

CONTENTS 目錄

1	BRIEF HISTORY 機構簡史	2
2	ETHOS AND MODUS OPERANDI 服務精神及工作	4
3	ORGANIZATIONAL STRUCTURE 組織架構	6
4	LOGOS OF SBHK 機構徽號	8
5	CHAIRMAN'S REPORT 2006 主席報告 2006	10
6	SERVICE REPORTS 服務報告	
6.1	Hotline Centre 熱線中心	16
6.2	Life Education Centre 生命教育中心	32
6.3	Suicide Crisis Intervention Centre 自殺危機處理中心	47
6.4	Caring Fund 關懷身邊人基金	66
6.5	External Training and Development 對外培訓及發展工作	71
7	FIGURES ABOUT SUICIDE IN HONG KONG IN 2006 2006 年香港自殺統計數字分析	74
8	TITBITS 活動花絮	87
9	AUDITORS' AND FINANCIAL REPORT 財政報告	92
10	ACKNOWLEDGEMENTS 鳴謝	105
11	WE NEED YOUR HELP 捐助呼籲	107

BRIEF HISTORY

Brief History

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

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

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

In the wake of a significant rise of student suicides due to 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

Throughout the Hotline Service in the past four decades, the SBHK had served many people who were suffering and struggling, some of them were seriously thinking of committing suicide, the SBHK believes that it would be of some help to bring forth the light of hope to them if its service can be extended to relatively long-term and reaching-out crisis counselling. The SBHK established the Caring Fund in 1994 for the purpose of financing the project “Starting a Caring World with Listening”. The project aims at arousing the awareness of the importance of listening and the passion for life. Through the Caring Fund the SBHK has expanded its community work at professional education level, for instance, a Professional Certificate Programme in Counselling and Suicide Prevention was launched in February 2006. The objective of the programme is to equip participants with knowledge and skills in counselling and suicide prevention in order to be able to help and support those who are in emotional and psychological crisis so as to prevent suicide as early as possible.

Through the active support of the Social Welfare Department of the HKSAR and the subsidy granted by the Lotteries Fund, the SBHK embarked in March 2002 on a new Suicide Crisis Intervention Center (SCIC) which is a three-year pilot scheme for the purpose of providing a more comprehensive suicide intervention service for the community. Starting from May 2005, the SCIC has become a subsidized service unit under the Social Welfare Department that allows the SCIC to receive regular funding from the Government so as to continue its service to the people of Hong Kong.

It is recalled that there has been a downward tendency in the economy and a growing pressure on suicidal issue followed the financial crisis occurred in 1997. The SBHK was aware that the Hotline service by itself may not be able to fully satisfy the needs of the society. The promoting of life education from the very first beginning and a joint effort with the community in suicide prevention would be effective means to deal with such pressure. The Life Education Centre (LEC), a three-year pilot project subsidized by the Hong Kong Jockey Club Charities Trust for the purpose of suicide prevention, was therefore founded in May 2002. The work of the LEC has been recognized by the Trust which has granted a subsidy for the continuity of the works of the LEC for the next three-year from April 2005.

The establishment of the Caring Fund, Suicide Crisis Intervention Center and the Life Education Center, together with hotline, the long-standing immediate contact point for help, allows the suicide prevention work of SBHK to be developed pragmatically and enable the SBHK to cope with challenges ahead in accordance with its missions and working spirit.

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

- To befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, by helping them to regain confidence in life.
- To publicize and promote the spirit of our service in the community through talks, seminars, research and other means.
- 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1960年7月成立。原名是「防止自殺會」，是亞洲同類組織的首創。於1963年10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1994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1982年，本會因行政關係取消了英文部的服務，而防止自殺之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。鑒於1964年因會考落敗而萌輕生念頭的學生顯著增加，本會遂於1965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服務經驗當中，我們接觸過不少在自殺邊緣掙扎的人士，當中亦有不少人士自殺意圖強烈，本會相信將服務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。在1994年就成立「關懷身邊人基金」，用作資助「關懷身邊人，從聆聽開始」推廣計劃，目的是提醒市民耐心聆聽對身邊親人及朋友的重要性，呼籲大眾熱愛生命，關懷別人。在專業的教育層面上，本會利用了「關懷身邊人基金」展開更多社區性的工作，「輔導與防止自殺專業證書課程」於2006年2月開始舉辦，進一步使參加者掌握一些輔導和防止自殺的知識及技巧，讓參加者提升自我覺察及關顧的能力、以及為身邊受到情緒困擾的人提供到有效情緒紓緩，從而達至及早預防自殺的目標。

至2002年3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」先導計劃，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。本會有感於單靠熱線服務並未能完全滿足社會發展的需要，為遏止自殺風氣蔓延，得從根本的生命教育做起，再者，本會更鼓勵社區參與，與我們一起把守生命的關口。至2002年5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」先導計劃，為防止自殺工作擔當及早預防的工作。生命教育中心的工作成效獲得到香港賽馬會慈善信託基金的肯定，該基金決定從2005年4月起，再繼續贊助為期三年的預防自殺及生命教育服務。

隨著「關懷身邊人基金」、「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的第一個求助接觸點——熱線服務，本會的防止自殺工作得以踏實發展，憑著本會服務的精神及宗旨，迎向未來的各項挑戰。

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，鼓勵他們重建求生信念。
- (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. All our members are volunteers, having been carefully selected and trained, and are being supervised by experienced members and relevant professionals.
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. The Caring Fund promotes the work of suicide prevention as well as calls forth in the community in loving one's life and caring others through community caring services, public talks, promotional activities, training of caring volunteers, public training and education at professional certificate level, etc.
5. We endeavour to talk to every client but priority is given to those with high suicidal intent.
6. 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.
7. 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.
8. We offer assistance for the establishment of organizations with similar nature and mission in the South East Asia and neighbouring regions, or offer training courses to improve the quality of their services.

服務精神及工作

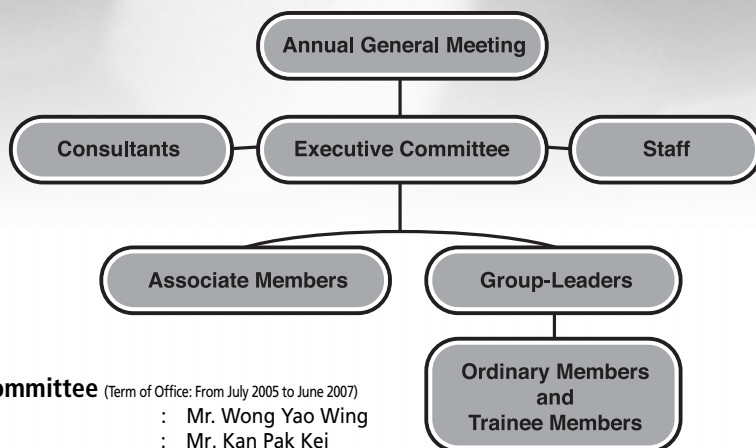
服務精神

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. 本會熱線中心提供二十四小時電話熱線，在預約情況下亦會提供面談服務，求助者亦可以用書信及電郵與本會聯絡。而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。
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. 「關懷身邊人基金」主要透過社區關懷服務、公開講座、宣傳教育、「身邊人」義工培訓、對外培訓、各類與防止自殺相關的專業證書課程等來推動自殺防治的工作，呼籲大眾熱愛生命，關懷別人。
5. 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。
6. 如求助者的情況需要實質援助（社會服務、醫療），本會會提供資料，或在他同意下，轉介有關服務。如情況危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。
7. 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。
8. 本會致力協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織，或提供有關訓練，提升服務質素。

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

Staff List (as at 31 December 2006)

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	: Ms. Tang Lai Ping
Junior Administrative Assistant	: Mr. Cheung Ka Pan
Part-Time Workman II	: Ms. Chang Wai Yi
Training Officer	: Mr. Fung Yam Ki
Program Worker	: Ms. Yip Tsz Ting
Public Relations & Community Education Officer	: Ms. Chan Ka Yan

Suicide Crisis Intervention Centre

Centre-in-charge	: Mrs. Lui Wong Yun Fong Helen
Clerk	: Ms. Lee Yuen Shan
Crisis Counsellors	: Ms. Heung Mo Yan Mr. Ho Wing Hung 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 Mr. Hung Kwong Hung Ms. Du Pui Bik Penny
Program Officer	: Ms. Ho Yin Fai Louisa
Part-Time Office Assistant	: Ms. Li Sui Kuen

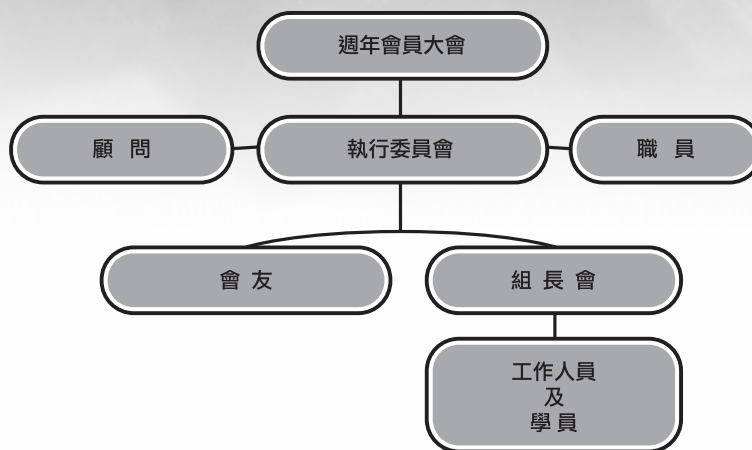
Life Education Centre

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

Honorary Consultants

Honorary Consultant	: Mr. Allen Peng Fei Lee, JP
Financial Consultant	: Y.H. Cheung & Co., Certified Public Accountants
Legal Consultants	: Fred Kan & Co., Solicitors & Notaries
P.R. Consultant	: Mr. Forest L.S. Cheung
Service Consultants	: Ms. Jolene Mui, Service Manager, CPNS CPH, Castle Peak Hospital Dr. Chiu Siu Ning, Senior Medical Officer (Psychiatry), Community Psychiatric Team, Kwai Chung Hospital Ms. Ide Chan, Clinical Psychologist, Tuen Mun Hospital Dr. Hau Kit Tai, Ph.D., Chairman, the Department of Education Psychology, Faculty of Education, CUHK Dr. Linda C.W. Lam, Associate Professor, Department of Psych CUHK Dr. Michael H.P. Tsang, Ph.D. in Clinical Psychology (U.S.A); Registered Clinical Psychologist Mr. Zeno C.S. Leung, Lecturer, Department of Applied Social Sciences, The HK Polytechnic University

組織架構



義務執行委員名單 (2005年7月至2007年6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
	: 鄔澤銘先生

職員名單 (至2006年12月31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	: 鄧麗萍小姐
初級行政助理	: 張嘉斌先生
通宵事務員	: 鄭惠儀小姐
培訓主任	: 馮任麒先生
活動幹事	: 葉芷婷小姐
社區教育推廣工作員	: 陳家欣小姐

自殺危機處理中心

中心主任	: 雷黃恩芳女士
文員	: 李婉珊小姐
危機輔導員	: 香慕茵小姐
	: 何永雄先生
	: 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
	: 熊廣泓先生
	: 刁佩碧小姐
活動主任	: 何燕輝小姐
辦公室雜務員	: 李瑞娟小姐

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"

"Grown" 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.



Caring Fund "CARE"

- 'Care' means 'Concern', 'Attendance' and 'Acceptance';
- The 'heart' represents a bridge that links up the understanding and care between people;
- The 'a' symbolizes by a flag which implies trust and love based on which all of us are called forth to move forward, to present ourselves, and to care for others;
- The purple colour implies warmth and care. It is believed that the message of caring will be conveyed through so long as we all concern and care for others;
- "Put oneself in the place of another": We care for the feeling of others while we care for ourselves, so as to motivate and push others to acknowledge the importance of promoting the message of care for each others.



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
- Logo 可以讀成 “a - live”，即是：生活、生存
- 中文的口號：「跨躍明天」是希望受助者可以做到跨躍明天，更可說明本中心的服務以短暫為原則，目的不是長時間的輔導服務
- 跨躍亦代表受助者本身也要使用力量去跳出重圍，我們深信受助者仍然有很多能力去衝出他們的困擾
- 黃色的 “i” 代表一個在危機之中仍然可以站立的人，同時，亦代表燃點中的蠟燭，能在生命中發光發熱



關懷身邊人基金 “CARE”

- Care寓意關懷、照顧和接納
- 「心」是串連起人際間溝通、互相關懷的橋樑
- “a”以旗幟代表，寓意以信心、愛心為號召，大家踏出主動的一步，表達自己、關心別人
- 紫色代表溫馨、關懷。我們相信，當大家留心身邊人的時候、當大家用心去關懷身邊人的時候，這一份心意，便會輾轉傳揚開去
- 「推己及人」：當我們關顧自己的同時，也願意關顧別人的感受，從而感動、帶領其他人去宣揚互相關懷的重要



CHAIRMAN'S REPORT 2006

Wong Yao Wing
Chairman

Introduction

Suicide is an extremely complex social issue. Although Hong Kong's economy has improved tremendously during the past year, suicide rate has risen again back to that of 2004, showing that one's financial situation is not the single factor causing suicidal thoughts, nor can it be the sole direction used to tackle such problem. The SBHK has followed the footsteps of the Good Samaritan in the Bible, serving the disturbed, in particular those having suicidal tendencies, in hopes to shed light on the darkest moments of their lives.

The aim of our Executive Committee this year was divided into 6 directions, namely building a more prominent image, promoting the message of cherishing life and social harmony, providing timely and appropriate services, improving member bonding, establishing our reputation in Asia and developing new self-sufficient / self-financing programmes. Through our 3 centres (Hotline Centre, Life Education Centre, Suicide Crisis Intervention Centre) and the Caring Fund, we hope that we can use different means and channels to achieve our goals.

Hotline Service

In the year of 2006, our hotline service handled a total of 12,978 cases. Among them, 9,390 cases were from the emotionally disturbed. The rest were enquiry calls, frivolous calls, or mute calls. Among the 9,390 cases, 9,065 (96.5%) were through our telephone hotline, the rest were face to face counselling, mails, or emails.

Male to female ratio was 45.60% to 54.40%. Most of the callers were aged from 20 to 44 years old, which is 76.78% of the total number of callers. Most of the calls were associated with mental health (17.87%), career problems (14.89%), romantic relationships (12.91%), and family problems (10.08%). Among all the calls, 23.31% had suicidal tendencies, 30.16% (171 cases) were high to medium risk calls that had been transferred to the Suicide Crisis Intervention Center (SCIC) of SBHK under the consent of callers for further action.

Up to the end of 2006, the Hotline had a total of 212 volunteers. 67 (32%) of them were male, and 145 (68%) were female. In order to enhance the quality of the volunteer team and increase the number of volunteers, 63 trainees were selected to undergo the 43rd Volunteer Training Course in July 2006.

In order to provide timely and appropriate services, we organized on-the-job training for our volunteers, improved our online roster system, encouraged volunteers to join the SCIS caring team and launched more intakes of volunteer training in order to enlarge the basis of our volunteer team.

For enhancing our volunteers' internal bonding, we have organized regular member's meeting, distributed regular internal Newsletter, introduced "Seed session" roster and established more sub-committees such as roster planning subcommittee and volunteer development subcommittee.

In line with our objective to promote the message of cherishing life, the centre has organized a number of mass activities like "Cherishing life, stay with us" and "Paint out the Courage of Life".

Life Education Centre

Under the continuous sponsorship of the Hong Kong Jockey Club Charities Trust, the LEC has been able to carry on its services in the area of promoting cherishing life and social harmony for 3 years from April 2005.

Last year the LEC had held 60 talks, 5 workshops and 5 seminars. Besides, the LEC had organized 10 Peer Counselling training programmes and 2 Life Ambassador training programmes. We have trained a total of 33 life ambassadors and 138 peer counselors, who served as the new gate-keepers for the community. We also held an exhibition titled 'Life Education in Family' together with The Commercial Press.

The LEC had produced a number of publications in 2006 including three 《生命交流》 newsletters. We shared with readers various themes including "Not Afraid of Treatment Path"- in concern of the psychological needs of caretakers, "Your Wonderful Childhood"- to understand children's inner world, and "Men's Pain"

- to explore men's stress and their way out. The LEC had also wrote articles for Hong Kong Professional Teachers' Union Magazine, 'Education City Website' and Ming Pao. In order to enhance the usage of the LEC library, we also put in great effort to enrich the variety of books. Last year there were 2,109 visitors.

Suicide Crisis Intervention Centre

This is the fifth year of service provided by the Suicide Crisis Intervention Centre (SCIC). The centre is currently the only social service unit providing 24 hours by 365 days suicide crisis intervention service and suicidal prevention support to the community of Hong Kong. Since May 2005, SCIC has become a subvented service unit under the Social Welfare Department of the HKSAR, enabling SCIC to receive regular funding from the Government to continue its service to the people of Hong Kong.

In the year of 2006, the SCIC handled a total of 1,318 cases representing an increase of 31% or 311 cases compared to the number of cases in 2005. Among them 469 were from male clients and 849 were from female clients. The majority (87%) of these cases fell into the 20-59 age group. The primary problem areas were distressed by suicidal family members and friends (17.7%), marital (17.6%), financial (14.9 %) and romantic relationships (8.9 %). 71.5% of these cases were classified as moderate to high suicide risk at referral stage. Apart from providing case intervention, SCIC has further developed group - work service to diversify options for our clients in coping with their crises. Throughout the year, 13 therapeutic groups and 12 support groups were conducted.

The SCIC continued to provide service promotion and training workshops to all interested parties such as social workers, medical professionals, teachers, students, volunteers and other community organizations. SCIC also shared knowledge and experience in suicide crisis intervention work with overseas organizations and also exchanged views and experiences of our practices at many international conferences.

Furthermore, SCIC organized the "Live the Rainbow" Programme which was sponsored by the Apple Daily Charitable Foundation. It was a one-year programme starting from April 2006. The programme aimed at educating the public and arousing the public's attention to the needs of suicide survivors. With more people's understanding and support, suicide survivors will be more able to overcome the grieving process, to re-define the meaning of their lives positively and to actualize it as colorful as a rainbow.

The SCIC had produced two booklets, namely "Timely Rainfall on Desert" and "A Handbook for Suicide Survivors" and a leaflet "Love Isn't Easy" for the use of the general public.

Training and Development

The Training and Development Division was established 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.

The first "Professional Certificate Programme in Counselling and Suicide Prevention - with Specialization in Telephone Counselling Skills" was launched in February 2006. The programme was attended by 43 students and many of them were came from the education sector and healthcare sector. In September 2006, we had our second intake with 51 students. In May 2006, we invited by the Hospital Authority to provide a tailor- make training course for their "Oasis Project" hotline volunteer.

All net revenues generated from our training programme will be distributed to the Caring Fund for community education service.

Caring Fund

The Caring Fund was established in 1994 to support a community education project with a slogan "Care about your neighbours, start by active listening". At present, apart from the community service we provide, we have extended our scope of work to include promotional and fundraising activities in order to give a

better support for our three service centers. Through a variety of programmes, we encourage citizens to live life passionately and care for others. In order to build a more prominent image, we have hired full time staff responsible for public relations affairs and assisted in promotional works by setting up a media hotline and publishing the "Tip of the Bull's Horn" poster. In the future, we will be more active in using the Caring Fund.

In collaboration with the World Suicide Prevention Day on 10 September each year, initiated by the International Association for Suicide Prevention (IASP) and the World Health Organization, SBHK was supported by Radio & Television Hong Kong (RTHK) to produce a 1-hour radio programme in September, 2006. The programme was put on air on 8 September at RTHK Channel.

In order to move towards self-sufficient / self-financing programmes, the Caring Fund has organized a number of fund raising activities like "The Cherish Life Action". Furthermore, with the generous sponsorship from The Hong Kong Federation of Insurers, we carried out a half year programme, namely the "Positive Life" Suicide Prevention and Community Educational Programme from July to December, 2006. A total of 5,136 participants had attended our 20 talks and 6,800 visitors had visited our 6 exhibitions. Last but not the least, we received generous support from the Hong Kong SAR Philharmonic (HKSARP) to co-organize a concert at the Hong Kong City Hall on October 29, 2006. Dedicated to the HKSARP and our guest pianist Mr. Robert Roux, a full house enjoyed a wonderful and relaxing musical night.

Others

In order to establish our reputation in Asia, we also participated in many international conferences, like the Suicide Prevention Conference in Singapore and the Life Education Seminar in Taiwan. We also attended "Leadership in NGO", organized by the HKSAR. In order to have more effective and efficient management of our organization, we are in the process of producing our volunteer handbook, staff handbook, financial management handbook and SQS.

Conclusion

The problem of suicide cannot be solved just by the effort of a few organizations. To truly solve this problem, all organizations and departments from the HKSAR with a desire to help must join together with a helping heart, using different approaches and channels to spread the message of "Living a harmonious life by listening and caring about your neighbours".

主席報告 2006

主席 黃祐榮

前言

自殺是一個非常複雜的社會問題。在過去一年，本港經濟基本上已經回復正常，失業率降低，不幸地自殺人士數目卻又回升到2004年的數字。可見得經濟、金錢並非引至及解決自殺問題的唯一因素。香港撒瑪利亞防止自殺會在過去四十多年來服務香港社會，一直本著聖經裡好撒瑪利亞人的榜樣，為情緒受困擾，特別是有自殺傾向的人士服務，希望為他們在生命的黑暗處提供一線光明。

本會執行委員會在過去一年的工作可分為六個發展方向，包括建立鮮明形象、推廣珍惜生命及社會和諧的訊息、提供優質適切及適時的服務、加強會內凝聚力、建立亞洲區的地位及發展自負盈虧的新服務。我們希望藉著三個中心(熱線中心、生命教育中心、自殺危機處理中心)及關懷身邊人基金，透過不同的途徑、不同的方法，貫徹以上六個發展方向。

熱線服務

本會熱線中心在2006年共處理了12,978宗熱線求助個案，其中9,390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9,065宗個案(96.5%)是透過電話熱線求助，其餘的是透過面談、書信或電郵求助。

求助者男女比例為45.60% 比 54.40%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的76.78%。在求助個案類別中，主要困擾的問題是精神健康(17.87%)、職業(14.89%)、愛情(12.91%)及家庭(10.08%)問題。在全年的求助個案中，有自殺危機的求助個案共23.31%，當中的高、中危個案中有30.16%(即171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2006年底，本會共有義工212名。當中男義工有67名(32%)，女義工有145名(68%)。為了不斷加強我們義工團隊的質素及擴大團隊的人手，本會於2006年7月開辦了第四十三期的義工訓練班，共篩選63人接受為期一年的訓練。

為了提供優質、適切及適時的服務，在過去一年中，熱線中心加強了義工在職培訓，改善網上報更系統，增加報更比率，邀請會員及會友參與自殺危機處理中心危機關顧工作以及擴大義工人手招募。

為了加強會內凝聚力，熱線中心舉行定期會聚，推出傳訊管子公關報告，推行種籽當值計劃，設立更多工作小組如報更小組及義工發展小組等。

為了推廣珍惜生命及社會和諧的訊息，熱線中心舉辦了多個大型活動如「熱愛生命與你同行嘉年華」及「繪出生命的勇氣」等社區教育活動。

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，目的是推廣珍惜生命及社會和諧的訊息。

在過去一年，生命教育中心舉辦了60個講座，5個工作坊及5次研討會。另外又開辦了10個生命朋輩輔導訓練小組及開辦第十及十一期珍惜生命大使訓練班，共培育了33位珍惜生命大使和138位朋輩輔導員，作為社區生命守護者的生力軍。中心本年又與商務印書館攜手合辦一次名為「家庭中的生命教育」專題展覽。

生命教育中心在2006年出版了多項刊物，包括了3期《生命交流》，主題有「那怕療路遠……」——關注長期病患者家屬的心靈健康、「您想童年」——解構青少年和兒童的內心世界及「男人之苦」——探討香港男士的壓力和出路。此外中心更為香港教育人員協會《學校與家庭》月刊、香港教育城網站「教師專業網」及明報「成長樂」撰寫分享文章。最後，為使圖書閣更具吸引力和實用性，中心過去一年致力豐富藏書的種類及數目。圖書閣本年一共有2109使用人次。

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五年。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。

2006年本中心共處理1,318宗危機個案，比去年增加了311宗，增幅達31%。其中469宗為男性求助者，849宗為女性求助者，個案大部份(87%)來自20-59歲之間。在求助類別中，主要是因家人或朋友有自殺傾向而受困擾人士(17.7%)、婚姻問題(17.6%)、經濟問題(14.9%)及愛情困擾(8.9%)。轉介個案當中，71.5%被界別為中至高危。除了提供個案服務外，中心亦積極發展小組服務，在2006年期間，中心共開辦了13個治療性和12個支援性小組。

本中心繼續為各專業如社工、醫護人員、老師和其他社區人士包括學生、義工及各行業人士等提供訓練講座和工作坊。本中心亦應海外機構的邀請，為他們提供訓練或作探訪交流。又藉着參與不同的國際性專業會議，跟世界各地的有關組織交流在自殺危機的防治和處理方面的經驗和心得。

「活出彩虹行動」是本中心在2006年4月開始舉行的一項為期一年的活動計劃，此計劃由蘋果日報慈善基金撥款資助，目的是為自殺者親友提供更多支援。透過全港性的宣傳和教育性活動，讓社區人士認識到自殺問題帶給親友的壓力和困擾，從而懂得接納他們和給予他們更多體諒和支持；另一方面，透過多元化的活動，協助他們尋回自己人生的意義，重建正面的新生活。

本中心於2006年出版了兩本分別名為「荒漠甘霖」和「自殺者親友手冊」的小冊子和一份名為「相愛很難」的單張，讓有需要人士參閱。

對外培訓及發展工作

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，推廣珍惜生命及社會和諧的訊息到社會不同的層面。

在2006年2月份，本會舉辦了第一屆「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」。活動合共有43名學員參加，參與者中有不少是教育界及醫護界人士。於2006年9月再度舉辦第二屆的證書課程，合共有51名學員參加。本會於2006年5月，獲香港醫管局委託舉辦一個專為該院「心靈綠洲計劃」義工而設的「熱線義工培訓課程」。

本會舉辦公開培訓活動的學費收入盈餘，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。

關懷身邊人基金

關懷身邊人基金於1994年成立，用作推動以「關懷身邊人，從聆聽開始」為主題的社區教育活動。發展至今，除了推行社區服務外，基金的目標已擴展至統籌本會的籌款及傳訊事務、支援三間中心的服

務拓展。為了建立本會鮮明形象，本會更聘請全職職員負責公共關係及協助宣傳工作，並設立傳媒專線，印製「牛角尖」宣傳海報，更全面推動關懷身邊人基金的服務工作。

為響應國際防止自殺協會於每年的 9月10日舉辦全球性的「世界防止自殺日」活動，本會於2006年9月與香港電台合作，製作了一輯一小時的廣播劇，透過一位青年人的求助經歷，帶出逆境自強的訊息，並在9月8日的「智慧公民」節目中播放。

為了開始邁向發展自負盈虧的新服務，關懷身邊人基金舉辦了多個籌款活動，例如愛生命券，「暖心、戀意」心意包等。基金亦在香港保險業聯會的贊助下，於2006年7月至12月期間，舉辦「積極人生」防止自殺社區教育活動，合共提供了20場講座及6場攤位活動。參加講座人數達5,136人、參加攤位活動人數達6,800人。於2006年10月29日，本會與香港愛樂團在香港大會堂音樂廳舉辦了「生命禮讚管弦夜」籌款音樂會，在此特別多謝香港愛樂團及鋼琴家Robert Roux的落力演出。

其他

為了建立亞洲區的地位，本會曾參與國際性會議及工作簡報，例如在新加坡的防止自殺會議，在台灣的生命教育研討會等。本會亦參加政府舉辦的「領導你的非政府機構」研討會及正撰寫義工手冊、員工手冊、財務手冊及SQS以便更有效地管理會務。

總結

面對自殺這個複雜的問題，不單是一兩個防止自殺團體所能解決。我們需要集合全港各有心機構及政府各有關部門，一齊同心合力，利用不同的方式、不同渠道，把「活出和諧，聆聽關懷結伴行」的訊息傳播出去。

SERVICE REPORTS

6.1 Hotline Centre

Agnes Chiu
Centre-in-charge

1. 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.

