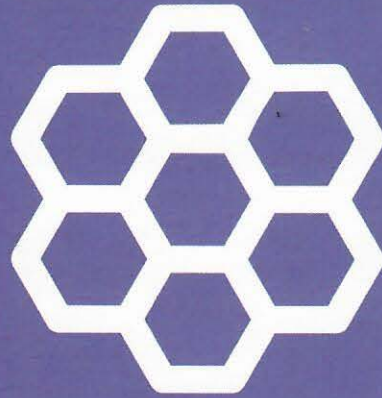




**New Life**  
Psychiatric Rehabilitation Association  
新生精神康復會

From Recovery to Well-being 從復元邁向身心靈健康



住宿330  
Residential Services

關於新生精神康復會

# About New Life Psychiatric Rehabilitation Association

## 從復元邁向身心靈健康

新生精神康復會(新生會)成立於1965年，是專注發展精神健康服務的非政府社會服務機構。我們致力透過專業服務、社會企業、精神健康教育推廣和預防工作、社會創新項目及家屬支援，為精神病康復者爭取平等機會，協助他們改善生活質素，以達致全面融入社會。我們屬下設有超過70個服務單位/項目及20多項社會企業，每年服務約15,000名精神病康復者、其家屬，以及43,000公眾人士於精神健康教育方面。我們持守提供「以人為本」、「以復元為導向」及「以實證為基礎」的服務，尊重服務使用者及重視他們的個人優勢、自我管理、充權、互相支援及維護人權。我們亦積極推廣精神健康教育，提升市民對身心靈健康的關注，並加強市民對康復者的接納。

經過50多年的蛻變，我們從復元為本的服務，邁向推廣身心靈健康。我們將330(身心靈)融入日常生活中，而330整全人生即「善待自己·與人連繫·關愛社會·擁抱自然·豐富人生」。在未來，我們將堅守「以人為本、從心關顧、與時並進、追求卓越」的核心價值，繼續提供優質的精神健康服務。



## From Recovery to Well-being

Established in 1965, New Life Psychiatric Rehabilitation Association is a leading non-governmental organization specializing in mental health. We aim to make a positive difference by advocating for equal opportunities for people in recovery, enhancing their quality of life and moving towards an inclusive society through direct services, social enterprises, mental health promotion and prevention, social innovation projects and family support. We currently operate more than 70 service units/projects and over 20 social enterprises.

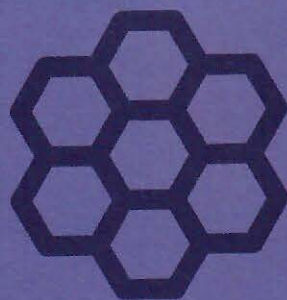
We serve around 15,000 people in recovery of mental illness and their families, as well as 43,000 general public in mental health education annually. We are committed to provide people-focused, recovery-oriented services and evidence-informed practices that respect our service users and value their strengths, self-management, empowerment, mutual support, as well as human rights. We also strive for raising the awareness on well-being and acceptance of people in recovery in the community through mental health promotion and prevention.

After 50 years of development, we move forward from recovery-oriented service to promote well-being for all. We integrate 330 (physical, psychosocial and transcendental well-being) into daily life.

330 well-being represents "Treat Ourselves Well – Connect with People – Care for the Society – Embrace the Nature – Enrich Our Life". In future, we will continue to uphold to our core value of "Care for People, Excel for Quality" for providing high quality mental health services.

住宿 330

# Residential Services



正向生活 · 融入社群 · 自我管理  
Positive Living · Integration ·  
Self-management

我們為不同需要及能力的精神病康復者及中度智障人士提供住宿服務，並透過多元化及不同層面的介入，讓他們提升自我管理及社區生活的能力。

We provide different kinds of residential care services through multiple approaches and interventions for people in recovery of mental illness and people with mental handicap to enhance their self-management and community living abilities.



## 創建積極健康人生 Building Up a Positive Healthy Life

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- 適切及優質的住宿照顧服務，提升他們的生活質素
  - 協助他們保持身心健康及精神狀況穩定
  - 發展他們既有的優勢和能力
  - 提升自主獨立能力、學習承擔責任
  - 發展社交和溝通能力，培養興趣和善用餘暇，建立健康的生活模式
  - Providing appropriate and quality residential care services to enhance the quality of life of people in recovery of mental illness
  - Supporting them to maintain their well-being and mental stability
  - Developing their strengths and abilities
  - Enhancing their personal independence and responsibility
  - Developing their social and communication skills, cultivating hobbies and positive use of leisure time, and building up a healthy lifestyle

## 中途宿舍 Halfway Houses

提供過渡性質的住宿服務

Offering transitional residential  
service

我們在香港各區設有11間中途宿舍；4間設於特定建造大樓內，7間設於公共屋邨內，以協助精神病康復者在融合的社區環境中康復。每間宿舍可為40至42名需要獨立生活訓練的康復者，提供以復元為本開放式過渡期社區住宿的康復服務。中途宿舍的工作團隊包括社會工作員、護士、職業治療師、保健員和福利工作員等，為康復者提供24小時的服務。

We operate eleven halfway houses in different districts of Hong Kong among which four are located in purpose-built buildings and seven are located in public housing estates so as to support the integration of people in recovery (PIR) of mental illness in the community. Staffed by a team of social workers, nurses, occupational therapists, health workers and wardens, each halfway house provides 24 hours transitional residential and recovery oriented services to 40 to 42 people in recovery who are not yet ready for independent living.

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