

香港撒瑪利亞防止自殺會

THE SAMARITAN BEFRIENDERS HONG KONG

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年報

Annual Report



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



香港撒瑪利亞防止自殺會

窮途未必末路

絕處也可逢生

熱線電話：2389 2222



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## 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) 香港社會服務聯合會；
- (三) 香港公益金。



國際防止自殺會  
THE INTERNATIONAL ASSOCIATION OF SUICIDE PREVENTION



香港社會服務聯合會  
HONG KONG COUNCIL SOCIAL SERVICE



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

## 會址／電話：

### 彩虹會所：

地址：九龍彩虹邨金華樓地下126-127室

辦公室電話：2790 8844

傳真：2343 6359

### 順利會所：

地址：九龍順利邨利富樓三樓F23室

辦公室電話：2341 7227

傳真：2341 7007

熱線：2389 2222 (此電話熱線乃由香港電訊贊助)

電郵：sbhkinfo@sbhk.org.hk

網址：http://www.sbhk.org.hk



## 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.



國際防止自殺會

THE INTERNATIONAL ASSOCIATION OF SUICIDE PREVENTION



香港社會服務聯會

HONG KONG COUNCIL SOCIAL SERVICE



香港公益金會員機構

A MEMBER AGENCY OF THE COMMUNITY CHEST

## Address/ Telephone

CHOI HUNG CENTRE

ADDRESS: No. 126-127, Kam Wah House,  
Choi Hung Estate, Kowloon, Hong Kong

TEL: 2790-8844 FAX: 2343-6359

SHUN LEE CENTRE

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

TEL: 2341-7227 FAX: 2341-7007

Hotline: 2389-2222 (Telephone lines for Hotline Services sponsored by HK Telecom Ltd.)

Email: sbhkinfo@sbhk.org.hk

Web Site: <http://www.sbhk.org.hk>

## 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。

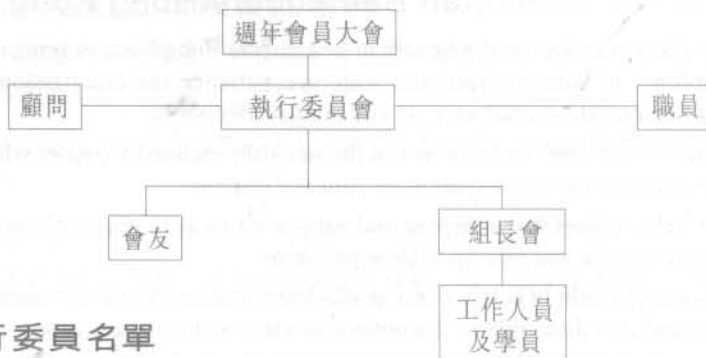
## Ethos of the Samaritan Befrienders Hong Kong

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 says 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 seeker display no suicidal inclination but keep on contacting us on a prolonged basis, 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 contacts 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 who have gone through a selection process, been trained, and are 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), researches 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



### 義務執行委員名單

(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 (一九九八年)

中心主任：孫嘉燕小姐

兼職個案顧問：陳毓祥先生 (至九八年三月止)

高錦基先生(由九八年三月至九八年六月止)

培訓及會務推展主任：謝碧丹小姐(至九八年六月止)

服務協調主任：謝碧丹小姐(由九八年七月至九八年十月九日止)

周秀蘭小姐(由九八年十一月起)

二級文員：黎翠欣小姐

文 員：陳佩卿小姐 (至九八年九月止) 區翠笑小姐 (由九八年十月起)

兼職文員：黃文迪先生(由九八年六月起)

看 更：徐天浩先生、冼結泉先生

兼職清潔員：吳玉梅女士

### 義務顧問名單

財務顧問：張耀鴻會計師樓

服務顧問：侯傑泰博士 (香港中文大學教育學院教育心理學系主任)

李成富先生 (香港理工大學應用社會科學系副教授)

林翠華醫生 (香港中文大學醫學院精神科副教授)

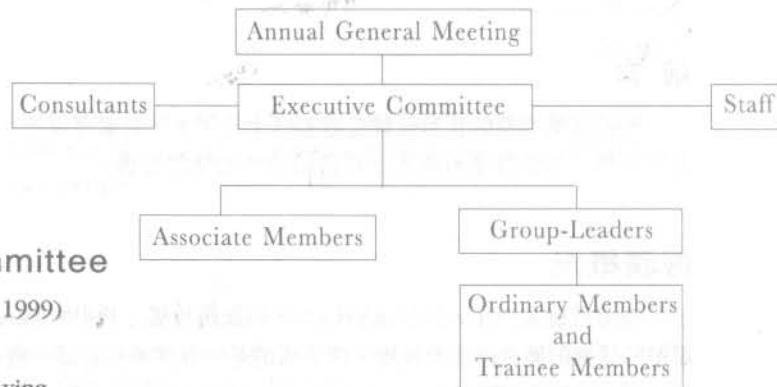
梅杏春小姐 (青山醫院社康服務經理)

法律顧問：何啟華律師事務所 簡家聰律師行

公關顧問：張林森先生



# 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 (1998)

Centre-in-charge: Miss Suen Ka-yin

Part-time Case Supervisor: Mr. Chan Yuk-cheung, Anthony (till March 1998)

Mr. Ko Kam-ki, Stanley (from March to June 1998)

Training & Promotion Officer: Miss Tse Pik-dan, Jessica (till June 1998)

Service Coordinator: Miss Tse Pik-dan, Jessica (from July 1998 to October 1998)

Miss Chau Sau-lan, Sharon (from November 1998)

Clerical Officer II: Miss Lai Chui-yan, Peggy

Clerk: Miss Chan Pui-hing (till September 1998)

Miss Au Chui-siu (from October 1998)

Part-time Clerk: Mr. Wong Man-tik, Dominic (from October 1998)

Watchman: Mr. Tsui Tin-ho

Mr. Sin Kuet-chuen

Part-time Amah: Ms Ng Yuk-mui

## Consultants

Financial Consultants: Y.H. Cheung & Co., Certified Public Accountants

Service Consultants: PhD. Hau Kit-tai, Chairman of Edu. Psych. Dept., Faculty of Edu CUHK

Mr. Li Shing-fu, Associate Professor, Dept., of Applied Social Studies. HKPU

Dr. Linda C.W. Lam, Associate Professor, Dept., of Psych CUHK

Miss Jolene Mui, Service Manager, CPNS CPH, Castle Peak Hospital

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

Fred Kan & Co., Solicitors & Notaries

P.R. Consultants: Mr. Forest L.S. Cheung

## 主席報告 1998

### 前言

主席：徐志英

香港撒瑪利亞防止自殺會在過去三十八年，一直緊守崗位，竭盡所能地扮演著聆聽者的角色，為情緒受困擾人士提供即時性的情緒疏導。

### 服務概況

本會於過去一年，共接獲9411人次的服務接觸，其中5468人次的接觸是因各種不同類型的情緒困擾而跟本會接觸，餘下來的是一般諮詢性電話、戲弄性電話及無聲電話。

在5468宗服務接觸中，女性佔百分之五十四點六，較男性高出百分之九點二。在年齡分佈中，百分之五十九點九為20-34歲年齡組別。至於求助個案類別中，主要困擾種類為愛情(23%)、職業(22.2%)、家庭(15.2%)問題。有關職業困擾類別的數字由去年的18.1%升至22.2%，相信這與去年香港出現經濟困境有關。

在自殺危機方面，百分之一點五被界定為高危個案，百分之五點六有自殺計劃，百分之三十二點九有自殺念頭及百分之六十點一是完全否認有自殺念頭，相對去年的情況分別不大。

### 人力資源

本會的前線工作，全由義工處理，因此，義工是本會的寶貴資源。一如既往，本會每年均會進行義工招募，以吸納更多熱心人士加入本會服務行列。過去一年，本會集中招募日間義工，以舒緩日間人手不足的情況。現時，本會義工人數約一百五十名。

作為社會服務機構，服務的質與量同樣重要。為了讓義工增強協助求助者的能力和增加對社會問題的認識，本會舉辦多項不同類型的培訓課程，其中加強自殺個案處理及危機介入訓練，在訓練課程中，除了讓義工重溫處理自殺個案及危機介入的技巧外，亦會對有關問題如安樂死、同性戀者的自殺危機等作討論。此外，本會亦重視會務人材的培訓，如組長培訓、督導員培訓，一方面可以鞏固本會的服務質素，另一方面，對於義工的個人成長亦有幫助。

### 會務回顧

本會服務得以不斷發展，除了義工的支持外，顧問的協助亦同樣重要，去年，本會邀請了中文大學醫學院精神科學系副教授林翠華醫生、青山醫院社康服務經理梅杏春小姐為本會顧問，另外，亦邀請張林森先生為本會公關顧問，在他們的專業指導下，使本會在服務和宣傳方面都有所得益。

在香港賽馬會的資助下，本會得以繼續聘請服務協調主任，專責個案督導、支援及訓練的工作。同時，在服務協調主任的帶領下，本會推行簡問督導，讓義工在處理個案後，能即時獲得支持和支援。此計劃推行了接近半年，成績理想，透過督導及分享，義工均能盡情抒發感受和紓解處理個案的壓力。

## Chairman's Report 1998

By Miss Tsui Chi-ying,  
Chairman

### Introduction

The Samaritan Befrienders Hong Kong has for the past 38 years been stood fast at its job and spared no efforts in fulfilling the role of a listener in a bid to provide instantaneous emotional relief for distressed people.

### Service Overview

In the year under review, 9,411 calls for our service were received. Among them 5,468 calls were from people suffering from emotional disturbance of one sort or another; enquiry calls, frivolous calls and mute calls accounted for the rest.

For the 5,468 calls where service was provided, female callers made up 54.6% of the total, or 9.2 percentage points more than their male counterparts. 59.9% of all callers were from the 20-34 age group. The major problem areas were love relationship (23%), occupation (22.2%) and family (15.2%). Occupation-related calls recorded an increased share from 18.1% to 22.2%, perhaps due to the economic downturn Hong Kong found itself in last year. In terms of grading of suicidal risk, 1.5% were graded "imminently suicidal"; 5.6% came under "suicidal with plan"; 32.9% had "suicidal idea"; and 60.1% were those who denied any "suicidal idea". The pattern showed little change over the year before.

### Manpower

Our frontline work is entirely shouldered by our volunteer workers, whom we count as the most precious resource. As in the past, recruitment of new volunteer workers is carried out every year to get more eager people joining our ranks. Efforts expended in this regard last year were directed towards recruiting workers who could serve during daytime so as to alleviate the manpower shortage for daytime service. At present, the number of workers stands at 150.

