

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS
HONG KONG

年 報

ANNUAL REPORT



1997

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簡介

簡史：

「香港撒瑪利亞防止自殺會」於一九六〇年七月成立。原名是「防止自殺會」，是亞洲同類組織的首創。於一九六三年十月在本港作社團註冊，後來改名為「香港撒瑪利亞防止自殺會」，並於一九九四年轉為公司註冊。

本會為香港土生土長，並且全部由義工組成的志願服務機構，並無宗教立場，但以聖經中好撒瑪利亞人的友善博愛和助人為樂的精神作榜樣，向絕望及瀕臨困境人士伸出同情之手，予以扶持及適當的情緒輔導，達到助人自助的目標。鑑於一九六四年因會考落敗而萌輕生念頭的學生顯著增加，本會遂於一九六五年展開中五會考考生輔導服務，一直推行無間，並喚起其他服務團體的參與，開拓各方資源，有助莘莘學子以解徬徨之困。

本會在七十年代設有中、英文部，分別提供粵語及英語服務，至一九八二年，本會因行政關係刪除了英文部，而輔導服務一直推行至今。

精神：

發揚人類善美的本質，以愛心、耐性及同情，建立人際間互助、互勉、互愛的精神。

宗旨：

- (一) 基於人道立場，協助面臨各種困難，陷於孤獨與沮喪的人士，重建求生信念。
- (二) 透過演說、講座、刊物、調查報告等方式，宣傳及推廣本會的服務精神。
- (三) 協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織。

會籍：

- (一) 國際防止自殺會；
- (二) 香港社會服務聯會；
- (三) 香港公益金。

會址：

九龍彩虹邨金華樓地下 126-127 室
九龍順利邨利富樓三樓 F23 室

電話：

辦公室電話：2790 8844
熱線：2389 2222(此電話熱線乃由香港電訊贊助)
傳真：2343 6359
國際網絡位址：<http://www.cmsweb.com/sbhk>



香港賽馬會慈善信託基金贊助
Sponsored by The Hong Kong Jockey Club Charities Trust



Hongkong Telecom
香港電訊

大東電訊集團成員公司



香港公益金會員機構
A MEMBER AGENCY OF THE COMMUNITY CHEST

THE SAMARITAN BEFRIENDERS HONG KONG

Brief History

The Samaritan Befrienders Hong Kong (SBHK) was established in 1960 under the name "Suicide Prevention Society", the first of its kind in Asia. It was registered as a society in Hong Kong in 1963, and subsequently renamed "the Samaritan Befrienders Hong Kong". In 1994, it was incorporated as a limited company.

SBHK is a local voluntary agency comprising entirely volunteer workers. Though non-religious in nature, SBHK takes after the generosity and benevolence of the Good Samaritan in the Bible in an effort of lending a helping hand to the distressed and helpless. Through giving support and rendering emotional counselling to them, we help them helping themselves.

In the wake of a significant rise of students committing suicide due to their setback in the Hong Kong Certificate Examination in 1964, SBHK launched a Summer Hotline Service for Form 5 graduates in 1965, and the Service has been maintained ever since.

Following our example, other organizations joined in, and now resources from various quarters are available to help students finding a way out of their cul-de-sac.

In the 70s, SBHK offered services by 2 distinct units; one in Cantonese, the other in English. The English unit was dissolved in 1982 for administrative reasons, but for SBHK as a whole, counselling service has been maintained ever since its establishment.

Spirit

To spread the spirit of brotherly love and mutual support.

Objectives

- (a) To prevent suicide by befriending lonely and depressed persons thus helping them to regain a balanced perspective of life.
- (b) To bring our work into the community by talks, seminars, research etc.
- (c) To coordinate and liaise with other Societies having similar objective to the Society.

Affiliation

- (a) Member of the International Association of Suicide Prevention.
- (b) Member of the Hong Kong Council of Social Service.
- (c) Member of the Community Chest of Hong Kong.



香港賽馬會慈善信託基金贊助
Sponsored by The Hong Kong Jockey Club Charities Trust

Address

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~Unit No. F23, 3/F., Lee Foo House,
Shun Lee Estate, Kowloon, Hong Kong



Hongkong Telecom
香港電訊

大東電報局集團成員公司

Telephone

Office Line: 2790-8844

Fax No: 2343-6359

Hotline: 2389-2222 (Sponsoring telephone line for Hotline Services by HK Telecom Ltd.)

Internet Address: <http://www.cmsweb.com/sbhk>



香港公益金會員機構
A MEMBER AGENCY OF THE COMMUNITY CHEST

香港撒瑪利亞防止自殺會的精神

1. 香港撒瑪利亞防止自殺會成立的目的是要發揚人類善美的本質，以愛心、耐性及同情，建立人際間互助、互勉、互愛的精神。
2. 我們讓絕望、無助、有自殺意圖的人士，在有需要時可以找到聆聽者，訴說內心的痛苦和困擾。
3. 我們讓求助者感到被接納和支持，從而克服情緒困擾、面對問題。
4. 我們尊重求助者的自決權，即使他們決定要自殺，他們亦可以隨時終止與我們的聯絡。
5. 我們尊重求助者的私隱權，在未經求助者同意之前，我們絕不會向會外人士洩露其個人資料，但為了提供有效的服務，本會主席及督導人員有權知道求助者的談話內容。若求助者不能接納，我們將不會提供服務。
6. 我們不會藉著與求助者接觸的機會，向他灌輸個人的價值觀、信仰和政治立場。

香港撒瑪利亞防止自殺會的工作

1. 本會提供二十四小時電話熱線服務，如情況許可亦會提供預約面談服務，求助者亦可以用書信與本會聯絡。
2. 本會會為每一位求助者提供談話服務，但會優先服務有自殺意圖的求助者。如求助者沒有自殺意圖，但長期與我們接觸，我們只會在對求助者有益的情況下，提供有限的服務。
3. 如求助者的情況需要實質援助（社會服務、醫療），本會會提供資料，或在他同意下，轉介有關機構。如情況危急及在求助者不反對下，替他通知有關機構或人士尋求援助。
4. 如求助者要求本會協助其他有自殺傾向的人士時，本會會盡量提供資料，並建議當事人與本會接觸。對於不直接求助的人士，本會概不加以干擾，除非當事人因過於年幼、老邁或身體不適，要由他人代為聯絡，則本會會嘗試接觸當事人。
5. 本會會員全屬義工，是經過挑選和訓練，並由資深會員及專業人士督導。
6. 本會會員只會向求助者透露其姓氏及會員編號，其他個人資料則會保密，求助者只可以透過本會與會員接觸。
7. 本會透過社區服務、公開講座、出版刊物（年報、會訊、書籍、報告）、調查研究、宣傳教育、國際會議等來推動自殺防治的工作。
8. 本會協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織。

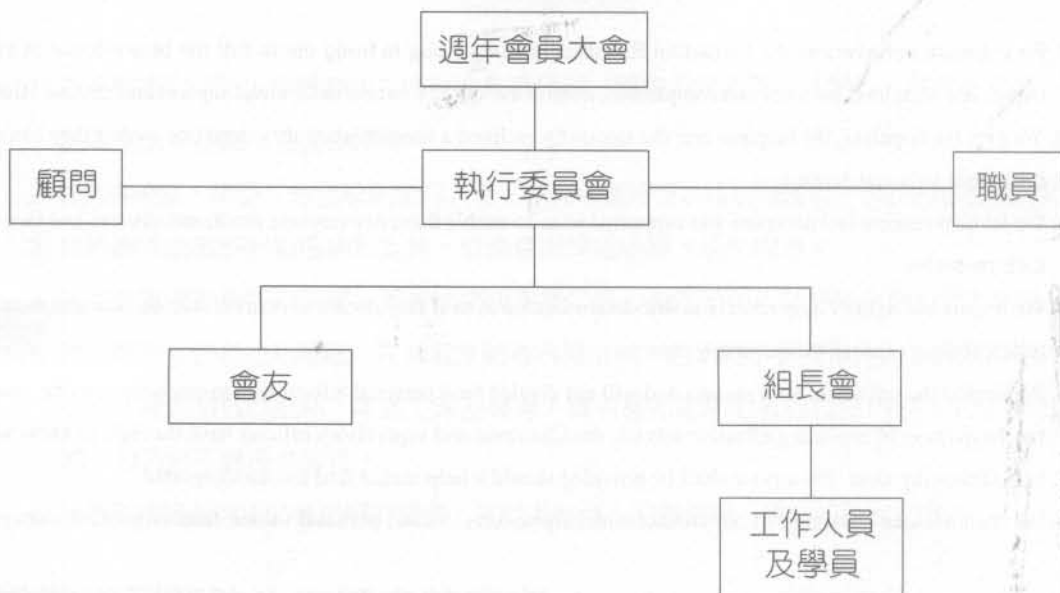
Ethos of the Samaritan Befrienders Hong Kong

1. We establish ourselves as the Samaritan Befrienders Hong Kong to bring out in full the benevolence in human nature, and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.
2. We give the hopeless, the helpless and the suicidally inclined a listener when they need one so that they can relate their inner pain and distress.
3. We let help seekers feel accepted and supported so as to enable them to overcome emotional distress and face up to their problems.
4. We respect the right of help seekers in self-determination even if they decide to commit suicide, and also their right to discontinue contact with us at any time.
5. We respect the privacy of help seekers and will not divulge their personal information to any outside party, save that for the purpose of providing effective service, the Chairman and supervisory officers have the right to know what a help seeker say to us. No service shall be provided should a help seeker find this unacceptable.
6. We shall not take advantage of our contact with help seekers to instil personal values, faith or political stance.

Modus Operandi of the Samaritan Befrienders Hong Kong

1. We operate a 24-hour hotline service, and an interview service by appointment if circumstances permit. Help seekers can also write to us.
2. We endeavour to talk to every help seeker but priority is given to the suicidally inclined. Should a help seekers display no suicidal inclined but keep on contacting us on a prolonged basic, limited service shall be provided if we deem it beneficial to him/her.
3. If the situation of a help seeker is such that substantive relief (social or medical service) is warranted, then we shall give him/her relevant information, or with his/her consent, refer his/her case to relevant organizations. In case of emergency and when the help seeker does not object, we shall inform relevant organizations or persons on his/her behalf to ask for help.
4. When a help seeker asks us to help another person who is suicidally inclined, we shall provide information as best we can and suggest that other person contact us. We shall not disturb anyone who does not approach us direct, except when by reason of young age, infirmity or ill health, that person has to contact us through another person. In that case, we shall try to contact him/her.
5. All our members are volunteers having gone through a selection process, trained, and being supervised by senior members and professionals.
6. Our members shall let help seekers know only their surname and membership number other personal information shall be kept confidential. Help seekers shall only contact our members through us.
7. We promote suicide prevention through social service, public seminars, publications (annual reports, newsletters, books and reports), research and surveys, publicity and education, as well as international conferences.
8. We offer assistance to South East Asia and neighbouring regions in establishing organizations with a nature and mission similar to ours.

