



香港撒瑪利亞防止自殺會 *Since 1960*
THE SAMARITAN BEFRIENDERS HONG KONG



生命想你望多一眼。

2007 年報
Annual Report

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BRIEF HISTORY

Brief History

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

It was registered as a society in Hong Kong in 1963, and subsequently renamed “The Samaritan Befrienders Hong Kong”. In the 70s, SBHK offered services as two 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 five 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 has served many people who were suffering and struggling, and 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 our service can be extended to relatively longer-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 her community works 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 counseling 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 pioneering 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 pioneering 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 the long-standing immediate contact point for help – the Hotline, allow 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舒緩，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助，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 works 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 promote their service quality.

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 2007 to June 2009)

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

Ordinary Members and Trainee Members

Life Education Centre

Centre-in-charge	: Ms Tsui Yan Yan
Assistant	
Social Work Officer	: Ms Lo Wai Man
Program Worker	: Mr. Wong Tat Shing

Staff List (as at 31 December 2007)

Hotline Centre

Centre-in-charge	: Ms Chiu Mei Yim
Assistant Service Officer	: Ms Wong Hiu Yi
Senior Administrative Assistant	: Mr. Lam Fu Kwai
Administrative Assistant	: Mr. Au Kin Tak
Junior Administrative Assistant	: Mr. Leung Kwai Yuen
Part-Time Workman	: Ms Tsang Lai Kuen

Caring Fund

Project Manager	: Ms Leung Yin Chun Emma
Training Officer	: Mr. Lau Tak Wing
Program Worker	: Ms Yip Tsz Ting
Public Relations & Community Education Officer	: Ms Chan Ka Yan

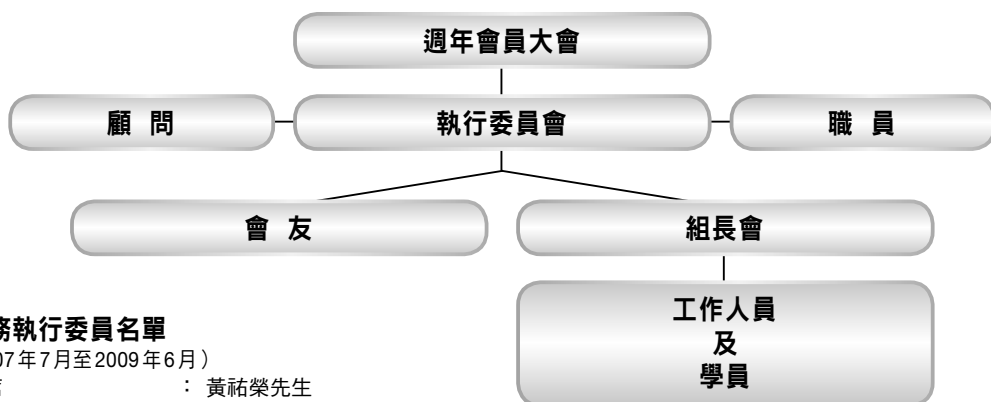
Suicide Crisis Intervention Centre

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 Wong Chung Yan
Part-Time Office Assistant	: Ms Li Sui Kuen

Honorary Consultants

Honorary Consultant	: Mr. Allen Peng Fei Lee, JP
Financial Consultant	: Y.H. Cheung & Co., Certified Public Accountants
Legal Consultant	: Fred Kan & Co., Solicitors & Notaries
P.R. Consultant	: Ms Doreen Leung
Service Consultants	: Ms Jolene Mui, Service Manager, CPNS, Castle Peak Hospital Dr. Chiu Siu Ning, Psychiatrist 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 Psychology 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

(2007年7月至2009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
	： 鄺澤銘先生

職員名單 (至2007年12月31日)

熱線中心

中心主任	： 趙美艷小姐
社會工作員	： 王曉怡小姐
高級行政助理	： 林富貴先生
行政助理	： 區健德先生
初級行政助理	： 梁貴源先生
通宵事務員	： 曾麗娟小姐

關懷身邊人基金

項目經理	： 梁燕珍女士
培訓主任	： 劉德榮先生
助理活動主任	： 葉芷婷小姐
社區教育及推廣幹事	： 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	： 香慕茵女士
	： 何永雄先生
	： 劉桂怡女士
	： 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
助理活動主任	： 王頌恩小姐
辦公室雜務員	： 李瑞娟女士

生命教育中心

中心主任	： 崔欣欣小姐
助理社會工作主任	： 盧惠雯女士
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	： 簡家驊律師行
公關顧問	： 梁玳寧小姐
服務顧問	： 梅杏春小姐
	(青山醫院社康服務經理)
	趙少寧醫生
	(精神科醫生)
	陳淑芳小姐
	(屯門醫院臨床心理學家)
	侯傑泰博士
	(香港中文大學教育學院
	教育心理學系主任)
	林翠華醫生
	(香港中文大學醫學院
	精神科副教授)
	曾慶培博士
	(註冊臨床心理學家)
	梁傳孫先生
	(香港理工大學
	應用社會科學系講師)

LOGOS OF SBHK

Logo of SBHK

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



Hotline Centre “TOUCH”

“Touch” means “Contact”, “Understanding” and “Sensitivity”.

We...

“listen” to contact the voice of our callers;

“care” to understand the needs of our callers;

“are sensitive” to empathize with the emotions of our callers.



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

Life Education Centre “GROW”

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



Suicide Crisis Intervention Centre “ALIVE”

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



Caring Fund “CARE”

- “Care” means “Concern”, “Care” 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 our feet in others’ shoes”: 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 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 2007

ROBERT WONG (CHAIRMAN)

Introduction

This year our theme is 'Slow down your pace. Life – warrants you to see once more'. People are always busy handling things happening around ourselves and leave no space and time to slow down, quiet ourselves and understand our own needs. The result is putting ourselves in a worrying and perplexing situation. The Samaritan Befrienders Hong Kong (SBHK) follows the footsteps of the Good Samaritan in the Bible, serving the disturbed, particularly those having suicidal ideation, hoping to accompany them during their difficult moments.

Hotline Service

The aim of our hotline service is to provide instant emotional support to those who are emotionally disturbed, feeling hopeless, or having the tendency to commit suicide. Through care and support from hotline volunteers, these people can regain the willpower to face their problems, improve problem solving abilities and be able to face their lives with courage and confidence.

In 2007, our hotline service handled a total of 14,319 cases, which showed an increase of 1,341 compared to the 12,978 cases in 2006. Among them, 10,939 cases were from the emotionally disturbed. The rest were enquiry calls, frivolous calls, or mute calls. Among the 10,939 cases, 10,680 (97.63%) were through our telephone hotline, 21 (0.19%) were through face to face counseling, 3 (0.03%) were through mails, and 235 (2.15%) were through emails.

Male to female ratio was 44.28% to 55.72%. Most of the callers were aged between 20 and 44, which was 71.31% of the total number of callers. Among this, the proportion of calls from the 30-34 age group was the largest (20.35%). Most of the calls were related to mental health problems (16.40%), career problems (15.56%), romantic relationships problems (11.90%) and family problems (11.67%). Among all the calls, 19.22% had suicidal ideation. Among these, 14.26% had low suicidal risk, 3.77% had medium suicidal risk and 1.19% had high suicidal risk. Among the medium to high risk calls, 30.07% (163 cases) were transferred to the Crisis Centre of SBHK under the consent of callers for further action.

In February and October, the 44th and 45th Volunteer Training Courses were held respectively. We provided one year training for our volunteers. A total of 152 volunteers underwent the training course. As of year 2007, our hotline has 260 volunteers, with 76 males (29.2%) and 184 females (70.8%). In order to ensure and continually improve the quality of our hotline services, training was also provided for current volunteers, which included training courses, case studies and organization visits etc.

Through media interviews and visiting various organizations in the community, Hotline Centre helped these organizations on the study and research on suicide prevention work, hence enhancing cooperation among suicide prevention service groups. In addition, SBHK actively made contact with various organizations to introduce the development of suicide prevention services in Hong Kong. Furthermore, Hotline Centre also actively participated in various overseas conferences and assisted overseas organizations in promoting suicide prevention.

Life Education Centre

The Life Education Centre (LEC) was established in May 2002, and had continually received sponsorship from the Hong Kong Jockey Club. Its aim was to provide Hong Kong citizens with suicide prevention life education services. Last year LEC held 60 talks, 10 workshops and 4 seminars, serving a total of 9,686 people.

In 2007, the 12th and 13th Life Ambassadors Training Courses were conducted, training a total of 38 Life Ambassador Volunteers to participate in community visits. Some experienced ambassadors also assisted in the publication of our corporate newsletter "Life Interflow" and other community education programs. Besides, 14 peer counseling groups were organized and 173 people, including teachers, the elderly, parents and students, were trained as peer counselors.

The LEC organized two mass programs. The first one was a life educational photography competition which attracted 270 entries from 36 schools. The second program was a community educational activity to promote the awareness of elderly mental health in the public. 1,150 people visited game booths and watched the video shows.

In 2007, the Hong Kong Jockey Club Suicide Prevention Resources Library served 1,477 visitors. Among which 251 visitors borrowed books and VCD. The 53rd and 54th issues of our corporate newsletter "Life Interflow" were published during the year. Apart from publishing a "Suicide Crisis Assessment and Intervention Training Manual", LEC also published a "Peer Counseling Training Kit" and two new brochures, namely "Trouble-free Family" and "Start from Listening".

Working closely with the mass media had enabled us to deliver messages to the public more effectively. Last year, we had 12 media interviews and acted as co-host for a series of 7 episodes on an I-cable television program concerning parenting. In May 2007, SBHK executive members and LEC staff attended a seminar in Taiwan on "Children's life and

death education". They were invited to deliver talks and to share life education experience on the topic. In November, executive member and LEC staff attended another life education seminar in Shanghai.

The Caring Fund

The Caring Fund was established in 1994 to promote a caring community under the slogan of "Care your neighbor, started by active listening". It was further developed to organize SBHK's fundraising and promotional activities in order to provide support for our three-tiers suicide prevention services. In 2007 was a fruitful year for the Caring Fund, a number of new projects were implemented.

In the area of fund raising and promotion, we invited pop singer Leo Koo to be our spokesperson and he participated in our production of advertisements in the forms of video clip, posters and railway station light box. We encouraged people to use automatic payment method to support our services by setting up a Regular Donor Project. In December the "Barcode Card" was introduced for easy donation. Cardholders only needed to show their "Barcode Card" at any OK mini store to donate money to SBHK. We successfully nominated four companies to receive the "Caring Company" logo. Through cooperation with these commercial entities we promote life education in the business sector. We were also among the first batch to join the WiseGiving Project launched by the Hong Kong Council of Social Service, which aimed to improve the transparency and accountability of charity organizations towards the public.

In order to approach people from different sectors, SBHK cooperated with the Acting Inn to produce a drama concert "I'm there" which was shown 4 times at the Ngau Chi Wan Theatre from 21 to 23 September, 2007. The drama showed the misfortunate offending one's life impulsively and that people should treasure their lives which were undeniably bonded to their family and friends.

In the area of school education, SBHK applied for participation in the "Understand Adolescent Project" (UAP) and was successfully obtained approval to run the first project of the kind in Hong Kong for special schools. We had started the UAP in the HHCKLA Buddhist Po Kwong School since September 2007.

In the area of community service, a year-long project of "Caring for the neighbor" Volunteer Training and Community Service Program was launched in April 2007. Volunteers were trained to provide caring service to three groups of people, namely the mentally retarded, the minority races and the elderly living alone. We believed by having citizens of Hong Kong caring more about the people around them, suicide prevention work could be done more effectively. In collaboration with the World Suicide Prevention Day 2007, Caring Funds organized a Caring Funds Volunteers Recognition Ceremony on 9th September at the Baptist University Hall in Shek Mun to recognize the work of volunteers in carrying out suicide prevention work.

Suicide Crisis Intervention Centre

The Suicide Crisis Intervention Centre (SCIC) is currently Hong Kong's only social service unit providing a round the clock suicide crisis intervention service and suicidal prevention support for frontline volunteers and professionals. Since May 2005, SCIC has become a subvented service unit under the Social Welfare Department of the HKSAR, enabling SCIC to have regular funding to continue its service to suicidal people of Hong Kong. The SCIC's main duty is to serve people with moderate and high suicidal risks by providing crisis intervention services and intensive crisis counseling. The SCIC also accepts case referrals from and provides consultation services for frontline volunteers and professionals for 24 hours a day.

In the year 2007, SCIC handled a total of 1,285 cases. Among them, 427 were from male clients and 858 were from female clients. Over half (51%) of these cases fell into the 30-29 age group, and the majority of the cases (86.5%) fell into the 20-59 age group. Among the cases, 220 cases (17.1%) had marital problems; 215 (16.7%) were distressed due to suicidal family members and friends; 213 cases (16.6%) were distressed due to situational problems; 144 (11.2%) had financial difficulties and 123 cases (9.6%) had problems with romantic relationships. Compared with last year's figures, cases related to financial difficulties decreased by 27%, while those having mental health problems increased by 30%, which was a concern to us. To address the needs of service users, 10 therapeutic groups and 6 support groups were conducted throughout the year.

SCIC continued to work closely together with the volunteer in our Hotline services, establishing the Crisis Carer Volunteer Group, in which volunteers would contact and show concern to ex-service users after their cases had been terminated, so as to understand their coping and encourage them to face life challenges.

Staff from SCIC were invited to be speakers for overseas seminars in Taiwan and Macau, and also participated in the 14th International Association of Suicide Prevention Conference.

In order to actively assist relatives of suicide survivors and provide counseling and support services to them, we conducted the Dandelion Project in September after the “Live the Rainbow” Program. Through the collaboration with police, hospital and other social services, we tried to outreach the service targets and provide them with timely and suitable support. In suitable situations, the Live the Rainbow group members would play a role as fellow survivors to visit and befriend the new survivors to provide emotional support and consolation to those with similar problems.

Training and Development

In July 2007, SBHK conducted our third course in “Professional Certificate Programme in Counseling and Suicide Prevention - with Specialization in Telephone Counseling Skills”. This year we had 26 participants from the public and 6 from our own volunteers. 80% of our participants had post-secondary qualification and their background, besides from social welfare and medical field, many of them came from the business sectors and other professional sectors.

After our co-operation with Hospital Authority last year, SBHK continued to organise two training programs for its “Emergency Support Group” namely “Handling High Risk and Special Cases” and “How to assess and help people with suicide risk”. 229 medical professionals had attended the training.

In 2007, SBHK also co-operated with the renowned Middlesex University, UK to organise the “Work based Counselling Studies Master Degree” which was the first of its kind in Hong Kong. We had over ten students from the public and our volunteers enrolled in the course.

Besides the regular courses, SBHK also organised a series of public seminars and workshops in order to share our experience of emotional counselling and suicide prevention with the public and helpers.

Conclusion

“Slow down your pace. Life – warrants you to see once more’. We should not only contemplate our lives more, we should also contemplate the lives of people around us. As we arrived in this world alone, we will depart alone, this time life is meant to share. We should help and share our experience with one another and live a wonderful and meaningful life together.

主席報告2007

黃祐榮 (主席)

前言

今年的主題是「生命、想你望多一眼」。人總是忙於處理每天自己周圍所發生的事情，而沒有時間及空間去安靜自己、了解自己，以致每每令自己處於憂慮及困擾的境況。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，希望能夠和他們共度時艱。

熱線服務

熱線服務旨在為有情緒困擾、絕望無助或有自殺意圖的人士提供即時的情緒支援，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。

熱線服務於2007年，共處理14,319人次的服務個案，比2006年的12,978個增加1,341個。當中的情緒困擾求助個案共10,939人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在一萬多宗情緒困擾求助個案中，有10,680宗個案(97.63%)是透過電話熱線求助，21宗個案(0.19%)透過面談求助，3宗個案(0.03%)透過書信求助及235宗個案(2.15%)透過電郵求助。

求助者男女比例為44.28%: 55.72%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的71.31%。當中仍以30至34歲的年齡組別佔首位(20.35%)。在全年求助個案類別中，主要困擾的問題是精神健康(16.40%)、職業(15.56%)、愛情(11.90%)及家庭(11.67%)。在全年的求助個案中，19.22%是有自殺危機的，其中14.26%有輕度自殺危機，3.77%有中度自殺危機，至於有高度自殺危機的個案則有1.19%。高、中危個案中有30.07%（即163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。

於2007年2月及10月，分別開辦了第44期及第45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，共152人接受職前培訓第一階段的訓練。截至2007年底，本會共有義工260名。當中男義工有76名(29.2%)，女義工有184名(70.8%)。除了培訓新義工外，為了不斷提升熱線的服務質素，本會亦為現有義工提供持續在職訓練，當中包括不同的訓練課程、個案研習分享會和機構探訪等。

中心亦透過傳媒訪問及各社團機構的探訪等，協助這些機構在預防自殺工作中作較深入的探討和研究，從而鼓勵各界在預防自殺工作方面共同合作和努力。另外，中心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。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。

生命教育中心

生命教育中心於2002年5月成立，並持續得到香港賽馬會慈善信託基金的贊助，為香港市民提供預防自殺及生命教育服務。在2007年，中心共提供了60場講座、10場工作坊、4場研討會，服務人數達9,686人。

2007年開辦了第12和13期「珍惜生命大使」課程，共培育了38位大使，參與中心的社區探訪及個案關顧服務。而部份資深的大使更協助「生命交流」的編製，並參與本會社區教育活動。「生命朋輩輔導」共開辦了14組，培育了173位朋輩輔導員，當中包括了老師、長者、家長、中學生及社區人士。

在2007年舉辦的社區活動共有兩項。「活得出色大舞台暨青蔥快拍攝影比賽頒獎禮」，攝影比賽共收到270份參賽作品，參與的學校達36間。其次「(關)(健)人生－你我同心」社區教育活動，服務人數達1,150人，透過短片及攤位遊戲，增加大眾對長者精神健康的認識及關注。

在2007年香港賽馬會預防自殺資源圖書閣的使用人數為1,477人，而借用圖書及視聽資料的人數亦有

251人。在刊物出版方面，中心出版了第53期及第54期的《生命交流》。除了《自殺危機評估及處理》訓練手冊外，中心亦於本年度再出版了一本《生命朋輩輔導訓練-教材套》、《家無煩日子》小冊子及《由聆聽開始》小冊子。

中心亦透過傳媒的協助，更有效地向普羅大眾宣揚珍惜生命的訊息。在2007年，中心同事接受了12次訪問，其中同事更連續7星期在「互動電視－孩子父母天」節目中擔任分享嘉賓。2007年5月，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「兒童生死教育教學研討會」，透過講座，與參加者分享生命教育的經驗。於11月，委員及職員亦出席由「關愛生命萬里行」工作小組舉辦的全國生命教育主題活動「上海茉莉花論壇」，論壇主題為「和諧生命、和諧成長」。

關懷身邊人基金

關懷身邊人基金於1994年成立，以推行「關懷身邊人，從聆聽開始」社區活動計劃。發展至今，負責統籌本會的籌款及傳訊事務、支援不同層面的防止自殺服務、並推動社區關懷。2007年，是多采多姿的一年，除了恆常的社區教育活動及籌款活動外，更開拓了多項新的範疇。

在宣傳及籌款方面，本會於5月份落實由著名歌手古巨基先生擔任本會代言人，協助本會拍攝廣告短片及燈箱硬照。為鼓勵有心人定期以自動轉賬形式捐助本會，特籌辦「恆常贊助人」活動，藉以建立恆常的支持網絡。本會亦於12月正式推出使用「條碼卡」以方便市民捐款。持卡人只需在OK便利店出示本會「條碼卡」，便可以直接捐款至本會戶口。2007年度成功提名四間機構領取「商界展關懷」獎狀，透過和不同機構聯絡，一同在生命教育的工作上努力。本會也是第一批加入香港社會服務聯會於2007年推出的「惠施網」計劃的慈善機構，以增強機構的透明度及對外溝通。

本會亦嘗試透過不同的形式、途徑來與各界人士接觸。與「劇棧」第一次合作籌辦「我也想過…」舞台劇，於21/9至23/9三天，在牛池灣文娛中心劇院公映四場。希望透過劇中人物的經歷，提醒觀眾不要因一時衝動而賠上生命，為自己、為家人朋友，珍惜每一天。

在學校工作方面，本會於2007年入標申請「成長的天空」的計劃，並成為第一隊為特殊學校提供「成長的天空」服務的隊伍，並由9月開始，為香港正覺蓮社佛教普光學校提供服務。

在社區服務方面，本會在2007年4月開始，籌辦為期一年的「關懷身邊人」義工培訓及社區服務計劃。服務對象包括智障人士、少數族裔及獨居長者。本會相信若市民大眾能身體力行、互相關懷，更有助防止自殺的工作。為響應每年9月10日舉辦全球性的「世界防止自殺日」，本會於2007年9月9日假浸會大學石門校舍禮堂舉辦「關懷身邊人」義工嘉許禮，藉以表揚及推動關懷互助的訊息。

自殺危機處理中心

自殺危機處理中心（下稱危機中心）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。該中心於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。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小時的諮詢服務和接受個案轉介。

危機中心於2007年總共處理了1,285宗個案。其中427位案主是男性，858位是女性，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86.5%；個案中有220位案主(17.1%)是受婚姻問題困擾；受到家人或朋友的自殺問題困擾而求助的有215位(16.7%)；受環境因素困擾的有213位(16.6%)；受經濟困擾的有144位(11.2%)；而受愛情困擾的則有123位(9.6%)。若比較去年的數字，受經濟問題困擾而求助的人士少了近27%，但受精神健康問題困擾的則上升了30%，上升幅度值得關注。中心亦因應服務使用者的需要，於2007年共開辦了10個治療性和6個支援性小組。

危機中心一直與本會熱線義工合作，設立了危機關顧義工小組，由義工主動在危機個案結束後致電向案主表達關懷，了解他們對生活的適應和鼓勵他們繼續面對生活的挑戰。

危機中心亦參與由台灣社團法人嘉義市生命線協會舉辦的「台灣、香港自殺防治與危機處理國際研討會」並作專題講者。又參與澳門明愛生命熱線在澳門作座談會的講者；另外亦出席了第十四屆國際防止自殺協會世界會議。

為能更主動向自殺者親友提供輔導及支援服務，本中心繼「活出彩虹行動」後，於9月份開始推行了「蒲公英計劃」。此計劃目的是透過不同渠道如警局、醫院及社會服務機構等，主動接觸自殺者家屬，向他們提供情緒支援和輔導服務；在合適的情況下，更安排活出彩虹小組的組員，以過來人身份去探訪他們，給予慰問和支持。

對外培訓及發展工作

本會於2007年7月再度舉辦第三屆輔導與防止自殺專業證書課程的證書課程，今屆共有26名公眾人士和6名本會義工參加。8成以上人士的教育程度為大專程度或以上，而職業背景方面，除了社福界和醫護界，不少也來自工商界及其他專業的人士。

繼2006年與醫院管理局的合作後，本會再次為其院內成立的「緊急事故支援小組」舉辦兩個培訓課程，分別是「高危及特別類型個案」及「如何評估及協助具自殺危機人士」培訓課程，是次訓練共有229人次的醫護同工參加。

本會亦於2007年開始與英國著名的密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導學科碩士課程」，吸引了十多位本會義工及公眾人士參加。

除了定期舉辦的中、短期課程外，亦舉辦了一些對外的公開講座和工作坊，希望透過與公眾人士或其他助人者，交流本會在情緒輔導及預防自殺的經驗和心得。

總結

「生命、想你望多一眼」。我們不單要多望自己的生命，也要多望我們周遭的人的生命。因為我們單獨來到這個世上，我們將會單獨離去，在這一刻，我們是應該互相分享我們的經驗，互相幫助，一同活出精彩及有意義的人生。

SERVICE REPORTS

6.1 HOTLINE CENTRE

AGNES CHIU (CENTRE-IN-CHARGE)

Introduction

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

Number of Cases

From 1st January to 31st December of 2007, we responded to 14,319 cases, representing an increase of 1,341 cases from 12,978 cases of 2006. Of these, 10,939 were help-seeking cases that in need of emotional support and counselling service. The remainder was for general enquiries, silent calls and prank calls. Among these, 10,680 cases (97.63%) of the help-seeking cases reached us by phone, 21 cases (0.19%) by face-to-face interview, 3 cases (0.03%) by letter, and 235 cases (2.15%) by email. This reflects that most of our clients still prefer to reach our service by telephone. While the number of help-seeking cases was on the increase, call for general enquiries, silent calls and prank calls were dropped to the lowest since 2004. In general, the percentage of help-seeking cases handled was higher than that of the previous year. (Details in Table 6.1.1)

Sex and Age

Of all the help-seeking cases, 55.32% were female and 44.68% were male – a 11.36% difference. Compared to last year, the difference rose by 1.74%.