As a social service organization, we attach equal importance to quantity and quality of service. To better empower our workers in their competency to help our clients and to heighten their awareness of social issues, we run a variety of training courses for them, covering topics such as better handling of suicide cases and crisis intervention. These training courses not only allow our workers to review their skills in handling suicide cases and crisis intervention, but also give them a forum to discuss various issues, such as euthanasia and suicidal risk of homosexuals. At the same time, we also give due emphasis to the training of in-house managers, such as group leaders and supervisors so as to consolidate the quality of service and enhance personal growth of workers.

### Development Review

We owe our continued development in service as much to our consultants' contribution as our workers' support. Last year, we invited Dr. Linda C.W. Lam, associate professor in psychiatry of the Chinese University of Hong Kong and Miss Jolene Mui, social rehabilitation services manager of the Castle Peak Hospital as our consultants. We also had Mr. Forest L.S. Cheung serving as our publicity consultant. Under their professional guidance, we reaped the benefit of their counsel in our service and publicity efforts.

Under the sponsorship of the Hong Kong Jockey Club, we were able to retain a Service

隨著科技日新月異，加上千年蟲問題，沿用了十年的個案統計系統軟件需要更新。舊有的系統軟件是由本會一位義工設計，在此謹向設計者致謝。

## 宣傳及社區教育工作

去年，本會繼續對外主講自殺防治講座，對象包括老人、護士等。此外，為了加強社會人士對自殺防治的認識，本會全新設計網頁，內容除了有關本會的服務、香港自殺死亡資料外，更有一些文章如〈自殺的基礎理論〉、〈自殺的謬誤〉、〈評估自殺行為〉等。而〈箴言人生〉中更輯錄了部份社會人士對生命的領悟。藉此引發大家對生命的反思。

本會著作〈沒有白過的日子〉，被教育署廣泛閱讀計劃推薦為好書之一，由此可見，此書再一次被予以肯定。書中記載了社會上二十位人士如何從挫敗中站起來的經驗及遭遇，目的是透過平實的筆觸帶出二十個積極人生來對讀者作出鼓勵。此書於九九年第三次出版。

此外，本會再次得到地鐵公司免費提供燈箱廣告位置，供本會張貼宣傳海報，而本會亦印製宣傳磁貼，讓社會人士在有需要時懂得如何與本會接觸。

## 未來計劃

去年是一個艱辛的年頭，經濟不景，失業率上升，市民的情緒備受困擾。作為自殺防治工作，除了為情緒受困擾人士提供即時的支援外，社區教育工作同樣重要。因此，本會以聆聽和社區教育作雙線發展。在服務層面上，繼續以義工透過電話、面談及書信，提供即時性的情緒疏導，同時，由一組職員專責支援前線服務及提供專業意見，此外，亦負責訓練工作，以鞏固及提升本會的服務質素。至於在社區教育工作上，則由另一組職員負責，透過講座、展覽、工作坊等，向社會人士灌輸自殺防治的訊息，並喚醒他們關懷身邊人的重要性。

由於使用彩虹會所的人數已達飽和，若要增加會員人數，必須開展另一服務中心。因此，將會發展順利會所為另一服務和訓練中心，並同時招募義工在順利會所當值，至於彩虹會所則保持為服務和行政中心。

香港經濟不景亦對本會構成影響，以至經費上出現一定的困難，雖然如此，本會同工和職員仍然上下一心，努力解決問題，堅持「以愛心、耐性及同情，建立人際間互助、互勉、互愛」的信念，隨時為有需要人士提供精神上的支持。

Coordinator who was tasked with case supervision, support and training duties.

Led by the Service Coordinator, we introduced a case debriefing system, where workers could get support and assistance right after they finished with a case. Six months has elapsed since we launched this new system. The result has been satisfactory in that workers can fully express their feeling and release their pressure arising from case handling through debriefing and sharing with another worker.

The rapid advancement of technology, coupled with the millennium bug problem, necessitated the replacement of our system software, which had been in use for 10 years for keeping case statistics. We wish to place on record a vote of thanks to one of our workers who designed the replaced system software.

## Publicity and Community Education

Last year, we continued to give talks on suicide prevention for our target audiences including elderly people and nurses. We also re-designed our homepage to let people know more about suicide prevention. Apart from our service and statistics on suicide in Hong Kong, the homepage also features articles such as "basics of suicide", "fallacies of suicide" and "assessment of suicidal behaviour"; in a section on "words of wisdom", you can find quotes from some social personalities pondering on life. All these are designed to induce reflection of one's perception of life.

"Not a day in life is worthless", a book published by us, has been recommended by the Education Department for its extensive reading programme. We are pleased that the book has again been rated positively. Adopting a real to life approach, the book presents the experience of twenty eminent people who rose from setbacks in life to encourage readers to lead a positive life. The book was reprinted for the third time in 1999.

As in past years, the MTRC provided free light-box spots for our posters. We also produced magnetic stickers to let people know how to contact us in times of need.

## Future Development

Last year was a difficult year. Economy was poor; unemployment rose. People suffered from serious emotional disturbance. We believe that in suicide prevention, community education is as important as instantaneous support for the emotionally distressed. We therefore both listen to callers and educate the community. Our workers will continue to provide immediate emotional relief through taking telephone calls, conducting interviews and replying letters. At the same time, a group of dedicated staff support the frontline services, provide professional advice, as well as conduct training to consolidate and improve service quality, while another group of staff specialize in community education through giving talks, organizing exhibitions and running workshops so as to disseminate the message of suicide prevention and arouse their attention of caring for those close to them.

As the capacity of Choi Hung Centre has been fully utilized, we need to set up another centre if we want to have more members. With this in mind, we intend to develop the Shun Lee Centre into a centre for service and training and then recruit volunteers to provide service there. The Choi Hung Centre will remain as a centre for both service and administration.

The poor economic situation has resulted in some funding difficulty for us. Despite this, our members and staff are working hand in hand to resolve the problems. Together we shall steadfastly uphold our principle to nurture the spirit of mutual aid, mutual support and mutual affection through love, patience and compassion.



## 一九九八年服務總結

服務協調主任：周秀蘭

### (一) 個案總數目：

香港撒瑪利亞防止自殺會於一九九八年(一九九八年一月一日至十二月三十一日)共接獲 9411 人次的服務接觸。當中曾處理的求助個案有 5468 人次，其餘的則為一般諮詢、無聲及戲弄性電話。

### (二) 接觸方式：

在 5468 宗曾處理的求助個案中，有百分之九十八點三為電話方式，其餘則透過面談或書信方式進行。

### (三) 性別與年齡：

在性別分佈中，全年女求助者數字佔百分之五十四點六，比男求助者數字高出百分之九點二(見表一.一)，在年齡分佈中，30-34歲組別佔首位，佔二十四點二一，而20-24歲及25-29歲組別則相若百分之十八。(見表一.二)，綜合而言，求助者主要分佈在20-34歲年齡組別佔大比例，(百分之五十九點七八)，相信原因是這年齡組別人士在心理、生理方面均在轉變階段，漸趨成熟，他們渴望找到一個生活方向，訂立人生目標或是屬於個人的人生價值觀，而升學、家庭、愛情及事業對於他們訂立以上的方向有很大影響，所以，面對這階段中不同事物的出現或變化，均容易引致情緒困擾，希望找人傾訴，得到別人認同、尋求解決問題方法及舒緩個人的鬱結情緒。

### (四) 困擾種類：

在全年求助個案類別中，主要困擾種類為愛情(23.04%)，職業(22.24%)，家庭(15.18%)、精神問題(14.7%)。相對一九九七年的情況，雖然有關愛情困擾仍佔首位，但是，與有關職業困擾相若，可以顯示出由於本港在九八年間出現經濟困境，使本會在職業困擾類別的數字有上升的趨勢，由去年的18.07%升至22.24%。(見表一.三及表一.四)

另外，對照於年齡及性別的分佈，15-19歲年齡組別中，男性求助者以性問題佔首位，女性求助者則以愛情佔首位，可以顯示出這年齡的青少年，踏入青春期對異性產生好奇，開始尋求異性伴侶，在生理及生理方面產生轉變，對性開始有很多疑問，在20-24歲之男性求助者及25-29歲之女求助者組別，同樣以愛情困擾佔首位，可見愛情在青年人心目中的重要性及對他們經常造成困擾。同時，30歲以上的女性求助者以婚姻困擾為多，當中包括有婚外情，包二奶及夫妻相處不和等問題，而25-35歲以上的男性求助者中，有關職業困擾佔首位，當中有部份是受經濟不景氣所影響，被迫裁員而失業，在個人自信心方面大受打擊，有些更會引致經濟出現問題。

# Service Statistics 1998

By Miss Chau Sau-lan Sharon,  
Service Coordinator

## Number of Cases

From 1st of January to 31st of December 1998, The Samaritan Befrienders Hong Kong had been approached by 9,411 callers. Amongst them, 5,468 calls were from callers suffering from different kind of emotional disturbances and others were enquiry calls, frivolous calls and mute calls.

## Means of Contacts

98.3% of the 5,468 calls from emotional disturbed callers were made through telephone whilst the others were contacts via interviews or mails.

## Sex and Age

Comprising 54.6% of the total, female callers were in the majority and was 9.2 percentage points higher than the male callers (Table 1.1). In terms of age group distribution, callers of age 30-40 took up 24.21% and age groups 20-24 and 25-29 had a similar percentage share of 18. (Table 1.2). In summary, the majority of callers were between 20-34 (59.78%). This phenomenon could be attributed to explained by the fact that most callers in this age group are experiencing a significant change both psychologically and biologically in their life. At this stage, they tend to look for a life direction or goals as personal values and their emotions are easily affected by factors beyond their control. Some would tend to seek help from others for support or recognition in a bid to find a way to ease their stress.

## Classification of Cases

Amongst the 5,468 cases received in 1998, the major causes of distress of callers were love relationship (23.04%), occupation (22.24%), family disputes (15.18%) and mental illness (14.7%). Stress caused by occupation recorded a significant increase comparing with 1998 though love relationship problems still tops the list. It reflected the poor economic environment of Hong Kong and had caused the share of occupation-related cases to rise from 18.07% in 1997 to 22.24% in 1998. (Table 1.3 & Table 1.4)

As shown in the age and sex distribution, male callers of the 15-19 age group were highly disturbed by sexual problem whereas female callers in same age group were distressed by love relationship. Youngsters in their adolescence start to seek companions of the opposite sex but they are at the same time, puzzled by sexual problem. For those male callers of age 20-24 and female callers of age 25-29, love relationship was their major problem and always a significant cause for their distress. Female callers of age 30 or more were highly distressed by marital problems including poor relationship with their spouse which was sometimes caused by extramarital affairs. Occupation was the top problem for male callers of age 25-35. They were deeply affected by the economic recession and a lot were laid off. Joblessness caused a big blow to their self-confidence and they were left forced to face the financial problems on their own.

