

國立中興大學「115 年度員工協助方案心理諮商/諮詢相關措施」一覽表

National Chung Hsing University Overview of “FY 115 Employee Assistance Program (EAP) Psychological Counseling/Consultation Measures”

項目 Categor	說明 Description
<p>【校內】 心理諮詢服務 On-Campus Psychological Counseling Services</p>	<p>【學務處健康及諮商中心心理諮詢服務】 學務處健康及諮商中心提供本校教職員工心理諮詢服務，請於週一至週五上班時間致電健諮中心(04-22840241 轉 39)，將有專人負責安排晤談。心理諮詢約為 50 分鐘，申請人每學期得使用一次。</p> <p>【Psychological consultation services are provided by the Health and Counseling Center, Office of Student Affairs.】 Faculty and staff may call during office hours (Mon-Fri) at 04-22840241 ext. 39 to schedule an appointment. Each session lasts approximately 50 minutes. Each applicant may use the service once per semester.</p>
<p>【校外】 自費心理諮商補助 [Off Campus] Subsidy for Self-Paid Psychological Counseling</p>	<p>對象：本校教職員工，遇工作困難或壓力亟需心理諮商服務者；另未滿 45 歲者請優先申請衛福部「青壯世代心理健康支持方案」。</p> <p>次數：每人每年心理諮商服務 3 次，每次金額以 2,000 元為上限(未逾 2,000 元者，核實支付)，可逐次核銷。最遲請於每年 11 月底前完成核銷，核銷時須檢附諮商證明(收據)並簽名；依申請人送達人事室順序依保密程序核銷，補助至經費用罄為止。</p> <p>Eligibility: This subsidy is available to faculty and staff of the University who experience work-related difficulties or stress and have an urgent need for psychological counseling services. Applicants under the age of 45 are encouraged to first apply for the Ministry of Health and Welfare (MOHW) “Young and Middle-Aged Generation Mental Health Support Program.”</p> <p>Frequency: Each eligible person may receive subsidies for up to three counseling sessions per year, with a maximum subsidy of NTD 2,000 per session (actual reimbursement will be made if the amount is less than NTD 2,000). Reimbursement may be claimed on a per-session basis and must be completed by the end of November each year. Applicants are required to submit proof of counseling (receipt) and sign the</p>

	<p>reimbursement form. Claims will be processed by the Personnel Office in the order received, in accordance with confidentiality procedures, and subsidies will be granted until the allocated budget is exhausted.</p>
<p>【校外】 公部門免費心理諮詢/諮商資源 [Off Campus] Public Free Psychological Counseling Resources</p>	<p>一、臺中市政府衛生局「高關懷免費定點心理諮詢」 (一)有明顯情緒困擾或心理困擾，有意願接受諮詢之臺中市之市民可使用，由心理師提供免費面對面心理諮詢服務，以4次為限。 (二)請參閱相關網頁資訊：https://www.health.taichung.gov.tw/2870132/post</p> <p>二、財團法人職業災害預防及重建中心「勞工及工作者免費心理諮商服務」 (一)工作者(或有投保勞工職業災害保險者)可使用，由心理師提供每人6次免費心理諮商服務。 (二)請參閱相關網頁資訊：https://search.app/6A7FQs4aihXzNoWe8</p> <p>三、衛福部「青壯世代心理健康支持方案」 (一)15-45歲有心理諮商需求者可使用，補助3次心理諮商費用。 (二)請參閱相關網頁資訊：https://sps.mohw.gov.tw/mhs</p> <p>1. Taichung City Government Health Bureau - “High-Concern Free On-Site Psychological Consultation” (1) Taichung City residents who experience significant emotional or psychological distress and are willing to receive counseling may use this service. Licensed psychologists provide free face-to-face psychological consultation, limited to up to four sessions. (2) For more information, please refer to the relevant webpage: https://www.health.taichung.gov.tw/2870132/post</p> <p>2. Foundation for Occupational Accident Prevention and Rehabilitation - “Free Psychological Counseling Services for Workers” (1) Workers (or those insured under labor occupational accident insurance) are eligible. Licensed psychologists provide up to six free psychological counseling sessions per person. (2) For more information, please refer to the relevant webpage: https://search.app/6A7FQs4aihXzNoWe8</p> <p>3. Ministry of Health and Welfare - “Young and Middle-Aged Generation Mental Health Support Program”</p>

