



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 as 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 the giving of support and rendering emotional counseling to them, we help those in need to help themselves.

In the wake of a significant rise of student suicides due to the setbacks in their Hong Kong Certificate Examinations 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 dead ends.

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 operating costs, both centres materialized and have been in operation since April 2002. The setting up of the new centres has enabled the SBHK to complement its long running 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

- 1) To befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, by helping them to regain confidence in life.
- 2) 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，本會因行政關係終止了英文部，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 instill 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) The Suicide Crisis Intervention Centre offers assessment of suicidal risks, immediate intervention, counseling and referral services. We aim to help suicidal people to re-establish their life strength and empower them with the capability to handle crisis in life.
- 3) The Life Education Centre promotes suicide prevention via community services, seminars, publications (annual reports, newsletters, books and reports), research and surveys, promotional education and international conferences. Through these activities we aim to promote the message of suicide prevention and help people to bravely overcome their life difficulties as well as learning to care for the people around them as a contribution to the community.
- 4) We endeavour to talk to every client but priority is given to those with high suicidal intent.
- 5) 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.
- 6) 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.
- 7) All our members are volunteers, having been highly selected and trained, and are being supervised by experienced members and relevant professionals.
- 8) 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.
- 9) We offer assistance for the establishment of organizations with similar nature and mission in the South East Asia and neighbouring regions.

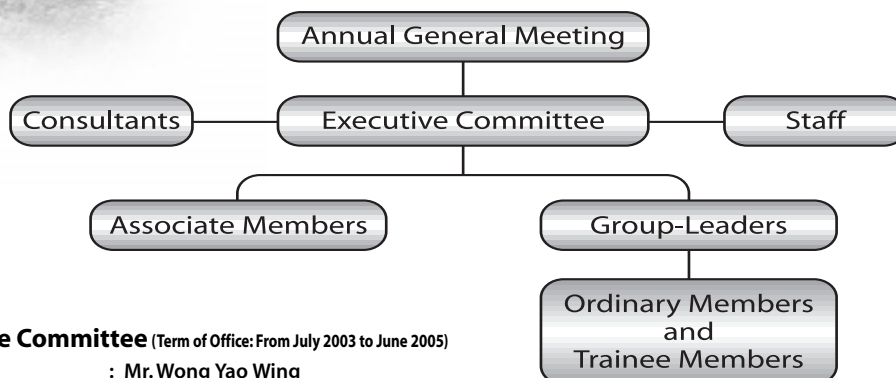
服務精神

- 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) 本會熱線服務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) 透過自殺危機處理中心，提供服務內容包括自殺危機評估、緊急危機處理、危機介入輔導及轉介服務等工作，幫助面臨自殺危機的人士重建求生的信念及鞏固他們應付危機的能力。
- 3) 而生命教育中心透過社區服務、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，讓人們活出人生意義，勇於面對困難，使關懷身邊人，貢獻社會。
- 4) 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。
- 5) 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，轉介有關服務。如情況危危及在求助者不反對下，替他通知有關機構或人士尋求援助。
- 6) 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。
- 7) 本會的熱線工作員全屬義工，是經過挑選和訓練，並由資深會員及專業人士督導。
- 8) 本會的義工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義工接觸。
- 9) 本會致力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
 Secretaries : 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. Fan Wai Shing
 Ms. Chan Fung Ming
 Ms. Yam Siu Fong
 Mr. Wong Yuen Ching (till March 2004)
 Ms. Chiu Wai Yee (till March 2004)

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

Staff List (as at 31 December 2004)

Hotline Centre

Centre-in-charge : Mrs. Lui Wong Yun Fong Helen
 Assistant Service Officers : Ms. Pun Wing Yan
 Mr. Lau Tak Wing
 Administrative Assistants : Mr. Law Hou King
 Ms. Chong Chau Yim
 Clerk : Mr. Leung Chun Yip
 Part-Time Workman II : Ms. Chang Wai Yi

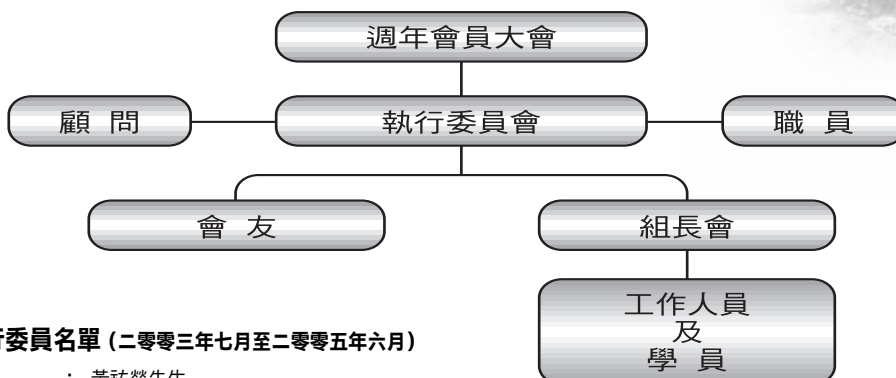
Suicide Intervention Centre

Centre-in-charge : Mr. Wong Chun Hon Michael
 Crisis Counsellors : Ms. Tsang Kwok Han Helina
 Ms. Liu Wun Ying
 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. Chan Siu Ping

Life Education Centre

Centre-in-charge : Ms. Lai Pui King Joanne
 Social Workers : Ms. Chau Chui Yu
 Ms. Lau Kwai Yee
 Clerk : Mr. Liu So Fan
 Office Assistant : Ms. Cheng Wai Yung

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 范偉盛先生 陳鳳明小姐 任少芳女士 黃遠青先生(至04年3月止) 趙慧儀女士(至04年3月止)

生命教育中心

中心主任	: 賴佩瓊小姐
社會工作員	: 仇翠瑜小姐 劉桂怡小姐
文員	: 廖素芬小姐
辦公室雜務員	: 鄭惠容女士

職員名單(至二零零四年十二月三十一日)

熱線中心

中心主任	: 雷黃恩芳女士
助理服務主任	: 潘穎茵小姐 劉德榮先生
行政助理	: 羅厚環先生 莊秋艷小姐
文員	: 梁頌業先生
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 劉煥瑩小姐 香慕茵小姐 朱小敏女士 何永雄先生 吳詠恩小姐 吳雄輝先生 鍾威麟先生
文員	: 陳少萍小姐

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
- Alive 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. Wong Yao Wing
Chairman*

Introduction

Life is a mystery. It's only natural that we all try our hardest to better our future. While the world economy is slowly picking up and SARS is a thing of the past, we begin to gather our confidence and courage to mould a better picture of our tomorrow. Who would anticipate the tsunami disaster in South Asia in which thousands of lives were lost whilst enjoying Christmas holidays on beautiful beaches in the sunshine? Lives are precious, but most of the time we can only watch helplessly as they perish under the force of nature with no means to fight back. However, it is even more heart breaking that each year in Hong Kong more than a thousand people choose to give up their lives when they lose hope for their future due to various reasons.

SBHK in following the footsteps of the Biblical good Samaritan, has served the people of 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 various channels and methods.

Hotline Centre

In the year 2004, our hotline service received a total of 14,315 calls. Among them 9,439 calls were from the emotionally disturbed. The remainder were enquiry calls, frivolous calls and silent calls. Male to female ratio was 43.71% to 55.71%. Most of the callers were aged from 20 to 44 years old - 76.85% of the total number of callers. Most of the calls were associated with mental problems (17.78%), career problems (14.49%), family problems (13.88%) and love relationships (11.91%). Among the callers, 24.95% had suicidal tendencies, in which 29.52% (165 calls) of these high to medium risk calls were transferred to the Suicide Crisis Intervention Centre of SBHK under the consent of the callers for further action.

Up to the end of 2004, SBHK had a total of 218 volunteers. 66 (30%) of them were male and 152 (70%) were female. In order to enhance the quality of the volunteer team and increase the number of volunteers, we selected 127 applicants from the recruitment exercise for one year training. For our existing volunteers we conducted case sharing exercises and arranged visits to related services and organisations to enable the volunteers to better equip themselves with 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 to help them with their studies and research on this topic.

Life Education Centre

This is the third year of our service to the community. In order to be more effective in promoting the message of positive living to the community, LEC held a variety of activities including talks, seminars, workshops, peer counselling groups and construction of life education teaching materials. Through these activities, we hope to raise the profile of positive living to the public.

In the year 2004, LEC held 53 talks and seminars and 26 workshops for students, parents, teachers, volunteers, the elderly and other community members. LEC also held 25 training sessions on peer counselling and 3 training sessions on 'Life Ambassadors'. These sessions trained a total of 62 volunteers.

LEC held two large scale activities this year. Through the 'Treasure Life - The Seed Adoption Campaign', LEC prepared 5,000 seeds for adoption, all of them found their adoption parents successfully in the community within the year. The second activity, the 'Tin Yan Estate Orientation Enfair' was held jointly with the Social Welfare Department Yuen Long District Family and Children

Welfare and Coordination Committee. Through the carnival local residents became more aware of the many family problems within the area and treasure their lives more.

LEC published a number of publications this year. Besides the bulletin 'Life Interaction', there were 4 brochures on suicidal prevention, 2 play kits ("Emotion Game" was for 6-9 year old while "Life Journey" was for the teenagers), 2 research reports ("Research on how Hong Kong Newspapers report suicide news" and "Reporting suicides or Inducing suicides? - Relationship between suicides and newspaper reports") and a training manual called "No Charcoaling" which was a drama incorporated with suicidal prevention message. To boost the usage of the LEC library we also increased the variety of books and other lending materials, particularly resources on local and overseas suicidal prevention as well as positive living. The library usage surged to 3,196 persons - more than double that of the previous year.

Furthermore, as the three year pioneer project of LEC has come to an end, we are extremely pleased to have the continuous financial support from the Hong Kong Jockey Club. The new funds granted made it possible for LEC to extend its work on life education in Hong Kong.

Crisis Intervention Centre

This is the third year of service provided by the Suicide Crisis Intervention Centre (SCIC). Our referral line provides 24 hour service to frontline staff of social and public services including social workers, doctors, nurses and police officers. We provide immediate counselling services to those who facing imminent danger.

In 2004 SCIC handled a total of 1262 cases. Among them 483 were from male clients and 779 were from females. The majority (over 90%) of these cases fell into the 20-50 age group. The primary problem areas were financial (13%), love and marital relationship (21%), mental health (11%) and distress of suicidal family members and friends (9%). Financial problem was the key problem area for males while those for female clients usually involved mental health and marital problems.

The risk level of 76% of referral cases were classified as moderate to high. While certain clients required longer and more intensive interventions from SCIC, in most cases there was a significant drop in the risk level after 2-4 sessions.

In order to give a better picture of the work of SCIC and to ensure a smooth transfer of cases from referring agencies, we provided over 40 sessions of presentations last year to social workers and medical professionals. Apart from maintaining continuous partner relationship with Department of Health and NGOs, SCIC also established new pilot agreements with Tuen Mun Hospital, Castle Peak Hospital, and other newly formed integrated family services centres and NGOs, so as to further extend our service coverage.

SCIC's client base was stored electronically. With the launch of two software systems MOBIDICK and MAST, counsellors could access the client database outside office. Staff safety was much improved using the SMS features of ordinary mobile phones.

Conclusion

Apart from being a social animal, the most important quality that distinguishes human from the rest of the animal kingdom is the ability to share feelings and problems as well as to help one another through difficulties. This quality is fading. The links between human is weakening too. The problem that disturbs most people with suicidal tendency is not money, career or relationships but the lack of love and support from family and friends. Thus the key to effective suicide prevention is simple - just live up to the phrase of being concerned for your neighbours to bring a new dimension to your life'.

前言

生命是一個奧秘。我們每一個人都希望自己有美好的將來，因而千方百計去為未來安排一切。正當世界經濟慢慢復甦，非典型肺炎也已成爲過去，我們也開始對前途充滿憧憬，充滿信心，深信明天會更好的時候，誰想到在聖誕佳節躺在美麗的陽光與海灘下，一切都像這樣平靜安穩的當兒，那突如其來的南亞大海嘯卻無情地把成千上萬的生命奪走。生命是這樣寶貴，在大自然的力量下，我們很多時只有無奈的看著生命被吞噬，沒有反抗的餘地。然而香港每年卻有過千人因為各種原因而對自己的將來失去盼望，選擇放棄自己生命，實在令人十分痛心和惋惜。

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，一直本著聖經裡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2004年共提供了14,315宗電話服務，其中9,439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43.71%：55.71%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的76.85%。在求助個案類別中，主要的問題困擾是精神健康(17.78%)、職業(14.49%)、家庭(13.88%)及愛情(11.91%)問題。在全年的求助個案中，有自殺危機的求助個案共24.95%，當中的高、中危個案中有29.52%(即165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。

截至2004年底，本會共有義工218名。當中男義工有66名(30%)，女義工佔152名(70%)。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127人接受為期一年的訓練。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三年，為更有效將珍愛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。

在過去一年，生命教育中心舉辦了53個講座及26個工作坊，參加人士包括學生、家長、教師、義工、長者及其他社區人士。中心又提供了25個朋輩輔導訓練班和舉辦了3期珍惜生命大使訓練班，共訓練了62位義工。

生命教育中心在過去一年舉行了兩項大型活動。由本會主辦的「珍惜生命—小種籽領養行動」，中心預備了5,000棵「百變樹」及「觸拍」的種籽給大眾市民領養。在2004年內，全部5,000棵小種籽已得到領養父母照顧了！另一個活動是中心與社會福利署轄下的元朗區家庭及兒童福利協調委員會合辦的「天恩家家樂嘉年華」。透過當日的活動，令居民更能認識該區的家庭問題，在他們心中種下愛惜生命的種子。

生命教育中心在2004年出版了多項刊物。除了會訊《生命交流》之外，亦出版了4本預防自殺小冊子，二套遊戲套(《情緒大比拼》是一套專為幫助6-9歲的兒童而設的親子遊戲，《人生旅程》則專為青少年

而設)，兩項研究報告(《香港報章報導自殺新聞的手法研究》和《報導自殺？誘導自殺？自殺與報章新聞報導的關係》)，及一套融合預防自殺訊息及話劇於一身而名為《走炭》的教材套。此外，為增加生命教育中心圖書閣的吸引力，中心在過去一年又致力豐富藏書的種類及借用資源。我們搜集了多項與本地及外地有關預防自殺及生命教育的資源。圖書閣的使用率在過去一年激增至3,196人，相比2003年增長超過一倍。

再者，三年的生命教育中心先導計劃已經完結，我們很高興能夠再得到香港賽馬會的支持，再次撥款資助本會繼續在香港擴展生命教育工作。

自殺危機處理中心

今年是自殺危機中心投入服務的第三年。我們的轉介服務為社會服務機構的前線員工，包括社會工作者、醫生、護士及醫務人員提供24小時服務，為面臨即時危機人士提供第一時間的輔導。

2004年本中心共處理1,262宗個案，其中483宗為男性求助者，779宗為女性求助者，個案大部份(90%以上)來自20-50歲之間。在求助類別中，主要是經濟問題(13%)、感情及婚姻問題(21%)、精神問題(11%)及因家人朋友有自殺傾向而受困擾人士(9%)。男性求助者主要受經濟問題困擾，女性則多是精神和婚姻問題。

轉介個案當中，76%被界定為中至高危。除了少數個案需要長時間和比較積極的介入外，大部份情況在經過本中心2-4次輔導後危機都顯著下降。

為了增加各轉介機構對本中心的認識，去年我們為社會工作者和醫護人員提供了40次的簡介會。除了繼續和衛生署及各政府機構保持伙伴關係外，去年又與屯門醫院、青山醫院及新成立的家庭服務中心等建立新的伙伴協議，將服務範圍進一步擴展。

本中心個案資料全面電腦化。隨著兩個新系統MOBIDICK和MAST的啟用，輔導人員不但可以遙距讀取個案資料，自身的安全也由於系統能夠連上手機的SMS而大大提升。

總 結

人類之所以為萬物之靈，乃因我們是群體的動物，懂得守望相助，彼此扶持。不幸的是隨著社會的不斷發展和進步，這本質卻慢慢褪色，人與人之間的關係愈見疏離。大部份想自殺的人，他們最受困擾的問題並不是金錢、職業或愛情，而是欠缺朋友和家人的支持。所以要有效防止自殺，方法其實很簡單，只要把「關懷身邊人，活出新意義」這句話實踐出來就可以了。



SERVICE REPORTS

6.1 Hotline Centre

Mrs. Helen Lui
Centre-in-charge

Introduction

Our 24-hour hotline service aims to provide immediate emotional support to people who are emotionally distressed, desperate and suicidal. 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 1st January to 31st December of 2004, we responded to 14,315 cases. Of these, 9,439 were help-seeking cases, in need of emotional support and counselling service. The remainder was for general enquiries, silent calls and prank calls.

98% of the help-seeking cases reached us by phone, 0.3% by face-to-face interview, 0.02% by letter, and 1.6% by email. This reflects that most of our clients still prefer to reach our service by telephone. It's also apparent that clients prefer to ask for help via email rather than post. This year we received 1,629 more help-seeking cases than the previous year - an increase of 20.86%. (Details in Table 6.1.1)

Sex and Age

Of all the help-seeking cases, 55.71% were female and 43.71% were male - a 12% difference. Compared to last year (16.8% more female cases), the difference dropped by 4.8%. Although females are still more willing to seek help than males, a larger proportion of males were willing to ask for help through our hotline in 2004 than the previous year.

Most of the service users came from those aged between 20 and 44 (76.85% of total). The age group 30 to 34 (21.52% of the total) still topped the list the same as the previous years. Following were the age groups of 40 to 44 (18.39%) and 20 to 24 (15.51%).

According to the 2004 Hong Kong Census Report, 28.5% of the population are aged between 15 and 34 (28.5% of total population) yet but the numbers of help-seeker in this age category was 54.52%, meaning the proportion of people aged between 15 and 34 seeking help was comparatively high. This could be due to facing a number 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 may be more in need of hotline service support and willing to vent their problems, seeking solutions and dealing with their depressed emotions. (Details in Table 6.1.2)

Nature of Problems

The top four problems areas for our help-seekers in 2004 were Mental Health (17.78%), Occupation (14.49%), Family (13.88%), and Love Relationship (11.91%) problems. Compared to 2003, Mental Health problems have increased by 1.04% and are still the top problem area. In fact, Suicide problems and Mental Health problems are closely correlated. To alleviate the Suicide problem, the importance of promoting Mental health education should not be overlooked.

This year, Financial problems continued their drop by 1.11% but Occupation problems still rose by 1.26%. As per last year, this could suggest the stress from financial problems such as unemployment and bankruptcy may be slightly reduced but the pressure from occupations - such as a stressful working environment, unsatisfactory working relationships and unrewarding remuneration and benefits were yet to improve to alleviate this pressure.

Different genders are affected by different problems. As per previous years, Occupation was still the top concern for our male help seekers. It is important to note that the second major problem

for our male clients this year was Mental Health problem, which was only the fifth major problem of last year, rising from 11.51% to 15.01%. The main problems concerning our female clients were the same as last year - the top area of concern being Mental Health problems, followed by Family, Occupation and Love Relationship problem. (Details in Table 6.1.3 and Figure 6.1.3)

The problems experienced by different age groups changed in relation to their different developmental stages. The major problem for the 10 to 14 age group was studying, 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

19.03% of the total number of cases were assessed as having a low suicide risk - those cases that have already developed suicide ideation in a distressed situation but concrete suicide plans have not been formulated. 4.66% of the cases were assessed to have medium risk, - those cases that have not only developed suicide thoughts but have also developed concrete plans for ending their lives, although the danger of loss of life was not imminent. 1.26% of cases were a high suicide risk - already in imminent danger of suicide or even in the process of committing suicide during their contacts with us. In total, 24.95% of the cases were suicidal. Among the high and medium risk cases, 29.52% (165 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 June and December of 2004, we started our 40th and 41st hotline volunteer training courses respectively, which was a one-year training programme to recruit new volunteers. After screening the applications, 127 volunteer trainees were recruited to join our first stage of training. (Details in Table 6.1.6)

In order to maintain both the quantity and quality of our volunteer pool, in-service training for our existing volunteers was very important. Thus many programs such as case sharing, agency visits and training workshops were organized so the hotline volunteers could attain improved counseling skills, better insight to the problems and challenges our help-seekers face and greater knowledge of the community resources suitable to them. (Details in Table 6.1.7)


Volunteer Information

As at the end of 2004, our organization had a total of 218 hotline volunteers - 30% male and 70% female. While all the volunteers were over 20 years of age, the majority (40%) were in the age range of 35 and 44 years old.

