



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

同行五十載 同心跨世代

2009 年報
Annual Report

20

1996

1990

1976

1970

1966

Contents

目錄

1. Brief History 機構簡史	p.2
2. Ethos and Modus Operandi 服務精神及工作	p.4
3. Organizational Structure 組織架構	p.6
4. Logos of SBHK 機構徽號	p.8
5. Chairman's Report 2009 2009年度主席報告	p.10
6. Service Reports 服務報告	p.16
6.1 Hotline Centre 熱線中心	p.16
6.2 Life Education Centre 生命教育中心	p.34
6.3 Suicide Crisis Intervention Centre 自殺危機處理中心	p.44
6.4 Caring Fund 關懷身邊人基金	p.59
6.5 External Training and Development 對外培訓及發展工作	p.67
7. Figures about Suicide in Hong Kong 2009 2009香港自殺統計數字分析	p.70
8. Report on SPOT Service 2009 網蹤人計劃報告2009	p.81
9. Titbits 活動花絮	p.85
10. Auditors' and Financial Report 財政報告	p.90
11. Acknowledgements 鳴謝	p.103
12. We need your help 捐助呼籲	p.105

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貼，成為轄下恆常服務之一，得以繼續為全港市民提供服務。

自從九七年金融風暴後，香港經濟每況愈下，自殺問題愈趨嚴重。本會有感於單靠熱線服務並未能完全滿足社會發展的需要，為遏止自殺風氣蔓延，得從根本的生命教育做起，再者，本會更鼓勵社區參與，與我們一起把守生命的關口。至2002年5月，本會正式獲香港賽馬會撥款開辦為期三年的「生命教育中心」先導計劃，為防止自殺工作擔當及早預防的工作。生命教育中心的工作成效獲得到香港賽馬會慈善信託基金的肯定，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 2009 to June 2011)

Chairman	: Mr. Wong Yao Wing
Vice-Chairman	
(Community Affairs & Education)	: Mr. Kan Pak Kei
Vice-Chairman (Internal Affairs)	: Mr. Ip Chi Wing
Secretary	: Ms Yam Siu Fong
Treasurer	: Ms Hon Chor Shan
Committee Members	: Mr. Sun Junk Wah
	: Ms Tsou Tak Wai
	: Miss Lai Pui Shan

Staff List (as at 31 December 2009)

Hotline Centre

Centre-in-charge	: Ms Chiu Mei Yim
Assistant Service Officer	: Miss Lai Yin Wan
	: Miss Yip Chung Sum
Administrative Assistant	: Mr. Au Kin Tak
Junior Administrative Assistant	: Mr. Wong Chun Ngai
Accounts Clerk	: Mr. Cheng Chi Hung
Part-Time Workman	: Ms Mak Hau Sum
	: Miss Chan Ching Wan

Caring Fund

Project Manager	: Miss Leung Yin Chun Emma
Training Officer	: Mr. To Wai Lap
Program Officer	: Miss Chan Wai Man
Community Education & Promotion Officer	: Mr. Ho Tsz Lun

Suicide Crisis Intervention Centre

Centre-in-charge	: Ms Heung Mo Yan
Assistant Centre-in-Charge	: Mr. Ho Wing Hung
Crisis Counsellors	: Mr. Cheng Wai Kei
	: Miss Du Pui Bik
	: Miss Chan Kar Lai
	: Miss Cheung Hiu Ching
	: Miss Tsui Lai Man
	: Ms Wai Choi Kei
	: Miss Chan Ka Man
	: Miss Lo Pui Yin
	: Miss Choi Pui Ting
	: Miss Choi Chu Lei
	: Mr. Cao Yuan Ye
	: Mr. Chiu King To
Social Work Assistant	: Miss Chan Ka Yan
Program Worker	: Mr. Chan Tze Fung
	: Mr. Tam Sik Sze
Clerk	: Miss Chan Wing Lam
Part-Time Office Assistant	: Ms Li Sui Kuen

Life Education Centre

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

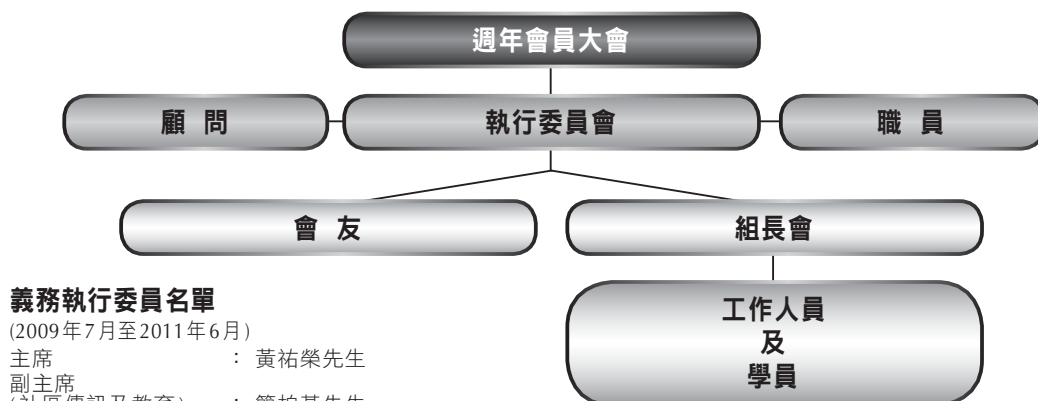
Administration Central

Central	
Administration Officer	: Miss Leung Pik Ki
Part-Time Admin. Assistant	: Mr. Chau Kwok Fai

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	: <u>Ms Doreen Leung</u>
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
	: Ms Chi Chief Fung WuFeng Institute of Technology Department of International Business Management, Professor
	: Mrs. Lui Wong Yun Fong Helen Centre Head, Cancer Caring Centres

組織架構



義務執行委員名單

(2009年7月至2011年6月)

主席	：黃祐榮先生
副主席	
(社區傳訊及教育)	：簡柏基先生
副主席(內務)	：葉志榮先生
秘書	：任少芳女士
財政	：韓楚珊女士
委員	：孫振華先生
	：鄒德慧女士
	：黎佩珊小姐

職員名單 (至2009年12月31日)

熱線中心

中心主任	：趙美艷小姐
社會工作員	：賴燕雲小姐
社會工作員	：葉頌芯小姐
行政助理	：區健德先生
初級行政助理	：黃振毅先生
會計文員	：鄭志鴻先生
通宵事務員	：麥巧心女士
通宵事務員	：陳菁芸小姐

關懷身邊人基金

項目經理	：梁燕珍小姐
培訓主任	：杜緯納先生
活動工作員	：陳蔚汶小姐
社區教育及推廣幹事	：何子崙先生

自殺危機處理中心

中心主任	：香慕茵女士
副中心主任	：何永雄先生
危機輔導員	：鄭偉基先生

	：刁佩碧小姐
	：陳嘉麗小姐
	：張曉晴小姐
	：徐麗雯小姐
	：韋賽姬女士
	：陳嘉敏小姐
	：盧佩延小姐
	：蔡佩庭小姐
	：蔡曙莉小姐
	：曹元野先生
	：趙敬圖先生
社會工作員	：陳家欣小姐
活動工作員	：陳子豐先生
	：譚識時先生
文員	：陳泳琳小姐
辦公室雜務員	：李瑞娟女士

生命教育中心

中心主任	：梁燕珍女士
助理社會工作主任	：仇翠瑜女士
活動主任	：王達成先生

中央行政

中央行政主任	：梁碧琦小姐
中央行政助理	：鄒國輝先生

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)
	紀潔芳女士
	(國立彰化師範大學兼任教授)
	雷黃恩芳女士
	(癌症關懷中心主管)

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 2009

ROBERT WONG (CHAIRMAN)

Introduction

2009 marked the 50th anniversary of The Samaritan Befrienders Hong Kong (SBHK). Fifty years ago Mr. Andrew Tu established the organization under the name "Suicide Prevention Society". In the beginning, it was entirely operated by a group of primary school teachers as volunteers without financial support or full time staff. In the first 10 years, the organization handled more than 1,000 suicidal cases. Due to the need of society at that time, the organization reinforced emotional support services for students before and after Hong Kong Certificate Education Examination every year. Afterwards, SBHK was registered as a society in Hong Kong and was subsequently renamed as "The Samaritan Befrienders Hong Kong". As time went by, our services have developed according to the needs of society. From having no staff support to now having more than 30 staff members; from having no financial support to now receiving over nine million dollars every year from various subsidies; from providing a sole hotline service to running 4 centers including Hotline service, Suicide Crisis Intervention Centre, Life Education Centre and the Caring Fund. As Hong Kong has developed into a prosperous city, social problems have become increasingly complex. Despite these changes, the mission of SBHK has always followed the footsteps of the Good Samaritan in the Bible, serving the Hong Kong community by providing services for the emotionally disturbed, particularly for those having suicidal tendencies.

Hotline

In the year 2009, our hotline service handled a total of 15,134 cases, which showed an increase of 601 compared to the 14,533 cases in 2008. Among them 10,978 cases were from the emotionally disturbed. The rest were enquiry calls, frivolous calls, or mute calls. Among the over 10,000 cases, 10,621 (96.75%) were through our telephone hotline, 39 (0.36%) were face to face, 2 (0.02%) were through mails, and 316 (2.87%) were through emails.

Male to female ratio was 46.38%: 52.69%. Most of the callers were aged between 20 and 44, which was 68.8% of the total number of callers. Among these, the proportion of calls from the 30-34 age group was the largest (20.38%). Most of the calls were related to mental health problems (17.69%), career problems (17.04%), family problems (10.46%) and romantic relationships problems (9.42%). Among all the calls, 15.62% had suicidal ideation. Among these, 12.49% had low suicidal risk, 2.51% had medium suicidal risk and 0.62% had high suicidal risk. Among the medium to high risk calls, 25% (86 cases) were transferred to the Suicide Crisis Intervention Centre of SBHK under the consent of callers for further action.

In 2009, the 47th and 48th Volunteer Training Courses were held providing one year training for our volunteers. A total of 149 volunteers underwent the first stage of the training course. As of year 2009, our hotline had 198 volunteers. 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.

Moreover, in order to improve the quality of service and provide in service training to our volunteers, SBHK sent 13 volunteers to Taiwan in 2009 for exchange of suicidal prevention experience. This also brought great insight to the future development of SBHK.

Life Education Centre

Life Education Centre (LEC) began its service in 2002 to launch the "Suicide Prevention Education Project". In the year 2009, LEC provided 39 talks and 17 workshops with a total number of 6,351 participants. At the same time, 7 follow-up groups on emotional management and positive life were conducted, serving a total of 95 participants. The 16th and 17th "Life Ambassadors" volunteers training courses were conducted in 2009. A total number of 39 volunteers were trained and later participated in community visits and the Suicide Crisis Intervention Centre case-caring service. The volunteers also actively participated in volunteer services organized by various organizations.

In 2009, there were 1,787 library visitors and 360 visitors borrowed materials from the library.

A life education DVD "Spot on Life" was published in March 2009. The 35-minutes DVD consisted of three parts by Ms Lau Siu Cheung, Dr. Joe Leung and Ms Esther Lo. These three warriors of life shared their life experience in facing the various adversities in life. LEC also released a computer game named "Totemotion" in July 2009 to increase the public awareness on various emotions and skills in handling these emotions.

LEC published the 56th and 57th newsletters "Life Interflow" in 2009. The themes were "The Joy and Anger of Being Unemployed" and "The Legend of Happiness" respectively.

LEC also disseminated positive life messages through the help of mass media. We have conducted 22 interviews in 2009 and 3 of them were live broadcasting programs. Through these interviews LEC introduced the "Spot on Life" life education DVD, the 16th Life Ambassador program and the application of various life education materials.

Caring Fund

The Caring Fund was established in 1994. It aimed at promoting the message of community caring: "Care for your neighbor 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 neighbors.

In 2009, the Caring Fund received wide support from various mass media and other relevant platforms to launch several large-scale promotional and educational events. This helped to disseminate the message of life cherishment to the public at large. These events included movie sharing seminar on "IKIGAMI: The Ultimate Limit"; joint promotion of the drama "Beautiful Connection" performed by Hong Kong Repertory Theatre; a press conference on "Working Together in Life Education" in collaboration with the MTR to promote the message of caring for others; joint activity with I-cable in a programme series named "Euthanasia"; invitation by Sony Pictures to join a promotional campaign during the show of the movie "Seven Pounds" and SBHK leaflets were distributed through all relevant cinemas. Furthermore, SBHK advertisements were broadcasted free-of-charge on the Link TV Kiosk and Chaosism donated the net amount to us from the income of the Drama "Meteor Shower" after deduction of operational costs in support of suicide prevention. Moreover, we also participated in the "Volunteer Service Day" organized by Agency for Volunteer Service, Centum Charitas Foundation and the RTHK in visiting the visually impaired and mentally retarded people of The Hong Kong Society for the Blind.

In the area of fund raising, CLP supported us by including a total of 200,000 SBHK promotional leaflets free-of-charge in the November bills to CLP customers. Other fund raising channels included: regular donors, Wisegiving 7-11 donation activities, Barcode Card donation in convenience stores and online donations through the Bank of East Asia.

In collaboration with Premium Collection a social enterprise, the CG Concept (Care for Green Concept), was established to sell "banner bags" to promote social responsibility. In 2009, six companies were successfully nominated to receive the recognition of "Caring Company". They were Best Video Limited, China Resources Property Management Limited, Liu Chong Hing Investment Limited, Premium Collection, Seed Forest Company Limited, and S & S Cleaning Company Limited.

In the area of education, we continued to provide the Understanding Adolescent Project (UAP) service to a special education school - HHCKLA Buddhist Po Kwong School.

To support the World Suicide Prevention Day organized by International Association of Suicide Prevention, we held the "Sunny Life" short video competition this year from June to September.

In collaboration with the Social Welfare Department and Sham Shui Po District Elderly Community Centre, an experimental Pilot Neighborhood Active Ageing Project for caring for elderly and preventing elderly suicides.

Suicide Crisis Intervention Centre

2009 was the eighth operational year of the Suicide Crisis Intervention Centre (SCIC). Besides committed to maintaining its core services, SCIC also provided counseling services to families and friends of individuals who had committed suicide or had suicidal risk.

In the year 2009, SCIC handled a total of 1,258 cases. Among them, 456 were from male clients and 802 were from female clients. Around half (46.7%) of these cases fell into the 30-49 age group, and the majority of the cases (84.7%) fell into the 20-59 age group.

Among the major problem areas, suicidal problems of family members and friends accounted for 208 cases (16.5%), situational problems accounted for 193 cases (15.3%), 151 cases (12%) were related to financial problems, 145 cases (11.5%) were related to marital problems and 138 cases (11%) were from other family problems.

There were a total of 810 cases (64.4%) assessed by referrers as moderate and high risk. After the first session of intervention through telephone calls, face-to-face counseling or outreaching by SCIC, the number of cases assessed with moderate and high risks was dropped to 560 (44.5%).

To address the needs of service users, 5 therapeutic groups, 3 support groups and 2 volunteer groups were conducted during the year 2009.

2009 marked the 5th anniversary of "Live the Rainbow" group. Besides providing a trustful and secure platform for suicide survivors to heal from grief, pain and emotional disturbance, SCIC also initiated the Dandelion Project which aimed at actively providing early intervention and counseling for families and friends of those who committed suicide. Members of the "Live the Rainbow" volunteer group also provided emotional support and outreach service to those in needs. SCIC

also expanded the cross-profession network with other professional bodies to promote the importance of early referral of suicide cases to SCIC by families and friends, so that appropriate information, resources and support could be drawn to those in need as soon as possible and to avoid further tragedies.

Moreover, since June 2008, registered social workers of SCIC and Hotline volunteers partnered to initiate the project Suicide Prevention on Internet (SPOT). It aims at identifying suicidal internet users and bloggers and connecting them with suicide prevention services.

In view of the effectiveness of the two above-mentioned programs, they had been granted as a subvented service of the Social Welfare Department since November 2009 and hence would facilitate the future enhancement of these services.

In 2009, SPOT searched through about 112,690 personal blogs in the internet. Through active online contacts with the bloggers, around 189 bloggers were provided with emotional support.

In 2009, SCIC published three booklets. They were the "Resilience Handbook", a pamphlet on extra-marital affairs and a pamphlet on "Live the Rainbow" service. These publications were distributed to those in need through various government departments, hospitals, social welfare organizations and libraries.

In November 2009, a "suicidal group" with 188 members was formed on Facebook and was proposed a suicide pact on 21st December. This had caused much attention in society and raised widespread concern and discussion in the public and mass media. SCIC in collaboration with the Social Welfare Department, the Hong Kong Police and the Education Bureau, provided professional advice and timely crisis intervention and emotional support to the internet group members affected by negative emotions.

Public Training and Development

SBHK established the public training and development section in 2005. Through the conduction of public training courses SBHK aimed 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 skills to various sectors of the community.

SBHK has collaborated with Middlesex University in year 2007 to start our first Master of Arts in Work Based Learning Studies (Counselling Studies) course, 5 of our Hotline volunteers and one other student graduated in November 2009.

In 2009, SBHK conducted the 5th and 6th certificate courses in "Professional Certificate Programme in Counselling and Suicide Prevention". This year we had 68 participants from the public and 9 from our own volunteers. Besides coming from social welfare, education and medical fields, many of them came from the business sectors and other professional sectors.

The SBHK collaborated with the Hospital Authority (HA) again in 2009 to provide training for HA's Staff Psychological Support Hotline and Critical Incident Support Team (CIST). The two courses "Hotline Skills Training" and "Training on Assessment and Intervention of Suicidal Persons" were conducted to equip staff members with knowledge and skills in telephone counselling and crisis handling. There were a total of 150 participants.

In order to increase the basic suicide prevention knowledge and skill of the public and those who are in the helping profession, SBHK has organized a "Suicide emergency pack for professionals" workshop and also the "Introduction to counselling and suicide prevention work" course. Furthermore, SBHK also provided training to local social welfare and educational organizations. There were a total of 141 participants in our training seminars and workshops.

Any surplus 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.

Review of Management Structure

Since the establishment of SBHK in 1960, we have followed a volunteer led management style: committee members will be elected bi-annually through a one vote per person system by Hotline volunteers. The Chairman, Vice Chairman and other positions will be appointed by the committee members themselves. However, times have changed and the current management style was not able to meet the demands of SBHK and the needs of society. Therefore, a comprehensive review was required and a working committee was established in order to collect opinions and set up the future management blueprint.

Conclusion

"Accompanying you for the past 50 years, caring about society across generations" – Although every generation has its ups and downs, as well as problematic issues, the best solution, no matter how big the problem may be, is "people". If people can look after each other, care about each other, and help each other, things can become much easier. SBHK has been accompanying Hong Kong people for the past 50 years, and in the future years, we will continue to serve the Hong Kong community.

2009年度主席報告

黃祐榮（主席）

前言

2009年香港撒瑪利亞防止自殺會正式踏入第50年，50年前杜學魁先生創辦了防止自殺會。初年的防止自殺會是一個全義工的組織，既沒有經濟來源，又沒有職員，全靠一群小學老師作為義工無私地為香港防止自殺工作揭開序幕。首十年本會一共處理過一千多宗自殺個案。當年由於社會的需要，本會特別於每年會考前後加強對參與會考學生之情緒抒援工作。本會於1963年在本港社團註冊，後來改名為香港撒瑪利亞防止自殺會。時代轉變，本會的發展亦因應社會的需要而改變。由沒有職員到現在有三十多位同工；由沒有資助收入至現在全年接受九百多萬元的各方資助；由只是提供熱線服務到現在四個服務中心，包括熱線中心、自殺危機處理中心、生命教育中心及關懷身邊人基金。然而50年來，香港越繁榮，社會問題越變得複雜，但無論香港有什麼改變，本會的宗旨都是一直本著聖經裡好撒瑪利亞人作榜樣，為情緒受困擾，特別是有自殺傾向的人士服務。

熱線服務

熱線服務於2009年共處理15,134人次的服務個案，比2008年的14,533個增多601個。當中的求助個案共10,978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10,621宗個案(96.75%)是透過電話熱線求助、39宗個案(0.36%)透過面談求助、2宗個案(0.02%)透過書信求助及316宗個案(2.87%)透過電郵求助。

求助者男女比例為46.38%：52.69%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的68.8%。當中以30至34歲的年齡組別佔首位，佔20.38%。在全年求助個案類別中，主要困擾的問題是精神健康(17.69%)、職業(17.04%)、家庭(10.46%)及愛情(9.42%)。在全年的求助個案中，15.62%是有自殺危機的，其中12.49%有輕度自殺危機，2.51%有中度自殺危機，至於有高度自殺危機的個案則有0.62%。高、中危個案中有25%（即86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2009年熱線中心開辦了第47期及48期義工訓練班，為義工學員提供為期一年的義工訓練課程。共有149人接受職前培訓第一階段的訓練課程。截至2009年底，本會共有義工198名。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，舉辦不同的訓練課程，個案研習分享會和機構探訪等。

另外，為了提升服務質素及在職義工的訓練，本會於去年11月安排了十三位義工到台灣作服務交流，這對本會未來工作的發展帶來很大的啟發。

生命教育中心

生命教育中心由2002年開始持續推展「防止自殺教育計劃」。在2009年，中心共提供了39場講座及17場工作坊，服務人數共6,351人。同期亦舉辦了7個跟進式「情緒管理」及「積極人生」小組，服務人數共95人。中心又開辦了第16和17期「珍惜生命大使」課程，共培育了39位大使，參與中心的社區探訪及自殺危機處理中心之個案關顧服務。大使同時亦積極參與不同機構的義工服務。

在2009年，圖書閣的使用人數為1,787人，而借用圖書及視聽資料的人數亦有360人。

中心於2009年3月發行了「放眼生命」影碟。全碟共35分鐘，分別由劉兆璋女士、梁永忠博士及盧佩鏞女士三位生命勇士親身分享逆境自強的經歷。中心於同年7月發行了「情緒圖騰」電腦遊戲光碟，增加社會人士對情緒的認識及情緒處理的技巧。

在刊物出版方面，中心出版了第56及57期《生命交流》，主題分別是『失業「樂」與「怒」』及『一個快樂的傳說』。

中心也透過傳媒的協助去推廣生命教育。本年共接受了22次訪問，其中3次在電台直播節目中介紹「放眼生命」教育光碟、宣傳第十六期「珍惜生命大使」及生命教育教材的應用。

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。

2009年本會獲得廣大的傳媒及其他機構的支持，成功舉辦了多項大型的宣傳及教育的活動，傳播珍惜生命的訊息。其中包括在油麻地百老匯電影中心舉行「死亡預告」電影分享會、與香港話劇團合作宣傳推廣舞台劇「美麗連繫」、與港鐵公司合辦「生命教育、群策群力」記者招待會，進行生命教育宣傳、獲香港有線寬頻邀請參與一輯關於「安樂死」的節目、又Sony Pictures邀請本會於上映電影「救人七命」期間於各院線派發本會的宣傳單張、另外更獲領匯允許本會的宣傳短片在其下商場的TV Kisok免費播放、在商台節目「有誰共鳴」介紹本會服務、又得蒙「影子作業」劇社演出的「流星雨」舞台劇將扣除活動開支後的餘款捐予本會、本會並參加義務工作發展局、百仁基金及香港電台策劃的「感動全城·開拓義工世界」服務日，探訪香港盲人輔導會。

在籌款方面，2009年獲得香港中華電力有限公司的支持及協助，於11月中免費夾附本會的宣傳單張20萬張並且寄予用戶。其他籌款方法及渠道包括「恒常贊助人」、社聯「惠施網」7-11捐款活動、「零錢捐助 - OK捐款條碼」、「便利店捐款條碼卡」及「東亞銀行網上捐款」。

在社會企業合作方面，繼續和禮品廊合作「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。又在2009年度成功提名6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、種子森林有限公司、華潤物業管理有限公司及誠信清潔服務有限公司。

在學校工作方面，本會繼續為一間特殊學校 - 香海正覺蓮社佛教普光學校提供「成長的天空」服務。

為響應國際防止自殺協會於每年的9月10日舉辦全球性的「世界防止自殺日」，本會於2009年6月至9月期間舉辦了「活出SUN命」全港短片創作比賽。

本會亦在社會福利署的協調下與深水埗的地區長者中心合作「左鄰右里，愛惜耆英」預防長者自殺試驗計劃。

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八年。中心除了維持恒常服務外，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，希望可以用更主動的方式及早向自殺者親友提供支援。

危機中心於2009年共處理了1,258宗個案。其中456位案主是男性，802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46.7%；年齡由20至59歲的則佔84.7%。

危機個案中主要問題分別為受到家人或朋友的自殺問題困擾208宗(16.5%)；受環境因素困擾193宗(15.3%)；受經濟問題困擾151宗(12%)；受婚姻問題困擾145宗(11.5%)；受其他家庭問題困擾138宗(11%)。

由轉介者風險程度評估為中度至高度自殺危機的個案合共有810宗，即佔64.4%；經本中心在接獲個案後，以電話、面談或外展方式提供了首次輔導後而作出的風險程度評估，具中至高危的個案降至560宗，百分率下降為44.5%。

中心亦因應服務使用者的需要，2009年共開辦了5個治療性、4個支援性和1個義工小組。

2009年是「活出彩虹小組」成立5周年。小組除了繼續致力為自殺者親友提供一個可信和安全的平台，協助他們抒發受困情緒、過渡傷痛外，並且推行「蒲公英計劃」，主動嘗試接觸新發生事故的自殺者親友，及早提供介入及個人輔導。此外，中心亦組織「活出彩虹義工小組」組員，向有需要人士予以情緒支援、探訪及陪同服務。中心更會與各社區相關團體，建立跨專業合作網絡，主動向他們推廣服務，宣揚及早轉介的重要性，務求推動各專業及社區人士當接觸自殺者親友後，向他們介紹或轉介「活出彩虹服務」，令有需要人士可以盡早獲得資訊、資源和支援，防止下一個悲劇的發生。

此外，自2008年6月起，本中心的專業社工及本會熱線中心的義工攜手展開了「網蹤人計劃」，旨在互聯網上搜尋到有自殺危機的網友，主動向他們伸出援手。

由於「活出彩虹服務」及「網蹤人計劃」兩項服務的成效均有目共睹，於本年11月開始，獲社會福利署進一步撥款，成為恆常服務之一。相信在服務的拓展會有更大的發揮空間。

2009年，「網蹤人計劃」在互聯網上共搜尋了約112,690篇個人網誌。經過有關的負責社工和義工主動在網絡上與他們接觸，為當中約189名有自殺危機或情緒困擾的網友提供了情緒支援。

本中心於2009年出版了三份刊物：「逆境正能量」手冊、「我們仨 --- 婚姻的紅燈形成與處理」單張和「活出彩虹服務」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。

此外，於本年11月，社交網站“Facebook”內被發現有一自殺的群組建立，有188位成員，相約於12月21日集體自殺，事件震驚全港，引起社會大眾和傳媒廣泛討論和關注。中心利用其專業的意見和危機介入服務，協助社會福利署、警方及教育局等不同部門積極處理事件，為受情緒困擾的網友予以適切的支援。

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。

本會與英國Middlesex University於2007年合作開辦第一屆工作為本文學(輔導學)碩士課程，五名本會熱線義工及一位外界同學等於2009年11月畢業取得碩士資格。

本會於2009年內分別舉辦了第5及第6屆專業證書課程，本年度共有68名公眾人士和9名本會義工參與，除了社福界、教育界和醫護界，亦有不少來自工商界及人事管理人員。

本會於今年度繼續與醫院管理局心靈綠洲合作，為其院內的「醫管局員工心理支援熱線」及「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150人次。

為了加強社會大眾及從事助人行業的同工對預防自殺的基本知識和技巧，分別舉辦了「自殺急救包(專業版)」的主題工作坊，同時亦開辦「輔導及防止自殺工作啟蒙」課程。另外，亦為本地社福及教育團體提供訓練。本年度參與培訓講座及工作坊共有141人。

本會舉辦公開培訓活動的學費收入之盈餘，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。

管理架構及模式檢討

本會自1960年成立以來，一直奉行義工主導的管理模式：通過兩年一次，由熱線義工會員一人一票選出兩年一任的委員，成立執行委員會，再由執行委員會內互選正、副主席及各職責委員，以管理及執行會務。本會會務管理工作一直以上述模式運作。由於時代的變遷，本會的管理模式已迫不上會務發展的步伐及社會的需求，需要作出一次全面的檢討，並成立工作小組，以集思廣益，希望能夠勾劃出我們未來的管理制度藍圖。

總結

「同行五十載 關心跨世代」——雖然每一個世代都有它的興衰與問題，但不管是那樣的問題及問題有多大，最佳處理的方法就只有一個——就是「人」。人如果能夠互相諒解、互相關懷、互相幫助，事情就來得容易。過去五十年本會和全香港市民一同成長，守望相助，在未來的歲月裡，本會也一定會繼續為香港人服務。

SERVICE REPORTS

| AGNES CHIU (CENTRE-IN-CHARGE) |

6.1 HOTLINE CENTRE

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 our hotline volunteers, the callers are encouraged to face and to walk through their problems so as to regain their hope for the future and confidence in facing the challenges ahead.

Number of Cases

From 1st January to 31st December of 2009, we responded to 15,134 cases, representing an increase of 601 cases from 14,533 cases of 2008. Of these, 10,978 were help-seeking cases that in need of emotional support and counselling service. The remainder was for general enquiries, silent calls and prank calls. Among these, 10,621 cases (96.75%) of the help-seeking cases reached us by phone, 39 cases (0.36%) by face-to-face interview, 2 cases (0.02%) by letter, and 316 cases (2.87%) by email. (Details in Table 6.1.1)

Sex and Age

Of all the help-seeking cases, 52.69% were female and 46.38% were male – a 6.31% difference. Compared to last year, the difference dropped by 12.54%.

Most of the service users came from those aged between 20 and 44 (68.8% of total). The age group 30 to 34 (20.38% of the total) still topped the list. This was followed by the age groups 40 to 44 (17.6%) and 25 to 29 (10.89%).

According to the 2009 Hong Kong Census Report, 27.9% of the population are aged between 15 and 34, but the percentage of our help-seeking clients in this age category was 46.38% in 2009. (Details in Table 6.1.2)

Nature of Problems

The major problem areas for our help-seekers in 2009 were: Mental Health (17.69%), Occupation (17.04%), Family (10.46%) and Romantic Relationship (9.42%) problems. Compared with the figures in 2008, cases in Mental Health had decreased by 1.54% and Finance had increased by 0.19%, whereas cases in Occupation had increased by 1.93%. Mental Health was still the top problem area. In fact, Suicide problems and Mental Health problems are always closely correlated. It is suggested that if we are to alleviate the Suicide problem, the importance in promoting Mental Health education should not be overlooked. As Occupation problems increased, it may suggest that the stress from occupations such as stressful working environment and unsatisfactory working relationships were yet to improve to alleviate their pressure.

The problems experienced by different age groups were changed in relation to their different developmental stages. The major problem for the 10 - 14 age groups was Family, Sex and Studying, this was followed by Sex and Romantic Relationship for the age group 15 to 24, Occupation and Romantic Relationship 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 2009 (12.49%) 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. 2.51% of the cases were assessed to have medium risk, - those cases that have not only developed suicide thoughts but have also developed concrete plans for ending their lives, although the danger of loss of life was not imminent. 0.62% 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, 15.62% of the cases were assessed as suicidal. Among the high and medium risk cases, 25% (86 cases) were referred to our Suicide Crisis Intervention Centre for crisis intervention and management service as well as for further intensive counselling service. (Details in Table 6.1.5)

Volunteer Training

The 47th and 48th intake of our hotline volunteer training courses commenced in February and October 2009 respectively. The courses are of one-year duration catered to new volunteers. Responses to the courses were encouraging, after preliminary screening, 93 and 56 applicants were recruited, respectively, as volunteer trainees for the first stage of training. (Details in Table 6.1.6)

In order to maintain both the quantity and quality of our volunteer pool, in-service training for our existing volunteers was very important. Thus many 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 our help-seekers are facing, as well as to gain greater knowledge of the community resources suitable to them. In November 2009, 13 hotline volunteers under the sponsorship of Li Po Chun Charitable Trust Fund Committee to have exchange trip in Taiwan. It inspires our service development in the future. (Details in Table 6.1.7)

Volunteer Information

As at the end of 2009, the number of hotline volunteers of our organization stood at 198 – 70 (35.35%) male and 128 (64.65%) female. While all the volunteers were over 20 years of age, the majority (43.94%) were in the age range of 45 to 54. 64.65% of the total possessed a tertiary or university qualification. 31.82% came from the white collar and 12.12% came from the educational sector. 8.59% were full-time housewives (Details in Table 6.1.8)

Special Services

For the affection of the financial turbulence and the impact to Hong Kong people, SBHK continuously provided our supportive campaigns in the community in the past year. We actively provided emotional support service and positive thinking program to the community and enterprises. The feedback of those service recipients was positive and useful.