Most of the service users came from those aged between 20 and 44 (71.31% of total). The age group 30 to 34 (20.35% of the total) still topped the list. This was followed with the age groups of 40 to 44 (17.48%) and 25 to 29 (13.47%).

According to the 2006 Hong Kong Census Report, 28.4% of the population are aged between 15 and 34, but the percentage of our help-seeking clients in this age category was 51.12% in 2007, it indicated that the proportion of people aged between 15 and 34 with the need to seek help was comparatively high. This may be due to the fact that people of this age group used to face 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 for hotline service support and to vent their problems, seeking solutions and dealing with their depressed emotions. (Details in Table 6.1.2)

Nature of Problems

The major problem areas for our help-seekers in 2007 were: Mental Health (16.40%), Occupation (15.56%), Romantic Relationship (11.90%) and Family (11.67%) problems. Compared with the figures in 2006, cases in Occupation and Family had increased by 0.67% and 1.59% respectively, whereas cases in Mental Health and Romantic Relationship had decreased by 1.47% and 1.01%. However, Mental Health was still the top problem area. In fact, Suicide problems and Mental Health problems are always closely correlated. It is suggested that if we are 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 0.56%, but Occupation related cases were on the increase. This may suggested that attentions to the pressure from occupations – such as unsatisfactory remuneration and unemployment still very much in need.

Compare with the pervious years, the percentage of cases in Romantic Relationship problem (such as disappointed in love, look for an appropriate partner and the triangular relationship) were in the decrease, but the number of cases had increased by 107. It was also the first time that cases raised by male were more than that by female. Such change seems require further attention.

Different genders are affected by different problems. As per pervious years, Occupation still the top concern for our male help seekers. Romantic Relation had replaced Mental Health as the second major concern. However, Mental Health still the main problems concerning our female clients, this was followed by Occupation problems. It is important to note that, in 2007 among those clients who sought help for occupation problem, the number of female was rarely overtook that of male. The reason is yet to be explored. (Details in Table 6.1.3)

The problems experienced by different age groups were changed in relation to their different developmental stages. The major problem for the 10 - 14 age group was Studying and Family, this was followed by Sex and Romantic Relationship for 15 to 24, Family 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)

Suicide Crisis

14.26% of the total number of cases handled in 2007 were assessed as having a low suicide risk – those cases that have already developed suicide ideation in a distressed situation but concrete suicide plans have not been formulated. 3.77% 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. 1.19% 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, 19.22% of the cases were suicidal. Among the high and medium risk cases, 30.07% (163 cases) were referred to our Suicide Crisis Intervention Centre for crisis intervention and management service as well as for further intensive counselling service. (Details in Table 6.1.5)

Volunteer Training

The 44th and 45th of our hotline volunteer training courses commenced in February and October, 2007 respectively. The courses are of one-year duration catered to new volunteers. Responses to the courses were encouraging, after preliminary screening, 152 applicants were recruited as volunteer trainees for the first stage of training. (Details in Table 6.1.6)

In order to maintain both the quantity and quality of our volunteer pool, in-service training for our existing volunteers was very important. Thus many 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)

Volunteer Information

As at the end of 2007, the number of hotline volunteers of our organization stood at 260 – 76 (29.2%) male and 184 (70.8%) female. While all the volunteers were over 20 years of age, the majority (35.8%) were in the age range of 45 to 54. 52.3% of the total possessed a tertiary or university qualification. 24.6% came from the white collar and 12.7% came from the social service sector. 11.5% came from education sector. (Details in Table 6.1.8)

Mass Media and Visitors

Throughout 2007, 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 also actively participated in conference launched overseas 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). In March and July 2007, we visited a number of relevant organizations in Taiwan for the purpose of sharing work experience in suicide prevention and intervention with each other.

服務報告

6.1 熱線中心

趙美艷 (中心主任)

服務簡介

熱線服務旨在為有情緒困擾、絕望無助或有自殺意圖的人士提供即時的情緒支援，透過熱線義工對求助者的關懷和支持，讓他們願意重新面對自己的問題、提升解決問題的能力及重拾生存的勇氣和信心。

個案數目

本會於2007年1月1日至12月31日期間，共處理14,319人次的服務個案，比2006年的12,978個增加1,341個。當中的情緒困擾求助個案共10,939人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在一萬多宗情緒困擾求助個案中，有10,680宗個案(97.63%)是透過電話熱線求助、21宗個案(0.19%)透過面談求助、3宗個案(0.03%)透過書信求助及235宗個案(2.15%)透過電郵求助。整體求助數字上升的同時，一些屬於諮詢及無聲電話亦相對地減少，亦是04年以來最低的。而整體處理個案的比例更較去年高。(詳閱表6.1.1)

性別與年齡

在性別分佈中，2007年女求助者佔全年的求助個案55.32%，比男求助者高出11.36%，相比去年(9.6%)上升了1.74%。

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71.31%，當中仍以30至34歲的年齡組別佔首位，佔20.35%，接著的是40-44歲和25-29歲的組別，分別佔17.48%和13.47%。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51.12%，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轉變和壓力，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，希望在一个安全和信任的環境下，找人傾訴，以尋求認同、解決問題的方法及紓緩壓抑鬱結的情緒。(詳閱表6.1.2)

問題種類

在全年求助個案類別中，與往年相同，主要困擾的問題都是精神健康(16.40%)、職業(15.56%)、愛情(11.90%)及家庭(11.67%)問題。當中受職業及家庭問題困擾的情況較去年分別上升0.67%及1.59%，其他如精神健康及愛情問題均下跌了1.47%及1.01%。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又十分密切，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雖持續下降了0.56%，但受職業困擾的則上升了0.67%，這反映到受職業困擾的人士於待遇、失業等方面所受到的壓力仍有待改善。

至於受愛情問題困擾的比例雖然下降了，但實際個案卻較去年增加了107個，當中包括失戀、多角戀愛、覓偶等問題，而女性求助的比例卻是首次較男性為低，情況值得關注和探討。

另外，不同性別亦受不同的問題困擾；但男性所受的困擾，卻有輕微的變化。男性主要仍然受職業等問題困擾，而愛情問題卻取代精神健康成為第二個關注項目；至於女性受困擾的問題則仍以精神健康為首，職業次之。而男女在面對職業問題困擾的人數比例亦有改變，女性比例罕有地較男性為多，原因仍待探討。(詳閱表6.1.3)

不同年齡的求助者隨著發展階段不同，會有不同的需要，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歲的青少年則受愛情和性問題的困擾較多，25-29歲組別最多受職業和家庭的困擾；30-44歲的則最受精神問題和職業困擾，45歲以上的則較受精神和家庭問題的困擾。（詳閱表6.1.4）

自殺危機

在全年的求助個案中，有14.26%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，但經已有自殺的意念；而3.77%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1.19%，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19.22%，當中的高、中危個案中有30.07%（即163個案）在求助者的同意下轉介至本會自殺危機處理中心跟進。（詳閱表6.1.5）

義工訓練

本會於2007年2月及10分別開辦了第四十四期及第四十五期的義工訓練班，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152人接受職前培訓第一階段的訓練課程。（詳閱表6.1.6）

除了對新義工的培訓外，為了確保和不斷提升熱線的服務質素，本會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具質素。（詳閱表6.1.7）

義工資料

截至2007年底，本會共有義工260名。當中男義工有76名(29.2%)，女義工184名(70.8%)，年齡全在20歲以上，以45-54歲屬大多數，佔總義工人數的35.8%，教育程度多為大專程度或以上，佔52.3%，職業則以白領最多，佔24.6%，次之則為佔12.7%的社會服務界和佔11.5%的教育界。（詳閱表6.1.8）

傳媒及探訪

本會透過傳媒訪問及各社團機構的探訪，解答傳媒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月份及7月份本會便派員前往台灣與相關團體分享在防止自殺工作的心得，並就自殺危機干預服務及熱線服務方面分享本會的工作經驗。（詳閱表6.1.9-6.1.13）

(Table 6.1.1) Overall Statistics of Services in 2007

(表 6.1.1) 二零零七年全年服務總表

接觸方式 Contact Method	男 Male	女 Female	不詳 Unknown	總數 Sub-total	Total 總數
電話 Phone Call	4733	5930	17	10680	10939
面談 Interview	14	7	0	21	
書信 Letter	1	1	1	3	
電郵 E-mail	61	113	61	235	
諮詢 Enquiry Call	358	272	0	630	3380
戲弄 Frivolous	74	52	0	126	
無聲 Mute Call	0	0	2624	2624	
總數 Total	5241	6375	2703	14319	14319

(Table 6.1.2) Sex and Age Distribution of Clients in 2007

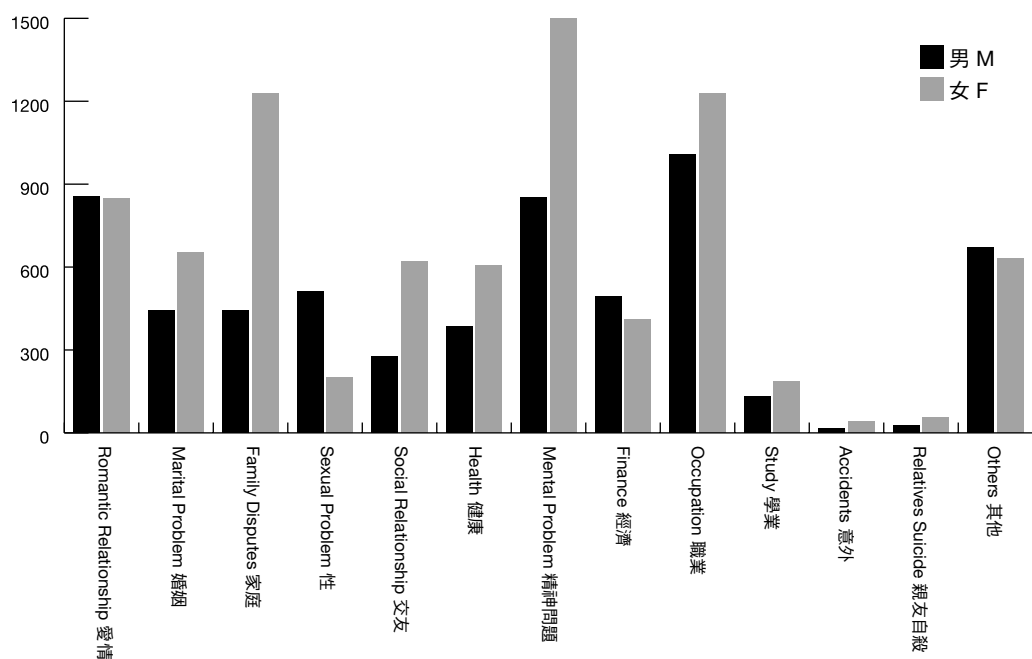
(表 6.1.2) 二零零七年求助者性別及年齡分佈表

年齡 Age	2007 年個案 Cases					2006 年個案 Cases	
	男 M	女 F	不詳 U	總數 Total	%	總數 Total	%
0 - 9	4	1	0	5	0.05	4	0.04
10 - 14	88	142	7	237	2.17	123	1.31
15 - 19	352	249	7	608	5.56	484	5.15
20 - 24	689	591	4	1284	11.74	1240	13.21
25 - 29	483	990	1	1474	13.47	1233	13.13
30 - 34	983	1242	1	2226	20.35	2262	24.09
35 - 39	348	556	1	905	8.27	960	10.22
40 - 44	770	1141	1	1912	17.48	1515	16.13
45 - 49	327	411	0	738	6.75	411	4.38
50 - 54	298	288	0	586	5.36	463	4.93
55 - 59	79	64	0	143	1.31	79	0.84
60 - 64	63	32	0	95	0.87	61	0.65
65+	21	14	0	35	0.32	30	0.32
不詳 U	304	330	57	691	6.30	525	5.60
總數 Total	4809	6051	79	10939	100.00	9390	100.00

(Table 6.1.3) Types and Sex Distribution Cases in 2007
(表 6.1.3) 二零零七年個案類別及性別分佈表

Types 個案類別	2007 年個案 Cases					2006 年個案 Cases	
	男 M	女 F	不詳 U	總數 Total	%	總數 Total	%
Romantic Relationship 愛情	865	850	2	1717	11.90	1610	12.91
Marital Problem 婚姻	442	652	0	1094	7.58	1172	9.4
Family Disputes 家庭	444	1228	12	1684	11.67	1257	10.08
Sexual Problem 性	512	202	0	714	4.95	568	4.55
Social Relationship 交友	278	621	11	910	6.31	669	5.36
Health 健康	384	607	2	993	6.88	717	5.75
Mental Problem 精神問題	853	1499	14	2366	16.40	2229	17.87
Finance 經濟	495	409	3	907	6.29	854	6.85
Occupation 職業	1008	1227	10	2245	15.56	1857	14.89
Study 學業	131	186	7	324	2.25	256	2.05
Accidents 意外	17	40	2	59	0.41	50	0.40
Relatives Suicide 親友自殺	27	55	0	82	0.57	0	0.00
Others 其他	671	632	29	1332	9.23	1231	9.89
總數 Total	6127	8208	92	14427	100.00	12470	100.00

(Figure 6.1.3) Types and Sex Distribution Cases in 2007
(圖 6.1.3) 二零零七年個案類別及性別分佈圖



(Table 6.1.4) Types, Age and Sex Distribution Cases in 2007

(表 6.1.4) 二零零七年個案類別、年齡及性別分佈表

Problems Areas 個案類別	Age 年齡 0 - 9		10 - 14		15 - 19		20 - 24		25 - 29	
	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F
Romantic Relationship 愛情	0	0	4	6	59	40	142	134	104	155
Marital Problem 婚姻	0	1	0	0	4	7	15	25	25	77
Family Disputes 家庭	1	0	8	81	67	57	59	109	60	200
Sexual Problem 性	0	0	5	8	71	32	217	17	45	21
Social Relationship 交友	1	0	33	21	16	55	38	74	31	143
Health 健康	0	1	3	5	20	17	30	52	20	57
Mental Problem 精神問題	0	0	12	11	26	28	64	88	64	108
Finance 經濟	0	0	0	1	16	2	50	31	55	68
Occupation 職業	0	0	0	1	17	8	102	173	157	432
Study 學業	0	0	28	27	50	36	29	26	9	18
Relatives Suicide 親友自殺	0	0	2	2	0	3	1	2	4	3
Accidents 意外	0	0	0	0	0	1	1	5	2	5
Others 其他	2	0	13	16	96	33	100	54	57	55
總數 Total	4	2	108	179	442	319	848	790	633	1342

Problems Areas 個案類別	Age 年齡 30 - 34		35 - 39		40 - 44		45 - 49		50 - 54	
	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F
Romantic Relationship 愛情	218	212	53	119	164	76	33	52	28	13
Marital Problem 婚姻	137	124	53	68	103	188	39	58	24	51
Family Disputes 家庭	62	131	26	96	51	281	48	102	28	81
Sexual Problem 性	93	69	13	7	25	30	14	1	2	4
Social Relationship 交友	28	104	13	92	70	70	19	17	8	16
Health 健康	43	87	17	38	56	215	93	54	21	44
Mental Problem 精神問題	180	416	84	136	148	389	82	125	117	99
Finance 經濟	100	72	56	35	83	105	35	25	56	41
Occupation 職業	265	248	132	58	160	131	69	64	48	29
Study 學業	6	14	3	14	0	26	1	19	1	1
Relatives Suicide 親友自殺	2	6	1	5	3	7	1	8	1	0
Accidents 意外	9	14	1	3	3	10	0	2	3	3
Others 其他	128	143	29	55	94	125	30	31	33	34
總數 Total	1271	1640	481	726	960	1653	464	558	370	416

Age 年齡	55 - 59		60 - 64		65+		Unknown 不詳		Total 總數		
	Problems Areas 個案類別	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F
Romantic Relationship 愛情	20	3	0	3	0	0	40	36	865	850	1715
Marital Problem 婚姻	11	15	0	7	1	1	30	29	442	652	1094
Family Disputes 家庭	9	20	4	13	2	6	19	51	444	1228	1672
Sexual Problem 性	0	5	0	1	0	1	27	6	512	202	714
Social Relationship 交友	6	0	3	1	1	1	11	26	278	621	899
Health 健康	14	5	42	7	9	4	16	21	384	607	991
Mental Problem 精神問題	18	14	6	7	0	4	52	75	853	1499	2352
Finance 經濟	15	4	7	5	4	1	18	19	495	409	904
Occupation 職業	10	5	4	3	0	0	44	48	1008	1227	2235
Study 學業	0	0	0	0	0	0	4	5	131	186	317
Relatives Suicide 親友自殺	0	1	2	0	0	0	0	3	17	40	57
Accidents 意外	0	0	1	1	2	0	5	11	27	55	82
Others 其他	4	7	4	1	5	2	76	76	671	632	130
總數 Total	107	79	73	49	24	20	342	406	6127	8208	*14335

(Table 6.1.5) Suicidal Assessment in 2007
(表 6.1.5) 二零零七年求助者的自殺危機評估表

Suicidal Accessment 即時自殺危機	2007								2006	
	男 M	%	女 F	%	U 不詳	%	T 總計	%	T 總計	%
Imminently Suicidal 高	59	0.54	71	0.65	0	0.00	130	1.19	111	1.18
Suicidal with Plan 中	174	1.59	234	2.14	4	0.04	412	3.77	456	4.86
Suicidal Idea 低	667	6.1	873	7.98	20	0.18	1560	14.26	1622	17.27
No Suicidal Idea 無	3628	33.17	4666	42.65	41	0.37	8335	76.25	6602	70.31
N/A 不適用	281	2.57	207	1.89	14	0.13	502	4.58	599	6.38
總數 Total	4809	43.97	6051	55.31	79	0.72	10939	100.00	9390	100.00

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

Period 日期	Training Course 課程	Number of Participants(Stage I) 參加人數(第一階段訓練)
Starting from February 二月起(為期一年)	44 期	100 人
Starting from October 十月起(為期一年)	45 期	52 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	Grow with you 伴你成長小組	Sharing 分享	1
	Therapy using Satir Model Prevention of suicide crisis 「沙維雅治療」預防自殺危機篇	Talk 講座	3
	Visiting "Mother's choice" 參觀母親的抉擇	Visit 探訪	1
February 2 月	Start with Satir Model 一切從「沙維雅治療」開始	Talk 講座	2
	Meditation course 修心冥想班	Training 訓練	10
	Workshop for Training course group leaders 第三屆訓練班組長工作坊	Training 訓練	2
March 3 月	Workshop for Training course group leaders 第三屆訓練班組長工作坊	Training 訓練	1
	Case sharing 個案分享會	Sharing 分享	1
April 4 月	Training workshop for supervisors 督導員訓練工作坊	Training 訓練	2
May 5 月	Theory of Satir Model 沙維雅治療理論探索	Talk 講座	1
	Aromatherapy Group 香薰減壓小組	Sharing 分享	1
June 6 月	Theory of Satir Model 沙維雅治療理論探索	Talk 講座	3
	Aromatherapy Group 香薰減壓小組	Sharing 分享	1
	Training for HKCEE supporting team 會考熱線支援小隊訓練	Training 訓練	1
	Case sharing 個案分享會	Sharing 分享	1

(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
September 9月	Case sharing 個案分享會	Sharing 分享	1
October 10月	Burst forth the energy of life 迸發生命力量小組	Training 訓練	1
November 11月	Burst forth the energy of life 迸發生命力量小組	Training 訓練	1

(Table 6.1.8) Hotline Volunteers In-service Training

(表 6.1.8) 熱線會員統計資料

(A) No. of Member 會員數字

	Male 男	Female 女
Total 合共	76	184

(B) Age Distribution 年齡分佈

	Male 男	Female 女
20-24	0	7
25-34	14	47
35-44	25	51
45-54	31	62
55+	6	17
Total 合共	76	184

(C) Year of Service 服務年資

	Male 男	Female 女
一年以下 Below 1 Year	16	37
2-3年 /years	8	35
4-5年 /years	16	45
6-7年 /years	11	19
8-9年 /years	6	16
10年或以上 /10 years or above	19	32
Total 合共	76	184

(D) Education Level 教育程度

	Male 男	Female 女
University / College 大學或大專	49	87
Post-Secondary 預科	6	27
Secondary School 中學	19	51
Others 其他	2	19
Total 合共	76	184

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50 小時以下 / Below 50 hrs	19	53
51-100 小時 / hours	28	89
101-200 小時 / hours	28	39
201-300 小時 / hours	1	3
300 小時以上 / hours above	0	0
Total 合共	76	184

(F) Occupation 職業

	Male 男	Female 女
Blue collars 藍領階層	4	0
Disciplinaries 紀律部隊	9	5
Education 教育界	7	23
Educational & Psychology 教育或心理學家	1	1
Housewife 家庭主婦	0	24
Information Technology 科技專業	10	2
Media 傳播界	1	2
Medical 醫護界	5	16
Merchant 商人	3	4
Retired 退休	2	6
Self-employed 自僱	1	3
Social Service Field 社工或社會服務界	7	26
Student 學生	0	8
Unemployed 待業	2	2
White collars 白領階層	18	46
Academic 學術界	0	0
Others 其他	6	16
Total 合共	76	184

(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	Caritas (Telephone Interview) 明愛 (電話訪問)	Qualifications of joining the SBHK volunteer service 查詢參與本會義工服務的資格	1
February 2月	Students of Social Work Department of The Chinese University of Hong Kong 香港中文大學社會工作學系學生	Introduction of SBHK service 認識本會服務	17
	Police Force – Chai Wan Office (Telephone Interview) 柴灣警署 (電話訪問)	Introduction of SBHK service 認識本會服務	1
	Department of Nursing of The Hong Kong Polytechnic University (Telephone Interview) 理工大學護理系 (電話訪問)	Introduction of Hotline service 認識熱線服務求助資料	1
March 3月	Hong Kong Family Welfare Society (Telephone Interview) 香港家庭福利會 (電話訪問)	Request of Talk service 查詢本會講座服務	1
April 4月	Student of Mathematics Department of The Hong Kong University of Science & Technology (Telephone Interview) 科技大學數學系學生 (電話訪問)	Information of SBHK annual Statistic report 查詢本會年報統計資料	1
	Form 6 student of Carmel Pak U Secondary School (Telephone Interview) 迦密柏雨中學 (電話訪問)	SBHK supporting service of suicide crisis 查詢本會的自殺危機支援服務	1
	F.6 students of Hong Kong Taoist Association the Yuen Yuen Institute No.3 Secondary School 香港道教聯合會圓玄學院第三中學中六學生	SBHK services 查詢本會服務	5
May 5月	Student of Caritas Adult & Higher Education Centre 香港明愛專業及成人教育中心學生	Introduction of SBHK service and centre visiting 認識本會服務及參觀	24
	Methodist College (Telephone Interview) 循道衛理中學 (電話訪問)	Introduction of Hotline service 認識熱線服務	1
August 8月	Graduate Students of Social work Department of Beijing University 北京大學社工系研究生	Introduction of SBHK service 認識本會服務	12
November 11月	Students of Social Work Department of Hong Kong Baptist University 浸會大學社工系	Operation of Hotline Service 認識熱線服務	20
	Student of Social Science Department of Hong Kong Baptist University 浸會大學社會學系	Operation of Hotline Service 認識熱線服務	29