2. Number of Cases

From 1st January to 31st December of 2006, we responded to 12,978 cases, representing a decrease of 1,690 cases from 14,668 cases of 2005. Of these, 9,390 were help-seeking cases, in need of emotional support and counselling service. The remainder was for general enquiries, silent calls and prank calls. Among these, 96.5% of the help-seeking cases reached us by phone, 0.26% by face-to-face interview, 0.05% by letter, and 3.15% by email. This reflects that most of our clients still prefer to reach our service by telephone. However, there is an increase in help seeking via email. In fact, the number of help-seeking cases was decreased. Also, for general enquiries, silent calls and prank calls were also decreased compare with the last two years. In general, the number of cases responded are similar to the previous year. (Details in Table 6.1.1)

3. Sex and Age

Of all the help-seeking cases, 54.40% were female and 45.60% were male - a 9.6% difference. Compared to last year, the difference rose by 2.68%. Although females are still more willing to seek help than males, a larger proportion of males have asked for help through our hotline.

Most of the service users came from those aged between 20 and 44(76.78% of total). The age group 30 to 34(24.09% of the total) still topped the list, similar to the previous years. This was followed with the age groups of 40 to 44(16.13%) and 20 to 24(13.21%).

According to the 2006 Hong Kong Census Report, 28.4% of the population are aged between 15 and 34, but the numbers of help seeking in this age category was 55.58% among of service clients. It indicated that the proportion of people aged between 15 and 34 with the need to seek help was comparatively high. This may due to the fact that people of this age group faced with more uncertainties, challenges and pressure in their daily lives such as studying, career, affection, family and marriage, interpersonal relationship, financial and mental health problems. Hence, when encountering frustrations, difficulties and distress, they may be more in need of hotline service support and to vent their problems, seeking solutions and dealing with their depressed emotions. (Details in Table 6.1.2)

4. Nature of Problems

The top four problems areas for our help-seekers in 2006 were Mental Health (17.87%), Occupation (14.89%), Romantic Relationship (12.91%) and Family (10.08%), problems. Except Romantic Relationship, all of them decreased. Compared to 2005, Mental Health problems decreased by 1.76% 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 in promoting Mental Health education should not be overlooked.

As for financial problems, it continued to drop by 0.15% and Occupation problems drop by 1.48% respectively. This may suggest that the stress from financial problems such as unemployment, bankruptcy and the pressure from occupations - such as a stressful working environment and unsatisfactory working relationships have been slightly released.

Compare with the pervious years, Romantic Relationship problem (such as disappointed in love, look for an appropriate partner and the triangular relationship) were increased obviously. It should not be overlooked as this problem concerned by female rose by 2.65%.

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 Romantic Relationship problem, which has replaced the second major problem, Occupation, of last year. (Details in Table 6.1.3)

The problems experienced by different age groups changed in relation to their different developmental stages. The major problem for the 10 - 14 age group was Studying and Family, Occupation and Romantic Relationship for 15 to 24, Romantic Relationship and Occupation for 25 to 29, Mental Health and Occupation for 30 to 44 and, Mental Health and Family for aged over 45. (Details in Table 6.1.4)

5. Suicide Crisis

17.27% of the total number of cases was 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. 4.86% 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. 1.18% 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, 23.31% of the cases were suicidal. Among the high and medium risk cases, 30.16%(171 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)

6. Volunteer Training

In July of 2006, we started our 43rd hotline volunteer training course, which is a one-year training program for new volunteers. After screening the applications, 63 volunteer trainees were recruited to join our first stage of training. (Details in Table 6.1.6) In the same year, our 42nd hotline volunteer course trainees completed the training in October 2006.

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 counselling 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)

7. Volunteer Information

As at the end of 2006, our organization had a total of 212 hotline volunteers - 32% male and 68% female. While all the volunteers were over 20 years of age, the majority (38%) were in the age range of 45 and 54 years old.

64.2% of the total had received a tertiary or university education. 24.5% came from the white collar and 14.2% came from the social service sector. 11.8% came from education sector (Details in Table 6.1.8)

8. Mass Media and Visitors

Throughout 2006, our organization continued to receive visits from the mass media, the academic sectors and the social organizations. We responded to their enquiries on suicide problems, offer statistics and analyses to assist all interested parties to further explore the matter. We encourage research and collective effort in suicide prevention work. Besides, we connect actively with difference organizations to introduce the development of suicide prevention service in Hong Kong. We actively participated in conference launched overseas (We joined the 2nd Asia Pacific Suicide prevention conference 2006 on the topic of suicide crisis intervention service and evaluation) and assisted the organization to promote suicide prevention program and exchanged our experience in suicide prevention work. (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

1. 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。

2. 個案數目

本會於2006年1月1日至12月31日期間，共處理12,978人次的服務個案，比2005年的14,668個減少1,690個。當中的求助個案共9,390人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在九千多宗求助個案中，有9,065宗個案(96.5%)是透過電話熱線求助、24宗個案(0.26%)透過面談求助、5宗個案(0.05%)透過書信求助及296宗個案(3.15%)透過電郵求助。雖然整體求助個案較去年下降，但一些屬於諮詢及無聲電話卻是03年以來最低的，因此整體處理個案的比例與去年相若。(詳閱表 6.1.1)

3. 性別與年齡

在性別分佈中，2006年女求助者佔全年的求助個案54.40%，比男求助者高出9.6%，相比去年(6.92%)上升了2.68%，但整體比例仍是接近。

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76.78%，當中仍以30至34歲的年齡組別佔首位，佔24.09%，接著的是40-44歲和20-24歲的組別，分別佔16.13%和13.21%。若比較香港人口統計數字，年齡15-34歲的人口只佔28.4%。而比較相同年齡組別於本會的求助人數則佔55.58%，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動和壓力，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、解決問題的方法及舒緩壓抑鬱結的情緒。(詳閱表 6.1.2)

4. 問題種類

在全年求助個案類別中，與往年相同，主要困擾的問題都是精神健(17.87%)、職業(14.89%)、愛情(12.91%)及家庭(10.08%)問題。而除了受愛情問題困擾的情況較去年上升2.65%，其他如精神健康及家庭之問題均下跌了1.76%及0.02%。不過受精神問題困擾的求助者仍居首位，而自殺問題與精神問題之關係密切，因此若要改善香港的自殺問題，精神健康的教育工作仍然十分重要。

而受經濟問題困擾的則持續下降了0.15%，受職業困擾的同樣下降了1.48%，這跌幅可能反映到受經濟困擾的人士在職業方面如待遇、失業及經濟方面如負債等所受到的壓力有較輕微改善。

至於受愛情問題困擾的情況較去年有上升現象，當中包括失戀、多角戀愛、覓偶等問題，而女性求助的比例明顯亦較男性高，情況值得關注。

另外，不同性別亦受不同的問題困擾。男性主要仍然受職業等問題及精神健康困擾，至於女性受困擾的問題則與去年有輕微不同，雖然仍以精神健康為首，但愛情則取代職業成為第二個關注的項目(詳閱表 6.1.3)。

不同年齡的求助者隨著發展階段不同，而有不同的需要，亦受著不同的困擾。10-14歲的青少年受困擾最大的是家庭及學業問題，而15-24歲的青少年則受就業和愛情問題的困擾較多，25-29歲組別最多受愛情和職業的困擾；30-44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）

5. 自殺危機

在全年的求助個案中，有17.27%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4.86%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1.18%，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23.31%，當中的高、中危個案中有30.16%（即171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）

6. 義工訓練

本會於2006年7月開辦了第四十三期的義工訓練班，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63人接受職前培訓第一階段的訓練課程（詳閱表 6.1.6）。而於2005年10月底開辦的第四十二期義工訓練班亦已接受了整整一年的訓練，並於2006年10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）

7. 義工資料

截至2006年底，本會共有義工212名。當中男義工有67名（32%），女義工145名（68%），年齡全在20歲以上，以45-54歲屬大多數，佔總義工人數的38%，教育程度多為大專程度或以上，佔64.2%，職業則以白領最多，佔24.5%，次之則為佔14.2%的社會服務界和佔11.8%的教育界。（詳閱表 6.1.8）

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。另外，本會亦會主動聯繫不同的機構，介紹防止自殺服務在香港的發展，促進社會人士能有效地使用本會的服務，在不同的崗位上發揮防止自殺的功能。此外，本會亦積極參與海外的交流活動，並協助有需要的海外團體推廣防止自殺的工作。於3月份本會便派員出席了於新加坡舉行的「亞太區防止自殺會議」，並就自殺危機干預服務及評估分享本會的工作經驗，亦在防止自殺工作上作出了交流。（詳閱表 6.1.9 - 6.1.13）

(Table 6.1.1) Overall Statistics of Services in 2006

(表6.1.1) 二零零六年全年服務總表

接觸方式 Contact Method	男 Male	女 Female	不詳 Unknown	小計 Sub-total	總數 Total
電話 Phone Call	4099	4954	12	9065	9390
面談 Interview	18	6	0	24	
書信 Letter	0	5	0	5	
電郵 E-mail	90	143	63	296	
諮詢 Enquiry Call	354	228	0	582	3588
戲弄 Frivolous	130	90	27	247	
無聲 Mute Call	0	0	2759	2759	
總數 Total	4691	5426	2861	12978	12978

(Table 6.1.2) Sex and Age Distribution of Clients in 2006

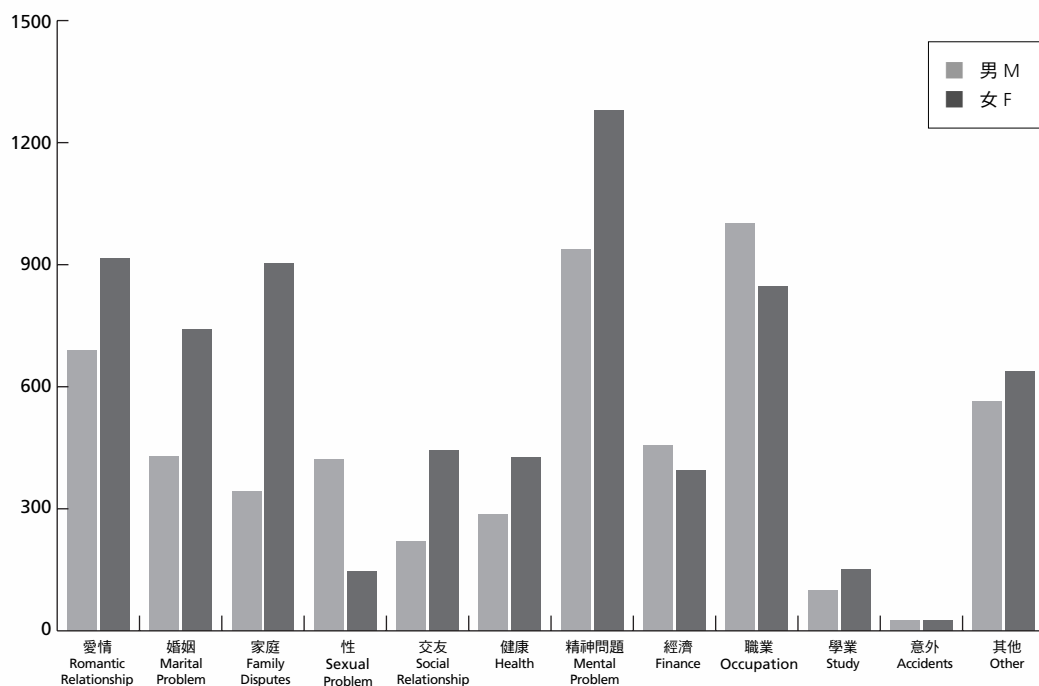
(表6.1.2) 二零零六年求助者性別及年齡分佈表

Sex 性別 Age 年齡	2006年個案 Cases					2005年個案 Cases	
	M 男	F 女	U 不詳	Total 總計	%	Total 總計	%
0-9	1	3	0	4	0.04	2	0.02
10 - 14	40	83	0	123	1.31	100	0.96
15 - 19	276	204	4	484	5.15	608	5.81
20 - 24	606	626	8	1240	13.21	1590	15.20
25 - 29	514	717	2	1233	13.13	1188	11.36
30 - 34	982	1275	5	2262	24.09	2366	22.62
35 - 39	478	482	0	960	10.22	1041	9.95
40 - 44	630	885	0	1515	16.13	1786	17.08
45 - 49	151	260	0	411	4.38	456	4.36
50 - 54	234	227	2	463	4.93	415	3.97
55 - 59	35	44	0	79	0.84	74	0.71
60 - 64	34	27	0	61	0.65	69	0.66
65+	22	8	0	30	0.32	38	0.36
不詳 U	204	267	54	525	5.6	726	6.94
Total 總數	4207	5108	75	9390	100.00	10459	100.00

(Table 6.1.3) Types and Sex Distribution Cases in 2006 *
(表6.1.3) 二零零六年個案類別及性別分佈表 *

Year 年份		2006年個案 Cases					2005年個案 Cases	
Types 個案類別	Sex 性別	M 男	F 女	U 不詳	Total 總數	%	Total 總數	%
Romantic Relationship 愛情		689	915	6	1610	12.91	1448	10.26
Marital Problem 婚姻		428	742	2	1172	9.4	1214	8.6
Family Disputes 家庭		342	903	12	1257	10.08	1420	10.06
Sexual Problem 性		421	146	1	568	4.55	812	5.75
Social Relationship 交友		219	443	7	669	5.36	683	4.84
Health 健康		286	427	4	717	5.75	837	5.93
Mental Problem 精神問題		938	1279	12	2229	17.87	2770	19.63
Finance 經濟		457	394	3	854	6.85	988	7
Occupation 職業		1002	846	9	1857	14.89	2310	16.37
Study 學業		99	151	6	256	2.05	310	2.2
Accidents 意外		25	25	0	50	0.4	62	0.44
Others 其他		563	637	31	1231	9.89	1260	8.92
Total 總數		5469	6908	93	12470	100.00	14114	100.00

(Figure 6.1.3) Types and Sex Distribution Cases in 2006 *
(圖6.1.3) 二零零六年個案類別及性別分佈圖 *



* Some cases involved more than one type
一些個案包含一種以上類別

(Table 6.1.4) Types, Age and Sex Distribution Cases in 2006 *
(表6.1.4) 二零零六年個案類別、年齡及性別分佈表 *

Types 個案類別	Age 年齡		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	M 男	F 女
Romantic Relationship 愛情	0	0	0	6	57	33	117	179	123	203		
Marital Problem 婚姻	0	0	0	0	2	1	9	24	43	45		
Family Disputes 家庭	0	0	4	37	45	49	59	114	36	114		
Sexual Problem 性	0	0	2	7	47	35	163	21	54	20		
Social Relationship 交友	1	0	12	17	17	37	30	69	33	103		
Health 健康	0	1	2	3	4	8	28	27	23	41		
Mental Problem 精神問題	0	1	5	3	16	26	49	101	57	104		
Finance 經濟	0	0	0	2	16	9	42	32	45	39		
Occupation 職業	0	0	0	1	10	13	154	148	195	190		
Study 學業	0	0	18	22	56	40	18	35	1	12		
Accidents 意外	0	0	0	0	1	2	3	0	4	6		
Others 其他	1	1	3	19	69	25	71	65	51	73		
Total 總數	2	3	46	117	340	278	743	815	665	950		

Types 個案類別	Age 年齡		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	M 男	F 女
Romantic Relationship 愛情	205	234	45	105	78	94	17	20	21	9		
Marital Problem 婚姻	110	209	91	118	97	202	28	60	23	42		
Family Disputes 家庭	46	147	32	67	50	190	22	64	15	55		
Sexual Problem 性	69	28	18	7	34	10	12	2	4	0		
Social Relationship 交友	46	96	25	40	33	39	4	16	7	8		
Health 健康	82	91	25	51	48	115	19	30	30	31		
Mental Problem 精神問題	238	380	174	113	181	321	51	86	102	74		
Finance 經濟	106	79	60	45	83	86	22	25	51	44		
Occupation 職業	244	246	118	74	150	80	34	30	54	25		
Study 學業	2	7	0	8	2	12	0	9	0	1		
Accidents 意外	6	7	3	3	3	5	0	1	4	1		
Others 其他	129	181	40	44	86	88	12	28	27	35		
Total 總數	1283	1705	631	675	845	1242	221	371	338	325		

Types 個案類別	Age 年齡		55-59歲		60-64歲		65+歲		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	M男	F女	T總計
Romantic Relationship 愛情	1	0	0	0	0	0	25	32	689	915	1604		
Marital Problem 婚姻	3	12	2	4	2	1	18	24	428	742	1170		
Family Disputes 家庭	6	16	7	11	4	0	16	39	342	903	1245		
Sexual Problem 性	1	4	0	1	0	0	17	11	421	146	567		
Social Relationship 交友	0	0	0	1	0	0	11	17	219	443	662		
Health 健康	3	6	6	7	8	2	8	14	286	427	713		
Mental Problem 精神問題	16	11	9	10	2	1	38	48	938	1279	2217		
Finance 經濟	9	5	9	3	4	3	10	22	457	394	851		
Occupation 職業	4	2	1	0	3	0	35	37	1002	846	1848		
Study 學業	0	0	0	0	0	0	2	5	99	151	250		
Accidents 意外	1	0	0	0	0	0	0	0	25	25	50		
Others 其他	10	4	8	1	5	2	51	71	563	637	1200		
Total 總數	54	60	42	38	28	9	231	320	5469	6908	12377		

* Some cases involved more than one type
一些個案包含一種以上類別

(Table 6.1.5) Suicidal Assessment in 2006
(表6.1.5) 二零零六年求助者的自殺危機評估表

Suicidal Assessment 即時自殺危機	2006年							2005年		
	M男	%	F女	%	U不詳	%	T總計	%	T總計	%
Imminently Suicidal 高	53	0.56	58	0.62	0	0	111	1.18	118	1.13
Suicidal with Plan 中	179	1.91	274	2.92	3	0.03	456	4.86	485	4.64
Suicidal Idea 低	647	6.89	953	10.15	22	0.23	1622	17.27	1773	16.95
No Suicidal Idea 無	3048	32.46	3517	37.45	37	0.39	6602	70.31	6505	62.2
N/A 不適用	280	2.98	306	3.26	13	0.14	599	6.38	1578	15.08
Total 總數	4207	44.80	5108	54.40	75	0.79	9390	100	10459	100

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

Period 日期	Training Course 課程	Number of Participants(Stage I) 參加人數(第一階段訓練)
Starting from July 七月起(為期一年)	43期	63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	Counselling of sorrow and care 哀傷及關懷輔導	Talk 講座	1
	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	1
February 2月	How to build up good relation with clients 「進階高危個案處理：與client拉上關係」	Share 分享	1
	Counselling of debt 債務輔導	Talk 講座	1
March 3月	Cross with Sadness 與悲傷共渡	Training 訓練	2
	Retreat Camp 2005/06 撒友界事全會退修營	Training 訓練	1
May 5月	Learn more about Early Psychosis 思覺失調知多D	Talk 講座	1
	Growing with you 伴你成長小組	Share 分享	1
June 6月	Case Sharing 處理自殺死亡人士親友個案的經驗和技巧	Share 分享	1
	Growing with you 伴你成長小組	Share 分享	4
July 7月	Growing with you 伴你成長小組	Share 分享	1
	Probe the straying Generation 探索迷失的一代	Talk 講座	1
August 8月	Growing with you 伴你成長小組	Share 分享	1
September 9月	Growing with you 伴你成長小組	Share 分享	1
	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	2
	Case sharing 認識與案主輔導關係中的「轉變階段」個案分享會	Share 分享	1
	Yoga Course 瑜伽再體驗	Training 訓練	2
	Debriefing Training Workshop 接報訓練	Training 訓練	1
October 10月	Growing with you 伴你成長小組	Share 分享	1
	Knowledge and skill of hypnotism 催眠的知識和技巧	Training 訓練	1

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
November 11月	Growing with you 伴你成長小組	Share 分享	1
	Suicide Prevention Service Project of Cheung Chau 長洲鄉事委員會「長洲防止自殺計劃」	Visit 探訪	1
December 12月	Case sharing 「與精神病個案同行」個案分享會	Share 分享	1
	Day Trip 全會旅行—昂坪360纜車及市集	Share 分享	1
	Growing with you 伴你成長小組	Share 分享	2
	Day Trip of Group Leaders 組長會除夕大旅行	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	67	145

(B) Age Distribution 年齡分佈

Age 年齡	Sex 性別	Male 男	Female 女
20-24		0	4
25-34		13	43
35-44		21	33
45-54		28	53
55+		5	12
Total 合共		67	145

(C) Year of Service 服務年資

Year of Service 服務年資	Male 男	Female 女
Below 1Year 一年以下	15	36
2-3 years / 年	7	31
4-5 years / 年	13	33
6-7 years / 年	8	10
8-9 years / 年	5	5
10 years above / 10年以上	19	30
Total 合共	67	145

(D) Education Level 教育程度

Education Level 教育程度	Male 男	Female 女
University / College 大學或大專	48	88
Post-Secondary 預科	4	12
Secondary School 中學	15	28
Others 其他	0	17
Total 合共	67	145

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
Below 50 hrs / 50小時以下	16	31
hours / 51-100小時	18	62
hours / 101-200小時	30	50
hours / 201-300小時	3	1
hours above / 300小時以上	0	1
Total 合共	67	145

(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	9	3
Education 教育界	6	19
Educational & Psychology 教育或心理學家	1	1
Housewife 家庭主婦	0	14
Information Technology 科技專業	10	2
Media 傳播界	1	2
Medical 醫護界	5	15
Merchant 商人	1	2
Retired 退休	2	6
Self-employed 自僱	1	2
Social Service Field 社工或社會服務界	7	23
Student 學生	0	8
Unemployed 待業	2	2
White collars 白領階層	15	37
Academic 學術界	0	0
Others 其他	3	9
Total 合共	67	145

(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	SWD (Telephone Interview) 社會福利署(電話訪問)	Operation of Suicide Prevention Hotline Service 查詢熱線服務運作方式	1
	Placement Student of SCIC 危機中心實習學生	Operation of Hotline Service 參觀熱線中心及了解服務運作	2
February 2月	Tak Oi Secondary School 德愛中學	Self destroy Problem of Youth 有關青少年自殘行為及現況	6
	SWD 社會福利署撥款小組	Design of call room 參觀電話房設計	6
March 3月	Year 1 Student of Bilingual Department of City University of Hong Kong 城大雙語系一年級學生	Suicide Problem of Student 本會服務及青少年自殺問題	4
	SWD (Telephone Interview) 社會福利署(電話訪問)	Operation of Hotline Service 查詢熱線系統操作	1
	Student of Journalism Department of Hong Kong Shue Yan University (Telephone Interview) 樹仁大學新聞系學生(電話訪問)	Suicide news 關於對自殺報導的意見	1
April 4月	Form 2 student of Shun Lee Catholic Secondary School 順利天主教中學中二生	Suicide Problem of Youth 青少年自殺問題	5
	Form 6 student of Carmel Pak U Secondary School (Telephone Interview) 大埔墟迦密柏雨中學中六生溫馨同學(電話訪問)	Suicide Problem of Youth 青少年自殺問題	1
	Pentecostal Lam Hon Kwong School 沙田五旬節林漢光中學	Volunteers' experience sharing 義工經驗分享	3
	Student of Shun Lee Catholic Secondary School 順利天主教中學學生	Suicide Problem of Youth 有關青少年自殺的問題	8
May 5月	Sergeant (Telephone Interview) 警務署楊沙展(電話訪問)	Suicide Rate and Information 查詢 2005 年死因庭數字	1
June 6月	Placement Student of SCIC 危機中心實習社工學生	Operation of Hotline Service 熱線服務及運作	4
	Health Department of Beijing Health, Welfare and Food Bureau of Hong Kong 北京衛生部及香港衛生福利及食物局	Operation of Hotline Service 熱線服務及運作	12