### (五) 自殺危機

在求助個案數字中，有百分之一點四六被界定為高危機個案，百分之五點六有自殺計劃，百分之三十二點八五有自殺念頭及百分之六十點零九完全否認有自殺意念。相對去年的情況分別不大。(見表一.六)。

(表一、一) 一九九八年全年服務總表

		男	女	總數	總數
所有個案	電話	2452	2924	5376	5468
	面談	21	25	46	
	書信	8	38	46	
諮詢		596	655	1251	3943
戲弄		84	31	115	
無聲		-	-	2577	

(表一、二) 一九九八年求助者年齡分佈表

年齡 \ 性別	1998 所有個案				1997 所有個案	
	男	女	總計	%	總計	%
10-14	23	35	58	1.06	85	1.76
15-19	289	394	683	12.5	876	18.14
20-24	525	478	1003	18.34	794	16.44
25-29	457	485	942	17.23	797	16.5
30-34	562	762	1324	24.21	1279	26.48
35-39	174	306	480	8.78	439	9.09
40-44	185	268	453	8.28	244	5.05
45-49	49	59	108	1.98	64	1.33
50-54	33	36	69	1.26	48	0.99
55-59	5	4	9	0.16	5	0.1
60-64	8	2	10	0.18	15	0.31
65+	3	9	12	0.22	19	0.39
不詳	168	149	317	5.80	165	3.42
總計	2481	2987	5468	100	4830	100

## Emotional State of Clients

1.46% of the 5,468 cases are regarded as cases with a high suicidal risk ; 5.6% had a suicidal plan ; 32.8% were suicidal incliners and 60.9% had no suicidal tendency. The pattern is similar to that for 1998. (Table 1.6)

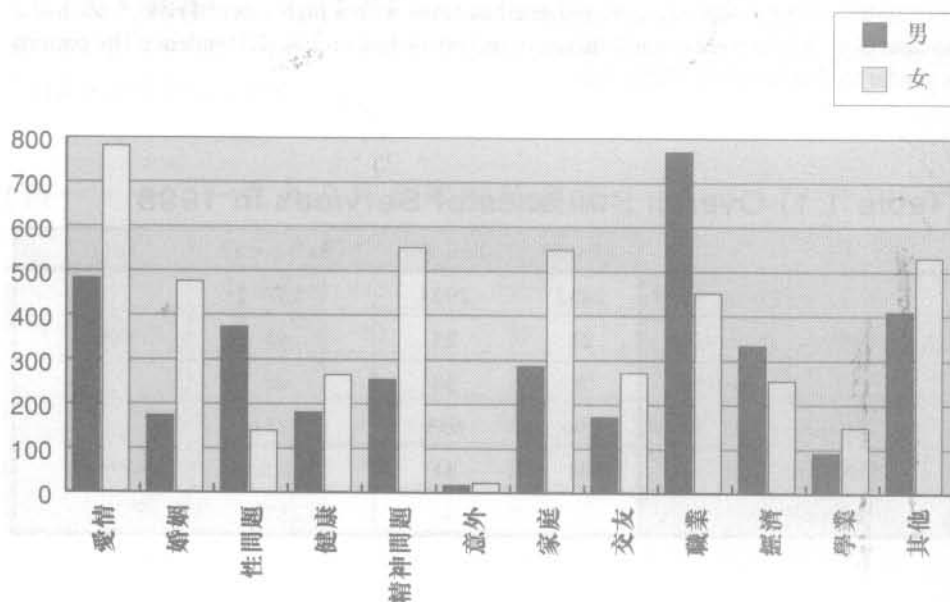
(Table 1.1) Overall Statistics of Services in 1998

		Male	Female	Sub-total	Total
All Cases	Phone Call	2452	2924	5376	5468
	Interview	21	25	46	
	Letter	8	38	46	
Enquiry Call		596	655	1251	3943
Frivolous Call		84	31	115	
Mute Call		-	-	2577	

(Table 1.2) Age Distribution of Clients in 1998

Age	Sex	1998 (All Cases)				1997 (All Cases)	
		M	F	Total	%	Total	%
10-14		23	35	58	1.06	85	1.76
15-19		289	394	683	12.5	876	18.14
20-24		525	478	1003	18.34	794	16.44
25-29		457	485	942	17.23	797	16.5
30-34		562	762	1324	24.21	1279	26.48
35-39		174	306	480	8.78	439	9.09
40-44		185	268	453	8.28	244	5.05
45-49		49	59	108	1.98	64	1.33
50-54		33	36	69	1.26	48	0.99
55-59		5	4	9	0.16	5	0.1
60-64		8	2	10	0.18	15	0.31
65+		3	9	12	0.22	19	0.39
Unknown		168	149	317	5.80	165	3.42
Total		2481	2987	5468	100	4830	100

(圖一、三) 困擾種類圖



(表一、四) 困擾種類

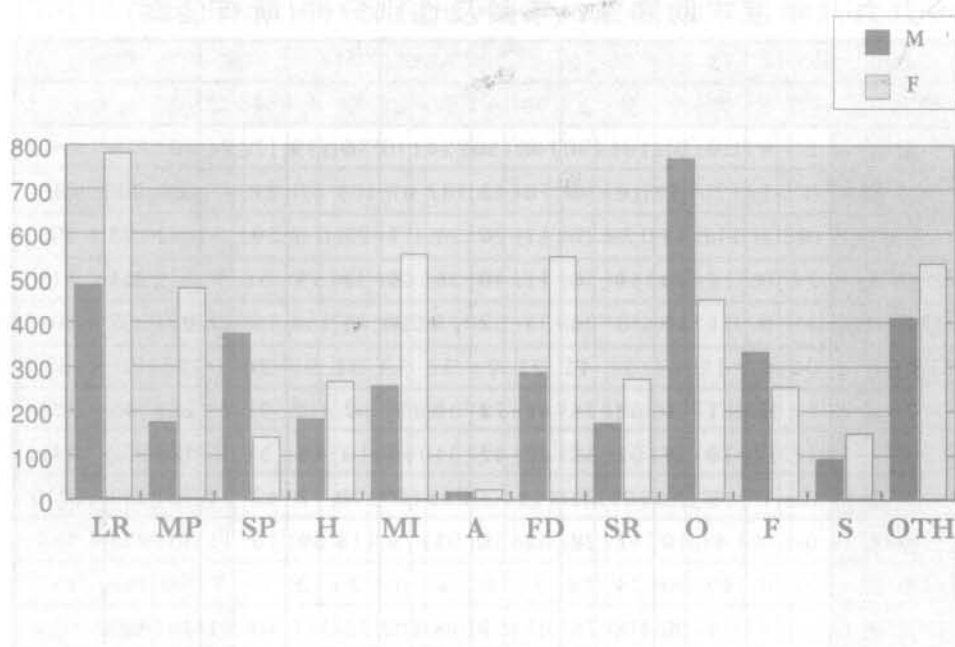
年份 性別	1998				1997	
	所有個案				所有個案	
個案類別	男	女	總計	%	總計	%
愛情	481	779	1260	23.04**	961	19.9
婚姻	172	474	646	11.81	629	13.02
性問題	371	138	509	9.30	645	13.35
健康	179	264	443	8.11	529	10.95
精神問題	254	550	804	14.7	836	17.31
意外	15	20	35	0.64	26	0.54
家庭	285	545	830	15.18	822	17.02
交友	170	270	440	8.05	346	7.16
職業	767	449	1216	22.24	873	18.07
經濟	331	252	583	10.66	295	6.11
學業	90	147	237	4.33	230	4.76
其他	407	529	936	17.11	755	15.63
總計	3522	4417	7939*		6947	

\* 因每一個案可能涉及多個困擾，故 7939 並不等於全年個案總數。

\*\* 表示全年 5468 宗個案中有百分之 23.04 涉及愛情困擾。



(Table 1.3) Classification of Cases in 1998



(Table 1.4) Problem Areas in 1998

Sex \ Years	1998				1997	
	All Cases				All Cases	
Types	M	F	Total	%	Total	%
Love Relationship(LR)	481	779	1260	23.04**	961	19.9
Marital Problem(MP)	172	474	646	11.81	629	13.02
Sexual Problem(SP)	371	138	509	9.30	645	13.35
Health(H)	179	264	443	8.11	529	10.95
Mental Illness(MI)	254	550	804	14.7	836	17.31
Accidents(A)	15	20	35	0.64	26	0.54
Family Disputes(FD)	285	545	830	15.18	822	17.02
Social Relationship(SR)	170	270	440	8.05	346	7.16
Occupation(O)	767	449	1216	22.24	873	18.07
Finance(F)	331	252	583	10.66	295	6.11
Study(S)	90	147	237	4.33	230	4.76
Others(OTH)	407	529	936	17.11	755	15.63
Total	3522	4417	7939*		6947	

\* A case may involve more than one problem. Therefore this figure should not be equated to the total number of cases in the year.

\*\* 23.04% of 5468 cases involves problems in Love Relationship.

(表一、五)

一九九八年度求助問題～年齡及性別分佈(所有個案)

年齡	10-14		15-19		20-24		25-29		30-34		35+		不詳		總計		
個案分類	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男+女
愛情	2	9	30	91	164	200	108	190	124	146	36	119	17	24	481	779	1260
婚姻	0	1	2	3	16	36	78	45	187	67	165	17	24	17	24	74	646
性問題	10	4	117	54	125	29	41	20	24	17	25	11	29	3	371	138	509
健康	2	0	16	40	44	56	41	40	36	66	35	53	5	9	179	264	443
精神問題	1	0	11	14	38	86	35	62	77	209	76	158	16	21	254	550	804
意外	0	0	1	6	3	1	2	2	5	1	2	9	2	1	15	20	35
家庭	5	12	61	71	60	74	43	72	55	131	52	162	9	23	285	545	830
交友	1	12	18	64	61	53	38	42	31	43	16	48	5	8	170	270	440
職業	0	1	19	25	109	84	193	109	225	129	179	77	42	24	767	449	1216
經濟	0	0	4	10	41	28	62	35	95	79	113	89	16	11	331	252	583
學業	5	8	49	90	24	22	3	4	3	6	2	12	4	5	90	147	237
其他	1	4	34	98	100	76	83	77	73	122	76	111	40	41	407	529	936

