



香港撒瑪利亞會

年報

——一九七一至一九七五——

HONG KONG SAMARITAN BEFRIENDERS
ANNUAL REPORTS
1971—1975

SUICIDE? DESPAIR? WHO CARES?

Causes of Suicide

Depression requiring medical treatment; bereavement; broken marriages; addiction to drugs, gambling or alcohol; sense of guilt or shame; other problems.

Loneliness is usually present, or isolation due to sense of shame.

Those in need of medical care can be given guidance; others need a sympathetic friend to listen to them.

Day and Night

For 24 hours a day the Samaritans watch by their telephones for calls from those who need help until their trouble is over, someone when they may never meet and who will not betray their confidence.

Who are the Samaritans?

They are ordinary people of any nationality who care about those in distress, and they work anonymously. There is no religious requirement. Volunteers are trained by experienced Samaritans and others with professional qualifications.

Their main task is "befriending".

How can you help the Samaritans

1. Apply to join your local branch and be a "Befriender".
2. Introduce this service to friends who would make good Samaritans.
3. Raise funds to support the work as it depends upon voluntary donations, but this must be done through the official fund-raising committee.
4. Make the Samaritans known to those who seem to need their help.

Telephone Service

Anyone needing help should call 3-370000, at any hour of the day or night. It is not necessary to give names or meet face to face unless the distressed person wishes to do so.

Our Message to Depressed Persons

Life is precious;

If you have a problem, come and tell us;

There is still warmth and sympathy in the world;

Others have wronged you, but do not wrong yourself;

You have wronged someone; you can now make amends;

Friend, think again! Someone still cares for you.

H.K. Samaritan Emblem and Motto

It is more valuable to save a life than to build a seven-storey pagoda.

Address:

No. 45, Block 13, Lok Fu Estate, Kln., Hong Kong.

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TWENTY PRINCIPLES OF THE SAMARITAN BEFRIENDERS

1. The Samaritans are a world-wide fellowship of volunteers dedicated to the prevention of suicide and the alleviation of the loneliness and depression that may lead to it, by making their befriending immediately available at any hour of the day or night to those who feel they have no one else to turn to in their distress.
2. The befriending which the volunteer offers to the caller is the personal concern of a compassionate fellow human being who, like the Samaritan in the parable, seeks simply to love him as a friend in his time of deepest need.
3. The volunteers are carefully selected for their personal qualities and natural aptitude for the work, without regard to their creed, colour, politics, age, sex or status.
4. The volunteers in each Centre recognised as a Branch of The Samaritans work under the supervision of a *Director* (or Chairman) and other Leaders, who are advised by Consultants with medical or other professional qualifications, so that the highest standards of caring may be achieved. Consultants may also assist in the selection and preparation of volunteers and give help to clients.
5. In countries where the telephone is generally available, an easily remembered telephone number is advertised by each Branch, in addition to its address, to enable swift (and if the caller desires, anonymous) contact to be made with the minimum of effort on the part of the caller.
6. The Samaritans receive callers in person at their Centre, and invite telephone callers who seem likely to benefit to meet a Samaritan face to face. Callers are free if they wish to have contact only by telephone or by letter.
7. The Samaritans' primary and overriding concern is for those who seem to be in immediate danger of taking their own lives.
8. Samaritans engage in long term as well as short term prevention of suicide by befriending despairing and lonely people who do not seem to be suicidal at the time when they seek help, or who seem unlikely for conscientious or other reasons, ever to commit suicide.
9. If a caller is concerned about another person. The Samaritans try to support him in his anxiety and to suggest ways of obtaining help for his friend. The Samaritans do not intrude upon persons who have not sought their help directly, unless an identified responsible person informs them of the need of someone who is too young or old or ill to ask in person, in which case they may make a tentative offer of help.
10. The Samaritans do not permit their immediate availability in cases of a suicidal emergency to be impeded by attention to cases of long term chronic inadequacy, though callers in this category may be accepted as clients during a crisis.
11. The Samaritans do not flatter themselves that what they have to offer will be helpful to every caller. Those in charge of each Branch are responsible for using their human resources to the best advantage, and protecting them from being wasted by the grossly psychopathic or any others not capable of benefiting from befriending.
12. The Samaritans' service is non-medical. Callers requesting medical treatment may be helped to obtain this, and each Branch has at least one medical consultant, usually a psychiatrist, to advise those in charge of the Branch about such cases.
13. The Samaritans are not a trained case-work agency, and volunteers are not permitted to attempt to do for a client in an amateur way what social workers are trained to do with professional competence.
14. The Samaritans are not a social welfare agency. They refer those who request material aid to the appropriate welfare services, except in countries which lack these.
15. The Samaritans are not a Christian organisation, except in the origin of the concept. Volunteers whatever their original beliefs, are strictly forbidden to make any attempt to convert the callers or to exploit a caller's distress by using the opportunity to witness to the volunteer's beliefs. Callers spontaneously request spiritual help of a particular kind are referred, with their permission, to a representative of the appropriate body, who may or may not be a member of the organisation.
16. Volunteers are normally known to callers only by their Christian names or forenames and their volunteer's identification number, unless continued befriending by a chosen volunteer is arranged, when one of the persons in charge of the Branch decides what other information may be given to the client concerned and whether hospitality may be offered by the volunteer in his or her home.
17. The fact that a person has sought the help of The Samaritans, and everything he has confided in them, is confidential within the organisation. All communications from callers which could reasonably be regarded as of a highly secret nature, and those relating to criminal acts, are received in the strictest confidence and are not revealed to any person outside the organisation without the caller's express permission, nor to persons within the organisation who are not involved, except the Director. (Volunteers are not permitted to accept confidences if a condition is made that not even the Director should be informed of them.)
18. The caller remains at all times in charges of his own destiny and is free to reject the help that is offered and to break contact without fear of being sought out against his will, even if it is felt certain that he intends to take his own life or to commit some other act which The Samaritans would deprecate. A volunteer in contact (whether by telephone or face to face) with a caller judged to be in some danger of suicide is encouraged to seek the caller's permission for a discreet approach to be made to him subsequently to ask how he is, and to record the fact if permission is granted. In such cases 'follow up' is clearly not against the client's will.
19. The various Branches of The Samaritans are banded together in a legally constituted Association whose Council of Management represents all the Branches and reserves to itself the appointment of the person in charge of each Branch, responsible for seeing that the above mentioned principles are observed.
20. Only the Council may authorise departures from these principles, for instance by permitting new Branches to offer a limited service for a period, or overseas Branches to use some other name; and only the Council may from time to time revise these principles.

Date: 22nd January, 1976.

HONG KONG SAMARITANS

Annual Report 1971

According to information gathered from newspapers by the H.K. Samaritans, there were altogether 468 cases of attempted suicide during the year 1971. Compared with 1970, this was a decrease of 47 in male cases and 127 in female cases.

During 1971, the Samaritans handled 244 attempted suicide cases or deeply depressed cases, among them, 144 male and 100 female cases. This was a decrease of 171 cases compared with the year 1970.

On the surface, 1971 was a peaceful, stable year, with little change or disturbance. However, searching more deeply, we realise that the socio-psychological change from instability to stability is a normal phenomenon. It indicates the constant change from one situation to another which characterises Hong Kong, creating two main streams in the lives of its people.

On the one hand, one stream is made up of those people who have fixed their goal in life and this has secured them against all frustrations. Rejecting old traditions and despising all authority, they have set their eyes on future success. Their attitude is positive and constructive rather than apathetic and pessimistic.

The other stream is made up of those who are aimless and restless. They pass their lives day by day without purpose. Some seek self-destruction, but many choose violence as their way of resisting authority.

These two types of people, though different in their way of life and in their attitudes, are alike in their purpose to destroy all traditional values. They express their feelings and emotions in different ways and in varying depth. Some patiently endure any hardship for the sake of success in the future; others prefer to escape by suicide.

These attitudes may have been the cause of the reduced suicide rate in 1971.

Other factors causing suicide in Hong Kong remain the same as mentioned in our past analyses, and there is no need to elaborate on or repeat them in this report.

The Hong Kong Samaritans' Annual Report, 1972.

In 1972, the total number of suicides according to newspaper reports collected for statistical records by our office amounted to 330 cases, of which 147 were male and 183 female. This was 138 less than in 1971, with 79 fewer male and 59 fewer female cases.

In addition to these, the Samaritans dealt with a total of 167 attempted suicide or depressed persons, including 82 male and 85 female cases. This was 77 less than in 1971, with 62 fewer male and 15 fewer female cases.

These figures indicate a big drop in the number of suicides, suggested reasons being as follows:

1. On the whole the international scene stabilised in 1972, and tensions were reduced in Asia, causing greater stability on the world scene. Hong Kong had a temporary breathing space, therefore, during which people perhaps paused to see what was going to happen. The Hong Kong people therefore enjoyed a short period of emotional stability.
2. In 1972 the crime rate rose sharply: robberies, gang fights and murders occurred almost daily. Individual security was therefore threatened, and fear occupied people's minds rather than personal sorrow. Also, as we pointed out in our last report, different people react to their problems in different ways: some, by inflicting suffering on others, reduce their own suffering; some, by committing homicide, reduce the chances of committing suicide.

