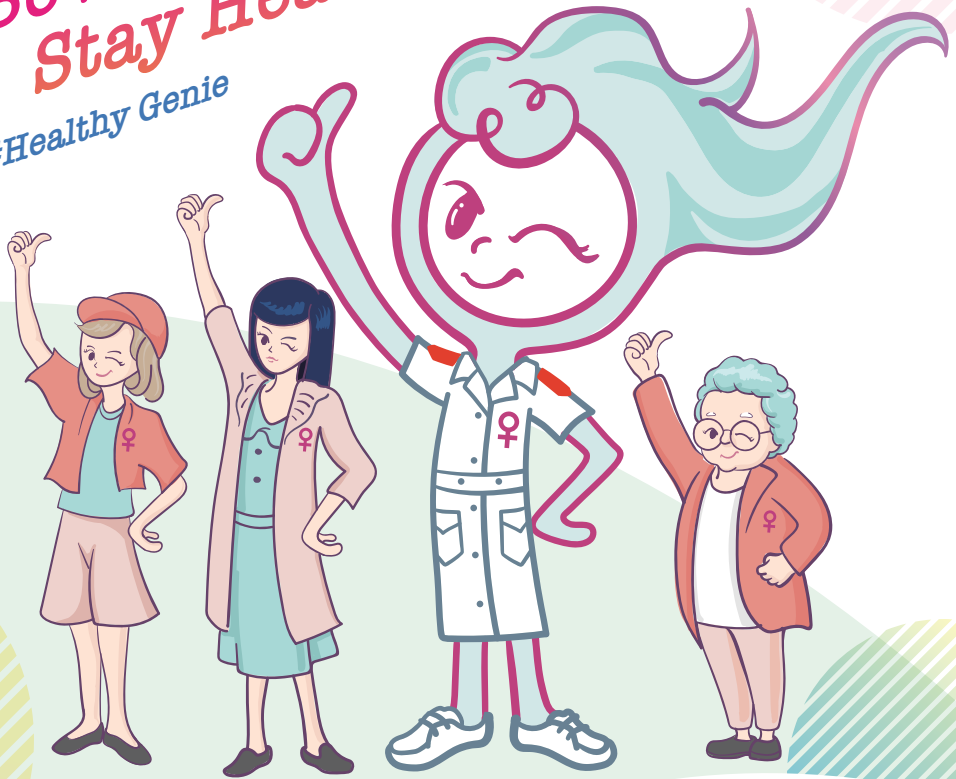




婦女事務委員會
Women's Commission

Be smart
Stay Healthy
#Healthy Genie



Guide to
Women's Health and
Support Services
in Hong Kong

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 - 4.1.8 Chai Wan Social Hygiene Clinic
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 - 4.2.13 TWGHs Medical Centre (North Point)
- 4.3 Kowloon East Region (Clinics under Department of Health)
 - 4.3.1 Lam Tin Woman Health Centre**
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 - 4.4.7 The Family Planning Association of Hong Kong - Ma Tau Chung Clinic
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 - 4.4.9 United Christian Nethersole Community Health Service - Bradbury Kwong Tin Community Health Centre
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 - 4.6.6 Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
 - 4.6.7 The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre

- 4.6.8 United Christian Nethersole Community Health Service - UCN Jordan Health Centre
- 4.7 New Territories East Region (Clinics under Department of Health)
 - 4.7.1 Fanling Maternal and Child Health Centre
 - 4.7.2 Lek Yuen Maternal and Child Health Centre
 - 4.7.3 Ma On Shan Maternal and Child Health Centre
 - 4.7.4 Tseung Kwan O Po Ning Road Maternal and Child Health Centre
 - 4.7.5 Wong Siu Ching Maternal and Child Health Centre
 - 4.7.6 Fanling Social Hygiene Clinic
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 - 4.9.2 Madam Yung Fung Shee Maternal and Child Health Centre
 - 4.9.3 North Kwai Chung Maternal and Child Health Centre
 - 4.9.4 South Kwai Chung Maternal and Child Health Centre
 - 4.9.5 Tin Shui Wai Maternal and Child Health Centre
 - 4.9.6 Tsing Yi Maternal and Child Health Centre
 - 4.9.7 Tsuen Wan Maternal and Child Health Centre
 - 4.9.8 Tuen Mun Wu Hong Maternal and Child Health Centre
 - 4.9.9 Yan Oi Maternal and Child Health Centre
 - 4.9.10 Tuen Mun Social Hygiene Clinic
 - 4.9.11 Lady Trench Methadone Clinic
 - 4.9.12 Tuen Mun Methadone Clinic
 - 4.9.13 Yuen Long Methadone Clinic

- 4.10 New Territories West Region (Non-Governmental Organisations)
 - 4.10.1 Caritas Integrated Family Service Centre - Tin Shui Wai
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 - 4.10.3 Caritas Integrated Family Service Centre - Tuen Mun
 - 4.10.4 The Family Planning Association of Hong Kong - Kwai Fong Youth Health Care Centre
 - 4.10.5 The Family Planning Association of Hong Kong - Tsuen Wan Clinic
 - 4.10.6 The Family Planning Association of Hong Kong - Yuen Long Clinic
 - 4.10.7 United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre
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5. Basic Information on Women's Health in Hong Kong

- 5.1 Incidence and Mortality of Most Common Diseases for Women

1.1 Message from the Chairperson

Women's health and support services are always at the top of the agenda of the Women's Commission (WoC). Established under WoC in 2018, the Working Group on Health and Support (the Working Group) offers advice and suggestions to the Government on policies and support services related to women's health and assists the Government in promoting information on women's health, safety and support services.

The Working Group assisted WoC in the production of the "Guide to Women's Health and Support Services in Hong Kong" (the Guide). Through the "Healthy Genie", a cartoon character of a nurse created with inspiration drawn from the female symbol, the Guide encourages women of different ages to "Be Smart, Stay Healthy" and introduces information on women healthcare and health screening services provided by the Department of Health, women's groups and non-governmental organisations. The information contained in the Guide includes major women-related diseases and their symptoms, operating hours and contact details of the relevant healthcare and screening service providers. The Guide aims to enhance women's health awareness and to facilitate their early action as necessary in seeking professional advice, suitable medical examination, diagnosis and treatment.

Chapter 1 of the Guide sets out the points to note for readers and provides a list of emergency and consultation hotlines. Chapter 2 provides information on 12 types of common major health problems in women and relevant healthcare services. Chapter 3 is a directory of service providers by district and the services they provide. Chapter 4 sets out by district detailed information on service providers, such as opening hours, contact information and service details. Chapter 5 provides basic statistics on women's health in Hong Kong.

WoC also produced an electronic version of the Guide, with interactive search function, to facilitate women's access to information on women healthcare and health screening services anytime, anywhere. The electronic version of the Guide has been uploaded to WoC's website (<https://www.women.gov.hk/en/index.html>).

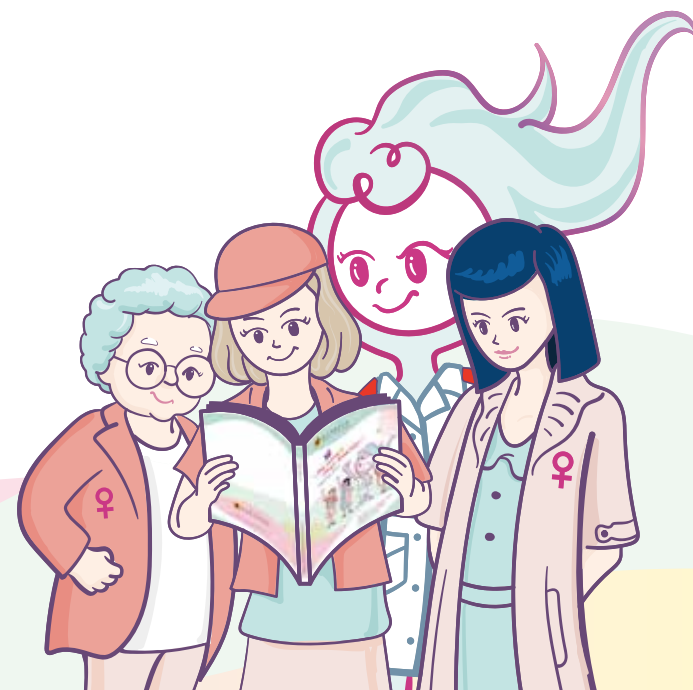
The publication of this Guide would not have been made possible without the full support and assistance of the Department of Health. I would like to extend my heartfelt gratitude to the Department on behalf of WoC.

CHAN Yuen-han
Chairperson, Women's Commission



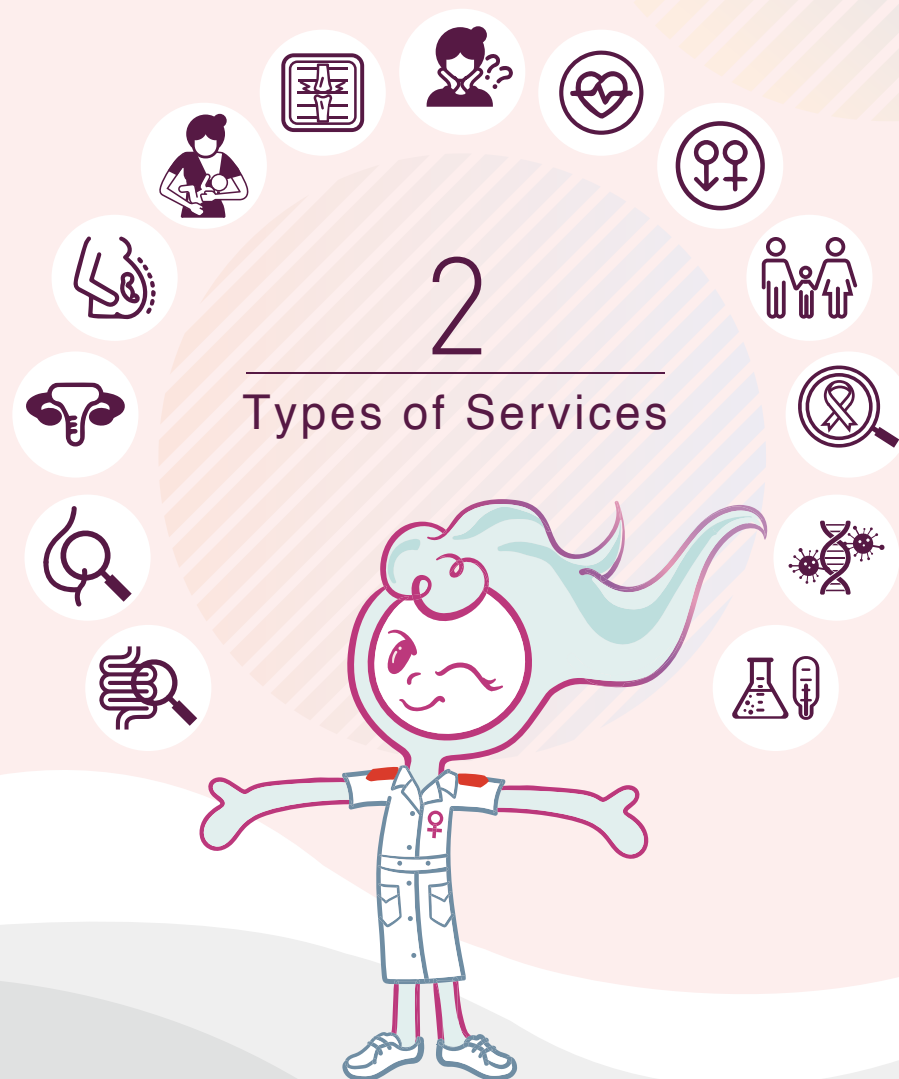
1.2 Points to note when using this Guide

1. The information provided in this Guide serves as a reference for women. Readers are advised to consult their doctors before deciding if the relevant health services should be adopted. Information about the treatment services for the diseases covered in this Guide is not provided. If needed, please consult public/private clinics and hospitals.
2. The information in this Guide was last updated in November 2020. As information on some service providers may be time-bound, readers are advised to call the service providers concerned to obtain the most updated details for services they need to seek.
3. For ethnic minority persons who need to seek health services provided by the Department of Health (DH), DH staff may arrange translation and interpretation services.
4. Most DH clinics are equipped with barrier-free facilities to facilitate access by people with disabilities. Maternal and Child Health Centres as well as Woman Health Centres are also equipped with examination couches for women with disabilities.
5. For enquiries or comments about this Guide, please contact the Women's Commission Secretariat (Email: women@lwb.gov.hk, phone: 2810 3827).