(表一、六) 一九九八年度所有求助者的自殺危機評估

年份	1998			1997
	所有個案			所有個案
性別	男	女	總數	總數
自殺危機評估	(%)	(%)	(%)	(%)
否認有自殺念頭或 自殺危險分數為 0-5 分	1529 (27.96)	1757 (32.13)	3286 (60.09)	2969 (61.47)
有輕微自殺念頭或 自殺危險分數為 6-13 分	801 (14.65)	995 (18.20)	1796 (32.85)	1662 (34.41)
有自殺計劃或 自殺危險分數為 14-19 分	117 (2.14)	189 (3.46)	306 (5.6)	170 (3.52)
有即時自殺危機或 自殺危險分數為 20 分以上	34 (0.62)	46 (0.84)	80 (1.46)	29 (0.6)
總計	2481 (45.37)	2987 (54.63)	5468 (100)	4830 (100)

(Table 1.5) Problem &amp; Age Analysis of All Cases in 1998

Age	10-14		15-19		20-24		25-29		30-34		35+		U/A		Total		
Problems Areas	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M+F
Love Relationship	2	9	30	91	164	200	108	190	124	146	36	119	17	24	481	779	1260
Marital Problem	0	1	2	3	5	16	36	78	45	187	67	165	17	24	172	474	646
Sexual Problem	10	4	117	54	125	29	41	20	24	17	25	11	29	3	371	138	509
Health	2	0	16	40	44	56	41	40	36	66	35	53	5	9	179	264	443
Mental Illness	1	0	11	14	38	86	35	62	77	209	76	158	16	21	254	550	804
Accidents	0	0	1	6	3	1	2	2	5	1	2	9	2	1	15	20	35
Family Disputes	5	12	61	71	60	74	43	72	55	131	52	162	9	23	285	545	830
Social Relationship	1	12	18	64	61	53	38	42	31	43	16	48	5	8	170	270	440
Occupation	0	1	19	25	109	84	193	109	225	129	179	77	42	24	767	449	1216
Finance	0	0	4	10	41	28	62	35	95	79	113	89	16	11	331	252	583
Study	5	8	49	90	24	22	3	4	3	6	2	12	4	5	90	147	237
Others	1	4	34	98	100	76	83	77	73	122	76	111	40	41	407	529	936

(Table 1.6) Suicidal Assessment and Suicide Lethality Score in 1998

Year	1998			1997
	All Cases			All Cases
Sex	M	F	Total	Total
Suicidal Assessment	(%)	(%)	(%)	(%)
Not Suicidal or 0-5 in Suicide Lethality Score	1529 (27.96)	1757 (32.13)	3286 (60.09)	2969 (61.47)
Slightly Suicidal or 6-13 in Suicide Lethality Score	801 (14.65)	995 (18.20)	1796 (32.85)	1662 (34.41)
Has a Suicidal plan or 14-19 in Suicide Lethality Score	117 (2.14)	189 (3.46)	306 (5.6)	170 (3.52)
Imminently Suicidal or 20+ in Suicide Lethality Score	34 (0.62)	46 (0.84)	80 (1.46)	29 (0.6)
Total	2481 (45.37)	2987 (54.63)	5468 (100)	4830 (100)

# 一九九八年「中五會考生輔導服務」報告

中心主任：孫嘉燕

## 引言：

一九六五年起，本會於會考放榜期間，提供中五會考生情緒輔導服務，透過電話和面談服務，為應屆會考生及親友提供即時性的情緒熱線輔導，從而協助他們面對因會考放榜所帶來的情緒困擾。

## 服務概況：

服務日期：九八年八月五日至八日，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 75 宗因會考放榜引致情緒困擾的求助電話，數字較去年稍微下降。其中男性佔 56%，女性佔 44%。一直以來，女性求助者較男性為高，而今年情況則與過去幾年相反。情緒方面，67%求助者情緒穩定，而情緒出現輕微困擾者佔27%，至於情緒出現嚴重困擾者則佔6%(共5宗)，較去年上升五個百分點。

求助問題方面，大部份擔心升學問題(包括升中六或重讀中五)，加上在尋求學位的過程中，部份未能有即時的答覆，令學生們有徬徨、憂慮的感覺。亦有部份考生因成績未如理想而失去自信、自責，或不知如何向家長交待。此外，亦有學生因家庭經濟出現困難而未能繼續學業，而要面對就業問題，令他們的情緒造成一定的困擾。

在這 75 宗求助個案中，共有 20 宗(27%)為會考生親友來電，較去年的 18 宗(22%)有所增加，其中六成為會考生的父母。他們多表示擔心子女的出路問題，或在面對子女成績欠佳時，不知如何協助而感到徬徨。近幾年，會考放榜期間第三者來電的數目逐年上升，反映出學生們的身邊人亦能主動關心他們。

## 總結：

總結是年的「中五會考生輔導服務」，整體求助數字較去年稍微下降，男性求助者較女性多，而情緒受嚴重困擾者卻有上升。至於求助內容與去年相若，主要是擔心升學問題，或成績未如理想而感到失望。

展望來年，本會仍會繼續推行此項服務，並計劃分別為學生及家長開辦工作坊及訓練課程，讓他們能初步掌握情緒輔導技巧，以便在遇到身邊人情緒低落時懂得如何處理。

# Summer Hotline Service 1998

By Miss Suen Ka-yin,  
Centre-in-charge

## Introduction

Summer Hotline Service has been launched since 1960. The service, in the form of telephone counseling and interview, aims at providing immediate emotional counseling to F5 graduates and their relatives and helping them get over the distress and helplessness caused by the release of Certificate Examination results.

## Service Outline

Duration: 65 hours, 5 to 8 August 1998

## Case Analysis

In those 65 hours, 75 contacts related to the Certificate Examination were handled, representing a minor decrease in caseload over 1998. Male callers accounted for 56%, and female callers 44%. The number of male callers was higher than female callers, a reversal of the pattern for many years. For the emotional status, 67% of all callers were emotionally stable; 27% were slightly distressed; 6%(5 contacts) were regarded as severely distressed, up five percentage points over 1997.

Most of the contacts were further studies-related (including enrollment in F6 or repeating F5). Students were stressed and worried by no immediate confirmation during the process of looking for a place to further their studies. Some students were raked with guilt of disappointment as a result of their poor performance. Some students could not further their studies due to financial problem of their family. In some cases they were distressed by the need to find a job.

20 contacts (27%) among 75 were third party calls, up five percentage points over the previous year. About 60% third party calls were from parents of F5 graduates. They were worried about their children's examination results, and also by their inability to help their children who did not get good enough results. The number of third party calls had increased in recent years. It reflects that those close to these students are willing to care for and share the worry with them.

## Conclusion

For the year ended review, there were a minor decrease in caseload over the previous year. For the first time, the number of male callers was higher than that of female callers. Also more callers were severely distressed. Common causes of distress include further studies-related, problems and disappointment at less than satisfactory examination results.

Our Summer Hotline Service for F5 graduates will continue. Apart from hotline service, we have plans to hold workshops for F5 graduates and their parents so as to equip them with basic counseling skills to help those in need.



# 一九九八年活動回顧

中心主任：孫嘉燕

## (一) 訓練：職前訓練

月份	內容
二月	第廿九期義工訓練
十月	第卅期義工訓練

## (二) 訓練：在職訓練

月份	內容
一月至六月	第廿八期延伸課程
二月至八月	自殺個案處理及危機介入訓練
三月	如何提升個人敏銳力
七月	組長培訓
八月	法律常識講座
	督導員訓練
	義工團體的公共關係工作
十一月	督導員訓練

## (三) 對外講座

日期	機構	主題
五月	澳門明愛生命線	自殺個案的評估及處理 操縱性求助者處理 微觀技巧應用
七月及八月	護理深造學院	醫院內的自殺防治
八月	聖公會慈光堂社會服務中心	老人自殺多面睇
	扶輪會	防止自殺會的義工生涯
九月	瑪麗醫院護士學校	老人自殺防治

## (四) 外訪

月份	機構
九月	紅絲帶中心
	九九九控制中心
十二月	香港公教婚姻輔導會

## (五) 訪問

日期	機構	主題
一月	經濟日報	股民求助情況
	東方日報	股民求助情況
	蘋果日報	本會服務
	新報	股民求助情況
	Recruit	義工訓練

# Activities Review 1998

By Miss Suen Ka-yin,  
Centre-in-charge

## (1) Training: Pre-service Training

Date	Content
Feb	29th Volunteer Training Course
Oct	30th Volunteer Training Course

## (2) Training: In-service Training

Date	Content
Jan to June	28th Extension Course
Feb to Aug	Suicide Cases and Crisis Intervention
Mar	Sensitivity Improvement
July	Training for Group Leaders
Aug	Knowledge in Law
	Training for Supervisors
	Public Relation of Voluntary Organizations
Nov	Training for Supervisors

## (3) Seminar

Date	Organization	Theme
May	Macau Lifeline	Assessment and Handling of Suicide Case Handling of Manipulating Clients Micro-skill
July & Aug	Institute of Advanced Nursing Studies	Prevention of Suicide in General Hospital
Aug	SKH Kindly Light Church Social Service Centre	Elderly Suicide
	Rotary Centre	Working as a SBHK Volunteer
Sept	The School of General Nursing Queen Mary Hospital	Elderly Suicide

## (4) Visit

Date	Organization
Sept	Red Ribbon Centre
	999 Control Centre
Dec	Hong Kong Catholic Marriage Advisory Council

## (5) Interview

Date	Organization	Theme
Jan	The Economic Time	Help seeking from stock investors
	Oriental Daily	Help seeking from stock investors

月份	機構	主題
	南華早報	股民求助情況
	Central Magazine	工作壓力的求助情況
	無線電視	本會服務
	廣華醫院	產後抑鬱者求助情況
	日本共同通訊社	本會服務
	蘋果日報	受經濟困擾的求助情況
	明報	受經濟困擾的求助情況
二月	蘋果日報	如何協助情緒受困擾人士
	星島日報	失業者求助情況
	南華早報	受經濟困擾的求助情況
	Associated Press	本會服務
三月	快報	失業者求助情況
	蘋果日報	受職業問題困擾的求助情況
	星島日報	本會服務
	成報	家長如何紓緩會考子女的壓力
	經濟日報	本會服務
四月	文匯報	本會服務及香港自殺死亡情況
	蘋果日報	失業者求助情況
	明報	失業者求助情況
	東方日報	失業者求助情況
五月	亞洲電視	失業者求助情況
	地區星報	義工訓練
	日本富士電視台	受經濟困擾的求助情況
	新報	本會服務及會考生求助情況
	南華早報	本會服務
	經濟日報	失業者求助情況
	東方日報	失業者求助情況
	時代論壇	本會服務
	朝日新聞	失業者求助情況
	香港電台[無大無細]節目	青少年自殺問題
	蘋果日報	本會服務
六月	有線電視	本會服務
	天天日報	失業者求助情況
	香港電台	失業者求助情況
	成報	義工體驗
七月	東方日報	失業者求助情況
	星島日報	失業者求助情況
	蘋果日報	失業者求助情況
	蘋果日報	如何協助有自殺傾向人士
	亞洲電視	本會服務
	商業電台"政經星期六"	如何輔導會考生
	有線電視"各抒己見"	失業問題
八月	經濟日報	中五會考生輔導服務