Looking forward to 1973, the Hong Kong Samaritans hope that this tendency towards cruelty and violence will decrease, and that they will be replaced by peace and happiness. We hope that Hong Kong will enjoy security, and that crime will be reduced; we trust that people will try to find a normal way of expressing their feelings, but not by hurting others or by hurting themselves, not by either homicide or suicide.

However, from our impressions so far this year, 1973, rising rents, the rising cost of living, recession in commerce and industry, and a crazy stockmarket, seem to point to the possibility of Hong Kong's continuing to follow an abnormal path. If these circumstances cannot be changed, the tendency may be towards more crime, robbery and murder, or suicide.

We ask the Government seriously to take notice of the trends, and try to avoid tragedy.

Hong Kong Samaritans Annual Report, 1973

In 1973 there were many social changes in Hong Kong; as a result of these, social problems increased and became more acute. In our 1972 report we had forecast that there might be an industrial slump in 1973, and that if this were so, there would be a reduction in exports, an increase in unemployment, and an upsurge in crime. Unfortunately, this forecast proved to be correct. In 1973, the Samaritans in Hong Kong dealt with 296 cases of depressed persons and attempted suicides. This was an increase of 129 persons, or 54%, over the 1972's figure. Of this total, 151 were male and 145 female. Of course, we cannot conclude that because our own case numbers increased that this proves a similar increase in suicides throughout the Colony. However, the figures do indicate a serious social problem.

The crash of the stockmarket and the industrial slump caused a kind of temporary numbness, but later the pain of this began to spread and be widely felt throughout Hong Kong. The first effect was seen in industry: according to some unofficial reports, over 2000 factories closed down. Industry was faced with a variety of serious problems: the high cost of land and high rents; world shortages of raw materials and fuel; devaluation of the currency; increased tariffs for gas, electricity and water, with further increases still to come. Under these pressures, industry found the going difficult. Factories were afraid to sell out what they had, and afraid to accept more orders, in case they would lose out in their transactions. Consequently many factories just decided to close down, adding to the number of unemployed. According to newspaper reports, the number of unemployed and underemployed reached 100,000, a shocking figure for Hong Kong. During 1973, the Samaritans dealt with 58 cases due to unemployment, and in the first quarter of 1974, our records show evidence of even more such cases.

Youth crime in our community also increased sharply; and in 1973 the Samaritans dealt with an increased number of depressed young people under the age of 20; the total number was 253, that is, 85% of the total. In the face of these facts, we feel greatly distressed. What has happened to public order among our young people? Can we say that they were born criminals? The time has come for the Government and civic leaders to take responsibility, and consider what changes are needed.

At present we have a serious teenage crime problem. If a 17-year-old youth commits a crime, does it imply that perhaps the seeds of crime were sown at the age of 13 or 14 when he failed in his secondary school entrance examination? If so, then he has already kept out of crime for 3 or 4 years before the fruits of those seeds appeared. If the young criminal is 21 years of age, could that mean that the seeds of crime were sown when he failed in his school certificate examination? Was he disappointed and disillusioned in the few years that followed his failure? Were those seeds ripe when a contact and an opportunity to commit crime appeared? What kind of

educational system is this, and what kind of generation of young people is it nurturing? Under the traditional colonial system of education, when students fail their examinations, they seem to be on their way to wrongdoing. Yet when they succeed and have an opportunity to continue studying, they seem to have been trained to look only for money, and they seem to lack a sense of community responsibility, becoming self-seeking slaves of the system. Our educational system never teaches young people the value of life, or the purpose of living; it never teaches them that man's responsibility is towards the community.

Every year when students are enrolled for secondary school, more than 40,000 of the 12-14 age group are swept out into the cold without further education, on the excuse that we do not have enough secondary schools for them. They can neither go to school nor go to work. What are they expected to do except to break the law and go in for crime? In view of this possibility, how do we dare to relieve ourselves of responsibility by saying that we just do not have enough schools? According to the Education Green Paper, we must wait until 1980 to provide three years of secondary education for all this age group, with only 40% of them continuing to Form 5. Therefore, in the next six years, we shall have swept out nearly a quarter of a million youngsters into the cold where no one is responsible for them.

Because there are not enough secondary school places, most schools operate bi-sessionally. What kind of education can be given in half a day at school? After five years of this education, under the burden of a heavy curriculum and handicapped by a foreign language, these lovely youngsters are gradually moulded into the typical Hong Kong type. Whether or not they pass the examination at the end, their whole future is decided, whether that means success and a career, or failure and possible crime. Even if they pass, these students still face many problems, as is indicated in the recent suicide of a student of the University of Hong Kong. For those who fail, however, this association has to provide a special service every year. In 1973, we dealt with 253 such cases of failure, despair and disillusionment. We tried to help, encourage, counsel and sympathise with them; we tried to sweep the dark shadows from their minds. We also helped repeaters to find schools and others to find employment. In spite of this examination fear, however, according to the Green Paper, education in the future may be divided into three streams, primary, secondary and tertiary, but the secondary course will be divided into junior and senior secondary school. In that case, it seems that there will be even more examinations and further burdens on the students.

The above is our analysis of the social problems of Hong Kong at the present time. Therefore we feel that in the year of 1970 all civic leaders and the Government Departments should be deeply concerned and try to change their attitude, their out-dated thoughts, and shoulder their responsibility. We must stop the Hong Kong community moving slowly towards its own suicide.

The Annual Report Of The Chairman, 1974

1974, in its overall aspect, is in many ways reminiscent of 1967. Hong Kong has been afflicted with a severe depression in its economy, which has added to the personal problems of a large proportion of the community. Unemployment, and under-employment, have increased dramatically, while inflation is undermining the living standard even of those whose jobs are secure.

The official Government figures regarding the number and rate of suicides for 1974 are not yet available. From evidence derived from newspaper reports, and from our own experience with clients, however, it would seem to be likely that 1974 may have been the worst year in recent experience. From 1952 to 1973 the suicide rate per 100,000 population has ranged from a low of 8.37 to a high of 14.11 — according to the official government statistics. The last three years have had rates respectively of 9.59, 11.35 and 12.14. We would expect the 1974 figures, when available, to show a further increase.

In 1974, the Samaritans have dealt with 2,400 cases. The largest number of cases, 1215, involved legal problems, difficulties with Governmental agencies — such as Social Welfare Dept., Labour Dept., etc. While these clients may not be explicitly suicidal, often their situation, if unreasonable, may culminate in depression and possibly suicidal behaviour.

The second largest group, 821 (443 male, 378 female) consisted of students who had failed, or feared having failed, their examinations in the school certificate. Most of these adolescents in the 17 year age range were fearful, tense and often hopelessly lost after having found their results were not all they hoped to be during August. The education system in Hong Kong is extremely competitive where many kindergarten children have to take 'tests' to enter a 'good' school. These tests follow the child all the way through school (if he is lucky enough to complete it). One can easily see this fight for survival in all walks of life, and the scars run deep. This group of 821 did not include 25 eleven year old children who called us because they could not find a secondary school place to continue their education. With an estimated lack of about 40,000 secondary school places for our 11 year olds what hope is there for them in a society riddled with vice, corruption and triad gang societies? There are no places for such youngsters to go where they will be trained in useful activities as the vocational school schemes are at least 10 years behind schedule. Some relief was anticipated with the announcement of educational reforms published in a White Paper. However, even though the final outcome was a great disappointment, it has now been learnt that the projects planned will all be delayed at least a year as it is claimed there are financial problems. So, with an already crisis situation as already indicated in our 1973 report, the situation is even more tragic, and is going to worsen. Last year we had about 240 sixteen year old students who came for help. This year we had 821 sixteen year olds and 25 eleven year

olds. Next year there will be more students wanting fewer places, and the Samaritans plead with the appropriate Government Departments to take a realistic look at the problems, especially of our youth.

Fortunately, the majority are not suicidal and it is a great concern to us that students should come to an agency such as ours. However, suicidal behaviour might be anticipated for some if no help were available, and there, unfortunately, is nowhere the students can go for guidance and help in their depressed state.

The explicitly suicidal cases numbered 186 (103 males and 83 females), and although the numbers are smaller than the other two groups their needs is often demanding of the most compassionate and immediate response. Clearly, we are not sought not by all potential suicides: they may not know of our existence: they may think there is nothing we can do. One may venture to guess, however, that those who do call us harbour some, no matter how faint, hope that the Samaritans may be able to offer practical assistance or a sufficient measure of comfort and support that their final, irrevocable step may be avoided.

The causes which bring people to the brink of suicide are many. It is not very often that suicide is the result of a sudden dilemma, but is usually the result of an accumulation of anxieties which have built up over a long period of time, and a breaking point is reached. From our growing experience with clients we note there are a number of ways a potentially depressed suicidal person may relieve the anxiety. Financial disaster is very common; where one cannot meet the minimum needs for oneself or one's family. Also high on the list are marital breakdown, alcoholism and examination failure.