(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	Target and No. of Participants 對象及參加人數
中學/ 大專	January 1月	Lok Sin Tong Wong Chung Ming Secondary School 樂善堂王仲銘中學	Positive Life 積極人生	400
	February 2月	Lok Sin Tong Yu Kan Hing Secondary School 樂善堂余近卿中學	Positive Life – Treasure every moment 「積極人生，珍惜當下」	43
	March 3月	Lok Sin Tong Yu Kan Hing Secondary School 樂善堂余近卿中學	Positive Life – Treasure every moment 「積極人生，珍惜當下」	200
		Lok Sin Tong Wong Chung Ming Secondary School 樂善堂王仲銘中學	Emotion expression and handling 「表達及處理情緒」	200
	May 5月	Queen's College 皇仁書院	Understanding emotion 認識情緒	100
	October 10月	Ning Po College 寧波公學	Happy Tutor workshop 快樂導師工作坊	/
		Assembly of God Morrison College 神召會馬理信書院	Happy Tutor workshop 快樂導師工作坊	/
機構	February 2月	Tung Wah Group 東華三院危機介入與 支援綜合服務	Counselling Skill of Hotline service 熱線輔導技巧訓練	/
	April 4月	Lai Sing Baptist Chapel 浸信會麗城禮拜堂	Introducing SBHK services and Information about suicide crisis awareness 介紹本會的服務及對於自殺危 機的出現時需要留意的警號	17
	May 5月	Hong Kong Federation of Women's Centres 香港婦女中心	Visiting organization, Case sharing, Volunteers exchange 機構探訪、個案分享及義工 交流	18
	August 8月	Fire Station – Ngau Chi Wan 牛池灣消防分局	Introducing SBHK services 服務介紹及推廣	/
		Caritas Macau 澳門明愛	Training workshop for Hotline volunteers 熱線義工訓練工作坊	/
	October 10月	The Neighbourhood Advice-Action Council 鄰舍輔導會 利東鄰里康齡中心	Suicide Prevention Talk 預防自殺講座	/

(Table 6.1.11) Mass Media

(表 6.1.11) 傳媒

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 機構
January 1月	Interviewing about the points of attention when lovers part company & the statistic of help seekers for breaking up on gala days (Telephone Interview) 了解情侶分手時注意事項及節日求助者因分手而求助的數字 (電話訪問)	Apple Daily 蘋果日報
February 2月	Do festivals lead to separation easily & the point of attention after lovers break up (Telephone Interview) 節日會否易引致分手及分手後人士注意事項 (電話訪問)	Apple Daily 蘋果日報
March 3月	Information about the affair that SBHK reported to the police (Telephone Interview) 查詢本會報警一事 (電話訪問)	Oriental Daily News 東方日報
	How people face their relatives and friends who attempt suicide again (Telephone Interview) 親友如何面對再度自殺的親友 (電話訪問)	Apple Daily 蘋果日報
	Information about suicide cases in 2006 (Telephone Interview) 2006年自殺數字查詢 (電話訪問)	Metro Hong Kong 都市日報
	Information about suicide cases which are related to the financial crisis in 97/98 了解97/98年與金融風暴相關的自殺個案數字 (電郵查詢)	Ming Pao Daily 明報
April 4月	The ratio and the causes of youngsters suicide (Telephone Interview) 查詢青少年自殺率及自殺原因 (電話訪問)	The Central News Agency 台灣中央社
	Number of seeking for SBHK help and suicide cases in Hong Kong (Telephone Interview) 查詢本會求助數字及本港自殺數字 (電話訪問)	The Central News Agency 台灣中央社
	Information about the changes of seeking for economic help between 2006 and the previous 10 years (Telephone Interview) 查詢及了解本港在2006年及10年前經濟求助個案的變化 (電話訪問)	Ming Pao Daily 明報
	Requisition of visiting SBHK and information about SBHK services (Telephone Interview) 要求探訪本會及了解本會服務 (電話訪問)	Nanfang Daily 廣州南方都市報
May 5月	Information about school children attempting suicide and the methods of reducing pressure (Telephone Interview) 學童自殺及減壓方法 (電話訪問)	SCMP 南華早報
June 6月	Opinion about euthanasia 本會對安樂死的看法	ATV 亞洲電視
July 7月	How parents get along with children and the management of emotion (I) & (II) 父母與子女相處與情緒管理(I) & (II)	ATV 亞洲電視
	Information about elderly suicide and seeking for SBHK help (Telephone Interview) 老人自殺數字及本會求助資料 (電話訪問)	Metro Hong Kong 都市日報
	How parents can get along with children like friends 父母與子女以朋輩關係相處方法	Interactive TV 互動電視
	Discussion of elderly suicide 長者自殺問題探討	Interactive TV 互動電視
	How the candidates of HKCEE face the pressure and fear 有關會考生處理放榜壓力與憂慮	ATV 亞洲電視
August 8月	Cases about HKCEE (Telephone Interview) 有關會考的個案類型 (電話訪問)	Headline Daily 頭條日報
	Effects cause by the depression in stock market. & The methods of dealing with economic problem (Telephone Interview) 股市大跌對求助電話的影響，另遇有經濟問題時的處理方法 (電話訪問)	Ming Pao Daily 明報

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
September 9月	Volunteers share the changes after joining SBHK & the requirements of being a volunteer 分享義工參與服務後的個人轉變及招募義工的要求	Hong Kong Commercial Broadcasting 香港商業電台
October 10月	Suicide cases in Hong Kong & the volunteers share experience 香港自殺情況，義工服務經驗分享	TVB 無綫電視
	About Hotline and family violence 有關熱線與家暴	Interactive TV 互動電視
	Feedback for complain & Information about the ways to seek for help (Telephone Interview) 就一讀者投訴回應，及對於有需要的求助人在有需要協助時的可行途徑（電話訪問）	Oriental Daily 東方日報
	Encouragement to people who are suicide-orientated (Telephone Interview) 對於有自殺傾向人士的鼓勵說話（電話訪問）	Apple Daily 蘋果日報
	Skills on dealing with suicide cases and the methods of estimating the crisis (Telephone Interview) 處理自殺個案的技巧及評估危機個案的方法（電話訪問）	Oriental Daily 東方日報
	How to handle the emotion of people who are discontinued schooling, unemployed, and crossed in love (Telephone Interview) 家屬如何處理失學、失業、失戀者的情緒（電話訪問）	Hong Kong Economic Times 香港經濟日報
	The generality of mass suicide in Hong Kong (Telephone Interview) 查詢本港集體自殺的普遍性（電話訪問）	Kyodo News 日本共同社
November 11月	Skills of lobbying (Telephone Interview) 查詢處理自殺人士的游說技巧（電話訪問）	Next Magazine 壹周刊
	History of SBHK, content of training course, and the volunteers sharing 本會歷史了解、訓練內容及義工個人服務經驗分享	SCMP 南華早報
	The relationship between the mass fervor of financial speculation and suicide (Telephone Interview) 查詢炒股熱潮與自殺的數字的相關性（電話訪問）	Oriental Daily News 東方日報
December 12月	The number of help seeking during the Christmas period (Telephone Interview) 查詢聖誕節期間求助數字（電話訪問）	Headline Daily 頭條日報

(Table 6.1.12) Overseas Conference and Visits
(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
May 5月	Education of Children's life and death 兒童生死教育教學研討會	WuFeng Institute of Technology in Taiwan 台灣嘉義縣吳鳳技術學院

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

Period 日期	Name of Programme 活動名稱
July to December 7月至12月	"Unlimited Caring" ~ Teenage Volunteers Training Project 「關懷無限」朋輩義工訓練計劃

6.2 LIFE EDUCATION CENTRE

LEUNG YIN CHUN, EMMA (PROJECT MANAGER)

Introduction:

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

Sharing

Life education takes time to sprout and grow. It's difficult to see the immediate effect. In order to transmit positive life message to the public, we need the assistance from the public to spread out the 'seed' and 'irrigate' it together.

We hope that the public can have better understanding of our services through this annual report and be involved in life education.

Our services

All walks of life face challenges or stress. Educating people with life management skills and suicide intervention skills are some of the best ways to meet the needs of the society. For this purpose, Life Education Centre is set up to provide out-reaching life education programs for various organizations and schools since its foundation.

Talks and Workshops

In 2007, we provided 60 talks, 10 workshops and 4 seminars with a total number of audience reaching 9,686. Details refer to attached tables.

Volunteer Training and Services

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

Life Ambassadors Training

We conducted the 12th and 13th Life Ambassadors Training Courses in 2007 and trained up a total of 38 volunteers to join our Life Ambassadors volunteer force. In 2007, we cooperated with and accepted referrals from the Suicide Crisis Intervention Centre, the SAGE Mrs Wong Wha San Hostel for the Elderly, the Housing for Senior Citizens and Neighbourhood Advice-Action Council (Shamshuipo District Elderly Community Centre) to provide services for their clients who were being isolated and having emotional problem. Life ambassadors visited 100 clients to provide care and support.

Some experienced ambassadors also assisted in the publication of our corporate newsletters "Life Interflow" and other community education programs.

Peer Counseling Groups

In 2007, we organized 14 peer counseling groups and trained up 173 peer counselors. Peer counseling group is developed to enrich peer counselors with knowledge in suicide prevention awareness and to consolidate their communication skills and other related caring skills to assist their suicidal peers.

Peer counselors consist of teachers, elderly people, parents, students and other ordinary people. They need to practice the learned skills in their daily life. Whenever they apply the skills in the living environment, they need record the incident and report it to the Group Instructor for further comment or emotional advices.

Community Education Programs

Life Education Centre organized 2 mass programs namely, "The Smart Living on Stage and the Green Shot Photography Competition" and "United We Live in Care and Health" with a total participants of over 1,150 people in 2007.

The former function, "The Smart Living on Stage and the Green Shot Photography Competition" was a prize giving ceremony for a life educational photography competition held from October to December 2007. There were 270 photographs received by 36 schools. A photo exhibition was set to display the winning photographs. A 'Wishing Tree' was also set up and visitors were invited to write down their blessing and wishes on the yellow ribbons provided which were then tied on the Wishing Tree. 600 people were entertained in the function.

The latter function "United we live in care and health" was a community educational activities held on 24 April 2007 at Wong Tai Sin Lung Cheong Plaza. Game booths and video shows were set up to promote mental health.

Hong Kong Jockey Club Suicide Prevention Resources Library

In order to make our library more resourceful and user-friendly to the general public, LEC made a great effort in last year to expand the varieties of collections and the professional coverage. We collected various indigenous, local or international publications related to suicide prevention and life educations which included brochures, leaflets, books, reports, video tapes, VCDs and play kits.

In 2007, there were 1,477 library visitors. Among them 251 people borrowed materials from the library.

Publications

LEC published 2 'Life Interflow' corporate newsletters, 1 training kit, 2 brochures and 1 leaflet in 2007.

We continuously published our corporate newsletter "Life Interflow" covering topics on "Sad to Apart" and "Postnatal Depression" respectively.

We published 1 "Suicide Crisis Assessment and Intervention Training Manual" with CD to share skills and techniques in crisis intervention. In 2007, we also published a "Peer Counseling Training Kit" which contains different recommended activities for conducting peer counselors training.

While LEC have published various brochures to promote suicide prevention and life education in the past, we responded to some feed back from the society and prepared two new brochures, namely, the 'Trouble-free Family' and the 'Start from Listening' to supplement our family life sharing materials.

Contributions of Articles and Agency Visit

In 2007, LEC had contributed 6 articles to various publications of other agencies such as the month journal of Hong Kong Education City, Teachers Association and the Apple Daily. There were 14 schools and agencies visited our centre wishing to understand more our life educational service.

Cooperation with Mass Media

Delivering the message of positive living through mass media would enable us to reach the most number of people in Hong Kong and subsequently would benefit the society as a whole. Hence, we worked closely together with mass media and was interviewed by electronic media on occasions. Among them, we were invited as co-host for a series of 7 episodes on an I-cable TV program concerning parenting.

Oversea Sharing on Experience

On 18-21 May 2007, SBHK Executive member and LEC staff were invited to attend a seminar in Taiwan on 'life and death educations. We shared our experience in delivering talks on the topic. Similarly, on 23-24 November 2007, we attended another life education seminar in Shanghai which focused on adolescent suicide in China.

Conclusion

"Life is precious and adorable". LEC has demonstrated its contribution in this aspect since its establishment in 2002. We carried out a number of creative activities to promote this message to the public. It is hope that everyone could be stronger and tougher when facing various challenges in their lives. Consequently, they could take good care of their lives and would not consider suicide as a mean to resolve their problems. In the future, we will continuously to fulfill our mission in suicide prevention by introducing more varieties of activity and program.

In the forthcoming years, we plan to provide a more in-depth service with schools inviting us for conducting talks and seminars by forming 'Follow-up Groups' on selected topics to consolidate the effectiveness.

6.2 生命教育中心

梁燕珍 (項目經理)

引言

生命教育中心於2002年5月成立，在2005年初完成了為期三年的服務試驗計劃。於2005年開始，持續得到香港賽馬會慈善信託基金的贊助，再展開三年的預防自殺、生命教育服務。

分享

我們明白教育的影響，不會是立竿見影，更明白生命教育的果效，需要時間來孕育和成長。生命教育的推廣，仿如撒種、澆水、施肥的過程，既需要大家的愛心和忍耐；亦需要社會大眾的共同參與、一同努力，「種子」才能撒得更多、更廣。期望透過年報資料的分享，大家更明白中心的工作，與我們一同為生命守望。

恆常服務

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

講座及工作坊

在2007年，中心共提供了60場講座、10場工作坊、4場研討會，服務人數達9,686人。有關詳情，可參閱附表。

小組培訓

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

在2007年，「珍惜生命大使」開辦了第12和13期，共培育了38位大使，參與中心的社區探訪及個案關顧服務。中心分別與自殺危機處理中心、耆康會王華湘夫人老人宿舍、房屋署長者住屋及鄰舍輔導會深水埗康齡社區服務中心合作，接受轉介，為情緒困擾、缺乏支援網絡的服務對象提供探訪服務、表達關懷，共探訪了100位服務對象。而部份資深的大使更協助「生命交流」的編製，並參與本會社區教育活動。

「生命朋輩輔導」共開辦了14組，培育了173位朋輩輔導員，當中包括了老師、長者、家長、中學生及社區人士。完成訓練後，參加者需要在日常生活中應用，向家人或朋輩表達關懷，並填寫實踐記錄，交回中心。過程中，工作員會給予回應及支援。

社區教育活動

2007年的社區活動共有兩項：「活得出色大舞台暨青蔥快拍攝影比賽頒獎禮」、「(關)(健)人生 – 你我同心」社區教育活動，服務人數達1,150人。

「活得出色大舞台暨青蔥快拍攝影比賽頒獎禮」於07年10月至12月舉行，鼓勵青少年人拍攝以「生命教育」為主題的相片，以引起社區人士的關注。攝影比賽共收到270份參賽作品，參與的學校達36間。頒獎禮當天，除了設有相片展覽外，更設有「心意樹」，免費派發心意咭及黃絲帶，讓參觀者可以寫下祝福說話，掛在樹上，當天參觀人數達600人。

「(關)(健)人生 – 你我同心」社區教育活動於07年4月24日在黃大仙龍翔中心舉行，透過短片及攤位遊戲，增加大眾對長者精神健康的認識及關注。

香港賽馬會預防自殺資源圖書館

為增加圖書館的吸引力，生命教育中心一直致力購置合適的書籍，以豐富藏書的種類及資源。圖書館內收集了多項本地及外地有關預防自殺及生命教育的資源，包括小冊子、研究報告、書籍、影帶、影碟、遊戲套及剪報等，以供社區人士使用。

在2007年，圖書館的使用人數為1,477人，而借用圖書及視聽資料的人數亦有251人。

刊物出版

2007年出版了第53期及第54期的《生命交流》，當中的主題包括「痛別離、思憶記」-分享摯親自殺後可如何自處，身邊人可怎樣協助自殺者家屬渡過難關。而第54期的主題是「產後抑鬱症」-探討產後婦女的情緒變化及需要。

除了《自殺危機評估及處理》訓練手冊外，中心於07/08年度再出版了一本《生命朋輩輔導訓練-教材套》、《家無煩日子》小冊子及《由聆聽開始》小冊子。單張方面，在07年1月重新製作了「講座介紹」單張。

《自殺危機評估及處理》訓練手冊與大家分享本會過去在危機處理方面的經驗和技巧。而《生命朋輩輔導訓練-教材套》總結了訓練過程中的經驗和資料，並連同每節流程、活動物資等，與各位同工互相交流經驗。

在過去的日子，中心共編印了5本小冊子，較多以防自止自殺為主題，包括：《預防自殺，由認識開始》、《同路同心支援自殺人士手冊》、《青少年與自殺》、《你真的要自殺嗎？》、《生命拼圖活動小冊子》等，期間收到了不同建議，希望中心能製作一些有關家庭溝通的刊物。因此，中心於07/08年度編印了《家無煩日子》及《由聆聽開始》小冊子，嘗試與大家分享一些家庭中的相處及溝通技巧，並鼓勵關懷身邊人，由聆聽開始。

撰稿及機構探訪

在2007年，我們分別為「香港教育城」、「教協月刊－學校與家庭」及「蘋果日報－社會服務版」撰寫了6篇文章。

在1-12月期間，先後接待了14間學校及機構的探訪，了解本會服務及生命教育的工作。

傳媒聯絡

透過傳媒的協助，可更有效地向普羅大眾宣揚珍惜生命的訊息。在07年，中心同事接受了12次訪問，其中同事更連續7星期在「互動電視－孩子父母天」節目中擔任分享嘉賓。

外地交流

於本年5月18-21日，生命教育中心職員及委員應邀參加由台灣嘉縣義吳鳳技術學院舉辦的「兒童生死教育教學研討會」，與台灣的學者分享生死教育的推行，作經驗交流。

於11月23及24日，委員及職員出席由「關愛生命萬里行」工作小組舉辦的全國生命教育主題活動「上海茉莉花論壇」，論壇主題為「和諧生命、和諧成長」。

展望

「生命是寶貴及值得珍惜的」，在過去的日子裡，我們一直致力透過不同活動來宣揚此訊息，希望大家在面對人生不同挑戰時，能夠勇敢及堅定地應付，努力地生活下去。在過去的五年，中心已顯示了在生命教育工作上的努力和貢獻，在未來路上，我們將嘗試以不同的活動來宣揚珍惜生命的訊息，並計劃在2008年開展「跟進式主題小組」服務，為參與主題講座的學校提供相同主題的小組，深化講座的效果，並加強對學校的支援。

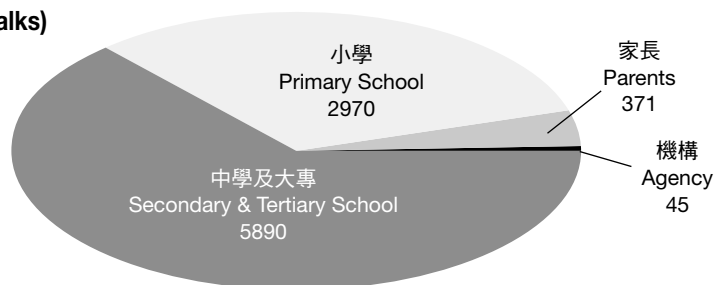
2007外展專題講座服務數字

Service Output of Life Education Centre 2007 (Talks)

	小學 Primary School	中學及大專 Secondary & Tertiary School	家長 Parents	機構 Agency	總數 Total
人數 No. of Participants	2970	5890	371	45	9276
場數 No. of Seminar	16	32	11	1	60

2007講座人數一覽

No. of Participants (Talks)



2007工作坊服務數字

Service Output of Life Education Centre 2007 (Workshops)

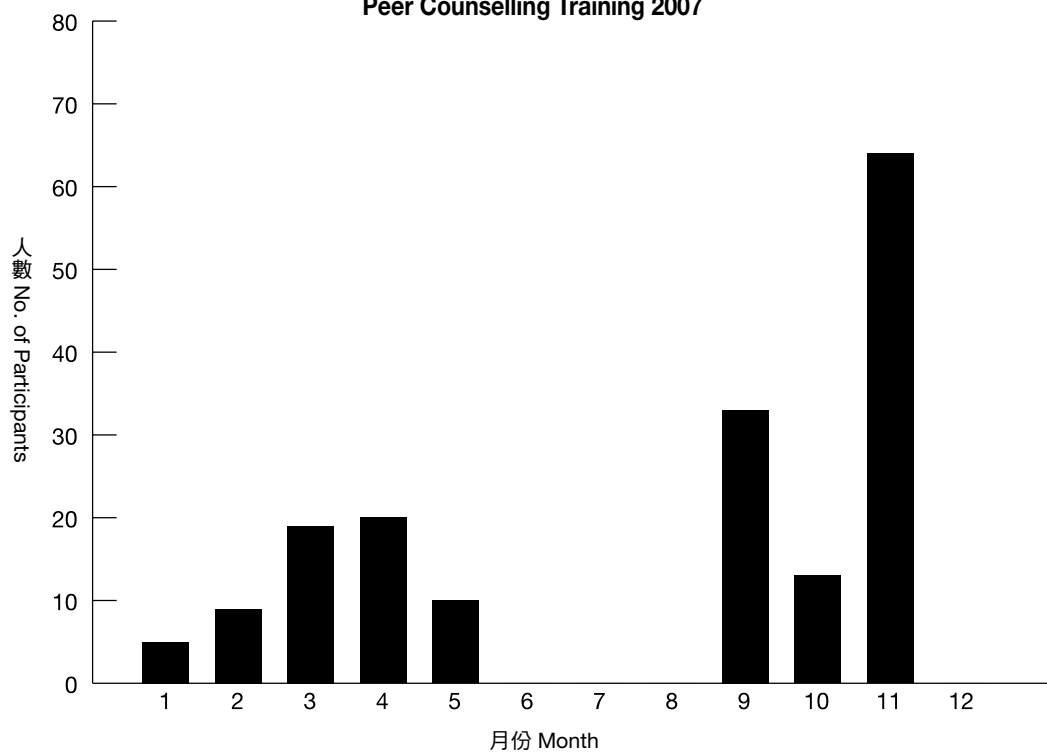
Total 合共場數：10 場 Total 合共人數：201 人		
主題 Topic	人數 No. of Visitor	對象 Target
情來自有方 ~ 情緒工作坊 (1) Handling emotion	45	家長 parent
情來自有方 ~ 情緒工作坊 (3) Handling emotion	26	家長 parent
身心靈健康工作坊 Mental health workshop	15	教師 teacher
表達及處理情緒、面對不快和失去 Handling emotion	15	中一學生 F.1 student
善待自己 Be good to yourself	9	家長 parent
認識香港自殺趨勢、青少年自殺行為、誘因及處理 Suicide prevention	15	中六學生 F.6 student
生命教育 Life education	34	教師 teacher
預防自殺 Suicide prevention	17	社工 social worker
如何預防自殺及支援有自殺意念人士 How to prevent suicide and support people seeking for help	15	義工 volunteer
面對不快及失去及自殺的誘因及警號 Aware the cause of suicide	10	社區人士 public

2007 生命朋輩輔導訓練服務數字

Service Output of Life Education Centre 2007 (Peer Counselling Training)

朋輩輔導訓練人數 Peer Counseling Training												
月份 Month	1	2	3	4	5	6	7	8	9	10	11	12
人數 No. of Participants	5	9	19	20	10	0	0	0	33	13	64	0
												Total 總人數 173

2007 朋輩輔導訓練人數
Peer Counselling Training 2007



2007 研討會服務數字

Service Output of Life Education Centre 2007 (Seminars)

