

2000 年報

Annual Report

防止  
自殺

幫助身邊人

解決困難

展翅高飛

Caring for Those Who Close to You



香港撒瑪利亞防止自殺會



THE SAMARITAN BEFRIENDERS HONG KONG

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## BRIEF HISTORY

### BRIEF HISTORY

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

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, counseling service has been maintained ever since its establishment.

SBHK is a local voluntary agency run by 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 to help 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 made available to help students finding a way out of their cul-de-sac.

### Spirit

To bring out the benevolence in human nature and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.

### Mission

- (a) To befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, thus helping them to regain confidence in life.
- (b) To publicise and further the spirit of our service in the community by talks, seminars, research and other means.
- (c) To help South East Asia and neighbouring areas to set up organizations with a nature and mission similar to ours.



### 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。

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。

### 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。

## ETHOS AND MODUS OPERANDI

### Ethos

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 ear to the hopeless, the helpless and the suicidal so that they can relate and relieve their inner pain and distress.
3. We let help seekers feel accepted and supported so as to enable them to overcome their emotional distress and face up to their problems.
4. We respect the right of self-determination of help seekers 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 has told 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

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 suicidal. Should a help seeker display no suicidal inclination but keep on contacting us on a prolonged basis, limited service shall be provided only 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 suicidal inclined, we shall provide information as best we can and suggest that the other person should contact us. We shall not disturb anyone who does not approach us directly, except when that person has to contact us through another person by reason of young age, infirmity or ill health. 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 services, 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.



### 服務精神

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。

### 本會工作

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。

## ORGANIZATION STRUCTURE



### Executive Committee

(Term of Office: July 1999 to June 2001)

Chairman: Mr. Wong Yao-wing

Secretary: Mr. Kan Pak-kei

Treasurer: Ms. Tsui Chi-ying (7/1999 - 9/2000)  
Ms. Ng Wing Mui (10/2000-now)

Committee Members: Mr. Chiang Chi-wai Ms. Wong Lai-ha Ms. Lee Chow-yue  
Ms. Wong Choi-wan Ms. Chung Mei-ling

### Staff

Center-in-charge: Ms. Suen Ka-yin (till 2/2000)

Service Coordinator: Ms. Chau Sau-lan, Sharon (till 8/2000)  
Ms. Chung Yuet-kiu, Priscilla (from 9/2000)

Assistant Service Officer: Ms. Li Shuk-yen, Janet (till 2/2000)  
Ms. Chan Sau-ming, Teresa (from 4/2000)  
Ms. Tse Mei-wai, Joanne (from 4/2000 till 7/2000)  
Ms. Yip Suk-yee (from 8/2000)

Administrative Assistant: Ms. Lai Chui-yan, Peggy

Clerk: Mr. Lee Kin-hang, David

Part-time office worker: Mr. Hau San-wa, Sunny (from 7/2000 till 11/2000)

Part-time Cleaner: Ms. Ng Yuk-mui

p.s. After staff structure reengineering in year 2000, the post of center-in-charge has been deleted.

### Honorary Consultants

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

Service Consultants: Dr. Hau Kit-tai, Ph.D., Chairman, the Department of Education Psychology, Faculty of Education, CUHK

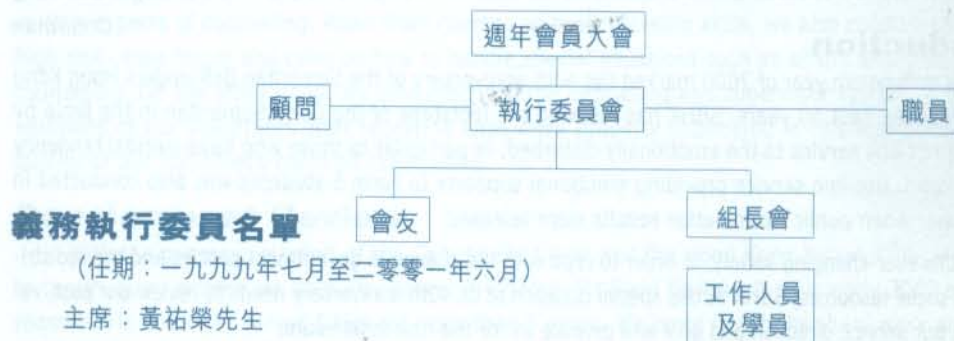
Dr. Li Shing-fu, Ph.D.(HK), A.F.H.K., Ps.S., Reg. Psychol.(HK), C.Psychol.(UK), Clinical Psychologist.

Dr. Linda C.W. Lam, Associate Professor, Department 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 & Patents  
Fred Kan & Co., Solicitors & Notaries

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





## 義務執行委員名單

(任期：一九九九年七月至二零零一年六月)

主席：黃祐榮先生

秘書：簡柏基先生

財政：徐志英小姐 (至00年9月) 伍詠梅小姐 (由00年10月起)

委員：蔣志偉先生 黃麗霞小姐 李秋裕小姐 黃彩雲小姐 鍾美玲小姐

## 職員名單 (2000年)

中心主任：孫嘉燕小姐 (至00年3月)

服務協調主任：周秀蘭小姐 (至00年8月) 鍾月嬌小姐 (由00年9月起)

助理服務主任：李淑妍小姐 (至00年2月)

陳秀明小姐 (由00年4月起)

謝美慧小姐 (由00年4月至00年7月)

葉淑儀小姐 (由00年8月起)

行政助理：黎翠欣小姐

文員：李健衡先生

兼職文員：侯新華先生 (由00年7月至00年11月)

兼職清潔員：吳玉梅女士

備註：職員架構在2000年改組後已取消中心主任一職。

## 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)

李成富博士 (臨床心理學家)

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 簡家驄律師行

公關顧問：張林森先生



Wong Yao-wing

Chairman

### Introduction

This millennium year of 2000 marked the 40th anniversary of the Samaritan Befrienders Hong Kong (SBHK). For the past 40 years, SBHK has followed the footsteps of the Good Samaritan in the Bible by providing hot-line service to the emotionally disturbed, in particular to those who have suicidal tendency in Hong Kong. Hot-line service providing emotional supports to Form 5 students was also conducted in the summer when public examination results were released.

In this ever-changing society, in order to cope with the change in government policies and the redistribution of social resources, SBHK at this special occasion of its 40th anniversary needs to review our past, re-orientate our service direction and goal and prepare us for the new millennium.

### Service Overview

In year 2000, our hot-line service received a total of 9959 calls. Among them, 6810 calls were from the emotionally disturbed. The rest were enquiry calls, frivolous calls and mute calls. In summary, male to female ratio was 4:6 and the main problem areas of these calls were Love problem (15.95%), Mental problem (15.03%), Occupational problem (13.89%) and Family disputes (12.66%). These figures showed an increase of 1.7% over those of last year. Our attention this year was drawn to the 19 age group which had 1000 calls and was accounted for 14.7% of the total. This indicates an increased suicidal tendency among young people who has already become a grave concern of SBHK and the public at large.

### Counseling Service for HKCEE students

During this year's summer service, SBHK received 23 calls. Among them 19 calls were from the emotionally distressed. This showed a marked decline over the figures of previous years. The reasons to this were manifold. Firstly there were other organizations providing hot-line service for the students during this period of time. Secondly the Education Department providing up-to-date school seat availability information over the mass media has lessened the tension and anxiety among the students. Because of this, SBHK is going to review the necessity of this service and will formulate our future direction and ways in the coming year.

### Community Education

While hot-line service may serve as an instantaneous support to the emotionally distressed, SBHK understands that public education is also one of the keys to effectively reducing the number of suicides in the long run. As in the past years, we have been actively involved in community education. As we celebrated our 40th anniversary, a number of programs were held which involved public participation. Among them were essay competition, walkathon, exhibition and our focal program - the positive life carnival. One point that is worth mentioning was the large number of participants in the essay competition. A total of 754 entries were received. The winning essays were collected into a booklet for distribution. Please show your kind support and buy one today. Another thing I would like to mention is about the carnival held on 15 October. There were more than 150 volunteers involved from within and outside SBHK. With the marvelous weather that nature had granted us, there were over 5,000 participants and the activities was concluded with great success.

Apart from the 40th anniversary programs, we continued to hold seminars and workshops on suicide prevention and peer counseling.

### Manpower

SBHK always emphasizes on quality and quantity, with callers as our top priority. In order to



improve both our service quality and quantity, in the past year, we carried out two recruitment exercises. We concentrated on recruiting daytime and overnight volunteers so as to strengthen our 24-hour commitment. Besides manpower reinforcement, we also held training courses for our volunteers on various aspects of counseling. Apart from courses on basic listening skills, we also conduct case sharing, high-risk cases forum and talks on how to handle special situations such as affairs after marriage, debt counseling. On the other hand, we also practiced the debriefing and supervisor system. Anxieties and emotions of our volunteers after receiving calls were properly channeled in this way and the service quality of our volunteers could be maintained.

## **Development Review**

With the generous support of the Community Chest and the Hong Kong Jockey Club, we managed to continuously employ six staff. Our center-in-charge, Ms Suen Ka Yin left us in early 2000 on personal reasons. Ms Suen had served SBHK for more than 5 years. We owed her for her hard work and valuable suggestions on the development of SBHK. On behalf of SBHK I would like to thank Ms Suen for all she had done for us, and wish her good health and happiness. With the resignation of Ms Suen, the organization structure of SBHK was modified in order to make better use of the available resources to develop services more effectively especially in the community education arena.

## **Future Development**

Considering the increasing number of teenage suicides, we had started giving talks and seminars in schools. Besides students, teachers and parents were also our target audience. Through these activities, we hope to introduce facts on suicide and arouse concern among students and all those around them, so that they can be more alert to the need of friends and relatives around. Our aim is to cultivate a spirit of mutual love, support and concern within our community.

Hong Kong has three suicidal prevention bodies today. SBHK is actively communicating with them, hoping that through better understanding of our similarities and differences we can coordinate and complement better in serving the community of Hong Kong.

We also pay frequent attention on suicidal reports in newspapers and other mass media. For the past few years, not only have the number of suicidal reports in newspapers increased significantly, unsightly pictures of the dead with full account on methods of committing suicide are also included. SBHK has started a statistical survey on suicidal reports in newspapers, hoping to better understand the impact of these reports to the general public and to our suicide prevention work.

## **Conclusion**

In the new millennium, Hong Kong is still under the influence of the Asian economic crisis. People are facing the problem of increasing workload and pressure in their job and some even unemployment. Our more than 150 volunteers are no exception. I am really grateful to all of them for their selfless act of donating time and energy to maintain the 24 hours hot-line service in the midst of their personal problems. All of us in Hong Kong should give them honour for this. I also want to thank our committee members who for the past two years have worked so hard together to maintain and broaden the service of SBHK. I have to express my special thank to one of our committee members Miss Tsui Chi Ying, who for personally reasons has resigned from the post of treasurer. Miss Tsui has been serving SBHK for 20 years. In the past she had been chairperson of SBHK for more than 10 years, and had led SBHK through numerous difficulties and challenges. Despite her tight personal schedule, she still continues her hot-line duty as well as participates and helps in other functions. I sincerely hope Miss Tsui can rejoin the committee in the near future and lead the SBHK to a new horizon.

A fruitful life does not mean a life without obstacles. It should be one that is full of varieties and turns. On behalf of the volunteers of SBHK, I hope every one of us in Hong Kong can share the spirit of good neighbourhood and help one another to get over this difficult time of our lives together.