Let us consider some of these factors in greater detail. Often the person who approaches us because of dire financial problems has reached a state of complete hopelessness, having exhausted every other resource he is aware of. A particular difficulty in the Chinese community is a distaste for accepting social welfare; the person feels he must obtain a job in order to retain his self respect. Even if he has reached a point of such desperation that he would accept Public Assistance, he may be unable to qualify for the pittance (which rarely exceeds \$180.00 a month — about £16 or U.S.\$36) because he is between the age of 15 and 55, and thus will not have any assistance to live on. There is no unemployment benefit scheme, so if a man loses his job he will not have any support. His state of depression may lead him to kill himself or others in a rage. What solution can the Samaritans offer to such a person? It must be seen that the Government must contrive an acceptable, honourable way to provide at least minimum subsistence for such people until they can find work.

Some people in the early stages of financial difficulty turn to the money lenders who charge extortionate interest rates. Such money lenders are often connected with triad societies, whose methods at reclaiming outstanding loans would lead to rape,

blackmail and even murder, if necessary. Very often, money is borrowed on a daily basis, and lent at extortionate rates. If the debtor is late in repaying, the original loan is charged on a compound daily interest of anything up to 100%. In this way vast debts can be accumulated in a very short time, and the victim, if female, will probably be forced into prostitution (or, very commonly, the victim's daughters, and if male, he may be forced to carry out criminal activities for the triad society so the loan may be repaid. However, once a person joins a triad society he is in for life as those who try to run away can easily be blackmailed to rejoin.

Those who suffer most often, and most obviously from a marital breakdown (be it a legal marriage or a more informal arrangement) are the women. The cause of such breakdowns may range from sexual incompatibility or non-performance, to problems with the wider family, to financial difficulties stemming from loss of job, or poor management, or many other possibilities. The effect, if the bread-winner deserts his wife and/or family is that often she is left without skills (or the chance to obtain training) which would permit her to support herself and her siblings. Often the only solution that seems open to her is suicide. Again, what solution can the Samaritans offer?

We must again urge the Government to provide at least immediate temporary, if not long term, financial support, and an opportunity for training for productive employment through vocational training centres.

Alcoholism has not been a major problem in Hong Kong — or at least society has not been really aware of it. Until recently the problem has been found mostly amongst Europeans. However, now there are more agencies recognising such problems, and rightly asking Alcoholic's Anonymous for guidance, it can be seen that there are more cases coming for help, especially in the Chinese Community. Can we assume this indicates a trend for the future? The incidence of alcoholism suggests a failure in the community to meet the individual's need, and studies are needed to determine exactly where the problem areas are so countermeasures can be attempted. Our relationship with A.A. is something we greatly cherish, and hope that our mutual growth will continue.

Students, as previously stated, pose very real problem. Those who have not made the grade are, of course, very sad and depressed. We can comfort and offer limited advice, but this does not really solve their problems, especially the most important one of finding a suitable job or school. Occasionally we may be successful in finding a job, but as the numbers of problems increase, and the economic climate becomes bleaker, there is often very little we can do. We feel especially that the Labour Dept. and Education Department should take some responsibility for dealing with these social problems, by providing counselling and adequate vocational training. There are about 10,000 students who do not pass the magic '5 C.S.E's (including English) and who are unfortunately regarded by employers as undereducated. Unless some provision is made

for their future they will surely swell the ranks of the criminals. If a student wishes to repeat his last year, he should have the right to do so. Most schools refuse to reaccept a student who has failed. The Education Department should legislate for schools to permit their students to return, unless the school is genuinely overcrowded, in which case arrangements should be made for the student to attend another. Financial aid for such students should also be considered because the family will probably have already stretched its resources to the limit.

Many other students simply want to take the examinations a second time. This should be permitted irrespective of the number of passes obtained at the first attempt. The belief is widespread that the papers of 'individual' candidates are down graded to 80% of actual performance. This is **NOT** so and the Education Department should make this point clearly to all students and teachers. Another point that needs to change is to discontinue the practice of a failure in a given subject on the second attempt cancelling out a pass in that subject on the earlier examination.

The pressures on students to pass exams is far too great. Many students lose up to 10 lbs. in weight, and become so tense and nervous that they become mental cases. The Education Department should use all means at its command to reduce the anxieties, perhaps by means of lectures and counselling in schools in advance of the examinations. A serious situation exists during the period of the examinations in May and the results in August. For this long period the burden of anxiety remains with no constructive activity to divert attention. The strain too often leads to anti-social behaviour. Is there some way the various Government Departments can work together to provide some organised activities and/or vocational training to fill the void? Some possibilities are jobs, perhaps of a public service nature, or classes in non-academic areas in terms of short vocational courses, which might give these youngsters more information from which to choose a career later.

Last September, the English speaking service was launched, to provide a 24 hour English service on our Hot Line of 3-370000. We are very grateful to the Telephone Company for providing us earlier in the year with our very special number, and we have found that people of all nationalities find it much easier to contact now. There have been three training classes for English speaking volunteers so far, and there are about 55 active volunteers. A fourth course is presently in progress with 30 people in training. Because of the special language problems we face, our office in Lok Fu has been equipped with a specially adapted telephone answering service, where incoming calls from English speaking people can be directed to the English volunteer on duty. During its very short existence, the service has already dealt with over 150 cases and many more enquiries.

Your chairman has attended the Life-Line Conference in Tokyo and the International Samaritans Conference in London and Manchester. The Overseas conference decided that in the future its name would be changed to the 'International Befrienders'

because that name would be more meaningful in non-Christian lands. Chad Varah was elected Chairman of the International Befrienders, and your H.K. Chairman was named as representative for South Asia. The International Befrienders is separate from but affiliated with, the Samaritans. It is sincerely hoped that a full network can be formed throughout the world in the near future. An idea has been put forward that during this transition period we in Hong Kong change our name to 'The Samaritan Befrienders in Hong Kong' and I look forward to your vote on this matter.

The Exhibition in the City Hall was a great success on its two days of showing on the 28th February and 1st March. The material on display covered the history and present situation with respect to suicide in Hong Kong; statistics about suicide in other parts of the world; displays of pamphlets and informational material used by other Samaritan branches and related organisations; pictures of Samaritans in counselling situations and administrative tasks; and some of members attending International meetings. In particular we received very useful material from New Zealand, Australia, Singapore, U.S.A., Tokyo, Taipei, Rhodesia, Bombay, Calcutta and Canada and we are very grateful to them. A lot of visitors to the exhibition commented that we are truly an International organisation all with a common aim. Special thanks must go to Chad Varah, Dr. Farebrowe, Rev. Raynald Martin, Rev. Lien to Cheng and especially our own volunteers who worked extremely hard to produce such an interesting display. We were very happy that our Patron, the Bishop Baker, was able to accept our invitation to deliver the official speech, and we are very happy to have his continued support and encouragement. Also at the Exhibition other organisations viz. Alcoholics Anonymous, Marriage Guidance Council, The Catholic Marriage Guidance Council, The Community Advice Bureau, The Po Leung Kuk, Kwun Tong Vocational School, and the Neighbourhood Advice Bureau co-operated in mounting small displays or marking tables. Their participation added to the variety of material and helped to make their services known as well. We hope in the future to hold another exhibition in co-operation with such other organisations.

Attendance at the Exhibition was gratifying, and we put a conservative estimate on the number of visitors at 2,000. It certainly increased the awareness of the work of the Samaritans in Hong Kong, and a special thank you is given to the T.V., Radio stations and press. To ease our perpetual financial difficulties a raffle was held concurrently with the exhibition. There was a very warm response from companies to donate prizes and cash, and our total net profit was just over \$33,000.00. A very special thank you goes to the H.K. Jockey Club for their very generous donation. The money we made will be used exclusively for our work in Hong Kong to help the suicidal and despairing in our society.

The branch has considered joining the Hong Kong Council of Social Service with which we have much in common. We have also made application to join the Community Chest in order to obtain financial assistance which is a recurrent need. With such

associations we will be less isolated and then may be able to give and receive more co-operation with other member organisations.

As from April, our Office at Lok Fu will be costing us \$260.00 a month in rent, but fortunately the Social Welfare Department will be reimbursing us. The office is much too small for our growing needs, and some volunteers find the location very inconvenient. Consequently we are searching for premises in Central District or Tsim Sha Tsui which will be convenient to all and then we will be able to advertise and operate a 24 hour Multilingual Counselling Centre. We will still maintain our Office at Lok Fu as that is very convenient for many of our clients, and although small it has served very well.

During the last year we have had the pleasure of many overseas visitors, too many to mention all, but in particular Gunnar Toilmann from Singapore, Rev. Lien from Taipei, Rev. Larson (Contact U.S.A.) Mrs. Chad Varah, Dr. Simon (U.S.A.). We look forward to meeting many more in the future, and extending the Befriending hand worldwide.

— End —

1. Introduction:

This was the most important year of the 16-year history of the Hong Kong Samaritans, not only with regard to the organisation but also because of expansion of the work. Before proceeding with the report, we must emphasise that whatever success can be claimed is due to the morale and enthusiasm of the older volunteers, and to the infusion of new blood in the strength and enthusiasm of new young volunteers. In addition, we have had our incentive strengthened and renewed because of the responsibility laid upon us by the community, because we have inherited the needs of so many people, and because we have received support and encouragement from other organisations.