62.4% of the total had received a tertiary or university education. 19.7% came from the white collar and 2.8% came from the social service sector. 11.9% each came from the medical field and education sector (Details in Table 6.1.8)

Mass Media and Visitors

Throughout 2004, our organization continued to receive visits from the mass media and academic and social organizations. We responded to their enquiries on suicide problems, statistics and analyses so as to assist all interested parties to further explore and to encourage research and collective effort in suicide prevention work. In order to support the 2004 World Suicide Prevention Day (10 September 2004), we initiated a joint press conference on 9 September 2004 with other suicide prevention organizations in our Pak Tin Centre. During the conference, we introduced the development of Suicide Prevention Service as well as presenting the role played by volunteers. We also appealed to the public for their active participation in suicide prevention in their life roles. (Details in Table 6.1.9 - 6.1.13)



服務報告

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

本會於二零零四年一月一日至十二月三十一日全年期間，共處理14,315人次的服務個案，當中的求助個案共9,439人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在九千多宗求助個案中，有9,252宗個案(98%)是透過電話熱線求助、31宗個案(0.3%)透過面談求助、2宗個案(0.02%)透過書信求助及154宗個案(1.6%)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仍逐漸增加。全年求助個案比去年的7,810個多1,629個，增幅為20.86%。(詳閱表6.1.1)

性別與年齡

在性別分佈中，2004年女求助者佔全年的求助個案55.71%，比男求助者高出12%，相比去年(16.8%)高出的幅度低了4.8%，反映雖然一向以來女性確比男性較願意向人求助，但相對來說，2004年願意求助的男性比率已比前一年略有提升。

就求助者的年齡分佈分析，大部份的求助者來自年齡20歲至44歲之間，佔總求助者人數的76.85%，當中仍以30至34歲的年齡組別佔首位，佔21.52%，接著的是40-44歲和20-24歲的組別分別佔18.39%和15.51%。若比較香港人口統計數字，年齡15-34歲的人口只佔28.5%。而比較相同年齡組別於本會的求助人數則佔54.52%，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士可能仍面對生活上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，希望一個安全和信任的環境下，找人傾訴，以尋求認同、解決問題的方法及舒緩壓抑鬱結的情緒。(詳閱表6.1.2)

問題種類

在全年求助個案類別中，主要的問題困擾是精神健康(17.78%)、職業(14.49%)、家庭(13.88%)及愛情(11.91%)問題。相比往年的數字，受精神問題困擾的求助者仍有上升(1.04%)和居首位。事實上，自殺問題跟精神問題兩者關係密切，若要改善香港的自殺問題，精神健康的教育工作仍不容忽視。

另外，受經濟問題困擾的繼續下降了1.11%，而受職業困擾的卻上升了1.26%，這情況跟去年十分相似，亦很可能反映到受經濟困擾如失業或破產等人士雖然少了，但在職業方面的壓力如工作壓力、工作環境、與同儕和上司關係、工作安全感、待遇和福利等問題上仍須改善，以減輕在職人士的心理困擾。

另一方面，不同性別亦受不同的問題困擾。男性受職業問題困擾仍居首位，而精神健康則由2003年的第五位跳升至2004年的第二位，比率由11.51%升至15.01%，情況值得關注。至於女性受困擾的問題則與往年相若，仍以精神問題困擾最多，接著便是家庭問題、職業問題和愛情問題。

不同年齡的求助者隨著發展階段不同，因有不同的需要而受著不同的困擾。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19.03%是有輕度自殺危機的，意即求助者雖未有具體的自殺計劃和即時自殺危機，但至少已有自殺的意念；而4.66%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1.26%，亦即求助者有著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24.95%，當中的高、中危個案中有29.52%(即165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

於二零零四年一月至十二月本會開辦了第四十期和四十一期的義工訓練班，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，經篩選後，共一百二十七人接受職前培訓第一階段的訓練課程。(詳閱表6.1.6)

除了對新加入義工的培訓外，為了確保和不斷提升熱線的服務質素，本會亦為現存義工提供持續在職訓練，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

截至二零零四年底，本會共有義工218名。當中男義工有66名(30%)，女義工佔152名(70%)，年齡全在20歲以上，以35-44歲為大多數，佔總義工人數的40%，教育程度多為大專程度或以上，佔62.4%，職業則以白領最多，佔15.1%，次之則佔9.2%的醫護界和佔8.7%的社會服務界、教育界及家庭主婦。(詳閱表6.1.8)

傳媒及探訪

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，從而鼓勵各界在預防自殺工作方面共同合作和努力。為響應2004世界防止自殺日(9月10日)，本會主動聯繫其他有關機構於9月9日在本會白田中心召開記者會，介紹防止自殺服務在香港的發展和義工的角色，並呼籲社會人士各在其位，在自己日常生活的崗位和角色上積極發揮防止自殺的精神和功能。另外，本會亦積極參與海外交流活動和協助有需要的海外團體推廣防止自殺工作。故於六月份應邀到台灣新竹市出席由國際生命線台灣總會主辦的「2004亞太地區電話諮商國際大會」，除向與會者介紹香港自殺問題及本會對防治自殺的綜合服務外，彼此亦在防止自殺工作上作出豐富交流。而於十一月份亦應北京清華大學的心理學協會的邀請，向他們提供有關開展防止自殺服務的經驗。(詳閱表6.1.9-6.1.12)

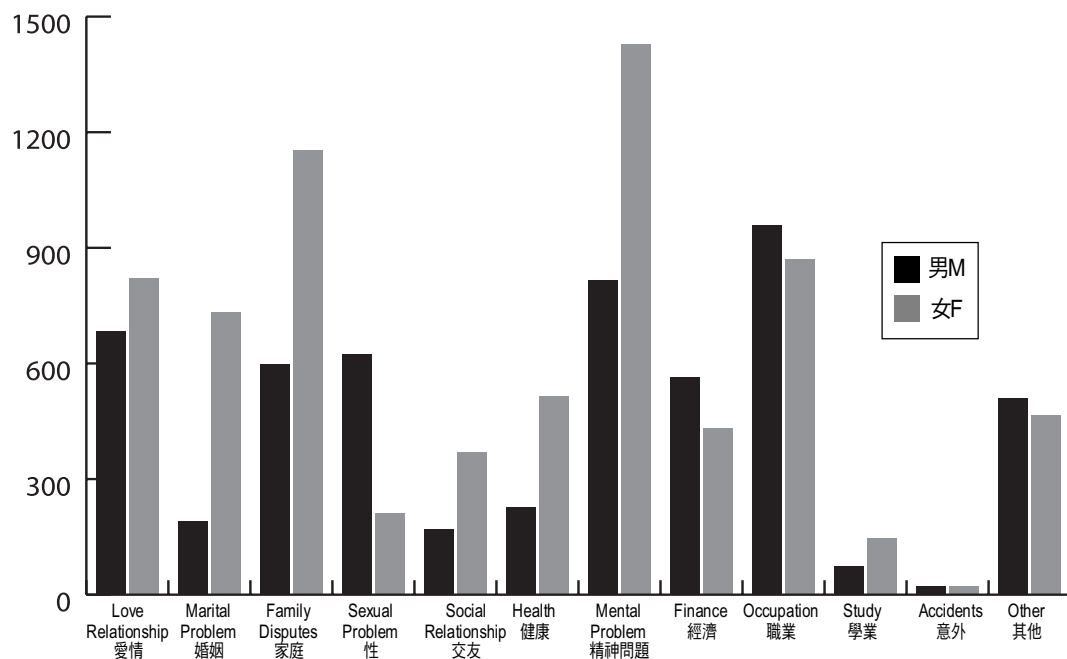
(Table 6.1.1) Overall Statistics of Services in 2004
(表 6.1.1) 二零零四年全年服務總表

Contact Method 接觸方式		Male 男	Female 女	Unknown 不詳	Sub-total 總數	Total 總數
Cases 個案	Phone Call電話	4070	5163	19	9252	9439
	Interview面談	18	13	0	31	
	Letter書信	0	2	0	2	
	E-mail電郵	38	80	36	154	
Enquiry Call諮詢		449	392	8	849	4876
Frivolous戲弄		131	36	23	190	
Mute Call無聲		0	0	3837	3837	
Total總數		4706	5686	3923	14315	14315

(Table 6.1.2) Sex and Age Distribution of Clients in 2004
(表 6.1.2) 二零零四年求助者性別及年齡分佈表

Sex性別 Age年齡	2004 Cases個案					2003 Cases個案	
	M男	F女	U不詳	Total總計	%	Total總計	%
0-9	0	2	0	2	0.02	1	0.01
10-14	37	80	0	117	1.24	88	1.13
15-19	298	240	0	538	5.70	561	7.18
20-24	786	674	4	1464	15.51	1202	15.38
25-29	544	569	0	1113	11.79	976	12.49
30-34	872	1153	6	2031	21.52	1788	22.88
35-39	334	576	0	910	9.64	652	8.35
40-44	583	1152	1	1736	18.39	1300	16.64
45-49	99	246	0	345	3.66	261	3.34
50-54	203	139	0	342	3.62	235	3.01
55-59	53	25	0	78	0.83	60	0.77
60-64	11	20	0	31	0.33	16	0.20
65+	20	8	0	28	0.30	15	0.19
不詳U	286	374	44	704	7.45	658	8.43
Total總數	4126	5258	55	9439	100.00	7813	100.00

(Figure 6.1.3) Types and Sex Distribution Cases in 2004
(圖 6.1.3) 二零零四年個案類別及性別分佈圖



(Table 6.1.3) Types and Sex Distribution Cases in 2004
(表 6.1.3) 二零零四年個案類別及性別分佈表

Types個案類別	2004 Cases個案					2003 Cases個案	
	M男	F女	U不詳	Total總數	%	Total總數	%
Love Relationship愛情	683	820	5	1508	11.91	1169	12.35
Marital Problem婚姻	192	732	1	925	7.31	601	6.35
Family Disputes家庭	597	1154	6	1757	13.88	1332	14.07
Sexual Problem性	623	211	2	836	6.60	733	7.75
Social Relationship交友	170	369	2	541	4.27	410	4.33
Health健康	226	514	4	744	5.88	740	7.82
Mental Problem精神問題	816	1428	7	2251	17.78	1584	16.74
Finance經濟	564	432	6	1002	7.91	854	9.02
Occupation職業	960	870	5	1835	14.49	1252	13.23
Study學業	73	146	5	224	1.77	199	2.10
Accidents意外	22	21	0	43	0.34	19	0.20
Others其他	509	465	21	995	7.86	571	6.04
總數Total	5435	7162	64	12661	100.00	9464	100.00

(Table 6.1.4) Types, Age and Sex Distribution Cases in 2004
(表 6.1.4) 二零零四年個案類別、年齡及性別分佈表

Age年齡 Types 個案類別	0-9		10-14		15-19		20-24		25-29	
	M男	F女	M男	F女	M男	F女	M男	F女	M男	F女
Love Relationship 愛情	0	0	3	5	60	54	129	158	142	139
Marital Problem 婚姻	0	0	0	0	0	1	3	18	28	88
Family Disputes 家庭	0	0	11	12	46	49	111	87	62	104
Sexual Problem 性	0	0	10	8	104	60	229	48	86	22
Social Relationship 交友	0	0	2	13	10	25	32	75	40	49
Health 健康	0	0	2	1	19	10	30	60	25	49
Mental Problem 精神問題	0	0	1	2	20	18	65	152	85	136
Finance 經濟	0	0	1	0	5	6	56	40	68	45
Occupation 職業	0	0	0	0	15	18	184	157	139	125
Study 學業	0	0	14	36	29	32	16	44	2	8
Accidents 意外	0	0	0	0	2	0	2	2	5	1
Others 其他	0	2	2	17	55	30	94	53	54	31
總數Total	0	2	46	94	365	303	951	894	736	797

Age年齡 Types 個案類別	30-34		35-39		40-44		45-49		50-54	
	M男	F女	M男	F女	M男	F女	M男	F女	M男	F女
Love Relationship 愛情	157	191	66	102	77	108	7	23	9	1
Marital Problem 婚姻	55	168	39	160	36	196	7	37	16	18
Family Disputes 家庭	101	177	59	119	102	394	22	70	27	55
Sexual Problem 性	88	37	27	8	25	14	5	5	3	0
Social Relationship 交友	41	91	12	40	16	35	4	3	2	5
Health 健康	48	103	18	49	48	101	7	61	11	33
Mental Problem 精神問題	237	299	59	142	147	456	20	70	75	34
Finance 經濟	167	94	72	53	90	110	32	31	32	16
Occupation 職業	179	250	94	112	185	146	29	19	66	7
Study 學業	4	6	2	5	2	10	0	1	3	1
Accidents 意外	3	4	1	4	8	6	0	0	1	0
Others 其他	86	102	33	37	76	77	11	23	30	17
總數Total	1166	1522	482	831	812	1653	144	343	275	187

Age年齡 Types 個案類別	55-59		60-64		65+		Unknown不詳		Total總數		
	M男	F女	M男	F女	M男	F女	M男	F女	M男	F女	T總計
Love Relationship 愛情	2	2	0	0	2	0	29	37	683	820	1503
Marital Problem 婚姻	1	3	0	5	0	1	7	37	192	732	924
Family Disputes 家庭	10	12	2	3	2	6	42	66	597	1154	1751
Sexual Problem 性	0	0	0	0	0	0	46	9	623	211	834
Social Relationship 交友	2	1	2	0	1	0	6	32	170	369	539
Health 健康	4	4	1	4	6	0	7	39	226	514	740
Mental Problem 精神問題	13	6	3	8	7	1	84	104	816	1428	2244
Finance 經濟	10	6	3	2	8	1	20	28	564	432	996
Occupation 職業	28	0	0	0	2	0	39	36	960	870	1830
Study 學業	0	0	0	0	0	0	1	3	73	146	219
Accidents 意外	0	0	0	0	0	0	0	4	22	21	43
Others 其他	7	1	3	4	3	1	55	70	509	465	974
總數Total	77	35	14	26	31	10	336	465	5435	7162	12597

(Table 6.1.5) Suicidal Assessment in 2004
(表 6.1.5) 二零零四年求助者的自殺危機評估表

Suicidal Accessment 即時自殺危機	2004								2003	
	M男	%	F女	%	U不詳	%	T總計	%	T總計	%
Imminently Suicidal 高	60	0.64	59	0.63	0	0.00	119	1.26	111	1.42
Suicidal with Plan 中	176	1.86	259	2.74	5	0.05	440	4.66	331	4.24
Suicidal Idea 低	640	6.78	1143	12.11	13	0.14	1796	19.03	1524	19.51
No Suicidal Idea 無	3026	32.06	3579	37.92	31	0.33	6636	70.30	5513	70.56
N/A不適用	224	2.37	218	2.31	6	0.06	448	4.75	334	4.27
總數Total	4126	43.71	5258	55.71	55	0.58	9439	100.00	7813	100.00

(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(Stage I) 參加人數(第一階段訓練)
Starting from June (last for a year) 六月起(為期一年)	40期	63人
Starting from December (last for a year) 十二月起(為期一年)	41期	64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
March 3月	IEF --- Rehabilitation Centre for Problem Gamblers 工福團契-問題賭徒復康中心	Visit 機構探訪	1
	Skills in Replying Help-seeking Letters and Emails 如何回覆求助信及電郵	Training 訓練	1
	Theories of Suicide 自殺理論	Training 訓練	1

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
May 5月	Case-supervisor Training Workshop 督導員工作坊	Training 訓練	4
June 6月	Questions about Sexual Harassment 性騷擾之疑惑	Training 訓練	1
September 9月	Debriefing Training Workshop 接報員訓練工作坊	Training 訓練	1
	Skills in Grief Counselling 哀傷關懷技巧	Training 訓練	1
October 10月	Knowing Mental Health 認識精神病	Training 訓練	1
	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	2
November 11月	Cognitive Therapy --- Rationality and Emotion 理智與感情-認知療法	Training 訓練	1

(Table 6.1.8) Hotline Volunteers In-service Training
(表 6.1.8) 熱線會員統計資料

(A) No. of Member 會員數字

No. of Member 會員數字	Male 男	Female 女
Total 合共	66	152

(B) Age Distribution 年齡分佈

Age 年齡	Sex 性別	Male 男	Female 女
20-24		2	8
25-34		16	46
35-44		25	64
45-54		21	28
55+		2	6
Total 合共		66	152

(C) Year of Service 服務年資

Year of Service 服務年資	Male 男	Female 女
一年以下 Below 1 Year	20	83
2-3年/years	9	22
4-5年/years	11	15
6-7年/years	9	5
8-9年/years	3	2
10年以上/10 years above	14	25
Total 合共	66	152

(D) Education Level 教育程度

Education Level 教育程度	Male 男	Female 女
University / College 大學或大專	44	92
Post-Secondary 預科	4	14
Secondary School 中學	18	28
Others 其他	0	18
Total 合共	66	152

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50小時以下 / Below 50 hours	8	51
51-100小時 / hours	24	55
101-200小時 / hours	31	43
201-300小時 / hours	2	3
300小時以上 / hours above	1	0
Total 合共	66	152

(F) Occupation 職業

Type of Occupation 職業類別	Male 男	Female 女
Blue collars 藍領階層	5	0
Disciplinaries 紀律部隊	6	2
Education 教育界	7	19
Educational & Psychology 教育或心理學家	1	1
Housewife 家庭主婦	0	19
Information Technology 科技專業	10	1
Media 傳播界	2	0
Medical 醫護界	6	20
Merchant 商人	1	2
Retired 退休	1	4
Self-employed 自僱	0	3
Social Service Field 社工或社會服務界	9	19
Student 學生	1	7
Unemployed 待業	1	1
White collars 白領階層	10	33
Academic 學術界	0	1
Others 其他	6	20
Total 合共	66	152

(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
January 1月	Department of Educational Psychology, Counselling and Learning Needs, The Hong Kong Institute of Education (Telephone Interview) 香港教育學院--- 教育心理輔導與學習支援系博士研究生 (電話訪問)	Suicide Rates and Information for 10 Years 近十年自殺統計數字及資料	1
February 2月	"Rainbow Action" Tin Shui Wai Youth Outreach Team, The Evangelical Lutheran Church of Hong Kong 基督教香港信義會天水圍青少年外展隊「天虹行動」	Suicide Problem of Youth 青少年自殺問題	5
	Lok Ma Chau Division, Hong Kong Police (Telephone Interview) 落馬洲警署 (電話訪問)	Suicide Information 2003 2003自殺資料	1
March 3月	Post Graduate Student of The Hong Kong Institute of Education 香港教育學院研究生	Suicide Information for the past 10 years 過去十年自殺資料	1
	Student of NTHYK Yuen Long District Secondary School(Telephone Interview) 新界鄉議局元朗區中學學生 (電話訪問)	Suicide Prevention Service of SBHK and Suicide Problem of Teachers 本會服務及教師自殺	1
	Students of SKH Lam Woo Memorial Secondary School 聖公會林護紀念中學學生	Suicide Prevention Service of SBHK and Suicide Problem of Youth 本會服務及青少年自殺問題	3
	Echo Valley Evangelistic Association for the Handicaps Limited (Telephone Interview) 回聲谷傷健福音協會 (電話訪問)	Skills in Telephone Counselling 電話輔導技巧	1
	SKH Lam Woo Memorial Secondary School (Telephone Interview and Email) 聖公會林護紀念中學學生 (電話及電郵)	Suicide Prevention Service of SBHK and Suicide Problem of Youth 本會服務及青少年自殺	1
	Students of the Department of Psychology, The Hong Kong Shue Yan College 香港樹仁學院心理系學生	Suicide Prevention of Service of SBHK and Suicide Problem of Youth 本會服務及青少年自殺	3
April 4月	"Yijin Project", Caritas Eastern District Community Education Centre (Telephone Interview) 明愛東區社區進修中心毅進計劃學員(電話訪問)	Suicide Prevention Service of SBHK 本會服務	1