機構組織圖



執行委員會名單

(一九九七年七月至一九九九年六月)

主席：徐志英小姐
 秘書：趙儉豪先生
 財政：許育璋先生
 委員：譚紫明小姐
 江仲民先生

職員名單

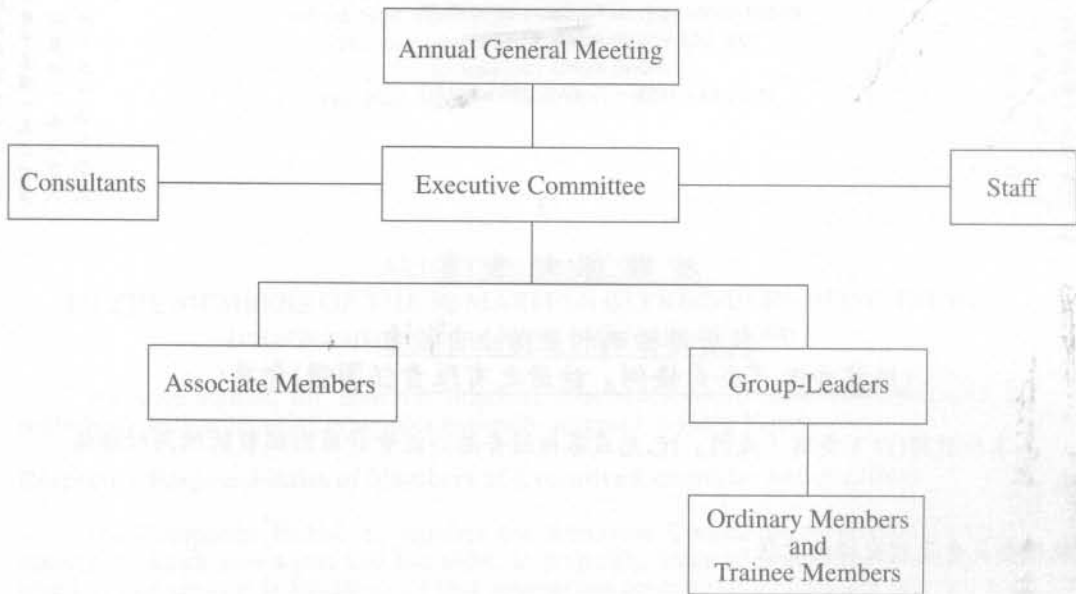
(一九九七年)

中心主任：孫嘉燕小姐
 培訓及會務推展主任：謝碧丹小姐
 兼職個案顧問：陳毓祥先生（由九七年八月一日開始）
 二級文員：黎翠欣小姐
 助理文員：余小桃小姐（至九七年五月三十一日止）
 陳佩卿小姐（由九七年九月五日開始）
 看更：徐天浩先生
 冼結泉先生
 清潔：陳愛芬女士（至九七年八月三十一日止）
 吳玉梅女士（由九七年九月一日開始）

顧問名單

張耀鴻會計師樓
 侯傑泰教授（香港中文大學教育學院教育心理系講師）
 李成富先生（香港理工大學應用社會科學系副教授）
 何啟華律師事務所
 簡家驄律師行

Organization Chart



Executive Committee

(From July 1997 to June 1999)

Chairman: **Miss Tsui Chi-ying**

Secretary: **Mr. Chiu Kim-ho**

Treasurer: **Mr. Hui Yuk-cheung**

Committee Members: **Miss Tam Tsz-ming**

Mr. Kong Chung-man

Staff (1997)

Centre-in-charge: **Miss Suen Ka-yin**

Training & Promotion Officer: **Miss Tse Pik-dan Jessica**

Part-time Case Supervisor: **Mr. Chan Yuk-cheung Anthony**

(from 1 Aug 1997)

Clerical Officer II: **Miss Lai Chui-yan Peggy**

Clerical Assistant: **Miss Yu Siu-tao** (till 31 May 1997)

Miss Chan Pui-hing (from 5 Sept 1997)

Watchman: **Mr. Tsui Tin-ho**

Mr. Sin Kuet-chuen

Amah: **Ms Chan Oi-fun** (till 31 Aug 1997)

Ms Ng Yuk-mui (from 1 Sept 1997)

Consultants

Y.K. Cheung & Co., Certified Public Accountants

Prof. Hau Kit-tai, Lecturer of Edu. Psych. Dept. (CUHK)

Mr. Li Shing-fu, Associate Professor, Department of Applied Social Studies, (HKPU)

Francis K. W. Ho & Co., Solicitors, Agents For Trade Marks & Patent

Fred Kan & Co., Solicitors & Notaries

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

ROOM 1504, 15/F., LI PO CHUN CHAMBERS,
189, DES VOEUX ROAD, CENTRAL,
HONG KONG.

TEL: 2541 5838

FAX: 2851 2802

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香港上環德輔道中一八九號
半寶樓大廈十五樓一五〇四室
電話：二五四一五八三八
傳真：二八五一二八〇二

核數師報告書

致香港撒瑪利亞防止自殺會
(根據香港『公司條例』註冊之有限責任團體)會員：

本核數師(以下簡稱「我們」)已完成審核經香港公認會計原則編製的附同財務報表。

執行委員會及核數師的責任

『公司條例』規定執行委員會須編製真實與公平的財務報表。在編製該等財務報表時，執行委員會必須貫徹採用合適的會計政策。

我們的責任是根據我們審核的結果，對該等財務報表作出獨立意見，並向會員報告。

意見的基礎

我們是按照香港會計師公會規定的核數準則進行審核。審核範圍包括以抽查方式查核該財務報表所載數額及披露事項之有關憑證，亦包括評估執行委員會於編製該等財務報表時所作的重大估計和判斷及所釐定的會計政策是否適合貴會的具體情況、及有否貫徹運用並足夠披露該等會計政策。

我們在策劃和實行審核工作時，均以取得一切我們認為必需的資料及解釋為目標，使我們能獲得充份的憑證以確定該等財務報表沒有重大錯誤陳述。在作出意見時，我們亦已衡量該等財務報表所載資料在整體上是否足夠。我們相信我們的審核工作已為下列意見建立合理的基礎。

意見

我們認為上述的財務報表均真實與公平地反映貴會於一九九八年三月三十一日的財務狀況及貴會截至該日為止年度的貴會經常費虧損，並已符合『公司條例』規定編製。

張耀鴻會計師行

香港執業會計師

一九九八年五月二十二日

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

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電話：二五四一五八三八
傳真：二八五一二八〇二

AUDITORS' REPORT

TO THE MEMBERS OF THE SAMARITAN BEFRIENDERS HONG KONG (incorporated in Hong Kong with limited liability)

We have audited the annexed financial statements which have been prepared in accordance with accounting principles generally accepted in Hong Kong.

Respective Responsibilities of Members of Executive Committee and Auditors

The Companies Ordinance requires the Executive Committee to prepare financial statements which give a true and fair view. In preparing financial statements which give a true and fair view, it is fundamental that appropriate accounting policies are selected and applied consistently.

It is our responsibility to form an independent opinion, based on our audit, on those statements and to report our opinion to you.

Basis of Opinion

We conducted our audit in accordance with Statements of Auditing Standards issued by the Hong Kong Society of Accountants. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgments made by the Members of the Executive Committee in the preparation of the financial statements, and of whether the accounting policies are appropriate to the Corporation's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance as to whether the financial statements are free from material misstatement. In forming our opinion, we also evaluated the overall adequacy of the presentation of information in the financial statements. We believe that our audit provides a reasonable basis for our opinion.

Opinion

In our opinion, the financial statements give a true and fair view, in all material respects, of the state of the Corporation's affairs as at 31 March 1998 and of its deficit in Accumulated Fund for the year then ended and have been properly prepared in accordance with the Companies Ordinance.



Y. H. Cheung & Company
Certified Public Accountants
22 May 1998

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG

資產負債表

BALANCE SHEET

一九九八年三月三十一日

AS AT 31 MARCH 1998

		1998 HK\$	1997 HK\$
流動資產	CURRENT ASSETS		
手存現金	Cash in hand	3,000	3,000
銀行存款	Cash at bank	205,661	323,934
定期存款	Fixed deposits	741,552	694,916
預付款	Prepayments	9,394	-
		<u>959,607</u>	<u>1,021,850</u>
減: 流動負債	LESS: CURRENT LIABILITIES		
保證金	Guarantee deposits received	---	22,900
應付款項	Accrued expenses	98,749	109,705
		<u>98,749</u>	<u>132,605</u>
		860,858	889,245
水電按金	UTILITY DEPOSITS	11,300	11,300
傢具器材	FURNITURE, FITTINGS AND EQUIPMENT	1	1
資產淨值	NET ASSETS	<u>872,159</u>	<u>900,546</u>
資金來源	Represented by:		
累積基金	ACCUMULATED FUND (note 3)	370,619	430,980
特別基金	SPECIAL FUND (note 4)	415,223	389,095
關懷身邊人基金	CARING FUND (note 5)	66,317	60,471
儲備	GENERAL RESERVE (note 6)	<u>20,000</u>	<u>20,000</u>
		<u>872,159</u>	<u>900,546</u>

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 22 May 1998:-

附註乃賬項之一部份

於一九九八年五月二十二日經執行委員會通過接納


Chairman
主席


Treasurer
財政

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
累積基金
ACCUMULATED FUND
收支表
INCOME AND EXPENDITURE STATEMENT
一九九八年度
FOR THE YEAR ENDED 31 MARCH 1998

		1998 HK\$	1997 HK\$
<u>收入</u>	<u>INCOME</u>		
會費收入	Membership subscriptions	4,840	3,440
捐款及津貼	Donations and subsidies received from:		
香港公益金	Community Chest of Hong Kong	963,750	1,120,000
香港賽馬會	Hong Kong Jockey Club		
慈善信託基金	Charities Trust	575,650	1,114,620
社會福利署	Social Welfare Department	84,894	86,504
其他	Others	67,582	99,050
利息收入	Bank interest received	30,768	22,756
堂費收入	Course fees	46,600	---
收入	Sundry income	21,086	45,506
		<u>1,795,170</u>	<u>2,491,876</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	1,351	4,247
暑期服務	Summer services	21,763	27,224
訓練費用	Training expenses	107,974	103,854
交通費	Travelling expenses	102,200	83,012
薪金	Staff salaries	1,167,791	924,314
公積金	Provident fund contribution	30,530	23,021
醫療	Medical expenses	1,352	1,651
招聘費用	Recruitment expenses	7,762	1,439
租金及差餉	Rent and rates	84,894	83,424
辦公室用品	Office supplies	33,820	24,480
年刊印刷	Annual reports and publications	81,267	105,276
報章月刊書籍	Newspaper, journals and books	12,210	11,949
傢具器材	Furniture, fixtures and equipment	18,658	873,510
維修保養	Repairs and maintenance	33,628	31,121
電話及傳呼	Telephone and paging	40,014	23,236
水、電	Electricity and water	48,771	43,792
郵費及交通費	Postage and travelling	5,936	6,455
清潔用品及費用	Sanitary and cleaning expenses	4,488	4,196
聯會會費	Subscription to affiliated associations	2,825	2,425
開會費用	General meeting expenses	3,871	7,875
義工嘉許	Volunteers' recognition	11,000	7,020
康樂活動	Recreational activities	3,064	4,037
週年餐會	Annual dinner	7,840	10,566
35週年慶祝費	35th anniversary celebration	---	30,372
茶點小食	Refreshment	12,734	9,536
保險費	Insurance	1,702	5,101
律師費	Legal fee	6,438	---
雜費	Sundry expenses	1,648	7,940
		<u>1,855,531</u>	<u>2,461,073</u>
<u>本年度盈餘(虧損)</u>	<u>(DEFICIT)/SURPLUS FOR THE YEAR</u>	<u>(60,361)</u>	<u>30,803</u>

The attached notes form an integral part of these accounts. 附註乃賬項之一部份。

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
賬項附註
NOTES TO ACCOUNTS
一九九八年度
FOR THE YEAR ENDED 31 MARCH 1998

1. ORGANISATION 組織

The Corporation is a charitable body incorporated on 10 March 1994. The liability of the individual member is limited.

本會是一個慈善團體，於一九九四年三月十日在香港成立為會員有限責任之法人。

The Corporation is exempt under section 88 of the Inland Revenue Ordinance from any Hong Kong Tax.

本會已根據香港稅務條例第八十八章允准免稅。

2. SIGNIFICANT ACCOUNTING POLICIES 會計政策

(a) Furniture, Fixtures and Equipment 傢具器材

It is the Corporation's policy to write off the costs of all furniture, fixtures and equipment in the year of acquisition.

根據本會政策，一切新購入之傢具器材之成本於同年全部攤銷。

(b) Donations and Subsidies 捐款及津貼

They are recorded on the cash received basis.

