



香港撒瑪利亞防止自殺會 Since 1960
The Samaritan Befrienders Hong Kong



活出新意義

關懷身邊人

2003 年報 Annual Report

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BRIEF HISTORY

Brief History

The Samaritan Befrienders Hong Kong (SBHK) was established in 1960 under the name "Suicide Prevention Society". This service was 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 the 70s, SBHK offered services by 2 distinct units; one in Cantonese, the other in English. The English service unit was discontinued in 1982 for administrative reasons. Since 1994, SBHK has incorporated as a limited company.

SBHK is a local voluntary agency run by volunteer workers. Though non-religious in nature, SBHK reflects the generosity and benevolence of the Good Samaritan in the Bible who always stretched forth a helping hand to the distressed and helpless. Through giving support and rendering emotional counseling to them, we help those in need to help themselves.

In the wake of a significant rise of students' suicides due to setback in their Hong Kong Certificate Examination in 1964, SBHK launched a Summer Hotline Service for Form 5 graduates in 1965. The Service has been maintained for many years. Following our example, other organizations joined in, and now resources from various quarters are made available to help students finding ways out from their cul-de-sac.

Recent Developments

When one is seriously thinking of committing suicide, it is obviously better to have someone close by with understanding and caring than just talking on the hotline.

Seeing the needs and to serve the community better in the area of suicide prevention, SBHK has submitted two proposals in the year 2001 to the Hong Kong Jockey Club and the Lotteries Fund to apply for funds to establish a Life Education Centre and a Suicidal Prevention Crisis Centre. Through the active support of the Social Welfare Department, and the generous financial support from both the Hong Kong Jockey Club and the Lotteries Fund in providing 3 years operation cost, both centres were materialized and were in operations since April 2002. The setting up of the new centres enables the SBHK to complement its long running the Hotline service to provide a more comprehensive suicide prevention service for the community.

The three centers, with its unique service nature, different objectives and logos, share a common spirit and mission - that is the love and concern for our fellow neighbors.

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, by helping them to regain confidence in life.
- b. To publicize and promote the spirit of our service in the community through talks, seminars, research and other means.
- c. To help in the 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，由義工組成的志願服務機構，並無宗教立場，一直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，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。

近期發展

在過去四十多年的熱線經驗中，我們接觸過不少在自殺邊緣掙扎的人士，當中亦不缺自殺意圖強烈的一群，本會相信擴展至較長期的危機輔導及外展服務更有助他們重拾求生的信念。至二零零一年十一月承蒙社會福利署的積極支持和推動下，本會獲獎券基金的撥款，成立為期三年的「自殺危機處理中心」，為防止自殺工作擔當危機介入的重任。

自從九七年金融風暴後，香港經濟每況愈下，自殺問題愈趨嚴重。本會有感單靠熱線服務形式實不足夠，為遏止自殺風氣蔓延，得從根本的生命教育做起，更鼓勵社區參與，與我們一起把守生命的關口。至二零零二年二月，本會正式獲香港賽馬會撥款開辦為期三年的「生命教育中心」，為防止自殺工作擔當及早預防的工作目標。

隨著「自殺危機處理中心」及「生命教育中心」的成立，再配合我們持久堅守著首個求助接觸點的熱線服務，本會的防止自殺工作得以踏實發展，更達致本會服務的精神及宗旨。

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 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

1. We provide a 24-hour telephone hotline service, interview service by appointment and correspondences service for clients.
2. We endeavour to talk to every client but priority is given to those with high suicidal intent. Should a client display no suicidal inclination but keep on contacting us on a prolonged basis, limited service shall be provided on the ground that it is deemed beneficial to the client.
3. If the situation of a client is such that substantive relief (social or medical service) is warranted, then we shall provide the client with the relevant information, or with client's consent, refer the case to relevant organizations. In case of emergency and no objection from the client, we shall notify relevant organizations or persons to assist the client..
4. When a client wishes us to assist another person who is suicidal, we shall provide as much information as we can and recommend that person to contact us. We shall not approach that person if we are not contacted. Exception is by reason being too young, old or infirmity. In that case, we shall try to contact that person.
5. All our members are volunteers, having been carefully selected and trained, and are being supervised by experienced members and relevant professionals.
6. Our members shall let clients know only their surname and membership number. All other personal information shall be kept confidential. Clients shall only contact our members through our service.
7. We develop other methods to fight against suicide like setting up the Life Education Centre and the Suicide Crisis Intervention Centre. We promote suicide prevention through community services, seminars, publications (annual reports, newsletters, books and reports), researches and surveys, promotional education as well as international conferences.
8. We offer assistance for the establishment of organizations with similar nature and mission in the South East Asia and neighbouring regions.

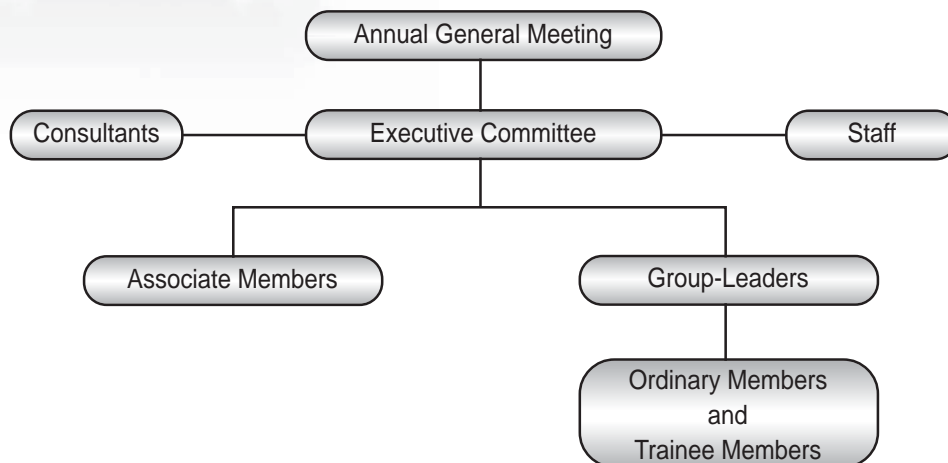
服務精神

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，如情況許可亦會提供預約面談服務，求助者亦可以用書信及電郵與本會聯絡。
2. 本會會為每一位求助者提供服務，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。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. 開展其他防止自殺服務工作，如設立自殺危機處理中心及生命教育中心，並透過社區服務、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。

ORGANIZATIONAL STRUCTURE



Executive Committee

(Term of Office: From July 2003 to June 2005)

Chairman: Mr. Wong Yao Wing

Vice-Chairman: Mr. Kan Pak Kei

Secretary: Ms Ng Wing Mui (till December 2003)
Mr. Chiu Kim Ho (from December 2003)

Treasurer: Ms Wong Choi Wan

Committee Members: Mr. Lo Yu Keung Wilson
Mr. Wong Yuen Ching
Mr. Fan Wai Shing
Ms Chan Fung Ming
Ms Yam Siu Fong
Ms Chiu Wai Yee

Staff List (as at 31 December 2003)

Hotline Centre

Centre-in-charge: Ms Lui Wong Yun Fong Helen

Assistant Service Officer: Ms Winnie Wong
Ms Chan Mei Kei

Administrative Assistant: Ms Lai Chui Yan Peggy
Ms Chong Chau Yim

Clerk: Mr. Li Kam Leung

Part-Time Workman II: Ms Chang Wai Yi

Suicide Intervention Centre

Centre-in-charge: Mr. Wong Chun Hon Michael

Crisis Counsellor: Ms Tsang Kwok Han Helina

Ms Lai Pui King Joanne

Ms Heung Mo Yan

Ms Chu Siu Man

Mr Ho wing Hung

Ms Ng Wing Yan

Mr. Ng Hung Fai

Mr. Chung Wai Lun

Clerk: Ms Sing Pui Ching

Life Education Centre

Centre-in-charge: Ms Ng Chau Wo Wendy

Social Worker: Ms Chau Chui Yu

Ms Liu Yuk Chun

Clerk: Mr. Lee Kin Hang

Office Assistant: Ms Cheng Wai Yung

Honorary Consultants

Honorary Consultant: Mr. Allen Peng Fei Lee, JP

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

Legal Consultants: Fred Kan & Co., Solicitors & Notaries

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

Service Consultants: Ms. Jolene Mui, Service Manager, CPNS CPH, Castle Peak Hospital

Dr. Chiu Siu Ning, Senior Medical Officer (Psychiatry),

Community Psychiatric Team, Kwai Chung Hospital

Ms. Ide Chan, Clinical Psychologist, Tuen Mun Hospital

Dr. Hau Kit Tai, Ph.D., Chairman the Department of Education Psychology,
Faculty of Education, CUHK

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

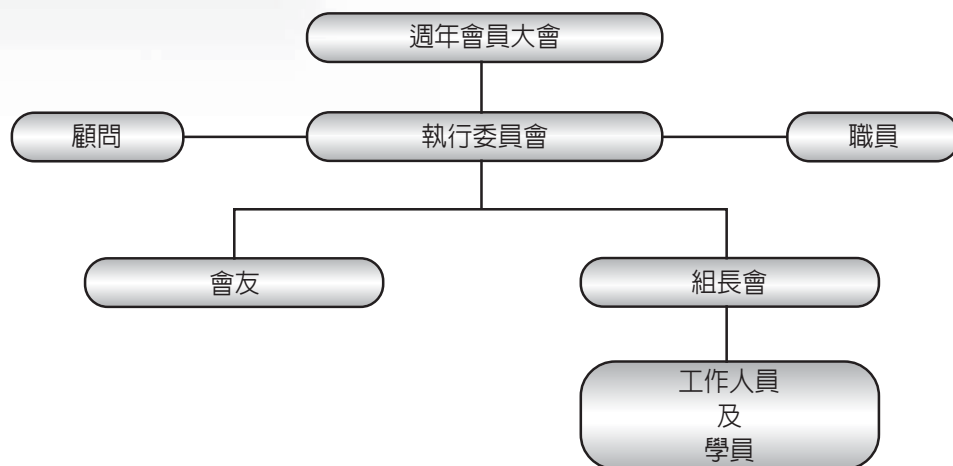
Dr. Michael H.P.Tsang, Ph.D.in Clinical Psychology (U.S.A);

Registered Clinical Psychologist

Mr. Zeno C. S. Leung, Lecturer, Department of Applied

Social Sciences, The HK Polytechnic University

組織架構



義務執行委員名單

(二零零三年七月至二零零五年六月)

主 席：黃祐榮先生

副主席：簡柏基先生

秘 書：伍詠梅女士(至03年12月止)

趙儉豪先生(由03年12月起)

財 政：黃彩雲小姐

委 員：盧裕強先生 黃遠青先生 范偉盛先生

陳鳳明小姐 任少芳女士 趙慧儀女士

職員名單 (至二零零三年十二月三十一日)

熱線中心

中心主任：雷黃恩芳女士

助理服務主任：黃韻雯小姐

陳美琪小姐

行政助理：黎翠欣小姐

莊秋艷小姐

文員：李錦良先生

通宵事務員：鄭惠儀小姐

自殺危機處理中心

中心主任：黃鎮漢先生

危機輔導員：曾國嫻女士

賴佩瓊小姐

香慕茵小姐

朱小敏女士

何永雄先生

吳詠恩小姐

吳雄暉先生

鍾威麟先生

文員：成佩貞小姐

生命教育中心

中心主任：吳秋和小姐

社會工作員：仇翠瑜小姐

廖玉珍女士

文員：李健衡先生

辦公室雜務員：鄭惠容女士

義務顧問名單

榮譽顧問：李鵬飛太平紳士

財務顧問：張耀鴻會計師樓

法律顧問：簡家聰律師行

公關顧問：張林森先生

服務顧問：梅杏春小姐(青山醫院社康服務經理)

趙少寧醫生(葵涌醫院社區精神科治療組精神科高級醫生)

陳淑芳小姐(屯門醫院臨床心理學家)

侯傑泰博士(香港中文大學教育學院教育心理學系主任)

林翠華醫生(香港中文大學醫學院精神科副教授)

曾慶培博士(註冊臨床心理學家)

梁傳孫先生(香港理工大學應用社會科學系講師)

LOGOS OF SBHK

Logo of SBHK

We can see there are two people standing face to face, hand in hand in the picture. We use name of our organization to form a question mark. The symbolic meaning is to help each other, to encourage each other, to love each other as our mission statement had been stated.



Hotline Centre

"TOUCH"

"Touch" means "Contact", "Understanding" and "Sensitivity".

We...

"listen" to contact the voice of our callers;

"care" to understand the needs of our callers;

"are sensitive" to empathize with the emotions of our callers.



We believe people with emotional trouble can be positively influenced by our sincerity, they may acquire our belief that there are always someone concerned about others --- "Lively Opportunity is Everywhere"!

Life Education Centre

"GROW"

'Grow' means growth, implying that Life Education helps people grow. The symbolic brown color represents soil, a platform for plants to be nurtured and the letter 'r' signifies the growing sprout. It is the seeds of Life Education scatter on different soil. When soil and seeds have made contact, its sprouts grow.



Suicide Crisis Intervention Centre

"ALIVE "

- Green color represents healing and yellow color represents full of life;
- 'Alive' summarizes the goal of our intervention;
- The logo could be read as "a - live", again to help clients to live their lives;
- Along with the Chinese slogan, we hope clients will be encouraged to leap through to the next day. This explains our centre provides short-term crisis service and is not designed to replace long-term counselling. Our goal is to work with the client to safely reach tomorrow.
- The leaping action signifies effort is required;
- The yellow "i" represents a standing person despite being in a crisis; it also signifies a burning candle - still burning and still having the potential to stay alight;



本會徽號

從抽象的構圖中，可以看到兩個人面對面，手握手，用會名組成一個問號，箇中的意思是互助、互勉、互愛，一起解決疑難，充份表達本會的精神。



熱線中心

TOUCH

Touch——寓意接觸、觸及、觸覺

我們……

用聆聽去接觸來電者的聲音；

用關懷去觸及來電者的需要；

用觸覺去感受來電者的心情。



我們相信：受困擾的人可被我們的真心感染，分享人間有情的信念——「生機處處」！

生命教育中心

GROW

· Grow是成長的意思，寓意生命教育是幫助人成長的

· Grow是棕色，象徵泥土，孕育植物生長的地方，而「r」代表

正在茁壯成長的幼苗；就好像將生命教育的種籽散佈於不同土壤之中，而當泥土接觸到種籽之後，便會孕育成長起來



自殺危機處理中心

ALIVE

· 中心徽號利用綠色及黃色為主要顏色，綠色代表痊癒，而黃色代表充滿生命

· Alive 代表危機中心介入的目標

· Logo 可以讀成「a —— live」，即是：生活、生存

· 中文的口號：「跨躍明天」是希望受助者可以做到跨躍明天，更可說明本中心的服務以短暫為原則，目的不是長時間的輔導服務

· 跨躍亦代表受助者本身也要使用力量去跳出重圍，我們深信受助者仍然有很多能力去衝出他們的困擾

· 黃色的「i」代表一個在危機之中仍然可以站立的人，同時，亦代表燃點中的蠟燭，能在生命中發光發熱



CHAIRMAN'S REPORT

Mr. Robert Wong
Chairman

Introduction

Hong Kong's economy remained sluggish in the year 2003. In addition the threat of SARS during the beginning of the year caused all businesses to worsen. During SARS, medical professionals risked their lives to perform their duties. Sacrificing their own lives, they saved patients' lives without hesitation and fully had demonstrated the best of human nature. Those who were unfortunate to have contracted SARS also completely trusted their lives to the medical professionals. These patients used up every ounce of their breath and every grain of energy so they might have a better chance to live on. However, it is regrettable that there are many people in the community who have encountered problems in relationships, career, finance, family and school, and choose to end the problems by committing suicide.

SBHK following the footsteps of the Good Samaritan in the Bible, has served the people in Hong Kong for over 40 years, by providing services to the emotionally disturbed, in particular to those having suicidal tendencies.

Through its three service centres (Hotline Centre, Life Education Centre and Suicide Crisis Intervention Centre), each with its unique service nature and objective, SBHK hopes to deliver the message of cherishing life and suicide prevention to every corner of Hong Kong using different channels and methods.

Hotline Centre

In the year 2003, our hotline centre received a total of 10,807 calls. Among them 7,810 calls were from the emotionally disturbed. The rest were enquiry calls, frivolous calls and mute calls. Male to female ratio was 58.4% to 41.6%. Most of the callers were aged from 15 to 44 years old, which is 82.87% of the total number of callers. Most of the calls were associated with mental problems (17.81%), family problems (14.15%), career problems (13.92%) and love relationship problems (12.30%). These figures were similar to those of the previous years.

Among the calls, 25.15% had suicidal tendencies. 184 of these calls were transferred to the Crisis Centre of SBHK with the consent of the callers for further professional assistance.

Up to the end of 2003, SBHK had a total of 236 volunteers. In order to enhance the quality of the volunteer team and increase the number of volunteers, we selected 107 applicants from the recruitment exercise for the first stage of one year training. For our existing volunteers we conducted case sharing sections, discussion forums and arranged for them visits to related services and organizations, so that volunteers can better equip themselves with knowledge and counselling skills to face the changes and needs of the society.

Similar to the previous year, SBHK continued to serve the mass media and community groups by providing suicidal data and analyses, helping them with their study and research on this topic.

Life Education Centre (LEC)

This is the second year of our LEC's service to the community. In order to meet the need of the community and more effectively to promote the importance of positive living, LEC held a variety of activities including, talks, seminars, workshops and edition of life education teaching materials. Through these activities, we hope to bring out to the public the importance of positive life. LEC also held life education workshops for teachers and parents in primary and secondary schools to share with them

our experience in promotion of positive life in school campus, classrooms and at home. Moreover, LEC worker together with the Hong Kong Repertory Theatre to present the drama 'Running Charcoal' in primary and secondary schools. Through the drama and other related training aids and activities, we hope to stimulate youngsters to think about the need in growing up and the meaning of life.

To address the social problem of increase in suicide packs, LEC held a press conference in August with the theme "Better to help one another out in difficulties than to face the dead end together." We shared effective methods to prevent suicides. As northern New Territories has considerably high suicide rate and greater number of family problems in Hong Kong, LEC through co-operation with the Hong Kong Government and other social services agencies provided residents in this area with multiple facets social services. It is hoped the appeal for positive life can reach every family in the region.

This year we conducted two training courses for 'Life Ambassadors'. They were volunteers acting as our community gatekeepers. The Life Ambassadors organized a parade in May, using a beautifully decorated coach, singing and giving out souvenirs to bring out the message of good neighbourhood during the SARS affected period at some densely populated area 15,000 citizens were involved.

Suicide Crisis Intervention Centre (SCIC)

This is the second year of our SCIC's service. We accepted referrals from more and more front line organizations including Social Welfare Department, hotline centres, voluntary agencies, Department of Health, hospitals and police stations. We aimed at providing immediate counselling services to those facing imminent suicide risk. There was a considerable increase in the number of referrals, from 205 cases during April to December of 2002 to 936 cases in the year 2003. Among the cases 74% were of medium to high risk. The main problem areas were financial problems (19%), marriage problems (17%), mental health (13%) and love relationships (11%).