Month 月份	Visiting People / Organization 來訪者/機構	Purpose 目的	No. of Visitors 人數
April 4月	Student of Canossa Primary School (San Po Kong) (Telephone Interview) 嘉諾撒小學(新蒲崗)學生 (電話訪問)	Suicide Prevention Service of SBHK, Reasons for Suicide and Suicide Symptoms 本會服務、自殺徵象及成因	1
	Student of the Department of Geography & Resources Management, CUHK 香港中文大學地理系學生	Service Information about SBHK 本會服務	1
	Post Graduate Student of The Chinese University of Hong Kong (Telephone Interview) 香港中文大學研究生 (電話訪問)	Suicide Rate, Suicide Problem and Mass Media 自殺數字及本會對傳媒和自殺問題關係的看法	1
	The Samaritans Multi-Lingual Service Hong Kong (Telephone Interview) 香港撒瑪利亞會(多語言服務) (電話訪問)	Computerization of Hotline Service 熱線服務電腦化	1
	Student reporters of "Our Voice " Department of Journalism and Communication The Hong Kong Baptist University 香港浸會大學新聞及傳播系「仁聞報」學生記者	Suicide Prevention Service of SBHK and Suicide Problem of Youth 本會服務及青少年自殺問題	3
May 5月	Life Hope, Caritas de Macau 澳門明愛生命熱線	Organization Visit and Exchange of Service Experience 參觀本會三間中心及作服務交流	6
	Students of The Hong Kong Baptist University 香港浸會大學學生	Suicide Prevention Service of SBHK 本會服務	2
June 6月	Placement Students of The Suicide Crisis Intervention Centre, SBHK 本會自殺危機處理中心實習學生	Suicide Prevention Hotline Service and Operations 熱線服務及運作	2
August 8月	Zhejiang Community Mental Health Study Tour 浙江省社區精神衛生考察團	Service Experience and Operations of Hotline, SCIC and LEC 熱線中心、危機中心及生命教育中心的服務、經驗和運作	12
	Life Hope, Caritas de Macau 澳門明愛生命熱線	Organization Visit and Exchange of Service Experience 參觀本會三間中心及作服務交流	3

Month 月份	Visiting People / Organization 來訪者/機構	Purpose 目的	No. of Visitors 人數
September 9月	P6 Student of CNEC Tai Tung School (Telephone Interview) 中華傳道會許大同小學小六學生 (電話訪問)	Suicide Prevention Service of SBHK 本會服務內容及對象	1
October 10月	Students of The Hong Kong Baptist University 香港浸會大學學生	Stress Management and Activities for SBHK Volunteers 本會提供給會員有關情 緒處理的課程和活動	4
	Student of The Hong Kong Baptist University (Telephone Interview) 香港浸會大學學生 (電話訪問)	Stress Management and Activities for SBHK Volunteers 本會提供給會員有關情 緒處理的課程和活動	1
	Student of The Hong Kong Baptist University (Email Interview) 香港浸會大學學生 (電郵訪問)	Stress Management and Activities for SBHK Volunteers 本會提供給會員有關情 緒處理的課程和活動	1
November 11月	Hong Kong Correctional Services Department (Telephone Interview) 香港懲教署 (電話訪問)	Suicide Prevention Service of SBHK, Talks and Pamphletss 本會的防止自殺服務、 講座和資料小冊子	1
	Students of The Hong Kong University 香港大學學生	Suicide Problem in HK and Suicide Prevention Service of SBHK 香港自殺問題及本會 服務	9
	Students of The Hong Kong Polytechnic University 香港理工大學學生	Suicide Prevention Service of SBHK 本會服務	3
	Student of The Hong Kong University (Telephone Interview) 香港大學學生 (電話訪問)	Suicide Prevention Service of SBHK and Annual Reports 本會服務及年報資料	1
	Student of The Hong Kong Baptist University (Telephone Interview) 香港浸會大學學生 (電話訪問)	Stress Management and Activities for SBHK Volunteers 本會提供給會員有關情 緒處理的課程和活動	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 Participants 對象及參加人數
January 1月	The Hong Kong Management Association K S Lo College 天水圍香港管理專業協會 羅桂祥中學	Suicide Risk Assessment 辨別個別人士自殺危機	1 School Principal and 35 Teachers 1位校長及35位老師
	CUHK FAA Thomas Cheung Secondary School 香港中文大學校友會聯會 張煊昌中學	Skills in Suicide Risk Assessment and Managing Students with Suicidal Risk 如何識別、評估及處理有自殺危機的學生	1 School Principal and 39 Teachers 1位校長及39位老師
February 2月	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Suicide Prevention Service, Suicide Risk Assessment and Management 「基礎輔導訓練課程」--- 防止自殺服務、評估及技巧	30 Students and 1 Instructor 30位學生及1名導師
	Shun Tak Fraternal Association Cheng Yu Tung Secondary School 順德聯誼總會鄭裕彤中學	Skills in Handling Suicidal/Self-harm Students 如何處理有自殺/自毀學生	1 School Principal and 54 Teachers 1位校長及54位老師
March 3月	Kin Wah Family Service Center The Methodist Centre Macau 澳門循道衛理聯合教會社會服務處建華家庭服務中心	"Life is valuable" Plaza --- Introduction to SBHK Services and Suicide Prevention Education "生命有價"嘉年華 --- 本會服務介紹及防止自殺教育	500 Participants including Guests, Parents, Youth and Children 兒童、青少年、家長、不同機構嘉賓及表演單位(約500人)
May 5月	Caritas Charles Vath College 明愛華德中書院	Seminar on Suicide Prevention and Life Education 防止自殺及生命教育講座	300 F.4 Students and Teachers 300位中四學生及教師
	Haven of Hope Christian Service 基督教靈實協會	Telephone Counselling --- Skills in Handling Special Calls 電話輔導---特殊來電處理	More than 20 Volunteers 20多位義工
June 6月	Fu Hong Society 扶康會	Telephone Counselling Skills 電話查詢技巧	29 Staff and Volunteers 29位職員及義工
July 7月	Haven of Hope Christian Service 基督教靈實協會	Skills in Handling Emotional and Suicidal Calls 如何處理情緒不穩和有自殺危機的來電	More than 20 Hotline Volunteers 20多位熱線義工
	KCC Volunteer Service Unit 九龍中醫藥互聯網義工服務部	Phone Care Skills 電話關顧技巧	60 Volunteers 60位義工
	Youth-2000.com 世紀青年網	Counselling on Emotion 情感輔導	80 Volunteers 80位義工
August 8月	Civil Aviation Department 香港民航處	Skills in Handling Crisis Calls 如何處理危機來電	More than 10 Hotline Service Staff 10多位飛行噪音熱線服務員

Month 月份	Organization 機構	Theme 主題	Target and No. of Participants 對象及參加人數
September 9月	Tung Wah Group of Hospitals Even Centre 東華三院平和坊	Management of Urgent Crisis Case 自殺緊急個案處理	25 Volunteers 25位義工
	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Suicide Prevention Service, Suicide Risk Assessment and Management 「基礎輔導訓練課程」--- 自殺服務及技巧初探	15 Students and 1 Instructor 15位學生及1名導師
October 10月	Hong Kong Young Women's Christian Association 香港基督教女青年會	Seminar on Case Counselling 個案輔導研討講座	10 Seniors and Women Volunteers 10位長者及婦女義工
November 11月	Life Hope, Caritas de Macau 澳門明愛生命熱線	Skills in Handling Suicidal Cases and Special Cases 自殺危機評估、性騷擾及 操控個案的處理技巧	35 Volunteers 35位義工
December 12月	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Suicide Prevention Service, Suicide Risk Assessment and Management 「基礎輔導訓練課程」--- 自殺服務及技巧初探	9 Students and 1 Instructor 9位學生及1名導師
	Yang Memorial Methodist Social Service 循道衛理楊震社會服務處	Skills in Hotline Crisis Counselling 熱線危機個案輔導方法	19 Volunteers 19位義工
	Hong Kong Young Women's Christian Association 香港基督教女青年會	Skills in Hotline Crisis Counselling 熱線危機個案輔導方法	30 Volunteers 30位義工

(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
April 4月	Tea Gathering with Reporters (Sharing the experience of hotline volunteering) 記者茶聚 (分享熱線義工的經驗和心得)	SBHK (Reporters from Mass Media invited) 香港撒瑪利亞防止自殺會 (邀請各傳媒記者)
	Interview (Stories and feelings of Hotline volunteers) 熱線義工的個人故事和服務心聲	Hong Kong Economic Times 香港經濟日報(心理健康版)
	Interview (The Mass Program: Treasure Life --- The Seeds Adoption Program and Views of SBHK on Suicide Prevention Service) 「珍惜生命---小種子領養行動」和本會對自殺的 看法	Sing Tao Daily 星島日報
May 5月	News (Hotline Volunteer's Experience and Feeling and How to help the Suicidal People) 新聞時間 (熱線義工服務心聲及如何幫助自殺 危機的求助者)	TVBN 無線24小時新聞
	Pleasure & Leisure (Treasure Life ---The Seeds Adoption Campaign and The Treasuring Life Slogan Competition) 都市閒情(小種子領養行動及珍惜生命口號設計比賽)	TVB 無線電視

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
July 7月	Interview (Why Volunteer and Hotline Volunteer's most impressive Experience and Feeling) 訪問 (熱線義工專訪---義工感受和心得)	EastWeek Magazine 東周刊
August 8月	Hong Kong Connection Referral and Management of Crisis Cases 鏗鏘集 本會危機個案轉介及處理過程	RTHK 香港電台
	Interview (Stress Management) 訪問 (如何處理生活壓力)	Esquire Magazine 君子雜誌
November 11月	Interview (Why Volunteer, Gains and Changes after Volunteering) 訪問 (做義工的原因、得著和帶來的改變)	Marie Claire Magazine 「瑪麗嘉兒」雜誌
Whole Year 全年	Telephone Interviews (Suicide Rates and Suicide Prevention Service, Views on Social Issues and Suicide Problems) 報章及雜誌訪問 (有關本會的服務、香港自殺率、對自殺和一些社會問題的看法)	Newspapers and Magazines 各大報章及雜誌

(Table 6.1.12) Overseas Conference and Visit
(表6.1.12) 海外會議

Month 月份	Theme of Conference / Visit 會議主題	Organization 主辦 / 探訪機構
June 六月	2004 Asia Pacific Telephone Counseling International Conference (To present the suicide problem of Hong Kong and the Integrated Services provided by SBHK) 二零零四年亞太地區電話諮商國際大會 (介紹香港自殺問題及本會對防治自殺的綜合服務)	Taiwan LifeLine International 國際生命線台灣總會
November 十一月	Consultation provision and Exchange of experience in Suicide Prevention Service 在防止自殺服務方面提供意見及交流經驗	Psychology Association of Tsinghua University in Beijing 北京清華大學心理學協會

(Table 6.1.13) Mass Programme
(表6.1.13) 大型活動

Period 日期	Name of Programme 活動名稱
April - December 四月至十二月	Treasure Life --- The Little Seeds Adoption Campaign 珍惜生命 --- 小種子領養行動



6.2 Life Education Centre

*Ms. Joanne Lai
Centre-in-charge*

Introduction:

Working in partnership with our Hotline and Suicide Crisis Intervention Centre (SCIC) in tackling the Hong Kong suicide problem, 2004 has been a successful and fruitful year for the Life Education Centre (LEC). The SCIC performed the mission of saving lives and supporting distressed people while we undertook the early intervention role to prevent such tragedies from occurring in the first place.

Previously, we have performed tremendous prevention work for young people. In 2004, we further expanded our services to other members of the community to comprehensively address the concerns of all those living in Hong Kong. To achieve this, we carried out a variety of activities and programs. Let's have a look at what we accomplished in 2004.

Talks and Workshops:

Educating people with life skills and suicide intervention skills is one of the most effective ways to train the community gatekeepers and prevent people from taking their lives. Last year, we provided seventy nine forums and workshops to almost 12,500 people that targeted students, parents, volunteers, teachers, the elderly and other adults in the community. Training was offered for problem-solving skills, emotion management, suicide signs and signals and crisis intervention skills amongst others.

Peer counseling groups:

The peer counseling group is an educational group formed to increase people's awareness and knowledge of suicide prevention and to consolidate their communication and other related skills to assist in interacting with suicidal peers. In 2004, we held twenty five peer counseling groups consisting of fifteen for students, nine for parents and one for other adults in the community. Peer counseling groups were originally designed for students only. As the needs of parents and adults were apparent, we tailor-made groups for them as well.

Life Ambassadors training and volunteer services:

We provided three Life Ambassador Training Courses last year and trained up a total of sixty two volunteers to join our volunteer force. Volunteers are the greatest asset to the LEC. They utilise their talents to enrich our centre and to provide various creative activities to spread the message of cherishing life. In 2004, our life ambassadors carried out seventy five tasks and volunteered 519 times, meaning each life ambassador served around four times a year.

Some of the new initiatives taken last year included the design of play kits, assisting in the publication of our organization's newsletter "Life Interaction", library management, organising mass programs such as "Treasure Life--- The Seed Adoption Campaign" and "The Tin Yan Estate Orientation Funfair", and last but not least, providing relaxation courses for clients of SCIC to soothe their stresses, such as the Clay Flower Handicraft Course.

Mass programs:

Organizing mass programs to promote the message of treasuring life is always a key focus of LEC. Last year, we organized two large scale mass programs including, "Treasure Life--- The Seed Adoption Campaign" and "The Tin Yan Estate Orientation Funfair" which was jointly organized with Yuen Long District Coordinating Committee on Family and Child Welfare Services of Social Welfare Department.

"Treasure Life--- The Seed Adoption Campaign" consisted of a series of activities. A kick-off ceremony at Teddy Bear Kingdom in Tsim Sha Tsui on 24 Apr 04 provided a grand opening to the

campaign that lasted from Apr 04 to Sept 04. We prepared five thousand Black Bean Tree and Touch Tree seeds for people to "adopt". The willingness to preciously raise this little seed was the only criteria for being a "foster parent". The foster parents were encouraged to personalize their seeds by naming them and giving them a date of birth. By looking after a seed and observing its growth into a plant, we hoped the general public would become aware that life has to be taken care of, protected and treasured. On that day, several singers and actors such as Rain Li, Sheila Chin, Deep Ng, Ricky Fan and our honorary consultant, Mr. Allen Peng Fei Lee, JP came to support and share with us their experiences of cherishing life. Since the kick-off, many individuals, schools and other organizations have approached us to adopt these lovely seeds. Later, we further promoted the campaign in Lok Fu, Wong Tai Sin and Tze Wan Shan Shopping Centres. All five thousand seeds were adopted by the time the campaign finished in Sep 04.

"The Treasuring Life Slogan Competition" was also a part of this campaign. It took place from May 04 to June 04 and was open to all. A total of 1,619 entries were received. The prize presentation ceremony for twenty two winners was held on 26 Jun 04 at the Hong Kong Scout Centre. Some of the awarded slogans were also used to produce LEC bookmarks as souvenirs.

As the distressed population in the Northern New Territories continues to grow the LEC in 2004 again co-operated with the Social Welfare Department and other non-profit making district organizations to promote the message of positive living. A mass program called "Tin Yan Estate Orientation Funfair" was organised on 13 Nov 04. With the help of our life ambassadors, we promoted the message of positive living to the residents in Tin Yan Estate by organising a number of games and tasks. Around one thousand adults and children visited our game stall that day.

Hong Kong Jockey Club Suicide Prevention Resources Library:

In order to make our library more resourceful and user-friendly to the public, the LEC has made a great effort over the past year to enhance the variety and quality of content on offer. We have collected numerous indigenous and worldwide brochures, leaflets, books, reports, video tapes, VCDs, play kits and other publications related to suicide prevention and life education. In addition, we have uploaded various links to worldwide suicide prevention websites on the library computer so people can connect to other worldwide suicide prevention programmes. As a result, the number of library visitors increased sharply in the past year to 3,196 - more than double that in 2003.

Publications:

LEC published numerous publications in 2004. Apart from the organization's newsletter "Life Interaction", we also published four brochures, two play kits, two research reports and a training manual. In three newsletters we shared with readers various themes including "What is depression?", "What is happiness?" and "Love matters". Our suicide prevention brochures targeting caretakers, parents and suicidal people were freely distributed to the general public, government departments and social service agencies.

With the assistance of our life ambassadors, we produced two play kits for children and young people to help them express their emotions and handle the different challenges over the various life stages. By utilising these games they can expect to grow both intelligently and emotionally as well developing stronger bonding with parents and adults.

The impact of the method and content of suicidal news reporting has been discussed for many years now. LEC has therefore worked with students from the City University of Hong Kong and Chinese University of Hong Kong researching two suicide news reports in an attempt to shed some lights on this topic. Two research reports were subsequently published in Jul 04 and are now available in our resource library for reference. The "No Charcoaling" Training Package for young people was also published in Mar 04 following dramas and workshops that were run in two secondary schools.

New initiatives--- writing articles for mass media and other agencies:

The LEC has been established for nearly three years now, serving not only the users but also the media with our life education and suicide prevention programs. In 2004 a number of newspapers,

magazines and social services agencies invited us to share our expertise with their readers. For example, the Life Education Section of Mingpao, "Pre-school" and "Parents" magazines and Kowloon Bay Integrated Treatment Centre. In total we published twenty one articles.

Cooperation with mass media

Delivering the message of positive living through the mass media enables us to reach more people in Hong Kong and consequently benefit society as a whole. We have therefore worked closely with the mass media over the past year and will continue with this approach in the future.

Future

Life is precious and adorable. In the past three years LEC has carried out various exciting activities to promote this message to people from all walks of life, encouraging them to be stronger and tougher when facing the various challenges in their life stages and therefore take care of their lives and not consider suicide as a means of resolving their problems. LEC has demonstrated its contribution in this aspect since its establishment in 2002. In the future, we will continually strive to fulfil our mission of suicide prevention by introducing more activities and programs. We plan another mass program in Feb 2005, will lead our life ambassadors to provide more meaningful services and will design more creative talks, workshops and groups for our service users.