1.3 Emergency and Consultation Hotlines

1	Social Welfare Departmental Hotline Service	2343 2255
2	Tung Wah Group of Hospitals, CEASE Crisis Centre, Multi-purpose Crisis Intervention and Support 24 - hour Hotline	18281
3	Caritas Family Crisis Support Centre Hotline	18288
4	Association Concerning Sexual Violence Against Women - Rainlily Hotline	2375 5322
5	Christian Family Service Centre Serene Court	2381 3311
6	Harmony House 24 Hours Women Hotline	2522 0434
7	Mental Health Association of Hong Kong (Free of charge mental health counseling services and information 24-hour hotline)	2772 0047
8	Hong Kong Federation of Women's Centres Women's Helpline & Free Legal Advice Clinic	2386 6255
9	Po Leung Kuk Refuge Centre for Women & Free Legal Consultation Hotline	8100 1155
10	Hong Kong Young Women's Christian Association	3443 1600
	Free Legal Consultation Service for Divorcing Women YWCA Counselling Hotline	2711 6622



2 Types of Services



2.1

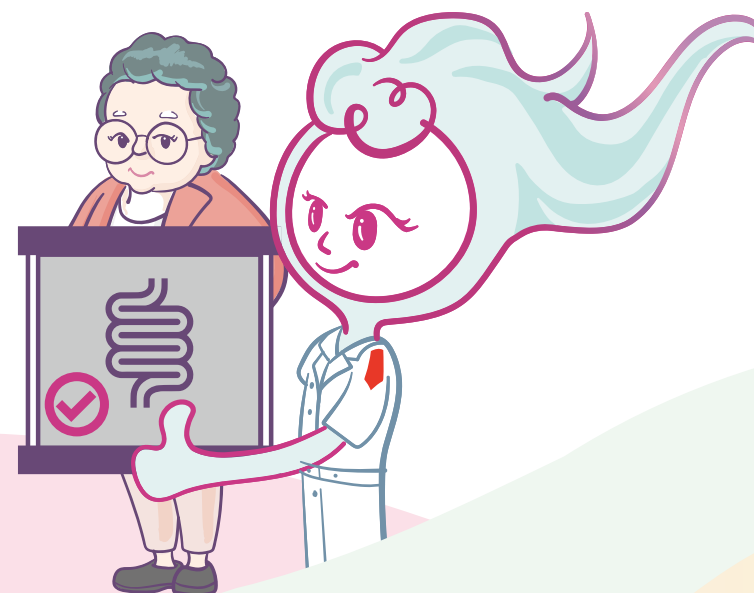
Colorectal Cancer Screening Programme (CRCSP)

- The Government's Colorectal Cancer Screening Programme subsidises asymptomatic Hong Kong residents aged between 50 and 75 to receive screening service in private sector for prevention of colorectal cancer. The screenings can identify those who have colorectal cancer before they present with symptoms, or individuals at increased risk of colorectal cancer and enable them to receive early treatment, thus improving the prognosis significantly. And with colorectal adenoma removed in the course of a colonoscopy, these lesions are also prevented from turning into cancer.
- Participants shall attend a medical consultation by an enrolled primary care doctor (PCD) and will receive a Faecal Immunochemical Test (FIT) screening (to test any occult blood in stool) arranged by the PCD. A government subsidy of \$280 per consultation applies including the second consultation by the PCD to follow up on a positive FIT test result. Under the CRCSP, about 97% of the service locations of enrolled PCDs will not require additional charges.
- And for FIT-negative participants, they should receive FIT re-screening every two years until they pass the age of 75 so as to maximise the Programme's capability to prevent colorectal cancer. The subsidised FIT re-screening services are provided in any enrolled PCD clinic. Eligible persons should join the CRCSP as soon as possible, and prevent colorectal cancer by leading a healthy lifestyle and having well-organised screenings.
- For details of Colorectal Cancer Screening Programme, please visit <https://www.colonscreen.gov.hk/en/public/index.html> or call the Department of Health's Colorectal Cancer Screening Programme Hotline 3565 6288.

The following non-governmental organisations provide Colorectal Cancer Screening Programme

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	4.6.4	Kwong Wah Hospital Well Women Clinic
4.2.13	TWGHs Medical Centre (North Point)	4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	4.6.8	United Christian Nethersole Community Health Service - UCN Jordan Health Centre
4.4.9	United Christian Nethersole Community Health Service - Bradbury Kwong Tin Community Health Centre	4.8.3	United Christian Nethersole Community Health Service - Kwong Fuk Community Health Centre
4.4.10	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre





- Women of all ages should observe and feel their breasts regularly in daily life (e.g. when taking a bath, changing clothes or lying down) so that they can be aware of the cyclical changes. If there are any persistent abnormalities, such as breast lumps, nipple discharge or unusual appearance, they should consult their doctors immediately.
- Mammography screening can discover early breast cancers that cannot be detected by manual examination. Women with high-risk factors should seek medical advice on whether they should receive mammography on a regular basis.
- Woman Health Service (WHS) is provided for women aged 64 or below by the Department of Health (DH) in its three Woman Health Centres (WHCs) (on full-time basis) and 10 Maternal and Child Health Centres (MCHCs) (at different service hours). At present, the WHS provides mammography screening for women who are at high risk of developing breast cancer after medical assessment.
- Some non-governmental organisations also provide related services such as guidance on breast self-examination skills, clinical guidance, ultrasound examination and mammography screening.

The following Government clinics and non-governmental organisations provide mammography service arrangement

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.1.1	Chai Wan Woman Health Centre	4.4.2	Hong Kong Breast Cancer Foundation
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.5.1	West Kowloon Maternal and Child Health Centre
4.1.6	Sai Ying Pun Maternal and Child Health Centre	4.6.4	Kwong Wah Hospital Well Women Clinic
4.2.4	Hong Kong Breast Cancer Foundation	4.7.1	Fanling Maternal and Child Health Centre
4.2.9	The Cancer Crusade Angels Service Society of Hong Kong	4.7.2	Lek Yuen Maternal and Child Health Centre
4.2.13	TWGHs Medical Centre (North Point)	4.7.3	Ma On Shan Maternal and Child Health Centre
4.3.1	Lam Tin Woman Health Centre	4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre	4.9.1	Tuen Mun Woman Health Centre

4.9.4	South Kwai Chung Maternal and Child Health Centre	4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre
4.9.6	Tsing Yi Maternal and Child Health Centre		

The following Government clinics and non-governmental organisations provide information on breast health

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.1.1	Chai Wan Woman Health Centre	4.5.1	West Kowloon Maternal and Child Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.6.3	Hong Kong Young Women's Christian Association Women Affairs Team
4.1.6	Sai Ying Pun Maternal and Child Health Centre	4.6.4	Kwong Wah Hospital Well Women Clinic
4.2.4	Hong Kong Breast Cancer Foundation	4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	4.7.1	Fanling Maternal and Child Health Centre
4.2.9	The Cancer Crusade Angels Service Society of Hong Kong	4.7.2	Lek Yuen Maternal and Child Health Centre
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic	4.7.3	Ma On Shan Maternal and Child Health Centre
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre	4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.2.13	TWGHs Medical Centre (North Point)	4.9.1	Tuen Mun Woman Health Centre
4.3.1	Lam Tin Woman Health Centre	4.9.4	South Kwai Chung Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre	4.9.6	Tsing Yi Maternal and Child Health Centre
4.4.2	Hong Kong Breast Cancer Foundation	4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic	4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic		

For centre details and services provided in Woman Health Centres or Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/yuhx2>.

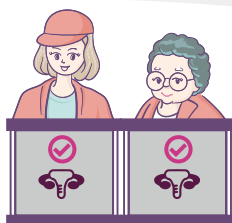
Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.





2.3

Cervical Cancer Screening



- Cervical smear is a screening test for detecting early abnormal changes in the cervix. When such changes are found, they can be treated before cancer develops. Regular cervical cancer screening is proven to be an effective way of preventing cervical cancer.
- Department of Health (DH) suggests that women aged 25 to 64 who ever had sex should receive regular cervical cancer screening. If the first smear result is normal, women should receive their second smear one year later. If the second smear result is also normal, women should repeat smears every 3 years. Irrespective of marital status, women should talk to the doctor about having regular smears even if menopausal, had sterilisation or had been sexually inactive for years.
- The Cervical Screening Programme (CSP) was launched in March 2004 in collaboration with healthcare sector to encourage women to have regular cervical cancer screening to prevent cervical cancer. For details of Cervical Screening Programme, please visit <https://www.cervicalscreening.gov.hk/eindex.php> or call DH's Cervical Cancer Screening Hotline 3166 6631.

The following Government clinics and non-governmental organisations provide cervical cancer screening service

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

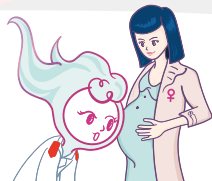
Serial number	Name of organisation	Serial number	Name of organisation
4.1.1	Chai Wan Woman Health Centre		
4.1.2	Anne Black Maternal and Child Health Centre	4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.2.12	The Family Planning Association of Hong Kong - Wan Chai Youth Health Care Centre
4.1.4	Chai Wan Maternal and Child Health Centre	4.2.13	TWGHs Medical Centre (North Point)
4.1.5	Sai Wan Ho Maternal and Child Health Centre	4.3.1	Lam Tin Woman Health Centre
4.1.6	Sai Ying Pun Maternal and Child Health Centre	4.3.2	East Kowloon Maternal and Child Health Centre
4.1.7	Tang Chi Ngong Maternal and Child Health Centre	4.3.3	Kowloon City Maternal and Child Health Centre
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	4.3.4	Kwun Tong Maternal and Child Health Centre
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic	4.3.5	Lam Tin Maternal and Child Health Centre

4.3.6	Robert Black Maternal and Child Health Centre	4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre	4.7.5	Wong Siu Ching Maternal and Child Health Centre
4.3.8	Wu York Yu Maternal and Child Health Centre	4.8.3	United Christian Nethersole Community Health Service - Kwong Fuk Community Health Centre
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	4.9.1	Tuen Mun Woman Health Centre
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic	4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic	4.9.3	North Kwai Chung Maternal and Child Health Centre
4.4.9	United Christian Nethersole Community Health Service - Bradbury Kwong Tin Community Health Centre	4.9.4	South Kwai Chung Maternal and Child Health Centre
4.4.10	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	4.9.5	Tin Shui Wai Maternal and Child Health Centre
4.5.1	West Kowloon Maternal and Child Health Centre	4.9.6	Tsing Yi Maternal and Child Health Centre
4.5.2	Yaumatei Maternal and Child Health Centre	4.9.7	Tsuen Wan Maternal and Child Health Centre
4.6.4	Kwong Wah Hospital Well Women Clinic	4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre
4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre	4.9.9	Yan Oi Maternal and Child Health Centre
4.6.7	The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre	4.10.4	The Family Planning Association of Hong Kong - Kwai Fong Youth Health Care Centre
4.6.8	United Christian Nethersole Community Health Service - UCN Jordan Health Centre	4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.7.1	Farling Maternal and Child Health Centre	4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.7.2	Lek Yuen Maternal and Child Health Centre	4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre
4.7.3	Ma On Shan Maternal and Child Health Centre	4.11.1	Cheung Chau Maternal and Child Health Centre
		4.11.2	Mui Wo Maternal and Child Health Centre
		4.11.3	Tung Chung Maternal and Child Health Centre

For the centre details and services provided in Woman Health Centres or Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/yuhx2>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.





2.4 Maternal Health



2.4.1

Pre-pregnancy check-up, antenatal and postnatal care

- Appropriate antenatal care helps women cope with stresses and problems related to pregnancy. Antenatal check-up includes obstetric, personal and family medical history taking, physical and gynaecological examination, blood and urine tests, etc.
- A comprehensive antenatal shared-care programme is provided to pregnant women by 27 Maternal and Child Health Centres (MCHCs) under the Department of Health (DH) in collaboration with the obstetric departments of hospitals under the Hospital Authority. The programme provides antenatal care throughout pregnancy and delivery, including a series of antenatal talks and workshops as well as referring pregnant women in need to appropriate social service organisations.
- After delivery, a woman's body system will revert to the pre-pregnant state. This period usually lasts six weeks and is called puerperium, during which proper care is important. A postnatal check-up should be carried out to ensure complete recovery.
- The MCHCs under the DH provide postnatal check-ups, including gynaecological examination and counselling on family planning for women in about 6 to 12 weeks after delivery. Cervical cancer screening will also be provided as appropriate. In addition, medical staff will provide emotional assessment, follow-up and referral for postnatal women so that they can adapt to changes in life as soon as possible.
- The Family Planning Association of Hong Kong provides pre-pregnancy check-up and early pregnancy assessment services. The former helps couples planning to have children understand their health and fertility status before pregnancy. Screening is conducted to identify common hereditary diseases and thus better safeguard the health of the next generation.

The following Government clinics and non-governmental organisations provide pre-pregnancy check-up, antenatal and postnatal services

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.1.2	Anne Black Maternal and Child Health Centre	4.1.5	Sai Wan Ho Maternal and Child Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.1.6	Sai Ying Pun Maternal and Child Health Centre
4.1.4	Chai Wan Maternal and Child Health Centre	4.1.7	Tang Chi Ngong Maternal and Child Health Centre

4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	4.7.2	Lek Yuen Maternal and Child Health Centre
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic	4.7.3	Ma On Shan Maternal and Child Health Centre
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre	4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.3.3	Kowloon City Maternal and Child Health Centre	4.7.5	Wong Siu Ching Maternal and Child Health Centre
4.3.4	Kwun Tong Maternal and Child Health Centre	4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre
4.3.5	Lam Tin Maternal and Child Health Centre	4.9.3	North Kwai Chung Maternal and Child Health Centre
4.3.6	Robert Black Maternal and Child Health Centre	4.9.5	Tin Shui Wai Maternal and Child Health Centre
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	4.9.6	Tsing Yi Maternal and Child Health Centre
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic	4.9.7	Tsuen Wan Maternal and Child Health Centre
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic	4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre
4.5.1	West Kowloon Maternal and Child Health Centre	4.9.9	Yan Oi Maternal and Child Health Centre
4.5.2	Yaumatei Maternal and Child Health Centre	4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.6.5	PathFinders Limited	4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre	4.11.1	Cheung Chau Maternal and Child Health Centre
4.7.1	Fanling Maternal and Child Health Centre	4.11.2	Mui Wo Maternal and Child Health Centre
		4.11.3	Tung Chung Maternal and Child Health Centre

The following Government clinics and non-governmental organisations provide postnatal service only

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.3.2	East Kowloon Maternal and Child Health Centre	4.3.8	Wu York Yu Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre	4.4.4	Mental Health Association of Hong Kong
		4.9.4	South Kwai Chung Maternal and Child Health Centre

For the centre details and services provided in Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/d5fqn>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.





2.4.2

Breastfeeding

- Breastfeeding is an unequalled way of providing nutrition for the optimal growth and development of infants, the World Health Organization (WHO) has recommended that babies should be breastfed exclusively in the first six months, and thereafter, solid foods should be introduced to fulfil babies' nutritional requirements while breastfeeding continues for up to two years of age or beyond.
- In response to WHO's recommendation, Department of Health (DH) implements a breastfeeding policy that promotes, supports and protects breastfeeding in all Maternal and Child Health Centres (MCHCs). Healthcare professionals provide information on breastfeeding for expectant parents during antenatal sessions through individual counselling, group discussion and providing guidance and skill support for breastfeeding mothers. A breastfeeding hotline (3618 7450) is under operation to provide professional advice to mothers with lactation problems. Three MCHCs, namely Sai Ying Pun MCHC, Kowloon City MCHC and Yaumatei MCHC have attained Baby-Friendly MCHCs designation.
- As part of the Baby-Friendly Hospital Initiative, three MCHCs namely, Kowloon City, Sai Ying Pun and Yaumatei MCHCs have participated in the Pilot Baby-Friendly Maternal and Child Health Centre (BF-MCHC) designation. They were awarded as BF-MCHC in July to August 2019, and provide strengthened professional support for mothers to sustain breastfeeding.