2007 年 1 月至 12 月 - 工作坊 January to December 2007 - Workshops						
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.	13/1/2007	「家無煩日子」~ 我家有人不求生?! 研討會 "Trouble-free Family Series" ~ My child does not want to live Seminar	14	9	/	23
2.	27/1/2007	「家無煩日子」~ 家庭中的生命教育研討會 "Trouble-free Family Series" ~ Life Education of Family Seminar	/	26	/	26
3.	9/2/2007	「家無煩日子」~ 拍檔不是好拍檔-撫育子女 協調法研討會 "Trouble-free Family Series" ~ Parental Partnership for children Seminar	/	47	33	80
4.	17/3/2007	「家無煩日子」~ 培養健康理財新一代研討會 "Trouble-free Family Series" ~ Financial Management for the New Generation Seminar	/	80	/	80
Total 總數：合共 209 人						

2007 珍惜生命大使培訓

Life Ambassadors Training Courses 2007

期數 Phase	日期 Period	時數 Training hours	對象 Target	參加人數 No. of Participant
第十二期「珍惜生命大使」培訓班 The Twelfth Life Ambassadors Training Course	25/5/07 - 13/7/07	16	社區人士 Public	16
第十三期「珍惜生命大使」培訓班 The Thirteenth Life Ambassadors Training Course	11/12/07 - 1/1/08	16	社區人士 Public	22
Total 總人數				38 人

2007 珍惜生命大使活動 / 服務
Life Ambassadors Services 2007

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	23
耆康會王華湘夫人老人宿舍 SAGE Mrs Wong Wha San Hostel For The Elderly	8
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)	13
房屋署長者住屋（何文田邨常樂樓） Housing for Senior Citizens, Housing Department (Sheung Lok House, Ho Man Tin Estate)	27
鄰舍輔導會深水埗康齡社區服務中心 The Neighborhood Advice-Action Council (Sham Shui Po District Community Centre)	29
Total 總數	100

2007 圖書閣使用紀錄
The Resource Library 2007

月份 Month	到場人次 No. of users	借用人次 No. of borrowings			
		圖書 Books	視聽資料 Audio and Visual Materials	活動教材 Activities Kits	展板 Exhibition Board
2007-01	104	17	0	0	0
2007-02	46	19	0	0	1
2007-03	102	26	0	0	4
2007-04	201	15	0	0	0
2007-05	158	12	0	0	0
2007-06	120	20	3	0	0
2007-07	143	28	2	0	0
2007-08	129	14	0	0	0
2007-09	119	21	2	0	0
2007-10	140	38	0	0	0
2007-11	117	24	0	0	0
2007-12	98	5	0	0	0
Total 總數	1477	239	7	0	5

2007 文章刊登 Published Articles 2007

月份 Month	機構名稱 Name of Mass Media	主題 Topic
1	3/07 香港教育城 Hong Kong Education City	自殺有跡可尋 – 留意學生求救警號 Alert the signal of suicide
2	4/07 香港教育專業人士協會 – 學校與家庭 Hong Kong Professional Teachers' Union	踐踏生命的文化 Treasure your life
3	6/07 香港教育專業人士協會月刊 – 學校與家庭 Hong Kong Professional Teachers' Union	拾好書：三隻小豬的真實故事 The True Story of the 3 Little Pigs
4	6/07 蘋果日報 – 社會服務版 Apple Daily	愛的選擇 Choice of Love
5	7/07 蘋果日報 – 社會服務版 Apple Daily	這是愛 This is Love
6	7/07 蘋果日報 – 社會服務版 Apple Daily	愛得及時 Show your Love

2007 機構職員探訪本中心活動 Visits 2007

月份 Month	機構名稱 Name of Mass Media	對象 Target	人數 No. of Participants
1/07	香港神託會學校社會工作 – 學生服務中心 Stewards School Social Work – Student Service Centre	青少年 adolescent	15
2/07	香港中文大學 The Chinese University of Hong Kong	社工系學生 Student of Social Work	18
3/07	協青社 Youth Outreach	青少年 adolescent	20
3/07	明愛順天社區進修中心 Caritas Shun Tin Community Education Centre	青少年 adolescent	13
3/07	城市大學 社會科學部 City University of Hong Kong	學生 Student	32
3/07	社會福利署 Social Welfare Department	職員 Staff	1
5/07	明愛專業及成人教育中心 – 毅進課程 Caritas Institute for Further & Adult Education Youth Pre-employment Training Programme	青少年 adolescent	30
6/07	香港大學 社會工作及公共行政學系 The University of Hong Kong	碩士學生 Student of Master	25

月份 Month	機構名稱 Name of Mass Media	對象 Target	人數 No. of Participants
8/07	北京大學 Peking University	社工系學生 Student of Social Work	6
9/07	社區護士 Community nurse	護士 nurse	30
10/07	明愛專業及成人教育中心 - 毅進課程 Caritas Institute for Further & Adult Education Youth Pre-employment Training Programme	學生 Student	20
10/07	香港大學 社會工作系 The University of Hong Kong	學生 Student	20
11/07	樹仁大學 Hong Kong Shue Yan University	學生 Student	8
12/07	明愛專業及成人教育中心 - 毅進課程 Caritas Institute for Further & Adult Education Youth Pre-employment Training Programme	學生 Student	35

6.3 SUICIDE CRISIS INTERVENTION CENTRE

HELEN LUI (CENTRE-IN-CHARGE)

Introduction

In 2007, the Suicide Crisis Intervention Centre (SCIC) continued her mission to serve the people with high and moderate suicidal risk. Through our round-the-clock crisis intervention, outreaching and intensive counseling, we aim at helping people stride across their crises, restore their life hope and strengthen their coping ability.

We also further extend our services for suicide survivors. Following the “Live the Rainbow” Programme which was ended in March 2007, we have initiated another programme named “Dandelion Project” since September 2007 to outreach suicide survivors and provide them timely our individual and group counseling.

Casework Service

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-hour consultation and referral service for frontline volunteers and professionals from different sectors. The total number of crisis cases handled in 2007 was 1,285.

Gender and Age

Among these 1,285 crisis cases, there were 427 male and 858 female clients. The male to female ratio is approximately 1:2. More than half (51%) of the clients fell between the age range of 30 and 49, and 86.5% between that of 20 and 59. For those aged under 20 and over 60, there was a slight increase from 4.5% (exact number 59) and 4.6% (exact number 61) to 5.4% (exact number 69) and 5.5% (exact number 71) respectively. (Details in Table 6.3.1 and Figure 6.3.1)

Presenting Problems

There were 220 cases (17.1%) distressed by marital problem, 215 cases (16.7%) by suicidal problems of their family members or friends, 213 cases (16.6%) by their situational problems, 144 cases (11.2%) by financial problems and 123 cases (9.6%) by romantic relationship problems.

Compared to the figures of last year, cases which were distressed by financial problem declined by 27% (from 197 cases in 2006 to 144 in 2007). It may be explained by the improved economic environment. However, cases which were distressed by mental health problem increased by 30% (from 86 cases in 2006 to 112 in 2007). The increasing rate is a concern. (Details in Table 6.3.2 and Figure 6.3.2)

Risk Level

There were 604 (47% of total cases) and 243 (18.9%) cases assessed by referrers as moderate and high risk 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 581 (45.2%) and 13 (1%) respectively. In the other words, the total number of moderate and high risk cases dropped from 847 to 594 (65.9% to 46.2%). The high-risk cases alone decreased significantly by 17.9%. (Details in Table 6.3.3 & 6.3.4 and Figure 6.3.3 & 6.3.4)

Referers and Service Partners

SCIC continued to work closely with the frontline workers from different sectors, including government departments, non-government organizations, hospitals, police force, schools and other community organizations, by providing round-the-clock service for referrals and consultations. In 2007, 442 cases (34.4%) were referred by social workers, 179 cases (13.9%) by hotline volunteers, 42 cases (3.3%) by medical staff, 352 cases (27.4%) by those distressed by suicidal family members and friends, and 233 cases (18.1%) by service users who self-approached our service. Besides case referral, SCIC also worked intensively with our service partners as well as other community parties and provided 264 consultations during the year. (Details in Table 6.3.5 and Figure 6.3.5)

Group Work Service

Responding to the service need of our service users, 10 therapeutic groups of 56 sessions and 6 support groups of 80 sessions were conducted during the year. (Details in Table 6.3.6)

Crisis Carer Service

In order to make sure the service users have an effective coping and to detect possible relapse of crisis coping after termination of our crisis case service, SCIC used to collaborate with our Hotline volunteers to provide after-crisis caring to our ex-service users. Volunteers will contact and show concern to ex-service users after their cases had terminated for one, three and six months. To further enhance this service, we started to recruit and train more volunteers, and formed a Crisis Carer Volunteer Group.

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 mainly focused on the Hong Kong suicide problems, suicidal symptoms, suicide risk assessment and suicide crisis intervention skills. SCIC also received numerous local and overseas professional and community group for exchanging knowledge and experience in suicide crisis intervention work. We were honourably invited to be speakers for overseas seminars in Taiwan and Macau. We also participated in the XIV IASP Conference. (Details in Table 6.3.7)

“Live the Rainbow” Programme

The “Live the Rainbow” Programme was a one-year programme sponsored by the Apple Daily Charitable Foundation since April 2006. This was the first of its kind programme in Hong Kong which attended to the needs of suicide survivors and provided them with comprehensive supportive service, including individual group counselling, other group activities, educational programmes and befriending visits organized by group members, and community education service to the public. Through community education programmes such as talks, mass programme, group activities and home visits, “Live the Rainbow” Programme 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, re-define the meaning of their lives positively and actualize it as colourful as rainbow. This programme ended in March 2007 on a touching note, with the experience sharing of our honourable guests and suicide survivors and a heartfelt drama in the mass programme “活出彩虹伴我行 齊創精彩樂人生”。

The Dandelion Project

Followed the theme of the “Live the Rainbow” Program, the Dandelion Project started in September 2007 with the aim to provide counselling and support service to suicide survivors. Through the collaboration with police, hospital and other social services, we tried to outreach the service targets and provide them with timely and suitable support. Group members, as fellow survivors who already passed through their grief and are well prepared for befriending people with same problems, will also be arranged to visit them whenever appropriate.

Publications

In 2007, SCIC published three booklets namely “Step Forward to the Dawn --- for people suffering from depression” (展步黎明 --- 毅行篇), “Step Forward to the Dawn --- for carer of people with depression” (展步黎明 --- 同行篇) and “Rekindle your Hope --- a Handbook for people survived from suicide” (重燃希望 --- 給自殺獲救人士的實用手冊)。

In-Service Staff Training

To ensure the quality of our service and staff professional development, SCIC continued to organize regular Case Consultation Conferences convened by our service consultants Dr Michael Tsang and Dr Chiu Siu-Ning, who are experienced clinical psychologist and senior psychiatrist respectively. Besides, during the year of 2007, we also invited various professionals and experts to carry out workshops and sharing on “Drugs used in Mood Disorders”, Co-dependence, Life and Death, Empathy on difficult cases, and Intervention and Management Skills for special cases.

Interviews with Mass Media and Other Parties

SCIC collaborated with mass media and other interested parties to urge the public and every individual in Hong Kong to take the suicide problem seriously and to strive for suicide prevention as well as to spread the message of cherishing life. (Details in Table 6.3.8)

Future Outlook

SCIC has been serving Hong Kong society for five years. With the precious experiences gained from these years, and our commitment to maintain the quality of our existing services, we would dedicate our future effort in two areas. One is to overcome the limited manpower to further develop the Dandelion Project so as to enhance and maintain support to suicide survivors. Another one is to strive for the prevention of youth suicide. Youth should be in a life stage that they would explore with their enthusiasm the amazing world around them and try out things that interested them without significant worries. However, there are numbers of youth, adolescents, or even children in recent years who choose to take away their own lives when facing their problems and adversities. This is so sad that when they are supposed to enjoy their brightest life moments, yet they fail to find a way out of their despair. Therefore, in the coming year we will strive for reaching the young people, helping them restore their faith and hope in life, walking them out in their despair, and enlightening them with the following message:

“The darkest moment is that before the dawn!”

6.3 自殺危機處理中心

雷黃恩芳（中心主任）

前言

自殺危機處理中心在過去一年繼續堅守中心的使命，主力為具高、中度自殺危機人士提供24小時的危機介入、危機管理及深入危機輔導服務，致力幫助服務使用者跨越生活危機、重建求生的信念及鞏固他們應付危機的能力。除外，我們更進一步和積極地發展自殺者親友的服務，繼年初3月圓滿結束的「活出彩虹行動」後，亦於9月開展「蒲公英計劃」，希望能透過我們主動的接觸，及早向自殺者親友提供個案輔導小組及其他支援服務。

危機個案服務

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2007年總共處理了1285宗個案。

性別與年齡

在1285宗個案中，有427位案主是男性，858位是女性，男女比率約為1：2。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86.5%；而年齡在20歲以下和60歲以上的分別由去年4.5%（59位）和4.6%（61位）微升至5.4%（69位）和5.5%（71位）。（詳閱圖表6.3.1）

問題種類

危機個案中有220位案主是受婚姻問題困擾，佔17.1%；受到家人或朋友的自殺問題困擾而求助的有215位，佔16.7%；受環境因素困擾的有213位，佔16.6%；受經濟困擾的有144位，即佔11.2%；而受愛情困擾的則有123位，佔9.6%。若比較去年的數字，受經濟問題困擾而求助的人士少了近27%（由2006年197人降至2007年144人），這可能是由於近年的經濟環境好了；但受精神健康問題困擾的則上升了30%（由2006年86人升至2007年112人），上升幅度值得關注。（詳閱圖表6.3.2）

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604宗及243宗，百分率分別為47%及18.9%，合共為847宗，即佔65.9%；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581宗及13宗，百分率分別為45.2%及1%，合共降至594宗，百分率下降為46.2%；其中高危個案降低了17.9%。（詳閱圖表6.3.3及6.3.4）

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。在2007年內，由社會工作者轉介的危機個案有442宗（34.4%）、熱線義工轉介的有179宗（13.9%）、由醫護人員轉介的有42宗（3.3%）；由親友求助的有352宗（27.4%），案主自行求助的有233宗（18.1%）。除個案轉介外，本中心向各專業及社區人士提供有關處理自殺問題個案的諮詢共264宗。（詳閱圖表6.3.5）

小組服務

本中心因應服務使用者的需要，於2007年共開辦了10個治療性和6個支援性小組，全年活動節數分別共56和80節。（詳情可參閱表6.3.6）

危機關顧服務

為確保危機個案在輔導服務結束後，案主能順利適應危機過渡後的生活，若再遇上生活挑戰和困擾，也能及早得到支援而避免自殺危機重現，本中心一直與本會熱線義工合作，由義工主動在危機個案結束後的第一、三及六個月，致電向案主表達關懷，了解他們對生活的適應和鼓勵他們繼續面對生活的挑戰；若識察到有危機重現的情況時，中心便會立即安排適切服務的跟進。為了進一步加強這項服務，中心已在年底開始加強義工的招募和培訓，並設立了危機關顧義工小組，致力來年積極地把危機關顧工作做的更好。

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及有關服務、如何辨析自殺危機的徵兆、自殺危機評估及危機處理技巧等。同時，中心亦接待了多個本港和海外的專業和社區團體探訪，好讓各界人士認識防止自殺和危機介入服務，並彼此作知識和經驗的交流，鼓勵和加強合作。除外，本中心亦應邀到台灣參與由台灣社團法人嘉義市生命線協會舉辦的「台灣、香港自殺防治與危機處理國際研討會」作專題講者，和澳門明愛生命熱線在澳門作座談會的講者；另外亦出席了第十四屆國際防止自殺協會世界會議。（詳情可參閱表6.3.7）

活出彩虹行動

「活出彩虹行動」是由蘋果日報慈善基金撥款資助的一項嶄新計劃，由2006年4月開始，為期一年。此計劃是全港第一個為自殺者親友提供全面的支援和推廣有關的社區教育服務的計劃，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予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。「活出彩虹行動」於2007年3月的「活出彩虹伴我行、齊創精彩樂人生」大型活動後圓滿結束，當日透過嘉賓、家屬的親身經歷分享和話劇、團體表演等，讓參與大眾更明白、體會和關注當日的主題。

蒲公英計劃

為能更主動向自殺者親友提供輔導及支援服務，本中心繼「活出彩虹行動」後，於9月份開始推行了「蒲公英計劃」。此計劃目的是透過不同渠道如警局、醫院及社會服務機構等，主動接觸自殺者家屬，向他們提供情緒支援和輔導服務；在合適的情況下，更可安排活出彩虹小組的組員，以過來人身份去探訪他們，給予慰問和支持。

刊物出版

本中心於2007年出版了三本小冊子：「展步黎明－毅行篇」、「展步黎明－同行篇」和「重燃希望－給自殺獲救人士的實用手冊」，並廣泛派發到各有關政府部門、醫院、社會服務機構和圖書館等，讓有需要人士參閱。

「展步黎明－毅行篇」

抑鬱症會令患者感到自己彷彿處身於人生低谷，並令患者對人生及自己產生負面的思想和感覺，而令患者誤信無法走出這低谷處境。但其實，只要患者拿出勇氣和毅力，接受適當的治療，抑鬱症是可以治

療的。這本小冊子有助抑鬱症患者及公眾人士對抑鬱症的認識、預防方法及求助途徑，從而協助大家關注自己的精神健康和步出情緒的低谷。

「展步黎明－同行篇」

抑鬱症除了對患者造成負面影響外，其對患者的家人往往亦構成情緒的困擾及生活的障礙。因此，面對抑鬱症並不再是個人的事，而是一家人共同走過的路程，事實上，家人的參與能夠給予患者莫大的支持和鼓勵，在患者邁向痊癒之路發揮重要的角色。這本小冊子協助讀者學習如何與患上抑鬱症的親友同行，協助他們踏上康復之路，展步黎明。

「重燃希望－給自殺獲救人士的實用手冊」

曾經嘗試自殺的人，有很大風險會再次自殺，甚至最後死於自殺。這本小冊子目的是幫助自殺獲救人士面對這個危機，重燃生存的希望和面對生活的勇氣，並提高廣大市民對他們的了解和接納，從而協助他們面對逆境和減低被標籤的機會。

內部職員訓練

為保持中心高質素的服務，並照顧員工的個人及專業發展需要，中心繼續推行各項職員培訓活動，包括由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提供的定期個案諮詢會議、「認識情緒病藥」工作坊、「拖累症」的認識與處理、「生死淺嘗」工作坊、特殊個案處理分享會及如何面對個案自殺分享會等。

傳媒及其他訪問

本中心按着香港的自殺問題，與傳媒及各界朋友通力合作，希望各界人士及香港市民正視自殺問題；共同在各自崗位上為防止自殺和推廣珍惜生命而努力。（詳情可參閱表6.3.8）

未來展望

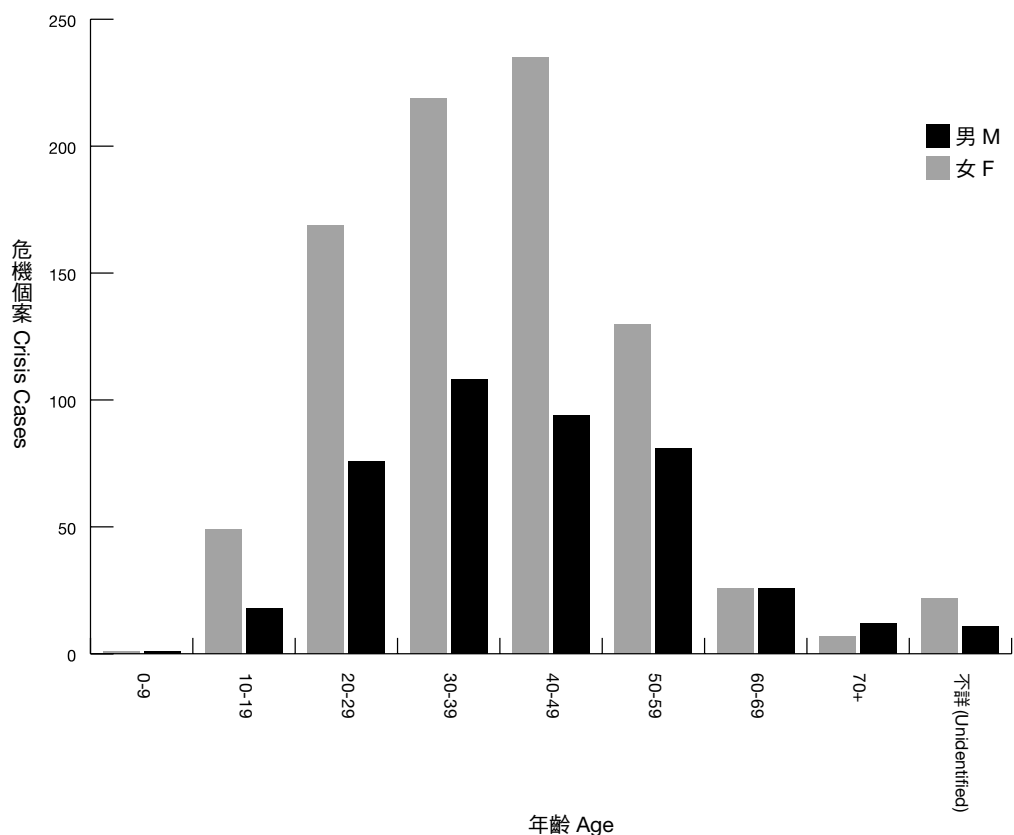
自殺危機處理中心自投入服務至今將踏入第六年，我們希望將這幾年累積了的寶貴經驗，在來年除了繼續做好現時的服務外，更在以下兩方面加倍努力。一方面，我們希望能衝破現時的人力資源限制，進一步發展「蒲公英計劃」，以加強給自殺者親友的支援服務；另一方面，有見近幾年均有不少年青人輕生，無論青年、少年、甚至兒童均有用自殺方式來面對人生問題，本來在人生階段這些是最快樂無憂和精彩燦爛的時光，他們卻在情緒困擾中找不到出路！因此，我們亦會致力於干預青少年自殺問題，希望他們即使感到自己好像在黑夜中摸索，也能堅持對未來的信心而肯求助，並明白和相信：

雖然黎明前的夜空最為黑暗、只要越過黑暗盡頭便是黎明！

(Table 6.3.1) Age and Sex Distribution of Crisis Cases Served by SCIC in 2007
(表 6.3.1) 二零零七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	%
0-9	1	1	2	0.2%
10-19	49	18	67	5.2%
20-29	169	76	245	19.1%
30-39	219	108	327	25.4%
40-49	235	94	329	25.6%
50-59	130	81	211	16.4%
60-69	26	26	52	4.0%
70+	7	12	19	1.5%
不詳(Unidentified)	22	11	33	2.6%
總計	858	427	1285	100.0%