黃祐榮  
(主席)

### 序言

剛過去的一年是撒瑪利亞防止自殺會成立的四十週年。過去四十年來本會本著好撒瑪利亞人精神的理念，在香港為情緒受困擾，特別是有自殺傾向的人仕提供電話熱線服務，並在每年會考放榜期間為中五同學提供情緒抒援的熱線服務。

隨著社會的不斷進步，資源和政府政策的改變，現在正是時候，再一次反省及檢討我們過去的工作，重新釐定我們服務的方向和目標，以迎接廿一世紀的來臨。

### 服務概況

本會在2000年共提供了9959宗熱線服務，其中6810宗是來自情緒受困擾的求助者，餘下的是各種諮詢、戲弄性或無聲電話。男女的比例約為4:6，主要受困擾的種類為愛情(15.95%)、精神問題(15.03%)、職業(13.89%)和家庭(12.66%)。總括來說，求助數字比去年多1.7%，而最值得關注的是年齡在19歲以下的求助個案有1000宗，佔總數的14.7%，由此可見青少年受情緒困擾及有自殺傾向的問題日益嚴重，令本會及各社會人士特別關注。

### 中五會考生輔導服務

在2000年會考放榜期間(即8/8/00—11/8/00)，本會共接獲23宗求助個案，其中受情緒困擾的有19個，比前幾年的數字有明顯的下降，原因可能是由於社會上有較多不同的志願團體分別提供有關這方面的服務，因而減低青少年的情緒問題。而教署也在放榜期間利用各媒體即時提供學校收生情況，令考生更容易掌握自己的去向，從而減少徬徨焦慮的心情。因此本會將會在來年重新檢討這服務的方向、方法及需要。

### 社區教育

本會了解到熱線服務是治標而非治本的方法，所以本會正積極推行各種防止自殺的社區教育活動。適逢今年是本會四十週年，我們舉辦了一連串的慶祝活動，包括有徵文比賽、步行籌款、展覽以及本會的重點活動——『積極樂觀人生嘉年華』。其中值得一提的是徵文比賽的參賽人數十分踴躍，共有754名參賽人士。而本會也為得獎作品編輯成一本精美的小冊子，書名為『積極樂觀人生徵文比賽得獎作品集』，希望大家踴躍購買支持。再者當日參與嘉年華會的人次多達五千人，本會動員會內及會外的義工共一百五十人，加上天公造美，風和日麗，以致整個活動得以順利進行至完滿結束。

除了四十週年紀念活動之外，本會亦繼續對外舉辦自殺防治及朋輩輔導講座。

### 人力資源

『以案主為本，重質重量』是本會的口號，為了提高本會的服務質量，在過去一年中，本會進行了兩次的義工招募。這兩次都集中招募日間和通宵當值義工，以配合加強本會24小時服務的承諾。除了加強服務人手之外，本會也舉辦各類型的培訓課程，除了提供一些基本聆聽技巧培訓外，也加入一些個案及高危個案分享，如婚外情、債務處理等。另一方面，本會也實行了接報員和督導員的制度，以抒緩工作人員傾談後的情緒及



保持工作人員的服務質素。

## 會務

在香港公益金和賽馬會的慷慨資助下，本會得以繼續聘請六位職員。本會的中心主任孫嘉燕小姐因私務已於2000年初離職，孫小姐為本會服務已有五年多，與本會一同成長，對工作不辭勞苦，為本會的發展提出很多寶貴意見，我在此謹代表本會向孫小姐致謝，並祝她身體健康，生活愉快。隨著孫小姐的離職，為了更有效地發展會務和更有效率運用資源，本會今年在職員的架構上作出了改變，集中更多人力及資源發展與社區教育有關的工作。

## 未來發展

本會了解到青少年自殺問題的日趨嚴重，已開始向中學提供防治自殺的專題講座。對象除了學生外，也包括學校老師和學生家長，希望藉著這些講座，喚起學生及有關人士對自殺的認識和關切，從而關心周圍的親朋戚友，建立一個互愛互助的社會，發揮『關懷身邊人從聆聽開始』的精神。

再者現在香港有三個防治自殺的團體，為這方面的工作而努力。本會現正積極和另外兩個團體交流，希望可以透過互相了解彼此的工作而互補不足，更加善用有限的資源來為香港社會服務。

最後本會也經敘意傳媒在報紙及各媒體所報導有關自殺的消息。我們發現報紙近年來對自殺個案的報導不但非敘頻密，而且圖文並茂，本會現正開設一項有關報紙報導自殺個案的調查，希望可以藉此更了解傳媒對自殺個案的報導對推行防治自殺的影響。

## 總結

在千禧年的香港，金融風暴後經濟尚未復甦，在一片資源增值的口號下，很多香港人都要面對更大的工作壓力甚至失業問題，本會的義工也不例外，我十分感激本會的一百五十多位義工，他們既要面對自己生活上的壓力和問題，另一方面本著『聆聽關懷40年，積極樂觀邁向前』的精神，一直不眠不休地為香港市民提供24小時熱線服務，其高尚情操殊堪嘉許。我更要藉此機會多謝應屆的委員在過去兩年來群策群力，推動本會事務。我特別要多謝因私務而辭去財政一職的委員徐志英小姐。徐小姐已經在本會服務25年之久，又在過去十多年間擔任本會主席，帶領本會渡過不少困難和挑戰。徐志英小姐雖然私務繁忙，但仍然不忘當值，又經常參加及協助本會所舉辦的活動，我衷心希望徐志英小姐能在不久的將來再加入委員會，繼續帶領本會前進。

豐盛的生命不代表前路有多寬多平坦，而是活得更多姿多采。我謹代表本會各義工，希望香港每一位市民都能守望相助，一同攜手，共創美好將來。



Chung Yuet-kiu, Priscilla  
Service Coordinator

### Helpline Service

Our 24 hours helpline service aims at providing people who are depressed, desperate or suicidal with emotional support so as to enable them to resolve their problem and regain confidence in life.

#### Number of cases

During January 1 to December 31 of this year, we have received a total of 9959 cases. Of 9959 cases, 9881 cases came to us by telephone, 55 cases were by letters and 22 were by face-to-face interview. Among 9881 phone calls, 6732 were case calls with emotional need. When compared it with the figure last year, there were 906 case calls more, representing an increase of 15.3%. The rest of 905 calls were enquiry calls, 64 calls were prank calls and 2180 calls were silent calls as shown in Table 1.1.

#### Sex and Age

Among 6810 cases (excluding enquiry, prank and silent calls), 2753 help-seekers were male (40.4%) whereas 4057 were female (59.6%). The ratio of male to female help-seekers was 4:6. When compared with male's participation rate (roughly about 10%) in other family program or counseling service, it is indeed very high. The high percentage suggests that hotline service is the most convenient and secure method in particular to male help-seekers.

In respect of age distribution, the 30-34 age group topped our list and took up 23.19%. Followings were the age group of 20-24 (17.06%) and 25-29 (15.17%) as shown in Table 1.2. In summary, our help-seekers came mainly from age 15 to 44, accounting for 87.45% of our total.

#### Problem Area

Help-seekers faced problems coming from four main areas, with the top of love relationship (15.95%). Next were mental illness (15.03%), occupation (13.89%) and family disputes (12.66%). Compared with the figure of last year, it is noted that there was a sharp increase in mental illness problem, increasing from 789 cases to 1385 cases in this year. An increase reached 75%, reflecting that Hong Kong people are facing a high level of mental stress and the issue of mental health deserves more of our concern.

Co-relating the sex distribution with the problem analysis, it was found that the major problem faced by male help-seekers was occupational problem (648 cases). Next were problems of love relationship (625 cases) and mental illness (430 cases). The fourth was sexual problem (417 cases), which is predominately over the concern from female help-seekers. On the other side, the major problems faced by female help-seekers were mental illness (955 cases) and family disputes (904 cases). Female help-seekers have shown their concern on family dispute more than male help-seekers (see table 1.3 and Figure 1).

Co-relating the age distribution with problem analysis, the major problems faced by teenagers under 20 was sexual problem (21.5%). Next were love relationship (17.1%), family dispute (14.3%) and study problem (12.75%) (see table 1.4). Teenagers embarrassed by sex and love issue is indeed common during their development. We believe that sex education talking about sex in a right way and teaching how to relate with the opposite sex in a love relationship might help to release their disturbances from these arenas.

## **Assessment of Suicidal Risk**

Of 6810 cases, 1376 cases were assessed with suicidal ideation and plan representing 20.2% of the total. The rest of 77.22% were cases with emotional disturbances and were looking for someone to talk to for emotional release but indicated no suicidal risk (see Table 1.5). In 282 cases having indicated concrete suicidal plan or even taking suicidal action, crisis intervention and short-term follow up were given for securing our clients' safety.

## **Community Education Service**

Regarding to the increasing number of suicide attempts in previous years, we were increasingly aware of the importance of early prevention and community's participation. We have committed our effort on community education service in this year. Notwithstanding our very limited manpower, we took our step out into the community. We conducted educational talks and suicide prevention workshops to teachers, parents and students (see Table 1.6 and Table 1.7).

In line with the celebration of our 40th anniversary, a series of mass program including exhibition, essay writing competition and carnival with the theme of "Positive and Optimistic life" have conducted and over 7000 people have been served (see table 1.8). Besides, we have also collected winners' essays from competition and published it into book named "Composition Sharing of Winners from Composition Competition". Through author's sharing on their own positive life experience and attitude, we wish that it can give courage and spirit to readers facing up with their life difficulties.

## **Volunteers Training Program (Pre-service and In-service)**

In order to maintain our volunteer manpower in hotline service, we as usual conducted two training courses (33th & 34th) in this year. Each lasted a year comprising of half-year course work and half-year placement. We have recruited 103 participants joined our training course at the very beginning and we finally got 56 volunteers joined in our hotline service.

For quality assurance, we keep on providing on-going training to our volunteers including advanced training course for improving their skills in handling cases and arranging agency visits for enhancing their understanding on social resources and facilitating an appropriate referral to our clients (see Table 1.9).

## **Others (Mass Media and Visitors)**

As more and more people concerning about suicide, we have been holding a large number of mass media and visitors including students from secondary school and university. We answered enquiries about suicide, provided suicidal statistics, commented on suicide news or even worked cooperatively with mass media in suicide prevention related programs or productions.