In the face of the many tragedies that exist in our Hong Kong community today, we believe that those people who have lost hope for tomorrow, those who are questioning the meaning of life, those who seem to live in a vacuum, all those people are in need of sympathy, understanding and friendship.

Therefore, from the commencement of this report, we earnestly request all volunteers who have already joined us and others who are willing to join us, to continue their efforts to help those whose lives are bitter and painful, to save those who walk on the borderland of death.

2. Age and Sex of Suicide Cases:

During this year we dealt with 605 potential suicides, despairing or depressed persons. Of these, 176 were English-speaking and the remainder Chinese-speaking. The table below gives the breakdown of this figure:

Age	Under 20	21-45	46-60	Over 60	Total
Male	28	196	55	32	311
Female	45	186	39	24	294
				Total	605

According to this table, the age group 21-45 accounts for 63% of all suicide cases; the age group 46-60, 15.5%; over 60, 9.2%. These figures indicate that in our community, young and middle-aged people are less able to cope with their problems than older people. This weakness is especially obvious among people in their twenties: they have just left the family circle and entered into society full of enthusiasm and confidence but when they find society falls short of their aspirations, when they

meet some problem they cannot solve, they find themselves more and more involved emotionally in complex problems, until they reach an impasse. Their home and school education may have built up their confidence and enthusiasm, but if the actual circumstances of society are too far removed from what their education has taught them to expect, they soon become disillusioned. Those in later middle age, where the proportion of suicide cases is comparatively lower, have no doubt passed that difficult stage, have more experience, and understand more about life; they are therefore stronger to adapt to society. We refer especially to 73 cases in the under 20 age group, 12% of the total of our cases. Here the number of female cases was about double that of males, an indication of a serious youth problem. It is reasonable to assume that these young people should be supported by their education, but the fact is that these have been overcome by pain, depression and shadow. Male cases are fewer because men are biologically stronger and can find an outlet for their feelings in activities. The female is left only to destruction by society or by her own hand in times of depression.

3. Reasons for Suicide

The following table gives an analysis of our 605 cases:

Reason	Educ- tion	Trouble with Rela- tives	Sick- ness Poverty	Finan- cial	Failure in love	Failure in Gam- bling	Drug Addict- ion	Mental/ Psychia- tric	Total
Number	28	84	341	25	78	1	7	41	605

According to this table, if we put together cases of sickness, poverty and financial reasons, they amount to 366, over 60.4%, clearly indicating that our economic crisis and trade deficit have caused unemployment and hardship. With no unemployment scheme, unemployed persons under the age of 55 were to stop eating when their hands became idle. Those who had children were able to get a little help for their families, but not for themselves. According to some reports, 200,000 workers lost their jobs, and no doubt that is one reason why the number of cases of this kind we dealt with rose to over 60% of the total.

If we put family troubles, trouble with relatives and failure in love together as one group, this total is 163, nearly 27% of the total. This figure is also quite serious. Generally speaking, most family troubles arise from financial difficulties. A husband may have no money to take home, but his wife demands money; a husband may have another wife or girl-friend and cannot support both; a wife may desert her husband and family leaving the husband with a financial problem; a woman may have to care for a child but is unmarried. Another problem may be created when a bride's family demand too much dowry and the male cannot satisfy these demands. Such problems

result in some cases from the mixture of Chinese and European cultures: on the one hand, the young people may be free like Europeans, to choose their own spouses, while on the other hand the old Chinese custom of giving a dowry and a huge wedding feast is demanded as a matter of face. Tragedy may result. Then there is the housewife who has to care not only for her children but also the grandparents of the children: if the husband has found another girl-friend, and fails to bring back his wages, the burden on the woman is unimaginable and may result in suicide.

Concerning psychiatric cases, we dealt with the terrible number of 41 or 6.7% of the total. We have no means of knowing the total number of mental and psychiatric cases that exist in Hong Kong, but we believe it is very high, due to overcrowding, nerve tension, noise, lack of privacy, the way in which people daily brush up against each other, constant arguments and fighting: the people bottle up their feelings and only grumble. Lack of concern for others, lack of sympathy and understanding of the problems of others, create a situation which easily brings on depression and isolation, resulting in cruelty and bad temper. Those who are better off, with good education and living in better conditions may be able to tolerate this, but to those who live under the living conditions described above, it is easy to become a psychiatric case.

As to drug addicts and gamblers, we dealt with only seven cases. Everyone understands how such cases become suicidal.

As to education, there were 28 serious cases in this category, but they will be mentioned later in this report.

4. Action on Cases

Action	Counselling	Fin. Ass. from Outside	Found Job	Found School	Ref. to Welfare Organ.	Ref. to Hospital	Total
Number	210	144	19	9	187	28	605

Almost all the 605 cases were dealt with in personal interviews by volunteers. Only a few were dealt with by correspondence. According to the Samaritans, cases must be dealt with by showing respect for the individual, and making an effort to understand the suffering and problems of the cases. All cases are strictly confidential, as only thus can we gain the trust and co-operation of the client. A suicide is often too depressed to express his grief, and our volunteers are taught to be sincere and sympathetic listeners. Concern and befriending are offered to those who feel isolated and neglected. Therefore, the aim is first to reduce emotional tension, let the clients feel warmth, sympathy and friendship, until the client understands that someone is really willing to listen and understand, and that hope still exists.

However, the client's actual problem is still the main concern of the volunteer: he has to understand fully, analysing all the factors of the problem, and reasoning to a conclusion. This is not easy: it requires honesty, experience, and knowledge of the facts of life. The volunteer, being an outside observer, sees the case more clearly than the client who sees his problem subjectively and may lose his power of reasoning in the midst of his crisis. But the volunteer must remain calm and analyse, and sometimes even a simple word from him may wake the potential suicide from his nightmare.

In addition to the above, we sometimes, with the consent of the client, offer help as shown in the table above, referring cases to appropriate organisations.

5. Special Student Service

Every year, after the announcement of the school certificate examination, we provide a special service to students who have failed their examinations, or who are worried about their future career. This does not mean that all the students who come to us are potential suicides, because at this time most young people are excited and anxious, not knowing what is the next step in their lives. Of course, if they have failed, it is impossible to avoid feeling disappointed, and occasionally we find some with nervous breakdowns and suicidal tendencies. In 1975 there were 28 of the more serious type, as mentioned in Paragraph 3.

Our work is to prevent suicide, and also to help depressed persons, and in 1975, 1104 students requiring this special service came to our office, as shown in the table below:

Items	17 - 26		Total M & F
	M	F	
Repeated Form 5	360	300	660
Lower Form 6	44	36	80
Evening School	8	32	40
Part-time studies	16	32	48
University, Teacher Training U.S.A. Canada	16	28	44
Apply for jobs	160	40	200
Enter to Secondary Schools	16	16	32
Total	620	484	1104

Educational problems in Hong Kong are serious. It is the responsibility of the public and of the Government to provide good and healthy education for young people, to direct them in their future lives. If this point is neglected, the harm done will be irreparable. From the facts of the over 1000 cases dealt with by the Samaritans, and from the daily reports of youth crime, it is clear that there are serious educational problems. In the past few years we have repeatedly pointed out this danger, and pleaded that our young people should be saved from this danger, and be given hope for the future.

6. Organisation:

The following were the highlights of our organisational activities during 1975:

- (a) The money raised in last year's fund-raising drive is being used to improve our services and to meet current expenditure. Of course all our volunteers are unpaid, but we still need money to cover daily expenses, equipment, and the wages of one clerk. We anticipate the need of employing a second clerk.
- (b) This year we became members of the Hong Kong Council of Social Service, our aim being to contact other organisation, to learn from them and co-operate with them for the welfare of the Hong Kong people.
- (c) In addition to having Bishop Gilbert Baker as our Patron, we this year welcomed as Patron the Catholic Bishop of Hong Kong, Bishop Wu. We trust that with support and guidance from the two Bishops, we may be able to learn, and improve our services.
- (d) We held three training classes during the year for new volunteers. Most of those trained became members. As a result of this recruitment the English service benefitted as it is now possible to continue last year's 24 hour telephone service, not from the homes of the volunteers, but from a new and 2nd Centre. This new Centre is located, thanks to the generosity of the Rev. and Mrs. Cyril Clarke, at the Soldiers and Sailors Home, 22 Hennessy Road, Wanchai. The new life-line number for clients is H278484. Later when our goal of a European volunteer sharing duties with a bilingual Chinese volunteer is attained H278686 will also be used for clients. Furthermore, it is now planned to open new training classes for Chinese volunteers, and it is hoped that similar good results will be achieved.
- (e) Interviews with the press and television media were given, and lectures were given at the Universities and other meeting places.
- (f) Several representatives from other suicide prevention organisations in other parts of the world visited us in Hong Kong. We welcome such visits as they promote friendly connections and enable us to exchange ideas.

