



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

天災艱難不言輕生  
人為海嘯協力同心

2008

年報

Annual Report

# C o n t e n t s

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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 1970s, 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 counselling 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. The pioneering work of SBHK has aroused the participation and contribution of other organizations to the service 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 counselling and suicide prevention in order to be able to help and support those who are in emotional and psychological crisis so as to prevent suicide as early as possible.

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

It is recalled that there has been a downward tendency in the economy and a growing pressure on suicidal issue followed the financial crisis occurred in 1997. The SBHK was aware that the Hotline service by itself may not be able to fully satisfy the needs of the society. The promoting of life education from the very first beginning and a joint effort with the community in suicide prevention would be effective means to deal with such pressure. The Life Education Centre (LEC), a three-year pilot project subsidized by the Hong Kong Jockey Club Charities Trust for the purpose of suicide prevention, was therefore founded in May 2002. The work of the LEC has been recognized by the Trust which has granted a subsidy for the continuity of the works of the LEC, upon completion of a three-year service from April 2005, for the next three-year from April 2008.

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紓緩，從而達至及早預防自殺的目標。

至2002年3月承蒙社會福利署的積極支持和推動下，本會獲獎券基金的撥款，成立為期三年的「自殺危機處理中心」先導計劃，為防止自殺工作擔當危機介入的重任。至2005年5月開始正式獲社會福利署撥款津助，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，在完成由2005年4月起的三年服務後，該基金決定從2008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, counselling 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

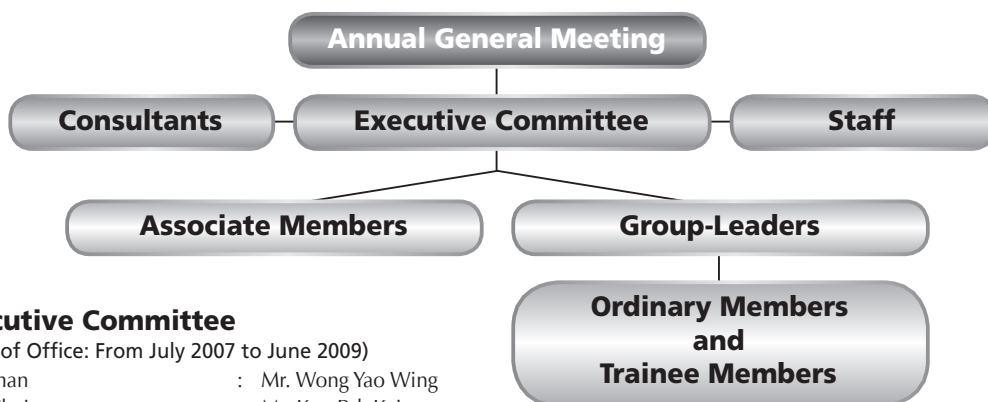
## 服務精神

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

## Staff List (as at 31 December 2008)

### Hotline Centre

Centre-in-charge	: Ms Chiu Mei Yim
Assistant Service Officer	: Ms Lo Pui Yi
	: Ms Yip Chung Sum
Administrative Assistant	: Mr. Au Kin Tak
Junior Administrative Assistant	: Mr. Wong Siu Chung
Part-Time Workman	: Ms Mak Hau Sum : Ms Chan Ching Wan

### Caring Fund

Project Manager	: Ms Leung Yin Chun Emma
Training Officer	: Mr. Lau Tak Wing
Program Officer	: 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 Chan Wai Man
Crisis Counsellors	: Ms Heung Mo Yan Mr. Ho Wing Hung Mr. Lau Tak Ching 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
Social Worker	: Ms Li Suk Yee
Program Worker	: Mr. Chan Tze Fung
Part-Time Office Assistant	: Ms Li Sui Kuen

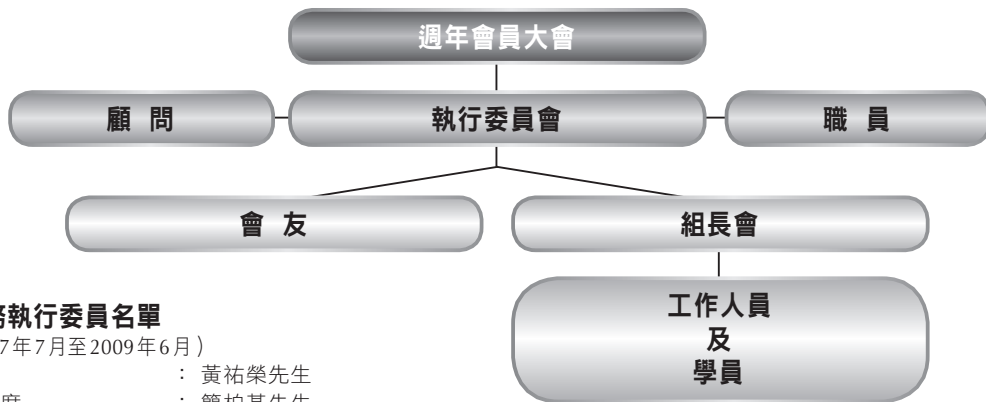
## Life Education Centre

Centre-in-charge	: Ms Leung Yin Chun Emma
Assistant	
Social Work Officer	: Ms Lo Wai Man
Program Officer	: Mr. Wong Tat Shing

## 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
	: Dr. Daniel F.K. Wong, Assistant Professor, Department of Social Work & Social Administration, The University of Hong Kong
	: Mr. Zeno C.S. Leung, Lecturer, Department of Applied Social Sciences, The Hong Kong Polytechnic University
	: Pro. Chi Chief Fung, Professor, WuFeng Institute of Technology Department of International Business Management

# 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2008年12月31日)

### 熱線中心

中心主任	： 趙美艷小姐
社會工作員	： 盧沛而小姐
	： 葉頌芯小姐
行政助理	： 區健德先生
初級行政助理	： 黃兆聰先生
通宵事務員	： 麥巧心小姐
	： 陳菁芸小姐

### 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
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	： 陳蔚汶小姐
危機輔導員	： 香慕茵女士
	： 何永雄先生
	： 劉德正先生
	： 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
社會工作員	： 李淑儀小姐
活動工作員	： 陳子豐先生
辦公室雜務員	： 李瑞娟女士

## 生命教育中心

中心主任	： 梁燕珍女士
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	： 簡家聰律師行
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 )
	黃富強博士
	( 香港大學社會工作及
	社會行政學系助理教授 )
	梁傳孫先生
	( 香港理工大學應用社會科學系講師 )
	紀潔芳教授
	( 國立彰化師範大學兼任教授 )



# 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 2008

ROBERT WONG (CHAIRMAN)

## Introduction

The deadly magnitude-8 Sichuan earthquake on 5.12.2008 had summoned numerous memorials and donation activities all over China (including Hong Kong). Shortly before the end of year 2008, the global financial downturn had brought unprecedented turmoil to the economy of Hong Kong. SBHK following the footsteps of the good Samaritan in the Bible, has served the people in Hong Kong for nearly 50 years by providing services to the emotionally disturbed, particularly to those having suicidal tendencies. In response to the negative emotional influence of the economic tsunami to the people of Hong Kong, SBHK had made this year's theme to be 'Cherish our lives in natural disaster, strengthen our heart together in man-made tsunami', and hope to go hand-in-hand with everybody in Hong Kong to face the present difficult situation.

## 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. We hope through "listening" we get in touch with the voices of our callers; through "caring" we understand the needs of our callers; by "being sensitive" we empathize with the emotions of our callers. We believe that through our sincerity and concern these people can regain the will power to face their problems, improve problem solving abilities and be able to face their lives with courage and confidence.

In the year 2008, our hotline service handled a total of 14,533 cases, which showed an increase of 214 compared to the 14,319 cases in 2007. Among them, 10,831 cases were from the emotionally disturbed. The rest were enquiry calls, frivolous calls, or mute calls. Among the 10,000 over cases, 10,486 (96.81%) were through our telephone hotline, 44 (0.41%) were face to face, 2 (0.02%) were through mails, and 299 (2.76%) were through emails.

Male to female ratio was 40.94%: 59.06%. Most of the callers were aged between 20 and 44, accounted for 72.45% of the total number of callers. Among this, the proportion of calls from the 40-44 age group was the largest (20.91%). Most of the calls were related to mental health problems (19.23%), career problems (15.11%), romantic relationship problems (11.50%) and family problems (9.53%). Among all the calls, 17.3% had suicidal ideation. Among these, 13.16% had low suicidal risk, 3.17% had medium suicidal risk and 0.97% had high suicidal risk. Among the medium to high risk calls, 34.37% (154 cases) were transferred to the Crisis Center of SBHK under the consent of callers for further action.

In year 2008, the 46th Volunteer Training Course was held. We provided one year training for our volunteers. A total of 77 volunteers underwent the training course. As of year 2008, our hotline had 205 volunteers, with 71 males (34.63%) and 134 females (65.37%). In order to ensure and continually improve the quality of our hotline services, in service training was also provided for current volunteers, which included training courses, case studies and organization visits etc.

In response to the Sichuan earthquake, SBHK organized a public seminar with sharing session for the concern of the earthquake. Furthermore, in collaboration with Sichuan Hua Xi Hospital and Youth Development Fund, SBHK had organized a 3-day post earthquake suicide prevention hotline counselling course in Sichuan Hua Xi Hospital.

In addition, SBHK actively made contact with various organizations to introduce the development of suicide prevention services in Hong Kong. Furthermore, Hotline Center also actively participated in various overseas conferences and assisted overseas organizations in promoting suicide prevention.

## Life Education Centre

Life Education Centre (LEC) was established in 2002. With the generous sponsorship from the Hong Kong Jockey Club Charity Trust Fund, LEC was able to continue its "Suicide Prevention Education Project". Through outreaching life education programmes such as talks and workshops, Life Ambassadors training, Suicide Prevention Resources Library and publications of life education materials, we encouraged people to cherish life and care for other people.

In the year of 2008, the LEC provided 61 talks, 15 workshops and 4 follow-up groups with a total number of 10,395 participants.

We conducted the 14<sup>th</sup> and 15<sup>th</sup> Life Ambassadors Training Courses in 2008. A total of 40 volunteers joined our Life Ambassadors volunteer force and they participated in our community visit and Client Caring service. Among them, 30 Life Ambassadors joined the "Alzheimer Assessment Training" organized by the Neighborhood Advice-Action Council. They assisted in regular Home-Visit assessment. Some experienced ambassadors also assisted in the publication of the SBHK newsletters "Life Interflow" and in organizing our community education programmes.

In 2008, there were 2,022 library visitors. Among them 495 people borrowed materials from the library. LEC also published the 54<sup>th</sup> & 55<sup>th</sup> SBHK newsletter "Life Interflow" covering topics on "Postnatal Depression" and "Stress at Crossroad" respectively.

As there was a shortage of local life education teaching materials, LEC apart from producing writing material, also started to develop audio-visual material in the year 2008. A DVD named “Spot on Life” was produced. The 35-minute DVD “Spot on Life” was divided into three scenes: “The Regeneration” by Ms Lau Siu Cheung; “The Transformation” by Dr. Joe Leung and “The Foot Blessing” by Ms Esther Lo. They were all brave warriors of life. In the DVD, they told their stories of their struggling experience. We were also in the process to develop a computer game “The Mood Totem” and it was expected to be completed in 2009.

Ten schools or agencies visited LEC in 2008. They were introduced the work of SBHK in the area of life education service. Through the help of mass media, we had six interviews, two of them were live broadcasting programmes to introduce our Life Ambassadors volunteer service.

## The Caring Fund

The Caring Fund was established in 1994. It aimed at promoting the message of community caring: “Care for your neighbour and start listening actively”. Besides, the Caring Fund also was responsible for communication matters, fund raising and cooperation among organizations. Through various channels it aimed at promoting the passion for positive living and concern for our neighbours.

For publicity purpose, we invited the well-known pop singer Leo Koo to be our spokesperson during the period from May 2007 to March 2009. Mr. Koo helped in the production of a short TV advertisement and posters with the theme ‘Slow down your pace. Life – warrants you to see once more’. The TV ad was approved by Government Information Services Department and was released for TV broadcast in January 2008. In 2008, a number of media interviews were undertaken by our staff and volunteers. In particular, we were invited as guest speaker in an I-cable program on life education. In February 2008, we published an article titled “Enjoy Life” in Sing Dao Daily Jobmarket.

In May 2008, the Hong Kong Electric Company supported SBHK by enclosing our promotion leaflets in their electric bills. 40,000 leaflets were distributed to their customers and encouraging feedbacks were received. SBHK was one of the first organizations joining the WiseGiving project launched by the Hong Kong Council of Social Service. In addition, we developed Bar Code Donation Cards for the ease of giving donations to SBHK. The public could donate to SBHK at any Circle K or 7-Eleven store using the cards. Starting from December 2008, the public could also make donations to SBHK using the CyberDonation service through the internet. The system was offered by the Bank of East Asia to facilitate donation to any NGOs in Hong Kong.

In cooperation with social enterprise, we had worked with the Premium Collection since September 2008 for the manufacture of recycled banner bags. The establishment of the business was based on the objective of promoting the caring of people and the environment (‘Care for Green Concept’). The same concept was demonstrated in a fair organized on 1 December 2008 in Kowloon City Plaza through exhibits and stall games. In 2008, we successfully nominated four commercial entities to receive the ‘Caring Company’ recognition. The four companies were Liu Chong Hing Investment Limited, The Premium Collection, The Best Video and The Seed Forest.

In the area of school education, we were in our second year of providing support to special education schools through the ‘Understand Adolescent Project’ which was first established in September 2007.

The International Association for Suicide Prevention (IASP) in collaboration with the WHO dedicated 10 September each year as the World Suicide Prevention Day. To support this international campaign, the Caring Funds organized the ‘Spot on Life’ carnival on 7 September 2008 at the Ma On Shan Plaza to promote the positive living message to the community.

Elderly Suicide Prevention was a very important work area, we have cooperate with Sham Shui Po District Elderly Community Center to launch the Elderly Suicide Prevention Programme in 2009. Through the training of volunteers, we aimed to spread the “Caring for your Neighbours” message in the community.

## Suicide Crisis Intervention Centre

The year 2008 was the seventh year of operation of the Suicide Crisis Intervention Centre (SCIC) was in operation. Apart from providing core services of suicide crisis intervention and management, intensive counselling and therapeutic and support groups, SCIC also continued to proactively offer support and counselling services to family and friends of individuals who have committed suicide or with suicide risk.

In the year 2008, SCIC handled a total of 1,314 cases. Among them, 463 were from male clients and 850 were from female clients. Around half (48.6%) of these cases fell into the 30-49 age group, and the majority of the cases (84.8%) fell into the 20-59 age group.



The two major problem areas were situational problem and suicidal problems of family members and friends. These accounted for 216 cases (16.4%) and 213 cases (16.2%) respectively. 209 cases (15.9%) were related to marital problems, 154 cases (11.7%) were related to financial problems, 137 cases (10.4%) were from other family problems, 118 cases (9%) were connected to romantic relationship problems and 116 cases (8.8%) were associated with mental or physical health problems. Compared to the figures of last year, there were a 10% increase in cases distressed by financial and unemployment problems (from 161 cases in 2007 to 177 in 2008), probably as a result of the economic tsunami in the second half of 2008.

To address the needs of service users, 5 therapeutic groups, 3 support groups and 2 volunteer groups were conducted during the year.

In September 2004 SCIC established the first support group for suicide survivors in Hong Kong, which was renamed later as the "Live out the Rainbow Group". In the year 2008, on top of the regular services, SCIC further strengthened the service for the suicide survivors through the "Dandelion Project". About three hundred suicide survivors were introduced to the service. In suitable situations, the 'Live out 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.

Besides, in order to reach out to the suicidal internet community, registered social workers of SCIC and Hotline volunteers partnered to initiate the project SPOT in June 2008, aiming at identifying suicidal internet users and bloggers and connecting them with suicide prevention services. Between June and December of 2008, SPOT has searched through about 60,000 personal blogs and preliminarily identified more than 170 with suicidal messages. Through active contacts via internet, nearly 110 youth bloggers were provided with emotional support and counselling.

Apart from front line service, SCIC also actively participated in the Third suicide prevention Asia Pacific Conference held at the end of the year in Hong Kong. Through oral and poster presentations, SCIC shared its experience and best practices in suicide crisis intervention and survivor services with other participants.

## Public Training and Development

SBHK established the public training and development section in 2005. Through the conduction of public training courses SBHK aims to communicate and share its suicide prevention experience with the general public, and to spread the view of positive living, neighbourhood concern, active listening and crisis management skill to various sectors of the community.

In March 2008, SBHK launched the fourth intake of the certificate course in "Professional Certificate Programme in Counselling and Suicide Prevention - with Specialization in Telephone Counselling Skills". The intake was enrolled by 36 participants from the public and 8 from our own volunteers. Besides from social welfare, education and medical field, many of them came from the business sectors and other professional sectors.

This is the second year of collaboration between SBHK and the Middlesex University, UK in organizing the "Master of Art in Work Based Learning Studies (Counselling Studies)" which was the first of its kind in Hong Kong. The objective of the degree course was to upgrade the suicide prevention and counselling knowledge and skills of SBHK volunteers and local counsellors.

The SBHK collaborated with the Hospital Authority (HA) again in 2008 to provide trainings for the HA's Critical Incident Support Team (CIST) which was formed voluntarily by HA staff for providing emotional support and crisis service to hospital staff. The two courses "Hotline Skills Training" and "Training on Assessment and Intervention of Suicidal Persons" were conducted to equip CIST members with knowledge and skills in telephone counselling and crisis handling. There were a total of 223 participants. Furthermore, in order to upgrade the basic knowledge and skills of suicide prevention in the public and professional level, SBHK organized three workshops entitled "Suicide First Aid Pack" to help the public identifying suicidal signs, caring the in need and seeking proper services.

Surplus, if any, from external training activities would be stowed in the 'Caring Fund' of the SBHK. The purpose of the Caring Fund was to fund community education in the area of positive living and caring for others.

## Conclusion

'Cherish our lives in natural disaster, strengthen our heart together in man-made tsunami'— We believed the influence of the economic crisis to Hong Kong would not be short-lived. SBHK had established the 'Financial Tsunami Caring Group' to address for emotional needs in the community arising from the economic downturn, hoping to bring care and support to all those in need.

# 2008年度主席報告

黃祐榮（主席）

## 前言

2008年5.12中國四川八級大地震，中國各地(包括香港)紛紛為四川大地震舉行悼念及籌款活動。2008年尾，世界性金融海嘯，席捲香港，對香港的經濟帶來前所未有的影響。香港撒瑪利亞防止自殺會在過去近五十年來服務香港社會，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。為回應及關注現時金融海嘯對香港市民情緒的影響，本會特別定下今年的主題為「天災艱難不言輕生，人為海嘯協力同心」，希望能夠和香港市民同心協力，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，我們希望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，從而提升求助者解決問題的能力及重拾生存的勇氣和信心。

熱線服務於2008年共處理14,533人次的服務個案，比2007年的14,319個增加214個。當中的求助個案共10,831人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在一萬多宗求助個案中，有10,486宗個案(96.81%)是透過電話熱線求助、44宗個案(0.41%)透過面談求助、2宗個案(0.02%)透過書信求助及299宗個案(2.76%)透過電郵求助。

求助者男女比例為40.94%: 59.06%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的72.45%。當中以40至44歲的年齡組別佔首位(20.91%)。在全年求助個案類別中，主要困擾的問題是精神健康(19.23%)、職業(15.11%)、愛情(11.50%)及家庭(9.53%)。在全年的求助個案中，17.3%是有自殺危機的，其中13.16%有輕度自殺危機，3.17%有中度自殺危機，至於有高度自殺危機的個案則有0.97%。高、中危個案中有34.37%(即154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2008年熱線中心開辦了第46期義工訓練班，為義工學員提供為期一年的義工訓練課程，共77人接受職前培訓第一階段的訓練課程。截至2008年底，本會共有義工205名。當中男義工有71名(34.63%)，女義工有134名(65.37%)。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，本會亦為現有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。

為了回應四川地震，熱線中心舉辦了「平伏心中的餘震」分享聚會(關懷四川地震的公開講座)，並且和四川華西醫院及青年發展基金合作，為四川華西醫院的輔導人員舉辦了為期3天的災後防止自殺熱線輔導課程。

熱線中心亦主動聯繫不同本地機構，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，持續得到香港賽馬會慈善信託基金的捐助，展開「防止自殺教育計劃」。透過外展講座服務、跟進小組、珍惜生命大使訓練、防止自殺資源圖書館及教材製作等五項範疇，在教育性的層面參與防止自殺的工作，鼓勵珍惜生命、關愛互助。

在2008年，中心共提供了61場講座、15場工作坊及4個跟進式小組，服務人數達10,395人。

中心又開辦了第14和15期「珍惜生命大使」課程，共培育了40位大使，參與中心的社區探訪及個案關顧服務。其中有30位大使參與了鄰舍輔導會的「老年痴呆症評估」訓練，協助進行家訪評估。而部份資深的大使更協助本會會訊「生命交流」的編製，並參與本會社區教育活動。

在2008年，圖書閣的使用人數為2,022人，而借用圖書及視聽資料的人數亦有495人。在刊物出版方面，中心出版了第54及55期《生命交流》，主題分別是「產後抑鬱症」及「三岔口的壓力」。

有見於本土製作的生命教育教材不多，中心在2008年開始由文字工作擴展至影音製作。年中籌拍了「放眼生命」影碟，片長共35分鐘，分為三個主題：「再生」、「蛻變」及「足福」，由三位生命勇士劉兆璋女士、梁永忠博士及盧佩鏞女士親身分享逆境自強的經歷。中心亦正籌備製作「情緒圖騰」電腦遊戲光碟，預計於2009年完成。

中心先後接待了10間學校及機構的探訪，介紹本會服務及生命教育的工作。中心也透過傳媒的協助，接受了6次訪問，其中2次在電台直播節目中介紹珍惜生命大使服務。

## 關懷身邊人基金

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，並統籌本會的傳訊事務、籌募經費、機構協作等工作，透過不同途徑，鼓勵熱愛生命、關懷別人。

在宣傳方面，於2007年5月至2009年3月期間，由著名歌手古巨基先生擔任本會代言人，協助本會拍攝「生命，想你望多一眼」廣告短片及燈箱硬照。該片獲政府新聞處接納，於2008年1月開始，安排在各電視台播放。在2008年，本會委員亦多次接受傳媒訪問，其中2次參與有線電視直播節目「有話直說」，作出分享。2008年2月在星島日報Jobmarket中刊登「享受生活」文稿。

在籌款方面，於2008年5月獲得電燈公司免費夾附本會「恒常贊助人」單張40,000份，以郵遞給各客戶，藉此渠道收到市民的正面回應。本會也是第一批加入香港社會服務聯會「惠施網」計劃的慈善機構。更於2008年推出兩項條碼服務：「零錢捐助-OK條碼卡」及「便利店捐款條碼卡」以方便市民捐款。本會亦於2008年12月正式啟動東亞銀行為各社會福利服務機構提供到網上捐款之服務，以便市民大眾透過信用卡在網上捐款。

在社會企業合作方面，禮品廊及本會於2008年9月開始籌辦「愛創意」製作社，以銷售「橫額再造袋」為主，透過成立企業，提倡企業之社會責任，以「愛人、愛境」的精神從事企業的營運大原則。並於2008年1月12日在九龍城廣場舉行「愛人愛境」嘉年華，透過展覽及攤位遊戲，作出宣傳。又在2008年度成功提名四間機構領取「商界展關懷」獎狀：分別為廖創興企業有限公司、禮品廊、高清製作有限公司及種子森林。

在學校工作方面，本會由2007年9月開始，是第一隊為特殊學校提供「成長的天空」服務的隊伍，將於2008年繼續提供第二年的服務。

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」，為表響應，本會於2008年9月7日假馬鞍山廣場舉辦「放眼生命」嘉年華，藉以傳揚積極面對生活的訊息。

預防長者自殺是重要的課題，本會於2009年將與深水埗區的長者服務單位合作，推行預防長者自殺計劃，透過義工培訓，在社區傳遞「關懷身邊人」的訊息。

## 自殺危機處理中心

今年是自殺危機處理中心自2002年成立後投入服務的第七年。中心除了維持恒常服務，為身處自殺危機人士提供適時的危機介入、危機管理、深入個案輔導、治療性和支援性小組服務外，亦繼續發展為危機者親友和自殺者親友提供所需的支援和輔導服務，特別在自殺者親友服務方面，希望可以以更主動的方式及早向自殺者親友提供支援。