Month 月份	Visiting People / Organization 來訪者 / 機構	Purpose 目的	No. of Visitors 人數
July 7月	Church (Telephone Interview) 教會(電話訪問)	Suicide Prevention Service of SBHK 查詢處理在電郵提及自殺意圖的處理	1
August 8月	Year 4 student of Medical Science Department of The Chinese University of Hong Kong (Telephone Interview) 中大醫學系四年級學生(電話訪問)	Suicide Prevention Service of Hong Kong 查詢本港主要的防止自殺服務	1
September 9月	Caritas Pelletier School (Telephone Interview) 培立中學(電話訪問)	Suicide Rate and Information 查詢自殺數字	1
	Policemen (Telephone Interview) 警員(電話訪問)	Volunteer Service 查詢義工服務	1
October 10月	Student of Social Science Department of City University of Hong Kong 城大社會科學系學生	Operation of Hotline Service 認識本會服務	3
	The Open University of Hong Kong (Telephone Interview) 公開大學(電話訪問)	Suicide Rate and family violence problem 有關本港自殺數字及家庭暴力問題	1
	Placement Student 實習學生	Operation of Hotline Service 認識熱線服務	3
	Student of Shun Lee Catholic Secondary school 順利天主教中學學生	Suicide Problem of Youth 青少年自殺問題	3
November 11月	Student of Business Science Department of Hong Kong Baptist University 浸會大學商學院學生	Operation of Hotline Service 認識本會服務	3
	Postgraduate Student of Education Department of Tsinghua University 清華大學教育研究所學生	Operation of Hotline Service and training 有關熱線服務的運作及義工培訓	1
	Student of Social Science Department of Hong Kong Shue Yan University 樹仁社會科學系學生	Operation of Hotline Service 認識熱線服務	9
	Social worker of Haven of Hope Christian Service 靈實協會社工	Operation of Hotline Service and training 認識熱線服務的運作及義工培訓	1
December 12月	Placement student of SCIC 危機中心實習學生	Operation of Hotline Service 熱線中心服務及運作	2
	Mother's Choice 母親的抉擇	Operation of Hotline Service and training 認識熱線服務的運作及義工培訓安排	12

(Table 6.1.10) Community Talks
(表6.1.10) 對外講座

Targets 對象	Month 月份	Organization 機構	Theme 主題	No. of Participants 參加人數
小學	February 2月	Shap Pat Heung Rural Committee Kung Yik She Primary School 十八鄉鄉事委員會公益社小學	Cherish Life 積極人生面對逆境	630
中學/大專	March 3月	LST Young Ko Hsiao Lin Secondary School 楊葛小琳中學	Treasures life - Learning from all directions - Social Services 「全方位學習—社會服務」 珍惜生命	160
	April 4月	Methodist College 循道中學	Cherish Life 積極人生	160
	July 7月	TWGHs Wong Fut Nam College 東華三院黃芴南中學	Cherish Life - Face the Sadness and Loss 積極面對不快與失去	850
	September 9月	PAOC Ka Chi Secondary School 加拿大神召會嘉智中學	Cherish Life - Face the Sadness and Loss 積極人生面對不快與失去	160
	October 10月	Lan Chi Pat Memorial Secondary School 仁濟醫院靚次伯紀念中學	Cherish Life - Suicide Prevention Education 積極人生防止自殺社區教育	1180
機構	January 1月	Caritas de Macau 澳門明愛	Suicide Crisis Assessment Course 自殺來電者危機評估及處理課程	35
	February 2月	Education and Youth Affairs Bureau 澳門教育暨青年局	Counselling Skill of Calling 電話輔導技巧	40
	May 5月	Hok Yau Club 學友社	Suicide Crisis Workshop 危機處理工作坊	40
	June 6月	New Life Psychiatric Rehabilitation Association 新生精神康復會	Volunteer Training - How to deal with the difficult cases 熱線服務義工訓練—處理困難個案	17
	August 8月	The Salvation Army Elderly Centre 救世軍長者中心	Suicide Crisis 自殺危機	50
	September 9月	New Life Psychiatric Rehabilitation Association 新生精神康復會	Volunteer Training - The key points of talking with Suicidal Persons 熱線服務義工訓練—與具自殺意圖人士傾談的重點	9
	October 10月	Student of the Department of Social Work The Chinese University of Hong Kong 中文大學社會工作系	Falsehoods of Suicide 自殺謬誤講座	54

(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	Information about Carnival 報導熱愛生命與您同行嘉年華的活動， 了解面對逆境的方法	Hong Kong Daily News 新報
	The ratio of seeking help and statistic of suicide cases (from teachers) (Telephone Interview) 老師致電求助比率及自殺原因統計(電話訪問)	South China Morning Post 南華早報
	The ratio of seeking help and statistic of suicide cases (from professionals) (Telephone Interview) 專業人士求助比率及求助原因(電話訪問)	Hong Kong Economic Times 香港經濟日報
	Suicide Problem of 3 Students and influence of peers (Telephone Interview) 關於3位中學生自殺與朋輩影響(電話訪問)	Sing Tao 星島日報
	Interviewing teachers about seeking help and analysis the appearance of suicide 訪問教師求助情況及對自殺現象分析	HKC Enterprises 有線電視
February 2月	Emotional Problem (Telephone Interview) 感情問題的處理(電話訪問)	Oriental Daily News 東方日報
March 3月	Suicide Problem of Youth (Telephone Interview) 有關青少年自殺問題(電話訪問)	TVB 無線電視
April 4月	Telephone no. of Hotline Centre and Promotion (Telephone Interview) 確認本會電話號碼及對外宣傳(電話訪問)	Roadshow 路訊通
May 5月	Suicide Prevention Service of Hotline Centre 熱線中心服務介紹	Sing Tao 星島日報
	How parents get along with children (Telephone Interview) 父母與子女相處態度(電話訪問)	Oriental Daily News 東方日報
June 6月	Suicide Problem of Youth (Telephone Interview) 有關青少年自殺問題及親友處理方法(電話訪問)	Apple Daily 蘋果日報
	A level - candidates seeking for help (Telephone Interview) 查詢高級程度會考生求助情況(電話訪問)	Apple Daily 蘋果日報
July 7月	Opinion about suicide event (Telephone Interview) 查詢對某自殺事件的意見及呼籲(電話訪問)	Oriental Daily News 東方日報
	About the psychological status of suicide clients and how relatives handle (Telephone Interview) 有關自殺人士心理狀況及親友處理方法(電話訪問)	RTHK 香港電台
	Information about family members of suicidal persons (Telephone Interview) 查詢家人如何協助有自殺傾向人士(電話訪問)	Oriental Daily News 東方日報
	Statistic of TSW's suicide clients and No. of seeking for help (Telephone Interview) 天水圍自殺人士數據及求助數字(電話訪問)	Next Magazine 壹周刊
	How to deal with the cases caused by love affairs and the record of seeking SBHK's help (Telephone Interview) 查詢如何處理為情自殺的個案及求助本會的統計紀錄(電話訪問)	Apple Daily 蘋果日報

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
August 8月	Opinion about suicide event (Telephone Interview) 查詢對某自殺事件的回應及放榜期間的特別服務 (電話訪問)	Hong Kong Broadband Network 香港寬頻
	Information about Hotline Centre (Telephone Interview) 有關熱線資料及本會於放榜期間的工作安排 (電話訪問)	Hong Kong Broadband Network 香港寬頻
September 9月	Information about Hong Kong Suicide (Telephone Interview) 查詢香港自殺數字及求助情況(電話訪問)	Hong Kong Commercial Broadcasting 香港商業電台
	Phenomenon of Hong Kong Suicide 有關香港自殺的現象	Metro Broadcast 新城
	Information about Over Night Duty of volunteers 有關熱線義工通宵當值的情況	Ming Pao Weekly 明報周刊
October 10月	Interview 活動訪問	Sing Tao 星島日報
	Interview 活動訪問	Hong Kong Wen Wei Po 香港文匯報
	Interview 活動訪問及錄影	RTHK 香港電台第一台
November 11月	Information about family members of suicidal persons (Telephone Interview) 有關親友處理自殺企圖人事的注意事項(電話訪問)	Hong Kong Economic Times 香港經濟日報
December 12月	The way to support couple (Telephone Interview) 有關夫婦互相支持的方法(電話訪問)	Sing Pao Daily News 成報
	Information about family members of suicidal persons (Telephone Interview) 有關家人如何處理有自殺念頭親屬的方法(電話訪問)	Sing Tao Daily News 星島日報
	Interview - Volunteers work on the New Year's Eve 訪問義工除夕夜當值的經驗和感受	Next Magazine 壹周刊
	Follow up the interview on the New Year's Eve 跟進除夕夜的訪問	Next Magazine 壹周刊

(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
March 3月	Consultant Service of counselling skill 熱線輔導技巧的顧問服務	Hotline of SBHK and Social Welfare Institute (Macau) 本會熱線中心、澳門社工局

(Table 6.1.13) Mass Programme

(表6.1.13) 大型活動

Period 日期	Name of Programme 活動名稱
January 1月	Cherishing Life, stay with us 熱愛生命與您同行嘉年華
October 10月	Paint out the courage of life 繪出生命的勇氣

6.2 Life Education Centre

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

1. Introduction

It is LEC's fifth year since establishment. Thanks to the sponsorship of the Hong Kong Jockey Club Charity Trust Fund, our services develop strongly. Our community education programs on preventing suicide and cherishing life reach more and more people. Looking back, we were unknown and some cooperating organizations requested us not to mention 'suicide'; but now, we are many schools "Life Education" partners. We can discuss the issue and share the ways of supporting suicidal people with the general public. We are glad to see that the awareness and acceptance of Hong Kong people towards suicide prevention has been increasing. We have faced many difficulties, but the outcome is encouraging. We know it is worth doing!

2. Talks and Workshops

In 2006, we provided 60 talks to 6,501 participants, which included 17 talks to 2,178 primary school students; 25 talks to 3,760 secondary school students; 14 talks to 466 parents and 3 talks for the professionals. We also offered the talk "Life Education in Family" to community members in cooperation with The Commercial Press. Besides talks, a total of 5 workshops were provided, 4 for teachers and 1 for secondary school students, the total participants of workshops were 131.

3. Seminars

We organized five frontline sharing seminars with a wide range of topics: 'How to Identify and Support Students Who have Suicidal Ideation', 'When I am Lightening the Others.....Frontline Workers' Mental Health, 'Life Education in Classroom', 'The Dance of Life - Life and Death Education' and 'Happy Family Series - Let's Talk About Love'. There were totally 418 participants.

4. Peer Counseling Training

We carried out 10 Peer Counseling Groups in 2006, a total of 138 Peer Counselors were trained up, 66 of them were secondary school students, 36 of them were parents and working youth, and the remaining 36 were from the community. In order to practice what had been learnt from the groups, peer counselors could volunteer in the Care-link program that managed by Suicide Crisis Intervention Centre, or participate in Life Ambassadors' Befrienders' services, such as visiting the elderly who lived in care hostel.

5. Life Ambassadors

In 2006, we ran two Life Ambassadors Training Courses and 33 Life Ambassadors completed the training to serve in our volunteer force. They provided different kind of community services for service user, including community education programs, hostel and home visits, and caring phone calls.

6. Community Education Programs

We held an exhibition entitled 'Life Education in Family' together with The Commercial Press to share the importance of family for personal growth, and the use of daily life materials as education media. There were 4,700 visitors to the exhibition. Moreover, we echoed to Yuen Long District Office's program - Care Leads to Brighter Future' Carnival. Our Life Ambassadors provided activity to promote the message of cherishing life and suicide prevention.

7. Hong Kong Jockey Club Suicide Prevention Resources Library

In order to have a more resourceful and practical library for the general public, we made effort to enrich the variety and number of books. In 2006, the Library welcomed 2,109 visitors. There were 374 persons borrowed our books, 17 visual materials and 2 exhibition materials.

8. Publications

LEC published 3 newsletters in this year. We shared with readers various themes including 'Not Afraid of Treatment Path' - to concern psychological needs of caretaker, 'Your Wonderful Childhood' - to understand children's inner world, and 'Men's Pain' - to explore men's stress and their way out.

9. Writing Articles

In 2006, LEC wrote articles for 'Hong Kong Professional Teachers' Union' Magazine, 'Education City Website' and 'Ming Pao'. Themes included contents and practical skills of life education, suicide symptoms, book recommendation and teachers' psychological health, which were tailored for frontline teachers.

10. Cooperation with Mass Media

By means of the mass media, the message of cherishing life can reach the public effectively. Therefore, LEC made use of invitations by the mass media to respond to suicide news and to share suicide prevention method.

11. Taiwan Exchange

We joined 'Taiwan Life Education Seminar and Life Warrior Prize Giving Ceremony' in May 2006. We shared our works, experience as well as our service rationale: to prevent suicide by integrating life education.

12. Future

In the coming year, LEC will enhance our work on parents and teachers. We believe that parents and teachers are significant companion of youth development. We wish to promote resilience, mental and psychological health and basic counseling skills to parents and teachers, so they can be a proper supporter for the youth, especially when they are in adversity. Moreover, we will publish a brochure and a training manual to share our experience with the community.

6.2 生命教育中心

中心主任 梁燕珍

1. 引言

生命教育中心自成立至今，已踏入第五個年頭，數年來承蒙香港賽馬會慈善信託基金資助，使我們的服務能持續發展，提供預防自殺及珍惜生命的社區教育服務予廣大市民。回顧過去，我們由不為人認識，到現在，已成為中小學的「生命教育」伙伴；從前合作機構要求我們「不提自殺」，到現在，讓我們與服務受眾討論自殺問題及分享支援有自殺意念人士的方法，可見市民對預防自殺的關注及接納程度有明顯轉變；宣傳與拓展的歷程是艱難的，然而成績是有目共睹，令人振奮！

2. 講座及工作坊

2006年，中心共提供了60場講座，參加人數共6501人。對象為小學生的講座共17場，參加人數共2178人；中學生講座共25場，參加人數共3760人；專為家長而設的講座共14場，參加人數466人；為專業人士提供的講座有3場；並與商務印書館合辦一場「家庭中的生命教育」講座。本年共提供5場工作坊，參加人數共131人，專為教師而設的工作坊共4場，1場對象為中學生。

3. 研討會

本年，中心共舉辦了5場前線分享研討會，內容豐富，主題有「辨識及支援有自殺傾向的學生」、「當照亮別人的時候……前線人員精神健康」、「在課堂中的生命教育」、「生命圓舞曲～生死教育」及「家無煩日子～一起談戀愛」，參加人數共418人。

4. 生命朋輩輔導訓練

中心共開辦了10個生命朋輩輔導訓練小組，共訓練了138名生命朋輩輔導員，中學生共有66人、社區人士共有36人、家長及職青共有36人。為鼓勵生命朋輩輔導員能學以致用，發揮守望社區的精神，中心更與本會自殺危機處理中心合作，提供危機關顧員的義務工作機會予生命朋輩輔導員。他們亦會參與中心「珍惜生命大使」之社區探訪活動，例如探訪長居於護老院的長者，與「珍惜生命大使」攜手傳遞關愛的精神。

5. 珍惜生命大使

本年中心成功開辦第十及十一期珍惜生命大使訓練班，共有33名大使完成訓練課程及義務工作。為了實踐大使所學到的知識及技巧，他們會到不同的機構提供探訪服務及籌辦各類型活動。

6. 社區教育活動

本年，中心與商務印書館攜手合辦一次名為「家庭中的生命教育」專題展覽，共4700人次入內參觀，讓觀眾了解家庭對個人成長的重要性，並分享如何活用生活為生命教育的題材。我們亦響應政府部門的工作，參與由元朗民政事務處舉辦的天水圍『關懷互助 共創明天』嘉年華會，透過遊戲向天水圍居民宣傳預防自殺、珍惜生命的訊息。

7. 香港賽馬會預防自殺資源圖書館

為使圖書館更具吸引力和實用性，中心過去一年致力豐富藏書的種類及數目。本年有2109使用人次。借用圖書共374人次、視聽資料共17人次，展板共有2次。

8. 刊物出版

本年共出版了3期《生命交流》，主題有「那怕療路遠……」——關注長期病患者家屬的心靈健康、「您想童年」——解構青少年和兒童的內心世界及「男人之苦」——探討香港男士的壓力和出路。

9. 撰稿

本年，中心為香港教育人員協會《學校與家庭》月刊、香港教育城網站「教師專業網」及明報「成長樂」撰寫分享文章，內容包括生命教育內涵及推行技巧、認識自殺徵兆、生命教育書籍推介、教師心靈健康等，主題內容專為教師的前線工作需要而設。

10. 與傳媒合作

透過與傳媒協作，珍惜生命的訊息能有效地推廣至社會不同階層的市民，故此，我們一直珍惜此協作機會。本年，中心應報章、電台和電視台的邀請，回應自殺新聞及提供預防自殺的方法。

11. 台灣交流

於本年5月19-20日，生命教育中心職員及委員應邀參加由台灣嘉義吳鳳技術學院舉辦的〈耕耘心田生命教育研討會〉及生命鬥士頒獎禮。我們與台灣致力推動生命教育的學者分享本中心的服務理念——預防自殺與生命教育結合，以及中心在香港的工作情況。

12. 展望

未來一年，生命教育中心會加強家長及教師的預防自殺及生命教育工作。我們認為家長和教師都是青少年的重要成長伙伴，若青少年在成長歷程中，遇上困難逆境，但同時亦得到師長們的正面支持和有效協助，他們不但能面對挫折，還能從經驗中學習和成長。再者，我們亦察覺到師長的心靈健康、抗逆能力和助人技巧亦與青少年的成長經驗息息相關，倘若師長得到適切的支援和學習，他們便有更強的力量去達到「自助」——建立積極健康的人生觀、「助人」——成為青少年的成長伙伴。此外，中心來年會製作一本小冊子及一份訓練教材，盼能與各界致力推動預防自殺工作的機關分享我們的工作成果。

(Table 6.2.1) Service Output of Life Education Centre 2006
(表6.2.1) 生命教育中心2006年服務數字統計

外展專題講座 Talks

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
小學 Primary School	1	10/2/2006	大埔舊墟公立學校 Taipo Market Primary School	表達及處理情緒 Handling Emotions	P.1 - P.3	450
	2	24/2/2006	和富慈善基金李宗德小學 W F Joseph Lee Primary School	積極人生 Cherish Life	P.1 - P.2	100
	3	23/3/2006	崇真英文小學暨幼稚園 Tsung Tsin Primary School and Kindergarten	積極人生、表達及處理情緒 Cherish Life, Handling Emotions	P.5	150
	4	30/3/2006	慈幼葉漢小學 Salesian Yip Hon Primary School	逆境自強、珍惜生命 Be Strong in Life	P.5 - P.6	362
	5	21/4/2006	慈航學校 Chi Hong Primary School	面對不快、失去 Coping with Losses & Sadness	P.2 - P.6	35
	6	26/4/2006	香港南區官立小學 Hong Kong Southern District Government Primary School	惜己愛人 Love Myself, Love the Others	P.3 - P.4	22
	7	26/4/2006	香港南區官立小學 Hong Kong Southern District Government Primary School	積極人生 Cherish Life	P.5 - P.6	17
	8	8/5/2006	香港鄭氏宗親總會鄭則耀學校 H.K.C.C.G..A. Cheng Jack Yiu School	積極人生 Cherish Life	P.4 & P.6	6
	9	29/9/2006	和富慈善基金李宗德小學 W F Joseph Lee Primary School	面對不快、失去 Coping with Losses & Sadness	P.5 - P.6	23
	10	11/10/2006	仁濟醫院何式南小學 Yan Chai Hospital Ho Sik Nam Primary School	面對不快、失去 Coping with Losses & Sadness	P.4 - P.6	400 (老師代表填問卷)
	11	18/10/2006	仁濟醫院何式南小學 Yan Chai Hospital Ho Sik Nam Primary School	積極人生 Cherish Life	P.1 - P.3	26
	12	1/11/2006	仁濟醫院陳耀星小學 Yan Chai Hospital Chan lu Seng Primary School	惜己愛人 / 人際相處 Love Myself, Love the Others	P.4 - P.6	70
	13	2/11/2006	中華基督教會基華小學 CCC Kei Wa Primary School	積極人生 Cherish Life	P.1 - P.3	64

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
小學 Primary School	14	9/11/2006	中華基督教會基華小學 CCC Kei Wa Primary School	朋輩互助技巧 Skills on Helping Friends	P.4 - P.6	40
	15	11/11/2006	元朗朗屏邨東莞學校 Yuen Long Long Ping Estate Tung Koon Primary School	減壓之道 Stress Release	P.6	159
	16	24/11/2006	元朗朗屏邨東莞學校 Yuen Long Long Ping Estate Tung Koon Primary School	朋輩互助技巧 Skills on Helping Friends	P.1 - P.3	215
	17	18/12/2006	中華基督教會基華小學 CCC Kei Wa Primary School	從環保學習 珍惜生命 Cherish Life Through Environmental Protection	P.4 - P.6	39
Total 總人數						2178

外展專題講座 Talks

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
中學 Secondary School	1	17/1/2006	大埔官立中學 Taipo Government Secondary School	積極人生 Cherish Life	F.1 - F.3	550
	2	20/1/2006	神召會康樂中學 Assembly of God Hebron Secondary School	面對生命挑戰、 活出積極人生 Challenges in Life & Cherish Life	F.4 - F.7	541
	3	8/2/2006	東華三院甲寅年總理中學 Tung Wah Group of Hospital - Kap Yan Directors' Colleges	積極人生 Cherish Life	F.7	56
	4	20/3/2006	香港專業教育學院黃克兢分校 IVE - Haking Wong	青少年自殺的誘 因及警號、支援 有自殺意念同學 及朋友 The System of Youth Suicide and Prevention Peers Supporting Strategy	College	23
	5	20/3/2006	中聖書院 China Holiness College	支援有自殺意念 的朋友 / 同學 Peers Supporting Strategy	F.1 - F.3	240
	6	22/3/2006	伯裘書院 Pak Kau College	面對不快、失去 Coping with Losses & Sadness	F.4	200

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
中學 Secondary School	7	23/3/2006	中聖書院 China Holiness College	支援有自殺意念的朋友 / 同學 Peers Supporting Strategy	F.4 - F.6	160
	8	28/4/2006	港九街坊婦女會孫方中書院 H.K. and Kowloon Kaifong Women's Association Sun Fong Chung College	積極人生 Cherish Life	F.1 - F.4	98
	9	10/4/2006	英華女學校 Ying Wa Girls' School	惜己愛人 Love Myself, Love the Others	F.1 - F.4 & F.6	96
	10	30/5/2006	佛教志蓮中學 Chi Lin Buddhist Secondary School	面對不快、失去 Coping with Losses & Sadness	F.3 - F.4	93
	11	10/7/2006	官立嘉道理爵士中學 (西九龍) Sir Ellis Kadoorie Secondary School (West Kowloon)	善待情緒與朋輩互助 Well Treat Emotions and Friends	F.1	11
	12	29/9/2006	聖傑靈女子中學 St Catharine's School For Girls, Kwun Tong	減壓之道 Stress Release	F.5 & F.7	33
	13	10/10/2006	香港聖公會何明華會督中學 HKSKH Bishop Hall Secondary School	表達及處理情緒 Handling Emotions	F.2	135
	14	16/10/2006	天水圍香島中學 Heung To Middle School (Tin Shui Wai)	在課堂中的生命教育 Life Education in Class	F.1 - F.3	116
	15	19/10/2006	嘉諾撒聖心書院 Sacred Heart Canossian College	人生四季 生死教育 Life Cycle	F.4	125
	16	26/10/2006	德蘭中學 St. Teresa Secondary School	生命的挑戰 Challenges in Life	F.2	60
	17	1/11/2006	元朗趙聿修紀念中學 Chiu Lut Sau Memorial Secondary School	惜己愛人 Love Myself, Love the Others	F.1 - F.7	127
	18	9/11/2006	香港能仁書院 Hong Kong Buddhist College	積極人生 Cherish Life	F.6	37
	19	9/11/2006	香港能仁書院 Hong Kong Buddhist College	積極人生 Cherish Life	F.4	43
	20	20/11/2006	佛教慈航智林紀念中學 Buddhist Chi Hong Chi Lam Memorial College	認識都市病 Depression	全校師生 whole school	82
	21	28/11/2006	德蘭中學 St. Teresa Secondary School	生命的挑戰 Challenges in Life	F.2	70

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
中學 Secondary School	22	6/12/2006	佛教大雄中學 Buddhist Tai Hung College	解決問題的技巧 Problem Solving Skills	F.1 - F.7	157
	23	12/12/2006	香港中國婦女會馮堯敬紀念中學 HKCWC Fung Yiu King Memorial Secondary School	惜己愛人 Love Myself, Love the Others	F.1 - F.3	560
	24	13/12/2006	嶺南衡怡紀念中學 Lingnan Hang Yee Memorial Secondary School	積極人生 Cherish Life	F.3	28
	25	14/12/2006	加拿大神召會嘉智中學 PAOC Ka Chi Secondary School	積極人生 Cherish Life	F.1 - F.6	119
Total 總人數						3760

外展專題講座 Talks

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
家長 Parent	1	6/4/2006	明愛樂協會 Caritas Lok Heep Club	耗盡的警號和出路：如何自處、助人自助 Being Burned Out and the Way Out	濫藥者家長 Parents of Drug Abusers	28
	2	13/5/2006	社會福利署西荃灣綜合家庭服務中心 Tsuen Wan (West) Integrated Family Service Centre, Social Welfare Department	如何辨識及支援有自殺意念的子女 Under stand Your Suicidal Children	區內家長 Parents in the Community	13
	3	27/8/2006	天主教崇德英文書院 Shung Tak Catholic English College	親子樂溝通 Better Communication Between Parent and Child	中學生家長 Parents of Secondary School Students	87
	4	30/9/2006	仁濟醫院林李婉冰幼稚園 Yan Chai Hospital Nina Lam Kindergarten	情來自何方 Where Your Child's Emotions go	幼稚園生家長 Parents of Kindergarten Students	16
	5	28/10/2006	九江商會學校 Kow Kong Commercial Association School	鬧鐘與檸檬家長管教模式 Parenting Mode-Alarm Clock & Lemon	小學生家長 Parents of Primary School Students	14