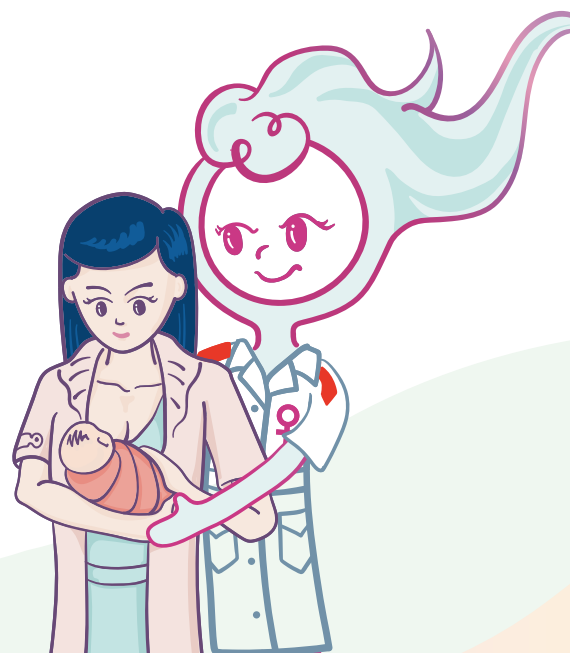
The following Government clinics provide breastfeeding coaching services
(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.1.2	Anne Black Maternal and Child Health Centre	4.3.2	East Kowloon Maternal and Child Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.3.3	Kowloon City Maternal and Child Health Centre
4.1.4	Chai Wan Maternal and Child Health Centre	4.3.4	Kwun Tong Maternal and Child Health Centre
4.1.5	Sai Wan Ho Maternal and Child Health Centre	4.3.5	Lam Tin Maternal and Child Health Centre
4.1.6	Sai Ying Pun Maternal and Child Health Centre	4.3.6	Robert Black Maternal and Child Health Centre
4.1.7	Tang Chi Ngong Maternal and Child Health Centre	4.3.7	Wang Tau Hom Maternal and Child Health Centre

4.3.8	Wu York Yu Maternal and Child Health Centre	4.9.4	South Kwai Chung Maternal and Child Health Centre
4.5.1	West Kowloon Maternal and Child Health Centre	4.9.5	Tin Shui Wai Maternal and Child Health Centre
4.5.2	Yaumatei Maternal and Child Health Centre	4.9.6	Tsing Yi Maternal and Child Health Centre
4.7.1	Fanling Maternal and Child Health Centre	4.9.7	Tsuen Wan Maternal and Child Health Centre
4.7.2	Lek Yuen Maternal and Child Health Centre	4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre
4.7.3	Ma On Shan Maternal and Child Health Centre	4.9.9	Yan Oi Maternal and Child Health Centre
4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre	4.11.1	Cheung Chau Maternal and Child Health Centre
4.7.5	Wong Siu Ching Maternal and Child Health Centre	4.11.2	Mui Wo Maternal and Child Health Centre
4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre	4.11.3	Tung Chung Maternal and Child Health Centre
4.9.3	North Kwai Chung Maternal and Child Health Centre		

For the centre details and services provided in Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/d5fqn>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.





2.5

Bone Health and Osteoporosis

- Osteoporosis is a metabolic disease of the bone characterised by a reduction in bone density that leads to bone structure deterioration and susceptibility to fracture. In general, osteoporosis has no symptoms but there may be localised pain over the sites where osteoporosis-related fracture occurs.
- To prevent osteoporosis, a healthy lifestyle should be adopted during childhood and adolescence to build strong healthy bones. This includes a balanced diet with adequate calcium and vitamin D, moderate exposures to sunlight, regular exercise (particularly weight-bearing exercises), maintaining an optimal body weight, and avoiding smoking or excessive alcoholic or caffeinated drinks. Besides, understanding and taking precautionary measures will minimise the chance of fall-induced fractures.
- Some non-governmental organisations, such as the Family Planning Association of Hong Kong Osteoporosis Clinic and the Well Women Clinics of Kwong Wah Hospital and Tung Wah Group of Hospitals, also offer bone density measurement, medications and follow-up services for people in need. Women should consult their family doctors if they have any enquiries.
- The District Health Centre (4.12 Kwai Tsing District Health Centre) set up by the Food and Health Bureau, aims at prevention-focused. The DHC will attend to promote primary prevention of osteoporosis and osteoporotic fracture through evidence-based measures which include education on sufficient calcium and vitamin D levels, regular weight-bearing exercise, fall prevention, and avoidance of tobacco and excessive alcohol. For high risk elderly, muscle strength and balance training, advice on mobility aids and gadgets as well as advice on home hazards and safety intervention or modification will be provided as appropriate. For patients that are referred by the Hospital Authority or network medical professionals to join the fracture hip rehabilitation programme, individualised treatment sessions by a range of allied health professionals (including physiotherapists and occupational therapists) and suggestion on home modification to prevent repeated falls would also be offered.

The following non-governmental organisations provide information on bone health and osteoporosis

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

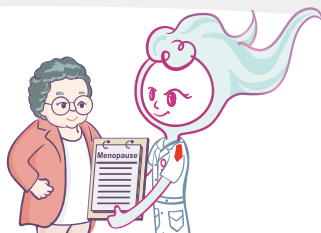
Serial number	Name of organisation	Serial number	Name of organisation
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	4.4.10	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre
4.2.9	The Cancer Crusade Angels Service Society of Hong Kong	4.6.4	Kwong Wah Hospital Well Women Clinic
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic	4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre	4.6.8	United Christian Nethersole Community Health Service - UCN Jordan Health Centre
4.2.13	TWGHs Medical Centre (North Point)	4.8.3	United Christian Nethersole Community Health Service - Kwong Fuk Community Health Centre
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic	4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic	4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre
4.4.9	United Christian Nethersole Community Health Service - Bradbury Kwong Tin Community Health Centre		





2.6

Menopause



- Most women undergo menopause between the age of 45 and 55 and may feel unwell when they are about to stop or have just stopped having menstruation. In addition to adopting a healthy lifestyle, hormone replacement therapy can be used to reduce the symptoms of menopause, but it has certain side effects. Women are advised to consult their family doctors before making a decision for the therapy.

The following Government clinics and non-governmental organisations provide information, counselling and assessment on menopausal services

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.1.1	Chai Wan Woman Health Centre	4.5.1	West Kowloon Maternal and Child Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.6.4	Kwong Wah Hospital Well Women Clinic
4.1.6	Sai Ying Pun Maternal and Child Health Centre	4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	4.7.1	Fanling Maternal and Child Health Centre
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic	4.7.2	Lek Yuen Maternal and Child Health Centre
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre	4.7.3	Ma On Shan Maternal and Child Health Centre
4.2.13	TWGHs Medical Centre (North Point)	4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.3.1	Lam Tin Woman Health Centre	4.9.1	Tuen Mun Woman Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre	4.9.4	South Kwai Chung Maternal and Child Health Centre
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	4.9.6	Tsing Yi Maternal and Child Health Centre
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic	4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic	4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic

For the centre details and services provided in Woman Health Centres or Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/yuhx2>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.



2.7

Mental Health



- Healthcare professionals of the Women Health Service (WHS) under the Department of Health (DH) provide assessment, counselling and group health education for Service users (may have slight changes on this sentence) who encounter mood disturbances, marital problems, relationship difficulties with in-laws and children, or adjustment at menopause etc. Referral to social services will be arranged as appropriate.
- Antenatal and postnatal women would experience a number of stressors and adjustment issues. DH provides support for all women attending the Maternal and Child Health Centres (MCHCs) for perinatal services, including delivering and distributing health information on antenatal and postnatal problems, so that mothers and their family members can go through this stage smoothly with less worries and stress. Healthcare professionals will also provide perinatal emotional assessment to facilitate early identification of women in need, so that appropriate follow-up and referral can be made.
- Some non-governmental organisations also provide psychological counselling services to help women suffering from different problems. For more information on mental well-being and mental health, please refer to "Shall we talk" website <https://shallwetalk.hk/en/>

The following Government clinics and non-governmental organisations provide information on mental health and counselling Services

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation	Serial number	Name of organisation
4.1.1	Chai Wan Woman Health Centre	4.2.6	Jockey Club Mental Wellness Project for Women
4.1.2	Anne Black Maternal and Child Health Centre	4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre	4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic
4.1.4	Chai Wan Maternal and Child Health Centre	4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre
4.1.5	Sai Wan Ho Maternal and Child Health Centre	4.2.12	The Family Planning Association of Hong Kong - Wan Chai Youth Health Care Centre
4.1.6	Sai Ying Pun Maternal and Child Health Centre	4.3.1	Lam Tin Woman Health Centre
4.1.7	Tang Chi Ngong Maternal and Child Health Centre	4.3.2	East Kowloon Maternal and Child Health Centre
4.1.8	Chai Wan Social Hygiene Clinic	4.3.3	Kowloon City Maternal and Child Health Centre
4.1.9	Wan Chai Female Social Hygiene Clinic	4.3.4	Kwun Tong Maternal and Child Health Centre
4.2.5	Hong Kong Federation of Women's Centres - Jockey Club Wah Fu Centre		

2 Types of Services

4.3.5	Lam Tin Maternal and Child Health Centre
4.3.6	Robert Black Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre
4.3.8	Wu York Yu Maternal and Child Health Centre
4.3.9	Yung Fung Shee Social Hygiene Clinic
4.4.3	Hong Kong Women Christian Council
4.4.4	Mental Health Association of Hong Kong
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic
4.5.1	West Kowloon Maternal and Child Health Centre
4.5.2	Yaumatei Maternal and Child Health Centre
4.5.3	Yau Ma Tei Female Social Hygiene Clinic
4.6.1	Aids Concern Foundation Limited
4.6.2	Hong Kong Single Parents Association
4.6.3	Hong Kong Young Women's Christian Association Women Affairs Team
4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.6.7	The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre
4.6.8	United Christian Nethersole Community Health Service - UCN Jor-dan Health Centre
4.7.1	Fanling Maternal and Child Health Centre
4.7.2	Lek Yuen Maternal and Child Health Centre
4.7.3	Ma On Shan Maternal and Child Health Centre

4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.7.5	Wong Siu Ching Maternal and Child Health Centre
4.7.6	Fanling Social Hygiene Clinic
4.9.1	Tuen Mun Woman Health Centre
4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre
4.9.3	North Kwai Chung Maternal and Child Health Centre
4.9.4	South Kwai Chung Maternal and Child Health Centre
4.9.5	Tin Shui Wai Maternal and Child Health Centre
4.9.6	Tsing Yi Maternal and Child Health Centre
4.9.7	Tsuen Wan Maternal and Child Health Centre
4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre
4.9.9	Yan Oi Maternal and Child Health Centre
4.9.10	Tuen Mun Social Hygiene Clinic
4.10.4	The Family Planning Association of Hong Kong - Kwai Fong Youth Health Care Centre
4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre
4.11.1	Cheung Chau Maternal and Child Health Centre
4.11.2	Mui Wo Maternal and Child Health Centre
4.11.3	Tung Chung Maternal and Child Health Centre
4.13.1	Caritas Family Crisis Support Centre
4.13.2	RainLily
4.13.3	Tung Wah Group of Hospitals CEASE Crisis Centre

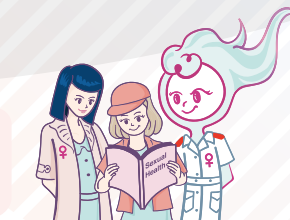
For the centre details and services provided in Woman Health Centres or Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/yuhx2>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.



2.8

Sexual Health



- Sexual health is an important women's health issue which is often overlooked. A safe sex life helps build a healthy relationship with one's partner, while reducing the chance of unplanned pregnancy, cervical cancer and contracting sexually transmitted diseases.
- Emergency contraceptive service is provided in all Maternal and Child Health Centres (MCHCs) of the Department of Health (DH) during service hours. The MCHCs/The Woman Health Centres (WHCs) make use of their Family Planning and Woman Health Service sessions to provide counselling services and refer women in need to specialists. Besides, the DH's Social Hygiene Service (Hotline 2150 7370) provides various services for people with or suspected to have sexually transmitted infections, including screening and treatment of sexually transmitted diseases, counselling and health education, free distribution of condoms, helping patients inform their partners, making referrals as well as providing screening services for their partners. DH has designated clinics or service sessions for the provision of services for women, and provides relevant enhanced services for sex workers.
- The Family Planning Association of Hong Kong also provides female sexually transmissible diseases screening (covering blood tests and swab tests) and counselling services such as sex coaching and sexual dysfunction therapy.

The following Government clinics and non-governmental organisations provide information on sexual health

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation
4.1.1	Chai Wan Woman Health Centre
4.1.2	Anne Black Maternal and Child Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre
4.1.4	Chai Wan Maternal and Child Health Centre
4.1.5	Sai Wan Ho Maternal and Child Health Centre
4.1.6	Sai Ying Pun Maternal and Child Health Centre
4.1.7	Tang Chi Ngong Maternal and Child Health Centre
4.1.8	Chai Wan Social Hygiene Clinic*
4.1.9	Wan Chai Female Social Hygiene Clinic*

Serial number	Name of organisation
4.2.7	Mother's Choice
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre
4.2.12	The Family Planning Association of Hong Kong - Wan Chai Youth Health Care Centre
4.3.1	Lam Tin Woman Health Centre
4.3.2	East Kowloon Maternal and Child Health Centre
4.3.3	Kowloon City Maternal and Child Health Centre

2 Types of Services

4.3.4	Kwun Tong Maternal and Child Health Centre
4.3.5	Lam Tin Maternal and Child Health Centre
4.3.6	Robert Black Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre
4.3.8	Wu York Yu Maternal and Child Health Centre
4.3.9	Yung Fung Shee Social Hygiene Clinic*
4.4.3	Hong Kong Women Christian Council
4.4.5	Mother's Choice
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic
4.5.1	West Kowloon Maternal and Child Health Centre
4.5.2	Yaumatei Maternal and Child Health Centre
4.5.3	Yau Ma Tei Female Social Hygiene Clinic*
4.6.1	Aids Concern Foundation Limited
4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.6.7	The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre
4.7.1	Fanling Maternal and Child Health Centre
4.7.2	Lek Yuen Maternal and Child Health Centre
4.7.3	Ma On Shan Maternal and Child Health Centre

4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.7.5	Wong Siu Ching Maternal and Child Health Centre
4.7.6	Fanling Social Hygiene Clinic*
4.9.1	Tuen Mun Woman Health Centre
4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre
4.9.3	North Kwai Chung Maternal and Child Health Centre
4.9.4	South Kwai Chung Maternal and Child Health Centre
4.9.5	Tin Shui Wai Maternal and Child Health Centre
4.9.6	Tsing Yi Maternal and Child Health Centre
4.9.7	Tsuen Wan Maternal and Child Health Centre
4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre
4.9.9	Yan Oi Maternal and Child Health Centre
4.9.10	Tuen Mun Social Hygiene Clinic*
4.10.4	The Family Planning Association of Hong Kong - Kwai Fong Youth Health Care Centre
4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.11.1	Cheung Chau Maternal and Child Health Centre
4.11.2	Mui Wo Maternal and Child Health Centre
4.11.3	Tung Chung Maternal and Child Health Centre
4.13.2	RainLily

★ Designated clinics or service sessions for the provision of sexual health services for women. These clinics also provide relevant enhanced services for sex workers.