危機中心於2008年總共處理了1314宗個案。其中463位案主是男性，850位是女性，另外，接近半數的案主年齡介乎30至49歲之間，共佔48.6%；年齡由20至59歲的則佔84.8%。

危機個案中分別有216宗(16.4%)和213宗(16.2%)是受環境因素困擾和受到家人或朋友的自殺問題困擾者；受婚姻問題困擾的有209宗(15.9%)；受經濟問題困擾的有154宗(11.7%)；受其他家庭問題困擾的有137宗(10.4%)；而受愛情困擾和精神健康問題困擾的則分別有118宗(9%)和116宗(8.8%)宗。可能受年中以後出現的金融風暴影響，今年受經濟問題和失業問題困擾而求助的個案合共177宗，比較去年的161宗升幅達一成。

中心亦因應服務使用者的需要，2008年共開辦了5個治療性小組、3個支援性小組和2個義工小組。

本中心已早於2004年9月提供全港首項為自殺身故者的親友而設的服務，成立了第一個自殺死亡人士親友自助小組，亦即現時已易名的「活出彩虹小組」。於2008年中心繼續積極發展為自殺者親友提供的服務，中心亦透過「蒲公英計劃」主動嘗試接觸三百多位親友，向他們介紹及提供有關服務，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。

此外，為了適時向在網誌上表達尋死意念的人士主動伸出關懷之手，本中心專業社工及本會熱線中心的義工於本年6月起，攜手展開了『網蹤人』計劃。在2008年6月至12月期間，此計劃在互聯網上共搜尋了約6萬篇個人網誌，經初步評估，當中有170多篇存在一定程度的自殺危機。有關的負責社工和義工主動在網路上與他們接觸，並為當中約110名有自殺危機的網友提供了情緒支援及輔導。

除了前線服務外，本中心更積極參與本年年底於香港舉行的「第三屆防止自殺國際協會亞太區會議」。中心在會議中以展板及簡報形式介紹及分享了中心在自殺危機處理及自殺者親友服務等方面的心得和經驗。

## 對外培訓及發展工作

本會於2005年成立對外培訓及發展部門，目的是透過開辦公開課程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，以及耐心聆聽、危機處理的技巧傳達到社會不同的層面。

本會於2008年3月再度舉辦第四屆「輔導與防止自殺專業證書課程 - 專題討論電話輔導技巧及個案研討實習」的證書課程，本屆共有36名公眾人士和8名本會義工參加，除了社福界、教育界和醫護界，亦有不少工商界及人事管理人員參加。

本會自2007年開始與英國密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導學科碩士課程」，以提升本會義工及本地輔導人員的防治自殺與輔導的專業知識和技巧。今年度繼續開辦第二屆課程。

本會於今年度繼續與醫院管理局合作，為其院內的「緊急事故支援小組」舉辦「電話輔導及危機個案處理」及「如何評估及協助具自殺危機人士」培訓課程。本年度參與訓練之醫護同工共計223人次。再者，為了加強社會大眾及助人業界同工對預防自殺的基本知識和技巧，我們在2008年特別舉行了3場主題為「自殺急救包」的工作坊，讓參加者掌握評估和介入自殺危機的知識的技巧，以及介紹包括本會的各項危機轉介服務。

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

## 總結

「天災艱難不言輕生，人為海嘯協力同心」— 我們相信金融海嘯對香港的影響不是短暫的，所以本會已經成立「關注金融海嘯」小組，希望可以透過不同溝通渠道，不同方法，去接觸有需要的人士，把我們的關心及支持帶給他們。



# SERVICE REPORTS

## 6.1 HOTLINE CENTRE

| AGNES CHIU (CENTRE-IN-CHARGE) |

### Introduction

The 24-hour hotline service of the SBHK aims to provide immediate support to people who are emotionally distressed, desperate and suicidal. With the care and support of 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 1<sup>st</sup> January to 31<sup>st</sup> December of 2008, the hotline responded to 14,533 cases, representing an increase of 214 cases from 14,319 cases of 2007. Of these, 10,831 were help-seeking cases that in need of emotional support and counselling service. The remainder were for general enquiries, silent calls and prank calls. Among all help-seeking cases, 10,486 cases (96.81%) reached us by phone, 44 cases (0.41%) by face-to-face interview, 2 cases (0.02%) by letter, and 299 cases (2.76%) by email. (Details in Table 6.1.1)

### Sex and Age

Of all the help-seeking cases, 59.43% were female and 40.57% were male – a 18.85% difference. Compared to last year, the difference rose by 7.49%.

Most of the service users came from those aged between 20 and 44 (72.45% of total). The age group 40 to 44 (20.91% of the total) still topped the list. This was followed by the age groups 30 to 34 (18.65%) and 25 to 29 (12.85%).

According to the 2008 Hong Kong Census Report, 28.1% of the population are aged between 15 and 34, but the percentage of our help-seeking clients in this age category was 47.44% in 2008. (Details in Table 6.1.2)

### Nature of Problems

The major problem areas for our help-seekers in 2008 were: Mental Health (19.23%), Occupation (15.11%), Romantic Relationship (11.50%) and Family (9.53%) problems. Compared with the figures in 2007, cases in Mental Health and Finance had increased by 2.84% and 0.23% respectively, whereas cases in Occupation had decreased by 0.45%. 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.

The problems experienced by different age groups were changed in relation to their stages in life. The major problem for the 10 - 14 age group was Studying and Family, this was followed by Sex and Romantic Relationship for the age group 15 to 24, Romantic Relationship and Occupation for 25 to 29, Mental Health and Occupation for 30 to 44 and, Mental Health and Family for aged over 45. (Details in Table 6.1.3 and 6.1.4)

### Suicide Crisis

Of the total number of cases handled in 2008 (13.16%) 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. 3.17% 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. 0.97% 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, 17.30% of the cases were assessed as suicidal. Among the high and medium risk cases, 34.37% (154 cases) were referred to our Suicide Crisis Intervention Centre for crisis intervention and follow-up service as well as for further intensive counselling service. (Details in Table 6.1.5)

### Volunteer Training

The 46<sup>th</sup> intake of hotline volunteer training courses commenced in June 2008. The courses are of one-year duration catered to new volunteers. Responses to the courses were encouraging, after preliminary screening, 77 applicants were admitted as volunteer trainees for the first stage of training. (Details in Table 6.1.6 & 6.1.7).

In order to maintain the cohesion and quality of our volunteer cohort, continuing training for in-service volunteers is essential. Thus a variety of training and development activities such as case sharing, agency visits and training workshops were organized so that hotline volunteers could be able to improve their counselling skills, better insight to the problems and challenges that the 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 2008, the number of hotline volunteers stood at 205 -- 71 (34.63%) male and 134 (65.37%) female. While all the volunteers were over 20 years of age, the majority (41.46%) were in the age range of 45 to 54. 53.17% possessed a tertiary or university qualification. 29.27% came from the white collar and 9.76% came from the social service sector. 9.27% were full-time housewife (Details in Table 6.1.8)

### **Special Services**

The SBHK is devoted to response to the needs and development of the society. Therefore, we organized a public seminar with sharing session for the concern of the Sichuan earthquake. And in July 2008, SBHK collaborated with Sichuan Hua Xi Hospital and Youth Development Fund, in organizing a post earthquake suicide prevention Hotline counselling course in Sichuan for local counselling professionals.

Besides, SBHK cares about the affection of the financial turbulence. In the year 2008, we promoted extensively our counselling service on this aspect and actively organized supportive activities in the community. (Details in Table 6.1.9 to 6.1.13)

# 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2008年1月1日至12月31日期間，共處理14,533人次的服務個案，比2007年的14,319個增多214個。當中的求助個案共10,831人次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在一萬多宗求助個案中，有10,486宗個案(96.81%)是透過電話熱線求助、44宗個案(0.41%)透過面談求助、2宗個案(0.02%)透過書信求助及299宗個案(2.76%)透過電郵求助。(詳閱表6.1.1)

### 性別與年齡

在性別分佈中，2008年女求助者佔全年的求助個案59.43%，而男性求助個案為40.57%，女求助者比男求助者高出18.85%，相比去年(11.36%)高出的幅度升了7.49%。

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72.45%，當中仍以40至44歲的年齡組別佔首位，佔20.91%，接著的是30-34歲和25-29歲的組別，分別佔18.65%和12.85%。若比較香港人口統計數字，年齡15-34歲的人口只佔28.1%。而比較相同年齡組別於本會的求助人數則佔47.44%。(詳閱表6.1.2)

### 問題種類

在全年求助個案類別中，主要困擾的問題是精神健康(19.23%)、職業(15.11%)、愛情(11.50%)及家庭(9.53%)問題。相比往年的數字，受精神問題困擾的求助者仍居首位，整體更有輕微上升(2.84%)。另外，受經濟問題困擾的上升了0.23%，而受職業困擾的下降了0.45%。受精神問題困擾的求助者仍居首位，而自殺問題與精神問題之關係密切，因此若要改善這方面的自殺問題，精神健康的教育是值得推廣的。

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愛情的困擾；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6.1.3及6.1.4)

### 自殺危機

在全年的求助個案中，有13.16%是有輕度自殺危機的，意即求助者雖未有具體的自殺計劃和即時自殺危機，但起碼已有自殺的意念；而3.17%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0.97%，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17.30%，當中的高、中危個案中有34.37%(即154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2008年6月開辦了第四十六期的義工訓練班，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77人接受職前培訓第一階段的訓練課程。(詳閱表6.1.6及6.1.7)

## 義工資料

截至2008年底，本會共有義工205名。當中男義工有71名(34.63%)，女義工134名(65.37%)，年齡全在20歲以上，以45-54歲屬大多數，佔總義工人數的41.46%，教育程度多為大專程度或以上，佔53.17%，職業則以白領最多，佔29.27%，次之則為佔9.76%的社會服務界和佔9.27%的家庭主婦。(詳閱表6.1.8)

## 特別服務

本會一向致力回應社會發展而舉辦不同的活動及提供適切的服務，於2008年本會於512四川地震後，除舉辦「撫平心中的餘震」分享會外，亦於7月份協助四川的華西醫院推行有關熱線輔導訓練予四川的專業人員，以提供長遠的服務予災區居民。

另外，金融海嘯引來的經濟震盪及對市民的情緒影響，亦是本會關心的工作。本會於2008年亦加強這方面的宣傳及主動到不同的社區舉辦一些正面及具情緒支援性質的活動。(詳閱表6.1.9至6.1.13)



(Table 6.1.1) Overall Statistics of Services in 2008  
(表 6.1.1) 二零零八年全年服務總表

接觸方式 Contact Method	男 Male	女 Female	不詳 Unknown	總數 Sub-total	Total 總數
Phone Call 電話	4251	6227	8	10486	10831
Interview 面談	17	27	0	44	
Letter 書信	0	2	0	2	
E-mail 電郵	98	141	60	299	
Enquiry Call 諮詢	251	301	0	552	3702
Frivolous 戲弄	89	79	0	168	
Mute Call 無聲	0	0	2982	2982	
<b>Total 總數</b>	<b>4706</b>	<b>6777</b>	<b>3050</b>	<b>14533</b>	<b>14533</b>

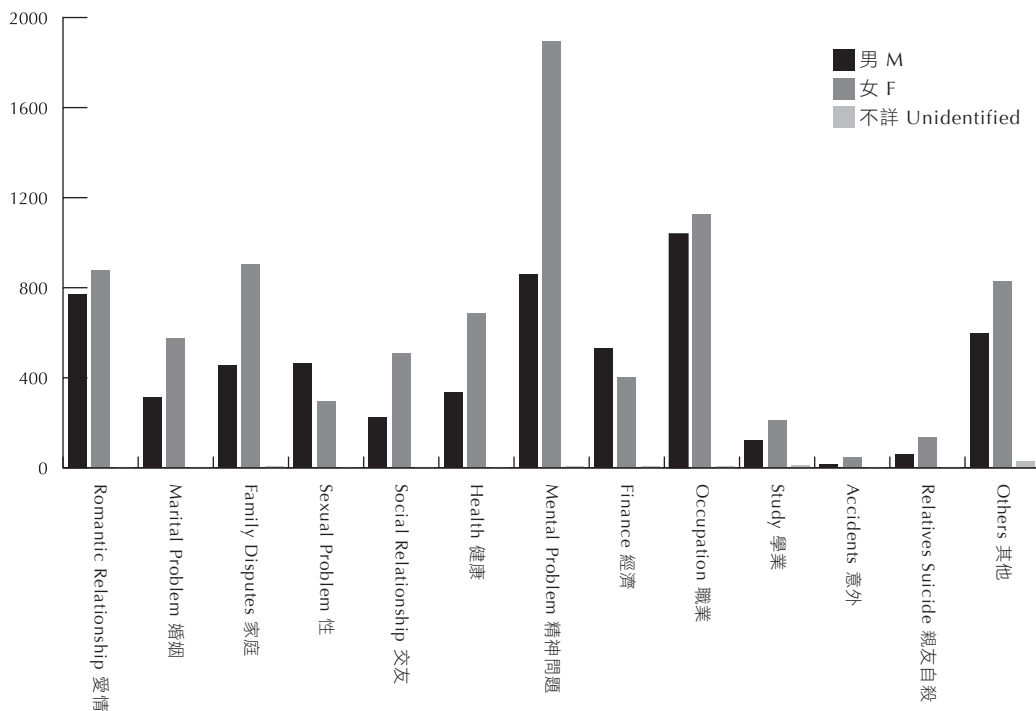
(Table 6.1.2) Sex and Age Distribution of Clients in 2008  
(表 6.1.2) 二零零八年求助者性別及年齡分佈表

年齡 Age	2008 年個案 Cases					2007 年個案 Cases	
	男 M	女 F	不詳 U	總數 Total	%	總數 Total	%
0 - 9	2	4	0	6	0.06	5	0.05
10 - 14	40	72	1	113	1.04	237	2.17
15 - 19	320	214	3	537	4.96	608	5.56
20 - 24	679	558	3	1240	11.45	1284	11.74
25 - 29	515	876	1	1392	12.85	1474	13.47
30 - 34	822	1196	2	2020	18.65	2227	20.35
35 - 39	406	523	1	930	8.59	905	8.27
40 - 44	648	1617	0	2265	20.91	1912	17.48
45 - 49	160	472	0	632	5.84	738	6.75
50 - 54	384	333	0	717	6.62	586	5.36
55 - 59	82	59	0	141	1.3	143	1.31
60 - 64	37	55	0	92	0.85	96	0.88
65+	36	46	0	82	0.76	35	0.32
不詳 U	236	371	57	664	6.12	691	6.29
<b>Total 總數</b>	<b>4367</b>	<b>6396</b>	<b>68</b>	<b>10831</b>	<b>100</b>	<b>10941</b>	<b>100.00</b>

(Table 6.1.3) Types and Sex Distribution Cases in 2008  
(表 6.1.3) 二零零八年個案類別及性別分佈表

Types 個案類別	2008 年個案 Cases					2007 年個案 Cases	
	男 M	女 F	不詳 U	總數 Total	%	總數 Total	%
Romantic Relationship 愛情	771	877	3	1651	11.50	1718	11.90
Marital Problem 婚姻	312	574	2	888	6.18	1095	7.59
Family Disputes 家庭	457	906	5	1368	9.53	1684	11.67
Sexual Problem 性	466	294	3	763	5.31	714	4.95
Social Relationship 交友	226	508	3	737	5.13	911	6.31
Health 健康	334	687	3	1024	7.13	993	6.88
Mental Problem 精神問題	860	1894	7	2761	19.23	2366	16.39
Finance 經濟	529	404	5	938	6.53	909	6.30
Occupation 職業	1039	1125	6	2170	15.11	2245	15.56
Study 學業	122	211	11	344	2.40	324	2.25
Accidents 意外	16	45	2	63	0.44	59	0.41
Relatives Suicide 親友自殺	59	136	4	199	1.39	82	0.57
Others 其他	596	828	30	1454	10.12	1332	9.22
<b>Total 總數</b>	<b>5787</b>	<b>8489</b>	<b>84</b>	<b>14360</b>	<b>100</b>	<b>14432</b>	<b>100</b>

(Figure 6.1.3) Types and Sex Distribution Cases in 2008  
(圖 6.1.3) 二零零八年個案類別及性別分佈圖



(Table 6.1.4) Types, Age and Sex Distribution Cases in 2008  
(表 6.1.4) 二零零八年個案類別、年齡及性別分佈表

Age 年齡	0 - 9		10 - 14		15 - 19		20 - 24		25 - 29	
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	0	0	2	8	52	39	137	139	121	196
Marital Problem 婚姻	0	0	0	0	3	6	13	22	40	56
Family Disputes 家庭	0	2	12	26	51	49	78	73	71	102
Sexual Problem 性	0	0	13	4	72	30	193	26	42	11
Social Relationship 交友	1	0	2	12	14	27	30	60	29	104
Health 健康	0	0	4	5	28	23	30	47	25	67
Mental Problem 精神問題	0	1	0	5	21	35	58	106	62	99
Finance 經濟	0	0	0	0	8	6	37	23	77	46
Occupation 職業	0	0	0	1	21	11	103	161	163	363
Study 學業	0	0	11	12	50	56	30	26	16	18
Accidents 意外	0	0	0	1	0	1	1	6	3	3
Relatives Suicide 親友自殺	0	0	1	6	2	2	9	15	5	19
Others 其他	2	1	2	10	62	26	95	38	67	62
<b>Total 總數</b>	<b>3</b>	<b>4</b>	<b>47</b>	<b>90</b>	<b>384</b>	<b>311</b>	<b>814</b>	<b>742</b>	<b>721</b>	<b>1146</b>

Age 年齡	30 - 34		35 - 39		40 - 44		45 - 49		50 - 54	
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	156	163	86	68	112	174	19	25	42	24
Marital Problem 婚姻	66	94	46	65	73	142	22	62	23	67
Family Disputes 家庭	70	123	26	57	65	177	18	88	25	102
Sexual Problem 性	63	105	9	34	44	54	8	3	6	10
Social Relationship 交友	30	75	14	48	67	84	7	41	14	18
Health 健康	50	94	22	41	47	177	29	110	65	42
Mental Problem 精神問題	161	419	133	200	144	687	51	145	146	72
Finance 經濟	109	52	69	46	81	86	27	64	67	34
Occupation 職業	285	208	188	89	120	116	38	77	64	37
Study 學業	5	20	4	6	2	38	0	22	0	2
Accidents 意外	3	5	4	1	2	9	0	8	1	3
Relatives Suicide 親友自殺	13	27	5	6	7	28	2	4	4	7
Others 其他	90	168	31	54	80	299	13	40	52	35
<b>Total 總數</b>	<b>1101</b>	<b>1553</b>	<b>637</b>	<b>715</b>	<b>844</b>	<b>2071</b>	<b>234</b>	<b>689</b>	<b>509</b>	<b>453</b>

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	總數
Romantic Relationship 愛情	10	3	2	0	0	1	32	37	771	877	1648
Marital Problem 婚姻	7	13	6	8	3	7	10	32	312	574	886
Family Disputes 家庭	13	22	3	25	4	9	21	51	457	906	1363
Sexual Problem 性	1	2	0	0	0	0	15	15	466	294	760
Social Relationship 交友	4	2	3	2	1	1	10	34	226	508	734
Health 健康	8	7	6	15	13	15	7	44	334	687	1021
Mental Problem 精神問題	22	19	11	10	12	15	39	81	860	1894	2754
Finance 經濟	20	9	5	4	6	1	23	33	529	404	933
Occupation 職業	9	5	4	2	1	1	43	54	1039	1125	2164
Study 學業	0	0	0	0	0	0	4	11	122	211	333
Accidents 意外	0	0	1	0	0	0	1	8	16	45	61
Relatives Suicide 親友自殺	3	3	2	2	0	1	6	16	59	136	195
Others 其他	15	8	10	7	4	10	73	70	596	828	1424
<b>Total 總數</b>	<b>112</b>	<b>93</b>	<b>53</b>	<b>75</b>	<b>44</b>	<b>61</b>	<b>284</b>	<b>486</b>	<b>5787</b>	<b>8489</b>	<b>14276</b>

(Table 6.1.5) Suicidal Assessment in 2008  
(表 6.1.5) 二零零八年求助者的自殺危機評估表

Suicidal Accessment 即時自殺危機	2008								2007	
	男 M	%	女 F	%	U 不詳	%	T 總計	%	T 總計	%
Imminently Suicidal 高	49	0.45	54	0.50	2	0.02	105	0.97	131	1.20
Suicidal with Plan 中	133	1.23	208	1.92	2	0.02	343	3.17	412	3.77
Suicidal Idea 低	536	4.95	872	8.05	17	0.16	1425	13.16	1561	14.27
No Suicidal Idea 無	3435	31.71	5053	46.65	36	0.33	8524	78.70	8335	76.18
N/A 不適用	214	1.98	209	1.93	11	0.10	434	4.00	502	4.58
<b>Total 總數</b>	<b>4367</b>	<b>40.32</b>	<b>6396</b>	<b>59.05</b>	<b>68</b>	<b>0.63</b>	<b>10831</b>	<b>100</b>	<b>10941</b>	<b>100</b>

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

Period 日期	Training Course 課程	Number of Participants(Stage I) 參加人數(第一階段訓練)
Starting from July 零七年十月起 (為期一年)	45 期	52 人
Starting from July 零八年六月起 (為期一年)	46 期	77 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	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	1
	Visiting Jockey Club Harmony Home 參觀和諧之家 – 認識家庭暴力	Visit 探訪	1
February 2 月	Deconstruct your attitude and skills of counselling 一個令你難忘的分享會 – 解構你的想法	Sharing 分享	1
March 3 月	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	1
	Retreat Camp 2007 退修營「蛻變」	Training 訓練	1
	Visiting TWGHs Jockey Club Integrated Service Centre (Tin Shui Wai) 參觀東華三院賽馬會天水圍綜合服務中心	Visit 探訪	1
May 5 月	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	2
	Solution Focused Therapy 尋解導向治療	Training 訓練	4
	Case Sharing 個案分享會 – 谷底情緒、如何同步	Sharing 分享	1
June 6 月	Supporting Team of HKCEE and HKALE students 會考放榜支援小組	Training 訓練	3
	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	2
	Visiting Suicide Prevention Service 參觀生命熱線	Training 訓練	1
July 7 月	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	2
August 8 月	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	2

(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	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	1
	Group Leaders Training Workshop 組長訓練工作坊	Training 訓練	1
	Case sharing 「邊緣人格障礙 BPD」個案分享會	Sharing 分享	1
	Meditation Class 冥想班	Training 訓練	10
October 10月	Workshop on Problem-gambling & Wealth Management 賭博、理財工作坊	Training 訓練	1
	Visit to Bradbury Hospice 參觀白普理寧養中心	Visit 探訪	1
November 11月	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	1
	45 <sup>th</sup> pre-service volunteer training Graduation Ceremony & Dinner 45期畢業禮暨謝師宴	Training 訓練	1
December 12月	New members training programme 新會員培育計劃 – 拼發義工生命力量	Training 訓練	2
	Day Trip 面談技巧工作坊	Training 訓練	2
	Councilors training programme 2008 督導員訓練課程 2008	Training 訓練	2
	Emotion sharing, Financial Tsunami 金融海嘯情緒舒緩分享會	Sharing 分享	1

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

(A) No. of Member 會員數字

	Male 男	Female 女
Total 合共	71	134

(B) Age Distribution 年齡分佈

	Male 男	Female 女
20-24	1	3
25-34	13	33
35-44	19	28
45-54	28	57
55+	10	13
Total 合共	71	134

(C) Year of Service 服務年資

	Male 男	Female 女
一年以下 Below 1 Year	27	44
2-3 年 /years	8	22
4-5 年 /years	7	22
6-7 年 /years	6	7
8-9 年 /years	4	9
10 年或以上 /10 years or above	19	30
Total 合共	71	134



## (D) Education Level 教育程度

	Male 男	Female 女
University / College 大學或大專	42	67
Post-Secondary 預科	3	11
Secondary School 中學	12	21
Others 其他	14	35
<b>Total 合共</b>	<b>71</b>	<b>134</b>

## (E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50小時以下 / Below 50 hrs	16	32
51-100小時 / hours	29	57
101-200小時 / hours	25	44
201-300小時 / hours	1	1
300小時以上 / hours above	0	0
<b>Total 合共</b>	<b>71</b>	<b>134</b>