外展專題講座 Talks

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
家長 Parent	6	4/11/2006	博愛醫院歷屆總理聯誼會 梁省德學校 AD & FD POHL Leung Sing Tak School	親子樂溝通 Better Communication Between Parent and Child	小學生 家長 Parents of Primary School Students	32
	7	18/11/2006	保良局葵盛幼稚園 Po Leung Kuk Kwai Shing Kindergarten	積極人生 Cherish Life	幼稚園 家長 Parents of Kindergar- ten Students	29
	8	21/11/2006	仁濟醫院何式南小學 Yan Chai Hospital Ho Sik Nam Primary School	教出狀元郎 Nurturing Straight-A Students	小學生 家長 Parents of Primary School Students	71
	9	21/11/2006	聖家學校 Holy Family School	提升子女解決 問題的能力 Enhance Your Child' s Problem Solving Skills	小學生 家長 Parents of Primary School Students	22
	10	29/11/2006	保良局陳湓小學 Po Leung Kuk Chan Yat Primary School	鬧鐘與檸檬家長 管教模式 Parenting Mode- Alarm Clock & Lemon	小學生 家長 Parents of Primary School Students	43
	11	30/11/2006	東華三院朱惠芬幼稚園 TWGH Wong Chu Wai Fun Kindergarten	和孩同心 Empathise With Your Child	幼稚園生 家長 Parents of Kindergar- ten Students	26
	12	5/12/2006	香港基督教播道會聯會 中國基督教播道會天恩 幼兒學校 AEFCHK EFCC Tin Yan Nursery School	和孩同心 Empathise With Your Child	幼稚園生 家長 Parents of Kindergar- ten Students	11
	13	6/12/2006	筲箕灣官立小學 Shau Kei Wan Government Primary School	擁抱真我、 善待自己 Love Your True Self	小學生 家長 Parents of Primary School Students	40

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
家長 Parent	14	14/12/2006	馬鞍山聖約瑟小學 Ma On Shan St Joseph's Primary School	鬧鐘與檸檬家長 管教模式 Parenting Mode - Alarm Clock & Lemon	小學生 家長 Parents of Primary School Students	34
Total 總人數						466

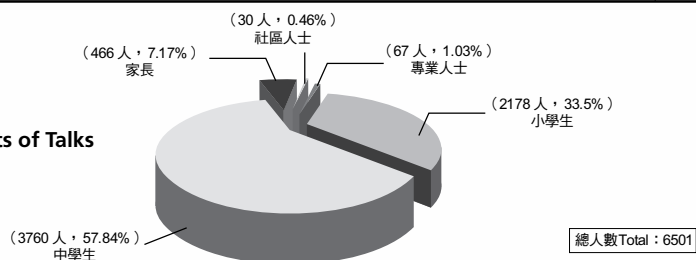
外展專題講座 Talks

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
專業人士 Professionals	1	7/1/2006	香港青年協會 The Hong Kong Federation of Youth Groups	中心探訪及了解 青少年自殺預防 工作 Centre Visit and Understand about Youth Suicide Prevention Work	關心一線 義工 Hotline Volunteers	20
	2	30/3/2006	香港宣教會白普理 上水家庭中心 Hong Kong Evangelical Church Bradbury Sheung Shui Family Centre	問題學生背後 的成因 Behind the Problem ~ Understand the Causes of Being a Problematic Student	小學教師 Primary School Teachers	25
	3	22/4/2006	薈色園可信小學 Ho Shun Primary School Sponsored by the Sik Sik Yuen	課堂中的生命 教育 Life Education in Class	小學教師 Primary School Teachers	22
Total 總人數						67

外展專題講座 Talks

對象 Target	場次 No	日期 Date	學校名稱 School	題目 Topic	級別 Class	人數 No. of Visitor
機構 Organization	1	19/4/2006	商務印書館(香港)有限公司 The Commercial Press (H.K.) Limited	家庭中的生命 教育 Life Education in Family	社區人士 Community	30
Total 總人數						30

外展專題講座對象 Targets of Talks



工作坊 Workshops

次數 No.	日期 Date	機構 Organization	主題 Topic	對象 Targets	人數 No. of Visitor
1	1/4/2006	生命教育中心 Life Education Centre	前線加油站 ~ 在課堂中的生命教育 Frontline Sharing - Life Education in Class	教師、 社區人士 Teachers & Community	15
2	4/7/2006	中華基督教會基慧小學 CCC Kei Wai Primary School	心靈健康 Mental Health	教師 Teachers	20
3	5/7/2006	中華基督教會基慧小學 CCC Kei Wai Primary School	心靈健康 Mental Health	教師 Teachers	14
4	1/12/2006	荃灣公立何傳耀紀念小學 Tsuen Wan Public Ho Chuen Yiu Memorial Primary School	課堂中的生命教育 Life Education in Class	教師 Teachers	21
5	5/12/2006	香港教育工作者聯會 黃楚標中學 HKFEW Wing Cho Bau Secondary School	情緒處理 Handling Emotions	中二學生 F.2 Students	61
Total 總人數					131

研討會 Seminars

次數 No.	日期 Date	主題 Topic	人數 No. of Visitor			
			教育界 Education	福利界 Welfare	社區人士 Community	總人數 Total
1	12/1/2006	「辨識及支援有自殺傾向的學生」 “How to Identify and Support Students Who have Suicidal Ideation” Seminar	18	/	37	55
2	17/2/2006	「當照亮別人的時候……」前線人員 精神健康 “When I am Lightening the Others” Frontline Workers’ Mental Health Seminar	/	/	46	46
3	25/3/2006	「在課堂中的生命教育」 “Life Education in Classroom” Seminar	/	/	12	12
4	27/9/2006	「生命圓舞曲」研討會 “The Dance of Life” Seminar	/	/	280	280
5	11/11/2006	「家無煩日子」~一起談戀愛研討會 “Happy Family Series” - “Let’s Talk About Love” Seminar	/	/	25	25
Total 總人數						418

生命朋輩輔導訓練 Peer Counseling Training

次數 No.	日期 Date	機構 Organization	對象 Targets	人數 No. of Visitor
1	18/2- 25/5/2006	香港宣教會白普理上水家庭中心（鳳溪小學） Hong Kong Evangelical Church Bradbury Sheung Shui Family Centre (Fungkai Primary School)	家長 Parents	17
2	24/3- 12/5/2006	生命教育中心 SBHK Life Education Centre	社區人士 Community	11
3	11/4- 13/7/2006	港九街坊婦女會孫方中書院 H.K. and Kowloon Kaifong Women's Association Sun Fong Chung College	中四學生 F.4 Students	10
4	17/7- 19/7/2006	元朗趙聿修紀念中學 Chiu Lut Sau Memorial Secondary School	中四學生 F.4 Students	13
5	17/7- 19/7/2006	元朗趙聿修紀念中學 Chiu Lut Sau Memorial Secondary School	中四學生 F.4 Students	15
6	5/8- 26/8/2006	生命教育中心 Life Education Centre	社區人士 Community	7
7	16/8- 18/8/2006	元朗趙聿修紀念中學 Chiu Lut Sau Memorial Secondary School	中六學生 F.6 Students	12
8	16/9- 18/11/2006	香港路德會雍盛綜合服務中心 HKCYS Fanling Integrated Children and Youth Service Centre	青少年 Adolescents	19
9	18/10- 15/11/2006	生命教育中心 Life Education Centre	社區人士 Community	18
10	6/11- 11/12/2006	香港紅卍字會大埔卍慈中學 HKRSS Tai Po Secondary School	中四學生 F.4 Students	16
Total 總人數				138

朋輩輔導服務 Peer Counselor - Service

編號 No.	活動名稱 Programme	日期 Date	次數 No	節數 No. of Session	參加人數 No. of Peer Counselor	服務人數 No. of Service Recipient	總活動人數 Total No. of Participant
1	危機關顧計劃 Project on Crisis Management	26/5/2006	1	1	2	29	31
2	探訪太子護老院 Visit to Prince Edward Elderly Home	23/9/2006	1	1	4	20	24
3	元朗趙聿修紀念中學 Chiu Lut Sau Memorial Secondary School	1/9/2006	60	60	40	210	250
Total 總人數							305

珍惜生命大使 Life Ambassadors - Training

期數 Phase	日期 Period	節數 No. of Session	對象 Target	參加人數 No. of Participant
第十期珍惜生命大使訓練	13/6-1/8/2006	8	社區人士 Community	14
第十一期珍惜生命大使訓練	17/11-5/1/2007	8	社區人士 Community	19
Total 總人數				33

珍惜生命大使探訪服務 Life Ambassadors - Befrienders Service 1/06-12/06

合作機構 Cooperating Organization	探訪個案數目 No. of Case
自殺危機處理中心 Suicide Crisis Intervention Centre	26
耆康會王華湘夫人老人宿舍 SAGE Mrs Wong Wha San Hostel For The Elderly	5
房屋署長者住屋(白田邨瑞田樓) Housing for Senior Citizens, Housing Department (Shui Tin House, Pak Tin Estate)	60
Total 總人數	91

圖書閣使用紀錄 Using Record of The Resources Library

月份 Month	到場人次 No. of Users	借用人次 No. of Borrowing			
		圖書 Books	視聽資料 Audio Visual Materials	活動教材 Activity Kits	展板 Education Boards
2006-01	302	35	4	0	0
2006-02	171	20	5	0	0
2006-03	286	34	7	0	0
2006-04	201	47	0	0	1
2006-05	170	20	0	0	0
2006-06	180	16	0	0	0
2006-07	124	32	0	0	0
2006-08	162	30	0	0	0
2006-09	104	42	1	0	0
2006-10	96	39	0	0	0
2006-11	135	45	0	0	1
2006-12	178	14	0	0	0
Total 合共	2109	374	17	0	2

大型活動 Mass Programmes

場次 No.	日期 Date	機構 Organization	活動 Programme	對象 Target	人數 No. of Participant
1	14-24/ 4/2006	商務印書館 Commerical Press (H.K.) Limited	家庭中的生命教育專題展覽 Exhibition on "Life Education in Family"	社區人士 Community	4700
2	30/7/2006	元朗民政事務處 Yuen Long District Office	天水圍「關懷互助 共創明天」 嘉年華會 "Care Leads to Brighter Future" Carnival	天水圍居民 Tin Shui Wai Residents	3000
Total 總人數					7700

傳媒及外界訪問及報導 Visits and Media Reporting

日期 Date	機構名稱 Media	題目/內容 Topic
9/1/2006	香港電台 RTHK	對教師自殺的回應 Feedback on Teachers' Suicide
20/1/2006	有線電視新聞台 Cable TV News	自殺及生命教育專輯 Suicide and Life Education Series
25/4/2006	明報 ~ 成長樂 Growth, Mingpao	爸媽必備~小兒抗逆五寶 Gifts to Parents - Enhance Child's Resilience
8/7/2006	東方日報 Oriental Daily	天水圍區社會服務回應 Feedbacks on Social Services in the Tin Shui Wai District
3/8/2006	明報 Mingpao	熱線服務回應 Feedbacks on Hotline Service
24/8/2006	東週刊 East Weekly	快樂人生 Happy Life
14/9/2006	香港電台 RTHK	珍惜生命大使介紹 About "Life Ambassador"
15/9/2006	香港電台 Teen Power網上電台節目 Teen Power, RTHK	青少年輕生問題 Suicides Among Youngsters
30/9/2006	The Young Reporter	了解生命教育 Life Education
24/10/2006	珠海書院新聞系 The Department of Journalism & Communication, Chu Hai College of Higher Education	長者的自殺情況及生命教育 Suicides Among Elderly and Life Education
27/10/2006	理工大學副學士 Associate Degree, Poly University	認識生命教育的義工培訓 Volunteer Training for Life Education

文章刊登 Published Articles

刊物名稱 Publicatio	日期 Date	題目/內容 Topic
教協月刊《學校與家庭》 “School & Family”, Hong Kong Professional Teachers' Union Magazine	4/1/2006	百戰百勝~積極思維 Positive Thinking
	4/2/2006	愛你沒保留 Teacher's Love
	4/4/2006	百尺竿頭~壓力處理 Improvement - Stress Release
	1/6/2006	我好想幫手~談學生肩負朋輩輔導員時的需要 I Wanna Help! - Student Fellow Counselors' Preparation
	1/11/2006	再見，愛瑪媽媽(書介) Goodbye, Emma (Book Recommendation)
香港教育城網站 Hong Kong Education City Website	25/8/2006	老師們，齊來照耀學生的心靈 Teachers, Brighten Your Students' Souls!
	28/9/2006	推行生命教育~從何入手 Carry Out Life Education
	1/11/2006	利用動畫及卡通推行生命教育 The Use of Animations and Cartoons in Life Education
明報 Ming Pao	25/4/2006	爸媽必備 - 小兒抗逆五寶 Gifts to Parents - Enhance Child's Resilience

6.3 Suicide Crisis Intervention Centre

Helen Lui
Centre-in-charge

1. Introduction

The Suicide Crisis Intervention Centre (SCIC) has been set up for 5 years since 2002. While the major services of SCIC are mainly supported by the subvention of Social Welfare Department of Hong Kong, we also extended our service scope to further reach those who are distressed by suicide issues. In 2006, we therefore applied for the Apple Daily Charitable Foundation and were pleased to be granted funding to extend our service for the suicide survivors.

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. At the same time, we offered 24 hours of consultation service for frontline volunteers and professionals from different sectors. In 2006, we handled 1,318 crisis cases, an increase of 31% or 311 cases compared to the number of cases in 2005.

2.2 Gender and Age

Among these 1,318 crisis cases, there were 469 male and 849 female clients and the male to female ratio is 1:1.8. Regarding the age distribution, more than half (51%) of the service users fell between the range of 30 and 49, and almost 90% between that of 20 and 59. For those aged from 10 to 20, there was a slight increase of more than 10%, from 22% of last year up to 24.8%. The positive view is that more young people were willing to seek help. Or otherwise, it might mean that this year more young people thought about suicide. (Details in Table 6.3.1 and Figure 6.3.1)

2.3 Presenting Problems

There were 233 cases (17.7%) distressed by suicidal problems of their family members or friends, 232 cases (17.6%) by marital problem, 197 cases (14.9%) by financial problem and 117 cases (8.9%) by romantic relationship problem. It is worth mentioning that more people whose distress were caused by suicidal others sought help from us this year, meaning that family members and friends of those suicidal were more conscious about the risk symptoms of the people around them. We believe it should contribute to suicide prevention. (Details in Table 6.3.2 and Figure 6.3.2).

2.4 Risk Level

There were 653 (49.6%) and 289 (21.9%) cases 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 with moderate and high risks were 643 (51.9%) and 41 (3.1%) respectively. In other words, the total number of moderate and high risk cases dropped from 942 to 684 and the combined percentages of which dropped from 71.5% to 51.9%, where the high-risk cases were found to decrease significantly by 18.8%. (Details in Table 6.3.3 & 6.3.4 and Figure 6.3.3 & 6.3.4)

2.5 Referrers and Service Partners

In order to provide a safety net for suicidal people as well as a strong support for our 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, by providing 24-hour round-the-clock service for referrals and consultations. In 2006, 483 cases (36.6%) were referred by social workers, 221 cases (16.8%) by hotline volunteers, 57 cases (4.3%) by medical staff and 533 cases (40.4%) by self-approached including those distressed by suicidal family members and friends. For some of the other suicidal cases and crisis situations, SCIC also worked with our service partners intensively and provided 338 consultations during the year. (Details in Table 6.3.5 and Figure 6.3.5)

3. Group Work Service

In the year of 2006, SCIC has further developed group work service to diversify options for our clients to better cope with their needs. In order to make our clients feel more at home and be able to enjoy the group activities, placement students of The Hong Kong Polytechnic University were invited to help re-decorating one of our activity rooms. We hope that when our clients come to the group meetings, the environment can provide them a feeling of warm welcome, being relaxed and comfort. During the year, 13 therapeutic groups of 72 sessions and 12 support groups of 79 sessions were conducted. (Details in Table 6.3.6)

4. Service Promotion, Experience Sharing and Training Workshops

SCIC continued to provide service promotion and training workshops to all interested parties such as social workers, medical professionals, teachers, students, volunteers and other community organizations. Training areas included the Hong Kong suicide problems, how to identify suicidal symptoms, suicide risk assessment and suicide crisis intervention skills. SCIC also shared knowledge and experience in suicide crisis intervention work with overseas organizations such as the Department of Health - Macau, the Taiwan LifeLine - Chiayi, Shenzhen Psychological Crisis Intervention Centre and Research Institute of Education Science of Guangzhou. We also exchanged best practices in international conferences such as the 2nd Asia Pacific Suicide Prevention Conference 2006 and The 5th International Conference on Social Work in Health and Mental Health. (Details in Table 6.3.7)

5. “Live the Rainbow” Programme

The “Live the Rainbow” Programme, sponsored by the Apple Daily Charitable Foundation, was a one-year programme started from April 2006. Through community education programmes such as talks and mass programme, group activities and home visits, “Live the Rainbow” aimed at educating the public and arousing the public’s attention about the needs of suicide survivors. With more people’s understanding and support, suicide survivors are enabled to overcome the grieving process, to re-define the meaning of their lives positively and to actualize it as colourful as a rainbow.

6. Publications

SCIC produced two booklets namely “Timely Rainfall in Desert”(荒漠甘霖) and “A Handbook for Suicide Survivors” (自殺者親友手冊) and a leaflet “Love Isn’t Easy” (相愛很難).

6.1 “Timely Rainfall in Desert”

This is a booklet to educate people with the right attitude and proper skills in helping people with suicidal risk. This is just like a timely rainfall in a desert, meaning that appropriate and timely action from people around can effectively work as a safety gate keeper to prevent tragedy of suicide from those who are distressed in life, and can bring them out of their troubles by soliciting professional help.

6.2 “A Handbook for Suicide Survivors”

This booklet illustrates the huge and complicated impacts of suicide to suicide survivors so that more people will understand and accept them as well as render them support and encouragement. As a result, people all together can build up a more harmonious and healthy society hand in hand.

6.3 “Love Isn’t Easy”

This pamphlet is to help the readers gain insights on the difference in emotions and needs of female and male in their romantic relationships and how to manage better.

7. In-Service Staff Training

To ensure the quality of our service and staff professional development, SCIC was grateful to have our consultants Dr Chiu Siu-Ning, a psychiatrist, and Dr Michael Tsang, a clinical psychologist, to conduct regular case conferences for our team. Besides, during the year of 2006, we also arranged a mental health course and different training workshops on debt counselling, problem gambling and suicide and group work counseling for our professional staff.

8. Interviews with Mass Media and Other Parties

SCIC collaborated with mass media and other parties to arouse the public concern about the suicide problem in Hong Kong and to further promote messages of suicide prevention and cherish of life.

9. Future Outlook

Life is always full of ups and downs. Our work is to walk with those who are in distress and despair and have lost their motivation and courage to live, and to help them restore their faith and hope in life. Despite of the economic uptrend, suicide news were still heard almost everyday. We hope that in the coming year, we can further reinforce collaboration with mass media and other related parties to proactively approach and provide services for the suicide attempts as well as the suicide survivors.

6.3 自殺危機處理中心

中心主任 雷黃恩芳

1. 前言

自殺危機處理中心於2002年3月成立，至今已投入服務五年。本中心除繼續運用社會福利署的津貼以主力提供個案輔導服務和開辦不同的小組以配合服務使用者的需要外，亦同時致力擴展服務的對象和範圍，希望讓更多因自殺問題而受困擾的人士獲得適切的支援。因此，本中心於2006年初向蘋果日報慈善基金申請並獲撥款，進一步發展為自殺者親友而設的服務。

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。同時亦為各專業伙伴提供24小時的個案轉介和諮詢服務。本中心於2006年總共處理了1318宗個案，比去年增加了311宗，增幅達31%。

2.2 性別與年齡

在1318宗個案中，有469位案主是男性，849位是女性，男女比率約為1:1.8。另外，超過半數的案主年齡介乎30至49歲之間，共佔51%；年齡由20至59歲的則佔87%，接近九成之多；而年齡由10至20歲的則由去年的22%增至24.8%，升幅超過一成。在較樂觀的角度看，這可能反映了在這個年齡類別的人士，願意求助的人數多了；不然，這亦可能反映到年齡二十歲以下的年青人中比往年有較多人想到自殺。（詳閱圖表6.3.1）

2.3 問題種類

危機個案中有233位案主是受到家人或朋友的自殺問題困擾而求助，佔17.7%；而受婚姻問題困擾的有232位，佔17.6%；受經濟困擾的有197位，即佔14.9%；而受愛情困擾的則有117位，佔8.9%。值得一提的是因受到家人或朋友的自殺問題困擾而求助的人數上升了，反映了有更多身邊人對自己的親友的自殺危機作出關注，並懂得付諸行動去求助，相信這樣對預防自殺悲劇的發生有一定幫助。（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653宗及289宗，百分率分別為49.6%及21.9%，合共為942宗，即佔71.5%；經本中心在接獲個案後，以電話或面談方式提供了首次輔導後而作出的評估，具中至高危的個案分別降至643宗及41宗，百分率分別為48.8%及3.1%，合共降至684宗，百分率下降為51.9%；其中高危個案降低了18.8%。（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，提供全面的協助。在2006年內，由社會工作者轉介的危機個案有483宗(36.6%)、熱線義工轉介的有221宗(16.8%)、由醫護人員轉介的有57宗(4.3%)及案主自行求助的(包括親友)有533宗(為40.4%)。除個案轉介外，本中心向各專業人士提供有關處理自殺問題個案的諮詢共338宗，可見本中心與各轉介者和合作伙伴的緊密合作(詳閱圖表6.3.5)

3. 小組服務

本中心於2006年進一步發展小組服務，一方面為服務使用者提供更多的服務選擇，另一方面亦藉着個案和小組兩種不同的輔導形式互相配合，在他們面對和處理問題時發揮相輔相承之效。為讓小組組員可在一個較舒適和溫馨的環境下進行小組活動，中心特意邀請香港理工大學的實習學生把一個活動房間重新設計，把溫馨和欣悅的概念融合在設計中，令組員在中心參加小組時有像在家的感覺，感受到家一般的溫暖、舒快和親切。在2006年期間，中心共開辦了13個治療性和12個支援性小組，活動節數分別共72和79節。（詳情可參閱表6.3.6）

4. 服務介紹、經驗交流、訓練講座和工作坊

本中心繼續為各專業如社工、醫護人員、老師和其他社區人士包括學生、義工及各行業人士等提供訓練講座和工作坊，內容包括香港自殺問題、如何辨識自殺危機的徵兆、自殺危機評估及危機處理技巧等。除此之外，本中心一方面樂應海外機構如澳門衛生局、台灣嘉義市生命線和廣州市教育科學研究所等的邀請為他們提供訓練或作探訪交流；另一方面，本中心亦藉着參與不同的國際性專業會議如亞太區防止自殺會議和第五屆衛生與精神健康社會工作國際會議等，跟世界各地的有關組織交流在自殺危機的防治和處理方面的經驗和心得。（詳情可參閱表6.3.7）

5. 活出彩虹行動

「活出彩虹行動」是本中心在2006年4月開始舉行的一項為期一年的活動計劃，此計劃由蘋果日報慈善基金撥款資助，目的是為自殺者親友提供更多支援，一方面透過全港性的宣傳和教育性活動，包括專題講座和大型活動，讓社區人士認識到自殺問題帶給親友的壓力和困擾，從而懂得接納他們和給與他們更多體諒和支持；另一方面，透過「行動」中多元化的活動包括小組活動和過來人的主動探訪等，協助他們過渡因親友自殺身故帶來的傷痛和困擾，尋回自己人生的意義和色彩，從而積極面對未來，並集結彼此力量發揮助人自助的精神，攜手締造彩色人生路，重建正面的新生活。

6. 刊物出版

本中心於2006年出版了兩本分別名為「荒漠甘霖」和「自殺者親友手冊」的小冊子和一份名為「相愛很難」的單張，並廣泛派發到各有關政府部門、醫院和社會服務機構等，讓有需要人士參閱。

6.1 「荒漠甘霖」

具自殺危機人士猶如在沙漠中迷路的旅客，他們看不見前路，在缺乏援助的情況下，感到極度的痛苦。「荒漠甘霖」透過故事片段形式，讓讀者認識對有自殺危機的朋友的正確態度、與他們傾談時須注意的事項、如何幫助他們衝破尋求專業人士幫助的障礙等，讓讀者能成為這些迷途旅客在沙漠中的及時雨，陪伴他們走出困境，為防止自殺之門把關。

6.2 「自殺者親友手冊」

這手冊闡釋了自殺事件對自殺者親友及其身邊人帶來的巨大壓力和影響，並建議有機會接觸他們的人，可如何協助他們、助他們走出困局，繼而邁向更積極的人生，共同締造更健康美好的社會。

6.3 「相愛很難」

單張道出了男女在感情方面不同的需要和感受，好讓讀者學習異性與自己之別和更有效的相愛之道。

7. 內部職員訓練

正謂「功欲善其事、必先利其器」，為了確保中心能提供高質素的服務，並照顧到員工的專業發展需要，中心繼續推行定期的個案諮詢會議。本中心幸得本會專業顧問臨床心理學家曾慶培博士和精神科高級醫生趙少寧醫生繼續定期為我們提供個案諮詢會議。除外，中心亦就着工作的需要和職員的建議舉辦其他培訓項目，當中包括精神健康課程、債務輔導、小組工作之推行、問題賭博輔導與自殺等。

8. 傳媒及其他訪問

本中心按着香港的自殺問題，與傳媒及各界朋友充力合作，務求讓更廣大的香港市民對自殺問題作出關注；在彼此不同的崗位上互相合作，好讓在防止自殺和推廣珍惜生命方面有更大成效。（詳情可參閱表 6.3.8）

9. 未來展望

人生路途有起有伏，我們的工作是要與在沉痛中失去生存意志和勇氣的人同行，幫助他們重覓生命的希望、渡過生活的危機、重拾生存的信念和重建面對危機的能力。近年香港經濟雖然好轉，但每天翻閱報章時，還是不斷看到有人基於種種理由而要尋死；展望在來年裡，我們能突破有限的資源，與傳媒和有關機構合作，得以向自殺者家屬和自殺獲救人士主動提供協助。

