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BRIEF HISTORY

Brief History

The Samaritan Befrienders Hong Kong (SBHK) was established in 1960 under the name "Suicide Prevention Society". This service was the first of its kind in Asia.

It was registered as a society in Hong Kong in 1963, and subsequently renamed "The Samaritan Befrienders Hong Kong". In the 70s, SBHK offered services by 2 distinct units; one in Cantonese, the other in English. The English service unit was discontinued in 1982 for administrative reasons. Since 1994, SBHK has incorporated as a limited company.

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

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

Recent Developments

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

Seeing the needs and to serve the community better in the area of suicide prevention, SBHK has submitted two proposals in the year 2001 to the Hong Kong Jockey Club and the Lotteries Fund to apply for funds to establish a Life Education Centre (LEC) and a Suicide Crisis Intervention Centre (SCIC). Through the active support of the Social Welfare Department, and the generous financial support from both the Hong Kong Jockey Club and the Lotteries Fund in providing 3 years operation cost, SCIC and LEC were materialized and were in operations since March and May 2002 respectively. The setting up of the new centres enables the SBHK to complement its long running Hotline service to provide a more comprehensive suicide prevention service for the community. Starting from May 2005, SCIC has become a subvented service unit under the Social Welfare Department of the HKSAR, which enables SCIC to receive regular funding from the Government to continue its service to the people of Hong Kong. And under the continuous sponsorship of the Hong Kong Jockey Club Charities Trust, LEC is able to carry on its services in the area of suicide prevention and life education for 3 years from April 2005.

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

Spirit

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

Mission

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

機構簡史

簡史

「香港撒瑪利亞防止自殺會」於一九六〇年七月成立。原名是「防止自殺會」，是亞洲同類組織的首創。於一九六三年十月在本港作社團註冊，後來改名為「香港撒瑪利亞防止自殺會」，並於一九九四年轉為公司註冊。本會在七十年代設有中、英文部，分別提供粵語及英語服務，至一九八二年，本會因行政關係刪除了英文部，而輔導服務一直推行至今。

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

近期發展

在過去四十多年的熱線經驗中，我們接觸過不少在自殺邊緣掙扎的人士，當中亦不缺自殺意圖強烈的一群，本會相信擴展至較長期的危機輔導及外展服務更有助他們重拾求生的信念。至二零零二年三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。至2005年5月開始正式獲社會福利署撥款津貼，成為轄下恆常服務之一，得以繼續為全港市民提供服務。

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。至二零零二年五月，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。由2005年4月開始，生命教育中心得到香港賽會慈善信託基金的贊助，持續展開為期三年的預防自殺及生命教育服務。

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. Our aims are the 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 carefully 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.

服務精神及工作

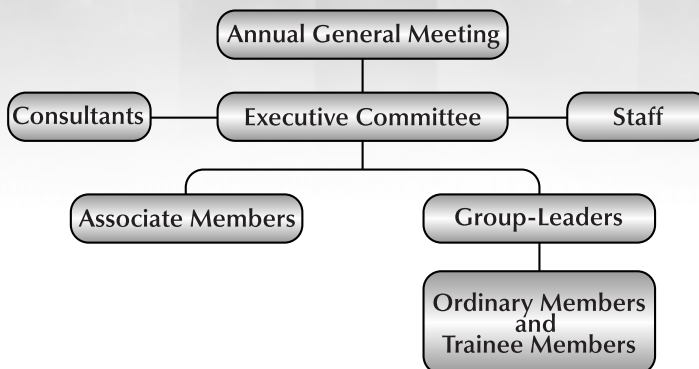
服務精神

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

本會工作

1. 本會提供二十四小時電話熱線，如情況許可亦會提供預約面談服務，求助者亦可以用書信及電郵與本會聯絡。
2. 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，轉介有關機構。如情況危急及在求助者不反對下，替他通知有關機構或人士尋求援助。
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. 本會的熱線工作人員全屬義工，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 2005 to June 2007)

Chairman	: Mr. Wong Yao Wing
Vice-Chairman	: Mr. Kan Pak Kei
Secretary	: Mr. Chiu Kim Ho
Treasurer	: Mr. Lo Yu Keung Wilson
Committee Members	: Ms. Yam Siu Fong Ms. Chan Fung Ming Mr. Wo Chak Ming

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

Staff List (as at 31 December 2005)

Hotline Centre

Centre-in-charge	: Ms. Chiu Mei Yim
Assistant Service Officers	: Mr. Lau Tak Wing Ms. Pun Wing Yan
Senior Administrative Assistant	: Mr. Leung Chung Ip
Administrative Assistant	: Mr. Li Wan Hei
Junior Administrative Assistant	: Ms. Tse Yi Wai
Part-Time Workman II	: Ms. Chang Wai Yi
Communication and Program Officer	: Ms. Chan Yee Man
Training Officer (Started from February 2006)	: Ms. Chan Wing Shuen

Suicide Intervention Centre

Centre-in-charge	: Mrs. Lui Wong Yun Fong Helen
Clerk	: Ms. Chan Siu Ping
Crisis Counsellors	: Ms. Heung Mo Yan Mr. Ho Wing Hung Ms. Ng Wing Yan Ms. Lau Kwai Yee Emily Ms. Kwok Wing Man Mr. Cheng Wai Kei Ms. Wan Siu Lee Ms. Wong Sze Man Ms. Poon Kam Wah
Program Officer	: Ms. Ho Yin Fai Louisa
Part-Time Office Assistant	: Ms. Li Sui Kuen

Life Education Centre

Centre-in-charge	: Ms. Leung Yin Chun Emma
Social Worker	: Ms. Chau Chui Yu
Program Worker	: Mr. Wong Tat Shing

Dr. Chiu Siu Ning,
Senior Medical Officer
(Psychiatry), Community
Psychiatric Team,
Kwai Chung Hospital

Ms. Ide Chan,
Clinical Psychologist,
Tuen Mun Hospital

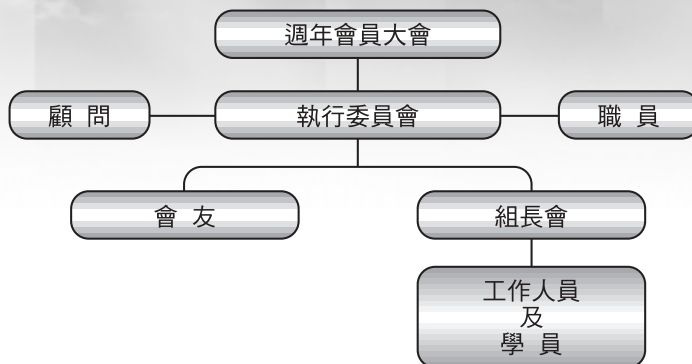
Dr. Hau Kit Tai, Ph.D.,
Chairman the Department of
Education Psychology,
Faculty of Education, CUHK

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

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

Mr. Zeno C.S. Leung,
Lecturer, Department of
Applied Social Sciences,
The HK Polytechnic
University

組織架構



義務執行委員名單 (二零零五年七月至二零零七年六月)

主席	: 黃祐榮先生
副主席	: 簡柏基先生
秘書	: 趙儉豪先生
財政	: 盧裕強先生
委員	: 任少芳女士
	: 陳鳳明小姐
	: 鄧澤銘先生

職員名單 (至二零零五年十二月三十一日)

熱線中心

中心主任	: 趙美艷小姐
助理服務主任	: 劉德榮先生
	: 潘穎茵小姐
高級行政助理	: 梁頌業先生
行政助理	: 李允希先生
初級行政助理	: 謝怡慧小姐
通宵事務員	: 鄭惠儀小姐
宣傳及活動主任	: 陳綺雯小姐
培訓主任 (由二零零六年二月起)	: 陳穎璇小姐

自殺危機處理中心

中心主任	: 雷黃恩芳女士
文員	: 陳少萍小姐
危機輔導員	: 香慕茵小姐
	: 何永雄先生
	: 吳詠恩小姐
	: 劉桂怡小姐
	: 郭詠雯小姐
	: 鄭偉基先生
	: 雲小莉小姐
	: 黃詩敏小姐
	: 潘錦華小姐
活動主任	: 何燕輝小姐
辦公室雜務員	: 李瑞娟女士

生命教育中心

中心主任	: 梁燕珍女士
社會工作員	: 仇翠瑜小姐
活動幹事	: 王達成先生

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;



機構徽號

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、有生命
- 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 2005

Wong Yao Wing
Chairman

Introduction

Life is invaluable. We have to face death once we are born. Death itself is not frightening, yet it is extremely sorry to see people choose to give up their own lives. The Samaritan Befrienders Hong Kong following the footsteps of the good Samaritan in the Bible, has served the people in Hong Kong for over 40 years by providing services to the emotionally disturbed, in particular to those having suicidal tendencies, hoping to shed light at the darkest moment of their lives.

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

Hotline Service

In the year 2005, our hotline service received a total of 14,668 calls. Among them 10,459 calls were from the emotionally disturbed. The rest were enquiry calls, frivolous calls and mute calls. Among the 10,459 calls 10,132 (96.9%) were through our hotline, the rest were face to face counselling, mails or e-mails. When compare with last year's figure of 9,439 calls, this indicated an increase of 1,020 calls, an increase of 10.81%.

Male to female ratio was 46.95% to 53.05%. Most of the callers were aged from 20 to 44 years old, which is 76.21% of the total number of callers. Most of the calls were associated with mental health (19.63%), career problems (16.37%), family problems (10.06%) and love relationships (10.26%). Among the calls within the year, 22.72% had suicidal tendencies, in which 27.86% (168 calls) of these high to medium risk calls were transferred to the SCIC of SBHK under the consent of the callers for further action.

Up to the end of 2005, SBHK had a total of 204 volunteers. 61 (30%) of them were male and 143 (70%) were female. In order to enhance the quality of the volunteer team and increase the number of volunteers, in 2005, we selected 65 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, so that volunteers can better equip themselves with counselling skills to face the changes and needs of society.

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

Life Education Centre

Under the continuous sponsorship of the Hong Kong Jockey Club Charities Trust, LEC is able to carry on its services in the area of suicidal prevention and life education for 3 years from April 2005.

In 2005, LEC held 40 talks, 11 workshops and 3 seminars catered to more than 14,000 participants. Besides, the Peer Counselling and Life Ambassador training programs trained a total of 44 life ambassadors and 48 peer counsellors, who served as the new guarding force for the community. LEC held 3 mass education programs last year. They were "My Heart, Your Soul" T-shirt design competition, "Show Your Love" program, and "Family Game Day", serving a total of 9,480 participants.

LEC produced a number of publications in 2005. Besides the bulletin 'Life Interflow', LEC published the "Suicide Crisis Assessment and Intervention Training Manual with CD", the "Life Education Activities" brochure, a products promotion leaflet and a leaflet on "Relationship between Life Education and Suicide Prevention". Through these publications we hoped to share skills and experiences in the area of crisis intervention, so as to enhance the understanding on suicidal problems for the community and frontline co-workers. Moreover, we also shared our expertise with the mass media by submitting 22 articles to the life education section of Ming Pao, Pre-school and Hong Kong Professional Teachers' Union magazines.

In order to enhance the usage of the Hong Kong Jockey Club Suicide Prevention Resources Library, last year we had put in great effort to enrich the variety of books and other lending materials. We gathered a variety of resources both locally and from overseas on suicidal prevention and life education including booklets, research reports, books, tapes, VCDs, play kits and publications. The computer in the library which linked to many suicidal prevention and life education sites worldwide, enabled the user to gain quick and easy access to these services and information around the world. Last year, the library had served 2,890 visitors and 400 borrowers.

Suicide Crisis Intervention Centre

This is the fourth year of service provided by the Suicide Crisis Intervention Centre (SCIC). The centre is currently the only social service unit providing a round the clock 24 hours per day and 365 days a year, suicide crisis intervention service and suicide prevention service to the community of Hong Kong. Starting from May 2005, SCIC has been establishing as a subvented service unit under the Social Welfare Department of the HKSAR, such establishment enables SCIC to receive regular funding from the Government to continue its service to the people of Hong Kong.

In the year of 2005 SCIC handled a total of 1,007 cases. Among them 370 were from male clients and 637 were from female clients. The majority (87.39%) of these cases fell into the 20-59 age group. The primary problem areas were marital (17.7%), distress of suicidal family members and friends (17.1%), financial (14.4 %) and love relationship (11 %). While the risk level of 72.4% of referral cases were classified as moderate to high. Many of the cases had a significant drop in the risk level after the first session of counselling.

Apart from providing crisis intervention for our cases, in 2005 SCIC expanded its service to include group counselling. Through group counselling we not only hoped to solve the problems of the group member but also to build an effective community support network for them. In 2005, there were 7 therapeutic and support groups conducted for our clients facing suicidal crisis or emotional distress.

To help referring organizations to better understand the services provided by SCIC, we organized over 30 presentations and workshops sharing with them our knowledge and experience in suicide risk assessment and crisis intervention. We also published a handbook on Suicide Crisis Management containing our years of frontline experience in this area. Copier of the handbooks had been distributed to Integrated Family Service Centres, school social workers, medical social workers, other social service units and academic institutes. SCIC also initiated meetings with collaborative service partners such as the Community Psychiatric Nursing Services of the Castle Peak Hospital and Even Centre of Tung Wah Group of Hospitals to enable better collaboration and sharing of experience.

After the launching of MOBIDICK (Mobile Dynamic Information Crisis Kit) and MAST (Mobile Automated Safety Tracking) in collaboration with Department of Industrial System Engineering of the Polytechnic University of Hong Kong in 2004, SCIC collaborated with Department of Industrial System Engineering and Department of Applied Social Sciences of the Polytechnic University of Hong Kong in 2005 on the development of a knowledge-based Case Management System. We hoped to build a systematic and intelligent Case Library that incorporated all existing clinical experience and practical knowledge. Such a case library will enhance tremendously our current service and staff and volunteer training.

Conclusion

The year 2005 saw a decline in suicidal rate in Hong Kong. While we dare not boast a significant contribution to this, it certainly pushes us to work harder in suicide prevention. In the future, SBHK will continue to strive at its best to spread the message of positive life to various facets of the community of Hong Kong.

主席報告 2005

主席：黃祐榮

前言

生命是無價的。在大自然的規律下，人生下來就要面對死亡。死其實並不可怕，可是選擇放棄自己生命實在十分無奈。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提供服務，希望為他們在生命的黑暗處提供一線光明。

本會希望藉著我們三間中心（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2005年共提供了14,668宗熱線輔導服務，其中10,459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。在一萬多宗求助個案中，有10,132宗個案（96.9%）是透過電話熱線求助，其餘的是透過面談、書信或電郵求助。全年求助個案比去年的9,439個多1,020個，增幅為10.81%。

求助者男女比例為46.95%：53.05%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的76.21%。在求助個案類別中，主要的問題困擾是精神健康（19.63%）、職業（16.37%）、家庭（10.06%）及愛情（10.26%）問題。在全年的求助個案中，有自殺危機的求助個案共22.72%，當中的高、中危個案中有27.86%（即168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2005年底，本會共有義工204名。當中男義工有61名（30%），女義工佔143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65人接受為期一年的訓練。另外也為現職義工提供不同的訓練課程，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，協助他們在防止自殺的課題作出探討和研究。

生命教育中心

生命教育中心得到香港賽馬會慈善信託基金的贊助，由2005年4月開始，持續展開為期三年的預防自殺及生命教育服務。

在過去一年，生命教育中心舉辦了40個講座，11個工作坊及3次研討會，服務人數達一萬四千多人。另外又設有「生命朋輩輔導」及「珍惜生命大使」兩項培訓，共培育了44位珍惜生命大使和48位朋輩輔導員，作為社區生命守護望的新力軍。中心在過去一年舉行了三項教育活動：「將心比心」T-恤設計比賽、「關心傳訊大行動」及「親子傾情遊戲日」，共服務9,480人。

生命教育中心在2005年出版了多項刊物。除了會訊《生命交流》之外，亦出版了一本《自殺危機評估及處理》訓練手冊、一本《生命拼圖》小冊子、一份《出售物品介紹》單張及一份《生命教育與預防自殺》單張。透過這些刊物分享本會過去在危機處理方面的經驗和技巧，以豐富社會人士及前線工作者對自殺問題的了解。另外，中心又為《明報》、《親子便利》、《學前教育》及《學校與家庭》等報刊撰稿共22篇。

為增加香港賽馬會預防自殺資源圖書館的吸引力，中心在過去一年致力豐富藏書的種類。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，包括小冊子、研究報告、書籍、影帶、影碟、遊戲套及剪報等，以供社區人士使用。圖書館的電腦又跟世界各地有關預防自殺及珍惜生命的網頁連結，令使用者可以了解世界各地有關服務的情況。在2005年，圖書館的使用率達2,890人，借用圖書及視聽資料的人數亦達400人。

自殺危機處理中心

今年是自殺危機處理中心投入服務的第四年。本中心是香港現時唯一透過全年每天24小時的專業轉介服務，專責處理自殺危機個案及提供其他有關預防自殺的支援服務的單位。本中心於2005年5月開始正式獲社會福利署撥款津助，成為轄下恆常服務之一，得以繼續為全港市民提供服務。

2005年本中心共處理1,007宗個案，其中370宗為男性求助者，637宗為女性求助者，個案大部份(87.39%)來自20-59歲之間。在求助類別中，主要是婚姻問題(17.7%)、因家人或朋友有自殺危機而受困擾人士(17.1%)、經濟問題(14.4%)及愛情困擾(11%)。轉介個案當中，72.4%被轉介者評定為中至高危，而大部份個案在經過本中心1節輔導後其危機都顯著下降。

除了提供個案服務外，中心於2005年亦積極發展小組服務，期望透過小組輔導形式協助求助者在處理受困的問題時，亦能建立有效的社交支援網絡。在2005年共推行了7個治療性及支援性小組，為有自殺危機或情緒受困的人士提供適切的小組服務。

為了增加各轉介機構及社會人士對本中心的認識，本中心於2005年共應邀和舉辦了三十多項活動、講座及工作坊等，以介紹本中心的服務和分享了有關自殺危機評估、危機處理和輔導等方面的經驗和技巧。此外，中心並出版了「自殺危機處理手冊」，把多年來的前線經驗與各綜合家庭服務中心、學校社工、醫務社工及其他社會服務機構及學院分享。中心亦定期或在有需要時與其他專業和合作機構如青山醫院及東華三院等舉行個案會議和經驗交流。

繼2004年與理工大學工業及系統工程系攜手發展兩項名為「流動資料讀取組合」(MOBODICK)和「流動安全系統」(MAST)的新科技後，中心於2005年再度與理工大學的工業及系統工程系和應用社會科學系合作，發展「個案知識管理系統」(Knowledge-based Management System)，建立一個系統性和有學習能力的「個案圖書館」，希望藉此更有效地保留中心的臨床經驗和實踐智慧，以改善服務及幫助職員和義工的培訓。

總結

2005年香港自殺人數下降，不敢說我們有很大的貢獻，卻令我們在防止自殺的工作上，更加不敢鬆懈。在未來的日子，本會將更努力嘗試從各方面去深入社區不同的階層，達到全面宣揚珍惜生命的訊息。

SERVICE REPORTS

6.1 Hotline Centre

*Agnes Chiu
Centre-in-charge*

Introduction

Our 24-hour hotline service aims to provide immediate 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 2005, we responded to 14,668 cases, representing an increase of 10.81% or 1,020 case from 9,439 cases of 2004. Of these, 10,459 were help-seeking cases, in need of emotional support and counselling service. The remainder was for general enquiries, silent calls and prank calls. Among this, 96.87% of the help-seeking cases reached us by phone, 0.26% by face-to-face interview, 0.09% by letter, and 2.78% by email. This reflects that most of our clients still prefer to reach our service by telephone. There was obvious increase on clients prefer to ask helping via email. On the other hand, the case through face-to-face interview was decrease as our agency service extension. (Details in Table 6.1.1)

Sex and Age

Of all the help-seeking cases, 53.05% were female and 46.95% were male - a 6.92% difference. Compared to last year (12% more female cases), the difference dropped by 5.1%. 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 (76.21% of total). The age group 30 to 34 (22.62% of the total) still topped the list as the same as the previous years. This was followed by the age groups of 40 to 44 (17.08%) and 20 to 24 (15.2%).

According to the 2004 Hong Kong Census Report, 28.5% of the population are aged between 15 and 34 (28.5% of total population) but the numbers of help-seeker in this age category was 54.52%, it indicated that the proportion of people aged between 15 and 34 seeking help was comparatively high. This could be due to the fact that people of this age group had been generally faced uncertainties, challenges and pressure in their daily lives such as studying, career, affection, family and marriage, interpersonal relationship, financial 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 2005 were Mental Health (19.63%), Occupation (16.3%), Love Relationship (10.26%) and Family (10.06%), problems. Compared to 2004, Mental Health problems have increased by 1.85% 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 0.91% but Occupation problems still rose by 1.88%. As per last year, this could suggested that 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.

Compare with the pervious years, Family problems dropped obviously. However, among this, the marital problems increased and concerned by male rose from 0.21% to 0.34%. It should not be overlooked

Different genders are affected by different problems. As per pervious years, Occupation and Mental

Health problems were the top concern for our male help seekers. The main problems concerning our female clients changed a bit from last year - the top area of concern has been Mental Health problems. It is important to note that the second major problem for our female clients this year was Occupation problem, which was replaced the second major problem by Family of last year. (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

16.95% 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. 4.64% 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. 1.13% of cases were at high suicide risk - already in imminent danger of suicide or even in the process of committing suicide during their contacts with us. In total, 22.72% of the cases were suicidal. Among the high and medium risk cases, 27.86% (168 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 October of 2005, we started our 42nd hotline volunteer training course, which is a one-year training program for new volunteers. After screening the applications, 65 volunteer trainees were recruited to join our first stage of training. (Details in Table 6.1.6) In the same year, our 41st hotline volunteer course trainees completed the training in December 2005.

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 programmes such as case sharing, agency visits and training workshops were organized so the hotline volunteers could be able to improve their counseling skills, better insight to the problems and challenges that our help-seekers are face, as well as to gain greater knowledge of the community resources suitable to them. (Details in Table 6.1.7)

Volunteer Information

As at the end of 2005, our organization had a total of 204 hotline volunteers - 30% male and 70% female. While all the volunteers were over 20 years of age, the majority (33%) were in the age range of 35 and 44 years old.