6.2 生命教育中心

中心主任：賴佩瓊

引言

生命教育中心在2004年經歷了豐盛的一年。在過去一年，我們跟本會的熱線中心及自殺危機處理中心緊密合作，攜手處理香港的自殺問題。當其他中心支援自殺者的同時，生命教育中心積極地發揮了預防自殺的功能。我們不單關心青少年的自殺問題及生命教育的重要，更積極把服務拓展至香港不同階層的市民，希望更有效地預防自殺悲劇的發生。

講座及工作坊

生命教育中心一直透過預防自殺及生命教育講座及工作坊鼓勵參加者積極面對人生及提高他們協助有需要人士的意識。在過去一年，我們一共提供了53個講座及26個工作坊予12,481名參加者，當中包括學生、家長、教師、義工、長者及其他社區人士。我們提供的主題包羅萬有，包括情緒處理、解決問題、如何支援有自殺危機人士等等。

朋輩輔導訓練

朋輩輔導訓練是以小組訓練形式提升參加者對自殺問題的認知及學習助人者所必備的知識與技巧。在2004年，我們一共提供了25個訓練班，為學生而設的有15個(包括中小學)、給予家長參加的有9個、給予其他社區人士參加的有1個。朋輩輔導小組原為訓練學生為主，但有見其他社區人士的需要，我們額外設計了這些組別給予家長及社區人士參加。

珍惜生命大使訓練及其服務

在2004年，我們舉辦了第五期、第六期及第七期珍惜生命大使訓練班，共訓練了62位義工。一直以來，珍惜生命大使是本中心一個重要的資產。他們不單協助我們提供多姿多彩的活動給予社區人士，他們更不斷貢獻所長，豐富我們的服務。

往年，他們開展了不同的創新服務。除了投入我們遊戲教材套的設計、協助本會刊物《生命交流》的出版及大型活動的推行，包括「珍惜生命—小種籽領養行動」及「天恩家家樂嘉年華」，他們更辦了減壓班予自殺危機處理中心的服務使用者，如「麵粉花班」等。

大型活動

生命教育中心在過去一年舉行了兩項大型活動，分別是本會主辦的「珍惜生命—小種籽領養行動」及由社會福利署轄下的元朗區家庭及兒童福利協調委員會合辦的「天恩家家樂嘉年華」。

「珍惜生命—小種籽領養行動」是一項具有教育意義的活動。我們預備了5,000棵「百變樹」及「觸拍」的種籽給大眾市民領養。只要市民願意盡心照顧小種籽，他們就可以成為小種籽的「父母親」。我們希望市民大眾透過培養一棵小樹苗，令他們領悟到生命可貴及生命奇妙之處。「珍惜生命—小種籽領養行動」在2004年4月24日假尖沙咀「小熊國」舉行了隆重的開幕典禮。當日除了本會熱線義工及珍惜生命大使積極參與外，還有多名藝員歌星到場助慶，包括有陳淑蘭小姐、李彩樺小姐、范振鋒先生、吳浩康先生等。另外，我們的榮譽顧問李鵬飛太平紳士亦有到場分享他對生命的看法及鼓勵大眾市民珍惜生命。市民不但能於開幕典禮當日領養小種籽，在2004年4月至9月期間，我們亦到多間學校及其他商場設立小種籽領養攤位，向大眾宣揚這珍惜生命的訊息。至2004年9月，全部5,000棵小種籽已得到領養父母照顧了！

「珍惜生命口號設計比賽」亦是是次大型活動之一，我們共收到1,619個珍惜生命口號，反應十分踴躍。我們亦於2004年6月24日假座佐敦香港童軍總會舉行了頒獎儀式予22位得獎者。

新界西北區到目前為止仍是一個存在著許多家庭問題困擾的地區，很多居民飽受情緒困擾。所以，在2004年，我們再度與該區的社會福利署及其他家庭服務中心合作，舉行了一個名為「天恩家家樂嘉年華」的大型活動。透過當日的活動，令居民更認識該區的家庭問題情況及種下愛惜生命的種子。

香港賽馬會預防自殺資源圖書館

為使圖書館更能具吸引力，生命教育中心在過去一年致力豐富藏書的種類及借用資源。我們搜集了多項本地及外地有關預防自殺及生命教育的資源，包括小冊子、研究報告、書籍、影帶、影碟及遊戲套，以供社區人士使用。此外，我們亦將圖書館的電腦跟世界各地有關預防自殺及珍惜生命的網頁連結，令社區人士可以了解世界各地有關服務的情況。隨著多項改變，圖書館的使用率在過去一年激增到3,196人，相比2003年增長超過一倍。

刊物出版

生命教育中心在2004年出版了多項刊物。除出版了會訊《生命交流》之餘，亦出版了4本預防自殺小冊子，2套遊戲套，2項研究報告及一套教材套。《生命交流》是每4個月出版一期的刊物。在過去一年共出版了3期《生命交流》，每期探討不同的主題，包括抑鬱症、快樂及戀愛的分享。而我們4本預防自殺小冊子的對象分別為家長、支援自殺者人士及有自殺傾向人士等。這4本小冊子更是免費贈予社區人士、社會服務機構及其他政府部門，藉以宣揚預防自殺的訊息。

在珍惜生命大使協助下，生命教育中心為兒童及青少年設計了兩套遊戲套。《情緒大比拼》是一套專為幫助6-9歲的兒童而設的親子遊戲，有幫兒童學習及表達情緒，更可促進親子關係。而另一套《人生旅程》專為青少年而設，幫助他們作好準備面對人生的挑戰，學懂應付困難的正確態度及技巧。

媒體如何報導自殺新聞一直受到社會各界關注。有見及此，生命教育中心在2004年跟香港中文大學及城市大學學生一起進行了兩項相關的研究，希望探討此問題及提出建議。這兩個研究報告已於2004年7月出版，存放於我們的資源圖書館內供社區人士參考。此外，一套融合預防自殺訊息及話劇於一身而名為《走炭》的教材套亦於2004年3月出版。

為不同媒體撰稿

生命教育中心成立了已差不多三年，已獲各界人士認同我們在預防自殺及珍惜生命的工作。所以不同的報章、雜誌或社會服務機構亦邀請本中心為他們撰稿。當中包括有《明報》、《親子便利》、《學前教育》及衛生署九龍灣治療中心等。在2004年，我們一共刊登了21篇文章。

與傳媒合作

透過傳媒協助，可讓珍惜生命的訊息有效地推廣至社會不同階層的市民。所以我們一直很珍惜此合作機會，並期望未來有更緊密的合作，有助我們發放正面人生的訊息。

展望將來

生命是寶貴及值得珍惜的。在過去兩年多的日子裡，我們一直致力透過不同活動推廣此訊息予大眾人士。希望他們在面對人生不同挑戰時，能夠勇敢及堅定地應付，努力地生活下去。生命教育中心在過去兩年已顯示了我們在生命教育工作的貢獻，我們希望在未來的日子能採用更多不同形式的活動以推展預防自殺的使命。在2005年，我們將會繼續舉辦大型社區活動，亦會繼續帶領我們的珍惜生命大使推行各項創新的服務給予各界人士。

(Table 6.2.1) Service Output of Life Education Centre (from 1/1/2004 to 31/12/2004)
(表 6.2.1) 生命教育中心2004年度服務概覽 (1/1/2004-31/12/2004)

講座 Talks

對象 Targets	活動次數 No. of Talks	參加人數 No. of Participants
小學生 Primary students	32	6850
中學生 Secondary students	12	4110
職青 Working youth	1	184
家長 Parents	4	134
義工 Volunteers	1	21
教師 Teachers	1	138
其他社區人士 Others	2	130
總計 Total :	53	11567

工作坊 Workshops

對象 Targets	活動次數 No. of Talks	參加人數 No. of Participants
小學生 Primary students	3	346
中學生 Secondary students	15	350
職青 Working youth	1	22
家長 Parents	1	10
義工 Volunteers	2	19
教師 Teachers	3	117
其他社區人士 Others	1	50
總計 Total :	26	914

朋輩輔導訓練小組 Peer Counseling Groups

對象 Targets	日期 Date	小組名稱 Group Name	組員人數 No. of Members
學生 Students	3/2/2004-24/2/2004	佛教黃焯菴小學上午校 Buddhist Wong Cheuk Um Primary School (A.M.)	9
	2/3/2004-18/3/2004	福德學校 Bishop Ford Memory School	13
	4/3/2004-1/4/2004	宣道會陳元喜小學下午校 Christian Alliance H.C. Chan Primary School (P.M.)	11
	24/3/2004-21/4/2004	德望中學 Good Hope School	11
	27/3/2004-8/5/2004	朋輩輔導員訓練(大專院校) Peer Counselling Group for Tertiary Education Students	20
	19/4/2004-24/5/2004	粉嶺神召會學校 Fanling First Assembly of God Primary School	18

對象 Targets	日期 Date	小組名稱 Group Name	組員人數 No. of Members
學生 Students	22/4/2004- 20/5/2004	佛教黃焯菴小學上午校 Buddhist Wong Cheuk Um Primary School (A.M.)	15
	2/7/2004- 9/7/2004	中聖書院 China Holiness College	14
	3/7/2004- 31/7/2004	朋輩輔導員訓練(大專院校) Peer Counseling Group for Tertiary Education Students	13
	6/7/2004- 9/7/2004	聖公會呂明才中學 Sheng Kung Hui Bishop Lui Ming Choi Secondary School	15
	13/10/2004- 10/11/2004	德蘭中學 St. Teresa Secondary School	14
	11/11/2004- 16/12/2004	德蘭中學 St. Teresa Secondary School	7
	15/11/2004- 6/12/2004	孔教學院何郭佩珍中學 Confucian Ho Kwok Pui Chun College	12
	15/11/2004- 10/12/2004	孔教學院何郭佩珍中學 Confucian Ho Kwok Pui Chun College	9
	16/11/2004- 27/11/2004	宣道會陳朱素華中學 Christian Alliance S.W. Chan Memorial College	14
家長 Parents	12/3/2004- 23/4/2004	伊斯蘭學校 Islamic Primary School	8
	21/3/2004- 18/4/2004	「童」長之旅～家長朋輩輔導成長證書訓練課程 Peer Counseling Group for Parents (Group 1)	10
	24/3/2004- 21/4/2004	「童」長之旅～家長朋輩輔導成長證書訓練課程 Peer Counseling Group for Parents (Group 2)	13
	28/4/2004- 19/5/2004	筲箕灣官立小學下午校 Shau Kei Wan Government Primary School (P.M.)	12
	3/5/2004- 21/6/2004	東華三院譚兆小學 Tung Wah Group of Hospital Tam Shiu Primary School	15
	4/5/2004- 8/6/2004	伊利沙伯中學舊生會小學 QES Old Students' Association Primary School (Group 1)	15
	6/5/2004- 10/6/2004	胡素貞博士紀念學校上午校 Dr. Catherine F. Woo Memory School	12
	7/5/2004- 11/6/2004	伊利沙伯中學舊生會小學 QES Old Students' Association Primary School (Group 2)	16
	21/5/2004- 11/6/2004	伊利沙伯中學舊生會小學 QES Old Students' Association Primary School (Group 3)	15
其他社區 人士 Others	27/3/2004- 1/5/2004	朋輩輔導員訓練 Peer Counseling Group for Public	19
總共Total:		25	330

珍惜生命大使訓練 Life Ambassadors Training Courses

	次數 No. of Times	節數 No. of Sessions	參加人數 No. of Participants
第五期「珍惜生命大使」培訓班 The Fifth Life Ambassadors Training Course	1	6	8
第六期「珍惜生命大使」培訓班 The Sixth Life Ambassadors Training Course	1	6	28
第七期「珍惜生命大使」培訓班 The Seventh Life Ambassadors Training Course	1	6	26
總共Total:	3	12	62

珍惜生命大使活動/服務 Life Ambassadors Services

月份 Month	次數 No. of Times	參加人數 No. of Life Ambassadors
2004-01	4	49
2004-02	4	49
2004-03	6	32
2004-04	14	71
2004-05	10	72
2004-06	5	45
2004-07	1	1
2004-08	1	6
2004-09	6	35
2004-10	5	54
2004-11	10	63
2004-12	9	42
總共Total:	75	519

大型活動 Mass Programs

月份 Month	活動名稱 Program Name	參加人數 No. of participants
2004-03	元朗生命動力小組「如何面對經濟幽谷」 Yuen Long Working group "How to face financial crisis"	118
2004-04	珍惜生命—小種子領養行動 Treasure Life--- The Seed Adoption Campaign	860
2004-05	小種子領養行動—胡素貞博士紀念學校 Treasure Life--- The Seed Adoption Campaign in a primary school	400
2004-06	「珍惜生命」海報口號設計比賽 Treasure Life--- The Seed Adoption Campaign "Slogan Competition"	1619
2004-06	「珍惜生命」海報口號設計比賽頒獎典禮 Treasure Life--- The Seed Adoption Campaign "Slogan Competition Prize Giving Ceremony"	49
2004-09	小種子領養行動—樂富商場 Treasure Life--- Seed Adoption Campaign in a shopping centre	1668

月份 Month	活動名稱 Program Name	參加人數 No. of Participants
2004-11	天恩家家樂嘉年華(攤位活動)Tin Yan Estate Orientation Funfair	1000
2004-11	金碧璀璨耀社群(攤位活動)A Fun Fair for Elderly	100
總共Total:		5814

圖書閣使用紀錄 The Resource Library

月份 Month	到場人次 No. of users	借用人次 No. of borrowings		
		圖書 Books	視聽資料 Audio and Visual Materials	活動教材 Activities Kits
2004-01	61	39	0	0
2004-02	214	5	0	0
2004-03	90	19	0	0
2004-04	220	31	3	0
2004-05	519	19	0	0
2004-06	439	10	0	0
2004-07	330	13	0	0
2004-08	214	10	1	0
2004-09	60	24	1	0
2004-10	326	18	0	0
2004-11	401	15	0	0
2004-12	322	32	3	0
總共Total:		235	8	0

出版刊物 Publications

刊物類型Types of publications	刊物名稱Name of Publication
小冊子Brochures	預防自殺·從認識開始Knowing suicide
	同路同心~支援自殺人士手冊How to support suicidal people
	青少年與自殺~家長手冊A parent manual---Youth and suicide
	您真的要自殺嗎? Are you sure of hurting yourselves?
遊戲套Play Kits	情緒大比拼Emotion Game
	人生旅程Life Journey
教材套Training Manual	《走炭》No Charcoaling
研究報告Research Reports	香港報章報導自殺新聞的手法研究 Research on how Hong Kong Newspapers report suicide news
	報導自殺? 誘導自殺? ---自殺與報章新聞報導的關係 Reporting suicide? Leading suicide?--- The relationship between suicide and suicide news reporting
	生命交流Life Interaction Newsletters
	伴你走出抑鬱的幽谷Walking away from depression
	快樂的秘笈Ways of happiness
	晴天雨天戀愛天Love matters

文章刊登 Published articles

刊物名稱 Name of Newspaper or Magazines	日期 Date	題目/ 內容 Topics
明報—生命教育版 Mingpao---Life Education Section	2004.04.23	「殘而不廢」—學習尊重珍惜接納 Treasuring life with physical difficulties
	2004.04.30	「盲摸摸」—學習提問 How to ask questions?
	2004.05.07	自創企鵝遊戲 Self-created games
	2004.05.14	畫出我一生 Figure out my whole life
	2004.05.21	尋找好人 Find the nice guys
	2004.05.28	齊看史迪仔 Let's watch Lilo and Stitch
	2004.06.04	創造逆境 Tackle difficult situations
	2004.06.11	雞蛋孕育責任感 Learning responsibility by taking care of an egg
	2004.06.18	齊來做人生事年簿 Let's have life books
	2004.06.25	大人物小故事學處世 Managing life
	2004.09.16	我擁有什麼？ What do I have?
	2004.09.30	花婆婆立志令世界更美麗 Miss Rumphius makes the world more beautiful
	2004.10.28	心懷感恩 守護天使就在身旁 Learn to be grateful
	2004.12.03	夢想領航 邁向欣慰路 Dream will come true
《親子便利》親子雜誌 "Parents" Magazine	2004.03.01	童畫與生命教育 Drawing and life education
	2004.04.01	新手哥哥的疑慮 Bother's puzzles
	2004.05.01	家庭暴力新聞對孩子有什麼影響？ How news on violence affect children
	2004.07.01	孩子的好友自殺怎樣開解他？ How to react if your child's friends attempt suicide
	2004.08.01	小孩子的好友自殺怎樣開解他？ How to react if your child's friends attempt suicide
《學前教育》親子雜誌 "Pre-school" Magazine	2004.11.01	從照顧動物學習愛護生命 Learn to cherish life by looking after animals
《紅絲帶》九龍灣綜合治療中心 "Red Ribbon" Newsletter	2004.09.01	自殺-有跡可尋？ Is there signal---suicide?

傳媒訪問及報導 Mass media

月份 Month	機構名稱 Name of Mass Media	訪問次數 No. of Interviews	報道次數 No. of Reportings
2004-09	各大傳媒機構 All media	1	1
2004-11	香港電台第五台-香江暖流 RTHK Channel 5	1	1
2004-12	明報 Mingpao	2	2
2004-12	南華早報 South China Morning Post	2	2

機構職員探訪本中心活動 Visits

月份 Month	機構名稱 Name of Organization	人次 No. of Participants
2004-01	女青年會學校社會服務YWCA School Social Services	1
2004-01	社會福利署署長Director of Social Welfare Department	4
2004-02	聖文德天主教小學ST Bonaventure Catholic Primary School	15
2004-04	明愛順天社區進修中心Caritas Shun Tin Community Centre	11
2004-05	澳門明愛Macau Caritas	8
2004-08	北京及雲南社工學生Students from Beijing and Yun Nan	55
2004-08	浙江省醫護人員Medical staff from Zhejiang	15
2004-09	梁潔華小學(德育老師)STFA Leung Kit Wah Primary School	1
2004-10	薈色園可澤耆英鄰舍中心Sik Sik Yuen Ho Chak Elderly Centre	35



6.3 Suicide Crisis Intervention Centre

*Mr. Michael Wong
Centre-in-charge*

1. Introduction

The Suicide Crisis Intervention Centre (SCIC) was set up in 2002 as a three-year pilot project supported by the Lotteries Fund. The Samaritan Befrienders Hong Kong (SBHK) intended to address the issue of suicides by providing a round-the-clock crisis intervention service for suicidal persons. The SCIC is the only crisis service in Hong Kong specialized in serving those who are moderately to highly suicidal. The referral line provides 24-hour service to frontline staff of social and public services including social workers, doctors, nurses, and police officers. The capacity for crisis counsellors to provide on site crisis intervention allows greater flexibility to respond to hard to serve group. SCIC provides suicide risk assessments, emergency management and crisis counselling for six to eight weeks. For those who need further services are linked up with on-going services.

2. Summary of Services

In 2004, SCIC served a total number of 1,262 cases of suicidal persons and family members.

2.1 Gender: More female used the crisis service than male. Out of the 1,262 cases, there were 483 male clients and 779 female clients. The male to female ratio is 1: 1.6.

2.2 Age: The majority (over 90 %) of client falls between 20-50 years of age with less than 8 % outside this age range. Again, female dominated the major age categories except for under 20 and 60 and above groups. It seems that young males and men over 60 use the crisis service more than their counterparts.

2.3 Presenting problem: The primary presenting problem are namely: relationship problem (including romantic and marital problem) 21%; Financial 13%; mental health issues 11%; another significant category is distress caused by suicidal family members or friends 9%. As expected, financial problems are the main problem for male clients. Mental health issues and marital problems seemed to affect female clients more than their male counterparts.

3. Referrers

The 24-hour referral line was well used by frontline workers in the human service field. The incoming calls from professionals were not limited to referrals, frequently, the calls were made by frontline staff of other agencies seeking consultations on suicidal clients.

The main source of referral came from the referral line. Others came from the suicide crisis infoline for family members and friends of suicidal persons, persons calling the main office telephone number and occasional walk in.

3.1 The risk level of clients: The risk level observed by referrers was mainly moderate to high about 76 % of the total number. The percentage of moderate and high-risk cases dropped to 43 % after the first session of intervention by SCIC. The high-risk category produced an impressive decrease from about 20% to 9%. Our counsellors noticed significant changes of risk level within 2-4 sessions for most clients. Certain clients required longer and more intensive interventions from SCIC. A very small number went beyond the 8 weeks involvement.

3.2 Sharing our knowledge with referring agencies: To ensure a smooth transferring of cases from the referring agency to SCIC, we provided over 40 sessions of presentations to social workers, medical professionals and other personnel about our services. These sessions usually consist of suicide risk assessments, referral procedures and crisis intervention techniques that participants found helpful.

4. External Partnerships

In 2004, the third year of operation for SCIC, we maintained existing partnerships such as all

the suicide prevention hotlines, integrated family service centres, Department of Health and other non-government organizations (NGO). SCIC continue to establish new and innovative partnerships with various agencies. New pilot service agreements included:

- The A & E Department of the Tuen Mun Hospital for suicidal persons planning to discharge against medical advice;
- The Community Psychiatric Nursing Services with Castle Peak Hospital for better coordination of services for suicidal persons having mental health problems;
- The Outpatient Department of the Castle Peak Hospital for support to suicidal persons in need of psychiatric treatments;
- Newly formed integrated family service centres, and
- Academic institutions.

5. Extension of Services

SCIC was committed to the development of services that addresses service gaps. The most notable ones in 2004 are:

- The establishment of the survivor's group with the intention to help family members of persons completed suicides;
- Support group for family members living with suicidal persons;
- Special groups on various topics and interest for ex-clients, including stress management, yoga courses, special art and craft classes;
- The suicide crisis infoline for family members in need of assistance;
- There were plans to develop therapeutic groups for group counselling for suicidal persons.

6. Support and peripherals

SCIC had been committed to the use of information technology in the social service field. SCIC is among the very few social service agencies that computerized the entire client files by. The potential for future development is great as the system can make use of the latest technologies.

