

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><b>【校內】</b> 心理諮詢服務 On-Campus Psychological Counseling Services</p>	<p><b>【學務處健康及諮商中心心理諮詢服務】</b> 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。 <u>※因職場霸凌或性騷擾事件而申請個案諮詢者，每學期得使用 3 次。</u></p>
<p><b>【校外】</b> 自費心理諮商補助 溯自 115 年 1 月 1 日起實施 [Off-Campus] Self-Paid Psychological Counseling Subsidy Effective retroactively from January 1, 2026.</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循保密程序核銷，補助至經費用罄為止。</p> <p><b>※因職場霸凌或性騷擾事件而申請個案諮商者，每年以 6 次為原則，每次金額以 2,500 元為上限(未逾 2,500 元者，核實支付)。</b></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</p>

	<p>(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 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>※ Applicants seeking counseling due to workplace bullying or sexual harassment incidents may receive up to 6 counseling sessions per year in principle, with a maximum subsidy of NT\$2,500 per session (or reimbursed based on the actual amount if less than NT\$2,500).</p>
<p><b>【校外】</b> 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」</p> <p>(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。</p> <p>(二)請參閱相關網頁資訊： <a href="https://www.health.taichung.gov.tw/26198/27065/27068/27089/400593">https://www.health.taichung.gov.tw/26198/27065/27068/27089/400593</a></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」</p> <p>(一)勞工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。</p>

(二)請參閱相關網頁資訊:<https://search.app/6A7FQs4aihXzNoWe8>

### 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>

#### 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/26198/27065/27068/27089/400593>

#### 2. Foundation for Occupational Accident Prevention and Rehabilitation - “Free Psychological Counseling Services for Workers”

(1) Workers, or individuals enrolled in Occupational Accident Insurance, are eligible to use this service. Each person is entitled to six free psychological counseling sessions provided by licensed psychologists under the Ministry of Labor Occupational Accident Insurance program.

(2) For more information, please refer to the relevant webpage:

<https://search.app/6A7FQs4aihXzNoWe8>

#### 3. Ministry of Health and Welfare - “Young and Middle-Aged Generation Mental Health Support Program”

(1) Individuals aged 15 to 45 who require psychological counseling services are eligible.

	<p>The program provides subsidies for up to three counseling sessions.</p> <p>(2)For more information, please refer to the relevant webpage: <a href="https://sps.mohw.gov.tw/mhs">https://sps.mohw.gov.tw/mhs</a></p>
<p><b>【校外】</b> 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. <b>Taichung City Labor Support Hotline: 0800-666-160</b> Monday - Friday, 12:00 - 20:00 (excluding national holidays)</p> <p>2. <b>Teacher Chang National Hotline: 1980</b> 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. <b>Ministry of Health and Welfare Men' s Care Hotline: 0800-013-999</b> Daily, 7:00 - 23:00</p> <p>4. <b>Maternal Care Consultation Hotline: 0800-870-870</b> Monday - Friday: 8:00 - 18:00 Saturday: 9:00 - 13:00 (excluding national holidays)</p> <p>5. <b>Ministry of Health and Welfare Peace of Mind Hotline: 1925</b> 24-hour toll-free consultation service</p> <p>6. <b>National Lifeline Hotline: 1995</b></p>

	<p>24-hour service; free of charge for Chunghwa Telecom mobile and landline users</p>
<p><b>【校外】</b> 特約身心科診所 [Off Campus] Partner Mental Health Clinic</p>	<p><b>【漸漸身心診所】</b></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> <p><b>【卓大夫診所】</b></p> <p>一、地址:臺中市西屯區台灣大道四段 770 號,電話 04-24613097。</p> <p>二、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。</p> <p>三、門診掛號費優待減免 50 元。</p> <p>四、中文診斷書每份 100 元。</p> <p>五、心理諮商治療優待減免 10%。</p> <p>六、無健保外籍師生:</p> <p>(一)初診(含藥費)上限 1,000 元。</p> <p>(二)複診(含一個月藥費)上限 1,500 元(特殊藥費另計)</p> <p><b>臺中地區【好晴天身心科診所】</b></p> <p>一、貼近校園族群的安心就診環境、兼顧隱私與專業的身心診療與諮商、支持學習與生活平衡的心理支持服務、多元且精準的非藥物治療選擇。</p> <p>二、門診掛號費優待減免 50 元,需自付部分負擔。</p> <p>三、預約現場個別、伴侶、家族心理諮商服務可享九折優待(不含心理測驗、心理衛鑑及團體治療等課程)。</p> <p>四、初診先透過官方 Line 或電話預約,由醫生評估最適合的治療方向(門診、諮商或合併)。</p> <p>五、【好晴天身心科診所】地址:臺中市潭子區中山路二段 374 號,電話:04-25339907。</p> <p><b>【中科好晴天身心科診所】</b>地址:臺中市大雅區中清路四段 15 號,電話:04-25602337。</p>

【文心好晴天身心科診所】地址：臺中市南屯區文心南路30號，電話：04-24735925。

【北屯好晴天身心科診所】地址：臺中市北屯區北屯路178-1號，電話：04-22330057。

### **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. Address: No. 770, Section 4, Taiwan Boulevard, Xitun District, Taichung City  
Tel: +886-4-2461-3097

2. A clinic jointly staffed by specialists in child and adolescent psychiatry, adult psychiatry, geriatric psychiatry, and licensed counseling psychologists, emphasizing care, empathy, and companionship.