63.2% of the volunteers had received a tertiary or university education. 24% came from the white collar 13.2% came from the social service sector, and 13.2% from the education sector (Details in Table 6.1.8)

Mass Media and Visitors

Throughout 2005, our organization received visit a number of the mass media, 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 2005 World Suicide Prevention Day (10 September 2005), we launched a programme on 9 September 2005 at Ma On Shan to promote the idea of initiating suicide prevention starting from family. During the program, we shared the tips and importance of emotional control then promoted the function of suicide prevention worked on daily lives. We also shared with, and assisted overseas organization on the works of suicide prevention programme. In Feb 2005, we entertained the visitors from Taiwan Life Hotline. In October 2005, we organized a visit of the same nature of service in Macau. It helps exchanged the experience on suicide prevention among volunteers in Macau and Hong Kong. (Details in Table 6.1.9 - 6.1.13)

服務報告

6.1 熱線中心

中心主任：趙美艷

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

本會於二〇〇五年一月一日至十二月三十一日期間，共處理14,668人次的服務個案，比二〇〇四年的9,439個增加1,020個，增幅為10.81%。當中的求助個案共10,459人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在一萬多宗求助個案中，有10,132宗個案(96.9%)是透過電話熱線求助、27宗個案(0.2%)透過面談求助、9宗個案(0.08%)透過書信求助及291宗個案(2.78%)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，至於透過電郵的求助者則較去年有明顯增加。另外，隨著本會其他服務的發展配合，以面談形式的求助人士亦相對減少。(詳閱表6.1.1)

性別與年齡

在性別分佈中，2005年女求助者佔全年的求助個案53.05%，比男求助者高出6.92%，相比去年(12%)高出的幅度低了5.1%，反映男性主動求助的情況有明顯的升幅；單以電話求助的個案數字便較去年上升了664個可見。

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76.21%，當中仍以30至34歲的年齡組別佔首位，佔22.62%，接著的是40-44歲和20-24歲的組別，分別佔17.08%和15.2%。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、經濟和精神問題等；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、解決問題的方法及紓緩壓抑鬱結的情緒。(詳閱表6.1.2)

問題種類

在全年求助個案類別中，主要的問題困擾是精神健康(19.63%)、職業(16.37%)、愛情(10.26%)及家庭(10.06%)問題。相比往年的數字，受精神問題困擾的求助者仍居首位，並且有輕微上升(1.85%)。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，受經濟問題困擾的仍持續下降了0.91%，而受職業困擾的卻上升了1.88%，這情況跟去年十分相似，亦很可能反映到受經濟困擾如負債或破產等人士雖然減少了，但在職業方面的壓力如失業、工作壓力、工作環境、與同儕和上司關係、工作安全感、待遇和福利等問題則仍待改善，方可減輕在職人士的心理困擾。

至於受家庭問題困擾的情況與去年比較則有下降的現象，而受婚姻問題困擾的個案則有上升，而男性就婚姻問題的關注是明顯導致個案的上升(由去年的0.21%上升至本年的0.34%)，情況值得關注。

另一方面，不同性別亦受不同的問題困擾。男性主要仍然受職業問題及精神健康困擾。至於女性受困擾的問題則與往年有輕微不同，雖然仍以精神問題困擾為主，但職業問題則代家庭問題成為第二個關注的項目。

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家庭及學業問題，而15-24歲的青少年則受性和就業問題的困擾較多，25-29歲組別最多受愛情和職業的困擾；30-44歲的則最受精神問題和職業困擾，45歲以上的則較受精神和家庭問題的困擾。（詳閱表6.1.4）

自殺危機

在全年的求助個案中，有16.95%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，但起碼已有自殺的意念；而4.64%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1.13%，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22.72%，當中的高、中危個案中有27.86%（即168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

本會於二〇〇五年十月開辦了第四十二期的義工訓練班，為義工學員提供為期一年的義工訓練課程，報名參加者十分踴躍，經篩選後，共六十五人接受職前培訓第一階段的訓練課程（詳閱表6.1.6）。而於二〇〇四年十二月底開辦的第四十一期義工訓練班亦已接受了整整一年的訓練，並於二〇〇五年十二月完成了最後階段的培訓。

除了對新義工的培訓外，為了確保和不斷提升熱線的服務質素，本會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

截至二〇〇五年底，本會共有義工204名。當中男義工有61名（30%），女義工佔143名（70%），年齡全在20歲以上，以35-44歲仍屬大多數，佔總義工人數的33%，教育程度多為大專程度或以上，佔63.2%，職業則以白領最多，佔24%，次之則為佔13.2%的社會服務界和佔11.3%的教育界。（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2005世界防止自殺日（9月10日），本會於9月10日在新界馬鞍山廣場舉行了大型的「親子傾情遊戲日」推廣活動，推廣防止自殺服務由家庭開始，並向社會人士介紹情緒控制的方法及重要性，使能在自己日常生活中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，於去年二月，本會曾接待台灣嘉義市生命線協會人員，並進行交流；同年十月本會義工又與澳門明愛生命熱線的義工舉行了一次交流活動，大家都防止自殺服務的經驗亦作出了深入的交流。（詳閱表6.1.9-6.1.12）

(Table 6.1.1) Overall Statistics of Services in 2005

(表 6.1.1) 二零零五年全年服務總表

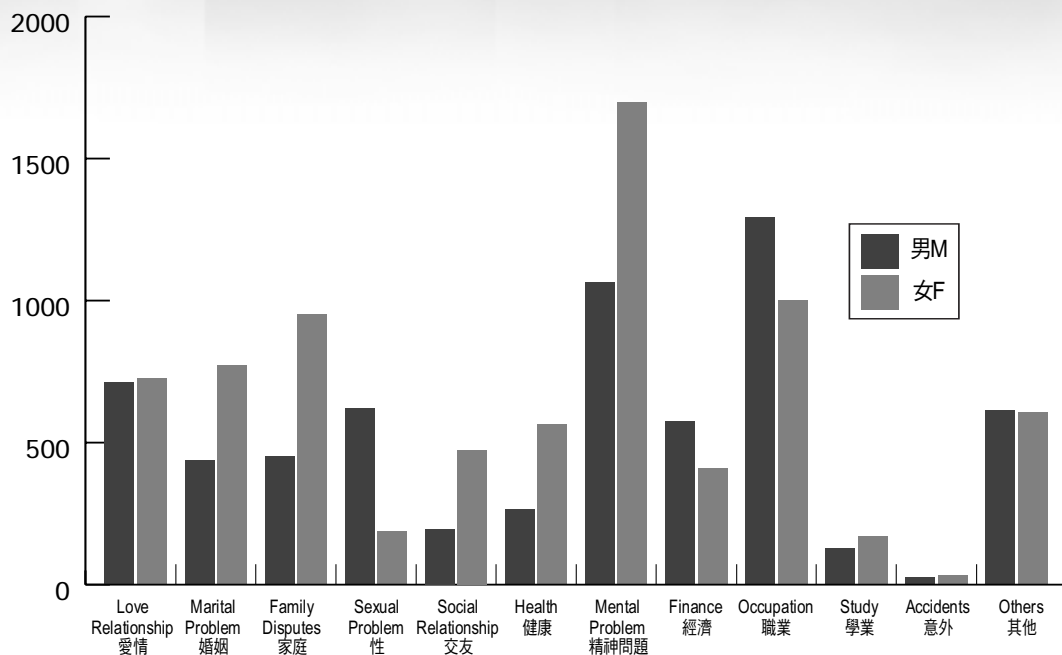
Contact Method 接觸方式	Male 男	Female 女	Unknown 不詳	Sub-total 總數	Total 總數
電話 Phone Call	4734	5384	14	10132	10459
面談 Interview	18	9	0	27	
書信 Letter	2	7	0	9	
電郵 E-mail	71	149	71	291	
諮詢 Enquiry Call	362	278	2	642	4209
戲弄 Frivolous	135	63	4	202	
無聲 Mute Call	0	0	3365	3365	
總數 Total	5322	5890	3456	14668	14668

(Table 6.1.2) Sex and Age Distribution of Clients in 2005

(表 6.1.2) 二零零五年求助者性別及年齡分佈表

Sex性別 Age年齡	2005 Cases個案					2004 Cases個案	
	M男	F女	U不詳	Total總計	%	Total總計	%
0-9	2	0	0	2	0.02	2	0.02
10-14	43	54	3	100	0.96	117	1.24
15-19	327	275	6	608	5.81	538	5.70
20-24	852	736	2	1590	15.20	1464	15.51
25-29	633	554	1	1188	11.36	1113	11.79
30-34	969	1395	2	2366	22.62	2031	21.52
35-39	512	529	0	1041	9.95	910	9.64
40-44	740	1046	0	1786	17.08	1736	18.39
45-49	186	269	1	456	4.36	345	3.66
50-54	178	236	1	415	3.97	342	3.62
55-59	28	46	0	74	0.71	78	0.83
60-64	32	37	0	69	0.66	31	0.33
65+	19	19	0	38	0.36	28	0.30
不詳U	304	353	69	726	6.94	704	7.45
Total 總數	4825	5258	85	10459	100.00	9439	100.00

(Figure 6.1.3) Types and Sex Distribution Cases in 2005
(圖 6.1.3) 二零零五年個案類別及性別分佈圖



(Table 6.1.3) Types and Sex Distribution Cases in 2005
(表 6.1.3) 二零零五年個案類別及性別分佈表

Types個案類別 Sex性別	2005 Cases個案					2004 Cases個案	
	M男	F女	U不詳	Total總數	%	Total總數	%
Love Relationship愛情	714	726	8	1448	10.26	1508	11.91
Marital Problem婚姻	732	722	2	1214	8.60	925	7.31
Family Disputes家庭	453	954	13	1420	10.06	1757	13.88
Sexual Problem性	622	189	1	812	5.75	836	6.60
Social Relationship交友	197	472	14	683	4.84	541	4.27
Health健康	265	565	7	837	5.93	744	5.88
Mental Problem精神問題	1065	1699	6	2770	19.63	2251	17.78
Finance經濟	576	411	1	988	7.00	1002	7.91
Occupation職業	1295	1002	13	2310	16.37	1835	14.49
Study學業	130	172	8	310	2.20	224	1.77
Accidents意外	25	35	2	62	0.44	43	0.34
Others其他	616	607	37	1260	8.92	995	7.86
總數 Total	6398	7604	112	14114	100.00	12661	100.00

(Table 6.1.4) Types, Age and Sex Distribution Cases in 2005
(表 6.1.4) 二零零五年個案類別、年齡及性別分佈表

Age 年齡 Types 個案類別	0-9歲		10-14歲		15-19歲		20-24歲		25-29歲	
	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	35	46	143	133	153	102
Marital Problem 婚姻	1	0	0	0	2	1	13	30	57	42
Family Disputes 家庭	0	0	20	20	49	69	85	96	45	79
Sexual Problem 性	0	0	3	10	96	46	246	35	81	17
Social Relationship 交友	0	0	3	8	16	42	38	111	35	72
Health 健康	0	0	5	5	8	13	22	54	28	24
Mental Problem 精神問題	1	0	1	3	21	25	99	176	74	154
Finance 經濟	0	0	0	0	0	10	40	36	68	36
Occupation 職業	0	0	1	0	12	23	208	171	213	164
Study 學業	0	0	19	12	44	58	45	55	8	6
Accidents 意外	0	0	1	1	4	1	4	9	2	1
Others 其他	0	0	4	7	96	31	118	83	75	64
總數 Total	2	0	60	71	383	365	1061	989	839	761

Age 年齡 Types 個案類別	30-34歲		35-39歲		40-44歲		45-49歲		50-54歲	
	M男	F女	M男	F女	M男	F女	M男	F女	M男	F女
Love Relationship 愛情	152	218	80	65	74	98	22	18	10	8
Marital Problem 婚姻	81	199	78	111	103	238	44	56	24	46
Family Disputes 家庭	75	171	26	90	72	208	22	64	28	81
Sexual Problem 性	88	36	37	10	23	12	6	3	2	0
Social Relationship 交友	43	103	17	44	27	42	1	16	5	7
Health 健康	44	131	34	63	72	137	12	44	15	34
Mental Problem 精神問題	274	444	149	163	248	424	63	109	58	61
Finance 經濟	141	90	71	40	104	103	48	19	43	28
Occupation 職業	294	298	160	114	237	139	25	66	40	19
Study 學業	2	17	2	6	6	6	2	1	0	2
Accidents 意外	1	6	0	1	8	3	6	0	2	5
Others 其他	92	132	43	58	74	86	34	23	25	31
總數 Total	1287	1845	697	765	1048	1496	396	343	252	322

Age年齡 Types 個案類別	55-59歲		60-64歲		65歲以上		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	1	1	0	0	0	1	41	31	714	726	1440
Marital Problem 婚姻	5	11	8	5	2	2	22	31	440	772	1212
Family Disputes 家庭	5	10	6	16	2	5	18	45	453	954	1407
Sexual Problem 性	0	0	1	0	0	0	39	20	622	189	811
Social Relationship 交友	1	4	0	2	0	0	11	21	197	472	669
Health 健康	4	5	3	10	6	8	12	37	265	565	830
Mental Problem 精神問題	4	17	3	9	1	5	69	109	1065	1699	2764
Finance 經濟	14	8	12	8	7	6	28	27	576	411	987
Occupation 職業	9	4	0	0	3	0	69	45	1295	1002	2297
Study 學業	0	0	0	0	0	0	4	8	130	172	302
Accidents 意外	0	0	0	1	0	0	2	1	25	35	60
Others 其他	0	6	9	2	4	1	60	72	616	607	1223
總數 Total	43	66	42	53	25	28	375	447	6398	7604	14002

(Table 6.1.5) Suicidal Assessment in 2005
(表 6.1.5) 二零零五年求助者的自殺危機評估表

Suicidal Accessment 即時自殺危機	2005年								2004年	
	M男	%	F女	%	U不詳	%	T總計	%	T總計	%
Imminently Suicidal 高	58	0.55	58	0.55	2	0.02	118	1.13	119	1.26
Suicidal with Plan 中	192	1.84	291	2.78	2	0.02	485	4.64	440	4.66
Suicidal Idea 低	712	6.81	1038	9.92	23	0.22	1773	16.95	1796	19.03
No Suicidal Idea 無	3048	29.14	3416	32.66	41	0.39	6505	62.20	6636	70.30
N/A 不適用	815	7.79	746	7.13	17	0.16	1578	15.08	448	4.75
總數 Total	4825	46.13	5549	53.05	85	0.81	10459	100.00	9439	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 十月起 (為期一年)	42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
January 1月	Crisis Case Caring Scheme 危險個案關顧計劃	Training 訓練	1
February 2月	Debriefing Training Workshop 接報員訓練班	Training 訓練	1
	Reporting and Referral 報警與轉介	Share 分享	3

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
March 3月	Case - supervisor Training Workshop 督導員工作坊	Training 訓練	4
	Stress and Emotional Problem Management 工作壓力與情緒問題	Share 分享	1
April 4月	Case - supervisor Training Workshop 督導員工作坊	Training 訓練	3
May 5月	Hong Kong Christian Service Family Network: Yau Tsim Integrated Family Service 香港基督教服務處——天倫綜合家庭服務中心	Visit 探訪	4
August 8月	Case Sharing 新血初嘗高危個案分享會	Share 分享	1
September 9月	Bradry Hospice 伴我同行	Visit 探訪	1
	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	3
	Occupational Safety and Health Talk 辦公室常見的勞損原因及預防	Talk 講座	1
October 10月	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	1
November 11月	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	1
December 12月	Case Sharing 「語言的藝術」個案分享會	Share 分享	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	61	143

(B) Age Distribution 年齡分佈

Age 年齡 \ Sex 性別	Male 男	Female 女
20-24	2	10
25-34	16	40
35-44	18	50
45-54	21	32
55+	4	11
Total 合共	61	143

(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	14	48
2-3年/years	15	43
4-5年/years	7	17
6-7年/years	5	5
8-9年/years	4	4
10年以上/10 years above	16	26
Total 合共	61	143

(D) Education Level 教育程度

Education Level 教育程度	Male 男	Female 女
University / College 大學或大專	41	88
Post-Secondary 預科	5	11
Secondary School 中學	13	28
Others 其他	2	16
Total 合共	61	143

(E) Service Hours 服務時數

No. of hours /時數	Male 男	Female 女
50小時以下 / Below 50 hours	10	20
51-100小時 / hours	21	61
101-200小時 / hours	29	57
201-300小時 / hours	1	4
300小時以上 / hours above	0	1
Total 合共	61	143

(F) Occupation 職業

Type of Occupation 職業類別	Male 男	Female 女
Blue collars 藍領階層	4	0
Disciplinaries 紀律部隊	5	2
Education 教育界	6	17
Educational & Psychology 教育或心理學家	0	0
Housewife 家庭主婦	0	14
Information Technology 科技專業	11	1
Media 傳播界	2	1
Medical 醫護界	5	15
Merchant 商人	1	3
Retired 退休	3	6
Self-employed 自僱	0	4
Social Service Field 社工或社會服務界	7	20
Student 學生	0	5
Unemployed 待業	1	2
White collars 白領階層	12	37
Academic 學術界	0	0
Others 其他	4	16
Total 合共	61	143

(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	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Suicide Risk Assessment and Management 「基本輔導證書課程」，有關如何識別危機個案及危機處理的訓練。	15
	Student of Department of Journalism and Communication - The Hong Kong Baptist University (Telephone Interview) 香港浸會大學廣播新聞系學生(電話訪問)	Theories and Practice on Volunteers Training 本會義工訓練過程及理念	1
	Suicide Prevention Services 生命熱線	Volunteer Management (Procedure and Policy) 本會服務運作及義工制度	3
	Hong Kong Women Foundation Limited (Telephone Interview) 香港婦女基金會(電話訪問)	Suicide Rate and Information for Women 女性自殺資料	1
February 2月	Student of Ning Po No.2 College 寧波第二中學學生	Suicide Problem of the Elderly 有關長者自殺問題	1
	Tai Wan Life Hotline 台灣嘉義市生命線協會	Suicide Prevention Service of SBHK and Exchange of Service Experience 本會服務及經驗交流	1
	Students of Carmel Bunnan Tong Memorial Secondary School 迦密唐賓南紀念中學學生及老師	Suicide Prevention Service of SBHK 本會服務	3
	Student of Concordia Lutheran School 路德會協同中學學生(電話訪問)	Experience Sharing 企圖自殺人士個案分享事」的專題研習	1
	Student of The Chinese University of Hong Kong (Telephone Interview) 香港中文大學學生(電話訪問)	Suicide Rate and Information of Hong Kong 香港自殺死亡數字分析	1
March 3月	Shun Lee Catholic Secondary School 順利天主教中學	Suicide Prevention Service of SBHK and Suicide Problem of Youth 本會服務及青少年自殺問題	12
April 4月	Student of The Chinese University of Hong Kong 香港中文大學學生	Annual Report of SBHK 本會年報資料	1
	Department of Journalism and Communication The Chinese University of Hong Kong 香港中文大學新聞與傳播學院《大學線》月刊記者(電話訪問)	Counseling Service of SBHK for University Student 本會關於對大學生的輔導服務及情況	1
	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 of SBHK, Suicide Problem in Hong Kong and Assessment 介紹本會服務、香港自殺問題及自殺評估及處理等	15

Month 月份	Visiting People / Organization 來訪者/機構	Purpose 目的	No. of Visitors 人數
April 4月	Staff of SWD (Field Unit) 社署保障部職員	Suicide Prevention Service of SBHK 本會服務	1
	Student of Yijin 毅進學生	Agency Visit and Suicide Prevention Service of SBHK 參觀白田中心、了解本會服務及認識香港自殺情況	8
May 5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 of SBHK 本會服務	9
June 6月	天主教英文中學(彩虹邨)——四組中三倫理科學生	Suicide Prevention Service of SBHK 本會服務	27
	Student of University (Telephone Interview) 大學學生(電話訪問)	Information about Family Members of Suicidal Persons 「如何協助自殺者親友」的相關資料	1
	Student of City University of Hong Kong (Telephone Interview) 香港城市大學學生(電話訪問)	Information about SBHK 取有關本會年報、小冊子及海報等。	1
October 10月	Student of the Department of Social Work and Social Science School of Continuing Studies The Chinese University of Hong Kong (Telephone Interview) 香港中文大學社會工作社會科學系(電話訪問)	Suicide Problem of the Elderly 長者自殺問題	1
	The Community Chest of Hong Kong 香港公益金	Operation of Suicide Prevention Hotline Service and Finance State 熱線中心運作、服務推行情況及財政狀況。	19
	Student of City University of Hong Kong (Telephone Interview) 香港城大學生(電話訪問)	Suicide Rate and Information 自殺數字	1
	Form 2 Student (Telephone Interview) 中二學生(電話訪問)	Suicide Rate and Information and Suicide Prevention Service of SBHK 自殺數字及本會服務	1
	Hospital Authority (Telephone Interview) 醫院管理局個人成長及危機處理中心(電話訪問)	Operation of Suicide Hotline Service, Human Resources and Working Guideline 熱線中心的運作, 人手安排及工作指引	1
	Hospital Authority 醫院管理局個人成長及危機處理中心	Suicide Prevention Service of SBHK 熱線中心的運作及會方的服務	2
November 11月	Students of Department of Society The Chinese University of Hong Kong 香港中文大學社會系學生	Volunteers sharing about service in SBHK 本會服務及義工服務經驗分享	2

Month 月份	Visiting People / Organization 來訪者/機構	Purpose 目的	No. of Visitors 人數
November 11月	Student of The University of Hong Kong (Telephone Interview) 香港大學犯罪學系碩士生(電話訪問)	Suicide Rate and Information 自殺統計數字	1
	Student of the Department of Accounting City University of Hong Kong 香港城市大會計系學生	Operation of Hotline Service 熱線中心的運作及會方的服務	3
December 12月	The Society of Hong Kong for the Aged (Telephone Interview) 香港耆康老人福利會社工凌姑娘(電話訪問)	Procedure of crisis case referral 有關轉介危機個案服務	1
	Student of the Department of Journalism The Hong Kong Baptist University (Telephone Interview) 香港浸會大學新聞系學生(電話訪問)	Reason of suicide and high-risk cases 自殺原因及高危人士	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	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Crisis Case Assessment and Management 有關如何識別危機個案及危機處理的訓練	15
February 2月	International Social Service Hong Kong Branch - Tin Shui Wai (North) Integrated Family Service Centre 香港國際社會服務社——天水圍(北)綜合家庭服務中心	Telephone Skill Training 為他們的「真心英雄關懷社區大行動」中的「電話訪問服務培訓課程」提供共三節訓練	20
March 3月	Civil Service Training Development Institute 公務員培訓局	"Euthansia" 「安樂死」主題作出深入和多角度的探討	
April 4月	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Crisis Intervention in Hotline Service 有關如何識別危機個案及危機處理的訓練	14
May 5月	School of Continuing Studies The Chinese University of Hong Kong 香港中文大學校外進修學院	Crisis Case Assessment and Management Hotline Services 有關如何識別危機個案及危機處理的訓練	9
September 9月	Baptist Oi Kwan Social Service 浸會愛群社會服務中心	Crisis Intervention in Hotline Services 主講熱線服務危機介入手法	12
November 11月	Yang Memorial Methodist Social Service 循道衛理楊震社會服務處	Crisis Intervention Skill on Different Events 有關危機的處理及應變的技巧	6
	Leo Tung-Hai Lee Primary School 東華三院李東海小學	Stress and Emotional Management of Primary School students 為小六學生提供紓緩壓力及處理情緒講座	199
December 12月	Hong Kong College of Technology 香港專業進修學校	Relationship among Volunteer Management and Service Delivering 有關義工管理與服務推行的關係	16

Month 月份	Organization 機構	Theme 主題	Target and No. of Participants 對象及參加人數
December 12月	Social Welfare Institute (Macau) 澳門社工局	Counselling Service 提供熱線工作諮詢服務	7

(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
January 1月	Interview : Help-Seeking Rate on "Southeast Asia Tsunami" 有關南亞海嘯事件後的求助情況	RTHK(TV) 香港電台電視部
March 3月	Interview : Stress Handling and Happy Life 訪問義工如何正面面對生活壓力和活得快樂	RTHK(TV) 香港電台電視部
August 8月	Interview : Information about Suicide Crisis and Emotional Problem 「同途有心人」節目訪問，自殺危機及情緒困擾之人士來電	Hong Kong Commercial Broadcasting 香港商業電台
September 9月	Interview : Suicide Case Management 詢問關於自殺個案及打消自殺念頭方法	Hong Kong Economic Times 香港經濟日報
November 11月	Telephone Interview : Community resource on Suicidal Cases 探討社會服務資源的足夠性(電話訪問)	Apple Daily 蘋果日報
	Telephone Interview : Hotline Service Provision and Improvement 查詢有關熱線服務求助來電情況及服務改善計劃等(傳真訪問)	Apple Daily 蘋果日報
December 12月	Telephone Interview : Suicide Problem of Youth 查詢有關青少年自殺問題(電話訪問)	Hong Kong Economic Times 香港經濟日報
	Telephone Interview : Rate of Youth Help-Seeking 查詢有關青少年自殺問題(電話訪問)	Metro Daily 都市日報
	Telephone Interview : Rate of Youth Help-Seeking 青少年求助數字(電話訪問)	Hong Kong Wen Wei Po 香港文匯報

(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
November	Exchange of experience, Life Hope, Caritas de Macau in Suicide Prevention Service 「澳門交心遊」交流活動——進行服務經驗及感受交流，了解兩地社會環境文化之不同對服務之影響。	Hotline of SBHK and Life Hope, Caritas de Macau 本會熱線中心、澳門明愛生命熱線

(Table 6.1.13) Mass Programme

(表 6.1.13) 大型活動

Period 日期	Name of Programme 活動名稱
September 9月	The Cherish Life Action Fund Raising Activity 愛生命券籌款活動

6.2 Life Education Centre

*Leung Yin Chun, Emma
Centre-in-charge*

Introduction

Life Education Centre (LEC) started its three-year pilot project in May, 2002 and accomplished fruitfully in 2005. From April 2005, with the continuous sponsorship of the Hong Kong Jockey Club Charity Trust Fund, LEC carries on the education services on suicide prevention for the coming three years.