## (F) Occupation 職業

	Male 男	Female 女
Blue collars 藍領階層	4	0
Disciplinaries 紀律部隊	8	4
Education 教育界	5	13
Educational & Psychology 教育或心理學家	1	1
Housewife 家庭主婦	0	19
Information Technology 科技專業	9	1
Media 傳媒界	1	2
Medical 醫護界	3	9
Merchant 商人	2	3
Retired 退休	5	7
Self-employed 自僱	2	1
Social Service Field 社工或社會服務界	5	15
Student 學生	0	5
Unemployed 待業	2	3
White collars 白領階層	21	39
Academic 學術界	0	0
Others 其他	3	12
<b>Total 合共</b>	<b>71</b>	<b>134</b>

(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	Student of Chu Hai College 珠海書院學生	SBHK services & volunteers sharing 認識本會之工作及義工經驗分享	1
	Mrs. Helen Fujimoto 藤本 太太	SBHK service 認識本會服務	1
February 2月	Student of United International College, Hong Kong Baptist University (Phone interview) 浸會大學聯合國際書院學生 (電話訪問)	Suicide Problem of Youth 查詢青少年自殺行為及數量	/
	Department of Health (Phone interview) 衛生署健康服務組 (電話訪問)	Statistic of suicide cases in Hong Kong 查詢本港自殺數據	/
March 3月	Student of Hong Kong Polytechnic University 理工大學學生	Volunteers sharing 義工經驗分享	1
	SCIC staffs 自殺危機處理中心同事	Operation of Hotline Service 認識熱線服務及運作	2
	Student of HKCC, Hong Kong Polytechnic University 理工大學專上學院社會科學系學生	Purpose, structure and operation of SBHK 了解本會服務宗旨、機構、營運等工作	6
April 4月	Mr. Lai, Hong Kong Police College (Phone interview) 香港警察學院 – 黎先生 (電話訪問)	Information of HK suicide cases 查詢本港自殺情況	/
	Placement student of Hong Kong Polytechnic University 理工大學實習學生	Volunteers sharing 義工服務分享	3
May 5月	Mr. Tsang, The Hong Kong Institute of Education 香港教育學院 – 曾先生	Services of SBHK 查詢本會服務	1
	Students of Diploma of Hotel Management, City University of Hong Kong 香港城市大學酒店管理文憑學生	Operation and services of SBHK 了解本會運作及服務	5
	Students of Pentecostal School 五旬節中學學生	Services of SBHK and volunteers sharing 了解本會工作及義工分享	20
June 6月	Placement student of Hong Kong Polytechnic University 理工大學實習學生	Service of SBHK 了解本會服務及運作	2
	Placement students of Hong Kong University 香港大學實習學生	Service of SBHK 了解本會服務	3
July 7月	Students of Associate Degree, Social work department, Hong Kong Baptist University 浸會大學社工系副學士學生	Service and operation of SBHK 了解本會服務及運作	7
October 10月	Hong Kong Community Chest 香港公益金	Service of SBHK 了解本會服務	14
	Student Union of Hong Kong Polytechnic University (Phone Interview) 理工大學學生會 (電話訪問)	Suicide Problem of Youth 查詢青少年自殺問題	/
	Caritas Macau 澳門明愛 – 生命熱線	Service of SBHK and volunteers sharing 認識本會服務及義工分享	30
	Miss Lok, City University of Hong Kong (Phone interview) 城市大學 – 駱小姐 (電話訪問)	Operation and purpose of Hotline Service 查詢熱線服務運作及宗旨	/
	Placement students of City University of Hong Kong 城市大學實習學生	Service of SBHK 認識本會服務	2
	United College, Chinese University of Hong Kong 中大聯合書院	Causes of youth suicide and SBHK services 了解青少年自殺原因及本會服務	3
	Hong Kong Caritas Tuen Mun Community Centre 明愛屯門社區中心	Service of SBHK 認識本會服務	35

Month 月份	Visiting People/Organization 來訪者 / 機構	Purpose 目的	No. of Visitors 人數
November 11月	Placement student of The University of Hong Kong 香港大學實習學生	Operation of Hotline Service 認識熱線服務	2
	Students of Social Work Department, City University of Hong Kong 城市大學社工系學生	Services of SBHK and the promotion methods 查詢本會服務及宣傳方法	5
	The Suicide Prevention Centre of Taiwan and The Department of Health, Hong Kong 台灣自殺防治中心及衛生署	Service of SBHK 認識本會服務	6
December 12月	Volunteers of Ipoh Befrienders, Malaysia 馬來西亞怡保益友會義工	Hotline Service 熱線中心服務	1
	Social Welfare Department 社會福利署	Service of SBHK 了解本會服務	/
	Hong Kong Institute of Youth Studies 協青社香港青年研究中心	Service of Hotline Centre 了解熱線服務	25

(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	November 11月	Ning Po College 寧波公學	Walk along with you – Teen Volunteers Training Scheme 2008 沿途有你朋輩義工訓練計劃 2008	160
		Cognitio College (Kowloon) 文理書院 (九龍)	Walk along with you – Teen Volunteers Training Scheme 2008 沿途有你朋輩義工訓練計劃 2008	80
	December 12月	Ning Po College 寧波公學	Walk along with you – Teen Volunteers Training Scheme 2008 沿途有你朋輩義工訓練計劃 2008	62
		Cognitio College (Kowloon) 文理書院 (九龍)	Walk along with you – Teen Volunteers Training Scheme 2008 沿途有你朋輩義工訓練計劃 2008	96
	January 1月	Kwai Chung Public Estate 葵涌邨	Service Day at Kwai Chung Public Estate 葵涌邨服務日	35
	February 2月	Hong Kong Federation of Women's Centres 婦女中心協會	Falsehoods of suicide and the estimation of suicide crisis 自殺謬誤及自殺危機評估	20
	May 5月	Agency of Volunteer Service 義務工作發展局 – 義工培訓及拓展中心	Foundation of Volunteer Service Management 義務工作管理基礎課程	30
		The Dharmasthiti Group 法住機構	Seminar – How to prevent suicide and restore the value of the society 珍惜生命研討會 – 如何防止自殺與重整社會的價值觀	45
		Hong Kong Lutheran Social Service, Lutheran Church, Hong Kong Synod 香港路德會社會服務處 – 路德會家長專線	How to prevent suicide 如何預防自殺	23
機構	September 9月	Leo Club of Queensway 金鐘青年獅子會	Emotion Sharing Group 助人自助情緒輔導分享會	24
	November 11月	Youth Centre in Cheung Chau 長洲鄉委會青少年中心	Sweet Home, Sweet Heart - Workshop 糖心滋家	30

(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	The changes of seeking help after the financial crisis (Phone Interview) 因股災求助情況的轉變 (電話訪問)	Metro Daily News 都市日報
	The changes of seeking help after the financial crisis and suggestions to people who are affected. (Phone Interview) 查詢股災後求助情況的變化及對受影響人士的建議 (電話訪問)	Oriental Daily News 東方日報
April 4月	How parents handle children with suicidal ideas. 有關父母如何處理有自殺意念子女	ATV 亞洲電視
	How senior volunteers help with suicide prevention. 有關資深義工對自殺工作的協助	Cable TV 有線電視
	“Should do” and “Should not do” when helping people with suicidal crisis. (Phone Interview) 協助有自殺危機人士工作的應該和不宜事情 (電話訪問)	Hong Kong Commercial Broadcasting 香港商業電台
	Cases and handling skills of romantic relationships or sex problems. 關於因感情或性的原因求助個案，需要及處理方法	The Interactive Channel TV 互動電視
June 6月	Spot Project (Phone Interview) 關於網蹤人計劃 (電話訪問)	Oriental Daily News 東方日報
July 7月	How the candidates of HKCEE handle stress 關於會考生如何面對壓力	South China Morning Post 南華早報
	Causes of professionals suicide and the statistic of Hong Kong suicide cases (Phone Interview) 關於最近多宗專業人士自殺的原因及本港自殺數字 (電話訪問)	Sects & Cults 新紀元
	The statistic of Hong Kong suicide cases and help seeking information (Phone Interview) 本港自殺數字及求助情況 (電話訪問)	Sects & Cults 新紀元
August 8月	The trend of youth suicide (Phone Interview) 青少年自殺趨勢探討 (電話訪問)	South China Morning Post 南華早報
September 9月	The phenomenon of elderly suicide (Phone Interview) 關於長者自殺現象 (電話訪問)	South China Morning Post 南華早報
	The relationship between financial depression and the number of help seeking (Phone Interview) 股市大跌對求助數字的影響 (電話訪問)	Hong Kong Headline 頭條日報
	Change of the number of help seeking after the close down of Lehman Brothers holdings Inc. (Phone Interview) 查詢有關雷曼兄弟結業會否引來求助數字的改變 (電話訪問)	Oriental Daily News 東方日報
October 10月	Number of teaching staffs' help seeking after September (Phone Interview) 關於9月開學後教職員求助數字 (電話訪問)	HKET 經濟日報
	Changes of help seeking condition after the Financial crisis. (Phone Interview) 查詢經濟危機下求助情況的改變 (電話訪問)	Ta Kung Pao 大公報
	Help seeking condition after the Financial crisis (Phone Interview) 關於金融危機下求助本會的情況 (電話訪問)	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	Causes of youth suicide and the condition of help seeking (Phone Interview) 查詢年青人自殺原因及求助情況 (電話訪問)	Oriental Daily News 東方日報
	Changes of help seeking after DBS announced the arrangement of Lehman Brothers' bond (Phone Interview) 查詢星展銀行公布不會賠償雷曼債券持有人一事，求助情況的改變 (電話訪問)	Wen Wei Po 文匯報

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 機構
November 11月	Strengthen Yourselfs (In the Financial Tsunami) 逆境自強 (金融海嘯下)	The Interactive Channel TV 互動電視
	Changes of financial help seeking in the last 10 years (Phone Interview) 過去10年經濟求助情況的變化 (電話訪問)	Hong Kong Economic Times 香港經濟日報
	Changes of help seeking during the Financial Tsunami (Phone Interview) 有關金融海嘯下求助情況的變化 (電話訪問)	Hong Kong Economic Times 香港經濟日報
	How SBHK deals with the Financial Tsunami (Phone Interview) 關於金融海嘯下本會的應變方法 (電話訪問)	Hong Kong Economic Times 香港經濟日報
	How SBHK is affected as the Community Chest and the resources reduce after the Financial Tsunami 了解資源及公益金津助受金融海嘯影響，有否影響本會工作。另有 關本會近月求助數字	ATV 亞洲電視
December 12月	How to curb the suicide cases and the family tragedies 如何遏止自殺/倫常慘案	東方cc.on.TV
	Help seeking condition during the Financial Tsunami (Phone Interview) 有關金融海嘯下求助本會情況 (電話訪問)	Wen Wai Po 文匯報

(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
November 11月	IASP World Conference 2008	International Association of Science Parks 國際預防自殺協會

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

Period 日期	Name of Programme 活動名稱
June 6月	Sharing after Sichuan Earthquake 「撫平 — 心中的餘震」分享會
July 7月	Soul Caring Services Day 心靈關顧服務日
	Happy Tutor Training Programme 快樂導師訓練
	Soul reconstruction after Sichuan Earthquake 四川災後心靈重建支援活動
August 8月	Soul Caring Services Day 心靈關顧服務日
	Happy Tutor Training Programme 快樂導師訓練
November 11月	Soul Caring Services Day 心靈關顧服務日



## 6.2 LIFE EDUCATION CENTRE

EMMA LEUNG (PROJECT MANAGER)

### Introduction

Life Education Centre (LEC) was established in 2002. With the generous sponsorship from the Hong Kong Jockey Club Charity Trust Fund, LEC was able to continue its "Suicide Prevention Education Project". Through outreaching life education programs such as talks and workshops, Life Ambassador training, Suicide Prevention Resources Library and publications of life education materials, we encouraged people to cherish life and care for other people.

Not long ago when facing "the SARS", "the South Asian Tsunami" and "the Sichuan Earthquake", people could strive to survive and help others to overcome their difficulties. What brought the differences that, when facing the "Financial Tsunami", people would easily give up their lives. The change in attitudes reflects "a flash of mind" between pessimistic thought and to be resilience in life. Life education aims to facilitate people to make a good choice for their livings.

### Our Services

People at work or at school face challenges or stress. Educating people with good life management and suicide intervention skills are some of the best ways to meet the needs of society. For this purpose, LEC is set up to provide outreaching life education programs for enterprises and schools since its establishment.

### Talks and Workshops

In the year of 2008, we provided 61 talks, 15 workshops and 4 Follow-up Groups with a total number of 10,395 audients.

### Follow-up Groups

To provide in-depth stimulation for participants of talks, we supplemented our talks with Follow-up Group services in 2008. Different Follow-up Groups are formed in primary and secondary schools under the theme of "Emotion management", "Peer counselling" and etc. Each group consisted of 6-8 sessions. Group members can learn positive life attitudes from the activities and share their views. This allows them to have better understanding and self-reflection on the meaning of the main themes.

### Life Ambassadors Training

We conducted the 14<sup>th</sup> and 15<sup>th</sup> Life Ambassadors Training Courses in 2008. A total of 40 volunteers joined our Life Ambassadors volunteer force. We cooperated with and accepted referrals from the Suicide Crisis Intervention Centre, the SAGE Mrs. Wong Wha San Hostel for the Elderly, and the 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 110 clients throughout the year. Among them, 30 Life Ambassadors joined the "Alzheimer Assessment Training" organized by the Neighbourhood Advice-Action Council. They assisted in regular Home-Visit assessment and the follow up service for their clients. Some experienced ambassadors also assisted in the publication of the SBHK newsletters "Life Interflow" and in organizing our community education programmes.

### 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 during the year to expand the variety of collection and its coverage. We collected various indigenous, local or international publications related to suicide prevention and life education which included brochures, leaflets, books, reports, video tapes, VCDs and play kits.

In 2008, there were 2,022 library visitors. Among them 495 had borrowed materials from the library.

### Publications

Up to the end of 2008, LEC had published 7 brochures and 2 teaching kits: "Suicide Crisis Assessment and Intervention Training Manual" and "Peer Counselling Training Kit". The "Suicide Crisis Assessment and Intervention Training Manual" shares skills and techniques in crisis intervention, and the "Peer Counselling Training Kit" contains different recommended activities for conducting peer counselors training.

With more than six years of experiences, we understand that life education needs time to be nourished and grow. We realize the importance and effect of sharing real-life cases, which could enhance the promotion of public awareness and reflection on the meaning of life. As there is a shortage of local life education teaching materials, LEC tried to produce not only brochures, but also audio-visual material. A DVD named “Spot on Life” and a computer game “Totemotion” is expected to be published in 2009. We hope that they will enrich the life educational resources, and more intimately encourage the public to face their lives and to handle their emotions with more positive attitudes.

The 35 minutes DVD “Spot on Life” is divided into three scenes: “The Regeneration” by Ms Lau Siu Cheung; “The Transformation” by Dr. Joe Leung and “The Blessing” by Ms Esther Lo. They are all brave warriors of life. In the DVD, they tell us how they found the way out from their struggling experience.

LEC also published the 54<sup>th</sup> & 55<sup>th</sup> SBHK newsletter “Life Interflow” covering topics on “Postnatal Depression” and “Stress at Crossroad” respectively. “Postnatal Depression” explored the emotional changes and needs of women after giving birth. “Stress at Crossroad” looked at how the youths were facing problems in their family, school and personal growth so as to promote awareness for understanding and supporting the youths.

### Agency Visit

Ten schools and agencies visited LEC in 2008 to understand how life education service is provided in Hong Kong.

### Cooperation with Mass Media

The dissemination of positive life messages through mass media are inevitably effective and would benefit the society as a whole. Hence, it is our policy to work closely with mass media. Apart from the literature media, we handled six electronic media interviews, two of them were live-broadcasting programs during which we introduced our Life Ambassador volunteer service.

### Conclusion

“When there is life, there is hope”. LEC has been serving the community with life educational messages since its establishment in 2002. We carried out a number of creative activities to promote such message to the public. We hope that everyone could be strong and resilience when facing their challenges in lives. Hence, they could take good care of their lives and would not consider committing suicide as a means to solve their problems. In future, we will continue to carry out our mission in suicide prevention through more stimulation in activities and programs. We look forward that everyone could ‘spot on life’ and understand the treasure of it.

## 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，持續得到香港賽馬會慈善信託基金的捐助，展開「防止自殺教育計劃」。透過外展講座服務、跟進小組、珍惜生命大使訓練、防止自殺資源圖書閣及教材製作等五項範疇，在教育性的層面參與防止自殺的工作，鼓勵珍惜生命、關愛互助。

回顧過往，當面對「沙士」、「南亞海嘯」或「四川地震」時，人都能奮力求生，以適切的防禦來自助助人，共渡時艱。為何當面對「金融海嘯」時，竟會傷害自己——兩種不同的態度，反映出一念之間的差異、更反映出生命的韌力。生命教育，正是期望人可以在一念之間，選擇積極面對。

### 恆常服務：外展講座、跟進式小組、珍惜生命大使培訓、圖書閣及教材製作

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，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，主題以積極人生、預防自殺為主。

#### 講座及工作坊

在2008年1-12月期間，中心共提供了61場講座、15場工作坊、4個跟進式小組，服務人數達10,395人。有關詳情，可參閱附表。

#### 跟進式小組

為深化專題講座的果效，於2008年開始，提供跟進小組服務。先後在中學及小學開辦了「情緒管理」、「朋輩互助」等小組，每組6-8節，讓組員可以在活動中作主題探討及交流，更深入掌握情緒處理的重要。

#### 「珍惜生命大使」培訓

在義工培訓方面，中心以小組形式提供「珍惜生命大使」培訓，透過活動及個案分享來提升參加者對自殺問題的認知、學習助人者需具備的態度和技巧，從而為社區增添守望者，發揮守望相助的精神。

在2008年，「珍惜生命大使」開辦了第14和15期，共培育了40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110位服務對象。其中有30位大使參與了鄰舍輔導會的「老年痴呆症評估」訓練、協助進行家訪評估，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。

#### 香港賽馬會預防自殺資源圖書閣

為增加圖書閣的吸引力，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。圖書閣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2008年，圖書閣的使用人數為2,022人，而借用圖書及視聽資料的人數亦有495人。

#### 教材製作

到2008年底，中心共編印了7本小冊子及2份教材：《自殺危機評估及處理》訓練手冊及《生命朋輩輔導訓練-教材套》。《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6年多的經驗中，明白到生命教育是需要時間來孕育和成長的，更體會到真人真事的分享，能更有效推動大眾反思生命意義。有見於本土製作的生命教育教材不多，中心在2008年開始由文字工作擴展至影音製作，籌拍「放眼生命」影碟及製作「情緒圖騰」電腦遊戲光碟，預計於2009年完成，盼能豐富生命教育資源，並鼓勵社會人士，以積極態度面對生活及處理情緒。

「放眼生命」影碟影碟全長35分鐘，分為三個主題：「再生」劉兆璋女士、「蛻變」梁永忠博士及「足福」盧佩鏞女士，由三位生命勇士親身分享逆境自強的經歷。

中心於2008年出版了第54及55期《生命交流》，主題分別是「產後抑鬱症」及「三岔口的壓力」。「產後抑鬱症」內容探討產後婦女的情緒變化及需要；而「三岔口的壓力」內容分享青少年面對家庭、學業及成長轉變三方面的需要和看法，藉此喚起大家對青少年支援需要的關注。

### 機構探訪

在1-12月期間，先後接待了10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2008年，中心同事接受了6次訪問，其中2次在電台直播節目中介紹珍惜生命大使服務。

### 展望

「擁有生命，才擁有希望」，在過去的日子裡，我們一直致力透過不同活動來宣揚積極人生的訊息，希望大家在面對生活不同挑戰時，能夠沉著及堅定地應付、努力地生活下去。在過去的六年，中心已顯示了在生命教育工作上的努力和貢獻，來日路上，期望能得到大家的支持和參與，一同為生命的工作而努力。

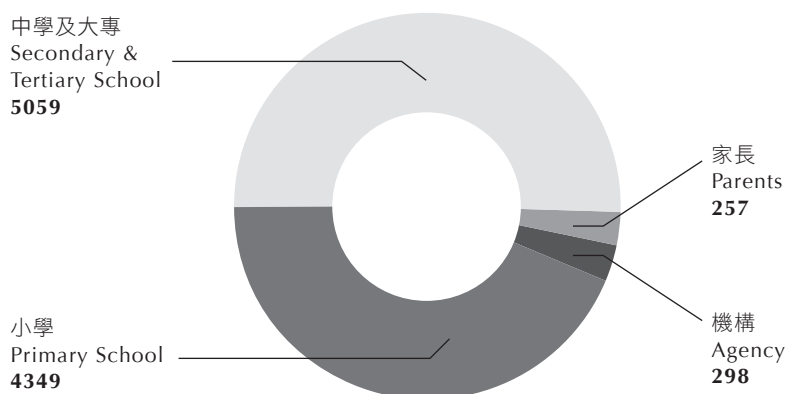
## 2008外展專題講座服務數字

## Service Output of Life Education Centre 2008 (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	4,349	5,059	257	298	9,963
場數 No. of Seminar	18	27	7	9	61

## 2008講座人數一覽

## No. of Participants (Talks)



## 2008跟進式小組服務數字

## Service Output of Life Education Centre 2008 (Follow-up Group)

Total 合共組數：4 組    Total 合共人數：39 人		
主題 Topic	人數 No. of Visitor	對象 Target
朋輩輔導 Peer Counselling	8	中三至中六學生 F.3-F.6 student
朋輩輔導 Peer Counselling	7	中三至中六學生 F.3-F.6 student
情緒管理 Emotional Management	11	中二 F.2 student
朋輩輔導 Peer Counselling	13	中三至中六學生 F.3-F.6 student

## 2008工作坊服務數字

### Service Output of Life Education Centre 2008 (Workshops)

Total合共場數：15場    Total合共人數：393人		
主題 Topic	人數 No. of Visitor	對象 Target
青少年自殺及抑鬱 Suicide and Depression of Youth	50	家長 Parent
解決問題的技巧 Problem Solving	30	中二學生 F.2 Student
支援情緒受困或有自殺危機青少年 Emotional Support and Suicide Crisis Intervention of Youth	36	教師 Teacher
親子雞湯 How Parents Communicate With Children	10	家長 Parent
預防自殺 Suicide Prevention	13	教師 Teacher
處理子女的情緒 Emotion Management of Children	22	家長 Parent
處理子女的情緒 Emotion Management of Children	25	家長 Parent
預防自殺 Suicide Prevention	20	社工 Social Worker
自殺的誘因及警號 Awareness on the Cause and Signal of Suicide	40	教師 Teacher
師友計劃-生涯導航員 Mentor Scheme	12	職青 Adolescent
處理壓力 Stress Management	14	社區人士 Public
如何在課堂中推行生命教育 Life Education in Class	35	教師 Teacher
心平氣和 Handling Emotions in Family	39	家長 Parent
心平氣和 Handling Emotions in Family	31	小一至小六學生 P.1-P.6 Student
師友計劃 Mentor Scheme	16	中一至中六學生 F.1-F.6 Student

## 2008珍惜生命大使培訓

### Life Ambassadors Training 2008

期數 Phase	日期 Period	時數 Training hours	對象 Target	參加人數 No. of Participant
第十四期「珍惜生命大使」培訓班 The 14 <sup>th</sup> Life Ambassador Training Course	2008/7/17 – 2008/9/13	22	社區人士 Public	20
第十五期「珍惜生命大使」培訓班 The 15 <sup>th</sup> Life Ambassador Training Course	2008/7/18 – 2008/9/13	22	社區人士 Public	20
Total 總人數				40人



## 2008 珍惜生命大使活動 / 服務 Life Ambassadors Services 2008

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	11
耆康會王華湘夫人老人宿舍 SAGE Mrs Wong Wha San Hostel For The Elderly	59
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)	40
<b>Total 總數</b>	<b>110</b>

## 2008 圖書閣使用紀錄 The Resource Library 2008

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
2008-01	107	37	3	0	0
2008-02	145	55	0	0	0
2008-03	90	28	0	0	0
2008-04	56	36	9	0	0
2008-05	225	64	8	0	0
2008-06	344	55	15	0	0
2008-07	388	54	2	0	1
2008-08	410	43	1	0	0
2008-09	108	18	0	0	1
2008-10	44	26	0	0	0
2008-11	62	22	1	0	0
2008-12	43	16	0	0	0
<b>Total 總數</b>	<b>2022</b>	<b>454</b>	<b>39</b>	<b>0</b>	<b>2</b>