Two new technologies were developed with the partnership with the Industrial System Engineering Department of the Polytechnic University of Hong Kong to assist and enhance the effectiveness of our crisis counsellors. The Mobile Dynamic Information Crisis Kit (MOBIDICK) enables crisis counsellors on call to access the client database outside the office using a handheld computer and a mobile phone. The Mobile Automated Safety/Tracking (MAST) system enhances staff safety using the SMS features of ordinary mobile phones. Both systems were presented in the international conference HUSITA 7. The MOBIDICK system received the third prize in the most innovative award.

7. Conclusion

Being the last year of the pilot project, 2004 is a crucial year for the SCIC. The consultative team of evaluators led by Professor Cecilia Chan from the University of Hong Kong conducted an extensive evaluation on the effectiveness and feasibility of the crisis centre. The report concludes the Suicide Crisis Intervention Centre is indeed a valuable service that can serve those who are at moderate to high suicidal risks.

8. The Future

The main task for SCIC in 2005 is continuing to provide good quality crisis service and help those who became desperate and lost their will to live to regain their confidence in life. We will continue to work with the Social Welfare Department and funding bodies in securing funding in sustaining the service.

To conclude the three years, on behalf of everyone at SCIC, this is our message -

We want the service to continue,
We care about those in need, and
We know we are making a difference.



6.3 自殺危機處理中心

中心主任：黃鎮漢

前言

香港撒瑪利亞防止自殺會自殺危機處理中心於2002年正式成立，是香港獎券基金資助為期三年的第一項先導計劃。香港撒瑪利亞防止自殺會希望透過無間斷式的二十四小時危機處理，作為對香港日趨嚴重的自殺問題的一個回應。本中心是香港現時唯一的二十四小時專業轉介服務，接受社工、醫生、護士和各前線工作人員的轉介。為能靈活地服務有需要人士，本中心還發展了外展服務。

本中心的服務範圍包括自殺風險評估、高中危個案的緊急處理、六至八星期的危機輔導，及轉介有需要的案主到其他中心接受長期輔導服務。

本中心於2004年總共為1,262宗個案，包括為案主及其家屬提供自殺危機處理服務。案主之中483人是男性，779人是女性。即男女使用本中心的比率是1:1.6。求助個案中，約有13%是財務問題，21%有感情困擾(包括愛情和婚姻)，其中有心理困擾者佔11%。男性的求助個案中，大多是財務上的問題，女求助者則多以感情和心理問題為主。其中約90%的案主年齡介乎20 - 59歲，青年男士與60歲以上的男性求助者均較女性求助者為多。

轉介機構

中心個案主要來自轉介專線，除了接受前線人員的轉介外，亦會提供處理自殺個案的專業意見，其他個案則來自為有自殺意念人士的親友而設的自殺危機諮詢電話及個別自行求助者。

風險程度

於2004年接獲的個案中，其中由轉介者評核為中度至高度自殺危機的佔76%，個案經本中心同工處理後，經過一節的輔導或對談，中至高危個案的比率降至43%。而高危人士個案更見顯著的效益，只經過一節的輔導或對談，高危個案的比率由20%降至9%。一般而言，二至四節的輔導或對談處理，風險已明顯減低。部份個案需要較長時間的幫助和輔導，較複雜的個案會用上八星期的個別輔導或對談處理。

個案經驗分享

為確保轉介程序運作順利，本中心於本年度共舉辦了四十多個培訓講座/課程。計有危機評估、危機處理、中心服務介紹等。

合作伙伴

中心在踏入服務的第三年，除加強現有的伙伴合作，包括各友會熱線、綜合家庭服務中心、政府各項服務及各非政府服務機構，中心更致力開拓新的合作機會和空間。新的合作伙伴包括：

- 屯門醫院急症室-向有自殺危機而又拒絕接受治療的病人提供服務；
- 青山醫院門診部-支援醫務人員，協助處理有自殺危機的病人；
- 支援新成立的綜合家庭服務中心；
- 香港各大專院校。

中心也致力推動危機處理以外的服務，以填補過往服務的不足。其中包括：

- 成立自殺死亡人士的家屬小組；
- 成立自殺危機人士的親友支援小組；
- 針對服務使用者的特別小組：包括瑜伽、壓力處理、手工藝班等；
- 自殺危機諮詢專線；
- 計劃開設為自殺危機人士而設的小組心理治療。

引入輔助資源

本中心以電子資訊科技的引入和使用引以自豪。一方面，中心的個案紀錄已經全面電腦化，紀錄更完善、更有系統，任何同工可隨時於需要時使用和翻查檔案資料。另一方面，透過電子儀器和專人設計的電腦程式令本會的資料可於辦公室以外供認可人士查閱，好使輔導員在分秒必爭的高危求助下，有更佳的資訊以協助求救者。

2004年中，本中心與理工大學工業及系統工程系攜手發展兩項新科技，輔助輔導員處理危機個案。一個是「流動資料讀取組合」(MOBODICK)，可讓輔導員利用手提電腦讀取資料。另一項是外展報平安系統，以保障輔導員外展時的安全，取名為「流動安全系統」(MAST)。兩項突破性的項目，均雙雙在八月中舉行的人文服務的資訊科技應用國際會議中發表。「流動資料讀取組合」更榮獲全場最革新技術大獎的第三名。

總 結

2004年帶領著自殺危機處理中心踏進先導計劃的最後一年。香港大學陳麗雲教授督導的顧問團為中心進行了全面性的評估，包括中心的運作效度和實行性，該報告肯定了本中心的服務對高中危自殺人士的重要性和價值。

前 瞻

本中心2005年的主要任務是繼續提供優質的危機處理服務，幫助在沉痛中失去了生存意願的人重建生命的信念。我們將繼續努力不懈，與社會福利署和其他資助中心的群體通力合作，力求使優質的服務得以維持和延續。

隨著三年的過去，我們中心全人滿腔抱負：

願此服務薪火相傳，

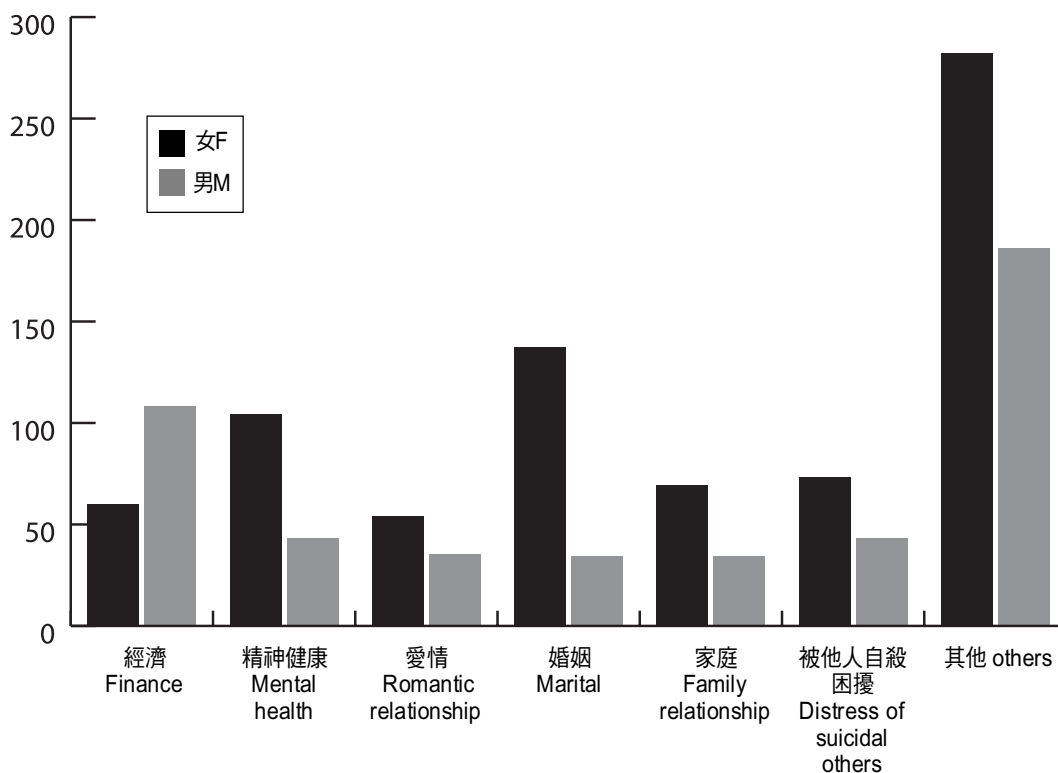
願無助的人得扶持，

願我們的服務能為人帶來改變！

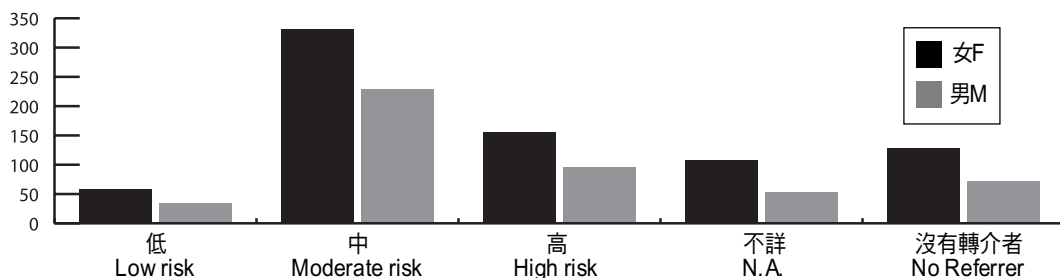
(Table 6.3.1) Major Problem and Gender Distribution of Clients served by SCIC in 2004
(表 6.3.1) 2004年度自殺危機處理中心個案問題類別及性別分佈圖

主要問題 Major Problem	女 F	男 M	合計 Total
經濟 Finance	60	108	168
精神健康 Mental health (suspected and diagnosed)	104	43	147
愛情 Romantic relationship	54	35	89
婚姻 Marital	137	34	171
家庭 Family relationship	69	34	103
被他人自殺困擾 Distress of suicidal others	73	43	116
其他 others	282	186	468
總計 total	779	483	1262

(Figure 6.3.1) Major Problem and Gender Distribution of Clients served by SCIC in 2004
(圖 6.3.1) 2004年度自殺危機處理中心個案問題類別及性別分佈圖



(Figure 6.3.2.1) Risk Level (by referrer) of Cases of Suicide Crisis Intervention Centre in 2004
(圖6.3.2.1) 二零零四年自殺危機處理中心個案危機程度(由轉介者評核)及性別分佈圖



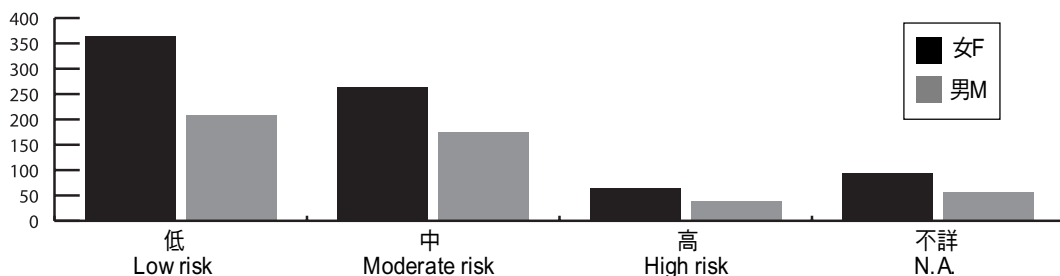
(Table 6.3.2.1) Risk Level (by referrer) of Cases of Suicide Crisis Intervention Centre in 2004
(表6.3.2.1) 二零零四年自殺危機處理中心個案危機程度(由轉介者評核)及性別分佈表

危機程度 Observed risk level by referrer	女 F	男 M	總計Total
低 Low risk	58	34	92
中 Moderate risk	331	228	559
高 High risk	155	95	250
不詳 N.A *	108	53	161
沒有轉介者 No Referrer	127	73	200
總計Total	779	483	1262

* family members, missing data,

(Figure 6.3.2.2) Risk Level after first session (by SCIC) and Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2004

(圖6.3.2.2) 二零零四年自殺危機處理中心個案初次接觸後的危機程度(由本中心評核)及性別分佈圖



(Table 6.3.2.2) Risk Level after first session (by SCIC) and Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2004

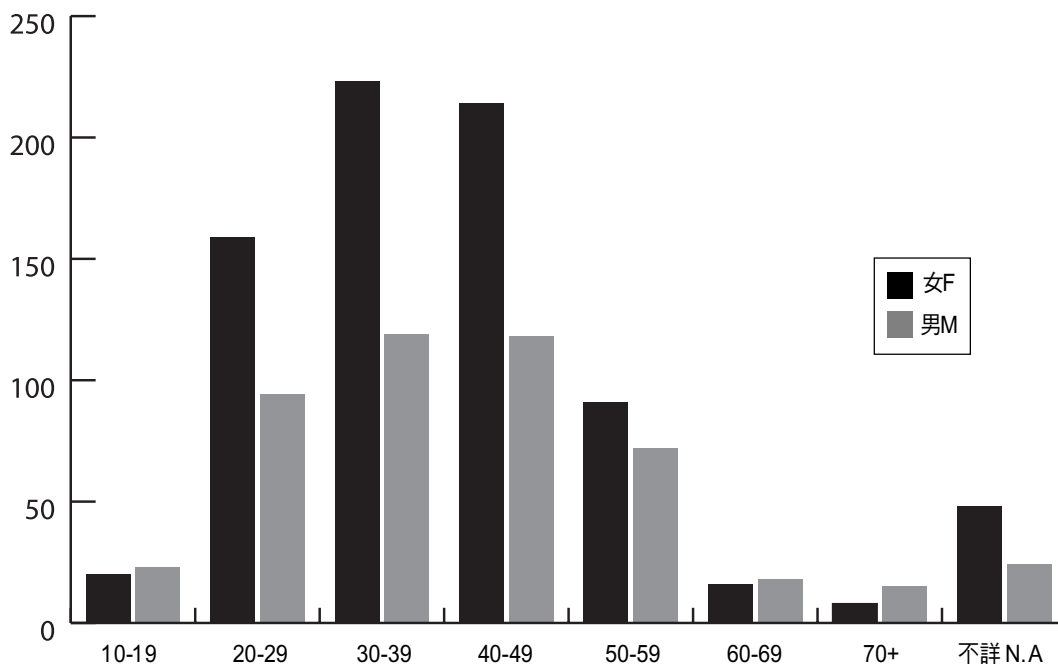
(表6.3.2.2) 二零零四年自殺危機處理中心個案初次接觸後的危機程度(由本中心評核)及性別分佈表

初次接觸後的危機程度Overall Risk Level after first session	女 F	男 M	合計Total
低 LOW	363	208	571
中 MODERATE	264	175	439
高 HIGH	64	39	103
不詳 N.A.	88	61	149
總計Total	779	483	1262

(Table 6.3.3) Age and Gender Distribution of Clients served by SCIC in 2004
(表 6.3.3) 2004年度自殺危機處理中心個案年齡及性別分佈圖

年齡 Age	女 F	男 M	合計 Total
10-19	20	23	43
20-29	159	94	253
30-39	223	119	342
40-49	214	118	332
50-59	91	72	163
60-69	16	18	34
70+	8	15	23
不詳 N.A.	48	24	72
總計 total	779	483	1262

(Figure 6.3.3) Age and Gender Distribution of Clients served by SCIC in 2004
(圖 6.3.3) 2004年度自殺危機處理中心個案年齡及性別分佈圖



(Table 6.3.4) Suicide Crisis Intervention Centre Activity Report 2004
(表6.3.4) 二零零四年自殺危機處理中心活動報告

日期 Date	活動內容/講題 Programme/Theme	機構 Organization	對象 Target	參加人數 No. of Participants
2004/01/06	防止自殺2004會議 Suicide Prevention Meeting 2004	香港大學賽馬會防止自殺研究中心 The Hong Kong Jockey Club Centre for Suicide Research and Prevention (The University of Hong Kong)	各專業人士 Professionals	90
2004/01/09	撒瑪利亞防止自殺會服務簡介 Services of The Samaritan Befrienders Hong Kong	元朗區福利服務策劃研討會籌備委員會 Yuen Long District Welfare Service Planning and Coordinating Committee	元朗青少年服務地方委員 Committee of Yuen Long Youth Service Community	38
2004/02/03	如何處理具自殺危機之學生工作坊 Students with Suicidal Crisis Management Workshop	社會服務機構 Community Service Organizations	社會服務機構同工 Community Service Workers	50
2004/02/18	自殺危機介入工作坊 Suicidal Crisis Intervention Workshop	培僑中學 Pui Kiu Middle School	培僑中學教師 Teachers of Pui Kiu Middle School	60
2004/02/19	如何處理具自殺危機之學生工作坊 Students with Suicidal Crisis Management Workshop	順德聯誼會鄭裕同中學 Shun Tak Fraternal Association Cheng Yu Tung Secondary School	順德聯誼會鄭裕同中學教師 Teachers of Shun Tak Fraternal Association Cheng Yu Tung Secondary School	49
2004/02/21	自殺危機介入工作坊 Suicidal Crisis Intervention Workshop	香港大學校外進修課程 HKU SPACE	課程參加者 program attendants	37
2004/02/23	青少年自殺工作坊 Teenagers suicide prevention workshop	香港大學校外進修課程 HKU SPACE	課程參加者 program attendants	14
2004/02/27	情緒與開心人生講座 Emotion Control and Bright Life Seminar	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	服務使用者 Service Users	10
2004/02/28	情緒與開心人生講座 Emotion Control and Bright Life Seminar	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	服務使用者 Service Users	9
2004/03/06	自殺危機介入工作坊 Suicidal Crisis Intervention Workshop	香港大學校外進修課程 HKU SPACE	學生 Students	27
2004/03/07	循道衛理聯合教會在澳門舉辦之 生命有價慶年華 (珍惜生命及預防自殺) Life is Valuable Carnival (Cherish Life and Suicide Prevention) -organized with The Methodist Church, Hong Kong in Macau	循道衛理聯合教會 The Methodist Church, Hong Kong	社會服務機構同工 Community Service Workers	120
2004/03/19	危機中心簡介 Services of Suicide Crisis Intervention Centre	明愛學校 Schools under Hong Kong Caritas	明愛學校社工 Social Workers in schools under Hong Kong Caritas	20
2004/04/03	危機中心服務簡介及危機評估 Services of Suicide Crisis Intervention Centre and Suicide Risk Assessment	李惠利學校幼兒教育 Lee Wai Lee School of Early Childhood Education	李惠利學校幼兒教育學生 Students of Lee Wai Lee School of Early Childhood Education	10
2004/04/14	針對天文台家庭修訓向各相關服務機構收集意見 Collecting Opinions from Related Organizations on Tin Shui Wai Family Tragedy	社會服務機構 Hong Kong Council of Social Service	社會服務機構會員機構 Members and Organizations of Hong Kong Council of Social Service	11
2004/04/14- 2004/04/17	美國防止自殺聯會會議 (美國) American Council of Suicide Prevention Meeting	美國防止自殺聯會 American Council of Suicide Prevention	會議參加者 Meeting Attendants	
2004/05/08	活著真精彩計劃-瑜珈活動及小組討論 (如何面對壓力) Life is Wonderful Program - Yoga and Group Sharing (Ways to Tackle Pressure)	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	中心服務使用者 Users of Centre Service	4
2004/05/16	處理自殺危機之訓練課程 Managing Suicide Crisis Training Course	澳門理工大學社工系 Macau Polytechnic Institute Social Work Department	澳門理工大學社工系學生 Students of Macau Polytechnic Institute Social Work Department	31
2004/05/19	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	澳門明愛生命熱線 Macau Caritas Life Hotline	澳門明愛生命熱線職員 Staff of Macau Caritas Life Hotline	8
2004/05/22	活著真精彩計劃-瑜珈活動及小組討論 (如何面對壓力) Life is Wonderful Program - Yoga and Group Sharing (Ways to Tackle Pressure)	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	中心服務使用者 Users of Centre Service	5
2004/06/05		香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	中心服務使用者 Users of Centre Service	7