Sharing

Life education takes time to sprout and grow. It is difficult to see the immediate effect. In order to promote positive life message to the public, we need everyone's assistance to spread out the 'seeds' and take care of them together.

The Coroners Court's information for 2005 indicated a significant drop in, the figure of suicide death case. It is, in deed, a good relief to all the front-line workers. However, when planning our services, we will continue to spread the message of treasuring lives. We hope more people could join us and support life education by understanding our services..

Our services

Challenges and stress affect all walk of lives. Based on our experiences, we found that life education and suicide intervention skills are vital among the best practices to tackle individual problems and to equip the society with. In action, Life Education Centre provides out-reaching education programs for various organizations and schools ever since 2002.

Talks and Workshops

In 2005, we provided 40 talks, 11 workshops and 3 seminars to 9,855 participants. Students, parents, volunteers, elderly, teachers and other adults in the community were all our targets, to whom we offered training on problem-solving skills, emotion management, information on pre-suicide signals and signs, crisis intervention skills and etc.

Volunteer training and services

There are two kinds of volunteer training group in LEC: Peer Counseling Group and Life Ambassadors Training.

We ran two Life Ambassadors Training Courses in 2005 and trained up a total of 44 volunteers to serve our volunteer force. In return, they contributed to help our centre in providing various creative activities and promoted the message of cherishing lives. Last year, life ambassadors carried out 38 tasks for 635 people.

Life Ambassadors also assisted us in the publication of our organization's newsletters "Life Interaction" and participated to help mass programs such as "Family Games Day" and "Cherish Life Coupon" campaign..

Peer counseling groups

In 2005, we carried out 5 peer counseling groups and trained up 48 peer counselors. They are mainly teachers, students and community workers, we provided them with knowledge in suicide prevention and communication skills so that they could serve as gatekeepers for their peer group..

Community Education Programs

Life Education Centre organized 3 mass programs to 9,480 people in 2005.

"My Heart, Your Soul" T-shirt Design Competition took place in January targeted on students to encourage positive thinking and to show their love and concern to people around them. Participants were requested to design picture or pattern with the word message they want to deliver to their most cared persons. All secondary schools in Hong Kong were invited to this competition and a prize giving ceremony was held in "Show Your Love Program" on Feb 20, 2005.

The "Show Your Love Program" was another mass programme aims at showing one's love and concern to others through different methods such as SMS, post card, e-card or gift.

The International Association for Suicide Prevention and the World Health Organization had fixed 10 September in every year as the World Suicide Prevention Day. The theme for 2005 is 'Preventing Suicide is Everyone's Business', in collaboration of this global event, we organized a "Family Games Day" to promote the awareness for good emotion handling, especially for children and young people. We also encouraged communication between parents and their children on emotion topics by playing two play kits designed by LEC.

Hong Kong Jockey Club Suicide Prevention Resources library

In order to have a more resourceful and user-friendly library for the general public, LEC made a great effort to enrich the variety of books. We collected various indigenous and worldwide brochures, leaflets, books, reports, video tapes, VCDs, play kits and other publications related to suicide prevention and life educations. In addition, we also uploaded various links of worldwide suicide prevention websites in the computer of the library to enable the access of the information of other suicide prevention programme which have been implemented all over the world. In 2005, the number of library visitors was about 2890, and about 400 people had borrowed resource materials from the library.

Publications

LEC published 2 newsletters, 1 training manual, 1 brochure and 2 leaflets in 2005.

We continue to publish our organization's newsletter "Life Interaction" including topics "Sad to Apart" and "Growing Parents".

We published a "Suicide Crisis Assessment and Intervention Training Manual with CD" to share skills and technic in crisis intervention with the community. Besides, we also published the "Life Education Activities" brochure which contains different kinds of recommended activities for teachers' reference.

Since LEC has various products to promote enthusiastic life attitude, we have prepared the "Products Promotion Leaflet" for the easy reference of the public. Moreover, a leaflet regarding "Relationship between Life Education and Suicide Prevention" was also published to introduce the rationale of life education.

New initiatives — writing articles for mass media and other agencies

LEC has been established for about four years, it attracted not only service users but also different media's attention on our life education and suicide prevention programs. In 2005, there were various newspapers, magazines and social services agencies invited us to share our expertise with readers. A total of 22 articles were published in the Life Education Section of MingPao, "Pre-school" and "Hong Kong Professional Teachers' Union" magazines.

Cooperation with mass media

Delivering the message of positive living through mass media enables us to reach more people in Hong Kong and subsequently benefit the society as a whole. Hence, we worked closely together with mass media last year and will keep on this good approach in the future.

Future

'Life is precious and adorable'. LEC has demonstrated its contribution in this aspect since the first day of its establishment. We carried out different creative activities to promote this message to the public, hoping everyone could be stronger and tougher when facing various challenges in different stages of life. Subsequently, they could take good care of their lives and would not consider suicide as a means to resolve their problems. In future, we will continuously fulfill our mission in suicide prevention by introducing more kinds of life educational activities and programs. We plan to design more creative talks and groups about improvement of adversity quotient, communication skills and self confident at schools.

6.2 生命教育中心

中心主任：梁燕珍

引言

生命教育中心於2002年5月成立，在2005年初完成了為期三年的服務試驗計劃。於2005年4月開始，繼續得到香港賽馬會慈善信託基金的贊助，持續展開為期三年的預防自殺、生命教育服務。

分享

我們明白教育的影響，不會是立竿見影，更明白生命教育的果效，需要時間來孕育和成長。生命教育的推廣，仿如撒種、澆水、施肥的過程，既需要大家的愛心和忍耐，亦需要社會大眾的共同參與、一同努力，「種子」才能撒得更多、更廣。

從死因裁判庭的資料顯示，2005年的自殺數字有明顯的下降，這對於前線同工來說，實在是最佳的鼓勵和安慰。面對前路，中心仍會竭力推廣珍惜生命、愛己愛人的訊息，期望透過年報資料的分享，大家更明白中心的工作，與我們一同為生命守望。

恆常服務

無論是在職、或是求學階段，大家都有機會面對壓力和挑戰，為了回應社會的需要、並提供支援服務，中心一直以外展形式到學校及機構提供相關服務，例如：專題講座、工作坊、小組培訓等，主題以積極人生、預防自殺為主。

講座及工作坊

在2005年，中心共提供了40次講座、11次工作坊、3次研討會，參加人數共9,855人。

小組培訓

在小組培訓方面，中心分別設有「生命朋輩輔導」及「珍惜生命大使」兩項培訓，以小組形式、透過活動及個案分享來提升參加者對自殺問題的認知、學習助人者需具備的態度和技巧，從而為社區增添守望者，發揮守望相助的精神。

在2005年，「珍惜生命大使」已開辦了第八期和第九期，共培育了44位大使，參與中心的社區探訪及個案關顧服務。在這一年，大使共提供了38次服務，服務人數達635人。大使更協助「生命交流」的編輯工作，及參與本會社區教育活動。

「生命朋輩輔導」共開辦了5組，培育了48位朋輩輔導員，當中包括了老師、中學生及社區人士。完成訓練後，積極鼓勵他們在自己的朋輩範疇中，發揮關懷、鼓勵的精神，為同事、同學及家人守望。

社區教育活動

2005年的社區教育活動共有三項：「將心比心」T-恤設計比賽、「關心傳訊大行動」及「親子傾情遊戲日」，服務人數達9480。

「將心比心」T-恤設計比賽於一月二十日舉行，透過設計T-恤，送給自己最關心的人，以表示對對方的關懷。頒獎典禮於「關心傳訊大行動」中進行。

「關心傳訊大行動」在二月二十日舉辦，旨在推動大眾以不同途徑（例如：電話短訊、明信片、e-card、禮物等）來關懷及鼓勵別人，喚醒大眾主動關心身邊人，讓每個人都感到被愛和支持，同心建造充滿愛及溫暖的社區。

「親子傾情遊戲日」在九月十日舉行，當天是「世界防止自殺日」，為響應05年的主題--「預防自殺不只是專業人士的工作，而是每個人都應關注的事情」，故籌辦活動，希望透過遊戲讓大家學習表達及處理情緒問題，並鼓勵家長與子女多作溝通，一起面對各種喜怒哀樂。由生命教育中心設計的兩套遊戲：「情緒大比拼」和「人生旅程」是「親子傾情遊戲日」的重點遊戲，會場內設置多個攤位供一家大小共同玩樂，藉以鼓勵大家以輕鬆的方式來表達情緒，加深彼此的了解。

香港賽馬會預防自殺資源圖書館

為增加圖書館的吸引力，生命教育中心一直致力購置合適的書籍，以豐富藏書的種類及資源。圖書館內收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、遊戲套及剪報等，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。在2005年，圖書館的使用率達2890人，而借用圖書及視聽資料的人數亦達400人。

刊物出版

2005年出版了第48期及第49期的《生命交流》，當中的主題包括「...別亦難」——從不同的角度審視死亡，感悟人生中的悲歡離合。而第49期的主題是「成長中的父母」——探討為人父母的苦與樂、成長和突破。

此外，中心亦出版了一本《自殺危機評估及處理》訓練手冊、一本《生命拼圖》小冊子、一份《出售物品介紹》單張、一份《生命教育與預防自殺》單張。

《自殺危機評估及處理》訓練手冊與大家分享本會過去在危機處理方面的經驗和技巧。而在《生命拼圖》小冊子中，我們嘗試與大家分享一些生命教育的活動和資源，藉以豐富各位老師及工作人員在帶領活動時的選擇。

撰稿

在三年多的努力下，各界人士認同生命教育中心在預防自殺及珍惜生命的工作，所以不同的報章、雜誌及社會服務機構亦邀請中心為他們撰稿。當中包括有《明報》、《親子便利》、《學前教育》及《學校與家庭》等。在2005年，我們一共刊登了22篇文章。

傳媒聯絡

透過傳媒的協助，可更有效地向普羅大眾宣揚珍惜生命的訊息，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，有助我們發放積極人生的訊息。

展望

「生命是寶貴及值得珍惜的」，在過去的日子裡，我們一直致力透過不同活動來宣揚此訊息，希望大家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。在過去的三年，已顯示了我們在生命教育工作的貢獻，但我們未敢鬆懈，在來日路上，我們將嘗試從不同的活動來宣揚珍惜生命的訊息，並計劃於2006年中開展新的學校主題小組，包括小學篇及中學篇，內容以提升抗逆力、溝通技巧及自信心等為主，盼能擴展對學校的支援。

(Table 6.2.1) Service Output of Life Education Centre 2005

(表 6.2.1) 生命教育中心2005年度服務概覽

外展專題講座

Targets 對象	School/Agency 學校 / 機構	Topics 題目	Class 級別	No. of Visitors 人數
小學	保良局黃永樹小學(5/1) Po Leung Kuk Wong Wing Shu Primary School	面對不快及失去 How to face Losing	P.1-P.3 P.4-P.6	326 164
	福德學校(19/1) Bishop Ford Mem. School	積極人生 Cherish Life	P.6	138
	長洲順德學校(26/1) Shun Tak Public School -Cheung Chau	積極人生 Cherish Life	P.5-P.6	39
	郭怡雅神父紀念學校下午校(3/2) Father Cucchiara Mem. School	積極人生 Cherish Life	P.4-P.6	234
	育賢學校(23/3) Yuk Yin School	珍惜生命、積極人生 Cherish Life	P.1	39
	育賢學校(13/4) Yuk Yin School Cherish Life	積極人生 Cherish Life	P.2	40
	大埔舊墟公立學校(20/4) Tai Po Old Market Public School	表達情緒及解決困難 Problem Solving and Handling Emotion	P.4-P.6	402
	迦密梁省德學校(22/4) Carmel Leung Sing Tak School	積極人生 Cherish Life	P.4-P.6 P.1-P.3	353 483
	佛教黃藻森學校(27/4) Buddhist Wong Cho Sum School	珍惜生命、表達及處理情緒 Cherish Life and Handling Emotion	P.1-P.2	260
	喇沙會陳瑞祺小學上午校(20/5) Chan Sui Ki Primary School	共創美好明天 Cherish Life	P.6	218
	沙田美林公立小學(26/5) Shatin Public School -Mei Lam	表達及處理情緒， 面對不快、失去 Handling Emotion and How to Face Losing	P.4-P.6	120
	香港四邑商工總會學校(11/5) HK Sze Yap C & I Assn. School	面對不快、失去 How to Face Losing	P.1-P.6	250
	保良局田家炳千禧小學(28/6) Po Leung Kuk Tin Ka Ping Millennium Primary School	積極人生 Cherish Life	P.1-P.3 P.4-P.6	468 346
	東華三院譚兆小學(6/10) Tung Wah Group of Hospital - Tam Shiu Primary School	積極人生 Cherish Life	P.4-P.6	200
	石籬天主教小學下午校(19/12) Shek Lei Catholic Primary School	積極人生 Cherish Life	P.3-P.4	300
		Sub-Total	合 共	4380
中學/ 大專	中華基督教會扶輪中學(4/2) Church of Christ in China Rotary Secondary School	積極面對不快及失去 How to Face Losing	F.1-F.3	700
	天主教伍華中學(22/2) Ng Wah Catholic Secondary School	積極面對不快及失去 How to Face Losing	F.6	90
	伯裘書院(23/2) Pak Kau College	積極面對不快及失去 How to Face Losing	F.4	200
	鳳溪廖萬石堂中學(6/4) Fung Kai Liu Man Shek Tong Secondary School	善待情緒 Handling Emotion	F.1-F.2	240
	大埔官立中學(12/4) Tai Po Government Secondary School	積極人生 Cherish Life	F.1-F.2	360
	下葵涌官立中學(14/4) Ha Kwai Chung Government Secondary School	積極面對人生 Cherish Life	F.1-F.2 F.4-F.6	240 400
	上水官立中學(18/4) Sheung Shui Government School	積極人生 Cherish Life	F.2	250

Targets 對象	School/Agency 學校 / 機構	Topics 題目	Class 級別	No. of Visitors 人數
中學/ 大專	上水官立中學(26/4) Sheung Shui Government School	積極人生 Cherish Life	F.3	250
	東華三院甲寅年總理中學(4/5) Tung Wah Group of Hospital - Kap Yan Directors' Colleges	如何預防自殺， 抑鬱症知多少 Suicide Prevention	F.6	70
	聖公會林護紀念中學(5/5) Sheng Kung Hui Lam Woo Mem. Sec. School	積極人生 Cherish Life	F.4	200
	港青基信書院(23/5) YMCA of HK Christian College	表達及處理情緒 Handling Emotion	F.1-F.6	320
	伯裘書院(18/5) Pak Kau College	積極人生 Cherish Life	F.2	130
	香港浸會大學-青年會(15/10) Hong Kong Baptist University -youth club	青少年自殺的誘因及 警號 如何預防自殺 The System of Youth Suicide and Prevention Strategy	University and College 大學及 大專	40
	馬鞍山崇真中學(15/11) Ma On Shan Tsung Tsin Secondary School	積極人生 Cherish Life	F.4-F.7 F.1-F.3	520 600
		Sub-Total	合 共	4610
機構	澳門明愛生命熱線(13/6) Life Hope Hotline-Macau Caritas	如何處理具自殺危機人 士及協助受自殺危機人 士困擾之家屬 Crisis intervention and Counseling Skills	員工	4
	明愛順天社區進修中心(15/4) Caritas-Shun Tin Community Education Centre	青少年自殺的誘因及 警號 The System of Youth Suicide and Prevention Strategy	毅進計 劃學生	10
	明愛樂協會(30/6) Caritas-Lok Heep	積極人生之快樂篇 Cherish Life	康復者 家屬	30
	青山醫院(30/7) Castle Peak Hospital	如何預防自殺，如何協 助求助人士、求助人的特 徵 Suicide Prevention	社區 人士	150
	循道衛理灣仔長者服務中心(8/8、15/8) Wan Chai Methodist Centre for the Seniors	探討香港老人自殺的問 題及處理具自殺危機長 者之技巧 Suicide Prevention for elderly	長者	50
	偉邦物業管理公司(17/11) Well Born Real Estate Management Ltd.	積極人生，表達及 處理情緒 Handling Emotion	員工	30
		Sub-Total	合 共	274
		Total	總共	9264

工作坊 Workshop

Targets 對象	School/Agency 學校 / 機構	Topics 題目	No. of Visitors 人數
老師	迦密梁省德學校老師工作坊(11/3) Carmel Leung Sing Tak School	危機處理 Crisis intervention	27
中學生	九龍利瑪竇書院學生工作坊(24/3) Matteo Ricci Coll, Kowloon	珍惜生命 Cherish Life	38
中學生	明愛東區社區進修中心(2/4) Caritas - Eastern District Community Education Centre	預防自殺 Suicide Prevention	14
家長	長洲順德公立學校(16/4) Shun Tak Public School, Cheung Chau	生命教育 Life Education	13
家長	中華基督教會基順小學(22/4) Church of Christ in China Kei Shun Primary School	生命教育 Life Education	20

Targets 對象	Name of Organization 機構名稱	Topics 題目	No. of Visitors 人數
心聆團隊 義工	香港警務處心理服務課(20/7) Hong Kong Police Force Psychological Services Group Volunteers	預防自殺 Suicide Prevention	10
教師 Teachers	樂善堂梁植偉紀念中學(13/7) Lok Sin Tong Leung Chik Wai Mem. School	表達及處理情緒 青少年自殺的誘因及 警號抑鬱症知多少 The System of Youth Suicide and Prevention Strategy	50
社區人士 Community	香港紅十字會(30/7) Hong Kong Red Cross	抑鬱症知多少 支援有自殺意念子女 及朋友 Suicide Prevention for Children and Friend	70
義工 Volunteers	香港紅十字會(30/7) Hong Kong Red Cross	如何識別及處理親友 自殺危機 Relations with Suicide Crisis Management	70
義工 Volunteers	澳門明愛生命熱線(31/7) Life Hope -Macau Caritas	「擁抱新生命」講座	25
大專學生 Students College	香港國力教育中心(1/12) Hong Kong Lifelong Learning Education Centre	積極人生工作坊 "Cherish Life"-Workshop	21
合 共 Total			358

研討會 Seminar

Date 日期	Topics 主題	Education 教育界	Welfare 福利界	Community 社區人士	Total 總人數
29/5/05	澳門明愛生命熱線「臨危不亂」研討會 Life Hope -Macau Caritas Seminar on Crisis Management	150	—	150	150
24/11/05	「心靈的震顫」危機處理 Healing damaged Emotion- crisis management	14	10	13	37
17/12/05	「如何向自殺死亡個案的親友解說」 Debriefing skills to the survivor	4	11	31	46
Total 總數		18	171	44	233

生命朋輩輔導訓練 Training ~ 2005 年 5 月至 2006 年 3 月 May2005- March2006

合辦機構	舉行日期 Date	參加人數及對象 No of Participants and Target	
中聖書院 China Holiness College	12/7/2005-28/7/2005	10人	中學生 Student of Secondary School
生命教育中心 Life Education Centre	24/9/2005-19/11/2005	3人	教師 Teachers
生命教育中心 Life Education Centre	9/11/2005-21/12/2005	13人	社區人士 Community
生命教育中心 Life Education Centre	14/11/2005-19/12/2005	11人	社區人士 Community
孔教學院何郭佩珍中學 Confucian Ho Kwok Pui Chun College	11/11/2005-16/1/2006	11人	中學生 Student of Secondary School
Total 合共		48人	