For the centre details and services provided in Woman Health Centres or Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/yuhx2>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.



2.9

Family Planning



- Family planning is an essential element in ensuring personal and family health and happiness. The promotion of family planning can help lay a good foundation for a happy family life while avoiding unplanned pregnancy and the problems related arising therefrom.
- The Maternal and Child Health Centres of the Department of Health provide family planning services to all women of childbearing age to enable them to plan freely and responsibly the number and spacing of their children. Suitable contraceptive methods including condoms, contraceptive pills, contraceptive injectables, copper bearing intrauterine devices, emergency contraceptive pills and spermicides (e.g. foaming tablets) are prescribed by healthcare professionals according to individual needs. Counselling and referrals for specialist consultation can be arranged for women with subfertility problems or considering sterilisation or termination of pregnancy.
- The Family Planning Association of Hong Kong will guide and encourage couples to carry out family planning by adopting a suitable and effective contraceptive method according to their individual health and financial conditions, needs and expectations. Apart from the contraceptive services, it also provides pregnancy tests and emergency contraceptive services. Besides, women can receive legal surgery for termination of pregnancy with local anaesthesia and relevant counselling services in the Family Planning Association of Hong Kong.

The following Government clinics and non-governmental organisations provide family planning services

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation
4.1.2	Anne Black Maternal and Child Health Centre
4.1.3	Ap Lei Chau Maternal and Child Health Centre
4.1.4	Chai Wan Maternal and Child Health Centre
4.1.5	Sai Wan Ho Maternal and Child Health Centre
4.1.6	Sai Ying Pun Maternal and Child Health Centre
4.1.7	Tang Chi Ngong Maternal and Child Health Centre
4.2.1	Caritas Integrated Family Service Centre - Aberdeen

Serial number	Name of organisation
4.2.2	Caritas Integrated Family Service Centre - Shaukeiwan
4.2.7	Mother's Choice
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre
4.2.12	The Family Planning Association of Hong Kong - Wan Chai Youth Health Care Centre

4.3.3	Kowloon City Maternal and Child Health Centre
4.3.4	Kwun Tong Maternal and Child Health Centre
4.3.5	Lam Tin Maternal and Child Health Centre
4.3.6	Robert Black Maternal and Child Health Centre
4.3.7	Wang Tau Hom Maternal and Child Health Centre
4.3.8	Wu York Yu Maternal and Child Health Centre
4.4.1	Caritas Integrated Family Service Centre – Tung Tau (Wong Tai Sin South West)
4.4.5	Mother's Choice
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic
4.5.1	West Kowloon Maternal and Child Health Centre
4.5.2	Yaumatei Maternal and Child Health Centre
4.6.5	PathFinders Limited
4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre
4.6.7	The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre
4.7.1	Fanling Maternal and Child Health Centre
4.7.2	Lek Yuen Maternal and Child Health Centre
4.7.3	Ma On Shan Maternal and Child Health Centre

4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre
4.7.5	Wong Siu Ching Maternal and Child Health Centre
4.8.1	Caritas Dr. & Mrs. Olinto de Sousa Integrated Family Service Centre
4.8.2	Caritas Integrated Family Service Centre – Fanling
4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre
4.9.3	North Kwai Chung Maternal and Child Health Centre
4.9.5	Tin Shui Wai Maternal and Child Health Centre
4.9.6	Tsing Yi Maternal and Child Health Centre
4.9.7	Tsuen Wan Maternal and Child Health Centre
4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre
4.9.9	Yan Oi Maternal and Child Health Centre
4.10.1	Caritas Integrated Family Service Centre – Tin Shui Wai
4.10.2	Caritas Integrated Family Service Centre – Tsuen Wan (East)
4.10.3	Caritas Integrated Family Service Centre – Tuen Mun
4.10.4	The Family Planning Association of Hong Kong - Kwai Fong Youth Health Care Centre
4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic
4.11.1	Cheung Chau Maternal and Child Health Centre
4.11.2	Mui Wo Maternal and Child Health Centre
4.11.3	Tung Chung Maternal and Child Health Centre

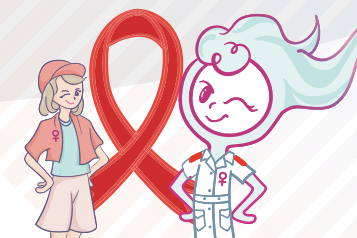
For the centre details and services provided in Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/d5fqm>.

Please call the Family Health Service 24-hour Information Hotline 2112 9900 for any enquiries.



2.10

HIV Testing



- Most people with HIV have no symptoms or signs, therefore one cannot tell from appearance whether a person has the virus or not. The only way to confirm this is by an HIV antibody test.
- HIV can transmit from an infected mother to her baby during pregnancy, delivery or breastfeeding. Without intervention, the transmission rate from an infected mother to her baby is 15 to 40%. The rate can be reduced to 1-2% with effective treatment and prevention given in the course of pregnancy, during delivery and to the baby after birth.
- HIV antibody tests are provided by the Department of Health (DH) and some non-governmental organisations. It is important that a pregnant woman knows her HIV status before delivery. In Hong Kong, all pregnant women are routinely tested for HIV in the antenatal check-up. Therefore, for any woman who is about to deliver and who does not know her HIV status yet, a rapid HIV test that takes only minutes should be done immediately so that appropriate steps can be taken to protect the baby. Also, women who have ever had unprotected sex, had sexually transmitted infections or shared needles to inject drugs should get tested early.
- Dial the AIDS Hotline of DH 2780 2211 - Nurse counsellor will make an appointment for you. The testing service is free, anonymous and confidential.

The following Government clinics and non-governmental organisations provide HIV test

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation
4.1.8	Chai Wan Social Hygiene Clinic
4.1.9	Wan Chai Female Social Hygiene Clinic
4.2.3	Hong Kong AIDS Foundation
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre
4.3.9	Yung Fung Shee Social Hygiene Clinic
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic

Serial number	Name of organisation
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic
4.5.3	Yau Ma Tei Female Social Hygiene Clinic
4.6.1	Aids Concern Foundation Limited
4.7.6	Fanling Social Hygiene Clinic
4.9.10	Tuen Mun Social Hygiene Clinic
4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic
4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic



2.11

Communicable Diseases

- To prevent communicable diseases, maintaining personal hygiene is important. We should wash our hands frequently and thoroughly, observe good food hygiene and exercise regularly. Moreover, environmental hygiene and health are closely related. As such, we have to keep both private and public places clean, ensure good ventilation at home, always keep your home and common facilities clean, and make sure rubbish are properly disposed.
- The Centre for Health Protection (CHP) of the Department of Health (DH) provides a series of important information on communicable diseases, including latest health advice on communicable diseases, information on virus testing service, advice on infection prevention to general public, institutions and businesses, infection control corner, as well as response level on the prevailing communicable diseases, etc. For details, please visit the CHP website www.chp.gov.hk or call the Health Education Infoline of DH at 2833 0111.



2.12

Methadone Treatment



- Heroin is an opioid. Heroin abuse has long-term effects on health, such as addiction, occurrence of withdrawal symptoms, damaged veins, menstrual problems for women (even leading to infertility), weight loss, malnutrition, reduced sexual drive, infection of the endocardium and heart valves, carious teeth and constipation. Opioid overdose can lead to death.
- Under the Methadone Treatment Programme, drug abusers go to a methadone clinic every day where they take adequate dosage of methadone to achieve a heroin-free state, thereby being able to turn over a new leaf.
- Services of methadone clinics include medical assessment and health education, dispensing of methadone for maintenance or detoxification therapy, guidance and counselling by social workers and referral to other drug treatment service agencies as appropriate.

The following Government clinics provide methadone treatment

(Details of each organisation are set out in Chapter 4 in accordance with the serial number)

Serial number	Name of organisation
4.1.10	Aberdeen Methadone Clinic
4.1.11	Eastern Street Methadone Clinic
4.1.12	Shau Kei Wan Methadone Clinic
4.1.13	Violet Peel Methadone Clinic
4.3.10	Kwun Tong Methadone Clinic
4.3.11	Ngau Tau Kok Methadone Clinic
4.3.12	Robert Black Methadone Clinic
4.3.13	Wu York Yu Methadone Clinic
4.5.4	Ho Man Tin Methadone Clinic

Serial number	Name of organisation
4.5.5	Hung Hom Methadone Clinic
4.5.6	Sham Shui Po Methadone Clinic
4.5.7	Yau Ma Tei Methadone Clinic
4.7.7	Sha Tin (Tai Wai) Methadone Clinic
4.7.8	Shek Wu Hui Methadone Clinic
4.7.9	Tai Po Methadone Clinic
4.9.11	Lady Trench Methadone Clinic
4.9.12	Tuen Mun Methadone Clinic
4.9.13	Yuen Long Methadone Clinic
4.11.4	Cheung Chau Methadone Clinic

Summary of Women's Health and Supporting Services - Hong Kong Island

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.1.1	Chai Wan Woman Health Centre		√ ¹	√		
4.1.2	Anne Black Maternal and Child Health Centre			√	√	√
4.1.3	Ap Lei Chau Maternal and Child Health Centre		√ ¹	√	√	√
4.1.4	Chai Wan Maternal and Child Health Centre			√	√	√
4.1.5	Sai Wan Ho Maternal and Child Health Centre			√	√	√
4.1.6	Sai Ying Pun Maternal and Child Health Centre		√ ¹	√	√	√
4.1.7	Tang Chi Ngong Maternal and Child Health Centre			√	√	√
4.1.8	Chai Wan Social Hygiene Clinic					
4.1.9	Wan Chai Female Social Hygiene Clinic					
4.2.1	Caritas Integrated Family Service Centre - Aberdeen					
4.2.2	Caritas Integrated Family Service Centre - Shaukeiwan					
4.2.3	Hong Kong AIDS Foundation					
4.2.4	Hong Kong Breast Cancer Foundation		√			
4.2.5	Hong Kong Federation of Women's Centres - Jockey Club Wah Fu Centre					
4.2.6	Jockey Club Mental Wellness Project for Women					
4.2.7	Mother's Choice					
4.2.8	Po Leung Kuk Making Life Beautiful Integrated Health Centre	√	√	√	√	
4.2.9	The Cancer Crusade Angels Service Society of Hong Kong		√			
4.2.10	The Family Planning Association of Hong Kong - Wan Chai Clinic		√	√	√	
4.2.11	The Family Planning Association of Hong Kong - Wan Chai Sexual & Reproductive Health Centre		√	√	√	
4.2.12	The Family Planning Association of Hong Kong - Wan Chai Youth Health Care Centre			√		
4.2.13	TWGHs Medical Centre (North Point)	√	√	√		

1 Screening mammography is offered to women who are at high risk of developing breast cancer after medical assessment

2 For Postnatal Care Service only

3 Others (Please refer to Chapter 4 for details in accordance with the serial number of the organisation)

4 For details of Methadone Treatment provided by Government clinics, please refer to 2.12 of Chapter 2

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Communicable Diseases	Methadone Treatment ⁴	Others
	√	√	√					
		√	√	√				
	√	√	√	√				
		√	√	√				
		√	√	√				
	√	√	√	√				
		√	√	√				
		√	√		√			
		√	√		√			
				√				
				√				
					√			
		√						(Only Chinese service will be provided) √ ³
		√						
			√	√				
√	√	√	√	√				
√								(Only Chinese service will be provided) √ ³
√	√	√	√	√	√			
√	√	√	√	√	√			
		√	√	√				
√	√							

Summary of Women's Health and Supporting Services - Kowloon East Region

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.3.1	Lam Tin Woman Health Centre		√ ¹	√		
4.3.2	East Kowloon Maternal and Child Health Centre			√	√ ²	√
4.3.3	Kowloon City Maternal and Child Health Centre			√	√	√
4.3.4	Kwun Tong Maternal and Child Health Centre			√	√	√
4.3.5	Lam Tin Maternal and Child Health Centre			√	√	√
4.3.6	Robert Black Maternal and Child Health Centre			√	√	√
4.3.7	Wang Tau Hom Maternal and Child Health Centre		√ ¹	√	√ ²	√
4.3.8	Wu York Yu Maternal and Child Health Centre			√	√ ²	√
4.3.9	Yung Fung Shee Social Hygiene Clinic					
4.4.1	Caritas Integrated Family Service Centre – Tung Tau (Wong Tai Sin South West)					
4.4.2	Hong Kong Breast Cancer Foundation		√			
4.4.3	Hong Kong Women Christian Council					
4.4.4	Mental Health Association of Hong Kong				√ ²	
4.4.5	Mother's Choice					
4.4.6	Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre	√	√	√	√	
4.4.7	The Family Planning Association of Hong Kong - Ma Tau Chung Clinic		√	√	√	
4.4.8	The Family Planning Association of Hong Kong - Wong Tai Sin Clinic		√	√	√	
4.4.9	United Christian Nethersole Community Health Service - Bradbury Kwong Tin Community Health Centre	√		√		
4.4.10	United Christian Nethersole Community Health Service - Jockey Club Wo Lok Community Health Centre	√		√		

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Communicable Diseases	Methadone Treatment ⁴	Others
	√	√	√					
		√	√					
		√	√	√				
		√	√	√				
		√	√	√				
	√	√	√	√				
		√	√	√				
		√	√		√			
				√				
		√	√					
		√	√	√				
√	√	√	√	√				
√	√	√	√	√	√			
√	√	√	√	√	√			
√								
√								√ ³