Besides, in order to express our concern for those people who expressed their emotional distress or suicidal intention on internet, we launched a pilot project “Suicide Prevention On neT”(SPOT). In 2009, we approached and followed up around 200 cases through Blog searching. (Details in Table 6.1.9 to 6.1.16)

服務報告

趙美艷（中心主任）

6.1 熱線中心

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2009年1月1日至12月31日期間，共處理15,134人次的服務個案，比2008年的14,533個增多601個。當中的求助個案共10,978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10,621宗個案(96.75%)是透過電話熱線求助、39宗個案(0.36%)透過面談求助、2宗個案(0.02%)透過書信求助及316宗個案(2.87%)透過電郵求助。(詳閱表6.1.1)

性別與年齡

在性別分佈中，2009年女求助者佔全年的求助個案52.69%，比男求助者高出6.31%，相比去年(18.85%)下降了12.54%。

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68.8%，當中以30至34歲的年齡組別佔首位，佔20.38%，接著的是40-44歲和25-29歲的組別，分別佔17.6%和10.89%。若比較香港人口統計數字，年齡15-34歲的人口只佔27.9%；而比較相同年齡組別於本會的求助人數佔46.38%。(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(17.69%)、職業(17.04%)、家庭(10.46%)及愛情(9.42%)問題。相比往年的數字，受精神問題困擾的求助者仍居首位，但整體卻下降了1.54%。事實上，自殺問題跟精神問題兩者關係密切，若要改善香港的自殺問題，精神健康的教育工作仍不容忽視。另外，受經濟問題困擾的上升了0.19%，而受職業困擾的亦上升了1.93%。這亦可能反映到在職業方面的壓力如工作壓力、工作環境、與同儕和上司關係、工作安全感、待遇和福利等問題上仍須改善，以減輕在職人士的心理困擾。

不同年齡的求助者隨著發展階段不同，因有不同的需要而受著不同的困擾。10-14歲的青少年受困擾最大的是家庭、性及學業問題，而15-24歲的青少年則受性和愛情問題的困擾較多，25-29歲組別最多受職業和愛情的困擾，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6.1.3-6.1.4)

自殺危機

在全年的求助個案中，有12.49%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2.51%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0.62%，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15.62%，當中的高、中危個案中有25%(即86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2009年2月及10月分別開辦了第四十七期及第四十八期的義工訓練班，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，分別有93人及56人接受職前培訓第一階段的訓練課程。(詳閱表6.1.6)

除了對新義工的培訓外，為了確保和不斷提升熱線的服務質素，本會亦為現存義工提供持續在職訓練，舉辦了不同的訓練課程，個案研習分享會和機構探訪等，好讓義工們能不斷裝備自己，在掌握熱線輔導技巧、求助者面對的困難和需要及社會資源等方面都能做得更好。其中猶以11月的台灣交流活動為特別，本會特申請了李寶椿基金的贊助，安排了13位熱線義工到台灣作服務交流，對於本會工作的發展實帶來很大的啟發。(詳閱表6.1.7)

義工資料

截至2009年底，本會共有義工198名。當中男義工有70名(35.35%)，女義工128名(64.65%)，當中以45-54歲屬大多數，佔總義工人數的43.94%，教育程度多為大專程度或以上，佔64.65%，職業則以白領最多，佔31.82%，次之則為佔12.12%的教育界和佔8.59%的家庭主婦。(詳閱表6.1.8)

特別服務

由於金融海嘯引來的經濟震盪及對市民的情緒影響，因此本會於2009年繼續加強這方面的宣傳及主動到不同的社區、企業舉辦一些具情緒支援性質及正面思維的活動，反應理想。

另外，考慮到社會上有部份人士會在網上表達個人的情緒困擾和自殺危機，因此本會有需要主動地協助這些有情緒困擾或自殺危機人士，故開展了一試驗式計劃--網蹤人計劃，透過義工在網上追蹤一些有需要協助的人士，從而給予關懷、鼓勵及協助。於2009年，此計劃透過網誌共搜尋了近200個個案，並就部份個案作短期跟進。(詳閱表6.1.9- 6.1.16)

(Table 6.1.1) Overall Statistics of Services in 2009

(表 6.1.1) 二零零九年全年服務總表

接觸方式 Contact Method	男 Male	女 Female	不詳 Unknown	總數 Sub-total	Total 總數
電話 Phone Call	4998	5611	12	10621	10978
面談 Interview	24	15	0	39	
書信 Letter	0	2	0	2	
電郵 E-mail	68	157	91	316	
諮詢 Enquiry Call	281	341	1	623	4156
戲弄 Frivolous	108	99	0	207	
無聲 Mute Call	0	0	3326	3326	
總數 Total	5479	6225	3430	15134	15134

(Table 6.1.2) Sex and Age Distribution of Clients in 2009

(表 6.1.2) 二零零九年求助者性別及年齡分佈表

年齡 Age	2009 年個案 Cases					2008 年個案 Cases	
	男 Male	女 Female	不詳 Unknown	總數 Sub-total	%	總數 Total	%
0 - 9	1	3	0	4	0.04	6	0.06
10 - 14	34	37	0	71	0.65	113	1.04
15 - 19	331	212	4	547	4.98	537	4.96
20 - 24	703	403	6	1112	10.13	1240	11.45
25 - 29	589	604	2	1195	10.89	1392	12.85
30 - 34	999	1237	1	2237	20.38	2020	18.65
35 - 39	398	678	1	1077	9.81	930	8.59
40 - 44	831	1101	0	1932	17.6	2265	20.91
45 - 49	398	491	1	890	8.11	632	5.84
50 - 54	310	415	1	726	6.61	717	6.62
55 - 59	78	65	0	143	1.3	141	1.30
60 - 64	45	52	0	97	0.88	92	0.85
65+	53	20	0	73	0.66	82	0.76
不詳 U	322	466	86	874	7.96	664	6.12
Total 總數	5092	5784	102	10978	100	10831	100.00

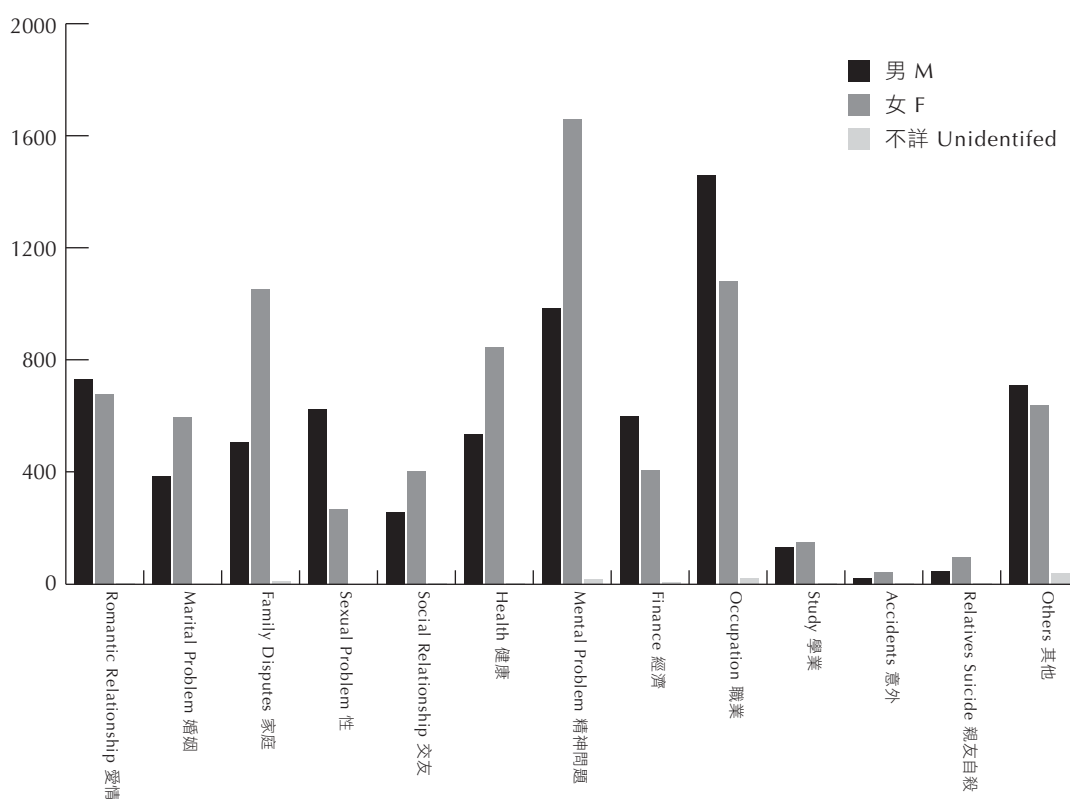
(Table 6.1.3) Types and Sex Distribution Cases in 2009

(表 6.1.3) 二零零九年個案類別及性別分佈表

Types 個案類別	2009年個案 Cases					2008年個案 Cases	
	男 Male	女 Female	不詳 Unknown	總數 Sub-total	%	總數 Total	%
Romantic Relationship 愛情	733	678	5	1416	9.42	1651	11.50
Marital Problem 婚姻	386	597	0	983	6.54	888	6.18
Family Disputes 家庭	507	1054	11	1572	10.46	1368	9.53
Sexual Problem 性	623	268	1	892	5.93	763	5.31
Social Relationship 交友	257	402	4	663	4.41	737	5.13
Health 健康	535	845	5	1385	9.21	1024	7.13
Mental Problem 精神問題	984	1659	17	2660	17.69	2761	19.23
Finance 經濟	598	406	6	1010	6.72	938	6.53
Occupation 職業	1459	1083	20	2562	17.04	2170	15.11
Study 學業	131	151	4	286	1.90	344	2.40
Accidents 意外	23	44	3	70	0.47	63	0.44
Relatives Suicide 親友自殺	46	97	3	146	0.97	199	1.39
Others 其他	712	638	40	1390	9.24	1454	10.12
總數 Total	6994	7922	119	15035	100	14360	100

Types and Sex Distribution Cases in 2009

二零零九年個案類別及性別分佈圖



(Table 6.1.4) Types, Age and Sex Distribution Cases in 2009
(表 6.1.4) 二零零九年個案類別、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	2	0	3	37	53	112	91	118	106
Marital Problem 婚姻	0	1	0	0	1	10	5	7	17	56
Family Disputes 家庭	0	0	14	10	55	41	82	55	66	90
Sexual Problem 性	1	1	8	9	76	37	247	28	95	17
Social Relationship 交友	0	0	1	9	25	20	41	48	26	56
Health 健康	0	0	4	0	31	11	36	30	38	56
Mental Problem 精神問題	0	0	1	0	24	31	40	59	67	64
Finance 經濟	0	0	0	0	28	6	44	15	53	13
Occupation 職業	0	0	1	0	27	11	131	105	209	279
Study 學業	0	0	9	8	61	48	37	36	11	9
Accidents 意外	0	0	0	0	0	1	3	0	1	4
Relatives Suicide 親友自殺	0	0	0	0	2	6	6	14	5	11
Others 其他	0	0	1	4	61	24	125	36	83	38
總數 Total	1	4	39	43	428	299	909	524	789	799

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	121	139	65	71	123	87	83	32	29	48
Marital Problem 婚姻	87	95	47	82	93	166	65	62	33	47
Family Disputes 家庭	72	149	33	101	66	226	45	152	23	132
Sexual Problem 性	88	83	18	31	44	37	5	0	7	8
Social Relationship 交友	54	72	16	57	27	59	38	24	10	25
Health 健康	73	238	30	84	70	176	116	100	76	68
Mental Problem 精神問題	214	418	119	280	231	360	116	166	83	122
Finance 經濟	117	63	51	41	116	100	74	73	58	43
Occupation 職業	357	234	166	122	282	135	125	80	77	40
Study 學業	6	11	0	8	0	9	0	11	1	3
Accidents 意外	3	4	3	2	3	18	2	4	0	5
Relatives Suicide 親友自殺	8	17	2	6	5	16	3	3	5	3
Others 其他	130	130	36	60	92	123	29	49	30	54
總數 Total	1330	1653	586	945	1152	1512	701	756	432	598

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	7	3	0	0	0	0	38	43	733	678	1411
Marital Problem 婚姻	7	16	7	20	3	5	21	30	386	597	983
Family Disputes 家庭	14	25	11	11	4	8	22	54	507	1054	1561
Sexual Problem 性	1	2	0	0	0	0	33	15	623	268	891
Social Relationship 交友	0	2	5	1	2	1	12	28	257	402	659
Health 健康	18	7	5	8	14	6	24	61	535	845	1380
Mental Problem 精神問題	14	24	8	18	11	8	56	109	984	1659	2643
Finance 經濟	20	16	10	1	1	0	26	35	598	406	1004
Occupation 職業	24	5	2	0	1	1	57	71	1459	1083	2542
Study 學業	0	0	0	0	0	0	6	8	131	151	282
Accidents 意外	1	0	1	2	1	0	5	4	23	44	67
Relatives Suicide 親友自殺	0	1	0	2	1	0	9	18	46	97	143
Others 其他	7	2	10	9	22	2	86	107	712	638	1350
總數 Total	113	103	59	72	60	31	395	583	6994	7922	14916

(Table 6.1.5) Suicidal Assessment in 2009
(表 6.1.5) 二零零九年求助者的自殺危機評估表

Suicidal Accessment 即時自殺危機	2009							2008		
	男 M	%	女 F	%	U 不詳	%	T 總計	%	T 總計	%
Imminently Suicidal 高	29	0.26	38	0.35	1	0.01	68	0.62	105	0.97
Suicidal with Plan 中	114	1.04	155	1.41	6	0.05	275	2.51	343	3.17
Suicidal Idea 低	577	5.26	753	6.86	41	0.37	1371	12.49	1425	13.16
No Suicidal Idea 無	4120	37.53	4597	41.87	48	0.44	8765	79.84	8524	78.70
N/A 不適用	252	2.30	241	2.20	6	0.05	499	4.54	434	4.00
總數 Total	5092	46.39	5784	52.69	102	0.92	10978	100	10831	100

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

Period 日期	Training Course 課程	Number of Participants(Stage I) 參加人數(第一階段訓練)
Starting from July 零九年二月起(為期一年)	47 期	93 人
Starting from July 零九年十月起(為期一年)	48 期	56 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
February 2 月	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	4
March 3 月	Visiting The Samaritans Hong Kong 探訪撒瑪利亞會	Visit 探訪	1
	Retreat Camp 2009 退修營 – 愛回家之我的家有……	Training 訓練	2
	Case sharing 個案分享會 – 熱線輔導的迷思	Training 訓練	1
	Workshop on Emotion Management 情緒紅綠燈 – 憤怒篇	Training 訓練	2
May 5 月	Visiting Suicide Prevention Services 探訪生命熱線	Training 訓練	1
	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	2
June 6 月	Supporting Team of HKCEE and HKALE students 會考放榜支援小組	Training 訓練	1
	Case sharing 個案分享會 – 個案背後的我	Training 訓練	1
	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	2
July 7 月	46th pre-service volunteer training Graduation 46 期熱線義工訓練畢業禮暨謝師宴	Training 訓練	1
	Hidden Seniors Service 隱閉長者服務講座	Training 訓練	1
	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	1
August 8 月	Visiting Senior Citizen Home Safety Association 探訪長者安居服務協會	Training 訓練	1

(Table 6.1.7) Hotline Volunteers In-service Training
(表 6.1.7) 熱線義工在職訓練

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
September 9月	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	2
	Enlarge Happy for Health and Beauty 放大快樂尋健、美	Training 訓練	1
	Meditation Class 靜觀課程 2009	Training 訓練	2
October 10月	Group Leader Training Workshop 訓練組長帶領技巧工作坊	Training 訓練	2
	Meditation Class 靜觀課程 2009	Training 訓練	6
November 11月	Group Leader Training Workshop 訓練組長帶領技巧工作坊	Training 訓練	1
	Case sharing 個案分享會 – 以人為本與助人關係	Training 訓練	1
	Meditation Class 靜觀課程 2009	Training 訓練	4
	Yoga Class 快樂在瑜伽	Training 訓練	2
	Taiwan Exchange Trip Programme 台灣交流團	Training 訓練	10
December 12月	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	1
	Yoga Class 快樂在瑜伽	Training 訓練	5

(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	70	128

(B) Age Distribution 年齡分佈

	Male 男	Female 女
20-24	0	3
25-34	12	28
35-44	17	26
45-54	30	57
55+	11	14
Total 合共	70	128

(C) Year of Service 服務年資

	Male 男	Female 女
一年以下 Below 1 Year	20	47
2-3 年 / years	11	14
4-5 年 / years	5	13
6-7 年 / years	8	14
8-9 年 / years	6	7
10 年或以上 / 10 years above	20	33
Total 合共	70	128

(D) Education Level 教育程度

	Male 男	Female 女
University / College 大學或大專	52	76
Post-Secondary 預科	3	10
Secondary School 中學	12	23
Others 其他	3	19
Total 合共	70	128

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50小時以下 / Below 50 hrs	5	21
51-100小時 / hours	22	48
101-200小時 / hours	37	45
201-300小時 / hours	4	14
300小時以上 / hours above	2	0
Total 合共	70	128

(F) Occupation 職業

	Male 男	Female 女
Blue collars 藍領階層	3	0
Disciplinaries 紀律部隊	6	4
Education 教育界	8	16
Educational & Psychology 教育或心理學家	2	0
Housewife 家庭主婦	0	17
Information Technology 科技專業	9	3
Media 傳播界	1	0
Medical 醫護界	2	13
Merchant 商人	2	2
Retired 退休	6	5
Self-employed 自僱	0	1
Social Service Field 社工或社會服務界	5	9
Student 學生	1	6
Unemployed 待業	2	0
White collars 白領階層	19	44
Academic 學術界	0	0
Others 其他	4	8
Total 合共	70	128

(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
March 3 月	Student from SKH Lam Kau Mow Secondary School (Phone Interview) 聖公會林裘謀中學學生 (電話訪問)	SBHK services Logos 了解熱線服務理念	/
	Student from the Social Work Department, The University of Hong Kong (Phone Interview) 香港大學社工系學生 (電話訪問)	Operation of non-suicide agreement 關於不自殺協議在香港的運用情況	/
	Suicide Prevention Services 生命熱線	Operation of Hotline Service 了解本會熱線服務及運作	24
April 4 月	Hong Kong Cancer Fund 香港癌症基金會	Operation of Hotline Service 了解本會服務及電話系統運作	7
	Student from the Department of Journalism & Communication, Hong Kong Shue Yan University 樹仁大學新聞與傳播系學生	SPOT Project 了解網蹤人計劃	1
	Student from The Hong Kong Polytechnic University 理工大學學生	SBHK services 了解本會服務	1
May 5 月	MiaoLi County Government 台灣苗栗縣政府	SBHK services 認識本會服務	23
June 6 月	Student from the Department of Psychology, The University of Hong Kong (Phone Interview) 香港大學心理學系學生 (電話訪問)	SBHK service and application conditions 關於本會義工服務及申請條件	/
September 9 月	Life Time 影音使團人生熱線	Information about telephone system and Volunteer training 了解本會電話系統及義工培訓工作	4
October 10 月	Lifeline Organization, Taiwan 台灣生命線	SBHK services 了解本會服務	3
November 11 月	Student from Institute of Vocational Education (Phone Interview) 香港專業教育學院學生 (電話訪問)	Suicide Problem of Children 了解兒童自殺問題	/
	Social Worker from Shanghai Sunshine Community-Youth Affairs Centre 上海市陽光社區青少年事務中心社工	Operation of Hotline Service 本會服務內容及運作	1
	Students from the Department of Social Work, The City University of Hong Kong 香港城市大學社工系學生	Brief introduction of SBHK service after the earthquake in Sichuan Province 關於本會為四川災區提供服務的狀況簡介	3
December 12 月	Union of Catholic Asian News (Phone Interview) 天主教亞洲通訊社 (電話訪問)	Suicide Problem of Youth & the Service provided by SBHK 青少年自殺問題及本會就青少年提供之服務	/

(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
機構	March 3月	Hong Kong Housing Society 香港房屋協會	Soul Caring Service Day 心靈關顧服務日	20
	April 4月	Hong Kong Housing Society 香港房屋協會	Soul Caring Service Day 心靈關顧服務日	50
	May 5月	Hong Kong Housing Society 香港房屋協會	Soul Caring Service Day 心靈關顧服務日	80
	August 8月	Caritas Macau 澳門明愛	Workshop about suicide assessment & handling skills 熱線自殺危機評估處理工作坊	37
	November 11月	Defond Group Ltd 德豐集團	Aspects of emotional stress 情緒壓力面面觀	48

(Table 6.1.11) Mass Media
(表 6.1.11) 傳媒

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
January 1月	Number of help seeking from 2006 to 2008 (Phone Interview) 2006-2008年熱線求助數字 (電話訪問)	Oriental Daily News 東方日報
February 2月	Mental patients' help seeking during the period of Financial crisis (Phone Interview) 在金融海嘯下，精神病人求助情況 (電話訪問)	Oriental Daily News 東方日報
	Number of help seeking in past 6 months 近半年熱線求助情況	TIMES Magazine 時代雜誌
	Help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下自殺者求助情況 (電話訪問)	Oriental Daily News 東方日報
	Unemployment issue of the Middle Class (Phone Interview) 關於中產階層失業問題 (電話訪問)	Next Magazine 壹週刊
March 3月	Changes of help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下求助情況的改變 (電話訪問)	Ta Kung Pao 大公報
	Family affairs and changes of help seeking during the period of Financial crisis (Phone Interview) 金融海嘯引發家庭問題及求助情況之改變 (電話訪問)	Oriental Daily News 東方日報
	Unemployed help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下失業人士的求助情況 (電話訪問)	Apple Daily 蘋果日報
	Unemployed help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下失業人士的求助情況 (電話訪問)	Wen Wei Po 文匯報
	Principles of reporting to the police & Methods of handling high crisis cases (Phone Interview) 本會報警原則及處理危機個案方法 (電話訪問)	Ming Pao 明報
	SPOT Project (Phone Interview) 有關網蹤人計劃的推行 (電話訪問)	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	SPOT Project (Phone Interview) 有關網蹤人計劃的推行 (電話訪問)	Ming Pao 明報
	Needs of the low income families 關於低收入家庭的支援需要	Hong Kong Broadband 香港寬頻

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
March 3月	Changes of help seeking ratio of two ganders between September 2008 and January 2009 (Phone Interview) 關於08年9月至09年1月期間求助男女比例的改變 (電話訪問)	Ming Pao 明報
	SPOT Project 網蹤人計劃的推行詳情	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
April 4月	SPOT Project 拍攝及訪問網蹤人計劃	TVB 電視廣播有限公司
	SBHK events for the Financial crisis (Phone Interview) 查詢本會金融海嘯活動內容 (電話訪問)	Economic Times 經濟日報
	Debt due cases & changes of help seeking caused by economic problems (Phone Interview) 欠債個案及經濟問題求助個案的改變 (電話訪問)	Apple Daily 蘋果日報
May 5月	Number of help seeking caused by long-term illness (Phone Interview) 關於因長期病而致電求助的數字 (電話訪問)	RTHK 香港電台
July 7月	Student suicidal case caused by spirit board (mysterious game) 關於學生因玩「碟仙」而自殺的個案	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	SPOT Project 關於本會網蹤人計劃的簡介	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	Persecution before & after HKCEE for candidates 關於會考生放榜前後遇到的困擾及本會的回應	Jil Jak 招職
August 8月	Euthanasia 關於安樂死	The Interactive Channel TV 互動電視
October 10月	Suicide prevention information 防止自殺工作及資料介紹	RTHK 香港電台
November 11月	SPOT Project 關於網蹤人計劃	Sing Tao Daily 星島日報
		Oriental Daily News 東方日報
		Sing Pao 成報
	SPOT Project and cooperation with colleges (Phone Interview) 關於網蹤人計劃與院校合作 (電話訪問)	Sing Tao Daily 星島日報
	Students' suicidal problem (Phone Interview) 關於學生自殺問題及家長的處理 (電話訪問)	Whiz-kids Express Weekly 兒童快報
	Suicidal circumstance and help seeking situation (Phone Interview) 本港自殺情況及熱線求助情況 (電話訪問)	TVB (Pay version) 無線收費電視
	SPOT Project 關於網蹤人計劃	Cable TV 有線電視
	Facebook issue & Possibility of recruiting network Social workers (Phone Interview) 關於Facebook事件的看法及增加網絡社工的可能性 (電話訪問)	Ming Pao 明報
	SBHK's work on internet & the number of suicidal cases in past 3 years (Phone Interview) 本會網絡工作的情況及過去3年的自殺數字 (電話訪問)	South China Morning Post 南華早報
	Influence of suicidal appeal on Internet (Phone Interview) 透過網絡呼籲自殺的形式帶來的影響 (電話訪問)	Sing Pao 成報
	Suicidal appeal on Internet (Phone Interview) 網絡呼籲自殺的感染力 (電話訪問)	Wen Wei Po 文匯報

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
November 11月	Viewpoint on Facebook issue (Phone Interview) 關於 Facebook 事件的看法 (電話訪問)	ATV 亞洲電視
	Viewpoint on Facebook issue & appeal (Phone Interview) 對 Facebook 現象的看法及呼籲 (電話訪問)	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	Intervention & prevention of Facebook suicide group 關於自殺群組事件的介入及預防工作	Metro Broadcast 新城電台
	Purpose, contents & operation of SPOT Project (Phone Interview) 網蹤人計劃目的、內容及解決方法 (電話訪問)	Next Magazine 壹週刊
	Difficulties for Hotline service (Phone Interview) 關於現時熱線服務面對的困難及求助情況 (電話訪問)	Face Magazine Face 雜誌
December 12月	Prediction of Youth suicide & SPOT Project (Phone Interview) 青少年預言自殺事件的看法及了解網蹤人服務 (電話訪問)	Oriental Daily News 東方日報
	SPOT Project & Limitation (Phone Interview) 了解網蹤人服務及現存限制 (電話訪問)	Cable TV 有線電視
	Effective suicide prevention 防止自殺工作的有效推行方法	The Interactive Channel TV 互動電視
	SPOT Project 網蹤人計劃介紹	Headline Daily 頭條日報
		ATV 亞洲電視
		Cable TV 有線電視
	Youth suicidal problem 青少年自殺問題及求助趨勢	Sing Tao Daily 星島日報

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

Month 月份	Theme of Conference / Visit 會議主題	Organization 辦 / 探訪機構
November 11月	Taipei Tour 台灣交流團	Visit 5 associations in Taipei for exchanging service experience 參觀當地 5 間有關機構作服務交流

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

Period 日期	Name of Programme 活動名稱
18/1/2009	"Walk along with you" Teen Volunteers Training Scheme 2008 – Happy of Froce Carnival and Volunteer Awards Ceremony 「沿海有你」朋輩義工訓練計劃 2008 -- 快樂力量遊戲日暨義工嘉許禮
10/2009-12/2009	"Every family has pieces happy thing" Essay activities 「家家有件開心事」徵文活動
13/5/2009	Concern financial tsunami working group - Soul care Service Day 關注金融海嘯工作小組 – 心靈關顧服務日
9/2009	Volunteer pilot training course 義工先導培訓課程

(Table 6.1.14) Suicidal Assessment of SPOT Cases in 2009

(表 6.1.14) 2009 年網蹤人跟進個案及危機程度統計表

月份 / 危機程度	1/2009	2/2009	3/2009	4/2009	5/2009	6/2009	7/2009	8/2009	9/2009	10/2009	11/2009	12/2009	分項總數
高	0	0	2	9	9	9	1	0	1	2	0	16	49
中	0	0	12	7	5	10	5	16	12	7	29	75	178
低	0	2	14	19	7	14	17	25	11	21	25	48	203
無	0	1	8	25	19	10	17	9	21	15	15	32	172
不詳	0	2	0	1	1	2	1	2	7	4	2	10	32
	0	5	36	61	41	45	41	52	52	49	71	181	634

(Table 6.1.15) Overall Statistics of SPOT Project 2009

(表 6.1.15) 2009 年網蹤人服務總表

性別 Sex	年齡 Age	總數 Total	危機 Risk	分項 總數 Sub Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 Occupation	學業 Study	親友自殺 Relatives Suicide	其他 Others
女 Female	10-19	175	高 high	7	2		5						1			
			中 middle	88	10	3	65		10				1			3
			低 low	55	9	19	5	0	20	1	2	1	10			
			無 none	22	12	6	2	0	1	0	0	2	5			
			不適用 N/A	3	1	1			1				1			
				175	34	29	77	0	32	1	2	3	18			
			%		19.43	16.57	44.00	0.00	18.29	0.57	1.14	1.71	10.29			
男 Male	10-19	20	高 high	2												2
			中 middle	0												
			低 low	5		1	2		1				2			
			無 none	13	2	2						2	5			
			不適用 N/A	0												
				20	2	3	2		1			2	7			
			%		10	15	10		5			10	35			
女 Female	20-29	201	高 high	13	8	3	4	1		1	1					
			中 middle	48	27	9	10	11	3		5		1		4	
			低 low	63	23	8	26	6	8	2	12	0		3	3	
			無 none	69	24	6	4	3	3	10	6	14	3	1	2	
			不適用 N/A	8	4	2	2	1	1		1			2	1	
				201	86	28	46	22	15	13	25	14	4	6	10	
			%		42.79	13.93	22.89	10.95	7.46	6.47	12.44	6.97	1.99	2.99	4.98	

性別 Sex	年齡 Age	總數 Total	危機 Risk	分項 總數 Sub Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 occupation	學業 Study	親友自殺 Relatives Suicide	其他 Others
男 Male	20-29	33	高 high	3	3										3	
			中 middle	5	5											
			低 low	12	5	3		5			6					
			無 none	12	1			3			2		5		2	
			不適用 N/A	1											1	
				33	14	3		8			8		5		6	
				%	42.42	9.09		24.24			24.24		15.15		18.18	
女 Female	30-39	40	高 high	17	0	1	14	11	0	0	15				6	
			中 middle	9	0	0	7	6	0	0	8				6	
			低 low	6	1	1	4	2	0		3				2	
			無 none	5	4	1	1				1					
			不適用 N/A	3	2		1	1			1					
				40	7	3	27	20			28				14	
				%	17.5	7.5	67.5	50			70				35	
男 Male	30-39	9	高 high	0												
			中 middle	1							1					
			低 low	3						1					2	
			無 none	4								3				
			不適用 N/A	1												
				9						1	1	3			2	
				%						11.11	11.11	33.33			22.22	
女 Female	40-49	5	高 high	0												
			中 middle	0												
			低 low	1							1		1			
			無 none	4				1		2	1		1			
			不適用 N/A	0												
				5				1		2	2		2			
				%				20		40	40		40			
男 Male	50-59	13	高 high	0												
			中 middle	4		2	4				2					
			低 low	7		5	7	1			5					
			無 none	1			1									
			不適用 N/A	1		1	1				1					
				13		8	13	1			8					
				%		61.54	100.00	7.69			61.54					

性別 Sex	年齡 Age	總數 Total	危機 Risk	分項 總數 Sub Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	社交 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 occupation	學業 Study	親友自殺 Relatives Suicide	其他 Others
不詳 Unknown		47	高 high	1			1									
			中 middle	9			1	4			3				1	
			低 low	23	3	1	1	4	2	1			2			
			無 none	7				1				2	1		1	
			不適用 N/A	7												
				47	3	1	3	9	2	1	3	2	3		2	
			%		6.38	2.13	6.38	19.15	4.26	2.13	6.38	4.26	6.38		4.26	
女 Female	Unknown	77	高 high	7	7											
			中 middle	14	2	1	8									
			低 low	20	7	2	4	0	1	1	2		1			
			無 none	29	18	2	5	3		1		1				
			不適用 N/A	7			1				1	1				
				77	34	5	18	3	1	2	3	2	1			
			%		44.16	6.49	23.38	3.90	1.30	2.60	3.90	2.60	1.30			
男 Male	Unknown	14	高 high	0												
			中 middle	1	1											
			低 low	7	1		1	1			2	1				
			無 none	6	6											
			不適用 N/A	0												
				14	8		1	1			2	1				
			%		57.14		7.14	7.14			14.29	7.14				

(Table 6.1.16) Types and Age Distribution Cases of SPOT Project 2009
(表 6.1.16) 2009年網蹤人計劃年齡及個案類別分佈表

性別 Sex	年齡 Age	個案總數 Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 Occupation	學業 Study	親友自殺 Relatives Suicide
女 Female	10 - 19	175	19.4%	16.6%	44.0%	0	18.3%	0.6%	1.1%	1.7%	10.3%	0	0
男 Male	10 - 19	20	10%	15%	10%	0	5%	0	0	10%	35%	0	0
女 Female	20 - 29	201	42.8%	13.9%	22.9%	10.9%	7.5%	6.5%	12.4%	7.0%	2%	3%	5%
男 Male	20 - 29	33	42.4%	9.1%	0	24.2%	0	0	24.2%	0	15.2%	0	18.2%
女 Female	30 - 39	40	17.5%	7.5%	67.5%	50%	0	0	70%	0	0	0	
男 Male	30 - 39	9	0	0	0	0	0	11.1%	11.1%	33.3%	0	0	22.2%
女 Female	40 - 49	5	0	0	0	20%	0	40%	40%	0	40%	0	0
男 Male	50 - 59	13	0	61.5%	100%	7.7%	0	0	61.5%	0	0	0	0
女 Female	不詳 Unknown	77	44.2%	6.5%	23.4%	3.9%	1.3%	2.6%	3.9%	2.6%	1.3%	0	0
男 Male	不詳 Unknown	14	57.1%	0	7.1%	7.1%	0	0	14.3%	7.1%			
不詳 Unknown	10 以上 Above 10	47	6.4%	2.10%	6.4%	19.1%	4.3%	2.1%	6.4%	4.3%	6.4%		4.3%
	總數	634											

6.2 LIFE EDUCATION CENTRE

YAU PUI FAN, KATIE (PROJECT MANAGER)

Introduction

Life Education Centre (LEC) has begun its service with the generous support from the Hong Kong Jockey Club Charity Trust Fund to continuously launch the "Suicide Prevention Education Project" since 2002. Suicide prevention work is preventive in service nature, through outreaching life education programmes like talks, workshops, follow-up groups, "Life Ambassador" volunteers' training course, Suicide Prevention Resources Library and publications of life education materials, the message of life cherishment and encouraging mutual care among people are well promoted to our society.

Our Service

People at different life stages encounter different difficulties or challenges, they need well-equip themselves to face those changes with quality psychological preparation is crucial. In order to strengthen people's Adversity Quotient, emotional management and stress management, LEC out-reached different schools and organizations to provide preventive and educational service such as talks, workshops and groups, those themes mainly focused on positive life and suicide prevention.

Talks and Workshops

Between January and December of 2009, LEC conducted 39 and 17 talks and workshops respectively, and its total number of participants were 6, 351. Details were shown in the following table.

Follow-up Groups

Talks followed by follow-up groups were conducted so as to further strengthen those participants' self-reflections and application on the topic, between January and December of 2009, 7 follow-up groups with the themes of emotional management and positive life were conducted in primary schools, secondary schools and tertiary institutions, 6 to 8 sessions of each group was provided and its total number of participants was 95. Through various activities to allow participants discuss and share about their reflections and perceptions on the topic, it could further deepen their understanding on the importance of awareness and applications of the topic.

"Life Ambassadors" Volunteers' Training Course

A group-based training course for "Life Ambassadors" aiming at equipping them to become our community watchdogs to promote the spirit of mutual help and message of life cherishment to public was provided. Through a variety of activities and case study, volunteers' understanding on the problem of suicide attempt and attitudes and skills in helping others can be strengthened.

16th and 17th "Life Ambassadors" Volunteers' Training Courses were conducted in 2009. A total number of 39 volunteers were trained and qualified to participate into community visit and case-caring service. LEC co-operated with our Suicide Crisis Intervention Centre, SAGE Mrs Wong Yee Jar Jat Memorial Care and Attention Home, Housing for Senior Citizens, Housing Department (Shui Tin House, Pak Tin Estate) and Housing for Senior Citizens, Housing Department (Sheung Lok House, Sheung Lok Estate) and a total number of 93 home visits were provided to the people under emotional distress and lack of supporting network in this year.

Apart from the home visit service, "Life Ambassadors" actively participated into different volunteers' service of various organizations including the Rice Dumplings Giving on Tuen Ng Festival organized by The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre in May, the provision of leisure activities held in The Hong Kong Society for the Blind - Morning Glory DAC cum Hostel for medium to severe grade of Mentally Retarded and visually as well as deaf handicapped people, and our "Totemotion Fun Day" in July, the Elderly Visit on Mid-Autumn Festival organized by The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre and our "Sunny Life" Short Positive Lives Video Competition and Prizing Giving Ceremony in September, the Picnic with Wheel-chaired Elderly organized by the Pak Tin Baptist Church Reading Room, Library & Social Centre for the Elderly to accompany and assist those wheel-chaired elderly to go to the country park, and the provision of Christmas Party held in the Hong Kong Sheng Kung Hui St Peter's Church for those retired seamen and their family members in December.

Hong Kong Jockey Club Suicide Prevention Resources Library

In order to increase the attraction of our library to the general public in more resourceful and user-friendly way, LEC made a great effort during the year to expand the variety of collection and its coverage. Various indigenous, local or international publications related to suicide prevention and life education including brochures, leaflets, books, reports, video tapes, VCDs and play kits were collected. In 2009, there were 1,787 library visitors and 360 people borrowed materials from the library.

Publications / Life Education Materials

With reference to our past experience in making of life education materials, the trend of a text-based approach was extended to a multimedia-based approach. "Spot on Life" Multi-media Life Education Disc was released in March of 2009. 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 Blessing" by Ms Esther Lo. These three warriors of life shared their experience of tackling the adversity. Meanwhile, the "Spot on Life" First Broadcasting Ceremony was held on 21 March 2009 in the Duke of Windsor Social Service Building. Besides, the "Totemotion" Computer Game Disc was released in July. Another mass program, "Totemotion Fun Day" was held in the Ma On Shan Plaza on 26 July 2009 to increase the public's awareness of emotions and its handling skills.