珍惜生命大使 Life Ambassadors Training Courses ~ 1/05 - 12/05

	Date 日期	No of Session 節數	No of Participants 人數	Target 對象
第八期「珍惜生命大使」培訓班 The Ninth Life Ambassadors Training Course	2/8/05-26/8/05	8節	社區人士 Community	30人
第九期「珍惜生命大使」培訓班 The Ninth Life Ambassadors Training Course	6/12/05-17/1/06	8節	社區人士 Community	15人
Total 合共				45人

珍惜生命大使活動 / 服務 Life Ambassadors Services ~ 1/05 - 12/05

月份 Month	活動 program	服務 services	參加次數 No. of Times	參加人數 No. of Life Ambassadors
2005-01	5	/	5	41
2005-02	4	1	5	87
2005-03	2	/	2	13
2005-04	2	/	2	30
2005-05	/	/	/	0
2005-06	/	/	/	0
2005-07	6	/	6	34
2005-08	8	1	9	52
2005-09	1	4	5	90
2005-10	2	3	5	13
2005-11	6	12	18	89
2005-12	4	17	21	186
Total合 共	40	38	78	635

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
2005-01	282	38	5	0
2005-02	249	46	5	0
2005-03	300	46	11	0
2005-04	230	26	8	0
2005-05	146	12	0	0
2005-06	221	10	4	0
2005-07	168	21	7	0
2005-08	162	32	5	0
2005-09	110	25	0	0
2005-10	455	26	3	0
2005-11	226	46	0	0
2005-12	301	21	3	1
總共Total	2890	349	51	1

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
2005-01	香港電台 RTHK	1	/
2005-01	明報：生命教育版 Ming Pao	/	1
2005-01	南華早報 South China Morning Post	/	1
2005-02	路訊通 Road Show	/	1
2005-05	路訊通 Road Show	/	1
2005-02	東方日報 Orisun	1	/
2005-07	成報特區公民版 Sing Pao Daily News	1	/
2005-08	商業電台：同途有心人 Commercial Radio	1	/
2005-09	香港電台：普通話台 RTHK	1	/
2005-10	瑪利嘉兒 MARIE CLAIRE	1	/
2005-10	都市日報 METRO	/	1
2005-10	蘋果日報 Apple Daily	/	1
2005-11	經濟日報 Hong Kong Economic Times	2	0
2005-12	商業電台：同途有心人 Commercial Radio	1	/
2005-12	明週 Ming Pao Weekly	1	/

大型活動

月份 Month	活動名稱 Program Name	參加人數 No. of Participants
2005-01	「將心比心」T恤設計比賽 "My Heart - Your Soul" T-shirt Design Competition	619
2005-02	關心傳訊大行動 Show Your Love Program	8331
2005-09	親子傾情遊戲日 Parent-child Play Day	530
Total 合共		9480

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
2005-04	明愛東區社區進修中心 - 日校 Caritas - Eastern District Community Education Centre	12
2005-06	澳門明愛生命熱線 Life Hope - Macau Caritas	2
2005-07	浙江大學及城市大學 Zhejiang University & City University	72
2005-08	中國青年政治學院交流團 China Youth University For Political Sciences	12
2005-10	(台灣)紀潔芳教授參觀 WuFeng Institute of Technology - Professor Chieh Fang Chi	1
2005-11	醫管局 - 心靈綠洲 Hospital Authority - Oasis	2
2005-11	理工大學 - 社會行政學系 The Hong Kong Polytechnic University	4

文章刊登 Published Articles

刊物名稱 Name of Newspaper of Magazines	日期 Date	主題／內容 Topics
明報－生命教育版 Mingpao, Life Education	05/01/2005	最棒的聖誕禮物 The Greatest Gift of X'mas
	12/01/2005	效法自然 尋找生命意義 Searching the Meaning of Life from Natural World
	02/02/2005	生活小事大啟示 Enlightening from Little Daily Things
	02/03/2005	人生交叉點：驚悉配偶婚外情 是退還是進 Make Your Choice : How to Face My Husband's Extra-Marital Affair
	10/03/2005	有愛就能飛翔 Flying with Love
	24/03/2005	生命有時 記憶永存 Limited Life, Lasting Memory
	18/04/2005	助孩子處理哀傷 Helping My Child to Overcome Grief
	03/05/2005	人生交叉點：理想與現實抉擇 繼續進修？全職工作？ Make Your Choice: Choosing Between Study and Work
	05/05/2005	解開回憶死結 Unfasten the Memory Knot
	23/05/2005	細味校園回憶 Remember Our School Life
	06/06/2005	知己良朋 分享成長苦樂 Parents could be the Best Friends of Children
	20/06/2005	我看不見？看得見？ Can You see ?
明報－校園成長錦囊 Mingpao, Kit of Development in School	27/12/2005	分享人生大事 Sharing My Life
		大人物小故事學處世 Managing Life
		漫步人生路 To Roam My Life
		一本圖書的公開信 Letter of a Book
		生命教育中心圖書推介 Books Popularizing
學前教育 Pre-School Parents Magazine	01/01/2005	遊戲不兒戲 Game is not Childish!
	01/02/2005	建立寶寶正生命觀 Facilitate our Child to Develop Positive Life Attitude
	01/05/2005	教寶寶活出彩虹 Facilitate My Child to have Beautiful Life

文章刊登 Published Articles

刊物名稱 Name of Newspaper of Magazines	日期 Date	主題／內容 Topics
教協月刊－生命教育 Hong Kong Professional Teachers' Union Magazine, Life Education	10/09/2005	知己知彼 Self understanding
教協月刊－拾好書 Hong Kong Professional Teachers' Union Magazine, Book Introduction	10/11/2005	孩子，別怕！～關心目睹家暴兒童 Children Who See Too Much.

出版刊物 Publications

刊物類型 Types of Publications	刊物名稱 Date of Publication
訓練手冊 Training Manual	自殺危機評估及處理訓練手冊連光碟 Suicide Crisis Assessment and Intervention with CD
小冊子 Brochure	《生命拼圖》師生共同細味生命的色彩 ～生命教育活動小冊子 Life Education Activities
單張 Leaflet	生命教育與預防自殺 Introduction of the Relationship between Life Education and Suicide Prevention

6.3 Suicide Crisis Intervention Centre

Mrs Helen Lui
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. SCIC is currently the only social service unit in Hong Kong providing 24 hours, all-year-round, suicide crisis intervention service through casework and other suicide prevention programmes. We are devoted to the alleviation of suicide problem in Hong Kong.

To assess the service effectiveness and feasibility of the pilot project, SCIC has invited Professor Cecilia Chan of the University of Hong Kong to lead a consultative team and conduct an extensive service evaluation in 2004. We are very glad to learn that the evaluation report recognized both the quality and efficiency of our service being valuable and important to our service users, those who are at suicide risk.

After three years of proven service delivery and favourable responses from our service users, partnership organizations and the SAR Government, SCIC becomes a subvented service of the Social Welfare Department since May of 2005 and will receive regular Government funding to continue its services to the needy.

2. Casework Service

2.1 Number of Crisis Cases:

The major task of SCIC is to provide crisis intervention and intensive counseling services to suicidal persons with moderate and high risk. In 2005, we served a total number of 1007 crisis cases of suicidal persons and their family members.

2.2 Gender and Age:

Among the crisis cases, more female than male clients sought help from our service. There were 370 male and 637 female clients and the male to female ratio is 1:1.7. Regarding the age distribution, more than half (53.6%) of the service users fell between the range of 30 and 49, and almost 90% (87.4%) between that of 20 and 59. In other words, only slightly over 10% of the clients aged below 20 or above 60 used the crisis service. (Details in Table 6.3.1 and Figure 6.3.1)

2.3 Presenting Problems:

There were 178 cases (17.7%) distressed by marital problem, and cases (17.1%) relating to suicidal problems of their family members or friends, 145 case (14.4%) and 111 cases (11%) relating to financial problem and romantic relationship problem respectively. (Details in Table 6.3.2 and Figure 6.3.2).

2.4 Risk Level:

There were 487 and 242 cases (48.4% and 24%) assessed by referrers as moderate and high risks respectively. After the first session of intervention through telephone or face-to-face counselling by SCIC, the number of cases assessed to be moderate and high risks dropped to 475 (47.2%) and 43 (4.3%) respectively. In other words, the combined percentages of moderate and high-risk cases dropped from 72.4% to 51.5%, where the high-risk cases were found remarkably decreased by 20%, a solid indication of the effectiveness of initial intervention. (Details in Table 6.3.3 & 6.3.4 and Figure 6.3.3 & 6.3.4)

2.5 Referrers and Service Partners

SCIC continued to work closely with the frontline workers in human service fields, including government departments, non-government organizations, hospitals, police force, schools and other community organizations, to provide 24-hour service for referrals and consultations. The extensive collaboration served as a safety net for the suicidal clients. In 2005, 389 cases (38.6%) were referred by social workers of different units such as Integrated Family Service centre, Medical Social Service and School Social Service, etc., 360 cases (35.7%) were self-approached, 204 cases (20.3%) referred by our hotline volunteers, 20 cases (2%) by medical staff and the rest by police officers, teachers and other counselors. (Details in Table and Figure 6.3.5)

3. Group Work Service

With 3-year experiences in crisis intervention, SCIC aspired to diversify its service offering. On one, SCIC aimed at providing more choices to our clients to fit their needs, and on the other, maximizing the impact of positive changes in the intervention process. Therefore, SCIC started to conduct different therapeutic and support groups for suicidal persons and their family members to help them to build up their own social support network. This aims at helping them to further sustain their positive coping skills and strategies and restore their hopes in life. During the year of 2005, there were seven groups conducted for our clients distressed by various common problems including marital problem, romantic relationship problem and suicide death problem of family members and friends. (Details in Table 6.3.6)

4. Service Promotion and Experience Sharing

To facilitate the referring organizations' understanding of our services, and case referring to SCIC, as well as sharing of knowledge and experience in crisis assessment and intervention, we provided over thirty sessions of presentation and workshops to frontline professionals and interested parties. (Details in Table 6.3.7) To conclude our experience in the pilot project, we also published a Handbook of Suicide Crisis Management and 3,000 copies of which were distributed to Integrated Family Service Centres, school social work units, medical social service units, other social service units, hospitals and schools.

5. External Resources

5.1 In-service Training and Exchange of Experience:

To ensure the quality of our service, SCIC continued to invite our professional consultants Dr Chiu Siu-Ning, a psychiatrist, and Dr Michael Tsang, a clinical psychologist, to conduct case conferences regularly for SCIC team. Those case conferences served as platform for our crisis counsellors to learn as well as study the more effective ways in handling complicated and difficult cases especially related to psychiatric and psychological problems. Besides, our legal consultant Fred Kan & Co., Solicitors & Notaries, Hong Kong, continued to provide us with advices on legal-related issues. Moreover, SCIC also initiated meetings with collaborative service partners such as the Community Psychiatric Nursing Services of the Castle Peak Hospital and Even Centre of Tung Wah Group of Hospitals to promote better collaboration and exchange of experience in different settings and disciplines.

5.2 Information Technology:

After having developed two new systems namely the Mobile Dynamic Information Crisis Kit and the Mobile Automated Safety Tracking with the partnership with the Department of Industrial System Engineering of the Polytechnic University of Hong Kong in 2004, SCIC continued to enhance the use of information technology in the crisis intervention and management. In 2005, SCIC continuously joined the partnership with the Department of Industrial System Engineering and Department of Applied Social Sciences in a research project to develop a Knowledge-based Case Management System. We hoped to apply the concept of knowledge management to the existing case data to build a Case Library that can help to restore the clinical experience and practice wisdom on crisis intervention. The proposed case library will also facilitate us to review the current practice and further improve our service quality as well as to serve as a support to our staff and volunteer training.

6. Conclusion

As the pilot project came to a good landing, the year of 2005 was a milestone for SCIC in the suicide prevention service. We will strive to leverage the past experience and momentum, work more closely and strategically with other service partners, and champion suicide prevention for the community and suicide intervention for the needy at risk.

6.3 自殺危機處理中心

1. 前言

中心主任：雷黃恩芳

香港撒瑪利亞防止自殺會自殺危機處理中心於二〇〇二年三月正式成立，是香港獎券基金資助為其三年的一項先導計劃。本中心是香港現時唯一專責處理自殺危機個案及提供其他有關預防自殺的支援服務的單位，我們透過全年每天廿四小時無間斷的專業轉介及危機處理服務，希望能協助緩和香港的自殺問題，為香港防止自殺工作出一分力，貢獻社會。

由於這是一項先導服務，本中心於二〇〇四年邀請了香港大學由陳麗雲教授督導的顧問團為我們進行了一項全面性的服務評估，讓我們能在努力工作之同時，能客觀地檢討本中心服務的適切性及效能，務求能在提供服務方面精益求精。我們很高興該評估報告肯定了本中心的服務效率和質素，及其對我們的服務使用者即有自殺危機人士的重要性和價值。

本中心經過三年的努力，獲得受助者、合作機構和政府等各方面對服務的認同和肯定，在二〇〇五年五月開始，正式獲社會福利署撥款津助，成為轄下恆常服務之一，我們因此得以繼續為全港市民提供服務。

2. 個案服務

2.1 服務數字

本中心主要工作是為有自殺困擾人士，特別是高危和中危的人士提供危機介入及輔導服務。本中心於二〇〇五年總共處理了1007宗危機個案。

2.2 性別與年齡

在1007宗個案中，案主有370位是男性，637位是女性，亦即危機個案服務使用者的男女比率約為1:1.7。另外，超過半數的案主年齡介乎30至49歲之間，共佔53.6%，而年齡由20至59歲的則佔87.39%，接近九成之多。換句話說，年齡少於20歲及高於70歲的服務使用者只佔略高於一成的少數。（詳閱圖表6.3.1）

2.3 問題種類

危機個案中有178人主要的問題困擾來自婚姻問題，佔17.7%，而受家人或朋友的自殺問題困擾的有172人，佔17.1%，受經濟困擾的有145人，即佔14.4%，而受愛情困擾的則有111人，佔11%。（詳閱圖表6.3.2）

2.4 風險程度

由轉介者評估為中度至高度自殺危機的個案分別為487宗及242宗，百分率分別為48.4%及24%，合共為729宗，即佔72.4%；經本中心在接獲個案後，以電話或面談方式提供了一節輔導後而作出的評估，具中至高危的個案分別降至475宗及43宗，合共降至518宗，下降百分率為51.5%。其中高危個案降低了20%。（詳閱圖表6.3.3及6.3.4）

2.5 轉介及合作伙伴

本中心繼續與各政府部門、社會服務機構、醫院、警察、學校和各社團等，有著緊密的合作關係。透過彼此合作，攜手為自殺困擾人士建立安全網，為他們提供危機輔導、緊急支援及跟進服務等，協助他們渡過危機，重新適應日後生活。在二〇〇五年內，危機個案由社會工作者轉介的有389宗（38.6%）、案主自行求助的（包括親友）有360宗（為35.7%）、熱線義工轉介的有204宗（20.3%）及由醫護人員轉介的20宗（2%）。（詳閱圖表6.3.5）

3. 小組服務

吸納了三年危機個案服務的經驗後，本中心致力進一步提升服務質素及開展多元化服務，一方面好讓受助者有更多的服務選擇，另一方面亦相信不同的服務形式可助受助者在面對問題時發揮相輔相承之效。因此，於二〇〇五年起，本中心除了提供個案服務外，同時亦積極發展小組服務，期望透過小組輔導形式協助受助者在處理受困的問題時，亦能建立有效的社交支援網絡，進一步強化他們脫離自殺危機的能力和重拾面對生活的勇氣和希望。

在二〇〇五年期間，中心推行了共7個治療性及支援性小組，為受不同問題困擾如婚姻問題和感情問題及親友自殺問題等而導致有自殺危機或情緒受困的人士提供適切的小組服務。（詳情可參閱表6.3.6）

4. 服務介紹和經驗分享

為確保中心服務廣為各社會服務機構、社團及社區人士認識，好使轉介程序運作順利，本中心於二〇〇五年共應邀和舉辦了三十多項活動、講座及工作坊等，以介紹本中心的服務和分享了有關自殺危機評估、危機處理和輔導等方面的經驗和技巧。此外，我們藉著聚積了數年的危機處理經驗，於二〇〇五年4月出版了「自殺危機處理手冊」，並把約三仟本手冊分發到各綜合家庭服務中心、學校社工、醫務社工、其他社會服務機構及學院等，以作經驗分享。（詳閱表6.3.7）

5. 輔助資源

5.1 內部培訓及經驗交流

本中心為了確保能提供高質素的服務，我們繼續定期或在有需要時與其他專業和合作機構舉行個案會議和經驗交流。

於二〇〇五年間中心每月均有一次由本會服務顧問的臨床心理學家曾慶培博士提供的個案會議，諮詢如何處理一些較複雜和困難的個案；另每約六星期亦有一次由本會服務顧問精神科高級醫生趙少寧醫生提供的個案會議，讓我們諮詢和學習如何更有效地處理有關精神健康問題的個案。此外，在有需要時，我們亦會向本會法律顧問簡家驊律師行諮詢有關個案的法律問題。至於一些合作伙伴機構如青山醫院社康服務及東華三院平和坊等亦按服務需要而安排合作及交流會議。

5.2 電子資訊科技

本中心繼二〇〇四年與理工大學工業及系統工程系攜手發展兩項名為「流動資料讀取組合」(MOBODICK)和「流動安全系統」(MAST)的新科技後，於二〇〇五年再度與理工大學的工業及系統工程系和應用社會科學系合作，發展本中心的「個案知識管理系統」(Knowledge-based Management System)，期望透過整理本中心現存的個案資料，建立一個系統性和有學習能力的「個案圖書館」，有效地保存中心寶貴的臨床經驗和實踐智慧，一方面既能協助改善服務效率和質素，另一方面亦有助職員和義工的培訓。

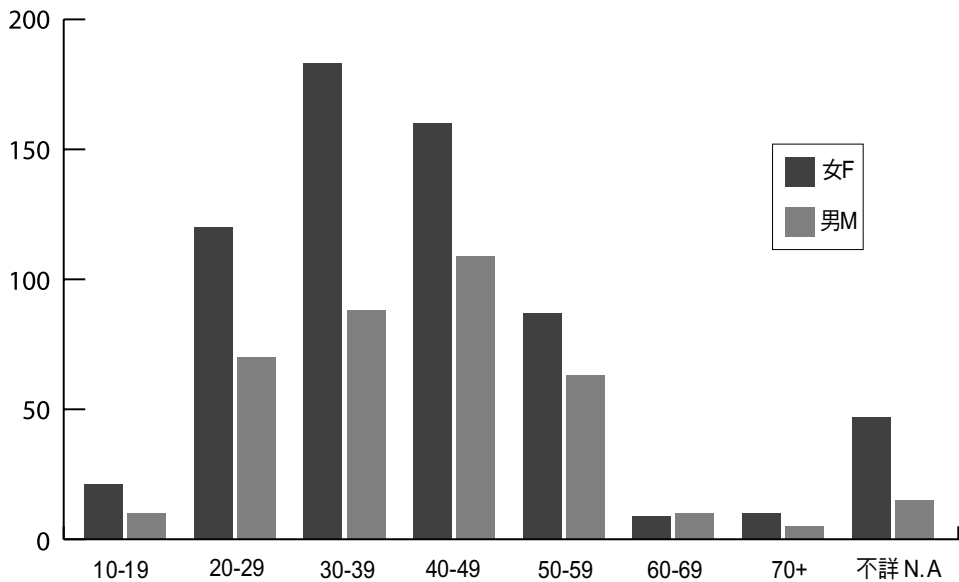
6. 總結

二〇〇五年可說是本中心在委身於防止自殺工作上的一個新里程。在過往三年先導計劃的工作得到認同和肯定後，踏入一個新的階段，我們會憑藉累積的實踐經驗，與各社福單位及不同專業攜手緊密合作，彼此互相支持和鼓勵，繼續努力，務求使優質及多元化服務得以持續和拓展，並致力把預防自殺和危機處理工作做得更完善。

(Table 6.3.1) Age and Gender Distribution of Clients served by SCIC in 2005
(表 6.3.1) 2005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	21	10	31	3.1%
20-29	120	70	190	18.9%
30-39	183	88	271	26.9%
40-49	160	109	269	26.7%
50-59	87	63	150	14.9%
60-69	9	10	19	1.9%
70+	10	5	15	1.5%
不詳 (Unidentified)	47	15	62	6.2%
總計 Total	637	370	1007	100.0%

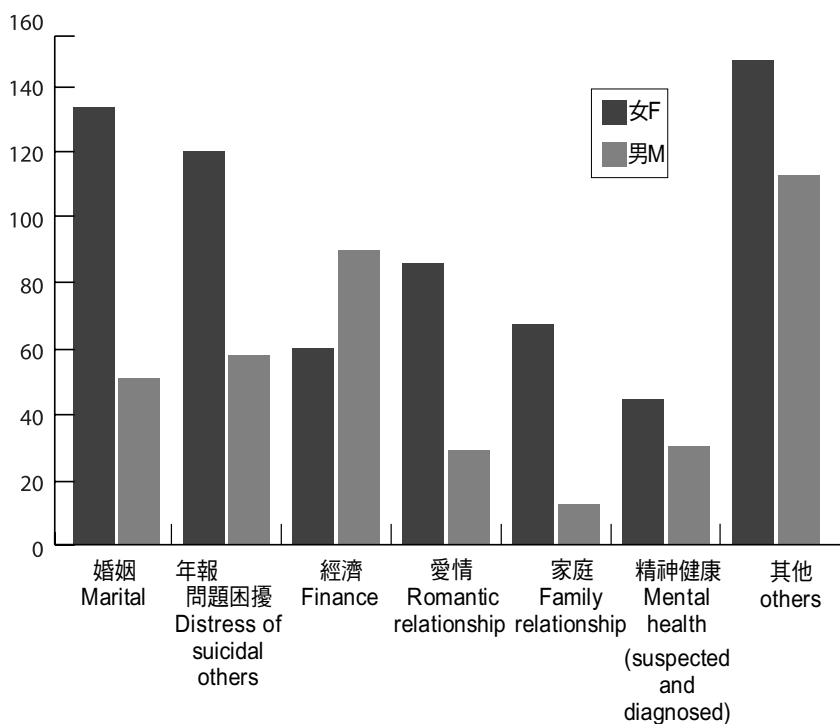
(Figure 6.3.1) Age and Gender Distribution of Clients served by SCIC in 2005
(圖 6.3.1) 2005年度自殺危機處理中心個案年齡及性別分佈圖