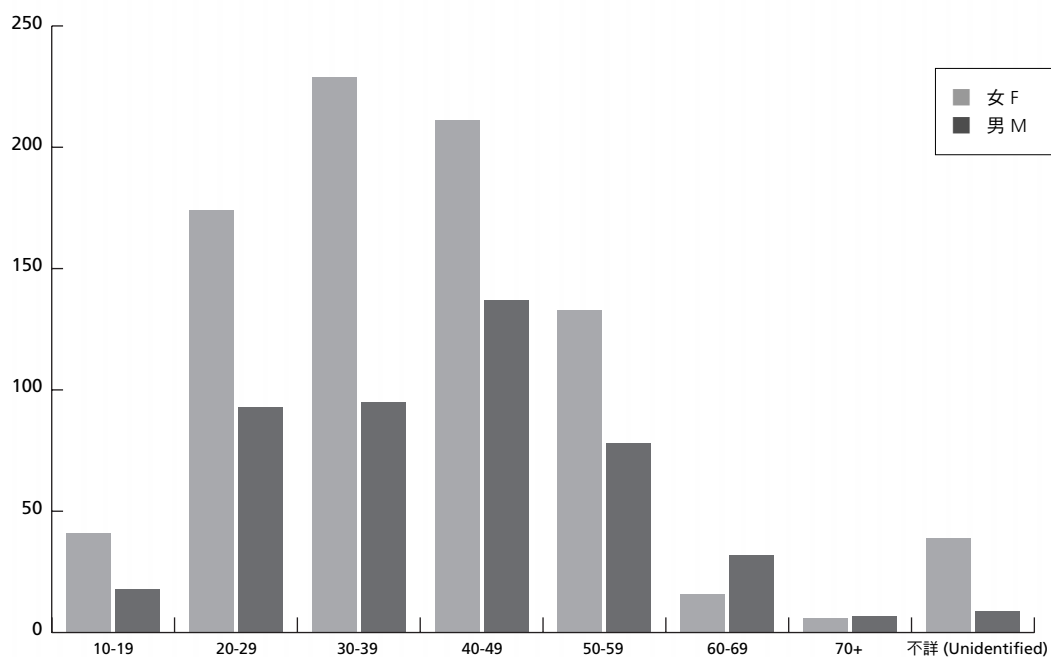
(Table 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2006

(表6.3.1) 二零零六年自殺危機處理中心危機個案年齡及性別分佈表

年齡 Age	女 F	男 M	合計 Total	%
10-19	41	18	59	4.5%
20-29	174	93	267	20.3%
30-39	229	95	324	24.6%
40-49	211	137	348	26.4%
50-59	133	78	211	16.0%
60-69	16	32	48	3.6%
70+	6	7	13	1.0%
不詳 (Unidentified)	39	9	48	3.6%
Total 總計	849	469	1318	100.0%

(Figure 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2006

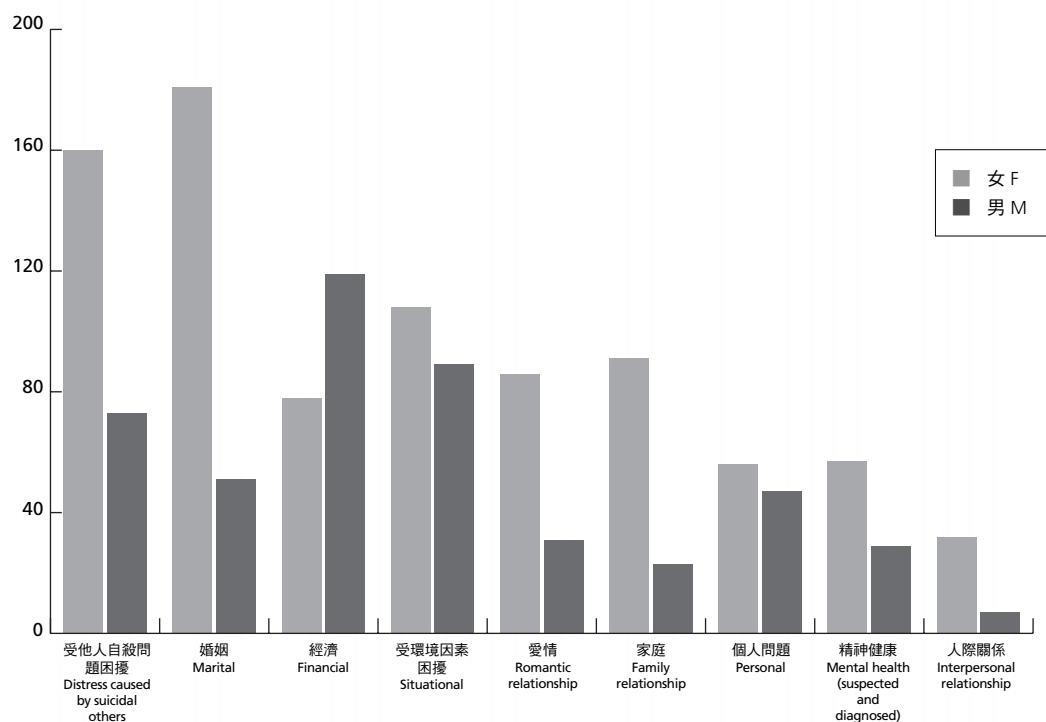
(圖6.3.1) 二零零六年自殺危機處理中心危機個案年齡及性別分佈圖



(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2006
(表6.3.2) 二零零六年自殺危機處理中心危機個案問題類別及性別分佈表

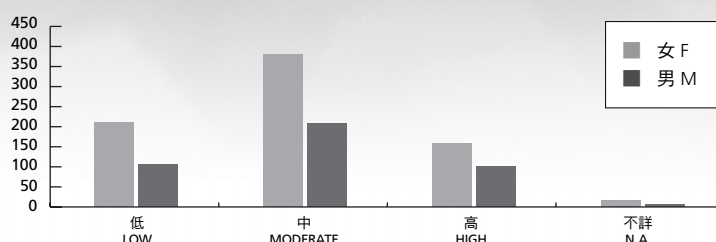
主要問題 Major Problem	女 F	男 M	合計 Total	%
受他人自殺問題困擾 Distress caused by suicidal others	160	73	233	17.7%
婚姻 Marital	181	51	232	17.6%
經濟 Financial	78	119	197	14.9%
受環境因素困擾 Situational	108	89	197	14.9%
愛情 Romantic relationship	86	31	117	8.9%
家庭 Family relationship	91	23	114	8.7%
個人問題 Personal	56	47	103	7.8%
精神健康 Mental health (suspected and diagnosed)	57	29	86	6.5%
人際關係 Interpersonal relationship	32	7	39	3.0%
總計 Total	849	469	1318	100.0%

(Figure 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2006
(圖6.3.2) 二零零六年自殺危機處理中心危機個案問題類別及性別圖



(Figure 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2006

(圖 6.3.3) 二零零六年自殺危機處理中心危機個案危機程度(由轉介者評定)及性別分佈圖



(Table 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2006

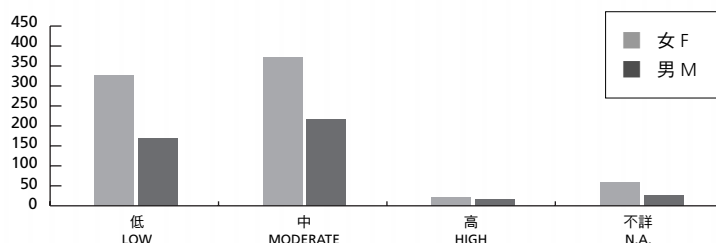
(表6.3.3) 二零零六年自殺危機處理中心危機個案問題類別及性別分佈表

危機程度 (Observed risk level by referrer)	女 F	男 M	總計 Total	%
低 LOW	234	118	352	26.7%
中 MODERATE	422	231	653	49.6%
高 HIGH	176	113	289	21.9%
不詳 N.A.*	17	7	24	1.8%
總計 Total	849	469	1318	100.0%

* family members, missing data,

(Figure 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2006

(圖 6.3.4) 二零零六年自殺危機處理中心危機個案經首節輔導後的危機程度(由本中心評定)及性別分佈圖



(Table 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2006

(圖 6.3.4) 二零零六年自殺危機處理中心危機個案經首節輔導後的危機程度(由本中心評定)及性別分佈表

初次接觸後的危機程度 Overall Risk Score after first session	女 F	男 M	總計 Total	%
低 LOW	356	185	541	41.0%
中 MODERATE	406	237	643	48.8%
高 HIGH	22	19	41	3.1%
不詳 N.A.	65	28	93	7.1%
總計 Total	849	469	1318	100.0%

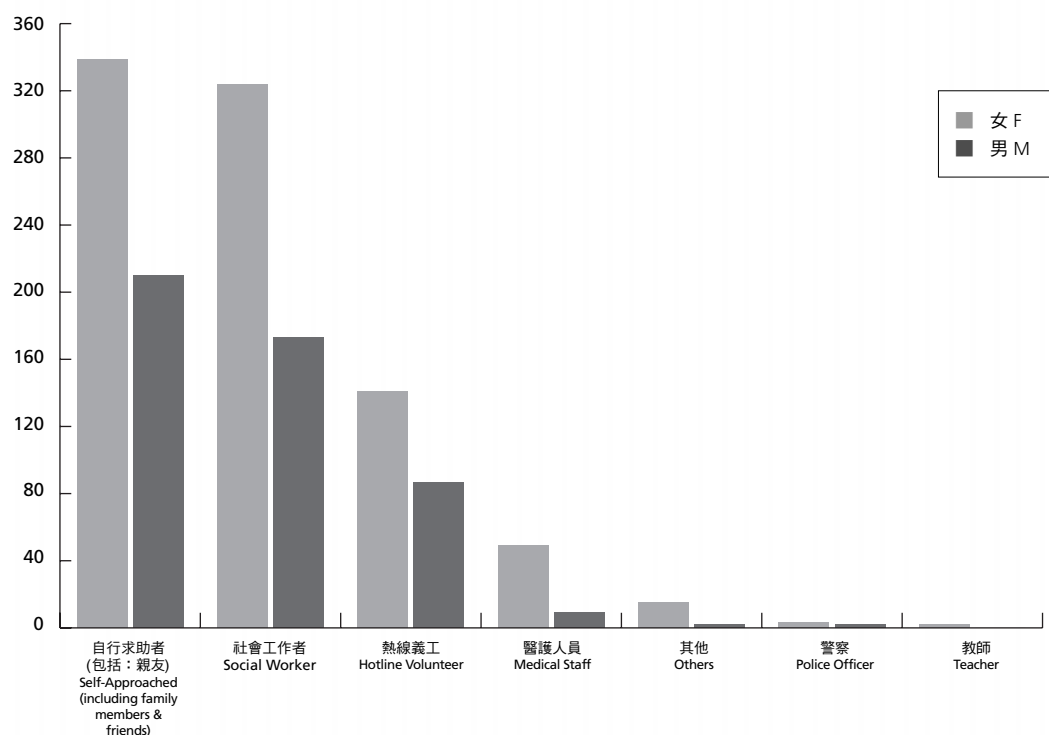
(Table 6.3.5) Source of Referral of Crisis Cases served by Suicide Crisis Intervention Centre in 2006

(表6.3.5) 二零零六年自殺危機處理中心危機個案轉介來源分佈表

轉介來源 Source of Referral	女 F	男 M	合計 Total	%
自行求助者 (包括：親友) Self-Approached (including family members & friends)	329	204	533	40.4%
社會工作者 Social Worker	315	168	483	36.6%
熱線義工 Hotline Volunteer	137	84	221	16.8%
醫護人員 Medical Staff	48	9	57	4.3%
其他 Others	15	2	17	1.3%
警察 Police Officer	3	2	5	0.4%
教師 Teacher	2	0	2	0.2%
總計 Total	849	469	1318	100.0%

(Figure 6.3.5) Source of Referral of Crisis Cases served by Suicide Crisis Intervention Centre in 2006

(圖6.3.5) 二零零六年自殺危機處理中心危機個案轉介來源分佈圖



**(Table 6.3.6) Therapeutic & Support Group Conducted by Suicide Crisis Intervention Centre in 2006
(表6.3.6) 2006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
14/01/2006- 22/04/2006	因丈夫有婚外情影響的婦女	畫出彩虹—婦女小組	支援性小組 Support Group
13/02/2006- 3/07/2006	曾受情感困擾或有自殺念頭人士	感情對峙—兩性相處之道	支援性小組 Support Group
9/05/2004- 17/10/2006	因婚姻問題受困擾而曾有自殺念頭人士	打開心靈窗子—衝破婚姻溝通障礙	支援性小組 Support Group
26/05/2004- 30/06/2006	因親子問題而曾有自殺念頭人士	和諧相處—親子關係互動小組	支援性小組 Support Group
1/06/2006- 31/12/2006	受輕至中度抑鬱/焦慮症患者或有自殺念頭人士	快樂掌門人—認知支援小組	支援性小組 Support Group
25/10/2006- 25/04/2007	因照顧抑鬱症親友而情緒受困擾人士	攜手創新天—抑鬱症照顧者小組	支援性小組 Support Group
2/11/2006- 23/11/2006	受輕至中度抑鬱/焦慮症患者或有自殺念頭人士	快樂掌門人 2—情緒處理小組	支援性小組 Support Group
14/12/2006 - 現在	受輕至中度抑鬱/焦慮症患者或有自殺念頭人士	快樂掌門人 3—情緒處理小組	支援性小組 Support Group
29/12/2006- 6/02/2007	單身人士	告別孤單—單身人士小組	支援性小組 Support Group
自 2006 年 2 月	義工及珍惜生命大使	危機關顧計劃	支援性小組 Support Group
自 2006 年 9 月	因丈夫有婚外情影響的婦女	畫出彩虹—婦女小組	支援性小組 Support Group
自 2004 年 9 月	自殺死亡人士家屬及親友	自殺死亡人士親友自助小組	支援性小組 Support Group
13/05/2004- 8/07/2006	因丈夫有婚外情影響的婦女	畫出彩虹—婦女小組	治療性小組 Therapeutic Group
14/11/2006- 23/01/2007	因照顧抑鬱症親友而情緒受困擾人士	衝破抑鬱—抑鬱症親友小組	治療性小組 Therapeutic Group
9/02/2006- 16/03/2006	曾受情感困擾或有自殺念頭人士	感情對峙—兩性相處之道	治療性小組 Therapeutic Group
13/02/2006- 20/03/2006	曾受情感困擾或有自殺念頭人士	感情對峙—兩性相處之道	治療性小組 Therapeutic Group
23/02/200- 30/03/2006	抑鬱患者及其家人	心理健康教育—認識抑鬱	治療性小組 Therapeutic Group
8/03/2004- 12/04/2006	因婚姻問題受困擾而曾有自殺念頭人士	打開心靈窗子—衝破婚姻溝通障礙	治療性小組 Therapeutic Group

10/03/2004-22/04/2006	因親子問題而曾有自殺念頭人士	和諧相處－親子關係互動小組	治療性小組 Therapeutic Group
12/04/2004-24/05/2006	受輕至中度抑鬱／焦慮症患者或有自殺念頭人士	快樂掌門人－認知治療小組	治療性小組 Therapeutic Group
20/04/2004-25/05/2006	因家人欠債問題而曾有自殺念頭人士	理財錦囊－負債問題家庭小組	治療性小組 Therapeutic Group
5/07/2006-9/08/2006	因照顧抑鬱症親友而情緒受困擾人士	攜手創新天－抑鬱症照顧者小組	治療性小組 Therapeutic Group
6/07/2006-10/08/2006	曾受情感困擾或有自殺念頭人士	好好戀愛－感情管理小組	治療性小組 Therapeutic Group
15/09/2006-20/10/2006	受輕至中度抑鬱／焦慮症患者或有自殺念頭人士	快樂掌門人 2－情緒處理小組	治療性小組 Therapeutic Group
29/12/2006-16/02/2007	曾受情感困擾或有自殺念頭人士	情感新方向－兩性相處小組	治療性小組 Therapeutic Group

I. 治療性小組 Therapeutic Group

日期 Date	服務對象 Targets	小組名稱 Group Name
2/2006-3/2006	感情對峙－兩性相處之道 (2) 及 (3) Learning how to get along with the Opposite Gender (2) & (3)	曾受感情困擾及有自殺念頭人士 Suicidal people with romantic relationship problem
2/2006-3/2006	心理健康教育－認識抑鬱 Understanding Depression	抑鬱患者及其家人 People with depression and their families
3/2004-4/2006	打開心靈窗子－衝破婚姻溝通障礙 Breaking through the Mis-communication in Marriage	因婚姻問題受困擾而曾有自殺念頭人士 Suicidal people with marital problem
3/2004-4/2006	和孩相處－親子關係互助小組 A Therapeutic Group for improving Parent-Child Relationship	因親子問題而曾有自殺念頭人士 Suicidal people with parent-child relationship problem
4/2004-5/2006	快樂掌門人－認知治療小組 A Cognitive Therapeutic Group for Clients with Depression or Anxiety Disorder	受輕至中度抑鬱／焦慮症患者及有自殺念頭人士 Suicidal people with depression or anxiety disorder
4/2004-5/2006	理財錦囊－負債問題家庭小組 A Therapeutic Group for the Family Members of Debtors	因家人欠債問題而曾有自殺念頭人士 People having suicide ideations due to the stress of handling their family members in bad debt
7/2006-8/2006	攜手創新天－抑鬱症照顧者小組 A Therapeutic Group for the Care Takers of Depression Clients	因照顧抑鬱症親友而情緒受困及有自殺念頭人士 Suicidal people who are care takers of depression clients
5/2006-7/2006	畫出彩虹－婦女小組 A Women's Group --- Draw a Rainbow	因丈夫有婚外而受困擾及有自殺念頭的婦女 Suicidal women with husbands having extra marital affairs
7/2006-8/2006	好好戀愛－感情管理小組 Better Handling of your Romantic Relationship	曾受感情問題困擾及有自殺念頭人士 Suicidal people with romantic relationship problem
9/2006-10/2006	快樂掌門人(2)－情緒處理小組 A Cognitive Therapeutic Group for Clients with Depression or Anxiety Disorder (2)	受輕至中度抑鬱／焦慮症患者及有自殺念頭人士 Suicidal people with depression or anxiety disorder

11/2006-01/2007	衝破抑鬱—抑鬱症親友小組 A Therapeutic Group for the Care Takers of Depression Clients	因照顧抑鬱症親友而情緒受困及有自殺念頭人士 Suicidal people who are care takers of depression clients
12/2006-02/2007	情感新方向—兩性相處小組 A New Perspective to Handle Opposite Sex Relationship	曾受感情問題困擾及有自殺念頭人士 Suicidal people with romantic relationship problem

II. 支援性小組 Support Group

日期 Date	服務對象 Targets	小組名稱 Group Name
1/2006-4/2006 12/2006	畫出彩虹—婦女支援小組 (2) 及 (3) A Women's Support Group --- Draw a Rainbow (2) & (3)	曾參與「畫出彩虹」治療小組組員及因丈夫有婚外而受困擾並有自殺念頭的婦女 Ex-group members of the therapeutic group "Draw a Rainbow" and suicidal women with husbands having extra marital affairs
2/2006-7/2006	感情對對碰—兩性相處之道 (2) Learning how to get along with the Opposite Gender (2)	曾參與「感情對對碰」治療小組組員 Ex-group members of the therapeutic group "Learning how to get along with the Opposite Gender"
自 2/2006 Since 2/2006	危機關顧小組 Crisis Carer Support Group	危機輔導員義工 Volunteers recruited for the Crisis Carer Project
5/2004-10/2006	打開心靈窗子—衝破婚姻溝通障礙 Breaking through the Miscommunication in Marriage	曾參與「打開心靈窗子」治療小組組員 Ex-group members of the therapeutic group "Breaking through the Miscommunication in Marriage"
5/2004 - 6/2006	和孩相處—親子關係互助小組 A Support Group for improving Parent-Child Relationship	曾參與「和孩相處」治療小組組員 Ex-group members of "A Therapeutic Group for improving Parent-Child Relationship"
6/2006-12/2006	快樂掌門人支援小組 A Support Group for Clients with Depression or Anxiety Disorder	曾參與「快樂掌門人 --- 認知治療小組」組員 Ex-group members of "A Cognitive Therapeutic Group for Clients with Depression or Anxiety Disorder"
10/2006 - 04/2007	攜手創新天—抑鬱症照顧者小組 A Support Group for the Care Takers of Depression Clients	曾參與「攜手創新天」小組組員 Ex-group members of "A Therapeutic Group for the Care Taker of Depression Clients"
自 11/2006 Since 11/2006	快樂掌門人支援小組 (2) 及 (3) A Support Group for Clients with Depression or Anxiety Disorder (2) & (3)	曾參與「快樂掌門人 (2) --- 情緒處理小組」組員 Ex-group members of "A Cognitive Therapeutic Group for Clients with Depression or Anxiety Disorder (2)"
12/2006-2/2007	告別孤單—單身人士小組 Good Bye to Loneliness	30 歲以上單身而有自殺念頭人士 Suicidal single people over 30 years old
自 12/2006 Since 12/2006	自殺死亡人士親友互助小組 Suicide Survivors Group	自殺死亡人士家屬及親友 Suicide survivors

(Table 6.3.7) Training, Visits and Community Programmes of SCIC in 2006
(表 6.3.7) 二零零六年自殺危機處理中心訓練、探訪交流及社區活動

日期 Date	活動內容/主題 Programme/Theme	機構 Organization	對象 Target	參加人數 No. of Participants
1/2006	機構探訪，服務介紹及探討香港自殺問題 Organization Visit, Service Introduction and Understanding Suicide Problem in Hong Kong	The Hong Kong Polytechnic University 理工大學	社工系講師及學生 Social Work Department Lecturers and Students of	20
1/2006	如何辨識及支援有自殺傾向的學生 How to Identify and Support Suicidal Students	本會生命教育中心 Life Education Centre	社工、老師及公眾人士 Social Workers, Teachers, and the Community	42
1/2006	香港自殺問題、自殺危機評估及處理 Workshop on Suicide Problem in Hong Kong,	香港中文大學校外進修學院 School of Continuing Studies of the	「基礎輔導證書課程」學員 Students of the Certificate Program	114
4/2006	Suicide Risk Assessment and Crisis Intervention	Chinese University in Hong Kong	in General Counselling	
6/2006				
9/2006				
1/2006	機構探訪，服務介紹及經驗交流 Organization Visit, Service Introduction and Exchange of Experience in Suicide Prevention Work	台灣嘉義市生命線 Taiwan LifeLine --- Chiayi	委員及社工 Directors and Social Workers	12
1/2006	自殺危機處理及有關社會資源 Workshop on Suicide Crisis Intervention and related Community Resources	香港防癆心臟及胸病協會 The Hong Kong Tuberculosis, Chest and Heart Diseases Association	小學教師 Primary School Teachers	30
1/2006	熱愛生命、與你同行「嘉年華」 Program "Cherishing Life, Stay with Us"	本會熱線中心 Hotline Centre	黃大仙區 Wong Tai Sin District	1200
2/2006	自殺方法 Understanding Suicide Means	香港撒瑪利亞防止自殺會職員 The Samaritan Befrienders Hong Kong	所有職員 All Staff	13
3/2006	自殺危機干預服務及評估 Suicide Crisis Intervention Service and Evaluation	亞太區防止自殺會議 2nd Asia Pacific Suicide	會議參加者 Conference Participants	55
3/2006	精神反應、抑鬱沮喪、精神異常與自殺 Mental Health Problem and Suicide	香港撒瑪利亞防止自殺會職員 及香港管理專業協會 The Samaritan Befrienders Hong Kong & The Hong Kong Management Association	輔導及防止自殺專業證書課程學生 Students of Professional Diploma Programme in Counselling and Suicide Prevention	75
10/2006		Prevention Conference 2006		
3/2006	青少年自殺 Adolescents and Suicide	香港防癆心臟及胸病協會 The Hong Kong Tuberculosis, Chest and Heart Diseases Association	中學校長和教師 Secondary School Principals and Teachers	55
4/2006				
3/2006	自殺預防及介入 Suicide Prevention and Crisis Intervention	香港撒瑪利亞防止自殺會職員 及香港管理專業協會 The Samaritan Befrienders Hong Kong & The Hong Kong Management Association	輔導及防止自殺專業證書課程學生 Students of Professional Diploma Programme in Counselling and Suicide Prevention	66
11/2006				
4/2006	自殺預防及危機介入 Suicide Prevention and Crisis Intervention	香港中文大學 The Chinese University of Hong Kong	文科碩士課程學生 Students of Master of Arts	15

4/2006	知識管理 Knowledge Management: Capacity Building in Professional Practice	香港社會服務機構 Social Services Organizations in Hong Kong	機構員工 Organization Staff	150
5/2006	機構探訪，服務介紹及探討香港自殺問題 Organization Visit, Services Introduction and Understanding Suicide Problem in Hong Kong	基督教香港崇真會沙田綜合服務中心 Tsung Tsin Mission Sha Tin Integrated Centre	社工 Social Workers	6
5/2006	服務介紹及危機個案分享 Service Introduction and Sharing of Experience in Crisis Case Handling	本會熱線中心 Hotline Centre	義工 Volunteers	22
5/2006	機構探訪及服務介紹 Organization Visit and Service Introduction	衛生、福利及食物局 Health, Welfare and d Food Bureau	自殺問題工作小組 Working Group on Suicide	10
6/2006	機構探訪及服務介紹 Organization Visit and Service Introduction	深圳心理危機干預中心 Shenzhen Psychological Crisis Intervention Centre	精神科醫生及輔導員 Psychiatrist and Counsellor	4
6/2006	如何處理自殺死亡人士親友個案 Handling Cases of Suicide Survivors	本會熱線中心 Hotline Centre	義工 Volunteers	35
6/2006 9/2006	服務介紹及實習導向 Service Introduction and Placement Orientation Programme	香港大學、香港中文大學及香港理工大學 The University of Hong Kong, Chinese University of Hong Kong and Hong Kong Polytechnic University	社工系實習學生 Placement Students of Social Work Department	17
7/2006 10/2006	服務介紹及經驗分享 Service Introduction and Sharing of Experience	理工大學專上學院 Hong Kong Community College of The Hong Kong Polytechnic University	社工系及其他學生 Social Work and other Students	45
7/2006	自殺危機評估及處理 Suicide Risk Assessment and Crisis Intervention	澳門衛生局社會工作部 Social Work Division of Department of Health - Macau	社工及醫務人員 Social Workers and Medical Staffs	35
7/2006	處理高危個案工作坊 Workshop on Handling High Suicide Risk Cases	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	社工、護士及義工 Social Workers, Nurses and Volunteers	20
7/2006	處理困難個案工作坊 Workshop on Handling Difficult Cases	香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	社工、護士及義工 Social Workers, Nurses and Volunteers	20
8/2006	服務介紹及工作經驗分享 Service Introduction and Sharing of Experiences	綜合家庭服務中心 Integrated Family Social Centre	社工 Workers	15
9/2006	自殺危機評估、危機處理和轉介程序 Suicide Risk Assessment, Crisis Intervention and Referral Procedure of Suicide Crisis Intervention Centre	理工大學 Hong Kong Polytechnic University	教職員 Teaching Staff	40
9/2006	家訪安全 Visit Safety	本會熱線中心 Hotline Centre	義工（危機助理） Volunteers (Crisis Assistants)	9