LEC also published the 56th and 57th SBHK newsletter, "Life Interflow" in 2009 with the theme of "The Joy and Anger of Being Unemployed" and "The Legend of Happiness" respectively. "The Joy and Anger of Being Unemployed" reported the psychological changes of people in facing unemployment from pessimistic and complaining to positive and actively adapted attitudes, the importance of family member support and shared the life wisdom in facing adversity through interviews with focus group and professionals. "The Legend of Happiness" through interviews with different people and a self-test on the extent of happiness to pinpoint the feeling of happiness was a matter of views from self-perception towards environment and whether people could enjoy their life even under disadvantage.

Agency Visit

Two agencies visited LEC in April and December, namely they were Lee Hysan Foundation and the Macau Yat On Centre respectively.

Mass Media and Other Parties Interviews

The dissemination of positive life messages through mass media was inevitably effective and could benefit the whole society. Twenty-two times of interviews were conducted in 2009 and three of them were live broadcasting programmes to introduce the "Spot on Life" Life Education Disc and other Life Education Materials.

Conclusion

The work of life education has developed for nearly eight years, from various sources, levels and intervention methods to disseminate the message of life cherishment continuously. We hope that people no matter under adverse social or personal environment can positively cope with self, environment and people can find their outlets in such a dynamic life.

6.2 生命教育中心

邱佩芬 (項目經理)

前言

生命教育中心由2002年開始承蒙得到香港賽馬會慈善信託基金的捐助，得以持續推展「防止自殺教育計劃」。防止自殺的工作屬於預防性質，透過外展講座、跟進式小組、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，將珍惜生命及鼓勵關愛互助的訊息傳播給社會人士。

恆常服務：外展講座、跟進式小組、珍惜生命大使訓練、圖書閣及教材製作

人生在不同的階段都會遇上困難或挑戰，不時需要裝備自己應付種種的變化，心理質素的預備尤其重要，為了提升社會人士的逆境智商、情緒管理及壓力處理等的心理質素，中心以外展形式到學校及機構提供相關的預防性的教育服務，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2009年1 – 12月期間，中心共提供了分別39場及17場的講座及工作坊，服務人數共6,351人。有關詳情，可參閱附表。

跟進式小組

為深化服務對象於出席專題講座後對题目的反思及掌握，在2009年1 – 12月期間，共舉辦了7個跟進式小組，分別在小學、中學及專上學院開辦了「情緒管理」、及「積極人生」的小組，每組約6 – 8節，服務人數共95人，讓組員可以在活動中作主題探討及交流，能夠更加深入掌握對有關题目的認知及應用的重要。

「珍惜生命大使」義工訓練課程

中心以小組形式訓練「珍惜生命大使」，透過活動及個案分享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，從而訓練他們成為社區的守望者，發揮守望相助的精神，傳揚珍惜生命的訊息予社區有需要的人士。

在2009年，「珍惜生命大使」義工訓練課程開辦了第16及17期，共培訓了39位「珍惜生命大使」，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、耆康會王余家潔護理安老院、房屋署長者住屋（白田邨瑞田樓）及房屋署長者住屋（常樂邨常樂樓）合作，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，全年共探訪了93位服務對象。

「珍惜生命大使」除了進行探訪服務，他們積極參與不同機構的義工服務，包括5月到訪鄰舍輔導會 - 深水埗康齡社區服務中心參與派發端午節糉子予長者、7月分別到訪香港盲人輔導會 - 朝陽中心暨宿舍為中度至嚴重智障及視、聽障人士提供遊戲活動及參與本會的《「情緒圖騰」遊戲日》大型地區教育活動、9月分別到訪鄰舍輔導會 - 深水埗康齡社區服務中心進行中秋節長者探訪及參與本會的《「活出SUN命」短片創作頒獎禮》大型活動、10月與白田浸信會圖書閱覽室暨老人休憩中心合作，參與《家友輪里半天遊》活動，由大使陪同坐輪椅的長者進行郊遊、12月到聖公會海員傳導會提供聖誕派對予退休海員及其家屬。

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2009年，圖書閣的到場人數為1,787，而借用圖書及視聽資料的人數亦有360人。

教材製作

中心參考過去累積多年的製作教材的經驗，從過去的文字手法擴展至多媒體製作，於2009年3月發行了「放眼生命」影碟，全片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。同時於2009年3月21日在溫莎公爵社會服務大廈舉行了「放眼生命」生命教育影碟首映禮。另外，於同年7月發行了「情緒圖騰」電腦遊戲光碟，並於2009年7月26日於馬鞍山廣場舉行了「情緒圖騰」遊戲日，透過攤位活動及「情緒圖騰」遊戲光碟現場試玩，增加社會人士對情緒的認識及情緒處理的技巧。

中心於2009年出版了第56及57期《生命交流》，主題分別是『失業「樂」與「怒」』及『一個快樂的傳說』。『失業「樂」與「怒」』透過訪問失業人士的心路歷程的轉變，由消極埋怨轉變為積極適應的生活態度，以及得到家人的支持的重要，分享逆境自強的人生智慧。『一個快樂的傳說』透過訪問不同的人物及進行自我快樂測試表，點出即使個人處於逆境的狀態，快樂是在乎自己的看法及能否享受生命的重要性。

機構探訪

分別於4月及12月接待了利希慎基金的基金職員及澳門逸安社的戒賭服務社工。

傳媒聯絡

透過傳媒的協助，可更有效地向普羅大眾宣揚與珍惜生命有關的訊息。在2009年，中心同事接受了22次的訪問，其中3次在電台直播節目中介紹「放眼生命」教育光碟、宣傳第十六期「珍惜生命大使」及生命教育教材的應用。

總結

生命教育的工作推展至今已接近八年，從不同的途徑、不同的層面及不同的手法將珍惜生命的訊息不斷的傳播，希望大眾市民不論在社會環境或個人環境裡遇到順境或逆境都能夠積極正面地適應自己、適應環境，為自己流動的生命尋找出路。

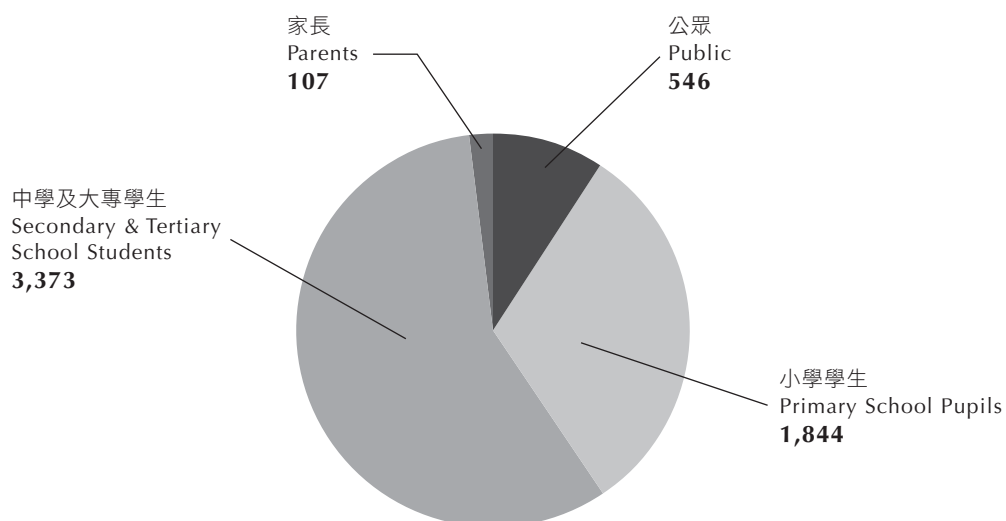
2009 講座服務數字

Service Output of Talks 2009

	小學學生 Primary School Pupils	中學及大專學生 Secondary & Tertiary School Students	家長 Parents	公眾 Public	總數 Total
人數 No. of Participants	1,844	3,373	107	546	5,870
場數 No. of Seminar	7	18	6	8	39

2009 講座人數一覽

No. of Participants in Talks 2009



2009 跟進式小組服務數字

Service Output of Follow-up Groups 2009

Total No. of Groups 合共組數：7		Total No. of Participants 合共人數：95	
主題 Topic	人數 No. of Participants	對象 Target	
情緒管理 Emotional Management	33	小一至小三學生 P. 1 – 3 Pupils	
情緒管理 Emotional Management	20	中一至中三學生 F. 1 – 3 Students	
情緒管理 Emotional Management	27	中四至中六學生 F. 4 – 6 Students	
積極人生 Positive Life	15	文憑學生 Diploma Students	

2009 工作坊服務數字

Service Output of Workshops 2009

Total No. of Workshops 合共場數：17		Total No. of Participants 合共人數：481	
主題 Topic	人數 No. of Participants	對象 Target	
預防自殺 Suicide Prevention	12	中六學生 F. 6 Students	
壓力處理 Stress Management	23	公眾人士 Public	
情緒處理 Emotional Management	35	小學親子 Parent and Child in Primary School	
親子溝通 Parent-child Communication	10	家長 Parents	
處理子女的情緒 Children's Emotions Handling	42	家長 Parents	
提升子女壓力處理及解決問題技巧 Strengthening Children's Stress Management and Problem Solving Skills	54	家長 Parents	
正向思維 Positive Thinking	12	公眾人士 Public	
朋輩互助技巧 Peer Counseling Skills	30	中三至中六學生 F. 3 – 6 Students	
師友計劃 – 學員培訓 Mentorship Scheme Training	17	中六學生 F. 6 Students	
長者情緒輔導及實務技巧 Elderly Counseling Skills	7	社工及義工 Social Workers and Volunteers	
生命教育教材應用 Life Education Materials Application	109	教師 Teachers	
全會義工訓練先導課程 Pilot Training for SBHK Volunteers	130	義工 Volunteers	

2009「珍惜生命大使」義工訓練課程

“Life Ambassadors” Volunteers’ Training Course 2009

期數 Phase	日期 Period (dd/mm/year)	時數 Training hours	對象 Target	參加人數 No. of Participant
16	21/05/2009 – 13/08/2009	22	公眾人士 Public	20
17	22/10/2009 – 07/01/2010	22	公眾人士 Public	19
Total No. of Participants 總人數				39 人

2009「珍惜生命大使」服務 “Life Ambassadors” Service 2009

合作機構 Partners	探訪個案數目 No. of Case
自殺危機處理中心 Suicide Crisis Intervention Centre	9
耆康會王余家潔護理安老院 SAGE Mrs Wong Yee Jar Jat Memorial Care and Attention Home	43
房屋署長者住屋 (白田邨瑞田樓) Housing for Senior Citizens, Housing Department (Shui Tin House, Pak Tin Estate)	20
房屋署長者住屋 (常樂邨常樂樓) Housing for Senior Citizens, Housing Department (Sheung Lok House, Sheung Lok Estate)	21
Total	93

2009「珍惜生命大使」活動 “Life Ambassadors” Activities 2009

合作機構 Partners	日期 Date (dd/mm/year)	活動 Activity	對象 Target	人數 No. of Participants
鄰舍輔導會 - 深水埗康齡社區服務中心 The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre	16/05/2009 23/05/2009	端午節派糰活動 Rice Dumplings Giving on Tuen Ng Festival	長者 Elderly	40
香港盲人輔導會 - 朝陽中心暨宿舍 The Hong Kong Society for the Blind - Morning Glory DAC cum Hostel	25/07/2009	遊戲活動 Leisure Activities	智障及視、 聽障人士 Mentally Retarded and Visually & Deaf Handicapped	16
香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	26/07/2009	「情緒圖騰」 遊戲日 “Totemotion Fun Day”	公眾人士 Public	400
鄰舍輔導會 - 深水埗康齡社區服務中心 The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre	19/09/2009 26/09/2009	中秋節長者探訪 Elderly Visit on Mid- Autumn Festival	長者 Elderly	48
香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	06/09/2009	「活出SUN命」 短片創作頒獎禮 “Sunny Life” Short Positive Lives Video Competition and Prizing Giving Ceremony	公眾人士 Public	100
白田浸信會圖書閱覽室暨 老人休憩中心 Pak Tin Baptist Church Reading Room, Library & Social Centre for the Elderly	21/10/2009	家友輪里半天遊 Picnic with wheel- chaired elderly	長者 Elderly	20
聖公會海員傳道會 Hong Kong Sheng Kung Hui St Peter's Church	20/12/2009	聖誕派對 Christmas Party	社區人士 Public	120

2009 圖書閣使用紀錄

Utilization of the Resources Library 2009

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 Boards
2009 - 01	36	15	8	0	0
2009 - 02	65	10	27	0	0
2009 - 03	65	22	30	0	0
2009 - 04	186	13	3	0	0
2009 - 05	151	6	0	0	0
2009 - 06	138	12	5	0	0
2009 - 07	88	8	0	0	0
2009 - 08	453	33	2	0	0
2009 - 09	142	54	0	0	13
2009 - 10	201	49	6	0	0
2009 - 11	152	24	2	0	0
2009 - 12	110	13	4	0	1
Total 總數	1787	259	87	0	14

2009 刊物出版 / 教材製作

Publications / Life Education Materials 2009

	出版月份 Published Month	內容 Content	形式 Format
1	2 月	第 56 期生命交流 – 失業「樂」與「怒」 Life Interflow, SBHK Newsletter No. 56, “The Joy and Anger of Being Unemployed”	會訊 Newsletter
2	3 月	「放眼生命」生命教育光碟 Spot on Life” Multi-media Life Education Disc	影視光碟 VCD
3	7 月	「情緒圖騰」電腦遊戲光碟 “Totemotion” Computer Game Disc	電腦遊戲 Computer Game
4	7 月	第 57 期生命交流 - 「一個快樂的傳說」 Life Interflow, SBHK Newsletter No. 57, “The Legend of Happiness”	會訊 Newsletter

2009 機構探訪中心活動

Agency Visits 2009

月份 Month	機構名稱 Name of Agency	對象 Target	人數 No. of Participants
4 月 April	利希慎基金 Lee Hysan Foundation	職員 Staff	1
12 月 December	澳門逸安社 Macau Yat On Centre	戒賭服務社工 Gambling Addiction Service Social Workers	7

2009 傳媒及其他訪問活動

Mass Media and Other Parties Interviews 2009

日期 Date (dd/mm/year)	訪問機構 Organization	訪問內容 Content of Interview	形式 Format
18/2/2009	蘋果日報 - 情緒互動室 Apple Daily	身邊人情緒有變應予關懷 Caring for the people with emotional distress	文字報導 Literature
04/03/2009	蘋果日報 - 情緒互動室 Apple Daily	塞翁失馬 - 焉知非福 Look positive in disappointed moments	文字報導 Literature
18/03/2009	蘋果日報 - 情緒互動室 Apple Daily	積極面對不快感受 Handling unhappiness in positive way	文字報導 Literature
29/03/2009	商業電台 Commercial Radio Hong Kong	同途有心人 - 放眼生命 “Spot on Life”	現場直播 Live Broadcasting Program
01/04/2009	蘋果日報 - 情緒互動室 Apple Daily	急救情緒三大忌 Tips on handling negative emotions	文字報導 Literature
15/04/2009	蘋果日報 - 情緒互動室 Apple Daily	人際關係 Social relationship	文字報導 Literature
23/04/2009	明報 Ming Pao	第十六期珍惜生命大使宣傳 Promotion of 16th “Life Ambassadors” Volunteers’ Training Course	現場直播 Live Broadcasting Program
29/04/2009	蘋果日報 - 情緒互動室 Apple Daily	面對挑戰必須調較思想 Change of mind in facing challenges	文字報導 Literature
13/05/2009	蘋果日報 - 情緒互動室 Apple Daily	珍惜當下 - 與家人共度難關 Treasure the here and now- tackling difficulties with family	文字報導 Literature
27/05/2009	蘋果日報 - 情緒互動室 Apple Daily	情緒不穩，坦誠表達 Emotional distress, sincerely express	文字報導 Literature
19/05/2009	香港電台 RTHK	笑容從家開始 - 介紹 29/5/09 教材應用工作坊 Introducing Life Education Materials	現場直播 Live Broadcasting Program
10/06/2009	蘋果日報 - 情緒互動室 Apple Daily	選擇快樂生活的要訣 Tips on how to live happily	文字報導 Literature
24/06/2009	蘋果日報 - 情緒互動室 Apple Daily	選擇正面方式表達情緒 Positive expression of emotions	文字報導 Literature
08/07/2009	蘋果日報 - 情緒互動室 Apple Daily	切勿借助藥物紓緩壓力 Ever never use drugs to handle stress	文字報導 Literature
22/07/2009	蘋果日報 - 情緒互動室 Apple Daily	珍惜相聚每一刻 Treasure the time with your significant others	文字報導 Literature
05/08/2009	蘋果日報 - 情緒互動室 Apple Daily	常懷感激心 - 快樂也相隨 Happiness followed by grateful heart	文字報導 Literature

日期 Date (dd/mm/year)	訪問機構 Organization	訪問內容 Content of Interview	形式 Format
19/08/2009	蘋果日報 - 情緒互動室 Apple Daily	積極回應可令快樂倍增 Positive feedback increases happiness	文字報導 Literature
02/09/2009	蘋果日報 - 情緒互動室 Apple Daily	情緒紅綠燈 Emotional management	文字報導 Literature
16/09/2009	蘋果日報 - 情緒互動室 Apple Daily	執著對錯，徒添怨憤 Persistent in differentiate right and wrong increases complaint and anger	文字報導 Literature
30/09/2009	蘋果日報 - 緒互動室 Apple Daily	睡眠質素影響情緒 Emotions affected by sleeping quality	文字報導 Literature
14/10/2009	蘋果日報 - 緒互動室 Apple Daily	避免婚禮喜事變氣事 To avoid marriage issues becoming disputes	文字報導 Literature
28/10/2009	蘋果日報 - 緒互動室 Apple Daily	學懂「放下」開展新旅程 New journey begins with “let go”	文字報導 Literature

6.3 SUICIDE CRISIS INTERVENTION CENTRE

Heung Mo Yan (CENTRE-IN-CHARGE)

Introduction

2009 was the eighth year of the Suicide Crisis Intervention Centre (SCIC) in operations. All through these years, SCIC was committed in providing core services of round-the-clock suicide crisis intervention and intensive counseling for those with moderate to high suicidal risk, and organizing different kinds of therapeutic, support and volunteer groups. Through the advisory service, training and publications for professional bodies, the communities and the media, SCIC shared its experience to enhance the public awareness to identify and handle suicide crisis. Since 2004, SCIC also provided counseling services to aftercare cases, families and friends of the individuals with suicide risk or unfortunately committed suicide.

In late 2007, more human resources had been devoted to the "Dandelion Project" which promotes more proactive and earlier support to suicide survivor. In mid 2008, SCIC collaborated with Hotline and Life Education Centre to initiate a project called "Suicide Prevention On inTernet (SPOT)". It aimed at identifying those who express suicidal intent on the web and providing early preventive service for them.

In view of the uniqueness and effectiveness, the above-mentioned programs has been granted as a subvented service of the Social Welfare Department in November 2009 and it definitely facilitated the future enhancement of our service.

Casework Service

Number of Crisis Cases

The major task of SCIC is to provide crisis intervention and intensive counseling services to suicidal persons with moderate and high suicide risk. At the same time, we offered 24-hour consultation and referral service for frontline volunteers and professionals from different sectors. A total of 1,258 crisis cases were handled in 2009.

Gender and Age

Among these 1,258 crisis cases, there were 456 male and 802 female clients. The male to female ratio is approximately 1:1.8. In particular, there was approximately one-fourth of total cases came from each age group of 20 to 29, 30 to 39 and 40 to 49. Almost half (46.7%) of the service users fell between the age range of 30 and 49, and 84.7% between that of 20 and 59. For those aged below 20 and over 60, there was 5.1% and 6.4% respectively. (Details are illustrated 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 and occupied nearly one-third of total cases, 193 cases (15.3%) and 208 cases (16.5%) respectively. Another one-third of cases involved marital, financial and other family problems - 145 cases (11.5%), 151 cases (12.0%) and 138 cases (11.0%) respectively. The last one-third of cases were distressed by mental health problems, personal problem, romantic relationship problems, interpersonal problems, physical health problems, and suicide death of others - 120 cases (9.5%), 87 cases (6.92%), 75 cases (6.0%), 54 cases (4.3%), 30 cases (2.4%) and 57 cases (4.5%) respectively. (Details are illustrated in Table 6.3.2 and Figure 6.3.2)

Risk Level

There were 566 (45.0% of total cases) and 244 (19.4%) cases assessed by referrers as moderate and high risk respectively. After the first session of intervention through telephone, face-to-face counselling or outreaching by SCIC, the number of cases assessed with moderate and high risks were 545 (43.3%) and 15 (1.2%) respectively. In the other words, the total number of moderate and high risk cases dropped from 810 to 560 (64.4% to 44.5%). The high-risk cases alone decreased significantly by over 90%. (Details are illustrated 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 2009, 492 cases (39.1%) were referred by social workers, 407 cases (32.4%) by service users who self-approached our service, 124 cases (9.9%) by those distressed by suicidal family members and friends, 93 cases (7.4%) by hotline volunteers, 62 cases (4.9%) by medical staff and 57 cases (4.5%) by police. Besides

case referral, SCIC also worked with our service partners intensively and provided 208 consultations during the year. (Details are illustrated in Figure 6.3.5)

Group Work Service

Responding to the service need of our service users, SCIC has conducted 43 sessions of group work service which consisted of 5 therapeutic groups (14 sessions), 4 support groups (26 sessions), and 1 volunteering group conducted to survivors (3 sessions) in this year. (Details are illustrated in Table 6.3.6)

Service Promotion, Experience Sharing and Training Workshops

To share the valuable experience gained in suicide intervention and counseling of thousands of cases throughout the past 8 years, the SCIC continued to provide service promotion and training workshops to all interested parties such as social workers, medical professionals, teachers, students, volunteers and other community organizations. The spectrum of training covered suicidal symptoms, suicide risk assessment, crisis intervention skills and suicide problems of Hong Kong. Meanwhile, SCIC also received numerous overseas professional and community group for exchanging knowledge and experience in suicide crisis intervention work. In 2009, we hosted the visits by Lifeline Association from Chiayi and Yan On Centre from Macau. (Details are illustrated in Table 6.3.7)

“Live the Rainbow” Service

2009 marked the 5th anniversary of “Live the Rainbow” group. There were press conference and celebration activity on 24 October 2009. In the press conference, the group members shared with the media their experience as suicide survivors and how they experience post-traumatic growth with each other. The members also introduced the service delivered by “Live the Rainbow” and promote the service for those in need in the community. At his opening speech for the celebration dinner, the honorable guest, Mr. Lam Chi-ming, Senior Social Work Officer (Child Welfare) of Social Welfare Department, encouraged the members to keep up the positive attitude as marathon runners and their resilience in overcoming adversity would be rewarded.

Besides providing a trustful and secure platform for suicide survivors to heal from grief, pain and emotional disturbance, SCIC also initiated the Dandelion Project which actively approached the families and friends of the suicide for early intervention and counseling. The member of the volunteer group of “Live the Rainbow” also provided emotion support and outreach service to those in need.

With the support and active participation by the community and group members, the “Live the Rainbow” service became well recognized by the public. In November 2009, the service was granted as a subvented service of the Social Welfare Department with an additional funding.

SCIC also expanded the cross-function network with other professional bodies such as police, medical practitioner and social worker etc to promote the importance of early referral to SCIC for effective prevention of tragedies. The development from individual volunteer support group, through cases follow up to the one-stop service demonstrated the importance of professional advice and mutual support to the suicide survivors.

SPOT

The 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. In 2009, SPOT has searched through about 112,690 personal blogs. Through active online contacts, 218 young bloggers were provided with emotional support and counseling.

SPOT differed from the traditional ways of counseling. The latter was mainly conducted through personal touch and face-to-face interaction. Instead, the teammates of SPOT should address the bloggers' thought and feeling through communication by the lines of words. Whenever obvious suicidal risk is identified, the teammates have to compete with time for continuous suicide risk assessment and build up trustful relationship in writing so that timely support and encouragement can be rendered. Given more and more people with emotion disturbance have turned to seek support from internet, SCIC was inspired to explore more ways of suicide prevention in the web.

Publications

In 2009, SCIC published three booklets, namely “Resilience Handbook”, pamphlets about Extra-marital affairs and “Live the Rainbow” service for distribution in various government departments, hospitals, social welfare organizations and libraries. Here is a highlight of the publications:

“Resilience Handbook” : In line with Positive Psychology, it recommends simple and effective ways to develop positive attitude for a pleasant life through a thankful heart, healthy lifestyle and a kind and forgiving attitude.

Pamphlet about Extra-marital affairs - it explains the causes of marriage problem, provides solution and advice for those who are desperately affected by extramarital relations in marriage life.

“Live the Rainbow” service pamphlet – it contains sharing by members of survivor group and introduces the service delivered by the “Live the Rainbow” which received the additional funding from Social Welfare Department since November 2009.

Interviews with Mass media and Other Parties

As in the past, SCIC communicated and collaborated with mass media and interested parties to promote public awareness for suicide prevention and cherishing life.

Subsequent to the additional funding by Social Welfare Department in sponsoring the “Live the Rainbow” Service, SCIC proactively coordinated with RTHK to produce a radio programme “Yes We Can”. The programme succeeded in promoting “Live the Rainbow” service to the public as well as the “never give up” spirit and proactive attitude as demonstrated by the members. (Details are illustrated in table 6.3.7)

Future Outlook

2009 was full of challenges and opportunities. We are pleased to receive additional funding from Social Welfare Department which enabled us to seek for further development and support those in need. Through community network expansion, the public and other related professionals were encouraged to have early referrals of suicide survivors to “Live the Rainbow” service. In the future, we will continue our effort in partnering with different professionals to promote this meaningful service.

It is also worth to mention that in November 2009, a “suicide group” with 188 members was formed in Facebook and this raised the public and media attention. Based on its expertise and experience in suicide crisis intervention and management in internet, SCIC collaborated with the Social Welfare Department, the Hong Kong Police and the Education Bureau to provide professional advice and timely support to those internet users affected by negative emotions. While SCIC is actively exploring suicide prevention in internet to meet the rising needs, it looks forward to having greater support from the government and other funding organizations along the line of such development.

6.3 自殺危機處理中心

香慕茵 (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八年。八年以來，本中心一直堅守全天候24小時，為具高、中自殺危機人士提供緊急自殺危機輔導服務，亦舉辦治療性、支援性及義工小組，並為各專業、社區人士及傳媒友好進行諮詢、訓練、出版相關刊物，將自殺危機處理的經驗傳播，令社會大眾更懂得識別和處理自殺危機。除了有關自殺危機的服務外，本中心自2004年開始，為自殺者親友提供輔導、小組、工作坊等服務，2007年下旬更調配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。此外，於2008年中，中心與本會其他服務單位試行「網縱人計劃」，旨在互聯網上搜尋到有自殺危機的網友，主動向他們伸出援手。由於兩項服務的成效均有目共睹，成績讓人鼓舞，於2009年11月開始，正式成為社會福利署恆常資助的服務之一。相信在服務的拓展會有更大的發揮空間。

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2009年總共處理了1,258宗個案。

性別與年齡

在1,258宗個案中，有456宗案主是男性、802宗是女性，男女比率約為1:1.8。三個成年年齡群組(20至29歲，30至39歲及40至49歲)都分別佔個案總數約四份之一，接近半數的案主年齡介乎30至49歲之間，共佔46.7%；年齡由20至59歲的則佔84.7%；而年齡在20歲以下和60歲以上的分別為5.1%和6.4%。(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，共佔約三份一，分別有193宗(15.3%)和208宗(16.5%)；受婚姻問題困擾、經濟問題困擾和其他家庭問題困擾者也是相若，又共佔約三份一，分別有145宗(11.5%)、151宗(12.0%)和138宗(11.0%)；其餘的三份一個案則受精神健康問題、個人問題、愛情、人際相處、身體健康問題及親友自殺死亡困擾，分別有120宗(9.5%)、87宗(6.92%)、75宗(6.0%)、54宗(4.3%)、30宗(2.4%)及57宗(4.5%)。(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566宗及244宗，百分率分別為45.0%及19.4%，合共為810宗，即佔64.4%；經本中心在接獲個案後，以電話、面談或外展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545宗及15宗，百分率分別為43.3%及1.2%，合共降至560宗，百分率下降為44.5%；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2009年內，由社會工作者轉介的危機個案有492宗(39.1%)、案主自行求助的有407宗(32.4%)、由親友求助的有124宗(9.9%)、熱線義工轉介的有93宗(7.4%)、由醫護人員和警察轉介

的則分別有 62 宗 (4.9%) 和 57 宗 (4.5%)。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 208 宗。(詳閱圖表 6.3.5)

小組服務

本中心於 2009 年共開辦了 5 個治療性、4 個支援性和 1 個自殺者親友義工小組，全年活動節數分別為 14、26 和 3 節，合共 43 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

本中心服務香港已有 8 年多的日子，多年來處理數千個個案，累積了一定有關自殺危機介入的豐富經驗。為分享經驗和處理自殺個案心得，本中心積極為各專業如社工、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(crisis intervention)等。同時，中心亦樂於與海外團體交流，曾接待了台灣嘉宜市生命線協會及澳門逸安社的探訪，在防止自殺和危機處理作服務及經驗交流。(詳情可參閱表 6.3.7)

活出彩虹服務

2009 年，是活出彩虹小組成立 5 周年。於 10 月 24 日下午，組員的代表邀請了傳媒友好，分享了作為自殺者親友(suicide survivors)的心聲，並且介紹活出彩虹服務，讓社會上有需要的人士知道自己並不是孤單，鼓勵他們接受服務。當晚，更有慶祝晚宴，讓各新舊組員可聚首一堂，見證自己和小組的成長。晚宴籌備小組亦十分榮幸獲社會福利署高級社會工作主任(兒童福利)林志明先生蒞臨致辭，他以跑馬拉松的比喻，勉勵各組員走更遠的路，積極人生，振奮非常。

小組服務 5 周年，同時亦標誌著承先啟後的責任，因此，中心除了繼續致力為自殺者親友提供一個可信和安全的平台，協助他們抒發受困情緒、過渡傷痛外，並且推行「蒲公英計劃」，主動嘗試接觸新發生事故的自殺者親友，及早提供介入及個人輔導。此外，中心亦組織活出彩虹義工小組組員，向有需要人士予以情緒支援、探訪及陪同服務。

全賴社區人士支持和組員傾力參與，「活出彩虹服務」得到社會大眾的肯定，於 2009 年 11 月開始，獲社會福利署進一步撥款，成為恆常服務之一。除了以上提及的服務之外，中心更會與各社區相關團體，包括警方、醫護人員、社工等，建立跨專業合作網絡，主動向他們推廣服務，宣揚及早轉介的重要性，務求推動各專業及社區人士當接觸自殺者親友後，向他們介紹或轉介「活出彩虹服務」，令有需要人士可以盡早獲得資訊、資源和支援，防止下一個悲劇的發生。由此可見，由開初小組、個案跟進，已發展至現今「一站式」服務，使自殺者親友在事發以至過渡傷痛的歷程得到專業的輔導和同路人支援，成績斐然。

網蹤人計劃

自 2008 年 6 月起，本中心的專業社工及本會熱線中心的義工攜手展開了「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。2009 年，此計劃在互聯網上共搜尋了 112,690 篇個人網誌，經過有關的負責社工和義工主動在網絡上與他們接觸，並為當中約 189 名有自殺危機的網友提供了情緒支援及輔導。

在網絡上展開工作絕非閒聊數句的易事，既要從傳統以言語傾談及輔導的方式改為以文字溝通，並且只可以從網友的網誌、留言裡，嘗試從中理解他們的思想、感受和價值觀。倘遇有明顯自殺危機的網誌，更要和時間競賽，密集地跟進和評估網友的危機程度，更要以文字方式建立互信關係，給

予網友支持和希望，鼓勵他們珍惜生命和增加處理問題的信心。在過去「網蹤人計劃」所累積的經驗，不單叫我們關注香港有一撮受情緒困擾的人士，已轉移到網絡世界尋找共鳴和支持；同時亦帶動我們思考在網絡使用越趨普遍的世代，開拓網絡防止自殺服務的新承擔。

刊物出版

本中心於2009年出版了三份刊物：「逆境正能量」手冊、「我們仨——婚姻的紅燈形成與處理」單張和「活出彩虹服務」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。

「逆境正能量」手冊

參考正向心理學的元素，透過尋找快樂、保持感謝之心、健康生活、多作善事、寬恕別人等方法，讓社會大眾獲得簡易、有效及正面的方法，建立積極的人生觀，享受美好愉快的生活。

「我們仨——婚姻的紅燈形成與處理」

婚姻出現第三者的問題令當事人感到自己彷如處於人生低谷，隨之而來的負面思想、情緒困擾和對家庭的影響，實在不容易處理。單張闡釋了婚姻問題的成因、處理方法和需要注意的重要事項，好讓閱讀者學習更有效的解難之道。

「活出彩虹服務」

在2009年11月獲得社會福利署進一步撥款後，中心隨即印刷相關的服務單張，並邀請組員分享心聲，讓社區人士可以進一步認識服務內容及作出轉介。

傳媒及其他訪問

一如以往，本中心就著香港的自殺問題，與傳媒及各界朋友充力合作，希望各界人士及香港市民正視自殺問題；共同在各自崗位上為防止自殺和推廣珍惜生命而努力。

另外，自獲得社會福利署進一步撥款推動「活出彩虹服務」，中心主動與香港電台聯絡，服務的負責社工和小組組員代表一同獲邀參與3節「你得我都得」電台節目；透過大氣電波讓市民更認識是項服務，並且讓組員分享自己由傷痛過度至康復的故事，勉勵香港人積極不放棄，遇問題主動求助。（詳情可參閱表6.3.7）