Date	Organization	Theme
	Apple Daily	SBHK Service
	Hong Kong Daily News	Help seeking from stock investors
	Recruit	Training of Volunteers
	South China Morning Post	Help seeking from stock investors
	Central Magazine	Help seeking from those with work pressure
	TVB	SBHK Service
	Kwong Wah Hospital	Help seeking from people suffering from post-partum depression
	Kyodo News	SBHK Service
	Apple Daily	Help seeking arising from financial disturbance
Feb	Ming Pao	Help seeking arising from financial disturbance
	Apple Daily	Helping people with emotional disturbance
	Sing Tao Daily	Help seeking arising from the unemployed
	South China Morning Post	Help seeking arising from financial disturbance
Mar	Associated Press	SBHK Service
	The Express Daily	Help seeking from the unemployed
	Apple Daily	Help seeking arising from occupation problem
	Sing Tao Daily	SBHK Service
	Sing Pao	How to help children to cope with pressure from Certificate Examination Result
Apr	The Economic Time	SBHK Service
	Wen Wei Pao	SBHK Service & Suicide Death in HK
	Apple Daily	Help seeking from the unemployed
	Ming Pao	Help seeking from the unemployed
May	Oriental Daily	Help seeking from the unemployed
	ATV	Help seeking from the unemployed
	District Star	Training of volunteer
	Fuji Television	Help seeking arising from financial disturbance
	Hong Kong Daily News	SBHK Service & help seeking from F5 graduates
	South China Morning Post	SBHK Service
	The Economic Time	Help seeking from the unemployed
	Oriental Daily	Help seeking from the unemployed
	Times Forum	SBHK Service
	Asahi Shim Bun Hong Kong	Help seeking from the unemployed
June	RTHK	Youth Suicide
	Apple Daily	SBHK Service
	Cable TV	SBHK Service
	Tin Tin Daily	Help seeking arising from the unemployed
July	RTHK	Help seeking from the unemployed
	Sing Pao	Working as a volunteer
	Oriental Daily	Help seeking from the unemployed
	Sing Tao Daily	Help seeking from the unemployed
	Apple Daily	Help seeking from the unemployed
	Apple Daily	Helping from suicidal persons
	ATV	SBHK Service

日期	機構	主題
	星島日報	中五會考生輔導服務
	香港電台“晨光第一線”	中五會考生輔導服務
	天天日報	中五會考生輔導服務
	蘋果日報	中五會考生輔導服務
	香港電台“新聞天地”	失業者及受經濟問題困擾者求助情況
	商業電台	中五會考生輔導服務
	新城電台	中五會考生輔導服務
	亞洲電視	中五會考生輔導服務
	大公報	中五會考生輔導服務
	東方日報	中五會考生輔導服務
	南華早報	中五會考生輔導服務
	文匯報	中五會考生輔導服務
	成報	中五會考生輔導服務
	新報	中五會考生輔導服務
	衛星電視	中五會考生輔導服務
	東方日報	失業者求助情況
	有線電視	中五會考生輔導服務
	香港電台“香江暖流”	本會服務
九月	蘋果日報	至親殺害
	星島日報	升學問題
	經濟日報	本會服務
	天天日報	本會服務
十月	蘋果日報	本會服務
	東方日報	婚外情
	明報	新移民求助情況
	商業電台	失業者及受經濟問題困擾者求助情況
	無線電視	本會資金問題
十一月	明報	本會服務
	香港小童群益會	義工體驗
十二月	蘋果日報	失業者及受經濟問題困擾者求助情況

## (六) 到訪

月份	機構
四月	中國婦女熱線
十月	澳門明愛生命線
	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



Date	Organization	Theme
Aug	Commercial Radio	Counseling for F.5 graduates
	Cable TV	Unemployment
	The Economic Time	Summer Hotline Service for F.5 graduates
	Sing Tao Jih Pao	Summer Hotline Service for F.5 graduates
	RTHK	Summer Hotline Service for F.5 graduates
	Tin Tin Daily	Summer Hotline Service for F.5 graduates
	Apple Daily	Summer Hotline Service for F.5 graduates
	RTHK	Help seeking arising from unemployed and financial disturbance
	Commercial Radio	Summer Hotline Service for F.5 graduates
	Metro Radio	Summer Hotline Service for F.5 graduates
	ATV	Summer Hotline Service for F.5 graduates
	Ta Kung Pao	Summer Hotline Service for F.5 graduates
	Oriental Daily	Summer Hotline Service for F.5 graduates
	South China Morning Post	Summer Hotline Service for F.5 graduates
	Wen Wei Pao	Summer Hotline Service for F.5 graduates
	Sing Pao	Summer Hotline Service for F.5 graduates
	Hong Kong Daily News	Summer Hotline Service for F.5 graduates
	Star TV	Summer Hotline Service for F.5 graduates
	Oriental Daily	Help seeking arising from the unemployed
	Cable TV	Summer Hotline Service for F.5 graduates
	RTHK	SBHK Service
Sept	Apple Daily	Family Suicide
	Sing Tao Jih Pao	Studies
	The Economic Time	SBHK Service
	Tin Tin Daily	SBHK Service
Oct	Apple Daily	SBHK Service
	Oriental Daily	Extra-marital affairs
	Ming Pao	Help seeking from new immigrants
	Commercial Radio	Help seeking arising from unemployment and financial disturbance
Nov	TVB	SBHK Financial Resources
	Ming Pao	SBHK Service
	Boys' and Girls' Clubs Association of Hong Kong	Working as a Volunteer
Dec	Apple Daily	Help seeking arising from unemployment and financial disturbance

## (6) Visitor

Date	Organization
Apr	China Women's Hotline
Oct	Macau Lifeline
	San Po Kong Family Service Centre, SWD
	Sau Mau Ping Family Service Centre, SWD

## 一九九八年香港自殺死亡數字

中心主任：孫嘉燕

### 香港自殺率<sup>1</sup>

根據香港死因裁判法庭的報告顯示，一九九八年共有八百六十八人死於自殺(見表二、一)，以全港人口六百八十萬五千六百八十一人(一九九八年底估計數字)，一九九八年的自殺率是十二點八。男女自殺比率為一點八比一，而男性自殺率更是近五年的最高(十六點五)。

與一九九七年比較，九八年的自殺率較去年上升三點六。由於一九九七年有二百多宗個案的死因只被歸入由高處墮下類，而其中可能有很多個案是自殺性質，因此九七年的自殺死亡數字可能有偏差，若再與九六年比較，則數字相若(九六年自殺率為十二點六)。

### 按年齡及性別分組的自殺統計數字

#### 年齡組別：零至十九歲

一九九八年共有三十六名年齡在十九歲以下的青少年自殺，自殺率是四點二，男女自殺比率是一點七比一。(見圖二、二)

與一九九七年比較，此年齡組別的自殺率較去年上升一點，但與一九九六年相若(九六年為四點三)，而男性的自殺率是五點二，較去年上升二點二，情況令人關注。三十六名自殺死亡者中，百分之六十九(二十五名)選擇從高處墮下來結束生命。吊死者則為百分之三十一(十一名)，兩種均是香港自殺者常採用的方法。

從教育署所提供資料，一九九七/九八學年共有十五宗學生自殺死亡個案，較九六/九七學年減少五宗，而學生企圖自殺死亡個案，則由九六/九七學年的二十一宗，增加至九七/九八學年的二十四宗。(見圖二、三)

#### 年齡組別：廿至五十九歲

一九九八年共有五百四十七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六十三，自殺率是十三，男女自殺比率是二比一(見表二、一)。整體而言，此年齡組別無論在自殺率及男女自殺比率均較九七七年高。但自殺率與一九九六年相同。值得注意的是其中廿至廿九歲年齡組別的自殺率是近幾年的最高，達至十五點六(過去五年此年齡組別的自殺率徘徊於九至十三之間)。

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(百分之五十七)及吊死(百分之三十七)來結束生命，兩者所佔的百分比均較九七七年高。採用一氧化碳來結束生命者由九七年的十一宗增加至九八年的十七宗，成為此年齡組別者第三種最多人選擇的自殺方式，同時亦只有此年齡組別者採用。除此之外，選擇用藥物來結束生命者則較九七年減少三成(九七年為二十八人，九八年為九人)。自殺死亡的五百四十七人中，二百五十六人為失業者(百分之四十七)，其中以男性佔大多數(百分之七十五)。

<sup>1</sup> 自殺率每年每十萬人口自殺死亡人數。

(表二、一) 香港自殺死亡數字 (按自殺方式年齡及性別分組)

Year	1998														1997		1996	
	自殺類別 Type of Suicide	Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	年齡組別 Age Groups		Total	小計	Total	小計	Total
												小計	Total					
1998	火器 Firearms	M			1									1	1		3	3
		F																
	藥物 Drugs	M			3		1	1		2			7	13	24	35	4	13
		F			1	1	2			2			6		11		9	
	毒藥 Poisons	M				3	1			3	1	2	10	21	8	15	18	42
		F				1	2	2	3	1	2		11		7		24	
	吊死 Hanging	M		10	21	26	38	34	28	20	21		198	283	126	196	143	236
		F		1	10	7	16	9	10	16	16		85		70		93	
	由高處墮下 Jumping from a height	M		13	67	52	49	28	31	32	22		294	468	167	302	268	434
		F		12	42	28	28	16	17	15	16		174		135		166	
	一氧化碳炭 Carbon Monoxide	M			4	6	2	2					14	17	7	11	10	12
		F			1	2							3		4		2	
	淹死 Drowning	M			4	2	1	1	1	3	5	2	18	32	8	15	9	24
		F			3	1	1	2	2	2	3		14		7		15	
利器 Sharp Instruments	M					1	2	2		1		6	12	5	7	3	4	
	F				2				1	2	1	6		2		1		
其他 Others	M			4	5	5	1	1		1		16	21	12	16	21	26	
	F				2	2	1					5		4		5		
小計 Sub-total	M		23	104	95	97	69	67	62	47		564						
	F		13	57	44	51	30	33	38	38		304						
總計 Total		0	36	161	139	148	99	100	100	85		868						
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				
總計 Total		1	37	128	151	143	76	100	93	65								794

資料來源：死因裁判法庭  
Source: Coroners Court

# Suicide Figures in Hong Kong 1998

By Miss Suen Ka-yin,

Centre-in-charge

## Suicide Rate<sup>1</sup> of Hong Kong

The Coroner's Court in 1998 (Table 2.1) reported 868 cases of suicide death. On the basis of a total population of 6,805,600 (End-1998 estimation), the suicide rate for 1998 is 12.8. The male-to-female ratio is 1.8:1. Male suicide rate (16.5) is the highest for the past five years.