- (g) Several Honorary Advisors joined us to offer their expert help and advice. They were

1. John W. Crawford	(Honorary Auditor)
2. Mr. D. W. Ling	(Honorary Legal Advisor)
3. Norman Briers	(Honorary Consultant)
4. The Very Rev. Rex A. Howe	(Honorary Consultant)
5. Lt. Col. Dalgliesh	(Psychiatric Consultant)
6. Dr. L. K. Ding, M.D.	(Honorary Medical Consultant)
7. Vic Hummert	(Honorary Consultant)
8. Dr. K. K. Yeung	(Psychiatric Consultant)

7. ACKNOWLEDGEMENTS

We should like to acknowledge our indebtedness for help of various kinds from the following:

1. All advisors and other friends who gave advice, service or training during 1975.
2. All Associations and Clubs who donated money or furniture for Samaritans work. Special thanks go to the American Women's Association for considerable financial assistance.
3. All individuals who donated money to assist the work.
4. All Government Departments whose personnel gave us advice, information or assistance.
5. The H.K. Telephone Company Ltd. for continued help in supplying telephone service and helpful phone numbers.
6. The news media pressmen who helped to make our services known to the public.

HONG KONG SAMARITAN BEFRIENDERS

香港撒瑪利亞(防止自殺)會

Income & Expenditure Account for the year ended 31st March, 1976

一九七五年四月一日至七六年三月三十一日止收支賬

Expenditure 支出:

Salary 薪金	13,790.00	
Electricity & Telephone 電費, 電話費	2,108.77	
Rent 租金	2,880.00	
Printing & Stationery 印刷文具	1,171.70	
Transportation 交通費	99.00	
Postage 郵費	945.10	
Sundry 什費	1,368.20	
Cash Assistance 救助金	140.00	
Purchase of Furniture & Equipment 用具	6,480.00	
Annual Dinner Expense 茶點	3,522.20	
Advertisement 廣告費	560.00	
Newspaper 報紙	459.00	
Membership Subscription 會費	825.70	
Stamp Duty 印花稅	15.00	
Repairs of Equipment 用具修理費	601.50	
Water charge 水費	150.00	
Total Expenditure 合計:	35,116.17	

Surplus carried forward 本年度結存:

Cash in bank 銀行存款	30,217.02	
Cash on hand 零用現金	43.51	
Total Surplus 合計:	30,217.53	
	65,333.70	

Surplus brought forward 上年度結存:

		4,069.62
Income 收入:		
Membership Subscription 會費	1,080.00	
Donation 捐款	21,378.18	
Net income from raffle 賣物會餘款	33,495.90	
Rent Subsidy 租金津貼	2,880.00	
Annual Dinner Fees (Refunded by members) 餐餐費	2,430.00	
Total income 合計:		61,264.08
		65,333.70

香港撒瑪利亞會

HONG KONG SAMARITAN BEFRIENDERS

會籍申請書 Application-Information Form

相片

英文姓名

Name (English) _____

中文姓名

Name (Chinese) _____

年歲

國籍

職業

Age: _____ Nationality: _____ Occupation: _____

住址

Home Address: _____

住所 Home

電話 Phone: _____

辦事處地址

Office Address: _____

Office

Phone: _____

通曉語言，及普通達程度

Languages spoken: _____

良好

GOOD ☐

普通

FAIR ☐

不大好

POOR ☐

是否願意輪流當值？若係願意，請填

Are you willing to take part in a rota of duty?

If so, state: 星期幾？

Day of Week: _____

時間

Time: _____

有無特長？

Do you possess any special skills relevant to Samaritan work?

對所處理的案件，不論在何種情況下，能否保守極端秘密？

Are you able to maintain a confidence regardless of the circumstances?

訓練期約為八次，每週一次（晚上）。能否全部到齊，並不缺課？

The training course lasts for a period of 8 sessions. Are you prepared to come to all of them?

The Samaritans are a completely voluntary organisation dedicated to the assistance of the suicidal and despairing. The Chairman remains in complete control at all times and will guide you where necessary. Samaritans do not seek fame or recognition by applying to become a member.

撒瑪利亞會的宗旨在救助極度悲觀及企圖自殺的人。此項工作要守時負責，不計勞苦，名利及報酬，純屬義務性質。撒瑪利亞會主席擁有絕對權力調處一切，及在認為需要時給予義工人員適當指導。閣下如果對此種義務工作熱心且有興趣，請詳填上表，並簽名於下。

日期

Date: _____

簽署

Signature: _____

Remarks (for office use only) 備註：

Samaritan No.: _____

Approved by: _____

Date: _____

Membership Subscription Record:

Membership Subscription Record:

[illegible]

會 籍 申 請 書
Application-Information Form

相 片

英文姓名

Name (English) _____

中文姓名

Name (Chinese) _____

年歲

國 籍

職 業

Age: _____ Nationality: _____ Occupation: _____

住 址

Home Address: _____

住所 Home

電話 Phone: _____

辦事處地址

Office Address: _____

Office

Phone: _____

通曉語言，及普通達程度

Languages spoken: _____

良好

GOOD

☐

普通

FAIR

☐

不大好

POOR

☐

是否願意輪流當值？若係願意，請填

Are you willing to take part in a rota of duty?

If so, state: 星期幾？

Day of Week: _____

時間

Time: _____

有無特長？

Do you possess any special skills relevant to Samaritan work?

對所處理的案件，不論在何種情況下，能否保守極端秘密？

Are you able to maintain a confidence regardless of the circumstances?

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日期

Date: _____

簽 署

Signature: _____

Remarks (for office use only) 備註：

Samaritan No.: _____

Approved by: _____

Date: _____

意見
Comments:

日期 Date	摘要 Particulars	評錄者 By	職位 Post

To the Chairman,

HONG KONG SAMARITAN BEFRIENDERS

45, Block 13, Lok Fu Estate, Kowloon

I enclose a cheque for \$. being

Member's Subscription for (¹⁹⁷year) ————— \$10.00

A Donation \$

Name

Address

.

.

Kindly Print Name and Address in Block Letters to assist our Chairman in forwarding an acknowledgement. Cheques should be made out to the Hong Kong Samaritans, and crossed.

To the Chairman,

HONG KONG SAMARITAN BEFRIENDERS

45, Block 13, Lok Fu Estate, Kowloon

I enclose a cheque for \$. being

Member's Subscription for (¹⁹⁷year) ————— \$10.00

A Donation \$

Name

Address

.

.

Kindly Print Name and Address in Block Letters to assist our Chairman in forwarding an acknowledgement. Cheques should be made out to the Hong Kong Samaritans, and crossed.

香港撒瑪利亞（防止自殺）會 九龍樂富新邨十三座地下45號 會費及捐款通知書

會費_____拾元

捐款_____元正

姓名_____

地址_____

如以銀行支票付款，請劃橫線及
寫本會名義直接寄交本會主席便妥

香港撒瑪利亞（防止自殺）會 九龍樂富新邨十三座地下45號 會費及捐款通知書

會費_____拾元

捐款_____元正

姓名_____

地址_____

如以銀行支票付款，請劃橫線及
寫本會名義直接寄交本會主席便妥

一九七三至七四年度之男女及年齡自殺一覽表
Suicide Deaths Registered by Sex & Age Group, 1973 & 1974
From the Births and Deaths Registry, Li Po Chun Chambers 2/F

年 齡 Age Group	1973			1974		
	男 Male	女 Female	合計 Total	男 Male	女 Female	合計 Total
1 - 9	—	—	—	—	—	—
10 - 14	1	1	2	1	—	1
15 - 19	10	14	24	6	7	13
20 - 24	34	32	66	19	26	45
25 - 29	25	11	36	25	21	46
30 - 34	33	13	46	27	8	35
35 - 39	23	11	34	23	18	41
40 - 44	35	14	49	35	15	50
45 - 49	22	11	33	23	12	35
50 - 54	25	16	41	33	15	48
55 - 59	25	13	38	16	16	32
60 - 64	26	15	41	30	11	41
65 - 69	16	7	23	14	14	28
70 - 74	19	21	40	16	10	26
75 - 79	5	14	19	5	14	19
80 - 84	—	9	9	—	6	6
85 & over	1	3	4	2	11	13
Age unknown	—	—	—	1	1	2
全年合計 Annual Totals	300	205	505	276	205	481

ACKNOWLEDGEMENTS

1. All advisors and other friends who gave advice, service on training during 1975.
2. All Associations and Clubs who donated money or furniture for Samaritans work.
3. All individuals who donated money to assist the work.
4. All Government Departments whose personnel gave us advice, information or assistance.
5. The H.K. Telephone Company Ltd. for continued help in supplying telephone service and helpful phone numbers.
6. Pressmen who helped to make our services known to the public.

鳴謝

- 一、所有顧問及朋友在1975內提供對訓練工作之意見及幫助。
- 二、所有有關社團組織捐助金錢或傢俱。
- 三、所有熱心人士金錢上之支持。
- 四、各有關政府部門提供指導，資料及幫助。
- 五、香港電話公司提供之電話服務並給予特別號碼。
- 六、傳播界人士向大眾介紹本會工作。

- | | |
|------------------------------|--------------------------------|
| 1. John W. Crawford | (Honourary Auditor) |
| 2. Mr. D.W. Ling | (Honourary Legal Advisor) |
| 3. Norman Briers | (Honourary Consultant) |
| 4. The Very Rev. Rex A. Howe | (Honourary Consultant) |
| 5. Lt. Col. Dalgleish | (Psychiatric Consultant) |
| 6. Dr. L.K. Ding | (Honourary Medical Consultant) |
| 7. Vic Hummert | (Honourary Consultant) |

七、致謝..