未來展望

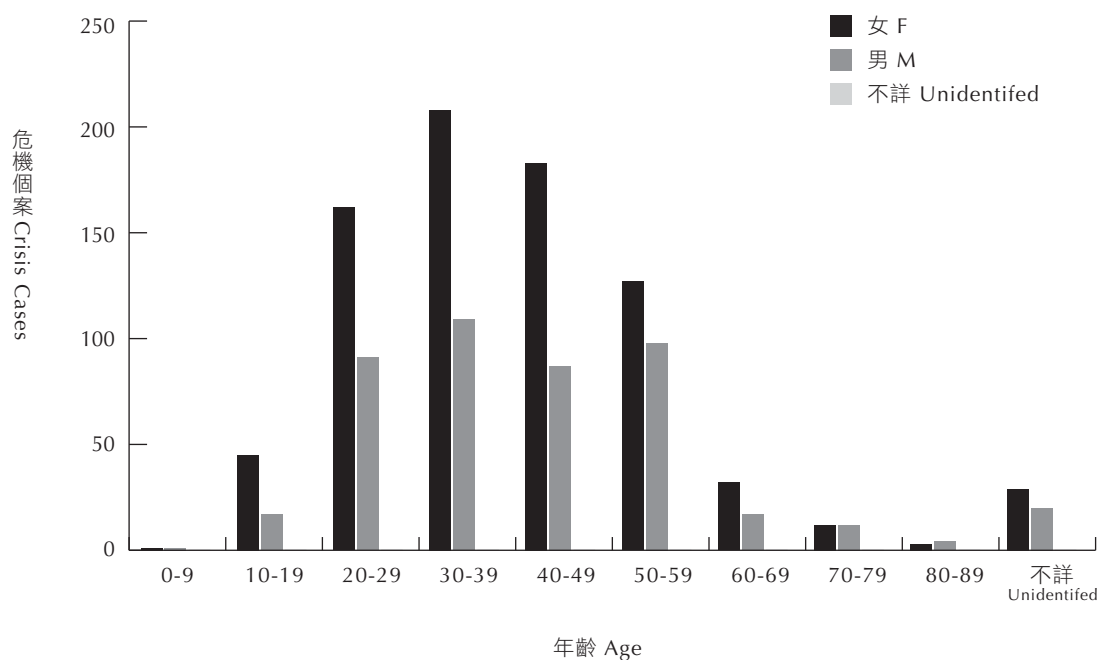
2009年，是充滿挑戰和機遇的一年。本中心十分慶幸能獲得社會福利署進一步的資源，擴大服務發展空間，但同時亦代表在服務上對自殺者親友和具自殺危機的網友有更大的承擔。在「活出彩虹服務」上，本中心已積極發展社區網絡，務求各專業人士和社會大眾在接觸到新發生事故的親友後，及早轉介或將「活出彩虹服務」介紹予當事人。未來日子，本中心會繼續發掘有效渠道，建立與不同專業的合作伙伴關係，務使將此重要而又具意義的服務帶給有需要人士。

此外，於本年11月，社交網站“Facebook”內被發現有一自殺的群組建立，相約於12月21日集體自殺，並有188位成員，事件震驚全港，引起社會大眾和傳媒廣泛討論和關注。幸好本中心在處理危機和網絡介入工作已有一定的經驗，因此在事件發生後能站在專業的立場提供不少意見和危機介入服務，並且聯同社會福利署、警方及教育局等不同部門積極處理事件，為受情緒困擾的網友予以適切的支援，亦與傳媒好友以正面角度回應網上防止自殺服務的發展需要。正如先前部份提及，本中心亦積極關注在網絡使用越趨普遍的世代，開拓網絡防止自殺服務的新承擔，希望政府及其他資助機構能慷慨撥出更多資源，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 2009
(表 6.3.1) 2009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	%
0-9	1	1	0	0.2%
10-19	45	17	0	4.9%
20-29	162	91	0	20.1%
30-39	208	109	0	25.2%
40-49	183	87	0	21.5%
50-59	127	98	0	17.9%
60-69	32	17	0	3.9%
70-79	12	12	0	1.9%
80-89	3	4	0	0.6%
不詳 (Unidentified)	29	20	0	3.9%
總計 Total	802	456	0	100.0%

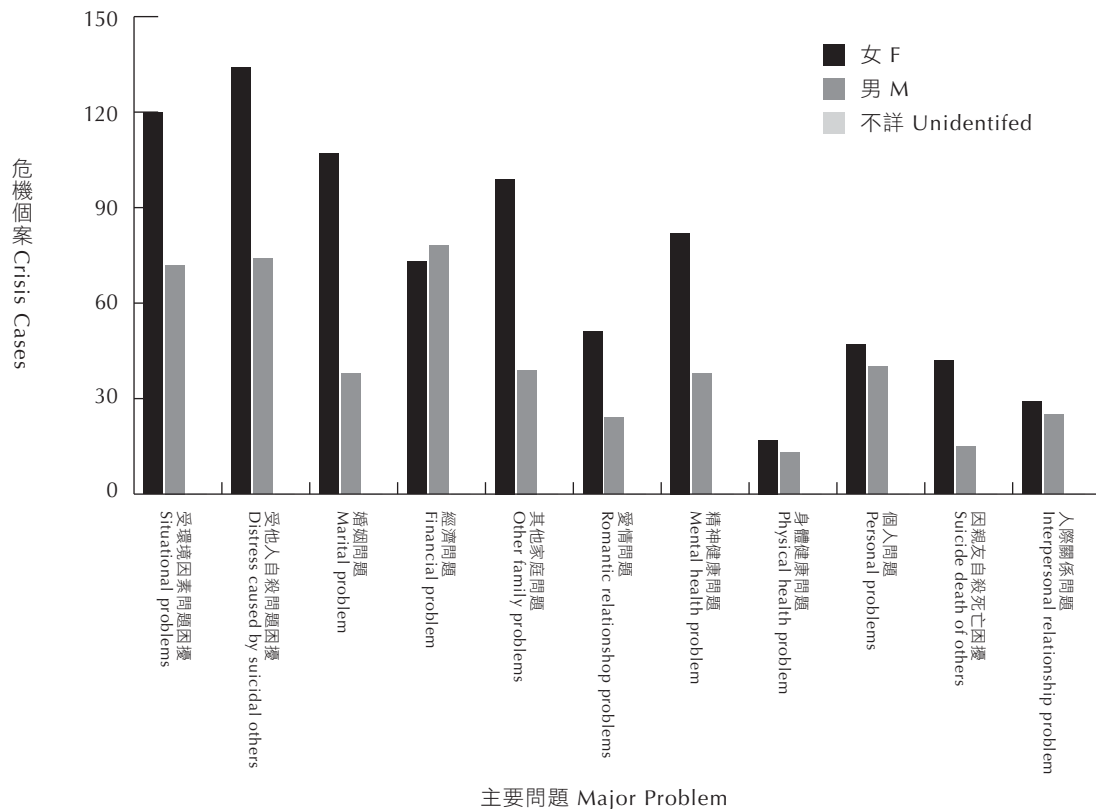
(Figure 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2009
(圖 6.3.1) 2009年自殺危機處理中心危機個案年齡及性別分佈圖



(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2009
(表 6.3.2) 2009 年自殺危機處理中心危機個案問題類別及性別分佈表

主要問題 Major Problem	女 F	男 M	不詳 Unidentified	合計 Total	%
受環境因素問題困擾 Situational problems	121	72	0	193	15.34%
受他人自殺問題困擾 Distress caused by suicidal others	134	74	0	208	16.53%
婚姻問題 Marital problem	107	38	0	145	11.53%
經濟問題 Financial problem	73	78	0	151	12.00%
其他家庭問題 Other family problems	99	39	0	138	10.97%
愛情問題 Romantic relationship problems	51	24	0	75	5.96%
精神健康問題 Mental health problem	82	38	0	120	9.54%
身體健康問題 Physical health problem	17	13	0	30	2.38%
個人問題 Personal problems	47	40	0	87	6.92%
因親友自殺死亡困擾 Suicide death of others	42	15	0	57	4.53%
人際關係問題 Interpersonal relationship problem	29	25	0	54	4.29%
總計 Total	802	456	0	1258	100.00%

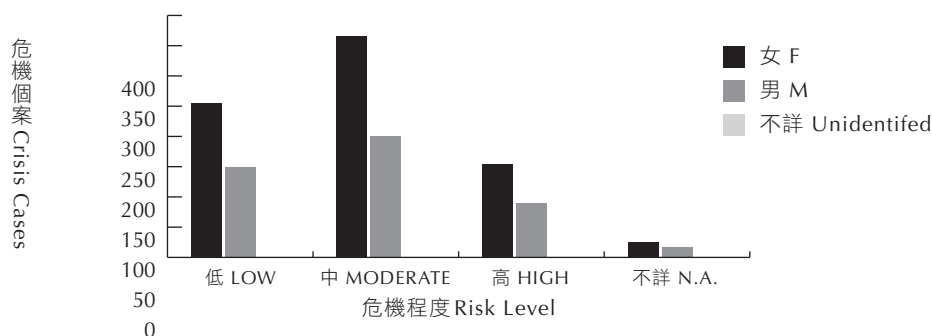
(Figure 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2009
(圖 6.3.2) 2009 年自殺危機處理中心危機個案問題類別及性別分佈表



(Table 6.3.3a) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by SCIC In 2009
(表 6.3.3a) 2009 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	255	150	0	405	32.19%
中 MODERATE	366	200	0	566	44.99%
高 HIGH	155	89	0	244	19.40%
不詳 N.A.	26	17	0	43	3.42%
總計 Total	802	456	0	1258	100.00%

(Figure 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by SCIC in 2009
(圖 6.3.3) 2009 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



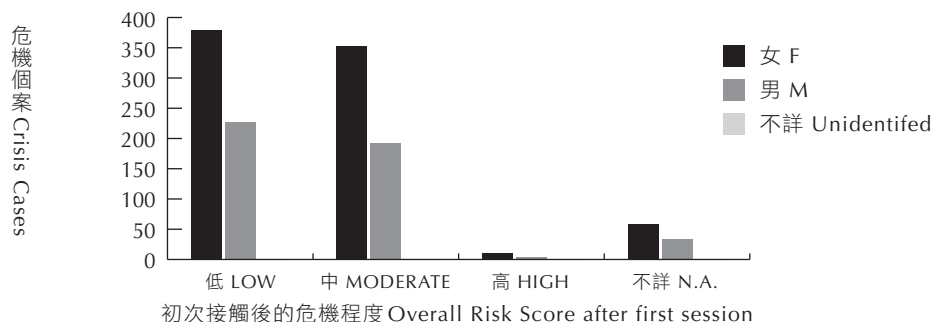
(Table 6.3.3b) Risk Level after first session of intervention by SCIC and Sex Distribution of Crisis Cases Served by SCIC in 2009

(表 6.3.3b) 2009 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

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	380	227	1	608	48.33%
中 MODERATE	353	192	0	545	43.32%
高 HIGH	11	4	0	15	1.19%
不詳 N.A.	58	33	0	91	7.23%
總計 Total	802	456	0	1258	100.00%

(Figure 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases served by SCIC in 2009

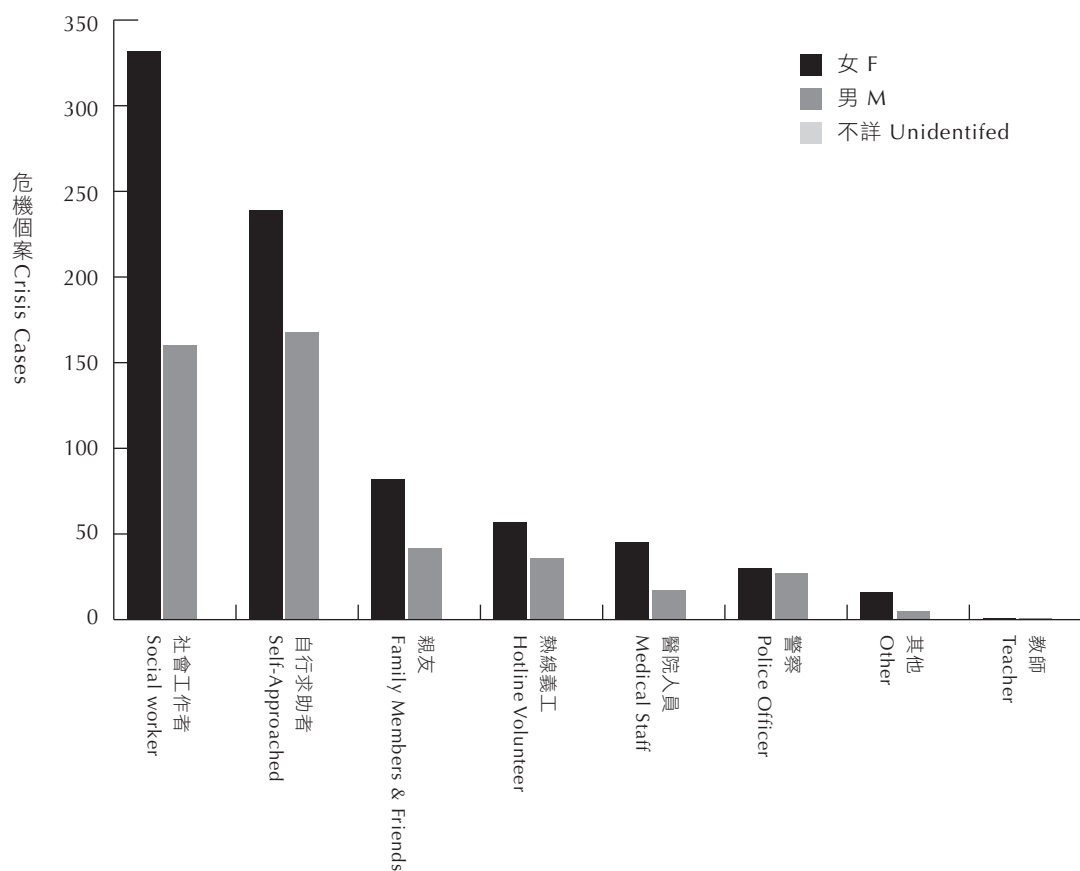
(圖 6.3.4) 2009 年自殺危機處理中心危機個案經首節輔導後的危機程度 (由本中心評定) 及性別分佈圖



(Table 6.3.5) Source of Referral of Crisis Cases served by SCIC in 2009
(表 6.3.5) 2009 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	332	160	0	492	39.11%
自行求助者 Self-Approached	239	168	0	407	32.35%
親友 Family Members & Friends	82	42	0	124	9.86%
熱線義工 Hotline Volunteer	57	36	0	93	7.39%
醫院人員 Medical Staff	45	17	0	62	4.93%
警察 Police Officer	30	27	0	57	4.53%
其他 Other	16	5	0	21	1.67%
教師 Teacher	1	1	0	2	0.16%
總計	802	456	0	1258	100.00%

(Figure 6.3.5) Source of Referral of Crisis Cases served by SCIC in 2009
(圖 6.3.5) 2009 年自殺危機處理中心危機個案轉介來源分佈圖



轉介來源 Source of Referral

Groups Conducted by Suicide Crisis Intervention Centre in 2009 2009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
2/2009 – 3/2009	解開抑鬱的困惑 Clues to depression management	有抑鬱症症狀人士及有自殺傾向 Suicidal people with depressive symptoms
2/2009 – 4/2009	保持通話 – 改善人際關係 “Connected” – Better handling of your interpersonal relationship	20至50歲現正受人際關係問題困擾及因此曾產生自殺危機人士 Suicidal people with interpersonal relationship problem between 20 and 50
11/2009 – 1/2010	「未完小說」小組 2 Suicide Survivors' group – Unfinished Novel 2	自殺者親友 Suicide Survivors
12/2009 – 2/2010	男人「正」傳 Men for “Positive” change	40-55歲男士因踏入中年而面對各種壓力，並因負面思想而出現情緒困擾和自殺念頭 Suicidal men aged between 40 and 55 and was distressed by negative thinking and stress of middle age
12/2009 – 2/2010	「情緒話事人」認知治療小組 “Master of your emotions” --- A group for emotion management	受情緒困擾或具輕度至中度抑鬱症患者，因此曾產生自殺危機人士；並願意探索自己，學習新思維面對逆境 Suicidal people with emotion distress or mild to moderate depression, who are willing to have self-exploration for enhancing resilience

2. 支援性小組 (共 4 個) Support Groups (4 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
自 9/2004 Since 9/2004	活出彩虹小組 Suicide survivors group --- “Live the Rainbow”	自殺者親友 Suicide survivors
2/2009 – 3/2010	畫出彩虹 (3) 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
自 5/2009 Since 5/2009	活出彩虹小姐 – 婦女組 A women' s group --- “Live the Rainbow”	丈夫自殺死亡之婦女 Women with husbands committed suicide
2/2009 – 3/2010	攜手創新天 A support group for the caretakers of people with depression	抑鬱症患者親友 Caretakers of people with depression

3. 義工小組 (共 1 個) Volunteer Groups (1 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
自 4/2006 Since 4/2006	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

Training, Visits and Community Programmes of SCIC in 2009

2009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 / 講題 Programme / Theme	服務機構 Organization	服務對象 Service Target	參加人數 No. of Participants
2/2009	服務介紹及經驗分享 Service introduction and experience sharing	九龍東聯網醫院 Kowloon East Cluster	醫院員工 Medical staff	80
2/2009	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"	神託會 Stewards	社會工作員 Social workers	21
2/2009	如何協助自殺者親友及具精神健康問題的自殺危機人士 Training course on "Helping suicide survivors and suicidal people with mental illness"	神託會 Stewards	社會工作員 Social workers	19
3/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港教育學院 The Hong Kong Institute of Education	學生 Students	19
3/2009	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"	九龍醫院 Kowloon Hospital	精神科社康護士 Community psychiatrist nurses	70
3/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港大學學生會 Student Union of University of Hong Kong	編輯委員會 Edition committee	2
3/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港城市大學 City University of Hong Kong	學生 Students	4
4/2009	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"	香港聾人福利促進會 The Hong Kong Society for the Deaf	社工 Social workers	12
4/2009	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"	香港學生輔助會 Hong Kong Student Aid Society	社工 Social workers	46
5/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港大學專業進修學院 HKU School of Professional and Continuing Education	學生 Student	5
6/2009	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"	廣華醫院 Kwong Wah Hospital	護士 Nurses	60
7/2009	如何協助有自殺傾向的長者 Training course on working with elderly with suicidal tendencies	明愛鄭承峰長者社區中心 Caritas Cheng Shing Fung District Elderly Centre (Sham Shui Po)	會員及社區人士 Member and elderly in Sham Shui Po District	92
8/2009	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"	廣華醫院 Kwong Wah Hospital	護士 Nurses	50

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
10/2009	服務介紹及經驗分享 Service introduction and experience sharing	理工大學 The Hong Kong Polytechnic University	社會工作學系學生 Student of Social Work Department	4
10/2009	自殺危機處理中心運作及個案處理情況 The operation and case management of Suicide Crisis Intervention Centre	台灣嘉宜市生命線協會 Lifeline Association, Chiayi	職員 Staff	4
12/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港中文大學專業進修學院 School of Continuing & Professional Studies, The Chinese University of Hong Kong	人本服務高級文憑課程學生 Student of Higher Diploma Programme in Human Services	30
12/2009	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"	博愛醫院 Pok Oi Hospital	醫務社工 Medical social workers	6
12/2009	服務介紹及經驗分享 Service introduction and experience sharing	珍惜生命協會 Care for Life Association	營運經理 企業社會責任(特別項目) Operation manager – Corporate social responsibility (Special project)	2
12/2009	如何協助小學生情緒及行為問題 Seminar on handling primary students with emotional and behavioral problems	香港教育局 Education Bureau	小學教師 Primary school teachers	100
12/2009	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"	廣華醫院 Kwong Wah Hospital	護士 Nurses	36
12/2009	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 Hospital Authority	員工 Staff	49
12/2009	「活出彩虹服務」介紹及活出彩虹小組組員經驗分享 Services information and group members sharing about suicide survivors group --- "Live a Rainbow"	香港教育局 Education Bureau	首席督學 Principal Inspector	1
12/2009	網蹤人服務介紹 SPOT service introduction	珠海學院 Chu Hai College	新聞及傳播學系學生 Student of Journalism and Communication	2
12/2009	服務介紹及經驗分享 Service introduction and experience sharing	澳門逸安社 Yat On Centre	義工 Volunteers	6

SCIC Interviews by Mass Media and Other Organizations in 2009

2009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 Organizations	訪問內容 Content of Interview
1/2009	東方日報 Oriental Daily News	回應金融海嘯對中年人士影響 Response on the impact by financial tsunami towards middle-age people
1/2009	蘋果日報 Apple Daily	就一對夫婦自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple
1/2009	經濟日報 Hong Kong Economic Times	就一對夫婦自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple
3/2009	成報 Sing Pao Daily News	就男子因債務問題自殺事件，對遇上同類問題的人士作建議 Response on the suicide issue of a man due to financial stress
5/2009	香港電台「我得你都得」 “Yes We Can” of Radio Television Hong Kong	金融海嘯求助個案數字、服務回應及經驗分享 Services information and case sharing about financial tsunami
6/2009	東方日報 Oriental Daily News	就一年青男子因債務問題自殺事件，對遇上同類問題的人士作建議 Response on the suicide issue of a youth due to financial stress
7/2009	東方日報 Oriental Daily News	就男子因債務問題自殺事件，對遇上同類問題的人士作建議 Response on the suicide issue of a man due to financial stress
7/2009	星島日報 Sing Tao Daily	就男子疑因前妻有第三者而自殺事件，對遇上同類問題的人士作建議 Response to the suicide issue of a man who suspected extra-marital affairs of the wife
7/2009	商業電台「留得青春在」 “We’ve only just Begun” of Commercial Radio Hong Kong	長者自殺、求助情況及處理經驗分享 Information and sharing about elderly suicide
9/2006	繼續再玩月刊 Toysreplay	年青人自殺問題及介入方法 An interview on worker to share about youth suicide problem and intervention
10/2009	成報、新報、蘋果日報及文匯報 Sing Pao Daily News, Hong Kong Daily News, Apple Daily & Wen Wei Po	活出彩虹服務5周年及活出彩虹小組組員經驗分享 Services information and group members sharing about 5th Anniversary of suicide survivors group --- “Live the Rainbow”
11/2009-12/2009	香港電台「你得我都得」 “Yes We Can” of Radio Television Hong Kong	活出彩虹服務介紹及活出彩虹小組組員分享 Services information and group members sharing about suicide survivors group --- “Live the Rainbow”
11/2009	成報 Sing Pao Daily News	就碩士生於學院內自殺事件，對遇上同類問題的人士作建議 Responses on the suicide issue of a Master student

日期 Date	訪問機構 Organizations	訪問內容 Content of Interview
11/2009	星島日報 Sing Tao Daily	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Response to the set up of a suicide pact group in Facebook and introduction to SPOT service
11/2009	頭條日報 Hong Kong Headline	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	蘋果日報 Apple Daily	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	新報 Hong Kong Daily News	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	香港電台新聞部 News of Radio Television Hong Kong	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	香港電台「自由風自由phone」 “Phone in Freely” of Radio Television Hong Kong	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
12/2009	香港電台警訊 Police Report of Radio Television Hong Kong	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
12/2009	香港電台非常人物生活雜誌 “Care of Disabled” of Radio Television Hong Kong	殘障人士的需要、自殺問題及介入方法 Information and sharing about needs and suicide of disabled
12/2009	蘋果日報 Apple Daily	就一婦女疑因丈夫婚外情自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple
12/2009	明報 Ming Pao	就一婦女疑因丈夫婚外情自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple

6.4 CARING FUND

YAU PUI FAN KATIE (PROJECT MANAGER)

Introduction

Caring Fund has been established since 1994 to advocate the community caring service, promote the message of “caring for neighbor begins with active listening” and to coordinate our communication issues, fund raising and collaboration with other organizations through various ways in order to encourage people’s passion for life and caring for others. The year of 2009 was the continuation of the effort made in the past, the work of strengthening the messages of life cherishment and caring for others was profoundly built in our society.

Communication Issues

The making of newsletter, leaflets and internal sharing

The newsletters for corporate donors were released in April and October. The former introduced the Hotline service by reporting the experience and sharing of the Hotline volunteers while the latter introduced the elderly suicide prevention service by reporting the experience of home visits to the elderly by the “Life Ambassadors” and “Volunteers of Caring for Elders”.

Our organization leaflets and the Powerpoint were regularly updated for all centres of SBHK to use and in order to increase the sharing of information among the staffs, “e-Communication Pipe” were released bi-monthly.

“Survival from the Tsunami” leaflets were published and delivered in February to promote life cherishment attitude.

Media Communications

Caring Fund received wide support from media and other relevant media platforms to launch several large-scale promotional and educational events successfully to disseminate the message of life cherishment in 2009.

The Movie Sharing of “IKIGAMI: The Ultimate Limit” was held on 9 January in the Yumatei Broadway Cinematheque followed by an invitation by the RTHK to join a radio broadcasting programme for introducing our service.

The Drama, “Beautiful Connection”, performed by Hong Kong Repertory Theatre between 17 and 30 March, Caring Fund was invited to join the Press Conference on 3 June to promote the messages of caring for others and connections of lives can help people get hope and prevent them from committing suicide. Advisement space inside the brochure and 30 tickets were given for purpose of fund raising.

Our AGM Press Conference held on 27 June released the information of our analysis on the suicide rate of 2008 and encouraged people to seek help by using our 24-hour Hotline 2389 2222.

In collaboration with the MTR, a press conference namely “Working Together in Life Education” was held on 9 November to promote the messages of caring for others and help seeking through the giant posters hang on the platforms of MTR stations and the posters and calendar cards made by the MTR were given to us to deliver to all schools and organizations in Hong Kong.

I-cable invited us to participate into a series of programme namely “Euthanasia” between 15 and 17 August including a press conference, live I-TV programme and a local seminar.

South China Morning Post conducted an interview with our Chairman on 2 February concerning the collaboration work with the movie of “Seven Pounds” and it was reported on 5 February.

Our advertisement, “Slow down your pace. Life – warrants you to see once more” was broadcasted under the TV-API program of Information Services Department from 1 January 2008 to 31 December 2009.

On 5 February, Sony Pictures invited us to join a promotional campaign during the broadcast of the movie, “Seven Pounds”, by delivering our service leaflets to all cinemas. And the making of such leaflets was sponsored by Sony Pictures and CG Concept.

Having allowed by the Link, our advertisement could be broadcasted charge-free on their TV Kisok for 3-month between December 2008 and February 2009.

Fund Raising

We were thankful to those citizens made donations to us through different ways for sustaining our work of suicide prevention.

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 were encouraged to use auto pay method to support our service.

Given support and assistance by the CLP, a total number of 200,000 of our promotional leaflets were charged-free inserted into the bills and sent to the users of CLP. The total amount \$12,131 of donation through this promotion was received.

WiseGiving

The promotion of WiseGiving Mug was launched by HKCSS to promote the 7 – 11 donation method and a sum of \$2,300 donation was received throughout the year.

Barcode Card Donation

Citizens with our Barcode Card can go to the convenience stores to make donation. An official receipt would be given to those over \$100 donation for tax deduction.

Online Donation Service

By the co-ordination work of the HKCSS, the Bank of East Asia provided us with the platform of the Online Donation Service. Citizens can use their credit cards to make on-line donations.

Social Enterprise - CG Concept

A social enterprise, the CG Concept (Care for Green Concept), was established by the collaboration with the Premium Collection to promote the social responsibility. The incorporation of the concepts of life education and environmental protection in the sales of Banner Bag was becoming its operation rationale.

“Love People, Love Environment” Educational Programme

Love People, Love Environment” Educational Programme was promoted to school in June to educate students the importance of life cherishment and environmental protection through the making of Banner Bag.

Collaboration with company

Caring Company

Six companies were entitled to receive the recognition of “Caring Company” through our nomination in 2009. Alphabetically they were Best Video Limited, China Resources Property Management Limited, Liu Chong Hing Investment Limited, Premium Collection, , Seed Forest Company Limited, and S & S Cleaning Company Limited. In the collaboration with different companies, the promotion of life cherishment was launched through different activities to public.

“Meteor Shower” Drama

The Drama, “Meteor Shower”, performed by Chaosism donated the net amount after the deduction of charges for the support of work of suicide prevention.

“Share My Song” Radio Broadcasting Programme of CRHK

Our service being introduced in the radio programme of “Share My Song” of CRHK received donation to support the work of suicide prevention.

Community Service

Understanding Adolescent Project (Primary School)

We have provided the UAP service to a special school since 2007. A series of developmental programs were tailor-made to mild graded pupils in order to increase their adversity quotient and its effects were recognized by school.

“Sunny Life” Short Positive Lives Video Competition

In collaboration with the World Suicide Prevention Day, “Sunny Life” Short Positive Lives Video Competition was held to encourage people to use positive and self-strengthening attitude to face difficulty and it Prizing Giving Ceremony was held on 6 September.

Pilot Neighbourhood Active Ageing Project - Caring for Elders

In collaboration with the SWD and Sham Shui Po District Elderly Community Centres, we provided 24-session volunteer training, 2-session placement activities and 1-session training for making of “Life Review”.

Volunteer Service Day

We joined the “Volunteer Service Day” in collaboration with the Agency for Volunteer Service, Centum Charitas Foundation and the RTHK held on 2 July to visit the visually handicapped and mentally retarded people of The Hong Kong Society for the Blind – Morning Glory DAC cum Hostel.

Conclusion

We were very thankful to those made donations or enthusiastic participation in our service in last year. With all of the attention paid and the effort made in the entire process of the work of suicide prevention witnessed the importance of joint collaboration of different parties, upholding and sharing the same rationale and direction, we believe that the dissemination of life cherishment and caring for others to our society is of great urgency.

6.4 關懷身邊人基金

邱佩芬姑娘（項目經理）

引言

關懷身邊人基金於1994年成立，用作推動社區關懷服務、傳揚「關懷身邊人，從聆聽開始」的訊息，並統籌本會的傳訊事務、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。

2009年繼承了過去多年一點一滴的努力，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，繼續在社區推動愛惜生命、關懷身邊人的力量。

傳訊事務

籌募通訊、單張製作及內部交流

於4月及10月發出機構贊助人通訊，前者介紹熱線中心的服務點滴，報導了負責聽熱線的義工對服務及本會的心聲；後者介紹預防長者自殺的服務，包括訪問了「珍惜生命大使」及「身邊人義工」對進行長者探訪後的感受。

定期整理全會服務單張及介紹片段，以便各中心使用；另外，為加強會內各同事的交流，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，於2009年2月完成及派發。

傳媒訪問及文稿

2009年獲得廣大的傳媒及其他有關的媒體平台的支持，成功舉辦了多項大型的宣傳及教育的活動，傳播珍惜生命的訊息。

於2009年1月9日在油麻地百老匯電影中心舉行「死亡預告」電影分享會後，獲得香港電台的邀請參與節目「笑容從家開始」介紹本會服務。

香港話劇團於3月17日至30日期間演出舞台劇「美麗連繫」，邀請本會合作，並於6月3日舉行記者招待會。本會獲贈「場刊廣告」及門票30張，以慈善義賣形式鼓勵捐獻。

於6月27日舉行了週年記者招待會，並發佈「2008年自殺數字資料」，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。

於11月9日與港鐵公司合辦「生命教育、群策群力」記者招待會，進行生命教育宣傳，在港鐵車站月台的大型廣告燈箱張貼兩款海報，分別是「多留意佢情緒，多鼓勵佢傾訴，自然搵到新出路」宣傳關懷家人或朋友有自殺危機及「換個角度，自然有出路」宣傳24小時求助熱線。港鐵並協助印製年曆卡及海報，供本會向全港學校及機構派發。

香港有線寬頻邀請本會參與一輯關於「安樂死」的節目，於8月15至17日期間出席記者招待會、直播網上電視節目及本地研討會。

南華早報於2月2日訪問主席，就電影Seven Pounds的合作作出分享，有關報導已於2月5日刊登。

獲政府新聞處批准播放「生命想你望多一眼」短片，播放期由2008年1月1日至2009年12月31日。

於2月5日獲得Sony Pictures的邀請，於上映電影「救人七命」期間可於各院線派發本會的宣傳單張，並獲得Sony Pictures及「愛創意」的贊助印製有關的宣傳單張。

獲得領匯廣告商的允許，本會的宣傳短片在其下商場的TV Kisok免費播放為期3個月由2008年12月至2009年2月。

籌募經費

在過去一年，感謝市民透過以下的捐款途徑作出熱心的捐助，令防止自殺的工作得以繼續推展。

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。

2009年獲得香港中華電力有限公司的支持及協助，於11月中免費夾附本會的宣傳單張20萬張並且寄予用戶，是次宣傳為本會帶來港幣\$12,131元的捐款。

社聯「惠施網」WiseGiving

透過香港社會服務聯會推出的WiseGiving Mug 宣傳7-11的捐款活動，於過去共收到總額為\$2,300。

「零錢捐助 - OK 捐款條碼」及「便利店捐款條碼卡」

本會一直與繳費靈合作提供捐款電話服務，除此之外，更設有兩項條碼捐款服務包括「零錢捐助 - OK 條碼卡」及「便利店捐款條碼卡」以方便市民捐款。

「東亞銀行網上捐款」

由香港社會服務聯會協調，於東亞銀行開設網上捐款服務，可以透過VISA或MASTER信用卡進行網上捐款。

社會企業

「愛創意」製作社

承蒙得到禮品廊的支持，與本會於2009年2月開始合作籌辦「愛創意」製作社，以銷售「橫額再造袋」(Banner bag) 為主，為提倡企業的社會責任，以「愛人、愛境」將生命教育及環境保護的精神作為企業營運的概念，並將企業利潤的三成捐贈予「關懷身邊人」基金，於同年10月28日進行捐款支票的遞交儀式。

另外，以「愛人、愛境」為主題製作一套社區教育推廣資料，向各院校、機構散播關愛的種子，從而推廣珍惜自己、愛護自然環境的訊息。於6月期間到學校推廣「愛人、愛境」教育活動，讓學生透過一同製作Banner Bag領略珍惜生命與愛護環境的重要關係。

機構合作

「商界展關懷」

於2009年度成功提名六間機構獲得「商界展關懷」標誌，排名不分先後包括廖創興企業有限公司、禮品廊、高清製作有限公司、種子森林有限公司、華潤物業管理有限公司及誠信清潔服務有限公司。承蒙各機構對本會的支持，彼此合作得以持續透過不同形式的活動推廣珍惜生命的訊息予社會人士。

「流星雨」舞台劇

「影子作業」劇社於2月6日至8日期間假尖沙咀文化中心演出的「流星雨」舞台劇，將扣除活動開支後的餘款捐予本會，支持防止自殺的工作。

「有誰共鳴」商台節目

獲商業電台節目「有誰共鳴」的協助，透過節目介紹本會服務及向大眾呼籲捐助，支持本會防止自殺的工作。

社區服務**「成長的天空計劃」(小學)**

每人都有平等的機會接觸生命教育，而對心智或身體殘障的人士尤為重要，本會自2007年開始至今為香港其中一所特殊學校提供「成長的天空計劃」(小學)的服務，為輕度智障的小四至小六學生提供輔助成長的課程，旨在提升他們的抗逆能力，包括效能感、樂觀感及歸屬感，成為香港首間社會服務機構為特殊學校提供此項服務，成效獲得到學校的認同。

「活出SUN命」全港短片創作比賽

為響應世界防止自殺日及回應金融海嘯對港人在經濟、家庭以致個人的衝擊，透過活動，啟發社會人士以積極及自強不息的態度來面對逆境，於2009年6月至9月期間舉辦了「活出SUN命」全港短片創作比賽，並於9月6日舉行了「活出SUN命」全港短片創作比賽頒獎禮。

「左鄰右里，愛惜耆英」預防長者自殺試驗計劃

本會在社會福利署的協調下與深水埗的地區長者中心合作，本會負責義工培訓系列，合共提供了24節課堂、2次實習活動及1次「生命回憶錄」製作訓練。

「感動全城·開拓義工世界」服務日

本會參與7月2日由義務工作發展局、百仁基金及香港電台策劃的「感動全城·開拓義工世界」服務日，探訪香港盲人輔導會－朝陽中心暨宿舍的視障及智障的院友。

總結

本會十分感謝在過去一年為本會的服務作出贊助或曾經參與活動的有心人。大家的付出與努力，見證著生命教育的工作是需要多方面的群策群力，彼此有共同理念及方向，向社會大眾推廣珍惜生命及關懷身邊人的訊息是刻不容緩。

