 2382 0267 <b>Email:</b> fslhchk@caritassws.org.hk <b>Website:</b> caritaslokheepclub.org.hk/

	CCPSA	CDC
Psychotropic drugs abusers	Yes	Yes
Opiate narcotics abusers	No	Yes

\* Updated in 10.2022

## Appendix 5. Methadone clinics\*

### Day Clinics

Open from 7:00 am to 10:00 pm, Monday to Sunday, including public holidays (Except specified otherwise)

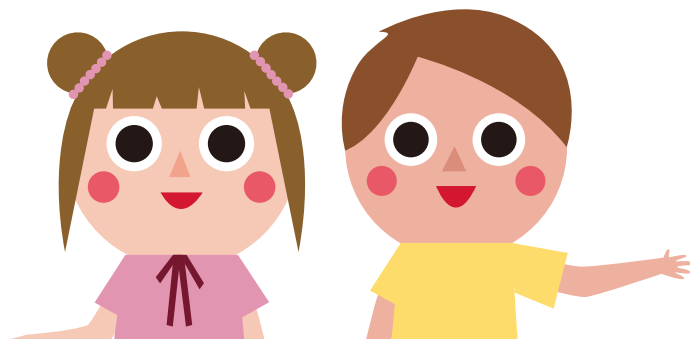
Clinic	Address	Opening hours	Telephone
<b>Hong Kong</b>			
Eastern Street Methadone Clinic	45 Eastern Street, Sai Ying Pun	7am to 3pm	2549 5108
Violet Peel Methadone Clinic	G/F, 2 O'Brien Road, Wan Chai		2835 1761
<b>Kowloon</b>			
Ho Man Tin Methadone Clinic	50 Princess Margaret Road, Ho Man Tin	7am to 3pm	2713 6091
Robert Black Methadone Clinic	Robert Black Health Centre, 600 Prince Edward Road East, San Po Kong	Temporarily closed for the activation of Hospital Authority's designation clinic	2716 5211
Sham Shui Po Methadone Clinic	Sham Shui Po Public Dispensary, 137 Yee Kuk Street, Sham Shui Po		3468 2938
<b>New Territories and Islands</b>			
Lady Trench Methadone Clinic	Lady Trench Polyclinic, 213 Sha Tsui Road, Tsuen Wan		2869 5611
Cheung Chau Methadone Clinic	1/F, Out-patient Department Block, St. John Hospital, Cheung Chau Hospital Road, Tung Wan, Cheung Chau	1pm to 8pm	2981 6806

### Evening Clinics

Open from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays (Except specified otherwise)

Clinic	Address	Opening hours	Telephone
<b>Hong Kong</b>			
Aberdeen Methadone Clinic	Aberdeen Jockey Club Clinic, 10 Aberdeen Reservoir Road, Aberdeen		2554 1665
Shau Kei Wan Methadone Clinic	Shau Kei Wan Jockey Club Clinic, 8 Chai Wan Road, Shau Kei Wan		2560 0582
<b>Kowloon</b>			
Hung Hom Methadone Clinic	Hung Hom Clinic, 22 Station Lane, Hung Hom		2333 8957
Kwun Tong Methadone Clinic	Kwun Tong Methadone Clinic, 463 Kwun Tong Road, Kwun Tong	With effect from 23 February 2022, the service hours will be adjusted to 7:00am - 10:00pm until further notice.	2345 7103
Ngau Tau Kok Methadone Clinic	Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok		2318 0976
Wu York Yu Methadone Clinic	Wu York Yu Health Centre, 55 Sheung Fung Street, Tsz Wan Shan		2329 7306
Yau Ma Tei Methadone Clinic	Yau Ma Tei Jockey Club Polyclinic, 145 Battery Street, Yau Ma Tei, Kowloon	3pm to 10pm	2770 2584


