

# Free **WELL-BEING** Check-up

**for Hindi & Urdu Speakers**

Stressed?

Lonely?

Losing  
Appetite?

Losing  
Enthusiasm?

Breathless?

Can't Sleep  
Well?



**Need someone to talk to?  
We are here to help.**

If you are experiencing one or more of the above conditions, sign up for our check-up service and find out how you are doing.



**Ethnic Minority Well-being Centre**  
an initiative of The Zubin Foundation

Tel: 9682-3100  
Email: [emwc@zubinfoundation.org](mailto:emwc@zubinfoundation.org)

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**To register:**

**Scan this code and fill in the online questionnaire.**



Our qualified counsellor who speaks English, Hindi and Urdu will give you a call:

- ✓ Help you understand your well-being; and
- ✓ Provide you some useful tips to stay positive

We also offer **FREE counselling service** for those who want to talk about their issues and desire more support. Call us and find out more.

All conversations will be kept confidential.



**For Enquires & Help:**

Call/WhatsApp **9682-3100**

\*This service is for low-income Hong Kong ethnic minorities who are Hindi/Urdu speakers



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