### 熱線服務

熱線服務旨在為有情緒困擾、絕望無助或有自殺意圖的人士提供情緒支援，使其更有能力解決自己的問題，重拾生存的信心。

### 個案數目

於2000年1月至12月，本會共接獲9959個求助個案，當中有9881個個案透過來電求助，其餘的55個個案則透過書信、22個透過約見面試。在9881個求助電話中，有6732個是有情緒需求的個案來電，比去年的5904個多906個，增幅達15.3%；其餘的來電有905個是查詢性的來電，64個戲弄性來電，而無聲來電則有2180個(見表一、一)。

### 性別與年齡

在6810個個案總數當中(不包括查詢性來電、戲弄性來電和無聲來電)，男性求助者有2753個(佔40.4%)，而女性求助者則有4057個(佔59.6%)，男女求助者的比例為4:6。相比男性在其他一般家庭活動及輔導服務的參與率(約只有1成為男性)，男性的熱線求助比率相當高，反映較方便、安全感較大的熱線服務較為有需要的男性求助者所樂意採用。

就求助者的年齡分佈，30-40歲的年齡組別佔首位(佔23.19%)，情況與去年相若，其次為20-24歲組別(佔17.06%)和25-29歲組別(佔15.17%)(見表一、二)，綜觀而言，本會的求助者大部份來自15歲至44歲，佔本會總求助人數的87.45%。

### 問題種類

求助者面對的主要問題環繞四大類別：(i) 愛情問題(佔15.95%) (ii) 精神問題(佔15.03%) (iii) 職業(佔13.89%) (iv) 家庭(佔12.66%)，與去年比較，精神問題在今年有顯著升幅，由去年的789個跳升至今年的1385個，升幅高達75%，反映香港人面對很大的精神壓力，精神健康會是我們一個重要的課題。

對照性別與問題種類的分析，男性求助者面對的問題以職業(648個)為最多，其次是愛情(625個)和精神問題(430個)，而性問題則佔第4位，在性問題上的困擾，顯然男性遠較女性的求助為多。至於女性求助者面對的問題主要來自精神問題(955個)和家庭問題(904個)，但綜觀男性在家庭問題上的困擾則較女性為少(見表一、三及圖一)。

對照年齡與問題種類的分析，20歲以下青少年面對的問題主要是性問題(佔21.5%)其次是愛情問題(佔17.1%)，家庭問題(佔14.3%)和學業問題(佔12.75%)(見表一、四)青少年在成長階段中對性產生疑惑實屬平常不過事，我們相信有效性教育的推行，去正面討論在成長階段中性的需要或性幻想等和教導青少年如何與異性談戀愛等都會有助青少年舒解來自這兩方面的困擾。

## 自殺危機

在今年求助個案中，有1376個個案被評估為有自殺意念或計劃，佔總求助個案的20.2%，其餘的77.22%均有情緒困擾問題，希望尋找傾訴對象（見表一、五），在282個被評定為中或高危的個案中，本會更有提供短期跟進或危機介入服務，以確保求助者生命安全。

## 社區教育服務

面對過去日益增多的自殺個案，我們察覺到預防工作及社區參與的重要性，在今年並致力開展社區教育服務。在有限的人力資源下，我們嘗試踏出社區，為老師、家長和學生提供珍惜生命講座及防止自殺工作坊（見表一、六和一、七）。

適逢本會40週年紀念，我們更舉辦了一連串以積極樂觀人生為主題的大型社區教育活動，當中包括巡迴展覽，徵文比賽及嘉年華會，總服務人次多達7000人次。（見表一、八）。

此外，我們亦結集了徵文比賽的得獎作品輯錄成書，名為「積極樂觀人生徵文比賽得獎作品集」，希望透過作者分享個人積極人生的經驗和對生命的堅持，給予讀者一點勇氣和支持去面對人生中的困境。

## 義工訓練（職前及在職）

一如過往，我們今年舉辦了兩期（33期及34期）的義工訓練課程，以維持熱線服務義工人手。我們共招募了103位義工參與義工訓練課程，經過第一、第二階段的篩選，共有56位義工成功進入實習期，參與我們當中，提供熱線服務。

為了確保熱線服務的質素，我們每年都會為義工提供在職訓練，舉辦進深的訓練課程推進處理個案技巧，安排機構探訪以增加義工對社區資源的認識，以能作出最適當的資料提供或轉介（見表一、九）。

## 其他（傳媒及探訪）

日益增多的自殺個案已逐漸引起廣大社會人士對自殺的關注，本會在過去一年招待了一大批傳媒朋友或到本會探訪的人士，解答他們有關自殺的查詢，提供有關自殺的數據，回應自殺新聞甚或與傳媒機構合作，參與有關預防自殺的工作和活動等。



**(Table 1.1) Overall Statistics of Services in 2000**  
**(表一、一) 二零零零全年服務總表**

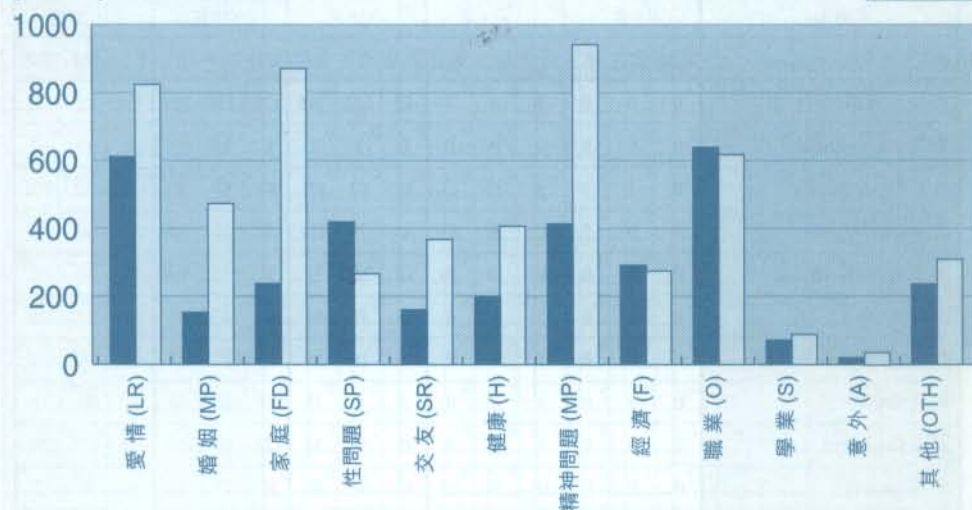
		男 Male	女 Female	不詳 Unknown	總數 Sub-total	總數 Total
個案 Cases	電話 Phone Call	2699	4034	~	5823	6810
	面談 Interview	13	9	~	22	
	書信 Letter	41	14	~	55	
諮詢 Enquiry Call		461	444	~	905	3149
戲弄 Frivolous Call		34	17	13	64	
無聲 Mute Call		~	~	2180	2180	
總數 Total		3248	4518	2193	9959	9959

**(Table 1.2) Age Distribution of Clients in 2000**  
**(表一、二) 二零零零年求助者年齡分佈表**

年齡 Age	性別 Sex	2000 個案 Cases				1999 個案 Cases	
		男 M	女 F	總計 Total	%	總計 Total	%
0-9		1	1	2	0.03	2	0.03
10-14		65	49	114	1.67	141	2.39
15-19		334	344	678	9.96	611	10.35
20-24		658	504	1162	17.06	920	15.58
25-29		440	593	1033	15.17	938	15.89
30-34		609	970	1579	23.19	1441	24.41
35-39		162	570	732	10.75	754	12.77
40-44		220	551	771	11.32	571	9.67
45-49		59	226	285	4.19	106	1.8
50-54		55	63	118	1.73	109	1.85
55-59		4	31	35	0.51	26	0.44
60-64		4	-	4	0.06	29	0.49
65+		5	5	10	0.15	9	0.15
不詳 Unknown		137	150	287	4.21	247	4.18
總計 Total		2753	4057	6810	100	5904	100

**(Figure 1) Classification of Cases in 2000**

**(圖一) 困擾種類圖**



**(Table 1.3) Problem Areas in 2000**

**(表一、三) 困擾種類**

Years 年份 Sex 性別	2000 Cases 個案				1999 Cases 個案	
Types 個案類別	M 男	F 女	Total 總計	%	Total 總計	%
Love Relationship 愛情	625	845	1470	15.95	1125	14.23
Marital Problem 婚姻	152	484	636	6.90	626	7.92
Family Disputes 家庭	263	904	1167	12.66	940	11.89
Sexual Problem 性問題	417	273	690	7.49	665	8.41
Social Relationship 交友	170	373	543	5.89	406	5.14
Health 健康	214	424	638	6.92	500	6.33
Marital Problem 精神問題	430	955	1385	15.03	789	9.98
Finance 經濟	296	273	569	6.17	710	8.98
Occupation 職業	648	632	1280	13.89	1347	17.04
Study 學業	93	108	201	2.18	276	3.49
Accidents 意外	19	36	55	0.60	74	0.94
Others 其他	253	329	582	6.32	447	5.65
Total 總計	3580	5636	9216*	100	7905*	100

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

\* 因每一個案可能涉及多個困擾，故 9216 及 7905 並不等於全年個案總數。



**(Table 1.4) Age & Sex Distribution Analysis of Cases in 2000**  
**(表一、四)二零零零年求助問題~年齡及性別分佈**

年齡 Age	0-9 歲			10-14 歲			15-19 歲			20-24 歲			25-29 歲		
個案分類 Problems Areas	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T
愛情 Love Relationship	0	0	0	1	6	7	42	122	164	174	150	324	158	180	338
婚姻 Marital Problem	0	0	0	0	0	0	0	1	1	6	23	29	13	49	62
家庭 Family Disputes	0	1	1	9	12	21	59	62	121	46	83	129	36	182	218
性 Sexual Problem	0	0	0	35	8	43	93	79	172	154	50	204	51	36	87
交友 Social Relationship	0	0	0	0	16	16	18	32	70	37	71	108	35	51	86
健康 Health	0	0	0	3	1	4	43	18	61	55	37	92	38	82	120
精神問題 Mental Problem	0	0	0	1	1	2	20	16	36	14	67	81	53	133	186
經濟 Finance	0	0	0	0	0	0	7	8	15	33	25	58	41	86	77
職業 Occupation	0	0	0	0	0	0	39	18	57	124	92	216	110	122	232
學業 Study	0	0	0	19	10	29	47	51	98	16	25	41	6	6	12
意外 Accidents	0	0	0	0	0	0	1	2	3	6	6	12	2	14	16
其他 Others	1	0	1	1	4	5	47	26	73	44	54	98	55	31	86
總計 Total	1	1	2	69	58	127	416	455	871	709	683	1392	598	922	1520

年齡 Age	30-34 歲			35-39 歲			40-44 歲			45-49 歲			50-54 歲		
個案分類 Problems Areas	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T
愛情 Love Relationship	184	204	388	24	97	121	22	46	68	5	14	19	2	3	5
婚姻 Marital Problem	56	138	194	13	115	128	45	108	153	5	24	29	3	16	19
家庭 Family Disputes	44	172	216	17	176	193	26	108	134	7	47	54	6	19	25
性 Sexual Problem	46	73	119	12	6	18	10	7	17	2	0	2	2	1	3
交友 Social Relationship	39	96	135	4	28	32	19	25	44	7	13	20	2	2	4
健康 Health	23	124	147	14	45	59	26	55	81	6	44	50	3	4	7
精神問題 Mental Problem	182	204	386	29	161	190	52	188	240	7	103	110	8	20	28
經濟 Finance	90	77	167	35	52	87	50	46	96	9	19	28	14	7	21
職業 Occupation	188	205	393	64	105	169	64	52	116	15	24	39	20	4	24
學業 Study	1	14	15	0	1	1	1	1	2	0	0	0	0	0	0
意外 Accidents	3	3	6	1	0	1	3	8	11	1	3	4	0	0	0
其他 Others	50	108	158	13	31	44	11	28	39	9	16	25	9	6	15
總計 Total	906	1418	2324	226	817	1043	329	672	1001	73	307	380	69	82	151