2004/06/15	危機中心服務簡介及自殺危機評估 Services of Suicide Crisis Intervention Centre and Suicide Risk Assessment	香港大學專業進修學院 HKU SPACE	香港大學專業進修學院學生 Students of HKU SPACE	40
2004/06/16		香港路德會社會服務處 The Hong Kong Lutheran Social Service	前線工作人員 Frontline Workers	42
2004/06/23		油尖旺綜合家庭服務中心及非政府機構 Yau Tsim Mong District Integrated Family Service Centre and Non-Government Organizations	前線工作人員 Frontline Workers	34
2004/06/28		保良局綜合家庭服務 Po Leung Kuk Integrated Family Service	前線工作人員 Frontline Worker	40
2004/07/12	出席衛生福利及食物局之自殺問題討論會 Attending Meeting on Suicide Problem by the Health, Welfare and Food Bureau	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	本會主席 President	22人
2004/07/10	自殺危機評估工作坊 Suicide Risk Assessment Workshop	中聖書院 China Holiness College	中聖書院教師 Teachers of China Holiness College	約45人
2004/08/26	自殺危機處理中心服務簡介 Services of Suicide Crisis Intervention Centre	浙江省護理人員協會 Association of Zhejiang Nursing Staff	浙江省護理人員協會代表 Representation of Association of Zhejiang Nursing Staff	13位
2004/08/26	人文服務的資訊科技應用國際會議 International Meeting on Applied Humanity Service of Information Technology	香港撒瑪利亞防止自殺會與理工大學 The Samaritan Befrienders Hong Kong and The Hong Kong Polytechnic University	自殺危機處理中心主任及理工大學代表 Suicide Crisis Intervention Centre-in Charge and Representative of The Hong Kong Polytechnic University	約45人
2004/08/27	「自殺背後」講座 Behind Suicide Seminar	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	曾有家人自殺之人士 People with family members committed suicide	10人
2004/09/06	自殺危機評估及處理工作坊 Suicide Risk Assessment and Management Workshop	社會福利署黃大仙綜合家庭服務中心 Social Welfare Department Wong Tai Sin Integrated Family Service Centre	前線工作人員 Frontline Workers	60人
2004/09/10	國際防止自殺日新聞發佈會 International Suicide Prevention Day Press Conference	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	傳媒 Media	約40人
2004/09/14	自殺危機評估及處理工作坊 Suicide Risk Assessment and Management Workshop	鄰舍輔導會深水埗康樂社區服務中心 The Neighbourhood Advising-action Council Sham Shui Po District Elderly Community Centre	前線工作人員 Frontline Workers	30人
2004/09/21	到東華三院和平坊交流 Tung Wah Group of Hospitals Peaceful Workshop	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	香港撒瑪利亞防止自殺會前社工 The Samaritan Befrienders Hong Kong Frontline Workers	15人
2004/10/29	認識抑鬱講座 Understanding Depression Seminar	香港撒瑪利亞防止自殺會自殺死亡人士親屬小組 The Samaritan Befrienders Hong Kong Suicidal Death's Relatives Group	自殺死亡人士親屬小組組員 Members of Suicidal Death's Relatives Group	12人
2004/10/30	流動資訊系統試用儀式 Mobile Information System Kick-off Ceremony	社會福利處助理處長馮伯欣先生、各傳媒機構 Social Welfare Department Assistant Chairperson Mr. Fung, Media	傳媒 Media	20人
2004/10/19	自殺危機評估介入工作坊 Suicide Risk Assessment Workshop	筲箕灣鄰舍輔導會外展隊 The Neighbourhood Advising-action Council Shau Kei Wan Outward Bound Team	筲箕灣鄰舍輔導會外展隊前線社工 The Neighbourhood Advising-action Council Shau Kei Wan Outward Bound Team Frontline Workers	10人
2004/10/23	自殺危機評估介入工作坊 Suicide Risk Assessment Workshop	善寧會安老舍 Hospice Care Family Service Centre	善寧會安老舍前線社工 Hospice Care Family Service Centre Frontline Workers	13人
2004/11/06	自殺危機中心服務介紹 Services of Suicide Risk Assessment	香港大學 The University of Hong Kong	香港大學心理健康碩士課程學生 Students of The University of Hong Kong Psychological Health Department	20人
2004/11/10	自殺危機評估介入工作坊 Suicide Risk Assessment Workshop	社會福利署 Social Welfare Department	社會福利署前線社工 Social Welfare Department Frontline Workers	80
2004/11/13	天恩家家樂 Tin Yan Carnival	社會福利署 Social Welfare Department	天水圍天恩邨居民 Habitant of Tin Shui Wai Tin Yan Estate	約1000人
2004/11/19	自殺危機處理中心服務介紹 Services of Suicide Risk Assessment	國際社會服務社(深水埗南綜合家庭服務中心) International Social Service (Sham Shui Po South Integrated Family Service Centre)	國際社會服務社(深水埗南綜合家庭服務中心)同工 Workers of International Social Service (Sham Shui Po South Integrated Family Service Centre)	10人



6.4 Public Relations and Promotion

To allow the public to better understand the various services, activities and information that we offer, SBHK in 2004 continues to deliver messages to the masses with the support of media and advertising agencies. This year we produced a series of advertisements over radio and displayed posters with the slogan (in Chinese) "we walk side by side with you towards exit". We also continue to deliver information via press conferences and interviews to give an effective response to the needs of society.

This year we again received the endorsement of HKSAR Information Services Department to allow our promotional video to be released on various TV channels. The aim of this API is to urge parents to respect the living rights of their children, and to remind everyone of our 24 hour hotline. For those who suffer from emotional uneasiness that can lead to difficulty in sleeping and worsening of their situation, we are producing a radio promotion to be broadcast over a number of radio channels late at night. This API that is scheduled to be broadcast early next year, will remind everyone that even when we feel there is no way out, an exit is always there and people in need can call our hotline anytime to release their emotional stress.

Following on the message of "always an exit from difficulties", a poster has been produced with the visual "an exit from the bull horn" (Chinese slang: "into a bull horn" means "focus thinking on troubles"). The posters will be posted at MTR, KCRC billboards and various social service organizations in early 2005. We hope that people seeing the "exit" sign on the streets it will be reminded of the encouraging message it conveys.

Through the hard work of staff and members, the services that our three centres provided are now better recognised by the mass media and public. Whenever there is an unexpected incident or a comparatively higher suicide rate, our media friends will contact SBHK for comments and solutions. For example, after the South-east Asia Tsunami and severe earthquakes, we instantly spread useful information via media, and let the public know ways to help those in need (especially children and patients suffering depression) and to help them to release stress and uneasiness. Through seminars, talks and sharing sessions held by our three centres throughout the year, the media news releases enabled more people to share the message of cherishing life.

Our "Treasure Life -- The Seed Adoption Campaign" held in mid-year received encouraging feedback from the public. This meaningful activity utilised the planting of Touch Tree and Black Bean Tree seeds to bring out the faith we have when facing challenges in life. Adopters included individuals, families, schools, social communities and business organizations. The opening ceremony was supported by Mr. Allen Peng Fei Lee, JP, our honorary consultant, plus a number of celebrities and was covered by the major press. The event was followed with a Treasuring Life Slogan Competition, which was appreciated by the public for the many thoughtful slogans that had been created.

In the coming year, SBHK is planning to run the first official fund raising campaign. The Public Relations and Promotion team will hold a series of marketing campaign to raise funds and at the same time promote our spirit of caring for others. We truly hope that SBHK will have the kind support from all of our friendly partners!



6.4 公關及宣傳

在2004年，本會各類服務、活動及訊息得以傳遞到社會大眾，實有賴傳媒及廣告製作公司的積極支持。在預防自殺及傳播正面訊息的層面上，我們籌劃了一系列以「與你同步・走向出路」為口號的項目，包括宣傳聲帶及海報。在傳達資訊方面，亦不時透過媒介，例如新聞發佈及專訪，為社會的需要作出即時而有效的回應。

今年，我們繼續獲得政府新聞處的協助，安排於各電視台播映勸籲家長尊重子女生存權利的短片，並藉此提醒市民本會的24小時求助熱線。此外，因顧慮到受情緒困擾者很多時因難以入眠以致精神倍加困擾，我們正籌備在05年初起於各電台的深夜時份播放宣傳聲帶，提醒大家困境總有出路，有需要時可致電本會熱線把抑壓的情緒抒發出來，藉此擺脫困擾。

本會更以「困境總有出路」這信念，製作了一套以「即使於牛角尖亦可找到出口」為概念的海報（廣東述語：「鑽牛角尖」代表「過度集中思考導致煩惱」），於地鐵、九廣鐵路沿線各站以及各社會服務機構張貼。海報將於05年初面世，我們希望藉此令市民在街上看到「出口EXIT」標誌時，便聯想到背後勉勵的訊息。

經過全會上下的一番努力，傳媒及市民對本會三個中心的服務，已有了更深入的認識。每當有突發事件或較頻密的自殺個案出現，傳媒朋友便會聯絡本會諮詢意見及查詢應變措施，例如在南亞發生海嘯及大地震之後，本會即透過媒介，對外講解協助情緒受困者（尤其是小孩及患抑鬱症人士）紓緩壓力及不安的方法，而各中心舉辦的講座和分享會等，亦有賴媒介的支持，令更多人可分享珍惜生命的訊息。

04年中舉行的「珍惜生命-小種籽領養行動」，更得到各界的熱烈響應。這項有意義的活動是藉著培育觸拍及百變樹種籽發芽成長的過程，來宣揚積極面對生活的堅毅精神。領養者包括個人、家庭、學校、社團及商業機構等。揭幕禮當日由本會名譽顧問李鵬飛太平紳士及多位名人嘉賓主持，活動後，報界紛紛刊載活動細節。同時舉辦的珍惜生命口號設計比賽亦得到廣泛的回響，參賽者創作了不少意義深遠的口號。

來年，本會將舉辦首次正式的籌款活動，屆時公關及宣傳部亦會藉著連串推廣計劃，一方面推動籌款，另方面藉此宣揚關愛他人、群體互助的精神，誠望能繼續得到各界友好的支持！



FIGURES ABOUT SUICIDE IN HONG KONG 2004

Mr. Jonathan Wong

2003 Annual Report stated that "A report from the Coroner's Court showed that 1,152 people committed suicide and subsequently died" in Hong Kong in that year. The figure of 1,152 quoted in the report relates to confirmed suicide cases. However, this figure could have been under-reported because in the period Jan 1, 2003 to Dec 31, 2003, there were 43 presumed suicide cases where no death investigation report took place but circumstances pointed to the death being an instance of suicide. Hence, the total number of suicides in 2003 could have been 1,195. As of this year's report, our figures will incorporate both confirmed and presumed suicide in which an autopsy and death report are not sought.

From Jan 1, 2004 to Dec 12, 2004, Hong Kong's population stood at approximately 6,895,500, with 3,314,500 male (48%) and 3,581,000 female (52%) according to statistics from the Census and Statistics Department. A report from the Coroner's Court showed that 1,187 people committed suicide and subsequently died during the same period, which included 187 suicides cases where an autopsy was not ordered (see Table 7.1).

The suicide rate was 17.2 in 2004, indicating that 17.2 people out of every 100,000 in Hong Kong committed suicide and died, which was down by 0.3 from 2003. The suicide rate of males was 23, down by 1.3 from 2003, and the suicide rate of females was 11.8, up by 0.7 from last year (see Table 7.2). It is good to note that the suicide rate decreased to 17.2 in 2004, down by 0.3 from 2003. However, this is still higher than the global suicide rate of 14.5 per 100,000. The suicide rates of age groups between 0 to 29 and above 70 generally increased while the middle age group between 30 to 39 was static and 40 to 49 decreased. However, it is observed that the suicide rate for men stood high and they tended to end their life through seriously fatal means.

The suicide number of the age group between 40 and 49 was the highest among all age groups. This is consistent with previous years' and it truly reflects distressing conditions experienced by this age group. The relevant government department should pay much more attention to this age group. It is observed that among the suicide deaths, 29.2% were unemployed, down by 7.8% from 2003, and 12.1% were retirees, who formed a new category in 2004 (see Table 7.3). With the slight improvement in both the Hong Kong economy and unemployment rate in 2004, suicide deaths in this age group decreased, this trend suggested a relationship between suicide and unemployment.

In the following, suicide statistics are presented according to age group and gender, the means of committing suicide, the person's occupation and any mental disorders they may have had.

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2004, there were 36 teenagers below the age of 19 who committed suicide successfully. The suicide rate was 2.5. The male to female ratio was 3.4 to 1.4 (see Table 7.2). The suicide rate for males was higher than that for females.

The suicide rate for this age group was 2.5 in 2004, which was up 0.6 from 2003; the number rose up from 29 in 2003 to 36 in 2004. Among the 36 deaths, 25 were attributed to jumping from buildings, 5 from carbon monoxide poisoning and 4 from hanging. In terms of the suicide means, jumping from buildings still stood the highest, at 69.4 %. This indicates that this age group tended to choose a fatal means to end their life. The cause of this phenomenon should be explored and investigated by the relevant government departments.

Age: 20 to 59 years old

In 2004, there were 801 people between 20 and 59 years old who committed suicide and died. This age group accounted for 67.4% of the total number of suicide deaths, which was down 1.7% from 2003 (see Table 7.1). The suicide rate was 18.4, and the male to female ratio was 25.4 to 12.2. Among the deaths, 43 % resulted from jumping from buildings, 34.3% were attributed to carbon monoxide poisoning and 15.1% hung themselves. In the age group between 20 to 29, it was noteworthy to see that there were 180 suicide deaths, which was up 7.7% from 2003, while other

groups decreased in line with the total number of suicide deaths in this group having decreased.

Among the 801 who committed suicide in this age group, 36.7% (294 people) were unemployed at the time of their deaths. This was down 4.9% from 2003, and 71% were male (see Table 7.3). It is worthy to note that the number of deaths of those aged between 40 to 49 decreased from 276 (male: 193 & female: 83) in 2003 to 242 (male: 154 & female: 88) in 2004. Notwithstanding, the percentage of deaths in this age group still recorded the highest among all age groups, it is inferred that people in this mid-age stage are more intolerant with pressure and stress. Hence, targeted social support and assistance should be provided to relieve their overwhelming burden.

Age: 60 years old or above

In 2004, 349 people committed suicide and died in this age group; this represented 29.4% of the total number of suicide deaths. This figure was up 1.2% from 2003. The suicide rate was 32.8, which was up 0.3 from 2003, and the male to female ratio was 42.5 to 23.9. Notably, the number of deaths above the age of 70 increased while most of the other groups decreased (see Table 7.1). It is a time for us to consider whether our community has adequate care and support to the elderly; this figure should arouse the relevant government department's awareness to their concerns and needs.

Suicide statistics according to means of committing suicide

A majority of people who committed suicide chose to jump from buildings. A total of 528 people ended their lives by this means in 2004, up from 517 in 2003 and accounted for 44.4% of the total number of suicide deaths, which was up by 1.2% from 2003. 296 people died from carbon monoxide poisoning, which accounted for 24.9% of the total number of suicide deaths, and was down by 2.4% from 2003. 256 people died by hanging themselves, accounting for 21.5% of the total number of suicide deaths, and was up by 1% from 2003 (see Table 7.1).

On the whole, the means of committing suicide was similar in all age groups. Most people jumped from buildings to commit suicide. Carbon monoxide poisoning and hanging came in second and third places respectively. Jumping from buildings and hanging in the over 70 year old age group, and carbon monoxide poisoning in the 30 to 39 age group had the highest percentage of suicide deaths compared to other age groups. This figure still revealed that jumping from buildings was still the commonest means to committing suicide.

Suicide statistics according to occupation

In 2004, 347 people who committed suicide were unemployed at the time of their deaths. This accounted for 29.2% of the total number of suicide deaths, and was down by 7.7% from 2003. A new category for retired persons came second and accounted for 12.1% with 144 deaths out of the total number of suicide deaths. Housewives followed with 11.2% with 134 deaths out of the total number of suicide deaths, which was exactly the same as 2003 (see Table 7.3). It must be reminded that although the suicide deaths among unemployed persons decreased, those in the unclassified category, where an autopsy and death report are not sought, dramatically increased from 43 in 2003 to 187 in 2004. It is somewhat a challenge to draw the conclusion on the decrease in the number of suicide deaths in unemployed persons without taking the unclassified category into account.

On the other hand, there were 2.8% suicide deaths in the group of businessmen, up 0.2% from 2003, while suicide death in all other occupation groups decreased. The increase in percentage was only 0.2% while other groups showed a decrease. Nevertheless, this figure draws alarming attention to the businessman group, who were still unable to cope with financial pressures and business failures despite the improving economy in Hong Kong. In response to this situation, specific social resources and services should be provided to help them face their psychological and emotional problems.

In 2004, Hong Kong had an unemployment rate of around 6.8%. The number decreased 1.1% from 7.9% in 2003. The underemployment rate decreased from 3.5% in 2003 to 3.3% in 2004. In comparison with the past few years, there was a slight improvement in the unemployment rate in

Hong Kong. Nevertheless, the unemployment group still made up the majority of total suicide deaths. Unemployment can contribute to complicated personal, family and social problems, if these are not well handled, it can produce a very negative and far-reaching effect on a person's psychological well-being. The government should pay more attention to these problems and further study the correlation between unemployment and suicide.

Suicide statistics according to mental disorders

In 2004, 280 suicide deaths were related to some kind of mental disorder. This accounted for 23.5% of the total number of suicide deaths, which was down by 5.9% (see Table 7.4) from the previous year. Among the 280 people, 49.6% were male and 50.4% were female. Most of them committed suicide by jumping from buildings accounting for 62.8%, carbon monoxide poisoning accounting for 12.8%, and hanging accounting for 11.7%. These figures suggest that jumping from buildings was more common among suicidal people with mental disorders, and they tended to adopt this fatal means to kill themselves.

Unknown or Unidentified Suicide Cases

39 suicide cases were categorized as "injury undetermined, whether accidentally or purposely inflicted" in 2004, up by 19 people in comparison with the 20 such cases in 2003. Among the 39 deaths, 11 people died of drugs poisoning while 11 people died of drowning and 10 died by hanging themselves (see table 7.5).

Suicide cases without an autopsy being ordered

The number of suicide deaths was 1,187 in 2004, which included 187 cases where an autopsy and death report were not sought, and this figure increased from 43 in 2003 to 187 in 2004 (see Table 7.6).

Conclusion

In 2004, there were 1,187 people who committed suicide and died. The suicide rate was 17.2 per 100,000, down by 0.3 from 2003, while the global suicide rate stood at 14.5 per 100,000. Among the suicide deaths, the ratio of male to female was 1.9 to 1. Jumping from buildings was still the commonest suicide means, followed by carbon monoxide poisoning and hanging. 29.2% of the people were unemployed at the time of their deaths and 23.5% of the cases were associated with some kind of mental disorder. A new category for suicide cases where an autopsy was not sought was added this year, which included 187 cases.

The end of 2004 brought an immense human tragedy to the world due to the unexpected violent earthquake and ensuing tidal wave which affected no less than twelve countries and killed more than 300,000 people. As with every disaster of this kind, we are aware and reminded that human beings are important in the face of bad luck, fate and "mother nature". This disaster lets us know that what we possess can be lost within a few minutes without warning. Undoubtedly, life is full of unexpected events, but uncertainty, on the other hand, stimulates us to ponder our value systems and further inspires us to treasure everything we have, as well as the relationships around us at the present moment. No one likes to see devastating tragedies in the world, but this is another expression of our general situation. The generous and prompt response from Hong Kong people showed that no one is alone while facing hardship, it is because we are part of the world that we can do every little thing to make the world different and wonderful.

Looking at Hong Kong, the slight improvement in the economy obviously exerted a positive impact on the population of Hong Kong. Notwithstanding, the stress of living in this highly competitive city with the highest population density in the world could create many societal, family and personal problems. Suicide is still culturally regarded as a taboo and shameful behavior. Therefore, early detection of those inclined to suicide and prompt suicide intervention would certainly bring about a decrease in the number of successful suicide deaths in Hong Kong. In the past few years, with collaboration and joint efforts being made by different suicide prevention

organizations in Hong Kong, such as life education services, hotline services and crisis intervention with reaching out services by The Samaritan Befrienders Hong Kong, the community's awareness concerning suicide prevention and mental health has been aroused and promoted. Despite the high suicide rate of 17.2 per 100,000 against the global suicide rate stands at 14.5 per 100,000, there is still reason to rejoice in decreased numbers of suicide when compared with 2003. Merit should be given to all of Hong Kong's people who have contributed to care for every one around them. For a brighter and more vibrant Hong Kong and the world, we can do it.

