

戒煙計劃

為推廣香港無煙文化，衛生署由2013年起資助社康，推行「少數族裔戒煙計劃」，並由2023年更為「戒煙計劃」。

我們提供診所及外展模式的戒煙服務，例如進行健康教育、輔導和治療對尼古丁的依賴。服務對象涵蓋香港本地居民、少數族裔及新來港人士。



為了在社區推廣健康的生活方式及維持無煙生活，我們更設有「戒煙大使」培訓給戒煙者、其家人和朋友。

服務團隊

我們的團隊成員來自香港、尼泊爾、印度、巴基斯坦、菲律賓及印尼，並擁有醫學、護理及心理學資歷，讓他們能夠以不同的語言去與本地人、少數族裔及其他群體溝通。



服務熱線  3156 9012

以上服務費用全免，歡迎有意戒煙或參加「戒煙大使」培訓的市民致電查詢。

服務網絡

賽馬會和樂社區健康中心

九龍觀塘協和街和樂邨居安樓26-33號地下

交通 港鐵牛頭角站A出口 ⇄ 95M巴士 ⇄ 和樂邨

交通 港鐵觀塘站A1出口 ⇄ 50號綠色專線 ⇄ 和樂邨小巴(裕民坊)

佐敦健康中心

九龍佐敦道23號新實廣場13樓(全層)

交通 港鐵佐敦站A出口

賽馬會天水圍社區健康中心

新界天水圍天晴邨天晴社區綜合服務大樓1樓103室

交通 輕鐵天水圍站(705、706循環線) ⇄ 天悅站/天秀站


大埔健康生活中心

香港新界大埔汀角路10號大元邨

大元商場舊翼B座2樓201E號舖

交通 港鐵大埔墟站A2出口 ⇄ K12港鐵接駁巴士

預約及服務查詢


 3156 9012


 5625 3928 (Chinese)

 6695 2523 (English)

 facebook.com/smokingcessationprogramme


總辦事處


 將軍澳坑口寶寧里2號九龍東聯網行政樓1樓

 2717 1989

 info@ucn.org.hk

 www.ucn.org.hk

 facebook.com/ucnchs

 instagram.com/ucn_healthcare

戒煙計劃



健康生活化

生活健康化

Smoking Cessation Programme for Ethnic Minorities and New Immigrants

In order to promote a smoke-free culture in Hong Kong for ethnic minorities and new immigrants, the Department of Health has been subsidizing UCN to implement the "Smoking" Cessation Programme for Ethnic Minorities and New Immigrants" since 2013. The programme was renamed Smoking Cessation Programme on April 2023.

We provide clinic as well as outreach based smoking cessation service, such as health education, counselling, and treatment for nicotine addiction. Our service targets including local Hong Kong residents, ethnic minorities and new arrivals.



To promote a healthy lifestyle in the community and stay smoke-free, we also deliver "Quit Ambassadors" training to quitters, their families and friends.

Service Team

Our team consists of members from Hong Kong, Nepal, India, Pakistan, Philippines and Indonesia, with medical, nursing and psychology qualifications, which enable them to engage local Chinese, ethnic minorities and other groups in their native languages.



Service Hotline ☎ 3156 9012

The above services are free of charge. For those who intend to quit smoking or join "Quit Ambassadors" training, please call the hotline for enquiry.

Service Network

📍 Jockey Club Wo Lok Community Health Centre

Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon

🚗 Transportation Ngau Tau Kok MTR ⇌ KMB Route 95M ⇌ Wo Lok Estate Station Exit A

🚗 Transportation Kwun Tong MTR ⇌ Green Minibus ⇌ Wo Lok Estate Station Exit A1 Route 50

📍 Jordan Health Centre

13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon

🚗 Transportation Jordan MTR Station Exit A

📍 Jockey Club Tin Shui Wai Community Health Centre

Unit 103, 1/F, Tin Ching Amenity and Community Building, Tin Ching Estate, Tin Shui Wai, New Territories

🚗 Transportation Tin Shui Wai MTR Light Rail Stop ⇌ Tin Yuet/Tin Sau Stop (Route 705, 706)

📍 Tai Po Wellness Centre

Unit 201E, 2/F Tai Yuen Commercial Centre, 10 Ting Kok Road, Tai Po, New Territories

🚗 Transportation Tai Po Market MTR Station Exit A2 ⇌ Bus Route K12

Service Booking & Enquiry

☎ 3156 9012

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📞 6695 2523 (English)

🌐 facebook.com/smokingcessationprogramme

Headquarters

📍 L1, KEC Administrative Building, No. 2 Po Ning Lane, Hang Hau, Tseung Kwan O

☎ 2717 1989

✉ info@ucn.org.hk

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Smoking Cessation Programme



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