捐款及津貼是以現金收入記賬。

3. ACCUMULATED FUND 累積基金

The movements during the year were as follow:-
年中變動如下：

		HK\$
年初結存	Fund balance at beginning of year	430,980
減：本年度虧損	Less: Deficit for the year	(60,361)
年終結餘	Balance at end of year	370,619

4. SPECIAL FUND 特別基金

The Special Fund is set up to provide for capital improvements and setting up new centres.

特別基金是用作改善資產及成立新中心之用。

The movements during the year were as follow:-
年中變動如下：

		HK\$
年初結存	Fund balance at beginning of year	389,095
加：銀行利息收入	Add: Bank interest received	26,128
年終結餘	Balance at end of year	415,223

香港撒瑪利亞防止自殺會
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 NOTES TO ACCOUNTS
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5. CARING FUND 關懷身邊人基金

The Caring Fund is set up for the purposes of financing the project of 'Starting a Caring World with listening'.

基金是用作資助「關懷身邊人，從聆聽開始」之計劃。

The movements during the year were as follow:-
 年中變動如下：

		HK\$
年初結存	Fund balance at beginning of year	60,471
加：售書收入	Add: Surplus from sale of books	3,746
售錶收入	Surplus from sale of watches	2,100
年終結餘	Balance at end of year	<u>66,317</u>

6. GENERAL RESERVE 儲備

There was no movement during the year.
 年中沒變動。

主席報告

徐志英

前言

一九九七年是個令人難忘的年份，在這一年社會上出現不少問題，令市民的情緒受到一定程度的困擾。然而香港撒瑪利亞防止自殺會仍然緊守崗位，協助沮喪及孤單人士重建均衡的人生觀，從而達至防止自殺的目的。

服務概要

在一九九七年，本會共接獲7913人次透過熱線、面談及書信與本會接觸，較去年上升百分之十二點六。

在與本會接觸人士當中，以20-24歲佔首位，約百分之二十二。在新個案數字中，百分之四十二有自殺念頭，其中19人有即時自殺危機，而求助者的主要問題有愛情、家庭、職業和婚姻。

反觀香港在一九九七年的自殺死亡數字為597人，自殺率為9.2，較九六年分別減少百分之二十五及三點四。綜觀過去七年，自殺率一直徘徊在十點七至十三之間，而九七年則為近年的新低。雖然如此，九七年卻有一百四十二宗不能確定是否蓄意自殺的死亡個案，較九六年的四十二宗高出超過三倍，此外，有二百零二宗個案的死因只被歸入由高處墮下類，考慮到最多人使用的自殺方法是高處跳下。在這二百零二宗個案中可能有很多個案是自殺性質，因此，對香港的自殺死亡情況未感樂觀。

過去十多年香港經濟持續增長，失業率較低。至去年十月出現亞洲金融風暴，使香港經濟大受打擊，多種行業如零售、飲食、旅遊等都受到牽連，公司相繼出現裁員、清盤、倒閉等情況。失業率急升，情況令人憂慮。

從向本會求助人士所見，部份人士因炒股票、炒樓欠下財務公司或銀行債務無法清還，更甚者連利息亦無力繳付。有些人可能因精神上無法承受這些突發的衝擊而產生無助感。另一方面，亦可能因此而影響與家人、朋友的關係，凡此種種，均可構成精神困擾，嚴重者更會有自毀的危機。

然而，經濟或失業問題並非導致自殺的單一原因，從報章報導自殺個案中，大部份涉及多個因素，例如：失戀、婚姻破裂、精神病等，因此失業或經濟出現問題並不足以構成走上自殺之路。

人力資源

本會的服務隊伍由義工——即全體會員負責。在過去一年，本會共舉辦兩次義工招募，以吸納更多熱心人士加入本會服務行列。現時本會人數增至一百五十人，夜間人手較為充裕，因此，夜間時段電話熱線數目已由三條增加至四條。然而，日間服務由輪班工作者或無需工作的義工負責，形成日間較為缺乏人力。因此，在來年將會集中招募日間當值義工，以解決日間人手不足問題。

除了招募義工外，義工的在職培訓亦同樣重要。過去一年，本會共舉辦多項培訓課程，加強義工在處理求助的技巧。此外，本會正擬定一套訓練進階模式，分段按不同要求提供訓練予各義工。本會亦每年舉辦全會退修營，讓義工可聚首一堂，一起檢討過去的工作，同時亦可共襄會務。

Chairman's Report

TSUI Chi-ying

Introduction

1997 is a remarkable year. Our Community faced many problems; our people stressed. However, The Samaritan Befrienders Hong Kong is ready to help, to prevent suicide by befriending depressed and lonely persons and by helping them to regain a balanced perspective of life.

Service Review

SBHK dealt with 7913 calls through its hotline in 1997, 12.6% more than that we did in 1996. It reflects that people are more willing to talk when they have problems or emotional disturbance.

Of those who called, 22% of them were in the age group 20-24. 42% had suicidal idea include 19 who were imminently suicidal. Their major problems were Love Relationship, Family Disputes, Occupation and Marital Problem.

In 1997, 597 persons committed suicide. The suicide rate was 9.2 compared with 1996, both decreased by 25% and 3.4 respectively.

The suicide rate had been hovering between 10.7 and 13 in the past 7 years, so 1997 marked a low point in many years. A further 142 deaths fell into the category of deaths where it could not accurately be determined whether the deaths were deliberate suicide or not, over three times as many as the 42 cases recorded in 1996. Besides, 202 deaths were classified merely as fall from height. Many of such deaths may therefore actually be suicidal in nature. Then the picture for suicide death in Hong Kong would give us little room for optimism.

Hong Kong economy recorded sustained growth for over 10 years. Unemployment rate was low until last October when financial turmoil swept through Asia and dealt a severe blow to our economy; retail industry, restaurants, tourism and other economic sectors went under one after another. Lay-offs, winding-ups and close-downs became commonplace. Unemployment soared to worrying height.

Some of the people who contacted us ran into huge debts with financial companies or banks, unable to repay even interest, because of speculation in stock or real estate. To many, the emotional pressure was simply too much to bear, as a sense of helplessness set in. Their relationship with their families and friends was also impacted on. All these add up to distress, in serious cases it can lead to suicidal crisis.

It must be pointed out that money or unemployment is not the singular cause of suicide. We learn from press reports that suicide cases are invariably caused by multiple factors such as love, marriage breakdown and mental illness.

Manpower

Our service team is comprised of volunteers. In 1997, two recruitment exercises were held in order to get more volunteers. At present, our membership stands at about 150. As manpower for night-time service is relatively sufficient, the number of hotline for that period has been increased from 3 to 4 lines. However, daytime service falls squarely on those who are shift workers or do not have to work at all and we are facing a shortage of manpower during daytime. Therefore, we will be putting more on recruiting daytime volunteers to meet daytime needs.

Apart from recruitment, training of existing workers has always been given due emphasis. A number of in-service training courses were held in 1997 in order to enhance skills on handling cases. Meanwhile, we are devising a systematic training module. A Retreat Camp is organised annually to enable volunteers to have evaluation and to ensure that we all play a part in managing the affairs of SBHK.

會務回顧

去年，在顧問律師簡家驄律師行的協助下，終於完成公司註冊中豁免「有限公司」四字，而一切有關公司註冊事宜亦已完成。

以往，本會對義工的督導及支援都是由一組資深義工負責，隨著義工人數的增加，對督導及支援的需求亦會增加，這為該組義工帶來不少壓力。幸而，本會在去年獲得香港賽馬會的資助，以合約形式聘請一位兼職個案顧問，專責個案督導及支援的工作，同時，亦為處理個案提供專業意見。現時，義工在接觸求助者遇到困難時，可得到即時的支援。此外，個案顧問以其專業知識，協助檢討本會在前線服務的工作方針、政策等，從而為求助者提供更有效的服務。然而，此職位只能維持一年，祈望短期內能再獲資助，將這職位變為一常設職位，以便延續有關工作。

本會設有會友制度，以往會友必須曾為本會義工。為了讓更多人士了解本會工作，去年本會擴大會友範圍，凡支持本會宗旨而又獲本會邀請者，均可成為會友。透過會友，期望可將自殺防治訊息傳遍開去。

與此同時，本會亦與國內及海外同類型機構聯絡，交流經驗及服務心得。本會曾派代表前往澳洲、美國、新加坡及台灣，探訪同類型機構。此外，北京、深圳、澳門及台灣等地有關機構亦曾到訪本會，互相分享服務心得，透過這些交流活動，加深對世界各地自殺防治工作的認識。

宣傳及社區教育工作

去年，本會繼續推行「關懷身邊人，從聆聽開始」活動，期間前往各中學舉行講座，向同學及老師講解聆聽的重要性。此外，亦將對象擴展至老人，前往老人中心主講長者與情緒講座。

香港的老人自殺率一向偏高，有見及此，本會於去年與循道衛理楊震社會服務處彩虹長者活動中心合作「長者及長者家庭情緒輔導服務」，協助長者及長者家人疏導情緒困擾。服務內容主要分為兩大部份：一、透過即時面談服務及電話熱線服務，為長者及長者家人提供即時性的情緒疏導；二、大型專題講座及社區巡迴專題講座，分享長者常見的個人和家庭情緒困擾及處理方法。在多次的專題講座中，反應良好，與會者均表示可提高他們處理情緒的能力。

介紹本會的電視宣傳短片，再次在各電視台播出，在此，多謝政府新聞處的協助。另一方面，本會亦在九龍兩個地鐵站內設了燈箱廣告。透過這些途徑，讓社會大眾在有需要時可以與我們聯絡。

未來計劃

現時，本會有兩個會所：彩虹會所及順利會所。前者乃主要熱線服務中心及行政中心，而後者則為服務中心及訓練場所。本會正計劃加強順利會所的用途，使之成為資源服務中心及培訓場所。提供有關自殺預防及香港自殺死亡情況資料予各界人士，讓他們對此問題有更深入的認識。

除了繼續熱線服務外，社區教育工作亦同樣重要，在未來日子裡，本會將重新計劃是項工作，讓更多人明白到自殺防治的重要性。

隨著社會、政治、經濟各方面的轉變，加上近期經濟不景，市民面對的壓力愈來愈大，情緒備受困擾，加上城市人的通病：人與人之間疏離冷漠、感到孤立徬徨及無助。本會全體人員都全心全意，準備隨時為有需要人士提供精神上的支持，從而讓當事人有勇氣去克服情緒困擾，面對自己的問題，這是本會成立的目的，亦是全體人員的工作使命。讓我們繼續努力，攜手向目標前進。

Development Review

With the assistance of Fred Kan & Co, our legal consultant, the deletion of "limited company" in the name of the corporation was finished and the whole exercise of incorporation has been completed.

A group of experienced SBHK volunteers used to be solely responsible for supervision and support. With the development of our society and the increase of volunteers, the workload on service supervision and support inevitably increases as well. The demand on workload is certainly beyond the capacity of such a group of volunteers. Under the subvention from The Hong Kong Jockey Club Charities Trust, we have employed a Part-time Case Supervisor on contract term. This dedicated staff member is now responsible for service supervision, service support as well as providing professional advice. As a result, volunteers have access to immediate support if they have problems in handling cases. In addition, the Case Supervisor also assists in reviewing policy of our front-line service so that we can provide service more effectively. However, this post is for one year only. We therefore look forward to securing subvention on this regular post.

We have Friends of SBHK at one time were our volunteers. In order to let more persons understand our service, we expanded the scope of the field of Friends. We invite persons who support our aims to be our Friends so as to disseminate the message of suicide prevention more widely.

In the period under review, we visited suicide prevention organisations in Australia, USA, Singapore and Taiwan. At the same time, Visitors from Beijing, Shenzhen, Macau and Taiwan exchanged views on service with us. Through such visit, we gain a better understanding of the suicide prevention world-wide.