The suicide rate in 1998 is 3.6 higher than that in 1997 (9.2 in 1997). Since there were 202 deaths where the cause of death was classified merely as fall from height in 1997, many of such deaths may actually be suicidal in nature. The suicide deaths in 1997 may therefore be underestimated. On the other hand, the suicide rate in 1998 is also similar to those in 1996.

## Suicide Statistics by Age and Sex

### Age group: 0-19

36 young people under the age of 19 committed suicide in 1998. The suicide rate is 4.2 and the male-to-female ratio is 1.7:1 (Table 2.2).

Compared with 1997, the suicide rate increased, but is similar to those in 1996 (4.3 in 1996). The male suicide rate is 5.2. 25 out of the 36 deaths (69%) resulted from jumping from a height, while 11 (31%) did so by hanging. These two are the most common means to commit suicide in Hong Kong.

According to the Education Department, the student population registered 15 cases of suicide (20 cases in 1996/97) and 24 cases of attempted suicide (21 cases in 1996/97) (Figure 2.3)

### Age group: 20-59

547 people in this age group committed suicide in 1998, that is 63% of the total. The suicide rate is 13, and the male-to-female ratio is 2:1 (Table 2.1). Generally speaking, both the suicide rate and the male-to-female ratio are higher than those in 1997, but the suicide rate is as same as those in 1996. In particular, the suicide rate of those aged between 20-29 is the highest for the past few years. (15.6 in 1998 and between 9 to 13 in the past few years)

It is also observed that many in this age group opted for jumping from a height (57%) and hanging (37%) to commit suicide, resulting an increase their incidence in 1998. Those using carbon monoxide increased from 11 in 1997 to 17 in 1998 and are ranked third in this age group. Such a means was used only by this age group. Those opting for drugs to commit suicide in this group decreased from 28 in 1997 to 9 in 1998. 256 out of the 547 suicide deaths were unemployed (47%), of which 75% were male.

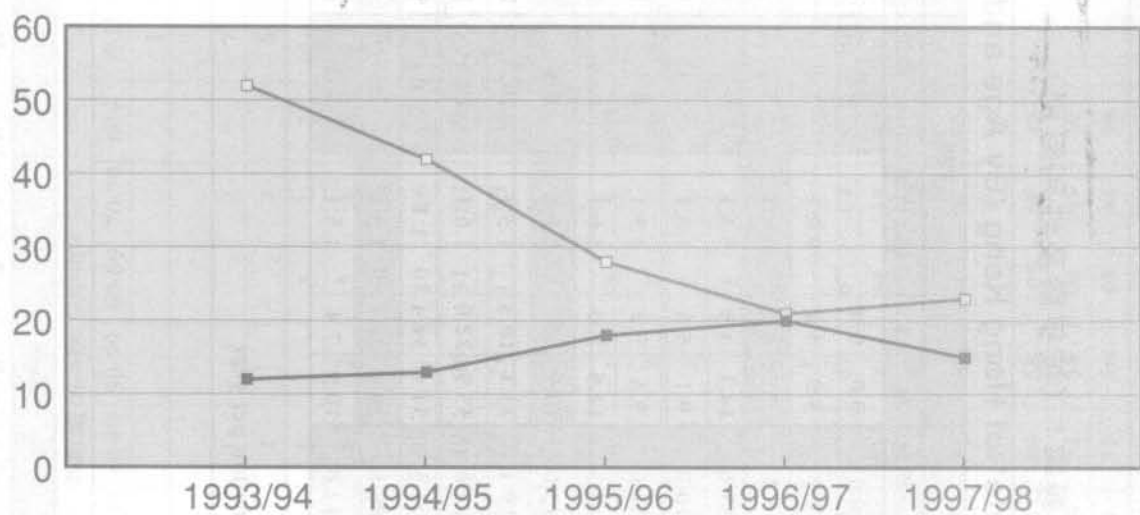
<sup>1</sup> Suicide rate is measured by the number of suicide death per 100,000 population.

(表二.二) 香港自殺率\* (按年齡及性別組別)

(Table 2.2) The Suicide Rate\* of Hong Kong (By Age and Sex)

	年齡組別 Age Group	1998				1997				1996			
		M	F	Ratio 比例	Total 總數	M	F	Ratio 比例	Total 總數	M	F	Ratio 比例	Total 總數
0-19	0-9	0.0	0.0	0.0	0.0	0.0	0.0		0.0	0.0	0.0	0	0.0
	10-19	5.2	3.1	1.7:1	4.2	3.0	3.2	0.9:1	3.2	5	3.6	1.4:1	4.3
	Subtotal Population 整體人口	5.2	3.1	1.7:1	4.2	3	3.2	0.9:1	3.2	5	3.6	1.4:1	4.3
	20-29	21.0	10.7	2:1	15.6	14.1	4.3	3.3:1	9.0	16.9	9.1	1.9:1	12.9
20-59	30-39	14.1	6.3	2.2:1	10.2	9.1	5.6	1.6:1	7.3	16.6	6.6	2.5:1	11.5
	40-49	15.9	9.0	1.8:1	12.6	9.3	7.2	1.3:1	8.3	14.3	15.0	1:1	14.7
	50-59	20.1	10.4	1.9:1	15.7	12.5	8.0	1.6:1	10.4	20.7	7.7	2.7:1	14.8
	Subtotal Population 整體人口	17.2	8.7	2:1	13.0	10.9	6	1.8:1	8.5	16.7	9.5	1.7:1	13
60+	60-69	24.7	13.0	1.9:1	19.1	23.1	18.3	1.3:1	20.7	24.1	16.7	1.4:1	20.5
	70-79	39.8	20.9	1.9:1	29.6	35.9	22.0	1.6:1	28.4	37.2	27.7	1.3:1	32.0
	80+	92.7	43.5	2.1:1	61.5	34.4	34.4	1:1	34.4	76.5	48.0	1.6:1	58.0
	Subtotal Population 整體人口	36.9	20.9	1.8:1	28.5	28.3	22.1	1.3:1	25	33	25	1.3:1	29
	Total Population 全年整體人口	16.5	9.0	1.8:1	12.8	10.9	7.4	1.5:1	9.2	15.2	10.0	1.5:1	12.6

(圖二、三) 香港學童自殺人數  
(Figure 2.3) Student Suicide in HK



資料來源：教育署

Source: Education Department





(表二、四) 香港自殺死亡數字 (按職業分組)

(Table 2.4) The number of Suicide Death in Hong Kong 1998 (By Occupation)

年份 Year		1998											1997		1996	
		年齡組別 Age Groups														
	Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計	Total	小計	Total	小計	Total
學生 Student	M		9	2							11	20	7	18	16	26
	F		6	3							9		11		10	
教師 Teacher	M											2	2	2	3	6
	F				1		1				2				3	
失業者 Unemployed	M		10	57	45	53	37	38	47	32	319	444	188	279	258	400
	F		5	25	16	18	5	9	18	29	125		91		142	
家庭主婦 Housewife	M											98		78		98
	F			5	13	23	19	18	15	5	98		78		98	
藍領階層 Blue Collars	M			3	8	7	2	1			21	22	17	19	37	43
	F				1						1		2		6	
白領階層 White Collars	M			7	2	3		2			14	32	13	25	24	43
	F			10	4	3		1			18		12		19	
病人 Patient	M											0	4	4		1
	F														1	
紀律部隊 Disciplinaries	M			1	4	1					6	6		0	6	6
	F															
商人 Business Man	M			2	3	3	6				14	15	13	14	17	19
	F			1							1		1		2	
其他 Other	M		4	32	33	30	24	26	15	15	179	229	113	158	118	152
	F		2	13	9	7	5	5	5	4	50		45		34	
小計 Sub-total	M		23	104	95	97	69	67	62	47	564		357		479	
	F		13	57	44	51	30	33	38	38	304		240		315	
總計 Total			36	161	139	148	99	100	100	85	868	868	597	597		794

資料來源：死因裁判法庭  
Source: Coroners Court

### 年齡組別：六十歲或以上

這個年齡組別於一九九八年共有二百八十五人自殺死亡，佔總自殺死亡人數的百分之三十三，自殺率是二十八點五，較九七年增加三點五，但與一九九六年相若（一九九六年為二十九）。男女自殺比率是一點八比一，其中八十歲以上的男性自殺率更高達九十二點七。從高處墮下仍然是最多人選擇的自殺方式（百分之四十七）。

### 按自殺方法分組的自殺統計數字

從各種自殺方式中，共有四百六十八人選擇從高處墮下，佔總自殺死亡人數的百分之五十四，其次是吊死（共二百八十三人，佔總自殺死亡人數的百分之三十三）。淹死者亦由九七年的十五人增加至九八年的三十二人而排行第三位。（見表二、一）

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，吊死及淹死，共佔自殺死亡者的百分之九十；而採用一氧化碳方式只有二十至五十九歲的自殺死亡者採用。

### 按職業分組的自殺統計數字

在一九九八年，共有四百四十四名自殺死亡者為失業人士（包括退休人士），佔總自殺死亡人數的百分之五十一，較九七年上升四個百分點，而家庭主婦則排行第三，佔百分之十一（九十八人）（見表二、四）。

過去幾年，大約超過五成的自殺死亡者是失業人士，而平均失業率約二點四。一九九八年香港的平均失業率約四點七，較以往幾年高，但失業者在自殺死亡人士中所佔的百分比與過去幾年相若，因此不能評定失業與自殺有必然的因果關係。然而，失業問題確實會帶來情緒困擾，故此不容忽視。

### 按精神病分組的自殺統計數字

一九九八年共有二百七十六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三十二，較九七年上升七個百分點（表二、五）。男女比例為一點二比一，其中屬於十九歲以下年齡組別者，由九七年的二人增加至九八年的八人。而六十歲以上年齡組別者所佔百分比較九七年為低（九七年是百分之十九，九八年是百分之十五）。主要的自殺方式是從高處墮下（一百八十二人，佔百分之六十六）及吊死（五十七人，佔百分之二十一）。

## Age group: 60+

285 people in this age group committed suicide in 1998, representing a 33% share of the total. The suicide rate is 28.5, showing an increase over 1997 (25 in 1997). But is also similar to those in 1996 (29 in 1996). The male-to-female ratio is 1.8:1. In particular, the male suicide rate for those aged 80 or above is 92.7. Again, the dominant means is jumping from a height (47%).

## Suicide Statistics by Type of Suicide

468 people, or over 54% of those committed suicide, jumped from a height, followed by 283, or 33%, who did so by hanging. Those who drowned themselves increased from 15 in 1997 to 32 in 1998 and are ranked third. (Table 2.1)

On the whole, the two sexes showed much the same pattern in terms of means, which are in descending order jumping from a height, hanging and drowning. Carbon monoxide was used only by those aged between 20-59.