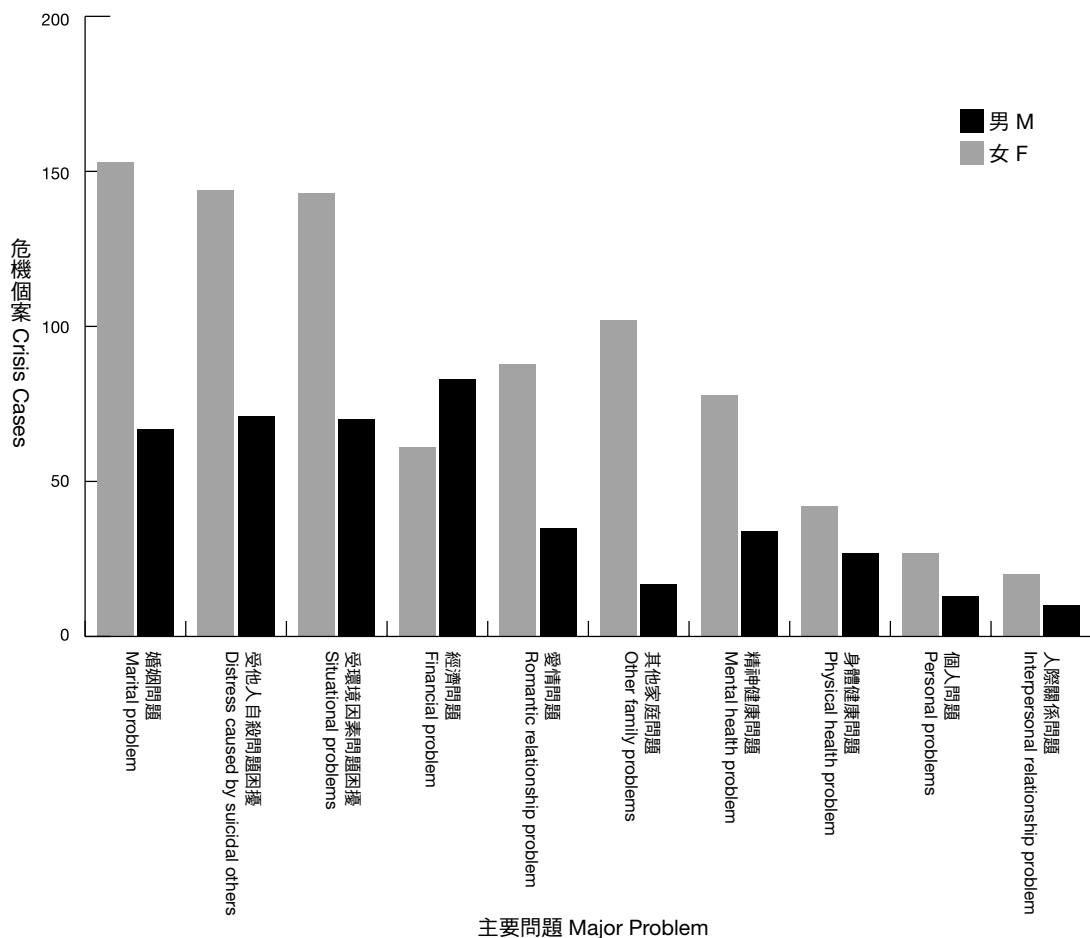
(Figure 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2007
(圖 6.3.1) 二零零七年自殺危機處理中心危機個案年齡及性別分佈圖



(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2007
(表 6.3.2) 二零零七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	%
婚姻問題 Marital problem	153	67	220	17.1%
受他人自殺問題困擾 Distress caused by suicidal others	144	71	215	16.7%
受環境因素問題困擾 Situational problems	143	70	213	16.6%
經濟問題 Financial problem	61	83	144	11.2%
愛情問題 Romantic relationship problem	88	35	123	9.6%
其他家庭問題 Other family problems	102	17	119	9.3%
精神健康問題 Mental health problem	78	34	112	8.7%
身體健康問題 Physical health problem	42	27	69	5.4%
個人問題 Personal problems	27	13	40	3.1%
人際關係問題 Interpersonal relationship problem	20	10	30	2.3%
總計 total	858	427	1285	100.0%

(Figure 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2007
(圖 6.3.2) 二零零七年自殺危機處理中心危機個案問題類別及性別分佈圖



(Table 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2007

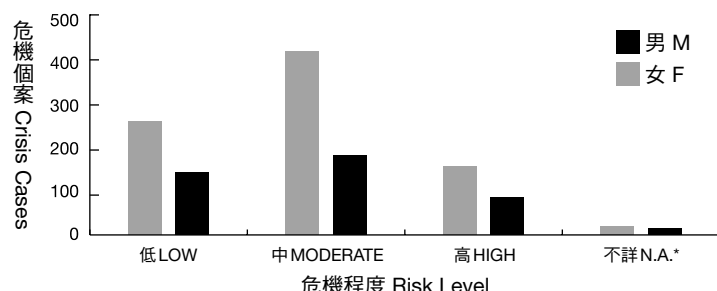
(表 6.3.3) 二零零七年自殺危機處理中心危機個案危機程度 (由轉介者評定) 及性別分佈表

危機程度 (Observed risk level by referrer)	女 F	男 M	總計 Total	%
低 LOW	261	144	405	31.5%
中 MODERATE	421	183	604	47.0%
高 HIGH	157	86	243	18.9%
不詳 N.A.*	19	14	33	2.6%
總計 Total	858	427	1285	100.0%

* 家庭成員 / 資料不詳 family members / missing data

(Figure 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2007

(圖 6.3.3) 二零零七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



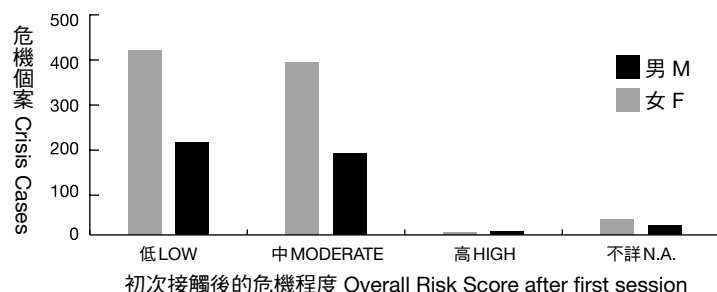
(Table 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2007

(表 6.3.4) 二零零七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	合計 Total	%
低 LOW	423	212	635	49.4%
中 MODERATE	394	187	581	45.2%
高 HIGH	6	7	13	1.0%
不詳 N.A.	35	21	56	4.4%
總計 Total	858	427	1285	100.0%

(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 2007

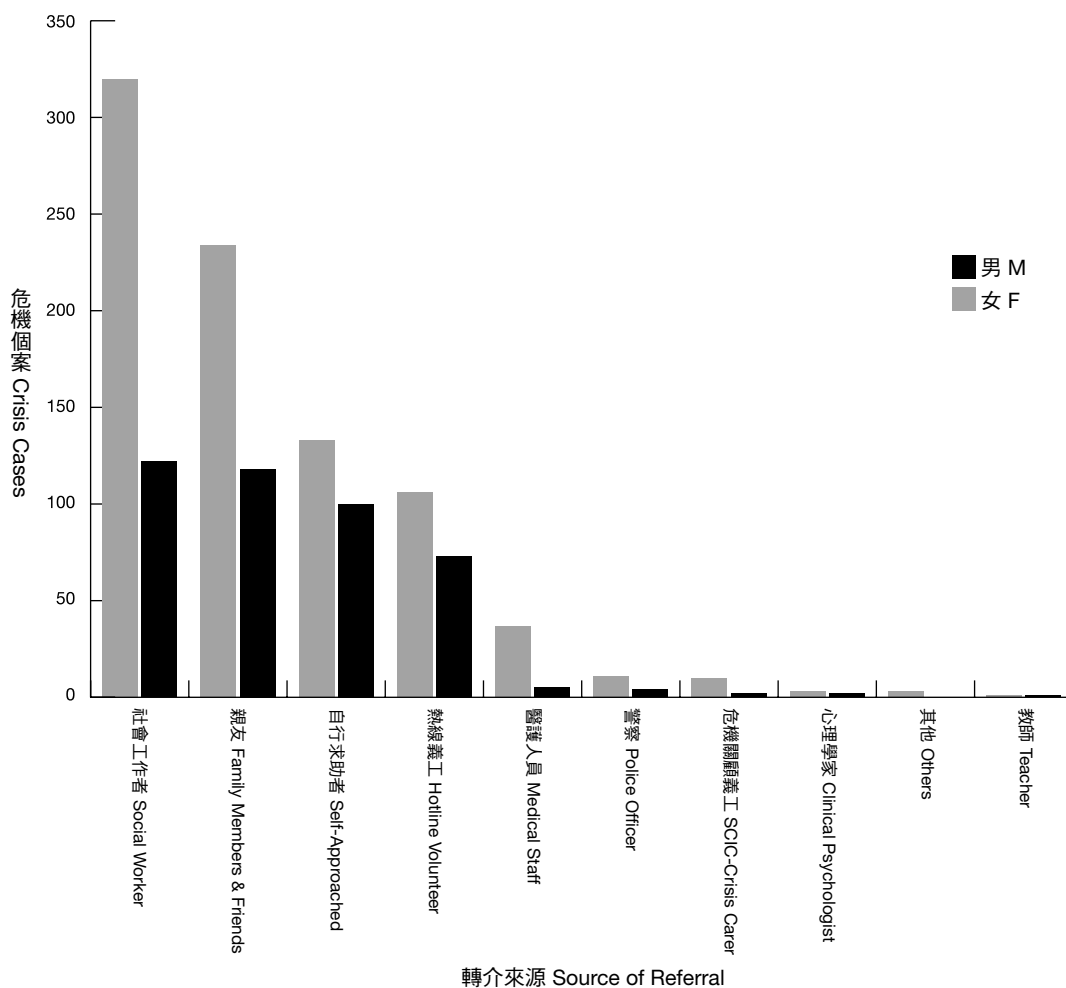
(圖 6.3.4) 二零零七年自殺危機處理中心危機個案經首節輔導後的危機程度 (由本中心評定) 及性別分佈圖



(Table 6.3.5) Source of Referral of Crisis Cases served by Suicide Crisis Intervention Centre in 2007
(表 6.3.5) 二零零七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	%
社會工作者 Social Worker	320	122	442	34.4%
親友 Family Members & Friends	234	118	352	27.4%
自行求助者 Self-Approached	133	100	233	18.1%
熱線義工 Hotline Volunteer	106	73	179	13.9%
醫護人員 Medical Staff	37	5	42	3.3%
警察 Police Officer	11	4	15	1.2%
危機關顧義工 SCIC-Crisis Carer	10	2	12	0.9%
心理學家 Clinical Psychologist	3	2	5	0.4%
其他 Others	3	0	3	0.2%
教師 Teacher	1	1	2	0.2%
總計 Total	858	427	1285	100.0%

(Figure 6.3.5) Source of Referral of Crisis Cases served by Suicide Crisis Intervention Centre in 2007
(圖 6.3.5) 二零零七年自殺危機處理中心危機個案轉介來源分佈圖



(Table 6.3.6) Groups Conducted by Suicide Crisis Intervention Centre**(表 6.3.6) 2007 年自殺危機處理中心舉辦的小組****1. 治療性小組 (共 10 個) Therapeutic Group (10 in total)**

日期 Date	小組名稱 Group Name	服務對象 Targets
11/2006 - 01/2007	衝破抑鬱—抑鬱症親友小組 Therapeutic Group for 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 care takers of people with depression
1/2007 - 3/2007	「情感新方向」兩性相處小組 Love Discovery Channel	18至40歲受感情困擾和曾有自殺念頭人士 Suicidal people aged between 18 and 40 and was distressed by unsatisfactory romantic/marital relationship
4/2007 - 6/2007	不再自困：紓解工作壓力有妙法 Clues to Stress Management	因工作壓力帶來情緒困擾 People with work related stress
6/2007 - 8/2007	畫出彩虹 (2) - 婦女支援小組 A Women's Group (2) --- Draw a Rainbow	受丈夫有婚外情問題困擾的婦女 Suicidal women with husbands having extra marital affairs
6/2007 - 8/2007	風雨同路人 Walking Together in Rainy Days	曾自殺或有自殺傾向人士之照顧者 Care takers of suicidal people or suicide attempters
6/2007 - 8/2007	做個開心快樂人：情緒管理小組 Be A Happy Person --- A Group for Emotion Management	受負面情緒困擾及有自殺念頭人士 Suicidal people with emotional problem
8/2007 - 11/2007	風雨同路人 (2) Walking Together in Rainy Days (2)	受親友自殺危機困擾人士 People distressed by suicidal family members or friends
9/2007 - 10/2007	男人之苦 The Pain of Men	40至55歲男士因踏入中年而面對各種壓力，並因負面思想而出現情緒困擾和自殺念頭 Suicidal men aged between 40 and 55 and was distressed by negative thinking and stress of middle age
11/2007 - 2/2008	男人之苦延續篇 The Pain of Men (2)	「男人之苦」治療性小組成員及其他有情緒困擾之中年男士 Ex-group members of eligible new members in same age grouping and stress of middle age
12/2007 - 1/2008	風雨同路人 (3) Walking Together in Rainy Days (3)	曾自殺或有自殺傾向人士之照顧者 Care takers of suicidal people or suicide attempters

2. 支援性小組 (共 6 個) Support Group (6 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
自 9/2004 Since 9/2004	活出彩虹小組 (前名：自殺死亡人士親友自助小組) Suicide Survivors Group	因自殺身故人士的家屬及親友 Suicide survivors
自 9/2006 Since 9/2006	畫出彩虹 (3)—婦女支援小組 Women's Group (3) --- Draw a Rainbow	因受丈夫婚外情困擾而有自殺念頭的婦女 Suicidal women with husbands having extra marital affairs
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
12/2006 - 7/2007	快樂掌門人支援小組 (4) Support Group for Clients with Depression or Anxiety Disorder (4)	受抑鬱情緒困擾而有自殺念頭人士 Suicidal people with depressive mood
自 6/2007 Since 11/2007	攜手創新天—抑鬱症照顧者支援小組 A Support Group for the Care Takers of people with Depression	抑鬱症患者親友 Care takers of people with depression
7/2007 - 11/2007	不再自困：紓解工作壓力有妙法 (二) 之身心鬆一鬆 Clues to Work Stress Management (2)	因工作壓力帶來情緒困擾 People with work related stress

3. 義工小組 (共 2 個) Volunteer Group (2 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
自 2/2006 Since 2/2006	危機關顧小組 Crisis Carer Volunteer Group	由危機關顧員主動跟進已結束半年的危機個案 Terminated crisis cases followed up by crisis carer for half a year
自 4/2006 Since 4/2006	活出彩虹義工小組 Survivor volunteer group	活出彩虹小組組員以「過來人」身份透過電話關顧和探訪，向其他自殺者親友表達關懷和情緒支援 Survivor Group members showing their care and concern to new survivors through telephone or visits

(Table 6.3.7) Training, Visits and Community Programmes of SCIC in 2007
(表 6.3.7) 二零零七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/講題 Programme/Theme	服務機構 Organization	服務對象 Service Target	參加人數 No. of Participants
1/2007	自殺危機評估及高危個案處理技巧 Suicide Risk Assessment and Intervention Skills for Hig Risk Cases	香港國際社會服務社天水圍(北)綜合家庭服務中心 IFCS (TSW) International Social Service Hong Kong	社工 Social Workers	18
2/2007	熱線輔導技巧、自殺危機評估及處理 Hotline Counseling Skills, Suicide Risk Assessment and Crisis Intervention	東華三院 Tung Wah Group of Hospitals	社工 Social Workers	23
2/2007	機構探訪及服務介紹 Organization Visit and Service Introduction	香港中文大學 The Chinese University of Hong Kong	社工系學生 Students of Social Work Department	18
2/2007	精神健康講座 Mental Health Seminar	神召會康樂中學 Assembly of God Hebron Secondary School	中四至中六學生 F.4 to F.6 Students	400
2/2007	危機評估及處理 Suicide Risk Assessment and Crisis Intervention	葵涌醫院 Kwai Chung Hospital	醫護人員 Medical Staff	25
2/2007	兒童及青少年自殺危機評估及處理 Suicide Risk Assessment and Crisis Intervention of Adolescents and Children	香港健康教育疾病預防中心 Hong Kong Centre for Health Promotion and Disease Prevention	小學校長及老師 Primary School Principals and Teachers	20
3/2007	「活出彩虹伴我行·齊創精彩樂人生」大型活動	社區 Community	自殺者親友及社區人士 Suicide Survivors and the Community	-
3/2007	機構探訪及經驗分享 Organization Visit and Sharing of Experience	協青社 Youth Outreach	社工 Social Workers	16
3/2007	家無煩日子 - 現代父母研習坊 Modern Parents' Learning	中華基督教青年會 Chinese YMCA of Hong Kong	父母及社工 Parents and Social Workers	100
3/2007	香港預防老人自殺的社區援助 Community Resources for Suicidal Elderly in Hong Kong	香港中文大學 The Chinese University of Hong Kong	碩士課程學生 Students of Master Programme	1
3/2007	外展工作安全指引 Safety Guidelines for Outreaching	葵涌醫院 Kwai Chung Hospital	EASY 精神科護士 EASY Psychiatric Nurses	12
3/2007	服務介紹及經驗分享 Service Introduction and Sharing of Experience	香港城市大學 City University of Hong Kong	社工系學生 Students of Social Work Department	45
4/2007	服務介紹及危機處理輔導技巧 Service Introduction and Crisis Intervention Skills	香港社會工作者總工會 Hong Kong Social Workers' General Union	學生 Students	15
4/2007	如何處理具自殺危機人士講座 Talk on How to Handle Suicidal People	保良局 Po Leung Kuk	社工 Social Workers	60
5/2007	自殺事件的迷思 Suicide Myths	澳門明愛生命熱線 Macau Life Hope	社工、教師、家長、社區人士及青少年 Social Workers, Teachers, Parents, Community and Youth	70
5/2007	44期熱線義工訓練 44th Hotline Volunteers Training	本會熱線中心 Hotline Centre	義工學員 Volunteer Trainee	57
5/2007	機構探訪及服務介紹 Organization Visit and Service Introduction	明愛 Caritas - Hong Kong	毅進課程學生 Students of Project Yi Jin	25
6/2007	機構探訪及服務介紹 Organization Visit and Service Introduction	香港大學 Hong Kong University	社工系學生 Social Work Students	22
6/2007	自殺危機評估及處理 Suicide Risk Assessment and Crisis Intervention	九龍灣綜合治療中心 Integrated Treatment Centre	醫護人員 Medical Staff	15
6/2007	義工培訓：防止長者自殺 Volunteer Training: Elderly Suicide Prevention	基督教宣道會會長亨長者鄰舍中心 C & MA Cheung Hang Neighbourhood Elderly Centre	長者義工 Elderly Volunteers	38
8/2007-9/2007	「如何評估及協助具自殺危機人士」訓練課程 Training course on How to Assess and Help Suicidal People	醫院管理局 Hospital Authority	職員義工 Staff Volunteers	48
8/2007	機構簡介 Organization Introduction	北京大學 Peking University	學生 Students	6
8/2007	服務介紹 Service Introduction	嘉義生命線協會 Lifeline Association, Chiayi	職員 Staff	4

日期 Date	活動內容 / 講題 Programme/Theme	服務機構 Organization	服務對象 Service Target	參加人數 No. of Participants
8/2007	精神異常與自殺 Mental Disorder and Suicide	輔導及防止自殺專業證書課程 Professional Certificate Programme in Counseling and Suicide Prevention	學生 Students	31
8/2007	如何識別自殺徵兆、自殺危機評估及處理 How to Identify Suicide Risk Symptoms, Assess and Handle Suicide Crisis	余振強紀念中學 Yu Chun Keung Memorial College	老師 Teachers	60
9/2007	服務介紹 Service Introduction	老人精神科速治服務 Fast Track Clinics	精神科社區護士 Psychiatric Community Nurses	25
9/2007	危機介入及預防自殺 Crisis Intervention and Suicide Prevention	輔導及防止自殺專業證書課程 Professional Certificate Programme in Counseling and Suicide Prevention	學生 Students	31
9/2007	自殺危機處理 Suicide Crisis Management	理大校園設施管理有限公司 Management Company of Poly University	職員 Staff	17
10/2007	服務介紹 Service Introduction	明愛毅進社會服務 Project Yi Jin of Caritas - Hong Kong	學生 Students	32
10/2007	服務介紹 Service Introduction	香港大學 Hong Kong University	社工系學生 Social Work Students	21
10/2007	自殺危機評估及介入 Suicide Risk Assessment and Crisis Intervention	心靈綠洲 Oasis	心靈綠洲成員 Oasis Members	55
10/2007	長者健康精神嘉年華會 Elderly Mental Health Carnival	大埔社區中心 Tai Po Community Centre	大埔區長者 Elderly in Tai Po District	200
11/2007	服務介紹 Service Introduction	香港專業進修學校 Hong Kong College of Technology	學生 Students	6
11/2007	服務介紹 Service Introduction	社會福利署 Social Welfare Department	義工 Volunteers	10
11/2007	長者自殺危機處理 Suicide Crisis Intervention for Elderly	宣道會輔導成長中心 Christian & Missionary Alliance Social Services	社工及福利工作員 Social Workers and Welfare Workers	16
11/2007	服務介紹 Service Introduction	香港樹仁大學 Hong Kong Shue Yan University	學生 Students	7
11/2007	服務介紹 Service Introduction	自強協會 1st Step Association	社工及實習學生 Social Workers and Placement Students	4
11/2007	跨越困境、珍惜生命 (一) Overcome Adversity and Cherish Life I	香港科技大學 The Hong Kong University of Science & Technology	本地老師及學生 Local Teachers and Students	16
11/2007	跨越困境、珍惜生命 (二) Overcome Adversity and Cherish Life II	香港科技大學 The Hong Kong University of Science & Technology	內地老師及學生 Mainland Teachers and Students	12
11/2007	香港自殺防止服務現況探討 Suicide Prevention Services in Hong Kong	嘉義市生命線協會 Lifeline Association, Chiayi	台灣全國社工、醫護及 心理輔導人員 Social Workers, Medical Staff and Psychologist	200
11/2007	自殺危機處理中心運作及個案處理情況 The Operation and Case Management of Suicide Crisis Intervention Centre	嘉義市生命線協會 Lifeline Association, Chiayi	台灣全國社工、醫護及 心理輔導人員 Social Workers, Medical Staff and Psychologist	200
11/2007	香港自殺危機處理之工作經驗 Suicide Crisis Intervention Experiences in Hong Kong	嘉義市生命線協會 Lifeline Association, Chiayi	台灣全國社工、醫護及 心理輔導人員 Social Workers, Medical Staff and Psychologist	200
11/2007	服務介紹 Service Introduction	香港理工大學 The Hong Kong Polytechnic University	學生 Students	20
12/2007	欣賞聖誕燈飾活動 Tour for Enjoying Christmas Lighting	自殺危機處理中心 Suicide Crisis Intervention Centre	服務使用者 Service Users	70

(Table 6.3.8) SCIC Mass Media and Other Parties Interviews in 2007

(表 6.3.8) 二零零七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
1/2007	東方日報 Oriental Daily News	回應有關一名失婚婦女因先後面對失去兒子及感情而輕生事件 Response on the suicide news of a woman who experienced lost of her marriage and her son
1/2007	中國日報 China Daily	自殺者親友服務 Services for Suicide Survivors
2/2007	香港經濟日報 Hong Kong Economic Times	回應有關四名吸毒人士集體自殺事件 Response on the suicide pact of 4 drug addicts
3/2007	成報 ShingPao Daily News	自殺者親友經歷 Experiences of Suicide Survivors
3/2007	香港中文大學地理與資源管理學系 Department of Geography & Resources Management CUHK	香港預防老人自殺的社區援助 Community resources for Prevention of Elderly Suicide in Hong Kong
6/2007	新報 Hong Kong Daily News	長者自殺問題 Elderly Suicide Issue
6/2007	商業電台宜樂無窮節目 Love Languages for Children Commercial Radio	如何照顧子女、身邊人和自己的情緒 "Emotion managment of yourself, your children and the ones around you"
7/2006	本會周年記者發報會 Annual Press Conference of SBHK	本中心2006年服務概況及展望 "Service report, analysis and future outlook of SCIC" 2006
7/2007	新報 Hong Kong Daily News	2006年中心求助數字及分析 2006 Service figure and analysis
7/2007	成報 ShingPao Daily News	2006年中心求助數字及分析 2006 Service figure and analysis
7/2007	文匯報 Wen Wei Po	2006年中心求助數字及分析 2006 Service figure and analysis
8/2008	影音使團《天使心》雜誌 Angel's Heart Monthly The Media Evangelism Limited	生命何價 Value of Life
8/2008	有線電視互動電視節目有話直說節目 i-TALK of I-Cable TV	自尋短見皆因老「惱」 Suicide and Aging
8/2008	有線電視歡樂健康台 The Interactive Channel - Health & Lifestyle I-Cable TV	識別自殺危機及處理 Suicide Assessment and Management
9/2007	星島日報 Sing Tao Daily	就16歲女學生因功課壓力自殺事件，對遇上同類問題的青少年及其家人作建議 Response on the suicide issue of a 16-year-old student due to study pressure
10/2007	無線電視翡翠台都市閒情節目 Pleasure & Leisure of TVB	走出自殺陰霾 Step out from Suicide Agony
11/2007	瑪利嘉兒 Marie Clarie	有關聖誕節自殺資料 Suicide Information during Christmas
11/2007	香港社區學院 Hong Kong Community College	抑鬱症與自殺 Suicide and Depression
12/2007	東方日報 Oriental Daily News	老人自殺及求助情況 Information about Elderly Suicide
12/2007	無線電視翡翠台快樂長門人 Happy Old Buddies of TVB	長者自殺問題及長期病患者照顧者需知 Understanding of Elderly Suicide and Caring for patients with chronical illness

6.4 CARING FUND

LEUNG YIN CHUN, EMMA (PROJECT MANAGER)

Introduction

Caring Fund was established since 1994. It aims at enhancing a message of caring community: "Care your neighbour, started by active listening". Together with the funding raising campaigns, the Caring Fund was used to support the three centres and in particular their publicity work in carrying different program to promote passion on life and caring of neighbor and the surrounding.