Publicity and Community Education

The campaign on the theme "Start a Caring World with Listening" has been on. Last year, we gave talks at several secondary schools to impart the message on the importance of listening to students and teachers. We also extent the target to the old and gave talks at elderly centres to let them know how to handle emotional problem.

As the suicide rate of elderly is relatively high, a campaign of "Emotional Counselling Service for the Elderly and their Family" jointly launched by Yang Memorial Methodist Social Service-Choi Hung Elderly Centre and the SBHK. Services included: (a) face-to-face interviews and hotline service – to provide immediate emotional alleviation (b) talks – to share knowledge on how to handle common emotional disturbance. The feedback was positive.

Thanks to the Government Information Department, our television Announcement of Public Interest (API) has been aired again on the television stations. We also make use of two lightboxes in two MTR stations on the Kowloon side to promote the message of a caring world. Through these channels, the public know our service and how to approach us.

Future Development

At present, we have two centres: Choi Hung Centre and Shun Lee Centre. The former one is for service and central administration, while the later one is for training and service. Plans are in hand to turn Shun Lee Centre into a resource centre, to provide to the public more information on various aspect of suicide prevention in Hong Kong.

Community Education is as important as hotline service. We are going to reorganize this aspect of our work in order to let people know the importance of suicide prevention.

Conclusion

Sweeping changes – social, political and economic – are being experience in the community. The pressure on our people and the emotional distress they face get worse by the day with the recent economic downturn. The common failing of us city dwellers does not make it easier for everyone. The result is increasing alienation and isolation and helplessness. All of us in SBHK are however ready to lend emotional support to the needy with all our heart so that they have the courage to overcome distress and face their problems. This is what SBHK is for, and our mission too. Let us keep it up and move towards this goal together.

一九九七年度服務總結

個案組

在一九九七年一月一日至十二月卅一日內，香港撒瑪利亞防止自殺會總共接獲7913人次的服務接觸。當中有1182次為一般查詢，1698次為無聲電話及121次為戲弄電話。在中五會考放榜期間，我們接觸82次的求助，比對一九九六年度下降了百分之五十。餘下來的4830人次的接觸，有2398宗為新個案及2432宗為舊個案，比一九九六年亦增加了百分之十三點三。(見表一、一)

(一) 接觸方式

在4830宗接觸中，有百分之九五點四為電話方式，其餘的都是透過書信或面談方式進行。

(二) 年齡與性別

在一九九七年總計，全年女求助者數字佔百分之五十七點四，比男求助者數字多出百分之十五(見表一·二)。而在舊個案中，女比男更多出百分之廿五。然而在新個案數字中，我們仍可注意到在20-24歲組別中的男求助者數字有百分之十三點三的增加，而其主訴問題是在人際關係及性問題上。

在年齡分佈上，20-24歲組別佔上了百分之廿一點六，而15-19，25-29及30-34歲組別則相若佔了百分之十七。(見表一·三)

(表一·一)全年服務總表(1997)

		男	女	總數	總數
新個案	電話	1127	1223	2350	2398
	面談	19	14	33	
	書信	8	7	15	
	外訪	0	0	0	
舊個案	電話	887	1372	2259	2432
	面談	6	20	26	
	書信	10	137	147	
	外訪	0	0	0	
中五會考輔導		35	47	82	82
諮詢 戲弄 無聲		526	656	1182	3001
		73	48	121	
		/	/	1698	

Service Statistics 1997

Case Group

From 1 January to 31 December 1997, the Samaritan Befrienders Hong Kong handled 7913 contacts, including were 1182 enquiry calls, 1698 mute calls and 121 frivolous calls. The Summer Hotline Service for Form 5 students received 82 calls, dropped by about 50% as compared with 1996. The remaining 4,830 contacts were classified as cases, of which 2,398 were new cases and 2,432 were old cases, representing an increase of 13.3% in caseload over 1996, (Table 1-1)

1. Means of Contact

95.4% of the 4,830 cases were by telephone, while the rest were by mail and interview.

2. Sex and Age

In 1997 female clients took up 57.4% of the total, more than their male counterparts by about 15 percentage points (Table 1.2). For old cases female clients outnumbered the males by about 25%. And in new cases, there was an increase of 13.3% in male clients as compared with that of 1996. The increase was registered as mainly in the age group 20-24, and their problems were mainly about interpersonal relationship and sex.

In the aspect of age distribution, the 20-24 group took up 21.6% while for the group of 15-19, 25-29 and 30-34 each accounted for about 17.0% (Table 1.3).

(Table1-1)Overall Statistics of Services in 1997

		Male	Female	Sub-total	Grand-total
News Cases	Phone Call	1127	1223	2350	2398
	Interview	19	14	33	
	Letter	8	7	15	
	Visit	0	0	0	
Old Cases	Phone Call	887	1372	2259	2432
	Interview	6	20	26	
	Letter	10	137	147	
	Visit	0	0	0	
Summer Student Service		35	47	82	82
Enquiry Call		526	656	1182	3001
Playful Call		73	48	121	
Mute Call		/	/	1698	

(三) 主要問題

新個案求助者的主要問題為愛情(25.7%)，家庭糾紛(18.2%)，職業(14.5%)及婚姻(14.1%)。相對於九六年的情況沒有多大的改變。在這些數字中，假如我們濃縮“愛情”、“家庭糾紛”、“關係問題”則我們可見到“情”或“關係”的困擾佔據了求助者數字中的百分之七十二點五。(見表一·四)

對照於年齡及性別的分佈，我們注意到在九七年的新求助數字中，在20-24歲組別的男求助者，在“愛情”、“家庭糾紛”、“性暴力”及“性問題”上都有百分之百的增長。而在學業方面，女求助者數字則下降了百分之三十六點二。即使在九七年間，本港出現了經濟的不景氣及金融風暴，但本會在職業及經濟類別的求助數字上反為下降。

總括而言，其他年齡組別人士都以“情”、“經濟”及“職業”為其主要困擾。(見表一·五)

(表一·二)一九九七年度新舊個案的性別公佈(N=4830)

新個案 (%)		舊個案 (%)		總計 (%)	
男	女	男	女	男	女
1154 (48.1)	1244 (51.9)	903 (37.1)	1529 (62.9)	2057 (42.6)	2773 (57.4)

(表一·三)一九九七年度新個案的年齡公佈

(四) 新個案的自殺危機

在新個案數字中，有百分之零點七被界定為高危個案，百分之四點九有自殺計劃，百分之三十七略有自殺念頭及百分之五十七點四則完全否認有自殺意念。相對來說，與過往三年的情況分別不大。(見表一·六)

性別 年齡	男	女	總計	%
10-14	23	29	52	2.2
15-19	197	210	407	17.0
20-24	297	220	517	21.6
25-29	185	237	422	17.6
30-34	191	227	418	17.4
35-39	81	108	189	7.9
40-44	69	109	178	7.4
45-49	26	22	48	2.0
50-54	20	14	34	1.4
55-59	3	2	5	0.2
60-64	7	5	12	0.5
65+	4	8	12	0.5
不詳	51	53	104	4.3
總計	1154	1244	2398	100

3. Major problem areas

The major complaints of new case were Love relationship (25.7%) followed by Family Disputes(18.2%), Occupation (14.5%) and Marital Problems (14.1%). Compared with 1996, there was no significant change in profile. If we combined the figures of Love Relationship, Marital Problem, and Family Disputes into the category of 'Relationship Problem', the total added up to 72.5%. (Table1.4).

Co-relating the age and sex distribution of new cases in 1997, it can be found that the males in the 20-24 age group posted an increase of almost 100% in the problem area of Love Relationship, Family Disputes, Sexual Violence and Sexual Problem, as compared with that of 1996. And there is also a decrease in female clients by 36.2% facing Study problem. Despite the economic depression in 1997, the number of cases related to occupation and finance to recorded a decrease. In general, Relationship, Finance and Occupation problems, were the major problems for the other age groups. (Table 1.5)

(Table 1.2) Sex distribution of old, new and all cases in 1997(N=4830)

New cases (%)		Old cases (%)		All cases (%)	
Male	Female	Male	Female	Male	Female
1154 (48.1)	1244 (51.9)	903 (37.1)	1529 (62.9)	2057 (42.6)	2773 (57.4)

(Table1.3) Age Distribution of Clients in 1997(New Cases)

4. Suicidal Assessment and Suicide Lethality Score of New Cases

0.7% of the new clients were categorised as severely stressed of highly suicidal. About 4.9% of clients claimed suicidal with plan. About 37.0% of clients were of vague suicidal idea and lastly 57.4% of clients denied suicidal idea. Comparatively speaking a similar profile has been noted over the last three years.

Age \ Sex	Sex		Total	%
	Male	Female		
10-14	23	29	52	2.2
15-19	197	210	407	17.0
20-24	297	220	517	21.6
25-29	185	237	422	17.6
30-34	191	227	418	17.4
35-39	81	108	189	7.9
40-44	69	109	178	7.4
45-49	26	22	48	2.0
50-54	20	14	34	1.4
55-59	3	2	5	0.2
60-64	7	5	12	0.5
65+	4	8	12	0.5
Unknown	51	53	104	4.3
Total	1154	1244	2398	100

(表一·四)困擾種類

個案類別	年份 性別	1997								1996	
		新個案				所有個案				新個案	
		男	女	總計	%	男	女	總計	%	總計	%
愛情		248	369	617	25.7	411	550	961	19.9	574	23.9
婚姻		140	198	338	14.1	217	412	629	13.0	324	13.5
家庭		150	287	437	18.2	261	561	822	17.0	442	18.4
交友		73	124	197	8.2	123	223	346	7.1	238	9.9
未婚懷孕		9	21	30	1.2	9	23	32	0.6	27	1.1
已婚懷孕		0	5	5	0.2	0	7	7	0.1	7	0.2
性暴行		69	47	116	4.8	122	78	200	4.1	94	3.9
性問題		204	31	235	9.8	351	55	406	8.4	168	7.0
健康		56	75	131	5.4	72	412	484	10.0	120	5.0
傷殘/弱智		6	8	14	0.5	17	28	45	0.9	22	0.9
精神病		96	137	233	9.7	174	662	836	17.3	258	10.7
學業		63	102	165	6.8	70	160	230	4.7	225	9.3
意外		11	4	15	0.6	18	8	26	0.5	9	0.3
職業		190	159	349	14.5	560	313	873	18.0	358	14.9
人生觀		79	80	159	6.6	144	174	318	6.5	164	6.8
經濟		95	87	182	7.5	150	145	295	6.1	231	9.6
其他		103	122	225	9.3	164	273	437	9.0	195	8.1
總計		1592	1856	3448		2863	4084	6947		3456	

* 因每一個案可能涉及多個困擾，故 3448 並不等於全年個案總數。

** 表示全年 2398 宗新個案中有百分之 25.7 涉及愛情困擾。

(表一·五)一九九七年度求助問題 --- 年齡及性別分佈(新個案)

個案分類	年齡		10-14		15-19		20-24		25-29		30-34		35+		不詳		總計		
	性別		M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M+F
愛情			1	5	37	73	91	94	49	86	43	55	24	46	3	10	248	369	617
婚姻			0	0	0	0	2	16	22	43	37	59	72	75	7	5	140	198	338
家庭			5	10	25	49	33	40	20	41	27	52	34	87	6	8	150	287	437
交友			2	3	14	22	20	31	22	28	6	23	7	14	2	3	73	124	197
未婚懷孕			0	0	5	9	1	6	0	2	1	1	2	1	0	2	9	21	30
已婚懷孕			0	0	0	1	0	1	0	1	0	2	0	0	0	0	0	5	5
性暴行			6	4	29	23	22	7	4	4	3	5	2	0	3	4	69	47	116
性問題			5	2	53	8	93	8	18	5	14	4	13	4	8	0	204	31	235
健康			1	0	5	7	9	12	15	19	8	14	16	22	2	1	56	75	131
傷殘/弱智			0	0	2	1	1	2	0	2	2	1	1	2	0	0	6	8	14
精神病			0	1	6	6	16	27	19	30	31	39	17	29	7	5	96	137	233
學業			3	8	45	63	7	14	3	2	1	3	1	6	3	6	63	102	165
意外			0	0	2	0	3	0	1	0	2	2	3	2	0	0	11	4	15
職業			0	0	18	12	44	33	50	38	37	40	37	30	4	6	190	159	349
人生觀			0	0	12	11	14	13	20	21	15	17	15	16	3	2	79	80	159
經濟			0	0	2	8	7	14	14	15	26	17	40	29	6	4	95	87	182
其他			4	6	11	18	20	19	26	19	19	18	14	31	9	11	103	122	225

