

Press release 6 April 2024

**The Hong Kong Psychological Society
advises citizens affected by the earthquake in Taiwan**

The Hong Kong Psychological Society extends its heartfelt condolences and concern to the people of Taiwan and Hong Kong citizens who were affected by the devastating earthquake in Hualien, Taiwan.

The impact of this disaster extends across borders, affecting not only the people of Taiwan but also Hong Kong citizens who may have been emotionally impacted by the event. The distress and grief that these individuals are experiencing can be profound and unsettling, and may be exacerbated by graphic media coverage.

It is important to understand that emotional distresses are common responses to such significant disasters. While these negative feelings usually recede over time, support from friends and family, as well as self-managed stress relief techniques, could aid in coping with these emotions. However, if the stress or anxiety persists for more than two weeks and severely impacts an individual's daily life, we strongly recommend seeking professional help.

In the aftermath of such events, it is typical for governments, NGOs, and individual psychologists to provide support services for those affected. We encourage Hong Kong citizens to stay informed about these ad hoc services through media updates, or to seek assistance from establishments like the Social Welfare Department, the Hospital Authority, or other major NGOs that offer psychological services.

The Hong Kong Psychological Society urges the public to exercise discernment when seeking professional psychological help. It is crucial to engage psychologists who are professionally trained and recognized by the Hong Kong Psychological Society

The Hong Kong Psychological Society suggests citizens to check the lists of professional psychologists through these websites:

Clinical Psychologists:

<https://hkps-dcp.org.hk/en/home-en/member-directory-en>

<https://www.icphk.org.hk/en/information-to-public/list-of-registrants>

Educational Psychologists:

https://www.dep.hkps.org.hk/membership_criteria/directory/

<https://www.hkaep.org.hk/list-of-registrants/>

Industrial-Organizational Psychologists:

<https://www.diop.hkps.org.hk/wp-content/uploads/DIOP-Member-Directory-20231215.pdf>

Counselling Psychologists:

<https://www.dcop.hkps.org.hk/index.php/member-directory/>

Other Registered Psychologists:

https://www.hkps.org.hk/en/psychologists/find_a_psychologist/

The Hong Kong Psychological Society is Hong Kong's longest-standing and largest psychological organization, with over 3000 members. All members are bound by the Society's Code of Professional Conduct. The Society offers a registration system for professionally-trained psychologists specialising in clinical, educational, industrial-organisational, counselling, as well as other areas of psychology.

The Hong Kong Psychological Society

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