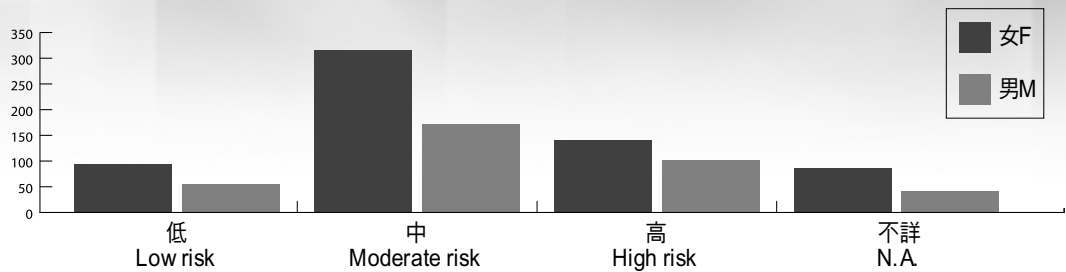
(Table 6.3.2) Major Problem and Gender Distribution of Clients served by SCIC in 2005
(表 6.3.2) 2005年度自殺危機處理中心個案問題類別及性別分佈表

主要問題 Major Problem	女 F	男 M	合計 Total	%
婚姻 Marital	129	49	178	17.7%
受他人自殺問題困擾 Distress of suicidal others	116	56	172	17.1%
經濟 Finance	58	87	145	14.4%
愛情 Romantic relationship	83	28	111	11.0%
家庭 Family relationship	65	12	77	7.6%
精神健康 Mental health (suspected and diagnosed)	43	29	72	7.2%
其他 others	143	109	252	25.0%
總計 Total	637	370	1007	100.0%

(Figure 6.3.2) Major Problem and Gender Distribution of Clients served by SCIC in 2005
(圖 6.3.2) 2005年度自殺危機處理中心個案問題類別及性別分佈圖



(Figure 6.3.3) Risk Level (by referrer) of Cases of Suicide Crisis Intervention Centre in 2005
(圖6.3.3) 2005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



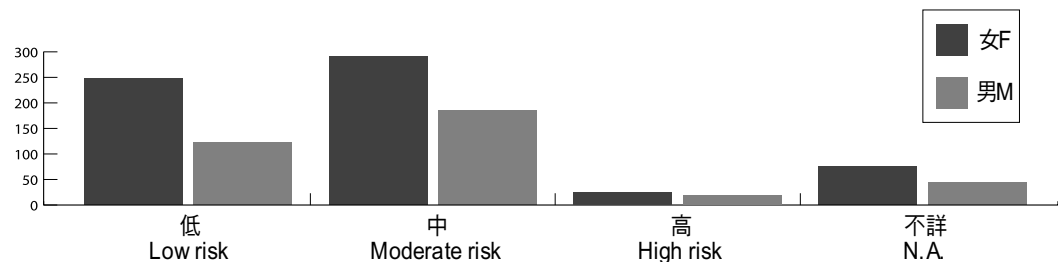
(Table 6.3.3) Risk Level (by referrer) of Cases of Suicide Crisis Intervention Centre in 2005
(表6.3.3) 2005年自殺危機處理中心個案危機程度(由轉介者評核)及性別分佈表

危機程度 Observed risk level by referrer	女 F	男 M	總計Total	%
低 Low risk	95	55	150	14.9%
中 Moderate risk	315	172	487	48.4%
高 High risk	141	101	242	24.0%
不詳 N.A.*	86	42	128	12.7%
總計Total	637	370	1007	100.0%

* family members, missing data,

(Figure 6.3.4.) Risk Level after first session (by SCIC) and Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2005

(圖6.3.4.) 2005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 6.3.4) Risk Level after first session (by SCIC) and Gender Distribution of Cases of Suicide Crisis Intervention Centre in 2005

(表6.3.4) 2005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	247	122	369	36.6%
中 MODERATE	290	18	475	47.2%
高 HIGH	24	19	43	4.3%
不詳 N.A.	76	44	120	11.9%
總計Total	637	370	1007	100.0%

(Table 6.3.5) Age and Gender Distribution of Clients served by SCIC in 2005
(表 6.3.5) 2005年度自殺危機處理中心個案年齡及性別分佈圖

轉介來源 Source of Referral	女 F	男 M	合計 Total	%
社會工作者 Social Worker	263	126	389	38.6%
自行求助者(包括親友) Self-Approached (including family members & freinds)	222	138	360	35.7%
熱線義工 Hotline Volunteer	118	119	204	20.3%
醫護人員 Medical Staff	17	3	20	2.0%
警察 Police Officer	3	2	5	0.5%
教師 Teacher	1	0	1	0.1%
其他 Others	13	15	28	2.8%
總計 Total	637	370	1007	100.0%

(Figure 6.3.5) Age and Gender Distribution of Clients served by SCIC in 2005
(圖 6.3.5) 2005年度自殺危機處理中心個案年齡及性別分佈圖

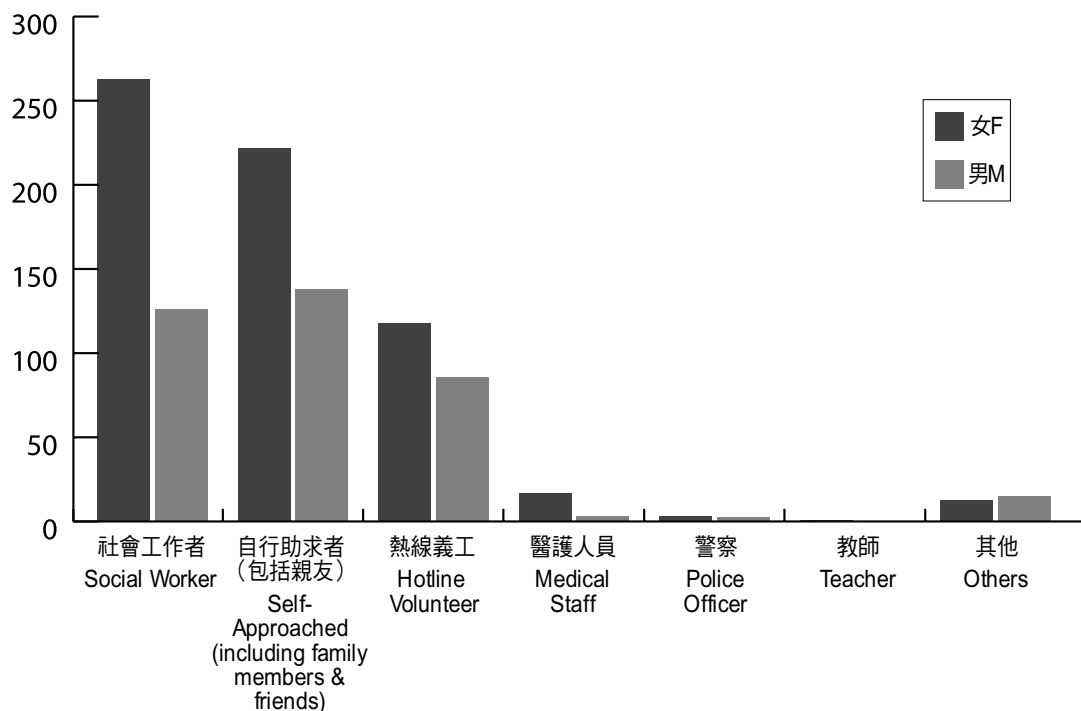


Table 6.3.6) Therapeutic & Support Group Conducted by Suicide Crisis Intervention Centre in 2005
(表6.3.6) 2005年自殺危機處理中心舉辦的治療性及支援性小組

日期 Date	服務對象 Targets	小組名稱 Group Name	性質 Nature
16/4/2005- 14/5/2005	受壓力及情緒困擾之人士 Clients with stress and emotional problem	「週末鬆一Zone」－壓力管理互助小組 Support Group for Stress Management	支援性小組 Support Group
14/7/2005- 11/8/2005	30-50 歲已婚男士，因婚姻問題而受困擾及有自殺的念頭 Suicidal married men aged between 30 to 50 with marital relationship problem	「邁向成功的婚姻」－溝通訓練技巧男人小組 Men's Group - Communication Skill Training for a Successful Marriage	治療性小組 Therapeutic Group
16/7/2005- 13/8/2005	因有婚外情而受困擾的女士及有自殺的念頭 Suicidal women with husbands having extra marital affairs	「活出精彩美麗人生」－婚外情婦女支援小組 Women Support Group - Lead a wonderful life	治療性小組 Therapeutic Group
15/8/2005- 26/9/2005	自殺死亡人士家屬及親友 Suicide survivors	「未完的小說」－自殺死亡人士家屬小組 Suicide Survivors' Group - Unfinished Novel	治療性小組 Therapeutic Group
6/10/2005- 24/11/2005	曾因丈夫有婚外情困擾及有自殺的念頭 Suicidal women with husbands having extra marital affairs	「畫出彩虹」－婦女小組 Women Support Group - Draw a Rainbow	支援性小組 Support Group
5/12/2005- 9/1-2006	曾受感情困擾之人士及有自殺的念頭 Suicidal people with romantic relationship problem	「感情對視」－兩性相處之道 "Understanding & Getting Along with the Opposite Gender"	治療性小組 Therapeutic Group
From 09/2004 onward 自 2004 年 9 月	自殺死亡人士家屬及親友 Suicide survivors	「自殺死亡人士親友互助小組」 "Survivors' Support Group"	支援性小組 Support Group
From 12/2004 onward 自 2004 年 12 月	熱線中心義工 Hotline volunteers	「危機關顧員」小組 Support group for Crisis Carers	支援性小組 Support Group

Table 6.3.7) Suicide Crisis Intervention Centre Activity Report 2005
(表6.3.7) 2005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
2005/01/11	探訪及服務介紹 Visit and Service Introduction	深圳市自殺危機中心 Shenzhen Suicide Crisis Intervention Centre	康寧醫院精神科醫生 Psychiatrist of Shengzhen Kangning Hospital	2
2005/01/31	「雙網集」 "Hong Kong Connection"	香港電台 RTHK	觀眾 Audience	不詳 NA
2005/02/04	報章訪問 Media Interview	明報 Ming Pao	明報讀者 Ming Pao's Readers	不詳 NA
2005/03/02	自殺危機處理工作坊 Workshop on Suicide Crisis Intervention	中文大學社工系 Social Work Department of the Chinese University of Hong Kong	社工系學生 Social Work Students	25
2005/03/10	服務介紹及經驗分享 Service Promotion and Sharing of Experience	淡水地區福利辦事處 Sham Shui Po District Social Welfare Office	淡水地區福利辦事處社工 Social Workers of Sham Shui Po District Social Welfare Office	20
2005/03/17	自殺危機處理工作坊 Workshop on Suicide Crisis Intervention	家福會 Hong Kong Family Welfare Society	社工 Social Workers	26
005/03/21	服務介紹及合作 Service Promotion and Collaboration	聯合國難民組織 The United Nations High Commissioner	聯合國難民組織職員 Staffs of The United Nations High Commissioner	3
2005/04/01	親子兩代相處問題 Seminar on Parent-Child Communication	自殺危機處理中心 Suicide Crisis Intervention Centre	社區人士 Community	20
2005/04/08	服務介紹及合作 Service Promotion and Collaboration	聯合國 United Nations	聯合國代表 Representatives from United Nations	3
	合作計劃會議 Joint Project Meeting	理工大學 Hong Kong Polytechnic University	理工大學代表 Representatives from the Hong Kong Polytechnic University	10

2005/05/18	香港自殺問題、危機評估及處理 Suicide Problem in Hong Kong, Suicide Risk Assessment and Crisis Intervention	香港中文大學校外進修學院 School of Continuing Studies of the Chinese University in Hong Kong	「基礎輔導證書課程」學員 Students of the Certificate Program in General Counselling	12
2005/05/29	「臨危不亂」—自殺危機處理 Seminar on Suicide Crisis Management	澳門明愛生命線 Lifeline, Caritas - Macau	澳門老師、社工及社區人士 Teachers, Social Workers, and the Public in Macau	150
2005/06/01	從中醫角度看待鬱症 Depression and Chinese Practitioner	自殺危機處理中心 Suicide Crisis Intervention Centre	社區人士 Community	30
2005/06/13	危機評估及處理 Suicide Risk Assessment and Crisis Intervention	澳門明愛生命線 Lifeline, Caritas - Macau	澳門生命線社工 Social Workers of Lifeline	6
2005/07/20	自殺危機處理工作分享工作坊 Workshop on Suicide Crisis Management	香港警務處心理服務課 Psychological Service Group of Hong Kong Police Force	警務及警隊文職人員 Police Officers	12
2005/08/05	探討及服務介紹 Visit and Service Introduction	北京中國青年政治學院 China Youth University of Political Science (Beijing)	社會工作與管理學系學生 Student of Social Work and Management Department	12
2005/08/06	香港自殺問題、危機評估及處理 Suicide Problem in Hong Kong, Suicide Risk Assessment and Crisis Intervention	香港中文大學校外進修學院 School of Continuing Studies of the Chinese University in Hong Kong	「基礎輔導證書課程」學員 Students of the Certificate Program in General Counselling	10
2005/08/08	「不一樣生命」訓練：防止長者自殺 Elderly Volunteer Training on Suicide Prevention	循道衛理灣仔長者中心 Methodist Centre for the Elderly in Wan Chai	長者義工 Elderly Volunteers	50
2005/08/14	「同途有心人」 "The Way We Are"	商業電台 Hong Kong Commercial Broadcasting Co. Ltd.	聽眾 Audience	不詳 NA
2005/08/15	「不一樣生命，訓練：防止長者自殺 Elderly Volunteer Training on Suicide Prevention	循道衛理灣仔長者中心 Methodist Centre for the Elderly in Wan Chai	長者義工 Elderly Volunteers	50
2005/09/10	防止自殺，人人有責，親子傾情遊戲日 Everybody is Responsible for Suicide Prevention - Fun day for Parents and Children	生命教育中心及熱線中心 Life Education Centre and Hotline Centre	社區人士 Community	530
2005/10/09	「訴心事家庭」 "Family Affairs"	香港電台 RTHK	聽眾 Audience	不詳 NA
2005/10/29	自殺危機認識及處理 Suicide Risk Assessment and Crisis Intervention	基層家庭互助會 Suicide Prevention Service	生命熱線職員及委員 Staffs and Committee Members of Suicide Prevention Service	30
2005/11/09	自殺危機處理中心服務及轉介流程 Service and Referral Procedure of Suicide Crisis Intervention Centre	生命熱線 Suicide Prevention Service	生命熱線職員及委員 Staffs and Committee Members of Suicide Prevention Service	4
2005/11/11	香港自殺問題、危機評估及處理 Suicide Problem in Hong Kong, Suicide Risk Assessment and Crisis Intervention	香港中文大學校外進修學院 School of Continuing Studies of the Chinese University in Hong Kong	「基礎輔導證書課程」學員 Students of the Certificate Program in General Counselling	10
2005/11/12	香港自殺問題、危機評估及處理 Suicide Problem in Hong Kong, Suicide Risk Assessment and Crisis Intervention	香港中文大學校外進修學院 School of Continuing Studies of the Chinese University in Hong Kong	「基礎輔導證書課程」學員 Students of the Certificate Program in General Counselling	10
2005/11/24	即時自殺危機處理 Immediate Suicide Crisis Intervention	生命教育中心 Life Education Centre	社工、老師及社區人士 Social Workers, Teachers and the Community	40
2005/12/14	自殺危機處理中心服務及轉介流程 Services and Referral Procedure of Suicide Crisis Intervention Centre	熱線中心 Hotline Centre	熱線中心受訓義工 Volunteer Trainees of Hotline Centre	20
2005/12/15	工作介紹及轉介合作 Service Promotion and Collaboration	青山醫院 Castle Peak Hospital	醫生及護士 Doctors and Nurses	35
2005/12/16	自殺危機處理中心服務及轉介流程 Services and Referral Procedure of Suicide Crisis Intervention Centre	熱線中心 Hotline Centre	熱線中心受訓義工 Volunteer Trainees of Hotline Centre	20
2005/12/22	工作介紹及轉介合作 Services Promotion and Collaboration	社會福利署 Social Welfare Department	綜合家庭服務中心代表 Representative from Integrated Family Service Centres	35

6.4 Public Relations and Promotion

*Ms. Chan Yee Man
Communication and Program Officer*

In 2005, when stepping into the 45th anniversary, on top of the 24-hour round the clock hotline service and counseling services by the Suicide Crisis Intervention Centre, the Samaritan Befrienders Hong Kong (SBHK) is a more active role in promoting the thought of helping the others and self help. As the World Health Organization has pointed out, suicide prevention is a complex problem however it should not be treated as the responsibilities of experts alone but everyone's business.

By starting from the action of an individual, acting on one's initiative in caring people around us, "Show Your Love Program" commenced at 2:00pm, Sunday, 20 February 2005 at the Entrance Arena of the Shatin New Town Plaza I, aimed to promote a positive message to the community. Throughout the event we encouraged the public to express love and care to others (including family members, friends, and people around us). We invited participants to use different forms of communication, verbal and written language, postcards, SMS messages, games, and even T-shirts statement. After the opening ceremony, there were games, activities and performed by social organizations and celebrities. One of the highlights of the event was the award presentation for winners of our T-shirt design competition so as to encourage participate to express their concerns for one another with drawings.

In collaboration with the World Health Organisation, the Samaritan Befrienders Hong Kong (SBHK) initiated a massive program on the World Suicide Prevention Day on Sept 10, 2005 to encourage expression and sharing feelings among family members so as to promote the education of emotional management by the family from a young age.

The mission of the SP Cap is to set up a Propaganda Office increase the public awareness on potential suicide risk through various local media, the help of the celebrities and massive programmes in developing comprehensive services in suicide prevention in Hong Kong. This programme is symbolized with a cap with SP letter on it. In spite of the profession one held, everyone can take up a role in the development and work of suicide prevention. In addition to contribution to set up a Propaganda Office, corporation can link up with SBHK to organize suicide prevention activities such as talks, seminar and coaching.

"The Cherish Life Action", the first massive fund-raising campaign of the 45 years' history of the SBHK, was launched between June and September 2005. By selling the charity tickets, we will use the money raised in helping our service users to regain joy and hope for life, as well as to promote the life virtue and to encourage the message of "love oneself, hug others, cherish life".

With the cordial help of the ISD Department and the mass media, the suicide prevention promotion sound track broadcasted from Jan 1, 2005 to April 30, 2006 in all Chinese Radio Stations in Hong Kong from midnight to 6:00 next morning. It is to remind people to call our 24 hours hotline if they need help.

With the kindhearted support from the Hong Kong SAR Philharmonic, a charitable concert will be held at the concert hall of Hong Kong City Hall in the evening of Oct 29, 2006. The concert aims to bring out the love for life.

6.4 公關及宣傳

陳綺雯
宣傳及活動主任

2005年，香港撒瑪利亞防止自殺會步入45周年，除了繼續前線的電話熱線及危機輔導服務外，更積極推動助人自助的訊息，宣揚「錫自己、疼他人、愛生命」的社會互愛網絡。正如國際防止自殺協會所指出，儘管自殺是複雜的問題，但防止自殺不只是專業人士的責任，亦同時需要社會各界的協助及參與，以達至愛惜生命、防止自殺的目標。

從個人出發，身體力行，關懷身邊人：以2005年2月20日下午二時，在沙田新城市廣場第一期的羅馬圓形獻技場舉行的《關心傳訊大行動》，推動大眾以不同途徑（例如：電話短訊、明信片、e-card、禮物等）關懷及鼓勵他人，表達對親友和旁人的愛與關懷，同心建造充滿愛及溫暖的香港。當日其中的一項活動，為邀請全港中學生參加一個「將心比心」T恤設計比賽，藉著圖畫表現關愛他人的精神，從而推動青少年積極思想及正面行動。

響應國際防止自殺協會2005年防止自殺日的主題——「預防自殺不只是專業人士的工作，而是每個人都應關注的事情」，特別於當日（9月10日）舉辦「親子傾情遊戲日」，希望透過遊戲讓大家學習表達及處理情緒問題，並鼓勵家長與子女多作溝通，一起面對各種喜怒哀樂，以防鑽牛角尖，走上不歸路。當日更有專業社工與義工從旁講解遊戲玩法及如何幫助子女認識情緒，希望情緒管理及舒導的教育從小在家庭做起。

防止自殺「特別之帽隊」——伙伴計劃，防止自殺不分你我他。香港撒瑪利亞防止自殺會有意聯絡商業機構，組織防止自殺「特別之帽」隊，成立「SP傳訊事務室」，集合參與機構和其義工隊的力量，提供一站式綜合防止自殺服務第4個服務層次。

45年來首度大型籌款活動由2005年6月尾開始至9月尾結束，透過出售「愛生命」券籌款，籌得的所有經費將幫助求助者重覓《生》機及加強宣傳和推廣珍惜生命的訊息；其次，可藉此行動鼓勵大眾常關愛他人、多疼錫自己，宣揚互愛的訊息。

從傳媒及政府新聞處大力協助，於2005年1月1日至2006年4月30日，「與你同步」的三十秒廣東話宣傳聲帶，在深夜12時至早上6時播放，提醒大眾在有需要支援的時候，可致電本會24小時求助熱線（2389 2222）求助。本會委員及職員年內亦接受傳媒訪問逾廿次，就著防止自殺問題提供專業意見。

2006年10月29日，香港撒瑪利亞防止自殺會與香港愛樂團於香港大會堂音樂廳合辦《生命禮讚管弦夜》慈善音樂會，期望透過悠揚的古典樂曲，向公眾宣揚正面的生命觀。

6.5 External Training and Development

*Ms. Chan Wing Shuen
Training Officer*

Introduction

The Samaritan Befrienders Hong Kong (SBHK) established its Training and Development Division in 2005. The division aims to share with the public our thoughts and experience in suicide prevention so as to disseminate the awareness of cherishing life and care for others as well as the skills in listening and crisis handling to the community through public training and education activities.

Professional Certificate Programme in Counseling and Suicide Prevention

Based on market needs, the first public training course - Professional Certificate Programme in Counseling and Suicide Prevention - with Specialization in Telephone Counseling Skills was launched in February 2006. The programme aims to equip participants with basic knowledge and skills in counseling and suicide prevention in order to be able to help and support those who are suffering and in psychological crisis.

The programme, of 6 month duration on a part-time basis, is built on a 5 module structure, consists of 20 3-hour sessions.

The market response was encouraging. The programme ended up with an enrollment size of 43, including 13 SBHK hotline volunteers. Of the participants, some 80% possess a higher education qualification, with the majority came from education and health care sectors.

The programme was conducted by professional psychiatrists and psychologists, experienced counselors, social workers and senior hotline volunteer workers of the SBHK as well as facilitated by a group of demonstrators and groups leaders in role practical and play sessions.