## Suicide Statistics by Occupation

444 people, or 51% of the suicide death, were unemployed (included retired), showing an increase over 1997 (47% in 1997). Housewife, at 11% (98 people) ranks third. (Table 2.4)

In the past few years, over 50% of the total suicide deaths were unemployed when the unemployment rate averaged at 2.4. In 1998, the unemployment rate averaged at 4.7, the highest for the past few years. However, the percentage of the unemployed who committed suicide is similar to those for the past few years. It is difficult to establish a correlation between unemployment and suicide. Notwithstanding that unemployment does cause disturbance, so we should not neglect this problem.

## Suicide Statistics of the Mentally Illness

In 1998 there were 276 suicide deaths involving the mentally ill, representing 32% of the total suicide deaths and showing an increase over 1997 (Table 2.5). The male-to-female ratio is 1.2:1. The number of those aged under 19 increased from 2 in 1997 to 8 in 1998. The percentage of those aged over 60 decreased (19% in 1997, 15% in 1998). The dominant means were also jumping from a height (182 people, 66%) and hanging (57 people, 21%)

## 總結

一九九八年的自殺死亡人數是八百六十八人，自殺率是十二點八，較九七年上升三點六，其基本特徵仍然是自殺率隨年齡上升而增加。男女自殺比率是一點八比一，男性自殺率是近幾年的新高，其中八十歲以上的男性自殺率更高達九十二點七。而廿至廿九歲年齡組別的自殺率亦較過去幾年高。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五十一為失業者，而百分之三十二則與精神病有關。雖然一九九八年的自殺率有上升，但各年齡組別的自殺率均與一九九六年相若，再者，香港自殺率在過去幾年均徘徊在十至十三之間，因此升幅並不算高。

## Conclusion

With 868 people committed suicide, 1998 posted a suicide rate of 12.8, which is 3.6 higher than that in 1997. Suicide propensity tends to increase with age. The male-to-female ratio is 1.8:1. Both the male suicide rate and the suicide rate of those aged 20-29 reached a record high for the past few years. The male suicide rate of those aged over 80 is 92.7. The dominant means of committing suicide were still jumping from a height and hanging. 51% of the suicide deaths were unemployed and 32% of the suicide deaths were with mental illness. Although the suicide rate in 1998 showed an increase over the previous year, the suicide rate of different age groups are similar to those in 1996. In addition, the suicide rate in 1998 is still within the historical pattern for the past few years, where the suicide rate has been hovering around 10 to 13.

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(Table 2.5) The number of Mental Suicide in Hong Kong 1998 (By Type, Age &amp; Sex)

Year	自殺類別 Type of Suicide	Sex	1998 年齡組別 Age Groups											1997		1996	
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計	Total	小計	Total	小計	Total
1998	火器 Firearms	M			1							1	1	0	0	0	0
		F										0		0		0	
	藥物 Drugs	M		1						1		2	5	1	6	3	9
		F					1			2		3		5		6	
	毒藥 Poisons	M				2	1		1			4	10	1	1	3	5
		F				1	1	1	2		1	6		0		2	
	吊死 Hanging	M		1	4	7	8	11	4			35	57	20	36	28	49
		F		1	2	3	6	5	2	1	2	22		16		21	
	由高處墮下 Jumping from a height	M		4	28	23	27	8	5	3		98	182	39	90	104	187
		F		2	20	19	15	10	12	3	3	84		51		83	
	一氧化碳炭 Carbon Monoxide	M				2	1					3	3	1	1	0	0
		F												0		0	
	淹死 Drowning	M			3		1					4	10	2	4	2	4
		F			2	1	1	1	1			6		2		2	
	利器 Sharp Instruments	M											1	3	4	1	1
1998	其他 Others	F			1							1		1		0	
		M			1		2					3	7	6	8	8	10
		F				1	2	1				4		2		2	
	小計	M	0	5	38	34	40	19	10	4		150					
	Sub-total	F	0	3	24	26	26	18	17	6	6	126					
1997	總計 Total		0	8	62	60	66	37	27	10	6	276					
	小計	M	0	1	24	18	16	7	4	3				73			
		F	0	1	5	19	21	9	10	10	2			77			
	Sub-total		0	2	29	37	37	16	14	13	2			150			
	總計 Total		0	2	29	37	37	16	14	13	2						
1996	小計	M	0	2	38	49	32	13	8	3	4					149	
		F	0	3	28	31	21	9	12	8	4					116	
	總計 Total		0	5	66	80	53	22	20	11	8					265	

## 防止自殺工作的重要性

服務協調主任：周秀蘭

有些人說：「真正會自殺的人，是不會告知其他人，致電本會的人大都不會自殺。」那麼本會防止自殺工作的重要性在那裡呢？其實很多人對自殺問題都存有很多誤解；有些人會以為揚言自殺的人甚少會真正自殺，而自殺的人在自殺前都沒有明顯的警告訊號，甚至有些人會以為有精神病的人才會自殺，對自殺有這些誤解會很容易令人對自殺問題掉以輕心，因而忽略身邊親友的需要；到了問題發生了，要補救也遲了，其實，很多人在一生中都有可能會有自殺念頭，有些人內心有很多掙扎，希望找人傾訴內心的困擾，甚至會向別人透露自殺的傾向；如果在這時情緒得不到舒緩的機會，同樣會有可能選擇自殺；有些人只會將自殺的意圖收於心裡，但是，只要細心留意他們的日常行為和情緒轉變，便有機會發現一些自殺的徵兆，總括而言，只要細心聆聽、觀察及保持關懷的心，會發現大部分有自殺意圖的人在自殺之前會發出警告訊號或甚會告知別人，所以，我們相信防止自殺是十分重要，可以阻止悲劇的發生。

防止自殺工作可以分為三個層面，第一個層面是在人們未有自殺念頭之前，向他們宣揚生命的意義、價值，建立精神健康的生活，學習增強個人面對困難、壓力的解決及應變能力，增加個人敏銳力，多些關注身邊親友的情緒狀況，從而協助親友舒緩情緒，渡過難關。其實，自殺的原因、動機有很多，並沒有那一種情緒困擾是一定會導致人以死去解決困難，亦都沒有肯定所有自殺傾向的人都有精神病。雖然有部份自殺者是精神病患者，但是並不代表所有自殺者都是因精神問題而自殺。所以，一個人是否自殺是決定於個人面對危機、壓力的解決及應變能力、人生價值觀，親友的支持系統及社會資源的提供等，社區教育在這層面扮演重要角色，目的是要讓社會人士減少對自殺問題的誤解、增強個人及協助親友解決困難的能力，多些關懷及留意身邊親友的情緒狀況，在未走上自殺這條路前，會有足夠的支援及預防工作。

第二個層面是即時防止自殺工作，即自殺者可能已有自殺念頭，感到最無助，生無可戀，或是情緒受很大困擾時，身邊有人可以作為一位聆聽者，耐心聆聽，讓求助者有機會將內心的鬱結逐一說出，令他們感到被接納和支持，情緒得以舒緩；更可透過與聆聽者的互動關係，加強自我了解，讓他們有機會重新整理個人的境況，清晰前面的路向，從新面對自己的困局，克服情緒困擾、尋求出路。本會現時的熱線服務、面談及書信服務就正正進行即時情緒舒緩工作。這個層面是一個十分重要的部分，聆聽者就好像路燈一樣，陪伴左右，雖然不能幫求助者解決困難，但是，可以助他們照明道路，陪他們渡過生命中黑暗境況。

第三個層面的防止自殺工作是一些發展性或長期跟進(治療性)的工作，是協助一些曾有自殺念頭、曾經自殺或在心理、精神上長期出現困難，受很大困擾的人，作一些長期跟進，發展他們建立一套個人解決困難的方法及接受較長期的心理輔導，我們相信有些根深蒂固的問題，在一次傾談並不能協助求助者清晰問題所在並找到解決方法；而且，由於現時本會前線服務的工作人員是由非專業的義工擔當，所以，在這層面上，本會義工會扮演「資料提供者或轉介者」的角色，讓求助者知道多些專業輔導服務的資料，尋求適合個人的服務。

以上三個層面的防止自殺工作，是本會現時所提供的服務或服務發展方向，我們深信人的生命是有其價值，防止自殺工作是十分重要，所以，本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，防止人們結束寶貴的生命。



# The Importance of Suicide Prevention

By Miss Chau Sau-lan Sharon, Service Coordinator

Some would say, "Those who would commit suicide don't tell other people, and people calling the Samaritan Befrienders Hong Kong most probably won't commit suicide." If that is the case, how important is our work on suicide prevention? The fact is, misunderstanding abounds in people's perception of suicide. Some would think that those who claim to be suicidally inclined seldom really do it, and those who did it didn't display clear warning signals beforehand. There are also people who think suicide is a problem for the mentally ill only. Misunderstanding about suicide can lead to complacency and neglect of the needs of those close to you.

No amount of remedial action is good enough after the tragedy. In our life, at one time or another, we might tinker with the idea of committing suicide; some will go through a lot of inner struggle, hoping to find some to whom they can pour out their distress or even reveal their suicidal inclinations. If they are denied any emotional relief, they might opt for suicide. Some would let no one share their suicide plan. However, when you are attentive enough you will detect changes in routine behaviour and emotion, which may be tell-tale signs of suicide. In a nutshell, listen and observe carefully, maintain a caring attitude, in most cases you will find warning signs or even explicit message before they actually commit suicide. That is why we believe suicide prevention is important. It can prevent tragedy.

There are three tiers for the work on suicide prevention. The first is to instil into people before they have any suicidal idea the value and meaning of life so that they lead a mentally healthy life; so that they are more capable of solving problems and adapting themselves to cope with pressure; so that they are more observant to the emotional state of people close to them and help the needy tide over their difficulties by providing emotional relief. There are many motives behind suicide; no single emotional distress is bound to lead to suicide and it is far from certain that all suicidally inclined people are mentally ill. Yes, some suicides were mentally ill; but it does not mean all suicides did what they did because of mental illness. It is factors such as problem solving capability and adaptability in the face of risk and pressure, perception of value of life, support from relatives and availability of social resources that determine whether a person commits suicide or not. Community education plays an important role in this aspect, the purpose of which is to minimize misunderstanding and maximize people's capability in solving problems themselves or helping their relatives do so; to empower them to care and pay attention to emotions of close ones so that adequate support and prevention is done before suicide takes place.