## 2008 教材製作 Publications 2008

	出版月份 Published Month	內容 Content	形式 Format
1.	1 月	第 54 期生命交流 - 產後抑鬱症 The 54 <sup>th</sup> Life Interflow- Postnatal Depression	會訊 - 生命交流 SBHK Newsletter- Life Interflow
2.	4 月	講座服務介紹 Introduction of Talk Services	單張 Leaflet
3.	4 月	生命朋輩輔導訓練 Peer Counselling Training	教材套 Training Kit
4.	5 月	心悅舍 - 生命教育中心產品介紹 Care Gift Home- Introduction of LEC Product	單張 Leaflet
5.	5 月	主題活動小組服務介紹 Introduction of LEC Group	單張 Leaflet
6.	6 月	第 55 期生命交流 - 三岔口的壓力 The 55 <sup>th</sup> Life Interflow- Stress at Crossroad	會訊 - 生命交流 SBHK Newsletter- Life Interflow
7.	11 月	生命教育中心服務介紹 Introduction of LEC Services	單張 Leaflet

## 2008 機構到訪中心活動 Agency Visits 2008

月份 Month	機構名稱 Name of Agencies	對象 Target	人數 No. of Participants
1 月 January	明愛專業及成人教育中心(荃灣日校) Caritas Adult & Higher Education Centre (Tsuen Wan Day School)	學生 Student	20
1 月 January	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	職青 Adolescent	25
2 月 February	香港城市大學專上學院 Community College of City University	職青 Adolescent	50
4 月 April	白田美善團契 Pak Tin Graceful Group	兒童及家庭 Children and Family	20
8 月 August	香港中文大學 The Chinese University of Hong Kong	學生 Student	3
9 月 September	香港城市大學 The City University of Hong Kong	學生 Student	4
9 月 September	香港城市大學 The City University of Hong Kong	學生 Student	50
10 月 October	香港大學 The University of Hong Kong	學生 Student	3
11 月 November	香港城市大學 The City University of Hong Kong	學生 Student	1
11 月 November	香港大學 The University of Hong Kong	學生 Student	3

## 2008 生命教育中心傳媒及其他訪問活動

### Mass Media and Other Parties Interviews of Life Education Centre 2008

日期 Date	訪問機構 Organization	訪問內容 Content of Interview	形式 Format
2008-06-06	香港電台-公民社會 RTHK- Civil Society	珍惜生命大使 Life Ambassadors	現場直播 Live Broadcasting Program
2008-06-23	星島日報-教育版 Sing Tao Daily - Education	介紹生命朋輩訓練手冊 Introduce the Peer Counselling Training Kit	文字報導 Literature
2008-07-15	明報-新界東專線 Ming Po- East New Territories	生命教育及朋輩交流 Exchange of Life Education and Peer Counselling	文字報導 Literature
2008-10-28	香港經濟日報 Hong Kong Economic Times	如何面對金融海嘯 How to Face the Financial Tsunami	文字報導 Literature
2008-11-04	香港經濟日報 Hong Kong Economic Times	輔導服務 Counselling Service	文字報導 Literature
2008-11-28	香港電台第五台 RTHK- Channel 5	珍惜生命大使培訓及服務 Life Ambassador Trainings and Services	現場直播 Live Broadcasting Program

## 6.3 SUICIDE CRISIS INTERVENTION CENTRE

HELEN LUI (CENTRE-IN-CHARGE)

### Introduction

2008 was the seventh year the Suicide Crisis Intervention Centre (SCIC) in operations, providing core services of suicide crisis intervention and management, intensive counselling and therapeutic and support groups. During the year, SCIC also continued to offer support and counselling services to aftercare cases, the family and friends of the individuals with suicide risk or unfortunately committed suicide. It's worth special mention that SCIC has allocated more human resources to the "Dandelion Project" which promotes more proactive and earlier support to suicide survivors.

In the meantime, SCIC recognizes the undesirable impacts of suicide problem on youths and the increasing population of using Internet for communications. Many of them like to discuss the suicide issue and share with peers their views on the net. Therefore, by mid-2008 SCIC initiated a project called "Suicide Prevention On Internet (SPOT)" to identify these "hidden young people" who express suicidal intent on the net with the aim of early detection of suicide risk so that early preventive service can be extended to them.

### Casework Service

#### Number of Crisis Cases

The major task of SCIC is to provide crisis intervention and intensive counselling services to suicidal persons with moderate and high suicide 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 2008 was 1,314.

#### Gender and Age

Among these 1,314 crisis cases, there were 463 male and 850 female clients. The male to female ratio is approximately 1 : 1.8. Almost half (48.6%) of the service users fell between the age range of 30 and 49, and 84.8% between that of 20 and 59. For those aged under 20 and over 60, there was a slight increase from 5.4% or 69 clients and 5.5% (71 clients) to 5.5% (72 clients) and 6.3% (83 clients) respectively. (Details in Table 6.3.1 and Figure 6.3.1)

#### Presenting Problems

The numbers of cases distressed by the top two types of problems - situational problem and suicidal problems of their family members or friends - are almost the same, 216 cases (16.4%) and 213 cases (16.2%) respectively. 209 cases (15.9%) were by their marital problems, 154 cases (11.7%) by financial problems, 137 cases (10.4%) by other family problems, 118 cases (9%) by romantic relationship problems and 116 cases (8.8%) by mental or physical health problems.

Compared to the figures of last year, there were an increase in cases which were distressed by financial and unemployment problems increased by 10% (from 161 cases in 2007 to 177 in 2008), likely attributed to the economic tsunami in second half of 2008. (Details in Table 6.3.2 and Figure 6.3.2)

#### Risk Level

There were 627 (47.7% of total cases) and 272 (20.7%) 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 563 (42.9%) and 25 (1.9%) respectively. In the other words, the total number of moderate and high risk cases dropped from 899 to 588 (68.4% to 44.8%). The high-risk cases alone decreased significantly by 91%. (Details in Table 6.3.3 & 6.3.4 and Figure 6.3.3 & 6.3.4).

#### Referrers 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 2008, 473 cases (36%) were referred by social workers, 427 cases (33.3%) by service users who self-approached our service, 147 cases (11.2%) by those distressed by suicidal family members and friends, 118 cases (9%) by hotline volunteers, 50 cases (3.8%) by medical staff and 40 cases (3%) by police. Besides case

referral, SCIC also worked with our service partners intensively and provided 322 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, SCIC has conducted 5 therapeutic groups (29 sessions), 3 support groups (45 sessions), and 2 volunteering groups (6 sessions) in this year. (Details in Table 6.3.6)

## Service Promotion, Experience Sharing and Training Workshops

SCIC continued to provide service promotion and training workshops to all interested parties such as social workers, medical professionals, teachers, students, volunteers and other community organizations. Training areas included the Hong Kong suicide problems, suicidal symptoms, suicide risk assessment and suicide crisis intervention skills. Meanwhile, SCIC also received numerous local and overseas professional and community group for exchanging knowledge and experience in suicide crisis intervention work. In 2008, we hosted the visits by the Department of Health, The Suicide Prevention Center and Taoyuan Lifeline Association, Taiwan. Moreover, we also actively participated in the 3rd Asia Pacific Regional Conference of International Association for Suicide Prevention. (Details in Table 6.3.7)

## “Live the Rainbow” Service (活出彩虹服務)

In the recent years, there were approximately a thousand people a year committed suicide in Hong Kong. According to Dr. Edwin Shneidman, arguably the founder of the modern Suicidology, at least 6 persons would be affected by one suicide person. The suicide survivors would likely face psychological trauma to some extent and have higher suicide risks than the general public.

SCIC therefore established as early as in September 2004 the first support group for suicide survivors in Hong Kong, which was renamed later as the “Live the Rainbow Group”. This support group effectively provides a trustful and secure platform for the suicide survivors to heal from their grief, pain and emotional disturbance with mutual support, and transition to a more positive life in rainbow colours.

In the year 2008, on top of the regular services, SCIC further strengthened the service for the suicide survivors through the “Dandelion Project”. About three hundred suicide survivors were contacted about the introduction of the Project and subsequently more than 30 have received the outreaching, counselling and support group services in the year.

## The 3rd Asia-Pacific Regional Conference of International Association for Suicide Prevention

SCIC has actively participated in the Conference which was held in Hong Kong from 31 October to 3 November 2008 and carried the theme of “Suicide Research and Prevention in Times of Rapid Change in Asia: Opportunities and Challenges”.

Through both the oral and poster presentations, SCIC has shared its experience and best practices in suicide intervention and prevention services with other participants. The sharing was most valuable and has caught a lot of interests in the Conference as a suicide survivor representing SCIC and his support group to share in person in an oral presentation of what they have gone through and how the SCIC programme has helped in the healing journey.

Not only the presentation was a breakthrough for the survivor himself and for SCIC or the organization, it is also very encouraging to the survivors group members, other suicide survivors and the professionals in this field.

## SPOT

The current young generation loves to surf, connect friends and express themselves on the net. For this reason, registered social workers of SCIC and Hotline volunteers partnered to initiate the project SPOT in June 2008, aiming at identifying suicidal internet users and bloggers and connecting them with suicide prevention services.

Between June and December of 2008, SPOT has searched through about 60,000 personal blogs and preliminarily identified more than 170 with suicidal messages. Through active contacts via internet, nearly 110 youth bloggers were provided with emotional support and counselling.

## Publications

In the year SCIC has published a booklet named “Rekindle your Hope --- a Handbook for Family and Friends of People survived from Suicide” (重燃希望 — 給企圖自殺者親友的實務指引) and two pamphlets about how to manage study stress and how to manage work stress.

## Media Interviews

SCIC communicated and collaborated closely with mass media and interested parties to effectively promote to the community the messages to take the suicide problem seriously, strive for suicide prevention as well as cherishing life. (Details in Table 6.3.8)

## Future Outlook

The economic tsunami was dragging the world economy into a serious recession and Hong Kong was having its fair share of the impacts. By the end of 2008, investors were shattered, commercial enterprises were laying off staff and cutting pay, and employees were worrying if they would have the jobs tomorrow. Under this circumstance, more people were vulnerable to suicide. In response to the situation, SCIC will step up promotion measures including distributing new pamphlets to advocate positive attitude towards solving problems and looking at challenges, and to seek help proactively.

Meanwhile, with the benefits of four years of experience in working with suicide survivors, SCIC realized the importance of the “Live the Rainbow Service” in helping suicide survivors in the healing process from negative emotions to positive coping and revitalization. As its positive impact and effect have been proven, SCIC looks forward to having greater support from the government and other funding organizations for further developing this service.

## 6.3 自殺危機處理中心

雷黃恩芳 (中心主任)

### 前言

今年是自殺危機處理中心自2002年成立後投入服務的第七年。中心除了維持恒常服務，為身處自殺危機人士提供適時的危機介入、危機管理、深入個案輔導、治療性和支援性小組服務外，亦繼續發展為危機者親友和自殺者親友提供所需的支援和輔導服務，特別在自殺者親友服務方面，中心調配了更多的人力資源跟進『蒲公英計劃』，希望可以以更主動的方式及早向自殺者親友提供支援。

另一方面，有見自殺問題對青少年的影響深遠，加上互聯網的迅速發展，不少青少年喜歡在網誌上談論自殺問題，透露自己輕生的想法，更有傳媒報導有個別例子在不幸自殺離世後才被發現其厭世及無助的想法原來早已在網誌上透露過，很可惜並未因此而得到適切的專業輔導和協助，以致走上不歸之路。因此中心在年中開始試驗了『網蹤人計劃』，希望能在互聯網上搜尋到有自殺危機的『隱蔽青年』，主動向他們伸出援手。

### 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2008年總共處理了1314宗個案。

#### 性別與年齡

在1314宗個案中，有463宗案主是男性、850宗是女性，男女比率約為1：1.8；1宗性別不詳。另外，接近半數的案主年齡介乎30至49歲之間，共佔48.6%；年齡由20至59歲的則佔84.8%；而年齡在20歲以下和60歲以上的分別由去年5.4%（69宗）和5.5%（71宗）微升至5.5%（72宗）和6.3%（83宗）。（詳閱圖表6.3.1）

#### 問題種類

危機個案中受環境因素困擾和受到家人或朋友的自殺問題困擾者相若，分別有216宗（16.4%）和213宗（16.2%）；受婚姻問題困擾的有209宗（15.9%）；受經濟問題困擾的有154宗（11.7%）；受其他家庭問題困擾的有137宗（10.4%）；而受愛情困擾和精神健康問題困擾的則分別有118宗（9%）和116宗（8.8%）宗。可能因受年中以後出現的金融風暴影響，今年受經濟問題和失業問題困擾而求助的個案合共177宗，比較去年的161宗升幅達一成。（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627宗及272宗，百分率分別為47.7%及20.7%，合共為899宗，即佔68.4%；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563宗及25宗，百分率分別為42.9%及1.9%，合共降至588宗，百分率下降為44.8%；其中高危個案的自殺危機降低幅度更超越九成之多。（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2008年內，由社會工作者轉介的危機個案有473宗（36%）、案主自行求助的有437宗（33.3%）、由親友求助的有147宗（11.2%）、熱線義工轉介的有118宗（9%）、由醫護人員和警



察轉介的則分別有50宗(3.8%)和40宗(3%)。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322宗。(詳閱圖表6.3.5)

### 小組服務

本中心於2008年共開辦了5個治療性小組、3個支援性小組和2個義工小組，全年活動節數分別為29、45和6節，合共80節。(詳情可參閱表6.3.6)

### 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和義工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、如何辨識自殺危機的徵兆、自殺危機評估及危機處理技巧等。同時，中心亦歡迎與海外防止自殺服務團體交流，除接待了台灣行政院衛生署及自殺防治中心和桃園生命線的探訪外，更積極參與了在香港舉行的亞太區防止自殺會議，在防止自殺和危機介入服務作服務及經驗交流。(詳情可參閱表6.3.7)

### 活出彩虹服務

近年來香港每年均有約1,000人自殺身故，自殺學之父「Dr. Edwin Shneidman」曾指出，一名自殺者會影響其身邊最少6位親人或朋友，對他們做成心理的創傷，而自殺者家屬的自殺意念也相對一般人為高。因此，本中心已早於2004年9月提供全港首項為自殺身故者的親友而設的服務，成立了第一個自殺死亡人士親友自助小組，亦即現時已易名的「活出彩虹小組」，為他們提供一個可信和安全的平台，協助他們舒緩受困情緒、過渡傷痛，並與同路人建立互相支援網絡，學習助己助人、面對和適應未來生活，步出陰霾、活出彩虹。

於2008年中心繼續積極發展為自殺者親友提供的服務，除一貫的小組服務外，中心亦透過「蒲公英計劃」主動嘗試接觸三百多位親友，向他們介紹及提供有關服務，包括個人輔導、情緒支援、探訪、陪同及小組服務等，當中約有一成即三十多位親友需接受本中心的個人輔導及小組支援服務。

### 亞太區防止自殺會議

本中心積極參與了本年年底於香港舉行的「第三屆防止自殺國際協會亞太區會議」，是次會議以「機遇與挑戰 --- 劇變中之亞太區之自殺研究和預防工作」為主題，中心在會議中以展板及簡報形式介紹及分享了中心在自殺危機處理及自殺者親友服務等方面的心得和經驗。難得的是，在分享自殺者親友服務的簡報中，中心邀請到「活出彩虹小組」的組員親身分享了身為自殺者親友的心路歷程及中心服務對他們的康復過程和支援的重要，令與會者在這範疇作更深入的認識和討論；同時，對小組組員來說，能夠在國際會議上以現身說法在是項主題作簡報，不論對自殺者親友個人、服務機構及香港社區來說都可謂是零的突破，這對小組、全港的自殺者親友、甚至是專業工作人員來說都是一個很大的鼓舞。

### 「網蹤人」計劃

現今一代年青人大多都喜歡在互聯網上流連，並在網上與網友閒聊，或在網誌上表達心聲等。為了及時向在網誌上表達尋死的人士主動伸出關懷之手，希望放棄他們輕生的想法，本中心的專業社工及本會熱線中心的義工於本年6月起，攜手展開了『網蹤人計劃』，目的在互聯網上主動尋找一些有自殺傾向的網友，及早作出防止自殺的介入工作，包括以義工益友及專業社工等角色向他們介紹

本會服務及鼓勵他們求助，以正面方法面對和解決問題。在2008年6月至12月期間，此計劃在互聯網上共搜尋了約6萬篇個人網誌，經初步評估，當中有170多篇存在一定程度的自殺危機。有關的負責社工和義工便主動在網路上與他們接觸，並為當中約110名有自殺危機的網友提供了情緒支援及輔導。

## 刊物出版

本中心於2008年出版了三份刊物：「重燃希望—給企圖自殺者親友的實務指引」小冊子、「讀書壓力」和「工作壓力」等單張，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。

## 傳媒及其他訪問

本中心與傳媒及各界朋友充力合作，希望透過彼此工作的配合，讓廣大市民對自殺問題作出正面關注；好讓在防止自殺和推廣珍惜生命方面有更大成效。(詳情可參閱表6.3.8)

## 未來展望

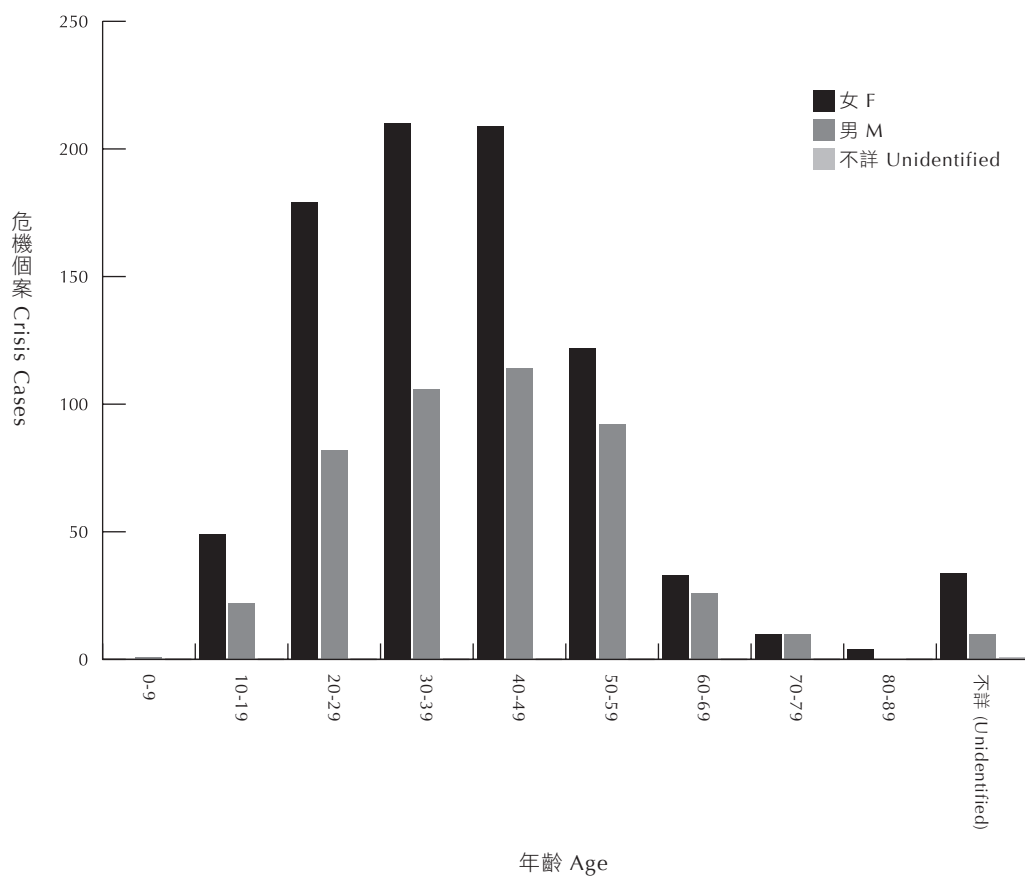
金融風暴的出現令全球的經濟環境陷入危機，香港亦難倖免。截至今年年底，除了有不少金融投資者叫苦外，大大小小的商業機構均有裁員和減薪等不利消息，讓打工一族人人自危，面對失業和經濟困擾；透過傳媒報導，亦有受困者因此而作出輕生行動。在希望來年香港經濟能漸趨穩定外，本中心亦會積極配合服務需求，如製作有關單張，呼籲及鼓勵受經濟困擾人士樂觀面對遇到的問題、積極求助，並提供有效的處理態度和方法。

另一方面，經過四年多在自殺者親友服務方面的經驗，中心深深體會「活出彩虹服務」對協助自殺者親友重新適應新生活 and 防止自殺方面的重要性，其成效亦有目共睹和讓人鼓舞；因此，中心會繼續尋求社會資源以能進一步發展此項服務，希望政府及其他資助機構能慷慨發放更多資源以配合中心和社會在這方面的需要。

(Table 6.3.1) Age and Sex Distribution of Crisis Cases Served by SCIC in 2008  
(表 6.3.1) 二零零八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	不詳 Unidentified	合計 Total	%
0-9	0	1	0	1	0.1%
10-19	49	22	0	71	5.4%
20-29	179	82	0	261	19.9%
30-39	210	106	0	316	24.0%
40-49	209	114	0	323	24.6%
50-59	122	92	0	214	16.3%
60-69	33	26	0	59	4.5%
70-79	10	10	0	20	1.5%
80-89	4	0	0	4	0.3%
不詳 (Unidentified)	34	10	1	45	3.4%
<b>總計 Total</b>	<b>850</b>	<b>463</b>	<b>1</b>	<b>1314</b>	<b>100.0%</b>

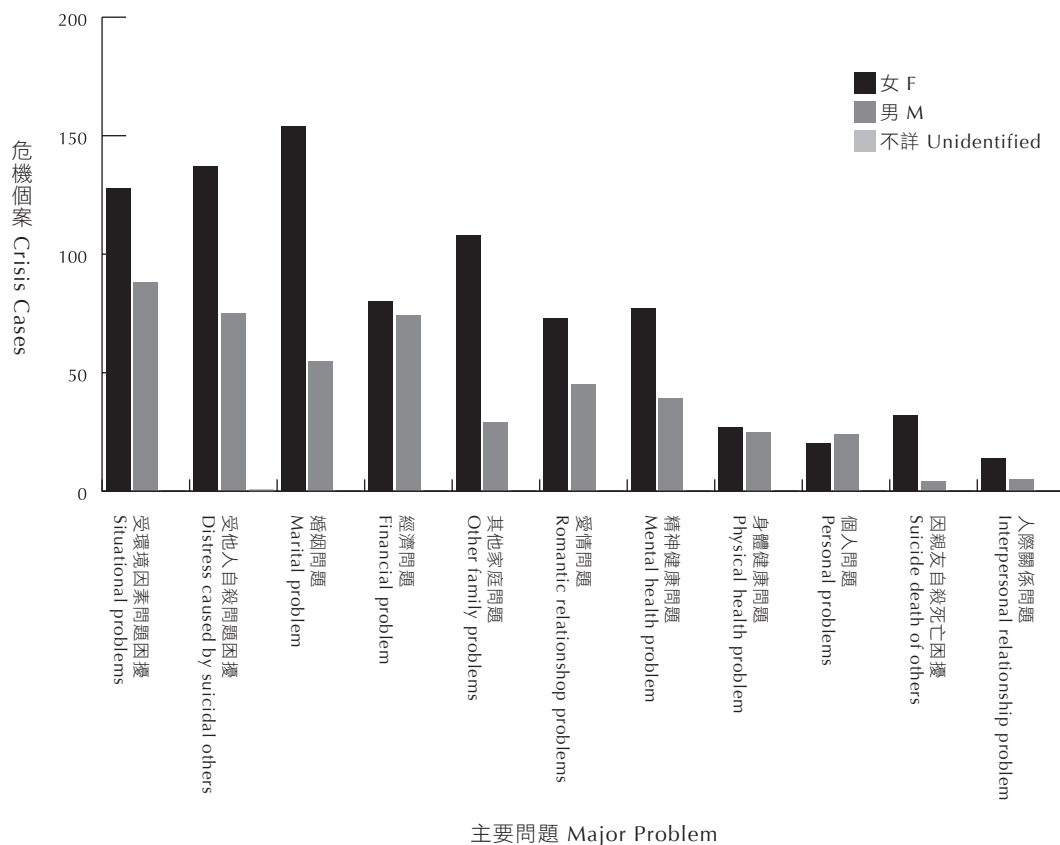
(Figure 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2008  
(圖 6.3.1) 二零零八年自殺危機處理中心危機個案年齡及性別分佈圖