1. 各位顧問及朋友們！在一九七五年內提供對訓練工作之意見及幫助。
2. 各有關社團組織捐助之金錢或傢俱及特別多謝美國婦女會之慷慨捐助。
3. 各位熱心人士予金錢上之支持。
4. 各有關政府部門提供指導資料及幫助。
5. 香港電話公司提供之電話服務並給予特別號碼。
6. 傳播界人士向社會各界介紹本會之工作。

本會特向

上列各界暨各位人士致予衷心的感謝！

的環境條件與問題的內容，詳細的代為分析、理解、歸納，這是一件很不容易的工作，需要忠誠的為對方設想，需要豐富的人生經驗與豐富的生活常識，『當局者迷，旁觀者清』，當事人在極度困難中極易感情衝動喪失理智，經旁觀者冷靜分析後，會發生一言驚醒夢中人的效果。

上表六百零五案件，我們除做了上述的工作後便根據問題的首要次要環結，在尊重案主本人的意願下，分別處理如上表。

五、在暑假對會考生的特別服務：

每年暑假當會考榜示後，本會便辦理此項對應屆考生的特別服務，原因並非是說所有到本會求助的同學有企圖短見的傾向，而是說在這一階段年青的同學們絕大多數苦悶徬徨，不知所從，當然會考落第的同學更避免不了灰心與失望！間中亦有情況嚴重極度神經衰弱或有自殺傾向者去年便有廿八件。本會為防止自殺機構，同時也幫助情緒上沮喪痛苦的人，因此我們在每年暑假舉辦此項特別服務，七五年內到本會求助者有一千零八十八人，本會辦理情形及詳細統計數字如下表：

1975						
電 話				來 會		
分 項	17 - 26		合計	17 - 26		合計
	男	女		男	女	
重讀中五	240	192		120	108	
中六預科	40	32		4	4	
夜 校	4	24		4	8	
半 工 讀	12	32		4		
大學、 師範、 及美、加	16	28				
求 職	148	36		12	4	
升 中	12	11		4	5	
合 計	472	355		148	129	
總 計 (男女)	827			277		
	男 620 女 484		1104			

教育問題，是本港的嚴重問題，好好的教育一下代為他們設計并指明前進的道路，是當局和全體市民不可推卸的責任，忽略此所造成無限的惡果將無法補救！這點，在本會所經辦的案件上，以及在本港每日所發生的青少年犯罪問題上，已說明了問題的嚴重！往年我們曾不斷的指出，今年我們再度指出：請救救青少年！請給他們前途！請給他們希望！

六、本會的內部工作：

去年我們在各善團各熱心善士的支持下也舉辦了賣物會。藉以籌集經常費用，所籌集經費純供本會經常費用。當然，本會所有工作人員除一位受僱書記外，雖純屬義務工作人員，經常費用雖然不多，但仍感缺乏。特別是在港島方面即將開辦第二個辦事處，需要僱請另一位書記。

去年本會獲准參加了香港社會服務聯會為會員會，藉以向其他服務社團聯繫、學習、合作、以促進本港之社會服務事業。

名譽贊助人除會督白約翰主教外並於去年敦請天主教香港教區胡振中主教為本會名譽贊助人，並蒙胡主教首肯，相信本會會務在兩位主教贊助人之指導與鼓舞●會有所改進。

去年本會曾開辦英語義工人員訓練班三期，受訓外籍義工共一百餘人，期滿後大都參加本會工作。本會英語部之廿四小時電話服務工作得以順利開展。獲此批新血之推進非淺，預計今後將繼續開辦此類訓練班，現并進行中文訓練班預期成就必佳。本會近蒙克拉克牧師夫婦之慷慨協助，在港島灣仔軒尼詩道22號「水手館」開設第二辦事處，新的生命綫電話號碼是H二七八四四及H二七八六六，我們希望義工人員，特別是諳中英文兩種語言的會員，能在新會所輪值，促進工作效率，使求助者獲得更大的方便。

去年本會負責人曾被邀赴大專及各種●社團作專題防止自殺問題演講，并赴電視台電台暨接受各大報社訪問多次。去年各國各地區負責防止自殺機構的人員曾不斷來港訪問本會藉機交流經驗。聯絡友誼，本會對來會嘉賓表示熱烈歡迎。

去年本會曾敦聘義務核數師，名譽法律顧問，及名譽顧問如下：

右的青年人，他們甫離家庭、學校，踏入社會，可能是滿懷信心，滿抱熱情，一旦發覺現實社會滿不是他們所知所想，一旦遭逢實質上的困擾，便便無以為解，形成情緒上的鬱結。這些鬱結愈多愈深對他們的威脅性也愈大；當然他們的信心與熱誠，是通過家庭與學校教育而成長的，如果教育的實質與社會情況及其所需距離愈遠，則他們的信心與熱誠也就更易於消失以至於失望！中年以上的案件所佔的百分比比較少，原因是他們已經過了一段磨練的階段，對現實生活有所了解，對現在社會的適應能力也就較強，特別須要提出的是廿歲以下的案件竟有七十三件佔十二%。（百份之十二）其中女性多於男性幾乎一倍，這說明了本港青少年的問題多麼嚴重！按說廿歲以下的青少年應該是在受教育維護的階段，而事實上他們却蒙上了痛苦悲觀絕望的陰影；男性案件之所以少，是因為男性在生理上的優越，尚有本領做阿飛做一切可以使他們得過且過的發洩痛苦的行為；女性則只能被人宰割或自我殘酷！

三、個案的原因分析：

關於六百零五個案件，我們的初步分類如下表：

REASON	Educ- ion	Trouble with Relative	Sickness Poverty	Failure of Love	Failure of Gambling	Drug addict	Mental	Finan- cial	Total
原因	教 育	家庭糾紛	貧病失業	愛情困擾	賭 敗	吸 毒	精 神 病	經濟問題	合 計
Number 人數	28	84	341	79	1	6	41	25	605

根據上表如果將貧病失業與經濟問題兩項合計在一起，數字達三百六十六，佔全部案件六十點四%多。這說明在過去一年內由於本港的經濟情況不景氣，對外貿易的衰退，引致了嚴重的失業。同時本港缺乏失業保障制度，如果五十五歲以下的人，一旦失業即就要手停口停，雖然失業者本人的子女也許可能獲得若干公共援助，但失業者本人却毫無辦法，據最近的統計，本港仍有二十萬人失業，這就足以說明：何以本會在七五年內處理幾達六十%以上的貧病失業與經濟困難的案子了！

其次我們再將家庭糾紛與愛情困擾合併在一起計算，數字達一百六十三件佔全部之廿一%弱。這也是相當嚴重的問題，基本上說：有很多的家庭糾紛是由於經濟的困難所導致，譬如丈夫不拿錢回家，妻子嫌家用太少，當然有些是丈夫有外遇或妻子出走，更有些是未婚媽媽或生米已成熟飯，女方苛求重禮，男方無錢成婚之類，這也說明了本港社會制度，在半

中半西的文化混雜下所產生的怪現象，我們的社會大多數家庭已主張年青人自由戀愛自由選擇對象，但對象一旦選到了，又要拘守舊禮，要聘金要酒席要面子，結果當然是悲劇。家庭婦女幾乎負責了全部家務及照顧子女老弱的責任，如果丈夫有外遇或不拿錢養家，即真是不堪設想。

再者是精神病案件，雖然只有四十一件佔六點七%，但却是個可怕的數字，我們雖不知道香港每年有多少精神病人，但相信為數不會太少，因為居住的擠迫，生活的緊張，到處一片嘈雜，人與人不相情願的接觸的頻繁，使磨擦增多，糾紛不斷，憤懣怨恨，委屈……再加人情的淡薄，人與人之間缺乏同情與了解，這種情況極易造成情緒上的煩悶，行為上的孤僻，情感上的冷酷，脾氣上的暴躁，這對一些較有素養，生活經驗豐富，或境遇優良者，當然還可以經受的住；但對於一些上述條件脆弱者則極易變成精神病的患者。

上表吸毒與賭敗案件為數甚少，眾所週知其社會因素，此處不再詳論，關於教育問題，嚴重到極其沮喪者有廿八件，其原素留待在本報告另一節討論。

四、本會對案件的處理：

ACTION	Counsel- ing	Financial Assistance (From other sources)	Job Introduce	School Introduce	Referred to Social organ.	Referred to Hospital	Total
處理情形	勸 解	資 助	介紹工作	介紹學校	介紹福利機構	送醫院	合計
Number 人數	218	144	19	9	187	28	605