In response to market needs, the 2nd intake of programme is scheduled in the second half of 2006.

Joint Effort with a Local Health Care Organization on Hotline Volunteer Training

In early 2006, The SBHK entered into a joint effort with a local leading health-care organization in tailor-making a training course for the client organization's volunteer hotline workers. The course, Hotline Volunteers Training Course, aims to prepare the participants with a better understanding of the role, qualities and principles of hotline service, and to help them to build up an objective and accommodating mind as well as a sense of listening and empathy for providing hotline emotional support service to frontline staff of the organization.

Income & Revenue

All net revenues, if any, generated from external training activities will be distributed to the 'Caring Fund' of the SBHK. The purpose of the Caring Fund is to finance our community education in loving one's life and caring other people.

6.5 對外培訓及發展工作

陳穎璇
培訓主任

目的

本會於2005年成立對外培訓及發展部門，目的是透過開辦公開課程讓我們與社會交流及分享防止自殺的心得及經驗，將熱愛生命、關顧他人的意識，及耐心聆聽、危機處理的技巧傳達到社會不同的層面。

輔導與防止自殺專業證書課程

我們搜集外間的意見，在2006年2月份，舉辦了第一屆「輔導與防止自殺專業證書課程 - 專題討論電話輔導技巧及個案研討實習」。此課程是本會首創的大型公開培訓活動，目的使參加者掌握一些輔導和防止自殺的知識和技巧，讓我們有能力關顧自己、有能力關顧及支持身邊人和其他受到情緒困擾的求助者。

本課程為期6個月，共有5個單元，共上課20節，每節3小時，即共60個課時，內容涵蓋了輔導員和其他關顧與助人者在面對不同危機與挑戰下所需的基本知識、技巧和助人者需要具備的個人條件。本課程最特別的地方，是在後面的環節中，特別討論到怎樣將這些知識和技巧，應用到防止自殺和電話輔導的實務工作上。

報名人數十分踴躍，包括13名本會義工和30名外界人士。在43名學員當中，教育程度多為大專程度或以上，佔80%，職業則以教育界及醫護界較多。

導師方面，此證書課程聘請了專業精神科學家、臨床心理學家、資深專業輔導員及本會的資深熱線義務輔導員，並由一批經驗豐富的輔導訓練組長協助示範、角色扮演及實習的環節。

由於反應熱烈，第二屆「輔導與防止自殺專業證書課程」定於2006年下半年度繼續舉辦。

為本港醫護機構而設的熱線義工培訓課程

本會於2006年初與本港一個主要的醫護組織達成協議，合作開辦一項「熱線義工培訓課程」，這個專為該機構義工而設的課程將於2006年中舉辦，目的是讓該機構的義務助人者了解義工助人的原則及角色、建立客觀及關愛的態度和掌握熱線輔導的基本知識與處理個案的技巧，再通過角色扮演和個案分享的實踐環節，讓學員建立獨立處理求助電話個案的信心與能力，為該機構的前線醫護人員提供熱線情緒支援服務。

收入及運用

本會舉辦公開培訓活動的學費收入如有盈餘，將會全數撥入本會「關懷身邊人基金」，以加強本會的社區教育工作，向社會播下熱愛生命、關懷他人的種子。

FIGURES ABOUT SUICIDE IN HONG KONG 2005

Mr. Jonathan Wong

From Jan 1, 2005 to Dec 12, 2005, Hong Kong's populations stood at approximate 6,970,800 with 3,333,600 male (48%) and 3,637,200 female (52%) according to statistics from the Census and Statistics Department. The Coroner's Court reported that 967 people committed suicide and subsequently died during that same period, which included 458 suicide deaths where autopsy and death investigations were not ordered. This figure marked the decrease in number of 220 deaths compared with 1187 deaths in 2004 (see table 7.6).

The suicide rate was 13.87 in 2005, indicating 13.87 people committed suicide and died out of every 100,000 in Hong Kong, which was down by 3.37 from 2004, approximately there were 2 to 3 people who committed suicide and died everyday. The suicide rate for male was 18.3, down by 4.7 from 2004, and the suicide rate for female was 9.7, down by 2.1 from 2004 (see table 7.2). It is joyful to see that the suicide rate decreased to 13.87 in 2005, while the global suicide rate standing at 14.5 per 100,000. Interestingly, the suicide rate of all age group generally decreased while only the age group between 50 and 59 increased to 57 deaths, up by 8 from 2004. It reached the highest number compared with the past. Such an increase in this particular age group is alarming and distressing, specific attention and care should be paid on them.

Similar with the previous years, the suicide rate for male stood high at 18.3, while the suicide rate for female was 9.7. The male to female ratio was 1.9:1. They chose seriously fatal means to end their lives such as jumping from building. Among the suicide deaths, 70 years old or above was the highest among all age group in 2005 (see table 7.1). This was not consistent with the phenomenon of previous years that the age group between 40 and 49 usually marked the highest number in suicide death in the past. This figure still revealed that the elderly were still experiencing a certain kind of life stress such as physical and mental health despite the improving economy and positive political environment in Hong Kong. Suicide is never an isolated event manipulated by single factor, further study and effort towards the suicide prevention on the elderly are of importance.

It is observed that among the suicide deaths, 19.4% was unemployment, down by 9.8% from 2004 and 8.6% was retiree, down by 3.5 from 2004 (see table 7.3). This figures suggested a correlation between unemployment rate and suicide number. Undoubtedly, the booming economy and stable political environment pose a positive impact to all aspect of Hong Kong people. On top of these, with the increased awareness on mental health and social support as well as the collaborative suicide related work provided by different organization in Hong Kong, they all contribute to such a favourable outcome in the decrease of suicide rate.

In the following, suicide statistics are presented in accordance with 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 2005, there were 19 teenagers below the age of 19, who committed suicide successfully. The suicide rate was 1.32. The male to female ratio was 1.3:1 (see table 7.2). The suicide rate for males was higher than that for females. The suicide rate for this age group was 1.32 in 2005, down by 1.18 from 2004. The number of suicide came down from 36 in 2004 to 19 in 2005. Among the 19 deaths in 2005, in terms of the suicide means, 17 ended their lives by jumping from building, while 1 hung him and 1 took carbon monoxide poisoning (see table 7.1). Jumping from building was the most common suicide means and accounted for 89.4% in this age group. This revealed that they tended to choose a fatal and determined means to end their lives. Although the number of suicide decreased obviously in 2005, there were still 5 deaths between the age 10 and 19 related to mental deaths (see table 7.4), which is the same compared with that 2004. Suicide among secondary school students with depression and mental disorder has been becoming a major concern in Hong Kong. Teenagers are our future. The better understanding and awareness, the teachers, social workers, parents and students have, the effective early detection and intervention for suicide can be facilitated.

Are: 20 to 59 years old

In 2005, there were 651 people, who committed suicide and died in this age group, accounting for 67.3% of the total number of suicide deaths and down by 6.7% from 2004 (see table 7.1). The suicide rate was 14.6 and the male to female ratio was 2:1 (see table 7.2). Among the deaths, 47.9% were attributed to jumping from building, while 29.6% took carbon monoxide poisoning and 18.2% hung themselves.

Among the 651 deaths in this age group, 23.5% (163 people) were unemployed at the time of their deaths, this was down by 13.2% from 2004 and 68.7% were male (see table 7.3a). In general society, men are supposed and expected to be financial pillar in the family. It is believed that the unemployed people, especially men, suffer from more emotional and psychological distress when they do not receive appropriate and adequate support from their network. Besides, unemployment can trigger consecutive problems such as personal, family and social problem. This figure once again brings an attention to the government to pay more to this group of people.

Age: 60 years old or above

In 2005, 294 people committed suicide and died in this age group, accounting for 30.4% of the total number of suicide deaths and up by 1% from 2004, the suicide rate was 26.7, down by 6.1 from 2004 and the male to female ratio was 1.7: 1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal one such as jumping from building, indicating 163 deaths (55.4%) in this age group (see table 7.1).

There were 37 deaths (22.2%) in this age group, who were associated with some kinds of mental disorder out of 167 deaths (see table 7.4). In fact, many studies showed that numbers of factors are attributed to suicide in late life, including pressure of psychological illness particularly in depressive disorder and physical illness. In addition, a recent report stated that more than 70% of elderly people consulted a doctor within one month of their suicide. It suggested that contact with health care professionals could be a crucial venue for late suicide prevention. This also provided an insight that early detection in terms of their psychological and physical illness could facilitate the suicide prevention strategies effectively.

Suicide statistics according to means of committing suicide

In 2005, there were 493 people, who committed suicide by jumping from building, accounting for 50.9% of the total number of suicide deaths and up by 6.4% from 2004. 217 people died from hanging themselves, accounting for 22.4% of the total number of suicide deaths and up by 0.9% from 2004. 194 people died from carbon monoxide poisoning, accounting for 20% of the total number of suicide deaths and down by 4.9% from 2004 (see table 7.1).

Most people chose to end their lives by jumping from building; it was consistent with the past and also became the commonest means to committing suicide. One thing worth noticing is that carbon monoxide poisoning came in third place while hanging was in second place in 2005. Charcoal-burning suicide (carbon monoxide poisoning) came to the attention by media widely and excessively reporting the first single case in 1998 in Hong Kong, this suicide means suddenly became the third most common method of suicide in Hong Kong. More to this situation, it had recorded the second place since 2001. Previous studies demonstrated that inappropriate and excessive media reporting as well as portraying this means as an easy, romantic and painless way out resulted in the copycat effect to the public. It is believed that media had an intense effect and in turn popularised such suicide behaviour. It is good to see that the number of suicide death by this means came down in the past years, this might also make an implication on the effect of the decreasing media report regarding this suicide means.

Suicide statistics: grouped by occupation

In 2005, 188 people who committed suicide were unemployed, accounting for 19.44% and down by 9.8% from 2004. Retired persons came in second place with 83 deaths, accounting for 8.6% and down by

3.5% from 2004. Housewives followed with 70 deaths, accounting for 7.23% and down by 3.97 from 2004 (see table 7.3a). Although the suicide deaths among unemployed persons decreased, there were 458 deaths were the unclassified category, which an autopsy and death report were not sought. The dramatic increase from 187 in 2004 to 458 to 2005 certainly make a challenge to draw the conclusion on the decrease in the number of suicide in unemployed person, while the unclassified category was not taken into account.

Hong Kong had an unemployment rate of 5.3% in 2005. The number decreased 1.5% from 6.8% in 2004. The under-unemployment rate decreased from 3.3% in 2004 to 2.8% in 2005 (see table 7.3b & 7.3c). Hong Kong's economic status improved remarkably in the recent year and this was believed to be one of the major factors that resulted in the decrease of suicide death. Nevertheless, Hong Kong people were enjoying the economic prosperity and growth, the unemployment group still made up the majority of total suicide deaths, with the collaborative service provided by different organization to relieve the tension from unemployment group in Hong Kong such as targeted counselling service and over-indebtedness rearrangement. It is hoped that the suicide rate in this group will come down even more.

Suicide Statistics: grouped by mental disorders

In 2005, 167 suicide deaths were associated with some kind of mental disorder, accounting for 17.3% of the total number of suicide deaths, down by 6.2% from 2004 (see table 7.4). Among 167 deaths, 84 deaths (50.3%) were male and 83 deaths (49.7%) were female. Most of them committed suicide by jumping from building with 97 deaths, accounting for 58.1%. 27 people hung themselves, accounting for 16.2% and 17 people took carbon monoxide poisoning, accounting for 10.2%.

Mental disorders are highly prevalent in the suicide deaths. A recent study found that mood disorder conferred a nearly 60-fold increased risk of dying by suicide for adult 60 years or older in Hong Kong. Mental health has been becoming a growing concern in such a competitive city of Hong Kong. Therefore, the better understanding, awareness and education on mental health would play a paramount role to help those people with mental disorder who are less potentially to take suicide as a way out for their obstacles.

Unknown or Unidentified Suicide Cases

25 suicide deaths were categorised as "injury undetermined, whether accidentally or purposely inflicted" in 2005, down by 14 deaths in comparison with 39 deaths in 2004. Among the 25 deaths, 12 people died by drugs poisoning, while 7 people died of drowning (see table 7.5)

Suicide cases without an autopsy being ordered

The total number of suicide deaths was 967 in 2005, including 458 deaths where an autopsy and deaths report were not sought, and this figure increased from 187 in 2004 to 458 in 2005 (see table 7.6). These uncategorised suicide deaths may lead to the difficulty to draw a presentable conclusion, as it almost accounted for half of the total suicide deaths.

Conclusion

In 2005, there were 967 people, who committed suicide and died with male 614 deaths (63.45%) and female 353 deaths (36.5%). The suicide rate was 13.87 per 100,000, down by 3.37 from 2004. The ratio of male to female was 1.9:1, which was the same as that 2004. Jumping from building was still the commonest suicide means (50.9%), hanging came in the second place (22.4%) and carbon monoxide poisoning took the third place (20%). Among the suicide deaths, 19.4% of the people were unemployment and 17.3% of the deaths were related to some kinds of mental disorder.

Suicide has become a growing public concern in the world; it has also brought an unaccountable loss in our community. In addition, suicide is well known as an indicator of mental health and social well-being. In our highly competitive society of Hong Kong, the causes of making people to committing suicide are varied in nature, but unemployment, economic hardship, limited social support, tragic event, unresolved stress and mental illness are always considered as contributing factors. In the recent years,

mental health problem such as depression has become a much-discussed issue and is regarded as one of the risk factors causing people to have suicide behaviour. In the 21st century, advancement in medicine may keep us live longer, the use of Internet may shorten our geographical distance, high technology may make more convenient in our daily life, but ironically these do not guarantee a higher quality of mental health well being in our life. Alienation, isolation and estrangement weaken the support in interpersonal relationship. Stressful life, broken relationship, competitive society and a lack of social support network make people become less resilient to cope with life situation and in turn worsen people's mental health. It is a crisis of the 21st century and many indications tell that the future may bring a striking increase in mental health problem. It is certain to see the reduction in suicide rate in the foreseeable future, if the mental health awareness and education, early detection of mental disorder, and supportive community network can be enhanced and promoted.

In the past few years, Hong Kong people enjoyed the improvement of economy and relatively stable political status. With a collaborative and multi level approach being initiated by suicide prevention and intervention organization in Hong Kong, such as life education service, hotline service and crisis intervention with out reaching service by the Samaritan Befrienders Hong Kong, it is very encouraging to note that the number of suicide deaths has dropped down. "Prevention of suicide is everybody's business" was the slogan for the World Suicide Prevention Day on 10 Sept 2005. In reaction to the rapidly changing world, suicide prevention has become a more challenging task. In our society, every of us have an unique position in participating the effort to make people around us live happier and bring them the courage and hope to tackle adversity. Comrade! Your every little work for the brighter and prosperous future is paramount. Let's work together and go for it!

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香港自殺數字統計分析

黃遠青 先生著
陳鳳明 小姐譯

根據香港特別行政區政府統計處資料顯示，2005年1月1日至2005年12月12日止，香港人口有6,970,800，當中男性佔了3,333,600人(48%)，女性佔3,637,200人(52%)。而死因裁判法庭報告於此段期間共有967人企圖自殺並引致死亡，當中包括458宗是毋須經過死因調查而經證實的自殺死亡個案。相比2004年1187宗自殺死亡人數，2005年明顯下降220宗。

2005年的自殺率是13.87，這說明香港每10萬人口中，有13.87人死於自殺。比較2004年，2005年的自殺率下降3.37，大約每天有2至3之人士來電 士來 18.3，比較2004年下降4.7，女性自殺率為9.7，比2004年下降2.1(見表7.2)。當全球的自殺率仍維持14.5的時候，香港自殺率於2005年大幅下降至13.87，實在是一件值得欣喜的事。特別的是，當大部份年齡組別的自殺數字均有下降現象的同時，50-59歲組別人士的自殺死亡數字卻比2004年增加8宗，共有57宗，對比往年，這數字是最高的一年。這組別之自殺數字增加，實在是一個警號，反映出他們是需要大家的關注和照顧。

與去年一樣，男性的自殺率仍高企，是18.3，女性則是9.7，男女自殺率比例是1.9:1。他們均選擇致命性較高的自殺方式，例如從高處墮下。觀乎所有自殺死亡數字，70歲或以上的年齡組別之自殺率是最高的一群(見表7.1)。這數字顯然與上年的現象有所不同，2004年以40-49歲年齡組別的自殺率為最高，跟以往多年的情況相同。這數字顯示出長者儘管在香港的經濟和政治均有好轉的情況下，仍正在經歷一連串的生活壓力，例如生理和心理的健康都是他們需要面對的難題。自殺永遠不是由單一原因引起的事情，進一步深入的研究和實踐將會是預防長者自殺的一個重要工作。

從自殺死亡數字中得知，有19.4%是失業人士，較2004年減少9.8%。另外有8.6%是退休人士，相比2004年亦減少了3.5%(見表7.3)，此數字透露了失業率與自殺數字的關連。無疑，經濟好轉和轉趨穩定的政治環境為香港造就了一個正性的影響，除此之外，最重要的還是在香港有著不少社會服務機構向大眾加強精神健康教育以及提供相關的支援服務，這些都是有效令自殺率下降的有利因素。

按年齡組別、性別分組的自殺統計數字

年齡：0-19 歲

2005年，有19名0-19歲之年青人自殺身亡，自殺率為1.32。該男女比例為1.3:1(見表7.2)。男性自殺率比女性的為高，對比2004年，2005年的1.32自殺率下降了1.18，由2004年的36宗下降至2005年的19宗，從這19宗的自殺方式來說，當中的17宗是由高處墮下、1宗吊死、一宗吸入一氧化碳(見表7.1)。而由高處墮下是一項較普遍的自殺方式，佔這年齡組別的自殺數字的89.4%，這亦反映他們傾向採用較高致命性的自殺方式來了結生命。雖然2005年自殺數字有明顯下降，但仍然有5名年齡介乎0-19歲的自殺死亡青年與精神異常有關(見表7.4)。這與2004年情況一樣。中學生患上抑鬱症或其他精神病而引致自殺死亡的事件似乎已成為本港一項值得關注的問題。青年人是我們未來的主人翁。教師、社工、父母和學生本身如有更佳的理解和覺察，將會更有效地察覺及介入。

年齡：20-59 歲

2005年介乎20-59歲年齡組別中，共有651宗自殺死亡，佔總自殺人數的67.3%，較2004年下降6.7%(見表7.1)，而男女比例是2:1(見表7.2)。在其中的自殺死亡數字中，有47.4%選擇由高處墮下來結束生命，29.6%採取燒炭方式，而18.2%則採用吊死方式。

此年齡組別的651宗死亡個案中，有23.5%(163人)是處於失業狀態，較2004年下降13.2%，當中68.7%是男性(見表7.3a)，在一般社會裡，男性被期望成為家庭經濟支柱，更加令人相信失業人士，特別是男性，如果在其生活網絡中未能獲得合理及足夠的支持，將會造成情緒和心理上很大的衝擊。除此之外，失業亦會引致個人、家庭以及社會問題。這數字正反映他們是需要更多的關注。

年齡：60歲或以上

在2005年，有294名60歲以上人士自殺身亡，佔總自殺數字的30.4%，較2004年有1%上升，自殺率是26.7，相比2004年下降了6.1，男女比例是1.7:1（見表7.2）。而此組別的自殺方式以致命性較高的由高處墮下佔大多數，共有163宗，是此年齡組別自殺死亡數字的55.4%（見表7.1）。

此外，此組別中有37宗（22.2%）處於精神異常狀態（見表7.4）。事實上，很多研究報告都指出晚年自殺的原因，包括一些心理疾病，特別是處於抑鬱症狀及生理疾病當中。加上，最近有研究指出有70%以上的自殺身亡長者於自殺前一個月內曾求醫，因此，醫護的專業人員可能就是長者們晚期預防自殺工作的重要人物。這就是說，如能向長者灌輸及早關注心理及生理疾病的話，便能更有及更策略性地有效地去推動防止自殺的工作。

按自殺方式分組之自殺統計數字

2005年共有493人採用由高處墮下的自殺方式來結束生命，佔總自殺人數的50.9%，較2004年上升6.4%。另外，有217人是採取吊死的自殺方式，佔總自殺人數的22.4%，較2004年亦上升了0.9%。194人則死於吸入一氧化碳，佔總自殺人數的20%，相比2004年下降4.9%（見表7.1）。

大多數人選擇由高處墮下的自殺方式來結束生命，一如以往這是一種最普遍的自殺方式。第二位的自殺方式為吊死，而吸入一氧化碳的自殺方式卻成為第三位。自從1998年香港的第一宗燒炭自殺新聞經傳媒廣泛報導之後，燒炭瞬間成為一種普遍的自殺方式，當時頓成為第三位的自殺方式。到了2001年，燒炭已經成為第二位的自殺方式。以往曾有研究指出由於傳媒不正確及氾濫的報導，將燒炭繪畫成容易、浪漫及無痛的自殺方式，形成了一陣模仿熱潮。過去幾年燒炭自殺的數字漸漸減少，正反映出與近年傳媒減少報導此種自殺方式有關。

按職業分組的自殺統計數字

2005年共有188名自殺死亡者為失業人士，佔自殺死亡數字的19.44%，較2004年下跌9.8%。第二位是退休人士有83名自殺死亡者，佔8.6%，較2004年下降3.5%。家庭主婦則有70名自殺死亡者，佔7.23%，較2004年下跌3.97%（見表7.3a）。由於2005年仍有458宗是沒有經過死因調查而證實死於自殺，因此是未被分類。比起2004年的187宗，2005年激增至458宗，對於分析工作來說實在是一項挑戰。雖然失業者的自殺死亡數字有所下降，但鑒於有頗多未被分類的個案，未知有否更多的失業自殺者未被統計進去。

於2005年香港的失業率是5.3%，這數字較2004年下跌6.8%。而2005年就業不足率則由2004年的3.3%下降至2.8%（見表7.3b及7.3c）。香港經濟於近年明顯改善，相信這也是有效減少自殺數字的一大原因。當香港人在享受經濟復甦的同時，仍有為數不少的失業人士走向自殺之路，如果香港不同的機構能向失業者的提供紓解壓力的服務，例如心理輔導或債務重整服務的話，可望能於未來進一步減少失業者的自殺率。

按精神病分組的自殺統計數字

2005年共有167宗自殺死亡是與精神疾病有關，佔自殺死亡人數的17.3%，較2004年下調了6.2%（見表7.4）。在這167宗自殺死亡當中，84宗（50.3%）是男性，而83宗（49.7%）是女性。大多數的自殺者都採用從高處墮下，佔總自殺死亡人數的58.1%。另外有27人是吊死（佔16.2%），有17人採用吸入一氧化碳而自殺身亡，佔10.2%。