(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2008  
(表 6.3.2) 二零零八年自殺危機處理中心危機個案問題及性別分佈表

主要問題 Major Problem	女 F	男 M	不詳 Unidentified	合計 Total	%
受環境因素問題困擾 Situational problems	128	88	0	216	16.44%
受他人自殺問題困擾 Distress caused by suicidal others	137	75	1	213	16.21%
婚姻問題 Marital problem	154	55	0	209	15.91%
經濟問題 Financial problem	80	74	0	154	11.72%
其他家庭問題 Other family problems	108	29	0	137	10.43%
愛情問題 Romantic relationship problems	73	45	0	118	8.98%
精神健康問題 Mental health problem	77	39	0	116	8.83%
身體健康問題 Physical health problem	27	25	0	52	3.96%
個人問題 Personal problems	20	24	0	44	3.35%
因親友自殺死亡困擾 Suicide death of others	32	4	0	36	2.74%
人際關係問題 Interpersonal relationship problem	14	5	0	19	1.45%
總計 Total	850	463	1	1314	100.00%

(Figure 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2008  
(圖 6.3.2) 二零零八年自殺危機處理中心危機個案問題及性別分佈圖



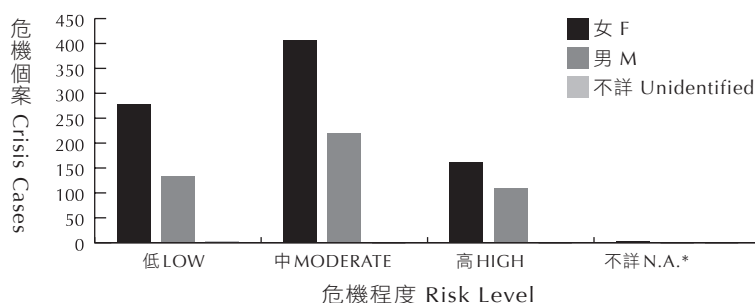
(Table 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre In 2008

(表 6.3.3) 二零零八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	不詳 Unidentified	總計 Total	%
低 LOW	279	133	1	413	31.43%
中 MODERATE	407	220	0	627	47.72%
高 HIGH	162	110	0	272	20.70%
不詳 N.A.*	2	0	0	2	0.15%
總計 Total	850	463	1	1314	100.00%

(Figure 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by Suicide Crisis Intervention Centre in 2008

(圖 6.3.3) 二零零八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



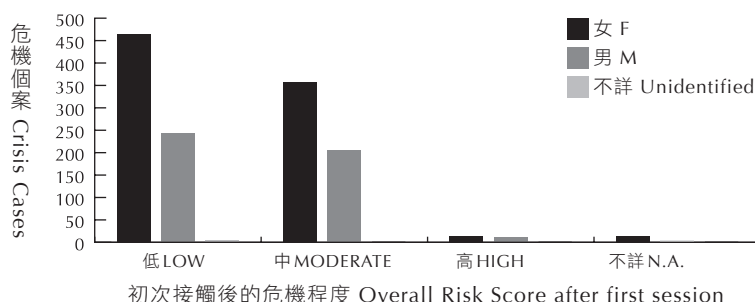
(Table 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases Served by Suicide Crisis Intervention Centre in 2008

(表 6.3.4) 二零零八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

初次接觸後危機程度 Overall Risk Score after first session	女 F	男 M	不詳 Unidentified	總計 Total	%
低 LOW	465	243	1	709	53.96%
中 MODERATE	358	205	0	563	42.85%
高 HIGH	13	12	0	25	1.90%
不詳 N.A.*	14	3	0	17	1.29%
總計 Total	850	463	1	1314	100.00%

(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 2008

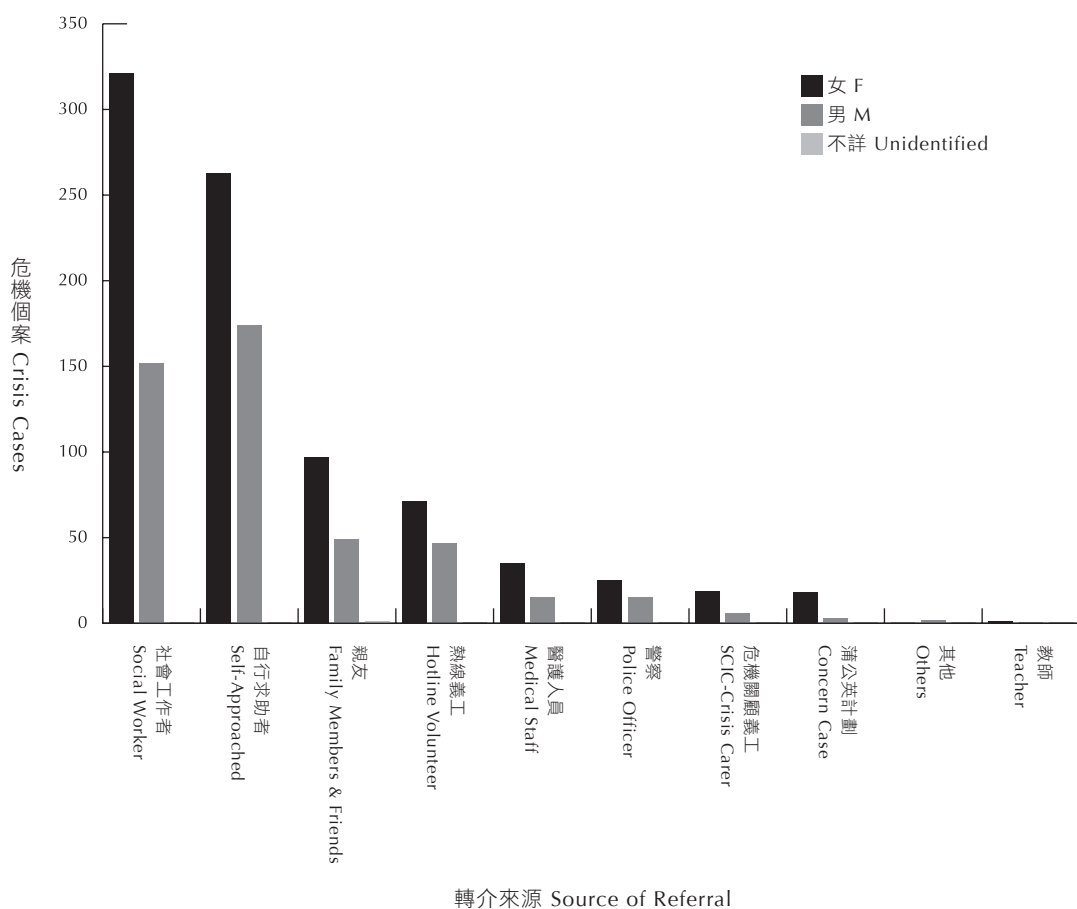
(圖 6.3.4) 二零零八年自殺危機處理中心危機個案經首節輔導後的危機程度 (由本中心評定) 及性別分佈圖



(Table 6.3.5) Source of Referral of Crisis Cases served by Suicide Crisis Intervention Centre in 2008  
(表 6.3.5) 二零零八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	不詳 Unidentified	總計 Total	%
社會工作者 social worker	321	152	0	473	36.00%
自行求助者 Self-Approached	263	174	0	437	33.26%
親友 Family Members & Friends	97	49	1	147	11.19%
熱線義工 Hotline Volunteer	71	47	0	118	8.98%
醫院人員 Medical Staff	35	15	0	50	3.81%
警察 Police Officer	25	15	0	40	3.04%
危機關顧義工 SCIC: Crisis caring project	19	6	0	25	1.90%
蒲公英計劃 Concern Case	18	3	0	21	1.60%
其他 Other		2	0	2	0.15%
教師 Teacher	1	0	0	1	0.08%
總計 Total	850	463	1	1314	100.00%

(Figure 6.3.5) Source of Referral of Crisis Cases served by Suicide Crisis Intervention Centre in 2008  
(圖 6.3.5) 二零零八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 in 2008  
(表 6.3.6) 2008 年自殺危機處理中心曾舉辦的小組

1. 治療性小組 (共 5 個) Therapeutic Groups (5 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
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因情緒困擾而曾有自殺念頭之中年男士 Ex-group members of “The Pain of Men” and middle-aged suicidal males suffered from depressive mood
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
3/2008 - 4/2008	活出驕陽—女性壓力處理 Women Stress Management Group	受壓力和情緒困擾而曾有自殺念頭的女性 Suicidal women with stress management and mood problems
4/2008 - 6/2008	「男人樂悠悠」 Be a Happy Man	「男人之苦延續篇」小組組員及因適應中年的轉變而情緒困擾並曾有自殺危機之男士 Ex-group members of “The Pain of Men (2)” and suicidal males with adjustment problems in their middle age
8/2008 - 12/2008	「勇闖新天地」- 男士小組 Reaching Beyond Horizons – A Men’s Group	因適應中年的轉變而情緒困擾並曾遇自殺危機之男士及「男人樂悠悠」小組組員 Ex-group members of “Be a Happy Man” and suicidal males with adjustment problems in their middle age

2. 支援性小組 (共 3 個) Support Groups (3 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
6/2007 - 12/2008	攜手創新天 – 抑鬱症照顧者支援小組 A Support Group for the Caretakers of people with Depression	抑鬱症患者親友 Caretakers of people with Depression
1/2008 - 12/2008	活出彩虹小組 Suicide Survivors Group – Live a Rainbow	自殺者親友 Suicide survivors
1/2008 - 10/2008	畫出彩虹 - 婦女小組 A Women’s Group – Draw a Rainbow	因丈夫有婚外情而受困擾的女士 Suicidal women with husbands having extra marital affairs

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

日期 Date	小組名稱 Group Name	服務對象 Targets
1/2008 - 12/2008	活出彩虹義工小組 Survivors 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，向其他自殺者親友或其他受自殺問題困擾人士表達關懷和情緒支援 New survivors or people affected by suicide problems befriended by survivor group members showing their care and concern to through telephone and visits
6/2008 - 10/2008	危機關顧計劃小組 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 cases followed by crisis carers for half a year

(Table 6.3.7) Training, Visits and Community Programmes of SCIC in 2008  
(表 6.3.7) 2008 年自殺危機處理中心的訓練、探訪交流及社區活動

日期 Date	活動內容 / 課題 Programme/Theme	服務機構 Organization	服務對象 Service Target	參加人數 No. of Participants
1/2008	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 People with Suicidal Risk	醫院管理局 Hospital Authority	醫院管理局員工 Staff of Hospital Authority	50
1/2008	兒童及青少年自殺危機評估 Suicidal Risk Assessment for Children and Youth	香港健康教育疾病預防中心 Hong Kong Centre for Health Promotion and Disease Prevention	小學教師及校長 Primary School Principals and Teachers	32
1/2008	葵涌邨情緒支援服務 Emotional Support Service for the Residents of Kwai Chung Estate	居民組織 Residents Organization	葵涌邨居民 Residents of Kwai Chung Estate	32
1/2008	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 People with Suicidal Risk	廣華醫院 Kwong Wah Hospital	廣華醫院護士 Nurses of Kwong Wah Hospital	84
2/2008	危機評估及介入 Suicide Risk Assessment and Crisis Intervention	廣華醫院 Kwong Wah Hospital	廣華醫院護士 Nurses of Kwong Wah Hospital	26
2/2008	「齊心護老」研討會 Seminar on "Caring for the Elderly"	港大秀園老年研究中心及 本會生命教育中心 Hong Kong University and Life Education Centre of SBHK	社工及公眾人士 Social Workers and the Public	30
2/2008	自殺危機處理急救包 First-Aid for Suicide Crisis Intervention	本會 SBHK	警察、護士、教師、社工 Police, Nurses, Teachers and Social Workers	38
2/2008	服務介紹 Service Introduction	香港城市大學 City University of Hong Kong	副學士學生 Students of Associate Degree	45
3/2008	「齊心護老」研討會 Seminar on "Caring for the Elderly"	港大秀園老年研究中心及 本會生命教育中心 Hong Kong University and Life Education Centre of SBHK	社工及公眾人士 Social Workers and the Public	70
3/2008	兒童及青少年自殺危機評估 Suicidal Risk Assessment for Children and Youth	香港健康教育疾病預防中心 Hong Kong Centre for Health Promotion and Disease Prevention	中學老師及家長 Secondary School Teachers and Parents	30
5/2008	精神異常與自殺 Mental Disorder & Suicide	輔導及防止自殺專業證書課程 Professional Certificate Programme in Counselling and Suicide Prevention	課程學生 Enrolled Students	38
5/2008	自殺者親友之情緒困擾及如何協助他們 Distress of Suicide Survivors and Ways of Helping Them	輔導及防止自殺專業證書課程 Professional Certificate Programme in Counselling and Suicide Prevention	課程學生 Enrolled Students	38
5/2008	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 People with Suicide Risk"	廣華醫院 Kwong Wah Hospital	廣華醫院護士 Nurses of Kwong Wah Hospital	78
6/2008	自殺危機處理急救包 First-Aid for Suicide Crisis Intervention	撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	教師及社工 Teachers and Social Workers	30
6/2008	服務介紹及經驗分享 Service Introduction and Experiences Sharing	香港大學 The University of Hong Kong	社會工作碩士課程學生 Students of Social Work Master Programme	17
6/2008	如何評估及處理自殺危機 Suicide Risk Assessment and Crisis Intervention	東華三院 Tung Wah Group of Hospitals	學校社工及老師 Social Workers and Teachers	32
7/2008	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 People with Suicidal Risk	廣華醫院 Kwong Wah Hospital	廣華醫院護士 Nurses of Kwong Wah Hospital	78
7/2008	服務介紹及經驗分享 Service Introduction and Experiences Sharing	長洲警署 Police Station of Cheung Chau Island	渡假屋屋主、村民及區議員 Resort Owners, Residents and District Councilors and Councilors Assistants in Cheung Chau Island	8

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
7/2008	機構服務展板介紹 Exhibition Boards	五旬節聖潔會靈康堂 Pentecostal Holiness Church Ling Hong Assembly Limited	沙田區居民 Residents in Sha Tin	200
8/2008	服務介紹 Service Introduction	明愛專業及成人教育中心 Caritas Institute for Further & Adult Education	學生 Students	12
9/2008	如何評估及協助具自殺危機人士 (廣東話) Seminar on Helping People with Suicide Risk (Cantonese)	香港科技大學 The Hong Kong University of Science and Technology	本地學生 Local Students	40
9/2008	如何評估及協助具自殺危機人士 (普通話) Seminar on Helping People with Suicide Risk (Mandarin)	香港科技大學 The Hong Kong University of Science and Technology	內地學生 Students from Mainland	50
9/2008	服務介紹 Service Introduction	城市大學 City University of Hong Kong	學生 Students	80
10/2008	危機中心服務及經驗分享 Service Introduction and Experience Sharing	樹仁大學 Shue Yan University	學生 Students	7
10/2008	如何協助有自殺傾向的長者 Training Course on Working with Elderly with Suicidal Tendencies	社會福利署 Social Welfare Department	社工和護士 Social Workers and Nurses	61
10/2008	服務轉介須知 Guidelines for Referrals to SCIC	本會熱線中心 SBHK Hotline Centre	熱線義工學員 Hotline Volunteer Trainees	50
10/2008	如何評估及協助具自殺危機人士 Training course on "How to Assess and Help the Suicidal People"	醫院管理局心靈綠洲 Oasis of Hospital Authority	義工 Volunteers	50
10/2008	債務個案處理訓練 Training Course on Handling Cases with Debt Problem	本會熱線中心 SBHK Hotline Centre	熱線義工 Hotline Volunteers	50
10/2008	本會服務介紹 Services Introduction	明愛屯門社區進修中心及明愛專業及成人教育中心—青衣夜校 Caritas Tuen Mun Community Education Centre & Caritas Institute for Further & Adult Education – Tsing Yi Evening School	學生 Students	47
11/2008	服務介紹及經驗交流 Services Introduction and Experience Sharing	台灣行政院衛生署及自殺防治中心 Department of Health and The Suicide Prevention Center, Taiwan	台灣行政院衛生署及自殺防治中心代表 Representatives from the Department and the Centre	12
11/2008	長者面對的壓力及處理方法 Stress and Coping in Elders	香港大學社會工作及行政學系 Department of Social Work and Social Administration of University of Hong Kong	醫生及護士 Medical Officers and Nurses	27
12/2008	如何協助有自殺傾向的長者 Training Course on Working with Elderly with Suicidal Tendencies	社會福利署 Social Welfare Department	社工及護士 Social Workers and Nurses	60
12/2008	服務介紹及經驗分享 Services Introduction and Experiences Sharing	台灣桃園生命線 Taoyuan Lifeline Association, Taiwan	桃園生命線同工 Staff of Taoyuen Lifeline	9
12/2008	服務介紹及經驗分享 Service Introduction and Experiences Sharing	協青社 Youth Outreach	廣州市南海區青年工作者 Youth Workers from Nanhai, Guangzhou	25
12/2008	服務介紹及經驗分享 Service Introduction and Experiences Sharing	香港中文大學專業進修學院 School of Continuing and Professional Studies, CUHK	人本服務科學生 Students	20
12/2008	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 the Suicidal People"	醫院管理局 Hospital Authority	醫院管職員 Medical Staff	42
12/2008	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 the Suicidal People"	廣華醫院 Kwong Wah Hospital	護士 Hospital Nurses	54

(Table 6.3.8) SCIC Interviews by Mass Media and Other Organizations in 2008  
(表 6.3.8) 2008 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
4/2008	南華早報 South China Morning Post	集體自殺 Suicide Pact
4/2008	蘋果日報 Apple Daily	集體自殺 Suicide Pact
4/2008	星島日報 Sing Tao Daily	青少年自殺 Youth Suicide
4/2008	有線電視「香港刺針」 Hong Kong Lancet, Hong Kong Cable Television	香港自殺問題與財困及傳媒報導的影響 Relationship between Suicide Problem in HK and Financial Difficulties as well as Mass Media
5/2008	成報 Sing Pao Daily News	經歷四川地震後之情緒及自殺問題 Emotional Adjustment and Suicide Problem after survival from Sichuan Earthquake
6/2008	香港電台「公民社會」 “Civil Society” Radio Television Hong Kong	服務介紹 Services Introduction
6/2008	各電台及報章 All Radio/TV Stations and Newspapers	本會記者招待會 Annual Press Conference of SBHK
6/2008	明報 Ming Pao	網蹤人計劃 SPOT
7/2008	明報 Ming Pao	網友自殺及預防方法 Suicide Risk of and Prevention for Internet Users
7/2008	蘋果日報 Apple Daily	高級行政人員的自殺問題及處理方法 Suicide Problem of Senior Executives and Intervention
7/2008	成報 Sing Pao Daily News	自殺徵兆、如何面對壓力及協助有自殺危機人士的方法 Suicide Risk Symptoms, Stress Management and Ways of Helping
7/2008	香港經濟日報 Hong Kong Economic Times	戀愛暴力 Violence in Romantic Love
8/2008	蘋果日報 Apple Daily	年青人自殺問題及預防方法 Youth Suicide Problem and Prevention
8/2008	明報 Ming Pao	年青人自殺問題及預防方法 Youth Suicide Problem and Prevention
11/2008	香港經濟日報 Hong Kong Economic Times	金融海嘯求助個案數字、服務回應及過來人訪問 Cases in Financial Tsunami, Services Provided and Case interview
11/2008	商業電台「同途有心人」 “The Way We Are”, Commercial Radio Hong Kong	自殺者親友服務介紹 Services Introduction on Suicide Survivors

## 6.4 CARING FUND

EMMA LEUNG (PROJECT MANAGER)

### Introduction

The Caring Fund was established in 1994. It aims at enhancing a message of caring the community: "Care your neighbor, started by active listening". Besides, the Caring Fund raises funds to support the three centres of the SBHK in their publicity work when carrying out programs to promote passion on life and caring of neighbor and the surrounding.

Active involvement and commitment are essential to the success of this small scale project, we believe that the consolidation of every small bits of effort would ultimately foster a caring culture for the neighborhood.

### Promotions by pop idol

With great appreciation, we invited pop singer Leo Koo to be our spokesperson. Mr. Koo took part in our advertisement 'Slow down your pace. Life – warrants you to see once more' which was broadcasted under the TV-API program of Information Services Department since January 2008.

### Newsletter

Two newsletters were published in April and October respectively to introduce suicide prevention services and to invite citizens to register as our Regular Donor. Besides, 'Survival from the Tsunami' leaflet are published to promote cherish life attitude.

### Media Communications

We treasured every opportunity to cooperate with the mass media to promote cherish for life messages to the public. In 2008, a number of media interviews were undertaken by our staff and volunteers. In particular, we were invited as guest speaker in an I-cable programme on life education. Apart from this, our promotional video with children eating ice cream was re-launched as API from in 2008 to remind parents on the rights of living by the children.

On 28 June, we held a press conference publicizing our analysis on the suicide rate for 2007 and encouraging people to seek help from our 24-hour suicide prevention Hotline (2389 2222).

Thanks to the Commercial Radio 881, we received donation of \$1,137 from their appeals for donation in 2008.

### Regular Donor Project

We tried to set-up a long-term supporting network through the Regular Donor Project. Regular donors would be given unique donor numbers and they are encouraged to use auto pay method to support our services.

In May, we obtained the support from the Hong Kong Electric Company to enclose our promotion leaflet in their electric bills. 40,000 leaflets were distributed to their customers. Encouraging feedback was received.

### WiseGiving

The Hong Kong Council of Social Service had launched the WiseGiving project to promote 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: [www.WiseGiving.org.hk](http://www.WiseGiving.org.hk).

### Barcode Card Donation

In addition to the continuous cooperation with the PPS to collect donation from the public, we developed a Bar Code Donation Card with different convenient shops. Citizens could produce the card at any outlet of Circle K or 7-Eleven for executing donation to SBHK. Donor with donation over \$100, donor can contact us for an official receipt in order to claim tax exemption.

### Online Donation Services

As coordinated by the Hong Kong Council of Social Service, the Bank of East Asia offers us a platform which facilitates the collection of online charitable donations through CyberDonation service.

### Social Enterprise - 'C G Concept'

We have been working with The Premium Collection to establish a social enterprise, the C G Concept ('Care for Green Concept'). Its main objective is to promote the message of 'Care for each other and care for the green' through community education programme and sales of Banner Bag.

## **Caring Company**

In 2008, we successfully nominated four commercial entities to receive the 'Caring Company' recognition. The four companies are Liu Chong Hing Investment Limited, The Premium Collection, The Best Video and The Seed Forest. Although we are in a different professions in the society, we hope that we could jointly promote a caring culture in the community.

## **Understanding Adolescent Project**

For the second year, we obtained approval to run the 'Understand Adolescent Project' for special schools in Hong Kong.

## **Spot on Life' Carnival and World Suicide Prevention Day**

The International Association for Suicide Prevention (IASP) in collaboration with the WHO had dedicated 10 September each year as the World Suicide Prevention Day. The theme for 2008 was 'Think globally, plan nationally, act locally'. To support this international campaign, The Caring Funds organized a carnival on 7 September at the Ma On Shan Plaza to encourage 'spot on life'.

## **Community Services**

Our volunteers have formalized an arrangement with the Neighbourhood Advice-Action Council – Sham Shui Po District Elderly Community Centre for providing care and emotional support to the elderly in need.

## **Conclusion**

Year 2008 was a challenging year and a year of hope. I might not be able to express details of our events in the report. However, the thousand hours work by our teammates were mixed with laugh and tear. Though their dedication, devotion and hardship, we learned how to support each other. Through the failure experience, we learned how to be tough but humble.