上表六百零五個案件，幾乎全部經本會義務工作人員訪問，接見，間中有少數是通過郵寄筆談，根據本會的原則：我們對求助者極其尊重，盡量了解其內心的痛苦與遭受的困難並對案情保守極度秘密，因此我們也獲得了對方極度的信任與合作。通常：一般極其痛苦的人，滿腹苦悶，無處發洩，我們的工作人員會以誠懇而同情的態度，親切地傾聽他們的申訴，而一些自以為孤獨，無人關懷，缺人了解的人，我們的工作人員會予以不斷的友愛與關懷。因此絕大多數的案件當我們未涉及其實質問題之前，我們首先要舒展了案主鬱結的情緒，使這些朋友們感到一點溫暖，同情、友愛覺得尚有願意了解他，幫助他，人生尚不可怕，希望仍在。

當然實質問題的解決，仍然是協助求助者重要的環結，通常當我們的工作人員完全了解了案主的問題後，根據其客觀

香港撒瑪利亞會年報（一九七四）

日期：一九七五年四月廿日

地點：香港聖約翰教堂

一九七四年整個局面是一九六七年的重映，香港受到經濟衰退的侵擾；個人問題增多了。失業或待聘，如戲劇化一般增長。同時，物價高漲亦影響着很多職業安定的人士的生活。

根據政府官方統計，一九五二年一九七三年的自殺率由每十萬人口中的八點三七低點升至十四點壹一高點。最近三年統計率分別為九點五九，十一點三五和十二點一四，我們預測一九七五年的數字，一定出現增加現象。

一九七四年內，撒瑪利亞會曾處理二仟四百宗事件。其中最大類之數字為壹仟二百壹拾伍；都是涉及法律或是與政府機關有關的問題。這些人士或許不是直覺上想到自殺，但每因環境的不合理聚積種種失意情緒，而可能產生自殺的行為。

其次八百廿一件（四百四十二男，三百七十八女），是因會考而發生問題的學生。大部份是在十七歲左右，他們在八月放榜時發覺會考成績不如理想，而產生恐懼、緊張、或絕望。但八百廿一人不包括廿五位十一歲的兒童。他們找我們協助，因為他們無法找到一所中學繼續接受教育。在這個缺少四萬個中學學位而充滿罪惡、貪污、非法組織的社會中，這羣十一歲的兒童能有甚麼期望呢？沒有地方可供這羣青少年接受實用的職業訓練，因為職業學校計劃要在十年後生效。所以，正如一九七三年報指出：在這已存在的危機中，情況將更悲慘，更壞下去。去年我們有二百四十位十七歲青年求助；今年則有八百二十一宗、十七歲青年及廿五位十一歲兒童。而明年將有更多學生競爭極少數的學位。撒瑪利亞會呼籲政府有關部門切實正視青年的嚴重性。

意圖自殺的事件共一百八十六宗（一百零三男、八十三女）。雖然人數較其他兩組為小，但則需要極大的同情和迫切的救助。

造成自殺趨勢的原因很多。通常自殺因素並非由於突然而來的不知所措；而是出於長期積聚的緊張，直至崩潰地步。從接觸投訴人過往所得的經驗，我們知道一些方法去幫助一個意圖自殺者解脫其緊張。經濟困難問題亦非常普遍：一個人不能涵接個人或家庭的需要。其次便是婚姻失敗，酗酒和考試失敗等等。

讓我們仔細考究這些因數。通常一位人士到我們這裏，是因為他可怕的經濟困難已到達完全絕望的境地；他已經在可找尋的來源上無法可施。而政府卻沒有失業援助計劃，所以當一個人失業時，他將沒有任何經濟支持。撒瑪利亞人能給他甚麼解決方法？我們應覺察到政府必須計劃一個可以接受的，而保持人性尊嚴的方法提供最低限度的生計支持，直至他找到工作。

香港撒瑪利亞會一九七五年年報

一、開頭話

一九七五年，是香港撒瑪利亞會成立十六年來最重要的一年；這不僅是在會的組織上有了改進，同時在工作上，也有了相應的進步與發展。在未報告具體的內容之前，我們必須說：如果這作為我們工作的成績的話，這成績是由少數的資深的義務工作人員，不為利、不辭勞苦、勇於救人的撒瑪利亞人的精神所促成，同時也是由於近兩年來許多新血的參加。這些新血，認真、負責、熱誠、在工作上產生了新的推動力量。當然，本港社會賦予我們的責任，廣大市民對我的需求，各有關機構對我們的協助，友好人士對我們的鼓勵，這一切都變成了我們工作力量的源泉；面對當前悲劇型的香港社會，衆多的人們消失了明天的希望，不知道為什麼活着？活下去又有甚麼意義，這些生活在真空中的人們，需要同情、溫暖、更需要了解與友誼！因此在年報的開始，誠懇而熱切的要求：凡已參加本會的工作同人或即將參加的義工們，請再接再勵，盡我們的力，助那些生活在痛苦中的人能夠活下去！讓那些徘徊在死亡邊緣的人，能夠回頭！

二、個案的年齡與性別的分析：

過去一年中，我們處理了六百零五個企圖自殺或極度消極的案件，其中以英語交談的有一百七十六個。這六百零五個案件的年齡與性別分類如下表：

AGE 年齡	UNDER 20 二十歲以下	21 - 45 廿一至四十五歲	46 - 60 四十六至六十歲	OVER 60 六十歲以上	TOTAL 合計
SEX 性別	M.男 28 F.女 45	M.男 196 F.女 186	M.男 55 F.女 39	M.男 32 F.女 24	M.男 311 F.女 294
NUMBER 人數	73 12%	382 63.14%	94 15.5%	56 9.2%	605

根據上表數字，廿一歲至四十五歲的案件最多，佔全部案件百分之六十三強，其次是四十六至六十歲者佔十五點五%。再其次是六十歲以上者佔九點二%。這說明了本港社會的青年中年人對現實的適應性較老年人為薄弱。特別是廿多歲左

香港撒瑪利亞會一九七一年年報

一九七一年度本港自殺案件總數，根據新聞報導本會逐日統計，共四百六十八件，較七零年，男減少四十七件、女減少二十七件。

七一年內本會處理的企圖自殺案件，及極度消極案件，男一四四件，女一〇〇件，共二四四件，較諸七〇年度亦大幅度的減少，計減少一七一件。

一九七一年表面上看來，香港社會似乎是「平穩」的一年，沒有什麼大變化，大波動，但若細心深入的觀察，則不難發現，一九七一年度是香港社會心理由洶湧澎湃的不定向暗潮，轉向逐漸定向的明朗化的兩極，這種轉化，在結束着舊香港的歷史，改變着香港市民四顧茫然，無枝可棲的情況。在這種情況下香港市民分化為兩部份，一部份是方向明確獲得今後目標的人，他們生活態度非常「篤定」，有萬物靜觀皆自得的感覺。他們認為新的秩序雖未建立，但舊的制度已註定失敗，不屑一顧，因此對舊權威卑視，與對新前途憧憬，這情形在生活上，有了極積極的因素，不再使他們產生消極的情感。另一部份是方向茫然，無目標可尋，得過且過，自暴自棄的人，他們以暴力破壞傳統，對抗權威。這兩者道不同，雖不相謀，但對傳統制度的否定破壞則一，他們都在不同的情況下，不同的程度上，發洩了自己的情感，為將來忍受了現在的痛苦，殺人而不自知，這就何以一九七一年度本港自殺案件減少的原因。

一九七一年度本港自殺問題的其他因素，以及其他分析，一仍如舊，並無遽變突出，故本會年報不再論及。

香港撒瑪利亞會一九七二年年報

一九七二年度本港自殺案件的總數，根據本港新聞報導，本會逐日統計的結果，計：三百三十宗，其中男性一百四十七宗，女性一百八十三宗，較諸七一年度減少一百三十八宗，其中男性減少七十九宗，女性減少五十九宗。

此外一九七二年度香港撒瑪利亞會處理過的企圖自殺案件共一百六十七宗，其中男性有八十二宗，女性有八十五宗，總計七一年度本會處理的案件，亦減少七十七宗，其中男性減少六十二宗，女性減少十五宗。

上述數字表明香港的自殺案件大幅度的減少，其原因：

(一)一九七二年本港社會是較為安定的一年，由於國際形勢的變化，亞洲緊張局勢的逐漸鬆弛，這種情況影響了香港，使香港社會獲得在觀望中短暫的安定，反映在人們情緒上有了短暫的平靜，這是我們認為去年自殺人數減少原因之一。

(二)本港社會去年度是罪案激增的一年，打劫，開片，殺人……幾乎無日無之，使社會不安，人人自危，這一股暴戾的罪惡之氣，沖淡了鬱集苦悶之氣，正如本會去年度年報指出：若干人在不同的情況下，不同的程度上，發洩了自己的感情，傷人而不自傷，殺人而不自殺！這是我們認為去年自殺人數的減少原因之二。

瞻望一九七三年，本會希望：暴戾去而祥和來！希望本港社會更能安定正常，罪案減少，人們應該採取正當的方式抒散自己的情緒，既不傷人，也不自傷，既不殺人，也不自殺。

惟目前所可見者，却是，租金物價的飛漲，股票市場的瘋狂，工商業的不景，這一切都在說明本港社會仍在走着一條不正常的瘋狂的道路，如果這種情況不能加以遏止改變，我們可以預見一九七三年內生產停滯，外銷不景，失業增加，罪案將更增多，殺人自殺案也會增多！因此我們在這裡大聲疾呼：