9/2006	服務及轉介流程介紹 Service and Referral Procedures	本會熱線中心 Hotline Centre	義工 Volunteers	25
9/2006	青少年自殺危機評估與介入 Suicide Crisis Assessment and Intervention for Children and Youth	香港基督教服務處青少年綜合服務 Integrated Children and Youth Service of Hong Kong Christian Service	社工及其他職員 Workers and Other Staff	65
10/2006	機構探訪及識如何處理學生自殺死亡事件 Organization Visit and Understanding of Suicide Postvention in Schools	廣州市教育及科學研究所 Guang Zhou Shi Jiao Yu Ke Xue Yan Jiu Suo	職員 Staff	2
10/2006	自殺危機評估及處理 Suicide Risk Assessment and Crisis Intervention	東華三院平和坊 Even Centre of Tung Wah Group of Hospitals	社工 Social Workers	11
10/2006	如何辨認及支援有自殺傾向的人士 How to Identify and Support Suicidal People	香港婦女發展會 Hong Kong Women Development Association	前線工作人員 Frontline Workers	50
10/2006	服務介紹及經驗分享 Service Introduction and Sharing of Experience	香港基督教服務處 Hong Kong Christian Service	學校社工及督導主任 School Social Workers and Supervisors	65
10/2006	自殺危機評估及危機處理 Risk Assessment and Crisis Management	醫院管理局護理深造學院 Institute of Advanced Nursing Studies, Hospital Authority	精神病學科護士 Psychiatric Nurses	70
11/2006	面對不快及失去 Coping with Losses and Sadness	嘉諾撒聖家書院 Holy Family Canossian College	中學生 Secondary Students	200
11/2006	面對不快及失去 Coping with Losses and Sadness	佛香港堂羅陳楚思老人中心 Law Chan Chor Sze Social Centre for the Elderly	長者 Elderly	70
11/2006	面對不快及失去 Coping with Losses and Sadness	明愛屯門馬登基金中學 Caritas Tuen Mun Marden Foundation Secondary School	中學生 Secondary Students	200
11/2006	機構探訪及服務介紹 Organization Visit and Service Introduction	清華大學教育研究所 Education Research Institute of Tsinghua University	博士學生 Doctorate Degree Student	1
11/2006	表達及處理情緒 Expression and Handling of Emotion	伯裘書院 Pak Kau College	中二學生 F.2 Students	160
11/2006	面對不快及失去 Coping with Losses and Sadness	明愛屯門馬登基金中學 Caritas Tuen Mun Marden Foundation Secondary School	中一至中七學生 F.4 to F.7 Students	500
12/2006	如何辨認及支援有自殺傾向的人士 How to Identify and Support Suicidal People	基督教香港信義會沙田多元化老人社區服務中心 Evangelical Lutheran Church of Hong Kong Shatin Multi-Service Centre for the Elderly	長者 Elderly	50

12/2006	機構探訪及服務介紹 Organization Visit and Service Introduction	第五屆衛生與精神健康 社會工作國際會議 5th International Conference on Social Work in Health and Mental Health	海外及本地參加者 Overseas and Local Participants	15
12/2006	一個綜合服務模式— 由早期自殺防治到自殺危機干預 From Early Prevention to Crisis Intervention of Suicide - An Integrated Approach	第五屆衛生與精神健康 社會工作國際會議 5th International Conference on Social Work in Health and Mental Health	海外及本地參加者 Overseas and Local Participants	30
12/2006	如何辨認及支援有自殺傾向的人士 How to Identify and Support Suicidal People	廠商會蔡章閣中學 CMA Choi Cheung Kok Secondary School	中四至中七學生 F.4 to F.7 Students	450
12/2006	同心同行—自殺者親友面觀 Understanding Suicide Survivors	自殺者親友及社區人士 Suicide Crisis Intervention Centre	自殺危機處理中心 Suicide Survivors and the Community	64
12/2006	如何辨認及支援有自殺傾向的人士 How to Identify and Support Suicidal People	本會生命教育中心 Life Education Centre	老師 Teachers	25
12/2006	如何辨認及支援有自殺傾向的人士 How to Identify and Support Suicidal People	本會生命教育中心 Life Education Centre	保險業及銀行業人士 Insurance Brokers and Bankers	8

(Table 6.3.8) SCIC Interviews by Mass Media and Other Parties in 2006
(表 6.3.8) 二零零六年自殺危機處理中心傳媒及其他訪問活動

日期 Date	訪問機構 Organization	訪問內容 Content of Interview
1/2006	東方日報 Oriental Daily	回應三名15歲少女於長洲集體自殺事件 Response on the suicide pact of 3 teenage girls in Cheung Chau
2/2006	南華早報 South China Morning Post	訪問曾自殺及有自殺念頭的個案及小組組員以了解他們的經歷、小組對他們的幫助及他們如何重拾生命的信心 Interview on cases and group members who had had suicide ideations and/or attempts, for their stories about helped and how they confidence in life.
2/2006	東周刊 East Week	男性受婚外情困擾情況 How extra-marital relationships affect males
4/2006	東方日報 Oriental Daily	回應有關：21歲未婚媽媽因感情問題跳樓身亡的事件 Response on the suicide about a 21 year-old unmarried pregnant lady due to love relationship problem
4/2006	慈善坊 i-Charity	如何應付考試壓力 How to cope with the stress of examinations
4/2006	港大賽馬會防止自殺研究中心記者招待會 Press Conference organized by The Hong Kong Jockey Club Centre of Suicide Research and Prevention	2004年香港自殺數字及分析 Hong Kong suicide figures and analysis of 2004
5/2006	東方日報 Oriental Daily	回應有關19歲大學生因健康及感情問題跳樓身亡事件 Response on the suicide of 19 year-old university student due to health and love relationship problems
5/2006	星島日報 Sing Tao Daily	本會服務及其特色 SBHK's services and characteristics
5/2006	蘋果日報 Apple Daily	巴士阿叔在壹周刊談及接受本會服務事件 Response on the comment of the bus passenger "巴士阿叔" which mentioned to the Next Magazine about having received SBHK's service
7/2006	成報 ShingPao Daily News	自殺危機處理中心個案數字及元朗、天水圍區個案問題種類及分析 SCIC case figures, major problems of which in the areas of Yuen Long and Tin Shui Wai
7/2006	亞洲電視 Asia Television Limited	自殺危機處理中心個案數字及元朗、天水圍區個案問題種類及分析 CIC case figures, major problems of which in the areas of Yuen Long and Tin Shui Wai
7/2006	香港電台「自由風自由PHONE」節目 Programme "Openline Openview" of RTHK	自殺心理因素、家人及朋友可如何協助有自殺危機人士、有尋死意欲的人該如何解決問題 Psychological factors of suicide, how families and friends can help the suicidal people and how the suicidal people should handle their problems
7/2006	商業電台「左右大局」節目 Programme "The Tipping Point" of the Commercial	自殺死亡人士親友自助小組組員分享自殺者遺囑的心聲 A group member of the Survivors Group shared her story and feelings of losing a family member due to suicide
7/2006	壹周刊 Next Magazine	自殺危機處理中心個案數字及元朗、天水圍區個案問題種類及分析 SCIC case figures, major problems of which in the areas of Yuen Long and Tin Shui Wai
7/2006	本會周年記者發報會 Annual Press Conference of SBHK	本中心2005年服務概況及展望 2005 service report, analysis and future outlook of SCIC
7/2006	經濟日報新界西區版 "Take me Home" of the Hong Kong Economic Times	自殺危機處理中心個案數字及元朗、天水圍區個案問題種類及分析 SCIC case figures, major problems of which in the areas of Yuen Long and Tin Shui Wai

日期 Date	訪問機構 Organization	訪問內容 Content of Interview
7/2006	無線電影 TVB	自殺危機處理中心個案數字及元朗、天水圍區個案問題種類及分析 SCIC case figures, major problems of which in the areas of Yuen Long and Tin Shui Wai
8/2006	東周刊 East Week	訪問在接受本中心服務前有他殺想法的個案其克服困擾和最終放棄他殺念頭的經過 Interview with a client about her story of having the homicide thoughts firstly but then giving up such thoughts after receiving the SCIC
8/2006	蘋果日報 Apple Daily	對屯門友愛邨在十日內有兩婦人在同一幢大廈跳樓身亡事故作分析及回應 Response on suicide of two women jumping from height at the same building in Tuen Mun within ten days
8/2006	經濟日報 Hong Kong Economic News	香港自殺數字及分區資料情況 Suicide data and analysis by district
9/2006	東方日報 Oriental Daily	自殺危機處理中心青少年危機個案數字及家人如何協助自殺危機青少年 SCIC case figures of suicidal youth and how their family members can help them
9/2006	東方日報 Oriental Daily	本中心為自殺者親友提供之服務 Information about SCIC services provided for suicide survivors
9/2006	鳳凰衛視 Phoenix Satellite Television	香港自殺問題及情況 Suicide problems and situations in Hong Kong
9/2006	蘋果日報 Apple Daily	自殺危機處理中心處理個案數目及問題種類 Figures and Nature of Problems of SCIC cases
9/2006	文匯報 Wen Wei Po	自殺危機處理中心處理個案數目及問題種類 Figures and Nature of Problems of SCIC cases
9/2006	東方日報 Oriental Daily	回應自殺新聞 Response to suicide news
10/2006	南華早報 South China Morning Post	港大自殺研究和預防中心的工作對預防自殺的功用 Comment on the function of the researches/services conducted by The HK Jockey Club Centre for Suicide Research & Prevention to frontline suicide prevention work
10/2006	香港城市大學社會研究社 Social Study Society of the City University of Hong Kong	自殺危機處理中心服務 Services provided by SCIC
10/2006	香港中文大學「大學線月刊」 U Beat Magazine of The Chinese University of Hong Kong	自殺者親友遇到的問題及本中心提供之有關服務 Problems encountered by Suicide Survivors and the related services provided by SCIC
10/2006	香港電台 Radio Television Hong Kong	自殺危機處理中心服務 Services provided by SCIC
10/2006	理工大學學生 Student of Hong Kong Polytechnic University	自殺危機處理中心服務 Services provided by SCIC
11/2006	路德會協同中學中五學生 F-5 Students of Concordia Lutheran School	自殺危機處理中心服務 Services provided by SCIC
11/2006	本會記者招待會 SBHK Press Conference	呼籲大眾關注身邊人的自殺警號並及時為他們求助，以降低自殺悲劇發生的機會 To appeal for the public to be more alert to the suicidal signals of the people around them so as to minimize the possible tragedies of suicide
12/2006	香港電台電視部 Radio Television Hong Kong	自殺者親友經歷 Stories and feelings of suicide survivors

6.4 Caring Fund

*Leung Yin Chun, Emma
Project Manager*

1. Introduction

The Samaritan Befrienders Hong Kong has been providing services for Hong Kong people for more than 40 years; our services included suicide prevention and life education. While we believed that the public would not feel unfamiliar with our services we are now focusing on promotional and fundraising activities.

Caring Fund was established since 1994, it was used to support a community education project with a slogan of "Care your neighbour, started by active listening". At present, apart from the community service we provided, we extended our scope of work to include promotional and fundraising activities in order to give a better support for three service centers. Though a variety of programme, we encourage citizen to live with passion for life and care for others.

2. World Suicide Prevention Day

In collaboration with the World Suicide Prevention Day, on 10 September each year, initiated by the International Association for Suicide Prevention (IASP) and the World Health Organization, SBHK was supported by Radio & Television Hong Kong (RTHK) to produce a 1-hour radio programme in September, 2006. The main feature of the programme was a drama about a young man experiencing the darkest moment in his life, and passed out a message of "never give up even in hopeless". The programme was put on air on 8 September at RTHK Channel 2. During the programme, our vice-chairman and one of our experienced hotline volunteer were also invited to have a live interview by the DJ to introduce the services of SBHK and to share their experiences in helping suicidal people.

3. "Positive Life" Suicide Prevention and Community Educational Program

With the generous sponsorship from The Hong Kong Federation of Insurers, we carried out a half year programme, namely the "Positive Life" Suicide Prevention and Community Educational Program, from July to December, 2006. In this program, our social workers provided a variety of seminars and exhibitions to secondary school students, elderly people, and general public all over Hong Kong. The topics covered included "Face to sadness and lose", "Identify and assist people who have suicide idea", "Life education in family" and "Handling emotion" etc. A total of 5136 people attended our 20 talks and 6800 people saw our 6 exhibitions. Some feedback and reflection were received by the participants which include the following:

- People should not commit suicide
- It makes people understand that life is treasure
- Life educational knowledge for public was not enough
- More people should be taught to treasure life
- Be brave to face the reality and not to escape from the problem. Never give up life easily
- Uphold and face the problem directly
- Be positive to face the problem
- Be happy everyday
- Never give up in difficulty
- After I have attended the talk, I realized that life is important, and I will treasure everyday I have
- I hope that I will have a chance to join the activity again

From the above responses, it shows that the programme was successful in spreading the message for "treasure our lives" in the society.

4. Cooperation with media

Delivering the message of positive living through mass media is an effective mean for reaching out to most people at the shortest time.

In 2006, we organized two press conferences. They were the “Announcement of 2005 suicide figures in Hong Kong” on 8 July and “發現危機、速電撒記” on 25 November. During the press conferences, we appealed to the public to contact our 24 hours hotline if they need help.

Lastly, we also got the support from the Commercial Radio. To promote and seek donation for us during their “Share My Song” programme in January, March and July 2006 respectively.

5. Hong Kong Movie & TV Theatrical Society

Upon the invitation from the Hong Kong Movie & TV theatrical Society, we participated in the promotion activities and wrote article for their drama “Night, Mother”. The theatrical Society also offered fifty drama tickets to us in appreciation of our contribution.

The director of the “Night, Mother” drama, Ms Phyllis Lau, was one of the 10 recipients of the 2006 Outstanding Young Persons Award. We were grateful to carry out an interview with Ms Lau in February 2007. During the interview Ms Lau shared her experience in facing challenges and adversities. With Ms Lau’s consent, we will compile her sharing in a CD-ROM as a life education material.

6. “Serenade of Life” Concert

Since our clients are the people who need help, we would try our best to contact these people through various means: By Games Day - we reach out to families; through Radio Programmes - we reach all walks of life; through seminars - we reach students and the employed. We believe that no matter what gender or profession, people need to cope with their stress and need to relieve their pressure. With this objective in mind, we got the generous support from the Hong Kong SAR philharmonic (HKSARP) to co-organize a concert at the Hong Kong City Hall on October 29, 2006. Dedicated to the good performance of the HKSARP and our guest pianist Mr. Robert Roux, a full house of audience enjoyed a wonderful and relaxing musical night.

7. Conclusion

We would like to take this opportunity to thank the people who supported, sponsored and participated in our functions during the year. Their participation in our activities had demonstrated their willingness to assist in doing suicide prevention work with us. With these support and encouragement, we will continue our mission in suicide prevention and publish as much the message for positive life as possible.

Lastly, I would like to share with you a quote from our chairman Mr. Wong Yao Wing. In his speech at the Serenade of Life concert, he said:

“Life is just like a melody consists of a series of episodes. Every day we may experience joy, anger, sadness and happiness. However, each of these little episodes in life is neither good nor bad. It is neutral. A melodic life can be achieved only if we can truly live a positive life.”

6.4 關懷身邊人基金

項目經理 梁燕珍

1. 引言

本會在香港服務已40多年，一直致力於防止自殺及珍惜生命的工作。相信大眾對本會服務有一定的印象和支持。而在社區宣傳及與籌募資源方面，正是我們需要努力的方向。

關懷身邊人基金於1994年成立，用作推動以「關懷身邊人，從聆聽開始」為主題的社區教育活動。發展至今，除了推行社區服務外，基金的目標已擴展至統籌本會的籌款及傳訊事務、支援三間中心的服務拓展，透過不同服務的配合來鼓勵市民熱愛生命、關懷別人。

2. 世界防止自殺日

國際防止自殺協會於每年的9月10日舉辦全球性的世界防止自殺日。為響應這深具意義的活動，本會於2006年9月與香港電台合作，製作了一輯一小時的廣播劇，透過一位青年人的求助經歷，帶出逆境自強的訊息。在9月8日的「智慧公民」節目中播放，當天本會副主席簡柏基先生及資深熱線熱工黃遠清先生更到電台接受現場訪問，分享自助助人的經驗及介紹本會服務。

3. 「積極人生」防止自殺社區教育活動

在香港保險業聯會的贊助下，於2006年7月至12月期間，舉辦「積極人生」防止自殺社區教育活動，以外展形式分別安排社工同事到港九新界等不同地點，為中學生、長者、在職人士等主講專題講座及攤位遊戲，題目包括：「面對不快及失去」、「辨識及支援有自殺意念人士」、「家庭中的生命教育」及「處理情緒」等。合共提供了20場講座、6場攤位，足跡遍達全港，而參加講座人數達5136人、參加攤位人數達6800人。參加者的回應包括：

- 「不應胡亂輕生」
- 「令人明白生命寶貴」
- 「大眾普遍知識不足」
- 「教育更多人珍惜生命」
- 「學識面對現實，唔會逃避問題亦唔會輕易放棄自己的生命」
- 「要放手、正面面對」
- 「要樂觀面對」
- 「做人要開心」
- 「面對困難，不會放棄」
- 「我聽完此項演講更覺生命的寶貴，同時更會珍惜每天的生活」
- 「希望再有機會參加活動」

上述的回應，反映出活動有助撒出「珍愛生命」的種籽。

4. 傳媒聯絡

透過傳播媒介的協助，可更有效地向大眾宣揚珍惜生命的訊息，所以我們一直珍惜彼此合作的機會。

在 2006 年，我們舉辦了兩次記者招待會：7 月 8 日 - 「2005 自殺數字資料發佈」及 11 月 25 日舉行「發現危機、速電撒記」記者招待會，呼籲大眾有需要時請主動求助，或致電 24 小時求助熱線 2389 2222。

此外，更得到商業電台「有誰共鳴」節目的協助，分別在 2006 年的 1 月、3 月及 6 月期間，在節目中介紹本會服務及呼籲捐助。

5. 香港影視劇團

獲香港影視劇團的邀請，參與「晚安啦，媽咪」舞台劇的宣傳，並為其場刊撰稿，傳遞珍惜生命的訊息。劇團送出 50 張門票予本會義賣，作為對本會服務的支持。該劇導演劉兆璋女士更獲選為 2006 年的十大再生勇士，並於 12 月 29 日接受我們的訪問，分享如何以積極的態度來面對生活中的起跌順逆。該訪問片段暫名為「勇者的故事」，待完成剪接及配樂後，將用作社區教育的教材。

6. 「生命禮讚管弦夜」音樂會

因為本會的服務對象是全港有需要的人士，所以我們會嘗試不同的形式、途徑來與各界人士接觸：透過遊戲日—我們接觸家庭；透過電台節目—我們接觸各行各業的聽眾；透過講座—我們接觸學生及在職人士。我們相信無論性別、職業，人都需要有紓緩壓力、調劑生活的空間，因此，本會與香港愛樂團於 2006 年 10 月 29 日在香港大會堂音樂廳舉辦了「生命禮讚管弦夜」音樂會，盼能共享悠揚樂章、同頌生命樂譜。特別多謝香港愛樂團及鋼琴家 Robert Roux 的落力演出，當晚坐無虛席、場面熱鬧。

7. 總結

藉此機會，多謝一直支持、贊助及曾出席本會活動的有心人，大家的參與、大家的一分一毫，我們都會珍惜、都會善用，繼續推動珍惜生命、關懷互愛的訊息。

謹以音樂會當晚，主席黃祐榮先生的分享作為總結：「人生有很多片段，每天都有喜怒哀樂，生命的每個片段都沒有好壞。能夠積極面對生命，就可以奏出一篇優美的生命樂章。」

(Table 6.4.1) Service Report of Caring Fund 2005-2006

(表 6.4.1) 2005-2006 關懷身邊人基金服務滙報

年份	活動名稱	內容主題
1/2005至 4/2006	社區宣傳 Publicize Program	製作「與你同步」的三十秒宣傳聲帶，給電台於夜間播放，提醒大眾在需要支援的時候，可以致電本會的24小時求助熱線 2389 2222。
20/2/2005	「關心傳訊大行動」 “Show Your Love” Program	鼓勵大眾以不同途徑，例如：電話短訊、明信片、e-card等，來對身邊的親人、朋友表達關懷和支持。
6/2005至 9/2005	「愛生命券」 The Cherish Life Action	鼓勵愛惜自己、愛惜身邊人，並為本會服務籌務經費。
10/9/2005	「親子傾情遊戲日」 Parent-Child Play Day	響應2005國際防止自殺日，在馬鞍山廣場內舉辦遊戲套攤位，讓參加者透過遊戲體會表達及處理情緒的技巧，學習互相體諒及支持。
8/9/2006	「智慧公民」電台節目 RTHK Program	響應2006國際防止自殺日，在大氣電波中以1小時廣播劇形式，帶出「逆境自強、共見生機」的訊息，並介紹本會各項服務。
7/2006至 12/2006	「積極人生」 防止自殺社區教育活動 “Positive Life” Suicide Prevention and Community Educational Program	在香港保險業聯會的贊助下，以外展形式為不同的服務對象提供「積極人生」、「防止自殺」專題講座及攤位遊戲。合共提供了20場講座、6場攤位，服務人數達11,936人。
29/10/2006	「生命禮讚管弦夜」 Serenade of Life	與香港愛樂團合辦，在大會堂音樂廳舉行，透過悠揚樂曲，一同體驗生命中不同的樂章。當晚出席人數達1300人。
11/2006	會內通訊「傳訊管子」 member's newsletter	為加強會內的訊息交流，讓各位會員、義工及同事可以掌握傳訊事務的發展進度，於11/2006開始，每月定期發出，作為會內交流的管道。

6.5 External Training and Development

Lau Tak Wing
Training Officer

1. 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.

2. Professional Certificate Programme in Counselling and Suicide Prevention

The first "Professional Certificate Programme in Counselling and Suicide Prevention - with Specialization in Telephone Counselling Skills" was launched in February 2006. The programme aims to equip helping professionals and interested persons with basic knowledge and skills in Counselling and suicide prevention in order to help and support those who are suffering and in psychological crisis.

The response of the first programme was encouraging and it ended up with an enrollment size of 43, with the majority came from education and health care sectors. It revealed that the programme met the need of many helping professions and the public and therefore the programme was launched again in September 2006.

The second programme, with similar structure of the first one, of 6-month duration on a part-time basis, is built on a 5-module structure, consists of 20 3-hour sessions. It was conducted by professional psychologists, experienced counsellors, senior crisis social workers and senior hotline designated tutor of the SBHK. Besides, the programme also emphasized the integration of theories and practice, especially the application of Counselling skills and knowledge in suicide prevention and telephone counselling, it was facilitated by a group of demonstrators and groups leaders in role play sessions.

The market response was more enthusiastic. The programme ended up with an enrollment size of 51, including 10 SBHK hotline volunteers. Among the participants, over 80% possess a higher education qualification, with the majority came from social welfare and health care sectors. In response to market needs, it is planned to have the 3rd intake in 2007.

3. Joint Effort with Hospital Authority on Hotline Volunteer Training

In May 2006, SBHK was authorized by the Hong Kong Hospital Authority to provide a tailor making training course for its volunteer hotline workers of the Oasis Project. The course aimed 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 in providing hotline emotional support service to frontline staff of the organization.

4. Cooperation with University in UK on Master Degree Programme in Counselling

SBHK planed to organize a Master Degree programme in counselling cooperated with an eminent University in UK in 2007. This is the first postgraduate programmes in Hong Kong to provide professional training in counselling to volunteer workers and other helpers. Through this programme, we aim to enhance and update the counselling knowledge and skills of candidates, and combine them with their own practical work experience that helps the candidates to gain internationally - recognized academic qualifications

5. 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

培訓主任 劉德榮

1. 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。

2. 輔導與防止自殺專業證書課程

在2006年2月份，本會舉辦了第一屆「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」，讓各專業人士及助人者掌握一些輔導和防止自殺的知識和技巧，從而關顧支持身邊人和其他受到情緒困擾的求助者。

由於第一屆的報名情況十分踴躍，合共有43名學員參加，其中不少是教育界及醫護界人士，可見本課程的確能回應不少專業助人者及公眾人士的需要。因此本會於2006年9月再度舉辦第二屆的證書課程。

第二屆課程大致與上屆相若，為期6個月，分5個單元，共有20節，每節3小時，即共60個課時。同樣，本會繼續聘請了專業臨床心理學家、資深專業輔導員、本會自殺危機處理中心的資深危機輔導員及資深熱線委任導師任教，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。同時，本課程亦十分著重理論與實務結合，當中有內容特別討論到如何將以上所學應用到防止自殺和電話輔導的實務工作上，並由一批經驗豐富的輔導訓練組長協助示範、角色扮演及實習的工作。

第二屆的報名人數更為熱烈，共有51名學員；當中，教育程度多為大專程度或以上，佔80%，職業則以社會福利界及醫護界較多。由於反應熱烈，第三屆「輔導與防止自殺專業證書課程」將於2007年度繼續舉辦。

3. 與香港醫管局合作的熱線義工培訓課程

本會於2006年5至6月，與香港醫管局合作舉辦一個專為該院「心靈綠洲計劃」義工而設的「熱線義工培訓課程」，專為該院讓該計劃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，提升他們處理求助電話個案的技巧，有助他們更有信心和能力為前線醫護人員提供熱線情緒支援服務。

4. 與英國大學合作輔導學碩士課程

本會將計劃於2007年與英國一間著名大學合作，為本會熱線義工及其他助人工作者，提供本港首個以「工作實踐為本」的輔導學碩士課程，希望能將個人的在職工作經驗整合成有系統的專業知識和技巧，並結合作大學在輔導學上的豐富教學經驗和師資，以及本會多年來處理情緒、自殺危機個案的經驗，希望為有志報讀者提供一個嶄新而實用的學習途徑，獲取國際認可的學歷資格。

5. 收入運用

本會舉辦公開培訓活動的學費收入盈餘，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。

(Table 6.5.1) External Training-Courses, Talks & Workshops
(表6.5.1) 對外培訓－課程、講座及工作坊

Month 月份	Participated Organization or Targets 參與機構 / 對象	Theme 目的	No. of Participants 人數
February 2月	Public and SBHK members 公眾人士及本會義工	1 st Professional Certificate Programme in Counselling and Suicide Prevention 第一屆輔導及防止自殺專業證書課程	43
May to June 5月至6月	Hospital Authority 醫院管理局	Oasis Hotline Volunteer Training 心靈綠洲熱線義工培訓課程	150
July 7月	Health Bureau of Macau 澳門衛生局	Workshop on Handling Crisis Cases 危機處理工作坊	30
	Public and SBHK members 公眾人士及本會義工	Workshop on Handling High Risk Cases 高危個案工作坊	20
September 9月	Public and SBHK members 公眾人士及本會義工	2nd Professional Certificate Programme in Counselling and Suicide Prevention 第二屆輔導及防止自殺專業證書課程	51
December 12月	Hong Kong Single Parents Association 香港單親協會	A talk of Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	21

FIGURES ABOUT SUICIDE IN HONG KONG IN 2006

Jonathan Wong

At the end of 2006, the population of Hong Kong stood at approximately 6,900,700 with 3,284,100 male (47.6%) and 3,616,600 female (52.4%), according to statistics of the Census and Statistics Department. The Coroner's Court reported that 1,187 people committed suicide and subsequently died during this period, which included 880 suicide deaths where an autopsy and cause of death investigations were not ordered.