3. The outpatient registration fee is discounted by NTD 50.

4. Chinese medical certificates are charged at NTD 100 per copy.

5. Fees for psychological counseling treatment are discounted by 10%.

6. 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).

**Haotian (Good Sunny Day) Psychiatric Clinics - Taichung Area**

1. The clinics provide a patient-centered and campus-friendly medical environment, offering professional and confidential psychiatric services and psychological counseling. The services are designed to support patients in maintaining a balanced academic and daily life, and include a range of diversified and evidence-based non-pharmacological treatment options.
2. A preferential reduction of NT\$50 on outpatient registration fees is offered; however, patients are still required to pay the applicable copayment in accordance with relevant regulations.
3. A 10% discount is available for appointment-based individual, couples, and family counseling services. This discount does not apply to psychological testing, psychological assessments, or group therapy programs.
4. First-time patients are required to make an appointment in advance via the official LINE account or by telephone. A physician will conduct an initial evaluation to determine the most appropriate course of treatment, including outpatient services, counseling, or a combination thereof.
5. Clinic locations and contact details are as follows:
  - (1) **Haotian Psychiatric Clinic (Tanzi District)**  
Address: No. 374, Sec. 2, Zhongshan Rd., Tanzi Dist., Taichung City, Taiwan  
Tel: +886-4-2533-9907
  - (2) **Central Taiwan Science Park Haotian Psychiatric Clinic (Daya District)**

	<p>Address: No. 15, Sec. 4, Zhongqing Rd., Daya Dist., Taichung City, Taiwan Tel: +886-4-2560-2337</p> <p>(3) <b>Wenxin Haotian Psychiatric Clinic (Nantun District)</b> Address: No. 30, Wenxin S. Rd., Nantun Dist., Taichung City, Taiwan Tel: +886-4-2473-5925</p> <p>(4) <b>Beitun Haotian Psychiatric Clinic (Beitun District)</b> Address: No. 178-1, Beitun Rd., Beitun Dist., Taichung City, Taiwan Tel: +886-4-2233-0057</p>
<p>身心障礙關懷與協處服務 Disability Care and Support Coordination Services</p>	<p><u>臺中市身心障礙者服務中心</u>：提供身障者通報、福利諮詢、轉銜服務、個案管理等。 <a href="https://www.society.taichung.gov.tw/13710/13735/13792/13798/461770">https://www.society.taichung.gov.tw/13710/13735/13792/13798/461770</a></p> <p>Taichung City Disability Service Center: Provides disability reporting services, welfare consultation, transition services, case management, and related support services for people with disabilities. <a href="https://www.society.taichung.gov.tw/13710/13735/13792/13798/461770">https://www.society.taichung.gov.tw/13710/13735/13792/13798/461770</a></p>
<p>性平友善(性侵害及性騷擾)防治心理及社會資源 Gender Equality - Friendly Psychological and Social Support Resources for the Prevention of Sexual Assault and Sexual Harassment</p>	<p>一、勞動部彙整地方政府提供性騷擾被害人使用之相關資源(包括諮詢、醫療、心理諮商、法律扶助等服務)，置於勞動部官網/職場性騷擾防治專區，供各界參考運用。 <a href="https://www.mol.gov.tw/1607/28162/28166/28268/28272/76064/post">https://www.mol.gov.tw/1607/28162/28166/28268/28272/76064/post</a></p> <p>二、臺中市家庭暴力及性侵害防治中心 <a href="https://www.dvc.taichung.gov.tw/832717/832721/832752/3834277/post">https://www.dvc.taichung.gov.tw/832717/832721/832752/3834277/post</a></p> <p>三、勵馨基金會中區蒲公英專線 性侵害、家庭暴力及未婚懷孕電話諮詢、心理諮商 04-2223-9595</p>

<https://www.goh.org.tw/donate/taichung-branch-office/>

1. The Ministry of Labor has compiled relevant resources provided by local governments for victims of sexual harassment, including consultation, medical care, psychological counseling, legal aid, and other services. These resources are available in the Workplace Sexual Harassment Prevention Section on the Ministry of Labor website for public reference and use.

[Ministry of Labor - Workplace Sexual Harassment Prevention Section](#)

2. Taichung City Domestic Violence and Sexual Assault Prevention Center Provides domestic violence and sexual assault prevention, protection, and support services.

[Taichung City Domestic Violence and Sexual Assault Prevention Center](#)

3. Garden of Hope Foundation - Central Region Dandelion Hotline

Provides telephone consultation and psychological counseling services for sexual assault, domestic violence, and unplanned pregnancy cases. Hotline: 04-2223-9595

[Garden of Hope Foundation - Taichung Branch Office](#)