請社會請政府注視此種現象，及早防患未然，避免悲劇的發生。

香港撒瑪利亞會一九七三年會務報告

一、一九七三年度常務委員會每月例會共十二次，報告該月份內之會務及個案之檢討。

二、特別會議兩次。一為籌備暑期對考生之特別服務，二為會員大會及改選工作。

三、本年暑期會考之服務特別繁重，人數亦為歷來之冠，幸賴李宏基主教樂於贊助，對今後會務裨益至大。助人徐誠斌主教仙遊，為本會之重大損失，幸賴李宏基主教樂於贊助，對今後會務裨益至大。

四、本會為加強工作之效率，及擴大服務起見，已向社會福利署申請給予按年經濟援助，以利工作之進行。

五、本年度東南亞各地與本會之聯系較為密切。歐美分會之來港人士亦較往年為多。除由主席分別招待外，並互相交換有關防止自殺資料及經驗，使本會與各國之聯系加強。

六、本年度之個案，最顯著者為青年之求助案件急激增加，具佔絕大多數，其原因詳見主席年報。

七、本年度申請入會者為數雖不多，但均係社會工作經驗豐富之士，對本會未來工作，當有極大之幫助。

八、一九七三年度之個案共二九六件，處理均甚成功。

九、本會本年度收集之資料，係採抽樣之統計方法。



贊助人
Hon. Patrons

港澳區會督白約翰
The Rt. Rev. Gilbert Baker
Bishop of
Hong Kong & Macao

胡振中主教
Bishop John B. Wu

顧問
Advisors

陳立僑醫生
Dr. L.K. Ding, M.D.
Hon. Medical Consultant
樊福特先生
Mr. John W. Crawford
Hon. Auditor
林大偉律師
Mr. D.W. Ling
Hon. Legal Advisor

戴利樹中校
Lt. Col. Dalgliesh
Hon. Psychiatric Consultant
皮亞斯先生
Mr. Norman Briers
Hon. Consultant
豪爾副主教
The Very Rev. Rex A. Howe
Hon. Consultant

主席
Chairman
杜學魁先生
Mr. H.K. Andrew Tu
副主席
Vice-Chairmen

葉錫恩議員
Mrs. Else Elliott

德樂施修女
Sister Rose Duchesne

- (十二) 本會并不供應醫療服務，若來電人有此需要，本會亦可幫助他們取得醫療照顧。各支會皆有一醫學顧問（通常是精神病專家）協助主席處理此等事宜。
- (十三) 本會并非一專業訓練之個案機構，如求助者之難題需要社會工作者（曾受專業訓練的）代為解決，則本會將不予理會。
- (十四) 本會并非一社會福利機構，若求助者有任何物質上的需求本會將移交有關之福利機構處理，唯在缺乏福利機構之國家則屬例外。
- (十五) 本會并非一基督教團體。無論會員信奉任何宗教，他絕對不能藉着接觸的機會向求助者灌輸宗教知識，或說服他信奉某一宗教。若求助者需要某種精神上的寄託，則本會移交適合之教會代表處理。
- (十六) 求助者只知道會員的姓字及會員証號碼，而名字及其他有關資料則一無所知，除非他與會員繼續聯絡。不過在求助者與會員繼續接觸時，是由主席決定求助者所能獲悉的資料，及決定會員能否在家款待他們。
- (十七) 求助者向會員透露之事情將予以保密。倘事情屬於高度秘密或涉及犯罪行為，本會絕對保密，同時在未經求助者同意之前，絕不向會外人士或會內與事情無關之人士洩露，唯主席則例外。若求助者要求事情絕對守秘，甚至主席也不可洩露時，會員將不予以聆聽。
- (十八) 不論何時，求助者對自己的命運有絕對之操縱權，他可自由拒絕本會之幫助，或中斷與本會之聯絡，而不必憂慮會受到本會之阻撓，即使他有自殺的跡象或意圖幹出本會所反對之行爲，若會員與求助者接觸時（不論是面談或通過電話）推斷出他有自殺的傾向，應盡量運用機智取得他的同意在日後再次聯絡，從而獲悉其進展情況。在求助者的同意下，會員會把資料紀錄下來。在此情形下繼續的調查顯明不是違反求助者之意願。
- (十九) 本會屬下支會同屬於一合法組織之管理委員會代表各支會，同時保留委任各支會主席之權力，負責審查以上的宗旨是否切實的履行。
- (二十) 只有管理委員會有權更改以上的宗旨，例如准許新支會在某段時間內提供有限度之服務，或准許海外的支會以其它名義設立，同時亦只有管理委員會有權修訂本會之宗旨。

伸出友愛的手！救助不幸的人！

造成自殺的因素：

嚴重的情緒沮喪，痛失親人，婚姻破裂，吸毒，賭博，酗酒，罪惡感或極度孤獨感，等等都是形成自殺的因素。有上述因素而需要幫助的朋友，撒瑪利亞會可聆聽他們的傾訴，根據他們的需要給予幫助。

日夜廿四小時服務：

「撒瑪利亞會」會員不分晝夜，廿四小時服務，接聽需要幫助的人的電話，隨時伸出友誼的手，直至困難得到解決。「撒瑪利亞會」會員對電話上的傾訴，及別人的私事，絕對嚴守秘密。

「撒瑪利亞會」會員是些怎樣的人？

「撒瑪利亞會」會員只是普普通通的人，他們來自不同國家，默默地義務工作，關懷那些失意的人。志願參加「撒瑪利亞會」者並沒有宗教上及種族上的限制，但在未正式工作之前，要接受有經驗的資深會員和其他專家訓練。

「撒瑪利亞會」會員的主要任務是●對不幸者伸出同情之手——解危——濟厄——救命！
「香港撒瑪利亞會」的標誌是救人一命，勝造七級浮屠

如何協助「撒瑪利亞會」

(一) 申請加入本港「撒瑪利亞會」為會員，担任「友誼」使者。

(二) 向具有不能成為優異「撒瑪利亞會」會員潛質的朋友介紹該會。

(三) 籌款資助該會，因「撒瑪利亞會」有賴熱心人士捐助。

(四) 向需要幫助的人介紹「撒瑪利亞會」

電話服務：

悲觀失望的朋友們！請在任何時間打電話，三—三七〇〇〇〇。那裏將會有人聆聽你的申訴，並伸出同情的手幫助你解決問題。

朋友：

生命是寶貴的，你若有困難，不妨盡情傾訴；世界上還有溫暖與同情。

他人可能對你不住，你却不要對不住自己，你若曾對不住別人，現在仍有機會可予補償。

朋友，請三思！仍然有人在關心你！

會址：九龍樂富村十三座地下

國際撒瑪利亞會廿條原則

(一) 撒瑪利亞會是一世界性志願團體。其會員的工作是對那些孤獨，沮喪而意圖自殺的人予以幫助，務使其擺脫一切精神上的困擾及取消自殺的念頭。當絕望者求助時，不論日夜，會員都樂於給予慰解。會員對求助者之幫助是完全基於人類之同情心，他們具備聖經上撒瑪利亞人的精神，在別人急需援助時，伸出友誼之手，盡量給予關懷及照顧。

(二) 本會選擇會員是不論其信仰，種族，性別，年齡，政治背景及社會地位，然對於個人的品德及其對此項工作之適應能力，則作審慎的觀察及考慮。

(三) 為了提高服務水準，撒瑪利亞會屬下各支會皆由一位主席及數位主要負責人領導，另有專業人士提供醫學及各方面之意見，同時亦可參與選擇及訓練會員之工作，及對求助者予以幫助。

(四) 在電話服務完備之國家，每一支會在宣傳方面，除了列明會址外，還附加一易於記憶之電話號碼，以便求助者在最短促的時間內與本會取得聯絡。（求助者之姓名可予以保密。）

(五) 本會歡迎電話求助者前赴本會與會員面談，有時也會主動邀請來電人前來，此乃視乎個別情形而定。不過，求助者可自由選擇聯絡的方式，以電話及書信聯絡均可。

(六) 本會最主要的工作是在危急關頭時，阻止絕望者進行自我毀滅。

(七) 有些孤獨絕望的人基於責任上種種原因而不能自殺，或是在求助時尚未有自殺的傾向，雖然如此，會員亦與他們保持相當時期的聯絡，盡量給予關懷，以防止他們幹出自殺行為。

(八) 若來電人替別人擔心（他的朋友陷於絕望或有自殺的跡象），本會將向他建議種種解決辦法。對於不直接求助的人，本會概不加以干預，除非他的年紀過於幼小或老邁或是身體不適要由可靠人士代為聯絡。在此情形下，本會可給予暫時性的幫助。

(九) 求助者可分兩類，一類是需要本會長期照顧的人，另一類是面臨自我毀滅邊緣而急需本會援助的人，在此情形下，後者將獲得優先的幫助。

(十) 本會盡量幫助每一求助者，但不敢肯定全部能收效。各支會負責人必須善用人力，對於精神病患者或頑強而不接受慰解的人，本會將不予理會。