(Table 1.4) Problem areas by new cases and all cases in 1997

	1997								1996	
	New cases				All cases				New cases	
	M	F	Total	%	M	F	Total	%	Total	%
Love Relationship(LR)	248	369	617	25.7	411	550	961	19.9	574	23.9
Marital Problem(MP)	140	198	338	14.1	217	412	629	13.0	324	13.5
Family Disputes(FD)	150	287	437	18.2	261	561	822	17.0	442	18.4
Social Relationship(SR)	73	124	197	8.2	123	223	346	7.1	238	9.9
Pre-marital Pregnancy(PP)	9	21	30	1.2	9	23	32	0.6	27	1.1
Pregnancy(P)	0	5	5	0.2	0	7	7	0.1	7	0.2
Sexual Violence(SV)	69	47	116	4.8	122	78	200	4.1	94	3.9
Sexual Problem(SP)	204	31	235	9.8	351	55	406	8.4	168	7.0
Health-Physical(H)	56	75	131	5.4	72	412	484	10.0	120	5.0
Mentally Handicapped(MH)	6	8	14	0.5	17	28	45	0.9	22	0.9
Mental Illness(MI)	96	137	233	9.7	174	662	836	17.3	258	10.7
Study(S)	63	102	165	6.8	70	160	230	4.7	225	9.3
Accidents(A)	11	4	15	0.6	18	8	26	0.5	9	0.3
Occupation(O)	190	159	349	14.5	560	313	873	18.0	358	14.9
Outlook of Life(OL)	79	80	159	6.6	144	174	318	6.5	164	6.8
Finance(F)	95	87	182	7.5	150	145	295	6.1	231	9.6
Others	103	122	225	9.3	164	273	437	9.0	195	8.1
Total	1592	1856	3448		2863	4084	6947		3456	

* Each case may involve more than one problem. Therefore this figure should not be considered the total number of cases in the year

** 25.7% of 2398 new cases involves problems in Love Relationship

(Table 1.5) Problem & Age Analysis of new cases only in 1997

Problem Areas	Age group		10-14		15-19		20-24		25-29		30-34		35+		N/A		Total		
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M+F
Love Relationship(LR)	1	5	37	73	91	94	49	86	43	55	24	46	3	10	248	369	617		
Marital Problem(MP)	0	0	0	0	2	16	22	43	37	59	72	75	7	5	140	198	338		
Family Disputes(FD)	5	10	25	49	33	40	20	41	27	52	34	87	6	8	150	287	437		
Social Relationship(SR)	2	3	14	22	20	31	22	28	6	23	7	14	2	3	73	124	197		
Pre-marital Pregnancy(PP)	0	0	5	9	1	6	0	2	1	1	2	1	0	2	9	21	30		
Pregnancy(P)	0	0	0	1	0	1	0	1	0	2	0	0	0	0	0	5	5		
Sexual Violence(SV)	6	4	29	23	22	7	4	4	3	5	2	0	3	4	69	47	116		
Sexual Problem(SP)	5	2	53	8	93	8	18	5	14	4	13	4	8	0	204	31	235		
Health-Physical(H)	1	0	5	7	9	12	15	19	8	14	16	22	2	1	56	75	131		
Mentally Handicapped(MH)	0	0	2	1	1	2	0	2	2	1	1	2	0	0	6	8	14		
Mental Illness(MI)	0	1	6	6	16	27	19	30	31	39	17	29	7	5	96	137	233		
Study(S)	3	8	45	63	7	14	3	2	1	3	1	6	3	6	63	102	165		
Accidents(A)	0	0	2	0	3	0	1	0	2	2	3	2	0	0	11	4	15		
Occupation(O)	0	0	18	12	44	33	50	38	37	40	37	30	4	6	190	159	349		
Outlook of Life(OL)	0	0	12	11	14	13	20	21	15	17	15	16	3	2	79	80	159		
Finance(F)	0	0	2	8	7	14	14	15	26	17	40	29	6	4	95	87	182		
Others	4	6	11	18	20	19	26	19	19	18	14	31	9	11	103	122	225		

(表一·六)一九九七年度新求助者的自殺危機評估

年份 性別 自殺危機評估	1997			1996	1995
	男 (%)	女 (%)	總數 (%)	總數 (%)	總數 (%)
否認有自殺念頭或 自殺危險分數為 0-5 分	681 (28.4)	693 (29.0)	1374 (57.4)	1334 (55.6)	1254 (58.6)
有輕微自殺念頭或 自殺危險分數為 6-13 分	402 (16.8)	485 (20.2)	887 (37.0)	912 (38.0)	759 (35.4)
有自殺計劃或 自殺危險分數為 14-19 分	60 (2.5)	58 (2.4)	118 (4.9)	131 (5.5)	99 (4.6)
有即時自殺危機或 自殺危險分數為 20 分以上	11 (0.4)	8 (0.3)	19 (0.7)	22 (0.9)	29 (1.4)
總計	1154 (48.1)	1244 (51.9)	2398 (100)	2399 (100)	2141 (100)

(Table 1.6) Suicidal Assessment and Suicide Lethality Score of New Cases

Year		1997			1996	1995
Suicidal Assessment	Sex	M (%)	F (%)	Total (%)	Total (%)	Total (%)
Denied suicidal idea or 0-5 in Suicide Lethality Score		681 (28.4)	693 (29.0)	1374 (57.4)	1334 (55.6)	1254 (58.6)
Vague suicidal idea or 6-13 in Suicide Lethality Score		402 (16.8)	485 (20.2)	887 (37.0)	912 (38.0)	759 (35.4)
Suicidal with plan or 14-19 in Suicide Lethality Score		60 (2.5)	58 (2.4)	118 (4.9)	131 (5.5)	99 (4.6)
Imminent Suicidal or 20+ in suicide Lethality Score		11 (0.4)	8 (0.3)	19 (0.7)	22 (0.9)	29 (1.4)
Total		1154 (48.1)	1244 (51.9)	2398 (100)	2399 (100)	2141 (100)

一九九七年「中五會考生輔導服務」報告

孫嘉燕

引言：

自一九六五年起，中五會考生情緒輔導服務便成為本會每年的重點工作之一，透過電話和面談服務，協助應屆會考生面對因會考放榜所帶來的情緒困擾，及由升學就業抉擇方面所引起的彷徨和迷惘。

服務概況：

服務日期：九七年八月六日至八月九日，共六十五小時

求助情況：

在連續六十五小時的服務中，共處理八十二宗因會考放榜而引致情緒困擾的求助電話，數字較九七年下降一半。男性佔百分之四十三，女性則佔百分之五十七。超過五成求助者情緒穩定，而情緒出現輕微困擾者佔百分之四十六，較去年上升四個百分點。至於情緒出現嚴重困擾者則佔百分之一，較去年下降兩個百分點。

求助問題方面，大部份擔心出路問題，例如恐怕未能繼續學業而感到憂慮，升學或就業的抉擇等。此外，亦有部份學生因成績未如理想而內疚、自責，或不知如何向家長交待。由此可見，家長與子女間保持良好的溝通是非常重要的，這樣，待子女有難題時，才懂得及敢於向父母傾訴。

由第三者來電的個案共十八宗，佔總求助個案的百分之二十二，較去年增加兩個百分點。其中六成是會考生的家長，這亦顯示學生們的身邊人，亦能主動地關心他們，與他們一起共渡難關。

家長們來電時，多表示擔心子女的出路問題，此外，在面對子女學業成績欠佳時，自己亦不知如何協助而感到徬徨。由此可見，會考放榜已不是會考生個人的問題，會考生家長的情緒，亦同樣受到一定程度的困擾。

總結：

總結是年的「中五會考生輔導服務」，顯示同學們在遇到困難時，往往不知所措，從而產生憂慮。因此，老師及家長們，除了多關懷學生及子女外，亦要多灌輸積極面對困難的不屈精神，使他們勇於面對困難。

展望來年，本會仍會繼續推行此項服務，並計劃為會考生及家長提供講座，讓他們懂得如何彼此坦誠交換意見和感受，從而一起解決困難。

Introduction

Since 1965, the Summer Hotline Service has been one of the major events on our annual calendar. The Service, in the form of telephone counselling and interview, aims at helping F.5 graduates get over the distress and helplessness caused by the release of Certificate Examination results and the difficulty of making an informed choice on further studies or employment.

Service Outline

Duration: 65 hours, 6 to 9 August 1997

Case analysis:

In those 65 hours, 82 contacts related to the Certificate Examination were handled, representing a 50% decrease in caseload over 1996. Male callers accounted for 43%, and female callers 57%. Over 50% of all callers were emotionally stable; 46% were slightly distressed, up four percentage points over 1996; only 1% were regarded as severely distressed, down two percentage points over 1996.

Most of the 82 contacts were prospect-related, e.g. fear of not able to continue further studies, choices among further studies or get a job. Some students were raked with guilt of disappointment as a result of their poor performance. It reflects that good relationship between parents and children is very important so that children find it easier to talk to their parents when they have problems.

18 contacts (22%) among 82 were third party calls, up two percentage points over the previous year. About 60% of the third party calls were parents of F.5 graduates. This is indicative of the initiative taken by those close to these students to care for and share the worry with them.

A common cause of parental stress was the worry over their children's examination results. They were also worried by their inability to help their children who did not get good enough results. Therefore, The Certificate Examination presents not only problems to F.5 graduates, but also to parents.

Conclusion

The Service this year reminds us that students are still unable to cope with difficulty. It is hoped that apart from showing their care, teachers and parents should instil a positive outlook of life and a sense of perseverance in face of adversity among young people.

Our, Summer Hotline Service for F.5 graduates will continue. Apart from hotline service, we have plans to hold talks for F.5 graduates and their parents so that, they would know more about communication skills and can tackle the problems more effectively together.