Besides we also set up three new services, so that we could utilize our resources more effectively and comprehensively in serving the public:

- Set up an information hotline for families and friends of those who need help.
- Accept walk in client without referral.
- Set up a resting area for those who seek help, so that they can share feelings and discuss problems among peer group.

Furthermore, in order to study more scientifically the work of crisis intervention, we invited Professor Cecilia Chan of the University of Hong Kong and her colleagues to compile and analyze existing data to produce a report. The objective of the report is to review the effectiveness of our current service setting toward the success in suicide crisis intervention.

Conclusion

Even though the economy of Hong Kong in the fourth quarter of 2003 showed a slight improvement, this year's suicidal rate of 16.9 hit a historic high record. There were 1,152 successful suicides. Each of us knows that Love and Concern are the main driving forces of lives, and also the best medicines to fight suicides. No matter how the political and economical climate changes, each of us have to face our own problems. A tiny word of concern or a little kind act from a friend is often like water in the desert to those who are in distress, and often transcribes a completely new meaning of life.

SBHK with its past experience, hopes to continue serve the community of Hong Kong in a better way. We are planning to set up a Suicidal Integrated Service Centre by pulling the resources from all the three centres together, so as to better utilize them. By having such an integrated service centre, suicidal prevention work can be achieved more easily and comprehensively.

前言

香港在2003年，經濟繼續低迷，加上年初SARS的威脅，令各行各業更雪上加霜。在SARS期間，香港的醫護人員冒著生命危險，緊守崗位，日以繼夜不眠不休的搶救照顧每一個病人，充份發揮人性的光輝。不幸染上SARS的病人也積極與醫護人員合作，並肩作戰，盡他們的每一口氣、每一分力去爭取生存的每一個機會。然而另一方面，社會上也有一些人因為受到一些人生路途上的挑戰，如感情、事業、經濟、家庭及學業等問題的困擾而不能自拔，選擇以自殺的方式去解決問題，實在十分可惜。

香港撒瑪利亞防止自殺會在過去四十多年來服務香港社會，一直本著聖經中好撒瑪利亞人的榜樣，為情緒受困擾，特別是有自殺傾向的人士服務。

本會希望藉著我們三個中心（熱線中心、生命教育中心及自殺危機處理中心），透過不同的途徑、不同的方法，把「珍惜生命」及「防止自殺」的訊息帶到香港每一個角落。

熱線服務

本會熱線中心在2003年共提供了10,807宗電話服務，其中7,810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，另求助者男女比例為58.4%及41.6%。求助者的年齡大部份來自15－44歲之間，佔總求助人數的82.87%。在求助個案類別中，主要是精神問題(17.81%)、家庭(14.15%)、職業(13.92%)、愛情(12.30%)。整體的數字和往年相若。

在全年的求助個案中，有自殺危機的佔25.15%，其中有184宗個案在求助者的同意下轉介至本會的自殺危機處理中心跟進。截至2003年底，本會共有義工236名。為了不斷加強我們義工團隊的質素及擴大團隊的人手，本會過去一年，從招募活動中，共篩選107人接受為期一年的訓練班的第一階段訓練。另外也為現有之義工舉辦個案研習分享，機構探訪等活動，好讓義工能不斷裝備自己，更充份掌握輔導技巧，以應付不斷的變化和需要。

如往年一樣，本會也繼續為傳媒及社團機構提供自殺數據和分析，協助他們在這課題上的探討和研究。

生命教育中心

今年是生命教育中心投入服務的第二年，為更有效地將珍惜生命的訊息推廣到不同的社區，中心透過多元化的活動，如講座、座談會、工作坊、製作生命教育教材等，向市民大眾帶出正面的人生觀。中心更在不同中、小學校舉辦生命教育教師工作坊，與教師分享如何在校園、課室以至家中推行生命教育。再者，中心與香港話劇團合作，透過一齣名為《走炭》的話劇，在中小學校演出，同時透過相關題目的教材及活動，讓青少年人正視成長的需要和反思生命的意義。

為求緊貼社會的脈搏，中心在八月間，因為一些陪伴自殺的個案上升，召開一個名為「與其同尋絕路，不如逆境逢生」的記者招待會，提供及探討一些有效的防止自殺方法。中心亦洞悉新界北區的家庭問題以及自殺率是全港之冠，特此透過與政府及各社會服務機構的合作，為新界北區的市民提供多元化的社會服務，務求將珍惜生命的訊息帶到每個家庭。

今年中心舉辦了兩期「珍惜生命大使」培訓班，共培訓了三十名「珍惜生命大使」，成為社區守望者，珍惜生命大使於5月期間籌辦了一個花車巡迴旺市活動，宣揚鄰舍互助互愛的訊息，這次活動共有15,000社區人士參與。

自殺危機處理中心

2003年是本中心投入服務的第二年，今年我們將轉介服務全面擴展至各服務機構，包括社會福利署、熱線服務機構、志願機構、衛生署、醫院及警署等，為面臨「絕境」的人士提供第一時間的輔導，協助渡過難關。各服務機構轉介本中心跟進的個案有顯著增加，由02年4至12月的205宗增至03年全年的936宗。高中危個案佔74%，主要求助問題為經濟（19%），婚姻（17%）、精神健康（13%）及愛情（11%）。

另外我們開拓三種新的相關服務，希望更能全面有效地利用資源服務社會：

- （一）中心於2003年中設立一條專為具自殺意慾人士之親友提供的支援服務之自殺危機諮詢電話，以支援及協助他們評估及處理親友之自殺問題以及作適當之轉介。
- （二）中心更為一些具自殺意慾人士，不需經過轉介可以親身到白田中心尋求輔導，提供直接介入服務。
- （三）中心開設「心靈加油站」，為接受輔導者提供一處休憩地方，可互相傾吐心聲、討論問題。

此外，為要更科學化地研究危機介入的工作，中心特別邀請香港大學陳麗雲教授及其同僚，協力整理及分析數據，探索現時服務運作模式對處理自殺危機之效用。

總結

雖然2003年第四季開始，香港經濟稍有轉機，但整年來香港自殺率達到16.9，有1,152人在年中自殺身亡，也是香港歷年新高，我們知道愛和關心是生命的動力，也是防止自殺的一條最好的良方妙藥，無論香港的政治、經濟氣候怎樣改變，每一個人都要面對自己的困難，然而身邊人一句簡單的慰問或一點點的扶助，對受困擾的人仕來說都是荒漠甘泉，帶來無限的生機。

香港撒瑪利亞防止自殺會承接以往的經驗，希望能夠進一步為香港市民服務。本會正計劃成立一個防止自殺綜合服務中心，希望把現有兩個中心的服務融合，更有效利用現有資源，從而能夠更全面更具體地，以一條龍式服務推廣防止自殺的工作。

SERVICE REPORT

6.1 Hotline Centre

Mrs. Helen Lui
Centre-in-charge

Introduction

Our 24-hour hotline service aims at providing people who are emotionally distressed, desperate and suicidal with immediate emotional support. With the care and support of our hotline volunteers, the callers are encouraged to face and walk through their problems so as to regain their hope for the future and confidence in facing the challenges ahead.

Number of Cases

From January to December of 2003, we received a total number of 10,807 cases. Among these cases, 7,810 cases were help-seeking in need of emotional support and counselling service. The rest were for enquiries, prank calls and silent calls. 7,640 help-seeking cases (97.8% of the total) reached us by phone, 17 (0.2%) by face-to-face interview, 9 (0.1%) by letter, and 144 (1.9%) by email. It reflected that most of our clients still preferred to reach our service by phone calls while the number of those preferred by email was rising. (Details in Table 6.1.1)

Sex and Age

Among all the help-seeking cases, 58.4% of the help-seekers were female and 41.6% were male, showing that the number of female help-seekers was higher than that of male help-seekers by 16.8%. According to the 2003 Hong Kong Census Report, the female population was only 4% higher than that of the male population, reflecting female was comparatively more willing to seek help than the male. In fact it was consistent to the experience in the counselling field that females were more used to share their feelings and problems than males and thus more ready to ask for help.

In respect of age distribution, most of the service users came from the age range of 15 to 44, 82.87% of the total users. The age group of 30 to 34, 22.88% of the total, still topped the list as the previous years. Following were the age groups of 40 to 44 and 20 to 24 taking up 16.65% and 15.39% respectively.

With reference to the 2003 Hong Kong Census Report, the number of people in the age range of 15 to 34 and 35 to 64 were 28.70% and 44.10% respectively but the numbers of help-seeker in same age categories were 57.88% and 32.28% accordingly.

This means the proportion of people seeking help aged between 15 and 34 was comparatively high, suggesting that on one hand they were facing lots of uncertainties, challenges and pressure in their daily lives such as studying, career, family and marriage, interpersonal relationship and mental health problems. On the other hand, when encountering frustrations, difficulties and distress, they were more in need of hotline service support and ready for venting their problems, seeking solutions and dealing with their depressed emotions. (Details in Table 6.1.2)

Nature of Problems

The top four natures of problems for our help-seekers remained the same as last year. They were mental health (17.81% of the total), family (14.15%), occupation (13.92%) and love relationship (12.30%) problems. The mental health problem had the highest increase rate (2.61%) compared to last year and reflected that Hong Kong people continued to be under significant mental stress. As suicide and mental health problems were closely correlated, effective mental health education is a prerequisite to improve the suicide problem.

Although the financial problem percentage slightly dropped by 1.01%, the occupation problem rose by 1.5%. This could suggest that the stress from financial problem might be slightly relaxed, as evident from reduced unemployment and bankruptcy rates, but the pressure from employment was more intense. For example, lots of people have been laid off and were unable to get a job as good as before, or they had to survive with jobs of longer work hours and more responsibilities but with less pay.

Correlating the sex distribution with the nature of problems analysis, occupation, same as the previous years, was still the top concern for our male help seekers. This reflected that in our society males still took up the main role of breadwinner and thus felt more pressure in the employment area. Other major problems that concerned males were sex, family and financial problems. The main problems concerned females were mental health, family, love relationship and occupation problems, meaning that females cared more about family and love relationship. (Details in Table 6.1.3 and Figure 6.1.3)

Different age groups have different concerns in their problems. This could be because the needs of help-seekers vary in different life stages. The major problem is studying for the group aged 10 to 14, sex and love relationship for 15 to 24, love relationship and occupation for 25 to 29, mental health and occupation for 30 to 39, mental health and family for 40 to 44 and, financial and family for aged over 44. (Details in Table 6.1.4)

Suicide Crisis

Out of the total number of cases, 19.51% of the cases were assessed to have low suicide risk, meaning that those cases have already developed suicide ideation in distressed situation although concrete suicide plan has not yet formulated. Another 4.24% of the cases were assessed to have medium risk, suggesting that those cases have not only developed suicide thought but also concrete plan of ending their lives, although the danger of loss of life was not imminent. Those cases assessed to be high suicide risk, 1.40% of the total, were already at imminent danger of suicide or even in the process of committing suicide during their contacts with us. In total, 25.15% of the cases were suicidal. Among the high and medium risk cases, 41.81% (184 cases) were referred to our Suicide Crisis Intervention Centre for crisis intervention and management service as well as further intensive counselling service. (Details in Table 6.1.5)

Volunteer Training

In August 2003, we started our 39th training course of the hotline service, which was a one-year training program to recruit new volunteers. More than 250 applicants applied and 107 volunteer trainees were recruited to join our first stage of training. (Details in Table 6.1.6)

In order to keep up both the quantity and quality of our volunteer pool, in-service training for our existing volunteers was equally important. Thus lots of programs such as case sharing, agency visits and other training workshops were organized, so that hotline volunteers could better equip themselves with better polished counselling skills, better knowledge of problems and challenges our help-seekers were facing and of community resources suitable for them. (Details in Table 6.1.7)

Volunteer Information

As at the end of 2003, our organization had a total number of 236 hotline volunteers. 87 or 37% of them were males and 149 or 63% were females. While all the volunteers were over 20 years old, the majority group, 45% of the total, was in the age range between 35 and 44. Besides, 67% of them have received tertiary or university education. Regarding their employment background, 17.8%, 16.5% and 13.6% came from the social service sector, white collar and education sector respectively. (Details in Table 6.1.8.)

Mass Media and Visitors

Throughout the year of 2003, our organization continued to receive visits from mass media, academic and social organizations. We answered their inquiries about suicide problems, statistics and analysis so as to assist every interested party to further explore and research the topic and to encourage collective effort in suicide prevention work. In view of student suicide due to too much pressure from public examination result announcement and of the suicide packs happened in the year, we launched a press release and a press conference respectively to advocate positive messages and suggestions. (Details in Table 6.1.9 - 6.1.13)

6.1 熱線中心

中心主任：雷黃恩芳

服務簡介

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即時的情緒支援，透過熱線義工對求助者的關懷和支持，讓他們願意重新面對自己的問題，提升解決問題的能力及重拾生存的勇氣和信心。

個案數目

本會於二零零三年一月至十二月全年期間，共處理10,807人次的服務個案，當中的求助個案共7,810人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在七千多宗求助個案中，有7,640宗個案(97.8%)是透過電話熱線求助、17宗個案(0.2%)透過面談求助、9宗個案(0.1%)透過書信求助及144宗個案(1.9%)透過電郵求助。這反映絕大部份的求助者仍然選擇透過電話形式求助，而透過電郵的求助者在近年亦有增加。(詳閱表6.1.1)

性別與年齡

在全年的求助個案中，女求助者佔58.4%，男求助者則佔41.6%，前者比後者高出16.8%，但在香港2003年人口統計數字中女性比男性則高出只有4%。相比來說，女性求助者的比例較男性求助的比例為高，這正符合一般輔導的經驗，就是女性往往較為容易和習慣向人說出自己的問題和困擾，並較願意尋求協助。

就求助者的年齡分佈分析，大部份的求助者來自年齡15歲至44歲之間，佔總求助者人數的82.87%，當中以30至34歲的年齡組別最多，佔22.88%，接著的是40-44歲和20-24歲的組別分別佔16.65%和15.39%。若比較香港人口統計數字，年齡15-34歲和35-64歲的人口分別佔28.7%和44.10%。而比較相同年齡組別於本會的求助人數則佔57.88%和32.28%，這反映15-34歲的年齡組別求助率很高，相信一方面這反映到該年齡組別的人仕可能面對生活很多不明朗的變數和壓力，例如升學、職業、感情、家庭或婚姻、人際關係和精神問題等；而另一方面，在遇到問題和情緒困擾時，他們可能較需要和願意尋求熱線的支援，希望一個安全的環境下，找別人傾訴，以尋求認同、解決問題的方法及紓緩壓抑鬱結的情緒。(詳閱表6.1.2)

問題種類

在全年求助個案類別中，跟去年一樣，首四項的主要問題困擾是精神健康(17.81%)、家庭(14.15%)、職業(13.92%)及愛情(12.30%)問題。相比去年的數字，精神問題亦是攀升幅度最高(2.61%)的問題類別，反映著香港人仍不斷面對很大的精神壓力。值得關注的是，自殺問題跟精神健康問題關係密切，若要改善香港的自殺問題，相信有效地培育市民良好的精神健康是必須的。至於受經濟問題困擾的雖比去年降低了1.01%，但受職業困擾的升幅卻是1.50%，這多少反映到香港受經濟困擾的人士也許放緩了一些，如失業率和申請破產人士等。但在職業方面的壓力和困擾則增加了，例如工作條件不理想，但又不易轉到較理想的工作、為生活而被迫轉行或因經濟不景而工作量和壓力不斷增加等。

另外，如往年無異，不同性別亦受不同的問題所困擾，男性受職業問題的困擾仍居首位，相信這反映到現今的香港社會中，男性亦擔負主外角色，為家庭的經濟支柱，故在職業方面會感壓力較大。其次則是性問題、愛情問題及經濟問題等。至於女性則以精神問題困擾最多，接著的是家庭問題、感情問題和職業問題，反映香港女性仍較為重視家庭關係和感情問題。（詳閱表6.1.3及圖6.1.3）

不同的年齡組別受到困擾的問題類別也不同，相信這是由於不同年齡的求助者，在不同成長和發展階段中，有不同的需要。10-14歲的少年受困擾最大的是學業問題，而15-24歲的青少年則受性和愛情問題的困擾較多，25-29歲組別最多受愛情和職業的困擾；30-39歲的則最受精神問題和職業困擾，45歲以上的則較受經濟和家庭問題的困擾。（詳閱表6.1.4）

自殺危機

在全年的求助個案中，有19.51%是有低度自殺危機的，意即求助者雖未有具體的自殺計劃和即時自殺危機，但起碼已有自殺的意念；而4.24%是有中度自殺危機的，即求助者除了有自殺的意念外，更已有具體的自殺計劃，只是未有即時自殺的危險；至於有高度自殺危機的個案則有1.40%，亦即求助者都有即時自殺行動的可能，甚或求助時已正進行自殺。總計來說，有自殺危機的求助個案共25.15%，當中的高、中危個案中有41.81%（即184個案）在求助者的同意下轉介至本會自殺危機處理中心跟進。（詳閱表6.1.5）

義工訓練

於二零零三年八月本會開辦了第三十九期的義工訓練班，為義工學員提供整整一年的義工訓練課程，報名參加者十分踴躍，有超過二百五十人之多，經篩選後，共一百零七人接受職前培訓第一階段的訓練課程。（詳閱表6.1.6）

除了對新義工的培訓外，為了確保和不斷提升熱線的服務質素，本會同時重視現存義工的在職訓練，故舉辦了不同的訓練課程，個案研習分享會和機構探訪等，好讓義工們能不斷裝備自己，在掌握熱線輔導技巧、求助者面對的困難和需要及社會資源等方面都能做得更好。（詳閱表6.1.7）

義工資料

截至二零零三年底，本會共有義工236名。當中男義工有87名（37%），女義工佔149名（63%），年齡全在20歲以上，以35-44歲為大多數，佔總義工人數的45%，教育程度多為大專程度或以上，佔67%，職業則以社會服務界最多，佔17.8%，次之則為佔16.5%的白領和佔13.6%的教育界。（詳閱表6.1.8）

傳媒及探訪

如往年一樣，本會透過傳媒訪問及各社團機構的探訪，解答傳媒朋友和社會人士對自殺問題的查詢，為他們提供自殺數據和分析，協助他們在這課題作更深入的探討和研究，從而鼓勵各方在預防自殺工作方面共同合作和努力。在二零零三年，鑑於有學生因公開考試放榜的壓力而尋死及在年中夫婦或朋輩一起自殺頻頻發生，本會曾就上述問題作出了特別呼籲和召開了記者會。（詳閱表6.1.9-6.1.13）