I wish to express our heart-felt thanks to our supporters, sponsors and participants of our activities. Their participation, sharing and donation were most valuable to us. 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 (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，並統籌本會的傳訊事務、籌募經費、機構協作等工作，透過不同途徑，鼓勵熱愛生命、關懷別人。

基金的人手雖然有限，但大家都能以主動、承擔的態度來投入工作。我們相信一點一滴的努力，終能滙聚成河，在社區上凝聚「關懷身邊人」的力量。

2008年是接續開拓和灌溉的一年，透過傳訊事務、籌募經費、社會企業、機構協作及社區服務等五項服務範疇，舉辦了十多項活動。

### 傳訊事務

#### 代言人計劃

於5/07-3/09期間，由著名歌手古巨基先生擔任本會代言人，協助本會拍攝「生命，想你望多一眼」廣告短片及燈箱硬照。該片獲政府新聞處接納，於2008年1月開始，安排在各電視台播放。

#### 籌募通訊、單張製作及內部交流

分別於2008年4月及10月發出籌募通訊，介紹本會服務及招募「恆常贊助人」。此外，定期整理全會服務單張及介紹片段，以便各中心使用。為加強會內各工作人員的交流，定期發出「傳訊管子」，分享傳訊事務及工作進展。

為回應社會情況，製作「海嘯求生」單張，預計於2009年2月完成及派發。

#### 傳媒訪問及文稿

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

在2008年，本會委員多次接受傳媒訪問，其中2次參與有線電視直播節目「有話直說」，作出分享。2月在星島日報Jobmarket中刊登「享受生活」文稿。

獲商業電台「有誰共鳴」的協助，在節目中介紹本會服務及向大眾呼籲捐助，2008年獲捐款\$1,137。

在2008年6月28日舉辦了週年記者招待會，並發佈「2007自殺數字資料」，多位傳媒朋友到場採訪，藉此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。

### 籌募經費

#### 恆常贊助人

相信大家都會關心防止自殺的工作，並樂意作出支持，我們鼓勵有心人以定期自動轉賬形式捐助本會，每一位登記人士可以獲得專用的編號，藉以建立恆常的支持網絡。2008年5月獲得電燈公司免費夾附本會單張40,000份，以郵遞給各客戶，藉此渠道收到市民的正面回應。

#### 「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[www.WiseGiving.org.hk](http://www.WiseGiving.org.hk)。



### 零錢捐助 - 「便利店捐款條碼卡」

除了捐款電話服務外，更於2008年推出兩項條碼服務：「零錢捐助-OK條碼卡」及「7-Eleven便利店捐款條碼卡」以方便市民捐款。

持卡人可以在各便利店出示本會「條碼卡」，便可以將零錢找贖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，安排發出正式收據，以申請稅項減免。

### 「東亞銀行網上捐款」

由香港社會服務聯會協調，邀請東亞銀行為各社會福利服務機構提供網上捐款服務，由2008年1月開始籌備，6月舉行記者招待會，向外公佈及宣傳。完成測試及手續後，本會於2008年12月正式上載至網站，以便市民大眾透過信用卡在網上捐款。

## 社會企業

### 「愛創意」製作社

禮品廊及本會於2008年9月開始籌辦「愛創意」製作社，以銷售「橫額再造袋」(Banner bag)為主，透過成立社會企業，共同建立和諧社會，提倡企業之社會責任，推動社會各行業仿效，以「愛人、愛境」的精神從事企業的營運大原則。

更以「愛人、愛境」為主題製作一套社區教育推廣資料，向各院校、機構散播關愛的種籽，從而推廣珍惜自己、愛護自然環境的訊息。

### 「愛人愛境」嘉年華

本會獲禮品廊送贈首批「橫額再造袋」(Banner bag)，並於2008年1月12日在九龍城廣場舉行「愛人愛境」嘉年華，透過展覽及攤位遊戲，作出宣傳。

## 機構協助

### 「商界展關懷」

持續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。2008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、禮品廊、高清製作有限公司及種子森林。期盼彼此在不同的崗位上推動關懷互助的訊息。

## 社區服務

### 「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，本會持續為特殊學校提供第二年「成長的天空」合作計劃。

### 「放眼生命」嘉年華

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」。本會於2008年9月7日假馬鞍山廣場舉辦「放眼生命」嘉年華，藉以傳揚積極面對生活的訊息，作出響應。

### 社區探訪

「關懷身邊人」義工持續與鄰舍輔導會深水埗康齡社區服務中心合作，一同為深水埗區有需要的長者提供關懷及支援服務。

## 展望

生活中的哭笑，是一種歷練，讓我們學習謙卑、學習互相關懷。經濟環境的轉變，不能動搖人與人之間的關懷和感情。無論面對甚麼情況，盼望我們都能愛惜自己、關愛別人。

本會於2009年將繼續與深水埗區的長者服務單位合作，推行預防長者自殺計劃，透過義工培訓，在社區傳遞「關懷身邊人」的訊息。

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，繼續推動生命教育、防止自殺的工作。

## Caring Fund Service Report 2008 2008年關懷身邊人基金服務匯報

服務範疇 Nature	活動名稱 Program name	內容主題 The content
籌募經費	「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 and donation through auto pay method is encouraged.
	「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 <a href="http://www.WiseGiving.org.hk">www.WiseGiving.org.hk</a> 。 The Hong Kong Council of Social Service had launched this 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.
	「捐款條碼」 Barcode Card Donation	持咭卡人只需在各便利店出示本會「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。 Citizens could produce the Barcode Card at any Circle K or 7-Eleven outlet for donating to SBHK. Donors with donation over \$100 can contact us for an official receipt for tax exemption.
	網上捐款服務 Online Donation Services	由香港社會服務聯會協調，由東亞銀行提供網上捐款服務。市民可以透過各信用卡在網上捐助本會。 Co-ordinated by the Hong Kong Council of Social Service, the Bank of East Asia offered a platform to facilitate our collection of charitable donations online through CyberDonation service.
社會企業	「愛創意」製作社 C G Concept	透過成立企業，共同建立和諧社會，提倡企業之社會責任，推動社會各行業仿效，以「愛人、愛境」的精神從事企業的營運大原則。 We have been working with The Premium Collection to establish a social enterprise, the C G Concept ('Care for Green Concept').
	「愛人愛境」嘉年華 'We Care' Carnival	透過展覽及攤位遊戲，推廣珍惜自己、愛護自然環境的訊息。 To promote the message of 'Care for each other and care for the green' and sales of Banner Bag.

服務範疇 Nature	活動名稱 Programme name	內容主題 The content
機構協作	「商界展關懷」 Caring Company	08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、禮品廊、高清製作有限公司及種子森林。在不同的崗位上推動關懷互助的訊息。  In 2008, we successfully nominated 4 commercial entities to receive the 'Caring Company' recognition for joining us in the promotion of life education.
社區服務	「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，本會持續為特殊學校提供第二年「成長的天空」合作計劃。  It was the second year we obtained approval to run the 'Understand Adolescent Project for special schools in Hong Kong.
	「放眼生命」嘉年華 'Spot on Life' Carnival	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」。本會於2008年9月7日假馬鞍山廣場舉辦「放眼生命」嘉年華，藉以傳揚積極面對生活的訊息，作出響應。  To echo the World Suicide Prevention Day in September, we organized a carnival at Ma On Shan Plaza with the theme 'Spot on Life'.
傳訊事務	代言人宣傳項目 「生命，想你望多一眼」 Spokesperson 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 a pop singer Leo Koo to be our spokesperson. The advertisement 'Slow down your pace. Life – warrants you to see once more' was broadcasted under the TV-API programme of Information Services Department since January 2008.
	週年記者招待會 Press Conference	於2008年6月28日舉行週年記者招待會，發佈「2007自殺數字資料」，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。  On 28 June, we held a press conference releasing the information on our analysis on the suicide figure of 2007 and to encourage people to seek help from our 24-hour Telephone Hotline (2389 2222) when necessary.
	「海嘯求生」單張 'Survival from the Tsunami'	回應社會情況，鼓勵大眾以積極態度面對挑戰，因為擁有生命、才擁有希望。  In response to the forthcoming bad economy in Hong Kong, we prepared leaflet 'Survival from the Tsunami' to encourage citizens to stand up and optimistically face the difficulty.

## 6.5 EXTERNAL TRAINING AND DEVELOPMENT

| MARCO LAU (TRAINING OFFICER) |

### Introduction

The External 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 caring 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 had been increasingly enthusiastic in the first three intakes, so was the fourth intake offered in March 2008. The programme consists of 20 sessions covers the knowledge and theories of psychology and suicide, as well as the communication skills that are essential in the work of helping professional. The programme also provides the participants with role-play practice of counselling under the guidance of experienced demonstrators and group leaders.

There were 44 participants including 8 SBHK hotline volunteers enrolled in the fourth intake. With the majority came from social welfare, education and health care sectors, there were also many participants came from the business sector and personnel management profession. Most of them indicated that the course enabled them to take care of their families, colleagues and friends in a better way. In the meanwhile, they had a deeper acquaintance of themselves and personal growth from the programme.

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

To enhance the professional knowledge and skills in the prevention of suicide of the SBHK hotline volunteers and local counsellors, the SBHK cooperated with the Middlesex University, UK in the “Master of Arts in Work Based Learning Studies (Counselling Studies)” in 2007. The 2nd intake of the programme was launched in 2008. Under the renowned model of “Work Based Learning” of the university, candidates are able to re-integrate their own practical work experience into formal and professional counselling knowledge and skills by undertaking tutorials, researches and projects.

### Joint Effort with Hospital Authority on ‘CIST’ Training

The SBHK collaborated with the Hospital Authority (HA) again in 2008 to provide trainings for the Authority’s Critical Incident Support Team (CIST) which is formed voluntarily by HA staff for providing emotional support and crisis service to hospital staff. The two courses, “Hotline Skills Training” and “Training on Assessment and Intervention of Suicidal Persons” aimed to equip CIST members with knowledge and skills in telephone counselling and crisis handling. Among the 223 participants, most of them appreciated the rich and lively training format as well as the interactive exercises that provided them a good platform of practicing and acquiring positive feedback.

### Talks and Workshops

In order to promote the basic knowledge and skills of suicide prevention in the public and professional level, the SBHK organized three workshops entitled as “Suicide First Aid Pack” which were divided into two levels, the public and the professional. The former one aimed at educating the public the ways to assist the relatives and friends with suicidal thoughts like identifying suicidal signs, caring and seeking proper services. The latter one equipped the helping professionals with techniques in suicide assessment and intervention as well as the procedures of referring to crisis handling services.

Moreover, our division also provided training programmes to business and social welfare organizations such as the Hong Kong Single Parents Association, Neway Karaoke Limited and the Red Cross, to share skills and experience like emotional counselling and crisis handling.

The SBHK believes education about suicide prevention is essential for conveying the message ‘Prevention is better than cure’ to the community. Therefore, we will put more efforts in organizing more talks and workshops to enhance the public awareness and acceptance of suicide prevention.

### 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 care for 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，以及耐心聆聽、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

承蒙各界的支持，過往三屆的報名情況愈益踴躍，本會於2008年3月再度舉辦第四屆的證書課程，課程共有20節，涵蓋心理學、自殺相關知識和理論之餘，也包括了助人工作的聆聽溝通等技巧，並由富有經驗的導師帶領和示範下，與學員進行角色扮演的輔導練習。本屆共有36名公眾人士和8名本會義工參加，除了社福界、教育界和醫護界，亦有不少工商界及人事管理人員參加，大部份學員均表示透過這個課程，不單有助他們在工作或生活上更懂得關顧他人，並能夠進一步了解自己和達致個人的成長。

### 工作為本輔導學科碩士課程

本會自2007年開始與英國密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導學科碩士課程」，以提升本會義工及本地輔導人員於防治自殺與輔導的專業知識和技巧。今年度繼續開辦第二屆課程，學員透過學院有名的「工作為本學習」模式，將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。

### 與醫管局合作的「緊急事故支援小組」培訓課程

本會於今年度繼續與醫院管理局合作，為其院內的「緊急事故支援小組」舉辦「電話輔導及危機個案處理」及「如何評估及協助具自殺危機人士」培訓課程，讓小組的義務醫護成員，掌握更多熱線輔導和處理危機個案的知識和技巧，以協助受困擾的院內同工。本年度參與訓練之醫護同工共計223人次，大部份參加者均認為課程教學形式豐富生動，並有不少互動練習讓他們發揮所學技巧，並得到即時的改善回饋，獲益良多。

### 對外培訓講座/工作坊

為了加強社會大眾及助人業界同工，對預防自殺的基本知識和技巧，我們在二零零八年特別舉行了3場主題為「自殺急救包」的工作坊，三場訓練主要分成「普及版」和「專業版」，前者主要教育市民大眾如何協助具自殺徵兆或正有自殺行動的親友，包括辨識自殺警號、關懷技巧和如何尋求合適支援服務；後者則針對助人專業界別的人員，讓他們掌握評估和介入自殺危機的知識的技巧，以及介紹包括本會的各項危機轉介服務。此外，我們亦為本地工商界及社福單位提供訓練，例如香港單親協會、新時代卡拉OK有限公司、香港紅十字會等，本會派員分享情緒輔導、危機處理等的技巧和要訣。

所謂「預防勝於治療」，本會認為防止自殺的教育工作尤其重要，因此本會將於日後繼續舉辦更多相關的培訓講座和工作坊，希望令社會大眾對預防自殺有更高的意識和對該話題有更多的接納。

### 收入運用

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

(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	Hospital Authority 醫院管理局	4th 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 (4)	37
	Public and SBHK members 公眾人士及本會義工	Workshop of Suicide First Aid Pack (Public Level) 「自殺急救包」工作坊 (普及版)	20
	Neway Karaoke Limited 新時代卡拉OK有限公司	Workshop on Turning Crisis into Opportunities 「轉危為機」工作坊	42
February 2月	Helping Professionals and Interested People 助人專業者及有興趣人士	Workshop of Suicide First Aid Pack (Professional Level) 「自殺急救包」工作坊 (專業版)	38
March 3月	Neway Karaoke Limited 新時代卡拉OK有限公司	Workshop on Turning Crisis into Opportunities 「轉危為機」工作坊	30
	Public and SBHK members 公眾人士及本會義工	4th Professional Certificate Programme in Counselling and Suicide Prevention 第四屆輔導及防止自殺專業證書課程	44
June 6月	Helping Professionals and Interested People 助人專業者及有興趣人士	Workshop of Suicide First Aid Pack (Extended Professional Level) 「自殺急救包」工作坊 (專業加長版)	31
September 9月	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	104
	Hong Kong Single Parents Association 香港單親協會	A talk on Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	14
	Public and SBHK members 公眾人士及本會義工	2nd Master of Arts in Work Based Learning Studies (Counselling Studies) 第二屆工作為本輔導學科碩士課程	6
October 10月	Hospital Authority 醫院管理局	1st Training on Assessment and Intervention of Suicidal Persons 2008 「如何評估及協助具自殺危機人士」訓練課程 (2008) 第一場	36
	Hong Kong Red Cross 香港紅十字會	A talk on Helping Relatives and Friends of Suicidal 「如何協助有自殺念頭親友」講座	20
December 12月	Hospital Authority 醫院管理局	2nd Training on Assessment and Intervention of Suicidal Persons 2008 「如何評估及協助具自殺危機人士」訓練課程 (2008) 第二場	46
	Hong Kong Single Parents Association 香港單親協會	A talk on Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	15



# FIGURES ABOUT SUICIDE IN HONG KONG 2008

| JONATHAN WONG (HOTLINE VOLUNTEER) |

From January 1st 2008 to December 31st 2008, Hong Kong's population stood at approximately 7,008,900 with 3,306,800 male (47.2%) and 3,702,100 female (52.8%), according to statistics from the Census and Statistics Department. The Coroner's Court reported that 1,001 people committed suicide and subsequently died during this same period, which included 781 suicide deaths where an autopsy and cause of death investigations were not ordered.

The suicide rate was 14.3 in 2008, indicating 14.3 people committed suicide and died out of every 100,000 in Hong Kong, which was up by 2 from 2007, meaning there were approximately 3 people who committed suicide and died every day.

The following is the summary of the suicide phenomenon in Hong Kong 2008.

1. The total number of suicide was 1,001;
2. The number of suicide for male was 611 (61%) and for female was 390 (39%);
3. The suicide rate was 14.3 (14.3 people committed suicide per 100,000 people);
4. The suicide rate increased 2 from 12.3 in 2007 to 14.3 in 2008;
5. Jumping from height was the commonest suicide means (52.4%);
6. Hanging was the second suicide means (21.4%);
7. Carbon monoxide poisoning (charcoal burning) came in third place (15.4%);
8. The highest suicide rate for the age above 70 years old was 31.47 per 100,000;
9. The suicide rate for age 60-69 years old came in second with 19.68 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 2008, there were 28 teenagers below the age of 19 who committed suicide successfully. The suicide rate was 2.1 up by 0.5 from 2007. The male to female ratio was 1.5:1 (see table 7.2). The suicide rate for males was higher than for females. The number of suicides rose from 22 in 2007 to 27 in 2008. Among the 28 deaths in 2008, in terms of the means of suicide, 16 ended their lives by jumping from buildings, while 4 died through carbon monoxide poisoning and hanging respectively (see table 7.1). Jumping from buildings was the most common suicide means and accounted for 57.1% 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 2008, there were 654 people who committed suicide and died in this age group, accounting for 65.3% of the total number of suicide deaths and up by 2.3% from 2007 (see table 7.1). The suicide rate was 14.63 and the male to female ratio was 1.9:1 (see table 7.2). Among the deaths, 326 people (49.8%) were attributed to jumping from buildings, while 138 people (21.1%) died of carbon monoxide poisoning and 116 people (17.7%) hung themselves.

### Age: 60 years old or above

In 2008, 319 people committed suicide and died in this age group, accounting for 31.9% of the total number of suicide deaths and down by 3.1% from 2007. The suicide rate was 26.22 in this age group, up by 0.62 from 2007, and the male to female ratio was 1.6:1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from buildings, accounting for 182 deaths (57.1%) in this age group (see table 7.1).

## Suicide statistics according to the means of committing suicide

In 2008, there were 525 people who committed suicide by jumping from buildings, accounting for 52.4% of the total number of suicide deaths and down by 2.6% from 2007. 214 people died by hanging themselves, accounting for 21.4% of the total number of suicide deaths and down by 2.6% from 2007. 154 people died from carbon monoxide poisoning, accounting for 15.4% of the total number of suicide deaths and up by 1.4% from 2007 (see table 7.1).

Jumping from buildings was the commonest means of committing suicide. Hanging was in second place while carbon monoxide poisoning came in third place in 2006.



## Suicide statistics: grouped by occupation

In 2007, 87 people who committed suicide were unemployed. Retired persons came in second place with 26 deaths. Blue collars followed with 19 deaths. (see table 7.3a). Although suicides among unemployed persons increased from 31 people in 2007 to 87 people in 2008, 781 deaths fell into the unclassified category, where an autopsy and death reports were not sought. This increase in the unclassified category from 753 in 2007 to 781 in 2008 certainly poses a challenge in drawing the conclusion that suicide among unemployed persons has increased.

Hong Kong had an unemployment rate of 3.6% in 2008, a decrease of 0.4% from 4% in 2007. The under-employment rate decreased from 2.2% in 2007 to 1.9% in 2008 (see table 7.3b & 7.3c).

## Suicide Statistics: grouped by mental disorders

In 2008, 71 suicide deaths were associated with mental disorder. Most of these committed suicide by jumping from buildings, a total of 25 deaths in this group. 15 people hung themselves, and 12 people died of drugs poisoning.

As there were 781 suicide cases without death investigation report ordered that excluded the number of mental suicide, the representable picture in the relationship between suicide and mental disorder may not be easily drawn here. Notwithstanding, World Health Organization (WHO) has given an idea on this matter, it stresses that more than 90% of all cases of suicide are associated with mental disorder such as depression, schizophrenia and alcoholism, addressing the importance of mental health could certainly reduce the rate of suicide.

## Unknown or Unidentified Suicide Cases

43 suicides where categorised as "injury undetermined whether accidentally or purposely inflicted" in 2008, up by 22 deaths in comparison with 21 deaths in 2007. Among these 43 deaths, 10 people died of jumping from building, while 13 people died through drugs poisoning (see table 7.5).

## Suicide cases without an autopsy being ordered

The total number of suicide deaths was 1,001 in 2008, including 781 deaths where an autopsy and death report were not sought, and this figure increased from 753 in 2007 to 781 in 2008 (see table 7.6). These uncategorised suicide deaths lead to difficulties in drawing reliable conclusion, as the figure represents 78% of the total number of suicide deaths.

## Conclusion

In 2008, there were 1,001 people who committed suicide and died, with 611 male deaths (61%) and 390 female deaths (39%). The suicide rate was 14.3 per 100,000, up by 2 from 2007. The ratio of male to female was 1.8:1. Jumping from buildings was still the most common suicide means (52.4%), hanging came in second place (21.4%) and carbon monoxide poisoning took third place (15.4%). The increasing number of suicide case without death investigation report ordered was 781 in 2008 that leave a room and difficulty to come up a reliable conclusion in the relationship among suicide, unemployment and mental disorder.

In the past few years, the collaboration effort and multidisciplinary approach in suicide education, suicide prevention and suicide intervention by different organizations in Hong Kong made a contribution to the concern and awareness on the suicide related issue. The theme of World Suicide Prevention Day for 2008 was "Think Globally, Plan Nationally, Act Locally". It arouses and encourages people to unite in commitment and action to promote understanding about suicide in different levels and ensure that they are prevented. Certainly! Suicide is prevented. Don't look down and underestimate your every little effort to light up others around you. Every of us can be the one to make a world different in the prevention of suicide. Comrade, let's work together for the brighter and prosperous future. We can do it!