1 Screening mammography is offered to women who are at high risk of developing breast cancer after medical assessment

2 For Postnatal Care Service only

3 Others (Please refer to Chapter 4 for details in accordance with the serial number of the organisation)

4 For details of Methadone Treatment provided by Government clinics, please refer to 2.12 of Chapter 2

Summary of Women's Health and Supporting Services - Kowloon West Region

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.5.1	West Kowloon Maternal and Child Health Centre		√ ¹	√	√	√
4.5.2	Yaumatei Maternal and Child Health Centre			√	√	√
4.5.3	Yau Ma Tei Female Social Hygiene Clinic					
4.6.1	Aids Concern Foundation Limited					
4.6.2	Hong Kong Single Parents Association					
4.6.3	Hong Kong Young Women's Christian Association Women Affairs Team		√			
4.6.4	Kwong Wah Hospital Well Women Clinic	√	√	√		
4.6.5	PathFinders Limited				√	
4.6.6	Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre	√	√	√	√	
4.6.7	The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre			√		
4.6.8	United Christian Nethersole Community Health Service - UCN Jordan Health Centre	√		√		

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Communicable Diseases	Methadone Treatment ⁴	Others
	√	√	√	√				
		√	√	√				
		√	√		√			
		√	√		√			
		√						(Only Chinese service will be provided)
		√						√ ³
√	√							
				√				(Only for migrant domestic workers & only English service will be provided) √ ³
√	√	√	√	√				
		√	√	√				
√		√						√ ³

1 Screening mammography is offered to women who are at high risk of developing breast cancer after medical assessment

2 For Postnatal Care Service only

3 Others (Please refer to Chapter 4 for details in accordance with the serial number of the organisation)

4 For details of Methadone Treatment provided by Government clinics, please refer to 2.12 of Chapter 2

Summary of Women's Health and Supporting Services - New Territories East Region

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.7.1	Fanling Maternal and Child Health Centre		√ ¹	√	√	√
4.7.2	Lek Yuen Maternal and Child Health Centre		√ ¹	√	√	√
4.7.3	Ma On Shan Maternal and Child Health Centre		√ ¹	√	√	√
4.7.4	Tseung Kwan O Po Ning Road Maternal and Child Health Centre		√ ¹	√	√	√
4.7.5	Wong Siu Ching Maternal and Child Health Centre			√	√	√
4.7.6	Fanling Social Hygiene Clinic					
4.8.1	Caritas Dr. & Mrs. Olinto de Sousa Integrated Family Service Centre					
4.8.2	Caritas Integrated Family Service Centre - Fanling					
4.8.3	United Christian Nethersole Community Health Service - Kwong Fuk Community Health Centre	√		√		

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Comm-unicable Diseases	Meth-adone Treatment ⁴	Others
	√	√	√	√				
	√	√	√	√				
	√	√	√	√				
	√	√	√	√				
		√	√	√				
		√	√		√			
				√				
				√				
√								√ ³

1 Screening mammography is offered to women who are at high risk of developing breast cancer after medical assessment

2 For Postnatal Care Service only

3 Others (Please refer to Chapter 4 for details in accordance with the serial number of the organisation)

4 For details of Methadone Treatment provided by Government clinics, please refer to 2.12 of Chapter 2

Summary of Women's Health and Supporting Services - New Territories West Region

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.9.1	Tuen Mun Woman Health Centre		√ ¹	√		
4.9.2	Madam Yung Fung Shee Maternal and Child Health Centre			√	√	√
4.9.3	North Kwai Chung Maternal and Child Health Centre			√	√	√
4.9.4	South Kwai Chung Maternal and Child Health Centre		√ ¹	√	√ ²	√
4.9.5	Tin Shui Wai Maternal and Child Health Centre			√	√	√
4.9.6	Tsing Yi Maternal and Child Health Centre		√ ¹	√	√	√
4.9.7	Tsuen Wan Maternal and Child Health Centre			√	√	√
4.9.8	Tuen Mun Wu Hong Maternal and Child Health Centre			√	√	√
4.9.9	Yan Oi Maternal and Child Health Centre			√	√	√
4.9.10	Tuen Mun Social Hygiene Clinic					
4.10.1	Caritas Integrated Family Service Centre – Tin Shui Wai					
4.10.2	Caritas Integrated Family Service Centre – Tsuen Wan (East)					
4.10.3	Caritas Integrated Family Service Centre – Tuen Mun					
4.10.4	The Family Planning Association of Hong Kong - Kwai Fong Youth Health Care Centre			√		
4.10.5	The Family Planning Association of Hong Kong Tsuen Wan Clinic		√	√	√	
4.10.6	The Family Planning Association of Hong Kong - Yuen Long Clinic		√	√	√	
4.10.7	United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre	√	√	√		

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Communicable Diseases	Methadone Treatment ⁴	Others
	√	√	√					
		√	√	√				
		√	√	√				
	√	√	√					
		√	√	√				
	√	√	√	√				
		√	√	√				
		√	√	√				
		√	√		√			
				√				
				√				
				√				
√	√	√	√	√	√			
√	√	√	√	√	√			
√		√						√ ³

1 Screening mammography is offered to women who are at high risk of developing breast cancer after medical assessment

2 For Postnatal Care Service only

3 Others (Please refer to Chapter 4 for details in accordance with the serial number of the organisation)

4 For details of Methadone Treatment provided by Government clinics, please refer to 2.12 of Chapter 2

Summary of Women's Health and Supporting Services - Islands Region

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.11.1	Cheung Chau Maternal and Child Health Centre			✓	✓	✓
4.11.2	Mui Wo Maternal and Child Health Centre			✓	✓	✓
4.11.3	Tung Chung Maternal and Child Health Centre			✓	✓	✓

Summary of Women's Health and Supporting Services - Others

Serial No.	Services	Colorectal Cancer Screening Programme	Breast Health	Cervical Cancer Screening	Antenatal and Postnatal Care	Breast-feeding
4.12	Kwai Tsing District Health Centre					
4.13.1	Caritas Family Crisis Support Centre					
4.13.2	RainLily					
4.13.3	Tung Wah Group of Hospitals CEASE Crisis Centre					

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Communicable Diseases	Methadone Treatment ⁴	Others
		✓	✓	✓				
		✓	✓	✓				
		✓	✓	✓				

Bone Health and Osteoporosis	Menopause	Mental Health	Sexual Health	Family Planning	HIV Testing	Communicable Diseases	Methadone Treatment ⁴	Others
								✓ ³
		✓						✓ ³
		✓	✓					✓ ³
		✓						✓ ³

1 Screening mammography is offered to women who are at high risk of developing breast cancer after medical assessment
2 For Postnatal Care Service only
3 Others (Please refer to Chapter 4 for details in accordance with the serial number of the organisation)
4 For details of Methadone Treatment provided by Government clinics, please refer to 2.12 of Chapter 2

4. Women's Health Services Facilities

Woman health service is provided in three Woman Health Centres (WHCs) and ten Maternal and Child Health Centres (MCHCs) on sessional basis under Family Health Service of Department of Health.

For centre details and services provided in Woman Health Centres or Maternal and Child Health Centres, please refer to the Family Health Service website <http://s.fhs.gov.hk/olq5x>.



4.1 Hong Kong Island (Clinics under Department of Health)

4.1.1 Chai Wan Woman Health Centre

Address	2/F, Chai Wan Health Centre, 1 Hong Man Street, Chai Wan
Opening Hours	Mon to Fri: 9:00 am - 1:00 pm, 2:00 pm - 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am - 12:00 noon
Booking Hotline	2897 9321
Enquiry Hotline	2975 0236
Fax Number	2556 4454
Types of Services Provided	Breast Health, Cervical Screening, Health Education and Counseling, Female Health Check

4.1.2 Anne Black Maternal and Child Health Centre

Address	2/F, Anne Black Health Centre, 140 Tsat Tsz Mui Road, North Point
Opening Hours	Mon, Wed to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2562 1824 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2562 7973
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First Registration for Antenatal Service must be made in Pamela Youde Nethersole Eastern Hospital.

4.1.3 Ap Lei Chau Maternal and Child Health Centre

Address	2/F, Ap Lei Chau Clinic, 161 Ap Lei Chau Main Street, Ap Lei Chau
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Mon: 2:00 pm to 5:30 pm)
Booking and Enquiry Number	2518 5701 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2553 0867
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Tsan Yuk Hospital or Queen Mary Hospital

4.1.4 Chai Wan Maternal and Child Health Centre

Address	Level 2, Government office, Block 6, New Jade Garden, 233 Chai Wan Road, Chai Wan
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2556 6757 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2898 0798
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Pamela Youde Nethersole Eastern Hospital

4.1.5 Sai Wan Ho Maternal and Child Health Centre

Address	2/F, Sai Wan Ho Health Centre, 28 Tai Hong Street, Sai Wan Ho
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	3620 3544 3166 6631(Appointment for Cervical Screening Service)
Fax Number	2885 0552
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Pamela Youde Nethersole Eastern Hospital

4.1.6 Sai Ying Pun Maternal and Child Health Centre

Address	4/F, Sai Ying Pun Jockey Club Polyclinic, 134 Queen's Road West, Sai Ying Pun
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Woman Health Service Opening Hours : Fri: 2:00 pm – 5:30 pm)
Booking and Enquiry Number	2859 8280 3166 6631(Appointment for Cervical Screening Service)
Fax Number	2559 1703
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Tsan Yuk Hospital or Queen Mary Hospital

4.1.7 Tang Chi Ngong Maternal and Child Health Centre

Address	4/F, Tang Chi Ngong Specialist Clinic, 284 Queen's Road East, Wanchai
Opening Hours	Tue to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2573 7585 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2147 0097
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Tsan Yuk Hospital or Queen Mary Hospital

4.1.8 Chai Wan Social Hygiene Clinic

Address	West Wing LG5, Specialist Out-patient Block, Pamela Youde Nethersole Eastern Hospital, 3 Lok Man Road, Chai Wan, Hong Kong
Opening Hours	Mon & Fri: 2:00 pm to 5:30 pm Wed: 8:45 am to 1:00 pm, 2:00 pm to 5:30 pm ## Registration is closed an hour before the end of each session
Enquiry Number	No appointment required
Service Introduction Hotline	2595 7500
Types of Services Provided	Diagnostic assessment, management, treatment and prevention and control of sexually transmitted diseases, health counselling, health education activities

4.1.9 Wan Chai Female Social Hygiene Clinic

Address	7/F, Tang Chi Ngong Specialist Clinic, 284 Queen's Road East, Wan Chai, Hong Kong
Opening Hours	Mon: 8:30 am to 1:00 pm, 2:00 pm to 5:30 pm Tue to Fri: 8:45 am to 1:00 pm, 2:00 pm to 5:30 pm ## Registration is closed an hour before the end of each session
Enquiry Number	No appointment required
Service Introduction Hotline	3103 2411
Types of Services Provided	Diagnostic assessment, management, treatment and prevention and control of sexually transmitted diseases, health counselling, health education activities

4.1.10 Aberdeen Methadone Clinic

Address	Aberdeen Jockey Club Clinic, 10 Aberdeen Reservoir Road, Aberdeen
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2554 1665
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.1.11 Eastern Street Methadone Clinic

Address	45 Eastern Street, Sai Ying Pun
Opening Hours	Time of operation from 7:00 am to 3:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2549 5108
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.1.12 Shau Kei Wan Methadone Clinic

Address	Shau Kei Wan Jockey Club Clinic, 8 Chai Wan Road, Shau Kei Wan
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2560 0582
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.1.13 Violet Peel Methadone Clinic

Address	G/F, 2 O'Brien Road, Wan Chai
Opening Hours	Time of operation from 7:00 am to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2835 1761
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.2 Hong Kong Island (Non-Governmental Organisations)

4.2.1 Caritas Integrated Family Service Centre - Aberdeen

Address	3/F, 20 Tin Wan Street, Aberdeen, Hong Kong
Opening hours	Mon, Tue & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Wed & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2555 1993
Fax number	2814 0674
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.2.2 Caritas Integrated Family Service Centre - Shaukeiwan

Address	2/F, Aldrich Bay Integrated Services Building, 15 Aldrich Bay Road, Aberdeen
Opening hours	Mon, Wed & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Tue & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2896 0302
Fax number	2505 5977
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.2.3 Hong Kong AIDS Foundation

Address	5/F, Shaukeiwan Jockey Club Clinic, 8 Chai Wan Road, Shaukeiwan, Hong Kong
Opening hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm
Booking & Enquiry number	2513 0513
Fax number	2560 4154
Types of services provided	Voluntary HIV Counselling and Testing (VCT) Service
Website	http://www.aids.org.hk/

4.2.4 Hong Kong Breast Cancer Foundation

Address	21/F, Jupiter Tower, 9 Jupiter Street, North Point
Opening hours	Mon to Sat: 9:00 am to 1:00 pm, 2:00 pm to 6:00 pm
Booking & Enquiry number	3143 7333
Fax number	2578 2725
Types of services provided	Breast Health
Website	https://www.hkbcbf.org/en/

4.2.5 Hong Kong Federation of Women's Centres - Jockey Club Wah Fu Centre

*Only Chinese service will be provided

Address	Unit S31 & S32, G/F & 1/F, Commercial Complex, Wah Fu (II) Estate, Hong Kong
Opening hours	Mon to Thu: 9:30 am to 6:00 pm Fri: 2:00 pm to 9:00 pm
Booking & Enquiry number	2338 4366
Fax number	2338 4990
Types of services provided	Mental Health, Jockey Club Project 'SPA' for Women's Wellness
Website	https://www.womencentre.org.hk/En/Services/

4.2.6 Jockey Club Mental Wellness Project for Women

Address	2/F, New Clinical Building, Queen Mary Hospital, Pokfulam
Opening hours	For appointment only
Booking & Enquiry number	3917 9579
Types of services provided	Mental Health, Free Mental Health Assessment
Website	https://www.jcwow.org/

4.2.7 Mother's Choice

Address	42B Kennedy Road, Mid-Levels, Hong Kong
Opening hours	For appointment only
Booking & Enquiry number	2313 5678 (Hotline) 5633 5678 (Whatsapp)
Fax number	2537 7151
Types of services provided	Sexual Health, Family Planning
Website	https://www.motherschoice.org/