年齡 Age	55-59 歲			60-64 歲			65 歲以上			不詳 UNKNOWN			總數 TOTAL		
個案分類 Problems Areas	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T	男 M	女 F	總 T
愛情 Love Relationship	0	0	0	0	0	0	0	0	0	13	23	36	625	845	1470
婚姻 Marital Problem	1	0	1	0	0	0	0	1	1	10	9	19	152	484	636
家庭 Family Disputes	0	11	11	0	0	0	2	3	5	11	28	39	263	904	1167
性 Sexual Problem	0	0	0	0	0	0	0	0	0	12	13	25	417	273	690
交友 Social Relationship	0	0	0	0	0	0	0	0	0	9	19	28	170	373	543
健康 Health	1	0	1	1	0	1	0	1	1	1	13	14	214	424	638
精神問題 Mental Illness	0	20	20	2	0	2	0	0	0	62	42	104	430	955	1385
經濟 Finance	1	1	2	1	0	1	3	0	3	12	2	14	296	273	569
職業 Occupation	1	0	1	0	0	0	1	0	1	22	10	32	648	632	1280
學業 Study	0	0	0	0	0	0	0	0	0	3	0	3	93	108	201
意外 Accidents	1	0	1	0	0	0	0	0	0	1	0	1	19	36	55
其他 Others	0	0	0	0	0	0	1	0	1	12	25	37	253	329	582
總計 Total	5	32	37	4	0	4	7	5	12	168	184	352	3580	5636	9216

**(Table 1.5) Suicidal Assessment in 2000**

**(表一、五) 二零零零年求助者的自殺危機評估**

Year 年份	2000 Cases 個案						1999 Cases 個案	
Suicidal Assessment 即時自殺危機 Sex 性別	M 男	(%)	F 女	(%)	Total 總數	(%)	Total 總數	(%)
Imminently Suicidal 高	20	0.29	33	0.48	53	0.78	106	1.8
Suicidal with plan 中	78	1.15	151	2.22	229	3.36	363	6.15
Suicidal Idea 低	441	6.48	653	9.59	1094	16.06	1038	17.58
No Suicidal Idea 無	2122	31.16	3137	46.06	5259	77.22	3793	64.24
N/A 不適用	92	1.35	83	1.22	175	2.57	604	10.23
Total 總計	2753	40.43	4057	59.57	6810	100	5904	100

Remark: Suicidal assessment 註:即時自殺危機評估

(Imminently suicidal):高

(refer to those who had concrete suicidal plan, were taking action and in a disastrous situation.)

即有具體自殺計劃，而即時有自殺行動的可能性及致命性高，甚或正在進行自殺。

(Suicidal with plan):中

(refer to those who had concrete suicidal plans and with immediate suicidal motive but not in a disastrous situation.)

即有具體自殺計劃，即時有自殺行動的可能性但致命性不高。

(Suicidal Idea):低

(refer to those whose suicidal ideas grew when in distress but had no concrete suicidal plan.)

即有自殺意念，但沒有具體自殺計劃，即時自殺危機低。

(No Suicidal Idea):無

(refer to those who had different problems and were looking for someone to talk to for emotional release and with no suicidal idea)

即沒有自殺念頭，只希望找人傾訴以舒緩情緒。



**Table 1.6 Community Education Talks and Workshop**  
**(表一、六)社區教育講座/工作坊**

Month 月份	Theme 主題	School/Agency 學校 / 機構	Target 對象	Total Participants 總參與人次
July 7 月	Life with Price 生命有價	Fong Shu Chuen Children and Youth Centre-Hong Kong Children & Youth Services 香港青少年服務處方樹泉 青少年中心	Volunteers 義工	15
July 7 月	How to handle a call with crisis 危機來電的處理	Rehabilitation Alliance Hong Kong 香港復康聯盟 ~情繫熱線	Volunteers 義工	18
Oct. 10 月	Seminar on Adolescent Suicide 青少年自殺風氣的探 討	Current Affairs Re- search Enlightenment, HKUSTSU 科技大學時事研究社	Students 學生	50
Nov. 11 月	Handling suicidal and manipulative calls 自殺及操縱個案處理	Caritas De Macau 澳門明愛生命熱線	Volunteers 義工	180 (4 sessions 4節)
Nov. 11 月	Handling stress and emotion 處理壓力與情緒	Belilios Public School 庇理羅士女子中學	Students 學生	200
Dec. 12 月	Stress management 如何處理壓力	Lok Sin Tong Leung Wong Wai Fong Memorial School 樂善堂梁黃蕙芳紀念學校	Teachers 老師	10
Dec. 12 月	Depression and Suicide 抑鬱與自殺	School of Public Health Nursing 衛生署公共衛生護理學校	Nurses 護士	50

**Table 1.7 Suicide Prevention Workshop/Peer Counseling Group**  
**(表一、七) 防止自殺工作坊/朋輩輔導小組**

Month 月份	Theme 主題	Target 對象	No.of Sessions 節數	Total Participants 總參與人次
May 5 月	Workshop on Youth Suicide Prevention 防止青少年自殺工作坊	Teachers and Parents 老師及家長	1	30
August 8 月	Peer Counseling Group 朋輩輔導小組	Youth 青少年	4	44

**Table 1.8 Community Mass Programme.****(表一、八) 大型社區活動**

Month 月份	Theme 主題	Target 對象	Total Participants 總參與人次
May 5 月	"Positive and Optimistic" Life-Essay Writing Competition 積極樂觀人生徵文比賽	The public 公眾人士	753
August~ September 8-9 月	"Positive and Optimistic" Life Exhibition 積極樂觀人生巡迴展覽	The public 公眾人士	1000
October 10 月	"Positive and Optimistic" Life-Carnival for 40th Anniversary 積極樂觀人生嘉年華	The public 公眾人士	5000

**Table 1.9 In-service Volunteers Training****(表一、九) 在職義工訓練**

Month 月份	Theme 主題	Type 種類	No.of Sessions 節數
Feb ~ Mar 2~3 月	Training for debriefer/supervisor 督導員訓練工作坊	Training 訓練	4
Apr to Dec. 4 ~ 12 月	Volunteers sharing sessions 義工分享會	Sharing 分享會	8
June 6 月	Family Resource and Service Centre for MI Patients-Baptist Oi Kwan Social Service 浸會愛群社會服務處	Agency Visit 機構探訪	1
July 7 月	How to handle psychiatric case 如何處理精神病個案	Training 訓練	1
July 7 月	How to handle call from Form 5 students after HKCEE 中五學生情緒輔導	Training 訓練	1
Nov ~ Dec. 11 ~ 12 月	Leadership Training-Group Leaders 領袖才能訓練	Agency Visit 機構探訪	3
Dec. 12 月	Baptist Oi Kwan Social service 浸會愛群社會服務處	Agency Visit 機構探訪	1



## A REVIEW OF THE EVENTS OF THE 40TH ANNIVERSARY

Lee Chow Yue  
Training Officer  
Parkson Pong  
Translator

The year 2000 saw not only a new millenium, but also the 40th anniversary of the Samaritans. Nothing is better than having a big celebration. As the economy is gloomy, life is indeed hard and almost every day you can find suicide news in the papers, people really need something uplifting. After a serious brainstorming, the theme "A Positive and Promising Life" and the slogan "Care and Listen for Forty Years, Positive and Promising for the Coming Years" were eventually finalized. We hope the project would help build a positive attitude among Hong Kong people. No matter what setbacks we are having, we believe every cloud above us has a silver lining. We believe we can fly and we can touch the sky some day.

As the theme was set, we at once started the organization and prepared ourselves well for the celebration work. A wave of programmes made us hardly have time to get our breath. Walkathon in February; essay writing competition in May; exhibitions and publication of collected essays in August and September; and the carnival in October.

The work was tough. We received over 700 essays in the writing competition and each of the committee members had to read more than 60 essays in a week. They spared their time for the exhibitions and their home as well for the temporary storage of the computers.

As the committee members and the staff had no experience in organizing a carnival, a learning-while-doing approach was adopted. From production to programme and contact arrangement to the mobilization of 136 volunteers, we had to do every little thing step by step. The weather was unstable before the day. Rainstorms were

at the door. However, thanks heaven for giving us a cool and rain-free day. And thanks to the efforts, participation and the devotion of the committee members and the staff, everything went on well and smooth, the carnival was successfully held at Shatin Park. Of course, there was room for improvement, however, understanding and acceptance were among us. This kind of tolerance, involvement and dedication were too beautiful beyond description.

We need to write a book to say thanks to all the people that have helped us. We really appreciate Ms

Suen Ka Yin, who was our center-in-charge and Sharon. Although they had left, they still spent time to help with the transition work. Also, we will never forget the sacrifice of our volunteers and staff, and the support of our guests and all the participants. We owe all the success to them.



Our honourable guests in "Positive and Optimistic Life" Carnival 嘉年華會主禮嘉賓合照



The winners of our Eassay Writing Competition. And their essays have been collected and published into book.

徵文比賽得獎者合照，他們的作品已輯錄成書，名為《積極樂觀人生徵文比賽得獎作品集》



李秋裕  
社區教育幹事

**踏**入千禧，適逢本會香港撒瑪利亞防止自殺會昂然進入四十週年，理所當然，勢所難免大肆慶祝。然而，出師須有名，同仁們有感於當時社會經濟下滑，民生困苦，報章上每天皆有自殺新聞，一片愁雲慘霧，人們實在需要一些積極樂觀的訊息，在各同仁攪盡腦汁下，終定案主題為「積極樂觀人生」，而設口號為「關懷聆聽四十年，積極樂觀邁向前」。我們祈望在各活動中帶出積極樂觀的人生態度，無論遇到任何挫折，只要抱持樂觀的想法，積極的態度，必能衝出困局，海闊天空。

主題既定，二話不說各同仁及職員便積極策劃及投入四十週年活動。過程一浪接一浪，馬不停蹄，計有二月的步行籌款，五月的徵文比賽，八至九月的巡迴展覽，徵文結集及十月的嘉年華會。過程艱辛，徵文比賽來件多達七百多篇，十多名同仁一星期內每人須審閱六十多篇文章；於巡迴展覽中，同工除輪流當值外，還要借出家中地方安放電



The Authors of Our Book "Not a day is worthless"  
《沒有白過的日子》一書中的作者蒞臨嘉年華會

腦；嘉年華的策劃籌備由於沒有一個同工或職員具備經驗，大家都是在摸索中一步一腳印地承擔製作、安排節目、聯絡，當日還出動了136名會內會外義工協作，事前一天還天色陰晴不定，隨時打風下雨，實在抹一額汗。幸好在同工及職員的不辭勞苦，積極投入，共同承擔下，一切順利進行，上天還非常合作，給予我們一個清涼無雨的日子，積極

樂觀嘉年華會順利在沙田公園完成。當中須然有未盡完善的地方，但同仁們都理解互諒，這種寬容、投入、付出、實在非筆墨能言謝。

於此，要感謝的人實在太多太多，不忘要多謝的是前中心主任嘉燕、Sharon於離職後還心繫中心工作，回來協助過渡工作。現在的中心的義工、職員，還有各嘉賓、參加者，不能盡錄，一一謝過。



"Group photo of Positive and  
Optimistic Life" Carnival  
「積極樂觀人生嘉年華」之工作人員



Chiang Chi-wai, Nelson

Public Relations Officer

Parkson Pong

Translator

**B**y the end of the year 2000, Hong Kong has a population of 6,865,000 people, according to the Census and Statistic Department, Special Administrative Region Hong Kong. The Coroners Report 2000 pointed out that 915 people were pronounced suicidal death, with a significant increase of 33 deaths, in comparison with last year 882 people. Male suicides were up by 7 and female suicides were up by a total of 26. As for the sex distribution, male outnumbered female by a ration of 1.7:1, or 213 in number, similar to the suicide rate of the year before (Table 2.1)

Internationally, male are three times more likely to die from suicide than are females. However, in the light of Table 2.1, the ratio in Hong Kong is 1.7: 1. In other words, suicide rates of Hong Kong women are higher than the average rates in other places in the world.