2007 was a fruitful year. Apart from the regular educational programs and fund raising activities, we started to launch 8 new projects: 'Spokesman Project', 'Regular Donor Project', 'Caring Company', 'Understanding Adolescent Project', 'WiseGiving', 'Barcode Card Donation', 'Caring for the Neighborhood Project' and the drama 'I'm there...'

Promotions by pop idol spokesman

In May, with great appreciation, we invited a pop singer Leo Koo to be our spokesman. The advertisement and posters were shown in the giant screen of Time Square, ATV and Cable TV series respectively since September. Furthermore, the slogan of 'Slow down your pace. Life – warrants you to see once more' was posted at the light boxes in the railway stations in order to promote our services and for fund raising purpose.

We also successfully applied for the TV-API program of Information Services Department and it was broadcasted since January 2008.

Regular Donor Project

To set-up a long-term supporting network, a Regular Donor Project working group was organized in March and a proposal for the development was submitted to our Executive Committee in April. Each regular donor would be allocated a unique donor number. They were encouraged to use auto pay method to support our services. Internal promotion with SBHK was launched since July and the working group convened 8 meetings by the end of December 2007.

In August, we had the support from the Town Gas Company to enclose our promotion leaflet in their gas bills. 50,000 leaflets were distributed to their accounts and encouraging feedback was received.

Caring Company

In 2007, we explored the feasibility to have a better cooperation with commercial entities in promoting life education. In the same year, we successfully nominated 4 companies to receive the 'Caring Company' logo. The four companies are Liu Chong Hing Investment Limited, The Premium Collection, Angel International Professional Beauty Training College and The Royal BodyPerfect. Although we are in a different position and setting in the society, we hope that we could hand-in-hand promote a caring culture in the community.

Understanding Adolescent Project

Since life education is not limited to people of any sort of age or background and in view of the need to provide the 'Understanding Adolescent Project' for the special school, we successfully obtained approval to run the first project of this kind in Hong Kong for the special school in September. We are now serving the HHCKLA Buddhist Po Kwong School.

WiseGiving

In 2007, the Hong Kong Council of Social Service had launched the WiseGiving project to improve the transparency and accountability of the charity organizations towards the public. SBHK was one of the organizations joining the first batch of the campaign. Details can be found in the Wisegiving web site: <http://www.WiseGiving.org.hk>.

Barcode Card Donation

In addition to the continuous cooperation with the PPS to collect donation from the public, we had developed a bar code donation card in 2007. Citizens could produce the card at any mini store of OK for executing donation to SBHK. With the OK Shop donation receipt of over \$100, donor can approach us for an official receipt for claiming tax exemption.

Articles and Service leaflets

During the period from 13 June to 22 August 2007, Caring Funds contributed 6 articles to the Social Service Editorial of the Apple Daily. The articles headings were the 'Choice of love', 'That's love', 'Good timing for love', 'Approaching the Exit', 'Understanding oneself, understanding others', and finally the 'People of courage'.

In April 2007, we redesign the service leaflet of all the centers. The new leaflets used a common theme of a dragon to symbolize the progressive suicide prevention services of SBHK from precautionary education service to crisis intervention service. In October 2007, a new slideshow was prepared for introducing SBHK.

Caring for the Neighbor Project and World Suicide Prevention Day

Since April 2007, a 1-year project of 'Caring for the neighbor' Volunteer Training and Community Service Program was launched. Volunteers were trained to provide caring service to three groups of the underprivileged, namely the mentally retarded, the minority races and the elderly living alone. During the process, a new cooperation arrangement was formalized with The Neighbourhood Advice-Action Council – Sham Shui Po District Elderly Community Centre for providing caring and emotional support to the elderly in the district.

The International Association for Suicide Prevention (IASP) in collaboration with WHO had dedicated 10 September each year as the World Suicide Prevention Day. The theme for 2007 was 'Suicide Prevention Across the Life Span'. In collaboration with the international event, Caring Funds organized a Caring Volunteers Recognition Ceremony on 9 September at the Baptist University Hall in Shek Mun to encourage and recognize the effort of volunteers in carrying out suicide prevention work.

Media Communications

We treasured every opportunity to cooperate with the mass media to promote cherish for life messages to the public. In March 2007, we started to produce a video for launching at Roadshow outlet. The video contains a 3 minutes introduction of SBHK by our Chairman Mr. Robert Wong. It was launched a week in August at every Roadshow program on the City Buses and the New World First Buses. Apart from this, our promotional video with children eating ice cream was launch as API from May to December 2007 to remind parents on the right of living by the children.

On 7 July, we held a press conference releasing the information on our analysis on the suicide rate for 2006 and to encourage people to seek help from our 24-hour Telephone Hotline (2389 2222). Reporters from 18 media agencies attended the conference. Apart from this, a number of media interview were undertaken by our staff or volunteers throughout the year. In particular, we were also invited as guest speaker for a series of 7 episodes in an I-cable program on parenting from June to August 2007.

From April till October 2007, our staff and volunteers responded to telephone interview by the South China Morning Post and the Commercial Radio. We also undertook live TV-interview in the programme of I-Cable TV, Web Radio and the afternoon programme of the ATV. For the first time, we were invited as guest host for a series of parenting programme in the I-Cable TV from June to August 2007. Before and after the announcement of public examination result, we responded to the Sing Tao Daily and the South China Morning Post for the appealing on the treatment of pressure and emotional problem.

Thanks to the Commercial Radio 881903, we received donation of \$4,645 from two appeals of donation in January and September 2007.

The Drama 'I'm there...'

Since our target clients are the public at large, we need to introduce different means to get in touch with our target. Through community exhibition, we serve the family; through radio program, we serve audience from all walks of life; through seminars, we get in touch with students and the professionals. To relief life pressure, we had in the past organized the 'Serenade of Life' Concert, radio drama and parent-child games booths etc. In 2007, we made a new attempt to run a drama by the name 'I'm there...'. The theme of the drama was to stop people from carrying out their impulsive behavior to end their life. They should treasure themselves, their family and friends and their lives.

The drama was co-organized with the Acting Inn. Its 6 months preparation started in March 2007 and we had played 4 times at the Ngau Chi Wan Theater from 21 to 23 September 2007. The drama received extremely good comment and it brought \$70,000 income to the Caring Fund.

I must again thank the organizing committee, the promotion group and the Acting Inn for their wonderful work and contribution to the event.

Conclusion

2007 was a challenging year and a year of hope. I might not be able to express everything in the report. However, the memories of the thousand hours of work by our teammates were full of laugh and tear. Though the hardship, we learned to support each other. Through the failure experience, we learned to be tough but humble.

I wish to express our thanks to our supporters, sponsors and attendants of our activities, their participation, sharing and donation were most valuable to us that we would definitely treasure and make good use of them to promote suicide prevention and caring for the others.

6.4 關懷身邊人基金

梁燕珍姑娘 (項目經理)

引言

關懷身邊人基金於1994年成立，用作推動社區關懷服務、傳揚「關懷身邊人，從聆聽開始」的訊息，並統籌本會的籌款及傳訊事務、支援三間中心的服務拓展，透過不同途徑，鼓勵熱愛生命、關懷別人。

2007是豐富的一年，除了恆常的社區教育活動及籌款活動外，更開拓了8項新的範疇：代言人宣傳、「恆常贊助人」、「商界展關懷」、「成長的天空」、「惠施網」(WiseGiving)、「捐款條碼」、「我也想過」舞台劇及「關懷身邊人」等服務及活動計劃。

代言人宣傳

於5月份落實由著名歌手古巨基先生擔任本會代言人，協助本會拍攝廣告短片及燈箱硬照。於9月份分別在時代廣場大螢幕、亞洲電視及有線電視播出。並向政府新聞處申請安排在各電視台播放，將於2008年1月開始播出。此外，更在鐵路沿線擺放「生命，想你望多一眼」的燈箱廣告，並以此圖像設計募捐的宣傳品。

恆常贊助人

於3月份開始籌組工作小組，商定發展策略，並於4月份向委員會遞交財政及活動計劃書。每一位登記人士可以獲得專用的編號，鼓勵定期以自動轉賬形式捐助本會，藉以建立恆常的支持網絡。透過於7月份優先作內部宣傳，8月發出全會的募捐通訊，並開始對外宣傳及發出邀請咭。至12月期間，共召開會議8次。

07年8月更獲得煤氣公司免費夾附本會單張50,000份，以郵遞給各客戶，藉此渠道收到市民的正面回應。

商界展關懷

於2007年開始與不同的機構聯絡及商談，探索合作的方向，一同在生命教育的工作上努力。07年度成功提名四間機構領取「商界展關懷」獎狀：廖創興企業有限公司、天使國際專業美容訓練學院、禮品廊及皇室纖形。期盼彼此在不同的崗位上推動關懷互助的訊息。

成長的天空

生命教育的服務對象包括任何年齡、背景，有見於特殊學校同樣有服務需求，所以本會於07年入標申請，並成為第一隊為特殊學校提供「成長的天空」服務的隊伍，由9月開始，為香海正覺蓮社佛教普光學校提供服務。

惠施網

源於社會對慈善機構問責性的訴求，香港社會服務聯會於07年推出「惠施網」(WiseGiving)計劃，以增強機構的透明度及對外溝通。本會是第一批加入的慈善機構，有關詳情，歡迎瀏覽<http://www.WiseGiving.org.hk>。

捐款條碼

本會一直與繳費靈合作提供捐款電話服務，並於07年開始商談使用「條碼卡」以方便市民捐款。經模擬測試後，於12月正式推出使用。

持咭卡人只需在OK便利店出示本會「條碼卡」，便可以直接捐款至本會戶口。若捐款額達港幣100圓或以上，可以保留收銀機單據，並與本會聯絡，安排出正式收據，以申請稅項減免。

單張及文稿

為增加與大眾的交流，於13/6/07-22/8/07期間，隔週三在蘋果日報的社會服務版刊登本會專題文稿，主題包括：「愛的選擇」、「這是愛」、「愛得及時」、「走向出路」、「知己知彼」及「勇者」。

因各中心一直自行派發介紹單張，為方便整合派發，於4月重新製作全會服務介紹的單張，以龍為背景圖案，寓意在防止自殺的工作上，提供由預防到支援的一條龍服務。更於10月份重新整理全會服務介紹的投影片，以便使用。

關懷身邊人服務計劃及世界防止自殺日

在07年4月開始，籌辦為期一年的「關懷身邊人」義工培訓及社區服務，服務對象包括：智障人士、少數族裔及獨居長者。若市民大眾能身體力行、互相關懷，相信更有助防止自殺的工作。在服務過程中，更開展了與鄰舍輔導會深水埗康齡社區服務中心的合作關係，一同為深水埗區有需要的長者提供關懷及支援服務。

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」。07年的主題是「終生預防自殺」，為響應這深具意義的活動，本會於07年9月9日假浸會大學石門校舍禮堂舉辦「關懷身邊人」義工嘉許禮，藉以表揚及推動關懷互助的訊息。

傳媒聯絡及訪問

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。

07年3月與Roadshow聯絡，並開始拍攝3分鐘宣傳短片，由主席黃祐榮先生介紹全會服務。短片於20/8-21/8期間在城巴及新巴的Roadshow節目內巡迴播放。而本會的「雪糕」短片，亦於5月至12月期間在政府新聞處的安排下在電視台播放，呼籲大眾珍惜生命及尊重孩童的生存權利。

在07年7月7日舉辦了週年記者招待會，並發佈「2006自殺數字資料」，分別有3間電台、3間電視及12份報章的傳媒朋友到場採訪，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。

本會職員及義工更分別在4至10月期間，先後接受南華早報及商業電台的電話訪問，更到網上電台「詹士與你論盡天下事」、互動電視「有話直說」、亞視「夏午麼麼茶」等節目中作出分享。

於6-8月期間接受互動電視的邀請，在「孩子父母天」中擔任分享嘉賓。

此外，分別於7-8月收到星島日報有關「處理放榜壓力」、南華早報有關「放榜的情緒處理」電話訪談。

在商業電台「有誰共鳴」節目的協助下，分別在2007年的1月及9月期間，在節目中介紹本會服務及呼籲捐助，合共籌得\$4,645。

「我也想過...」舞台劇

因為本會的服務對象是全港有需要的人士，所以會嘗試不同的形式、途徑來與各界人士接觸：透過社區展覽——可以接觸家庭；透過電台節目——可以接觸各行各業的聽眾；透過講座——接觸學生及在職人士。無論性別、職業，人有紓緩壓力、調劑生活的需要。在過往的日子，本會曾嘗試籌辦管弦音樂會、廣播劇、親子遊戲日等不同活動。07年，再作出新的嘗試，籌辦舞台劇「我也想過...」，透過劇中人物的經歷，提醒觀眾不要因一時衝動而賠上生命，為自己、為家人朋友，珍惜每一天。

「我也想過…」舞台劇是本會與「劇棧」第一次合作，由撰寫劇本到綵排，籌辦了半年，於21/9至23/9三天，在牛池灣文娛中心劇院公映四場。該劇不但得到觀眾的讚賞，更為本會籌得7萬多元的善款，以推動社區服務。

謹在此多謝工作小組、宣傳小組與及「劇棧」每一位成員的協助，活動得以順利舉行。

總結

2007年是充滿挑戰、亦是充滿希望的一年。字裏行間的一句，已代表了千百小時的磨練。每一位工作人員都經歷過歡笑及難過的時刻，然而，我們相信生活中的哭笑，是一種學習，讓我們實踐互相關懷；工作上的挫敗，是一種歷練，讓我們懂得謙卑。

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。

2007年關懷身邊人基金服務匯報 Caring Fund Service Report 2007

年份 Year	活動名稱 Activity	內容主題 Content
3/07 開始 Starting from 3/07	「恆常贊助人」 Regular Donor	每一位登記人士可以獲得專用的編號，鼓勵定期以自動轉賬形式捐助本會，藉以建立恆常的支持網絡。 Each regular donor would be allocated a unique donor number. They were encouraged to use auto pay method to support our services.
4/07-3/08	「關懷身邊人」活動計劃 Caring for Neighborhood	培訓及服務為期一年，並於07年9月9日假浸會大學石門校舍禮堂舉辦「關懷身邊人」義工嘉許禮，藉以表揚及推動關懷互助的訊息。 The Caring Volunteer Recognition Ceremony was held on 9 September at the Baptist University Hall in Shek Mun to encourage and recognize the effort of volunteers in carrying out suicide prevention work.
4/07 開始 Starting from 4/07	「商界展關懷」 Caring Company	07年度成功提名四間機構領取「商界展關懷」獎狀：廖創興企業有限公司、天使國際專業美容訓練學院、禮品廊及皇室纖形。在不同的崗位上推動關懷互助的訊息。 We successfully nominated 4 companies to receive the 'Caring Company' logo and hope that we could promote a caring culture in the community together.
5/07-12/08	代言人宣傳項目 Spokesman Project	著名歌手古巨基先生擔任本會代言人，協助本會拍攝廣告短片及燈箱硬照。 With great appreciation, we invited the pop singer Leo Koo to be our spokesman and participate in the production of the advertisement and poster.

年份 Year	活動名稱 Activity	內容主題 Content
13/6/07-22/8/07	蘋果日報-文稿 Apple Daily	於 13/6/07-22/8/07 期間，隔週三在蘋果日報社會服務版刊登本會專題文稿，主題包括：「愛的選擇」、「這是愛」、「愛得及時」、「走向出路」、「知己知彼」及「勇者」。 During the period from 13 June to 22 August 2007, we contributed 6 articles to the Social Service editorial of the Apple Daily.
7/7/07	週年記者招待會 Press Conference	發佈「2006 自殺數字資料」，呼籲大眾有需要時主動求助，或致電 24 小時求助熱線 2389 2222。 We held a press conference releasing the information on our analysis on the suicide rate for 2006 and to encourage people to seek help from the 24-hour hotline 2389 2222.
8/07 開始 Starting from 8/07	「惠施網」 WiseGiving	本會是第一批加入的機構，藉以增強機構的透明度及對外溝通。有關詳情，歡迎瀏覽 www.WiseGiving.org.hk 。 The HKCSS launched the WiseGiving project to improve the transparency and accountability of the charity organizations towards the public. SBHK was one of the organizations joining the first batch of the campaign.
20/8/07-21/8/07	Roadshow 短片	拍攝 3 分鐘宣傳短片，由主席黃祐榮先生介紹本會服務。 A 3-minutes video was launched in August at Roadshow program to introduce the services of SBHK.
9/07 開始 Starting from 9/07	「成長的天空」 Understanding Adolescent Project	生命教育的服務對象包括任何年齡、背景，有見於特殊學校同樣有服務需求，所以本會於 07 年入標申請，並成為第一隊為特殊學校提供「成長的天空」服務的隊伍。 Since life education is not limited to people of any sort of age or background and in view of the need to provide the 'Understanding Adolescent Project' for the special school, we successfully obtained approval to run the first project of this kind in Hong Kong for the special school in September.
21/9/07-23/9/07	「我也想過...」舞台劇 The Drama: 'I m There...'	在牛池灣文娛中心劇院公映四場。透過劇中人物的經歷，提醒觀眾珍惜生命。 The drama was co-organized with the Acting Inn and we had played 4 times at the Ngau Chi Wan Theater from 21 to 23 September 2007. The theme of the drama was to stop people from carrying out their impulsive behavior to end their life. They should treasure themselves, their family and friends and their lives.
10/07 開始 Starting from 10/07	「捐款條碼」 Barcode Card Donation	持咭卡人只需在 OK 便利店出示本會「條碼卡」，便可以直接捐款至本會戶口。若捐款額達港幣 100 圓或以上，可以保留收銀機單據，並與本會聯絡，安排出正式收據，以申請稅項減免。 We had developed a bar code donation card in 2007. Citizens could produce the card at any mini store of OK for executing donation to SBHK. With the OK Shop donation receipt of over \$100, donor can approach us for an official receipt for claiming tax exemption.

6.5 EXTERNAL TRAINING AND DEVELOPMENT

LAU TAK WING (TRAINING OFFICER)

Introduction

The Training and Development Division of the Samaritan Befrienders Hong Kong (SBHK) 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.

Professional Certificate Programme in Counselling and Suicide Prevention

The response to the programme has been encouraging since its inception in 2005, so was the third intake offered in July 2007. The programme, of six-month duration on a part-time basis, is built on a 5 module structure, consists of 20 sessions conducted by clinical psychologists, experienced counsellors, senior crisis social workers and senior hotline designated tutor of the SBHK. On top of discussions in the knowledge and theories of psychology and suicide, the programme provides to participants with chances of role-play practice under the guidance of experienced demonstrators and group leaders. The role-play element helps participants to gain a better integration of counselling knowledge and skills in suicide prevention and telephone counselling, as well as the mastering of different counselling approaches, principles and techniques in hotline counselling.

The third intake of the programme in 2007 was enrolled by 32 participants including 6 SBHK hotline volunteers. Over 80% of the participants possess a tertiary qualification, with the majority came from social welfare, education and health care sectors. There was also a considerable number of participants came from the business sector, most of them indicated that they are able to take care of emotion problems of their family members, colleagues and friends in a better way by using the knowledge and skills learned from the programme.

Joint Effort with Hospital Authority on 'CIST' Training

In 2007, the SBHK collaborated with the Hospital Authority (HA) on two training courses for the Authority's Critical Incident Support Team (CIST) which is formed voluntarily by HA staff for providing hotline emotional support service to HA's frontline staff. The two courses, "Hotline Volunteer Training" and "Training on Assessment and Intervention of Suicidal Persons" aimed to equip CIST members with knowledge and skills in telephone counselling and crisis intervention. Among the 229 participants, most of them found the trainings very useful and practical, especially the theories and skills in telephone counselling and suicide intervention, as well as the interaction activities and role-play practices led by SBHK hotline volunteers.

Master of Arts in Work Based Learning Studies (Counselling Studies)

To enhance the professionalism of the SBHK hotline volunteers and local counsellors, the SBHK cooperated with the Middlesex University, UK in launching the "Master of Arts in Work Based Learning Studies (Counselling Studies)" in September 2007. The programme was enrolled by 13 participants with a majority of SBHK hotline volunteers. The programme consists of two elements. The first is delivered through an accredited module on suicide intervention which is based on the study of contemporary counselling theories and the practical work of the SBHK. It provides candidates with an integrative mode of learning in different counselling approaches and suicide prevention. The second element is "Work Based Learning" which allows candidates to re-integrate their own practical work experience into formal and professional counselling knowledge and skills by undertaking tutorials, researches and projects.

Talks and Workshops

In 2007, the SBHK organized several open talks and workshops, such as "Workshop on Helping Suicidal Persons" and "Workshop on Handling Emotional Distress". The purpose of the activities was to share our experience in emotion counselling and suicide prevention with the helping professions and the public. Moreover, we also developed close cooperation with other regional organizations like the Life Hope, Caritas de Macau, to exchange skills and experience in volunteer self-care, case handling and debriefing.

In response to market needs, we will put more efforts in organizing more talks and workshops to educate the public with proper knowledge and skills in suicide prevention and intervention, so as to mitigate the problem of suicide in Hong Kong.