4.2.8 Po Leung Kuk Making Life Beautiful Integrated Health Centre

Address	Room 1007-1008, 10/F, Hang Seng Bank North Point Building, 341 Kings Road, North Point, HK
Opening hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 6:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	3589 5088
Fax number	3643 0012
Types of services provided	Colorectal Cancer Screening Programme, Breast Health, Cervical Cancer Screening, Antenatal and Postnatal care, Bone Health and Osteoporosis, Menopause, Mental Health, Sexual health, Family planning
Website	https://www.poleungkuk.org.hk/en/service/medical-and-integrated-health/medical-services/medical-services-making-life-beautiful-integrated-health-centre

4.2.9 The Cancer Crusade Angels Service Society of Hong Kong

*Only Chinese service will be provided

Address	Room 908, Tung Che Commercial Centre, 246 Des Voeux Road West, Sai Ying Pun, Hong Kong
Opening hours	For appointment only
Booking & Enquiry number	2541 2366
Fax number	2851 7721
Types of services provided	Breast Health, Bone Health and Osteoporosis, Colorectal Cancer Screening, Vaccine Injection, Cancer Prevention Education
Website	https://ccassohk.org.hk/

4.2.10 The Family Planning Association of Hong Kong – Wan Chai Clinic

Address	G/F, Southern Centre, 130 Hennessy Road, Wan Chai
Opening hours	Mon to Fri: 9:00 am to 8:00 pm Sat: 9:00 am to 5:00 pm
Booking & Enquiry number	2919 7777 (Enquiry) 2572 2222 (Booking)
Fax number	2904 7425
Types of services provided	* Serves women who are practising contraception, married, or aged 26 or above Breast and Pelvic Check, Breast Self-examination, Pap Test, Pelvic Ultrasound Scanning, HPV Vaccination, Pregnancy Test, Early Pregnancy Assessment, NIFTY Pro, Birth Control, Emergency Contraception, Termination of Pregnancy, Female Sexually Transmissible Diseases Screening, HIV Test
Website	https://www.famplan.org.hk/en/locate-us/detail/wan-chai-clinic-g-f

4.2.11 The Family Planning Association of Hong Kong – Wan Chai Sexual & Reproductive Health Centre

Address	9/F, Southern Centre, 130 Hennessy Road, Wan Chai
Opening hours	By appointment only
Booking & Enquiry number	2572 2222
Fax number	2919 7776
Types of services provided	Breast and Pelvic Check, Breast Self-examination, Pap Test, Pelvic Ultrasound Scanning, HPV Vaccination, Pre-marital Check-up, Pre-pregnancy Check-up, Bone Density Measurement, Menopause Service (Including Bone Density Measurement and Hormone Medication), Sex Therapy, Female Sexually Transmissible Diseases Screening, HIV Test, Subfertility Service, Hepatitis B Assessment, Dietetic Service
Website	https://www.famplan.org.hk/en/locate-us/detail/wan-chai-sexual-reproductive-health-centre-9-f

4.2.12 The Family Planning Association of Hong Kong – Wan Chai Youth Health Care Centre

Address	8/F, Southern Centre, 130 Hennessy Road, Wan Chai
Opening hours	By appointment only
Booking & Enquiry number	2575 4799
Fax number	2919 7768
Types of services provided	* Serves Unmarried Women under the Age of 26 Reproductive Health Check-up and Pap Test, HPV Vaccination, Blood Tests and Sexually Transmissible Diseases Screening Package, Emergency Contraception, Pregnancy Counselling, Termination of Pregnancy Referral and Counselling, Individual Sexuality Counselling, Counselling for Sexually Assaulted Victims, Dating and Sex Counselling, Contraceptive Advice
Website	https://www.famplan.org.hk/en/locate-us/detail/wan-chai-youth-health-care-centre

4.2.13 TWGHs Medical Centre (North Point)

Address	11/F, China United Centre, 28 Marble Road, North Point, Hong Kong
Opening hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	3703 5680
Fax number	2157 9053
Types of services provided	Colorectal Cancer Screening Programme, Breast Health, Cervical Cancer Screening, Bone Health and Osteoporosis, Menopause
Website	https://www.tungwah.org.hk/en/medical/mh-introduction/screening/well-women-clinic/

4.3 Kowloon East Region (Clinics under Department of Health)

4.3.1 Lam Tin Woman Health Centre

Address	6/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin
Opening Hours	Mon to Fri: 9:00 am - 1:00 pm, 2:00 pm - 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am - 12:00 noon
Enquiry Number	2952 9829
Service Introduction Hotline	2727 5332
Fax Number	2346 1334
Types of Services Provided	Breast Health, Cervical Screening, Female Health Check, Health Education and Counseling

4.3.2 East Kowloon Maternal and Child Health Centre

Address	1/F, East Kowloon Polyclinic, 160 Hammer Hill Road, Diamond Hill
Opening Hours	Tue & Thu: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am - 12:00 noon
Booking and Enquiry Number	2321 7822 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2324 9077
Types of Services Provided	Cervical Screening, Postnatal Care*, Breastfeeding Coaching Services, Health Education and Counseling * No Antenatal care service provided

4.3.3 Kowloon City Maternal and Child Health Centre

Address	4/F Kowloon City Health Centre, Kowloon City Government offices, 42 Bailey Street, Hung Hom
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am - 12:00 noon
Booking and Enquiry Number	3572 0766 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	3572 0844
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Queen Elizabeth Hospital

4.3.4 Kwun Tong Maternal and Child Health Centre

Address	LG Floor, Kwun Tong Community Health Centre Building, 60 Hip Wo Street, Kwun Tong, Kowloon
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2750 4270 2750 1378 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2148 7514
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in United Christian Hospital, please make prior appointment either in person, or by phone 2750 4270 / 2750 1378. For clients planning delivery in Queen Elizabeth Hospital, first registration must be made in the hospital.

4.3.5 Lam Tin Maternal and Child Health Centre

Address	1/F, Lam Tin Polyclinic, 99 Kai Tin Road, Lam Tin
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2346 2708 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2243 7939
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in United Christian Hospital, please make prior appointment either in person, or by phone 2346 2708. For clients planning delivery in Queen Elizabeth Hospital, first registration must be made in the hospital.

4.3.6 Robert Black Maternal and Child Health Centre

Address	1/F, Robert Black Health Centre, 600 Prince Edward Road East, San Po Kong
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2718 2597 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2716 5839
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Queen Elizabeth Hospital

4.3.7 Wang Tau Hom Maternal and Child Health Centre

Address	G/F, Wang Tau Hom Jockey Club Clinic, 200 Junction Road, Wang Tau Hom
Opening Hours	Mon, Wed & Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm (Women Health Service Opening Hours: Wed 2:00 pm to 5:30 pm)
Booking and Enquiry Number	3143 7180 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2794 4527
Types of Services Provided	Breast Health, Cervical Screening, Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * No Antenatal Service Provided

4.3.8 Wu York Yu Maternal and Child Health Centre

Address	1/F, Wu York Yu Health Centre, 55 Sheung Fung Street, Wong Tai Sin
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2325 5224 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2350 4461
Types of Services Provided	Cervical Screening, Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * No Antenatal Service Provided

4.3.9 Yung Fung Shee Social Hygiene Clinic

Address	4/F, Yung Fung Shee Memorial Centre, 79 Cha Kwo Ling Road, Kwun Tong, Kowloon
Opening Hours	Tue & Thu: 8:45 am to 1:00 pm, 2:00 pm to 5:30 pm # Registration is closed an hour before the end of each session
Enquiry Number	No appointment required
Service Introduction Hotline	2727 8315
Types of Services Provided	Diagnostic assessment, management, treatment and prevention and control of sexually transmitted diseases, health counselling, health education activities

4.3.10 Kwun Tong Methadone Clinic

Address	Kwun Tong Methadone Clinic, 463 Kwun Tong Road, Kwun Tong
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2345 7103
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.3.11 Ngau Tau Kok Methadone Clinic

Address	Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2318 0976
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.3.12 Robert Black Methadone Clinic

Address	Robert Black Health Centre, 600 Prince Edward Road East, San Po Kong
Opening Hours	Time of operation from 7:00 am to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2716 5211
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.3.13 Wu York Yu Methadone Clinic

Address	Wu York Yu Health Centre, 55 Sheung Fung Street, Tsz Wan Shan
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2329 7306
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.4 Kowloon East Region (Non-Governmental Organisations)

4.4.1 Caritas Integrated Family Service Centre - Tung Tau (Wong Tai Sin South West)

Address	1/F, Tung Tau Community Centre, 26 Lok Sin Road, Wong Tai Sin, Kowloon
Opening hours	Mon, Tue & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Wed & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2383 3377
Fax number	2383 2985
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.4.2 Hong Kong Breast Cancer Foundation

Address	G/F, 28 Lung Cheung Road, Kowloon Road
Opening hours	Mon to Sat: 9:10 am to 1:00 pm, 2:00 pm to 6:00 pm
Booking & Enquiry number	2597 3200
Fax number	2597 5200
Types of services provided	Breast Health
Website	https://www.hkbcbf.org/en/

4.4.3 Hong Kong Women Christian Council

Address	17, UG/F, Lok Tai House, Lok Fu Estate, Wong Tai Sin
Opening hours	For appointment only
Booking & Enquiry number	2721 0477
Fax number	2721 1438
Types of services provided	Mental health, Sexual health
Website	https://hkwcc.org.hk/

4.4.4 Mental Health Association of Hong Kong

Address	9/F, Kai Nang Integrated Rehabilitation Service Complex, 4 Fuk Tong Road, Kwan Tong, Kowloon
Opening hours	Mon to Wed & Fri: 9:00 am to 6:00 pm Thu: 1:00 pm to 9:00 pm Sat: 1:00 pm to 5:00 pm
Booking & Enquiry number	2346 3798
Fax number	2348 2428
Types of services provided	Support for females with postnatal mood challenges
Website	http://www.mhahk.org.hk

4.4.5 Mother's Choice

Address	Units A, 21/F, Legend Tower, 7 Shing Yip Street, Kwun Tong, Kowloon
Opening hours	For appointment only
Booking & Enquiry number	3915 5750 (Enquiry) 2313 5678 (Hotline) 5633 5678 (Whatsapp)
Fax number	2537 7151
Types of services provided	Sexual health, Family planning
Website	https://www.motherschoice.org/

4.4.6 Po Leung Kuk Medical and Integrated Health Services Cheerful Court Integrated Health Centre

Address	1/F, Cheerful Court, 55 Choi Ha Road, Ngau Tau Kok, Kowloon
Opening hours	For appointment only
Booking & Enquiry number	2713 1128
Fax number	2713 1171
Types of services provided	Colorectal Cancer Screening Programme, Breast Health, Cervical Cancer Screening, Antenatal and Postnatal care, Bone Health and Osteoporosis, Menopause, Mental Health, Sexual Health, Family Planning
Website	https://www.poleungkuk.org.hk/en/service/medical-and-integrated-health/medical-services/medical-services-cheerful-court-integrated-health-centre

4.4.7 The Family Planning Association of Hong Kong - Ma Tau Chung Clinic

Address	105 Ma Tau Chung Road, Kowloon
Opening hours	Mon to Fri: 9:00 am to 8:00 pm Sat: 9:00 am to 5:00 pm
Booking & Enquiry number	2711 9271 (Enquiry) 2572 2222 (Booking)
Fax number	2712 8528
Types of services provided	<p>* Serves Women Who are Practising Contraception, Married, or Aged 26 or above</p> <p>Breast and Pelvic Check, Breast Self-examination, Pap Test, Pelvic Ultrasound Scanning, HPV Vaccination, Pregnancy Test, Early Pregnancy Assessment, NIFTY Pro, Birth Control, Emergency Contraception, Termination of Pregnancy, Bone Health, Menopause Service (Including Bone Density Measurement and Hormone Medication), Female Sexually Transmissible Diseases Screening, HIV Test</p> <p>Please call 2572 2222 for an appointment of the following services: Dietetic Service, Pre-marital Check-up, Pre-Pregnancy Check-up, Subfertility Service</p>
Website	https://www.famplan.org.hk/en/locate-us/detail/ma-tau-chung-clinic-1-f

4.4.8 The Family Planning Association of Hong Kong – Wong Tai Sin Clinic

Address	G/F, 1-2 Lung On House, Lower Wong Tai Sin Estate II, Kowloon
Opening hours	Mon to Fri: 9:00 am to 8:00 pm Sat: 9:00 am to 5:00 pm
Booking & Enquiry number	2326 2447 (Enquiry) 2572 2222 (Booking)
Fax number	2321 2371
Types of services provided	<p>* Serves Women Who are Practising Contraception, Married, or Aged 26 or above</p> <p>Breast and Pelvic Check, Breast Self-examination, Pap Test, Pelvic Ultrasound Scanning, HPV Vaccination, Pregnancy Test, Early Pregnancy Assessment, NIFTY Pro, Subfertility Service, Birth Control, Emergency Contraception, Termination of Pregnancy, Bone Health, Menopause Service (Including Bone Density Measurement and Hormone Medication), Female Sexually Transmissible Diseases Screening, HIV Test</p>
Website	https://www.famplan.org.hk/en/locate-us/detail/wong-tai-sin-clinic

4.4.9 United Christian Nethersole Community Health Service to Bradbury Kwong Tin Community Health Centre

Address	Unit 203, Kwong Tin Shopping Centre, Kwong Tin, Kowloon
Opening hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2340 3022
Fax number	2348 9130
Types of services provided	Colorectal Cancer Screening Programme, Cervical Cancer Screening, Bone Health and Osteoporosis, Female Health Check Plans
Website	http://www.ucn.org.hk/?l=e&f=

4.4.10 United Christian Nethersole Community Health Service to Jockey Club Wo Lok Community Health Centre

Address	Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon
Opening hours	Mon, Wed & Fri: 8:30 am to 1:00 pm, 2:00 pm to 5:30 pm Thu: 8:30 am to 1:00pm, 2:00 pm to 7:00 pm Sat: 8:30am to 1:00pm, 2:00 pm to 5:00 pm
Booking & Enquiry number	2344 3444 5625 3918 (WhatsApp)
Fax number	2348 9130
Types of services provided	Colorectal Cancer Screening Programme, Cervical Cancer Screening, Bone Health and Osteoporosis, Female Health Check Plans, Community Nutrition Service
Website	http://www.ucn.org.hk/?l=e&f=

4.5 Kowloon West Region (Clinics under Department of Health)

4.5.1 West Kowloon Maternal and Child Health Centre

Address	2/F, West Kowloon Health Centre, Cheung Sha Wan Government offices, 303 Cheung Sha Wan Road, Sham Shui Po
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hour: Wed 9:00 am to 1:00 pm)
Booking and Enquiry Number	2150 7260 / 2150 7270 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2784 1669
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * For clients planning delivery in Princess Margaret Hospital, first registration must be made in the hospital. For clients planning delivery in Queen Elizabeth Hospital, first registration must be made in the hospital.