In 2000, suicide rate in Hong Kong was at 13.5 per 100,000, with an increase of 0.9 person over the previous year. The number is lower than the those of the western countries. While the male suicide rate is at 17 and the female 10.1, the former has increased by 3.5 and the latter 0.7.

In terms of age distribution, all but the group aged 0-9 showed a rise, especially those aged over 80 showed a rise of 22.2%. It showed the greatest rise among all the other groups (Table 2.2). It echoes with the western findings that suicide rates rise as age goes up. In 1999, 215 people in the group aged 60-80 committed suicide, accounting for 31% of the total suicide. Although in 2000, the number dropped by 2.2%, with 264 suicides, committed 28.8% of the suicides, however, as Hong Kong's population is ageing, people over 70 made up 13.2% of the total population. Old people suicide will only become a serious problem to such an extent that a comprehensive policy for the elderly should be implemented speedily.

Concerning about the methods of suicide, 44.6% of the suicide chose from, 28% picked hanging and 16.8% used carbon monoxide. Basically, both sexes used similar means (Table 2.1), with jumping from high places the first, hanging the second and a noteworthy trend is that the use of carbon monoxide as a means to end one's life has out taking poisons and drowning, for two consecutive years, as the third most frequently used method of suicide.

## **Statistics of Suicides: according to age and sex (Aged 0-19)**

In 2000, there were 26 young people aged below 19 committed suicide. The rate was 2.39 and the ratio was 1.16:1 (Table 2.1).

There was a slight increase of 0.19, rising from 25 to 26 people. It deserves our greatest attention that male suicides have been higher than female suicides. 23 out of the 26 chose to jump from high, which accounted 88.5% of all suicides in this group. We found hanging, taking pills and breathing in carbon monoxide each claimed one life, or 3.8% statistically. We can feel from the figures that most of the people in this group chose the acutest way, falling from high places, to end their lives.

According to the Education Department, there were 19 student suicides in 2000. Four more cases were found compared with last year. Though attempt suicides fell from 10 to 5



(Table 2.1), successful suicide cases are gradually rising.

### **Statistics of Suicides: according to age and sex (aged 20-59)**

In 2000, suicidal death took away the lives of 625 people, which committed 68% of the suicides. It showed 2% more suicides than the previous year (Table 2.1). The rate was 15.1 and the ratio was 2:1.

Like past years, most people in this group decided to use falling from high places to end their lives, accounting 43.6%. 23% hanged themselves. It is notable that the use of carbon monoxide has increased dramatically from 14.3% to 22.7%. It is already close to the figure of hanging. As a result of media's report, people think burning charcoal is a peaceful way to kill themselves. We advise that in order to avoid giving a wrong message to the public, details of the report should be given extra attention. As for the process of suicide, we believe, the simpler, the better.

Among the 625 people, 281 were unemployed. It made up 45% of the total number of suicides in this age group. As always, men were the majority, amounting to 77.6% and women, 22.4%. It is alarming to see that the number of unemployed people is going up. It shows that the unemployment problem is getting really serious and is tremendously affecting thousands of people who should be at their peak and should be very productive and promising.

### **Statistic of Suicide: according to age and sex (aged 60 or above)**

In 2000, there were 264 suicides in this age group. It was 28.8% of the total suicides. It fell 2.3% from 1999. The suicide rate was 25.9 per 100,000, which was 1.6 less than last year. The ratio of male and female suicide was 2.2:1 (Table 2.2). Even though the rate dropped from 28.5 in 1998 to 25.9 in 2000, it was still 1.5 times of the rate of all suicides as a whole. That is why we cannot afford to ignore or neglect the problem of old people suicide.

### **Statistical Analysis of Suicides: Occupation**

In 2000, there was altogether 366 unemployed people committed suicide. This made up 40% of the total suicides. Housewives have been in the third place for a long time amounting to 17.1% and with an increase of 4% (Table 2.3). In 2000, unemployment rate in Hong Kong was 5%, underemployment was at 2.8%. Although it showed a significant fall compared with 6.3% and 3% in the previous year. Eight more unemployed people died in 2000. We do not have detailed information of the correlation between these suicide cases and unemployment, serious thoughts should be pondered on this.


### **Statistical Analysis of Suicides: Mental Disorders**

In 2000, 252 suicidal cases were associated with mental disorders. It approximately made up 27.5% of the total number of suicides, with a rise of 1.5% (Table 2.4). The male to female ratio was 1:1. Among the 252 people, 205 of them belonged to the group aged 20-59.

It accounted for 40.32% of the total deaths in this age group. Jumping from high places and hanging are the major suicide methods which took the lives of 142 and 67 people respectively.

In recent years, about 30% of all suicide cases are related to mental disorders. Apart from serious mental illness, depression is another high-risk factor leading to self-destruction.





Therefore, psychological health concern is something vital in suicide prevention work. Of course, it does not mean that all suicide cases related to mental health problems.

### **Statistical Analysis of Suicides: unknown or unidentified deaths**

By the end of 2000, 140 deaths could not be classified as intentional suicides. The ratio of men to women here is 2.1:1 and 72 of them were associated with mental problems. Out of the 140 persons, 70% of them or 95 cases were killed by jumping from high places (Table 2. 5). In view of the statistics of suicides on the whole, jumping from high places is the most often used method. Among these 95 cases, there are probably cases which were suicidal. Therefore, the actual figure of suicidal deaths may reach 1000 cases.

### **Conclusion**

In conclusion, the suicide rate in 2000 did not show much difference. The basic features shown are identical to those in the past. The ratio of male to female suicide rate is 1.7 to 1. The female rate is relatively high here in Hong Kong compared with other countries. The suicide rate of people aged 30-49 has been standing higher than other age groups. Inhaling carbon monoxide has outnumbered taking poison and drowning and has ranked third after jumping from high places and hanging as the most often employed suicide method. Though the suicide rates in 2000 are up a bit, in fact, the rates have been around 10 to 13, which are in general stable. The rates were relatively low, compared with other western countries. However, as there have been frequent changes in the political, economic, social and environmental arena, we should never underestimate their effects towards the society as a whole. Thus, we need to observe cautiously whether there will be any new trends about suicide in Hong Kong.

蔣志偉

公關

**在**二零零零年一月一日至二零零零年十二月三十一日止，根據香港特區政府統計處資料顯示，已登記之總人口為六百八十六萬五千六百零一人。而同年的香港死因裁判法庭報告中指出，共有九百一十五人被裁定為死於自殺，較去年八百八十二人增加三十三人之多，其中男性自殺死亡人數較去年增加七人，而女性自殺死亡人數亦比去年上升廿六人之多。在性別上的分佈為男性自殺死亡人數較女性多出二一三人，男女死亡人數比率為一點七比一，與去年比率相同不變（見表二、一）。

從國際上所估計的性別自殺死亡比例而言，男女比例約為三比一，即每三位男性自殺身亡便相對地有一位女性自殺身亡，然而我們參照（見表二、一）顯示，在香港男女自殺人數的比例為一點七比一，故較國際上女性普遍自殺率偏高。

二零零零年本港自殺率（以十萬人為基數）為十三點五，即表示每十萬名人口中有十三點五人自殺身亡，較去年增加零點九，此數字仍較其他歐美國家為低。而男性自殺率為十七點，女性則為十點零一，較去年分別增加三點五及零點七。

從人口組別來看，除了零至九歲組別沒有變化外，其他組別均有上升趨勢，尤以八十歲以上之老人自殺率較去年上升二十二點二，是為各組別中升幅較大的一組（見表二、二）。這與外國假設自殺率隨著年齡的增長而提高近似。在一九九九年六十至八十歲以上的自殺死亡人數是二百七十五人，佔總自殺死亡人數的百分之三十一，而二零零零年為二百六十四人，是同年自殺死亡人數的百分之廿八點八，較去年百分比下降二點二。雖然如此，就香港老年人口的不斷增加及在人口比例上來說，香港已步入老人社會的階段，老人（七十歲以上）已佔五十一萬九千七百人，是為全港人口六十八萬五千六百零一人的十三點二（二零零零年年底數字），因此香港老人自殺的問題將會日趨嚴重，而一套整全的安老服務政策的推行實是刻不容緩。


在自殺途徑方面，百分之四十四點六選擇跳樓，百分之二十八點四選擇自縊，百分之十六點八是一氧化碳。大致上男與女所採用的自殺方法，並無明顯分別（見表二、一）。主要仍以高處墜下為首，及自縊為次，但顯著的是一氧化碳自殺方式已連續性在第二年超越一向較常見的服毒及淹死類別而成為第三種較多人選擇的自殺模式。

### 自殺統計數字：年齡及性別分組（零至十九歲）

二零零零年共有廿六名年齡在十九歲以下的青少年自殺，自殺率是二點三九，男女自殺比率為一點一六比一（見表二、一）。

與一九九九年相比，此年齡組別的自殺率較去年微升零點一九，人數由去年二十五人增至二十六人，而其中男性自殺率亦多年持續較女性為高，此現象極需留意。廿六名自殺死亡者中，二十三名選擇從高處墜下來結束生命。佔該年齡組別死亡人數百分之八十八點五。另外選擇吊死、藥物及一氧化碳均各有一名，各佔百分之三點八。在此大部份自殺者均採用高處墜下的激烈致死方法。





從教育署所提供資料，二零零零年共有十九宗學生自殺死亡個案，較去年增加四宗，而學生企圖自殺個案，則較九九年的十宗下降至五宗，(見圖二)。雖然整體數字下降，但要留意的是能成功自殺死亡的學童數字卻是逐步回升。

### 自殺統計數字：年齡及性別分組(廿至五十九歲)

此年齡組別於二零零零年共有六百廿五人自殺死亡，佔自殺死亡人數的百分之六十八，較去年上升兩個百分點(見表二、一)，自殺率是十五點一，男女自殺比率為二點零比一。

與以往相同，在此年齡組別的自殺死亡者中，最多人士選擇從高處墜下，約佔百分之四十三點六，吊死佔百分之廿三來結束生命。值得關注的是採用一氧化碳炭自殺者已由去年的百分之十四點三躍升到今年的百分之廿二點七，與吊死的數字十分相近。這與傳媒及報業工作者廣泛報導有關一氧化碳炭自殺個案時，偏重此自殺方法似是容易做到亦不會帶來太多痛楚所間接做成。故此類個案的報導手法是有需要留意和儘量簡單描寫為要。自殺死亡的六百廿五人中，有二百八十一人為失業人士，佔此組別整體自殺死亡人的口百分之四十五。一如往來，男性佔大多數約為百分之七十七點六，女性則佔百分之廿二點四。值得關注的是失業者在此年齡組別上的百份比逐漸上調的趨勢，正顯示社會上普遍而嚴重的失業問題對這些正值壯年及生產力豐盛的一群來說有著莫大的衝擊。