在眾自殺死亡個案之中，精神疾患是有極高的普遍性。最近一項研究指出香港60歲或以上的長者，若患上情緒病的自殺危機將比一般同齡長者高60倍。在香港這個充滿競爭的城市裡，精神健康漸漸成為一個值得關注的話題。因此，若能對精神健康有更好的認識、覺醒和教育，才可更有效幫助精神疾患人士，使其不致於利用消極的自殺方法去解決困難。

未能確定是否蓄意自殺的死亡數字

在2005年，有25宗死亡數字被列入不能確定是不蓄意自殺的死亡，較2004年的39宗下降了14宗。在這25宗中，有12人死於服食毒品，有7人為溺斃（見表7.5）。

毋須進行死因調查的死亡數字

2005年的總自殺數字為967宗，包括458宗為沒有解剖及死因調查的自殺死亡個案，較2004年的187宗上升至458宗(見表7.6)。接近一半的自殺數字未被調查及分類，實在令自殺數字分析增加難度，亦難以定下一個較整全的總結。

總結

於2005年共有967人死於自殺，當中有614人是男性(63.45%)及353人是女性(36.5%)，男女比例是1.9:1，與2004年相若。自殺率是13.87，較2004年下降3.37。自殺方式來說，最普遍的方式是從高處墮下(50.9%)，吊死則成為第二位的自殺方式(22.4%)，吸入過量一氧化碳成為第三位(20%)。於眾自殺數字中，有19.4%是失業人士，另外有17.3%的自殺者與精神疾病有關。

在現今世界上，自殺已經漸漸成為公眾所關注的事，同時自殺亦為社會帶來無可估計的損失。而自殺率可說是精神健康及社會安康的一個指標。在香港這個具有頗大競爭性的社會，導致一個人走上自殺之路，往往有很多不同的原因，例如失業、經濟困難、有限的社會支援、悲劇事件、難以疏解的壓力以及精神疾病。在最近幾年，精神健康問題例如抑鬱症已經成為談論的焦點，被認為是令人引起自殺行為的一個危險因素。21世紀當下，先進的醫療藥物使人類的生命延長，而互聯網的使用令人的距離拉近，高科技的發展更令生活變得便利，但諷刺地這一切都無法令人的精神健康質素提高。疏離、孤立及疏遠均損害人際間的關係和支援。生活壓力、關係破裂、社會競爭以及欠缺支援網絡亦令人們在處理生活困境時變得欠缺彈性，使人們的精神健康變得更壞。很多說法指出21世紀將會出現一個危機，就是精神健康問題的爆發。為了有效減少未來的自殺率，提高精神健康的意識和教育、促進和提升對精神疾患的警覺以及加強社區支援網絡都是重要的工作。

在過去幾年，香港人正享受著經濟好轉和政治漸趨穩定的日子，再加上有一些機構提供防止自殺及自殺危機介入服務，例如香港撒瑪利亞防止自殺會全面提供生命教育服務、24小時熱線服務以及自殺危機介入及外展服務，這年度自殺率驟降對他們的工作來說起著一個最大的鼓舞作用。於2005年9月10日舉行的世界防止自殺日的口號是「防止自殺是屬於每一個人的事」。世界急速在轉變，相對防止自殺工作亦成為一項極具挑戰性的工作。在屬於大家的社區裡，我們每一位都積極令人們的生活快樂起來，並為正在面對困境的人們帶來鼓勵和希望。同工們，你的每一項小小的事工都能夠為人們帶來更光明和進步的將來。讓我們一起繼續為此努力和前進吧！

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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	2005													2004		2003	
		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	
2005	火器 Firearms	M					1						1		2		0	
		F											0	1	0	2	0	0
	藥物 Drugs	M			1	1	3			2			8		11		7	
		F		2		3			2				7	15	13	24	15	22
	毒藥 Poisons	M							1	2			4		17		7	
		F				1	1			5			8	12	10	27	8	15
	吊死 Hanging	M		1	10	19	20	34	21	36	2		143		170		173	
		F			6	5	14	11	7	31			74	217	86	256	73	246
	由高處墮下 Jumping from a height	M		9	42	53	44	46	30	71			295		322		335	
		F		8	30	38	25	34	19	43	1		198	493	206	528	182	517
	氣體中毒 Gas Fatality	M											0		1		0	
		F											0	0	0	1	0	0
	一氧化碳 Carbon Monoxide	M		1	15	43	55	21	5	2			142		209		240	
		F			10	17	13	9	2	1			52	194	87	296	87	327
	淹死 Drowning	M			1		1	2		2			6		14		22	
		F					1	1	1	3			6	12	15	29	20	42
利器 Sharp instruments	M			1	1	1	3	1	1			8		3		8		
	F				1	2		1				4	12	2	5	1	9	
其他 Others	M					2	1	2	2			7		14		11		
	F					2	1	1				4	11	5	19	6	17	
2005	小計 Sub-total	M	0	11	70	118	124	111	60	118	2		614					
		F	0	8	48	62	61	57	31	85	1		353					
	總計Total		0	19	118	180	185	168	91	203	3		967					
2004	小計 Sub-total	M	1	25	112	130	154	123	71	146	1			763				
		F	0	10	68	77	88	49	39	93	0			424		1187		
	總計Total		0	35	180	207	242	172	110	239	1							
2003	小計 Sub-total	M	1	13	119	146	193	122	82	126	2						803	
		F	0	16	48	61	83	54	36	94	0						392	
	總計Total		0	29	167	207	276	176	118	220	2							1195

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	2005				2004				2003			
	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	0	0:0	0	0.3	0	0:0	0.17	0.0	0.0	0:0	0.0
10-19	2.4	1.9	1.3:1	2.17	5.6	2.3	2.4:1	4	2.9	3.8	0.8:1	3.3
整體人口 Subtotal Population	1.5	1.2	1.3:1	1.32	3.4	1.4	2.5:1	2.5	1.7	2.2	0.8:1	1.9
20-59	15.6	9.8	1.6:1	12.55	24.9	14	1.8:1	19.3	26.3	9.9	2.7:1	17.8
30-39	23.4	9.2	2.5:1	15.27	25.2	11.3	2.2:1	17.25	27.6	8.8	3.1:1	16.9
40-49	19.2	8.3	2.3:1	13.43	24	12.4	1.9:1	17.86	20.2	12.0	2.5:1	20.8
50-59	23.5	12.0	2:1	17.71	28.1	11.2	2.5:1	19.6	29.2	13.3	2.2:1	21.4
整體人口 Subtotal Population	20.4	9.6	2:1	14.6	25.4	12.2	2.1:1	18.4	28.5	10.8	2.6:1	19.2
60+	23.7	13.4	1.8:1	18.79	28.2	17	1.7:1	22.9	32.8	15.7	2.1:1	24.7
70+	42.8	25.0	1.7:1	32.97	56.4	28.8	2:1	41	50.5	30.0	1.7:1	39.1
整體人口 Subtotal Population	33.6	20.3	1.7:1	26.7	42.5	23.9	1.8:1	32.8	41.6	24.0	1.7:1	32.5
全年整體人口 Total Population	18.3	9.7	1.9:1	13.87	23.0	11.8	1.9:1	17.2	24.3	11.1	2.2:1	17.5

Calculation: The Samaritan Befrienders Hong Kong *Suicide Rate equals to number of suicide death per 100,000 population per year

*自殺率等於每100,000人口每年自殺死亡的人數

資料計算：香港撒瑪利亞防止自殺會

(Table 7.3a) The Number of Suicide Death in Hong Kong 2005 (By Occupation)
(表7.3a) 香港自殺死亡數字(按職業分組)

年份Year 職業 Occupation	2005 年齡組別 Age Groups											2004		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	小計	Total
學生 Student	M		4	2							6		14		13	
	F		5								5	11	8	22	15	28
教師 Teacher	M					1					0		2		1	
	F				1						1	1	0	2	1	2
失業者 Unemployed	M		2	12	31	30	39	11	5		130		254		330	
	F		1	15	14	13	9	2	4		58	188	93	347	112	442
家庭主婦 Housewife	M										0		0		0	
	F				8	13	15	12	22		70	70	134	134	134	134
藍領階層 Blue Collars	M			3	9	2	3		1		18		26		59	
	F						1				1	19	8	34	7	66
白領階層 White Collars	M		1	2		3	1				6		18		22	
	F			4	1	2					8	14	19	37	22	44
病人 Patient	M										0		2		0	
	F										0	0	2	4	0	0
紀律部隊 Disciplinaries	M			1	2	2	2				7		5		11	
	F										0	7	1	6	2	13
商人 Business Man	M				2	5	1				8		29		29	
	F										0	8	5	34	3	32
退休人士* Retired Person	M					1	4	16	44		65		120			
	F						1	2	15		18	83	24	144		
未能分類** Unclassified	M		5	36	53	62	47	31	65	1	300		126		27	
	F		1	19	27	26	29	15	41		158	458	61	187	16	43
其他 Other	M			14	21	19	14	2	3	1	74		167		311	
	F			10	11	7	2		3	1	34	108	69	236	80	391
小計	M	0	11	70	118	124	111	60	118	2	614		763		803	
Sub-total	F	0	8	48	62	61	57	31	85	1	353	967	424		392	
總計Total		0	19	118	180	185	168	91	203	3	967	967	1187	1187	1195	1195

Source: Coroners Court 資料來源：死因裁判法庭

* New category added in since 2004
** The total number of suicide cases in 2005 were 967 which included 458 suicide cases without death investigation report ordered.

(Table 7.3b) The underemployment Rate of Hong Kong (By Sex and Age)
(表7.3b) 香港就業不足率(按性別及年齡分組)

年份 Year	性別 Sex	年齡組別 Age Groups						合計
		15 -19	20 - 29	30 - 39	40 - 49	50 - 59	60+	Overall
2005	M	5.2	2.6	2.4	3.8	4.5	3.1	3.3
	F	4.1	0.9	1.0	2.8	4.3	3.1	2.0
	合計 Overall	4.7	1.8	1.7	3.4	4.4	3.1	2.8
2004	M	5.6	3.4	3.1	4.3	4.5	3.2	3.8
	F	4.5	1.3	1.4	3.7	5.5	4.6	2.6
	合計 Overall	5.1	2.4	2.2	4.0	4.8	3.4	3.3
2003	M	7.1	3.6	3.4	4.9	4.3	2.9	4.1
	F	5.7	1.7	1.7	3.8	5.2	4.5	2.8
	合計 Overall	6.4	2.6	2.5	4.4	4.6	3.3	3.5

"Source: General Household Survey Section (2), Census and Statistics Department"

資料來源：政府統計處綜合住戶統計調查組(二)

(Table 7.3c) The unemployment Rate of Hong Kong (By Sex and Age)
(表7.3c) 香港失業率(按性別及年齡分組)

年份 Year	性別 Sex	年齡組別 Age Groups						合計
		15 -19	20 - 29	30 - 39	40 - 49	50 - 59	60+	Overall
2005	M	24.4	8.2	4.6	5.7	7.7	4.1	6.5
	F	18.8	4.4	3.1	4.6	5.6	2.4	4.4
	合計 Overall	21.9	6.2	3.8	5.2	7.0	3.8	5.3
2004	M	29.0	9.1	5.6	6.7	9.4	6.5	7.8
	F	22.8	4.8	4.1	6.2	7.4	3.2	5.6
	合計 Overall	26.2	6.9	4.9	6.5	8.7	5.9	6.8
2003	M	32.7	11.6	7.1	8.0	10.6	5.1	9.3
	F	27.3	6.0	4.9	6.4	6.8	2.2	6.2
	合計 Overall	30.2	8.8	6.0	7.3	9.4	4.5	7.9

"Source: General Household Survey Section (2), Census and Statistics Department"

資料來源：政府統計處綜合住戶統計調查組(二)

(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	2005 年齡組別 Age Groups												2004		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	小計	Total
2005	火器 Firearms	M										0	0	0	0	0	0
		F										0	0	0	0	1	0
	藥物 Drugs	M			1	1	1	2				5	9	4	11	3	13
		F			2		1			1		4	9	7	11	10	13
	毒藥 Poisons	M										0	0	1	0	0	0
		F				1	1			1		3	3	5	6	1	1
	吊死 Hanging	M			2	3	2	4	1	3		15	27	17	33	36	53
		F				4	3	3		2		12	27	16	33	17	53
	由高處墮下 Jumping from a height	M		2	6	10	9	12	2	7		48	97	87	176	125	209
		F		3	7	10	8	6	9	6		49	97	89	176	84	209
	氣體中毒 Gas Fatality	M										0	0	0	0	0	0
		F										0	0	0	0	0	0
	一氧化碳 Carbon Monoxide	M			1	6	4					11	17	20	36	33	58
		F				1	2	3				6	17	16	36	25	58
2005	淹死 Drowning	M			1			1				2	5	6	11	4	10
		F					1		1	1		3	5	5	11	6	10
	利器 Sharp instruments	M						1		1		2	6	1	2	2	3
		F				1	2		1			4	6	1	2	1	3
	其他 Others	M							1			1	3	3	5	2	5
		F					1	1				2	3	2	5	3	5
2005	小計	M	0	2	11	20	16	20	4	11	0	84					
		F	0	3	9	17	19	13	11	11	0	83					
	總計Total		0	5	20	37	35	33	15	22	0	167	*167				
2004	小計	M	0	4	41	34	21	21	6	12	0			139			
		F	0	1	18	27	36	21	17	21	0			141			
	總計Total		0	5	59	61	57	42	23	33	0			**280			
2003	小計	M	0	2	30	46	60	35	14	18	0					352	
		F	0	5	20	24	43	24	11	20	0					499	
	總計Total		0	7	50	70	103	59	25	38	0					***352	

Source: Coroners Court 資料來源：死因裁判法庭

* There were 458 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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	2005 年齡組別 Age Groups														2004		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	小計	Total		
2005	火器 Firearms	M										0		0		0			
		F										0	0	0	0	0	0		
	藥物 Drugs	M				3		2				5		3		4			
		F			3		2		2			7	12	8	11	2	6		
	毒藥 Poisons	M							1			1		2		0			
		F										0	1	0	2	1	1		
	吊死 Hanging	M										0		0		1			
		F										0	0	1	1	0	1		
	由高處墮下 Jumping from a height	M					1					1		7		2			
		F										0	1	3	10	1	3		
	氣體中毒 Gas Fatality	M										0		0		0			
		F										0	0	0	0	0	0		
	一氧化碳 Carbon Monoxide	M										0		0		0			
		F								1		1	1	1	1	0	0		
淹死 Drowning	M	2								2	4		8		4				
	F			1			2				3	7	3	11	1	5			
利器 Sharp instruments	M										0		0		0				
	F										0	0	0	0	0	0			
其他 Others	M	2						1			3		4		4				
	F										0	3	0	4	0	4			
2005	小計	M	4	0	0	3	1	2	2	2	0	14							
	Sub-total	F	0	0	4	0	2	2	2	1	0	11	25						
	總計Total		4	0	4	3	3	4	4	3	0		*25						
2004	小計	M	0	0	3	3	4	4	1	9	0			24					
	Sub-total	F	0	1	2	5	3	1	0	3	0			15					
	總計Total		0	1	5	8	7	5	1	12	0			39	**39				
2003	小計	M	0	1	2	1	1	5	1	4	0					15			
	Sub-total	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		

Source: Coroners Court 資料來源：死因裁判法庭

* There were 458 of suicide cases without death in investigation report ordered that excluded the number of above table.

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

*** There were 43 of suicide cases without death in 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	2005											2004	
		年齡組別 Age Groups											小計	Total
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計		
2005	火器 Firearms	M												
		F												
		M												
	藥物 Drugs	F												
		M												
	毒藥 Poisons	F												
		M												
	吊死 Hanging	M			2	6	10	15	12	25	1	71	43	
		F			2	1	5	4	6	19		37	18	61
	由高處墮下 Jumping from a height	M	5	5	26	29	22	22	16	38		158	34	
		F	1	1	15	19	15	23	8	21		102	21	55
	氣體中毒 Gas Fatality	M												
		F												
	一氧化碳 Carbon Monoxide	M	2	8	18	30	10	3	2			71	49	
		F	2	2	7	6	2	1	1			19	22	71
	淹死 Drowning	M												
		F												
	利器 Sharp instruments	M												
		F												
	其他 Others	M												
		F												
2005	小計	M	0	5	36	53	62	47	31	65	1	300		
	Sub-total	F	0	1	19	27	26	29	15	41	0	158		
	總計Total		0	6	55	80	88	76	46	106	1	458	458	
2004	小計	M		5	19	19	25	22	12	24			126	
	Sub-total	F		1	7	13	13	10	7	10			61	
	總計Total												187	187

Source: Coroners Court 資料來源：死因裁判法庭

FIRE LIGHTER

Leung Yin Chun, Emma
Centre-in-charge
Life Education Centre

This is the love between people; this is the respect for life that touches our heart. The Samaritan Befrienders Hong Kong (SBHK), on top of 24-hour hotline counseling service, operates as well the Suicide Crisis Intervention Centre (SCIC) and the Life Education Centre (LEC) for the sake of making such love for people and such respect for life a fire lighter, to bring forth the light of hope to all of us.

There are always prosperities and adversities that make up our life. The work of suicide prevention and life education is to help us to face up to adversities, and to strengthen ourselves to do the best we can.

Works between life education and suicide prevention complement each other. If it is to say that the 24-hour hotline is the "field marshal" who commands in the base; answers incoming calls; provides immediate emotion supports and referral service. Though the hotline service is placed in a single spot, it is however beyond the bounds of location and reaches as far as every corners of our community.

So to say that the SCIC is the "vehicle" which delivers our belief and the fire lighter to wherever that suicidal crisis supports are needed. Working in partnership with the "field marshal" and the "vehicle", life education functions something like that of the "horse" which runs up the fire lighter for a pleasant life, so as to encourage all of us to cope positively with, and to appreciate greatly every single day in life.

The work of life education falls into five areas: outward talks and workshops, volunteer training, community education, suicide prevention resources library, and publications. Among these areas, outward talks and workshops provide a direct channel of communication with students and their parents, and the community as a whole as well. Colleagues of LEC used to discuss with client schools beforehand to work out topics and contents that be appropriate to their students. I recall that it was the other day when we were sharing with students about how to cope with unhappiness and loss. One from the group asked if anything we could do for those classmates who used to destroy themselves for releasing of pain. What showed in the student's face was that of utterly helpless and trembling. My heart was really down at that moment as I was much inspired by his face, but in the meanwhile keenly distressed by the behavior of others.

No one really knows about "pain" unless he or she is suffering. As clients in crisis used to be lonely, self-confined and self-destroyed, we have been therefore sharing real life cases of different natures with participants to let them understand others' sufferings and feelings. For example, Hsing Lin Tsi(杏林子), the late Taiwanese writer, who had been suffered from rheumatoid arthritis for thirty over years since she was twelve. All joints of her body spoilt and in great pain. However, she blamed nobody all the way but dealt with the suffering in a positive manner. She promoted the sense of care in the community with all her heart, and in 1982, she launched the Eden Welfare Fund for Disabled to serve those who need help. This is a real life case to demonstrate the power of education of love and life. As she puts in her work that:

"This is inevitably that pain and tears are part of life, a cure frees us of all the pain of life is to open ourselves for love again and willing to be loved again. Your heart could be opened so long as you open yourself for love; the shadow of pain could be left behind so long as you are willing to love and to give again.

That is why it is of great importance that do not give up the attempt; do not deny ourselves at that very critical moment; do give ourselves a chance of rethinking and try to look into our life from different perspectives in order to prepare for fighting our way forward. By doing these we would find that the pathway of life grows broader and broader. Life is short, it is therefore the value of life lies in the use we make of it, and in the happiness and beauty we make out of pain and tears. In this way brings hope and light to all."

We learn as well while working on life education—we learn how to love; we learn how to realize pains life, and learn how to light ourselves up — to light up the life of others with our own.

The collaboration between life education, suicide crisis intervention and 24-hour hotline aims at complementing each other, so as to enable us to serve people with different needs via different services, i.e. prevention, immediate support and follow-up. All these services are based on a central element, i.e. the love for people and life.

At present our service centers spread over different locations. We have been looking for suitable venue and resources for putting the three service centers together in order to maximum our manpower and other resources for better coordination and an improvement in the overall effectiveness.

I wish all of you join with us, on top of giving supports to us and our works, do also give love to make a fire lighter — to look after our family and friends; to take care of those who tired out; to light up the hope for those who feel hopeless; to let all the world knows that there is always love besides us.

Lastly, please allow me share with you phrases in Cheung Hu Fung's "Black Gauze" as follows:

"Spring flowers wither and fall, but does not the hope of life;
Candles turn ashen, but does not the fire lighter among people."