(Table 6.1.1) Overall Statistics of Services in 2003
(表6.1.1) 二零零三年全年服務總表

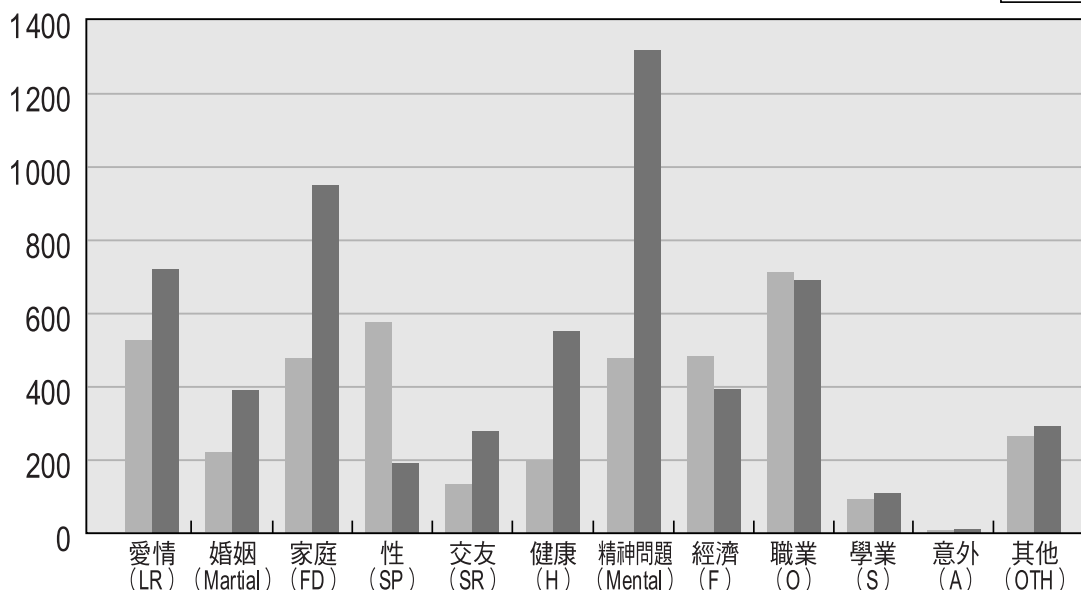
		男 Male	女 Female	不詳 Unknown	小計 Sub-total	總計 Total
個案 Cases	電話 Phone Call	3166	4463	11	7640	7810
	面談 Interview	12	5	—	17	
	書信 Letter	5	3	1	9	
	電郵 Email	49	60	35	144	
諮詢 Enquiry Call		209	197	12	418	2997
戲弄 Frivolous Call		42	19	2	63	
無聲 Mute Call		—	—	2516	2516	
總計 Total		3483	4747	2577	10807	10807

(Table 6.1.2) Sex and Age Distribution of Clients in 2003
(表6.1.2) 二零零三年求助者性別與年齡分佈

性別Sex 年齡 Age	2003個案Cases					2002個案Cases	
	男Male	女Female	不詳Unknown	總計Total	%	總計Total	%
0—9	1	0	0	1	0.01	0	0.00
10—14	61	24	1	86	1.10	86	1.00
15—19	314	240	1	555	7.11	819	9.52
20—24	684	517	1	1202	15.39	1261	14.65
25—29	397	577	2	976	12.50	1168	13.57
30—34	755	1031	1	1787	22.88	1846	21.45
35—39	245	405	1	651	8.34	938	10.90
40—44	355	945	0	1300	16.65	1048	12.18
45—49	65	196	0	261	3.34	345	4.01
50—54	80	153	0	233	2.98	269	3.13
55—59	26	34	0	60	0.77	53	0.62
60—64	6	10	0	16	0.20	22	0.26
65+	10	5	0	15	0.19	25	0.29
不詳Unknown	233	394	40	667	8.54	727	8.45
總計 Total	3232	4531	47	7810	100.00	8607	100.00

(Figure 6.1.3) Problem Areas in 2003

(圖6.1.3) 困擾種類



(Table 6.1.3) Problem Areas in 2003

(表6.1.3) 困擾種類

年份 Years 性別 Sex 個案類別 Types	2003個案Cases					2002個案Cases	
	男Male	女Female	不詳Unknown	總計Total	%	總計Total	%
愛情 Love Relationship	524	720	2	1246	12.30 ●	1433	12.25
婚姻 Marital Problem	217	388	0	605	5.97	653	5.58
家庭 Family Disputes	479	952	2	1433	14.15 ●	1645	14.07
性 Sexual Problem	577	192	2	771	7.61	838	7.17
交友 Social Relationship	134	280	4	418	4.13	530	4.53
健康 Health	197	552	4	753	7.44	825	7.05
精神問題 Mental Problem	480	1320	3	1803	17.81 ●	1778	15.20
經濟 Finance	484	394	7	885	8.74	1138	9.73
職業 Occupation	714	692	4	1410	13.92 ●	1452	12.42
學業 Study	93	109	3	205	2.02	270	2.31
意外 Accidents	7	12	0	19	0.19	36	0.31
其他 Others	266	292	20	578	5.71	1097	9.38
總計 Total	4172	5903	51	10126*	100	11695*	100

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

* 因每一個案可能涉及多個困擾，故總數並不等於全年個案總數。

(Table 6.1.4) Problem Area, Age and Sex Distribution Cases in 2003
(表 6.1.4) 二零零三年求助者困擾及年齡與性別分佈

年齡Age 個案類別Types	0-9		10-14		15-19		20-24		25-29	
	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F
愛情 Love Relationship	0	0	0	1	32	66	121	139	110	126
婚姻 Martial Problem	0	0	0	0	0	3	8	13	15	31
家庭 Family Disputes	0	0	19	5	59	41	74	77	57	111
性 Sexual Problem	0	0	18	6	91	54	255	28	60	23
交友 Social Relationship	0	0	0	7	16	29	31	55	24	49
健康 Health	0	0	3	0	18	8	24	54	23	56
精神問題 Mental Problem	0	0	1	1	15	21	59	98	47	118
經濟 Finance	0	0	0	0	9	9	44	22	61	49
職業 Occupation	0	0	0	0	22	14	133	95	112	121
學業 Study	0	0	31	3	32	35	21	38	4	8
意外 Accidents	0	0	0	0	1	0	1	2	2	1
其他 Others	1	0	1	3	66	21	31	35	27	29
總計 Total	1	0	73	26	361	301	802	656	542	722

年齡Age 個案類別Types	30-34		35-39		40-44		45-49		50-54	
	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F
愛情 Love Relationship	120	165	48	71	53	90	9	12	4	12
婚姻 Martial Problem	74	115	33	55	47	98	7	22	14	21
家庭 Family Disputes	105	185	28	96	62	281	10	41	15	38
性 Sexual Problem	70	29	17	13	22	18	3	2	3	0
交友 Social Relationship	33	47	10	25	9	31	4	5	4	5
健康 Health	57	92	11	69	25	110	6	62	13	41
精神問題 Mental Problem	219	242	29	121	48	510	14	63	14	36
經濟 Finance	117	96	65	59	89	72	20	22	25	22
職業 Occupation	191	267	80	47	92	89	8	9	18	6
學業 Study	3	9	0	3	1	0	0	1	0	2
意外 Accidents	1	4	2	3	0	1	0	1	0	0
其他 Others	40	67	13	23	30	39	10	9	4	9
總計 Total	1030	1318	336	585	478	1339	91	249	114	192

個案類別Types	55—59		60—64		> 65		不詳Unknown		總計Total	
	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F
愛情 Love Relationship	0	1	0	1	0	0	27	36	524	720
婚姻 Marital Problem	2	8	1	1	0	1	16	20	217	388
家庭 Family Disputes	5	13	3	6	3	1	39	57	479	952
性 Sexual Problem	0	1	0	1	0	0	38	17	577	192
交友 Social Relationship	0	0	0	0	1	0	2	27	134	280
健康 Health	3	10	0	1	3	1	11	48	197	552
精神問題 Mental Problem	3	3	0	1	1	2	30	104	480	1320
經濟 Finance	12	4	1	3	2	0	39	36	484	394
職業 Occupation	8	1	0	0	2	0	48	43	714	692
學業 Study	0	0	0	0	0	0	1	10	93	109
意外 Accidents	0	0	0	0	0	0	0	0	7	12
其他 Others	6	3	1	1	2	0	34	53	266	291
總計 Total	39	44	6	15	14	5	285	451	4172	5903

(Table 6.1.5) Suicidal Assessment in 2003
(表6.1.5) 二零零三年求助自殺危機評估

即時自殺危機 Suicidal Assessment	2003個案 Cases								2002個案 Cases	
	男 Male	%	女 Female	%	不詳 Unknown	%	總計 Total	%	總計 Total	%
高 Imminently Suicidal	43	0.55	63	0.81	3	0.04	109	1.40	112	1.30
中 Suicidal with Plan	131	1.68	196	2.51	4	0.05	331	4.24	368	4.28
低 Suicidal Idea	589	7.54	923	11.82	12	0.14	1524	19.51	1585	18.42
無 No Suicidal Idea	2318	29.68	3180	40.72	19	0.22	5517	70.64	6238	72.48
不適用 N/A	151	1.93	169	2.16	9	0.10	329	4.21	304	3.53
總計 Total	3232	41.38	4531	58.02	47	0.55	7810	100	8607	100

(Table 6.1.6) Hotline Volunteers Pre-service Training
(表6.1.6) 熱線義工職前訓練

Period 日期	Training Course 課程	Number of Participants 參加人數 (第一階段訓練)
Start from August (last for a year) 八月起(為期一年)	39 期	107人

(Table 6.1.7) Hotline Volunteers In-service Training
(表6.1.7) 熱線義工在職訓練

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
February 2月	Volunteers Sharing Sessions 義工分享會	Training 訓練	2
March 3月	Volunteers Sharing Sessions 義工分享會	Training 訓練	1
	Workshop on 'Staying Young' 「快樂隨心包」工作坊	Training 訓練	1
May 5月	Survey on the effectiveness of the Across-duty 「橫向分組」問卷調查	Survey 調查	NA 不適用
June 6月	Seminar on Supervisors and Debriefing 督導員及個案簡報言討會	Training 訓練	1
	Workshop on 'Staying Young' 「快樂隨心包」工作坊	Training 訓練	1
	Survey on Volunteers Stress 「義工壓力」問卷調查	Survey 調查	NA 不適用
July 7月	Home Visit Safety Workshop 家訪安全座談會	Training 訓練	1
	Crisis Management 危機處理	Training 訓練	1
August 8月	Seminar on High Suicidal Risk Cases 高危個案分享會	Training 訓練	1
	Home Visit Safety Workshop 家訪安全座談會	Training 訓練	1
	Crisis Management 危機處理	Training 訓練	1
September 9月	Train the Trainers 訓練組長工作坊	Training 訓練	2
October 10月	Train the Trainers 訓練組長工作坊	Training 訓練	2
November 11月	Legal Seminar on——(1) Family Law (2) Debts 法律講座——(1) 家法侍候 (2) 債務	Seminar 講座	2
December 12月	Case Studies 個案研習班	Training 訓練	2
	Retreat Camp 退修營	Training 訓練	1

(Table 6.1.8) Hotline Membership Profile (as at 31/12/2003)
(表6.1.8) 熱線會員統計資料 (以二零零三年十二月卅一日計算)

(A) No. of Member 會員數字

	Male 男	Female 女
Total 合共	87	149

(B) Age Distribution 年齡分佈

	Male 男	Female 女
20–24	4	7
25–34	24	51
35–44	40	65
45–54	18	22
55+	1	4
Total 合共	87	149

(C) Year of Service 服務年資

	Male 男	Female 女
一年以下Below 1 Year	20	40
2–3年/years	23	54
4–5年/years	14	12
6–7年/years	9	11
8–9年/years	4	5
10年或以上/10 years above	17	27
Total 合共	87	149

(D) Education Level 教育程度

	Male 男	Female 女
University / College 大學或大專	61	98
Post-Secondary 預科	2	12
Secondary School 中學	24	23
Others 其他	0	16
Total 合共	87	149

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50小時以下 / Below 50 hrs	29	59
51–100小時/hours	35	52
101–200 小時 / hours	18	31
200–300 小時 / hours	4	7
300小時以上 /hours above	1	0
Total 合共	87	149

(F) Occupation 職業

	Male 男	Female 女
Blue collars 藍領階層	5	0
Disciplinaries 紀律部隊	7	0
Education 教育界	9	23
Educational & Psychology 教育或心理學家	2	0
Housewife 家庭主婦	0	11
Information Technology 科技專業	8	0
Media 傳播界	2	1
Medical 醫護界	8	20
Merchant 商人	1	2
Retired 退休	1	2
Self-employed 自僱	4	3
Social Service Field 社工或社會服務界	12	30
Student 學生	4	10
Unemployed 待業	0	1
White collars 白領階層	14	25
Academic 學術界	0	1
Others 其他	10	20
Total 合共	87	149

(Table 6.1.9) Visiting Organization

(表6.1.9) 外間機構探訪

Month 月份	Visiting People/ Organization 來訪者/機構	Purpose 目的	No. of Visitors 人數
February 2月	YMCA of Hong Kong 香港基督教女青年會	Exchange of volunteers' experiences 交流義工心得	25
May 5月	Student of HK Polytechnic University (Telephone Interview) 理工大學學生 (電話訪問)	Support service for suicidal people 支援自殺求助者服務	1
	Shun Lee Catholic School (Telephone Interview) 順利天主教中學 (電話訪問)	Suicide problem in HK 香港自殺情況	1
August 8月	Social Work Student of CUHK 中文大學社會工作學系學生	Information and services about Youth Suicide 青少年自殺服務及資料	1

Month 月份	Visiting People/ Organization 來訪者/機構	Purpose 目的	No. of Visitors 人數
September 9月	Social Work Students of Beijing University 北京大學社會工作學系學生	Information and services about Suicide Prevention 預防自殺服務及資料	3
	A Clergyman from Toronto, Canada (Telephone Interview) 加拿大多倫多牧師 (電話諮詢)	Consultation on setting up a hotline center and telephone counseling skills 諮詢如何設立輔導熱線及電話輔導技巧	1
October 10月	Sociology Students of CUHK 中文大學社會工作系學生	Suicide Prevention Service of SBHK and information about suicide problem in Hong Kong 有關本會的服務及香港的自殺問題	3
November 11月	Language Department Students of City University of HK 城市大學語文學部	Suicide rate of Middle-aged and Suicide Prevention Service for them 中年人自殺比率及本會如何協助這類求助者	3
	Social Work Students of Shue Yan College 樹仁學院社會工作系	Information and service about Youth Suicide 青少年自殺及預防措施	7
	Students of HK Polytechnic University 理工大學同學	Resource of volunteers 義工的資源運用	2
	彩虹村服務聯會主席	Exchange of community needs and service experience 交流服務意見	1
December 12月	Post graduate student of University of Hong Kong (Telephone Interview) 香港大學研究生 (電話查詢)	Research on Family Violence 有關家庭暴力的研究	1

(Table 6.1.10) Community Talks

(表 6.1.10) 對外講座

Month月份	Organization機構	Theme主題	Target and No. of Participation 對象及參加人數
October 10月	The Hong Kong Institute of Education 香港教育學院	Introduction of suicide problem and Suicide Prevention Services in Hong Kong 認識香港自殺問題及防止自殺服務	1Lecturer and 22 Primary School Teachers 1名講師及22位小學教師
	Division of Social Studies of City University HK 香港城市大學社會科學部	Workshop on "Family Crisis"—Suicide Risk Assessment and Management 「家庭危機工作坊」之自殺危機評估及處理	48 Social workers of Family Service 48位家庭服務部社工

(Table 6.1.11) Mass Media
(表6.1.11) 傳媒

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
June 六月	Cable Morning (Unemployment Rate and Suicide Analysis) Cable 早晨 (香港失業率及自殺分析)	Cable TV 有線電視
	Women Plaza (Suicide Prevention Services and the Meaning of Volunteering) 下午麼麼茶 (防止自殺服務及義工服務意義)	ATV 亞洲電視
	Press Conference (2002 Suicide Analysis) 記者招待會 (2002年自殺數字分析)	The Samaritan Befrienders Hong Kong 香港撒瑪利亞防止自殺會
July 七月	Good Mood 1044 (Suicide Prevention Service, help for suicidal people and volunteers sharing) 1044好心情 (防止自殺服務、如何協助有自殺傾向人士、 義工經驗分享)	Metro Radio 新城電台
August 八月	Press Conference on Couple/Gang Suicide 記者招待會 (夫婦、朋輩一起自殺)	The Samaritan Befrienders Hong Kong 香港撒瑪利亞防止自殺會
September 九月	Collaborated Press Conference on the First World Suicide Prevention Day 聯合記者招待會 (第一屆世界防止自殺日)	SBHK, SPS, The Samaritans, CSRP 香港撒瑪利亞防止自殺會、生命熱線、 撒瑪利亞24小時多語言熱線、 港大香港賽馬會防止自殺研究中心
November 十一月	Pleasure and Leisure (Depression and Suicide) 都市閒情 (抑鬱、自殺和情緒紓緩等問題)	TVB 無線電視
Whole Year 全年	Telephone/ face-to-face Interview (Suicide problems and Suicide Prevention Services) 報章及雜誌訪問 (有關自殺問題及防止自殺服 務)	Newspapers and Magazines 各大報章及雜誌社

(Table 6.1.12) Publication
(表6.1.12) 出版

Month 月份	Nature 特質	Theme 主題
June 六月	Annual Report 年報	2002 Annual Report of SBHK 二零零二年年報
July 七月	Small Book 'Touch' 小書：觸動	Volunteers own stories 義工生活體驗及分享

(Table 6.1.13) Use of Web
(表6.1.13) 網頁使用

Period 日期	No. of Visitors 訪客數目
January to December 一月至十二月	29429

6.2 Life Education Centre

Miss Wendy Ng
Centre-in-charge

The Second Year

The Life Education Centre (LEC) has already finished the second year of the three-year pilot project. 2003 was a challenging year for all Hong Kong people. SARS gave us a tough experience but also a precious reflection of our meaning of lives. In last year, through varieties of services and activities, the LEC continued to promote the message of cherishing life and to match with the social beat. We used "Care the Others, Make a Meaningful New Life" as a slogan to boost the morale of Hong Kong people.

Talks and Workshop

Last year, LEC not only provided talks and workshops on suicide prevention and life education topics but also launched some special workshops and symposiums. Early in last year, we cooperated with the Ten Theater to organize a symposium after the drama performance named "Suicide Together" which we shared about the myth of suicide and the way of positive living by using the method of life span planning. Besides, we also provided life education workshops to teachers. Through different activities, discussions and reflection, we shared our experience to promote life education in school and at home. These programs are useful for the provision of life education and lead a new direction in delivering services as well.

Peer Counselling Group

Conducting peer counselling groups in school was one of our main objectives in 2003. However, due to the effect of SARS, peer counselling groups could only be introduced to schools at the end of 2003. In view of the fact that the concept of peer counselling should not be limited to primary and secondary school students only, we were keen on promoting such concept to people of all age. Therefore, in 2004, we tailor-made different peer counselling groups for parents and university students hoping that they could also develop better communication skills to support the needy around them. Hopefully, those who underwent the peer counselling training would also become community gatekeepers to devote themselves in spreading the message of positive living and fighting against the suicide.