The suicide rate was 17.2 in 2006, indicating 17.2 people committed suicide and died out of every 100,000 in Hong Kong, which was up by 3.33 from 2005, meaning there were approximately 3 people who committed suicide and died every day.

The following is the summary of the suicide phenomenon in Hong Kong in 2006

1. The total number of suicide was 1,187;
2. The number of suicide for male was 710 (59.8%) and for female was 477 (40.2%);
3. The suicide rate was 17.2 (17.2 people committed suicide per 100,000 people);
4. The suicide rate increased 3.33 from 13.87 in 2005 to 17.2 in 2006;
5. Jumping from height was the commonest suicide means (51.8%);
6. Hanging was the second suicide means (21.1%);
7. Carbon monoxide poisoning (charcoal burning) came in third place (18.3%);
8. The highest suicide rate for the age above 70 years old was 40.62 per 100,000;
9. The suicide rate for age 60-69 years old came in second with 23.1 per 100,000.

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

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2006, there were 33 teenagers below the age of 19 who committed suicide successfully. The suicide rate was 2.4 up by 1.08 from 2005. The male to female ratio was 1.5:1 (see table 7.2). The suicide rate for males was higher than for females. The number of suicides rose from 19 in 2005 to 33 in 2006. Among the 33 deaths in 2006, in terms of the means of suicide, 29 ended their lives by jumping from buildings, while 2 died through carbon monoxide poisoning and one by taking drug and hanging respectively (see table 7.1). Jumping from buildings was the most common suicide means and accounted for 88% of the deaths in this age group. This revealed that those in this group tended to choose a fatal and determined means to end their lives.

Age: 20 to 59 years old

In 2006, there were 783 people who committed suicide and died in this age group, accounting for 66% of the total number of suicide deaths and down by 1.3% from 2005 (see table 7.1). The suicide rate was 17.78 and the male to female ratio was 1.7:1 (see table 7.2). Among the deaths, 404 people (51.6%) were attributed to jumping from buildings, while 205 people (26.2%) died of carbon monoxide poisoning and 114 people (14.6%) hung themselves.

Age: 60 years old or above

In 2006, 371 people committed suicide and died in this age group, accounting for 31.3% of the total number of suicide deaths and up by 0.9% from 2005. The suicide rate was 32.91 in this age group, up by 6.21 from 2005, and the male to female ratio was 1.6:1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from buildings, accounting for 182 deaths (49.1%) in this age group (see table 7.1).

Suicide statistics according to the means of committing suicide

In 2006, there were 615 people who committed suicide by jumping from buildings, accounting for 51.8% of the total number of suicide deaths and up by 0.8% from 2005. 250 people died by hanging themselves, accounting for 21.1% of the total number of suicide deaths and down by 1.3% from 2005. 217 people died from carbon monoxide poisoning, accounting for 18.3% of the total number of suicide deaths and down by 1.8% from 2005 (see table 7.1).

Most people chose to end their lives by jumping from buildings; this is consistent with observation in the past and also has become the commonest means of committing suicide. Hanging was in second place while carbon monoxide poisoning came in third place in 2006.

Suicide statistics : grouped by occupation

In 2006, 92 people who committed suicide were unemployed. Retired persons came in second place with 53 deaths. Housewives followed with 45 deaths. (see table 7.3a). Although suicides among unemployed persons decreased from 188 people in 2005 to 92 people in 2006, 880 deaths fell into the unclassified category, where an autopsy and death reports were not sought. This dramatic increase in the unclassified category from 458 in 2005 to 880 in 2006 certainly poses a challenge in drawing the conclusion that suicide among unemployed persons has decreased.

Hong Kong had an unemployment rate of 4.8% in 2006, a decrease of 0.5% from 5.3% in 2005. The under-employment rate decreased from 2.8% in 2005 to 2.4% in 2006 (see table 7.3b & 7.3c).

Suicide Statistics : grouped by mental disorders

In 2006, 100 suicide deaths were associated with mental disorder. Most of these committed suicide by jumping from buildings, a total of 54 deaths in this group. 12 people hung themselves, and 12 people died of carbon monoxide poisoning.

As there were 880 suicide cases without death investigation report ordered that excluded the number of mental suicide, the representable picture in the relationship between suicide and mental disorder may not be easily drawn here. Notwithstanding, WHO has given an idea on this matter in 2006, it stresses that more than 90% of all cases of suicide are associated with mental disorder such as depression, schizophrenia and alcoholism, addressing the importance of mental health could certainly reduce the rate of suicide.

Unknown or Unidentified Suicide Cases

23 suicides were categorised as "injury undetermined whether accidentally or purposely inflicted" in 2006, down by 2 deaths in comparison with 25 deaths in 2005. Among these 23 deaths, 9 people died of drowning, while 8 people died through drugs poisoning (see table 7.5).

Suicide cases without an autopsy being ordered

The total number of suicide deaths was 1187 in 2006, including 880 deaths where an autopsy and death report were not sought, and this figure increased from 458 in 2005 to 880 in 2006 (see table 7.6). These uncategorised suicide deaths lead to difficulties in drawing reliable conclusion, as the figure represents 74% of the total number of suicide deaths.

Conclusion

In 2006, there were 1187 people who committed suicide and died, with 710 male deaths (59.8%) and 477 female deaths (40.2%). The suicide rate was 17.2 per 100,000, up by 3.33 from 2005. The ratio of male to female was 1.6:1. Jumping from buildings was still the most common suicide means (51.8%), hanging came in second place (21.1%) and carbon monoxide poisoning took third place (18.3%). The increasing number of suicide case without death investigation report ordered was 880 in 2006 that leave a room and difficulty to come up a reliable conclusion in the relationship among suicide, unemployment and mental disorder.

Although different people committed suicide with different reasons, one of the common reasons is that they didn't enjoy their present life. Looking into Hong Kong, hard-working lifestyle of this global financial centre people are facing a lot of pressure. In our competitive society, we are encouraged to work more, earn more, see more, learn more, and buy more, read more, become more. We are warned not to live for the present, but to be thinking about our futures. It is as though it's not enough to "be here and now". The warnings of being prepared for whatever the future may bring and often have created a fear in us of being unprepared to meet that future. So, we are investing everything for the future, with the result that the present is worthless. We assume that waves of happiness are going to flood us in fifteen years and we are plainly joyless today. As a result, we seldom enjoy the present life.

How could we enjoy the present life? Being fully in the present moment is one of our most powerful keys to living a joyful and peaceful life. Joy results from total acceptance of our present moment. Whenever we project our consciousness away from the present moment and seek happiness in another time or place, we leave joy behind. Living in the present moment is a skill we humans get to develop. By developing the capacity to be fully present in each moment, we will live a life of greater depth and meaning. It is so easy to be pulled in to the past or to dream of the future. The most important thing for us to know is that we only have the Now. Yesterday is gone. Tomorrow is not here yet. This moment of time is ours to enjoy.

Yesterday is history, tomorrow is a mystery, today is a gift, that's why we call it the present. We have to live in the present, to realize that today is really the only moment we know we are going to have and enjoy!

Let's enjoy the relationship we have and treasure the unique moment we have been and do every little meaningful thing to others around us. Prevention of suicide just starts with an enjoyable life by living in the present.

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2006 年香港自殺數字統計分析

黃遠青

中文翻譯：陳鳳明

根據香港特區政府統計處的資料顯示，在2006年年底，香港的人口估計有 6,900,700，當中男性佔3,284,100(47.6%)，女性佔 3,616,600(52.4%)。而死因裁判法庭報告於此段期間共有1,187人企圖自殺並引致死亡，當中包括880宗是毋須經過死因調查而經證實的自殺死亡個案。

2006年的自殺率是17.2，即香港每十萬人口當中有17.2人死於自殺。比2005年上升3.33，這說明每天大約有3人自殺死亡。

以下是2006年香港自殺現象的重點：

1. 自殺死亡總人數為1,187；
2. 男性自殺死亡為710人(59.8%)，而女性自殺死亡為477人(40.2%)；
3. 自殺率是17.2(每十萬人中有17.2人自殺死亡)；
4. 自殺率由2005年的13.87升至2006年的17.2；
5. 跳樓是最普遍的自殺方式(51.8%)；
6. 上吊是第二種普遍自殺方式(21.1%)；
7. 燒炭是第三種普遍的自殺方式(18.3%)；
8. 70歲以上組群的自殺率為40.62，高踞第一；
9. 60-69歲組群的自殺率23.1，佔第二位。

以下按自殺死亡年齡、性別、自殺方式、職業及精神狀況來作進一步的自殺數字分析。

按年齡、性別分組的自殺統計數字

年齡：0 - 19歲

在2006年，有33位19歲以下的青少年自殺死亡，自殺率由2005年的1.08倍升至2.4，此組別的男女比例是1.5:1(見表7.2)，男性自殺率比女性的為高。此年齡組別之自殺數字由2005年的19宗增至2006年的33宗。在2006年這33宗自殺死亡數字當中，有29宗是採用跳樓方式自殺，其餘2名燒炭自殺、1名服藥及上吊自殺(見表7.1)。在這組群中，跳樓是一種最普遍的自殺方式，佔這組群的88%，顯示這一組群趨向選用致命性較高的自殺方法來了斷生命。

年齡：20 - 59歲

2006年，此年齡組別有783宗自殺死亡數字，佔總數之66%，比起2005年下降1.3%(見表7.1)。自殺率為17.78。男女比例為1.7:1(見表7.2)。在這些自殺死亡個案之中，404人(51.6%)採取跳樓方式，205人(26.2%)採用燒炭方式，而114人(14.6%)則選擇上吊方式來結束生命。

年齡：60歲以上

在2006年，此年齡組別有371宗自殺死亡數字，佔總自殺死亡數字中的31.3%，比起2005年上升了0.9%。自殺率為32.91，比起2005年上升了6.21，而男女比例是1.6:1(見表7.2)。數字顯示，本港自殺死亡之長者偏向選取較暴力及致命的自殺方式，例如以跳樓來結束生命，佔此年齡組別自殺死亡數字的182宗(49.1%)。

按自殺方式分組之自殺統計數字

2006年，有615人採取跳樓的方式自殺，佔總自殺人數的51.8%，比起2005年上升了0.8%。有250人則採用上吊的自殺方式，佔總自殺人數的21.1%，較2005年下降1.3%；另外，217人以燒炭方式自殺，佔總自殺人數的18.3%，較2005年下降1.8%（見表7.1）。

2006年大多數自殺死亡者皆採用跳樓方式來結束生命，經過持續的觀察下，發現多年來跳樓的自殺方式皆是較普遍，其次是上吊以及燒炭，成為本港的第二及第三種較普遍的自殺方式。

按職業分組的自殺統計數字

2006年，92名自殺死亡者是失業的。退休人士的自殺死亡數字是53人，隨之是45名家庭主婦（見表7.3a）。雖然失業人士自殺數字由2005年188宗下跌至2006年的92宗，但由於有880宗自殺死亡個案在死因裁判法庭未有作出死因調查，因而沒法作出職業上的分類。經證實自殺死亡而毋須經過死因調查的個案由2005年的458宗倍升至2006年的880宗，因此令致難以真確地為職業分類而作出分析。

2006年香港的失業率為4.8%，比2005年的5.3%下降0.5%。而就業不足率則由2005年2.8%減至2006年的2.4%（見表7.3b及7.3c）。

按精神病患分組的自殺統計數字

2006年，有100宗自殺死亡個案與精神病患有關，當中有54人死於跳樓，12人死於上吊，另外12人死於燒炭。亦由於有880宗自殺死亡個案未經死因調查而未有這方面的數字，不排除當中有部分數字與精神病患有關，因此在數字上未能具體反映精神病患與自殺死亡的關係。儘管如此，世界衛生組織（WHO）於2006年曾公布有大約90%之自殺死亡個案是與精神病患有關，例如抑鬱症、精神分裂症及酗酒，這說明了精神健康的推廣能有效地減少自殺率。

未能確定是否蓄意自殺的死亡數字

2006年有23宗自殺死亡數字被列入不能確定是否蓄意自殺的死亡，較2005年的25宗減少2宗。在這23宗自殺死亡數字中，9人死於溺斃，8人死於服毒（見表7.5）。

毋須進行死因調查的死亡數字

2006年共有1187宗自殺死亡數字，包括880宗沒有經過解剖及死因調查的自殺死亡個案，從2005年的458宗升至2006年的880宗（見表7.6）。佔74%的自殺死亡未被調查及分類，實在令自殺數字分析造成極大的困難，更無法作出一個較真確的結論。

總結

2006年，有1187人自殺死亡，當中710人是男性（59.8%），另外477人是女性（40.2%）。自殺率是17.2（每十萬人）由2005年上升3.33。男女比例是1.6:1。跳樓仍然是最多採用的自殺方式（51.8%），上吊為第二位（21.1%）及第三位是燒炭（18.3%）。2006年毋須進行死因調查的死亡數字為880宗，為自殺與失業、精神病患之關係的分析工作製造了障礙，未能作出較整全的結論。

雖然每位自殺死亡者的自殺原因皆不盡相同，但卻有一個共通點就是他們生活得不愉快。綜觀在香港這個國際財經中心，勤奮工作的生活模式卻為香港人帶來頗大的壓力。在這個充滿競爭性的社會，我們好像被催谷著做多一些、賺多一些、看多一些、學多一些、買多一些、讀多一些以及得到多一些，但我們卻沒有對刻下的生活著眼多一些。為了令未來幸福快樂，不斷為未來著想、為未來投資，恐怕為未來做得不夠，因而造成許多憂慮的同時，卻忽略了眼前的一切，甚至令今天的生活充滿痛苦和悲哀。

我們該如何好好享受刻下的生活呢？要活得喜樂和平，就要懂得「活在當下」。當你看到眼前自己所擁有的一切時，喜樂就會存在。「活在當下」是我們必須掌握的一種生活技巧。能夠全情投入在此時此刻的生活裡，我們的人生就會變得有深度和有意義了。懷緬過去和幻想未來都是一件十分容易的事，但我們須知道「現在」才是此刻生命中最重要東西。昨日已逝，明天如幻，今天卻栽在我們的手裡，完全擁有著、享受著。

昨天已是一段歷史，明天將會是一個謎，今天是一份禮物，這就是「現在」了。我們必須活在當下，要明白「今天」就是唯一我們需要去擁有及享受的時刻。

讓我們珍惜身邊人，好好享受與他們相處的機會，一句親切的問候、一份小小的心意禮物，都是足以令你及身邊人享受到「活在當下」的樂趣。「防止自殺」就從享受活在當下開始。

參考資料

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3. 香港撒瑪利亞防止自殺會年報（2005）。
4. 中華人民共和國香港特別行政區政府死因裁判法庭報告（2004）。
5. 中華人民共和國香港特別行政區政府死因裁判法庭報告（2005）。
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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	2006 年齡組別 Age Groups											2005		2004		
		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
2006	火器 Firearms	M			1							1		1		2	
		F										0	1	0	1	0	2
		M				1		1		1		3		8		11	
	藥物 Drugs	F		1	5	4	6	2	1	3		22	25	7	15	13	24
		M			2		1	2	2		4		11		4		17
	毒藥 Poisons	F			2	1		1	1	5		10	21	8	12	10	27
		M		1	4	10	29	38	23	68	1	174		143		170	
	吊死 Hanging	F			5	9	12	7	13	30		76	250	74	217	86	256
		M		18	58	46	60	56	27	73	1	339		295		322	
	由高處墮下 Jumping from a height	F	1	10	37	69	47	31	32	49		276	615	198	493	206	528
		M						1				1		0		1	
	氣體中毒 Gas Fatality	F										0	1	0	0	0	1
		M		1	17	44	45	29	7	3		146		142		209	
	一氧化碳 Carbon Monoxide	F		1	7	30	22	11				71	217	52	194	87	296
		M			2		3	2	3	5		18		6		14	
	淹死 Drowning	F					3	1	3	11		18	36	6	12	15	29
		M						2	2	1	2	7		8		3	
	利器 Sharp instruments	F					2	1				3	10	4	12	2	5
		M			2			3	2	2	1	10		7		14	
其他 Others	F							1			1	11	4	11	5	19	
	M	0	20	86	105	145	132	63	157	2	710						
2006	小計	F	1	12	56	115	90	54	51	98	0	477					
	Sub-total		1	32	142	220	235	186	114	255	2		1187				
	總計Total																
2005	小計	M	0	11	70	118	124	111	60	118	2		614				
	Sub-total	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	M	1	25	112	130	154	123	71	146	1						
	Sub-total	F	0	10	68	77	88	49	39	93	0				763		
	總計Total		1	35	180	207	242	172	110	239	1				424	1187	

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	2006				2005				2004			
	Sex		比例 Ratio	總數 Total	Sex		比例 Ratio	總數 Total	Sex		比例 Ratio	總數 Total
	M	F			M	F			M	F		
0-19	0	0.4	0:0	0.19	0	0	0:0	0	0.3	0	0:0	0.17
10-19	4.6	2.9	1.6:1	3.74	2.4	1.9	1.3:1	2.17	5.6	2.3	2.4:1	4
整體人口 Subtotal Population	2.8	1.9	1.5:1	2.40	1.5	1.2	1.3:1	1.32	3.4	1.4	2.5:1	2.5
20-59	19.4	10.7	1.8:1	14.68	15.6	9.8	1.6:1	12.55	24.9	14	1.8:1	19.3
30-39	21.7	17.9	1.2:1	19.50	23.4	9.2	2.5:1	15.27	25.2	11.3	2.2:1	17.25
40-49	23.2	12.8	1.8:1	17.71	19.2	8.3	2.3:1	13.43	24	12.4	1.9:1	17.86
50-59	26.9	11.0	2.4:1	18.95	23.5	12.0	2:1	17.71	28.1	11.2	2.5:1	19.6
整體人口 Subtotal Population	22.9	13.3	1.7:1	17.78	20.4	9.6	2:1	14.6	25.4	12.2	2.1:1	18.4
60+	24.5	21.6	1.1:1	23.10	23.7	13.4	1.8:1	18.79	28.2	17	1.7:1	22.9
70+	56.7	27.9	2:1	40.62	42.8	25.0	1.7:1	32.97	56.4	28.8	2:1	41
整體人口 Subtotal Population	41.2	25.4	1.6:1	32.91	33.6	20.3	1.7:1	26.7	42.5	23.9	1.8:1	32.8
全年整體人口 Total Population	21.6	13.2	1.6:1	17.20	18.3	9.7	1.9:1	13.87	23.0	11.8	1.9:1	17.2

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

資料計算：香港撒瑪利亞防止自殺會 *自殺率等於每100,000人口每年自殺死亡的人數

(Table 7.3a) The Number of Suicide Death in Hong Kong 2006 (By Occupation)
(表7.3a) 香港自殺死亡數字(按職業分組)

年份Year	2006												2005		2004	
	年齡組別 Age Groups												小計	Total	小計	Total
	Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計	Total				
學生 Student	M		7								7		6		14	
	F		2								2	9	5	11	8	22
教師 Teacher	M					1	2				3		0		2	
	F				3						3	6	1	1	0	2
失業者 Unemployed	M		1	7	9	18	14	4	6		59		130		254	
	F		1	6	7	13	2	1	3		33	92	58	188	93	347
家庭主婦 Housewife	M										0		0		0	
	F				5	9	10	9	12		45	45	70	70	134	134
藍領階層 Blue Collars	M			2	2	5	3				12		18		26	
	F						1				1	13	1	19	8	34
白領階層 White Collars	M			1		3	2				6		6		18	
	F			3	3						6	12	8	14	19	37
病人 Patient	M								1		1		0		2	
	F										0	1	0	0	2	4
紀律部隊 Disciplinaries	M			2	4						6		7		5	
	F										0	6	0	7	1	6
商人 Business Man	M				1	1			1		3		8		29	
	F										0	3	0	8	5	34
退休人士* Retired Person	M							3	6	28	37		65		120	
	F							1	3	12	16	53	18	83	24	144
未能分類** Unclassified	M		12	66	78	111	100	53	121	2	543		300		126	
	F	1	8	38	83	63	37	37	70		337	880	158	458	61	187
其他 Other	M			8	11	6	8				33		74		167	
	F		1	9	14	5	3	1	1		34	67	34	108	69	236
小計 Sub-total	M	0	20	86	105	145	132	63	157	2	710		614		763	
	F	1	12	56	115	90	54	51	98	0	477	1187	353		424	
總計Total		1	32	142	220	235	186	114	255	2	1187	1187	967	967	1187	1187

Source: Coroners Court 資料來源：死因裁判法庭 * New category added in since 2005

** The total number of suicide cases in 2006 were 1187 which included 880 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
2006	M	5.2	2.5	2.3	3.5	3.9	2.6	3.1
	F	3.2	0.9	0.7	2.5	3.1	2.2	1.6
	合計 Overall	4.2	1.6	1.5	3.0	3.6	2.5	2.4
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

"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
2006	M	24.7	7.3	4.2	4.7	6.3	3.0	5.6
	F	18.4	4.1	2.6	3.6	4.1	n/a	3.7
	合計 Overall	21.8	5.6	3.4	4.2	5.5	2.5	4.8
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

"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	2006 年齡組別 Age Groups											2005		2004		
		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
2006	火器 Firearms	M										0		0		0	
		F										0	0	0	0	0	0
	藥物 Drugs	M				1						1		5		4	
		F		1	2	2	2					7	8	4	9	7	11
	毒藥 Poisons	M										0		0		1	
		F										0	0	3	3	5	6
	吊死 Hanging	M					2	4	1	1		8		15		17	
		F						2		1	1	4	12	12	27	16	33
	由高處墮下 Jumping from a height	M		1	6	5	5	4	3	2		26		48		87	
		F			2	9	6	5	4	2		28	54	49	97	89	176
	氣體中毒 Gas Fatality	M					1					1		0	0	0	
		F										0	1	0	0	0	0
	一氧化碳 Carbon Monoxide	M		1			5	1				7		11		20	
		F					4	1				5	12	6	17	16	36
淹死 Drowning	M						1			1	2		2		6		
	F						1		2	3	6	8	3	5	5	11	
利器 Sharp instruments	M						1	2			3		2		1		
	F										0	3	4	6	1	2	
其他 Others	M				1		1				2		1		3		
	F										0	2	2	3	2	5	
2006	小計	M	0	2	7	11	12	10	4	4	0	50					
	Sub-total	F	0	0	3	15	12	7	7	6	0	50					
	總計Total		0	2	10	26	24	17	11	10	0	100	*100				
2005	小計	M	0	2	11	20	16	20	4	11	0			84			
	Sub-total	F	0	3	9	17	19	13	11	11	0			83			
	總計Total		0	5	20	37	35	33	15	22	0			**167			
2004	小計	M	0	4	41	34	21	21	6	12	0					139	
	Sub-total	F	0	1	18	27	36	21	17	21	0					141	
	總計Total		0	5	59	61	57	42	23	33	0					***280	

Source: Coroners Court 資料來源：死因裁判法庭
 * There were 880 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
 ** 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.

(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	2006 年齡組別 Age Groups													2005		2004	
		Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計	Total	小計	Total	小計	Total	
		M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
2006	火器 Firearms																	
	藥物 Drugs					1		3					4		5		3	
	毒藥 Poisons						2	1		1			4		7		8	
	吊死 Hanging												0		1		2	
	由高處墮下 Jumping from a height												0		0			
	氣體中毒 Gas Fatality						2			2			2		6		10	
	一氧化碳 Carbon Monoxide												0		0		0	
	淹死 Drowning												0		0			
	利器 Sharp instruments						1		2				3		4		8	
	其他 Others									1			6		3		11	
	小計 Sub-total												0		0			
	總計Total												0		0			
	2005	小計 Sub-total												0		0		0
		總計Total												0		3		3
小計 Sub-total													0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		3		3	
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
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2004	小計 Sub-total												0		0			
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2004	小計 Sub-total												0		0			
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	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
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	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
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	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total												0		0			
2004	小計 Sub-total												0		0			
	總計Total												0		0			
	小計 Sub-total						</											

Source: Coroners Court 資料來源：死因裁判法庭

*

There were 880 of suicide cases without death investigation report ordered that excluded the number of above table.