一九九七年活動回顧

(一) 訓練：職前訓練

月份	內容
至九七年五月	第廿七期義工訓練
十月至九八年一月	第廿八期義工訓練

(二) 訓練：在職訓練

月份	內容
二月	性教育訓練
四月	微觀輔導技巧進階 第廿六期延伸課程：微觀輔導技巧
五月	書信個案處理工作坊
七月	如何透過輔導熱線處理有自殺危機的個案 組長訓練課程 動員技巧
十一月	第廿七期延伸課程：正企圖自殺個案處理工作坊
十二月	第廿七期延伸課程：認識精神病患者及處理精神病求助者

(三) 講座

日期	機構	主題
七月	瑪麗醫院護士學校	老人自殺
八月	循道衛理楊震社會服務處彩虹長者活動中心	長者情緒對談會
九月	神召會老人中心	長者與情緒
	基督教家庭服務中心	長者與情緒
	橫頭磡長者日間護理中心	長者與情緒
	志蓮日間護理中心	長者與情緒
	嘉諾撒聖方濟各書院	聆聽技巧
	嗇色園可富老人康樂中心	長者與情緒
	基督教服務處尖沙咀老人中心	長者與情緒
十一月	保良局蕭明紀念護老院	長者與情緒

Activities Review 1997

Suen Ka-yin

(1) Training: Pre-service Training

Date	Content
Up to May 97	27 th Volunteer Training Course
Oct 97 to Jan 98	28 th Volunteer Training Course

(2) Training: In-service Training

	Content
Feb	Basic Course on Sex Education
April	Micro-counselling Skill 26 th Extension Course – Micro-counselling Skill
May	Workshop on counselling by letters
July	How to deal with suicidal cases through hotline Training for Group Leader Motivation
Nov	27 th Extension Course - Workshop on attempted suicide cases
Dec	27 th Extension Course – Knowledge and skills in handling Mentally-ill clients-

(3) Seminar

Date	Organization	Theme
July	The School of General Nursing Queen Mary Hospital	Elderly Suicide
Aug	Yang Memorial Methodist Social Service Choi Hung Elderly Centre	The Elderly and Their Emotion
Sept	Christian Family Service Centre Wang Tau Hom Day Care Centre for the Elderly	The Elderly and Their Emotion
	Chi Lin Day Care Centre for the Elderly	The Elderly and Their Emotion
	Canossa St. Francis College	Listening Skills
	Sik Sik Yuen Ho Fu Social Centre for the Elderly	The Elderly and Their Emotion
	Hong Kong Christian Service Tsim Sha Tsui Social Centre for the Elderly	The Elderly and Their Emotion
Nov	Po Leung Kuk Siu Ming Aged Home	The Elderly and Their Emotion

(四) 外訪

月份	機構
七月	循道衛理楊震社會服務處彩虹長者活動中心
九月	台北生命線
	張老師輔導處
	高雄生命線
	Care Corner, Mandarin Counselling Centre, Singapore
	Samaritans of Singapore
	Emergency Services & Suicide Prevention Centre, USA
	Institute for Suicide Prevention, USA
	Hotline Help Centre, USA
	Australian Institute for Suicide Research & Prevention,
	Australia
	Life Line, Australia
十二月	香港愛滋病基金會

(五) 訪問

日期	機構	主題
一月	東方日報	失業問題與自殺的關係
二月	法新社	香港自殺死亡情況
三月	無線電視〔人生交叉點〕節目	本會服務
四月	英文虎報	集體自殺問題
	東方日報	青少年及學童自殺問題
五月	無線電視〔都市閒情〕節目	青少年自殺問題
	蘋果日報	義工訓練
六月	南華早報	青少年求助情況
	H.K. Magazine	賭徒的求助情況
七月	商業電台	中七放榜求助情況
	大公報	中五會考生輔導服務
	星島日報	中五會考生輔導服務
	文匯報	中五會考生輔導服務
	亞視新聞部	有關集體自殺生還者被判問題
	香港電台	中五會考生輔導服務
	明報	本會人力資源問題
	成報	本會人力資源問題
	經濟日報	本會人力資源問題
	東方日報	本會人力資源問題
	東方日報	中五會考生輔導服務

(4) Visit

Date	Organization
July	Yang Memorial Methodist Social Service Choi Hung Elderly Centre
Sept	Taipei Life – Live Association
	Care Corner, Mandarin Counselling Centre, Singapore
	Shan You Counselling Centre, Singapore
	Samaritans of Singapore
	Emergency Services & Suicide Prevention Centre, USA
	Institute for Suicide Prevention, USA
	Hotline Help Centre, USA
	Australian Institute for Suicide Research & Prevention, Australia
Dec	Hong Kong Aids Foundation

(5) Interview

Date	Organization	Theme
Jan	Oriental Daily	Relationship between Unemployment and Suicide
Feb	AFP	Suicide Death in Hong Kong
Mar	TVB “Corssroads”	SBHK Service
Apr	Hong Kong Standard	Group Suicide
	Oriental Daily	Youth & Student Suicide
May	TVB “Pleasure and Leisure”	Youth Suicide
	Apple Daily	Training of Volunteers
June	South China Morning Post	Help seeking from young people
	Hong Kong Magazine	Help seeking from gamblers
July	Commercial Radio	Help seeking from F.7 graduates
	Ta Kung Pao	Summer Hotline Service for F.5 graduates
	Sing Tao Jih Pao	Summer Hotline Service for F.5 graduates
	Wen Wui Pao	Summer Hotline Service for F.5 graduates
	ATV	Sentencing of survivors of a suicide pact
	RTHK	Summer Hotline Service for F.5 graduates
	Ming Pao	SBHK Human Resources
	Sing Pao	SBHK Human Resources
	Oriental Daily	SBHK Human Resources
	Oriental Daily	Summer Hotline Service for F.5 graduates

(五) 訪問

日期	機構	主題
八月	新報	中五會考生輔導服務
	文匯報	中五會考生輔導服務
	蘋果日報	中五會考生輔導服務及減壓方法
	明報週刊	本會服務
	英文虎報	中五會考生輔導服務
	東方日報	中五會考生輔導服務
	英文虎報	青少年自殺問題
九月	蘋果日報	學童求助情況
十月	東方日報	股民求助情況
	星島日報	股民求助情況
	蘋果日報	股民求助情況
	發新社	股民求助情況
十一月	讀者文摘	青少年自殺問題
	成報	本會服務
	南華早報	股民求助情況
	東方日報	本會服務及失業者求助情況
	蘋果日報	失業者求助情況
	天天日報	股民求助情況
十二月	路透社	受經濟困擾的求助情況

(六) 到訪

月份	機構
一月	北京青年報
四月	循道衛理楊震社會服務處彩虹長者活動中心
五月	台灣桃園生命線
六月	貴州省藥物依賴治療中心
八月	青年愛滋教育中心
	Distress Centre
	廉政公署社區關係處
十月	社會福利署新蒲崗家庭服務部
	社會福利署秀茂坪家庭服務部
十二月	深圳市義務工作者聯合會

(5) Interview

Date	Organization	Theme
Aug	New Post	Summer Hotline Service for F.5 graduates
	Wen Wui Pao	Summer Hotline Service for F.5 graduates
	Apple Daily	Summer Hotline Service for F.5 graduates
	Ming Pao Magazine	SBHK Service
	South China Morning Post	Summer Hotline Service for F.5 graduates
	Oriental Daily	Summer Hotline Service for F.5 graduates
	South China Morning Post	Youth Suicide
Sept	Apple Daily	Help seeking from stock investors
Oct	Oriental Daily	Help seeking from stock investors
	Sing Tao Jih Pao	Help seeking from stock investors
	Apple Daily	Help seeking from stock investors
Nov	Readers Digest	Youth Suicide
	Sing Pao	SBHK Service
	South China Morning Post	Help seeking from stock investors
	Oriental Daily	SBHK service & help seeking from unemployed
	Apple Daily	Help seeking from unemployed
	Tin Tin Daily	Help seeking from stock investors
Dec	Reuters	Help seeking from financial disturbance

(6) Visitor

Date	Organization
Jan	Beijing Youth Daily
Apr	Yang Memorial Methodist Social Service Choi Hung Elderly Centre
May	Tao Yuan Life Line Taiwan
Jun	Drug Dependence Treatment Centre of Guizhou Province
Aug	Youth Education Centre on Aids
	Distress Centre
	ICAC Community Relations Department
Oct	San Po Kong Family Service Centre, Social Welfare Department
	Sau Mau Ping Family Service Centre, Social Welfare Department
Dec	Shenzhen Volunteers Association

九七年香港自殺死亡數字

孫嘉燕

Suicide Figures in Hong Kong

1997

SUEN Ka-yin

香港自殺率

根據香港死因裁判法庭的報告顯示，一九九七年共有五百九十七人死於自殺(見表二·一)，以全港人口六百五十萬二千一百人(一九九七年中估計數字)，一九九七年的自殺率¹是九點二，較九六年下降三點四。男女自殺比率為一點五比一，與去年比率相同。過去五年，香港的自殺率徘徊於十至十三之間，而九七年則下降至九點二，為近年的新低。然而，香港的自殺死亡現象仍然是自殺率隨年齡上升而增加、男性自殺率較高，較多採用高度致命的方法及自殺死亡者有近半數為失業人士。

按年齡及性別分組的自殺統計數字

年齡組別：零至十九歲

一九九七年共有二十八名年齡在十九歲以下的青少年自殺，自殺率是三點二，男女自殺比率是零點九比一。(見表二·二)

與一九九六年比較，此年齡組別的自殺率較去年下降一點一，人數則由九六年的三十八人下降至九七年的二十八人，女性自殺率較男性為高。其中一名年齡更在九歲以下。二十八名自殺死亡者中，二十二名選擇從高處墮下來結束生命，佔該年齡組別死亡人數的百分之七十九。吊死者則為百分之十一。兩種方法皆為激烈致死方法。

從教育署所提供資料，一九九七年共有二十宗學生自殺死亡個案，較九六年增加三宗，而學生企圖自殺死亡個案，則由九六的二十八宗，下降至九七年的二十一宗(見表二·四)。

Suicide Rate of Hong Kong

597 cases of suicide death were reported by the Coroner's Court in 1997 (Table 2.1). On the basis of a total population of 6,502,100 (Mid-1997 estimation), the suicide rate¹ for 1997 is 9.2, down 3.4 when compared with 1996. The male-to-female ratio 1.5:1, same as that of 1996. For the past five years, the suicide rate has been hovering around 10 to 13. However, it is 9.2 for 1997, which is the lowest one for the past five years. Generally speaking, suicide propensity increases with age, and male population register a higher suicide rate than their female counterparts. Those who committed suicide tended to use highly lethal means, and nearly half of them were unemployed.

Suicide Statistics by Age and Sex

Age group: 0-19

28 young people under the age of 19 committed suicide in 1997. The suicide rate is 3.2 and the male-to-female ratio is 0.9:1 (Table 2.2).

Compared with 1996, both the suicide rate and number of suicide death decrease. The female suicide rate was higher than the male. One of them is under the age of 9. The majority of this age group chose highly lethal means to commit suicide. 22 out of the 28 deaths, or 79%, resulted from jumping from a height, 11% did so by hanging.

According to the Education Department, the student population registered 20 Cases of suicide (17 cases in 1996) and 21 cases of attempted suicide (28 cases in 1997)(Table 2.4).

¹ 自殺率為每年每十萬人口自殺死亡人數

¹ Suicide rate is measured by the number of suicide death per 100,000 population.