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# 2008 香港自殺數字統計分析

黃遠青 (熱線義工)  
陳鳳明 (熱線義工) 中文翻譯

由2008年1月1日至12月31日止，根據香港人口統計處資料顯示，香港人口大約是7,008,900，當中3,306,800 (47.2%)是男性，女性則有3,702,100 (52.8%)。而死因裁判法庭報告於此段期間有1,001人死於自殺，當中包括781毋須進行死因研究而裁判為死於自殺。

2008年香港自殺率為14.3，即每十萬人中有14.3人死於自殺，比2007年上升2，意指平均每天有3人自殺死亡。

以下是2008年香港自殺現象的總結：

1. 自殺死亡總數共有1,001宗
2. 男性自殺死亡共611宗 (61%)，而女性自殺死亡共390宗 (39%)
3. 自殺率14.3，即每十萬人中有14.3人自殺身亡
4. 2008年自殺率14.3，比2007年上升2
5. 最多被採用的自殺方式是「從高處墮下」(即跳樓)，為52.4%
6. 第二種較多人採用的自殺方式是「吊死」(即吊頸)，為21.4%
7. 第三種較多人採用的自殺方式是「一氧化碳中毒」(即燒炭)，為15.4%
8. 最高自殺率的年齡組群是「70歲以上」，自殺率為31.47
9. 第二類較高自殺率的年齡組群是「60-69歲」，自殺率為19.68

以下按自殺死亡者之年齡、性別、自殺方式、職業及精神疾患來作進一步的自殺數字分析。

## 按年齡及性別分組之自殺死亡統計數字

### 年齡:0-19歲

在2008年，有28宗19歲以下青少年自殺身故。自殺率為2.1，比2007年上升0.5。男女比例是1.5:1 (見表7.2)，男性自殺率比女性為高，比2007年的22躍升至2008的27。在2008年數字中，採用「從高處墮下」作為自殺方式的自殺死亡為16宗，4宗死於「一氧化碳中毒」和「吊死」的自殺方式 (見表7.1)。「從高處墮下」這自殺方式是這年齡組群最普遍採用的自殺方式，佔56.1%，印證了這個年齡組群傾向以較致命的自殺方式了斷生命。

### 年齡:20-59

在2008年裏，20-59年齡組群之中，有654人自殺身亡，佔總自殺死亡數字之65.3%，比2007年上升2.3% (見表7.1)。自殺率為14.63。男女比例為1.9:1 (見表7.2)。綜觀眾數字，有326人 (49.8%)採取「從高處墮下」方式自殺，另外有138人 (21.1%)採用「一氧化碳中毒」自殺。而116人 (17.7%)則採用「吊死」方式自殺。

### 年齡: 60歲以上

在2008年裏，60歲以上自殺死亡之個案共有319宗，佔總自殺死亡數字的31.9%，但相比2007年則下降3.1%。自殺率為26.22，比起2007年輕微上升至0.62。男女比例為1.6:1 (見表7.2)。該年齡組群中有182宗 (57.1%)採用「從高處墮下」方式自盡，顯示本港長者傾向選用較暴力及致命的方式來終結生命 (見表7.1)。

## 按自殺方式分組之自殺死亡統計數字

於2008年，共有525人採用「從高處墮下」方式自盡，佔總自殺死亡數字之52.4%，比起2007年下降2.6%。另外，214人採用「吊死」方式自殺，即21.4%，比2007年下降2.6%。而採用「一氧化碳中毒」方式自殺的共有154宗，佔總自殺死亡人數的15.4%，比2007年上升1.4%（見表7.1）。

「從高處墮下」（即跳樓）是一項最多人採用的自殺方式。「吊死」（即吊頸）排第二位，而「一氧化碳中毒」（即燒炭）則排第三位。

## 按職業分組之自殺死亡統計數字

在2008年，有87宗自殺死亡人士為失業者。而退休人士則佔26宗。藍領有9宗（見表7.3a）。雖然失業之自殺死亡由2007年之31宗增加至2008年的87宗，但由於尚有781宗自殺死亡個案在死因裁判法庭未有作出死因調查，因而沒法作出職業上的分類。

2008年本港的失業率是3.6%，比起2007年的4%下跌0.4%，而就業不足率則由2007年的2.2%減至2008年的1.9%（見表7.3b及7.3c）。

## 按精神病患分組的自殺統計數字

2008年共有71宗自殺死亡個案與精神病患有關，「從高處墮下」是這組群的普遍自殺方式，佔25宗；15宗以吊死的方式自盡，另外有12宗死於服毒。

由於有781宗自殺死亡個案未經死因調查而未有這方面的數字，不排除當中有部分自殺死亡個案與精神病患有關，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

2008年有43宗自殺死亡數字被列入「不能確定是否蓄意自殺的死亡」名單中，較2007年的21宗增加了22宗。在這43宗死亡數字中，10人死於從高處墮下，13人死於服毒（見表7.5）。

## 毋須進行死因調查的死亡數字

2008年共有1,001宗自殺死亡數字，包括781宗沒有經過解剖及死因調查的自殺死亡個案，這數字由2007年的753宗增加至2008年的781宗（見表7.6）。佔78%的自殺死亡個案未被調查及分類，實在令自殺數字分析造成極大的困難，更無法作出一個較準確的結論。

## 總結

在2008年裏，共有1001人自殺身亡，當中有611位男性（61%）及390位女性（39%）。自殺率是14.3，比2007年的增加了2點。男女比例是1.8:1。「從高處墮下」仍然是最普遍的自殺方式（52.4%）；「吊死」成為第二位的自殺方式（21.4%）；而「一氧化碳中毒」則成為第三位普遍的自殺方式（15.4%）。毋須進行死因調查的死亡數字為781宗，為自殺與失業、精神病患之關係的分析工作造成了障礙，未能作出較可靠的結論。

在過去數年以來，本港多個專業團體在生命教育、防止自殺以及自殺危機介入各方面範疇為社區投入了努力，致力提升大家對自殺相關之問題之關注及醒覺。而2008年世界防止自殺日的口號為「全球化思維、全國性計劃、地方化行動」，作為呼籲人們同心協力地為防止自殺工作作出承諾，身體力行

地宣揚對自殺的認識，以確保防止自殺的效果。當然，自殺是可以防止的，請不要小覷和低估每一個人的力量，來吧，大家盡一分力，把防止自殺的訊息傳遞給身邊的人，一起攜手為美好的將來而努力吧！

### 參考資料

1. 中華人民共和國香港特別行政區政府統計處 2008 年人口統計。
2. 香港撒瑪利亞防止自殺會年報 (2006)。
3. 香港撒瑪利亞防止自殺會年報 (2007)。
4. 香港死因裁判法庭報告 (2006)。
5. 香港死因裁判法庭報告 (2007)。
6. 香港死因裁判法庭報告 (2008)。

(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	2008 年齡組別 Age Groups										2007		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	小計 Sub-Total	總計 Total
2008	火器 Firearms	男 M					1					1	1	1	1	1	1
		女 F										0		0	0	0	
	藥物 Drugs	男 M			1		5	3		4		13	35	6	19	3	26
		女 F	2	1	7	1	1	6	1	4		22		13		22	
	毒藥 Poisons	男 M					3	1	1	4		9	15	4	11	11	21
		女 F			2	1	1		1	2		6		7	10		
	吊死 Hanging	男 M			3	9	15	22	36	20	39	145	214	144	203	174	250
		女 F	1	1	2	5	11	16	8	25		69		59	76		
	由高處墮下 Jumping from a height	男 M			12	54	52	40	39	36	69	302	525	295	468	339	615
		女 F	4	4	41	34	33	33	22	55	1	223		173		276	
	氣體中毒 Gas Fatality	男 M										0	1	0	0	1	1
		女 F			1							1		0		0	
	一氧化碳 Carbon Monoxide	男 M			2	13	29	34	18	9	2	107	154	74	120	146	217
		女 F			2	7	13	16	8	1		47		46		71	
	淹死 Drowning	男 M				1	9		7		2	19	34	15	23	18	36
		女 F			1		5	1	2	4	2	15		8	18		
	利器 Sharp instruments	男 M					1	3		2		6	9	4	6	7	10
		女 F								1	2	3		2		3	
	其他 Others	男 M				1	4	2	1		1	9	13	3	4	10	11
		女 F					1	2		1		4		1		1	
2008	小計 Sub-total	男 M	0	17	79	110	110	105	68	121	1	611					
	女 F	1	10	54	66	64	66	38	90	1	390						
	總計 Total		1	27	133	176	174	171	106	211	2		1001				
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

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	2008				2007				2006			
		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	0.40	0:0	0.19	0	0	0:0	0	0	0.40	0:0	0.19
	10-19	4.00	2.46	1.6:1	3.24	3.40	1.70	2:1	2.60	4.60	2.90	1.6:1	3.74
	Subtotal Population 整體人口	2.50	1.70	1.5:1	2.10	2.10	1.10	1.7:1	1.60	2.80	1.90	1.5:1	2.40
20-59	20-29	17.60	10.0	1.8:1	13.43	15.60	6.70	2.3:1	10.80	19.40	10.70	1.8:1	14.68
	30-39	23.40	10.20	2.3:1	15.72	18.10	11.00	1.6:1	14.00	21.70	17.90	1.2:1	19.50
	40-49	18.60	9.20	2.02:1	13.52	14.30	7.30	2:1	10.60	23.20	12.80	1.8:1	17.71
	50-59	19.70	12.20	1.6:1	15.94	15.80	11.00	1.5:1	13.40	26.90	11.00	2.4:1	18.95
60+	Subtotal Population 整體人口	19.80	10.30	1.9:1	14.63	15.90	9.0	1.8:1	12.20	22.90	13.30	1.7:1	17.78
	60-69	24.40	14.60	1.7:1	19.68	23.60	11.10	2.1:1	17.60	24.50	21.60	1.1:1	23.10
	70+	40.70	24.10	1.7:1	31.47	70.30	28.50	2.5:1	48.60	56.70	27.90	2:1	40.62
	Subtotal Population 整體人口	32.80	20.20	1.6:1	26.22	37.50	14.80	2.5:1	25.60	41.20	25.40	1.6:1	32.91
Total Population 全年整體人口		18.50	10.50	1.8:1	14.30	16.50	8.50	1.9:1	12.30	21.60	13.20	1.6:1	17.20

\* 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 2008 (By Occupation)  
(表7.3a) 香港自殺死亡數字 (按職業分組)

年份 Year	2008												2007		2006	
	年齡組別 Age Groups												小計 Sub-total	總計 Total	小計 Sub-total	總計 Total
	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				
學生 Student	男 M		4								4	8	2	5	7	9
	女 F	1	2	1							4		3		2	
教師 Teacher	男 M										0	0	0	0	3	6
	女 F										0		0		3	
失業者 Unemployed	男 M		3	10	16	16	10	3	2		60	87	17	31	59	92
	女 F	1	1	6	4	4	8	1	2		27		14		33	
家庭主婦 Housewife	男 M										0	16	0	7	0	45
	女 F				1	5	1	4	5		16		7		45	
藍領階層 Blue Collars	男 M				5	5	5				15	19	6	7	12	13
	女 F				3	1					4		1		1	
白領階層 White Collars	男 M			1	2	1					4	9	1	2	6	12
	女 F				2	3					5		1		6	
病人 Patient	男 M										0	0	0	0	1	1
	女 F										0		0		0	
紀律部隊 Disciplinaries	男 M					3					3	3	2	2	6	6
	女 F										0		0		0	
商人 Business Man	男 M				2	1	1		1		5	5	4	4	3	3
	女 F										0		0		0	
退休人士 Retired Person	男 M						4	5	13		22	26	15	16	37	53
	女 F							2	2		4		4		16	
未能分類*	男 M		10	63	80	80	79	57	104		473	781	485	753	543	880
	女 F		6	39	50	49	53	30	81		308		268		337	
其他 Other	男 M			5	5	4	6	3	1	1	25	47	14	25	33	67
	女 F		1	8	5	2	4	1		1	22		11		34	
小計 Sub-total	男 M	0	17	79	110	110	105	68	121	1	611	1001	546	855	710	1187
	女 F	1	10	54	66	64	66	38	90	1	390		309		477	
總計 Total		1	27	133	176	174	171	106	211	2	1001	1001	855	855	1187	1187

Source: Coroners Court 資料來源：死因裁判法庭

\* New category added in since 2005

\*\* The total number of suicide cases in 2008 were 1001 which included 781 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
2008	男 M	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+
	女 F	4.3	1.6	2.1	2.6	3.9	2.1
	合計 Overall	3.3	1.1	1.3	2.0	4.7	2.8
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	2.7
2006	男 M	5.2	2.5	2.3	3.5	3.9	2.6
	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	2.5

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

資料來源：政府統計處綜合住戶統計調查組 (二)

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

年份 Year	性別 Sex	年齡組別 Age Groups					合計 Overall
2008	男 M	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+
	女 F	18.4	5.8	2.8	3.4	4.4	2.3
	合計 Overall	16.2	4.6	2.5	3.2	3.8	1.9
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

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	2008 年齡組別 Age Groups											2007		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	小計 Sub-Total	總計 Total
		男M	女F	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F
2008	火器 Firearms	男M											0	0	0	0	0
		女F											0	0	0	0	0
	藥物 Drugs	男M				2	1			2		5	12	2	5	1	8
		女F	1		2		2		2		7		3	3	7		
	毒藥 Poisons	男M										0	0	0	2	0	0
		女F										0	0	2	0	0	0
	吊死 Hanging	男M	1			3	2	3		1		10	15	2	4	8	12
		女F					2	1	1	1		5		2		4	
	由高處墮下 Jumping from a height	男M	1	4	5	5		1	1	1		17	25	10	15	26	54
		女F		2	2	3	1				8		5	5	28		
	氣體中毒 Gas Fatality	男M										0	0	0	0	1	1
		女F										0	0	0	0	0	0
	一氧化碳 Carbon Monoxide	男M				1	1	1				3	8	3	9	7	12
		女F	1		1		3					5		6	5		
	淹死 Drowning	男M			4		1					5	9	2	5	2	8
		女F			2		1	1	1			4		3	3	6	
利器 Sharp instruments	男M					1					1	1	1	3	3	3	
	女F										0		0	0	0	0	
其他 Others	男M			1							1	1	2	3	2	2	
	女F										0		1	1	0	0	
2008	小計 Sub-total	男M	0	2	4	14	11	6	1	4	0	42					
		女F	0	2	2	7	5	8	2	3	0	29					
	總計 Total		0	4	6	21	16	14	3	7	0	71	*71				
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	7	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	

Source: Coroners Court 資料來源：死因裁判法庭

\* There were 781 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

\*\* 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.

(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	2008 年齡組別 Age Groups										2007		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	
2008	火器 Firearms	M														
	F															
	藥物 Drugs	M					2		2		4	13	4	4	8	
	F			3	2	1	2		1		9		4	4		
	毒藥 Poisons	M					1				1	8	0	0	0	
	F			2	2	1	2				7		0	0		
	吊死 Hanging	M					1				1	1	0	0	0	
	F										0		0	0		
	由高處墮下 Jumping from a height	M		1	4	3		2			10	10	4	4	6	
	F										0		2	2		
	氣體中毒 Gas Fatality	M									0	0	0	0	0	
	F										0		0	0		
	一氧化碳 Carbon Monoxide	M									0	0	0	0	0	
	F										0		0	0		
2008	淹死 Drowning	M					1	2		1		4	9	3	2	9
	F							2		1		5		6		
	利器 Sharp instruments	M										0	0	0	0	0
	F										0		0	0		
	其他 Others	M						1	1			2	2	0	2	0
	F										0		0	0		
	小計 Sub-total	M	0	1	4	3	2	8	1	3	0	22				
	F	0	0	5	4	2	6	0	2	2		21				
	總計 Total	0	1	9	7	4	14	1	5	2	43	*43				
	小計 Sub-total	M	0	0	0	2	3	0	2	2	0			9		
2007	F	0	0	2	6	0	2	2	0	0			12			
	總計 Total	0	0	2	8	3	2	4	2	0	21	**21				
	小計 Sub-total	M	0	0	0	1	3	3	2	2	0					
2006	F	0	0	0	0	0	2	2	6	1	1					
	總計 Total	0	0	0	0	1	5	5	8	3	1					

Source: Coroners Court 資料來源：死因裁判法庭

\* There were 781 of suicide cases without death investigation report ordered that excluded the number of above table.

\*\* 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.

(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	2008 年齡組別 Age Groups												2007	
		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
		男 M 女 F													
2008	火器 Firearms	男 M													
		女 F													
	藥物 Drugs	男 M			1		2	1		2		6	18	2	9
		女 F		1		5	1	3		2		12		7	
	毒藥 Poisons	男 M					1	1		3		5	9	4	6
		女 F			1	1				2		4		2	
	吊死 Hanging	男 M		2	7	9	17	28	17	35		115	172	129	184
		女 F		1	1	4	6	15	7	23		57		55	
	由高處墮下 Jumping from a height	男 M		7	41	42	31	35	32	63		251	444	276	439
		女 F		3	32	28	29	29	20	52		193		163	
	氣體中毒 Gas Fatality	男 M											1		
		女 F			1							1			
	一氧化碳 Carbon Monoxide	男 M		1	13	23	27	13	8	1		86	120	65	102
		女 F		1	4	10	13	5	1			34		37	
	淹死 Drowning	男 M			1	5		1				7	12	8	10
		女 F				2		1	1	1		5		2	
2007	利器 Sharp instruments	男 M					1					1	2	2	2
		女 F								1		1			
	其他 Others	男 M				1	1					2	3	1	1
		女 F							1			1			
	小計 Sub-total	男 M	0	10	63	80	80	79	57	104	0	473			
		女 F	0	6	39	50	49	53	30	81	0	308			
	總計 Total		0	16	102	130	129	132	87	185	0	781	781		
	小計 Sub-total	男 M	0	13	62	81	72	66	59	129	3			485	
		女 F	0	4	32	60	46	51	25	50	0			268	
	總計 Total		0	17	94	141	118	117	84	179	3			753	753

Source: Coroners Court 資料來源：死因裁判法庭

# SPOT PROJECT REPORT

MINK CHAN (VOLUNTEER)

TONY WO (VOLUNTEER) ENG. TRANSLATION

A pilot project "Suicide Prevention On neT"(SPOT)" was launched in 2008 by the SBHK. The project, a new service for suicide prevention on internet, aims to locate actively those people who expressed their suicidal intention on internet and extend our concern and support to them accordingly.

As a result of rapid development of information technology, internet becomes a common platform of communication for young generation. Through communication tools on the internet such as blogs and discussion forum, young people feel more comfortable to express openly their opinions, feelings, ideas or share their life pieces. There were cases recently that young people committed suicide after expressed their suicide ideation in their own blogs.

The SBHK has aware that this is our mission and responsibility to react on this new trend. The SPOT project was therefore launched in June 2008. It is to be hoped that those people located may give up their suicidal ideation or willing to seek for help after received the warmest concern by SPOT team.

The SPOT project has been operating since June 2008. The service is run by volunteers who search regularly on internet with relevant keywords to identify target clients who are in emotion distress or suicide crisis. Once a target client is located, the SPOT team member will intervene by leaving concerning and encouraging messages and follow up the case in a short term. Furthermore, the SPOT team also encourages their clients to seek for help and provide referral services for those who need further attention.

During the period from June 2008 to the end of April 2009, the SPOT team had searched around 73,500 blogs that involved keywords and discussions about suicide. 295 cases were found had emotional distress or suicide crisis. Of these, 167 were followed-up by leaving messages of care and support as well as relevant information and community resources in their blogs and discussion forums. Among the 167 cases, 49 (29.3%) had replied to our message. Some of them expressed their appreciation and felt better in emotion.

Of the 167 cases, 57 (34.1%) were in the age group of 10 to 19; among these 45 (79%) were female and 10 (17.5%) were male. 79 cases (47.3%) were in the age group of 20 to 29; among these 56(70.9%) were female and 21(21.6%) were male. The clients aged 30 or above were 11(0.6%). The remaining 20 (12%) were unknown. The above figures indicated that young people aged below 29 were the majority that used to express their feeling on blogs and other internet platforms.

It is relatively difficult for the SPOT team member to assess suicide crisis of internet cases based merely on words or passage on blog. However, among the 167 cases, 15 (9%) cases were assessed as having a high suicide risk; of these, there were 11 female (73.3%) and 4 male (26.7%). 30 (18%) cases were assessed to have medium risk; among these, there were 24 female (80%) and 5 male (16.7%). 46.1% of the 167 cases were at low suicide risk; of these there were 58 female (75.3%) and 16 male(20.8%). 39 cases were assessed as emotional distress that no suicide ideation were found. The remaining 6 cases were unclassifiable due to lack of information.

Among the 45 cases with high and medium risk, 29 (15.6%) were aged between 20 and 29 ; 11(1.6%) were aged 10 to 19; 4(2.4%) were aged 30 and above. Compare with overall suicide figures in 2008, suicidal clients on the internet were much younger.

The major problem areas among the 167 cases were: Romantic Relationship (24.6%), Family (16.8%), Mental Health (16.2%), and Interpersonal (15.6%).

The SPOT was launched without prior experience and adequate resource. It is difficult to search something among hundreds of thousand blogs. So are proper ways of case handling, suicide crisis assessment as well as case follow up and referral skills and procedures yet to be developed. Besides, the shortage of manpower and resource has been the major obstacle for further expansion of the service. Fortunately, some of the difficulties have been able to overcome through close cooperation of volunteers and social workers within the SBHK. Throughout the piloting period (11 months), the SPOT team were able to learn and to move ahead via on-the-job practices. Their service was highly recognised by a number of clients.. Referral of cases seems to be developed as part of the internet culture that a number of cases were referred by those who found on the internet that their friends or someone are in emotional danger. We look forward to developing a caring culture on the internet and more people will join us through the advocacy of the SPOT project.

# 「網縱人」計劃報告

陳鳳明(義工)

隨著通訊科技的發展，互聯網已經是現今年青年人比較普遍使用的溝通工具，透過網誌、討論區等方式，他們可以既簡便又自由地在網上表達個人意見、想法，甚至公開分享生活的點滴。

近年我們留意到有年青人曾經在網上表達尋死的念頭後自殺，在防止自殺的使命感推動下，認為本會有責任在這方面作出實質行動，因此構思一個名為「網縱人計劃」的試驗性網上防止自殺服務，透過在網上搜尋情緒備受困擾的人士，繼而主動作出關懷和鼓勵，讓他們在感受溫情的關懷下，放棄自殺念頭或願意接受別人的幫助。

「網縱人計劃」服務於2008年6月開始，現時由本會的義工在網上以自殺的相關字句先尋找有情緒困擾或自殺危機的服務對象，找到後於其網誌上留下關懷語句，並作短期的跟進工作，鼓勵對方在需要時向有關機構求助，甚至協助轉介至本機構自殺危機處理中心跟進。

自2008年6月至2009年4月30日止，「網縱人計劃」團隊於網上共搜尋到73500多個有關字眼的網誌或討論，當中找到295個有情緒困擾或自殺危機，最後跟進了167個案，主要在其網誌或討論話題上留言，給予支持鼓勵及提供相關有用資料或社區資源，當中有49個案(29.3%)獲案主的回覆，回覆內容大多表示感謝及在情緒上有好轉。

於167個案當中，10-19歲組群的有57個案(34.1%)，女性佔45個案(79%)，男性佔10宗(17.5%)；20-29歲組群的有79個案(47.3%)，女性佔56個案(70.9%)，男性佔21宗(26.6%)；而30歲或以上者有11宗(6.6%)；另外有20宗(12%)的年歲是不詳的，由此可見29歲以下組群較喜歡於網上透過寫網誌來表達自己的情緒。

從網誌的文字表達來評估筆者的自殺危機程度的確是一件很新鮮而且不容易的事。在167宗個案裏，自殺危機程度被評為高度的有15宗(9%)，女性佔11個案(73.3%)，男性佔4宗(26.7%)；被評為中度自殺危機的有30宗(18%)，女性佔24個案(80%)，男性佔5宗(16.7%)；被評為低度自殺危機的有77宗(46.1%)，女性佔58個案(75.3%)，男性佔16宗(20.8%)；有39宗則只有情緒困擾而沒有透露有自殺念頭的；6宗因資料不足而未能評估其自殺危機程度。

而高至中度自殺危機的年齡組群為20-29歲，共有25個案(15.6%)，其次是10-19歲組群，有11個案(6.6%)，而30歲或以上者有4宗(2.4%)。這與2008年香港的自殺數字分析有明顯的分別，這只能顯示透過網上表達自殺意念的組群並不能代表整體香港自殺現象。

從167宗網上個案中發現，佔最多的困擾是愛情問題，佔24.6%，其次是家庭問題，佔16.8%，第三位為精神疾患問題，佔16.2%，而社交問題佔15.6%。

在沒有任何前人經驗的指導下，我們大膽的開拓了網上防止自殺的服務，從互聯網上搜尋技術、處理個案手法、自殺危機評估，以至個案跟進及轉介的工作，加上人手及資源缺乏的問題，都是困難重重的，不過在社工和義工眾志成城的支持下，我們都能漸漸克服，並暢順地繼續推行及發展這項服務，因此在這十一個月的試驗階段裏，我們得到十分豐富的經驗，亦得到案主的認同，更可幸的是有一些網民發現有人在網誌上透露死意而主動聯絡本會協助，令這「網縱人計劃」變得更有意思。盼望在未來的日子裏，我們將會繼續透過這項工作促進人與人之間的互助互愛，發揮「關懷身邊人」的精神，將防止自殺、珍惜生命的訊息植根在互聯網上。



# TITBITS 活動花絮

Hotline Centre 熱線中心

活動花絮



“Harmony in family” Talk  
糖心滋家講座



Caritas Hong Kong visiting Pak Tin Centre  
明愛探訪白田中心



46<sup>th</sup> Volunteers Training Course  
46期義工訓練



Supervisors Training Programme  
督導員訓練



Case Sharing – The Financial Tsunami  
金融海嘯個案分享會



# Life Education Centre 生命教育中心



Teachers' Workshop  
教師工作坊



Parents' Talk  
家長講座



Parents' Talk  
家長講座



Primary Students' Talk  
小學講座



Life Ambassadors Training  
珍惜生命大使訓練

# Suicide Crisis Intervention Centre 自殺危機處理中心



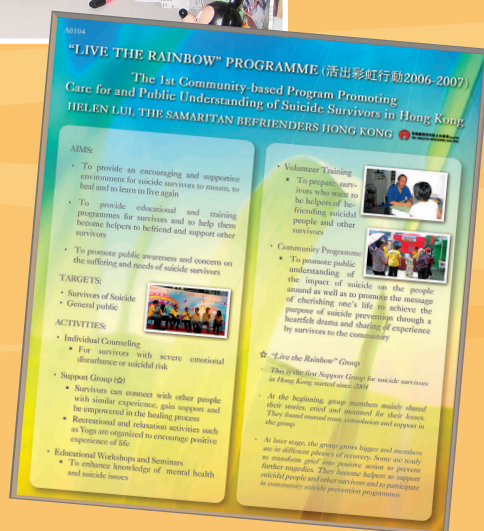
Mr Peter Wong, a group member representing the survivors group and SCIC, doing a presentation on "The Road to Recovery" in the 3<sup>rd</sup> Asia Pacific Regional Conference of the International Association for Suicide Prevention  
《活出彩虹小組》組員黃錫源先生，代表小組及中心於第三屆亞太區國際防止自殺會議中進行簡報，分享中心服務對自殺者親友在康復過程和支援的重要