Main Service between January and December 2009

2009年1-12月主要服務

服務範疇 Nature	活動名稱 Programme Name	內容 Content
籌募經費 Fund Raising	「恒常贊助人」 Regular Donor	<p>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。</p> <p>Each regular donor would be given a unique donor number and they are encouraged to make donation through auto pay method so as to build up a regular supporting network.</p> <p>獲得香港中華電力有限公司的支持及協助，於11月中免費夾附本會的宣傳單張20萬張並且寄予用戶，是次宣傳為本會帶來港幣\$12,131元的捐款。</p> <p>Given support and assistance by the CLP, a total number of 200,000 of our promotional leaflets were charged-free inserted into the bills and sent to the users of CLP. The total amount \$12,131 of donation through this promotion was received.</p>
	「惠施網」 WiseGiving	<p>透過香港社會服務聯會推出的WiseGiving Mug 宣傳7-11的捐款活動，於過去共收到總額為\$2,300。</p> <p>The promotion of WiseGiving Mug was launched by HKCSS to promote the 7-11 donation method and a sum of \$2,300 donation was received throughout the year.</p>
	「捐款條碼」 Barcode Card Donation	<p>市民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，安排發出正式收據以申請稅項減免。</p> <p>Citizens with our Barcode Card can go to the convenience stores to make donation. An official receipt would be given to those over \$100 donation for tax deduction.</p>
	網上捐款服務 Online Donation Service	<p>由香港社會服務聯會協調，於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。</p> <p>By the co-ordination work of the HKCSS, the Bank of East Asia provided us with the platform of the Online Donation Service. Citizens can use their credit cards to make on-line donations.</p>
社會企業 Social Enterprise	「愛創意」製作社 CG Concept	<p>禮品廊與本會合作籌辦「愛創意」製作社，以銷售「橫額再造袋」(Banner Bag)為主，提倡企業的社會責任，以「愛人、愛境」將生命教育及環境保護的精神作為企業營運的概念。</p> <p>A social enterprise, the CG Concept (Care for Green Concept), was established by the collaboration with the Premium Collection to promote the social responsibility. The incorporation of the concepts of life education and environmental protection in the sales of Banner Bag was becoming its operation rationale.</p>
	「愛人、愛境」 教育活動 “Love People, Love Environment” Educational Programme	<p>於6月期間到學校推廣「愛人、愛境」教育活動，讓學生透過一同製作Banner Bag領略珍惜生命與愛護環境的重要關係。</p> <p>“Love People, Love Environment” Educational Programme was promoted to school in June to educate students the importance of life cherishment and environmental protection through the making of Banner Bag.</p>
機構合作 Collaboration with company	「商界展關懷」 Caring Company	<p>於2009年度成功提名六間機構獲得「商界展關懷」標誌，與各機構合作持續透過不同形式的活動推廣珍惜生命的訊息予社會人士。</p> <p>Six companies were entitled to receive the recognition of “Caring Company” through our nomination in 2009. In the collaboration with different companies, the promotion of life cherishment was launched through different activities to public.</p>
	「流星雨」舞台劇 “Meteor Shower” Drama	<p>「影子作業」劇社演出的「流星雨」舞台劇，將扣除活動開支後的餘款捐予本會，支持防止自殺的工作。</p> <p>The Drama, “Meteor Shower”, performed by Chaosism donated the net amount after the deduction of charges for the support of work of suicide prevention.</p>

服務範疇 Nature	活動名稱 Programme Name	內容 Content
機構合作 Collaboration with company	「有誰共鳴」 商台節目 “Share My Song” Radio Broadcasting Programme of CRHK	獲得商業電台於其「有誰共鳴」的節目中報導本會的服務，並獲得捐款予本會。 Our service being introduced in the radio programme of “Share My Song” of CRHK received donation to support the work of suicide prevention.
	「成長的天空計劃」 (小學) “Understanding Adolescent Project” (Primary School) (UAP)	本會自2007年開始至今為一所特殊學校提供「成長的天空計劃」(小學)的服務，為輕度智障的學生提供輔助成長的課程，旨在提升他們的抗逆能力，成效獲得到學校的認同。 We have provided the UAP service to a special school since 2007. A series of developmental programs were tailor-made to mild graded pupils in order to increase their adversity quotient and its effects were recognized by school.
社區服務 Community Service	「活出SUN命」全港 短片創作比賽 “Sunny Life” Short Positive Lives Video Competition	為響應世界防止自殺日，於6月至9月期間舉辦了「活出SUN命」全港短片創作比賽，啟發社會人士以積極及自強不息的態度來面對逆境，並於9月6日舉行了「活出SUN命」全港短片創作比賽頒獎禮。 In collaboration with the World Suicide Prevention Day, “Sunny Life” Short Positive Lives Video Competition was held to encourage people to use positive and self-strengthening attitude to face difficulty and it Prizing Giving Ceremony was held on 6 September.
	「左鄰右里，愛惜耆 英」預防長者自殺試 驗計劃 Pilot Neighbourhood Active Ageing Project - Caring for Elders	本會在社會福利署的協調下與深水埗的地區長者中心合作，本會負責義工培訓系列，合共提供了24節課堂、2次實習活動及1次「生命回憶錄」製作訓練。 In collaboration with the SWD and Sham Shui Po District Elderly Community Centres, we provided 24-session volunteer training, 2-session placement activities and 1-session training for making of “Life Review”.
	「感動全城·開拓義 工世界」服務日 Volunteer Service Day	本會參與7月2日由義務工作發展局、百仁基金及香港電台策劃的「感動全城·開拓義工世界」服務日，探訪香港盲人輔導會－朝陽中心暨宿舍的視障及智障的院友。 We joined the “Volunteer Service Day” in collaboration with the Agency for Volunteer Service, Centum Charitas Foundation and the RTHK held on 2 July to visit the visually handicapped and mentally retarded people of The Hong Kong Society for the Blind – Morning Glory DAC cum Hostel.
傳訊事務 Communications Issues	「美麗連繫」舞台劇 記者招待會 “Beautiful Connection” Drama Press Conference	香港話劇團演出的舞台劇「美麗連繫」與本會合作，並於6月3日舉行記者招待會，透過舞台劇宣揚互助關愛的訊息，人與人之間的生命連繫有助重燃希望及防止自殺。 The Drama, “Beautiful Connection”, performed by Hong Kong Repertory Theatre, Caring Fund was invited to join the Press Conference on 3 June to promote the messages of caring for others and connections of lives can help people get hope and prevent them from committing suicide.
	週年記者招待會 Annual General Meeting (AGM) Press Conference	於6月27日舉行週年記者招待會，發佈「2008年自殺數字資料」，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。Our AGM Press Conference held on 27 June released the information of our analysis on the suicide rate of 2008 and encouraged people to seek help by using our 24-hour Hotline 2389 2222.
	「生命教育、群策群 力」記者招待會 “Working Together in Life Education” Press Conference	於11月9日與港鐵公司合辦「生命教育，群策群力」記者招待會，進行生命教育宣傳，在港鐵車站月台的大型廣告燈箱張貼海報，呼籲關懷身邊人及主動求助，並由港鐵協助印製年曆卡及海報，供本會向全港學校及機構派發。 In collaboration with the MTR, a press conference namely “Working Together in Life Education” was held on 9 November to promote the messages of caring for others and help seeking through the giant posters hang on the platforms of MTR stations and the posters and calendar cards made by the MTR were given to us to deliver to all schools and organizations in Hong Kong.

6.5 EXTERNAL TRAINING AND DEVELOPMENT

WILLIAM TO (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 four intakes, so was the fifth and sixth intake offered in 2009. The programme consists of 20 sessions and it covers the knowledge and theories of psychology and suicide, as well as the communication skills that are essential in the helping profession work. The programme also provides the participants with role-play practice of counseling under the guidance of experienced demonstrators and group leaders.

There were 68 participants and 9 SBHK hotline volunteers enrolled the programme this year. With the majority came from social welfare, education and health care sectors, there were also many participants came from the business sector and the area of personnel management. 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 counselors, the SBHK cooperated with the Middlesex University, UK in launching the “Master of Arts in Work Based Learning Studies (Counselling Studies)” in 2007. Starting in November this year, Hong Kong Management Association (HKMA), which has extensive experience in organizing professional courses, co-organized the master programme and the SBHK became the supporting organization.

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 Oasis of Hospital Authority on Training

The SBHK collaborated with the Oasis of Hospital Authority (Oasis) again in 2009 to provide trainings for HA Internal Psychological Support Hotline and the Authority’s Critical Incident Support Team (CIST). Former is formed voluntarily by public and latter is formed voluntarily by HA staff. The service is to provide 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 volunteers with knowledge and skills in telephone counselling and crisis handling. Among the 150 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 strengthen the community on suicide prevention, the SBHK organized workshops entitled as “Suicide First Aid Pack (Professional Edition)” for helping professions. The course teaches techniques on suicide assessment and crisis intervention skills as well as the referral procedure in SBHK. Meanwhile, the new offering “Introduction to Counselling and Suicidal Prevention” for those interested in counselling service, the course introduces basic counselling skills and professional training pathway.

Moreover, we also provided training programmes to social welfare and education organizations like the Home Affairs Department, Distinct Council, Fung Kai Innovative School, Hong Kong Single Parents Association to share skills and experience like emotional counselling and crisis handling. Participate in training seminars and workshops during the year a total of 141 people.

SBHK believe education about suicide prevention is highly essential as ‘Prevention is better than cure’. 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 surplus income, if any, generated from external training activities will be carried forward to the ‘Caring Fund’ of the SBHK. The purpose of the Caring Fund is to finance our community education in loving one’s life and caring other people.

6.5 對外培訓及發展

杜緯納 (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，過往四屆的報名情況愈見踴躍，本會於二零零九年內分別舉辦了第五及第六屆專業證書課程，課程共有二十節，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，於富有經驗的小組導師帶領和示範下，與學員進行角色扮演的輔導練習。本年度共有六十八名公眾人士和九名本會義工參與，除了社福界、教育界和醫護界，亦有不少來自工商界及人事管理人員。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，亦能夠進一步了解自己及達致個人成長。

工作為本輔導學科碩士課程

本會自二零零七年開始與英國著名的密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導學科碩士課程」，以加強培訓本會義工及本地輔導人員於防止自殺及輔導方面的專業知識和技巧。本年十一月起，具有豐富舉辦專業課程經驗之香港管理專業協會(Hong Kong Management Association)將協辦本碩士課程，而本會則為課程之支持機構。一如以往，學員可以透過大學著名的「工作為本學習」模式，將過往實際的工作經驗，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。

與醫管局心靈綠洲(個人成長及危機處理中心)合作的培訓課程

本會於今年度繼續與醫院管理局心靈綠洲合作，為其院內的「醫管局員工心理支援熱線」及「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，讓小組內之義務工作人員及義務醫護成員，進一步掌握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一百五十人次，大部份參加者均認為課程教學形式豐富生動，多元化的互動練習有助學員發揮所學，且能獲得即時的改善回應，獲益良多。

對外培訓講座/工作坊

為了加強社會大眾及從事助人行業的同工對預防自殺的基本知識和技巧，我們在二零零九年舉行了「自殺急救包(專業版)」的主題工作坊，主要為助人專業界別的人員而設，讓參加者能掌握評估和介入自殺危機的技巧，以及介紹本會的危機轉介服務。同時，新開辦「輔導及防止自殺工作啟蒙」課程，亦為有興趣從事輔導及防止自殺工作人士簡介基礎輔導技巧及專業進修途徑。

另外，我們亦為本地社福及教育團體提供訓練，例如民政事務總署、區議會、鳳溪創新小學及香港單親協會等，本會先後派員分享情緒輔導、危機處理等的技巧和要訣。本年度參與培訓講座及工作坊共有一百四十一人。

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，希望提升社會大眾對預防自殺的意識，以及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
March 3 月	Home Affairs Department 民政事務總署	Suicide intervention workshop for District Council 「自殺危機處理」區議員訓練工作坊	26
July 7 月	Hong Kong Single Parents Association 香港單親協會	A talk of Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	10
August 8 月	Oasis of Hospital Authority 醫院管理局心靈綠洲	1st Hotline Volunteer Training for Telephone Counselling 「心靈綠洲員工支援熱線」- 熱線義工培訓課程 第一場	26
	Public and SBHK members 公眾人士及本會義工	6th Professional Certificate Programme in Counselling and Suicide Prevention 第六屆輔導及防止自殺專業證書課程	42
September 9 月	Oasis of Hospital Authority 醫院管理局心靈綠洲	2nd Hotline Volunteer Training for Telephone Counselling 「心靈綠洲員工支援熱線」- 熱線義工培訓課程 第二場	14
	Fung Kai Innovative School 鳳溪創新小學	Workshop on Campus Crisis Intervention and Prevention 「校園危機預防及處理」工作坊	31
October 10 月	Helping Professions 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)	18
November 11 月	Helping Professions and interested people 助人專業者及有興趣人士	Introduction to Counselling and Suicidal Prevention 輔導及防止自殺工作啟蒙課程	39
	Oasis of Hospital Authority 醫院管理局心靈綠洲	Hotline Volunteer Training for Critical Incident Support Team 「緊急事故支援小組」- 熱線義工培訓課程	62
December 12 月	Oasis of Hospital Authority 醫院管理局心靈綠洲	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	48
	Hong Kong Single Parents Association 香港單親協會	A talk of Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	17

FIGURES ABOUT SUICIDE IN HONG KONG 2009

MR. JONATHAN WONG YUEN CHING (Hotline Volunteer)

From January 1st 2009 to December 31st 2009, Hong Kong's population stood at approximately 7,026,400 with 3,300,000 male (47%) and 3,726,400 female (53%), according to statistics from the Census and Statistics Department. The Coroner's Court reported that 1,015 people committed suicide and subsequently died during this same period, which included 728 suicide deaths where an autopsy and cause of death investigations were not ordered.

The suicide rate was 14.45 in 2009, indicating 14.45 people committed suicide and died out of every 100,000 in Hong Kong, which was up by 1.14 from 2008, 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 2009.

1. The total number of suicide was 1,015;
2. The number of suicide for male was 625 (62%) and for female was 390 (38%);
3. The suicide rate was 14.45 (14.45 people committed suicide per 100,000 people);
4. The suicide rate increased 1.14 from 13.31 in 2008 to 14.45 in 2009;
5. Jumping from a height was the commonest suicide means (51.2%);
6. Hanging was the second suicide means (20.6%);
7. Carbon monoxide poisoning (charcoal burning) came in third place (19.0%);
8. The highest suicide rate for the age above 70 years old was 33.25 per 100,000;
9. The suicide rate for age 60-69 years old came in second with 17.32 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 2009, there were 25 teenagers below the age of 19 who committed suicide successfully. The suicide rate was 1.90 up by 0.1 from 2008. The male to female ratio was 1.2:1 (see table 7.2). The suicide rate for males was higher than for females. The number of suicides rose from 23 in 2008 to 25 in 2009. Among the 25 deaths in 2009, in terms of the means of suicide, 19 ended their lives by jumping from a height, while 4 died from hanging and 2 died through carbon monoxide poisoning respectively (see table 7.1). Jumping from a height was the most common suicide means and accounted for 76% 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 2009, there were 663 people who committed suicide and died in this age group, accounting for 65% of the total number of suicide deaths and up by 1% from 2008 (see table 7.1). The suicide rate was 14.83 and the male to female ratio was 1.9:1 (see table 7.2). Among the deaths, 340 people (51.3%) were attributed to jumping from a height, while 173 people (26.1%) died of carbon monoxide poisoning and 100 people (15.1%) hung themselves.

Age: 60 years old or above

In 2009, 327 people committed suicide and died in this age group, accounting for 32.2% of the total number of suicide deaths and down by 0.8% from 2008. The suicide rate was 25.95 in this age group, up by 0.52 from 2008, and the male to female ratio was 1.8:1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from a height, accounting for 161 deaths (49.2%) in this age group (see table 7.1).

Suicide statistics according to the means of committing suicide

In 2009, there were 520 people who committed suicide by jumping from a height, accounting for 51.2% of the total number of suicide deaths and down by 2.56% from 2008. 209 people died by hanging themselves, accounting for 20.6% of the total number of suicide deaths and down by 0.8% from 2008. 193 people died from carbon monoxide poisoning, accounting for 19.0% of the total number of suicide deaths and up by 3.3% from 2008 (see table 7.1).

Jumping from a height was the commonest means of committing suicide. Hanging was in second place while carbon monoxide poisoning came in third place in 2009.

Suicide statistics: grouped by occupation

In 2009, 95 people who committed suicide were unemployed. Retired persons came in second place with 52 deaths. Housewife followed with 31 deaths. (see table 7.3a). It is worth noting that 31 housewife committed suicide in 2009, it is up by 15 from 16 in 2008. Although suicides among unemployed persons increased from 87 people in 2008 to 95 people in 2009, 728 deaths fell into the unclassified category, where an autopsy and death reports were not sought. This increase in the unclassified category from 710 in 2008 to 728 in 2009 certainly poses a challenge in drawing the conclusion that suicide among unemployed persons has increased.

Hong Kong had an unemployment rate of 5.4% in 2009, an increase of 1.8% from 3.6% in 2008. The under-employment rate increased from 1.9% in 2008 to 2.3% in 2009 (see table 7.3b & 7.3c).

Suicide Statistics: grouped by mental disorders

In 2009, 106 suicide deaths were associated with mental disorder. Most of these committed suicide by jumping from a height, a total of 47 deaths in this group. 15 people died of carbon monoxide poisoning, and 14 hung themselves.

As there were 728 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

72 suicides were categorised as "injury undetermined whether accidentally or purposely inflicted" in 2009, up by 29 deaths in comparison with 43 deaths in 2008. Among these 72 deaths, 23 people died of drowning, while 21 people died of jumping from building and 18 people died through drugs poisoning. (see table 7.5).

Suicide cases without an autopsy being ordered

The total number of suicide deaths was 1,015 in 2009, including 728 deaths where an autopsy and death report were not sought, and this figure increased from 710 in 2008 to 728 in 2009 (see table 7.6). These uncategorised suicide deaths lead to difficulties in drawing reliable conclusion, as the figure represents 71.7% of the total number of suicide deaths.

Conclusion

In 2009, there were 1,015 people who committed suicide and died, with 625 male deaths (62%) and 390 female deaths (38%). The suicide rate was 14.45 per 100,000, up by 1.14 from 2008. The ratio of male to female was 1.8:1. Jumping from a height was still the most common suicide means (51.2%), hanging came in second place (20.6%) and carbon monoxide poisoning took third place (19.0%). The increasing number of suicide case without death investigation report ordered was 728 in 2009 that leave a room and difficulty to come up a reliable conclusion in the relationship among suicide, unemployment and mental disorder.

In the past year, 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 2009 was "Suicide Prevention in Different Cultures". It provides an opportunity to remind people that suicide is influenced by cultural, religious, legal, historical, philosophical and traditional factors and these contexts need to be taken into account in considering suicide prevention. When we look into the newspaper in Hong Kong, it is not easy to find that many teenagers who like to express to their feelings on the web or leave the suicide note over there. In fact, every of us can be the gatekeeper by leaving a positive message and caring concern while meeting them in the web. Therefore; Suicide prevention programs in our future need to be tailored to the changing need and world. Let us work together and make this happen "Suicide is prevented". Right! We can do it!

References

1. Census and Statistics Department 2009 Year End Population, Hong Kong Special Administrative Region of the People's Republic of China.
2. The Samaritan Befrienders Hong Kong (2007), The Samaritan Befrienders Hong Kong Annual Report 2007, Hong Kong.
3. The Samaritan Befrienders Hong Kong (2008), The Samaritan Befrienders Hong Kong Annual Report 2008, Hong Kong.
4. Coroners Court (2007) coroners Report 2007 HK.
5. Coroners Court (2008) coroners Report 2008 HK.
6. Coroners Court (2009) coroners Report 2009 HK.

2009年香港自殺數字統計分析

撰寫：黃遠青先生 (熱線義工)
翻譯：陳鳳明小姐 (熱線義工)

由2009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7,026,400，當中3,300,000(47%)是男性，女性則有3,726,400(53%)。而死因裁判法庭報告於此段期間有1,015人死於自殺，當中包括728毋須進行死因研究而裁判為死於自殺。

2009年香港自殺率為14.45，即每十萬人中有14.45人死於自殺，比2008年上升1.14，即平均每天約有3人自殺死亡。

以下是2009年香港自殺現象的總結：

1. 自殺死亡總數共有1,015宗
2. 男性自殺死亡共625宗(62%)，而女性自殺死亡共390宗(38%)
3. 自殺率14.45，即每十萬人中有14.45人自殺身亡
4. 2009年自殺率14.45，比2008年的13.31上升1.14
5. 最多被採用的自殺方式是「從高處墮下」，為51.2%
6. 第二類較多人採用的自殺方式是「吊死」，為20.6%
7. 第三類較多人採用的自殺方式是「一氧化碳中毒」，為19.0%
8. 最高自殺率的年齡組群是「70歲以上」，自殺率為33.25
9. 第二高自殺率的年齡組群是「60-69歲」，自殺率為17.32

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2009年，有25宗19歲以下青少年自殺身故。自殺率為1.90，較2008年上升0.1。男女比例是1.2:1(見表7.2)，男性自殺率比女性為高，由2008年的23宗躍升至2009的25宗。這25宗自殺個案當中，採用「從高處墮下」作為自殺方式死亡的有19宗，4宗自殺死於「吊死」及2宗自殺死於「一氧化碳中毒」(見表7.1)。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔76%，這引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歲

在2009年，20-59年齡組群之中，有663人自殺身亡，佔總自殺死亡數字之65%，比2008年上升1%(見表7.1)。自殺率為14.83，男女比例為1.9:1(見表7.2)。綜觀眾數字，有340人(51.3%)採取「從高處墮下」方式自殺，另外有173人(26.1%)採用「一氧化碳中毒」自殺。而100人(15.1%)則採用「吊死」方式自殺。

年齡：60歲以上

在2009年，60歲以上自殺死亡之個案共有327宗，佔總自殺死亡數字的32.2%，但相比2008年則下降0.8%。自殺率為25.95，比起2008年上升了0.52，男女比例為1.8:1(見表7.2)。該年齡組群中有161宗(49.2%)採用「從高處墮下」方式自殺，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2009年，共有520人採用「從高處墮下」方式自盡，佔總自殺死亡數字之51.2%，比起2008年下降2.56%。另外，209人採用「吊死」方式自殺，即20.6%，比2008年下降0.8%。而採用「一氧化碳中毒」方式自殺的共有193宗，佔總自殺死亡人數的19.0%，比2008年上升3.3%(見表7.1)。

在2009的數字顯示，「從高處墮下」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」則排第三位。

按職業分組之自殺死亡統計數字

在2009年，有95宗自殺死亡人士為失業者，第二位是退休人士則佔52宗，而家庭主婦則有31宗（見表7.3a）。家庭主婦的自殺死亡數字由2008年的16宗驟升15宗至31宗，這顯示她們失去了自我價值。雖然失業人士自殺死亡的數字由2008年的87宗增加至2009年的95宗，但由於尚有728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。

2009年本港的失業率是5.4%，比起2008年的3.6%上升1.8%，而就業不足率則由2008年的1.9%升至2009年的2.3%（見表7.3b及7.3c）。

按精神疾患分組的自殺統計數字

2009年共有106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47人；15人以「一氧化碳」方式自盡，另外有14宗死於吊死。

由於有728宗自殺死亡個案未經死因調查，因此不排除當中有部分自殺死亡個案與精神病患有關。據世界衛生組織(WHO)表示超過九成的自殺個案會與精神病患有關，例如抑鬱症、精神分裂症及酗酒，這反映個人的精神健康對減低自殺率有一定的重要性。

未能確定是否蓄意自殺的死亡數字

2009年有72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2008年的43宗增加了29宗。在這72宗死亡數字中，23人死於溺斃，21人死於由高處墮下以及18人死於服毒（見表7.5）。

毋須進行死因調查的死亡數字

2009年共有1,015宗自殺死亡數字，包括728宗沒有經過解剖及死因調查的自殺死亡個案，這數字由2008年的710宗增加至2009年的728宗（見表7.6）。佔71.7%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2009年裏，共有1,015人自殺身亡，當中有625位男性(62%)及390位女性(38%)。自殺率是14.45，比2008年的增加了1.14。男女比例是1.8:1。「從高處墮下」仍然是最多人選擇的自殺方式(51.2%)；「吊死」成為第二位的自殺方式(20.6%)；而「一氧化碳中毒」則成為第三位普遍的自殺方式(19.0%)。毋須進行死因調查的死亡數字為728宗，這數字為自殺與失業、精神病患之關係的分析工作造成了障礙，令我們未能作出較具體的結論。

過去這些年來，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範疇為社區投入了努力，致力提升大家對自殺相關之問題加以關注及醒覺。而2009年世界防止自殺日的口號為「不同文化的自殺防治」(Suicide Prevention in Different Cultures)，這提醒我們：自殺是受到不同的文化、宗教、法律、歷史、哲學和傳統的因素所影響著，相對地我們正正需要考慮到利用這些來制定防止自殺的工作。翻開報紙，不難發現很多青少年喜歡透過互聯網去表達他們的情緒，甚至會寫下遺書，其實我們每一位都可以發揮守門人的功能，在他們的網誌上留些積極和鼓勵的訊息。所以，防止自殺的工作是需要隨著社會的需要和轉變來訂定的。對了，讓我們一起來實踐防止自殺的工作吧！我們一定能夠做到的！

參考資料

1. 中華人民共和國香港特別行政區政府統計處2009年人口統計。
2. 香港撒瑪利亞防止自殺會年報(2007)。
3. 香港撒瑪利亞防止自殺會年報(2008)。
4. 香港死因裁判法庭報告(2007)。
5. 香港死因裁判法庭報告(2008)。
6. 香港死因裁判法庭報告(2009)。

(表7.1) 香港自殺死亡數字(按自殺方式、年齡及性別分組)

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		2009				2008				2007			
		M 男	F 女	Ratio 比例	Total 總數	M 男	F 女	Ratio 比例	Total 總數	M 男	F 女	Ratio 比例	Total 總數
0-19	0-9	0	0	0:0	0	0	0	0:0	0	0	0	0:0	0
	10-19	3.40	2.80	1.2:1	3.11	3.53	1.99	1.8:1	2.78	3.40	1.70	2:1	2.60
	Subtotal Population 整體人口	2.10	1.80	1.2:1	1.90	2.20	1.40	1.6:1	1.81	2.10	1.10	1.7:1	1.60
20-59	20-29	20.1	8.7	2.3:1	13.85	16.60	9.6	1.7:1	12.79	15.60	6.70	2.3:1	10.80
	30-39	21.3	10.9	2.0:1	15.24	20.50	9.10	2.3:1	13.92	18.10	11.00	1.6:1	14.00
	40-49	19.0	10.7	1.8:1	14.45	16.80	8.50	2.0:1	12.34	14.30	7.30	2:1	10.60
	50-59	20.5	11.0	1.9:1	15.71	18.60	10.80	1.7:1	14.66	15.80	11.00	1.5:1	13.40
	Subtotal Population 整體人口	20.20	10.40	1.9:1	14.83	18.10	9.40	1.9:1	13.39	15.90	9.0	1.8:1	12.20
60+	60-69	24.9	9.3	2.7:1	17.32	24.00	13.80	1.7:1	19.07	23.60	11.10	2.1:1	17.60
	70+	41.9	26.3	1.6:1	33.25	39.60	23.40	1.7:1	30.58	70.30	28.50	2.5:1	48.60
	Subtotal Population 整體人口	33.50	19.10	1.8:1	25.95	32.00	19.40	1.6:1	25.43	37.50	14.80	2.5:1	25.60
Total Population 全年整體人口		18.90	10.50	1.8:1	14.45	17.30	9.80	1.8:1	13.31	16.50	8.50	1.9:1	12.30

* 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 2009 (By Occupation)
(表 7.3a) 香港自殺死亡數字 2009 (按職業分組)

年份 Year	2009 年齡組別 Age Groups											2008		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	小計 Sub-Total	總計 Total
學生 Student	男 M		4	1							5	15	4	8	2	5
	女 F		6	4							10		4		3	
教師 Teacher	男 M			1							1	3	0	0	0	0
	女 F				1						2		0	0	0	0
失業者 Unemployed	男 M		1	5	24	11	6	6	5		58	95	60	87	17	31
	女 F		1	6	11	10	5	2	2		37		27		14	
家庭主婦 Housewife	男 M										0	31	0	16	0	7
	女 F					5	3	5	3	15	31		16		7	
藍領階層 Blue Collars	男 M			3	3	4	1	1			12	18	15	19	6	7
	女 F			4			2				6		4		1	
白領階層 White Collars	男 M				1	2					3	8	4	9	1	2
	女 F			1	1	3					5		5		1	
病人 Patient	男 M										0	0	0	0	0	0
	女 F										0		0		0	
紀律部隊 Disciplinaries	男 M					3	2				5	5	3	3	2	2
	女 F										0		0		0	
商人 Business Man	男 M				1	1	2	1	1		6	6	5	5	4	4
	女 F										0		0		0	
退休人士 Retired Person	男 M						6	8	25		39	52	22	26	15	16
	女 F						1	1	11		13		4		4	
未能分類 * Unclassified	男 M		8	71	61	81	93	53	96		463	728	431	710	485	753
	女 F		3	25	47	52	47	20	71		265		279		268	
其他 Other	男 M		1	9	6	8	4	5			33	54	25	47	14	25
	女 F		1	6	7	5	1		1		21		22		11	
小計 Sub-total	男 M	0	14	90	99	109	112	74	127	0	625	1015	569	930	546	855
	女 F	0	11	47	71	74	61	26	100	0	390		361		309	
總計 Total		0	25	137	170	183	173	100	227	0	1015		930	930	855	855

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 2009 were 1015 which included 728 suicide cases without death investigation report ordered.

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

年份 Year	性別 Sex	年齡組別 Age Groups						合計 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+	
2009	男 M	4.4	2.3	2.6	3.3	4.4	2.6	3.2
	女 F	4.3	1.0	0.7	1.7	2.5	1.5	1.4
	合計 Overall	4.4	1.6	1.6	2.6	3.7	2.3	2.3
2008	男 M	4.3	1.6	2.1	2.6	3.9	2.1	2.6
	女 F	2.1	0.6	0.5	1.2	2.2	2.4	1.1
	合計 Overall	3.3	1.1	1.3	2.0	4.7	2.8	1.9
2007	男 M	3.6	1.9	2.1	3.2	4.1	3.1	2.9
	女 F	2.6	0.8	0.7	1.8	2.7	1.1	1.4
	合計 Overall	3.1	1.3	1.4	2.6	3.6	2.7	2.2

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

資料來源：政府統計處綜合住戶統計調查組 (二)

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

年份 Year	性別 Sex	年齡組別 Age Groups						合計 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+	
2009	男 M	24.1	9.4	4.5	5.1	6.2	3.3	6.2
	女 F	19.5	5.5	3.5	4.1	3.9	2.4	4.4
	合計 Overall	22.0	7.3	3.9	4.6	5.4	3.1	5.4
2008	男 M	18.4	5.8	2.8	3.4	4.4	2.3	4.1
	女 F	13.9	3.7	2.1	2.9	2.7	0.8	3.0
	合計 Overall	16.2	4.6	2.5	3.2	3.8	1.9	3.6
2007	男 M	20.7	6.1	3.3	3.7	4.8	2.7	4.5
	女 F	18.8	3.4	2.4	3.2	4.1	1.4	3.4
	合計 Overall	19.8	4.7	2.9	3.4	4.5	2.4	4.0

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	2009 年齡組別 Age Groups										2008		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	
2009	火器 Firearms	男M										0	0	0	0	0
		女F										0	0	0	0	0
	藥物 Drugs	男M						2				2	10	5	2	5
		女F					2	2	1	1	2	8	7	3	2	5
	毒藥 Poisons	男M										0	2	0	2	4
		女F			1					1		2	2	0	2	4
	吊死 Hanging	男M			1		3	1	1			6	14	10	2	4
		女F			2		3		1	2		8	5	2	2	4
	由高處墮下 Jumping from a height	男M		2	3	7	5	4	1	3		25	47	17	10	15
		女F		2	5	4	5	2	1	3		22	8	5	5	15
	氣體中毒 Gas Fatality	男M										0	0	0	0	0
		女F										0	0	0	0	0
	一氧化碳 Carbon Monoxide	男M			1	4	1	1	2			9	15	3	8	9
		女F			1		2	3				6	5	5	6	9
	淹死 Drowning	男M					1			1		2	10	5	2	5
		女F						1	4	3		8	4	4	3	5
利器 Sharp instruments	男M					1					1	5	1	1	1	
	女F							2	2		4	0	0	0	1	
其他 Others	男M						1		1	1	3	3	1	2	3	
	女F										0	0	0	1	3	
2009	小計 Sub-total	男M	0	2	5	13	10	8	5	5	0	48				
		女F	0	2	9	6	13	12	3	13	0	58				
	總計 Total		0	4	14	19	23	20	8	18	0	106	*106			
2008	小計 Sub-total	男M	0	2	4	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

Source: Coroners Court 資料來源：死因裁判法庭

* There were 728 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** There were 710 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.

(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	2009 年齡組別 Age Groups										2008		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	
2009	火器 Firearms	M														
		F														
	藥物 Drugs	M				2	3		2			7	18	4	13	2
		F				2	2	6		1		11		9	10	12
	毒藥 Poisons	M										0	0	1	8	0
		F										0	0	7	0	0
	吊死 Hanging	M										0	0	1	1	0
		F										0	0	0	0	0
	由高處墮下 Jumping from a height	M			3	6	1	3		2		15	21	10	5	5
		F		4				1	1			6		0	0	0
	氣體中毒 Gas Fatality	M										0	0	0	0	0
		F										0	0	0	0	0
	一氧化碳 Carbon Monoxide	M			1							1	2	0	0	0
		F						1				1		0	0	0
2009	淹死 Drowning	M			1	4	3	1	5	3	3	20	23	4	9	2
		F			1			2			3		5	2	0	2
	利器 Sharp instruments	M									0	0	0	0	0	0
		F									0	0	0	0	0	0
	其他 Others	M	1		2			2	1	1		7	8	2	2	2
		F				1						1		0	0	0
2009	小計 Sub-total	M	1	0	7	12	7	6	8	6	3	50				
		F	0	4	1	3	2	10	1	1	0	22				
	總計 Total		1	4	8	15	9	16	9	7	3	72	*72			
2008	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	
2007	小計 Sub-total	M	0	0	0	2	3	0	2	2	0					
		F	0	0	2	6	0	2	2	0	0					
	總計 Total		0	0	2	8	3	2	4	2	0					

Source: Coroners Court 資料來源：死因裁判法庭

* There were 834 of suicide cases without death investigation report ordered that excluded the number of above table.