**

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

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

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

年份 Year	自殺類別 Type of Suicide	2006											2005	
		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		
2006	火器 Firearms	M												
		F												
		M												
	藥物 Drugs	F		2	2	2	1		1	1		7	7	
		M			1	1	2	2		1		7		
	毒藥 Poisons	F				1			1	2		4	11	
		M		1	3	9	21	25	20	58	1	138	71	
	吊死 Hanging	F			3	8	6	4	9	23		53	37	108
		M		11	46	36	51	43	21	56	1	265	158	
	由高處墮下 Jumping from a height	F	1	7	27	50	37	25	26	41		214	102	260
		M												
	氣體中毒 Gas Fatality	F												
		M			15	29	34	26	7	3		114	71	
	一氧化碳 Carbon Monoxide	F		1	6	22	18	8				55	19	90
		M			1	3	1	2	3	2		12		
	淹死 Drowning	F					1			3		4		
		M							1	1		2		
	利器 Sharp instruments	F												
		M					2	2	1			5		
	其他 Others	F												
		M												
	小計 Sub-total	M	0	12	66	78	111	100	53	121	2	543		
		F	1	8	38	83	63	37	37	70	0	337		
	總計Total		1	20	104	161	174	137	90	191	2	880		
	小計 Sub-total	M	0	5	36	53	62	47	31	65	1		300	
		F	0	1	19	27	26	29	15	41	0		158	
2005	總計Total		0	6	55	80	88	76	46	106	1		458	458

Source: Coroners Court 資料來源：死因裁判法庭

TITBITS 活動花絮

CARING FUND 關懷身邊人基金



Serenade of Life (1)
「生命禮讚管弦夜」(1)



Serenade of Life (3)
「生命禮讚管弦夜」(3)



Serenade of Life (2)
「生命禮讚管弦夜」(2)



"Positive Life" Suicide Prevention and
Community Educational Program
「積極人生」防止自殺社區教育攤位及展覽



A talk of "Positive Life" Suicide Prevention
and Community Educational Program
「積極人生」防止自殺社區教育講座

LIFE EDUCATION CENTRE 生命教育中心



Graduation ceremony of Peer Counselor
朋輩輔導員畢業



Taiwan exchange programme
台灣交流團



"Happy Family Series" Seminar
「家無煩日子」研討會



The 9th graduation ceremony of Life Ambassadors
第九期珍惜生命大使畢業



Handling Emotions' group
百變情緒小組

SUICIDE CRISIS INTERVENTION CENTRE 自殺危機處理中心



SCIC members of Survivors Support Group and Hotline Volunteers expressed their aspiration and enthusiasm in Suicide Prevention through singing in Annual Dinner
危機中心「自殺死亡人士親友自助小組」組員及熱線義工在本會一年一度的周年聚餐唱出對防止自殺服務的理想和熱誠



A talk of "Be a Happy Person" in the one-year "Live the Rainbow" Programme
「活出彩虹行動」之「做個輕鬆快樂人」講座



Visit from Shenzhen Psychological Crisis Intervention Centre
深圳心理危機干預中心到危機中心探訪



Visit from the participants of the 5th International Conference on Social Work in Health and Mental Health
第五屆衛生與精神健康社會工作國際會議參加者到危機中心探訪及交流



A Staff Training Programme of Mental Health Course conducted by Dr Siu-ning Chiu
由本會顧問趙少寧醫生提供的職員培訓活動 — 精神健康課程

HOTLINE CENTRE 熱線中心



Experience and Feeling as an important lesson for training stages of Volunteers'
體驗與感受是義工訓練階段的重要一環



Through community education programme "Cherishing life, stay with us", to promote positive life message to the public
透過舉辦「熱愛生命與你同行嘉年華」的社區教育活動，促進市民大眾建立珍惜生命的意識



Visit Rehabilitation centre for drug abusers at Shek Kwu Chau
探訪石鼓洲戒毒服務，提升義工對不同服務的認識



Visit from Health Department of Beijing
北京衛生局探訪本會熱線服務

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



A talk of "Handling Persons with Suicide Symptoms" for the volunteers of Hong Kong Single Parents Association
為香港單親協會義工提供「如何處理具自殺徵兆者」講座



Role Play Training in 2nd Professional Certificate Programme in Counselling and Suicide Prevention
第二屆防止自殺及輔導專業證書課程——角色扮演練習情況



A "Hotline Volunteer Training for Oasis Centre" offered by our Society in association with the Hospital Authority
本會與醫管局合辦之「心靈綠洲熱線義工培訓課程」



A Workshop on "Handling High Risk Cases" organized for the counselling professions
本會為輔導專業人士而舉辦的訓練活動之一——「高危個案」工作坊



A One-day Workshop of "Crisis Intervention" was conducted by invitation for the professional staff of the Social Services Division of the Health Bureau of Macau
本會應澳門衛生局社會工作部邀請，為其專業同工舉辦「危機處理」一天工作坊

Auditors and Financial Report 財政報告

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

7/F., TERN CENTRE, TOWER 2,

251 QUEEN'S ROAD CENTRAL,

HONG KONG.

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核數師報告書

致香港撒瑪利亞防止自殺會

(根據香港「公司條例」註冊之有限責任團體)會員：

本核數師(以下簡稱「我們」)已完成審核依香港公認會計原則編製的附同財務報表。當中包括資產負債表、經常費收支表、綜合各基金收支表、綜合各基金變動表及現金流量表。

執行委員會的責任

貴會之執行委員會有責任依香港公司法及香港會計師公會財務報表準則編製真實與公正的財務報表。為編製該等財務報表，執行委員會須設有內部監控系統免除會計錯誤，並要採用合適的會計政策及對會計項目作出合理的評估。

核數師的責任

我們的責任是根據我們審核的結果對該等財務報表表達意見，我們是按照香港會計師公會所定的核數準則進行審核。該準則要求核數師要遵從專業守則及設定審核程序審核以確保財務報表沒有重大錯誤陳述。

審核工作是查證財務報表上之銀碼及其陳述有否憑證。審核之程序是基於核數師對該財務報表產生誤導之可能性作出評估而決定，核數師之考慮包括評估執行委員會所設之內部監控系統是否有效，但該評估是為核數用故核數師不會對此作出報告。審核範圍亦包括評估執行委員會於編製該等財務報表時所作的重要估計及判斷和所釐定的會計政策是否適合該組織的具體情況。

下列意見乃基於我們審核工作取得之資料。

意見

我們認為上述的財務報表均真實與公正地反映貴會於2007年3月31日的財務狀況及貴會截至該日為止年度綜合所有基金之盈餘及現金流量，並符合香港會計師公會財務報表準則及公司條例規定適當編製。

張耀鴻會計師行
香港執業會計師
2007年6月14日

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

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

We have audited the annexed financial statements of The Samaritan Befrienders Hong Kong which comprise the balance sheet as at 31 March 2007, the income and expenditure statement of the Accumulated Fund, the consolidated income and expenditure statement of funds, the consolidated statement of changes of funds and the cash flow statement for the year then ended, and a summary of significant accounting policies and other explanatory notes.

Responsibility Of The Executive Committee For The Financial Statements

The members of the Executive Committee of the Association are responsible for the preparation and the true and fair presentation of these financial statements in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance. This responsibility includes designing, implementing and maintaining internal control relevant to the preparation and the true and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

Auditors' Responsibility


Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance as to whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditors' judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditors consider internal control relevant to the entity's preparation and true and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the entity's executive committee, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial statements give a true and fair view, in all material respects, of the state of the Association's affairs as at 31 March 2007 and of its surplus in funds and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Companies Ordinance.


Y. H. Cheung & Company
Certified Public Accountants
Hong Kong
14 June 2007

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
資產負債表
BALANCE SHEET
2007 年 3 月 31 日
AS AT 31 MARCH 2007

		註 NOTES	2007 HK\$	2006 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		2,426,093	1,891,313
定期存款	Fixed deposits		1,529,313	860,717
應收政府資助	Government subventions receivable	8a	—	537,157
應收及預付款	Accounts receivable and prepayments		29,139	6,539
			3,993,545	3,304,726
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(605,114)	(491,477)
			3,388,431	2,813,249
非流動資產	NON-CURRENT ASSETS			
水電按金	Utility deposits		16,420	16,420
傢具器材	Furniture, fittings and equipment		1	1
資產淨值	NET ASSETS		3,404,852	2,829,670
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	543,914	484,536
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	957,283	711,683
活動基金	PROGRAMS FUND	7	20,619	48,967
			2,460,735	2,184,105
自殺危機處理 中心基金	SUICIDE CRISIS INTERVENTION FUND	8b	1,039,736	634,944
生命教育中心 基金	LIFE EDUCATION CENTRE FUND	9	(95,619)	10,621
			3,404,852	2,829,670

The attached notes form an integral part of these accounts.
Approved by the Executive Committee on 14 June 2007
附註乃賬項之一部份
於 2007 年 6 月 14 日經執行委員會通過接納



Vice Chairman
副主席



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
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

		2007 HK\$	2006 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
捐款及津貼：	Donations and subsidies received from:		
香港公益金	Community Chest of Hong Kong	1,289,400	1,289,400
政府租金差餉	Government rent and rates subsidies	107,467	106,503
津貼			
其他	Others	28,686	41,329
		<u>1,425,553</u>	<u>1,437,232</u>
<u>其他收入</u>	<u>OTHER REVENUES</u>		
會費收入	Membership subscriptions	5,420	5,260
利息收入	Bank interest received	61,069	24,319
講座收入	Course fees and sundry income	55,299	47,698
收回行政費用	Expenses recovered	120,000	96,430
		<u>1,667,341</u>	<u>1,610,939</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	1,250	2,600
訓練費用	Training expenses	94,911	133,749
交通費	Travelling expenses	121,433	120,901
薪金	Staff salaries	923,217	813,814
公積金	Provident fund contribution	44,055	40,052
醫療	Medical expenses	6,724	8,503
職員培訓	Staff training	2,620	3,600
招聘費	Recruitment expenses	4,057	4,388
租金及差餉	Rent and rates	107,307	106,503
辦公室用品	Office supplies	18,163	31,149
宣傳	Publicity and promotion	12,949	33,363
年刊及印刷費	Annual reports and printing	48,874	48,273
書刊雜誌	Newspaper, journals and books	6,191	7,331
電腦及軟件	Computers and softwares	35,186	10,458
維修保養	Repairs and maintenance	31,176	20,645
電話及傳呼	Telephone and paging	30,839	26,813
水、電	Electricity and water	44,480	47,899
郵費	Postage	1,204	2,392
清潔用品及費用	Sanitary and cleaning expenses	34,106	35,967
聯會會費	Subscription to affiliated associations	1,048	5,031
開會費用	General meeting expenses	4,902	10,320
義工嘉許	Volunteers' recognition	3,930	20,018
康樂活動	Recreational activities	6,741	3,895
週年餐會	Annual dinner	11,328	8,107
飲品	Refreshment	5,270	7,168
保險費	Insurance	4,703	6,359
雜費	Sundry expenses	1,299	1,225
		<u>1,607,963</u>	<u>1,560,523</u>
本年度盈餘	<u>SURPLUS FOR THE YEAR</u>	<u>59,378</u>	<u>50,416</u>

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
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

		2007 HK\$	2006 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
收捐款及津貼	Donations and subsidies received	6,756,556	5,790,450
應收政府資助	Government subventions receivable	---	537,157
		<u>6,756,556</u>	<u>6,327,607</u>
<u>其他收入</u>	<u>OTHER REVENUES</u>		
銀行利息	Bank interest received	82,808	24,319
課程及什項收入	Courses fees and sundry income	413,229	261,176
		<u>7,252,593</u>	<u>6,613,102</u>
<u>支出</u>	<u>EXPENDITURE</u>		
訓練及社區工作	Training and community activities	323,924	168,163
職員薪金福利	Staff costs	4,957,089	4,257,019
行政費用	Administration expenses	759,334	718,729
租金及差餉	Rent and rates	377,229	375,556
電腦及軟件	Computers and softwares	235,241	36,718
低值傢具器材	Low value furniture and equipment	24,594	4,890
		<u>6,677,411</u>	<u>5,561,075</u>
<u>本年盈餘</u>	<u>SURPLUS FOR THE YEAR</u>	<u>575,182</u>	<u>1,052,027</u>

綜合各基金變動表
STATEMENT OF CHANGES IN FUNDS
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

		2007 HK\$	2006 HK\$
年初各基金總結餘	Balance of funds at beginning of year	2,292,513	1,041,245
調整上年數 -	Prior year adjustment -		
應收補助(註 10)	subvention receivable (note 10)	537,157	736,398
調整後上年結餘	Balance re-stated	<u>2,829,670</u>	<u>1,777,643</u>
本年盈餘	Surplus for the year	<u>575,182</u>	<u>1,052,027</u>
年終結餘	Balance at End of Year	<u>3,404,852</u>	<u>2,829,670</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
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

	2007 HK\$	2006 HK\$
Cash Flows From Operating Activities 運作所得之現金流量		
Surplus of funds for the year 本年度各基金總盈餘	575,182	1,052,027
Less: Subvention for the year not yet received 減：尚未收本年資助	---	(537,157)
Add: Subvention for prior year received during the year 加：上年資助今年收	537,157	736,398
	<u>1,112,339</u>	<u>1,251,268</u>
Adjustments for 調整：		
(Increase)/Decrease in accounts receivable and prepayments(增加)/減少應收及預付款	(22,600)	2,326
(Increase)/decrease in utility deposits (增加)/減少水電按金	---	(300)
Increase/(decrease) in accrued expenses 增加/(減少)應付款	113,637	(140,538)
Net Increase in Cash at Banks and in Hand 增加銀行存款及手存現金淨額	1,203,376	1,112,756
Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金	2,761,030	1,648,274
Cash and at Banks at End of Year 年終銀行存款及手存現金	<u>3,964,406</u>	<u>2,761,030</u>

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
賬項附註
NOTES TO ACCOUNTS
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

1. ORGANISATION 組織

The Corporation is a charitable body incorporated on 10 March 1994. The liability of the individual member is limited.

本會是一個慈善團體，於1994年3月10日在香港成立為會員有限責任之法人。

The Corporation is exempted under section 88 of the Inland Revenue Ordinance from any Hong Kong Tax.

本會已根據香港稅務條例第八十八章允准免稅。

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

本會年內主要活動為防止自殺及教育社區有此意識。

The activities were mainly financed by outside donations.

本會活動主要由外界捐款資助。

2. 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.

Computers and softwares are also written off as expenses 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。

電腦及軟件亦於購入年度作費用攤除。

(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錄。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)
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

3. ACCUMULATED FUND 累積基金

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

		2007 HK\$	2006 HK\$
年初結存	Fund balance at beginning of year	484,536	434,120
加:本年度盈餘	Add: Net surplus for the year	59,378	50,416
年終結餘	Balance at end of year	<u>543,914</u>	<u>484,536</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:-

		2007 HK\$	2006 HK\$
年初及年終結存	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. There was no movement during the year. The details were as follow:-

特別基金是用作改善資產及成立新中心之用。年中沒有變動。詳情如下:

		2007 HK\$	2006 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)
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

6. CARING FUND 關懷身邊人基金

The Caring Fund is set up for the purposes of financing the project of 'Starting a Caring World with Listening'. The objectives also include carrying out community education in loving one's life and caring other people.

基金是用作資助「關懷身邊人，從聆聽開始」之計劃，亦包括推行社區活動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:

		2007 HK\$	2006 HK\$
收入	Income		
收捐款	Donations received	605,460	34,836
舊書收入	Sale of books	180	510
活動收入	Programs income	5,767	19,969
紀念吳嘉升先生 捐款	Donation in memory of H. S. Wu, Mr.	10,000	---
課程收入	Courses fees	218,626	101,021
利息收入	Bank interest received	17,123	---
		<u>857,156</u>	<u>156,336</u>
支出	Expenditure		
社區教育活動	Social education activities	173,280	2,361
薪金	Staff salaries	352,189	3,477
強積金供款	MPF contribution	14,302	450
舟車費	Travelling	623	2,712
招聘費	Recruiting expenses	3,312	---
醫療費	Medical expenses	1,345	---
水電	Electricity and water	4,418	---
電話費	Telephone	2,228	---
電腦及軟件	Computers and softwares	14,824	---
傢具器材	Furniture and equipment	1,110	---
維修保養	Repair and maintenance	4,587	---
清潔	Sanitary and cleaning expenses	608	---
書刊雜誌	Newspaper, journals and books	1,322	---
飲品	Refreshment expenses	568	---
職員培訓	Staff training expenses	600	---
郵費	Postage	591	---
宣傳	Promotion	9,620	---
資訊傳單	Newsletters	16,627	---
保險	Insurance	1,952	---
寫字樓用品	Office supplies	6,922	---
什費	Sundry expenses	528	---
		<u>611,556</u>	<u>9,000</u>
本年盈餘	Surplus for the year	245,600	147,336
年初結餘	Balance at beginning of year	711,683	564,347
年終結餘	Balance at end of year	<u>957,283</u>	<u>711,683</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)
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

7. PROGRAMS FUND 活動基金

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

成立活動基金是用作社區服務以防止及處理自殺危機。

The movements during the year were as follows:

年中變動如下：

	2007 HK\$	2006 HK\$
Balance at beginning of year 年初結餘	48,967	---
Donation received 收捐助	80,000	50,000
Add: Income from Community Programmes 社區活動收入	---	1,010
	128,967	51,010
Less: Community Programmes expenses 社區活動支出	(108,348)	(2,043)
Balance at end of year 年終結餘	20,619	48,967

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殺傾向之人士提供援助。

(a) The initial scheme was on a three year pilot basis. All deficit was covered by Government subvention. 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年為試驗。所有虧損皆由政府資助補貼。本年收支及最後結果如下：

	2007 HK\$	2006 HK\$
Balance of deficit at beginning of year 年初虧損結餘	---	(154,605)
Add: Expenditure during the year 加：年中支出	---	(382,552)
Balance of deficit at end of year 年終虧損結餘	---	(537,157)
Government subventions receivable 應收回政府資助	---	537,157
Balance at end of year 年終結餘	---	---

The subventions receivable of \$537,157 was received during the year.

應收回資助已於年中收款。

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)
2006/76 年度
FOR THE YEAR ENDED 31 MARCH 2007

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：

	2007 HK\$	2006 HK\$
Income 收入		
Subvention received 收資助	3,756,549	3,443,503
Rent and rates subvention 租金差餉資助	221,325	---
Other donations received 其他捐款收入	2,999	300
Course fees received 課程收入	24,050	4,076
Sundry income 什項收入	1,757	---
Bank interest received 銀行利息	4,616	---
	<u>4,011,296</u>	<u>3,447,879</u>
Expenditures 支出		
Staff salaries 薪金	2,819,451	2,374,655
Mandatory Provident Fund 強積金	126,119	102,898
Medical expenses 醫療	14,793	13,059
Staff training 職員培訓	15,980	1,800
Administration expenses 行政費用	90,000	71,240
General meeting expenses 會議費用	571	680
Annual dinner 周年聚餐	1,350	---
Publications 刊物	46,880	---
Community activities 社區活動	6,501	---
Publicity and promotion 宣傳	3,680	4,523
Rent and rates 租金及差餉	115,932	105,851
Office supplies 辦公室費用	29,448	18,621
Repairs and maintenance 修理保養	46,623	3,763
Computers and softwares 電腦及軟件	176,293	24,751
Furniture, fixtures and equipment 傢具器材	17,130	330
Telephone and paging 電話傳呼	19,781	22,540
Electricity and water 水電	34,291	27,806
Postage 郵費	1,014	2,885
Travelling 交通	16,322	9,554
Sanitary and cleaning expenses 清潔	5,266	3,191
Newspaper, journals and books 書刊雜誌	445	18
Refreshment 飲品	3,705	8,322
Insurance 保險	13,687	14,557
Recruitment expenses 招聘費	1,242	1,891
	<u>3,606,504</u>	<u>2,812,935</u>
Surplus for the year 本年度盈餘	404,792	634,944
Balance at beginning of year 年初結餘	634,944	---
Balance at end of year 年終結餘	<u>1,039,736</u>	<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)
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

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 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：

	<u>2007</u> HK\$	<u>2006</u> HK\$
Balance at beginning of year 年初結存	10,621	(741,536)
Subventions for prior year activities received 收上年資助	---	736,398
	<u>10,621</u>	<u>(5,138)</u>
Subventions for the year 本年度資助	720,500	720,500
Course fees received 課程收入	91,827	48,276
Government rent and rates subsidies 政府租金差餉津貼	---	153,579
Other donations received 其他捐款收入	14,170	500
Sundry income 什項收入	10,303	33,356
	<u>847,421</u>	<u>951,073</u>
Less: Expenditures 減：支出		
Staff salaries 薪金	600,581	600,762
Staff MPF 強積金	29,029	28,578
Medical expenses 醫療	4,034	3,561
Staff training 職員培訓	2,050	896
Community activities 社區活動	47,982	31,814
Administration expenses 行政費用	30,000	18,483
Rent and rates 租金差餉	153,990	153,579
Office supplies 辦公室費用	9,446	15,354
Publicity and promotion 宣傳	4,150	14,631
Repairs and maintenance 修理保養	5,365	8,490
Furniture, fixtures and equipment 傢具器材	15,292	1,509
Telephone and paging 電話傳呼	4,173	7,955
Electricity and water 水電	8,849	8,851
Postage 郵費	4,289	2,143
Travelling 交通	5,894	1,151
Sanitary and cleaning expenses 清潔	2,082	1,154
Newspaper, journals and books 書刊雜誌	8,511	13,484
General meeting expenses 會議費用	---	10,000
Newsletters 資訊傳單	---	13,877
Refreshment 飲品	568	---
Insurance 保險	3,428	2,652
Recruitment 招聘費	2,815	1,408
Sundry expenses 什費	512	120
	<u>943,040</u>	<u>940,452</u>
Balance at end of year 年終結餘	<u>(95,619)</u>	<u>10,621</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)
2006/07 年度
FOR THE YEAR ENDED 31 MARCH 2007

10. PRIOR YEAR ADJUSTMENT 調整上年數

Certain subventions receivable in prior year but not yet received until this year were not recorded as income in prior year. This has been adjusted, and the comparative figures for the year is amended accordingly.

上年未收之資助未作為該年收入。本年已調整上年數。賬目顯示上年之比較數字亦已作調整。

ACKNOWLEDGEMENTS 鳴謝

(排名不分先後)



香港公益金會員機構

A Member Agency of The Community Chest



PCCW
電訊盈科



香港賽馬會慈善信託基金

The Hong Kong Jockey Club Charities Trust



地鐵公司
MTR Corporation



Consultants
顧問

Donors
捐款機構及社會人士

The Community Chest of Hong Kong
香港公益金

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

Hong Kong Social Welfare Department and the
Lotteries Fund
香港社會福利署及獎券基金

PCCW Ltd. - Sponsored telephone lines for hotline
service
電訊盈科有限公司 - 贊助本會熱線電話

Mass Transit Railway Corporation - Offering Free
Advertising Space for poster
地鐵公司 - 免費提供地鐵站海報宣傳位置

Hong Kong Coroner's Court - providing data of 2006
suicide death in Hong Kong
香港死因裁判法庭 - 提供二零零六年香港自殺死亡數字
資料

Census and Statistics Department - providing data of
2006 population in Hong Kong
政府統計處 - 提供二零零六年香港人口數字資料

Playmates Holdings Limited
彩星集團有限公司

SAR Philharmonic Orchestra
香港愛樂團

Hotel Miramar Hong Kong
美麗華酒店

Premium Collection
禮品廊

The Hong Kong Federation of Insurers
香港保險業聯會

Radio Television Hong Kong
香港電台 - 「智慧公民」節目

Apple Daily Charitable Foundation
蘋果日報慈善基金

Paul K.W. Tang, JP, Director of Social Welfare, Social
Welfare Department
香港社會福利署署長鄧國威太平紳士

Dr. Danie F. K.I Wong, Department of Social Work & Social
Administration, The University of Hong Kong
香港大學社會工作及社會行政學系黃富強博士

Samsung Electronics H.K. Co. Ltd.
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黎燕珊女士

劉倩怡女士

錢佩卿女士

陳永業先生

林煒醫生

連青網絡香港神託會青少年綜合服務中心 Crazy Youth 跳舞隊

基督教宣道會長亨長者鄰舍中心

香港大學學生會戲劇社

香港中文大學崇基攝影學會

深信學校

天使化妝品集團有限公司

屈臣氏有限公司

香港榮華餅家

雀巢牛奶公司

嘉頓有限公司

香港聖約翰救傷隊英皇舊生救護支隊

Sponsors of Annual Dinner 2006 二零零六年周年聚餐贊助公司 (排名不分先後)

Hon Bo Palace Restaurant
漢寶皇宮酒樓

Mass Transit Railway Corporation Limited
地鐵公司

Regal Airport Hotel Hong Kong
富豪機場酒店

The Peninsula Hotel Ltd.
半島酒店

Hutchison Whampoa Ltd.
和記黃埔有限公司

Kowloon-Canton Railway
九廣鐵路

Li & Fung (Trading) Limited
利豐集團

Hotel Nikko Hong Kong
香港日航酒店

JW Marriott Hotel Hong Kong
香港萬豪酒店

二零零六 / 零七年度捐款機構及人士名單 (排名不分先後)

藍奕邦	\$300.00	Lau Veng Hon	\$2,800.00
霍敦頤	\$300.00	Kwan Wing Co LTD	\$600.00
Yee Shi Wan	\$1,000.00	黃名漢	\$111.00
Yan Yuk Sim	\$500.00	何健蘭	\$300.00
Wong Lai Chun	\$5,000.00	彩星集團有限公司	\$200,000.00
Choi Chong Loy Philip	\$1,000.00	鄭柏文醫生	\$5,000.00
Rickey Cheung & Co.	\$5,400.00	余柏岐	\$30,000.00
張佩芳	\$500.00	鄧燦林	\$2,000.00
ITC	\$1,867.00	吳宏偉教授	\$2,000.00
Ip Hoi Bun	\$500.00	劉燕珍	\$10,000.00
林煒醫生	\$1,000.00	梁定宇	\$2,000.00
Tam Wing Kei	\$1,000.00	紀念吳熹升先生	\$10,000.00
Koo Wai Leung	\$300.00	黃儉純遺產基金	\$6,000.00
Alice Cheung	\$500.00	遠東仁濟慈善協會	\$3,475.00
余百全	\$6,000.00		

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 Donation Slip behind 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.

請填妥後頁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。

捐款回條

Donation Slip

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！