(表二·一) 香港自殺死亡數字(按自殺方式、年齡及性別分組)

(Table 2.1) The Number of Suicide Death in Hong Kong (By Type, Age & Sex)

年份 Year	自殺方式 Type of suicide	1997											1996		1995	
		年齡組別 Age Groups											小計 Sub-total	總計 Total	小計 Sub-total	總計 Total
		性別 (Sex)	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計 Sub-total				
1997	火器 Firearms	M											3	3	1	1
		F													1	
	藥物 Drugs	M		1	7	7	3	2	4			24	4	13	7	16
		F			1	3	3	2	1		1	11	9		9	
	毒藥 Poisons	M		1		2	3			2		8	18	42	11	24
		F										7	24		13	
	吊死 Hanging	M		3	17	18	22	15	27	15	9	126	143	236	145	220
		F			2	8	11	5	14	18	12	70	93		74	
	由高處墮下 Jumping from of Height	M	1	8	39	23	19	16	27	30	4	167	268	434	261	457
		F		13	16	24	17	10	29	16	10	135	166		196	
	一氧化碳 Carbon Monoxide	M			3	2	1	1				7	10	12	10	11
		F			1	1	2					4	2		1	
	淹死 Drowning	M				1	1	3		3		8	9	24	19	25
		F		1			2			2	2	7	15		6	
1996	利器 Sharp instruments	M			1	1		1	1		1	5	3	4	5	6
		F				1						2	1		1	
	其他 other	M			1	6	2		1	1	1	12	21	26	10	16
		F			2	1	1					4	5		6	
	小計 Sub-total	M	1	13	68	60	51	38	60	51	15	357				
		F		14	22	38	37	20	45	37	27	240				
	總計 Total		1	27	90	98	88	58	105	88	42	597				
	小計 Sub-total	M	1	22	81	106	72	58	60	49	30		479			
		F		15	47	45	71	18	40	44	35		315	794		
	總計 Total		1	37	128	151	143	76	100	93	65					
	小計 Sub-total	M	1	17	67	97	67	56	76	59	29				469	
		F		11	42	60	40	33	41	43	37				307	
	總計 Total		1	28	109	157	107	89	117	102	66					776

(表二·二)香港自殺率*(按性別及年齡分組)
(Table 2.2) The Suicide Rate* of Hong Kong (By Age and Sex)

		1997				1996				1995			
		M	F	比例 Ratio	總數 Total	M	F	比例 Ratio	總數 Total	M	F	比例 Ratio	總數 Total
0~19	0~9				0				0				0
	10~19	3	3.2	0.9:1	3.2	5	3.6	1.4:1	4.3	4	3	1.3:1	3.7
	整體人口 Subtotal Population	3	3.2	0.9:1	3.2	5	3.6	1.4:1	4.3	4	3	1.3:1	3.7
	20~29	14.1	4.3	3.3:1	9	16.9	9.1	1.9:1	12.9	13.5	7.8	1.7:1	10.5
20~59	30~39	9.1	5.6	1.6:1	7.3	16.6	6.6	2.5:1	11.5	14.6	9.1	1.6:1	11.9
	40~49	9.3	7.2	1.3:1	8.3	14.3	15	1:1	14.7	13.7	9.5	1.4:1	11.7
	50~59	12.5	8	1.6:1	10.4	20.7	7.7	2.7:1	14.8	20.2	14.8	1.4:1	17.8
	整體人口 Subtotal Population	10.9	6	1.8:1	8.5	16.7	9.5	1.7:1	13	14.9	9.5	1.6:1	12.2
60+	60~69	23.1	18.3	1.3:1	20.7	24.1	16.7	1.4:1	20.5	31.9	18.3	1.7:1	25.3
	70~79	35.9	22	1.6:1	28.4	37.2	27.7	1.3:1	32	48.7	29.4	1.6:1	38.1
	80+	34.4	34.4	1:1	34.4	76.5	48	1.6:1	58	80.5	53.6	1.5:1	62.3
	整體人口 Subtotal Population	28.3	22.1	1.3	25	33	25	1.3:1	29	41.3	27.5	1.5:1	34.3
	全年整體人口 Total Population	10.9	7.4	1.5:1	9.2	15.2	10	1.5:1	12.6	15	10.1	1.5:1	12.5

* 自殺率等於每 100,000 人口每年自殺死亡的人數

* Suicide Rate equals to number of suicide death per 100,000 population per year.

(表二·三) 香港自殺死亡數字(按職業分組)

(Table 2.3) The Number of Suicide Death in Hong Kong 1997 (By Occupation)

年份 year	1997											1996		1995	
	年齡組別 Age Groups											小計 Sub-total	總計 Total	小計 Sub-total	總計 Total
	性別 (Sex)	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計 Sub-total				
學生 Student	M	1	5	1							7	18	26	12	21
	F		11								11			9	
教師 Teacher	M				1	1					2	2	6	5	6
	F													1	
失業者 Unemployed	M		5	38	26	26	20	35	29	9	188	279	400	282	429
	F		1	7	14	12	6	14	20	17	91			147	
家庭主婦 Housewife	M											78	98		88
	F			3	7	16	11	25	10	6	78			88	
藍領階層 Blue Collars	M		1	3	5	4	2	2			17	19	43	32	41
	F					1	1				2			9	
白領階層 White Collars	M			6	5	1	1				13	25	43	15	37
	F			4	7	1					12			22	
病人 (Patient)	M					2	1	1			4	4	1	2	4
	F													2	
紀律部隊 Disciplinaries	M												6	2	3
	F													1	
商人 Business Man	M			1	4	3	4	1			13	14	19	11	12
	F				1						1			1	
其他 other	M		2	19	19	14	10	21	22	6	113	158	152	106	135
	F		2	8	9	7	2	6	7	4	45			29	
小計 Sub-total	M	1	13	68	60	51	38	60	51	15	357	597		467	
	F		14	22	38	37	20	45	37	27	240			309	
總計 Total		1	27	90	98	88	58	105	88	42	597	597	794		776

(表二·四)香港學童自殺人數
(Table2.4) Student Suicide in Hong Kong

年齡組別 Age Group	1997		1996		1995	
	企圖自殺 Attempted	自殺死亡 Fatal	企圖自殺 Attempted	自殺死亡 Fatal	企圖自殺 Attempted	自殺死亡 Fatal
6					1	
7		1	1			
8	1		1	1	1	
9		1			1	
10		1	2	3		1
11		2	1		7	3
12	3	1	4	2	5	1
13	2	1	9	1	4	
14	6	3	2	2	8	1
15	5	6	4	2	2	3
16	4	2	2	5	6	4
17		2	2		3	
18					5	
19				1		
20						1
總數 Total	21	20	28	17	43	14
男	8	9	10	9	13	5
女	13	11	18	8	30	9
總數 Total	21	20	28	17	43	14

(資料來源：香港教育署)

(Source: Education Department Hong Kong)

(表二·五) 香港精神病患者自殺死亡人數 (按自殺方式、年齡及性別分組)

(Table 2.5) The Number of Mental Suicide in Hong Kong 1997 (By Type, Age & Sex)

年份 Year	1997											1996		1995		
自殺方式 Type of suicide	性別 (Sex)	年齡組別 Age Groups								小計 Sub-total	總計 Total	小計 Sub-total	總計 Total	小計 Sub-total	總計 Total	
		0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79							80+
1997	火器 Firearms	M														1
	F														1	
	藥物 Drugs	M		1								6	3	9	3	4
	F			2	3								6		1	
	毒藥 Poisons	M				1						1	3	5		3
	F												2		3	
	吊死 Hanging	M			3	4	9	2	1	1		36	28	49	24	45
	F				3	4	2	3	2	2			21		21	
	由高處墮下 Jumping from of Height	M		1	17	7	5	4	3	2		90	104	187	106	188
	F		1	5	13	11	6	7	8				83		82	
	一氧化碳 Carbon Monoxide	M			1							1			2	2
	F															
	淹死 Drowning	M				1	1					4	2	4	2	5
	F					2							2		3	
利器 Sharp instruments	M				1	1		1			4	1	1	3	3	
F							1									
其他 other	M			1	5						8	8	10	1	4	
F				1	1							2		3		
小計 Sub-total	M		1	24	18	16	7	4	3		150	73				
F		1	5	19	21	9	10	10	2			77				
總計 Total		2	29	37	37	16	14	13	2	150	150					
1996	小計 Sub-total	M		2	38	49	32	13	8	3	4		149			
	F		3	28	31	21	9	12	8	4		116				
	總計 Total		5	66	80	53	22	20	11	8			265			
	小計 Sub-total	M		5	35	51	23	16	8	3				141		
1995	F		4	22	28	23	14	12		5				114		
	總計 Total		9	57	79	46	30	20	9	5						255

年齡組別：廿至五十九歲

一九九七年共有三百三十四名介乎廿至五十九歲人士自殺死亡，佔自殺死亡總人數的百分之五十六，較一九九六年下降七個百分點(見表二·一)，自殺率是八點五，男女自殺比率是一點八比一。其中二十至二十九歲年齡組別的男性自殺率為女性的三倍。

同樣，在此年齡組別的自殺死亡者中，最多人士選擇從高處墮下(百分之四十九)及吊死(百分之二十九)來結束生命。值得注意的是，男性選擇從高處墮下的百分比比較九六年低(九六年為百分之五十七，九七年為百分之四十五)，而選擇吊死者的百分比比較九六年高(九六年為百分之二十七，九七年為百分之三十三)。相反，女性選擇從高處墮下的百分率由九六年的百分之五十四上升至九七年的百分之五十七，而吊死者則由九六年的百分之二十七下降至九七年的百分之二十二。除此之外，選擇用藥物來結束生命者有二十八人，較九六年增加三倍。自殺死亡的三百三十四人中，一百四十九人為失業者(百分之四十五)，男性佔百分之七十四，女性則佔百分之二十六。

年齡組別：六十歲或以上

這個年齡組別於一九九七年共有二百三十五人自殺死亡，佔總自殺死亡人數的百分之三十九，所佔百分比比較九六年增加(九六年為百分之三十二)。自殺率是二十五，較九六年減少四點。男女比例是一點三比一，其中八十歲以上的男女自殺率比例為一比一(見表二·二)。從高處墮下仍然是最多人選擇的自殺方式(百分之四十八)。雖然老人自殺率下降，但九七年的老人自殺率仍然是整體自殺率的二至三倍，可見老人自殺問題仍不容忽視。

按自殺方法分組的自殺統計數字

從各種自殺方式中，共有三百零二人選擇從高處墮下，佔總自殺死亡人數的百分之五十一，其次是吊死(共一百九十六人，佔總自殺死亡人數的百分之三十二)(見表二·一)。選用藥物者亦由九六年的十三人增加至九七年的三十五人而排行第三位。

整體來說，各年齡組別的男女在選擇自殺方式上大致相同，依次為從高處墮下，吊死及藥物，共佔自殺死亡者的百分之八十九；而六十歲以上的自殺者選擇吊死所佔的百分比比較其他年齡組別為高。

按職業分組的自殺統計數字

在一九九七年，共有二百七十九名自殺死亡者為失業人士，佔總自殺死亡人數的百分之四十七²，而家庭主婦則排行第三，佔百分之十三(七十八人)(見表二·三)。一九九七年香港的平均失業率約二點四，就業不足率約為一點二，數字並不算高。此外，雖然自殺死亡者中有百分之四十七為失業者，但在欠缺詳細資料下，不能評定失業與自殺有必然的因果關係。

²九七年起，失業者泛指那些本來有職業，但自殺時沒有職業的人(不包括退休人士)，而往年此類別包括退休人士，因此難與往年作比較。

Age group: 20-59

334 people in this age group committed suicide in 1997, representing 56% of the total and showing an decrease over 1996 (63% in 1996)(Table 2.1). The suicide rate is 8.5, and the male-to-female ratio is 1.8:1. In particular, the suicide rate for male aged between 20 to 29 is three times that of female.

It is also observed that many in this age group opted for jumping from a height (49%) or hanging (29%) to commit suicide. In particular, for male, the percentage of those jumping from a height in 1997 is lower than that in 1996 (57% in 1996 and 45% in 1997), while the percentage of hanging in 1997 is higher than those female in 1996 (27% in 1996 and 33% in 1997). On the other hand, for female, the percentage of jumping from a height increase from 54% in 1996 to 57% in 1997, while the percentage of hanging decrease from 27% in 1996 to 22% in 1997. Those opting for drugs to commit suicide in this group is three times that of 1996. 149 out of the 334 suicide deaths were unemployed (45%), of which 74% were male and 26% were.

Age group: 60+

235 people in this age group committed suicide in 1997, representing a 39% share of the total and an increase over 1996 (32% in 1996). The suicide rate is 25, showing a decrease over 1996 (29 in 1996). The male-to-female ratio is 1.3:1. In particular, the male-to-female ratio for aged 80 or above is 1:1 (Table 2.2). Again, the dominant means is jumping from a height (48%). Although elderly suicide rate decreased, it is still two or three times that of the overall suicide rate. Elderly suicide should be given more attention.

Suicide Statistics by Type of Suicide

302 people, or over 51% of those committed suicide, jumped from a height, followed by 196, or 32%, who did so by hanging (Table 2.1). Those using drugs, increased from 13 in 1996 to 35 in 1997 and ranks third.

On the whole, the two sexes show much the same pattern in terms of means, in a descending order of jumping from a height, hanging and than drugs. Some 89% of the suicide deaths went for one of these means. The percentage of hanging for those aged 60 or above is higher than those in other age groups.