「火種」

梁燕珍

生命教育中心-中心主任

人世間，最使人觸動的是一份人與人之間的情、是一份對生命的尊重。懷著這份情、這份尊重，本會不但提供24小時熱線輔導，更開展了「自殺危機處理中心」、「生命教育中心」，盼望將這份愛、這份情化為「火種」，在世間燃點希望。

人生的際遇，難免有順逆高低的時候，要能在逆境中從容面對、自強不息，發揮生命的潛力——這正是防止自殺、生命教育的方向。

生命教育與防止自殺的工作，是相輔相成的。若說24小時熱線輔導是我們的「帥」——在基地內運籌帷幄、接聽求助電話、提供即時情緒支援及安排合適轉介，雖只是處於一室，卻是跨越區域，服務全港。

這麼說，自殺危機處理中心便是我們的「車」——不論地區遠近，懷著信念、懷著「火種」，直線前行，支援有自殺意念的人士。

既已有「帥」、有「車」，生命教育便是「馬」，以「日」字為基礎，傳揚積極人生的「火種」，鼓勵大眾以正面態度來回應、來欣賞每一日。

我們現時提供的生命教育服務有五項：外展主題工作坊 / 講座、義工培訓、社區教育活動、防止自殺資源圖書閣及刊物製作等。當中最能與學生、家長及社區人士接觸的，便是外展講座及義工培訓。

生命教育中心的同工會與學校商談，訂定配合學生需要的題目和內容。還記得有一次，當我們到一間中學與同學分享「面對不快、失去」的題目時，有同學詢問若身邊有同學常以自殘來發洩，可以如何協助。同學在表達時的臉容顫動無奈，這一刻，我的心仿被針扎著，為這臉容而感動、為同學的行為而心痛。

「苦痛」一詞，我們不能空言明白，因為當事人正陷在自困自傷的局面，所以生命教育中心的同工會以不同的真人真事來與參加者分享，例如：一位自12歲起便患有「類風濕關節炎」以致全身關節損壞疼痛的台灣作家「杏林子」，她被病痛折磨了三十多年，卻沒有怨天尤人，相反，她積極推動社區關懷，於1982年創辦「伊甸殘障福利基金」，服務有需要人士，活生生地展現愛的教育、生命的教育。在她的作品中，曾寫著：

「的確，每個人的生命當中免不了會有很多的創痛，很多的眼淚，而醫治創痛最好的方法，就是再度接受愛與被愛，只有你再度去接受人家的愛時，你才能打開你的心；只有你再度去愛、去付出時，才能把創痛的陰影遠遠拋置身後。

最重要的是不要輕易放棄自己，不要在那個關口否定自己，給自己一點調適的機會，嘗試從另一個角度審視我們的生命，重新規畫再起的契機。我們將會發現，人生的道路無限寬廣，肉體的生命有限，如何從有限的生命中活出無限的價值，從創痛和眼淚中體會生命的喜悅和美好，並且帶給自己乃至周遭的朋友一些幫助和亮光。

有一天我們都會老，身體會衰微，可是就像莎士比亞說：「善走的腿會跌倒，挺直的背會僵僵，黑髮會變白，捲曲的頭髮會變禿，美好的容顏會消逝，但一顆善良的心如貫日月，好像太陽一般照耀，永不改變。」（摘自：尋找生命的座標）

在推動生命教育的同時，我們亦同時是在學習——學習去愛、學習去體會人間疾苦、學習燃點自己——以生命來影響生命。

生命教育、自殺危機處理及24小時熱線輔導三項服務的整合，正是互相補足，在預防、在支援、在補救的層面上，為不同需要的人士提供服務，而串連起我們、串連起大眾的重要元素——就是一份對人、對生命的情。

現時，本會的服務中心分散在不同的地區，我們正密切尋找合適的地方、資源，讓本會的三項服務可以合而為一，以至人手、資源可以有更大的協調和發揮。

心願大家與我們結連，不單只支持本會的事工，更是獻出心中的情，作為手上的「火種」——守望身邊人、關懷疲乏者，為灰心失落者燃點希望，同証人間有情。

最後，讓我以張曉風在「黑紗」中的句子作為總結：

「春花可以凋謝，不凋的是天地間的生機；
蠟炬可以成灰，不熄的是人間的火種。」

TITBITS 活動花絮

HOTLINE CENTRE 熱線中心



■ 關心傳訊大行動
Show Your Love Program



■ 2005 年熱線中心退修營
Retreat Camp 2005



■ 澳門交心遊
Exchange tour in Macau



■ 2005 年 AGM
AGM 2005

LIFE EDUCATION 生命教育中心



■ 「親子傾情遊戲日」
Family Game Day



■ 珍惜生命大使探訪頤養院
Life Ambassadors - social services



■ 「前線加油站」研討會
Frontline Services Sharing Seminars



■ 專題講座
Life Education Talk

SUICIDE CRISIS INTERVENTION CENTRE 自殺危機處理中心



■ 危機中心危險關顧計劃的成員在分享關顧工作的經驗和心得
Experience Sharing among Crisis Carer



■ 本會委員及危機中心接受商業電台的訪問，介紹本會及危機中心服務
Service Introduction in the program of "The Way We Are" of the Commercial Broadcasting Co. Ltd.



■ 中國青年政治學院社會工作與管理學系到本會白由中心探訪
Visit from the Social Work and Management Department of China Youth University for Political Science

EXTERNAL TRAINING AND DEVELOPMENT 對外培訓及發展工作



■ 首創的大型公開培訓活動：
第一屆「輔導與防止自殺專業證書課程」
The 1st public training course- Professional Certificate Programme in Counseling and Suicide Prevention



■ 專業證書課程——小組討論
Group discussion in Certificate Programme



■ 為本港醫護機構而設的熱線義工培訓課程
Hotline Volunteer Training for a Local Health Care Organization

Y. H. CHEUNG & COMPANY

THIRD PUBLIC ACCOUNTS
14, 15th DRIVE, FORT L.
333 CANTON ROAD CENTRAL.

項目	金額
現金	100,000
預金	200,000
債権	300,000
負債	400,000
資本	500,000

AUDITORS' REPORT
TO THE MEMBERS OF THE SAMARITAN REPRIENDERS 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 Operations

We conducted our audit in accordance with Statements of Auditing Standards issued by the AICPA and the 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 the assessment of the significant estimates and judgments made by the management of the Issuer. The Issuer is responsible for the preparation of the financial statements, and of whether the accounting policies are appropriate to the Issuer'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.

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In our opinion, the financial statements give a true and fair view of the state of the Corporation's affairs as at 31 March 2005 and of its surplus in funds and cash flows for the year then ended and have been properly prepared in accordance with the Companies Act 1985.

Y. H. Cheung & Company
Certified Public Accountants
14 Mar 2006

Y. H. CHEUNG & COMPANY

UNITED PUBLIC ACCOUNTANTS
S.F., TERRACE CENTRE, FLOOR 2,
111 COLUMBIA ROAD CENTRAL

TEL: 1-844-847-86 FAX: 1-844-847-86

指数型函数与导数

故香港報關員亞歷士自創會
「酒樓香港」公司條例，註冊之有限責任團體）會員。

李桂敏師(以下簡稱「我們」)已完成華林徑香港公開會所原創編製的對門對角樓

執行委員會及國際聯盟的會議

「公司條例」規定執行委員會須編製真實與公正的財務報表。在編製預算時應視當時、執行委員會必須實際按照合理的會計政策。

我們的責任是根據我們憲法的指導，對選舉結果發表法律上的意見，並向會議提

此項的基礎

我們是依照香港會計師公會規定的條款準則進行審核，審核範圍也以該些方式包括詳情載於內閣賬目及披露事項之有關過程，亦包括評估執行委員會於編製該等財務報表時所作之重大估計和判斷及所釐定之會計政策是否適合當前的具體情況，及有否發現可更正之重大披露錯差會計政策。

我們黨創和審議時，並應以取得一切我們認為必需的資料和材料為我們服務。充分的意見和以事實為根據的批評以及重要人辯論傳達，在作此意見時，我們已期望能與蘇聯共產黨中央委員會在組織上是完全一致。下列意見是關於我們的工作。

也。

我們認為上述的財務報告其實與公司本地及海外董事會於2005年3月31日所發出的報告及董事會主席為上述的綜合基金之盈餘及現金流量，並已符合「公司條例」規定。

日 7 月 5 年 2003
世 古 事 紀 本 館
大 學 古 事 紀 本 館

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 資產負債表
 BALANCE SHEET
 2006 年 3 月 31 日
 AS AT 31 MARCH 2006

		12 NOTES	2006 HK\$	2005 HK\$
流動資產	CURRENT ASSETS			
手存現金	Cash in hand		9,000	9,000
銀行存款	Cash at banks		1,891,313	788,401
定期存款	Fixed deposits		860,717	850,873
應收及預付款	Accounts receivable and prepayments		6,539	8,865
			<u>2,767,569</u>	<u>1,657,139</u>
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(491,477)	(632,015)
			<u>2,276,092</u>	<u>1,025,124</u>
非流動資產	NON-CURRENT ASSETS			
水電按金	Utility deposits		16,420	16,120
傢具器材	Furniture, fittings and equipment		1	1
			<u>1</u>	<u>1</u>
資產淨值	NET ASSETS		<u>2,292,513</u>	<u>1,041,245</u>
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	484,536	434,120
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	711,683	564,347
活動基金	PROGRAMS FUND	7	48,967	---
			<u>2,184,105</u>	<u>1,937,386</u>
自殺危機處理中心基金	SUICIDE CRISIS INTERVENTION FUND	8	97,787	(154,605)
生命教育中心基金	LIFE EDUCATION CENTRE FUND	9	10,621	(741,536)
			<u>2,292,513</u>	<u>1,041,245</u>

The attached notes form an integral part of these accounts.
 Approved by the Executive Committee on 24 May 2006
 附註乃賬項之一部份
 於 2006 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
2005/06 年度
FOR THE YEAR ENDED 31 MARCH 2006

	2006 HK\$	2005 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	1,289,400
香港賽馬會	Hong Kong Jockey Club	1,301,200
慈善信託基金	Charities Trust	—
政府租金差餉	Government rent and rates subsidies	205,000
津貼		106,385
其他	Others	41,329
		44,423
		1,437,232
其他收入	OTHER REVENUES	
會費收入	Membership subscriptions	5,260
利息收入	Bank interest received	6,390
講座收入	Course fees and sundry income	24,319
收回行政費用	Expenses recovered	47,698
		143,789
		96,430
		162,414
		1,610,939
		1,969,956
費用支出	GENERAL EXPENSES	
個案費用	Case expenses	2,600
訓練費用	Training expenses	1,480
交通費	Travelling expenses	133,749
薪金	Staff salaries	81,219
公積金	Provident fund contribution	120,901
醫療	Medical expenses	122,150
職員培訓	Staff training	813,814
招聘費用	Recruitment expenses	40,052
租金及差餉	Rent and rates	49,541
辦公室用品	Office supplies	8,503
推廣及宣傳	Publicity and promotion	4,521
年刊及印刷費	Annual reports and printing	3,600
出版刊物	Publication of books	1,192
報章月刊書籍	Newspaper, journals and books	1,976
傢具器材	Furniture, fixtures and equipment	106,385
維修保養	Repairs and maintenance	31,149
電話及傳呼	Telephone and paging	33,363
水、電	Electricity and water	35,530
郵費	Postage	46,300
清潔用品及費用	Sanitary and cleaning expenses	59,160
聯會會費	Subscription to affiliated associations	7,331
開會費用	General meeting expenses	6,513
義工嘉許	Volunteers' recognition	10,458
康樂活動	Recreational activities	42,967
週年餐會	Annual dinner	20,645
茶點小食	Refreshment	26,813
保險費	Insurance	47,899
雜費	Sundry expenses	51,291
		2,392
		3,461
		35,967
		5,031
		10,320
		20,018
		3,895
		8,107
		7,168
		6,359
		1,225
		65,811
		1,560,523
		1,975,744
本年度盈餘/(不敷)	SURPLUS/(DEFICIT) FOR THE YEAR	50,416
		(5,788)

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

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 綜合各基金
 CONSOLIDATED STATEMENT OF FUNDS
 收支表
 INCOME AND EXPENDITURE STATEMENT
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

		2006 HK\$	2005 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
捐款及津貼	Donations and subsidies received	5,790,450	6,407,896
<u>其他收入</u>	<u>OTHER REVENUES</u>		
銀行利息	Bank interest received	24,319	748
課程及什項收入	Courses fees and sundry income	261,176	173,611
		<u>6,075,945</u>	<u>6,582,255</u>
<u>支出</u>	<u>EXPENDITURE</u>		
訓練及活動	Training and community activities	168,163	329,797
出版刊物	Publication of books	---	218,446
顧問費	Consultancy fees	---	220,000
薪金福利	Staff costs	4,257,019	4,916,851
行政費用	Administration expenses	718,729	663,776
租金及差餉	Rent and rates	375,556	374,940
低價傢具器材	Low value furniture and equipment	41,608	64,484
		<u>5,561,075</u>	<u>6,788,294</u>
<u>本年盈餘/(虧損)</u>	<u>SURPLUS/(DEFICIT) FOR THE YEAR</u>	<u>514,870</u>	<u>(206,039)</u>

綜合各基金變動表
 STATEMENT OF CHANGES IN FUNDS
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

		2006 HK\$	2005 HK\$
年初結餘	Balance at beginning of year	1,041,245	1,983,682
本年盈餘/(虧損)	Surplus/(deficit) for the year	514,870	(206,039)
今年收上年捐助 生命教育中心 款項	Donation to Life Education Centre Fund for prior year received during year	736,398	(736,398)
年終結餘	Balance at End of Year	<u>2,292,513</u>	<u>1,041,245</u>

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 現金流量表
 CASH FLOW STATEMENT
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

	2006 HK\$	2005 HK\$
Cash Flow From Operating Activities 運作所得之現金流量		
Surplus/(deficit) of funds for the year 本年度各基金總盈餘/(虧損)	514,870	(206,039)
Adjustment for: 調整:		
Donation for prior year received during the year 上年捐助今年收	736,398	(736,398)
	1,251,268	(942,437)
Decrease in accounts receivable and prepayments 減少應收及預付款	2,326	276,427
(Increase)/decrease in utility deposits (增加)/減少水電按金	(300)	---
Increase/(decrease) in payable 增加/(減少)應付款	(140,538)	126,907
Net Increase/(Decrease) in Cash at Banks and in Hand 增加/(減少)銀行存款及手存現金淨額	1,112,756	(539,103)
Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金	1,648,274	2,187,377
Cash and at Banks at End of Year 年終銀行存款及手存現金	2,761,030	1,648,274

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註
 NOTES TO ACCOUNTS
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

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條免稅。

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.

本會活動主要靠外界捐款資助。

2. PRINCIPAL ACCOUNTING POLICIES 主要會計政策

The financial statements have been prepared in accordance with the Hong Kong Financial Reporting Standards including Hong Kong Accounting Standards and Interpretations, which are accounting principles generally accepted in Hong Kong, and the requirements of the Companies Ordinance.

本財務報表是根據香港普遍認可之會計原則及公司法例規定編製。

(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

Furniture, fixtures and equipment are stated at cost less depreciation. It is the Corporation's policy to write off the costs of low value furniture, fixtures and equipment in the year of acquisition.

傢具器材以成本減折舊入賬。根據本會政策，一切新購入之低價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。

(d) Consolidated Statement of Funds 綜合各基金報表

All funds are under the control of the Executive Committee. They are consolidated for the year to present an overall result of the operations, changes in funds and cash flows for the year.

所有基金皆由執行委員會管理。綜合各基金報表用以顯示本會年中所有收支、基金變動及現金流量。

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)
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

3. ACCUMULATED FUND 累積基金

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

		2006 HK\$	2005 HK\$
年初結存	Fund balance at beginning of year	434,120	439,908
加:本年度盈餘/ (不敷)	Add: Net surplus/(deficit) for the year	<u>50,416</u>	<u>(5,788)</u>
年終結餘	Balance at end of year	<u>484,536</u>	<u>434,120</u>

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:-

		2006 HK\$	2005 HK\$
年初及年終結餘	Fund balance at beginning and at end of year	<u>435,000</u>	<u>435,000</u>

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:

		2006 HK\$	2005 HK\$
年初及年終結餘	Balance at beginning and at end of year	<u>503,919</u>	<u>503,919</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)
2005/06 年度
FOR THE YEAR ENDED 31 MARCH 2006

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：

		2006 HK\$	2005 HK\$
年初結存	Fund balance at beginning of year	564,347	530,266
加：收捐款	Add: Donation received	34,836	34,081
售書收入	Sale of books	510	---
活動收入	Programs income	19,969	---
課程收入	Courses fees	101,021	---
		720,683	564,347
減：薪金	Less: Salaries	(3,477)	---
強積金供款	MPF contribution	(450)	---
交通費	Travelling	(2,361)	---
招聘費用	Recruiting expenses	(2,712)	---
年終結餘	Balance at end of year	711,683	564,347

7. PROGRAMS FUND 活動基金

Programs fund was set up during the year for operating community services programs for the purposes of suicide crisis intervention and prevention.

年中成立活動基金以便為防止及處理自殺危機進行社區服務。

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

	HK\$
Donation received 收捐款	50,000
Add: Income from Community Programmes 社區活動收入	1,010
	51,010
Less: Community Programmes expenses 社區活動費用	(2,043)
	48,967

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)
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

8. 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.

政府社會福利署由獎券基金撥款資助本會成立自殺危機處理中心以便對有高自自殺傾向之人士提供援助。

- (a) The initial scheme was on a three year pilot basis (up to the year 2005). The income and expenditure during the year and the final balance of the scheme at end of year were as follows:

初期是以3年(至2005年)為試驗，本年收支及最後結果如下：

	2006 HK\$	2005 HK\$
Balance at beginning of year 年初結餘	(154,605)	356,421
Government subventions received 政府資助	---	2,942,559
Bank interest received 銀行利息收入	---	393
Sundry income 什項收入	---	300
	<u>(154,605)</u>	<u>3,299,673</u>
<u>Less: Expenditures 減：支出</u>		
Salaries 薪金	251,797	2,755,919
MPF contributions 強積金供款	9,117	111,526
Medical expenses 醫療	---	10,913
Staff training 職員培訓	---	3,178
Community activities 社區活動	50,000	17,460
Consultancy fee paid to The University of Hong Kong 付香港大學顧問費	---	160,000
Administration expenses 行政費用	6,707	98,091
Meeting expenses 會議費用	---	1,318
Annual Reports and publications 年報及出版刊物	28,800	---
Publicity and promotion 宣傳	---	45,385
Rent and rates 租金差餉	9,623	115,260
Office supplies 辦公室費用	1,573	11,087
Repairs and maintenance 修理保養	13,340	11,702
Furniture, fixtures and equipment 傢俱儀器	4,560	17,589
Telephone and paging 電話傳呼	2,470	28,717
Electricity and water 水電	2,957	20,167
Postage 郵費	140	907
Travelling 交通	1,061	18,003
Cleaning expenses 清潔	227	2,882
Newspaper, journals and books 書刊雜誌	---	1,179
Refreshment 飲品	180	4,521
Insurance 保險	---	14,950
Recruitment 招聘費	---	3,072
Sundry expenses 什費	---	452
	<u>382,552</u>	<u>3,454,278</u>
Balance at end of year 年終結餘	<u>(537,157)</u>	<u>(154,605)</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)
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

8. SUICIDE CRISIS INTERVENTION CENTRE FUND (Continued)
 自殺危機處理中心基金(續)

- (b) After the pilot period, the Suicide Crisis Intervention Centre is subsidized by Government Lump Sum Grants every year for three years.
 試驗期完結後，政府3年內以每年一筆過撥款資助自殺危機處理中心。

The income and expenditure during the year and the balance at end of year were as follow:

本年收支及年終結餘如下：

	HK\$
<u>Income</u> 收入	
Subvention received 收資助	3,443,503
Other donations received 其他捐款收入	300
Course fees received 課程收入	4,076
	<u>3,447,879</u>
<u>Less: Expenditures</u> 減：支出	
Salaries 薪金	2,374,655
Mandatory Provident Fund 強積金	102,898
Medical expenses 醫療	13,059
Staff training 職員培訓	1,800
Administration fee 行政費用	71,240
General meeting expenses 會議費用	680
Publicity and promotion 宣傳	4,523
Rent and rates 租金及差餉	105,851
Office supplies 辦公室費用	18,621
Repairs and maintenance 修理保養	3,763
Furniture, fixtures and equipment 傢俱儀器	25,081
Telephone and paging 電話傳呼	22,540
Electricity and water 水電	27,806
Postage 郵費	2,885
Travelling 交通	9,554
Sanitary and cleaning expenses 清潔	3,191
Newspaper, journals and books 書刊雜誌	18
Refreshments 飲品	8,322
Insurance 保險	14,557
Recruitment expenses 招聘費	1,891
	<u>2,812,933</u>
Balance at end of year 年終結餘	<u>634,944</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)
 2005/06 年度
 FOR THE YEAR ENDED 31 MARCH 2006

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

A Life Education Centre was set up with the sponsorship of The Hong Kong Jockey Club Charities Trust. The income and expenditure of the Centre during the year and 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成立生命教育中心。本年收支及年終結餘如下：

	2006 HK\$	2005 HK\$
Balance at beginning of year 年初結存	(741,536)	(281,832)
Subventions received: 收資助:		
for the year 本年度	720,500	1,037,850
for prior year 上年度	736,398	---
Course fees received 課程收入	48,276	19,484
Government rent and rates subsidies 政府租金差餉津貼	153,579	---
Other donations received 其他捐款收入	500	---
Membership subscription 會費收入	120	---
Sundry income 什項收入	33,236	3,648
	<u>951,073</u>	<u>779,150</u>
Less: Expenditures 減: 支出		
Staff salaries 薪金	600,762	784,561
Staff MPF 強積金	28,578	36,753
Medical expenses 醫療	3,561	4,727
Staff training 職員培訓	896	720
Community activities 社區活動	31,814	229,638
Publication of books 出版刊物	---	159,286
Newsletters 資訊傳單	13,877	39,444
Administration expenses 行政費用	18,483	28,758
Rent and rates 租金差餉	153,579	153,295
Office supplies 辦公室費用	15,354	7,540
Publicity and promotion 宣傳	14,631	5,100
Repairs and maintenance 修理保養	8,490	5,353
Furniture, fixtures and equipment 傢俱儀器	1,509	3,928
Telephone and paging 電話傳呼	7,955	11,162
Electricity and water 水電	8,851	20,167
Postage 郵費	2,143	260
Travelling 交通	1,151	736
Sanitary and cleaning expenses 清潔	1,154	2,755
Newspaper, journals and books 書刊雜誌	13,484	21,689
General meeting expenses 會議費用	10,000	---
Refreshment 飲品	---	22
Insurance 保險	2,652	4,024
Recruitment 招聘費	1,408	768
Sundry expenses 什費	120	---
	<u>940,452</u>	<u>1,520,686</u>
Balance at end of year 年終結餘	<u>10,621</u>	<u>(741,536)</u>

ACKNOWLEDGEMENTS 鳴謝



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香港賽馬會慈善信託基金

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Hong Kong Coroner's Court—providing data of 2005 suicide death in Hong Kong

香港死因裁判法庭——提供二零零五年香港自殺死亡數字資料

Census and Statistics Department—providing data of 2005 population in Hong Kong

政府統計處——提供二零零五年香港人口數字資料

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二零零五 / 零六年度捐款機構及人士名單

吳志豪、蘇劍玲	\$800.00	劉璧霞	\$320.00
Ms Lau Pik Ha	\$100.00	高敏兒	\$1,000.00
Nordic Management Ltd	\$200.00	Manulife Training Department	\$1,543.70
臨危不亂研討會	\$98.00	陳淑芳	\$500.00
Michael	\$4,620	霍敦頤	\$300.00
賴寶嫦	\$200.00	霍濟康	\$300.00
張靈傑會計師	\$2,600.00	Mak Mi Sui	\$300.00
Yam Fung Yei	\$800.00	台灣嘉義市生命線	\$300.00
Danny Fok	\$300.00	Chow Han Kwai	\$1,500.00
慧雅管理有限公司	\$550.00	Ricky Cheung & Co.	\$300.00
Kwan Wing Co. Ltd.	\$500.00	Touch 觸動	\$60.00

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：九龍彩虹邨金華樓地下126-127室)，查詢電話：2790 8844。

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

茲奉上港幣HK\$ _____ 作為捐款，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！