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2004 香港自殺統計數字分析

黃遠青先生

在2003年的本會年報中，註明本港該年「根據死因裁判法院指出共有1,152人被裁定為死於自殺」，事實上，正確的數字為1,195人。在2003年1月到12月期間，1,152宗是由死因裁判法院裁定為自殺個案，另外有43宗是毋須經過死因調查報告而經證實的自殺個案。在本年報中，所報導的數字已經包括被裁定及不用裁定的所有自殺個案。

根據香港特別行政區政府統計處資料顯示，在2004年1月1日至2004年12月12日已登記之總人口為6,895,500人，分別是3,314,500位男性（佔48%），3,581,000位女性（佔52%）。而死因裁判法院報告指出，期間共有1,187人死於自殺，當中包括187宗是毋須經過死因調查報告而經證實的自殺個案（見表7.1）。

在2004年，本港每十萬名人口中有17.2人自殺，自殺率為17.2，較2003年下降了0.3。其中男性之自殺率為23，較去年下降了1.3；女性則為11.8，較去年上升了0.7（見表7.2）。對於2004年自殺率比去年下降了0.3，實屬本港一件喜事。然而相對於全球自殺率14.5來說，仍然屬於偏高。0-29歲及70歲以上年齡組別的自殺率有上升的趨勢，30-39歲組別則維持穩定；而40-49歲年齡組別則比去年下降了。此外，男性的自殺率仍然明顯高企，而他們亦傾向採取較嚴重致命的方法結束生命。

在各個年齡組別中，40-49歲組別的自殺數字為最高的，跟過去多年的現象相近，這確切反映了這群體承受了頗大的生活壓力。政府有關當局應該對這群體多作關注。另外，在眾自殺數字中，失業者佔29.2%，比2003年下降了7.8%；有12.1%是退休人士，這是2004自殺數字當中新添的類別（見表7.3）。隨著香港經濟好轉，失業率亦輕微降低，同樣地這類別的自殺率亦同樣下降，這反映了失業與自殺的關係。

以下將根據年齡組別、性別、自殺方法、職業及精神病分類的各項自殺統計進行探討。

按年齡及性別分組的自殺統計數字

年齡組別：0 至 19 歲

2004年共有36名年齡在19歲以下的青少年自殺死亡，自殺率為2.5。男女之自殺比率為3.4：1.4（見表7.2），男性自殺率比較女性為高。

2004年這年齡組別的自殺率為2.5，與2003年比較上升0.6，人數由29人上升至36人。36名之自殺死亡者當中，分別有25名選擇由高處墮下，5名選擇吸入過量一氧化碳及4名選擇吊死。在上述自殺死亡數字顯示，由高處墮下自殺的仍然是最高的，選擇這種嚴重致命的自殺方法者，佔這年齡組別死亡人口的69.4%。期望政府有關部門盡快為這種現象的原因進行調查及探討。

年齡組別：20 至 59 歲

2004年共有801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67.4%，較2003年下降了1.7%（見表7.1），自殺率是18.4，男女自殺比率是25.4：12.2。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，佔43%，其次是吸入一氧化碳為34.3%，吊死則是15.1%。特別值得一提的是，在眾多年齡組別的自殺率有減退跡象的同時，年齡介乎20-29歲的人士自殺死亡數字為180宗，比2003年卻上升7.7%。

這組別自殺死亡的801人當中，36.7%(294人)為失業人士，較2003年下降了4.9%，其中71%是男性（見表7.3）。值得注意的是40至59歲組別，自殺死亡的人數由2003年的276人（男性193及女性83）遞減至2004年的242人（男性154及女性88）。儘管如此，這年齡組別的自殺數字比其他年齡組別顯著為高，是有跡可尋的，主要因為中年階段人士多經歷著人生中難以忍受的壓力。如能在危機當中，向當事人提供各種的社會支持及援助，實是可以協助其渡過難關的。

年齡組別：60 歲或以上

這個年齡組別於2004年共有349人自殺死亡，佔總自殺死亡人數的29.4%。較2003年上升約1.2%，自殺率是32.8，比2003年上升0.3，男女比例是42.5：23.9。這數字明顯反映了當其他組別略有下調的同時，這70歲以上的年齡組別的自殺率卻上升了(見表7.1)。在我們的社區裡往往會忽略老年人的照顧和支援，期望這數字現象能給政府有關部門作為一種警號，為老年人的需要作出關注。

按自殺方法分組之自殺統計數字

從各種自殺方式中，共有528人選擇從高處墮下，由2003年的517增加至2004年的528人，佔總自殺死亡人數44.4%，比2003年上升了1.2%。其次是吸入過量一氧化碳，共有296人，佔總自殺死亡人數的24.9%，比2003年下調了2.4%。而吊死則有256人，佔總自殺死亡人數的21.5% (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，其次是吸入過量一氧化碳自殺及吊死自殺。而70歲以上組別較多選擇由高處墮下及吊死自殺；30至39歲組別則較多選取吸入過量一氧化碳自殺。縱觀上述數字，從高處墮下仍然是一種較普遍採用的自殺方法。

按職業分組之自殺統計數字

2004年共有347名自殺死亡者為失業人士，佔自殺死亡之人數29.2%，較2003年下調7.7%。第二位屬一項新類別退休人士，佔自殺死亡之人數12.1%，共144宗。接著就是家庭主婦，共有134人，佔11.2%(見表7.3)。雖然失業人士的自殺死亡人數下降了，但同時未能分類的自殺死亡數字卻大幅度由2003年43人上升至2004年的187人，因此難於為失業人士的自殺死亡人數下降作一結論。

另一方面，從眾職業分組自殺死亡數字下降的同時，從商人士佔自殺死亡人數2.8%，比2003年上升0.2%。雖然升幅輕微，卻可能反映了當香港經濟漸漸走出幽谷的時候，有不少從商人士仍然難於面對及處理經濟壓力及生意失敗所帶來的困境。有鑑於此，專門的社會資源及服務可有助他們處理心理及情緒問題。

2004年香港的平均失業率為6.8%，整體數字較去年的7.9%失業率下降了1.1%，就業不足率由2003年的3.5%下調至2004的3.3%。與過往數年比較，香港的失業情況有了輕微的改善，但是失業與自殺率仍有著相當直接的關係。失業會影響個人、家庭及社會三方面的問題，若在這方面出現困難而未能妥善處理的話，其將會引致深遠之負面影響，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

2004年共有280名自殺死亡人士與精神病有關，佔自殺死亡人數的23.5%，下調了5.9%(見表7.4)。280人當中，男性佔49.6%，女性佔50.4%。主要的自殺方法是從高處墮下(62.8%)，跟著便是一氧化碳(12.8%)和吊死(11.7%)。數字顯示，有精神病患之自殺死亡人士較普遍選擇由高處墮下的方式結束生命。

未能確定是否蓄意自殺的死亡個案

在2004年共有39人被列為不能確定是否蓄意自殺的死亡個案，較2003年的20宗急升19人之多。在39人中，有11人死於服毒，11人為淹死及10人為吊死(見表7.5)。

毋須進行死因調查的死亡個案

2004年的自殺死亡人士共1,187名，當中包括187名為沒有解剖及死因調查的自殺死亡個案，比較2003年的43宗激增至2004年的187宗(見表7.6)。

總 結

2004年本港有1,187名自殺死亡人士，自殺率為17.2，與2003年比較下調0.3，而全球的自殺率為14.5。在自殺死亡數字當中，男女比率為1.9：1。由高處墮下為最多自殺死亡人士所選取的自殺方式，其次為吸入過量一氧化碳以及吊死。當中有29.2%為失業人士，佔23.5%自殺死亡人士與精神病患有關。本年度新加入一項毋須進行死因調查的死亡數字，佔187名，皆沒有任何解剖或死亡報告。

2004年底，一次地震為世界帶來了悲劇性的海嘯災難，無情的巨浪捲走了超個十二個國家超過三百萬條無辜的生命。當災難發生過後，人們往往會帶來一些較消極的想法，在這些厄運或大自然無情的威力中，醒覺到生命是何等的渺小，姑勿論你擁有多少，都可以在短短三數分鐘內化為烏有。無疑，生命確實充滿著不可預測的事情，可是換個角度來看，生命無常卻又能夠刺激人們以另一種價值觀去思考生命——既然無人能抵抗這些毀滅性的災難，我們更應好好珍惜現在所擁有的一切。

這一場災難發生之後，香港市民迅速慷慨解囊，為災區募捐，令人相當感動，因為我們香港人都願意出一分力、發一點光，讓這世界更加美好。因此，大家都相信無論日後面對多大的困難，都不會是孤獨的，因為大家身在香港。

縱觀香港的經濟漸漸走出幽谷，香港人深鎖的眉頭亦見明顯展開了。雖然如此，香港這一個充滿著競爭的國際城市，加上人口稠密，香港人的生活壓力往往產生不少社會、家庭和個人的問題。然而在這個社會裡，自殺仍然是一種禁忌及令人感到羞恥的行為。因此，提高警覺、及早發現自殺傾向人士，實屬是減少香港自殺死亡事件最為有效的方法。在過去數年，各防止自殺服務機構致力合作並作出努力，正如香港撒瑪利亞防止自殺會的生命教育服務、熱線服務及24小時自殺危機處理中心的服務，都能讓社區對防止自殺作出提醒及推廣。雖然2004年香港的自殺率17.2仍然比全球自殺率14.5為高，但十分值得欣喜的是，對比2003年的自殺死亡數字已有所下降，除了有關防止自殺服務所發揮的效益外，香港市民實踐關懷身邊人的精神亦應記一功。為了令香港這顆東方之珠繼續閃亮和燦爛，我們一起繼續努力吧！

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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)

年份 Year	自殺類別 Type of Suicide	2004													2003		2002	
		年齡組別 Age Groups																
		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	
2004	火器 Firearms	M					1	1				2	2	0	0	3	Total	
		F										0		0	0	1	4	
	藥物 Drugs	M			1	4	1	1	3	1		11		7		6		
		F			5	4	2		1	1		13	24	15	22	4	10	
	毒藥 Poisons	M			1	2	3	3	4	4		17		7		8		
		F					2		1	6		10	27	8	15	15	23	
	吊死 Hanging	M	1	2	10	12	39	28	28	49	1	170		173		169		
		F		1	9	4	7	12	15	38		86	256	73	246	70	239	
	由高處墮下 Jumping from a height	M		17	62	44	48	53	26	72		322		335		289		
		F		8	39	33	46	20	18	42		206	528	182	517	161	450	
	氣體中毒 Gas Fatality	M								1		1		0	0	0		
		F										0	1	0	0	0	0	
	一氧化碳 Carbon Monoxide	M		4	34	63	59	34	4	11		209		240		174		
		F		1	14	30	27	14		1		87	296	87	327	78	252	
	淹死 Drowning	M		1	2	2	2	1	3	3		14		22		11		
		F				4	2	3	2	4		15	29	20	42	20	31	
利器 Sharp instruments	M				1			1	1		3		8		1			
	F								1		2	5	1	9	3	4		
其他 Others	M			1	1	3	1	2	4		14		11		11			
	F					2	1	2			5	19	6	17	1	12		
2004	小計	M	1	25	112	130	154	123	71	146	1	763						
	Sub-total	F		10	68	77	88	49	39	93		424						
	總計Total		1	35	180	207	242	172	110	239	1	1187						
2003	小計	M	0	13	119	146	193	122	82	126	2			803				
	Sub-total	F	0	16	48	61	83	54	36	94	0			392				
	總計Total		0	29	167	207	276	176	118	220	2				1195			
2002	小計	M	1	15	118	139	148	111	52	88	0							
	Sub-total	F	0	11	68	76	63	33	23	79	0					672		
	總計Total		1	26	186	215	211	144	75	167	0					353	1025	

Source: Coroners Court 資料來源：死因裁判法庭

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

年齡組別Age Group	2004				2003				2002			
	M	F	比例 Ratio	總數 Total	M	F	比例 Ratio	總數 Total	M	F	比例 Ratio	總數 Total
0-19												
	0.3	0	0:0	0.17	0.0	0.0	0:0	0.0	0.3	0.0	0:0	0.2
10-19	5.6	2.3	2.4:1	4	2.9	3.8	0.8:1	3.3	3.3	2.6	1.3:1	3.0
整體人口 Subtotal Population	3.4	1.4	2.5:1	2.5	1.7	2.2	0.8:1	1.9	2.0	1.5	1.4:1	1.8
20-59												
	24.9	14	1.8:1	19.3	26.3	9.9	2.7:1	17.8	25.9	14.0	1.9:1	19.7
30-39	25.2	11.3	2.2:1	17.25	27.6	8.8	3.1:1	16.9	25.6	10.8	2.4:1	17.3
40-49	24	12.4	1.9:1	17.86	20.2	12.0	2.5:1	20.8	23.6	9.5	2.5:1	16.3
50-59	28.1	11.2	2.5:1	19.6	29.2	13.3	2.2:1	21.4	28.0	8.8	3.2:1	18.6
整體人口 Subtotal Population	25.4	12.2	2.1:1	18.4	28.5	10.8	2.6:1	19.2	25.5	10.8	2.4:1	17.8
60+												
	28.2	17	1.7:1	22.9	32.8	15.7	2.1:1	24.7	20.7	9.8	2.1:1	15.5
70+	56.4	28.8	2:1	41	50.5	30.0	1.7:1	39.1	36.2	26.1	1.4:1	30.6
整體人口 Subtotal Population	42.5	23.9	1.8:1	32.8	41.6	24.0	1.7:1	32.5	28.2	19.0	1.5:1	23.4
全年整體人口 Total Population	23	11.8	1.9:1	17.2	24.3	11.1	2.2:1	17.5	20.3	10.1	2.0:1	15.0

Calculation: The Samaritan Befrienders Hong Kong *自殺率等於每100,000人口每年自殺死亡的人數

資料計算：香港撒瑪利亞防止自殺會

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

(Table 7.3) The Number of Suicide Death in Hong Kong 2004 (By Occupation)
(表7.3) 香港自殺死亡數字(按職業分組)

年份Year 職業 Occupation	2004 年齡組別 Age Groups													2003		2002	
	Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計	Total	Total	小計	Total	小計	Total
學生 Student	M	1	9	4							14			13		10	
	F		5	3							8	22		15	28	10	20
教師 Teacher	M			1		1					2			1		3	
	F											2		1	2	2	5
失業者 Unemployed	M		4	48	57	51	53	20	21		254			330		357	
	F		2	20	32	20	13	2	4		93	347		112	442	142	499
家庭主婦 Housewife	M													0		0	
	F				10	31	17	28	48		134	134		134	134	105	105
藍領階層 Blue Collars	M		1	4	8	9	2	2			26			59		54	
	F			2	3	3					8	34		7	66	11	65
白領階層 White Collars	M			4	8	2	3	1			18			22		29	
	F			11	3	5					19	37		22	44	21	50
病人 Patient	M						1		1		2			0		4	
	F								2		2	4		0	0	2	6
紀律部隊 Disciplinaries	M					4	1				5			11		13	
	F				1						1	6		2	13	0	13
商人 Business Man	M			2	4	12	5	3	3		29			29		20	
	F			1	1	2	1				5	34		3	32	5	25
退休人士* Retired Person	M					4	11	25	80		120						
	F					1	2	2	19		24	144					
未能分類** Unclassified	M		5	19	19	25	22	12	24		126			27			
	F		1	7	13	13	10	7	10		61	187		16	43		
其他 Other	M		6	30	34	46	25	8	17	1	167			311		182	
	F		2	24	14	13	6		10		69	236		80	391	55	237
小計 Sub-total	M	1	25	112	130	154	123	71	146	1	763			803		672	
	F		10	68	77	88	49	39	93		424			392		353	
總計Total		1	35	180	207	242	172	110	239	1	1187	1187		1195	1195	1025	1025

Source: Coroners Court 資料來源：死因裁判法庭

* New category added in 2004
** The total number of suicide cases in 2004 were 1187 which included 187 suicide cases without death investigation report ordered.

(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)

年份 Year	自殺類別 Type of Suicide	2004 年齡組別 Age Groups											2003		2002			
		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	
		M																
2004	火器 Firearms	M													0	0	0	1
		F													0	0		
	藥物 Drugs	M				2	1		1					4	3	3	3	
		F		1	3	2		1						7	10	13	7	
	毒藥 Poisons	M						1						1	0		1	
		F			1		2			2				5	1	1	3	
	吊死 Hanging	M				2	3	5	2	5				17	36	30		
		F				1	3	4	3	5				16	17	53		
	由高處墮下 Jumping from a height	M		3	31	22	10	14	2	5				87	125	97	45	
		F		1	14	17	23	10	11	13				89	84	209	179	
	氣體中毒 Gas Fatality	M													0	0	0	
		F													0	0		0
	一氧化碳 Carbon Monoxide	M		1	6	6	6			1				20	33	22		
		F			2	4	4	6						16	25	58	40	
	淹死 Drowning	M			2	2	1		1					6	4	2		
		F				2		1	1	1				5	6	10	6	
利器 Sharp instruments	M			1									1	2	0			
	F					1							1	1	3	0	0	
其他 Others	M			1			1		1				3	2	2	2		
	F												2	3	5	0	2	
2004	小計	M		4	41	34	21	21	6	12			139					
	Sub-total	F		1	18	27	36	21	17	21			141					
	總計Total			5	59	61	57	42	23	33			280					
2003	小計	M	0	2	30	46	60	35	14	18	0			205				
	Sub-total	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	M	0	5	39	36	42	22	7	6	0						157	
	Sub-total	F	0	2	28	35	25	17	5	14	0						126	
	總計Total		0	7	67	71	67	39	12	20	0							283

Source: Coroners Court 資料來源：死因裁判法庭

* There were 187 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** There were 43 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

(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)

年份 Year	自殺類別 Type of Suicide	2004 年齡組別 Age Groups												2003		2002	
		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
		M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
2004	火器 Firearms	M												0	0	0	0
		F												0	0	0	0
	藥物 Drugs	M				1	1			1		3	11	4	6	4	7
		F				3	2	1		2		8	11	2	6	3	7
	毒藥 Poisons	M						1	1	1		2	2	0	1	0	0
		F											2	1	1	0	0
	吊死 Hanging	M												1	1	0	0
		F	1									1	1	0	1	0	0
	由高處墮下 Jumping from a height	M			1	2	1	3				7	10	2	3	1	2
		F			1	2						3	10	1	3	1	2
	氣體中毒 Gas Fatality	M												0	0	0	0
		F												0	0	0	0
	一氧化碳 Carbon Monoxide	M												0	0	1	1
		F												0	0	0	0
	淹死 Drowning	M			2	1	2	1	3	1		8	11	4	5	12	13
		F			1	1						3	11	1	5	1	13
2004	利器 Sharp instruments	M												0	0	0	1
		F												0	0	1	1
	其他 Others	M								4		4	4	4	4	0	1
		F											4	0	4	0	1
2004	小計	M			3	3	4	4	1	9		24	39				
		F		1	2	5	3	1	0	3		15	39				
	總計Total			1	5	8	7	5	1	12			*39				
2003	小計	M	0	1	2	1	1	5	1	4	0			15			
		F	0	0	2	2	0	1	0	0	0			5			
	總計Total		0	1	4	3	1	6	1	4	0			20	**20		
2002	小計	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

Source: Coroners Court 資料來源：死因裁判法庭

* There were 187 of suicide cases without death investigation report ordered that excluded the number of above table.