Suicide Statistics by Occupation

279 people, or 47% of the suicide death, were unemployed². Housewife, at 13% (78 people) ranks third (Table 2.3). In Hong Kong, the unemployment rate and under employment rate in 1997 averaged at 2.4 and 1.2 respectively, which are not high. Although 47% of the suicide death were unemployed, it is difficult to establish a correlation between unemployment and suicide without further details.

Suicide Statistics by Mental Illness

In 1997 there were 150 suicide deaths with mental illness, 25% of the total suicide deaths, showing a decrease over 1996 (Table 2.5). The male-to-female ratio is 0.9:1, that is the female suicide rate is higher than of male. 119 out of 150 deaths aged between 20 to 59, representing 36% of the total of that age group. The dominant means is also jumping from a height (90 people, 60%) and hanging (36 people, 24%).

In the past few years, over 30% of the total suicide deaths were with mental illness. Mental illness especially those with depressive symptom, is a high risk factor in suicide. However, it does not follow that all suicidals are insane.

按精神病分組的自殺統計數字

一九九七年共有一百五十名自殺死亡人士與精神病有關，佔自殺死亡總人數的百分之二十五，較九六年下降八個百分點(表二·五)。男女比例為零點九比一，即女性的自殺數目較男性為高。一百五十人之中，一百一十九人屬於二十至五十九歲的年齡組別，佔該年歲組別死亡總人數的百分之三十六。主要的自殺方式是從高處墮下(九十人，佔百分之六十)及吊死(三十六人，佔百分之二十四)。

過去幾年，大約超過三成的自殺死亡人士與精神病有關，精神病－特別會引起抑鬱的類別，同時亦是引致自殺的高風險因素。但這並不表示所有自殺者都有精神失常。

不能確定是否蓄意自殺的死亡個案

在一九九七年，共有一百四十二人被列為不能確定是否蓄意自殺的死亡個案，較九六年的四十二宗高出超過三倍。男女比例是二比一，其中七十一人與精神病有關。在一百四十二人中，超過七成(一百零九人)因高處墮下而受傷(表二·六)。

此外，有二百零二宗個案的死因只被歸入由高處墮下類，考慮到最多人使用的自殺方法是高處跳下。在這二百零二宗個案中可能有很多個案是自殺性質，因此，一九九七年自殺死亡的個案數字可達九百四十一宗³。

總結

一九九七年的自殺死亡人數是五百九十七人，自殺率是九點二，較九六年下降三點四。其基本特徵亦相差不大。自殺死亡者的男女比例是一點五比一，與其他國家比較，香港女性自殺率偏高。其中十至十九歲的女性的自殺比例比其他年齡組別為高，因此不能忽視。主要的自殺方式仍然是從高處墮下及吊死，自殺死亡者中百分之四十七為失業者，而百分之二十五則與精神病有關。雖然自殺率稍為下降，但不能確定是否蓄意自殺的死亡個案卻急升，因此對香港的自殺死亡情況仍需持觀望態度。

Undetermined Injury- Accidentally or Purposely Inflicted

In 1997, there were 142 undetermined injury cases, which could either be accidentally or purposely inflicted, three times as many as that of 1996 (42 in 1996). The male-to-female ratio is 2:1. 71 out of 142 people were with mental illness and over 70% (109 people) jumped from a height (Table 2.6).

In the past few years, there were about 20 to 50 undetermined injury cases. As the majority injured by jumping from a height, many could attempted suicide. If such cases are so categorised, then the issue of suicide in Hong Kong gives us really little for optimism.

Conclusion

With 597 people committed suicide, 1997, posted a suicide rate of 9.2, which is 3.4 lower than that in 1996. The characteristics are more or less the same as those of 1996. The male-to-female ratio is 1.5:1, which means female suicide rate is disproportionately high vis-à-vis other countries. In particular, the female suicide rate of those aged between 10 to 19 is higher than those in other age groups. This is a problem that should not be overlooked. The dominant means of committing suicide are still jumping from a height and hanging. 47% of the suicide deaths were unemployed and 25% of the suicide deaths were with mental illness. Although the suicide rate in 1997 relatively decreased, the number of undetermined injury cases related to accidental or intantion infliction increased rapidly. Therefore, we still need to keep a watching brief on the suicide scene in Hong Kong.

³ So from 1997, the unemployed refer to those who normally have an occupation status, but do not at the time of committing suicide (excluding those retired). In previous year the retired population in included in this category, so it is not appropriate to make comparisons with past figures.

³ 摘錄自 1997 死因裁判報告中死因裁判官報告。

(表二·六) 未確定是意外或故意造成的損傷

(Table 2.6) Injury Undetermined Whether Accidentally or Purposely inflicted

年份 Year	年齡組別 Age Groups												
	受傷類別 Type of suicide	性別 (Sex)	0~9	10~19	20~29	30~39	40~49	50~59	60~69	70~79	80+	小計 Sub-total	總計 Total
1997	火器 Firearms	M											
		F											
	藥物 Drugs	M			2	1			1			4	8
		F		1			1			1	1	4	
	毒藥 Poisons	M					1					1	3
		F							2			2	
	吊死 Hanging	M		1		1						2	2
		F											
	由高處墮下 Jumping from Height	M		2	28	14	14	8	4	8	4	82	109
		F		2	6	7	1	5	3	1	2	27	
	一氧化碳 Carbon Monoxide	M											
		F											
	淹死 Drowning	M			2	1	2	1		2		8	18
		F			1	2	2	2	1	1	1	10	
	利器 Sharp instruments	M											
		F											
	其他 other	M											2
		F				1				1		2	
	小計 Sub-total	M		3	32	17	17	9	5	10	4	97	142
		F		3	7	10	4	7	6	4	4	45	
	總計 Total			6	39	27	21	16	11	14	8	142	142
1996	小計 Sub-total	M	1	1	7	5	8	3	4	3		32	
		F		2		3	1	1		2	1	10	
	總計 Total		1	3	7	8	9	4	4	5	1	42	42
1995	小計 Sub-total	M		1	4	4	3	1	2		1	16	
		F		1		1	2	1		2	2	9	
	總計 Total			2	4	5	5	2	2	2	3	25	25

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香港撒瑪利亞防止自殺會義工的角色

謝碧丹

「我沒有接受過專業輔導訓練，可以成為防止自殺會的義工嗎？」答案是肯定的。本會的工作人員雖然非專業輔導員(擁有輔導資格者例外)，但卻無礙他們為面臨各種困難、陷放沮喪與孤獨，甚至有自殺危機的人士提供關心及支持，因為本會義工的服務信念，是基於人類互相關懷及互相扶持的本質。

在專業輔導的過程中，求助者與輔導員的接觸，是一種專業助人的關係。輔導員有職責在這種工作關係中，運用個人的專業知識，為求助者謀求最大的福祉。求助者在輔導員的協助下，深入探討其處境及問題核心所在。專業輔導的最終目的，是要解決求助者的問題，讓求助者在輔導過程中得到個人成長。

本會義工除了在助人技巧的培訓上，有別於專業輔導員的專業訓練外，義工與求助者的接觸，本質亦不盡相同。義工對求助者付出的關心及支持，是出於自願及無條件的。他們對於受困擾，甚至對人生感到失望沮喪的人士伸出同情之手，提供「朋友式」的扶持及關心。這種無私的付出，是基於人道立場及人類互助互愛的精神，使求助者不至孤獨地面對困境，讓他知道在絕望無助中，還有一群互不相識的人在關心他。

對於求助者而言，本會義工扮演著聆聽者的角色。他們耐心地傾聽，讓求助者慢慢將苦悶說出。藉著傾談，求助者得以紓緩部份壓力，平伏情緒。我們相信，當個人受制於情緒，便會減低了判斷能力，並且容易感到沮喪及無助。若此等情緒未能及時紓緩而不斷累積，對個人身心會構成負面的影響，最終可能會導致自毀或自殺等悲劇發生。故此，在求助者受到情緒困擾時，提供即時性的情感支持是非常重要的，甚至比理性的忠告更加實在。

此外，義工在聆聽過程中亦擔當「鏡子」的角色，將求助者訴說的零碎散落的(故)事和情(感)重新組合，如鏡子般將事(實)及情(感)反映出來。讓他們有機會重新經歷自己的處境，從中進行反省並希望有所領悟。在認知上，並非所有求助者皆不知道如何處理自己的問題。當情緒平伏或紓緩後，部份求助者可以重新面對自己的處境，尋求問題的解決辦法。

不過，有些求助者所面對的問題並非單靠個人能力可以解決的，他們可能需要專業人士的幫助。在接觸本會前，求助者或許並未察覺尋求專業輔導的需要，或許不清楚求助途徑及其可行性。此時，本會的義工便發揮「資料提供者/轉介者」的角色。

誠然，本會義工是本著人類互相關懷的本質提供服務，但要有效及具體地向完全陌生的求助者表達關心及支持，在提供服務前接受溝通技巧、自殺危險評估及處理的基本訓練是必不可少的。此外，義工亦要清楚自己的角色，肯定服務的價值，只有無條件付出及自願提供服務，人類互助互愛的精神，才得以推展，這也是本會的服務宗旨。

The Roles of Our Volunteers Workers

Jessica Tse

"I have no professional training in counselling, can I join the service team of the Samaritan Befrienders Hong Kong?". The answer is a definite yes. The volunteer workers of our agency are not professional counsellors, except those jointed along with professional qualifications, but it would not be the barrier for them to provide concern and support for those who are facing difficulties, feeling depressed and lonely or even contemplating suicide. As the belief of the service is to spread the spirit of brotherly love and mutual support of human kind.

In the process of professional counselling, counsellor and counsellee is working in a professional relationship. The duty of counsellor is to render services in the best interest of counsellee by exercising his professional knowledge. With assistance of counsellor, counsellee will explore his current situation and go into the centre of the problem. Hence, the ultimate goal of counselling is to help counsellee to solve problems and facilitate their personal growth.

Neither helping skill training nor the nature of the relationship, the volunteer workers of our agency are different from those qualified counsellors. Care and supports render by volunteer workers are of their free will and voluntarily. They lend their helping hands to the distressed and hopeless, provide "friend-like" support and care. Volunteer worker's devotion to the service convey the message to those in distressed and despair that care and support is still available for them from a group of people who are stranger to them.

To the callers, our volunteer workers are playing the role of listeners. They listen patiently and attentively, let the callers speaking out their problems gradually. During the conversation, the callers is able to release part of the pressure and alleviate his suffering emotions. As we believe those in low mood their minds are constraint and being constricted, people are easily feeling distressed and helpless. Lest that if such emotions could not be alleviated on time and increase in density, it brings negative effect on an individual physical and mental well being. It is likely to end up in the tragedy of self-destructive behaviour or even suicide. Therefore, when an individual is suffering from emotional problems, it is far more important to provide immediate psychological support than practical advice.

Moreover, the volunteer workers also play the role as a "mirror" in the helping process. During the contact, they put all small pieces of the facts and affect together and reflect back to the callers constantly. Hence, it provides an opportunity for the callers to experience his own situation once again, and hopefully finding some alternatives to view his own problems. In fact, few of the callers have no ideas to solve their own problems. As the emotional being alleviated, they are able to face their own problems and find their way out.

For those having trouble to deal with their own problems, volunteers worker of the agency are playing the role of referrers. Callers probably do not realise their needs for professional assistance by the time they contact us. Hence, volunteer workers will then be a mediator to refer professional assistance and provide relevant information whenever necessary.

It is truth that the volunteers worker render service in the spirit of brotherly love and mutual support of human kind. However, for the efficiency of the service training on effective communication skills, knowledge on suicide risk assessment and related areas are necessary before service. Finally, volunteer workers must share common knowledge on their roles in rendering service and devoted to work voluntarily along with the spirit of the agency, in order to keep the service develop steadily.

鳴謝

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