Service of Our Volunteer Worker - Life Ambassadors

Our volunteer teams "Life Ambassador" were trained to organize various activities to promote the message of cherishing life. In May 2003, when SARS was under control, we worked with our "Life Ambassadors" to launch a large scale community campaign named "Care Your Neighbor, 'Jam' Together" to reach out to the community in order to encourage people to express their love and

concerns to others. Parade and distribution of the "Caring Pack" were taken place in popular locations where 15000 community people were invited to write caring cards and dedicate songs to their loved ones. Moreover, "Life Ambassador" organized an "Adventure Training" to the children in a Children Home to build up their team spirit.

Training is always our first priority . During 2003, the "Life Ambassador" training was substantially developed. The 3rd and the 4th "Life Ambassador" training programs were conducted and 30 Life ambassadors were trained. In the future, we will continue to offer more training programs and spread out the positive life message.

Community Mass Program

Organizing community mass programs is one of the best ways of delivering the message of treasuring life. After the period of SARS in 2003, in order to encourage the community to treasure the importance of neighborhood relationship, we organized a bus parade from our Pak Tin Centre to Mongkok city centre. On the way, we broadcasted a meaningful song and its theme was written by our Life Ambassadors. RTHK also included some excerpt of the function in one of the Anti-SARS TV program broadcasted in the Chinese TV channels. Besides, we also launched several round-the - community exhibitions to draw the attention of people on the importance of positive living. As the suicide rate in the Northern New Territories was getting higher and higher, LEC co-operated closely with Yuen Long District Co-ordinating Committee on Family and Child Welfare Services of Social Welfare Department in 2003. We worked together to organize a series of community mass programs in Yuen Long to promote positive living attitude.

Library

Our library was gradually stocked with different life education and suicide prevention resources, for example, books, DVDs, videos, newspaper cutting, educational kits and etc. We welcomed all people who were interested in conducting life education at work or at home to use our resources. Since the opening of our library, people from all walks of lives, for instance, teachers, parents and students have made use of our materials. In order to make our library services more interactive, we will set up a "Best Reading Lists" in next year which are recommended by our library members.

Our Publication - Life Interaction

"Life Interaction" is our publication that we share kinds of social phenomenon and daily life topic with the community, which is also the periodical of our agency. With this "Life Interaction", we hope to share new ideas of positive thinking and our service trend. The new publication of "Life Interaction" was already published in December 2003. By studying the issue of teachers' suicide, we hope to bring a reflection and a new insight to our reader. .

Echo the Social Need and Corporate with Different Society

The newspaper is the most common media for reporting suicide cases . The increase in the number of companion suicides, especially in July to August 2003, has brought much concern to the community. In light of this, LEC launched a press conference in August 2003 with the subject "As Gather in Desperate Circumstance, Let's Find the Way to Rescue". In the press conference, we shared the methods of coping with the crisis of suicide , while appealing to the community to lead positive and meaningful lives.

From statistical records, the northern district of New Territories has the highest suicide and family problem rate in Hong Kong. LEC cooperated with the Social Welfare Department - Yuen Long District Co-coordinating Committee on Family & Child Welfare Services to establish a Life Education Working Group. The purpose of the group was to provide multiple services to spread the message to cherish life to every family in the northern district.

Life Education Training Package

The importance and demand for education on life has been on the rise in Hong Kong. The targeted audience for this education is the children and youth. We are cooperating with Hong Kong Repertory Theatre to use drama and drama elements to compile a life education training package for the youth. The " 'No Charcoaling' Life Education Touring Theatre and Training Package Project" is a package for the youth people to enjoy the drama performances. In addition there are various activities and discussions on several topics for the youth to participate. The objective is for the youth to accept their developmental needs and treasure the meaning of life positively. This project was launched in March 2004s.

Future

In the coming year, as we use multiple format to provide service and promote the cherish of life message, we expect to provide services in a more in depth way, and to integrate the life education in different aspects of services. We plan to provide various types of peer counseling groups for different age groups in order to build up the life gate-keepers network in the community. Besides, we hope to instil element of positive living into the youth of today through the life education training kits.

Life is so precious and we should value it in every way we can. In the next 12 months, we will promote the cherish life message "Gather New Thoughts Make a New Day" through the mass community functions to all the people of Hong Kong.

6.2 生命教育中心

中心主任：吳秋和

踏入第二個年頭

生命教育中心自2002年5月成立以來，至今已踏入第二個年頭。承接著上一年度的服務，我們務求以更多元化、更貼近社會脈搏的服務，為廣大市民宣揚珍惜生命的訊息。而2003年是香港人的信心和意志受到最大考驗的一個年份，沙士(SARS)正給我們一個集體反思生命的機會，所以我們以「關懷身邊人，活出新意義」的口號為香港人打氣。

講座及工作坊服務

2003年，生命教育中心除了提供有關防止自殺以及珍惜生命講座和工作坊之外，中心更推出一些另類的生命教育工作坊和座談會。年初，我們曾與「拾」劇坊合作，為一齣公演話劇【集體自殺】作演後座談會，即時與場內觀眾分享有關「對自殺的迷思」以及「如何以生命規劃」的方法積極人生。此外，我們更到不同中、小學校舉辦生命教育教師工作坊，透過不同活動、討論和反思，向教師分享如何在校園、課室以至家中推行生命教育。這都為學校於推行生命教育的方向和模式揭開新一頁。

朋輩輔導小組

本港於2003年期間經歷沙士，所有學校皆需停課。故此，中心在2003年年中之後才可以宣傳朋輩輔導小組，而在2003年年尾，即新一學年開始，中心亦陸續開辦有關朋輩小組的課程。

有見朋輩輔導小組的需要性不只於中、小學生，中心更將朋輩輔導的概念推至不同年齡的服務對象，中心在2004年更為大專生和家長度身訂造了不同的朋輩輔導小組，名為生命輔導員小組以及「童」長之旅—家長朋輩輔導成長證書訓練課程。希望將朋輩輔導、訓練社區守望者的概念擴展至不同的年齡界別。務求訓練出不同年齡組別的朋輩輔導員，並將社區守望者的概念透過小組推展至各區不同團體。

義工服務——「珍惜生命大使」

「珍惜生命大使」是本中心培訓的義工隊，以籌辦不同類型的活動去推廣珍惜生命的訊息。2003年5月，隨著沙士疫情穩定下來，為了鼓勵社會人士勇於以行動向身邊的人表達自己的關心和愛，我們籌辦了一次大型社區活動，名為「親親鄰舍齊齊Jam」，以花車巡迴旺市，宣揚鄰舍互助互愛的訊息，並派發珍惜生命包。是次活動十分成功，得到15,000名社區人士參與，並即時書寫心意咭給親友及與義工們即場Jam歌送給身邊人。除此之外，「珍惜生命大使」也籌辦了一個戶外歷奇的活動給一群兒童院的兒童，讓他們在歷奇遊戲中體會到群體合作和互助的重要。

培訓更多「珍惜生命大使」義工成為社區守望者是我們相當重視的工作。2003年中心已舉辦了第3及第4期的「珍惜生命大使」培訓班，培訓了30名珍惜生命大使。未來中心會繼續舉辦「珍惜生命大使」培訓課程，希望有更多的社區人士參與，將珍惜生命的訊息宣揚至社區的每一角落。

社區活動

要將珍惜生命的訊息廣泛傳播，透過舉辦大型社區活動是非常收效的。生命教育中心由開辦以來舉辦過大大小小不同的社區活動，務求將珍惜生命的訊息推廣至全港。大型社區活動包括：為待學待業青年和其師長們而設的「待學待業新思維研討會」、回應沙士的社區關懷活動「親親鄰舍齊齊Jam」，其中部份片段亦在香港電台電視部節目播出、各類型的珍惜生命社區展覽、與話劇團

合辦的「拾」劇坊—【集體自殺】演後座談會等。此外，中心有見新界北區的自殺及家庭暴力個案日益嚴重，故此聯同元朗區社會福利署舉辦了一連串的社區活動給元朗區的市民，藉以將珍惜生命的訊息帶到該區。

圖書館服務

生命教育中心除了在服務和活動方面推廣生命教育，中心附設的資源圖書館亦為一些正在推行生命教育人士，或有志在其工作或家庭崗位上推行生命教育的人士作資源上的支援。他們可以透過借閱圖書、影碟和影帶、剪報、教材套及電腦資料等，獲得更多有關防止自殺和生命教育的資料。

自圖書館開始服務以來，有不同的社會人士借閱，包括：教師、家長、大專學生和社區人士等。而為了讓不同的借閱者有看書心得的交流，中心在今年在圖書館中更設有「好書推介」項目，讓借閱者能將自己看過而又認為值得推介的好書和心得向其他人分享，藉以彼此交流。

我們的會訊——《生命交流》

《生命交流》是本會的會訊，也是一本中心與社會人士分享各種社會現象和生活議題的刊物，希望藉著它能將更多正面的新思維與社會人士交流，並藉此機會與大家分享本會各中心的動態。生命教育中心在2003年總共出版了一期的【生命交流】，主題為探討教師自殺，於2003年12月出版。

回應社會需要以及與不同團體合作

我們翻開報章，常常看見有關自殺新聞。特別在2003年7至8月份，一些陪伴自殺的個案上升，情況令人擔心。故此，生命教育中心在2003年8月份召開一個名為「與其同尋絕路，不如逆境逢生」的記者招待會。當中除了向廣大市民作出積極面對逆境的呼籲之外，還分享了一些即時應變的方法，好讓社會人士當遇到身邊人有面臨自殺危機、或要求陪同輕生時，能即時作有效和正面的回應。

我們洞悉新界北區的家庭問題以及自殺率是全港之冠。有見及此，中心聯同社會福利署轄下元朗區家庭及兒童福利協調委員會組成生命動力工作小組，透過與該區各社會服務機構的合作，為新界北區的市民提供多元化的社會服務，務求將珍惜生命的訊息帶到每個家庭。

製作生命教育教材套

此外，有見生命教育在香港的需要和重要性，而兒童及青少年階段正是接受生命教育的最好接觸點。所以生命教育中心與香港話劇團合作，以一項將話劇以及話劇元素融入生命教育作為給青少年的生命教育教材套。此計劃名為【走炭】生命教育巡迴劇場及教材套計劃。透過欣賞一齣名為【走炭】的話劇，配以相關题目的教材，並藉教材中的活動、討論和反思，讓青少年人正視成長的需要和反思生命的意義。這個計劃於2004年3月份推出。

展望將來

在未來一年，生命教育中心除了嘗試以多元化的服務形式推廣珍惜生命的訊息之外，中心更期望以更深入的服務，將生命教育的理念融入不同的生活範疇中。故此，中心將開辦不同年齡組別的朋輩輔導小組，以生命教育結合朋輩輔導技巧，藉以在社區訓練出不同年齡階層的生命守望者。此外，中心更希望透過生命教育教材套，將正面生命元素貫注於青少年的心中。

生命是寶貴，我們應親親好生命。來年中心更會透過不同類型的大型活動，將珍惜生命的訊息傳揚，希望與廣大市民「共建新思維，活出新一天」。

(Table 6.2.1) Service Output of Life Education Centre (from 1/1/2003 to 31/12/2003)
(表6.2.1) 生命教育中心2003年度服務概覽 (1/01/2003-31/12/2003)

(A) Talis & Workshops 講座及工作坊

	活動數目 Sessions	對象 Target	參加總人次 Total Participants
講座/工作坊 Talks / Workshops	1	P1-P6 Students 小學生	337
	14	F1-F7 Students 中學生	3545
	5	Undergraduates 大專生/大學生	139
	9	Parents 家長	244
	3	Teachers/Professions 教師/專業人士	239
	10	Elderly 長者	202
	1	The Public 社區人士	10
總數	43	總人次	4716

(B) Community Programme 社區活動

性質 Nature	舉辦次數 No. of program	對象 Target	參加總人次 Total Participants
Visit 探訪	4	The Public and Professions 社區及專業人士	17
Sharing on Life Education 生命教育分享	1	服務團體	12
Yuen Long District Co- ordinating Committee on Family & Child Welfare Services - Life Education Working Group "Cherish Life" Poster & Slogan Design Competition 元朗區家庭及兒童福利服務協調 委員會~生命動力小組「愛惜生 命」海報及標語設計比賽	1	The Public 社區人士	133
Life Education Variety Show & Presentation Ceremony 生命動力匯演暨頒獎典禮	1	The Public 社區人士	200

性質 Nature	舉辦次數 No. of program	對象 Target	參加總人次 Total Participants
Ten Theater – "Suicide Together" drama performance and symposium 拾劇坊【集體自殺】公演及演後 討論會	4	The Public 社區人士	226
"Care Your Neighbors, 'Jam' Together" Echo SARS Community Concern Movement 「親親鄰舍齊齊Jam」回應沙士社 區關懷行動	1	The Public 社區人士	15020
Tin Shiu Wai Projection of Family Power Carnival 天水圍家庭力量放光芒嘉年華	2	The Public 社區人士	15000
Media Visit 傳媒訪問	12	The Public 社區人士	/
總數	26		17108

(C) The Resource Library 圖書資料閣

Total Participants服務人次	1403
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(D) Total Service Output of LEC in 2003 生命教育中心於2003年度總服務輸量

Total Participants總服務人次	23227
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6.3 Suicide Crisis Intervention Centre

*Mr. Michael Wong
Centre-in-charge*

Introduction

Stepping into the second year of operation, the Suicide Crisis Intervention Centre (SCIC) experienced a critical year of development. The capability to provide intensive crisis intervention to those at risk for suicides has filled the gap between suicide prevention hotlines and the other social welfare services. For many years, volunteers of SBHK responded to suicide crises by providing a variety of intervention, ranging from telephone services to face-to-face sessions to on site outreaches. Given the increasing worldwide trend of crisis services as safety nets in the community, SBHK took on the task to demonstrate the value of a crisis service for suicidal persons in Hong Kong. With the support of Social Welfare Department, SCIC entered the expansion phase of the project. The Suicide Crisis Intervention team was proud to be involved in this historic period for SBHK.

The staff of SCIC, the SBHK Executive Committee and members of SBHK contributed collectively to achieve our mission to save lives. SBHK is committed to help those who lost their drive to live and try to regain the confidence to live. We all worked diligently and selflessly around the clock for this purpose.

Our Journey of Development

Though growing pains of an innovative project is anticipated, SCIC staff contribute great efforts to establish working relationships with existing and potential referrers. With targeted promotions to these agencies through training and sharing sessions, there were growing number of referral from these agencies and organizations that utilized the SCIC as part of their efforts to assist their clients. As a result, SCIC witnessed a significant increase of referrals in 2003. The number of referrals arouse from 205 in 2002 (April to December) to 936 in 2003 (January to December the whole year). There were substantial increases of other party referrals as well. Those referrals are made by gatekeepers like family members, friends and relatives. In mid-2003, we started an Info-line for helping family members and friends to assess the suicidal tendency of their relatives whom were in emotional trouble and assist the callers on how to handle and direct the person to obtain our service. During the process, these distressed callers were provided with emotional support as well as practical advice for managing the suicide risk of their suicidal family members or friends. We had an average of 11 new cases of this nature per month in the second half of the year.

Another major development was the evaluation of the effectiveness of SCIC. One of the main tasks besides serving individual clients was to demonstrate whether 24 hour crisis intervention service would address suicides in HK. I was grateful to Professor Cecilia Chan and her colleagues of University of Hong Kong. They helped with the tedious work to sort through our data, analysis and complete the evaluation. The objective of the evaluation was to look for evidence that this mode of operation could really serve those who are at risk for suicides.

Out of 2003, we noticed several new trends:

1. **Teamwork and Peer Support:** The nature of crises calls for teamwork and supportive working environment to deal with high risk cases as such crisis work could be challenging and stress instigating. A supportive working environment was essential to counteract stress and burn-out of staff. Our low staff turn over rate despite high work pressure reflected the dedication of the team to serve the people in distress .
2. **Versatility:** Not all persons with suicide risks knew the way and were eager to seek help. Therefore, suicide prevention work should be multi-dimensional. It meant that our service needed to be provided in different levels -suicidal individuals for direct intervention; family members for advices on handling their relatives; and frontline staff of agencies for detection and initial management of suicide risk.
3. **Professional Consultation:** It was highly important to promote a professional and learning environment within SCIC in dealing with difficult cases. With professional advice from psychiatrist and clinical psychologist, staffs were well equipped with mental health knowledge and practice competence which allowed them to make accurate assessments and increase the effectiveness of intervention.
4. **Media Relations:** Effective relationship with the media was needed to promote awareness of our service to agencies and individual member in the society. Prompt and effective response to suicide related incident and issues could draw public attention to the right direction in facing the problem. Regular media exposure of the SCIC was important in building up public confidence of the service.
5. **Groups Counselling:** Group interventions of clients were considered a more efficient and effective mode of intervention. A support group for the family members of the suicidal persons was formed during the year. We look forward to developing another support group for suicidal individuals in the coming year.

Conclusion

It was a busy and meaningful year for SCIC in 2003. Exciting events, collaborations, consultations and presentations were scheduled throughout the year. New services were started - Info-line for families; relaxation corner for clients; support groups and electronic filing system. All these were made possible by the dedicated efforts of staff and volunteers at SCIC. We are looking forward to entering our third year of operation and to provide the most effective suicide prevention service in Hong Kong.