** 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.

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

年份 Year	自殺類別 Type of Suicide	2009 年齡組別 Age Groups												2008			
		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		
2009	火器 Firearms	男M															
		女F															
	藥物 Drugs	男M				1	1						2	7	1	6	
		女F				1	2		1	1		5		5			
	毒藥 Poisons	男M					1					1	2	5	9		
		女F								1		1		4			
	吊死 Hanging	男M		1	1	9	11	26	20	38		106	155	105	157		
		女F		1	2	5	4	10	6	21		49		52			
	由高處墮下 Jumping from a height	男M		6	54	28	38	51	24	54		255	406	234	419		
		女F		2	17	22	30	24	12	44		151		185			
	氣體中毒 Gas Fatality	男M															
		女F										0		1	1		
	一氧化碳 Carbon Monoxide	男M		1	16	23	28	16	9	4		97	150	83	112		
		女F			6	18	15	12		2		53		29			
淹死 Drowning	男M					1					1	5	2	3			
	女F						1	1	1		4		1				
利器 Sharp instruments	男M					1					1	3		1	1		
	女F					1			1		2		1				
其他 Others	男M										0		1	2			
	女F										0		1				
2009	小計 Sub-total	男M	0	8	71	61	81	93	53	96	0	463					
		女F	0	3	25	47	52	47	20	71	0	265					
	總計 Total	男M	0	11	96	108	133	140	73	167	0	728	728				
2008	小計 Sub-total	男M	0	10	63	80	80	79	57	104	0			431			
		女F	0	6	39	50	49	53	30	81	0			279			
	總計 Total	男M	0	16	102	130	129	132	87	185	0			710	710		

Source: Coroners Court 資料來源：死因裁判法庭

REPORT ON SPOT SERVICE 2009

MISS. CHAN FUNG MING (HOTLINE VOLUNTEER)

TRANSLATION : MR. WO CHAK MING (HOTLINE VOLUNTEER)

The Service

The SBHK pioneered in June 2008 a new service for suicide prevention on internet: "Suicide Prevention on Net (SPOT)". The service works on actively locating those who expressed their suicidal intention on internet and getting back to them with care and support. Hope that the service is able to inspire them to give up their negative thinking or to take positively professional care offered by the Suicide Crisis Intervention Centre (SCIC) of the SBHK.

The SPOT is an inter-centre cooperation of the SBHK. Life Ambassadors of the Life Education Centre (LEC) firstly search on internet through personal blogs for target cases which are to be followed-up by volunteers of the Hotline. Cases with relatively high suicide risk are then referred, on clients' own accord, to SCIC for further professional attention. The SPOT, on top of demonstrating the effective coordination of human resource of different Centres of the SBHK, it provides an opportunity for volunteers and social workers to work together on helping suicidal clients on the virtual internet environment.

It had been brought to the attention of the society that a group called for committing suicide collectively was found on facebook in late November 2009. The SPOT team was invited by the police to work together on the issue and 26 cases with suicide risk on blogs and forums were then referred by the police for the team's handling and follow-up. The work has enlarged the source of case referral for us and allowed the SPOT team to extend their work to different social networking webpages that they have never touched before.

The SPOT team had located on the internet 112,690 blogs and forums with wordings in emotional distress and suicide during the period from January to December 2009. 634 cases, included 299 new cases, had been followed-up and 189 cases out of these had been referred to Hotline volunteer for suicide risk assessment. It was encouraging that as an expansion of membership of the team, the number of cases handled by the SPOT team in 2009 increased by four times than that of 2008.

Sex and Age

Of the 634 cases that had been followed-up, there were 513 (81%) female and 76 (14.2%) male, and 45 unidentified. It indicated that female tended to be more open than male on airing their emotion problems on the internet. Of the 513 female cases, 175 (34.1%) were in the age group of 10-19; 201 (39.2%) were in the age group of 20-29. Surprisingly, 18 cases were in the group of 40-59. It indicated that it is not uncommon for senior female to take the internet as a means for expressing their own feeling. However, there was no case of male of this age group in our 2009 record. Among the 76 male cases, 20 (26.3%) were in the age group of 10-19, 33 (43.4%) and 9 (11.8%) were of the age of 20-29 and 30-39 respectively. Of all cases in 2009, male and female, those who aged 10-29 were the majority that using internet to release their emotional problems.

As the SPOT service purposely aims at emotional distressed or suicidal cases via search engines, cases looked after by the SPOT team are therefore of higher risk than those handled by the Hotline. However, our 2009 record indicated that there were less SPOT case, in comparison with Hotline, had been successfully referred to the SCIC for further attention. It was that clients on the internet have usually been approached unexpectedly that they were not psychologically ready for care and help.

Among the cases of age group 10-19, 85% (195) were assessed as suicidal risky. 47% (assessed as medium to high risk) had made action plans for committing suicide. It indicated that suicidal risk of this age group was relatively high. Of 234 cases in the age group of 20-29, 61% (144) were assessed as suicidal risky, 47.9% had planned for action. Whereas plans for suicide were found in 73.4% of the 49 cases in the age group of 30-39 and, 20% out of 5 cases of age group 40-49 were assessed as suicidal risky. The findings indicated that even it was uncommon for those aged 50-59 to air their grievances over the internet, but they seemed as if been the group of highest risk among all, as 84% of 13 cases in this group were assessed as suicidal. In conclusion, of the 634 cases in 2009, 68% (431) had planned for committing suicide and assessed as medium to high risk.

Analysis on Age and Nature of Problems

Among all cases in 2009, romantic relationship, 29.7%, was the major cause of emotional distress; this was followed by mental problem, 29.5%, and health, 12.9%. It is apparently that different age groups had caught themselves in different problems. Majority (44%) of female in age group 10-19 were in mental problem, mostly depression. Even some of them had sought medical care but it seemed help not much. Most of the clients in this group had a mind of hurting themselves or even committing suicide. Of male in the age group of 10 to 19, social relationship was the major problems. This is something to be noted that there were clients in this group that they had got know of each other over the internet, some

of them did positively supported and listened to each other, whereas others from time to time spread negative thinking in between.

There was a close connection between the nature of problems of the SPOT clients and the stages of their life. For instance, most of the clients, male and female, in the age group of 20-29 were distressed by romantic relationship problem (female 42.8%, male 42.4%). Majority of female clients aged 30-39 were in health problem (70%) and those aged 50-59 were mainly in family problem.

This is a global finding that every death suicidal case would probably cause a great grief to six persons closed to the dead. Our 2009 record indicates that 27 clients were put to emotional distress by suicidal cases happened to their friends or relatives. This is the reason why that the work of suicide prevention should be started with caring our neighbor.

Sharing of a SPOT Team Member

Finally, in the following is a personal account of a team member on the work of the SPOT:

"It is always, like writing a letter to someone, a one way communication when leaving messages to clients over the internet. This is very little we can do if the clients keep silent. It is frustrated when trying hard to get access to a client and try to help but get no response. However, it is encouraging to know that this has been the case that two strangers were able to get know of, and to share their innermost feelings with, each other through interaction on the internet. Try to think the reason why the clients were responding? It is true that whenever we leave our messages of care and love to the clients, their responses, in return, are always a great encouragement to us. I understand that a helper, being an ordinary people, would be tired out as well from time to time, he or she may not necessarily to give only but also need to be refreshed by positive responses and appreciations from the clients. This is no easy job to take care of others, as most of the SPOT clients have been hurt, rejected, or being trapped in unanswerable troubles, there are very little they can do but hide themselves away and air their own distressful stories in the virtual environment. Again, to constantly care about and support this group of client over the internet are definitely no easy job, this is exactly, I am sure, the value of the work of the SPOT team."

網蹤人計劃報告2009

撰寫：陳鳳明小姐（熱線義工）

自從2008年6月開始，本會創先河啟動了「網蹤人計劃」服務，透過互聯網搜尋情緒備受困擾甚或有自殺念頭的人士，繼而主動作出關懷和鼓勵，讓他們感受溫情關懷之時，願意放棄自殺計劃或接受轉介至自殺危機處理中心，由專業危機輔導員提供協助。

此服務由本會跨部門合作，先由生命教育中心的珍惜生命大使分擔搜尋的工作，再由熱線中心的義工接著進行個案跟進的部份，遇上自殺危機較嚴重的個案而又同意轉介時，便交由自殺危機處理中心的危機輔導員接手跟進。這種合作，除了有效地運用各部門的人手資源外，更有意義的是本會不同部門、不同義工和社工擔當著防止自殺的使命為著一班被動及備受情緒困擾的網民而努力。

在2009年11月下旬，在互聯網上的面書(Facebook)發現相約自殺的組群出現，引起社會上的關注，警方知悉本會的「網蹤人計劃」服務而提出與我們合作，將懷疑有自殺危機的網誌、討論區等轉介給我們跟進，我們共處理了26宗由警方轉介的個案，這個新嘗試除了擴闊了我們的轉介來源外，還給我們一個很好的機會去開拓了在不同的網站上開展工作。

由2009年1月至12月的一年裡，「網蹤人計劃」服務團隊在網上共搜尋到112,690多個有關情緒困擾或自殺等字眼的網誌或討論區，經過初步的篩選後，當中有189個轉介給個案跟進的義工再進一步作自殺危機評估後跟進。全年跟進了634次個案，當中包括了229個新個案。由於人手增多，處理的個案比起去年增多接近四倍，成績令人振奮。

性別及年齡分析

在634個案中，女性佔513個(81%)，男性佔76個(14.2%)，另有45個未能分辨出性別的。從數字顯示，女性比較喜歡透過互聯網撰寫網誌抒發情緒，女性個案之中，分佈在10-59歲的組群之中，以10-19歲(175個，佔女性組群的34.1%)和20-29歲(201個，39.2%)佔最多數，值得一提的有18宗是屬於40-59歲的女性組群，說明了這個年齡的女性也會透過互聯網表露自己的心情，但我們卻找不到這年齡的男性在網上情緒困擾的記錄。選擇透過互聯網撰寫網誌抒發情緒的男性雖然不多，但當中10-19歲的個案佔20宗(26.3%)，20-29歲的佔33宗(43.4%)，30-39歲的佔9宗(11.8%)，不論男女，10-29歲的人是使用互聯網撰寫網誌抒發情緒的最大多數。

自殺危機與年齡組群分析

由於「網蹤人計劃」是屬於主動出擊的服務，我們有目標地利用搜尋工具在互聯網上尋找有情緒困擾或自殺傾向的個案，因此凡獲跟進的都是具有情緒困擾以及有不同程度自殺危機的人，比起熱線個案的自殺個案比率高得多，但成功轉介自殺危機處理中心的個案卻相反的少，這亦主要因為案主在毫無求助心理準備的情況下被接觸到，接受協助的比率也相對低。

在10-19歲的個案當中，有80.5%(195宗)具自殺危機，而有明確的自殺計劃(中至高危)的有49.7%，顯示這組群具自殺危機的比率很高。20-29歲的234宗個案中，具自殺危機的有61.5%(144宗)，當中47.9%具明確的自殺計劃。而30-39歲組群中，49宗個案中有73.4%是具明確的自殺計劃。40-49歲的5宗個案中具自殺危機的佔20%。而值得注意的是50-59歲組群中，雖利用互聯網表露心事的普遍，但13宗個案中佔84%有自殺危機的，為所有組群的自殺危機比率之冠。在634宗個案中，佔68%即431宗個案有明確的自殺計劃，屬中至高度自殺危機個案。

年齡組群與困擾類別分析

在眾多個案中，以愛情困擾為最多，佔29.7%；繼而是精神病的困擾，佔29.5%；第三位是健康問題，佔12.9%。不同年齡組群有著不同的困擾，10-19歲的女性以精神病的困擾為最多(44%)，她們所表述的大部份受著抑鬱症所困擾，即使有求醫服藥，似乎仍未平伏疾病所帶來的情緒困擾，

佔大部份有自殘習慣，甚至自殺危機，這類個案有不少已經在互聯網上互相認識，有時互相傾訴和支持，亦有可能互相滲透著消極悲觀的價值觀，這是值得關注的。而10-19歲的男性則以交友為主要困擾來源(35%)。

他們的困擾種類，亦與他們的成長歷程有著很密切的關係，例如在20-29歲男女性組別中，最多的困擾來源主要是愛情問題(女性42.8%，男性42.4%)。而30-39歲的女性最普遍的困擾則以健康問題為主(70%)。50-59歲女性佔第一位的困擾種類為家庭問題，佔61.5%。

根據世界性的統計，一人自殺死亡，大概會對身邊六位人士造成嚴重的情緒困擾，在我們的統計中，有27宗個案備受親友自殺事件造成情緒低落，甚至起了自殺念頭。因此防止自殺的工作的確應該是由大家關懷身邊人開始做起。

以下一段是我們其中一位「網蹤人計劃」義工的一些心聲：

「網上給案主留言，是單向的，有如寫信，如果對方不回應，我們能做的實在有限，好不容易才在網上找到一個有情緒困擾或有自殺危機的案主並嘗試介入，卻得不到回應，叫我們感到氣餒。不過，我發現在網上互動的過程中，兩個陌生人可以從不相識達致傾訴心事、成功建立良好關係是最令我們鼓舞的。想一想：這麼多網上過客，為甚麼案主會選擇回應我？在我們留言給案主傳達點點關懷和支持的時候，案主給我們的回覆其實也是給予我們的鼓勵啊！我體會到的是：我們必須要放下工作者的身段，我們不是單單一個『施予者』的角色，也有疲乏的時候，希望得到對方的回應和欣賞。主動關心人是不容易的，很多案主都被人傷害過、拒絕過，甚至是有苦衷不能跟人傾訴，即是他們心裡有很多困擾，但只好瑟縮在網上一角吐不快，可是，又有多少人可以持之以恆去關心人呢？我想，這正是我們這班「網蹤人」難能可貴之處。」

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貼，成為轄下恆常服務之一，得以繼續為全港市民提供服務。

自從九七年金融風暴後，香港經濟每況愈下，自殺問題愈趨嚴重。本會有感於單靠熱線服務並未能完全滿足社會發展的需要，為遏止自殺風氣蔓延，得從根本的生命教育做起，再者，本會更鼓勵社區參與，與我們一起把守生命的關口。至2002年5月，本會正式獲香港賽馬會撥款開辦為期三年的「生命教育中心」先導計劃，為防止自殺工作擔當及早預防的工作。生命教育中心的工作成效獲得到香港賽馬會慈善信託基金的肯定，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 2009 to June 2011)

Chairman	: Mr. Wong Yao Wing
Vice-Chairman	
(Community Affairs & Education)	: Mr. Kan Pak Kei
Vice-Chairman (Internal Affairs)	: Mr. Ip Chi Wing
Secretary	: Ms Yam Siu Fong
Treasurer	: Ms Hon Chor Shan
Committee Members	: Mr. Sun Junk Wah
	: Ms Tsou Tak Wai
	: Miss Lai Pui Shan

Staff List (as at 31 December 2009)

Hotline Centre

Centre-in-charge	: Ms Chiu Mei Yim
Assistant Service Officer	: Miss Lai Yin Wan
	: Miss Yip Chung Sum
Administrative Assistant	: Mr. Au Kin Tak
Junior Administrative Assistant	: Mr. Wong Chun Ngai
Accounts Clerk	: Mr. Cheng Chi Hung
Part-Time Workman	: Ms Mak Hau Sum
	: Miss Chan Ching Wan

Caring Fund

Project Manager	: Miss Leung Yin Chun Emma
Training Officer	: Mr. To Wai Lap
Program Officer	: Miss Chan Wai Man
Community Education & Promotion Officer	: Mr. Ho Tsz Lun

Suicide Crisis Intervention Centre

Centre-in-charge	: Ms Heung Mo Yan
Assistant Centre-in-Charge	: Mr. Ho Wing Hung
Crisis Counsellors	: Mr. Cheng Wai Kei
	: Miss Du Pui Bik
	: Miss Chan Kar Lai
	: Miss Cheung Hiu Ching
	: Miss Tsui Lai Man
	: Ms Wai Choi Kei
	: Miss Chan Ka Man
	: Miss Lo Pui Yin
	: Miss Choi Pui Ting
	: Miss Choi Chu Lei
	: Mr. Cao Yuan Ye
	: Mr. Chiu King To
Social Work Assistant	: Miss Chan Ka Yan
Program Worker	: Mr. Chan Tze Fung
	: Mr. Tam Sik Sze
Clerk	: Miss Chan Wing Lam
Part-Time Office Assistant	: Ms Li Sui Kuen

Life Education Centre

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

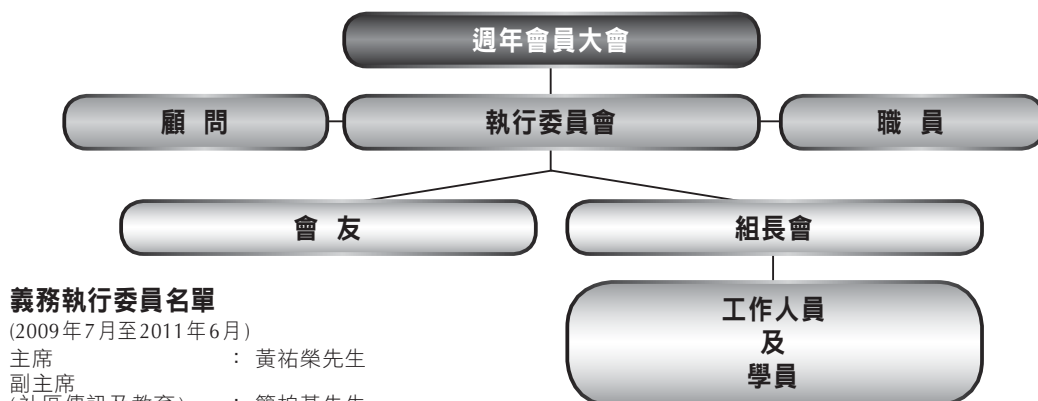
Administration Central

Central	
Administration Officer	: Miss Leung Pik Ki
Part-Time Admin. Assistant	: Mr. Chau Kwok Fai

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	: <u>Ms Doreen Leung</u>
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
	: Ms Chi Chief Fung WuFeng Institute of Technology Department of International Business Management, Professor
	: Mrs. Lui Wong Yun Fong Helen Centre Head, Cancer Caring Centres

組織架構



義務執行委員名單

(2009年7月至2011年6月)

主席	： 黃祐榮先生
副主席	： 簡柏基先生
(社區傳訊及教育)	： 葉志榮先生
副主席(內務)	： 任少芳女士
秘書	： 韓楚珊女士
財政	： 孫振華先生
委員	： 鄒德慧女士
	： 黎佩珊小姐

職員名單 (至2009年12月31日)

熱線中心

中心主任	： 趙美艷小姐
社會工作員	： 賴燕雲小姐
社會工作員	： 葉頌芯小姐
行政助理	： 區健德先生
初級行政助理	： 黃振毅先生
會計文員	： 鄭志鴻先生
通宵事務員	： 麥巧心女士
通宵事務員	： 陳菁芸小姐

關懷身邊人基金

項目經理	： 梁燕珍小姐
培訓主任	： 杜緯納先生
活動工作員	： 陳蔚汶小姐
社區教育及推廣幹事	： 何子崙先生

自殺危機處理中心

中心主任	： 香慕茵女士
副中心主任	： 何永雄先生
危機輔導員	： 鄭偉基先生
	： 刁佩碧小姐
	： 陳嘉麗小姐
	： 張曉晴小姐
	： 徐麗雯小姐
	： 韋賽姬女士
	： 陳嘉敏小姐
	： 盧佩延小姐
	： 蔡佩庭小姐
	： 蔡曙莉小姐
	： 曹元野先生
	： 趙敬圖先生
社會工作員	： 陳家欣小姐
活動工作員	： 陳子豐先生
	： 譚識時先生
文員	： 陳泳琳小姐
辦公室雜務員	： 李瑞娟女士

生命教育中心

中心主任	： 梁燕珍女士
助理社會工作主任	： 仇翠瑜女士
活動主任	： 王達成先生

中央行政

中央行政主任	： 梁碧琦小姐
中央行政助理	： 鄒國輝先生

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)
	紀潔芳女士
	(國立彰化師範大學兼任教授)
	雷黃恩芳女士
	(癌症關懷中心主管)

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 2009

ROBERT WONG (CHAIRMAN)

Introduction

2009 marked the 50th anniversary of The Samaritan Befrienders Hong Kong (SBHK). Fifty years ago Mr. Andrew Tu established the organization under the name "Suicide Prevention Society". In the beginning, it was entirely operated by a group of primary school teachers as volunteers without financial support or full time staff. In the first 10 years, the organization handled more than 1,000 suicidal cases. Due to the need of society at that time, the organization reinforced emotional support services for students before and after Hong Kong Certificate Education Examination every year. Afterwards, SBHK was registered as a society in Hong Kong and was subsequently renamed as "The Samaritan Befrienders Hong Kong". As time went by, our services have developed according to the needs of society. From having no staff support to now having more than 30 staff members; from having no financial support to now receiving over nine million dollars every year from various subsidies; from providing a sole hotline service to running 4 centers including Hotline service, Suicide Crisis Intervention Centre, Life Education Centre and the Caring Fund. As Hong Kong has developed into a prosperous city, social problems have become increasingly complex. Despite these changes, the mission of SBHK has always followed the footsteps of the Good Samaritan in the Bible, serving the Hong Kong community by providing services for the emotionally disturbed, particularly for those having suicidal tendencies.

Hotline

In the year 2009, our hotline service handled a total of 15,134 cases, which showed an increase of 601 compared to the 14,533 cases in 2008. Among them 10,978 cases were from the emotionally disturbed. The rest were enquiry calls, frivolous calls, or mute calls. Among the over 10,000 cases, 10,621 (96.75%) were through our telephone hotline, 39 (0.36%) were face to face, 2 (0.02%) were through mails, and 316 (2.87%) were through emails.

Male to female ratio was 46.38%: 52.69%. Most of the callers were aged between 20 and 44, which was 68.8% of the total number of callers. Among these, the proportion of calls from the 30-34 age group was the largest (20.38%). Most of the calls were related to mental health problems (17.69%), career problems (17.04%), family problems (10.46%) and romantic relationships problems (9.42%). Among all the calls, 15.62% had suicidal ideation. Among these, 12.49% had low suicidal risk, 2.51% had medium suicidal risk and 0.62% had high suicidal risk. Among the medium to high risk calls, 25% (86 cases) were transferred to the Suicide Crisis Intervention Centre of SBHK under the consent of callers for further action.

In 2009, the 47th and 48th Volunteer Training Courses were held providing one year training for our volunteers. A total of 149 volunteers underwent the first stage of the training course. As of year 2009, our hotline had 198 volunteers. 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.

Moreover, in order to improve the quality of service and provide in service training to our volunteers, SBHK sent 13 volunteers to Taiwan in 2009 for exchange of suicidal prevention experience. This also brought great insight to the future development of SBHK.

Life Education Centre

Life Education Centre (LEC) began its service in 2002 to launch the "Suicide Prevention Education Project". In the year 2009, LEC provided 39 talks and 17 workshops with a total number of 6,351 participants. At the same time, 7 follow-up groups on emotional management and positive life were conducted, serving a total of 95 participants. The 16th and 17th "Life Ambassadors" volunteers training courses were conducted in 2009. A total number of 39 volunteers were trained and later participated in community visits and the Suicide Crisis Intervention Centre case-caring service. The volunteers also actively participated in volunteer services organized by various organizations.

In 2009, there were 1,787 library visitors and 360 visitors borrowed materials from the library.

A life education DVD "Spot on Life" was published in March 2009. The 35-minutes DVD consisted of three parts by Ms Lau Siu Cheung, Dr. Joe Leung and Ms Esther Lo. These three warriors of life shared their life experience in facing the various adversities in life. LEC also released a computer game named "Totemotion" in July 2009 to increase the public awareness on various emotions and skills in handling these emotions.

LEC published the 56th and 57th newsletters "Life Interflow" in 2009. The themes were "The Joy and Anger of Being Unemployed" and "The Legend of Happiness" respectively.

LEC also disseminated positive life messages through the help of mass media. We have conducted 22 interviews in 2009 and 3 of them were live broadcasting programs. Through these interviews LEC introduced the "Spot on Life" life education DVD, the 16th Life Ambassador program and the application of various life education materials.

Caring Fund

The Caring Fund was established in 1994. It aimed at promoting the message of community caring: "Care for your neighbor 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 neighbors.

In 2009, the Caring Fund received wide support from various mass media and other relevant platforms to launch several large-scale promotional and educational events. This helped to disseminate the message of life cherishment to the public at large. These events included movie sharing seminar on "IKIGAMI: The Ultimate Limit"; joint promotion of the drama "Beautiful Connection" performed by Hong Kong Repertory Theatre; a press conference on "Working Together in Life Education" in collaboration with the MTR to promote the message of caring for others; joint activity with I-cable in a programme series named "Euthanasia"; invitation by Sony Pictures to join a promotional campaign during the show of the movie "Seven Pounds" and SBHK leaflets were distributed through all relevant cinemas. Furthermore, SBHK advertisements were broadcasted free-of-charge on the Link TV Kiosk and Chaosism donated the net amount to us from the income of the Drama "Meteor Shower" after deduction of operational costs in support of suicide prevention. Moreover, we also participated in the "Volunteer Service Day" organized by Agency for Volunteer Service, Centum Charitas Foundation and the RTHK in visiting the visually impaired and mentally retarded people of The Hong Kong Society for the Blind.

In the area of fund raising, CLP supported us by including a total of 200,000 SBHK promotional leaflets free-of-charge in the November bills to CLP customers. Other fund raising channels included: regular donors, Wisegiving 7-11 donation activities, Barcode Card donation in convenience stores and online donations through the Bank of East Asia.

In collaboration with Premium Collection a social enterprise, the CG Concept (Care for Green Concept), was established to sell "banner bags" to promote social responsibility. In 2009, six companies were successfully nominated to receive the recognition of "Caring Company". They were Best Video Limited, China Resources Property Management Limited, Liu Chong Hing Investment Limited, Premium Collection, Seed Forest Company Limited, and S & S Cleaning Company Limited.

In the area of education, we continued to provide the Understanding Adolescent Project (UAP) service to a special education school - HHCKLA Buddhist Po Kwong School.

To support the World Suicide Prevention Day organized by International Association of Suicide Prevention, we held the "Sunny Life" short video competition this year from June to September.

In collaboration with the Social Welfare Department and Sham Shui Po District Elderly Community Centre, an experimental Pilot Neighborhood Active Ageing Project for caring for elderly and preventing elderly suicides.

Suicide Crisis Intervention Centre

2009 was the eighth operational year of the Suicide Crisis Intervention Centre (SCIC). Besides committed to maintaining its core services, SCIC also provided counseling services to families and friends of individuals who had committed suicide or had suicidal risk.

In the year 2009, SCIC handled a total of 1,258 cases. Among them, 456 were from male clients and 802 were from female clients. Around half (46.7%) of these cases fell into the 30-49 age group, and the majority of the cases (84.7%) fell into the 20-59 age group.

Among the major problem areas, suicidal problems of family members and friends accounted for 208 cases (16.5%), situational problems accounted for 193 cases (15.3%), 151 cases (12%) were related to financial problems, 145 cases (11.5%) were related to marital problems and 138 cases (11%) were from other family problems.

There were a total of 810 cases (64.4%) assessed by referrers as moderate and high risk. After the first session of intervention through telephone calls, face-to-face counseling or outreaching by SCIC, the number of cases assessed with moderate and high risks was 560 (44.5%).

To address the needs of service users, 5 therapeutic groups, 3 support groups and 2 volunteer groups were conducted during the year 2009.

2009 marked the 5th anniversary of "Live the Rainbow" group. Besides providing a trustful and secure platform for suicide survivors to heal from grief, pain and emotional disturbance, SCIC also initiated the Dandelion Project which aimed at actively providing early intervention and counseling for families and friends of those who committed suicide. Members of the "Live the Rainbow" volunteer group also provided emotional support and outreach service to those in needs. SCIC

also expanded the cross-profession network with other professional bodies to promote the importance of early referral of suicide cases to SCIC by families and friends, so that appropriate information, resources and support could be drawn to those in need as soon as possible and to avoid further tragedies.

Moreover, since June 2008, registered social workers of SCIC and Hotline volunteers partnered to initiate the project Suicide Prevention on Internet (SPOT). It aims at identifying suicidal internet users and bloggers and connecting them with suicide prevention services.

In view of the effectiveness of the two above-mentioned programs, they had been granted as a subvented service of the Social Welfare Department since November 2009 and hence would facilitate the future enhancement of these services.

In 2009, SPOT searched through about 112,690 personal blogs in the internet. Through active online contacts with the bloggers, around 189 bloggers were provided with emotional support.

In 2009, SCIC published three booklets. They were the "Resilience Handbook", a pamphlet on extra-marital affairs and a pamphlet on "Live the Rainbow" service. These publications were distributed to those in need through various government departments, hospitals, social welfare organizations and libraries.

In November 2009, a "suicidal group" with 188 members was formed on Facebook and was proposed a suicide pact on 21st December. This had caused much attention in society and raised widespread concern and discussion in the public and mass media. SCIC in collaboration with the Social Welfare Department, the Hong Kong Police and the Education Bureau, provided professional advice and timely crisis intervention and emotional support to the internet group members affected by negative emotions.

Public Training and Development

SBHK established the public training and development section in 2005. Through the conduction of public training courses SBHK aimed 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 skills to various sectors of the community.

SBHK has collaborated with Middlesex University in year 2007 to start our first Master of Arts in Work Based Learning Studies (Counselling Studies) course, 5 of our Hotline volunteers and one other student graduated in November 2009.

In 2009, SBHK conducted the 5th and 6th certificate courses in "Professional Certificate Programme in Counselling and Suicide Prevention". This year we had 68 participants from the public and 9 from our own volunteers. Besides coming from social welfare, education and medical fields, many of them came from the business sectors and other professional sectors.

The SBHK collaborated with the Hospital Authority (HA) again in 2009 to provide training for HA's Staff Psychological Support Hotline and Critical Incident Support Team (CIST). The two courses "Hotline Skills Training" and "Training on Assessment and Intervention of Suicidal Persons" were conducted to equip staff members with knowledge and skills in telephone counselling and crisis handling. There were a total of 150 participants.

In order to increase the basic suicide prevention knowledge and skill of the public and those who are in the helping profession, SBHK has organized a "Suicide emergency pack for professionals" workshop and also the "Introduction to counselling and suicide prevention work" course. Furthermore, SBHK also provided training to local social welfare and educational organizations. There were a total of 141 participants in our training seminars and workshops.

Any surplus 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.

Review of Management Structure

Since the establishment of SBHK in 1960, we have followed a volunteer led management style: committee members will be elected bi-annually through a one vote per person system by Hotline volunteers. The Chairman, Vice Chairman and other positions will be appointed by the committee members themselves. However, times have changed and the current management style was not able to meet the demands of SBHK and the needs of society. Therefore, a comprehensive review was required and a working committee was established in order to collect opinions and set up the future management blueprint.

Conclusion

"Accompanying you for the past 50 years, caring about society across generations" – Although every generation has its ups and downs, as well as problematic issues, the best solution, no matter how big the problem may be, is "people". If people can look after each other, care about each other, and help each other, things can become much easier. SBHK has been accompanying Hong Kong people for the past 50 years, and in the future years, we will continue to serve the Hong Kong community.