Crisis Carers are volunteers trained to follow up the terminated crisis cases within 6 months for early detection of relapse

經訓練的危機關顧員為危機中心向結檔後半年內的個案，提供電話關顧跟進以預防危機重現



A training workshop for frontline professionals on suicide risk assessment and crisis intervention  
《自殺急救包》訓練工作坊：給前線專業人員提供有關自殺危機評估及介入訓練



A poster presentation on the Programme "Live the Rainbow" in the 3<sup>rd</sup> Asia Pacific Regional Conference of the International Association for Suicide Prevention  
危機中心在第三屆亞太區國際防止自殺會議以展板形式介紹《活出彩虹行動》



## Caring Fund 關懷身邊人基金



“Spot on Life” Carnival 7-9-2008  
「放眼生命」嘉年華 7-9-2008



Caring Company  
Ceremony 2008-2009  
「商界展關懷」嘉許典禮  
2008-2009



“Understanding the Adolescent”  
Project 2008-2009  
「成長的天空」計劃 2008-2009



BEA Online Donation Services Presentation  
Ceremony 3-11-2008  
東亞銀行網上捐款服務捐贈儀式 3-11-2008



“We Care” Carnival 12-1-2008  
「愛人愛境」嘉年華 12-1-2008

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



A Talk on "Handling Callers with Suicidal Ideation" offered by our Society in association with the Single Parents Association  
本會為香港單親協會舉行名為「淺談處理自殺徵兆者」訓練講座



Workshop "Suicide First Aid Pack" organized for the helping professions and the public to enhance their awareness and skills in suicide prevention and intervention  
為提升助人專業人員及公眾防治自殺意識和技巧的「自殺急救包」工作坊



The workshop "Turn Crisis into Opportunities" organized for the staff of the Newway Karaoke Limited.  
為新時代卡拉OK有限公司舉辦「轉危為機」工作坊



Class Exercise in 4<sup>th</sup> Professional Certificate Programme in Counselling and Suicide Prevention  
第四屆防止自殺及輔導專業證書課程 – 課堂練習情況



2<sup>nd</sup> Master of Arts in Work Based Learning Studies (Counselling Studies)  
第二屆工作為本輔導學科碩士課程



Hotline Volunteer Training for Critical Incident Support Team of the Hospital Authority  
醫院管理局「緊急事故支援小組」熱線義工培訓課程



## AUDITORS' AND FINANCIAL REPORT 財政報告

香港撒瑪利亞防止自殺會  
THE SAMARITAN BEFRIENDERS HONG KONG  
 資產負債表  
BALANCE SHEET  
 2009 年 3 月 31 日  
AS AT 31 MARCH 2009

		註 NOTES	2009 HK\$	2008 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		2,787,611	2,138,904
定期存款	Fixed deposits		1,972,846	1,966,390
應收及預付款	Accounts receivable and prepayments		69,079	27,452
			<u>4,838,536</u>	<u>4,141,746</u>
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(702,626)	(518,911)
			<u>4,135,910</u>	<u>3,622,835</u>
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
			<u>1</u>	<u>1</u>
資產淨值	NET ASSETS		<u>4,152,331</u>	<u>3,639,256</u>
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	718,596	641,998
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	904,323	861,687
活動基金	PROGRAMS FUND	7	20,619	20,619
			2,582,457	2,463,223
自殺危機處理中心基金	SUICIDE CRISIS INTERVENTION FUND	8	1,812,532	1,333,514
生命教育中心基金	LIFE EDUCATION CENTRE FUND	9	(242,658)	(157,481)
			<u>4,152,331</u>	<u>3,639,256</u>

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 31 May 2009

附註乃賬項之一部份

於 2009 年 5 月 31 日經執行委員會通過接納

  
 Chairman  
 主席

  
 Treasurer  
 財政

# Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

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

TEL: 2541 5838 FAX: 2851 2802

張耀鴻會計師行  
香港皇后大道中二五一號  
電話：二五四一五八三八  
傳真：二八五一二八〇八

## 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 ( "the Corporation" ) which comprise the balance sheet as at 31 March 2009, 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 Corporation 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 Corporation's affairs as at 31 March 2009 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 2009

**Y. H. CHEUNG & COMPANY****CERTIFIED PUBLIC ACCOUNTANTS**7/F., TERN CENTRE, TOWER 2,  
251 QUEEN'S ROAD CENTRAL,  
HONG KONG.

TEL: 2541 5838 FAX: 2851 2802

張耀鴻會計師行  
香港皇后大道中二五一號  
太興中心二期七樓  
電話：二五四一五八三八  
傳真：二八五一二八〇二**核數師報告書****致香港撒瑪利亞防止自殺會****(根據香港「公司條例」註冊之有限責任團體)會員：**

本核數師(以下簡稱「我們」)已完成審核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2009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  
2009年5月31日



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  
 2008/09 年度  
 FOR THE YEAR ENDED 31 MARCH 2009

		2009 HK\$	2008 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	1,421,595	1,353,900
政府租金差餉	Government rent and rates subsidies	100,079	102,073
津貼			
其他	Others	37,010	21,378
		<u>1,558,684</u>	<u>1,477,351</u>
<u>其他收入</u>	<u>OTHER REVENUES</u>		
會費收入	Membership subscriptions	6,620	6,040
利息收入	Bank interest received	7,486	39,052
講座及其他收入	Course fees and sundry income	183,519	125,898
收回行政費用	Expenses recovered	130,000	120,000
		<u>1,886,309</u>	<u>1,768,341</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	609	4,976
訓練費用	Training expenses	25,301	61,684
活動費用	Program expenses	46,510	14,511
交通費	Travelling expenses	125,189	123,899
薪金	Staff salaries	1,046,996	901,491
公積金	Provident fund contribution	38,720	39,001
醫療保險	Medical insurance	10,643	26,897
職員培訓	Staff training	2,830	950
招聘費	Recruitment expenses	9,150	13,289
租金及差餉	Rent and rates	94,661	105,429
辦公室用品	Office supplies	58,529	34,667
宣傳	Publicity and promotion	22,920	63,220
年刊及印刷費	Annual reports and printing	40,688	35,219
書刊雜誌	Newspaper, journals and books	5,515	7,717
電腦及軟件	Computers and softwares	35,882	23,185
低值傢具器材	Low value furniture and equipment	10,020	27,664
維修保養	Repairs and maintenance	62,009	17,680
電話及傳呼	Telephone and paging	29,911	27,722
水、電	Electricity and water	51,226	46,359
郵費	Postage	7,174	1,939
清潔用品及費用	Sanitary and cleaning expenses	37,053	35,339
聯會會費	Subscription to affiliated associations	7,280	3,862
開會費用	General meeting expenses	360	15,268
義工嘉許	Volunteers' recognition	6,280	10,850
康樂活動	Recreational activities	3,903	---
週年餐會	Annual dinner	10,323	13,050
飲品	Refreshment	6,896	8,143
保險費	Insurance	5,578	4,920
雜費	Sundry expenses	7,555	1,326
		<u>1,809,711</u>	<u>1,670,257</u>
本年度盈餘	SURPLUS FOR THE YEAR	<u>76,598</u>	<u>98,084</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  
2008/09 年度  
FOR THE YEAR ENDED 31 MARCH 2009

		<u>2009</u> HK\$	<u>2008</u> HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
收捐款及津貼	Donations and subsidies received	7,862,697	6,987,664
<u>其他收入</u>	<u>OTHER REVENUES</u>		
銀行利息	Bank interest received	11,543	81,199
課程及什項收入	Courses fees and sundry income	663,718	833,997
		<u>8,537,958</u>	<u>7,902,860</u>
<u>支出</u>	<u>EXPENDITURE</u>		
訓練及社區工作	Training and community activities	220,499	277,815
付香港大學 顧問費	Consultancy fees paid to HKU	---	30,000
職員薪金福利	Staff costs	6,411,044	5,765,978
行政費用	Administration expenses	919,499	1,095,398
租金及差餉	Rent and rates	352,821	364,532
電腦及軟件	Computers and softwares	84,791	74,260
低值傢具器材	Low value furniture and equipment	36,229	60,473
		<u>8,024,883</u>	<u>7,668,456</u>
<u>本年盈餘</u>	<u>SURPLUS FOR THE YEAR</u>	<u>513,075</u>	<u>234,404</u>

綜合各基金變動表  
STATEMENT OF CHANGES IN FUNDS  
2008/09 年度  
FOR THE YEAR ENDED 31 MARCH 2009

		<u>2009</u> HK\$	<u>2008</u> HK\$
年初各基金總結餘	Balance of funds at beginning of year	3,639,256	3,404,852
本年盈餘	Surplus for the year	<u>513,075</u>	<u>234,404</u>
年終結餘	Balance at end of year	<u>4,152,331</u>	<u>3,639,256</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  
 2008/09 年度  
 FOR THE YEAR ENDED 31 MARCH 2009

	<u>2009</u> HK\$	<u>2008</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	513,075	234,404
Adjustments for 調整：		
(Increase)/Decrease in accounts receivable and prepayments(增加)/減少應收及預付款	(41,627)	1,687
Increase/(decrease) in accrued expenses 增加/(減少)應付款	183,715	(86,203)
Net Increase in Cash at Banks and in Hand 增加銀行存款及手存現金淨額	655,163	149,888
Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金	4,114,294	3,964,406
Cash and at Banks at End of Year 年終銀行存款及手存現金	<u>4,769,457</u>	<u>4,114,294</u>

香港撒瑪利亞防止自殺會  
THE SAMARITAN BEFRIENDERS HONG KONG  
 賬項附註  
NOTES TO ACCOUNTS  
 2008/09 年度  
FOR THE YEAR ENDED 31 MARCH 2009

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 registered office and principal place of operations of the Corporation are in Hong Kong. The principal activities of the Corporation during the year were prevention of suicide and carrying out community education in this respect.

本會註冊地址及主要活動皆在香港。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. The financial statements are expressed in Hong Kong dollars.

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。財務報表以港幣顯示。

HKFRSs are being continual updated. It is the policy of the Corporation to study but not to adopt new standards, amendments or interpretations that have been issued but are not yet required to be adopted. In respect of the new HKFRSs adopted during the year, they only affect the description in the notes to accounts and have no other effect on the financial statements. The Executive Committee anticipate that those standards, amendments or interpretations issued but not yet adopted have no material impact on the financial position and results of the Corporation on adoption in future.

香港之會計準則正在持續更新。本會會留意新訂之會計準則但不會在未實施前採用。本年採用之新會計準則除賬項附註有改動外對其他方面沒有影響。執行委員會預計現時新訂而暫未採用之會計準則不會於採用後重大影響財務報告內容。

The principal accounting policies adopted in preparing these financial statements are as follow: 編製此財務報告之主要會計政策如下：

(a) Measurement Basis 記數方式

The accounts have been prepared on the historical cost basis with subsequent modification of the assets' value through provision for depreciation and impairment in value to reflect their fair value in the balance sheet.

賬項是以已付之成本入數。然後再以折舊及減值準備調整資產之成本以反映其公平價值於資產負債表上。

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)  
2008/09 年度  
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2. PRINCIPAL ACCOUNTING POLICIES (Continued) 主要會計政策(續)

(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。

3. ACCUMULATED FUND 累積基金

The movements during the year were as follow:-

年中變動如下：

		2009 HK\$	2008 HK\$
年初結存	Fund balance at beginning of year	641,998	543,914
加：本年度盈餘	Add: Net surplus for the year	76,598	98,084
年終結餘	Balance at end of year	<u>718,596</u>	<u>641,998</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：-

		2009 HK\$	2008 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：

		2009 HK\$	2008 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)  
 2008/09 年度  
 FOR THE YEAR ENDED 31 MARCH 2009

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：

		2009 HK\$	2008 HK\$
<u>收入</u>	<u>Income</u>		
收捐款	Donations received	252,359	417,709
社區活動收入	Programs income	60,465	346,600
收紀念吳焯升先生捐款	Donation in memory of H. S. Wu, Mr. received	---	10,000
課程收入	Courses fees	218,152	204,337
利息收入	Bank interest received	3,995	25,302
雜項收入	Sundry income	45,539	4,259
		<u>580,510</u>	<u>1,008,207</u>
<u>支出</u>	<u>Expenditure</u>		
社區活動支出	Programs expenses	41,904	138,779
社區教育	Community education	8,957	8,672
薪金	Staff salaries	415,757	626,946
強積金供款	MPF contribution	20,685	29,269
舟車費	Travelling	1,844	2,638
招聘費	Recruiting expenses	416	897
醫療費	Medical expenses	4,561	---
水電	Electricity and water	6,974	7,978
電話費	Telephone	2,518	3,110
電腦及軟件	Computers and softwares	150	15,971
低值傢具器材	Low value furniture and equipment	475	1,551
維修保養	Repair and maintenance	7,626	28,581
清潔	Sanitary and cleaning expenses	1,240	930
書刊雜誌	Newspaper, journals and books	262	285
飲品	Refreshment expenses	1,960	1,045
職員培訓	Staff training expenses	---	1,840
郵費	Postage	1,725	1,110
刊物	Publication	2,850	---
宣傳	Promotion	7,950	226,352
保險	Insurance	2,149	3,888
寫字樓用品	Office supplies	5,273	3,057
什費	Sundry expenses	2,598	904
		<u>537,874</u>	<u>1,103,803</u>
本年盈餘/(虧損)	Surplus/(Deficit) for the year	42,636	(95,596)
年初結餘	Balance at beginning of year	861,687	957,283
年終結餘	Balance at end of year	<u>904,323</u>	<u>861,687</u>

香港撒瑪利亞防止自殺會  
THE SAMARITAN BEFRIENDERS HONG KONG  
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 2008/09 年度  
FOR THE YEAR ENDED 31 MARCH 2009

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。

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

		<u>2009</u> HK\$	<u>2008</u> HK\$
年初及年終結餘	Balance at beginning and at end of year	<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)  
 2008/09 年度  
 FOR THE YEAR ENDED 31 MARCH 2009

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

	2009 HK\$	2008 HK\$
<u>Income</u> 收入		
Subvention received 收資助	4,970,267	4,102,467
Rent and rates subvention 租金差餉資助	108,000	111,737
Other donations received 其他捐款收入	2,700	---
Course fees received 課程收入	43,650	33,561
Program income 社區活動收入	970	23,302
Sundry income 什項收入	807	---
Bank interest received 銀行利息	62	16,845
	<u>5,126,456</u>	<u>4,287,912</u>
<u>Expenditures</u> 支出		
Staff salaries 薪金	3,946,064	3,431,858
Mandatory Provident Fund 強積金	146,089	135,497
Medical expenses 醫療	18,336	---
Staff training 職員培訓	16,700	3,760
Administration expenses 行政費用	90,000	90,000
General meeting expenses 會議費用	---	24,956
Annual dinner 周年聚餐	480	3,580
Publications 刊物	27,850	19,950
Community activities 社區活動	52,232	17,974
Publicity and promotion 宣傳	1,600	1,694
Rent and rates 租金及差餉	112,627	111,203
Office supplies 辦公室費用	24,944	15,905
Repairs and maintenance 修理保養	35,297	18,968
Computers and softwares 電腦及軟件	45,044	1,993
Furniture, fixtures and equipment 傢具器材	16,900	20,774
Telephone and paging 電話傳呼	21,088	18,580
Electricity and water 水電	36,651	34,293
Postage 郵費	1,125	3,611
Travelling 交通	14,410	13,249
Sanitary and cleaning expenses 清潔	7,099	4,746
Newspaper, journals and books 書刊雜誌	416	683
Refreshment 飲品	5,513	4,790
Insurance 保險	18,221	14,545
Recruitment expenses 招聘費	8,752	1,525
	<u>4,647,438</u>	<u>3,994,134</u>
Surplus for the year 本年度盈餘	479,018	293,778
Balance at beginning of year 年初結餘	<u>1,333,514</u>	<u>1,039,736</u>
Balance at end of year 年終結餘	<u>1,812,532</u>	<u>1,333,514</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)  
 2008/09 年度  
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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：

	<u>2009</u>	<u>2008</u>
	HK\$	HK\$
Subventions for the year 本年度資助	825,154	720,500
Course fees received 課程收入	82,509	77,702
Government rent and rates subsidies 政府租金差餉津貼	145,533	147,900
Sundry income 什項收入	21,487	13,035
	<u>1,074,683</u>	<u>959,137</u>
<u>Less: Expenditures 減：支出</u>		
Staff salaries 薪金	706,945	541,328
Staff MPF 強積金	32,047	24,781
Medical expenses 醫療	4,561	---
Staff training 職員培訓	110	2,360
Community activities 社區活動	44,986	31,219
Consultancy fee paid to HKU 付香港大學顧問費	---	30,000
Administration expenses 行政費用	40,000	30,000
Rent and rates 租金差餉	145,533	147,900
Office supplies 辦公室費用	21,393	19,949
Publicity and promotion 宣傳	240	1,127
Repairs and maintenance 修理保養	8,710	30,109
Furniture, fixtures and equipment 傢具器材	12,549	43,595
Telephone and paging 電話傳呼	6,646	5,253
Electricity and water 水電	8,458	7,307
Postage 郵費	11,226	10,442
Travelling 交通	3,985	4,907
Sanitary and cleaning expenses 清潔	1,585	884
Newspaper, journals and books 書刊雜誌	7,373	6,531
CD and publication 及刊物	88,080	63,590
Newsletters 資訊傳單	9,419	14,689
Refreshment 飲品	1,455	886
Insurance 保險	3,749	3,148
Recruitment 招聘費	810	994
	<u>1,159,860</u>	<u>1,020,999</u>
Deficit for the year 本年虧損	(85,177)	(61,862)
Balance at beginning of year 年初結餘	<u>(157,481)</u>	<u>(95,619)</u>
Balance at end of year 年終結餘	<u>(242,658)</u>	<u>(157,481)</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)  
 2008/09 年度  
FOR THE YEAR ENDED 31 MARCH 2009

9. FINANCIAL RISK MANAGEMENT 管理財務風險

The Corporation's major assets are short term deposits at banks. The amounts can cover all known liabilities of the Corporation. The Executive Committee consider that the Corporation should have no liquidity risk. In respect of credit risk, as the deposits are placed at leading banks in Hong Kong, credit risk is reduced.

本會重要資產為短期銀行存款，該等款項足夠償還所有已知債務。故執行委員會認為本會沒有流動資產短缺之風險。於存款風險方面，存款皆存於香港之主要銀行，故應會減低收不回之風險。

10. CAPITAL MANAGEMENT 管理資本財產

The aggregate of all Corporation funds represents the capital of the Corporation. The objective of the Corporation is to maintain the capital intact. In case certain funds require more expenditure than their receipt can support, the Executive Committee will consider the overall effect on the capital of the Corporation. The Accumulated Fund or other funds may be used to subsidize the excessive expenditure.

本會所有基金總額代表本會之資本財產。本會之目標是保存資本額完整。有時部份基金要作出比其收入多之支出時執行委員會留意其對全局之影響。累積基金，儲備或其他基金可能會用作補助該等超額支出。

# ACKNOWLEDGEMENTS 鳴謝

(排名不分先後)

鳴謝



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



成報 成報報刊有限公司  
SING PAO NEWSPAPER COMPANY LIMITED



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



GOLD LABEL



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



The Mall Channel Int'l Limited  
商匯傳播國際有限公司  
Member of The Wings Communications Group 萬得傳播集團成員



BEA 東亞銀行

## 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 telep hone  
lines for hotline service  
電訊盈科有限公司 – 贊助本會熱線電話

Hong Kong Coroner's Court –  
providing data of 2008 suicide death in  
Hong Kong  
香港死因裁判法庭 – 提供二零零八年  
香港自殺死亡數字資料

Census and Statistics Department –  
providing data of 2008 population in  
Hong Kong  
政府統計處 – 提供二零零八年  
香港人口數字資料

奧寶貿易發展有限公司

The Mall Channel Int'l Limited  
商匯傳播國際有限公司

Sing Pao Newspaper Company Limited  
成報報刊有限公司

Gold Label (Logo)  
金牌娛樂事業有限公司

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

The Bank of East Asia  
東亞銀行

Apple Daily Charitable  
Foundation  
蘋果日報慈善基金

Commercial Radio Hong Kong  
商業電台《有誰共鳴》

Mr. Leo Ko  
古巨基先生

鄧敬池校長 (寧波公學)

歐陽惠賢校長 (九龍文理書院)

鄧正林先生 (黃大仙區議員)

黃錦超先生 (黃大仙區議員)

劉兆璋女士

盧佩鏞女士

梁永忠博士

## Caring Company 2008/09「商界展關懷2008/09」公司

(排名不分先後)



廖創興企業有限公司  
LIU CHONG HING INVESTMENT LIMITED



**Sponsors of 2008 Annual Dinner 二零零八年周年聚餐贊助公司**

(排名不分先後)

The Peninsula Hotel Limited 半島酒店	Kiehl's Since 1851 Hotel Nikko 日航酒店	Ocean Park 香港海洋公園
Mass Transit Railway Corporation Limited 港鐵公司	Royal Plaza Hotel 帝京酒店	Regal Airport Hotel 富豪機場酒店

**2008/09 Donors 二零零七 / 二零零八年度捐款機構及人士芳名**

(排名不分先後)

Central Link Technologies Limited	HK\$100.00	黃小蓮 女士	HK\$100.00
Mr. Edmond Yip	HK\$100.00	恆常贊助人0013	HK\$150.00
Ms Chew Kok Lan	HK\$100.00	關鈺霞 女士	HK\$150.00
Ms Lau Pik Ha	HK\$100.00	朱國順 先生	HK\$200.00
Ms Tong Ka Man, Anita	HK\$100.00	億興珠石有限公司	HK\$200.00
Nordic Management Ltd.	HK\$100.00	陳康永坤 女士	HK\$280.00
Ms Kwan Yuk Ha	HK\$150.00	范徐麗泰 女士	HK\$300.00
Mr. Chu Hoi Chuen	HK\$200.00	黃彩雲 女士	HK\$300.00
Ms Pansie Chan	HK\$200.00	北京同仁堂香港藥業管理有限公司	HK\$500.00
SING LEE	HK\$200.00	李楊敏牙科醫生	HK\$500.00
Ms Leung Chui San, Anthea	HK\$300.00	李漢培 先生	HK\$500.00
Ms Wong Kit Wah, Winnie	HK\$300.00	周婉芬 女士	HK\$500.00
Ms Cheung Wai Shan	HK\$500.00	陳彩珍 女士	HK\$500.00
Ms Chan Pui Sze	HK\$500.00	黃儉純基金	HK\$500.00
Ms Lai	HK\$500.00	蕭潔霞 女士	HK\$500.00
Ms Yue Wai Ting	HK\$500.00	恆常贊助人0009	HK\$600.00
Kwan Wing Company Limited	HK\$700.00	杜漢賢 女士	HK\$700.00
J. Pang	HK\$1,000.00	黃玉蘭 女士	HK\$800.00
Mr. Chan King Hing	HK\$1,000.00	梁國鴻 先生	HK\$1,000.00
Mr. Chang Khen Lee, Denis	HK\$1,000.00	觀圖有限公司	HK\$1,000.00
Ms Tang Wing Chi, Amy	HK\$1,150.00	商業電台《有誰共鳴》節目	HK\$1,136.85
Ms Tam Wing Kei	HK\$1,500.00	方月華 女士	HK\$1,200.00
Mr. Mice Mak	HK\$1,500.00	恆常贊助人0002	HK\$1,300.00
Ms Leung Hung Ning, Noel	HK\$2,000.00	胡太	HK\$1,500.00
Ms Cheung Pui Yiu, Martha	HK\$10,000.00	李淑雯 女士	HK\$2,000.00
Ricky Cheung & Co. Certified Public Accountants	HK\$10,000.00	黃祐榮 先生	HK\$2,300.00
朱歡如 女士	HK\$100.00	簡柏基 先生	HK\$2,445.00
梁子豪 先生	HK\$100.00	任少芳 女士	HK\$2,500.00
郭詠雯 女士	HK\$100.00	恆常贊助人0001	HK\$2,500.00
陳美音 女士	HK\$100.00	紀恩基金有限公司	HK\$20,000.00
		彩星集團有限公司	HK\$100,000.00

# WE NEED YOUR HELP

## 捐助呼籲

### Who we are 簡介

The Samaritan Befrienders Hong Kong obtains its funding primarily through subventions from the Community Chest, the Hong Kong Jockey Club, 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



生命教育中心  
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



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



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



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

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