6.3 自殺危機處理中心

中心主任：黃鎮漢

引言

踏入服務運作的第二個年頭，自殺危機處理中心（“本中心”）在服務發展上亦經歷了甚為重要的一年。本中心為具自殺危機人士提供深化的危機介入服務，正好彌補了防止自殺熱線與其他社會服務機構間之服務縫隙。多年以來，本會的義工致力為化解自殺危機提供不同類型之介入，包括由電話輔導、面談甚至乎外展探訪等。現時，世界各國趨向以危機服務作為社區安全防線。有見及此，本會亦著力肩負起推行危機介入工作，展現此工作於香港社會應發揮之重要角色及價值。藉著社會福利署的支持，本中心獲獎券基金的撥款，得以踏入服務計劃之擴展期。作為自殺危機處理中心的一份子，中心各人對能參與本會這個歷史任務，實在感到非常榮幸。

本會一直致力投入助人工作，為瀕危放棄生命人士重建求生信念。本中心職員、本會委員及義工齊心協力，以無私勤奮的態度提供24小時服務，期望達致拯救生命之使命。

發展歷程

縱然與相關之機構建立轉介網絡是預期艱辛的工作，本中心的同工亦能衝破障礙，透過提供專業訓練及服務分享予轉介機構，終能與他們達成合作關係。服務機構選擇轉介其個案予本中心跟進的數目亦有顯著之增加，從2002年（4-12月）的205宗增至2003年全年共936宗。另外，除提供直接服務予具自殺危機人士外，我們亦於2003年中設立一條專為具自殺意慾人士親友提供支援服務之自殺危機諮詢電話，以支援及協助他們評估及處理親友之自殺問題以及作適當之轉介。在過程中，我們除了提供情緒支援予這些求助親友外，也給予專業及具體意見，以協助達致上述提及之目的。於2003年下半年，我們每月平均接獲11宗此類求助。

除以上提及之範疇外，本中心致力於整體服務之成效檢討。除了為具自殺危機人士提供服務外，本中心不斷探討廿四小時的危機介入服務是否有助處理香港的自殺問題。在此亦特別感激香港大學陳麗雲教授及其同僚，他們協力整理及分析數據以達致完成檢討報告。檢討目標為探索現時服務運作模式對處理自殺危機之效用。

在過去的2003年，我們留意到以下之新趨勢：－

- （一）**團隊工作及朋輩支援：**危機工作之性質相當具挑戰性，需要團隊成員互相支持及合作，但同時此工作性質也可能為員工帶來巨大壓力，故此，員工的互相支持及具支援的工作環境有助預防員工壓力過重而身心透支。從本中心職員的穩定性來看，正好反映本中心團隊之良好支援作用。

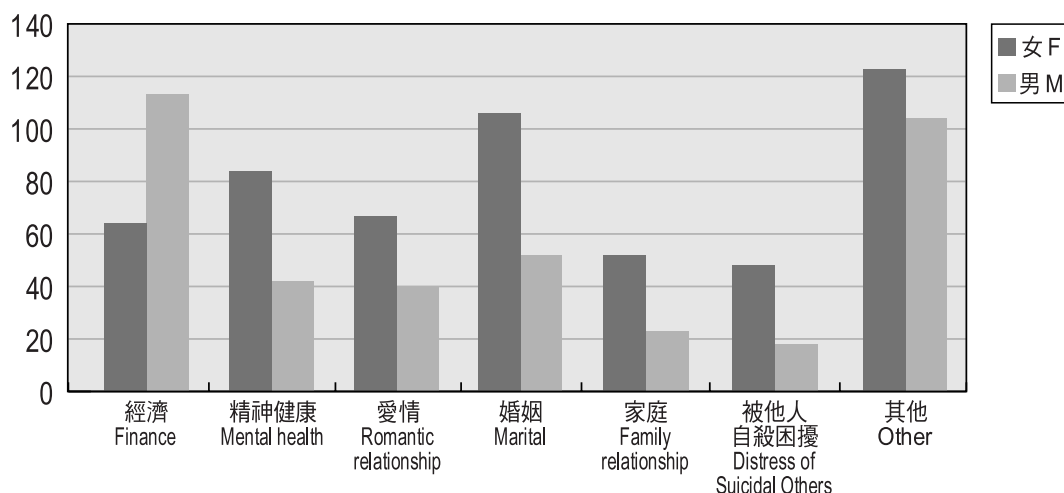
- (二) **多方面服務**：服務需涵蓋三方面－不是所有具自殺意慾人士皆懂得或願意求助，故此，防止自殺工作需從多方面介入，例如，為具自殺意慾人士提供直接介入服務；為家人及親友提供專業意見，以協助處理自殺危機；為前線同工提供專業訓練，提升他們洞察自殺危機，並作初步介入。
- (三) **專業諮詢**：對於鼓吹中心內之專業學習氣氛非常重要，尤其在處理某些困難個案時候。透過諮詢精神科醫生及臨床心理學家，職員的精神健康知識及專業技巧得到大大提升，進一步加強個案評估能力及介入技巧之水準。
- (四) **與傳媒關係**：與傳媒保持良好及具成效之關係，有助向公眾宣傳和推廣本計劃。同時，迅速及有效地回應社會有關自殺之事件或輿論，有助引起公眾對自殺問題之關注及正確面對問題的方法；此外，亦有助提升公眾對本會服務之信心。
- (五) **小組輔導**：利用小組介入方式，有助提升服務成效。在2003年，我們成立了一個為具自殺意慾人士之家庭成員設立之支援小組。透過跟其他有同類困擾的人士分享及討論，達致互相支持的作用。在來年，我們計劃開辦同類型小組予具自殺危機人士。

總結

2003年雖是繁忙，但亦是非常有意義的一年，在這段時間，我們舉辦了多樣化活動，例如爭取與不同服務機構建立合作關係，同時為他們提供諮詢及簡介會等等。除此之外，我們亦推行了新的服務－自殺危機諮詢電話、「心靈加油站」（供服務使用者休息減壓之園地）、支援小組及檔案管理電腦化系統等等都在同工及義工的努力下一一實現。我們已作好準備，致力在第三年為香港提供最有效之防止自殺服務。

(Figure 6.3.1) Major Problem and Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2003

(圖6.3.1) 二零零三年自殺危機處理中心個案問題類別及性別分佈圖



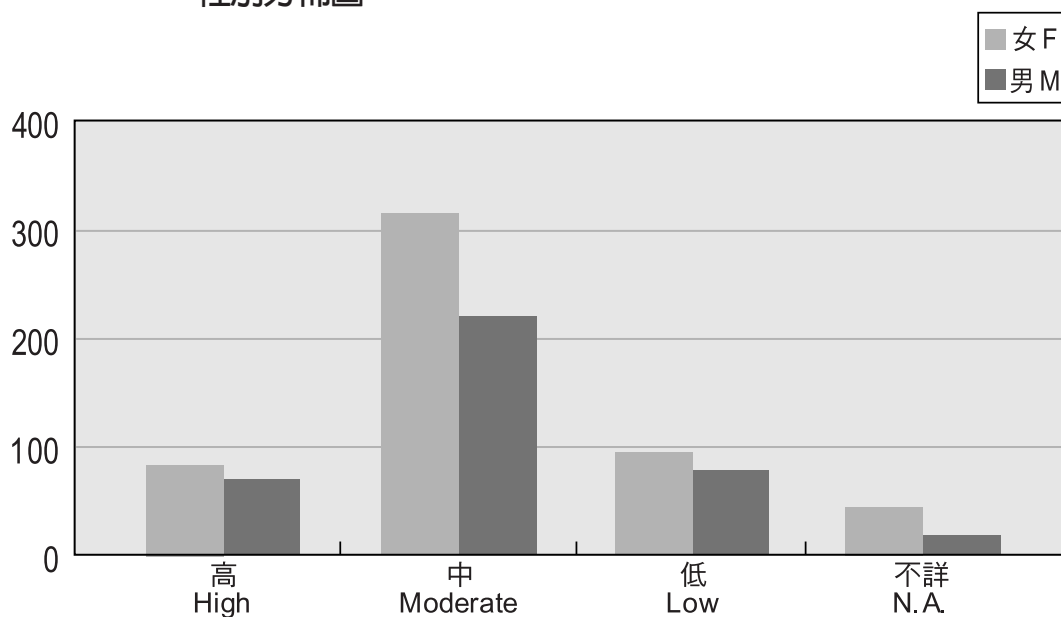
(Table 6.3.1) Major Problem and Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2003

(表6.3.1) 二零零三年自殺危機處理中心個案問題類別及性別分佈圖

主要問題 Major Problem	性別 Gender	合計
經濟 Finance	女 F	64
	男 M	113
精神健康 Mental health	女 F	84
	男 M	42
愛情 Romantic relationship	女 F	67
	男 M	40
婚姻 Marital	女 F	106
	男 M	52
家庭 Family relationship	女 F	52
	男 M	23
被他人自殺困擾 Distress of Suicidal Others	女 F	48
	男 M	18
* 其他 Others	女 F	123
	男 M	104
總計 Total		936
* 其他問題包括學業，工作，住屋，哀傷及喪親，身體健康等		
* Others include Study, Work, Housing, Grief and bereavement and Physical Health, etc.		

(Figure 6.3.2) Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2003

(圖6.3.2) 二零零三年自殺危機處理中心個案初次接觸危機評估及性別分佈圖



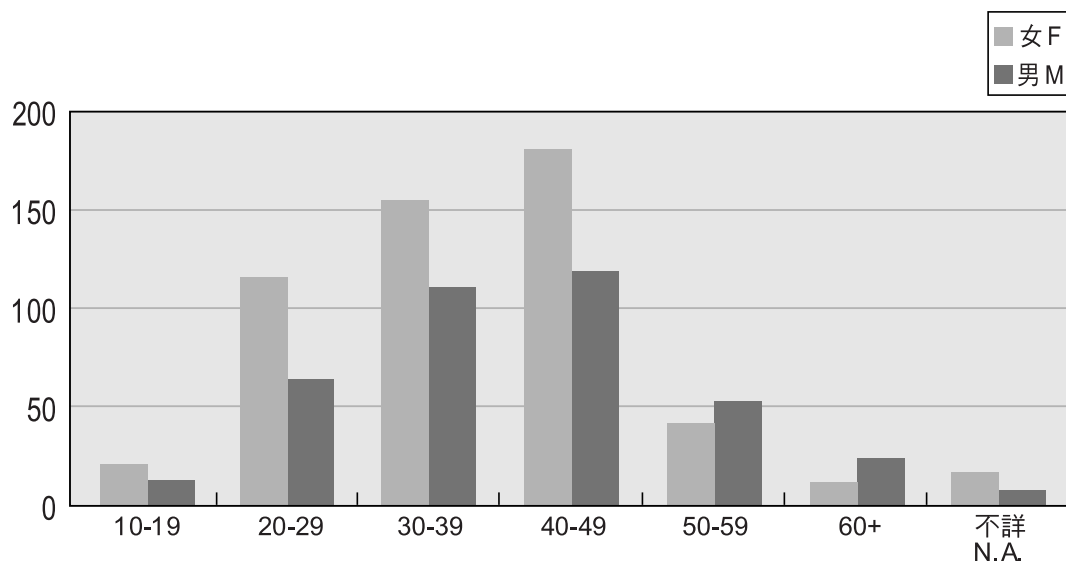
(Table 6.3.2) Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2003

(表6.3.2) 二零零三年自殺危機處理中心個案初次接觸危機評估及性別分佈表

Risk Level during intake 初次接觸危機評估	Gender 性別	合計
高 High	女 F	84
	男 M	71
中 Moderate	女 F	318
	男 M	221
低 Low	女 F	96
	男 M	80
不詳 N.A.	女 F	46
	男 M	20
總計 Total		936

(Figure 6.3.3) Age and Gender Distribution of Cases of Suicide
Crisis Intervention Centre in 2003

(圖6.3.3) 二零零三年自殺危機處理中心個案年齡及性別分佈圖



(Table 6.3.3) Age and Gender Distribution of Cases of Suicide
Crisis Intervention Centre in 2003

(表6.3.3) 二零零三年自殺危機處理中心個案年齡及性別分佈圖

Age 年齡	Gender 性別	合計
10-19	女 F	21
	男 M	13
20-29	女 F	116
	男 M	64
30-39	女 F	155
	男 M	111
40-49	女 F	181
	男 M	119
50-59	女 F	42
	男 M	53
60+	女 F	12
	男 M	24
不詳 N.A.	女 F	17
	男 M	8
總計 Total		936

(Table 6.3.4) Report of Activities of Suicide Crisis Intervention Centre in 2003 (from 1/1/2003-31/12/2003)
(表 6.3.4) 自殺危機處理中心活動報告 (由 1/1/2003-31/12/2003)

Date 日期	Topic 講題	Agency 機構	Target 對象	No. of participants 參加人數
2003/1/3	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	菲律賓領事館 Philippine Consulate General	副領事 Vice Consul	4
2003/1/9	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	長洲鄉事委員會 Cheung Chau Rural Committee	委員 Committee Members	18
2003/1/18	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	義工 Volunteers	40
2003/1/21	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	社會福利署上水家庭服務中心 Social Welfare Department Sheung Shui Family Service Centre	前線工作人員 Frontline Workers	20
2003/1/21	自殺危機處理中心服務簡介及自殺危機評估 Services of Suicide Crisis Intervention Centre and Suicide Risk Assessment	香港基督教女青年會 Hong Kong Young Women's Christian Association	義工 Volunteers	30
2003/1/24	轉介程序 Referral Procedures	香港大學 The University of Hong Kong	自殺工作坊參加者 Suicide workshop participants	100
2003/1/28	危機介入 Crisis Intervention	香港基督教女青年會 Hong Kong Young Women's Christian Association	熱線義工 Hotline Volunteers	50
2003/2/11	轉介程序 Referral Procedures	觀塘外展委員會 Kwun Tong Outreach Committee	委員 Committee Members	25
2003/2/19	轉介程序 Referral Procedures	深水埗家庭及兒童福利服務協調委員會 Sham Shui Po District Coordinating Committees on Family and Child Welfare Services	委員 Committee Members	34
2003/2/21	危機評估及轉介程序 Suicide Risk Assessment and Referral Procedures	菲律賓領事館 Philippine Consulate General	職員 Staff	60
2003/2/25	轉介程序及個案分享 Referral Procedures and Case Sharing	長沙灣綜合家庭服務中心及家庭服務中心 Cheung Sha Wan Integrated Family Service Centre and Family Service Centre	前線工作人員 Frontline workers	30
2003/2/28	危機評估，個案分享及轉介程序 Suicide Risk Assessment, Case Sharing and Referral Procedures	屯門、元朗及天水圍非政府機構 Non-governmental Organisations in Tuen Mun, Yuen Long & Tin Shui Wai	前線工作人員 Frontline Workers	40

Date 日期	Topic 講題	Agency 機構	Target 對象	No. of participants 參加人數
2003/3/1	危機評估及轉介程序 Suicide Risk Assessment and Referral Procedures	衛生署學生健康服務 Department of Health – Student Health Service	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	55
2003/3/8	危機評估及轉介程序 Suicide Risk Assessment and Referral Procedures	衛生署學生健康服務 Department of Health – Student Health Service	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	55
2003/3/14	自殺危機處理中心服務簡介，自殺及抑鬱症 Services of Suicide Crisis Intervention Centre and Suicide & Depression	新城電台 Metro Broadcast	公眾人士 Public	不適用 N.A.
2003/3/17	轉介程序 Referral Procedures	社會福利署部門熱線服務 Departmental Hotline Service Unit of Social Welfare Department	職員 Staff	11
2003/4/10	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港理工大學 The Hong Kong Polytechnic University	社會倫理學學生 Student From "Social Ethics" Class	5
2003/4/17	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港理工大學 The Hong Kong Polytechnic University	學生 Students	6
2003/5/15	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	明愛毅進計劃 Caritas Yi Ji Project	學生 Students	37
2003/5/26	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	社會福利署綜合家庭服務中心 Social Welfare Department Integrated Family Service Centre	前線工作人員 Frontline Workers	30
2003/6/12	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	明愛毅進計劃 Caritas Yi Ji Project	學生 Students	28
2003/6/19	記者會 Press Conference	傳媒 Media	公眾人士 Public	不適用 N.A.
2003/6/26	家訪安全工作坊 Home Visit Safety	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	危機助理 Crisis Assistants	15
2003/7/9	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	社會福利署 Social Welfare Department	主任 Officer-in-charge	80
2003/7/10	危機介入 Crisis Intervention	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	危機助理 Crisis Assistants	33
2003/7/12	家訪安全工作坊 Home Visit Safety	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	危機助理 Crisis Assistants	11

Date 日期	Topic 講題	Agency 機構	Target 對象	No. of participants 參加人數
2003/7/14	接受傳媒訪問 Interviewed by Media	南華早報 South China Morning Post	公眾人士 Public	不適用 N.A.
2003/7/15	自殺危機評估 Suicide Risk Assessment	社會福利署長沙灣綜合家庭服務中心 Social Welfare Department Cheung Sha Wan Integrated Family Service Centre	前線工作人員 Frontline Workers	30
2003/7/17	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	新城電台 Metro Broadcast	公眾人士 Public	不適用 N.A.
2003/7/28	接受傳媒訪問 Interviewed by Media	東方日報 Oriental Daily	公眾人士 Public	不適用 N.A.
2003/8/2	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港中文大學校外進修學院 School of Continuing Studies The Chinese University of Hong Kong	學生 Students	15
2003/8/4	記者會 Press Conference	傳媒 Media	公眾人士 Public	不適用 N.A.
2003/9/10	世界防止自殺日新聞發佈 World Suicide Prevention Day Press Release	傳媒 Media	公眾人士 Public	不適用 N.A.
2003/8/12	自殺危機評估 Suicide Risk Assessment	瑪麗醫院 Queen Mary Hospital	醫務社工 Medical Social Workers	36
2003/8/12	家訪安全工作坊 Home Visit Safety	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	危機助理 Crisis Assistants	20
2003/8/13	自殺危機評估 Suicide Risk Assessment	香港公教婚姻輔導會 The Hong Kong Catholic Marriage Advisory Council	前線工作人員 Frontline Workers	23
2003/8/21	危機介入 Crisis Intervention	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	危機助理 Crisis Assistants	18
2003/8/22	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	伊利沙伯醫院 Queen Elizabeth Hospital	醫務社工 Medical Social Workers	23
2003/8/23	自殺危機評估 Suicide Risk Assessment	衛生署 Department of Health	醫生・護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	20

Date 日期	Topic 講題	Agency 機構	Target 對象	No. of participants 參加人數
2003/9/6	危機介入 Crisis Intervention	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	16
2003/9/13	香港撒瑪利亞防止自殺會服務簡介 Services of The Samaritan Befrienders Hong Kong	香港中文大學 The Chinese University of Hong Kong	學生 Students	20
2003/9/8	電台節目 (開心日記) Radio Program (Happy Daily)	香港電台第一台 RTHK Channel 1	公眾人士 Public	不適用 N.A.
2003/9/20	自殺危機評估 Suicide Risk Assessment	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	26
2003/9/27	危機介入 Crisis Intervention	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	24
2003/10/6	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	醫院管理局 Hospital Authority	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	7
2003/10/9	家庭暴力及自殺行為 Family Violence and Suicidal Behavior	荃灣及葵青區家庭及兒童福利服務協調委員會 Tsuen Wan and Kwai Tsing District Coordinating Committee on Family and Child Welfare Services	教師及前線工作人員 Teaching Staff and Frontline Workers	100
2003/10/9	自殺危機評估 Suicide Risk Assessment	東區尤德夫人那打素醫院 Pamela Youde Nethersole Eastern Hospital	精神科醫務社工 Medical Social Workers of Psychiatric Unit	13
2003/10/11	香港撒瑪利亞防止自殺會服務簡介 Services of The Samaritan Befrienders Hong Kong	香港中文大學心理學系 Department of Psychology	學生 Students	100
2003/10/13	家訪安全工作坊 Home Visit Safety	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	危機助理 Crisis Assistants	13
2003/10/15	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港大學專業進修學院 The University of Hong Kong School of Professional and Continuing Education	學生 Students	120
2003/10/18	自殺危機評估 Suicide Risk Assessment	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	26

Date 日期	Topic 講題	Agency 機構	Target 對象	No. of participants 參加人數
2003/10/18	自殺危機評估 Suicide Risk Assessment	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	26
2003/10/20	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港教育學院 The Hong Kong Institute of Education	學生 Students	36
2003/10/28	自殺危機處理中心服務/老人自殺課題研究 Services of Suicide Crisis Intervention Centre/Suicide (elderly) Taped Project	香港中文大學 The Chinese University of Hong Kong	社會工作碩士學生 Master of Social Work Students	4
2003/10/31	自殺危機處理中心服務簡介及婚姻問題 Services of Suicide Crisis Intervention Centre and Marital Problems	社會福利署 Social Welfare Department	香港島區主任 Officer-in-charge in Hong Kong Island	24
2003/11/1	危機介入 Crisis Intervention	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	21
2003/11/4	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港理工大學 The Hong Kong Polytechnic University	學生 Students	9
2003/11/10	轉介程序 Referral Procedures	香港大學專業進修學院 The University of Hong Kong School of Professional and Continuing Education	學生 Students	60
2003/11/10	如何處理有自殺想法的組員 Handling Members with Suicide Ideation	基督教愛協團契 Christian Oi Hip Fellowship	精神病患復者 Ex-Mentally Ill/ed People	17
2003/11/15	自殺危機評估 Suicide Risk Assessment	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	28
2003/11/29	危機介入 Crisis Intervention	衛生署 Department of Health	醫生，護士及臨床心理學家 Doctors, Nurses and Clinical Psychologists	33
2003/12/13	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	香港仔街坊福利會 Aberdeen Kai Fong Welfare Association	義工 Volunteers	11
2003/12/2	自殺危機評估 Suicide Risk Assessment	中西區家庭及兒童福利服務協調委員會 Central and Western District Coordinating Committees on Family and Child Welfare Services	前線工作人員 Frontline Workers	120
2003/12/14	危機介入 Crisis Intervention	香港仔街坊福利會 Aberdeen Kai Fong Welfare Association	前線工作人員 Frontline workers	39

FIGURES ABOUT SUICIDE IN HONG KONG 2003

*Mr. Jonathan Wong
Committee Member*

From Jan 1, 2003 to Dec 12, 2003, Hong Kong's population stood at approximately 6,810,100, comprised of 3,291,800 male (48.4%) and 3,518,300 female (51.6%), according to statistics from the Census and Statistics Department. A report from the Coroner's Court showed that 1,152 people committed suicide and subsequently died during the same period (see Table 7.1).