2009年度主席報告

黃祐榮（主席）

前言

2009年香港撒瑪利亞防止自殺會正式踏入第50年，50年前杜學魁先生創辦了防止自殺會。初年的防止自殺會是一個全義工的組織，既沒有經濟來源，又沒有職員，全靠一群小學老師作為義工無私地為香港防止自殺工作揭開序幕。首十年本會一共處理過一千多宗自殺個案。當年由於社會的需要，本會特別於每年會考前後加強對參與會考學生之情緒抒援工作。本會於1963年在本港社團註冊，後來改名為香港撒瑪利亞防止自殺會。時代轉變，本會的發展亦因應社會的需要而改變。由沒有職員到現在有三十多位同工；由沒有資助收入至現在全年接受九百多萬元的各方資助；由只是提供熱線服務到現在四個服務中心，包括熱線中心、自殺危機處理中心、生命教育中心及關懷身邊人基金。然而50年來，香港越繁榮，社會問題越變得複雜，但無論香港有什麼改變，本會的宗旨都是一直本著聖經裡好撒瑪利亞人作榜樣，為情緒受困擾，特別是有自殺傾向的人士服務。

熱線服務

熱線服務於2009年共處理15,134人次的服務個案，比2008年的14,533個增多601個。當中的求助個案共10,978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10,621宗個案(96.75%)是透過電話熱線求助、39宗個案(0.36%)透過面談求助、2宗個案(0.02%)透過書信求助及316宗個案(2.87%)透過電郵求助。

求助者男女比例為46.38%：52.69%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的68.8%。當中以30至34歲的年齡組別佔首位，佔20.38%。在全年求助個案類別中，主要困擾的問題是精神健康(17.69%)、職業(17.04%)、家庭(10.46%)及愛情(9.42%)。在全年的求助個案中，15.62%是有自殺危機的，其中12.49%有輕度自殺危機，2.51%有中度自殺危機，至於有高度自殺危機的個案則有0.62%。高、中危個案中有25%（即86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2009年熱線中心開辦了第47期及48期義工訓練班，為義工學員提供為期一年的義工訓練課程。共有149人接受職前培訓第一階段的訓練課程。截至2009年底，本會共有義工198名。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，舉辦不同的訓練課程，個案研習分享會和機構探訪等。

另外，為了提升服務質素及在職義工的訓練，本會於去年11月安排了十三位義工到台灣作服務交流，這對本會未來工作的發展帶來很大的啟發。

生命教育中心

生命教育中心由2002年開始持續推展「防止自殺教育計劃」。在2009年，中心共提供了39場講座及17場工作坊，服務人數共6,351人。同期亦舉辦了7個跟進式「情緒管理」及「積極人生」小組，服務人數共95人。中心又開辦了第16和17期「珍惜生命大使」課程，共培育了39位大使，參與中心的社區探訪及自殺危機處理中心之個案關顧服務。大使同時亦積極參與不同機構的義工服務。

在2009年，圖書閣的使用人數為1,787人，而借用圖書及視聽資料的人數亦有360人。

中心於2009年3月發行了「放眼生命」影碟。全碟共35分鐘，分別由劉兆璋女士、梁永忠博士及盧佩鏞女士三位生命勇士親身分享逆境自強的經歷。中心於同年7月發行了「情緒圖騰」電腦遊戲光碟，增加社會人士對情緒的認識及情緒處理的技巧。

在刊物出版方面，中心出版了第56及57期《生命交流》，主題分別是『失業「樂」與「怒」』及『一個快樂的傳說』。

中心也透過傳媒的協助去推廣生命教育。本年共接受了22次訪問，其中3次在電台直播節目中介紹「放眼生命」教育光碟、宣傳第十六期「珍惜生命大使」及生命教育教材的應用。

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。

2009年本會獲得廣大的傳媒及其他機構的支持，成功舉辦了多項大型的宣傳及教育的活動，傳播珍惜生命的訊息。其中包括在油麻地百老匯電影中心舉行「死亡預告」電影分享會、與香港話劇團合作宣傳推廣舞台劇「美麗連繫」、與港鐵公司合辦「生命教育、群策群力」記者招待會，進行生命教育宣傳、獲香港有線寬頻邀請參與一輯關於「安樂死」的節目、又Sony Pictures邀請本會於上映電影「救人七命」期間於各院線派發本會的宣傳單張、另外更獲領匯允許本會的宣傳短片在其下商場的TV Kisok免費播放、在商台節目「有誰共鳴」介紹本會服務、又得蒙「影子作業」劇社演出的「流星雨」舞台劇將扣除活動開支後的餘款捐予本會、本會並參加義務工作發展局、百仁基金及香港電台策劃的「感動全城·開拓義工世界」服務日，探訪香港盲人輔導會。

在籌款方面，2009年獲得香港中華電力有限公司的支持及協助，於11月中免費夾附本會的宣傳單張20萬張並且寄予用戶。其他籌款方法及渠道包括「恒常贊助人」、社聯「惠施網」7-11捐款活動、「零錢捐助 - OK捐款條碼」、「便利店捐款條碼卡」及「東亞銀行網上捐款」。

在社會企業合作方面，繼續和禮品廊合作「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。又在2009年度成功提名6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、種子森林有限公司、華潤物業管理有限公司及誠信清潔服務有限公司。

在學校工作方面，本會繼續為一間特殊學校 - 香海正覺蓮社佛教普光學校提供「成長的天空」服務。

為響應國際防止自殺協會於每年的9月10日舉辦全球性的「世界防止自殺日」，本會於2009年6月至9月期間舉辦了「活出SUN命」全港短片創作比賽。

本會亦在社會福利署的協調下與深水埗的地區長者中心合作「左鄰右里，愛惜耆英」預防長者自殺試驗計劃。

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八年。中心除了維持恒常服務外，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，希望可以用更主動的方式及早向自殺者親友提供支援。

危機中心於2009年共處理了1,258宗個案。其中456位案主是男性，802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46.7%；年齡由20至59歲的則佔84.7%。

危機個案中主要問題分別為受到家人或朋友的自殺問題困擾208宗(16.5%)；受環境因素困擾193宗(15.3%)；受經濟問題困擾151宗(12%)；受婚姻問題困擾145宗(11.5%)；受其他家庭問題困擾138宗(11%)。

由轉介者風險程度評估為中度至高度自殺危機的個案合共有810宗，即佔64.4%；經本中心在接獲個案後，以電話、面談或外展方式提供了首次輔導後而作出的風險程度評估，具中至高危的個案降至560宗，百分率下降為44.5%。

中心亦因應服務使用者的需要，2009年共開辦了5個治療性、4個支援性和1個義工小組。

2009年是「活出彩虹小組」成立5周年。小組除了繼續致力為自殺者親友提供一個可信和安全的平台，協助他們抒發受困情緒、過渡傷痛外，並且推行「蒲公英計劃」，主動嘗試接觸新發生事故的自殺者親友，及早提供介入及個人輔導。此外，中心亦組織「活出彩虹義工小組」組員，向有需要人士予以情緒支援、探訪及陪同服務。中心更會與各社區相關團體，建立跨專業合作網絡，主動向他們推廣服務，宣揚及早轉介的重要性，務求推動各專業及社區人士當接觸自殺者親友後，向他們介紹或轉介「活出彩虹服務」，令有需要人士可以盡早獲得資訊、資源和支援，防止下一個悲劇的發生。

此外，自2008年6月起，本中心的專業社工及本會熱線中心的義工攜手展開了「網蹤人計劃」，旨在互聯網上搜尋到有自殺危機的網友，主動向他們伸出援手。

由於「活出彩虹服務」及「網蹤人計劃」兩項服務的成效均有目共睹，於本年11月開始，獲社會福利署進一步撥款，成為恆常服務之一。相信在服務的拓展會有更大的發揮空間。

2009年，「網蹤人計劃」在互聯網上共搜尋了約112,690篇個人網誌。經過有關的負責社工和義工主動在網絡上與他們接觸，為當中約189名有自殺危機或情緒困擾的網友提供了情緒支援。

本中心於2009年出版了三份刊物：「逆境正能量」手冊、「我們仨 --- 婚姻的紅燈形成與處理」單張和「活出彩虹服務」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。

此外，於本年11月，社交網站“Facebook”內被發現有一自殺的群組建立，有188位成員，相約於12月21日集體自殺，事件震驚全港，引起社會大眾和傳媒廣泛討論和關注。中心利用其專業的意見和危機介入服務，協助社會福利署、警方及教育局等不同部門積極處理事件，為受情緒困擾的網友予以適切的支援。

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。

本會與英國Middlesex University於2007年合作開辦第一屆工作為本文學(輔導學)碩士課程，五名本會熱線義工及一位外界同學等於2009年11月畢業取得碩士資格。

本會於2009年內分別舉辦了第5及第6屆專業證書課程，本年度共有68名公眾人士和9名本會義工參與，除了社福界、教育界和醫護界，亦有不少來自工商界及人事管理人員。

本會於今年度繼續與醫院管理局心靈綠洲合作，為其院內的「醫管局員工心理支援熱線」及「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150人次。

為了加強社會大眾及從事助人行業的同工對預防自殺的基本知識和技巧，分別舉辦了「自殺急救包(專業版)」的主題工作坊，同時亦開辦「輔導及防止自殺工作啟蒙」課程。另外，亦為本地社福及教育團體提供訓練。本年度參與培訓講座及工作坊共有141人。

本會舉辦公開培訓活動的學費收入之盈餘，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。

管理架構及模式檢討

本會自1960年成立以來，一直奉行義工主導的管理模式：通過兩年一次，由熱線義工會員一人一票選出兩年一任的委員，成立執行委員會，再由執行委員會內互選正、副主席及各職責委員，以管理及執行會務。本會會務管理工作一直以上述模式運作。由於時代的變遷，本會的管理模式已迫不上會務發展的步伐及社會的需求，需要作出一次全面的檢討，並成立工作小組，以集思廣益，希望能夠勾劃出我們未來的管理制度藍圖。

總結

「同行五十載 關心跨世代」——雖然每一個世代都有它的興衰與問題，但不管是那樣的問題及問題有多大，最佳處理的方法就只有一個——就是「人」。人如果能夠互相諒解、互相關懷、互相幫助，事情就來得容易。過去五十年本會和全香港市民一同成長，守望相助，在未來的歲月裡，本會也一定會繼續為香港人服務。

SERVICE REPORTS

| AGNES CHIU (CENTRE-IN-CHARGE) |

6.1 HOTLINE CENTRE

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 our hotline volunteers, the callers are encouraged to face and to walk through their problems so as to regain their hope for the future and confidence in facing the challenges ahead.

Number of Cases

From 1st January to 31st December of 2009, we responded to 15,134 cases, representing an increase of 601 cases from 14,533 cases of 2008. Of these, 10,978 were help-seeking cases that in need of emotional support and counselling service. The remainder was for general enquiries, silent calls and prank calls. Among these, 10,621 cases (96.75%) of the help-seeking cases reached us by phone, 39 cases (0.36%) by face-to-face interview, 2 cases (0.02%) by letter, and 316 cases (2.87%) by email. (Details in Table 6.1.1)

Sex and Age

Of all the help-seeking cases, 52.69% were female and 46.38% were male – a 6.31% difference. Compared to last year, the difference dropped by 12.54%.

Most of the service users came from those aged between 20 and 44 (68.8% of total). The age group 30 to 34 (20.38% of the total) still topped the list. This was followed by the age groups 40 to 44 (17.6%) and 25 to 29 (10.89%).

According to the 2009 Hong Kong Census Report, 27.9% of the population are aged between 15 and 34, but the percentage of our help-seeking clients in this age category was 46.38% in 2009. (Details in Table 6.1.2)

Nature of Problems

The major problem areas for our help-seekers in 2009 were: Mental Health (17.69%), Occupation (17.04%), Family (10.46%) and Romantic Relationship (9.42%) problems. Compared with the figures in 2008, cases in Mental Health had decreased by 1.54% and Finance had increased by 0.19%, whereas cases in Occupation had increased by 1.93%. Mental Health was still the top problem area. In fact, Suicide problems and Mental Health problems are always closely correlated. It is suggested that if we are to alleviate the Suicide problem, the importance in promoting Mental Health education should not be overlooked. As Occupation problems increased, it may suggest that the stress from occupations such as stressful working environment and unsatisfactory working relationships were yet to improve to alleviate their pressure.

The problems experienced by different age groups were changed in relation to their different developmental stages. The major problem for the 10 - 14 age groups was Family, Sex and Studying, this was followed by Sex and Romantic Relationship for the age group 15 to 24, Occupation and Romantic Relationship 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 2009 (12.49%) 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. 2.51% of the cases were assessed to have medium risk, - those cases that have not only developed suicide thoughts but have also developed concrete plans for ending their lives, although the danger of loss of life was not imminent. 0.62% 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, 15.62% of the cases were assessed as suicidal. Among the high and medium risk cases, 25% (86 cases) were referred to our Suicide Crisis Intervention Centre for crisis intervention and management service as well as for further intensive counselling service. (Details in Table 6.1.5)

Volunteer Training

The 47th and 48th intake of our hotline volunteer training courses commenced in February and October 2009 respectively. The courses are of one-year duration catered to new volunteers. Responses to the courses were encouraging, after preliminary screening, 93 and 56 applicants were recruited, respectively, as volunteer trainees for the first stage of training. (Details in Table 6.1.6)

In order to maintain both the quantity and quality of our volunteer pool, in-service training for our existing volunteers was very important. Thus many 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 our help-seekers are facing, as well as to gain greater knowledge of the community resources suitable to them. In November 2009, 13 hotline volunteers under the sponsorship of Li Po Chun Charitable Trust Fund Committee to have exchange trip in Taiwan. It inspires our service development in the future. (Details in Table 6.1.7)

Volunteer Information

As at the end of 2009, the number of hotline volunteers of our organization stood at 198 – 70 (35.35%) male and 128 (64.65%) female. While all the volunteers were over 20 years of age, the majority (43.94%) were in the age range of 45 to 54. 64.65% of the total possessed a tertiary or university qualification. 31.82% came from the white collar and 12.12% came from the educational sector. 8.59% were full-time housewives (Details in Table 6.1.8)

Special Services

For the affection of the financial turbulence and the impact to Hong Kong people, SBHK continuously provided our supportive campaigns in the community in the past year. We actively provided emotional support service and positive thinking program to the community and enterprises. The feedback of those service recipients was positive and useful.

Besides, in order to express our concern for those people who expressed their emotional distress or suicidal intention on internet, we launched a pilot project “Suicide Prevention On neT”(SPOT). In 2009, we approached and followed up around 200 cases through Blog searching. (Details in Table 6.1.9 to 6.1.16)

服務報告

趙美艷 (中心主任)

6.1 熱線中心

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2009年1月1日至12月31日期間，共處理15,134人次的服務個案，比2008年的14,533個增多601個。當中的求助個案共10,978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10,621宗個案(96.75%)是透過電話熱線求助、39宗個案(0.36%)透過面談求助、2宗個案(0.02%)透過書信求助及316宗個案(2.87%)透過電郵求助。(詳閱表6.1.1)

性別與年齡

在性別分佈中，2009年女求助者佔全年的求助個案52.69%，比男求助者高出6.31%，相比去年(18.85%)下降了12.54%。

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68.8%，當中以30至34歲的年齡組別佔首位，佔20.38%，接著的是40-44歲和25-29歲的組別，分別佔17.6%和10.89%。若比較香港人口統計數字，年齡15-34歲的人口只佔27.9%；而比較相同年齡組別於本會的求助人數佔46.38%。(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(17.69%)、職業(17.04%)、家庭(10.46%)及愛情(9.42%)問題。相比往年的數字，受精神問題困擾的求助者仍居首位，但整體卻下降了1.54%。事實上，自殺問題跟精神問題兩者關係密切，若要改善香港的自殺問題，精神健康的教育工作仍不容忽視。另外，受經濟問題困擾的上升了0.19%，而受職業困擾的亦上升了1.93%。這亦可能反映到在職業方面的壓力如工作壓力、工作環境、與同儕和上司關係、工作安全感、待遇和福利等問題上仍須改善，以減輕在職人士的心理困擾。

不同年齡的求助者隨著發展階段不同，因有不同的需要而受著不同的困擾。10-14歲的青少年受困擾最大的是家庭、性及學業問題，而15-24歲的青少年則受性和愛情問題的困擾較多，25-29歲組別最多受職業和愛情的困擾，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6.1.3-6.1.4)

自殺危機

在全年的求助個案中，有12.49%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2.51%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0.62%，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15.62%，當中的高、中危個案中有25%(即86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2009年2月及10月分別開辦了第四十七期及第四十八期的義工訓練班，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，分別有93人及56人接受職前培訓第一階段的訓練課程。(詳閱表6.1.6)

除了對新義工的培訓外，為了確保和不斷提升熱線的服務質素，本會亦為現存義工提供持續在職訓練，舉辦了不同的訓練課程，個案研習分享會和機構探訪等，好讓義工們能不斷裝備自己，在掌握熱線輔導技巧、求助者面對的困難和需要及社會資源等方面都能做得更好。其中猶以11月的台灣交流活動為特別，本會特申請了李寶椿基金的贊助，安排了13位熱線義工到台灣作服務交流，對於本會工作的發展實帶來很大的啟發。(詳閱表6.1.7)

義工資料

截至2009年底，本會共有義工198名。當中男義工有70名(35.35%)，女義工128名(64.65%)，當中以45-54歲屬大多數，佔總義工人數的43.94%，教育程度多為大專程度或以上，佔64.65%，職業則以白領最多，佔31.82%，次之則為佔12.12%的教育界和佔8.59%的家庭主婦。(詳閱表6.1.8)

特別服務

由於金融海嘯引來的經濟震盪及對市民的情緒影響，因此本會於2009年繼續加強這方面的宣傳及主動到不同的社區、企業舉辦一些具情緒支援性質及正面思維的活動，反應理想。

另外，考慮到社會上有部份人士會在網上表達個人的情緒困擾和自殺危機，因此本會有需要主動地協助這些有情緒困擾或自殺危機人士，故開展了一試驗式計劃--網蹤人計劃，透過義工在網上追蹤一些有需要協助的人士，從而給予關懷、鼓勵及協助。於2009年，此計劃透過網誌共搜尋了近200個個案，並就部份個案作短期跟進。(詳閱表6.1.9- 6.1.16)

(Table 6.1.1) Overall Statistics of Services in 2009

(表 6.1.1) 二零零九年全年服務總表

接觸方式 Contact Method	男 Male	女 Female	不詳 Unknown	總數 Sub-total	Total 總數
電話 Phone Call	4998	5611	12	10621	10978
面談 Interview	24	15	0	39	
書信 Letter	0	2	0	2	
電郵 E-mail	68	157	91	316	
諮詢 Enquiry Call	281	341	1	623	4156
戲弄 Frivolous	108	99	0	207	
無聲 Mute Call	0	0	3326	3326	
總數 Total	5479	6225	3430	15134	15134

(Table 6.1.2) Sex and Age Distribution of Clients in 2009

(表 6.1.2) 二零零九年求助者性別及年齡分佈表

年齡 Age	2009 年個案 Cases					2008 年個案 Cases	
	男 Male	女 Female	不詳 Unknown	總數 Sub-total	%	總數 Total	%
0 - 9	1	3	0	4	0.04	6	0.06
10 - 14	34	37	0	71	0.65	113	1.04
15 - 19	331	212	4	547	4.98	537	4.96
20 - 24	703	403	6	1112	10.13	1240	11.45
25 - 29	589	604	2	1195	10.89	1392	12.85
30 - 34	999	1237	1	2237	20.38	2020	18.65
35 - 39	398	678	1	1077	9.81	930	8.59
40 - 44	831	1101	0	1932	17.6	2265	20.91
45 - 49	398	491	1	890	8.11	632	5.84
50 - 54	310	415	1	726	6.61	717	6.62
55 - 59	78	65	0	143	1.3	141	1.30
60 - 64	45	52	0	97	0.88	92	0.85
65+	53	20	0	73	0.66	82	0.76
不詳 U	322	466	86	874	7.96	664	6.12
Total 總數	5092	5784	102	10978	100	10831	100.00

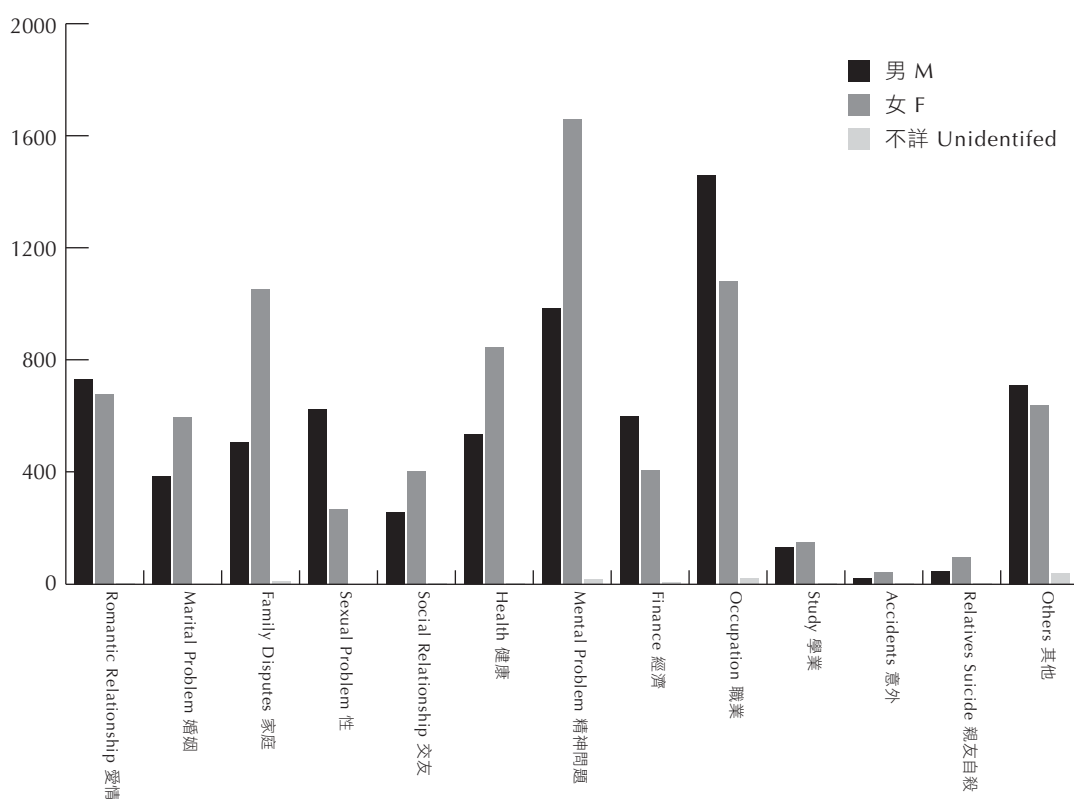
(Table 6.1.3) Types and Sex Distribution Cases in 2009

(表 6.1.3) 二零零九年個案類別及性別分佈表

Types 個案類別	2009年個案 Cases					2008年個案 Cases	
	男 Male	女 Female	不詳 Unknown	總數 Sub-total	%	總數 Total	%
Romantic Relationship 愛情	733	678	5	1416	9.42	1651	11.50
Marital Problem 婚姻	386	597	0	983	6.54	888	6.18
Family Disputes 家庭	507	1054	11	1572	10.46	1368	9.53
Sexual Problem 性	623	268	1	892	5.93	763	5.31
Social Relationship 交友	257	402	4	663	4.41	737	5.13
Health 健康	535	845	5	1385	9.21	1024	7.13
Mental Problem 精神問題	984	1659	17	2660	17.69	2761	19.23
Finance 經濟	598	406	6	1010	6.72	938	6.53
Occupation 職業	1459	1083	20	2562	17.04	2170	15.11
Study 學業	131	151	4	286	1.90	344	2.40
Accidents 意外	23	44	3	70	0.47	63	0.44
Relatives Suicide 親友自殺	46	97	3	146	0.97	199	1.39
Others 其他	712	638	40	1390	9.24	1454	10.12
總數 Total	6994	7922	119	15035	100	14360	100

Types and Sex Distribution Cases in 2009

二零零九年個案類別及性別分佈圖



(Table 6.1.4) Types, Age and Sex Distribution Cases in 2009
(表 6.1.4) 二零零九年個案類別、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	2	0	3	37	53	112	91	118	106
Marital Problem 婚姻	0	1	0	0	1	10	5	7	17	56
Family Disputes 家庭	0	0	14	10	55	41	82	55	66	90
Sexual Problem 性	1	1	8	9	76	37	247	28	95	17
Social Relationship 交友	0	0	1	9	25	20	41	48	26	56
Health 健康	0	0	4	0	31	11	36	30	38	56
Mental Problem 精神問題	0	0	1	0	24	31	40	59	67	64
Finance 經濟	0	0	0	0	28	6	44	15	53	13
Occupation 職業	0	0	1	0	27	11	131	105	209	279
Study 學業	0	0	9	8	61	48	37	36	11	9
Accidents 意外	0	0	0	0	0	1	3	0	1	4
Relatives Suicide 親友自殺	0	0	0	0	2	6	6	14	5	11
Others 其他	0	0	1	4	61	24	125	36	83	38
總數 Total	1	4	39	43	428	299	909	524	789	799

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	121	139	65	71	123	87	83	32	29	48
Marital Problem 婚姻	87	95	47	82	93	166	65	62	33	47
Family Disputes 家庭	72	149	33	101	66	226	45	152	23	132
Sexual Problem 性	88	83	18	31	44	37	5	0	7	8
Social Relationship 交友	54	72	16	57	27	59	38	24	10	25
Health 健康	73	238	30	84	70	176	116	100	76	68
Mental Problem 精神問題	214	418	119	280	231	360	116	166	83	122
Finance 經濟	117	63	51	41	116	100	74	73	58	43
Occupation 職業	357	234	166	122	282	135	125	80	77	40
Study 學業	6	11	0	8	0	9	0	11	1	3
Accidents 意外	3	4	3	2	3	18	2	4	0	5
Relatives Suicide 親友自殺	8	17	2	6	5	16	3	3	5	3
Others 其他	130	130	36	60	92	123	29	49	30	54
總數 Total	1330	1653	586	945	1152	1512	701	756	432	598

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	7	3	0	0	0	0	38	43	733	678	1411
Marital Problem 婚姻	7	16	7	20	3	5	21	30	386	597	983
Family Disputes 家庭	14	25	11	11	4	8	22	54	507	1054	1561
Sexual Problem 性	1	2	0	0	0	0	33	15	623	268	891
Social Relationship 交友	0	2	5	1	2	1	12	28	257	402	659
Health 健康	18	7	5	8	14	6	24	61	535	845	1380
Mental Problem 精神問題	14	24	8	18	11	8	56	109	984	1659	2643
Finance 經濟	20	16	10	1	1	0	26	35	598	406	1004
Occupation 職業	24	5	2	0	1	1	57	71	1459	1083	2542
Study 學業	0	0	0	0	0	0	6	8	131	151	282
Accidents 意外	1	0	1	2	1	0	5	4	23	44	67
Relatives Suicide 親友自殺	0	1	0	2	1	0	9	18	46	97	143
Others 其他	7	2	10	9	22	2	86	107	712	638	1350
總數 Total	113	103	59	72	60	31	395	583	6994	7922	14916

(Table 6.1.5) Suicidal Assessment in 2009
(表 6.1.5) 二零零九年求助者的自殺危機評估表

Suicidal Accessment 即時自殺危機	2009							2008	
	男 M	%	女 F	%	U 不詳	%	T 總計	%	T 總計
Imminently Suicidal 高	29	0.26	38	0.35	1	0.01	68	0.62	105
Suicidal with Plan 中	114	1.04	155	1.41	6	0.05	275	2.51	343
Suicidal Idea 低	577	5.26	753	6.86	41	0.37	1371	12.49	1425
No Suicidal Idea 無	4120	37.53	4597	41.87	48	0.44	8765	79.84	8524
N/A 不適用	252	2.30	241	2.20	6	0.05	499	4.54	434
總數 Total	5092	46.39	5784	52.69	102	0.92	10978	100	10831

(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 零九年二月起(為期一年)	47 期	93 人
Starting from July 零九年十月起(為期一年)	48 期	56 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
February 2 月	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	4
March 3 月	Visiting The Samaritans Hong Kong 探訪撒瑪利亞會	Visit 探訪	1
	Retreat Camp 2009 退修營 – 愛回家之我的家有……	Training 訓練	2
	Case sharing 個案分享會 – 熱線輔導的迷思	Training 訓練	1
	Workshop on Emotion Management 情緒紅綠燈 – 憤怒篇	Training 訓練	2
May 5 月	Visiting Suicide Prevention Services 探訪生命熱線	Training 訓練	1
	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	2
June 6 月	Supporting Team of HKCEE and HKALE students 會考放榜支援小組	Training 訓練	1
	Case sharing 個案分享會 – 個案背後的我	Training 訓練	1
	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	2
July 7 月	46th pre-service volunteer training Graduation 46 期熱線義工訓練畢業禮暨謝師宴	Training 訓練	1
	Hidden Seniors Service 隱閉長者服務講座	Training 訓練	1
	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	1
August 8 月	Visiting Senior Citizen Home Safety Association 探訪長者安居服務協會	Training 訓練	1

(Table 6.1.7) Hotline Volunteers In-service Training
(表 6.1.7) 熱線義工在職訓練

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
September 9月	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	2
	Enlarge Happy for Health and Beauty 放大快樂尋健、美	Training 訓練	1
	Meditation Class 靜觀課程 2009	Training 訓練	2
October 10月	Group Leader Training Workshop 訓練組長帶領技巧工作坊	Training 訓練	2
	Meditation Class 靜觀課程 2009	Training 訓練	6
November 11月	Group Leader Training Workshop 訓練組長帶領技巧工作坊	Training 訓練	1
	Case sharing 個案分享會 – 以人為本與助人關係	Training 訓練	1
	Meditation Class 靜觀課程 2009	Training 訓練	4
	Yoga Class 快樂在瑜伽	Training 訓練	2
	Taiwan Exchange Trip Programme 台灣交流團	Training 訓練	10
December 12月	New members training programme 新會員培訓計劃 – 拼發義工生命力量	Training 訓練	1
	Yoga Class 快樂在瑜伽	Training 訓練	5

(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	70	128

(B) Age Distribution 年齡分佈

	Male 男	Female 女
20-24	0	3
25-34	12	28
35-44	17	26
45-54	30	57
55+	11	14
Total 合共	70	128

(C) Year of Service 服務年資

	Male 男	Female 女
一年以下 Below 1 Year	20	47
2-3 年 / years	11	14
4-5 年 / years	5	13
6-7 年 / years	8	14
8-9 年 / years	6	7
10 年或以上 / 10 years above	20	33
Total 合共	70	128

(D) Education Level 教育程度

	Male 男	Female 女
University / College 大學或大專	52	76
Post-Secondary 預科	3	10
Secondary School 中學	12	23
Others 其他	3	19
Total 合共	70	128

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50小時以下 / Below 50 hrs	5	21
51-100小時 / hours	22	48
101-200小時 / hours	37	45
201-300小時 / hours	4	14
300小時以上 / hours above	2	0
Total 合共	70	128

(F) Occupation 職業

	Male 男	Female 女
Blue collars 藍領階層	3	0
Disciplinaries 紀律部隊	6	4
Education 教育界	8	16
Educational & Psychology 教育或心理學家	2	0
Housewife 家庭主婦	0	17
Information Technology 科技專業	9	3
Media 傳播界	1	0
Medical 醫護界	2	13
Merchant 商人	2	2
Retired 退休	6	5
Self-employed 自僱	0	1
Social Service Field 社工或社會服務界	5	9
Student 學生	1	6
Unemployed 待業	2	0
White collars 白領階層	19	44
Academic 學術界	0	0
Others 其他	4	8
Total 合共	70	128

(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
March 3月	Student from SKH Lam Kau Mow Secondary School (Phone Interview) 聖公會林裘謀中學學生 (電話訪問)	SBHK services Logos 了解熱線服務理念	/
	Student from the Social Work Department, The University of Hong Kong (Phone Interview) 香港大學社工系學生 (電話訪問)	Operation of non-suicide agreement 關於不自殺協議在香港的運用情況	/
	Suicide Prevention Services 生命熱線	Operation of Hotline Service 了解本會熱線服務及運作	24
April 4月	Hong Kong Cancer Fund 香港癌症基金會	Operation of Hotline Service 了解本會服務及電話系統運作	7
	Student from the Department of Journalism & Communication, Hong Kong Shue Yan University 樹仁大學新聞與傳播系學生	SPOT Project 了解網蹤人計劃	1
	Student from The Hong Kong Polytechnic University 理工大學學生	SBHK services 了解本會服務	1
May 5月	MiaoLi County Government 台灣苗栗縣政府	SBHK services 認識本會服務	23
June 6月	Student from the Department of Psychology, The University of Hong Kong (Phone Interview) 香港大學心理學系學生 (電話訪問)	SBHK service and application conditions 關於本會義工服務及申請條件	/
September 9月	Life Time 影音使團人生熱線	Information about telephone system and Volunteer training 了解本會電話系統及義工培訓工作	4
October 10月	Lifeline Organization, Taiwan 台灣生命線	SBHK services 了解本會服務	3
November 11月	Student from Institute of Vocational Education (Phone Interview) 香港專業教育學院學生 (電話訪問)	Suicide Problem of Children 了解兒童自殺問題	/
	Social Worker from Shanghai Sunshine Community-Youth Affairs Centre 上海市陽光社區青少年事務中心社工	Operation of Hotline Service 本會服務內容及運作	1
	Students from the Department of Social Work, The City University of Hong Kong 香港城市大學社工系學生	Brief introduction of SBHK service after the earthquake in Sichuan Province 關於本會為四川災區提供服務的狀況簡介	3
December 12月	Union of Catholic Asian News (Phone Interview) 天主教亞洲通訊社 (電話訪問)	Suicide Problem of Youth & the Service provided by SBHK 青少年自殺問題及本會就青少年提供之服務	/

(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
機構	March 3月	Hong Kong Housing Society 香港房屋協會	Soul Caring Service Day 心靈關顧服務日	20
	April 4月	Hong Kong Housing Society 香港房屋協會	Soul Caring Service Day 心靈關顧服務日	50
	May 5月	Hong Kong Housing Society 香港房屋協會	Soul Caring Service Day 心靈關顧服務日	80
	August 8月	Caritas Macau 澳門明愛	Workshop about suicide assessment & handling skills 熱線自殺危機評估處理工作坊	37
	November 11月	Defond Group Ltd 德豐集團	Aspects of emotional stress 情緒壓力面面觀	48

(Table 6.1.11) Mass Media
(表 6.1.11) 傳媒

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
January 1月	Number of help seeking from 2006 to 2008 (Phone Interview) 2006-2008年熱線求助數字 (電話訪問)	Oriental Daily News 東方日報
February 2月	Mental patients' help seeking during the period of Financial crisis (Phone Interview) 在金融海嘯下，精神病人求助情況 (電話訪問)	Oriental Daily News 東方日報
	Number of help seeking in past 6 months 近半年熱線求助情況	TIMES Magazine 時代雜誌
	Help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下自殺者求助情況 (電話訪問)	Oriental Daily News 東方日報
	Unemployment issue of the Middle Class (Phone Interview) 關於中產階層失業問題 (電話訪問)	Next Magazine 壹週刊
March 3月	Changes of help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下求助情況的改變 (電話訪問)	Ta Kung Pao 大公報
	Family affairs and changes of help seeking during the period of Financial crisis (Phone Interview) 金融海嘯引發家庭問題及求助情況之改變 (電話訪問)	Oriental Daily News 東方日報
	Unemployed help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下失業人士的求助情況 (電話訪問)	Apple Daily 蘋果日報
	Unemployed help seeking during the period of Financial crisis (Phone Interview) 金融海嘯下失業人士的求助情況 (電話訪問)	Wen Wei Po 文匯報
	Principles of reporting to the police & Methods of handling high crisis cases (Phone Interview) 本會報警原則及處理危機個案方法 (電話訪問)	Ming Pao 明報
	SPOT Project (Phone Interview) 有關網蹤人計劃的推行 (電話訪問)	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	SPOT Project (Phone Interview) 有關網蹤人計劃的推行 (電話訪問)	Ming Pao 明報
	Needs of the low income families 關於低收入家庭的支援需要	Hong Kong Broadband 香港寬頻

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
March 3月	Changes of help seeking ratio of two genders between September 2008 and January 2009 (Phone Interview) 關於08年9月至09年1月期間求助男女比例的改變 (電話訪問)	Ming Pao 明報
	SPOT Project 網蹤人計劃的推行詳情	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
April 4月	SPOT Project 拍攝及訪問網蹤人計劃	TVB 電視廣播有限公司
	SBHK events for the Financial crisis (Phone Interview) 查詢本會金融海嘯活動內容 (電話訪問)	Economic Times 經濟日報
	Debt due cases & changes of help seeking caused by economic problems (Phone Interview) 欠債個案及經濟問題求助個案的改變 (電話訪問)	Apple Daily 蘋果日報
May 5月	Number of help seeking caused by long-term illness (Phone Interview) 關於因長期病而致電求助的數字 (電話訪問)	RTHK 香港電台
July 7月	Student suicidal case caused by spirit board (mysterious game) 關於學生因玩「碟仙」而自殺的個案	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	SPOT Project 關於本會網蹤人計劃的簡介	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	Persecution before & after HKCEE for candidates 關於會考生放榜前後遇到的困擾及本會的回應	Jil Jak 招職
August 8月	Euthanasia 關於安樂死	The Interactive Channel TV 互動電視
October 10月	Suicide prevention information 防止自殺工作及資料介紹	RTHK 香港電台
November 11月	SPOT Project 關於網蹤人計劃	Sing Tao Daily 星島日報
		Oriental Daily News 東方日報
		Sing Pao 成報
	SPOT Project and cooperation with colleges (Phone Interview) 關於網蹤人計劃與院校合作 (電話訪問)	Sing Tao Daily 星島日報
	Students' suicidal problem (Phone Interview) 關於學生自殺問題及家長的處理 (電話訪問)	Whiz-kids Express Weekly 兒童快報
	Suicidal circumstance and help seeking situation (Phone Interview) 本港自殺情況及熱線求助情況 (電話訪問)	TVB (Pay version) 無線收費電視
	SPOT Project 關於網蹤人計劃	Cable TV 有線電視
	Facebook issue & Possibility of recruiting network Social workers (Phone Interview) 關於Facebook事件的看法及增加網絡社工的可能性 (電話訪問)	Ming Pao 明報
	SBHK's work on internet & the number of suicidal cases in past 3 years (Phone Interview) 本會網絡工作的情況及過去3年的自殺數字 (電話訪問)	South China Morning Post 南華早報
	Influence of suicidal appeal on Internet (Phone Interview) 透過網絡呼籲自殺的形式帶來的影響 (電話訪問)	Sing Pao 成報
	Suicidal appeal on Internet (Phone Interview) 網絡呼籲自殺的感染力 (電話訪問)	Wen Wei Po 文匯報

Month 月份	Programme (Theme) 節目名稱 (主題)	Organization 主辦機構
November 11月	Viewpoint on Facebook issue (Phone Interview) 關於 Facebook 事件的看法 (電話訪問)	ATV 亞洲電視
	Viewpoint on Facebook issue & appeal (Phone Interview) 對 Facebook 現象的看法及呼籲 (電話訪問)	Hong Kong Commercial Broadcasting Co. Ltd. 商業電台
	Intervention & prevention of Facebook suicide group 關於自殺群組事件的介入及預防工作	Metro Broadcast 新城電台
	Purpose, contents & operation of SPOT Project (Phone Interview) 網蹤人計劃目的、內容及解決方法 (電話訪問)	Next Magazine 壹週刊
	Difficulties for Hotline service (Phone Interview) 關於現時熱線服務面對的困難及求助情況 (電話訪問)	Face Magazine Face 雜誌
December 12月	Prediction of Youth suicide & SPOT Project (Phone Interview) 青少年預言自殺事件的看法及了解網蹤人服務 (電話訪問)	Oriental Daily News 東方日報
	SPOT Project & Limitation (Phone Interview) 了解網蹤人服務及現存限制 (電話訪問)	Cable TV 有線電視
	Effective suicide prevention 防止自殺工作的有效推行方法	The Interactive Channel TV 互動電視
	SPOT Project 網蹤人計劃介紹	Headline Daily 頭條日報
		ATV 亞洲電視
		Cable TV 有線電視
	Youth suicidal problem 青少年自殺問題及求助趨勢	Sing Tao Daily 星島日報