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

劉德榮（培訓主任）

目的

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

輔導與防止自殺專業證書課程

本課程自2006年開始舉辦，由於首兩屆的報名情況均十分踴躍，因此本會於2007年7月再度舉辦第三屆的證書課程，課程為期約6個月，分5個單元共20節。擔任導師的人員包括臨床心理學家、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。應屆課程為了加強實踐應用的部份，除了涵蓋心理學、自殺相關知識和理論外，在熱線輔導的部份亦加強學員角色扮演練習，在富有經驗的帶組導師示範和帶領下，學習如何將所學的知識和技巧應用到電話輔導的實務工作上，讓學員更容易掌握不同的輔導模式以及熱線輔導的工作原則和技巧。

第三屆課程共有32人（當中包括26名公眾人士和6名本會義工）參加，8成以上人士的教育程度為大專程度或以上，而職業背景方面，除了社福界、教育界和醫護界，來自工商界及其他專業的人士也不少，部份同學表示學習聆聽和輔導的技巧，能夠幫助他們在工作或生活上更有效關顧其他同事和親友。

與醫管局合作的「緊急事故支援小組」培訓課程

今年度本會再次與醫院管理局合作，為其院內的「緊急事故支援小組」舉辦兩個培訓課程，分別是「高危及特別類型個案」及「如何評估及協助具自殺危機人士」培訓課程，讓該小組的義工成員（由醫管局轄下之醫護同工志願組成），掌握熱線輔導和處理危機個案的知識和技巧，從而加強他們支援院內受個人或工作問題困擾的同工之能力。是次訓練共有229人次的醫護同工參加，大部份參加者均認為課程除了提供許多熱線輔導及自殺介入的知識和技巧外，當中更能透過不同的體驗活動和角色扮演練習，在模擬個案練習中學以致用，並即時得到課堂及帶組導師的指導和經驗分享。

工作為本輔導學科碩士課程

為提升本會熱線義工及本地輔導人員的專業水平，本會於2007年開始與英國著名的密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導學科碩士課程」，吸引了十多位本會義工及公眾人士參加。這課程有兩大特色，第一是學院特別根據本會的實際工作，加入了自殺危機處理的單元，讓修讀者能夠融會不同輔導模式與防治自殺的知識和理論；第二個特色是學院的「工作為本學習」模式，這學習模式能夠將修讀者過往的實際工作經驗，透過課程學習、研究及相應的專題習作，重新整合為專業的知識和技巧，從而獲得國際認可的學歷資格。

對外培訓講座/工作坊

除了定期舉辦的專業課程外，我們在二零零七年亦舉行了一些對外的講座和工作坊，例如「助人備忘錄」、「談何容易」工作坊，希望透過這類工作坊與公眾人士或其他助人者，交流本會在情緒輔導及預防自殺的經驗和心得。此外，我們也與鄰近地區的同類組織緊密合作，例如澳門明愛生命熱線，本會派員與該會義工，分享了義工自我情緒處理、個案討論與支援的技巧和要訣。

有見不少公眾人士及助人專業同工，對學習如何防止自殺的需求殷切，本會將於新一年度繼續舉辦更多相關的培訓講座和工作坊，希望能透過不同的途徑讓社會大眾掌握更多預防和介入自殺的知識和技巧，以減少香港的自殺問題和悲劇。

收入運用

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

(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 主題	No. of Participants 參加人數
January 1月	Public and SBHK members 公眾人士及本會義工	Workshop on Helping Suicidal Persons 「助人備忘錄」工作坊	14
	Life Hope, Caritas de Macau 澳門明愛生命熱線	Workshop on Handling Emotion, Self Care and Debriefing of Volunteer 義工的情緒處理、自我照顧及接報技巧工作坊	17
February 2月	Public and SBHK members 公眾人士及本會義工	Workshop on Handling Emotional Distress 「談何容易」工作坊	7
July 7月	Public and SBHK members 公眾人士及本會義工	3rd Professional Certificate Programme in Counselling and Suicide Prevention 第三屆輔導及防止自殺專業證書課程	32
	Hospital Authority 醫院管理局	Hotline Volunteer Training for Critical Incident Support Team 「緊急事故支援小組」- 熱線義工培訓課程	87
August 8月	Hospital Authority 醫院管理局	1st Training on Assessment and Intervention of Suicidal Persons 「如何評估及協助具自殺危機人士」訓練課程(1)	48
September 9月	Public and SBHK members 公眾人士及本會義工	1st Master of Arts in Work Based Learning Studies (Counselling Studies) 第一屆工作為本輔導學科碩士課程	13
	Hospital Authority 醫院管理局	2nd Training on assessment and intervention of suicidal Persons 「如何評估及協助具自殺危機人士」訓練課程(2)	49
October 10月	Hospital Authority 醫院管理局	3rd Training on assessment and intervention of suicidal Persons 「如何評估及協助具自殺危機人士」訓練課程(3)	45

FIGURES ABOUT SUICIDE IN HONG KONG 2007

MR. JONATHAN WONG (SENIOR VOLUNTEER)

At the end of 2007, Hong Kong's population stood at approximately 6,963,100 with 3,298,000 male (47.4%) and 3,665,100 female (52.6%), according to statistics from the Census and Statistics Department. The Coroner's Court reported that 855 people committed suicide and subsequently died during this same period, which included 753 suicide deaths where an autopsy and cause of death investigations were not ordered.

The suicide rate was 12.3 in 2007, indicating 12.3 people committed suicide and died out of every 100,000 in Hong Kong, which was down by 4.9 from 2006, meaning there were approximately 2.34 people who committed suicide and died every day.

The following is the summary of the suicide phenomenon in Hong Kong 2007:

1. The total number of suicide was 855;
2. The number of suicide for male was 546 (64%) and for female was 309 (36%);
3. The suicide rate was 12.3 (12.3 people committed suicide per 100,000 people);
4. The suicide rate decreased 4.9 from 17.2 in 2006 to 12.3 in 2007;
5. Jumping from height was the commonest suicide means, accounting for 54.7%;
6. Hanging was the second suicide means, accounting for 23.74%;
7. Carbon-monoxide poisoning (charcoal burning) came in third place, accounting for 14%;
8. The highest suicide rate for the age above 70 years old was 48.6 per 100,000;
9. The suicide rate for age 60-69 years old came in second with 17.6 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 2007, there were 22 teenagers below the age of 19 who committed suicide and died. The suicide rate was 1.6 down by 0.8 from 2006. The male to female ratio was 1.7:1 (see table 7.2). The suicide rate for males was higher than for females. The number of suicides declined from 33 in 2006 to 22 in 2007. Among the 22 deaths in 2007, in terms of the means of suicide, 18 ended their lives by jumping from height, while 4 died by hanging (see table 7.1). Jumping from height was the most common suicide means and accounted for 82% 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 2007, there were 537 people who committed suicide and died in this age group, accounting for 63% of the total number of suicide deaths and down by 3% from 2006 (see table 7.1). The suicide rate was 12.2 and the male to female ratio was 1.8:1 (see table 7.2). Among the deaths, 295 people (55%) were attributed to jumping from height, while 116 people (22%) died of carbon monoxide poisoning and 88 people (16.4%) hung themselves.

Age: 60 years old or above

In 2007, 296 people committed suicide and died in this age group, accounting for 35% of the total number of suicide deaths and up by 3.7% from 2006. The suicide rate was 25.6 in this age group, down by 7.31 from 2006, and the male to female ratio was 2.5:1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from height, accounting for 154 deaths (52%) in this age group (see table 7.1).

Suicide Statistics According to the Means of Committing Suicide

In 2007, there were 468 people who committed suicide by jumping from height, accounting for 55% of the total number of suicide deaths and up by 3.2% from 2006. 203 people died by hanging themselves, accounting for 24% of the total number of suicide deaths and up by 2.9% from 2006. 120 people died from carbon monoxide poisoning, accounting for 14% of the total number of suicide deaths and down by 4.3% from 2006 (see table 7.1).

Most people chose to end their lives by jumping from height; 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 2007.

Suicide Statistics: Grouped by Occupation

In 2007, 31 people who committed suicide were unemployed. Retired persons came in second place with 19 deaths. (see table 7.3a). Although suicides among unemployed persons decreased from 92 people in 2006 to 31 people in 2007, 753 deaths fell into the unclassified category, where an autopsy and death reports were not sought. This unclassified category certainly poses a challenge in drawing the conclusion that suicide among unemployed persons has decreased.

Hong Kong had an unemployment rate of 4% in 2007, a decrease of 0.8% from 4.8% in 2006. The under-employment rate decreased from 2.4% in 2006 to 2.2% in 2007 (see table 7.3b & 7.3c).

Suicide Statistics: Grouped by Mental Disorders

In 2007, 41 suicide deaths were associated with mental disorder. Most of these committed suicide by jumping from height, a total of 15 deaths in this group, while 9 people died of carbon monoxide poisoning.

As there were 753 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.

Unknown or Unidentified Suicide Cases

21 suicides were categorised as "injury undetermined whether accidentally or purposely inflicted" in 2007, down by 2 deaths in comparison with 23 deaths in 2006. Among these 21 deaths, 12 people died through drugs poisoning, while 5 people died of jumping from height (see table 7.5).

Suicide Cases Without an Autopsy Being Ordered

The total number of suicide deaths was 855 in 2007, including 753 deaths where an autopsy and death report were not sought (see table 7.6). These uncategorised suicide deaths lead to difficulties in drawing reliable conclusion, as the figure represents 88% of the total number of suicide deaths.

Conclusion

In 2007, there were 855 people who committed suicide and died, with 546 male deaths (64%) and 309 female deaths (36%). The suicide rate was 12.3 per 100,000, down by 4.9 from 2006. The ratio of male to female was 1.9:1. Jumping from height was still the most common suicide means (55%), hanging came in second place (24%) and carbon monoxide poisoning took third place (14%). The number of suicide case without death investigation report ordered was 753 in 2007 that leave a room and difficulty to come up a presentable conclusion in the relationship among suicide, unemployment and mental disorder.

With an effort from multidisciplinary approach in suicide education, suicide prevention and suicide intervention collaborated by different organizations in Hong Kong, it is very encouraging to note the decrease in the number of suicide in 2007 in comparison with that of past few years. On top of that, every little thing and care we do to those in need certainly plays a significant role in this outcome. In the year of 2007, the theme of World Suicide Prevention Day is "Suicide Prevention across the Life Span" (終生預防自殺). It arouses our awareness again that suicide occurs in all ages and the work of suicide education, suicide prevention and suicide intervention should meet the needs of different genders and age groups. Let's be a Life Fighter to care for everyone in need who is around us and work together for the brighter and prosperous future. Comrade! Here we go!

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2007 香港自殺數字統計分析

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截至2007年底，根據香港人口統計處的資料顯示，香港的人口估計有6,963,100，當中男性佔3,298,000 (47.4%)，女性佔3,665,100 (52.6%)。而死因裁判法庭報告於此段期間共有855人企圖自殺並引致死亡，當中包括753宗是毋須經過死因調查而經證實的自殺死亡個案。

2007年的自殺率是12.3，即香港每十萬人口當中有12.3人死於自殺。比2006年下降了4.9，這說明香港每天大約有2.34人自殺死亡。

以下是2007年香港自殺現象的重點：

1. 自殺死亡總人數為855；
2. 男性自殺死亡為546人(64%)，而女性自殺死亡為309人(36%)；
3. 自殺率是12.3（每十萬人中有12.3人自殺死亡）；
4. 自殺率由2006年的17.2下降至2007年的12.3；
5. 從高處墮下是最普遍的自殺方式，為數54.7%；
6. 上吊是第二種普遍自殺方式，為數23.74%；
7. 一氧化碳中毒（燒炭）是第三種普遍的自殺方式，為數14%；
8. 70歲以上組群的自殺率為48.6，高踞第一；
9. 60-69歲組群的自殺率17.6，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2007年，有22位19歲以下的青少年自殺死亡，自殺率為1.6，比2006年下跌了0.8。此組別的男女比例是1.7：1（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2006年的33宗減低2007年的22宗。在2007年這22宗自殺死亡數字當中，有18宗是採用從高處墮下方式自殺，其餘4宗上吊自殺（見表7.1）。在這組群中，從高處墮下是一種最普遍的自殺方式，佔這組群的82%，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

2007年，此年齡組別有537宗自殺死亡數字，佔總數之63%，比起2006年下降3%（見表7.1）。自殺率為12.2。男女比例為1.8：1（見表7.2）。在這些自殺死亡個案之中，295人(55%)採取從高處墮下方式，116人(22%)採用一氧化碳中毒方式，而88人(16.4%)則選擇上吊方式來結束生命。

年齡：60歲以上

在2007年，此年齡組別有296宗自殺死亡數字，佔總自殺死亡數字中的35%，比起2006年上升了3.7%。自殺率為25.6，比起2006年下降了7.31，而男女比例是2.5：1（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，例如以從高處墮下來結束生命，佔此年齡組別自殺死亡數字的154宗(52%)。

按自殺方式分組之自殺統計數字

2007年，有468人採取從高處墮下的方式自殺，佔總自殺人數的55%，比起2006年上升了3.2%。有203人則採用上吊的自殺方式，佔總自殺人數的24%，較2006年上升了2.9%。另外，120人以一氧化碳中毒方式自殺，佔總自殺人數的14%，較2006年下降4.3%（見表7.1）。

2007年大多數自殺死亡者皆採用從高處墮下方式來結束生命，經過持續的觀察下，發現多年來從高處墮下的自殺方式皆是較普遍。其次是上吊以及一氧化碳中毒，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

2007年，31名自殺死亡者是失業的。退休人士的自殺死亡數字是19人（見表7.3a）。雖然失業人士自殺數字由2006年92宗下跌至2007年的31宗，但由於有753宗自殺死亡個案在死因裁判法庭未有作出死因調，因而沒法作出職業上的分類。

2007年香港的失業率為4%，比2006年的4.8%下降0.8%。而就業不足率則由2006年的2.4%減至2007年的2.2%（見表7.3b及7.3c）。

按精神病患分組的自殺統計數字

2007年，有41宗自殺死亡個案與精神病患有關，當中有15人死於從高處墮下，9人死於一氧化碳中毒。

亦由於有753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。

未能確定是否蓄意自殺的死亡數字

2007年有21宗自殺死亡數字被列入不能確定是否蓄意自殺的死亡，較2006年的23宗減少2宗。在這21宗自殺死亡數字中，12人死於服毒，5人死於從高處墮下（見表7.5）。

毋須進行死因調查的死亡數字

2007年共有855宗自殺死亡數字，包括753宗沒有經過解剖及死因調查的自殺死亡個案（見表7.6）。佔88%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

2007年，有855人自殺死亡，當中546人是男性(64%)，另外309人是女性(36%)。自殺率是12.3（每十萬人）由2006年下降了4.9。男女比例是1.9：1。從高處墮下仍然是最多採用的自殺方式(55%)，上吊為第二位(24%)及第三位是一氧化碳中毒(14%)。2007年毋須進行死因調查的死亡數字為753宗，為自殺與失業、精神病患之關係的分析工作造成了障礙，未能作出較整全的結論。

相比前幾年，2007年的自殺數字顯著遞減，相信與香港近年有多個機構同時推行多種類的服務模式，例如自殺教育、自殺防治以及自殺危機介入等不無關係。當然，大家向身邊人和事傾出愛和關懷，才是這個美好結果的最重要角色。在2007年，世界防止自殺日的口號是「終生防止自殺」，這喚醒我們要注意到自殺是隨時發生在每個年齡類別，因此自殺教育工作、自殺危機介入是需要滲入在不同的年齡和性別組群之中。來吧，讓我們一起來擔當一位生命的使者，主動關懷身邊人，一起為豐盛的未來而努力！

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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	2007 年齡組別 Age Groups										2006		2005			
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2007	火器 Firearms	男 M				1					1	1	1	1	1	1	1
		女 F									0		0		0		0
	藥物 Drugs	男 M			2	1	2			1		6	19	3	25	8	15
		女 F				3	1	5	1	3		13		22	7		
	毒藥 Poisons	男 M				2	1			1		4	11	11	21	4	12
		女 F					1	2		4		7		10	8		
	吊死 Hanging	男 M		3	9	14	14	22	22	58	2	144	203	174	250	143	217
		女 F		1	2	4	12	11	10	19		59		76	74		
	由高處墮下 Jumping from a height	男 M		12	45	48	44	38	34	73	1	295	468	339	615	295	493
		女 F		6	27	36	31	26	15	32		173		276	198		
2007	氣體中毒 Gas Fatality	男 M										0	0	1	1	0	0
		女 F										0		0		0	
	一氧化碳 Carbon Monoxide	男 M		13		21	22	15	2	1		74	120	146	217	142	194
		女 F		6	6	25	6	8	1			46		71	52		
	淹死 Drowning	男 M			1	1	1	3	3	6		15	23	18	36	6	12
		女 F			1	1	1	3		3		8		18	6		
	利器 Sharp instruments	男 M					3	1				4	6	7	10	8	12
		女 F				1				1		2		3	4		
	其他 Others	男 M								1	2	3	4	10	11	7	11
		女 F					1					1		1	4		
2007	小計 Sub-total	男 M	0	15	70	87	88	79	62	142	3	546					
		女 F	0	7	36	71	51	55	27	62	0	309					
	總計 Total		0	22	106	158	139	134	89	204	3	855					
2006	小計 Sub-total	男 M	0	20	86	105	145	132	63	157	2			710			
		女 F	1	12	56	115	90	54	51	98	0			477			
	總計 Total		1	32	142	220	235	186	114	255	2			1187			
2005	小計 Sub-total	男 M	0	11	70	118	124	111	60	118	2					614	
		女 F	0	8	48	62	61	57	31	85	1					353	
	總計 Total		0	19	118	180	185	168	91	203	3						967

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		2007				2006				2005			
		M 男	F 女	Ratio 比例	Total 總數	M 男	F 女	Ratio 比例	Total 總數	M 男	F 女	Ratio 比例	Total 總數
0-19	0-9	0	0	0:0	0	0	0.4	0:0	0.19	0	0	0:0	0
	10-19	3.4	1.7	2:1	2.6	4.6	2.9	1.6:1	3.74	2.4	1.9	1.3:1	2.17
	Subtotal Population 整體人口	2.1	1.1	1.7:1	1.6	2.8	1.9	1.5:1	2.40	1.5	1.2	1.3:1	1.32
20-59	20-29	15.6	6.7	2.3:1	10.8	19.4	10.7	1.8:1	14.68	15.6	9.8	1.6:1	12.55
	30-39	18.1	11.0	1.6:1	14.0	21.7	17.9	1.2:1	19.50	23.4	9.2	2.5:1	15.27
	40-49	14.3	7.3	2:1	10.6	23.2	12.8	1.8:1	17.71	19.2	8.3	2.3:1	13.43
	50-59	15.8	11.0	1.5:1	13.4	26.9	11.0	2.4:1	18.95	23.5	12.0	2:1	17.71
60+	Subtotal Population 整體人口	15.9	9.0	1.8:1	12.2	22.9	13.3	1.7:1	17.78	20.4	9.6	2:1	14.6
	60-69	23.6	11.1	2.1:1	17.6	24.5	21.6	1.1:1	23.10	23.7	13.4	1.8:1	18.79
	70+	70.3	28.5	2.5:1	48.6	56.7	27.9	2:1	40.62	42.8	25.0	1.7:1	32.97
Subtotal Population 整體人口		37.5	14.8	2.5:1	25.6	41.2	25.4	1.6:1	32.91	33.6	20.3	1.7:1	26.7
Total Population 全年整體人口		16.5	8.5	1.9:1	12.3	21.6	13.2	1.6:1	17.20	18.3	9.7	1.9:1	13.87

* 自殺率等於每 100,000 人口每年自殺死亡的人數

*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

Calculation: The Samaritan Befrienders Hong Kong

(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	2007 年齡組別 Age Groups										2006		2005			
	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
學生 Student	男 M		2								2	5	7	9	6	11
	女 F		2	1							3		2		5	
教師 Teacher	男 M										0	0	3	6	0	1
	女 F										0		3		1	
失業者 Unemployed	男 M			4	1	6	3		3		17	31	59	92	130	188
	女 F			1	6	2	1		4		14		33		58	
家庭主婦 Housewife	男 M										0	7	0	45	0	70
	女 F			1			1	1	4		7		45		70	
藍領階層 Blue Collars	男 M			1	2	1	2				6	7	12	13	18	19
	女 F					1					1		1		1	
白領階層 White Collars	男 M					1					1	2	6	12	6	14
	女 F				1						1		6		8	
病人 Patient	男 M										0	0	1	1	0	0
	女 F										0		0		0	
紀律部隊 Disciplinaries	男 M			1			1				2	2	6	6	7	7
	女 F										0		0		0	
商人 Business Man	男 M					4					4	4	3	3	8	8
	女 F										0		0		0	
退休人士 Retired Person	男 M						3	2	10		15	19	37	53	65	83
	女 F								4		4		16		18	
未能分類* Unclassified	男 M		13	62	81	72	66	59	129	3	485	753	543	880	300	458
	女 F		4	32	60	46	51	25	50		268		337		158	
其他 Other	男 M			2	3	4	4	1			14	25	33	67	74	108
	女 F		1	1	1	4	2	1			11		34		34	
小計 Sub-total	男 M	0	15	70	87	88	79	62	142	3	546	855	710	1187	614	
	女 F	0	7	36	71	51	55	27	62	0	309		477		353	
總計 Total		0	22	106	158	139	134	89	204	3	855	855	1187	1187	967	967

Source: Coroners Court 資料來源：死因裁判法庭

* The total number of suicide cases in 2007 were 855 which included 753 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 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	
2007	男 M	3.6	1.9	2.1	3.2	4.1	3.1
	女 F	2.6	0.8	0.7	1.8	2.7	1.1
	合計 Overall	3.1	1.3	1.4	2.6	3.6	2.2
2006	男 M	5.2	2.5	2.3	3.5	3.9	3.1
	女 F	3.2	0.9	0.7	2.5	3.1	2.2
	合計 Overall	4.2	1.6	1.5	3.0	3.6	2.4
2005	男 M	5.2	2.6	2.4	3.8	4.5	3.1
	女 F	4.1	0.9	1.0	2.8	4.3	3.1
	合計 Overall	4.7	1.8	1.7	3.4	4.4	2.8

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 7.3c) 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 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	
2007	男 M	20.7	6.1	3.3	3.7	4.8	2.7
	女 F	18.8	3.4	2.4	3.2	4.1	1.4
	合計 Overall	19.8	4.7	2.9	3.4	4.5	2.4
2006	男 M	24.7	7.3	4.2	4.7	6.3	3.0
	女 F	18.4	4.1	2.6	3.6	4.1	n/a
	合計 Overall	21.8	5.6	3.4	4.2	5.5	2.5
2005	男 M	24.4	8.2	4.6	5.7	7.7	4.1
	女 F	18.8	4.4	3.1	4.6	5.6	2.4
	合計 Overall	21.9	6.2	3.8	5.2	7.0	3.8

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	性別 Sex	2007 年齡組別 Age Groups										2006		2005		
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2007	火器 Firearms	男M										0	0	0	0	0	0
		女F										0	0	0	0	0	0
	藥物 Drugs	男M				1	1					2	5	1	8	5	9
		女F				2		1				3		7	4		
	毒藥 Poisons	男M										0	2	0	0	0	3
		女F					1				1	2		0	3		
	吊死 Hanging	男M				1					1	2	4	8	15	27	
		女F					1	1				2		4	12		
	由高處墮下 Jumping from a height	男M		1	3	2	2	1		1		10	15	26	54	48	97
		女F			2	1	1		1			5		28		49	
	氣體中毒 Gas Fatality	男M										0	0	1	1	0	0
		女F										0		0		0	
	一氧化碳 Carbon Monoxide	男M				1	1	1				3	9	7	12	11	17
		女F			1	3	1		1			6		5		6	
	淹死 Drowning	男M			1				1			2	5	2	8	2	5
		女F				1				1		3		6		3	
	利器 Sharp instruments	男M										1	1	3	3	2	6
	女F										0		0	4			
其他 Others	男M										0	0	2	2	1	3	
	女F										0		0		2		
2007	小計 Sub-total	男M	0	1	4	5	4	3	1	2	0	20					
		女F	0	0	3	7	4	3	2	2	0	21					
	總計 Total		0	1	7	12	8	6	3	4	0	41	*41				
2006	小計 Sub-total	男M	0	2	7	11	12	10	4	4	0			50			
		女F	0	0	3	15	12	7	7	6	0			50			
	總計 Total		0	2	10	26	24	17	11	10	0			**100			
2005	小計 Sub-total	男M	0	2	11	20	16	20	4	11	0					84	
		女F	0	3	9	17	19	13	11	11	0					83	
	總計 Total		0	5	20	37	35	33	15	22	0					***167	

Source: Coroners Court 資料來源：死因裁判法庭

* There were 753 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

(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	性別 Sex	2007 年齡組別 Age Groups											2006		2005	
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
			M	F	M	F	M	F	M	F							
2007	火器 Firearms	M															
	F																
	藥物 Drugs	M							2			2	12	4	8	5	12
	F				2	6			2			10		4		7	
	毒藥 Poisons	M										0	0	0	0	1	1
	F											0		0		0	
	吊死 Hanging	M										0	0	0	0	0	0
	F											0		0		0	
	由高處墮下 Jumping from a height	M					3			2		5	5	4	6	1	1
	F											0		2		0	
	氣體中毒 Gas Fatality	M										0	0	0	0	0	0
	F											0		0		0	
	一氧化碳 Carbon Monoxide	M										0	0	0	0	0	1
	F											0		0		1	
	淹死 Drowning	M								2		0	2	3	9	4	7
	F											2		6		3	
	利器 Sharp instruments	M										0	0	0	0	0	0
	F											0		0		0	
	其他 Others	M				2						2	2	0	0	3	3
	F											0		0		0	
2007	小計 Sub-total	M	0	0	0	2	3	0	2	2	0	9					
	F	0	0	0	2	6	0	2	2	0	0	12	*21				
	總計 Total		0	0	2	8	3	2	4	2	0	21					
2006	小計 Sub-total	M	0	0	0	1	3	3	2	2	0			11			
	F	0	0	0	0	0	2	2	6	1	1			12			
	總計 Total		0	0	0	1	5	5	8	3	1			23	**23		
2005	小計 Sub-total	M	4	0	0	3	1	2	2	2	0					14	
	F	0	0	0	4	0	2	2	2	1	0					11	
	總計 Total		4	0	4	3	3	4	4	3	0					25	***25

Source: Coroners Court 資料來源：死因裁判法庭

* There were 753 of suicide cases without death investigation report ordered that excluded the number of above table.