	<p>(1) Individuals aged 15 to 45 who require psychological counseling services are eligible. The program provides subsidies for up to three counseling sessions.</p> <p>(2) For more information, please refer to the relevant webpage: https://sps.mohw.gov.tw/mhs</p>
<p>【校外】 公部門免費心理諮詢專線 [Off Campus] Public Free Psychological Counseling Hotlines</p>	<p>一、臺中市勞工無憂專線:0800-666-160，週一至週五 12:00-20:00，國定假日除外。</p> <p>二、全國張老師專線: 1980，週一至週六 9:00-12:00/14:00-17:00/18:00-21:00，週日 9:00-12:00/14:00-17:00。</p> <p>三、衛生福利部男性關懷專線:0800-013-999，每日 7:00-23:00。</p> <p>四、孕產婦關懷諮詢專線:0800-870-870，週一至週五 8:00-18:00，週六 9:00-13:00(國定假日除外)。</p> <p>五、衛生福利部安心專線:1925，24 小時，免付費諮詢服務。</p> <p>六、全國生命線專線:1995，24 小時，中華電信門號、市話撥打免費。</p> <p>1. Taichung City Labor Support Hotline: 0800-666-160 Monday - Friday, 12:00 - 20:00 (excluding national holidays)</p> <p>2. Teacher Chang National Hotline: 1980 Monday - Saturday: 9:00 - 12:00 / 14:00 - 17:00 / 18:00 - 21:00 Sunday: 9:00 - 12:00 / 14:00 - 17:00</p> <p>3. Ministry of Health and Welfare Men' s Care Hotline: 0800-013-999 Daily, 7:00 - 23:00</p> <p>4. Maternal Care Consultation Hotline: 0800-870-870 Monday - Friday: 8:00 - 18:00 Saturday: 9:00 - 13:00 (excluding national holidays)</p> <p>5. Ministry of Health and Welfare Peace of Mind Hotline: 1925 24-hour toll-free consultation service</p> <p>6. National Lifeline Hotline: 1995 24-hour service; free of charge for Chunghwa Telecom mobile and landline users</p>
<p>【校外】 特約身心科診所 [Off Campus] Partner Mental Health Clinic</p>	<p>【漸漸身心診所】</p> <p>一、位於臺中火車站對面 1 號及 2 號出口處(地址:臺中市東區復興路四段 152 號，電話:04-22221368)，提供健保看診、自費成人專注力測驗及心理諮商服務。</p> <p>二、門診免收掛號費，需自付部分負擔。</p>

【卓大夫診所】

- 一、由兒青、成人、老年身心專科醫師以及心理諮商師共同照護及擁有愛、同理心、與陪伴的一間診所。
- 二、門診掛號費優待減免 50 元。
- 三、中文診斷書每份 100 元。
- 四、心理諮商治療優待減免 10%。
- 五、無健保外籍師生：
 - (一) 初診(含藥費)上限 1000 元。
 - (二) 複診(含一個月藥費)上限 1500 元(特殊藥費另計)

Gradually Mental Health Clinic

1. Located opposite Taichung Railway Station, near Exit 1 and Exit (Address: No. 152, Section 4, Fuxing Road, East District, Taichung City; Tel: 04-22221368).
The clinic provides National Health Insurance - covered outpatient services, self-paid adult attention assessments, and psychological counseling services.
2. No outpatient registration fee is charged; patients are responsible for the applicable copayment.

Dr. Cho Clinic

1. A clinic jointly staffed by specialists in child and adolescent psychiatry, adult psychiatry, geriatric psychiatry, and licensed counseling psychologists, emphasizing care, empathy, and companionship.
2. The outpatient registration fee is discounted by NTD 50.
3. Chinese medical certificates are charged at NTD 100 per copy.
4. Fees for psychological counseling treatment are discounted by 10%.
5. For international faculty and students without National Health Insurance:
 - (1) Initial visit (including medication): capped at NTD 1,000.
 - (2) Follow-up visit (including one month of medication): capped at NTD 1,500 (special medication fees charged separately).