The suicide rate was 16.9 in 2003, indicating that 16.9 people out of every 100,000 in Hong Kong committed suicide and died, which was up by 1.9 from 2002. The male suicide rate was 23.5, up by 3.2 from last year, and the female suicide rate was 10.7, up by 0.6 from last year (see Table 7.2). In the past ten years, the suicide rate stood at between 10 and 15 in Hong Kong. Nevertheless, the suicide rate has still been increasing over the past three years, and the figure peaked at 16.9 in 2003. Although resources were reallocated to the issue of suicide prevention in the past few years, the suicide rate still reached a record high. This worrying situation is compelling government departments to pay more attention to dealing with the upward trend in the suicide rate. The suicide rates of different age groups have generally increased as age increased. However, the suicide rate of the 40 - 49 age group stood out as being up by 4 from 2002. This trend really reflects a worrying tendency among this age group. Among all suicides recorded, 38.4% were unemployed (see Table 7.3). It is believed that the increasing unemployment rate is closely related to this trend. The figure also reflects that unemployed people often have serious psychological and emotional problems. Hong Kong was also hit by SARS (Severe Acute Respiratory Syndrome) in 2003, which exerted a highly negative impact on all aspects of Hong Kong people's lives. SARS accelerated particularly high unemployment rate and leading to other kinds of social problems, such as family disputes, low self-esteem and depression. It is believed that many more social resources and services should be provided to those who are unemployed.

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2003, there were 29 teenagers below the age of 19 who successfully committed suicide. The suicide rate was 1.9. The male to female ratio was 1.7 to 2.2 (see Table 7.2). The female suicide rate was higher than that of the male.

The number of suicides in 2003 stood at 29 compared to 26 in 2002. This represented an increase in the suicide rate of 0.1 in this age group in 2003. Among the 29 deaths in 2003, six ended their lives through carbon monoxide poisoning while 2 hung themselves and 21 jumped from buildings.

Age: 20 to 59 years old

In 2003, there were 805 people aged between 20 and 59 years who committed suicide and died. This age group accounted for 70% of the total number of suicide deaths, and was down by 4% from 2002 (see Table 7.1). The suicide rate was 18.8, and the male to female ratio was 27.8 to 10.7. Most deaths in this age group occurred through jumping off buildings (41%), while some died from carbon-monoxide poisoning (37%) and hanging (16%). Among the 805 deaths, 43% (344 people) were

unemployed. This was down 5% from 2002, and 78% were male (see Table 7.3). Particularly noteworthy was the fact that the number of deaths in the 40 to 49 years age range increased from 211 in 2002 to 268 in 2003.

Age: 60 years old or above

In 2003, 316 people committed suicide and died in this age group; this represented 27.4% of the total number of suicide deaths. This figure was down by 3.4% from 2002. The suicide rate was 30.7, and the male to female ratio was 40 to 22.1.

Suicide statistics: grouped according to means of committing suicide

489 people committed suicide by jumping from buildings in 2003. This number was up from 450 in 2002 to 489 in 2003, and accounted for 42.4% of the total number of suicide deaths. 319 people died from carbon-monoxide poisoning, which accounted for 28% of the total number of suicide deaths and was up by 3% from 2002. 239 people died by hanging themselves, accounting for 21% of the total number of suicide deaths and representing almost the same number as in 2002 (see Table 7.1).

Looking at the whole picture, there was little difference between males and females in choosing the means to commit suicide. Most people jumped from buildings to commit suicide. Carbon-monoxide poisoning and hanging came in second and third places respectively. Carbon-monoxide poisoning in the 30 to 49 age group and hanging in the 50-59 age group had the highest percentage of suicide deaths compared to other age groups.

Suicide statistics: grouped by occupation

In 2003, 442 people who committed suicide were unemployed. This accounted for 38.4% of the total number of suicide deaths, and was down by 10.6% from 2002. Housewives accounted for 12% or 134 of the total number of suicide deaths, and this figure was up by 2% from 2002 (see Table 7.3).

In 2003, Hong Kong had an unemployment rate of around 7.9%. The number increased 0.6% from 7.3% in 2002. The under-employment rate increased from 3% in 2002 to 3.6% in 2003. With the increasing number of unemployed in the recent years, the suicide rate has also increased. It is believed that there is a close correlation between the unemployment rate and the suicide rate. Unemployment is also a cause of other personal, family and social problems. The government should pay more attention to these problems.

Suicide Statistics: grouped by mental disorders

In 2003, 352 suicide cases involved some kind of mental disorders. This accounted for 31% of the total number of suicide deaths (see Table 7.4). Among the 352 people, 58% were male and 42% were female. Most of them committed suicide by jumping from buildings (59.3%), carbon-monoxide poisoning (16.4%) and hanging (15%).

With 352 suicide deaths related to mental disorders, there seems to be a close relation between the economic recession in Hong Kong, the hardship of combating SARS and the triggering of mental problems in 2003. Depression and schizophrenia played a key role in some suicide cases. In fact, with

the economy performing badly and the unemployment rate continuing to go up, Hong Kong people faced increasing pressure physically and psychologically. Thus, the mental health of the general public cannot be ignored and should be promoted.

Unknown or Unidentified Suicide Cases

20 suicide cases were categorized as unidentified or unknown suicide cases in 2003, down by 5 persons when compared to the 25 in 2002. Among the 20 deaths, 6 people died of drug poisoning and 5 died by drowning (see Table 7.5).

Conclusion

With the rise of globalization, the use of the Internet is common. However, the Internet is changing our behavior and our way of interacting with people as well. This new kind of communication reduces geographical distances but, on the other hand, leads to deterioration in interpersonal relationship. Alienation and estrangement are built in to personal relationships in the cyber world; they are less personal relationships and more like very effective business relationships. As a result, people become apathetic, less genuine, egocentric, selfish and self-focused. More to the point, human mental and psychological health issues become more and more paramount in this new century with the increasing number of mental disorders, which in turn closely affect the suicide rate.

In 2003, there were 1,152 people who committed suicide and died. The suicide rate was 16.9, 1.9 higher than that of 2002, and this figure is the highest on record in recent years. Among the suicide deaths, the ratio of male to female was 2.2 to 1. Most people committed suicide by jumping from buildings, following by carbon-monoxide poisoning and hanging. 38.4% of the people were unemployed. 31% of the cases were related to mental disorders. In 2003, Hong Kong people faced a number of challenges, such as political changes, economic crisis, a high unemployment rate, SARS, avian influenza, and complicated family problems. There were a lot of grievances in our community, with people laboring under intense pressures in their lives. If these kinds of pressures and burdens cannot be resolved, a higher number of suicides will occur.

We all went through the hardship of SARS in 2003 which really had a devastating impact on all our lives. All Hong Kong people went on the alert to fight against SARS by wearing face masks, taking tonics, maintaining a healthy lifestyle and cleaning their homes frequently. What made us do all this? It was because we all value our precious life and did not want to contract SARS. What we believed was that life is more important than our possessions. During the outbreak of SARS, unfortunately there were 1,755 reported SARS cases and 299 SARS deaths. In contrast, ironically there were 1,152 people who committed suicide and died in 2003. What made people fight against the dreadful SARS outbreak and fight to live while others actively chose to give up their lives? No one would doubt that HOPE does make a difference in life. While the Hong Kong government has put much more effort and resources into dealing with the suicide problem as well as mental health, all of us can do something meaningful to deliver hope to others in need. We must all work together to build a wonderful life and a prosperous future.

2003 香港自殺統計數字分析

委員：黃遠青

根據香港特別行政區政府統計處資料顯示，在2003年1月1日至2003年12月31日已登記之總人口為6,810,100人，分別是3,291,800位男性(佔48.4%)，3,518,300位女性(佔51.6%)。而在死因裁判法院報告指出，期間共有1,152人被裁定為死於自殺(見表7.1)。

在2003年，本港每十萬名人口中有16.9人自殺，自殺率為16.9，較2002年多出1.9。其中男性之自殺率為23.5，較去年增加了3.2；女性則為10.7，較去年上升了0.6(見表7.2)。在過去十年，香港之自殺率徘徊於10至15之間，但在過去三年的自殺率卻持續上升，今年更達至16.9，此情況實在需要關注。雖然過去數年已重新調配更多資源到防止自殺上，但自殺率仍然偏高，不斷攀升的自殺數字已向政府敲響警鐘。香港自殺率普遍是隨年齡上升而增加，但在20至29之年齡組別的自殺死亡率比2002年高出4，實在令人憂慮。而自殺死亡者當中有38.4%為失業者(見表7.3)，相信這是跟香港持續上升的失業率有關。這反映了失業者正面對著沉重的心理及情緒問題，而失業的人口持續高企，社會實應投以更多的資源處理失業者的困擾。沙士(嚴重急性呼吸道症候群)於2003降臨香港，對香港市民各方面造成沉重打擊。它推高失業率，因而造成自我形象低落及抑鬱等社會問題，相信社會需要為失業者投放更多資源及服務解決有關問題。

按年齡及性別分組的自殺統計數字

年齡組別：0 至 19 歲

2003年共有29名年齡在19歲以下的青少年自殺死亡，自殺率為1.9。男女之自殺比率為1.7：2.2(見表7.2)，女性自殺率仍較男性為高。

與2002年比較，自殺率較去年上升0.1，人數由26人上升至29人。29名自殺死亡者當中，分別有6名選擇一氧化碳、2名選擇吊死及21名選擇高處墮下。

年齡組別：20 至 59 歲

2003年共有805名年齡介乎20至59歲的人士自殺死亡，佔總自殺死亡人數的70%，較2002年下降了4%(見表7.1)，自殺率是18.8，男女自殺比率是27.8：10.7。同樣，在這年齡組別的自殺死亡者中，最多人是選擇從高處墮下41%，其次是吸入過量一氧化碳37%和吊死16%。自殺死亡的805人當中，43%(344人)為失業人士，較2002年下降了5%，其中78%是男性(見表7.3)。值得注意的是40至49歲組別，自殺死亡的人數由2002年的211人大增至2003年的268人。

年齡組別：60 歲或以上

這個年齡組別於2003年共有316人自殺死亡，佔總自殺死亡人數的27.4%。較2002年下調約3.4%，自殺率是30.7，男女比例是40：22.1。

按自殺方法分組之自殺統計數字

從各種自殺方式中，共有489人選擇從高處墮下，由2002年的450上升了，佔總自殺死亡人數42.4%。其次是一氧化碳，共有319，佔總自殺死亡人數的28%，比2002年上升了3%。而吊死則有239人，佔總自殺死亡人數的21%，與2002年的數字相約(見表7.1)。

整體來說，各年齡組別的男女在選擇自殺方法上大致相同，由高處墮下是最多人選擇的自殺方式，其次是一氧化碳自殺及吊死自殺。而30至39歲組別選取一氧化碳自殺及50-59歲組別選取吊死自殺所佔的人數是遠比其它年齡組別為高。

按職業分組之自殺統計數字

2003年共有442名自殺死亡者為失業人士，佔自殺死亡之人數38.4%，較2002年下調10.6%。第二位是家庭主婦，共有134人，佔12%，比2002上升了2%(見表7.3)。

2003年香港的平均失業率為7.9%，就業不足率3.6%。整體數字較去年的7.3%失業率上調0.6%，然而就業不足率由2002年的3%上調了0.6%。隨著失業率每年的上升，失業者的自殺數字亦逐年遞增。這樣可以相信失業與自殺率有著相當直接的關係，而由失業所引致的各種社會、個人及家庭問題，的確需要有關部門之特別關注。

按精神病分組的自殺統計數字

2003年共有352名自殺死亡人士與精神病有關，佔自殺死亡人數的31%(見表7.4)。男性佔58%，女性佔42%。352人當中，主要的自殺方法是從高處墮下(59.3%)，跟著便是一氧化碳(16.4%)和吊死(15%)。

2003年有352位自殺死亡人士與精神病有關。精神病的誘發與香港經濟衰退及沉重的沙士打擊有著很大的關係，精神分裂症及重性抑鬱症亦屬引致自殺的高風險因素。事實上，隨著近年來香港的民生與經濟持續低迷、失業率上升，市民所承受的心理及生理壓力上升。因此，大眾的精神健康及心理衛生是不容忽視的。

未能確定是否促意自殺的死亡個案

在2003年共有20人被列為不能確定是否蓄意自殺的死亡個案，較2002年的25宗下調達5人之多。在20人中，有6人死於藥物及5人為淹死(見表7.5)。

總結

隨著世界漸趨一體化，互聯網日益普及，正改變我們日常的行為模式及與人交往方式。這些嶄新的溝通模式縮短人與人之間的溝通橋樑，但亦正破壞互相之間的關係。互聯網在人與人之間築起圍牆，建立一個更有效率但疏離的關係，結果令人們變得對別人漠不關心、虛偽、自私及自我中心。踏入一個新世紀，與自殺率關係不可分割的精神及心理異常症狀數目正不斷攀升，令精神與心理健康這題目顯得格外重要。

2003年的自殺死亡人數為1,152人，自殺率為16.9，較2002年上升1.9，為歷年最高。其基本特徵大致相同，自殺死亡者的男女比例為2.2：1，主要的自殺方法是從高處墮下，其次為一氧化碳及吊死。自殺死亡者中，38.4%為失業者，31%與精神病有關。2003的香港需要面對政制改革，經歷金融風暴、失業率上升、沙士、禽流感、複雜的家庭問題，社會上積壓著各種的怨氣，市民承受著種種的壓力而又未能妥善的宣洩，造成自殺率高企。

這一年裡我們克服沙士所帶來的各方面困難，所有香港人戴上口罩、調適身體、保持健康生活習慣及頻密清潔家居等嚴陣以待對抗沙士的情境歷歷在目。引發這些行為全因我們珍惜寶貴的生命，避免受到沙士侵害，因為我們相信生命比世上一切重要。在2003年沙士爆發期間，很不幸有1,755人受到感染、導致299人死亡。諷刺地，另一方面香港有1,152人自殺身亡。到底甚麼東西讓人勇敢地對抗可怕的沙士掙扎求存？而又有甚麼因素令人主動地放棄自己的性命？沒有人懷疑「希望」帶給人對生命不同的演繹。當香港政府投放更多努力及資源在防止自殺問題及精神健康上，其實我們所有人皆可做一些有意義的事，向身邊一些有需要的人傳遞「希望」，攜手並肩邁向一個美好的將來。

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(Table 7.1)The Number of Suicide Death in Hong Kong (By Type, Age & Sex)
(表 7.1) 香港自殺死亡數字 (按自殺方式、年齡及性別分組)

Year	自殺類別 Type of Suicide	2003 年齡組別 Age Group														2002		2001	
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計	Total	小計	Total	小計	Total	小計	Total
2003	火器 Firearms	M										0		0	0	3	4	4	
		F										0		0	0	1	4	0	4
	藥物 Drugs	M				1	4	1		1		7		7		6		18	
		F			3	3	5	2	1	1		15	22	15	22	4	10	15	33
	毒藥 Poisons	M			2			1		4		7		7		8		5	
		F						1	2	5		8	15	8	15	15	23	11	16
	吊死 Hanging	M		2	9	13	31	40	27	44	1	167	239	72	239	169	239	138	201
		F			7	3	10	12	9	31		72		72		70		63	
	由高處墮下 Jumping from a height	M		8	63	51	69	40	37	50	1	319		319		289		253	
		F	13	13	22	25	33	24	14	39		170	489	170	489	161	450	177	430
	氣體中毒 Gas Fatality	M										0		0		0		2	
		F										0	0	0	0	0	0	0	2
	一氧化碳 Carbon Monoxide			3	41	72	75	29	8	7		235		235		174		159	
			3	3	14	27	24	13	2	1		84	319	84	319	78	252	91	250
2002	淹死 Drowning	M			1	4	5	3	2	7		22		22		11		12	
		F			1	1	5	1	3	9		20	42	20	42	20	31	15	27
	利器 Sharp instruments	M				1	1	1	2	3		8		8		1		2	
		F						1				1	9	1	9	3	4	4	6
	其他 Others	M			1	1	2	2	3	2		11		11		11		15	
		F					4		1	1		6	17	6	17	1	12	4	19
2003	小計 Sub-total	M	0	13	117	143	187	117	79	118	2	776		776					
		F	0	15	47	59	81	54	32	87	0	376		376					
	總計 Total		0	29	164	202	268	171	111	205	2		1152						
2002	小計 Sub-total	M	1	15	118	139	148	111	52	88	0					672			
		F	0	11	68	76	63	33	23	79	0					353			
	總計 Total		1	26	186	215	211	144	75	167	0						1025		
2001	小計 Sub-total	M	0	17	114	117	127	77	57	99	0							608	
		F	0	15	57	84	82	27	39	75	1							380	
	總計 Total		0	32	171	201	209	104	96	174	1							988	988

(Table 7.2) The Suicide Rate* of Hong Kong (By Age & Sex)
(表7.2) 香港自殺率* (按性別及年齡組別)