\* Updated in 10.2022



Clinic	Address	Opening hours	Telephone
<b>New Territories and Islands</b>			
Sha Tin (Tai Wai) Methadone Clinic	Sha Tin (Tai Wai) Clinic, 2 Man Lai Road, Tai Wai, Sha Tin		2604 5355
Shek Wu Hui Methadone Clinic	Shek Wu Hui Jockey Club Clinic, 108 Jockey Club Road, Sheung Shui		2671 9484
Tai Po Methadone Clinic	Tai Po Jockey Club Clinic, 37 Ting Kok Road, Tai Po		2664 5020
Tuen Mun Methadone Clinic	Tuen Mun Clinic, 11 Tsing Yin Street, Tuen Mun	3pm to 10pm	2452 9113
Yuen Long Methadone Clinic	Yuen Long Jockey Club Health Centre, 269 Castle Peak Road, Yuen Long	Mon to Fri (excluding public holidays) 6pm to 10pm Every Sat, Sun and public holidays 3pm to 7pm	2470 9307


## Appendix 6. Other anti-drug resources

**Narcotics Division, Security Bureau**




**2867 2767**


Telephone



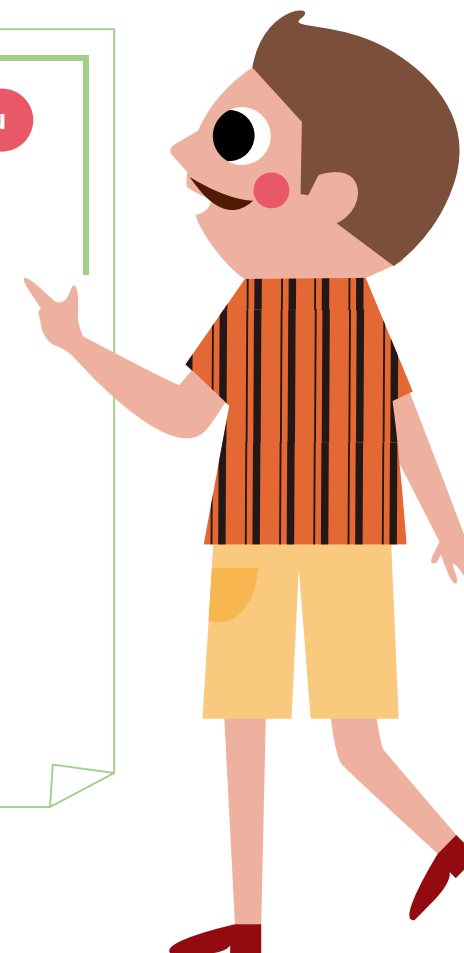
Website



Facebook



Instagram



### Community Drug Advisory Council



**Address :** Unit 7, G/F, The Center, 99 Queen's Road, Central  
**Tel :** 2521 2880  
**Fax :** 2525 1317  
**Email :** enquiry@cdac.org.hk  
 cdac.org.hk



Facebook

.....

# Acknowledgement

.....



## Editors

Wong Tsz Wai Keith, Wong Wai Kit, Rai Jenny Samekham,  
Wan Liwei (*HKU intern*), Wang Yifan (*HKU intern*), Aurora Lai (*CityU intern*)

## Copyediting

Sun Ma

## Advisors

Au Yan Ting Albert (*Project Drug Icon CC*), Yasir Luqman,  
H.K.S.K.H Outreaching Team for Multicultural Community,  
Kazy (*The Society for the Aid and Rehabilitation of Drug Abusers*)

## Illustration and Design

J Production

## Publisher

Community Drug Advisory Council

Copyright©Community Drug Advisory Council

ISBN: 978-988-79882-2-9

All right reserved.  
No part of this publication maybe reproduced in any form  
without the Editors' written permission.

Project funded by the Beat Drugs Fund





Published by Community Drug Advisory Council



社區藥物教育輔導會

Community Drug Advisory Council

Funded by the Beat Drugs Fund