** There were 43 of suicide cases without death investigation report ordered that excluded the number of above table.

(Table 7.6) The Number of Suicide Cases without death investigation reported order in Hong Kong (By Type, Age & Sex)
(表7.6) 無須要求死亡調查報告的自殺案件之附加資料

年份 Year	自殺類別 Type of Suicide	2004 年齡組別 Age Groups													2003	
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計	Total	小計	Total	
2004	火器 Firearms	M														
		F														
	藥物 Drugs	M														
		F														
	毒藥 Poisons	M														
		F														
	吊死 Hanging	M			2	1	5	12	7	16		43		6		
		F			2		1	3	4	8		18	61	1	7	
	由高處墮下 Jumping from a height	M		3	6	4	9	2	4	6		34		16		
		F		1	1	5	5	4	3	2		21	55	12	28	
	氣體中毒 Gas Fatality	M														
		F														
	一氧化碳 Carbon Monoxide	M		2	11	14	11	8	1	2		49		5		
		F			4	8	7	3				22	71	3	8	
淹死 Drowning 利器 Sharp instruments 其他 Others	M															
	F															
	M															
	F															
	M															
	F															
2004	小計 Sub-total	M		5	19	19	25	22	12	24		126				
	F		1	7	13	13	10	7	10		61					
	總計Total			6	26	32	38	32	19	34		187	187			
2003	小計 Sub-total	M			2	3	6	5	3	8				27		
	F				1	2	2		4	7				16		
	總計Total				3	5	8	5	7	15			43	43		

Source: Coroners Court 資料來源：死因裁判法庭

SCIENTIFIC BREAKTHROUGH ON SUICIDE PREVENTION!?

*Dr. Chiu Siu Ning
Service Consultant*

Suicide Prevention is no easy task. There is still no single, reliable clinical instrument that exists today to assess the risk level of suicides. Furthermore, preventative work receives little public attention and constitutes a large amount of hard work that often goes unnoticed. Success stories are never publicised, unlike tragedies and failures that are widely reported by the mass media and become topics of conversation for the public.

Since no clinical instruments that can clearly predict the risk levels of suicides are available, psychiatrists and psychologists are attempting to achieve a powerful breakthrough in genetic science.

In 2000, a group of Canadian researchers claimed to have successfully identified the genetic culprit that causes suicides. Genetic mutations lead to the abnormalities of the serotonin neurotransmitter receptor 2A(5HT2A-R), in turn, it causes depression and thus marks the course for suicide. The result of this finding has led to two major rethinks - one is that suicide is not only rooted in social or psychological reasons, but most probably determined by factors of nature - that is - one's life and how it will end is somehow determined by the forces of nature. The other is that the finding provides new hope for suicide prevention. According to the discovery made by this group of scientists (led by Dr. David Bakish), if we could successfully develop genetic engineering techniques to reverse the effects of these ten to fifteen genetic culprits, we may be able to change one's fate and destiny! To the public, this sounded like an important breakthrough for human kind - almost too good to be true. On 12 February 1997, the successful cloning of a sheep (Dolly) made possible by genetic technologies shocked the world. Recently, scientists claimed to have finished the analysis of the human genome. The time for cloning humans is not far off in the future. To reprogram ten or so genes does not seem too difficult a task...

The question remains, what would 'cloned human beings' be like? Animal research has shown that clones carried certain diseases and had shorter lifespans. Even those that seem healthy at the moment still need to stand the test of time to determine the quality of this altered life form. In my opinion, I'd rather we take a more humble stance to our scientific achievements.

It reminds me of the story in the bible concerning the tower of Babel: When man experienced the Flood, they lived in one place and started to plan to build a huge city with a tower. The Tower would reach the heavens so that their names would be talked about by all. The Lord punished them for their ignorance and made them speak different languages so that communication was not possible between them. So they scattered across the land...

We have now equipped ourselves with scientific technologies and challenge our creator and the principles of nature that could change the world. Maybe it will be disastrous for human kind.

"The One enthroned in heaven laughs" (Psalm 2:4)



預防自殺的科研突破！？

服務顧問：趙少寧醫生

預防自殺是一項頂艱難的事情，因為直到今天，還沒有單一又可依賴的自殺高危的臨床指標供我們使用。再者，預防的工作往往只許是默默耕耘，成功的個案大眾並不知曉；失敗的例子便會見諸於傳媒，成為公眾話題。

既然臨床指標欠奉，精神學家在這個「遺傳基因」科學被奉若神明的年代，也嘗試尋求突破。

在2000年，一群加拿大的科學家說他們已成功發現引致自殺的「基因元兇」。基因變異使那人產生異樣的血清素接收體(5HT2A-R)，從而令他更易患上抑鬱症和走上自殺之路。這項發現帶來了兩大改變，一是自殺不再是社會和心理主導的問題，而是極有可能由「先天」因素決定了一個人的一生是如何結束。二是它提供了預防自殺的新希望。因為根據這群科學家(以 Dr. David Bakish 為首)的發現，若我們能夠成功地發展基因工程，把那10至15個「基因元兇」改造過來，我們就能改變一個人的命運！學者們說來言之鑿鑿，聽者也覺得是一項人類偉大的成就。其實這樣說也不是天方夜譚，在1997年2月12日，人類首次利用遺傳技術成功地複製了一頭羊(Dolly)，震撼了全世界；至近期有科學家說已經成功把人類基因圖譜分析完成，複製人的時候已是指日可待，單是把十多個基因改造，應該不是難成的事。

可是「基因再造人」會是怎樣的人類呢？從動物研究所見，複製的品種常常帶著某些疾病並存，壽命也較短，就算是看來健康的一群，仍需經過時間的考驗，才能真正了解牠們的改造生命質素如何。我想，我們還是謙卑地對待我們的科學成就好了。

在此，我想起了聖經有巴別塔的故事；當人類經過了洪水之後，他們聚居在一處，竟商量起來，要建立一座城和一座塔，塔頂通天，為要傳揚自己的名。耶和華為懲罰他們的趾高氣揚，便使他們的言語彼此不通，不能互相溝通，甚至要分散各地居住.....現在我們拿著科研的成就，要向造物者和自然定律誇口，說人定勝天，惟恐結果會是適得其反，甚或為人類帶來更大的災難！

「那坐在天上的必發笑。」(詩篇二章四節)

HOTLINE CENTRE 熱線中心



2004 全會旅行 -- 東龍島之旅
2004 SBHK Picnic to "Tung Lung Island"



2004 周年會員大會
AGM 2004



40 期義工訓練日營
Day Camp of 40th Volunteer Training Camp



在職訓練 -- 性騷擾的疑惑
In-service Training -- Questions about Sexual Harassment



澳門生命熱線到本會熱線中心探訪
Organization visit from Life Hope Macau



「珍惜生命口號設計比賽」頒獎禮
The Prize Giving Ceremony of "The Treasuring
Life Slogan Competition"



珍惜生命—小種子領養行動
The Unveiling Ceremony of "Treasure Life--- The
Seed Adoption Campaign"



給中學生參加的朋輩輔導訓練
Peer Counselling Group Training for Secondary
School Students



珍惜生命大使訓練及義務工作
Life Ambassadors training and volunteer services



給中學教師參與的預防青少年自殺工作坊
Suicide Prevention of Teenage Workshop for
Teachers



預防自殺小冊子、研究報告、生命教育教材套及
其他出版品
Publication of Suicide Prevention and Play Kits
of Life Education

SUICIDE CRISIS INTERVENTION CENTRE 自殺危機處理中心



英國撒瑪利亞會到危機中心參觀
Visit from The Samaritans (UK), Director of
Simon Armson



第七屆「人文服務的資訊科技應用國際會議」
The 7th International Conference of Human
Services Information Technology Applications



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



黃富強博士為危機中心社工提供認知治療訓練
Cognitive therapy training sessions conducted
by Dr. Daniel Wong



浙江省醫護人員協會到危機中心參觀
Visit from Association of Zhejiang Province
Healthcare Workers

AUDITORS' AND FINANCIAL REPORT 財政報告

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AUDITORS' REPORT

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

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

Respective Responsibilities of Members of Executive Committee and Auditors

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

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

Basis of Opinion

We conducted our audit in accordance with Statements of Auditing Standards issued by the Hong Kong Institute of Certified Public 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 2005 and of its deficit in Accumulated Fund for the year then ended and have been properly prepared in accordance with the Companies Ordinance.



Y. H. Cheung & Company
Certified Public Accountants
24 May 2005

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

7/F., TERN CENTRE, TOWER 2,
251 QUEEN'S ROAD CENTRAL,
HONG KONG.

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張耀鴻會計師行
香港皇后大道中二五一號
太興中心二期七樓
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2005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虧損，並已符合『公司條例』規定編製。

張耀鴻會計師行
香港執業會計師
2005年5月24日

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
資產負債表
BALANCE SHEET
2005 年 3 月 31 日
AS AT 31 MARCH 2005


		註 NOTES	2005 HK\$	2004 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		788,401	1,327,492
定期存款	Fixed deposits		850,873	850,885
應收及預付款	Accounts receivable and prepayment		8,865	285,292
			<u>1,657,139</u>	<u>2,472,669</u>
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(632,015)	(505,108)
			<u>1,025,124</u>	<u>1,967,561</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>1,041,245</u>	<u>1,983,682</u>
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	434,120	439,908
儲備	GENERAL RESERVE	4	435,000	435,000
特別基金	SPECIAL FUND	5	503,919	503,919
關懷身邊人基金	CARING FUND	6	<u>564,347</u>	<u>530,266</u>
			1,937,386	1,909,093
自殺危機處理 中心基金	SUICIDE CRISIS INTERVENTION FUND	7	(154,605)	356,421
生命教育中心 基金	LIFE EDUCATION CENTRE FUND	8	<u>(741,536)</u>	<u>(281,832)</u>
			<u>1,041,245</u>	<u>1,983,682</u>


The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 24 May 2005

附註乃賬項之一部份

於 2005 年 5 月 24 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
2004/05 年度
FOR THE YEAR ENDED 31 MARCH 2005

		2005 HK\$	2004 HK\$
主要收入	PRINCIPAL REVENUES		
捐款及津貼：	Donations and subsidies received from:		
香港公益金	Community Chest of Hong Kong	1,301,200	1,301,200
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	106,385	---
其他	Others	44,423	22,821
		1,657,008	1,529,021
其他收入 (註 9)	OTHER REVENUES (note 9)	312,948	215,176
		1,969,956	1,744,197
費用支出	GENERAL EXPENSES		
個案費用	Case expenses	1,480	722
訓練費用	Training expenses	82,411	36,940
出版刊物	Publication of books	59,160	---
付香港大學	Consultancy fee paid to The University		
顧問費	of Hong Kong	60,000	---
交通費	Travelling expenses	122,150	110,386
薪金	Staff salaries	1,153,300	1,037,801
公積金	Provident fund contribution	49,541	53,752
醫療	Medical expenses	4,521	7,869
招聘費用	Recruitment expenses	2,976	768
租金及差餉	Rent and rates	106,385	104,944
辦公室用品	Office supplies	19,500	20,062
推廣及宣傳	Publicity and promotion	35,530	26,551
年刊及印刷費	Annual reports and printing	46,300	48,024
報章月刊書籍	Newspaper, journals and books	6,513	8,532
傢具器材	Furniture, fixtures and equipment	42,967	22,391
維修保養	Repairs and maintenance	16,182	29,036
電話及傳呼	Telephone and paging	23,638	21,936
水、電	Electricity and water	51,291	51,007
郵費	Postage	3,461	2,860
清潔用品及費用	Sanitary and cleaning expenses	33,054	40,576
聯會會費	Subscription to affiliated associations	4,026	3,831
開會費用	General meeting expenses	7,683	11,797
義工嘉許	Volunteers' recognition	11,401	15,934
康樂活動	Recreational activities	6,619	8,055
週年餐會	Annual dinner	9,387	5,938
茶點小食	Refreshment	5,070	8,872
保險費	Insurance	5,387	4,836
雜費	Sundry expenses	5,811	1,324
		1,975,744	1,684,744
本年度(不敷)/盈餘 (DEFICIT)/SURPLUS FOR THE YEAR		(5,788)	59,453

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 were shown above and in note 3. 年中累積基金所有變動列於本表及附註 3。

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註
 NOTES TO ACCOUNTS
 2004/05 年度
 FOR THE YEAR ENDED 31 MARCH 2005

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>2005</u> HK\$	<u>2004</u> HK\$
年初結存	Fund balance at beginning of year	439,908	380,455
加：本年度(不敷)/ 盈餘	Add: Net (deficit)/surplus for the year	<u>(5,788)</u>	<u>59,453</u>
年終結餘	Balance at end of year	<u>434,120</u>	<u>439,908</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)
 2004/05 年度
 FOR THE YEAR ENDED 31 MARCH 2005

4. GENERAL RESERVE 儲備

There was no movement during the year. The details were as follow:
 年中沒有變動。詳情如下:-

		2005 HK\$	2004 HK\$
年初及年終結存	Fund balance at beginning and at end of year	435,000	435,000

5. 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。

There was no movement during the year. The details were as follow:-
 年中沒有變動。詳情如下:

		2005 HK\$	2004 HK\$
年初及年終結餘	Balance at beginning and at end of year	503,919	503,919

6. 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:

		2005 HK\$	2004 HK\$
年初結存	Fund balance at beginning of year	530,266	531,248
加: 收捐款	Add: Donation received	34,081	13,978
售書收入	Sale of books	---	1,603
		564,347	546,829
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	564,347	530,266

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)
 2004/05 年度
 FOR THE YEAR ENDED 31 MARCH 2005

7. 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 and the balance at end of 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。本年收支及年終結餘如下:

	<u>2005</u> HK\$	<u>2004</u> HK\$
Balance at beginning of year 年初結餘	356,421	51,690
Government subventions received 政府資助	2,942,559	3,543,716
Donations received 收捐款	---	50,000
Bank interest received 銀行利息收入	393	---
Sundry income 什項收入	300	255
	<u>3,299,673</u>	<u>3,645,661</u>
Less: Expenditures 減: 支出		
Salaries 薪金	2,755,919	2,620,649
MPF contributions 強積金供款	111,526	107,155
Medical expenses 醫療	10,913	12,294
Training and community activities 培訓及社區活動	20,638	24,968
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	98,091	92,138
Meeting expenses 會議費用	1,318	1,452
Publicity and promotion 宣傳	45,385	11,434
Rent and rates 租金差餉	115,260	113,783
Office supplies 辦公室費用	11,087	18,876
Repairs and maintenance 修理保養	11,702	15,022
Furniture, fixtures and equipment 傢俱儀器	17,589	17,686
Telephone and paging 電話傳呼	28,717	27,527
Electricity and water 水電	20,167	17,325
Postage 郵費	907	1,844
Travelling 交通	18,003	13,275
Cleaning expenses 清潔	2,882	8,149
Newspaper, journals and books 書刊雜誌	1,179	1,869
Refreshment 飲品	4,521	2,730
Insurance 保險	14,950	14,673
Recruitment 招聘費	3,072	1,536
Sundry expenses 什費	452	4,855
	<u>3,454,278</u>	<u>3,289,240</u>
Balance at end of year 年終結餘	<u>(154,605)</u>	<u>356,421</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)
2004/05 年度
FOR THE YEAR ENDED 31 MARCH 2005

8. 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 at the balance at end of 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。本年收支及年終結餘如下：

	<u>2005</u> HK\$	<u>2004</u> HK\$
Balance at beginning of year 年初結存	(281,832)	(171,979)
Subventions received 收資助	1,037,850	1,029,795
Course fee received 課程收入	19,484	---
Sundry income 什項收入	3,648	280
	<u>779,150</u>	<u>858,096</u>
Less: Expenditures 減：支出		
Salaries 薪金	784,561	685,515
MPF contributions 強積金供款	36,753	34,192
Medical expenses 醫療	4,727	6,366
Training and community activities 培訓及社區活動	230,358	94,324
Publication of books 出版刊物	159,286	47,317
Newsletters 資訊傳單	39,444	8,864
Administration expenses 行政費用	28,758	7,555
Rent and rates 租金差餉	153,295	151,331
Office supplies 辦公室費用	7,540	4,009
Publicity and promotion 宣傳	5,100	27,860
Repairs and maintenance 修理保養	5,353	6,505
Furniture, fixtures and equipment 傢俱儀器	3,928	---
Telephone and paging 電話傳呼	11,162	14,763
Electricity and water 水電	20,167	17,325
Postage 郵費	260	121
Travelling 交通	736	983
Sanitary and cleaning expenses 清潔	2,755	1,758
Newspaper, journals and books 書刊雜誌	21,689	20,605
Refreshment 飲品	22	74
Insurance 保險	4,024	4,430
Recruitment 招聘費	768	1,835
Sundry expenses 什費	---	4,196
	<u>1,520,686</u>	<u>1,139,928</u>
Balance at end of year 年終結餘	<u>(741,536)</u>	<u>(281,832)</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)
 2004/05 年度
FOR THE YEAR ENDED 31 MARCH 2005

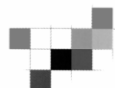
9. OTHER REVENUES 其他收入

		<u>2005</u>	<u>2004</u>
		HK\$	HK\$
會費收入	Membership subscription	6,390	7,560
利息收入	Bank interest received	355	524
講座收入	Course fees	95,102	105,241
雜項收入	Sundry income	48,687	2,158
收回行政等費用	Administration and related expenses recovered	<u>162,414</u>	<u>99,693</u>
		<u>312,948</u>	<u>215,176</u>

ACKNOWLEDGEMENTS 鳴謝



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



PCCW[®]
電訊盈科



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



地鐵公司
MTR Corporation

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 2004 suicide death in Hong Kong

香港死因裁判法庭--提供二零零四年香港自殺死亡數字資料

Census and Statistics Department--providing data of 2004 population in Hong Kong
政府統計處--提供二零零四年香港人口數字資料

SPONSORS OF ANNUAL DINNER 2004 二零零四年周年聚餐贊助公司

Li & Fung (Trading) Limited
利豐(貿易)有限公司集團

The Peninsula Hotel Limited
半島酒店

Kowloon-Canton Railway Corporation
九廣鐵路公司

San Miguel Brewery HK Ltd
香港生力啤酒廠有限公司

Newton Hotel Kowloon
九龍麗東酒店

MTR Corporation
地鐵公司

Ocean Park
海洋公園

LIST OF DONORS FOR THE ENDED MARCH 31, 2005 二零零四 / 零五年度捐款機構及人士名單

Expired Unpresented Cheques from Members' Travelling Allowance	\$27,800.00	Ms. Mak Kam Yee	\$500.00
Hong Kong Ngai Shui Mulanquan Association 香港藝萃木蘭拳會易筋經班	\$5,375.00	Mr. Tam Chiu Tai Richard	\$500.00
Wong Kim Shun Estate 黃儉純遺產基金	\$13,000.00	Ms. Wong Yee Ping	\$500.00
The Northumberland	\$9,000.00	Ms. Chan Lai Ha (Phoneticize) 陳麗霞	\$400.00
Ms. Cheng Man Yee (Phoneticize) 鄭敏怡	\$3,000.00	Mr. Fok Chai Kong 霍濟康	\$300.00
Diocesan Girls School	\$3,000.00	Mr. Chan Wing Kwan, Summer 陳永坤	\$280.00
Mr. Fok Don Yee, Danny 霍敦頤	\$2,602.65	Mr. Tsoi Man Cheong 蔡文昌	\$200.00
Ricky Cheung & Co.	\$2,100.00	Mr. Cheng Kwok Tai (Phoneticize) 鄭國泰	\$200.00
Manulife (International) Limited	\$1,289.30	Mr. Lee Chun Hung (Phoneticize) 李鎮雄	\$200.00
Chung Wai Chun	\$1,000.00	Mr. Fung Lok Kai (Phoneticize) 馮樂佳	\$200.00
Bamboo & Pottery Arts	\$700.00	Ms. Wang Shu Chen 王淑真	\$140.00
Mr. Au Hin Ching (Phoneticize) 歐顯澄	\$600.00	Touch 觸動	\$116.00
Ms. Cheung Pui Fon 張佩芳	\$500.00	Ms. Chin Kong Sha	\$100.00
Ms. Cheung Shu Han (Phoneticize) 張淑嫻	\$500.00	Ms. Ting Lai Fan (Phoneticize) 丁麗芬	\$100.00
Chow Hau Kwai	\$500.00	Ms. Wong Wai Mui, Stella 汪慧梅	\$100.00
Ms. Chui Shou Man	\$500.00	Ms. Yam Siu Fong 任少芳	\$50.00
		Ms. Yiu Hing (Phoneticize) 姚卿	\$50.00



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 enquires please call 2790 8844.

請填妥以下捐款回條劃線支票寄回本會(地址：九龍彩虹金華樓地下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，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！