	年齡組別 Age Group	2003					2002					2001				
		M	F	Ratio比例	Total總數	M	F	Ratio比例	Total總數	M	F	Ratio比例	Total總數	M	F	Total總數
0-19	0-9	0.0	0.0	1.0	0.0	0.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	10-19	2.9	3.8	0.8:1	3.3	3.3	2.6	1.3:1	3.0	3.8	3.5	1.1:1	3.7	3.8	3.5	3.7
	Subtotal Population 整體人口	1.7	2.2	0.8:1	1.9	2.2	1.5	1.4:1	1.8	2.1	2.0	1.1:1	2.1	2.1	2.0	2.1
20-59	20-29	26.0	9.8	2.7:1	17.6	25.9	14.0	1.9:1	19.7	24.5	10.8	2.3:1	17.2	24.5	10.8	17.2
	30-39	27.2	8.6	3.2:1	16.7	25.6	10.8	2.4:1	17.3	20.6	12.0	1.7:1	15.8	20.6	12.0	15.8
	40-49	29.4	11.8	2.5:1	20.3	23.6	9.5	2.5:1	16.3	21.0	13.4	1.6:1	17.1	21.0	13.4	17.1
	50-59	28.2	13.4	2.1:1	20.9	28.0	8.8	3.2:1	18.6	21.2	8.2	2.6:1	15.1	21.2	8.2	15.1
	Subtotal Population 整體人口	27.8	10.7	2.6:1	18.8	25.5	10.8	2.4:1	17.8	21.7	11.5	1.9:1	16.4	21.7	11.5	16.4
60+	60-69	31.7	14.1	2.2:1	23.3	20.7	9.8	2.1:1	15.5	21.7	16.3	1.3:1	19.2	21.7	16.3	19.2
	70+	47.4	27.9	1.7:1	36.6	36.2	26.1	1.4:1	30.6	45.0	26.5	1.7:1	34.6	45.0	26.5	34.6
	Subtotal Population 整體人口	40.0	22.1	1.8:1	30.7	28.2	19.0	1.5:1	23.4	32.4	22.0	1.5:1	27.0	32.4	22.0	27.0
Total Population 全年整體人口		23.5	10.7	2.2:1	16.9	20.3	10.1	2.0:1	15.0	18.5	11.1	1.7:1	14.7	18.5	11.1	14.7

*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

Calculation: The Samaritan Befrienders Hong Kong

資料計算：香港撒瑪利亞防止自殺會

(Table 7.3)The Number of Suicide Death in Hong Kong (By Occupation)
(表 7.3) 香港自殺死亡數字 (按職業分組)

年份 Year	2003														2002		2001	
	年齡組別 Age Groups																	
	Sex	0-9	10-19	10-29	30-39	40-49	50-59	60-69	70-79	不詳	小計	Total	小計	Total	小計	Total	小計	Total
學生 Student	M		5	8							13		10		14		14	
	F		12	3							15	28	10	20	13	27		
教師 Teacher	M				1						1		3		2		2	
	F					1					1	2	2	5	4	6		
失業者 Unemployed	M		3	56	64	88	60	25	34		330		357		286		286	
	F		1	19	17	28	12	7	28		112	442	142	499	93	379		
家庭主婦 Housewife	M										0		0		0		0	
	F			2	15	26	34	23	34		134	134	105	105	136	136		
藍領階層 Blue Collars	M		4	11	16	17	8	3			59		54		50		50	
	F			3	2	1	1				7	66	11	65	8	58		
白領階層 White Collars	M			3	6	9	3	1			22		29		23		23	
	F		1	8	7	5	1				22	44	21	50	22	45		
病人 Patient	M										0		4		9		9	
	F										0	0	2	6	7	16		
紀律部隊 Disciplinaries	M			2	1	8					11		13		12		12	
	F			1	1						2	13	0	13	1	13		
商人 Business Man	M			2	5	12	7	2	1		29		20		17		17	
	F				1	1	1				3	32	5	25	3	20		
其他 Other	M	0	1	35	50	53	39	48	83	2	311		182		195		195	
	F	0	2	11	16	19	5	2	25	0	80	391	55	237	93	288		
小計 Sub-total	M	0	13	117	143	187	117	79	118	2	776		672		608		608	
	F	0	16	47	59	81	54	32	87	0	376		353		380		380	
總計 Total		0	29	164	202	268	171	111	205	2	1152	1152	1025	1025	988	988	988	988

Source: Coroners 資料來源：死因裁判法庭

(Table 7.4) The Number of Mental Suicide in Hong Kong (By Type, Age & Sex)
(表 7.4) 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	2003																			2002		2001	
	自殺類別 Type of Suicide	年齡組別 Age Group													Total	Total	Total	Total					
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計	Total										
2003	火器 Firearms	M										0		0		0		0					
		F										0	0	0	1	1	0	0					
	藥物 Drugs	M					2	1				3		3		8		8					
		F			2	2	4		1	1		10	13	4	7	6	14						
	毒藥 Poisons	M										0		1		1		1					
		F								1		1	1	2	3	2	3						
	吊死 Hanging	M			2	4	7	11	4	8		36		30		23		23					
		F			1		4	6	3	3		17	53	15	45	22	45						
	由高處墮下 Jumping from a height	M		2	22	26	40	18	8	9		125		97		75		75					
		F		4	10	15	25	12	4	14		84	209	82	179	82	157						
氣體中毒 Gas Fatality	M										0		0		1		1						
	F										0	0	0	0	0	1							
一氧化碳 Carbon Monoxide				5	13	10	4	1			33		22		16		16						
			1	7	6	6	5				25	58	18	40	22	38							
淹死 Drowning	M				3	1		2	1		4		2		1		1						
	F				1	2			1		6	10	4	6	4	5							
利器 Sharp Instruments	M						1				2		0		0		0						
	F						1				1	3	0	0	2	2							
其他 Others	M			1				1			2		2		9		9						
	F										3	5	0	2	1	10							
2003	小計 Sub-total	M	0	2	30	46	60	35	14	18	0	205											
		F	0	5	20	24	43	24	11	20	0	147											
	總計 Total		0	7	50	70	103	59	25	38	0	352											
2002	小計 Sub-total	M	0	5	39	36	42	22	7	6	0			157									
		F	0	2	28	35	25	17	5	14	0			126									
	總計 Total		0	7	67	71	67	39	12	20	0				283								
2001	小計 Sub-total	M	0	5	38	30	26	20	7	8	0					134							
		F	0	3	19	35	36	13	17	18	0					141							
	總計 Total		0	8	57	65	62	33	24	26	0						275						

Source: Coroners 資料來源：死因裁判法庭

(Table 7.5) Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)
(表 7.5) 未確定是意外或故意造成的損傷 (按自殺方式、年齡及性別分組)

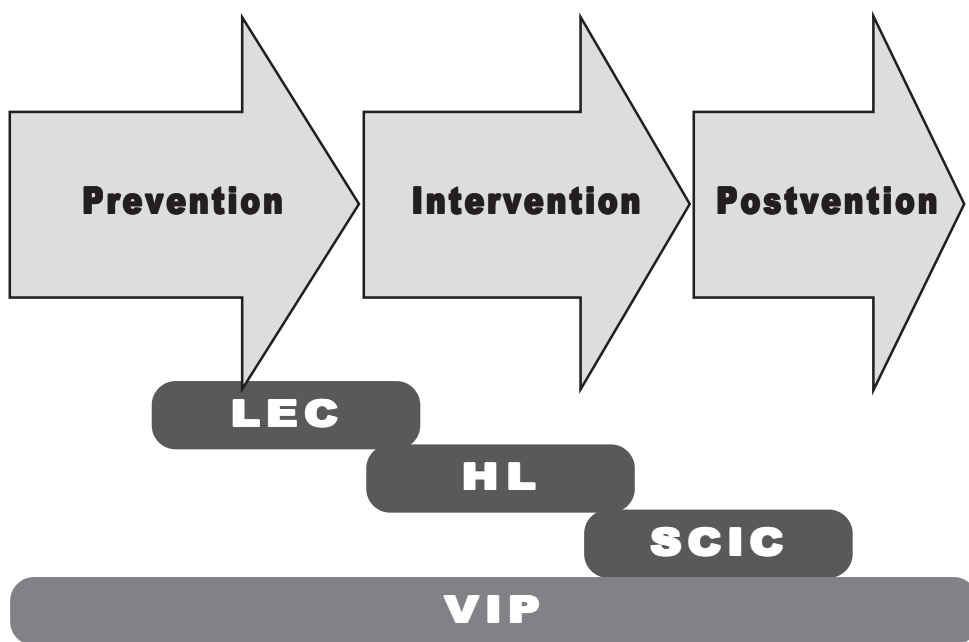
Year	2003																	2002		2001	
	自殺類別 Type of Suicide	年齡組別 Age Group										Total	小計	Total	小計	Total					
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳										
2003	火器 Firearms	M										0	0		0		0				
		F										0	0	0	0	0	0				
	藥物 Drugs	M				1	1			2		4			4		5				
		F			1	1						2	6	3	7	1	6				
	毒藥 Poisons	M										0			0		0				
		F					1					1	1	0	0	3	3				
	吊死 Hanging	M			1							1			0		0				
		F										0	1	0	0	0	0				
	由高處墮下 Jumping from a height	M		1	1							2		1	1	25	37				
		F						1				1	3	1	2	12					
2003	氣體中毒 Gas Fatality	M										0			0		0				
		F										0	0	0	0	0	0				
	一氧化碳 Carbon Monoxide	M										0			1		0				
		F										0	0	0	1	0	0				
	淹死 Drowning	M						2		2		4		12		9	19				
		F			1							1	5	1	13	10					
	利器 Sharp instruments	M										0		0		1					
		F										0	0	1	1	0	1				
	其他 Others	M						3	1			4		1		2					
		F										0	4	0	1	3	5				
2003	小計 Sub-total	M	0	1	2	1	1	5	1	4	0	15									
		F	0	0	4	2	0	1	0	0	0	5									
	總計 Total		0	1	4	3	1	6	1	4	0	20	20								
2002	小計 Sub-total	M	0	2	1	3	1	2	4	5	1			19							
		F	0	1	0	0	3	0	0	2	0			6							
	總計 Total		0	3	1	3	4	2	4	7	1			25	25						
2001	小計 Sub-total	M	0	2	9	12	5	4	4	5	1					42					
		F	1	1	7	3	6	2	3	6	0					29					
	總計 Total		1	3	16	15	11	6	7	11	1					71	71				

TO BUILD UP THE MOST PREFECT SYSTEM TOGETHER

Mr. Wilson Lo
Executive Committee Member (Public Relation)

The Most Prefect System

The Samaritan Befrienders Hong Kong has been set up since 1960. At present, its organization structure has been developed to the most prefect scale in history. Apart from the existing core Hotline Service, the latest established Centres - Life Education Centre and Suicide Crisis Intervention Centre enhance our services to be more comprehensive and diversified.



LEC—Life Education Centre

HL—Hotline Line Centre

SCIC—Suicide Crisis Intervention Centre

VIP—Very Important Person around people who commit suicide

Diagram One: Three stages that Centres provide services in the present

Diagram One figures out the three stages of service that we are providing for people who attempt to commit suicide. The first stage is Prevention. Its aim is mainly to promote the value of lives for people who have no idea or just a little intention of suicide, so as to avoid them to develop suicide behavior. The second stage is Intervention. People in this stage are attempting to commit suicide or even committing suicide. Trained personnel or professionals are needed in this stage to provide counselling service. The third stage is Postvention. Those people who attempt to commit suicide but are not successful have to be followed up by experienced social workers in order to prevent them from committing suicide again. The centre pay special attention to all the targeted clients in the three different stages, and provides them with professional and tailor-made services according to their needs.

Life Education Centre

The Life Education Centre is set up to encourage people to understand themselves better, to develop positive life value and to enjoy a meaningful life through promotion and community education. It also encourages people to overcome bravely their difficulties, to care for the people around them and even to contribute back to society.

The Life Education Centre plays the role of helping those people who do not have plan or are not actively planning to commit suicide. It sounds to be a promotional role and might not be directly helpful to those people who are actively planning to commit suicide. However, if those people who know the importance of caring for their lives and understand the true value of lives, they would definitely not commit suicide and the second and third stage's intervention would become unnecessary.

Furthermore, if we could invest more in the first stage, in the long run, the money spent in the second and third stage could be reduced for the overall effectiveness of suicide prevention.

Hotline Centre

The Hotline Centre offers 24-hour telephone hotline service for those people in distress and who have intention to commit suicide. A group of enthusiastic and well-trained volunteers provides instant emotional counselling for people who seek help. The target clients are people with moderate and high suicide risk. In an event of receiving call from a client with high-risk, the client will then be encouraged to be referred to the Suicide Crisis Intervention Centre for further professional counselling session.

The Hotline Centre mainly contributes its functions during the first and second stages respectively. The Hotline Centre would prevent people, who have emotional trouble, from choosing suicide as solution and transfer high-risk clients to the Suicide Crisis Intervention Centre for further treatment. The Hotline Centre could provide preliminary counselling service to those people who are suicide inclined, thus avoiding their tragic consequence. At the same time, it also serves as a platform to provide screening for intake of moderate or high-risk clients by the Suicide Crisis Intervention Centre.

Suicide Crisis Intervention Centre

The Suicide Crisis Intervention Centre provides 24-hour crisis intervention service for suicidal people. Crisis workers face clients with solid plan to commit suicide very often. Their tasks are just like pulling the client back from the edge of death. They need to make extraordinary effort and face enormous pressure, which are different from ordinary counselling tasks. Together with the Hotline Centre, this Centre serves client during the second and third stage until the clients' situations become stable.

The Challenges and Difficulties

From the above roles description, suicide prevention service has entered into a new era. This setting affords to become a strong shield to fight against the dark side of Hong Kong and to prevent the unnecessary loss in Hong Kong economics due to suicide. At the same time, it would preserve more lives and hopes for the Hong Kong people.

More importantly, this setting plays a critical role in a suicide emergency especially with rising number of suicide cases during 2003 and in the more and more complicated Hong Kong society. When integrating the two new centres with the Hotline Centre, there are definite rooms for improvement and much challenge ahead. For instance, the dispersed and duplicated resources, different project terms, heavy workload and different requirements among different sponsors. Nevertheless, it is still very much better than the past.

The Ultimate Guardian Angel

In fact, people committing suicide is mainly because they lost hope for their future and nobody cares for them. They misinterpret suicide as the apparent sole choice and result in fatal tragedy. However, notwithstanding a person who lost all hopes, if there is someone, who is important and is willing to support him/her, that Very Important Person (VIP) towards the person could save one life. Care would enable the suicidal inclined person to understand that he/she is not alone to face the problem. Care from VIP is an effective means in all the three stages.

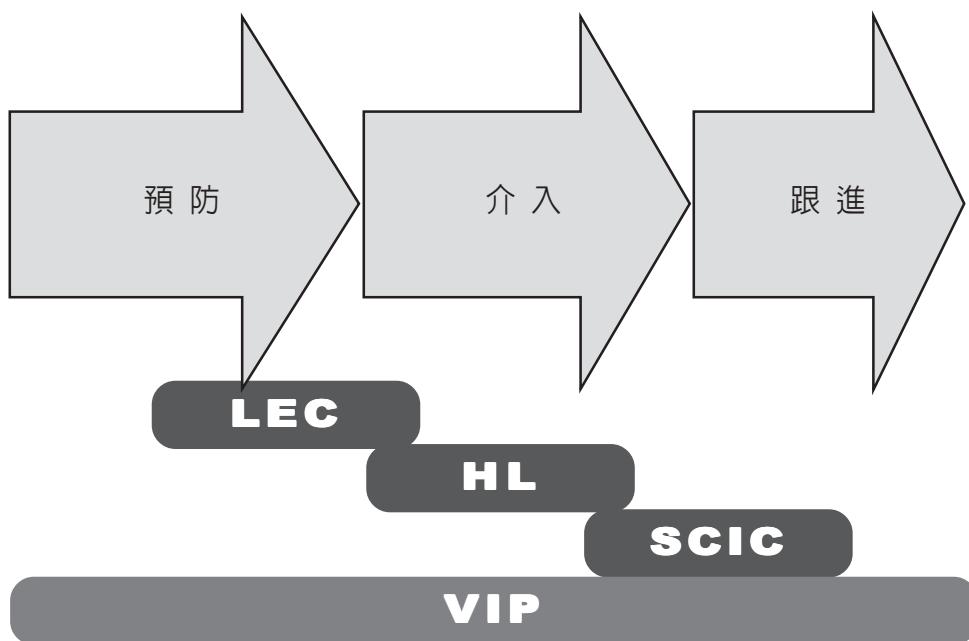
These Very Important Persons are the ultimate guardian angels for every person in the world, and they are the secret weapons of The Samaritan Befrienders Hong Kong. They become Hotline volunteers and serve as the ultimate guardian angels of the society. Their contributions to the success in suicide prevention in Hong Kong are undeniable.