** 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.

(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	2007 年齡組別 Age Groups										2006				
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-total	總計 Total	小計 Sub-total	總計 Total	
2007	火器 Firearms	男 M														
	藥物 Drugs	女 F			1											
	毒藥 Poisons	男 M				1	1	4	1				2	7	7	
	吊死 Hanging	女 F				2	1			1			4	7	11	
	由高處墮下 Jumping from a height	男 M		3	7	13	11	20	22	51	2	129	184	138	191	
	氣體中毒 Gas Fatality	女 F			2	4	10	10	10	19		55	53	265	479	
	一氧化碳 Carbon Monoxide	男 M		10	42	46	41	33	33	70	1	276	439	214		
	淹死 Drowning	女 F		4	25	34	30	25	14	30		163				
	利器 Sharp instruments	男 M														
	其他 Others	女 F														
	小計 Sub-total	男 M	0	13	62	81	72	66	59	129	3	485				
	總計 Total	女 F	0	4	32	60	46	51	25	50	0	268				
	2006	小計 Sub-total	男 M	0	17	94	141	118	117	84	179	3	753			
		總計 Total	女 F	0	12	66	78	111	100	53	121	2				
		小計 Sub-total	男 M	1	8	38	83	63	37	37	70	0				
	總計 Total	女 F	1	20	104	161	174	137	90	191	2					
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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



「關懷身邊人」義工嘉許禮



商界展關懷 2007/08



「我也想過...」舞台劇



「成長的天空」計劃

Life Education Centre 生命教育中心



學校講座



小組活動



生命朋輩輔導訓練



活得出色大舞台暨青蔥快拍攝影比賽頒獎禮



生命朋輩輔導



「(關)(健)人生--你我同心」



香港賽馬會預防自殺資源圖書館

Suicide Crisis Intervention Centre 自殺危機處理中心



Mr Paul Tang, JP, Director of Social Welfare Department, officiated in the closing ceremony of the "Live the Rainbow" Programme, the first of its kind service for Suicide Survivors in Hong Kong

全港首個為自殺者親友提供全面服務的活動計劃「活出彩虹行動」於2007年3月11日的「活出彩虹伴我行 齊創精彩樂人生」大型活動中閉幕，社會福利署署長鄧國威太平紳士出席主禮和致詞



The Suicide Survivors Group members promoted the message of suicide prevention and cherishing life in a Tai Po Community programme
「活出彩虹小組」組員參與大埔社區活動以推廣防止自殺和珍惜生命的訊息



SCIC was invited to be speaker at the Taiwan-HK National Seminar on Suicide Prevention and Crisis Intervention
中心應邀擔任「台灣、香港自殺防治與危機處理國際研討會」講者



SCIC recruited more volunteers for the Crisis Carer Project
中心招募了更多義工加入危機關顧的工作



SCIC provided Suicide Crisis Intervention Training Workshops for frontline workers from various professional fields
中心為各專業前線同工提供有關自殺危機處理的訓練工作坊

Hotline Centre 熱線中心



冥想班 - 讓義工在緊張的服務中，學習自我放鬆



全會退修營 - 義工們一同承諾「我會做好呢份義工！」



「關懷無限」朋輩義工訓練計劃 - 由擔任「快樂大使」的義工到黃大仙區中學進行培訓，令學生得以建立正面積極的人生觀



主席黃祐榮先生代表熱線中心到台灣出席防止自殺的專題研討會



督導員訓練 - 培訓資深義工成為督導員，成就「薪火相傳」的義工栽培工作

External Training and Development 對外培訓及發展工作



"Workshop on Helping Suicidal Persons" organized for the counselling professions and the public
本會為輔導專業人士及公眾而舉辦的工作坊 - 「助人備忘錄」



Lesson Activity in 3rd Professional Certificate Programme in Counselling and Suicide Prevention
第三屆防止自殺及輔導專業證書課程 - 課堂活動情況



A Training Course of "Assessment and Intervention of Suicidal Persons" offered by our Society in association with the Hospital Authority
本會與醫管局合辦之「如何評估及協助具自殺危機人士」訓練課程



Graduation Ceremony of 3rd Professional Certificate Programme in Counselling and Suicide Prevention
第三屆防止自殺及輔導專業證書課程畢業典禮



Training Activity in Hotline Volunteer Training for Critical Incident Support Team of the Hospital Authority
醫管局「緊急事故支援小組」熱線義工培訓課程 - 課堂體驗活動



Role-play Activity in 1st Master of Arts in Work Based Learning Studies (Counselling Studies)
第一屆工作為本輔導學科碩士課程 - 角色扮演活動情況

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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張耀鴻會計師行
香港皇后大道中二五一號
太興中心二期七樓
電話：二五四一五八三八
傳真：二八五一二八〇二

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 2008, 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 2008 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
31 May 2008

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

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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2008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
2008年5月31日

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
資產負債表
BALANCE SHEET
2008 年 3 月 31 日
AS AT 31 MARCH 2008

		註 NOTES	2008 HK\$	2007 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		2,138,904	2,426,093
定期存款	Fixed deposits		1,966,390	1,529,313
應收及預付款	Accounts receivable and prepayments		27,452	29,139
			4,141,746	3,993,545
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(518,911)	(605,114)
			3,622,835	3,388,431
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		3,639,256	3,404,852
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	641,998	543,914
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	861,687	957,283
活動基金	PROGRAMS FUND	7	20,619	20,619
			2,463,223	2,460,735
自殺危機處理中心基金	SUICIDE CRISIS INTERVENTION FUND	8b	1,333,514	1,039,736
生命教育中心基金	LIFE EDUCATION CENTRE FUND	9	(157,481)	(95,619)
			3,639,256	3,404,852

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 31 May 2008

附註乃賬項之一部份

於 2008 年 5 月 31 日經執行委員會通過接納



Chairman
主席



Treasurer
財政

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
累積基金
ACCUMULATED FUND
收支表
INCOME AND EXPENDITURE STATEMENT
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

		<u>2008</u> HK\$	<u>2007</u> 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	1,353,900	1,289,400
政府租金差餉	Government rent and rates subsidies	102,073	107,467
津貼			
其他	Others	21,378	28,686
		<u>1,477,351</u>	<u>1,425,553</u>
<u>其他收入</u>	<u>OTHER REVENUES</u>		
會費收入	Membership subscriptions	6,040	5,420
利息收入	Bank interest received	39,052	61,069
講座收入	Course fees and sundry income	125,898	55,299
收回行政費用	Expenses recovered	120,000	120,000
		<u>1,768,341</u>	<u>1,667,341</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	4,976	1,250
訓練費用	Training expenses	61,684	94,911
活動費用	Program expenses	14,511	---
交通費	Travelling expenses	123,899	121,433
薪金	Staff salaries	901,491	923,217
公積金	Provident fund contribution	39,001	44,055
醫療	Medical expenses	---	6,724
醫療保險	Medical insurance	26,897	---
職員培訓	Staff training	950	2,620
招聘費	Recruitment expenses	13,289	4,057
租金及差餉	Rent and rates	105,429	107,307
辦公室用品	Office supplies	34,667	18,163
宣傳	Publicity and promotion	63,220	12,949
年刊及印刷費	Annual reports and printing	35,219	48,874
書刊雜誌	Newspaper, journals and books	7,717	6,191
電腦及軟件	Computers and softwares	23,185	35,186
傢具器材	Furniture and equipment	27,664	---
維修保養	Repairs and maintenance	17,680	31,176
電話及傳呼	Telephone and paging	27,722	30,839
水、電	Electricity and water	46,359	44,480
郵費	Postage	1,939	1,204
清潔用品及費用	Sanitary and cleaning expenses	35,339	34,106
聯會會費	Subscription to affiliated associations	3,862	1,048
開會費用	General meeting expenses	15,268	4,902
義工嘉許	Volunteers' recognition	10,850	3,930
康樂活動	Recreational activities	---	6,741
週年餐會	Annual dinner	13,050	11,328
飲品	Refreshment	8,143	5,270
保險費	Insurance	4,920	4,703
雜費	Sundry expenses	1,326	1,299
		<u>1,670,257</u>	<u>1,607,963</u>
本年度盈餘	SURPLUS FOR THE YEAR	<u>98,084</u>	<u>59,378</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
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

		2008 HK\$	2007 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
收捐款及津貼	Donations and subsidies received	6,987,664	6,756,556
<u>其他收入</u>	<u>OTHER REVENUES</u>		
銀行利息	Bank interest received	81,199	82,808
課程及什項收入	Courses fees and sundry income	833,997	413,229
		<u>7,902,860</u>	<u>7,252,593</u>
<u>支出</u>	<u>EXPENDITURE</u>		
訓練及社區工作	Training and community activities	277,815	323,924
付香港大學	Consultancy fees paid to HKU	30,000	---
顧問費			
職員薪金福利	Staff costs	5,765,978	4,957,089
行政費用	Administration expenses	1,095,398	759,334
租金及差餉	Rent and rates	364,532	377,229
電腦及軟件	Computers and softwares	74,260	235,241
低值傢具器材	Low value furniture and equipment	60,473	24,594
		<u>7,668,456</u>	<u>6,677,411</u>
<u>本年盈餘</u>	<u>SURPLUS FOR THE YEAR</u>	<u>234,404</u>	<u>575,182</u>

綜合各基金變動表
STATEMENT OF CHANGES IN FUNDS
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

		2008 HK\$	2007 HK\$
年初各基金總結餘	Balance of funds at beginning of year	3,404,852	2,292,513
調整上年數 -	Prior year adjustment -		
應收捐助	subvention receivable	---	537,157
調整後上年結餘	Balance re-stated	<u>3,404,852</u>	<u>2,829,670</u>
本年盈餘	Surplus for the year	<u>234,404</u>	<u>575,182</u>
年終結餘	Balance at End of Year	<u>3,639,256</u>	<u>3,404,852</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
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

	<u>2008</u> HK\$	<u>2007</u> 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	234,404	575,182
Add: Subvention for prior year received during the year 加：上年資助今年收	---	537,157
	<hr/> 234,404	<hr/> 1,112,339
Adjustments for 調整：		
(Increase)/Decrease in accounts receivable and prepayments(增加)/減少應收及預付款	1,687	(22,600)
Increase/(decrease) in accrued expenses 增加/(減少)應付款	(86,203)	113,637
	<hr/>	<hr/>
Net Increase in Cash at Banks and in Hand 增加銀行存款及手存現金淨額	149,888	1,203,376
Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金	3,964,406	2,761,030
	<hr/>	<hr/>
Cash and at Banks at End of Year 年終銀行存款及手存現金	<u>4,114,294</u>	<u>3,964,406</u>

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
賬項附註
NOTES TO ACCOUNTS
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

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 fully depreciated and 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全部折舊作費用撇除。

(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賬。特殊捐款則以捐助人指定之捐助期間入賬。

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

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

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

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註(續)
 NOTES TO ACCOUNTS (Continued)
 2007/08 年度
 FOR THE YEAR ENDED 31 MARCH 2008

3. ACCUMULATED FUND 累積基金

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

		<u>2008</u> HK\$	<u>2007</u> HK\$
年初結存	Fund balance at beginning of year	543,914	484,536
加:本年度盈餘	Add: Net surplus for the year	<u>98,084</u>	<u>59,378</u>
年終結餘	Balance at end of year	<u>641,998</u>	<u>543,914</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:-

		<u>2008</u> HK\$	<u>2007</u> 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:

		<u>2008</u> HK\$	<u>2007</u> 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)
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

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：

		2008 HK\$	2007 HK\$
<u>收入</u>	<u>Income</u>		
收捐款	Donations received	417,709	605,460
社區活動收入	Programs income	346,600	5,767
收紀念吳熹升先生捐款	Donation in memory of H. S. Wu, Mr. received	10,000	10,000
課程收入	Courses fees	204,337	218,626
利息收入	Bank interest received	25,302	17,123
雜項收入	Sundry income	4,259	180
		<u>1,008,207</u>	<u>857,156</u>
<u>支出</u>	<u>Expenditure</u>		
社區活動支出	Programs expenses	138,779	---
社區教育	Community education	8,672	173,280
薪金	Staff salaries	626,946	352,189
強積金供款	MPF contribution	29,269	14,302
舟車費	Travelling	2,638	623
招聘費	Recruiting expenses	897	3,312
醫療費	Medical expenses	---	1,345
水電	Electricity and water	7,978	4,418
電話費	Telephone	3,110	2,228
電腦及軟件	Computers and softwares	15,971	14,824
傢具器材	Furniture and equipment	1,551	1,110
維修保養	Repair and maintenance	28,581	4,587
清潔	Sanitary and cleaning expenses	930	608
書刊雜誌	Newspaper, journals and books	285	1,322
飲品	Refreshment expenses	1,045	568
職員培訓	Staff training expenses	1,840	600
郵費	Postage	1,110	591
宣傳	Promotion	226,352	9,620
資訊傳單	Newsletters	---	16,627
保險	Insurance	3,888	1,952
寫字樓用品	Office supplies	3,057	6,922
什費	Sundry expenses	904	528
		<u>1,103,803</u>	<u>611,556</u>
本年(虧損)/盈餘	(Deficit)/Surplus for the year	(95,596)	245,600
年初結餘	Balance at beginning of year	<u>957,283</u>	<u>711,683</u>
年終結餘	Balance at end of year	<u>861,687</u>	<u>957,283</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)
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

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：

	<u>2008</u> HK\$	<u>2007</u> HK\$
Balance at beginning of year 年初結餘	20,619	48,967
Donation received 收捐助	---	80,000
	<u>20,619</u>	<u>128,967</u>
Less: Community Programmes expenses 社區活動支出	---	(108,348)
Balance at end of year 年終結餘	<u>20,619</u>	<u>20,619</u>

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危害自殺傾向之人士提供援助。

The Suicide Crisis Intervention Centre is subsidized by Government Lump Sum Grants. The income and expenditure during the year and the balance at end of year were as follow:

政府每年一筆過撥款資助自殺危機處理中心。本年收支及年終結餘如下：

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)
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

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

	2008 HK\$	2007 HK\$
<u>Income</u> 收入		
Subvention received 收資助	4,102,467	3,756,549
Rent and rates subvention 租金差餉資助	111,737	221,325
Other donations received 其他捐款收入	---	2,999
Course fees received 課程收入	33,561	24,050
Program income 社區活動收入	23,302	---
Sundry income 什項收入	---	1,757
Bank interest received 銀行利息	16,845	4,616
	<u>4,287,912</u>	<u>4,011,296</u>
<u>Expenditures</u> 支出		
Staff salaries 薪金	3,431,858	2,819,451
Mandatory Provident Fund 強積金	135,497	126,119
Medical expenses 醫療	---	14,793
Staff training 職員培訓	3,760	15,980
Administration expenses 行政費用	90,000	90,000
General meeting expenses 會議費用	24,956	571
Annual dinner 周年聚餐	3,580	1,350
Publications 刊物	19,950	46,880
Community activities 社區活動	17,974	6,501
Publicity and promotion 宣傳	1,694	3,680
Rent and rates 租金及差餉	111,203	115,932
Office supplies 辦公室費用	15,905	29,448
Repairs and maintenance 修理保養	18,968	46,623
Computers and softwares 電腦及軟件	1,993	176,293
Furniture, fixtures and equipment 傢具器材	20,774	17,130
Telephone and paging 電話傳呼	18,580	19,781
Electricity and water 水電	34,293	34,291
Postage 郵費	3,611	1,014
Travelling 交通	13,249	16,322
Sanitary and cleaning expenses 清潔	4,746	5,266
Newspaper, journals and books 書刊雜誌	683	445
Refreshment 飲品	4,790	3,705
Insurance 保險	14,545	13,687
Recruitment expenses 招聘費	1,525	1,242
	<u>3,994,134</u>	<u>3,606,504</u>
Surplus for the year 本年度盈餘	293,778	404,792
Balance at beginning of year 年初結餘	<u>1,039,736</u>	<u>634,944</u>
Balance at end of year 年終結餘	<u>1,333,514</u>	<u>1,039,736</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)
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

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

The 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：

	2008 HK\$	2007 HK\$
Subventions for the year 本年度資助	720,500	720,500
Course fees received 課程收入	77,702	91,827
Government rent and rates subsidies 政府租金差餉津貼	147,900	---
Other donations received 其他捐款收入	---	14,170
Sundry income 什項收入	13,035	10,303
	<u>959,137</u>	<u>836,800</u>
<u>Less: Expenditures 減：支出</u>		
Staff salaries 薪金	541,328	600,581
Staff MPF 強積金	24,781	29,029
Medical expenses 醫療	---	4,034
Staff training 職員培訓	2,360	2,050
Community activities 社區活動	31,219	47,982
Consultancy fee paid to HKU 付香港大學顧問費	30,000	---
Administration expenses 行政費用	30,000	30,000
Rent and rates 租金差餉	147,900	153,990
Office supplies 辦公室費用	19,949	9,446
Publicity and promotion 宣傳	1,127	4,150
Repairs and maintenance 修理保養	30,109	5,365
Furniture, fixtures and equipment 傢具器材	43,595	15,292
Telephone and paging 電話傳呼	5,253	4,173
Electricity and water 水電	7,307	8,849
Postage 郵費	10,442	4,289
Travelling 交通	4,907	5,894
Sanitary and cleaning expenses 清潔	884	2,082
Newspaper, journals and books 書刊雜誌	6,531	8,511
CD and publication CD 及刊物	63,590	---
Newsletters 資訊傳單	14,689	---
Refreshment 飲品	886	568
Insurance 保險	3,148	3,428
Recruitment 招聘費	994	2,815
Sundry expenses 什費	---	512
	<u>1,020,999</u>	<u>943,040</u>
Deficit for the year 本年虧損	(61,862)	(106,240)
Balance at beginning of year 年初結餘	(95,619)	10,621
Balance at end of year 年終結餘	<u>(157,481)</u>	<u>(95,619)</u>

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



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



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



紀念盧福鏗先生
種子森林有限公司

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
港鐵公司 – 免費提供港鐵站海報宣傳位置

Hong Kong Coroner's Court –
providing data of 2007 suicide death in Hong Kong
香港死因裁判法庭 – 提供二零零七年香港自殺死亡
數字資料

Census and Statistics Department –
providing data of 2007 population in Hong Kong
政府統計處 – 提供二零零七年香港人口數字資料

Apple Daily Charitable Foundation
蘋果日報慈善基金

IDS (Hong Kong) Limited
利和 (香港) 有限公司

Commercial Radio Hong Kong
商業電台《有誰共鳴》

奧寶貿易發展有限公司

Delifrance

Mr. Leo Ko 古巨基先生

Mr. Otta Chan 陳志健先生

Mr. Kitterick 姚浩政先生

Mr. Bernie 何兆楷先生

Dr. Joe Leung 梁永忠博士

劉兆璋小姐

Caring Company 2007/08「商界展關懷 2007/08」公司

Liu Chong Hing Investment Limited
廖創興企業有限公司

Premium Collection
禮品廊

Angel International Professional Beauty Training College
天使國際專業美容訓練學院

Royal BodyPerfect
皇室纖形

Sponsors of 2007 Annual Dinner 二零零七年周年聚餐贊助公司 (排名不分先後)

Ocean Park Hong Kong
香港海洋公園

Mass Transit Railway Corporation Limited
港鐵公司

Regal Airport Hotel Hong Kong
富豪機場酒店

The Peninsula Hotel Limited
半島酒店

二零零七 / 二零零八年度捐款機構及人士名單 (排名不分先後)

商業電台 "有誰共鳴" 籌得款項	\$4,677.48	LUU KHANG	\$500.00
黃名漢	\$111.00	FENIX (PART II) LTD.	\$500.00
張靈傑會計師事務所	\$600.00	盧福鏗先生慈善捐獻	\$200,000.00
蔡文昌	\$2,000.00	TSUI WAI KWAN	\$10,000.00
RICKY CHEUNG & CO.	\$1,800.00	CHAN MIU KUEN	\$100.00
何健蘭	\$300.00	MR. WONG SING	\$200.00
彩星集團	\$100,000.00	WAN YIN SHAN	\$500.00
HO WING HUNG	\$2,880.00	廖創興企業有限公司	\$40,000.00
曾綺蓮	\$1,000.00	MR. LEE KWOK KIT SAMUEL	\$200.00
黃鳳蘭	\$500.00	黃儉純遺產基金	\$500.00
O BEAUTY	\$600.00	遠東仁濟慈善協會	\$1,275.00
TAM CHIU TAI	\$500.00	盧華輝	\$45,000.00
藍奕邦	\$300.00		

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, Social Welfare Department 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、社會福利署及獎券基金的資助。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：_____

Email 電郵：_____

Note: Crossed cheque should be made payable to (The Samaritan Befrienders Hong Kong)
備註：劃線支票抬頭請寫〔香港撒瑪利亞防止自殺會〕

Thank You! 多謝您的支持！



香港撒瑪利亞防止自殺會 Since 1960
THE SAMARITAN BEFRIENDERS HONG KONG



熱線中心
Hotline Centre

九龍彩虹邨金華樓地下 126-127 室
Unit 126-127, Kam Wah House, Choi Hung Estate,
Kowloon, Hong Kong
Tel 電話: 2790-8844 Fax 傳真: 2343-6359
Email 電郵: touch@sbhk.org.hk



生命中心
Life Education Centre

九龍白田邨第三座二樓 207-214 室
Unit No. 207-214, Block 3, Pak Tin Estate,
Kowloon, Hong Kong
Tel 電話: 2319-1269 Fax 傳真: 2319-0778
Email 電郵: grow@sbhk.org.hk



自殺危機處理中心
Suicide Crisis Intervention Centre

九龍白田邨第三座二樓 207-214 室
Unit No. 207-214, Block 3, Pak Tin Estate,
Kowloon, Hong Kong
Tel 電話: 2341-7227 Fax 傳真: 2341-7007
Email 電郵: alive@sbhk.org.hk



關懷身邊人基金
Caring Fund

九龍白田邨第三座二樓 207-214 室
Unit No. 207-214, Block 3, Pak Tin Estate,
Kowloon, Hong Kong
Tel 電話: 2319-1269 Fax 傳真: 2319-0778
Email 電郵: care@sbhk.org.hk

24小時求助熱線
24 Hour Hotline
2389 2222

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

電郵Email: sbhkinfo@sbhk.org.hk

會籍 Affiliation

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