### 自殺統計數字：年齡及性別分組(六十歲或以上)

此年齡組別於二零零零年的自殺死亡人數為二百六十四人，佔總自殺死亡人數的百分之二十八點八，較九九年下調約二點三百分點。自殺率是二十五點九，較去年減少一點六。男女比例是一點五比一，其中八十歲以上的男女自殺比例為二點二比一(見表二、二)。雖然老人自殺率正在下降由九八年的二十八點五跌至二零零零年的二十五點九，但二零零零年的老人自殺率也為整體自殺的倍半，因此老人自殺問題是不可忽略的。

### 自殺統計數字分析：職業分組

二零零零年內共有三百六十六名自殺死亡者為失業人士，佔總自殺死亡人數百分之四十，而家庭主婦則長據第三位，佔百分之十七點一，較去年增加四個百分點(見表二、三)。二零零零年香港平均失業率為五，就業不足率約為二點八，數字較去年的六點三與三均有顯著下調。然而，二零零零年的失業者自殺死亡人數卻較去年增加八名，雖然在欠缺詳細資料分析下，不能評定失業與自殺的必然因果關係，但其中的趨勢是值得商榷的。

### 自殺統計數字分析：精神病分組

二零零零年共有二百五十二名自殺死亡人士與精神病相關，約佔自殺死亡總人數百分二十七點五，較去年上升百分之一點五(見表二、四)；男女比例為一比一，即男性與女性自殺數目相同。二百五十二人中，二百零五人屬於二十至五十九歲年齡組別，佔該年歲組別死亡總人數的百分之四十點三二。主要的自殺方式是從高處墜下及上吊，各佔



一百四十二人及六十七人。

在數年裡，大約超過三成的自殺死亡個案與精神健康有關，在精神病例中除了患有重性精神病外，尤以抑鬱症類別，是為引致自殺的高危因素之一。故此，心理衛生的關顧對自殺行為的防治是不可忽略的，當然這也不表示所有自殺者都是與精神健康相關。

### 自殺統計數字分析：未能確定是意外或故意造成損傷的死亡

至二零零零年止，共有一百四十人被列為不能確定是否蓄意自殺的死亡個案。男女比例是二點一比一，其中七十二人與精神病有關。在一百四十人中，超過約七成因高處墜下而死亡（見表二、五）。

在此，有達九十五宗個案的死因都是被歸納由高處墜下類別，若考慮到整體自殺死亡分析中，高處跳下是最多人採用；在這九十五宗個案中可能有不少個案是自殺性質，因此，二零零零年的真實自殺死亡數字可能達到一千宗。

### 總結

總括而言，二零零零年的自殺率比去年沒有太大的增加，其基本特徵亦相近。男女自殺比率是為一點七比一，與其他國家相比，香港女性自殺率偏高。而三十至四十九年齡組別的自殺人數均長期高於其他年歲組別。主要的自殺方式除第三位的服藥及淹死由一氧化碳取代外，仍是以跳樓及自縊為最多人選擇。雖然二零零零年的自殺率有所上調，但相對近年香港自殺率均徘徊在十至十三之間，波幅並不算大，又此數字仍較其他歐美國家為低。然而隨著香港近年政經及民生就業環境的頻繁變化，其中對整體社會的衝擊是不容輕視的，因此對香港的自殺死亡情況如何變化，仍需持觀望態度。

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**(Table 2.1) The Number of Suicide Death in Hong Kong (By Type, Age & Sex)**  
**(表二、一) 香港自殺死亡數字 (按自殺方式、年齡及性別分組)**

Year	Type of Suicide 自殺類別	2000												1999		1998	
		Age Groups 年齡組別												小計	Total	小計	Total
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計	Total				
2000	Firearms 火器	M						1				1	1	2	2	1	1
		F										0		0		0	
	Drugs 藥物	M			1	2	2		1			6	22	9	20	7	13
		F	1	1	3	4	3	3		1	1	16		11		6	
	Poisons 毒藥	M				1	2	3	2		2	10	19	11	26	10	21
		F					2		1	5	1	9		15		11	
	Hanging 自縊	M	1	1	15	28	41	28	16	28	17	174	260	176	250	198	283
		F			1	7	12	12	14	20	20	86		74		85	
	Jumping from a height 由高處墮下	M	12	12	41	42	44	22	24	35	16	236	408	240	418	294	468
		F	11	11	33	34	30	27	15	17	5	172		178		174	
	Gas Fatality 氣體中毒	M			2		2			1		5	5	0	0	0	0
		F										0		0		0	
	Carbon Monoxide 一氧化碳	M	1	1	23	34	34	5	3	5		105	154	66	89	14	17
		F			11	18	15	2	2	1		49		23		3	
1999	Drowning 淹死	M				1	6	4			1	12	28	13	24	18	32
		F			3	2	2	3	3	2	1	16		11		14	
	Sharp Instruments 利器	M			1	1	1	1	1			5	7	4	6	6	12
		F						1	1			2		2		6	
	Others 其他	M				3	1	3	2	1		10	11	36	47	16	21
		F									1	1		11		5	
	Sub-total 小計	M	0	14	86	110	135	66	48	69	36	564					
		F	0	12	51	65	64	48	36	47	28	351					
	Total 總計		0	26	137	175	199	114	84	116	64		915				
	Sub-total 小計	M	1	13	66	133	109	76	68	68	23			557			
		F	0	12	42	64	56	35	37	45	34			325			
	Total 總計		1	25	108	197	165	111	105	113	57				882		
	Sub-total 小計	M	0	23	104	95	97	69	67	62	47					564	
		F	0	13	57	44	51	30	33	38	38					304	
	Total 總計		0	36	161	139	148	99	100	100	85						868

Source: Coroners Court 資料來源：死因裁判法庭

**(Table 2.2) The Suicide Rate\* of Hong Kong (By Age and Sex)**  
**(表二.二) 香港自殺率\* (按年齡及性別組別)**

	Age Group 年齡組別	2000				1999				1998			
		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	0.3	0.0	0:0	0.1	0.0	0.0	0	0.0
	10-19	3.0	2.7	1.1:1	2.9	2.9	2.8	1.0:1	2.9	5.2	3.1	1.7:1	4.2
	Subtotal Population 整體人口	1.7	1.5	1.1:1	1.6	1.7	1.6	1.1:1	1.6	5.2	3.1	1.7:1	4.2
20-59	20-29	18.5	10.4	1.8:1	14.4	13.3	7.8	1.7:1	10.4	21.0	10.7	2:1	15.6
	30-39	18.9	9.0	2.1:1	13.8	19.8	9.1	2.2:1	14.3	14.1	6.3	2.2:1	10.2
	40-49	23	10.3	2.2:1	16.4	16.9	9.4	1.8:1	13.3	15.9	9.0	1.8:1	12.6
	50-59	18.6	14.7	1.3:1	16.7	20.4	11.2	1.8:1	16.2	20.1	10.4	1.9:1	15.7
60+	Subtotal Population 整體人口	20.7	10.6	2.0:1	15.1	17.2	9.1	1.9:1	13.4	17.2	8.7	2:1	13.0
	60-69	18.3	14.3	1.3:1	16.4	24.6	14.4	1.7:1	19.7	24.7	13.0	1.9:1	19.1
	70-79	42.3	24.7	1.7:1	32.8	41.3	23.7	2.1:1	31.9	39.8	20.9	1.9:1	29.6
	80+	63.6	29.3	2.2:1	42.1	41.4	36.3	1.1:1	38.2	92.7	43.5	2.1:1	61.5
	Subtotal Population 整體人口	31.7	20.7	1.5:1	25.9	12	21.5	1.5:1	26.5	36.9	20.9	1.8:1	28.5
	Total Population 全年整體人口	17.0	10.1	1.7:1	13.5	15.9	9.4	1.7:1	12.6	16.5	9.0	1.8:1	12.8

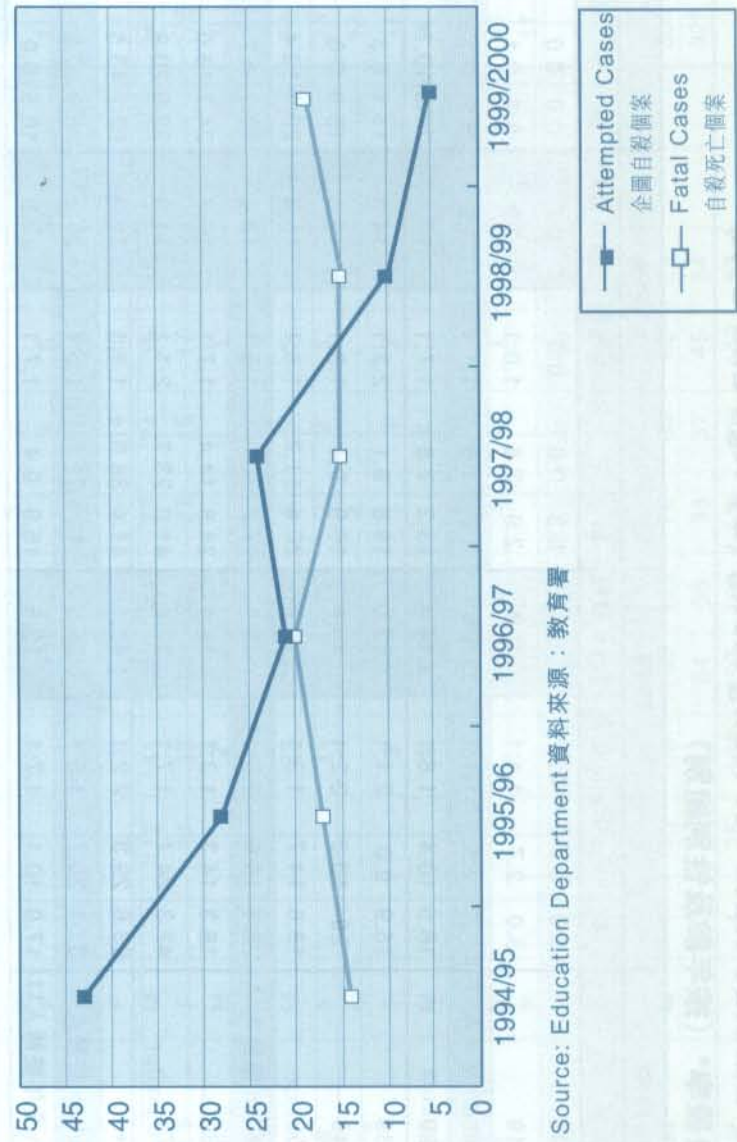
\* Suicide Rate equals to number of suicide death per 100,000 population per year