並肩促成最完善的系統

公關幹事：盧裕強

歷來最完善的系統

香港撒瑪利亞防止自殺會於1960年成立，發展至今，近兩年的組織架構可說是歷來最完善的。除了以往的熱線中心外，在2002年新成立的生命教育中心及自殺危機處理中心，令本會一向以熱線中心服務為主的防止自殺服務更添全面及多元化。



LEC—Life Education Centre (生命教育中心)

HL—Hotline Line Centre (熱線中心)

SCIC—Suicide Crisis Intervention Centre (自殺危機處理中心)

VIP—Very Important Person around people who may attempt to commit suicide (= Significant Others)
(有自殺危機者周遭影響力極大的人)

《圖一》：現時中心對有自殺危機者提供服務的三個階段

《圖一》將處理有自殺危機的人完整地劃分為三個階段。第一階段是預防，主要是透過生命教育向一般市民（不論是否有自殺危機的人士）宣傳珍惜生命，預先防止他們發展出自殺的意念和行為；第二階段是介入，透過熱線服務接觸服務使用者，他們可能已有自殺意念、甚至正計劃或進行自殺，需受過訓練的義工進行即時情緒紓緩和適當輔導，在需要的情況下進行轉介或甚至危機介入；第三階段是跟進，由資深社工跟進有高、中度自殺危機的人士，協助他們面對和學習處理危機，放棄自殺念頭，重拾生命的希望。本會轄下的三個中心有效地針對不同的服務對象，為他們提供有效及適切的專業服務。

生命教育中心

生命教育中心是透過宣傳與教育，讓人們探索對自己的認識，培養正面的人生觀及活出人生意義，勇於面對困難，甚至關懷身邊人，貢獻社會。

生命教育中心肩負起人們完全或尚未有積極自殺計劃前的預防角色。雖然這角色似乎只有偏重於宣傳作用方面，對有自殺危機的人沒有太直接的幫助，但如果人們早已認識到珍惜生命的重要性，看到生命內裡的價值，便絕對不會輕言自殺。正謂預防勝於治療，雖則第一階段較其他階段難看出成效，但若在此階段投放更多資源，長遠來說，第二、三階段的資源投放，便可相對地減輕，對防止自殺的成效便會更好。

熱線中心

熱線中心為情緒受困擾甚至企圖自殺之人士提供二十四小時電話熱線服務，透過一群熱心義工為求助者提供即時的情緒疏導服務。有情緒困擾，甚至具低、中、高程度的自殺危機之服務對象皆被照顧得到。若遇到一些高危個案，更會轉介往本會的自殺危機處理中心作更深層及專業的跟進。

熱線中心的功能主要發揮在第一至第二階段，防止尚未有積極自殺計劃的情緒受困者採取自殺手段解決問題（階段一）、及轉介高危之人士往自殺危機處理中心進一步處理（階段二）。熱線中心的作用可以預先為一些有自殺危機的個案作情緒疏導，避免引發自殺結果；同時亦為自殺危機處理中心分流出高危人士作更深入跟進。

自殺危機處理中心

自殺危機處理中心為有高或中度自殺危機傾向人士提供二十四小時危機處理服務。大部份時間社工均可能需要面對下一秒便會毀掉自己生命的人，而他/她們所付出的精力及所承受的壓力，比一般輔導工作艱巨，因為他/她們要把意圖自殺者從死亡邊緣拉回來。此中心與熱線中心互相配合，功能主要發揮在第二及第三階段，直至意圖自殺者情緒趨向穩定才算工作完成。

挑戰與隱憂

從以上分析，本港的防止自殺服務明顯已進入一個史無前例的新紀元，比從前更有效地擔負起對抗香港黑暗勢力造成的消極陰影的後盾，除防止香港的經濟力白白流失外，亦為社會挽回更多生命與希望。更重要的是，為企圖自殺者起了一個具關鍵性的搶救作用，特別從2003年又再攀升的自殺數字及複雜的社會問題，便更見其重要性。雖然新成立的兩個中心在配合原有的熱線中心時，確有可改善的空間及挑戰，例如資源分散及重複、有限的受資助年期、沉重的工作量及不同贊助機構的要求等問題，但這已比從前優勝萬倍，相信透過不斷檢討及改進必會帶領本會邁向光明前景。

系統背後的終極守護天使

其實，有自殺危機的人之所以會自殺，很大程度是因為對前途失去希望，而欠缺身邊人的支持，才導致他/她們以為「自殺」是唯一選擇的悲慘結果。但是就算有自殺危機的人對前途失去希望，只要身邊尚有一個人支持，而那個人對意圖自殺者而言又是一個舉足輕重的（Very Important Person towards people who commit suicide，以下簡稱VIP，意思與學術術語Significant Others相同），亦可以避免意圖自殺者採用自殺作為解決問題的方法。因為有別人的關心，企圖自殺者可體會到世上不是只有自己孤軍作戰，而是仍有人關心自己的。VIP的角色，更是由第一階段以至第三階段均能發揮效用。

這些舉足輕重的人，是每一個生命背後的終極守護天使，同時亦是香港撒瑪利亞防止自殺會的秘密後盾，我們的所有義工就是本會服務的終極守護天使，他們的努力對於香港防止自殺的服務是功不可抹的。



2003 年會員大會合照
Group Photo of AGM 2003



全會退修營——繼續為防止自殺服務努力
2002 Retreat Camp —— Keep going



本會副主席接受傳媒訪問
SBHK Vice - Chairman was interviewed
by Mass Media



社會福利署助理署長及本會主席
Assistant Director of Social Welfare Department and SBHK Chairman



在職訓練——學也融融
In-service Training —— Learning happily together

SUICIDE CRISIS INTERVENTION CENTRE 自殺危機處理中心



元朗區福利服務策劃研討會

Strategic planning seminar for Yuen Long Welfare Service



臨床心理學家曾慶培博士為危機中心社工提供個案諮詢會議

Case Consultation meeting conducted by Clinical Psychologist-Dr. Michael Tsang



防止自殺高峰會議

Summit for preventing suicide



社會福利署署長鄧國威太平紳士到危機中心參觀

Visit by Dr. Paul Tang Kwok Wai JP, Director of Social Welfare



青山醫院社區精神外展隊到危機中心參觀

Visit by Community Psychiatric Team of Castle Peak Hospital



生命教育中心 03 年 5 月
「親親鄰舍齊齊 Jam」
回應沙士社區教育活動
Care your Neighbour Jam
Together



生命教育中心生命教育講座
A talk on Life Education



生命教育教師工作坊
A Life Education workshop for teachers



生命教育中心與教統局合辦生命教育工作坊
A Life Education Workshop organised with
The Education and Manpower Bureau



乘風航義工——生命啓航工作坊
A training workshop for
the volunteers of Adventure Ship

AUDITORS' AND FINANCIAL REPORT 財政報告

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

ROOM 3813, 38/F., COSCO TOWER,
183 QUEEN'S ROAD CENTRAL,
HONG KONG.

TEL: 2541 5838 FAX: 2851 2802

張耀鴻會計師行
香港皇后大道中一八三號
中遠大廈三十八樓三八一室
電話：二五四一五八三八
傳真：二八五一二八〇二

AUDITORS' REPORT

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

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

Respective Responsibilities of Members of Executive Committee and Auditors

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

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

Basis of Opinion

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

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

Opinion

In our opinion, the financial statements give a true and fair view, in all material respects, of the state of the Corporation's affairs as at 31 March 2004 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
13 May 2004

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

ROOM 3813, 38/F., COSCO TOWER,

183 QUEEN'S ROAD CENTRAL,

HONG KONG.

TEL: 2541 5838 FAX: 2851 2802

張耀鴻會計師行
香港皇后大道中一八三號
中遠大廈三十八樓三八一三室
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。

我們策劃和進行審核工作之目標，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內沒有重大錯誤陳述。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2004年3月31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
2004年5月13日

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
資產負債表
BALANCE SHEET
2004 年 3 月 31 日
AS AT 31 MARCH 2004

		註 NOTES	2004 HK\$	2003 HK\$
流動資產	CURRENT ASSETS			
手存現金	Cash in hand		9,000	9,000
銀行存款	Cash at banks		1,327,492	1,012,224
定期存款	Fixed deposits		850,885	850,582
應收及預付款	Accounts receivable and prepayment		285,292	338,814
			<u>2,472,669</u>	<u>2,210,620</u>
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(505,108)	(496,408)
			<u>1,967,561</u>	<u>1,714,212</u>
非流動資產	NON-CURRENT ASSETS			
水電按金	Utility deposits		16,120	16,120
傢具器材	Furniture, fittings and equipment		<u>1</u>	<u>1</u>
資產淨值	NET ASSETS		<u>1,983,682</u>	<u>1,730,333</u>
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	439,908	380,455
特別基金	SPECIAL FUND	4	503,919	503,919
關懷身邊人基金	CARING FUND	5	530,266	531,248
自殺危機處理 中心基金	SUICIDE CRISIS INTERVENTION FUND	6	356,421	51,690
生命教育中心 基金	LIFE EDUCATION CENTRE FUND	7	(281,832)	(171,979)
儲備	GENERAL RESERVE	8	<u>435,000</u>	<u>435,000</u>
			<u>1,983,682</u>	<u>1,730,333</u>

The attached notes form an integral part of these accounts.
Approved by the Executive Committee on 13 May 2004
附註乃賬項之一部份
於 2004 年 5 月 13 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
2003/04 年度
FOR THE YEAR ENDED 31 MARCH 2004

		2004 HK\$	2003 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	1,301,200	1,313,000
香港賽馬會	Hong Kong Jockey Club		
慈善信託基金	Charities Trust	205,000	205,000
社會福利署	Social Welfare Department	---	102,802
英皇慈善基金	Emperor Foundation Limited	---	300,000
其他	Others	22,821	90,754
		<u>1,529,021</u>	<u>2,011,556</u>
<u>其他收入 (註 9)</u>	<u>OTHER REVENUES (note 9)</u>	<u>215,176</u>	<u>157,948</u>
		<u>1,744,197</u>	<u>2,169,504</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	722	700
訓練費用	Training expenses	36,940	54,900
交通費	Travelling expenses	110,386	105,510
薪金	Staff salaries	1,037,801	954,983
公積金	Provident fund contribution	53,752	47,963
醫療	Medical expenses	7,869	2,850
招聘費用	Recruitment expenses	768	4,767
租金及差餉	Rent and rates	104,944	84,078
辦公室用品	Office supplies	20,062	21,186
推廣及宣傳	Publicity and promotion	26,551	89,270
年刊及印刷費	Annual reports and printing	48,024	44,055
報章月刊書籍	Newspaper, journals and books	8,532	9,083
傢具器材	Furniture, fixtures and equipment	22,391	263,667
維修保養	Repairs and maintenance	29,036	38,362
電話及傳呼	Telephone and paging	21,936	19,011
水、電	Electricity and water	51,007	55,221
郵費	Postage	2,860	3,519
清潔用品及費用	Sanitary and cleaning expenses	40,576	21,263
聯會會費	Subscription to affiliated associations	3,831	2,000
開會費用	General meeting expenses	11,797	9,482
義工嘉許	Volunteers' recognition	15,934	8,860
康樂活動	Recreational activities	8,055	4,696
週年餐會	Annual dinner	5,938	9,633
茶點小食	Refreshment	8,872	9,564
保險費	Insurance	4,836	2,057
雜費	Sundry expenses	1,324	6,762
		<u>1,684,744</u>	<u>1,873,442</u>
本年度盈餘	SURPLUS FOR THE YEAR	59,453	296,062
減：轉予儲備	LESS: TRANSFER TO		
	GENERAL RESERVE	---	(280,000)
餘款入累積基金	BALANCE TO ACCUMULATED FUND	<u>59,453</u>	<u>16,062</u>

The attached notes form an integral part of these accounts. 附註乃賬項之一部份。
All the changes in the Accumulated Fund for the year have been included in the above statement. 年中累積基金所有變動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
 賬項附註
NOTES TO ACCOUNTS
 2003/04 年度
FOR THE YEAR ENDED 31 MARCH 2004

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 1994 年 3 月 10 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 subsidies.

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：

		<u>2004</u> HK\$	<u>2003</u> HK\$
年初結存	Fund balance at beginning of year	380,455	364,393
加：本年度淨盈餘	Add: Net surplus for the year	<u>59,453</u>	<u>16,062</u>
年終結餘	Balance at end of year	<u>439,908</u>	<u>380,455</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)
 2003/04 年度
FOR THE YEAR ENDED 31 MARCH 2004

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:

		<u>2004</u> HK\$	<u>2003</u> HK\$
年初結存	Fund balance at beginning of year	503,919	502,405
加: 銀行利息收入	Add: Bank interest received	---	1,514
年終結餘	Balance at end of year	<u>503,919</u>	<u>503,919</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:

		<u>2004</u> HK\$	<u>2003</u> HK\$
年初結存	Fund balance at beginning of year	531,248	414,534
加: 收捐款	Add: Donation received	13,978	112,995
售書收入	Sale of books	1,603	1,119
銀行利息收入	Bank interest received	---	2,600
		<u>546,829</u>	<u>531,248</u>
減: 印書成本	Less: Cost of printing books	(16,000)	---
運費及郵費	Postage and transportation	(563)	---
年終結餘	Balance at end of year	<u>530,266</u>	<u>531,248</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)
 2003/04 年度
FOR THE YEAR ENDED 31 MARCH 2004

6. SUICIDE CRISIS INTERVENTION CENTRE FUND 自殺危機處理中心基金

The Social Welfare Department provided finance out of Lotteries Fund to enable the Corporation to set up a suicide crisis intervention centre to provide immediate services to those who are in crisis situation and at high suicide risk on a three year pilot basis (up to the year 2005). The income and expenditure during the year were as follows:

政府社會福利署由獎券基金撥款資助本會以3年試驗性質(至2005年)成立自殺危機處理中心以便對有高危自殺傾向之人士提供援助。本年收支如下：

	2004 HK\$	2003 HK\$
Balance at beginning of year 年初結餘	51,690	132,614
Government subventions received 政府資助	3,543,716	3,322,598
Donations received 收捐款	50,000	---
Sundry income 什項收入	255	2,323
	<u>3,645,661</u>	<u>3,457,535</u>
<u>Less: Expenditures 減：支出</u>		
Salaries 薪金	2,620,649	2,269,498
MPF contributions 強積金供款	107,155	98,742
Medical expenses 醫療	12,294	817
Training and community activities 培訓及社區活動	24,968	14,866
Consultancy fee paid to The University of Hong Kong 付香港大學顧問費	160,000	160,000
Administration expenses 行政費用	92,138	59,669
Annual dinner 周年聚餐	2,562	---
Meeting expenses 會議費用	1,452	1,112
Publicity and promotion 宣傳	11,434	8,871
Rent and rates 租金差餉	113,783	91,498
Office supplies 辦公室費用	18,876	23,403
Repairs and maintenance 修理保養	15,022	24,189
Furniture, fixtures and equipment 傢俱儀器	17,686	539,860
Telephone and paging 電話傳呼	27,527	28,823
Electricity and water 水電	17,325	11,816
Postage 郵費	1,844	2,571
Travelling 交通	13,275	13,480
Cleaning expenses 清潔	8,149	16,183
Newspaper, journals and books 書刊雜誌	1,869	1,168
Refreshment 飲品	2,730	2,992
Insurance 保險	14,673	11,526
Recruitment 招聘費	1,536	2,847
Opening expenses 開幕費用	---	20,882
Sunday expenses 什費	2,293	1,032
	<u>3,289,240</u>	<u>3,405,845</u>
Balance at end of year 年終結餘	<u>356,421</u>	<u>51,690</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)
2003/04 年度
FOR THE YEAR ENDED 31 MARCH 2004

7. LIFE EDUCATION CENTRE FUND 生命教育中心基金

A Life Education Centre was set up on a three year pilot basis (up to the year 2005) with the sponsorship of The Hong Kong Jockey Club Charities Trust. The income and expenditure of the Centre during the year were as follows:

香港賽馬會慈善信託基金撥款贊助本會以三年試驗性質(至 2005 年)成立生命教育中心。本年收支如下：

	<u>2004</u> HK\$	<u>2003</u> HK\$
Balance at beginning of year 年初結存	(171,979)	---
Subventions received 收資助	1,029,795	1,693,068
Sundry income 什項收入	<u>280</u>	<u>19,250</u>
	<u>858,096</u>	<u>1,712,318</u>
Less: Expenditures 減：支出		
Salaries 薪金	685,515	584,188
MPF contributions 強積金供款	34,192	23,409
Medical expenses 醫療	6,366	788
Training and community activities 培訓及社區活動	94,324	27,702
Administration expenses 行政費用	7,555	14,595
Rent and rates 租金差餉	151,331	110,918
Office supplies 辦公室費用	4,009	8,946
Publicity and promotion 宣傳	27,860	29,083
Repairs and maintenance 修理保養	6,505	5,617
Furniture, fixtures and equipment 傢俱儀器	---	970,445
Telephone and paging 電話傳呼	14,763	11,029
Electricity and water 水電	17,325	9,593
Postage 郵費	121	448
Travelling 交通	983	1,529
Sanitary and cleaning expenses 清潔	1,758	15,175
Newspaper, journals and books 書刊雜誌	67,922	29,028
Annual dinner 周年聚餐	3,526	---
Newsletters 資訊傳單	8,864	7,000
Refreshment 飲品	74	401
Insurance 保險	4,430	8,497
Recruitment 招聘費	1,835	6,057
Opening expenses 開幕費用	---	19,242
Sundry expenses 什費	<u>670</u>	<u>607</u>
	<u>1,139,928</u>	<u>1,884,297</u>
Balance at end of year 年終結餘	<u>(281,832)</u>	<u>(171,979)</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)
 2003/04 年度
FOR THE YEAR ENDED 31 MARCH 2004

8. GENERAL RESERVE 儲備

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

		<u>2004</u> HK\$	<u>2003</u> HK\$
年初結存	Fund balance at beginning of year	435,000	155,000
加: 累積基金來款	Add: Transfer from Accumulated Fund	---	280,000
年終結餘	Balance at end of year	<u>435,000</u>	<u>435,000</u>

9. OTHER REVENUES 其他收入

		<u>2004</u> HK\$	<u>2003</u> HK\$
會費收入	Membership subscription	7,560	7,840
利息收入	Bank interest received	524	3,023
講座收入	Course fees	105,241	70,074
雜項收入	Sundry income	2,158	2,747
收回行政費用	Administration expenses recovered	<u>99,693</u>	<u>74,264</u>
		<u>215,176</u>	<u>157,948</u>

Acknowledgements 鳴謝



香港公益金會員機構
A Member Agency of The Community Chest



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



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 and the Lotteries Fund

香港社會福利署及獎券基金

PCCW Ltd.-Sponsored telephone lines for hotline service

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 2003 suicide death in Hong Kong

香港死因裁判法庭——提供二零零三年香港自殺死亡數字資料

Census and Statistics Department—providing data of 2003 population in Hong Kong

政府統計處——提供二零零三年香港人口數字資料

SPONSORS OF ANNUAL DINNER 2003

二零零三年周年聚餐贊助公司

Emirate Airlines	阿聯酋航空
The Peninsula	半島酒店
The Empire Hotel Kowloon	九龍皇悅酒店
Inter-Continental Grand Stanford Hong Kong	海景嘉福酒店
Ocean Park	海洋公園
San Miguel Brewery HK Ltd	香港生力啤酒廠有限公司
Splendour Industrial Co.	明德實業公司
New Universal Plastic & Metalware Mfy Ltd	新宇宙塑膠五金製品廠有限公司
Kowloon-Canton Railway Corporation	九廣鐵路公司
MTR Corporation	地鐵公司
Swire CocaCola HK Ltd	太古可口可樂香港有限公司

List Of Donors For The Ended March 31, 2004

2003/2004 年度捐款機構及人士名單

The Incorporated Owners Of Carado Garden	雲疊花園業主立案法團	\$8,351.50
Ricky Cheung & Co	張靈傑會計師事務所	\$4,100.00
The Far East Masonic Association For Charity	遠東仁濟慈善協會	\$2,100.00
Ms. Tsang Yee Lin	曾綺蓮	\$1,000.00
Ms. Cheung Pui Fong	張佩芳	\$300.00
Chan Wing Kwan	陳永坤	\$280.00
Mr. Tsoi Man Cheong	蔡文昌	\$200.00
Ms. Ting Lai Fan	丁麗芬	\$100.00
Mr. Cheung Wai Kee	張偉基	\$100.00
Leigh-Pemneron WF		\$50,000.00
Candy Chung		\$3,900.00
Sanyu Industrial (holdings) Co. Ltd		\$1,000.00
Danny Don Yee Fok		\$890.00
Ms Suen Yi Lai		\$300.00
Chin Kong Shan		\$200.00

We need your help 捐助呼籲

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 and the Lotteries Fund. 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、香港賽馬會及獎券基金的資助。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, 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」

Thank You! 多謝您的支持!



香港撒瑪利亞防止自殺會
The Samaritan Befrienders Hong Kong

24 Hour Hotline 24小時求助熱線： 2389 2222

Telephone lines for Hotline Service sponsored by PCCW Ltd
電話熱線由電訊盈科有限公司贊助

Email 電郵：sbhkinfo@sbhk.org.hk
Web Site 網址：www.sbhk.org.hk

Affiliation

會 籍

Member of The International Association of Suicide Prevention 國際防止自殺會

Member of The Hong Kong Council of Social Service 香港社會服務聯會

Member of The Community Chest of Hong Kong 香港公益金