4.5.2 Yaumatei Maternal and Child Health Centre

Address	1/F, 10 Yan Cheung Road, Yaumatei
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2770 0044 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2374 1361
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Queen Elizabeth Hospital

4.5.3 Yau Ma Tei Female Social Hygiene Clinic

Address	3/F, Yau Ma Tei Jockey Club Polyclinic, 145 Battery Street, Yau Ma Tei, Kowloon
Opening Hours	Mon: 8:30 am to 1:00 pm, 2:00 pm to 5:30 pm Tue: 2:00 pm to 5:30 pm, 5:30 pm to 8:30 pm Wed, Thu & Fri: 8:45 am to 1:00 pm, 2:00 pm to 5:30 pm ## Registration is closed an hour before the end of each session
Enquiry Number	No appointment required
Servic Introduction Hotline	2388 6634
Types of Services Provided	Diagnostic Assessment, Management, Treatment and Prevention and Control of Sexually Transmitted Diseases, Health Counselling, Health Education Activities

4.5.4 Ho Man Tin Methadone Clinic

Address	50 Princess Margaret Road, Ho Man Tin
Opening Hours	Time of operation from 7:00 am to 3:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2713 6091
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.5.5 Hung Hom Methadone Clinic

Address	Hung Hom Clinic, 22 Station Lane, Hung Hom
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2333 8957
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.5.6 Sham Shui Po Methadone Clinic

Address	Sham Shui Po Public Dispensary, 137 Yee Kuk Street, Sham Shui Po
Opening Hours	Time of operation from 7:00 am to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	3468 2938
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.5.7 Yau Ma Tei Methadone Clinic

Address	Yau Ma Tei Jockey Club Polyclinic, 145 Battery Street, Yau Ma Tei, Kowloon
Opening Hours	Time of operation from 3:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2770 2584
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.6 Kowloon West Region (Non-Governmental Organisations)

4.6.1 Aids Concern Foundation Limited

Address	17B, Block F, 3 Lok Man Road, Chai Wan, Hong Kong
Opening hours	Mon to Fri: 9:30 am to 12:30 pm, 2:00 pm to 6:00 pm, 7:00 pm to 10:00 pm Sat & Alternate Sun: 2:00 pm to 5:00 pm
Booking & Enquiry number	2394 6677
Fax number	2505 1682
Types of services provided	Mental Health, Sexual Health, HIV Test
Website	https://aidsconcern.org.hk/en/

4.6.2 Hong Kong Single Parents Association

*Only Chinese service will be provided

Address	Unit G1-G7, Tung Moon House, Tai Hang Tung Estate, Shek Kip Mei, Kowloon
Opening hours	Mon to Fri: 9:00 am to 6:30 pm Sat: 9:00 am to 1:00 pm, 2:00 to 6:30 pm
Booking & Enquiry number	2338 1303
Fax number	2337 5764
Types of services provided	Mental Health
Website	http://www.hkspa.org.hk

4.6.3 Hong Kong Young Women's Christian Association Women Affairs Team

Address	No. 66 Begonia Road, Yau Yat Chuen, Kowloon Tong, Kowloon
Opening hours	Mon to Fri: 10:00 am to 1:00 pm, 2:00 pm to 8:30 pm Sat 10:00 am to 1:00 pm, 2:00 pm to 5:00 pm
Booking & Enquiry number	3443 1600
Fax number	3443 1620
Types of services provided	Breast Health, Mental Health, Legal Consultation Service for Divorcing Women
Website	https://www.ywca.org.hk/services?nid=10

4.6.4 Kwong Wah Hospital Well Women Clinic

Address	4/F, TWGHs Tsui Tsin Tong Outpatient Building, Kwong Wah Hospital, 25 Waterloo Road, Kowloon
Opening hours	Mon to Fri: 8:00 am to 1:00 pm, 2:00pm to 5:00 pm Sat: 8:00 am to 1:00 pm
Booking & Enquiry number	2782 1773
Fax number	3517 2516
Types of services provided	Colorectal Cancer Screening Programme, Breast Health, Cervical Cancer Screening, Bone Health and Osteoporosis, Menopause
Website	https://www.tungwah.org.hk/en/medical/mh-introduction/screening/well-women-clinic/

4.6.5 PathFinders Limited

*Only English service will be provided

Address	Unit 11C, Worldwide Centre, 123 Tung Chau Street, Tai Kok Tsui, Kowloon, Hong Kong
Opening hours	Mon to Fri: 10:00 am to 6:00 pm
Booking & Enquiry number	5190 4886
Fax number	2393 2422
Types of services provided	* For migrant domestic workers only Antenatal and postnatal care, Family planning
Website	https://www.pathfinders.org.hk/en/office

4.6.6 Shum Shui Po District Council Po Leung Kuk Shek Kip Mei Community Services Centre

Address	Shop No. 101, Mei Kwai House, Shek Kip Mei Estate, 13 Pak Tin Street, Shamshuipo, Kowloon
Opening hours	Mon to Sat: 10:00 am to 2:00 pm, 3:00 pm to 7:00 pm Sun and Public Holidays: 9:00 am to 1:00 pm
Booking & Enquiry number	2390 2711
Fax number	2390 2962
Types of services provided	Colorectal Cancer Screening Programme, Breast Health, Cervical Cancer Screening, Antenatal and Postnatal care, Bone Health and Osteoporosis, Menopause, Mental Health, Sexual health, Family planning
Website	https://www.poleungkuk.org.hk/en/service/medical-and-integrated-health/medical-services/medical-services-sham-shui-po-medical-services

4.6.7 The Family Planning Association of Hong Kong - Mong Kok Youth Health Care Centre

Address	Room A, 13/F, Full Win Commercial Centre, 573 Nathan Road, Kowloon
Opening hours	By appointment only
Booking & Enquiry number	2770 4994
Fax number	2771 7822
Types of services provided	* Serves Unmarried Women under the Age of 26 Reproductive Health Check-up and Pap Test, HPV Vaccination, Contraceptive Advice, Emergency Contraception, Pregnancy Counselling, Termination of Pregnancy Referral and Counselling, Individual Sexuality Counselling, Counselling For Sexually Assailed Victims, Dating and Sex Counselling, Blood Tests and Sexually Transmissible Diseases Screening Package
Website	https://www.famplan.org.hk/en/locate-us/detail/mong-kok-youth-health-care-centre

4.6.8 United Christian Nethersole Community Health Service - UCN Jordan Health Centre

Address	13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon
Opening hours	Mon to Thu: 8:30 am to 1:00 pm, 2:00 pm to 6:00 pm Fri: 8:30 am to 1:00 pm, 2:00 pm to 7:00 pm Sat: 8:30 am to 1:00 pm, 2:00 pm to 5:00 pm
Booking & Enquiry number	2770 8365 5628 5198 (WhatsApp)
Fax number	2348 9130
Types of services provided	Colorectal Cancer Screening Programme, Cervical Cancer Screening, Bone Health and Osteoporosis, Mental Health, Community Nutrition Service, Female Health Check Plans
Website	http://www.ucn.org.hk/?l=e&f=

4.7 New Territories East Region (Clinics under Department of Health)

4.7.1 Fanling Maternal and Child Health Centre

Address	3/F & 5/F, Fanling Health Centre, 2 Pik Fung Road, Fanling
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Mon 2:00 pm to 5:30 pm, Fri 9:00 am to 1:00 pm)
Booking and Enquiry Number	2677 6484 2671 9563 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2677 2565
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * For clients planning delivery in Prince of Wales Hospital, first registration must be made in the hospital or by phone 2671 9563.

4.7.2 Lek Yuen Maternal and Child Health Centre

Address	2/F, Lek Yuen Health Centre, 9 Lek Yuen Street, Shatin
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Tue full day & Fri 2:00 pm – 5:30 pm)
Booking and Enquiry Number	2692 8741 2692 8286 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2604 5250
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * For clients planning delivery in Prince of Wales Hospital, first registration must be made in the hospital or by phone 2692 8741.

4.7.3 Ma On Shan Maternal and Child Health Centre

Address	1/F, Ma On Shan Health Centre, 609 Sai Sha Road, Ma On Shan
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Thu 9:00 am to 1:00 pm)
Booking and Enquiry Number	2640 4724 2641 3843 3166 6631(Appointment for Cervical Screening Service)
Fax Number	2640 0641
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * For clients planning delivery in Prince of Wales Hospital, first registration must be made in the hospital or by phone 2640 4724.

4.7.4 Tseung Kwan O Po Ning Road Maternal and Child Health Centre

Address	1/F, Tseung Kwan O Po Ning Road Health Centre, 28 Po Ning Road, Tseung Kwan O
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Wed 9:00 am to 1:00 pm)
Booking and Enquiry Number	2191 1086 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2191 1486
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * For clients planning delivery in United Christian Hospital or Tseung Kwan O Hospital, please make prior appointment either in person, or by phone 2191 1086 For clients planning delivery in Queen Elizabeth Hospital, first registration must be made in the hospital

4.7.5 Wong Siu Ching Maternal and Child Health Centre

Address	1/F, Wong Siu Ching Clinic, 1 Po Wu Lane, Tai Po
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2652 3745 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2658 4461
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in Prince of Wales Hospital, first registration must be made in the hospital or by phone 2652 3744.

4.7.6 Fanling Social Hygiene Clinic

Address	6/F, Fanling Health Centre, 2 Pik Fung Road, Fanling, New Territories
Opening Hours	Mon: 8:30 am to 1:00 pm, 2:00 pm to 5:30 pm Tue, Wed, Thu & Fri: 8:45 am to 1:00 pm, 2:00 pm to 5:30 pm # Registration is closed an hour before the end of each session
Enquiry Number	No appointment required
Service Introduction Hotline	2639 1437
Types of Services Provided	Diagnostic assessment, management, treatment and prevention and control of sexually transmitted diseases, health counselling, health education activities

4.7.7 Sha Tin (Tai Wai) Methadone Clinic

Address	Sha Tin (Tai Wai) Clinic, 2 Man Lai Road, Tai Wai, Sha Tin
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2604 5355
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.7.8 Shek Wu Hui Methadone Clinic

Address	Shek Wu Hui Jockey Club Clinic, 108 Jockey Club Road, Sheung Shui
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2671 9484
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.7.9 Tai Po Methadone Clinic

Address	Tai Po Jockey Club Clinic, 37 Ting Kok Road, Tai Po
Opening Hours	Time of operation from 6:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2664 5020
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.8 New Territories East Region (Non-Governmental Organisations)

4.8.1 Caritas Dr. & Mrs. Olinto de Sousa Integrated Family Service Centre

Address	Units 101-107, G/F, Block A, Herring Gull House, Cha Kok Estate, Shatin
Opening hours	Mon, Tue & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Wed & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2649 2977
Fax number	2686 8740
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.8.2 Caritas Integrated Family Service Centre - Fanling

Address	3/F & 4/F, Fanling South Government Complex, 7 Wo Ming Lane, Fanling
Opening hours	Mon, Tue & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Wed & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2669 2316
Fax number	2676 2273
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.8.3 United Christian Nethersole Community Health Service - Kwong Fuk Community Health Centre

Address	19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, New Territories
Opening hours	Mon to Fri: 8:30 am to 1:00pm; 2:30 pm to 7:00 pm Sat: 8:30 am to 1:00 pm; 2:00 pm to 5:00 pm
Booking & Enquiry number	2638 3846 6226 5342 (WhatsApp)
Fax number	2348 9130
Types of services provided	Colorectal Cancer Screening Programme, Cervical Cancer Screening, Bone Health and Osteoporosis, Community Nutrition Service, Female Health Check Plans
Website	http://www.ucn.org.hk/?l=e&f=

4.9.2 Madam Yung Fung Shee Maternal and Child Health Centre

Address	1/F, Madam Yung Fung Shee Health Centre, 26 Sai Ching Street, Yuen Long
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2443 8421 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2474 9285
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in Tuen Mun Hospital, first registration must be made either in person, or by phone 2443 8421.

4.9 New Territories West Region (Clinics under Department of Health)

4.9.1 Tuen Mun Woman Health Centre

Address	Yan Oi Polyclinic, 4 Tuen Lee Street, Tuen Mun
Opening Hours	Mon to Fri 9:00 am - 1:00 pm, 2:00 pm - 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9 am - 12:00 noon
Enquiry Number	2451 5310
Service Introduction Hotline	2451 6667
Fax Number	2459 4593
Types of Services Provided	Breast Health, Cervical Screening, Health Education and Counseling, Female Health Check

4.9.3 North Kwai Chung Maternal and Child Health Centre

Address	1/F, North Kwai Chung Clinic, 125 Tai Pak Tin Street, Kwai Chung
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2418 8550 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2425 9540
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Princess Margaret Hospital

4.9.4 South Kwai Chung Maternal and Child Health Centre

Address	1/F, South Kwai Chung Jockey Club Polyclinic, 310 Kwai Shing Circuit, Kwai Chung
Opening Hours	Mon & Wed: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Wed 2:00 pm to 5:30 pm)
Booking and Enquiry Number	2615 7350 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2406 9664
Types of Services Provided	Breast Health, Cervical Screening, Postnatal Care*, Breastfeeding Coaching Services, Female Health Check, Health Education and Counseling *No Antenatal Service Provided

4.9.5 Tin Shui Wai Maternal and Child Health Centre

Address	1/F, Tin Shui Wai Health Centre, 3 Tin Shui Road, Tin Shui Wai
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2448 5580 2445 6835 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2616 4129
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in Tuen Mun Hospital, first registration must be made either in person, or by phone 2448 5580 / 2445 6834.