\* 自殺率等於每 100,000 人口每年自殺死亡的人數

Source: Coroners Court 資料來源：死因裁判法庭



(Figure 2) Student Suicide in HK  
(圖二) 香港學童自殺人數



Source: Education Department 資料來源：教育署

**(Table 2.3) The number of Suicide Death in Hong Kong 2000 (By Occupation)**  
**(表二、三) 香港自殺死亡數字 (按職業分組)**

	年份 Year	2000											1999		1998	
		年齡組別 Age Groups											小計	Total	小計	Total
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計				
學生 Student	M			9	3							12	11	22	11	20
	F			10	3							13	11		9	
教師 Teacher	M				1	2						3	2	5	0	2
	F											0	3		2	
失業者 Unemployed	M			2	47	62	71	38	22	30	14	286	251	358	319	444
	F			2	24	14	16	9	1	6	8	80	107		125	
家庭主婦 Housewife	M										1	1	0	116	0	98
	F				4	20	34	28	30	31	9	156	116		98	
藍領階層 Blue Collars	M			2	9	2	11	6	1			31	30	32	21	22
	F				1		1	1				3	2		1	
白領階層 White Collars	M				1	3	5		1			10	13	28	14	32
	F			4	4	10	2	1				17	15		18	
病人 Patient	M											0	0	0	0	0
	F			1			1		1		1	4	0	0	0	
紀律部隊 Disciplinaries	M			2	3	3	1	1				7	9	9	6	6
	F											0	0		0	
商人 Business Man	M			1			10			1		12	21	23	14	15
	F					2						2	2		1	
其他 Other	M			1	22	38	37	21	24	38	21	202	220	289	179	229
	F			0	14	19	10	9	4	10	10	76	69		50	
小計 Sub-total	M	0	0	14	86	110	135	66	48	69	36	564	557	882	564	868
	F	0	0	12	51	65	64	48	36	47	28	351	325		304	
總計 Total		0	0	26	137	175	199	114	84	116	64			882		868

Source: Coroners Court  
 資料來源：死因裁判法庭



(Table 2.4) The number of Mental Suicide in Hong Kong 2000 (By Type, Age &amp; Sex)

(表二、四) 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)

Year	2000																	1999		1998	
	Type of Suicide 自殺類別	Age Groups 年齡組別																			
		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				
2000	Firearms 火器	M										0	0	0	1	1					
		F									0		0		0						
	Drugs 藥物	M			1						1	7	5	8	2	5					
		F		1	2	1	1			1	6		3		3						
	Poisons 毒藥	M									0	3	1	9	4	10					
		F				2			1		3		8		6						
	Hanging 自縊	M			7	8	12	7	2	3	2	41	67	26	49	35					
		F			1	3	4	4	6	4	4	26		23		22					
	Jumping from a height 由高處墮下	M		1	18	17	19	6	2	4		67	142	72	150	98					
		F		2	16	15	15	17	5	4	1	75		78		84					
2000	Gas Fatality 氣體中毒	M			1						1	1	0	0	0	0					
		F									0		0		0						
	Carbon Monoxide 一氧化碳	M			2	2			1		5	11	4	7	3	3					
		F			1	2	3				6		3		0						
	Drowning 淹死	M				1	3				4	14	3	7	4	10					
		F			1	1	2	3	3		10		4		6						
	Sharp Instruments 利器	M				1			1		2	2	0	0	0	1					
		F									0		0		1						
	Others 其他	M			2		3				5		4	7	3	7					
		F									0	5	3		4						
2000	Sub-total 小計	M	0	1	30	30	37	13	6	7	2	126									
		F	0	2	20	23	27	25	14	9	6	126	252								
	Total 總計		0	3	50	53	64	38	20	16	8	252	252								
1999	Sub-total 小計	M	0	2	23	39	29	11	6	5	0			115							
		F	0	4	22	34	29	17	8	6	2			122							
	Total 總計		0	6	45	73	58	28	14	11	2				237						
1998	Sub-total 小計	M	0	5	38	34	40	19	10	4	0				150						
		F	0	3	24	26	26	18	17	6	6				126						
	Total 總計		0	8	62	60	66	37	27	10	6					276					

Source: Coroners Court 資料來源：死因裁判法庭

**(Table 2.5) Injury undetermined whether accidentally or purposely inflicted**  
**(表二、五) 未確定是意外或故意造成的損傷**

Year	Type of Suicide 自殺類別	2000											
		Age Groups 年齡組別											
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70-79	80+	小計	Total
2000	Firearms 火器	M											
		F											
	Drugs 藥物	M			2		1	2	1			6	12
		F				2	2	1	1			6	
	Poisons 毒藥	M											1
		F				1				1		1	
	Hanging 自縊	M											
		F											
	Jumping from a height 由高處墮下	M	1	2	11	21	11	9	2	9	3	69	95
		F		4	5	5	6	1	1	4		26	
2000	Gas Fatality 氣體中毒	M											
		F											
	Carbon Monoxide 一氧化碳	M											
		F											
	Drowning 淹死	M		2	2	5		3		1	2	15	24
		F	1		2	1	1	1		1	2	9	
	Sharp Instruments 利器	M										1	1
		F					1					1	
	Others 其他	M				1	3				1	5	7
		F								1	1	2	
2000	Sub-total 小計	M	1	4	15	27	15	14	3	10	6	95	
		F	1	4	7	9	10	3	2	6	3	45	140
	Total 總計		2	8	22	36	25	17	5	16	9	140	140

Source: Coroners Court 資料來源：死因裁判法庭



## THE ROLE AND CONTRIBUTION OF VOLUNTEERS IN SUICIDE PREVENTION WORK

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**I**n response to the International Year of Volunteers 2001, I specially choose to write on the above topic to review the role and contribution of volunteers in suicide prevention work in the past few decades, as a means to recognize the effort they have been offering.

The work of suicide prevention in Hong Kong started in the 60s. Not only the first, but also the only in the territory, the Samaritans Befrienders Hong Kong (SBHK) offered suicide prevention hotline, emotion support and crisis intervention services to depressed and suicide-minded people. The SBHK was run by volunteers. At that time, the development of social welfare services was far from mature. Frontline workers were not professional social workers. Instead, a group of volunteers, who were dedicated to suicide prevention work, devoted their time to serve the community. Despite the fact that most of the volunteers did not receive professional training, they, with a caring heart, received a high degree of recognition. Their sincerity, care and concern were exactly what the desperate callers wanted at that very moment. Recognition came in many forms: some called; some sent in cakes; some donated their inheritance. Moreover, government departments such as the Police Force and hospitals gave their full support to the SBHK. Our hotlines were like lines that led hopeless callers out of their valley of death and regenerated them to have once again the determination to live on.

Nowadays, social welfare services are much mature than before. However, volunteers are still playing a premier role. There are three organizations in Hong Kong providing suicide prevention services. They include the Samaritan Befrienders Hong Kong (since 1960), the Samaritans-multilingual service (since 1973) and Suicide Prevention Service (1994). All rely on volunteers to support the frontline hotline services. Some even count on volunteers to shoulder the heavy load of taking in charge of the planning and arranging the suicide prevention work of the organization. When I tried to find out the reasons behind, I found at least three points:

First, it is cost-effective. To maintain 24 hours hotline service, the SBHK employed only about two paid workers supporting around 150 volunteers. But if full-time social workers used in providing frontline service, at least two times of the manpower more is needed. Using volunteer manpower is thus more cost-effective.

Second, the nature of volunteer's help is different from that of professional help. Regarding to the fact that volunteers are not professionally trained, they are on a more equal terms and status with callers during the whole helping process. They act as their friend walking with the callers in the darkest hours of their life. They can free from caseload limit and time restriction, to provide help at their best. It is regarded as a very important complementary service to the formal professional help.

Third, the involvement of volunteers helps bring the dream of social participation come true. The success of suicide prevention work lies in the participation of the community. Having volunteers involved in the suicide prevention work is the best way to realize the spirit of community participation.

Volunteers, indeed, bring invaluable help to the suicide prevention work. No wonder all over the world it is volunteers who shoulder the responsibilities of keeping people away from suicide. Nevertheless, it can be exhausting to listen to people wanting to commit suicide. Don't forget the economy is bleak and the job market is weak. The pressure on volunteers is in no way small. To help volunteers keep their good work, support from the community is critical. The government of course should not stand aside. It is the undeniable duty of the government to support the volunteers, who have been sweating over their work for years without any complaint.



鍾月嬌

服務協調主任

**回**應2001年國際義工年，筆者特意選取本題在今年年報撰寫文章，與大家回顧一下過去數十年義工在防止自殺工作中的角色和貢獻，希望藉此對他們默默付出的努力再一次給予肯定。

香港防止自殺工作早於60年代開始，以本會香港撒瑪利亞防止自殺會為最早一間提供防止自殺熱線服務的機構，也是當時唯一一間專為有情緒困擾及自殺傾向人士提供情緒支援及危機介入服務的機構；香港撒瑪利亞防止自殺會乃一由全義工組成的機構，在當時社會福利服務發展還未成熟時，提供最前線防止自殺服務的並不是專業社工，而是一群對防止自殺工作有承擔的義務工作者，奉上工作以外的私人時間，貢獻社會。儘管這一群義工沒有接受過什麼專業訓練，他們親切而真誠的關懷正好是來電求助者在絕望一刻最需要的東西，憑藉他們一顆助人的熱心，工作得到多方面的認同，工作成效不單止得到來電求助者的言語上感謝，有的更送上蛋糕、遺產，政府部門諸如警方及醫院都與之緊密合作，就是憑著這“一線”與不少於自殺邊緣掙扎的求助者連繫，把他們引領出絕谷，從獲求生信念。

時至今日，社會福利服務發展雖然已較具規模，防止自殺工作仍以義工角色為首。現時在香港提供防止自殺服務的三間機構，分別是香港撒瑪利亞防止自殺會(1960)，The Samaritans撒瑪利亞會(1973)，及生命熱線(1994)，就是以義工提供最前線的熱線服務，甚或由義工帶領整個機構肩負起防止自殺工作的重任，筆者分析當中原因，至少有以下三點：

1. 以義工提供服務，合乎成本利益計算-要維持24小時的熱線服務，至少4位受薪全職社工才可以應付，但而以香港撒瑪利亞防止自殺會為例，只用上了約一半的社工人手，負責協調及訓練的工作，便維持了約150位義工人手參與提供服務，當然合乎成本利益計算。
2. 義工提供益友的服務，服務性質與專業社工的不同義工雖非專業，與來電求助者卻有著較平等的幫助關係，充當著求助者的益友，沒有時間規限，也無工作量的限制，真誠關懷，盡己所能，與來電者共行他們生命中最艱難的時刻，就像他們的益友，這實在不是受薪專業社工角色可以取代，反之會是專業協助的一項重要配合服務，互補不足，更有效地協助有需要幫助的人士。
3. 以義工提供服務，正彰顯社區參與的理想-成功的防止自殺工作必需要社區積極參與，由義工參與防止自殺工作，正正是體現社區參與的精神和理想。

由義工提供防止自殺工作的確有不少好處，也怪不得世界各地防止自殺工作也是以義工擔當重任，但是近年香港經濟不景，工作不穩，義工也承受著當中的壓力，再加上處理自殺個案壓力其實也不小，要義工真正擔得起這個重任，外界的支持實在不可或缺，政府當然也不可以完全袖手旁觀，如何去支持這一群默默支撐了這個重任多年的義工更有效地發揮他們現有的角色，會是政府當局面對嚴峻自殺風氣的當下，應走的方向。



## Y. H. CHEUNG & COMPANY

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### 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正的財務報表。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，目標是以取得一切我們認為必需的資料及解釋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。下列意見乃基於我們的審核工作。

#### 意見

我們認為上述的財務報表均真實與公正地反映貴會於二千零一年三月三十一日的財務狀況及貴會截至該日為止年度的累積基金盈餘，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  
二千零一年五月二十九日

**Y. H. CHEUNG & COMPANY**

**CERTIFIED PUBLIC ACCOUNTANTS**

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**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 2001 and of its surplus 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  
29 May 2001



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  
二零零一年度  
FOR THE YEAR ENDED 31 MARCH 2001