The second tier is immediate work on suicide prevention. In other words, we give a patient listener to those who have got suicidal idea, who feel helpless and that life is not worth living, or are suffering from serious emotional disturbance. The purpose is to give them a chance to relate to another person what have been troubling them in their mind, to feel accepted and supported and thus get some relief. The interaction also facilitate self-awareness; it allows them a chance to review their situation and sort out clearly what lies ahead of them, and find a way out by facing their predicament and overcoming their emotional distress. Our hotline operation, interviews and mail service are preciously for the purpose of instantaneous emotional relief. This is a very important tier to suicide prevention. A listener is like street lights. Always available by side, and though unable to solve their difficulties, he lights up their road and accompany them through the darkest moments of their life.

The third tier is the work on development or longer-term follow up (curative work). Help is given to those who have thought of suicide, who did commit suicide and who face prolonged psychological and mental problems or serious distress. They are followed up in the long term in order that they develop a personalized approach of problem solving and get long term psychological counselling. We do not think that a single conversation will be enough to help those with deeply rooted problems get to know what they are and find a solution. Besides, our frontline workers are volunteers and not professionals. We are therefore information providers and referral makers in this tier of suicide prevention. We let the help seeker know more about professional counselling and choose those suitable for them.

The above three tiers of suicide prevention give the direction for our present service and the way forward for our service development. It is our earnest belief that life is valuable and suicide prevention is profoundly important. Based on this belief, 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, so as to prevent loss of valuable life.

## 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

張耀鴻會計師行  
香港上環德輔道中一八九號  
李寶椿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、及有否貫徹運用並有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一九九九年三月三十一日的財務狀況及貴會截至該日為止年度的經常費虧損，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

一九九九年五月二十一日

**Y. H. CHEUNG & COMPANY**

**CERTIFIED PUBLIC ACCOUNTANTS**

ROOM 1504, 15/F., LI PO CHUN CHAMBERS,  
189, DES VŒUX ROAD, CENTRAL,  
HONG KONG.  
TEL: 2541 5838 FAX: 2851 2802

**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 1999 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  
21 May 1999

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

資產負債表

BALANCE SHEET

一九九九年三月三十一日

AS AT 31 MARCH 1999

		1999 HK\$	1998 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	330,126	205,661
定期存款	Fixed deposits	751,219	741,552
預付款	Prepayments	1,080	9,394
		<u>1,085,425</u>	<u>959,607</u>
減：流動負債	LESS: CURRENT LIABILITIES		
保證金	Guarantee deposits received	---	---
應付款項	Accrued expenses	229,691	98,749
		<u>229,691</u>	<u>98,749</u>
		855,734	860,858
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	867,035	872,159
資金來源	Represented by:		
累積基金	ACCUMULATED FUND (note 3)	336,755	370,619
特別基金	SPECIAL FUND (note 4)	443,146	415,223
關懷身邊人基金	CARING FUND (note 5)	67,134	66,317
儲備	GENERAL RESERVE (note 6)	20,000	20,000
		<u>867,035</u>	<u>872,159</u>

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 21 May 1999:-

附註乃賬項之一部份

於一九九九年五月二十一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  
 一九九九年度  
FOR THE YEAR ENDED 31 MARCH 1999

		1999 HK\$	1998 HK\$
<u>收入</u>	<u>INCOME</u>		
會費收入	Membership subscriptions	5,180	4,840
捐款及津貼	Donations and subsidies received from:		
香港公益金	Community Chest of Hong Kong	1,290,000	1,258,000
香港賽馬會	Hong Kong Jockey Club		
慈善信託基金	Charities Trust	395,840	281,400
社會福利署	Social Welfare Department	109,574	84,894
其他	Others	62,000	67,582
利息收入	Bank interest received	29,704	30,768
堂費收入	Course fees	17,500	46,600
收入	Sundry income	913	21,086
		<u>1,910,711</u>	<u>1,795,170</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	1,608	1,351
暑期服務	Summer services	20,977	21,763
訓練費用	Training expenses	68,814	107,974
交通費	Travelling expenses	84,353	102,200
薪金	Staff salaries	1,201,384	1,167,791
公積金	Provident fund contribution	24,937	30,530
醫療	Medical expenses	1,345	1,352
招聘費用	Recruitment expenses	4,539	7,762
租金及差餉	Rent and rates	109,573	84,894
辦公室用品	Office supplies	27,433	33,820
推廣及宣傳	Publicity and promotion	10,793	---
年刊印刷	Annual reports and printing	68,031	81,267
報章月刊書籍	Newspaper, journals and books	10,316	12,210
傢具器材	Furniture, fixtures and equipment	120,060	18,658
維修保養	Repairs and maintenance	34,556	33,628
電話及傳呼	Telephone and paging	38,521	40,014
水、電	Electricity and water	60,787	48,771
郵費及舟車費	Postage and staff travelling	6,175	5,936
清潔用品及費用	Sanitary and cleaning expenses	5,667	4,488
聯會會費	Subscription to affiliated associations	3,552	2,825
開會費用	General meeting expenses	2,369	3,871
義工嘉許	Volunteers' recognition	8,975	11,000
康樂活動	Recreational activities	2,180	3,064
週年餐會	Annual dinner	9,140	7,840
茶點小食	Refreshment	12,624	12,734
保險費	Insurance	1,739	1,702
律師費	Legal fee	---	6,438
雜費	Sundry expenses	4,127	1,648
		<u>1,944,575</u>	<u>1,855,531</u>
<u>本年度盈餘(虧損)</u>	<u>(DEFICIT)/SURPLUS FOR THE YEAR</u>	<u>(33,864)</u>	<u>(60,361)</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  
一九九九年度  
FOR THE YEAR ENDED 31 MARCH 1999

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	370,619
減：本年度虧損	Less: Deficit for the year	(33,864)
年終結餘	Balance at end of year	<u>336,755</u>

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	415,223
加：銀行利息收入	Add: Bank interest received	27,923
年終結餘	Balance at end of year	<u>443,146</u>



香港撒瑪利亞防止自殺會  
THE SAMARITAN BEFRIENDERS HONG KONG  
 賬項附註  
NOTES TO ACCOUNTS  
 一九九九年度  
FOR THE YEAR ENDED 31 MARCH 1999

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：

年初結存	Fund balance at beginning of year	HK\$ 66,317
加：售書收入	Add: Surplus from sale of books	817
年終結餘	Balance at end of year	<u>67,134</u>

6. GENERAL RESERVE 儲備

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



顧問

捐款機構及社會人士

香港電訊有限公司 -- 贊助本會熱線電話

地鐵公司 -- 免費提供地鐵站海報宣傳位置

香港死因裁判法庭 -- 提供一九九八年香港自殺死亡數字資料

教育署 -- 提供一九九七 / 九八年度香港學童自殺死亡數字資料

## 1998/99 年度捐款機構及社會人士名單

名稱	金額(HK\$)
香港公益金	\$ 1,290,000.-
香港賽馬會慈善信託基金	\$ 205,000.-
~ 暑期活動服務	\$ 18,040.-
~ 兼職個案顧問薪金	\$ 172,800.-
社會福利署 - 租金及差餉	\$ 109,574.-
栢立基爵士信託基金	\$ 28,000.-
黃儉純信託基金	\$ 6,000.-
遠東共濟慈善協會	\$ 3,300.-
澳門明愛	\$ 1,200.-
無名氏	\$ 15,900.-
霍先生	\$ 3,000.-
葉志江先生	\$ 3,000.-
謝文偉先生	\$ 1,000.-
錢小姐	\$ 400.-
蔡文昌先生	\$ 200.-
總計 \$1,857,414.-	

## 一九九八年週年聚餐贊助公司

英國航空公司	太古可口可樂香港有限公司
香港海洋公園	地鐵公司
永安百貨	和記黃埔有限公司
美碧有限公司	

# Acknowledgement



Consultants

Donors

Hong Kong Telecommunications Ltd.-

Telephone lines for Hotline Services sponsored by HK Telecom Ltd.

Mass Transit Railway Corporation-Offering free advertising space for poster

Hong Kong Coroner's Court-For data of 1998 suicide death in Hong Kong

Education Department-For data of 97/98 student suicide death in Hong Kong

## "List of Donors for the Ended March 31,1999"

<u>Donor</u>	<u>Amount (HK\$)</u>
The Community Chest of Hong Kong	\$ 1,290,000.-
The HK Jockey Club Charities Trust	\$ 205,000.-
~Summer Youth Programme	\$ 18,040.-
~Salary of Part-time Case Advisor	\$ 172,800.-
Social Welfare Department - Rent & Rates Subsidies	\$ 109,574.-
Sir Robert Black Trust Fund	\$ 28,000.-
Wong Kim Shun Trust Fund	\$ 6,000.-
The Far East Masonic Association for Charity	\$ 3,300.-
Macau Lifeline	\$ 1,200.-
Anonymous	\$ 15,900.-
Mr. Fok Don-yeec, Danny	\$ 3,000.-
Mr. Yip Chi-kong	\$ 3,000.-
Mr. Tse Man-wai	\$ 1,000.-
Miss Chin Kong-shan	\$ 400.-
Mr. Tsoi Man-cheong	\$ 200.-

**TOTAL: \$1,857,414.-**

## Sponsors of Annual Dinner 1998

British Airways

Swire Coca Cola HK Ltd.

Ocean Peak Hong Kong

Mass Transit Railway Corporation

Wing On Department Stores

Hutchison Whampoa

Leventhal Ltd.

# 捐助呼籲

## Donation Scheme

### 簡介

#### General

香港撒瑪利亞防止自殺會的經費主要來自香港公益金及香港賽馬會的資助，但社會人士的捐助更有助本會的發展及提高本會的服務質素。請支持本會的服務。

本會乃一慈善團體，所作捐款可獲豁免繳稅。

The Samaritan Befrienders Hong Kong obtains its funding through subventions from the Community Chest, The Hong Kong Jockey Club and various donations. However, support of the community is still greatly appreciated. Please support our work by donation.

As our organization is a charitable institution, any donations have been granted tax exemption.

### 捐款方法

#### How to Donate

請填妥以下捐款回條，連同捐款劃線支票寄回本會(地址：九龍彩虹邨金華樓地下126-127室)，查詢電話：2790-8844。

Please complete and return the following Donation Slip together with your crossed cheque for donation

茲奉上港幣 \_\_\_\_\_ 作為捐款，並請發回收據。

I enclose herewith the sum of HK\$ \_\_\_\_\_ being a donation for your organization.  
Please send me an official receipt.

中文姓名： \_\_\_\_\_

Name : \_\_\_\_\_

通訊地址： \_\_\_\_\_

Mailing Address : \_\_\_\_\_

聯絡電話： \_\_\_\_\_

Tel No : \_\_\_\_\_

備註：支票抬頭請寫「香港撒瑪利亞防止自殺會」

Note: Cheques should be crossed and made payable to 「The Samaritan Befrienders Hong Kong」



公益金及捐助機構到訪



義工職前訓練



職員合照



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

鳴謝