4.9.6 Tsing Yi Maternal and Child Health Centre

Address	3/F, Cheung Hong Commercial Complex, Phase I, Cheung Hong Estate, Tsing Yi
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon (Women Health Service Opening Hours: Mon 2:00 pm to 5:30 pm)
Booking and Enquiry Number	2497 0431 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2434 4065
Types of Services Provided	Breast Health, Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Female Health Check, Health Education and Counseling * First registration must be made in Princess Margaret Hospital

4.9.7 Tsuen Wan Maternal and Child Health Centre

Address	9/F, Block C, Yan Chai Hospital, 7-11 Yan Chai Street, Tsuen Wan
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2615 5500 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2490 9425
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Princess Margaret Hospital

4.9.8 Tuen Mun Wu Hong Maternal and Child Health Centre

Address	2/F, Tuen Mun Wu Hong Clinic, 2 Wu Hong Street, Tuen Mun
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2458 1694 2458 7477 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2457 0651
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in Tuen Mun Hospital, first registration must be made either in person, or by phone 2458 7477.

4.9.9 Yan Oi Maternal and Child Health Centre

Address	1/F, Yan Oi Polyclinic, 6 Tuen Lee Street, Tuen Mun
Opening Hours	Mon to Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm 2nd & 4th non-Public Holiday Saturdays of each month: 9:00 am to 12:00 noon
Booking and Enquiry Number	2404 3720 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2440 4554
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in Tuen Mun Hospital, first registration must be made either in person, or by phone 2404 3720.

4.9.10 Tuen Mun Social Hygiene Clinic

Address	5/F, Tuen Mun Eye Centre, 4 Tuen Lee Street, Tuen Mun, New Territories
Opening Hours	Mon: 8:30 am to 1:00 pm, 2:00 pm to 5:30 pm Wed & Fri: 8:45 am to 1:00 pm, 2:00 pm to 5:30 pm # Registration is closed an hour before the end of each session
Enquiry Number	No appointment required
Service Introduction Hotline	2459 2958
Types of Services Provided	Diagnostic assessment, management, treatment and prevention and control of sexually transmitted diseases, health counselling, health education activities

4.9.11 Lady Trench Methadone Clinic

Address	Lady Trench Polyclinic, 213 Sha Tsui Road, Tsuen Wan
Opening Hours	Time of operation from 7:00 am to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2869 5611
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.9.12 Tuen Mun Methadone Clinic

Address	Tuen Mun Clinic, 11 Tsing Yin Street, Tuen Mun
Opening Hours	Time of operation from 3:00 pm to 10:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2452 9113
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.9.13 Yuen Long Methadone Clinic

Address	Yuen Long Jockey Club Health Centre, 269 Castle Peak Road, Yuen Long
Opening Hours	Mon to Fri (Except Public Holidays): 6:00 pm to 10:00 pm Sat, Sun and Public Holidays: 3:00 pm to 7:00 pm
Enquiry Number	2470 9307
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.10 New Territories West Region
(Non-Governmental Organisations)

4.10.1 Caritas Integrated Family Service Centre - Tin Shui Wai

Address	G/F, Shui Lung House, (Wing B & C), Tin Shui (I) Estate, Tin Shui Wai
Opening hours	Mon, Tue & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Wed & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2474 7312
Fax number	2447 0665
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.10.2 Caritas Integrated Family Service Centre - Tsuen Wan (East)

Address	G/F, Block A, Shek To House, Shek Wai Kik Estate, Tsuen Wan
Opening hours	Mon, Wed & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Tue & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2402 4669
Fax number	2492 3151
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.10.3 Caritas Integrated Family Service Centre - Tuen Mun

Address	Unit 1-5, G/F, Leung Chun House, Leung King Estate, Tuen Mun
Opening hours	Mon, Tue & Thu: 9:00 am to 12:30 pm, 1:30 pm to 5:00 pm Wed & Fri: 9:00 am to 12:30 pm, 1:30 pm to 8:00 pm Sat: 9:00 am to 1:00 pm
Booking & Enquiry number	2466 8622
Fax number	2462 6032
Types of services provided	Family planning
Website	https://www.caritas.org.hk/en/service/family

4.10.4 The Family Planning Association of Hong Kong -
Kwai Fong Youth Health Care Centre

Address	Unit 702-705, Level 7, Tower II, Metroplaza, 223 Hing Fong Road, Kwai Chung
Opening hours	By appointment only
Booking & Enquiry number	2443 2773
Fax number	3579 4667
Types of services provided	* Serves Unmarried Women under the Age of 26 Reproductive Health Check-up and Pap Test, HPV Vaccination, Contraceptive Advice, Emergency Contraception, Pregnancy Counselling, Termination of Pregnancy Referral and Counselling, Individual Sexuality Counselling, Counselling For Sexually Assaulted Victims, Dating and Sex Counselling, Blood Tests and Sexually Transmissible Diseases Screening Package
Website	https://www.famplan.org.hk/en/locate-us/detail/kwai-fong-youth-health-care-centre

4.10.5 The Family Planning Association of Hong Kong – Tsuen Wan Clinic

Address	Room 1621-1622, 16/F, Nan Fung Centre, 264-298 Castle Peak Road, Tsuen Wan
Opening hours	Mon to Fri: 9:00 am to 8:00 pm Sat: 9:00 am to 5:00 pm
Booking & Enquiry number	2742 8183 2572 2222
Fax number	2310 1574
Types of services provided	* Serves Women Who are Practising Contraception, Married, or aged 26 or above Breast and Pelvic Check, Breast Self-examination, Pap Test, Pelvic Ultrasound Scanning, HPV Vaccination, Pre-Marital Check-up, Pre-Pregnancy Check-up, Pregnancy Test, Early Pregnancy Assessment, NIFTY Pro, Subfertility Service, Birth Control, Emergency Contraception, Termination of Pregnancy, Bone Health, Menopause Service (Including Bone Density Measurement and Hormone Medication), Female Sexually Transmissible Diseases Screening, HIV Test, Dietetic Service
Website	https://www.famplan.org.hk/en/locate-us/detail/tsuen-wan-clinic

4.10.6 The Family Planning Association of Hong Kong – Yuen Long Clinic

Address	149-153 On Ning Road, Yuen Long
Opening hours	For appointment only
Booking & Enquiry number	2477 3201 2572 2222
Fax number	2442 5747
Types of services provided	* Serves Women Who are Practising Contraception, Married, or aged 26 or above Breast and Pelvic Check, Breast Self-examination, Pap Test, Pelvic Ultrasound Scanning, HPV Vaccination, Pre-Marital Check-up, Pre-Pregnancy Check-up, Birth Control, Emergency Contraception, Termination of Pregnancy, Pregnancy Test, Early Pregnancy Assessment, NIFTY Pro, Bone Health, Menopause Service (Including Bone Density Measurement and Hormone Medication), Female Sexually Transmissible Diseases Screening, HIV Test
Website	https://www.famplan.org.hk/en/locate-us/detail/yuen-long-clinic-g-f

4.10.7 United Christian Nethersole Community Health Service - Jockey Club Tin Shui Wai Community Health Centre

Address	Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, New Territories
Opening hours	Mon, Wed & Fri: 8:30 am to 1:00 pm, 2:00 pm to 5:30 pm Tue & Thu: 8:30 am to 1:00 pm, 2:00 pm to 7:00 pm Sat: 8:30 am to 1:00 pm, 2:00 pm to 5:00 pm
Booking & Enquiry number	3156 9000
Fax number	2348 9130
Types of services provided	Colorectal Cancer Screening Programme, Cervical Cancer Screening, Bone Health and Osteoporosis, Mental Health, Community Nutrition Service, Female Health Check Plans
Website	http://www.ucn.org.hk/?l=e&f=

4.11 Islands Region (Clinics under Department of Health)

4.11.1 Cheung Chau Maternal and Child Health Centre

Address	G/F, St. John Hospital, Cheung Chau Hospital Road, Cheung Chau
Opening Hours	Tue: 9:00 am to 1:00 pm, 2:00 pm to 5:00 pm
Booking and Enquiry Number	2981 7762 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2981 2614
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * First registration must be made in Tsan Yuk Hospital or Queen Mary Hospital

4.11.2 Mui Wo Maternal and Child Health Centre

Address	1/F, Mui Wo Clinic, 2 Ngan Kwong Wan Road, Mui Wo, Lantau Island
Opening Hours	2nd & 4th non-Public Holiday Mondays of each month: 9:00 am to 1:00 pm, 2:00 pm to 5:00 pm
Booking and Enquiry Number	2984 2193 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2984 1081
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling *First registration must be made in Tsan Yuk Hospital or Queen Mary Hospital

4.11.3 Tung Chung Maternal and Child Health Centre

Address	G/F, Tung Chung Health Centre, 6 Fu Tung Street, Tung Chung, Lantau Island
Opening Hours	Tue, Thu & Fri: 9:00 am to 1:00 pm, 2:00 pm to 5:30 pm
Booking and Enquiry Number	3575 8370 3166 6631 (Appointment for Cervical Screening Service)
Fax Number	2109 0436
Types of Services Provided	Cervical Screening, Antenatal and Postnatal Care*, Breastfeeding Coaching Services, Family Planning, Health Education and Counseling * For clients planning delivery in Princess Margaret Hospital, first registration must be made in the hospital For clients planning delivery in Queen Mary Hospital, first registration must be made in Queen Mary Hospital or Tsan Yuk Hospital

4.11.4 Cheung Chau Methadone Clinic

Address	St. John Hospital, Cheung Chau Hospital Road, Cheung Chau
Opening Hours	Time of operation from 1:00 pm to 8:00 pm, Monday to Sunday, including public holidays
Enquiry Number	2981 5399
Types of Services Provided	Provide methadone treatment to opiate abusers, Dispensing of methadone for maintenance or detoxification therapy

4.12 Kwai Tsing District Health Centre

Address	30/F, Tower II, Kowloon Commerce Centre, 51 Kwai Cheong Road, Kwai Chung, New Territories
Opening hours	Mon to Sat: 10:00 am to 8:00 pm
Booking & Enquiry number	1878222
Fax number	2363 8322
Types of services provided	Health Talk
Website	https://kwtdhc.org.hk/en/contact_us-2/

4.13.1 Caritas Family Crisis Support Centre

Address	50, Kwun Tong Road, Kowloon
Opening hours	24 hours
Booking & Enquiry number	18288 (24-hour hotline)
Fax number	2383 2231
Types of services provided	Mental Health
Website	http://fcsc.caritas.org.hk/

4.13.2 RainLily

Mailbox	P.O. Box 74120, Kowloon Central Post office, Hong Kong
Opening hours	For appointment only
Booking & Enquiry number	2375 5322 (Sexual Violence Helpline) 2392 2569 (General Enquires)
Fax number	2625 1572
Types of services provided	One-Stop Sexual Violence Crisis Centre, Sexual Violence Victim-Survivors Support Services (Counselling; Immediate and Post-Crisis Medical Support; Case-reporting and Judicial Procedures Coordination and Accompaniment; Counselling Group; Legal Consultation) SafeChat Online Support: http://rainlily.org.hk/eng/safechat
Website	https://rainlily.org.hk/

4.13.3 Tung Wah Group of Hospitals, CEASE Crisis Centre

Address	6/F, Tung Wah Group of Hospitals Wong Fung Ling Memorial Building, 12 Po Yan Street, Sheung Wan, Hong Kong (deliver to CEASE Crisis Centre)
Opening hours	24 hours social worker on duty (Centre not open to the public)
Booking & Enquiry number	18281
Fax number	2703 4111
Types of services provided	Mental Health, Crisis Intervention and Support Service, Comprehensive Assistance, Outreach Services, Short-term Accommodation Services
Website	Supports victims of sexual violence Human Services Webpage: http://18281.tungwahcsd.org/Phase1_MyStory.htm Supports online counseling services for victims of sexual violence: http://18281.tungwahcsd.org/popup.htm

5.1 Incidence and Mortality of Most Common Diseases for Women

Number of Deaths by Leading Causes of Death by Sex in 2019

Rank	Cause of Death*	Number of Deaths			
		Male	Female	Unknown	Total
1	Malignant neoplasms	8 645	6 226	0	14 871
2	Pneumonia	5 026	4 245	0	9 271
3	Diseases of heart	3 409	2 687	0	6 096
4	Cerebrovascular diseases	1 543	1 427	0	2 970
5	External causes of morbidity and mortality ^Δ	1 219	629	0	1 848
6	Nephritis, nephrotic syndrome and nephrosis	810	857	0	1 667
7	Dementia	545	945	0	1 490
8	Chronic lower respiratory diseases	1 042	331	0	1 373
9	Septicaemia	598	467	0	1 065
10	Diabetes mellitus	249	244	0	493
	Other causes	4 010	3 550	2	7 562
	All causes	27 096	21 608	2	48 706

Notes:

The mortality figures in this table are based on number of "registered" deaths.

* Classification of diseases and causes of death is based on the International Statistical Classification of Diseases and Related Health Problems (ICD) 10th Revision.

Δ According to the ICD 10th Revision, when the morbid condition is classifiable under Chapter XIX as "injury, poisoning and certain other consequences of external causes", the codes under Chapter XX for "external causes of morbidity and mortality" should be used as the primary cause of death.

Source: Department of Health

10 Most Common Cancers in 2018 – Female

Rank	Site	No.	Rel. Freq.	Crude rate*
1	Breast	4 618	27.2%	114.3
2	Colorectum	2 375	14.0%	58.8
3	Lung	2 007	11.8%	49.7
4	Corpus uteri	1 165	6.9%	28.8
5	Thyroid	806	4.7%	19.9
6	Ovary and peritoneum	664	3.9%	16.4
7	Cervix	582	3.4%	14.4
8	Stomach	538	3.2%	13.3
9	Non-melanoma skin	531	3.1%	13.1
10	Non-Hodgkin lymphoma	441	2.6%	10.9

10 Major Causes of Cancer Deaths in 2018 — Female

Rank	Site	No.	Rel.freq.	Crude Rate*
1	Lung	1 328	21.9%	32.9
2	Colorectum	1 005	16.6%	24.9
3	Breast	753	12.4%	18.6
4	Liver	398	6.6%	9.8
5	Pancreas	318	5.2%	7.9
6	Stomach	273	4.5%	6.8
7	Ovary and peritoneum	265	4.4%	6.6
8	Cervix	163	2.7%	4.0
9	Non-Hodgkin lymphoma	152	2.5%	3.8
10	Leukaemia	139	2.3%	3.4

Note: * Expressed per 100 000 population

Source: Hong Kong Cancer Registry, Hospital Authority



婦女事務委員會
Women's Commission

Website : www.women.gov.hk
Tel : 2810 3827