	2001 HK\$	2000 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>	
捐款及津貼：	Donations and subsidies received from:	
香港公益金	Community Chest of Hong Kong	1,394,000
香港賽馬會	Hong Kong Jockey Club	1,313,000
慈善信託基金	Charities Trust	205,000
社會福利署	Social Welfare Department	142,141
其他	Others	18,848
		1,759,989
		1,935,143
<u>其他收入 (註 7)</u>	<u>OTHER REVENUES (note 7)</u>	
		142,660
		80,270
		1,902,649
		2,015,413
<u>費用支出</u>	<u>GENERAL EXPENSES</u>	
個案費用	Case expenses	700
暑期服務	Summer services	9,946
訓練費用	Training expenses	129,414
交通費	Travelling expenses	93,690
薪金	Staff salaries	902,710
公積金	Provident fund contribution	17,204
醫療	Medical expenses	1,036
招聘費用	Recruitment expenses	3,404
租金及差餉	Rent and rates	111,552
辦公室用品	Office supplies	30,010
推廣及宣傳	Publicity and promotion	37,450
年刊及印刷	Annual reports and printing	69,125
報章月刊書籍	Newspaper, journals and books	10,550
傢具器材	Furniture, fixtures and equipment	21,635
維修保養	Repairs and maintenance	49,807
電話及傳呼	Telephone and paging	31,019
水、電	Electricity and water	54,205
郵費	Postage	3,825
清潔用品及費用	Sanitary and cleaning expenses	3,725
聯會會費	Subscription to affiliated associations	2,830
開會費用	General meeting expenses	1,080
義工嘉許	Volunteers' recognition	7,087
康樂活動	Recreational activities	3,604
週年餐會	Annual dinner	9,866
四十週年活動	Fortieth anniversary activities	86,609
茶點小食	Refreshment	9,558
保險費	Insurance	2,701
雜費	Sundry expenses	3,203
		1,707,545
		1,996,248
本年度盈餘	<u>SURPLUS FOR THE YEAR</u>	
減：轉予關懷身邊人基金	<u>LESS: TRANSFER TO:</u>	
轉予儲備	CARING FUND	(130,000)
餘款入累積基金	GENERAL RESERVE	(60,000)
	<u>BALANCE TO ACCUMULATED FUND</u>	5,104
		19,165

The attached notes form an integral part of these accounts. 附註乃賬項之一部份。  
All recognised gains/(losses) of the Accumulated Fund for the year have been included in the above statement. 年中累積基金所有盈餘/(虧損)已包括於上述收支表內。

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

資產負債表  
BALANCE SHEET  
二零零一年三月三十一日  
AS AT 31 MARCH 2001

		2001 HK\$	2000 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	701,239	543,530
定期存款	Fixed deposits	829,937	788,456
預付款	Prepayment	1,260	1,080
		<u>1,535,436</u>	<u>1,336,066</u>
減：流動負債	LESS: CURRENT LIABILITIES		
預收	Receipt in advance	---	(81,000)
應付款項	Accrued expenses	<u>(219,308)</u>	<u>(174,343)</u>
		<u>1,316,128</u>	<u>1,080,723</u>
非流動資產	NON-CURRENT ASSETS		
水電按金	Utility deposits	11,300	11,300
傢具器材	Furniture, fittings and equipment	<u>1</u>	<u>1</u>
資產淨值	NET ASSETS	<u>1,327,429</u>	<u>1,092,024</u>
資金來源	Represented by:		
累積基金	ACCUMULATED FUND (note 3)	361,024	355,920
特別基金	SPECIAL FUND (note 4)	491,405	466,194
關懷身邊人基金	CARING FUND (note 5)	395,000	249,910
儲備	GENERAL RESERVE (note 6)	<u>80,000</u>	<u>20,000</u>
		<u>1,327,429</u>	<u>1,092,024</u>

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 29 May 2001:-

附註乃賬項之一部份

於二零零一年五月二十九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  
賬項附註  
NOTES TO ACCOUNTS  
二千零一年度  
FOR THE YEAR ENDED 31 MARCH 2001

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 exempted 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。

The principal activities of the Corporation during the year were prevention of suicide and carrying out community education in this respect.

本會年內主要活動為防止自殺及教育社區有此意識。

The activities were mainly financed by outside donations.

本會活動主要由外界捐款資助。

2. SIGNIFICANT ACCOUNTING POLICIES 會計政策

(a) Measurement Basis 記數方式

The account have been prepared on the historical cost basis.

賬目是以已付之成本入賬。

(b) 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。

(c) Principal Revenue/Donations and Subsidies 主要收入/捐款及津貼

The principal revenues of the Corporation are from donations and subsidieis.

本會主要收入來自捐款及津貼。

They are recorded on the cash received basis. Specific donations are recorded in the period of usage specified by the donors.

捐款及津貼是以收入現金時記賬。特殊捐款則以捐助人指定之捐助期間入賬。

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	355,920
加:本年度淨盈餘	Add: Net surplus for the year	5,104
年終結餘	Balance at end of year	361,024

香港撒瑪利亞防止自殺會  
THE SAMARITAN BEFRIENDERS HONG KONG  
賬項附註(續)  
NOTES TO ACCOUNTS (Continued)  
二零零一年度  
FOR THE YEAR ENDED 31 MARCH 2001

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	466,194
加: 銀行利息收入	Add: Bank interest received	25,211
年終結餘	Balance at end of year	<u>491,405</u>

5. CARING FUND 關懷身邊人基金

The Caring Fund was originally set up for the purposes of financing the project of 'Starting a Caring World with Listening'. The objectives of the Caring Fund have now been extended to include community education in loving one's life and caring other people.

基金原本是用作資助「關懷身邊人，從聆聽開始」之計劃。現基金之目標已擴展至社區教育每人應熱愛生命，關懷別人。

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	249,910
加: 售書收入	Add: Sale of books	7,614
捐贈	Donation received	14,630
銀行利息收入	Bank interest received	12,370
什項收益	Sundry income	2,100
累積基金來款	Transfer from Accumulated Fund	<u>130,000</u>
		416,624
減: 購書	Less: Books acquired	<u>(21,624)</u>
年終結餘	Balance at end of year	<u>395,000</u>

6. GENERAL RESERVE 儲備

The movement during the year were as follows:  
年中變動如下。

年初結存	Fund balance at beginning of year	20,000
加: 累積基金來款	Add: Transfer from Accumulated Fund	<u>60,000</u>
年終結餘	Balance at end of year	<u>80,000</u>



香港撒瑪利亞防止自殺會  
THE SAMARITAN BEFRIENDERS HONG KONG  
賬項附註(續)  
NOTES TO ACCOUNTS (Continued)  
二千零一年度  
FOR THE YEAR ENDED 31 MARCH 2001

7. OTHER REVENUES 其他收入

		2001 HK\$	2000 HK\$
會費收入	Membership subscription	6,220	6,060
利息收入	Bank interest received	26,950	20,152
講座收入	Course fees	50,650	52,700
公積金退款	Provident fund refunded	50,114	—
雜項收入	Sundry income	8,726	1,358
		<u>142,660</u>	<u>80,270</u>



Consultants 顧問

Donors 捐款機構及社會人士

The Community Chest of Hong Kong 香港公益金

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

Hong Kong Social Welfare Department 香港社會福利署

PCCW-HKT Ltd.-sponsored telephone lines for hotline service

香港電訊盈科有限公司—贊助本會熱線電話

Mass Transit Railway Corporation—Offering free advertising space for poster

地鐵公司—免費提供地鐵站海報宣傳位置

Hong Kong Coroner's Court—providing data of 2000 suicide death in Hong Kong

香港死因裁判法庭—提供二零零零年香港自殺死亡數字資料

Census and Statistics Department—providing data of 2000 population in Hong Kong

政府統計處—提供二零零零年香港人口數字資料

Education Department--providing data of 99/00 student suicide death in Hong Kong

教育署--提供一九九九/二零零零年度香港學童自殺死亡數字資料

## SPONSORS OF ANNUAL DINNER 2000

### 二零零零年週年聚餐贊助公司

A Mandarin Oriental Hotel 文華東方酒店

Swire Coca Cola HK LTD 太古可口可樂香港有限公司

Ocean Park Hong Kong 海洋公園公司

YMCA of Hong Kong 香港基督教青年會(港青)

New World Renaissance Hotel 新世界萬麗酒店

Kowloon - Canton Railway Corporation 九廣鐵路公司

MTR Corporation 地鐵公司

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## LIST OF DONORS FOR THE ENDED MARCH 31,2001

### 2000/2001年度捐款機構及人士名單

The Far East Masonic Association for Charity 遠東共濟慈善協會 \$6,300

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Ting Lai-fan 丁麗芬 \$200

Tsoi Man-cheong 蔡文昌 \$200

Lui Shuk-han 呂淑嫻 \$100

Anonymous 無名氏 \$500





Booths of "Positive and Optimistic Life" Carnival held on 15/10/200  
「積極樂觀人生嘉年華」部份的遊戲攤位



Our members taking photograph with our consultants in AGM 2000  
會員及顧問大合照



Volunteers in-service training held periodically for improving volunteers' skills in handling cases.  
在職訓練之個案研習分享會每季舉行一次，工作人員不斷推進處理技巧



Exhibition to promote "Positive Life" in community  
「積極樂觀人生」巡迴展覽





34th Volunteers Training Camp  
第34期義工訓練營



We, with our strong team spirit, successfully built our "Samaritan City" under limited time and resources in retreat camp. Cheers!  
全會義工退修營一分工合作群策群力在資源有限下，短時間內迅速完成興建「撒記之城」，充份發揮團隊合作精神



主題：青少年自殺問題的探討

Topic: Suicidal Issues  
Of The Year

Our service coordinator attended "CARE" Forum 2000 of HKUST, discussing about the issue of adolescent suicide.  
本會服務協調主任代表出席科技大學的科大時事研究社論壇2000



Booths of "Positive Life" Carnival held on 15/10/2000  
「積極樂觀人生嘉年華」部份的遊戲攤位



### Who we are 簡介

The Samaritan Befrienders Hong Kong obtains its funding primarily through subventions from the Community Chest, the Hong Kong Jockey Club. Donations from various sources support of the community are also important in helping us develop and improve our services. Please support our work by donation.

As our organization is a charitable institution, your donations (over \$100) are tax deductible.

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。社會人士的捐助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，你所作(一百元或以上)的捐款可根據稅務條例獲豁免繳稅。

### How to Donate 捐款方法

Please complete the following Donation Slip together with your crossed cheque\* for donation and return to our office (address: Unit 126-127, G/F, Kam Wah House, Choi Hung Estate, Kowloon). For enquiries, please call 2790-8844.

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。

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

茲奉上港幣HK\$\_\_\_\_\_作為捐款，並請發回收據。

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

姓名 : \_\_\_\_\_

Mailing Address 通訊地址 : \_\_\_\_\_

Tel No. 聯絡電話 : \_\_\_\_\_

Note : Crossed cheque should be made payable to 「The Samaritan Befrienders Hong Kong」

備註：劃線支票抬頭請寫「香港撒瑪利亞防止自殺會」

**多謝您的支持!**



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

**Hotline 求助熱線: 2389 2222**

Telephone lines for Hotline Service sponsored by PCCW-HKT Limited  
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*Members of*

會員機構

The International Association of Suicide Prevention 國際防止自殺會  
The Hong Kong Council of Social Service 香港社會服務聯會  
The Community Chest of Hong Kong 香港公益金

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