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

Month 月份	Theme of Conference / Visit 會議主題	Organization 辦 / 探訪機構
November 11月	Taipei Tour 台灣交流團	Visit 5 associations in Taipei for exchanging service experience 參觀當地 5 間有關機構作服務交流

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

Period 日期	Name of Programme 活動名稱
18/1/2009	"Walk along with you" Teen Volunteers Training Scheme 2008 – Happy of Froce Carnival and Volunteer Awards Ceremony 「沿海有你」朋輩義工訓練計劃 2008 -- 快樂力量遊戲日暨義工嘉許禮
10/2009-12/2009	"Every family has pieces happy thing" Essay activities 「家家有件開心事」徵文活動
13/5/2009	Concern financial tsunami working group - Soul care Service Day 關注金融海嘯工作小組 – 心靈關顧服務日
9/2009	Volunteer pilot training course 義工先導培訓課程

(Table 6.1.14) Suicidal Assessment of SPOT Cases in 2009

(表 6.1.14) 2009 年網蹤人跟進個案及危機程度統計表

月份 / 危機程度	1/2009	2/2009	3/2009	4/2009	5/2009	6/2009	7/2009	8/2009	9/2009	10/2009	11/2009	12/2009	分項總數
高	0	0	2	9	9	9	1	0	1	2	0	16	49
中	0	0	12	7	5	10	5	16	12	7	29	75	178
低	0	2	14	19	7	14	17	25	11	21	25	48	203
無	0	1	8	25	19	10	17	9	21	15	15	32	172
不詳	0	2	0	1	1	2	1	2	7	4	2	10	32
	0	5	36	61	41	45	41	52	52	49	71	181	634

(Table 6.1.15) Overall Statistics of SPOT Project 2009

(表 6.1.15) 2009 年網蹤人服務總表

性別 Sex	年齡 Age	總數 Total	危機 Risk	分項 總數 Sub Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 Occupation	學業 Study	親友自殺 Relatives Suicide	其他 Others
女 Female	10-19	175	高 high	7	2		5						1			
			中 middle	88	10	3	65		10				1			3
			低 low	55	9	19	5	0	20	1	2	1	10			
			無 none	22	12	6	2	0	1	0	0	2	5			
			不適用 N/A	3	1	1			1				1			
				175	34	29	77	0	32	1	2	3	18			
			%		19.43	16.57	44.00	0.00	18.29	0.57	1.14	1.71	10.29			
男 Male	10-19	20	高 high	2												2
			中 middle	0												
			低 low	5		1	2		1				2			
			無 none	13	2	2						2	5			
			不適用 N/A	0												
				20	2	3	2		1			2	7			
			%		10	15	10		5			10	35			
女 Female	20-29	201	高 high	13	8	3	4	1		1	1					
			中 middle	48	27	9	10	11	3		5		1		4	
			低 low	63	23	8	26	6	8	2	12	0		3	3	
			無 none	69	24	6	4	3	3	10	6	14	3	1	2	
			不適用 N/A	8	4	2	2	1	1		1			2	1	
				201	86	28	46	22	15	13	25	14	4	6	10	
			%		42.79	13.93	22.89	10.95	7.46	6.47	12.44	6.97	1.99	2.99	4.98	

性別 Sex	年齡 Age	總數 Total	危機 Risk	分項 總數 Sub Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 occupation	學業 Study	親友自殺 Relatives Suicide	其他 Others
男 Male	20-29	33	高 high	3	3										3	
			中 middle	5	5											
			低 low	12	5	3		5			6					
			無 none	12	1			3			2		5		2	
			不適用 N/A	1											1	
				33	14	3		8			8		5		6	
				%	42.42	9.09		24.24			24.24		15.15		18.18	
女 Female	30-39	40	高 high	17	0	1	14	11	0	0	15				6	
			中 middle	9	0	0	7	6	0	0	8				6	
			低 low	6	1	1	4	2	0		3				2	
			無 none	5	4	1	1				1					
			不適用 N/A	3	2		1	1			1					
				40	7	3	27	20			28				14	
				%	17.5	7.5	67.5	50			70				35	
男 Male	30-39	9	高 high	0												
			中 middle	1							1					
			低 low	3						1					2	
			無 none	4								3				
			不適用 N/A	1												
				9						1	1	3			2	
				%						11.11	11.11	33.33			22.22	
女 Female	40-49	5	高 high	0												
			中 middle	0												
			低 low	1							1		1			
			無 none	4				1		2	1		1			
			不適用 N/A	0												
				5				1		2	2		2			
				%				20		40	40		40			
男 Male	50-59	13	高 high	0												
			中 middle	4		2	4				2					
			低 low	7		5	7	1			5					
			無 none	1			1									
			不適用 N/A	1		1	1				1					
				13		8	13	1			8					
				%		61.54	100.00	7.69			61.54					

性別 Sex	年齡 Age	總數 Total	危機 Risk	分項 總數 Sub Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 occupation	學業 Study	親友自殺 Relatives Suicide	其他 Others
不詳 Unknown		47	高 high	1			1									
			中 middle	9			1	4			3				1	
			低 low	23	3	1	1	4	2	1			2			
			無 none	7				1				2	1		1	
			不適用 N/A	7												
				47	3	1	3	9	2	1	3	2	3		2	
			%		6.38	2.13	6.38	19.15	4.26	2.13	6.38	4.26	6.38		4.26	
女 Female	Unknown	77	高 high	7	7											
			中 middle	14	2	1	8									
			低 low	20	7	2	4	0	1	1	2		1			
			無 none	29	18	2	5	3		1		1				
			不適用 N/A	7			1				1	1				
				77	34	5	18	3	1	2	3	2	1			
			%		44.16	6.49	23.38	3.90	1.30	2.60	3.90	2.60	1.30			
男 Male	Unknown	14	高 high	0												
			中 middle	1	1											
			低 low	7	1		1	1			2	1				
			無 none	6	6											
			不適用 N/A	0												
				14	8		1	1			2	1				
			%		57.14		7.14	7.14			14.29	7.14				

(Table 6.1.16) Types and Age Distribution Cases of SPOT Project 2009
(表 6.1.16) 2009年網蹤人計劃年齡及個案類別分佈表

性別 Sex	年齡 Age	個案總數 Total	愛情 Romantic Relationship	婚姻 Marital Problem	家庭 Family Disputes	性 Sexual Problem	交友 Social Relationship	健康 Health	精神問題 Mental Problem	經濟 Finance	職業 Occupation	學業 Study	親友自殺 Relatives Suicide
女 Female	10 - 19	175	19.4%	16.6%	44.0%	0	18.3%	0.6%	1.1%	1.7%	10.3%	0	0
男 Male	10 - 19	20	10%	15%	10%	0	5%	0	0	10%	35%	0	0
女 Female	20 - 29	201	42.8%	13.9%	22.9%	10.9%	7.5%	6.5%	12.4%	7.0%	2%	3%	5%
男 Male	20 - 29	33	42.4%	9.1%	0	24.2%	0	0	24.2%	0	15.2%	0	18.2%
女 Female	30 - 39	40	17.5%	7.5%	67.5%	50%	0	0	70%	0	0	0	
男 Male	30 - 39	9	0	0	0	0	0	11.1%	11.1%	33.3%	0	0	22.2%
女 Female	40 - 49	5	0	0	0	20%	0	40%	40%	0	40%	0	0
男 Male	50 - 59	13	0	61.5%	100%	7.7%	0	0	61.5%	0	0	0	0
女 Female	不詳 Unknown	77	44.2%	6.5%	23.4%	3.9%	1.3%	2.6%	3.9%	2.6%	1.3%	0	0
男 Male	不詳 Unknown	14	57.1%	0	7.1%	7.1%	0	0	14.3%	7.1%			
不詳 Unknown	10以上 Above 10	47	6.4%	2.10%	6.4%	19.1%	4.3%	2.1%	6.4%	4.3%	6.4%		4.3%
	總數	634											

6.2 LIFE EDUCATION CENTRE

| YAU PUI FAN, KATIE (PROJECT MANAGER) |

Introduction

Life Education Centre (LEC) has begun its service with the generous support from the Hong Kong Jockey Club Charity Trust Fund to continuously launch the "Suicide Prevention Education Project" since 2002. Suicide prevention work is preventive in service nature, through outreaching life education programmes like talks, workshops, follow-up groups, "Life Ambassador" volunteers' training course, Suicide Prevention Resources Library and publications of life education materials, the message of life cherishment and encouraging mutual care among people are well promoted to our society.

Our Service

People at different life stages encounter different difficulties or challenges, they need well-equip themselves to face those changes with quality psychological preparation is crucial. In order to strengthen people's Adversity Quotient, emotional management and stress management, LEC out-reached different schools and organizations to provide preventive and educational service such as talks, workshops and groups, those themes mainly focused on positive life and suicide prevention.

Talks and Workshops

Between January and December of 2009, LEC conducted 39 and 17 talks and workshops respectively, and its total number of participants were 6, 351. Details were shown in the following table.

Follow-up Groups

Talks followed by follow-up groups were conducted so as to further strengthen those participants' self-reflections and application on the topic, between January and December of 2009, 7 follow-up groups with the themes of emotional management and positive life were conducted in primary schools, secondary schools and tertiary institutions, 6 to 8 sessions of each group was provided and its total number of participants was 95. Through various activities to allow participants discuss and share about their reflections and perceptions on the topic, it could further deepen their understanding on the importance of awareness and applications of the topic.

"Life Ambassadors" Volunteers' Training Course

A group-based training course for "Life Ambassadors" aiming at equipping them to become our community watchdogs to promote the spirit of mutual help and message of life cherishment to public was provided. Through a variety of activities and case study, volunteers' understanding on the problem of suicide attempt and attitudes and skills in helping others can be strengthened.

16th and 17th "Life Ambassadors" Volunteers' Training Courses were conducted in 2009. A total number of 39 volunteers were trained and qualified to participate into community visit and case-caring service. LEC co-operated with our Suicide Crisis Intervention Centre, SAGE Mrs Wong Yee Jar Jat Memorial Care and Attention Home, Housing for Senior Citizens, Housing Department (Shui Tin House, Pak Tin Estate) and Housing for Senior Citizens, Housing Department (Sheung Lok House, Sheung Lok Estate) and a total number of 93 home visits were provided to the people under emotional distress and lack of supporting network in this year.

Apart from the home visit service, "Life Ambassadors" actively participated into different volunteers' service of various organizations including the Rice Dumplings Giving on Tuen Ng Festival organized by The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre in May, the provision of leisure activities held in The Hong Kong Society for the Blind - Morning Glory DAC cum Hostel for medium to severe grade of Mentally Retarded and visually as well as deaf handicapped people, and our "Totemotion Fun Day" in July, the Elderly Visit on Mid-Autumn Festival organized by The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre and our "Sunny Life" Short Positive Lives Video Competition and Prizing Giving Ceremony in September, the Picnic with Wheel-chaired Elderly organized by the Pak Tin Baptist Church Reading Room, Library & Social Centre for the Elderly to accompany and assist those wheel-chaired elderly to go to the country park, and the provision of Christmas Party held in the Hong Kong Sheng Kung Hui St Peter's Church for those retired seamen and their family members in December.

Hong Kong Jockey Club Suicide Prevention Resources Library

In order to increase the attraction of our library to the general public in more resourceful and user-friendly way, LEC made a great effort during the year to expand the variety of collection and its coverage. Various indigenous, local or international publications related to suicide prevention and life education including brochures, leaflets, books, reports, video tapes, VCDs and play kits were collected. In 2009, there were 1,787 library visitors and 360 people borrowed materials from the library.

Publications / Life Education Materials

With reference to our past experience in making of life education materials, the trend of a text-based approach was extended to a multimedia-based approach. "Spot on Life" Multi-media Life Education Disc was released in March of 2009. 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 Blessing" by Ms Esther Lo. These three warriors of life shared their experience of tackling the adversity. Meanwhile, the "Spot on Life" First Broadcasting Ceremony was held on 21 March 2009 in the Duke of Windsor Social Service Building. Besides, the "Totemotion" Computer Game Disc was released in July. Another mass program, "Totemotion Fun Day" was held in the Ma On Shan Plaza on 26 July 2009 to increase the public's awareness of emotions and its handling skills.

LEC also published the 56th and 57th SBHK newsletter, "Life Interflow" in 2009 with the theme of "The Joy and Anger of Being Unemployed" and "The Legend of Happiness" respectively. "The Joy and Anger of Being Unemployed" reported the psychological changes of people in facing unemployment from pessimistic and complaining to positive and actively adapted attitudes, the importance of family member support and shared the life wisdom in facing adversity through interviews with focus group and professionals. "The Legend of Happiness" through interviews with different people and a self-test on the extent of happiness to pinpoint the feeling of happiness was a matter of views from self-perception towards environment and whether people could enjoy their life even under disadvantage.

Agency Visit

Two agencies visited LEC in April and December, namely they were Lee Hysan Foundation and the Macau Yat On Centre respectively.

Mass Media and Other Parties Interviews

The dissemination of positive life messages through mass media was inevitably effective and could benefit the whole society. Twenty-two times of interviews were conducted in 2009 and three of them were live broadcasting programmes to introduce the "Spot on Life" Life Education Disc and other Life Education Materials.

Conclusion

The work of life education has developed for nearly eight years, from various sources, levels and intervention methods to disseminate the message of life cherishment continuously. We hope that people no matter under adverse social or personal environment can positively cope with self, environment and people can find their outlets in such a dynamic life.

6.2 生命教育中心

邱佩芬 (項目經理)

前言

生命教育中心由2002年開始承蒙得到香港賽馬會慈善信託基金的捐助，得以持續推展「防止自殺教育計劃」。防止自殺的工作屬於預防性質，透過外展講座、跟進式小組、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，將珍惜生命及鼓勵關愛互助的訊息傳播給社會人士。

恆常服務：外展講座、跟進式小組、珍惜生命大使訓練、圖書閣及教材製作

人生在不同的階段都會遇上困難或挑戰，不時需要裝備自己應付種種的變化，心理質素的預備尤其重要，為了提升社會人士的逆境智商、情緒管理及壓力處理等的心理質素，中心以外展形式到學校及機構提供相關的預防性的教育服務，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2009年1 – 12月期間，中心共提供了分別39場及17場的講座及工作坊，服務人數共6,351人。有關詳情，可參閱附表。

跟進式小組

為深化服務對象於出席專題講座後對题目的反思及掌握，在2009年1 – 12月期間，共舉辦了7個跟進式小組，分別在小學、中學及專上學院開辦了「情緒管理」、及「積極人生」的小組，每組約6 – 8節，服務人數共95人，讓組員可以在活動中作主題探討及交流，能夠更加深入掌握對有關题目的認知及應用的重要。

「珍惜生命大使」義工訓練課程

中心以小組形式訓練「珍惜生命大使」，透過活動及個案分享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，從而訓練他們成為社區的守望者，發揮守望相助的精神，傳揚珍惜生命的訊息予社區有需要的人士。

在2009年，「珍惜生命大使」義工訓練課程開辦了第16及17期，共培訓了39位「珍惜生命大使」，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、耆康會王余家潔護理安老院、房屋署長者住屋（白田邨瑞田樓）及房屋署長者住屋（常樂邨常樂樓）合作，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，全年共探訪了93位服務對象。

「珍惜生命大使」除了進行探訪服務，他們積極參與不同機構的義工服務，包括5月到訪鄰舍輔導會 - 深水埗康齡社區服務中心參與派發端午節糉子予長者、7月分別到訪香港盲人輔導會 - 朝陽中心暨宿舍為中度至嚴重智障及視、聽障人士提供遊戲活動及參與本會的《「情緒圖騰」遊戲日》大型地區教育活動、9月分別到訪鄰舍輔導會 - 深水埗康齡社區服務中心進行中秋節長者探訪及參與本會的《「活出SUN命」短片創作頒獎禮》大型活動、10月與白田浸信會圖書閱覽室暨老人休憩中心合作，參與《家友輪里半天遊》活動，由大使陪同坐輪椅的長者進行郊遊、12月到聖公會海員傳導會提供聖誕派對予退休海員及其家屬。

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2009年，圖書閣的到場人數為1,787，而借用圖書及視聽資料的人數亦有360人。

教材製作

中心參考過去累積多年的製作教材的經驗，從過去的文字手法擴展至多媒體製作，於2009年3月發行了「放眼生命」影碟，全片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。同時於2009年3月21日在溫莎公爵社會服務大廈舉行了「放眼生命」生命教育影碟首映禮。另外，於同年7月發行了「情緒圖騰」電腦遊戲光碟，並於2009年7月26日於馬鞍山廣場舉行了「情緒圖騰」遊戲日，透過攤位活動及「情緒圖騰」遊戲光碟現場試玩，增加社會人士對情緒的認識及情緒處理的技巧。

中心於2009年出版了第56及57期《生命交流》，主題分別是『失業「樂」與「怒」』及『一個快樂的傳說』。『失業「樂」與「怒」』透過訪問失業人士的心路歷程的轉變，由消極埋怨轉變為積極適應的生活態度，以及得到家人的支持的重要，分享逆境自強的人生智慧。『一個快樂的傳說』透過訪問不同的人物及進行自我快樂測試表，點出即使個人處於逆境的狀態，快樂是在乎自己的看法及能否享受生命的重要性。

機構探訪

分別於4月及12月接待了利希慎基金的基金職員及澳門逸安社的戒賭服務社工。

傳媒聯絡

透過傳媒的協助，可更有效地向普羅大眾宣揚與珍惜生命有關的訊息。在2009年，中心同事接受了22次的訪問，其中3次在電台直播節目中介紹「放眼生命」教育光碟、宣傳第十六期「珍惜生命大使」及生命教育教材的應用。

總結

生命教育的工作推展至今已接近八年，從不同的途徑、不同的層面及不同的手法將珍惜生命的訊息不斷的傳播，希望大眾市民不論在社會環境或個人環境裡遇到順境或逆境都能夠積極正面地適應自己、適應環境，為自己流動的生命尋找出路。

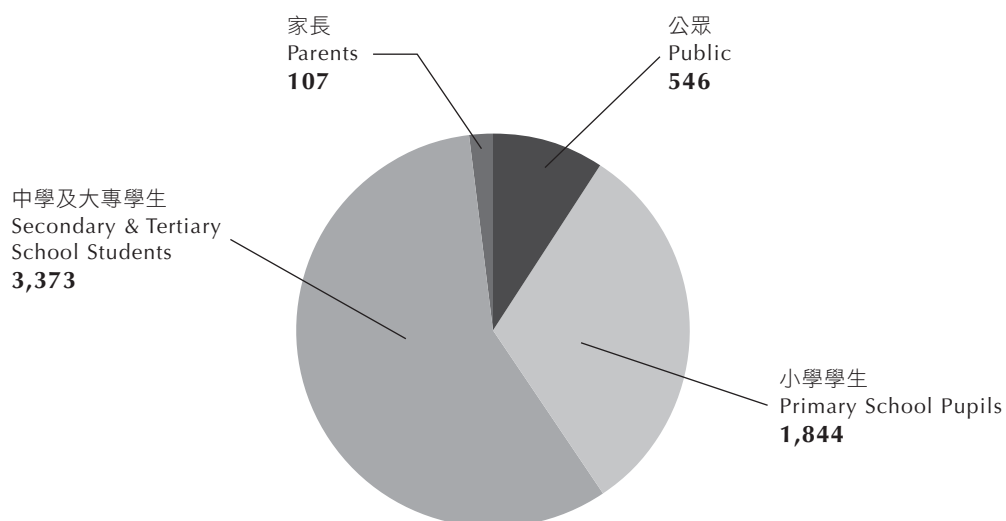
2009 講座服務數字

Service Output of Talks 2009

	小學學生 Primary School Pupils	中學及大專學生 Secondary & Tertiary School Students	家長 Parents	公眾 Public	總數 Total
人數 No. of Participants	1,844	3,373	107	546	5,870
場數 No. of Seminar	7	18	6	8	39

2009 講座人數一覽

No. of Participants in Talks 2009



2009 跟進式小組服務數字

Service Output of Follow-up Groups 2009

Total No. of Groups 合共組數：7		Total No. of Participants 合共人數：95	
主題 Topic	人數 No. of Participants	對象 Target	
情緒管理 Emotional Management	33	小一至小三學生 P. 1 – 3 Pupils	
情緒管理 Emotional Management	20	中一至中三學生 F. 1 – 3 Students	
情緒管理 Emotional Management	27	中四至中六學生 F. 4 – 6 Students	
積極人生 Positive Life	15	文憑學生 Diploma Students	

2009 工作坊服務數字

Service Output of Workshops 2009

Total No. of Workshops 合共場數：17		Total No. of Participants 合共人數：481	
主題 Topic	人數 No. of Participants	對象 Target	
預防自殺 Suicide Prevention	12	中六學生 F. 6 Students	
壓力處理 Stress Management	23	公眾人士 Public	
情緒處理 Emotional Management	35	小學親子 Parent and Child in Primary School	
親子溝通 Parent-child Communication	10	家長 Parents	
處理子女的情緒 Children's Emotions Handling	42	家長 Parents	
提升子女壓力處理及解決問題技巧 Strengthening Children's Stress Management and Problem Solving Skills	54	家長 Parents	
正向思維 Positive Thinking	12	公眾人士 Public	
朋輩互助技巧 Peer Counseling Skills	30	中三至中六學生 F. 3 – 6 Students	
師友計劃 – 學員培訓 Mentorship Scheme Training	17	中六學生 F. 6 Students	
長者情緒輔導及實務技巧 Elderly Counseling Skills	7	社工及義工 Social Workers and Volunteers	
生命教育教材應用 Life Education Materials Application	109	教師 Teachers	
全會義工訓練先導課程 Pilot Training for SBHK Volunteers	130	義工 Volunteers	

2009「珍惜生命大使」義工訓練課程

“Life Ambassadors” Volunteers’ Training Course 2009

期數 Phase	日期 Period (dd/mm/year)	時數 Training hours	對象 Target	參加人數 No. of Participant
16	21/05/2009 – 13/08/2009	22	公眾人士 Public	20
17	22/10/2009 – 07/01/2010	22	公眾人士 Public	19
Total No. of Participants 總人數				39 人

2009「珍惜生命大使」服務 “Life Ambassadors” Service 2009

合作機構 Partners	探訪個案數目 No. of Case
自殺危機處理中心 Suicide Crisis Intervention Centre	9
耆康會王余家潔護理安老院 SAGE Mrs Wong Yee Jar Jat Memorial Care and Attention Home	43
房屋署長者住屋 (白田邨瑞田樓) Housing for Senior Citizens, Housing Department (Shui Tin House, Pak Tin Estate)	20
房屋署長者住屋 (常樂邨常樂樓) Housing for Senior Citizens, Housing Department (Sheung Lok House, Sheung Lok Estate)	21
Total	93

2009「珍惜生命大使」活動 “Life Ambassadors” Activities 2009

合作機構 Partners	日期 Date (dd/mm/year)	活動 Activity	對象 Target	人數 No. of Participants
鄰舍輔導會 - 深水埗康齡社區服務中心 The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre	16/05/2009 23/05/2009	端午節派糰活動 Rice Dumplings Giving on Tuen Ng Festival	長者 Elderly	40
香港盲人輔導會 - 朝陽中心暨宿舍 The Hong Kong Society for the Blind - Morning Glory DAC cum Hostel	25/07/2009	遊戲活動 Leisure Activities	智障及視、 聽障人士 Mentally Retarded and Visually & Deaf Handicapped	16
香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	26/07/2009	「情緒圖騰」 遊戲日 “Totemotion Fun Day”	公眾人士 Public	400
鄰舍輔導會 - 深水埗康齡社區服務中心 The Neighbourhood Advice Council - Sham Shui Po District Elderly Community Centre	19/09/2009 26/09/2009	中秋節長者探訪 Elderly Visit on Mid- Autumn Festival	長者 Elderly	48
香港撒瑪利亞防止自殺會 The Samaritan Befrienders Hong Kong	06/09/2009	「活出SUN命」 短片創作頒獎禮 “Sunny Life” Short Positive Lives Video Competition and Prizing Giving Ceremony	公眾人士 Public	100
白田浸信會圖書閱覽室暨 老人休憩中心 Pak Tin Baptist Church Reading Room, Library & Social Centre for the Elderly	21/10/2009	家友輪里半天遊 Picnic with wheel- chaired elderly	長者 Elderly	20
聖公會海員傳道會 Hong Kong Sheng Kung Hui St Peter's Church	20/12/2009	聖誕派對 Christmas Party	社區人士 Public	120

2009 圖書閣使用紀錄

Utilization of the Resources Library 2009

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 Boards
2009 - 01	36	15	8	0	0
2009 - 02	65	10	27	0	0
2009 - 03	65	22	30	0	0
2009 - 04	186	13	3	0	0
2009 - 05	151	6	0	0	0
2009 - 06	138	12	5	0	0
2009 - 07	88	8	0	0	0
2009 - 08	453	33	2	0	0
2009 - 09	142	54	0	0	13
2009 - 10	201	49	6	0	0
2009 - 11	152	24	2	0	0
2009 - 12	110	13	4	0	1
Total 總數	1787	259	87	0	14

2009 刊物出版 / 教材製作

Publications / Life Education Materials 2009

	出版月份 Published Month	內容 Content	形式 Format
1	2 月	第 56 期生命交流 – 失業「樂」與「怒」 Life Interflow, SBHK Newsletter No. 56, “The Joy and Anger of Being Unemployed”	會訊 Newsletter
2	3 月	「放眼生命」生命教育光碟 Spot on Life” Multi-media Life Education Disc	影視光碟 VCD
3	7 月	「情緒圖騰」電腦遊戲光碟 “Totemotion” Computer Game Disc	電腦遊戲 Computer Game
4	7 月	第 57 期生命交流 - 「一個快樂的傳說」 Life Interflow, SBHK Newsletter No. 57, “The Legend of Happiness”	會訊 Newsletter

2009 機構探訪中心活動

Agency Visits 2009

月份 Month	機構名稱 Name of Agency	對象 Target	人數 No. of Participants
4 月 April	利希慎基金 Lee Hysan Foundation	職員 Staff	1
12 月 December	澳門逸安社 Macau Yat On Centre	戒賭服務社工 Gambling Addiction Service Social Workers	7

2009 傳媒及其他訪問活動

Mass Media and Other Parties Interviews 2009

日期 Date (dd/mm/year)	訪問機構 Organization	訪問內容 Content of Interview	形式 Format
18/2/2009	蘋果日報 - 情緒互動室 Apple Daily	身邊人情緒有變應予關懷 Caring for the people with emotional distress	文字報導 Literature
04/03/2009	蘋果日報 - 情緒互動室 Apple Daily	塞翁失馬 - 焉知非福 Look positive in disappointed moments	文字報導 Literature
18/03/2009	蘋果日報 - 情緒互動室 Apple Daily	積極面對不快感受 Handling unhappiness in positive way	文字報導 Literature
29/03/2009	商業電台 Commercial Radio Hong Kong	同途有心人 - 放眼生命 “Spot on Life”	現場直播 Live Broadcasting Program
01/04/2009	蘋果日報 - 情緒互動室 Apple Daily	急救情緒三大忌 Tips on handling negative emotions	文字報導 Literature
15/04/2009	蘋果日報 - 情緒互動室 Apple Daily	人際關係 Social relationship	文字報導 Literature
23/04/2009	明報 Ming Pao	第十六期珍惜生命大使宣傳 Promotion of 16th “Life Ambassadors” Volunteers’ Training Course	現場直播 Live Broadcasting Program
29/04/2009	蘋果日報 - 情緒互動室 Apple Daily	面對挑戰必須調較思想 Change of mind in facing challenges	文字報導 Literature
13/05/2009	蘋果日報 - 情緒互動室 Apple Daily	珍惜當下 - 與家人共度難關 Treasure the here and now- tackling difficulties with family	文字報導 Literature
27/05/2009	蘋果日報 - 情緒互動室 Apple Daily	情緒不穩，坦誠表達 Emotional distress, sincerely express	文字報導 Literature
19/05/2009	香港電台 RTHK	笑容從家開始 - 介紹 29/5/09 教材應用工作坊 Introducing Life Education Materials	現場直播 Live Broadcasting Program
10/06/2009	蘋果日報 - 情緒互動室 Apple Daily	選擇快樂生活的要訣 Tips on how to live happily	文字報導 Literature
24/06/2009	蘋果日報 - 情緒互動室 Apple Daily	選擇正面方式表達情緒 Positive expression of emotions	文字報導 Literature
08/07/2009	蘋果日報 - 情緒互動室 Apple Daily	切勿借助藥物紓緩壓力 Ever never use drugs to handle stress	文字報導 Literature
22/07/2009	蘋果日報 - 情緒互動室 Apple Daily	珍惜相聚每一刻 Treasure the time with your significant others	文字報導 Literature
05/08/2009	蘋果日報 - 情緒互動室 Apple Daily	常懷感激心 - 快樂也相隨 Happiness followed by grateful heart	文字報導 Literature

日期 Date (dd/mm/year)	訪問機構 Organization	訪問內容 Content of Interview	形式 Format
19/08/2009	蘋果日報 - 情緒互動室 Apple Daily	積極回應可令快樂倍增 Positive feedback increases happiness	文字報導 Literature
02/09/2009	蘋果日報 - 情緒互動室 Apple Daily	情緒紅綠燈 Emotional management	文字報導 Literature
16/09/2009	蘋果日報 - 情緒互動室 Apple Daily	執著對錯，徒添怨憤 Persistent in differentiate right and wrong increases complaint and anger	文字報導 Literature
30/09/2009	蘋果日報 - 緒互動室 Apple Daily	睡眠質素影響情緒 Emotions affected by sleeping quality	文字報導 Literature
14/10/2009	蘋果日報 - 緒互動室 Apple Daily	避免婚禮喜事變氣事 To avoid marriage issues becoming disputes	文字報導 Literature
28/10/2009	蘋果日報 - 緒互動室 Apple Daily	學懂「放下」開展新旅程 New journey begins with “let go”	文字報導 Literature

6.3 SUICIDE CRISIS INTERVENTION CENTRE

Heung Mo Yan (CENTRE-IN-CHARGE)

Introduction

2009 was the eighth year of the Suicide Crisis Intervention Centre (SCIC) in operations. All through these years, SCIC was committed in providing core services of round-the-clock suicide crisis intervention and intensive counseling for those with moderate to high suicidal risk, and organizing different kinds of therapeutic, support and volunteer groups. Through the advisory service, training and publications for professional bodies, the communities and the media, SCIC shared its experience to enhance the public awareness to identify and handle suicide crisis. Since 2004, SCIC also provided counseling services to aftercare cases, families and friends of the individuals with suicide risk or unfortunately committed suicide.

In late 2007, more human resources had been devoted to the "Dandelion Project" which promotes more proactive and earlier support to suicide survivor. In mid 2008, SCIC collaborated with Hotline and Life Education Centre to initiate a project called "Suicide Prevention On inTernet (SPOT)". It aimed at identifying those who express suicidal intent on the web and providing early preventive service for them.

In view of the uniqueness and effectiveness, the above-mentioned programs has been granted as a subvented service of the Social Welfare Department in November 2009 and it definitely facilitated the future enhancement of our service.

Casework Service

Number of Crisis Cases

The major task of SCIC is to provide crisis intervention and intensive counseling services to suicidal persons with moderate and high suicide risk. At the same time, we offered 24-hour consultation and referral service for frontline volunteers and professionals from different sectors. A total of 1,258 crisis cases were handled in 2009.

Gender and Age

Among these 1,258 crisis cases, there were 456 male and 802 female clients. The male to female ratio is approximately 1:1.8. In particular, there was approximately one-fourth of total cases came from each age group of 20 to 29, 30 to 39 and 40 to 49. Almost half (46.7%) of the service users fell between the age range of 30 and 49, and 84.7% between that of 20 and 59. For those aged below 20 and over 60, there was 5.1% and 6.4% respectively. (Details are illustrated 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 and occupied nearly one-third of total cases, 193 cases (15.3%) and 208 cases (16.5%) respectively. Another one-third of cases involved marital, financial and other family problems - 145 cases (11.5%), 151 cases (12.0%) and 138 cases (11.0%) respectively. The last one-third of cases were distressed by mental health problems, personal problem, romantic relationship problems, interpersonal problems, physical health problems, and suicide death of others - 120 cases (9.5%), 87 cases (6.92%), 75 cases (6.0%), 54 cases (4.3%), 30 cases (2.4%) and 57 cases (4.5%) respectively. (Details are illustrated in Table 6.3.2 and Figure 6.3.2)

Risk Level

There were 566 (45.0% of total cases) and 244 (19.4%) cases assessed by referrers as moderate and high risk respectively. After the first session of intervention through telephone, face-to-face counselling or outreaching by SCIC, the number of cases assessed with moderate and high risks were 545 (43.3%) and 15 (1.2%) respectively. In the other words, the total number of moderate and high risk cases dropped from 810 to 560 (64.4% to 44.5%). The high-risk cases alone decreased significantly by over 90%. (Details are illustrated 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 2009, 492 cases (39.1%) were referred by social workers, 407 cases (32.4%) by service users who self-approached our service, 124 cases (9.9%) by those distressed by suicidal family members and friends, 93 cases (7.4%) by hotline volunteers, 62 cases (4.9%) by medical staff and 57 cases (4.5%) by police. Besides

case referral, SCIC also worked with our service partners intensively and provided 208 consultations during the year. (Details are illustrated in Figure 6.3.5)

Group Work Service

Responding to the service need of our service users, SCIC has conducted 43 sessions of group work service which consisted of 5 therapeutic groups (14 sessions), 4 support groups (26 sessions), and 1 volunteering group conducted to survivors (3 sessions) in this year. (Details are illustrated in Table 6.3.6)

Service Promotion, Experience Sharing and Training Workshops

To share the valuable experience gained in suicide intervention and counseling of thousands of cases throughout the past 8 years, the SCIC continued to provide service promotion and training workshops to all interested parties such as social workers, medical professionals, teachers, students, volunteers and other community organizations. The spectrum of training covered suicidal symptoms, suicide risk assessment, crisis intervention skills and suicide problems of Hong Kong. Meanwhile, SCIC also received numerous overseas professional and community group for exchanging knowledge and experience in suicide crisis intervention work. In 2009, we hosted the visits by Lifeline Association from Chiayi and Yan On Centre from Macau. (Details are illustrated in Table 6.3.7)

“Live the Rainbow” Service

2009 marked the 5th anniversary of “Live the Rainbow” group. There were press conference and celebration activity on 24 October 2009. In the press conference, the group members shared with the media their experience as suicide survivors and how they experience post-traumatic growth with each other. The members also introduced the service delivered by “Live the Rainbow” and promote the service for those in need in the community. At his opening speech for the celebration dinner, the honorable guest, Mr. Lam Chi-ming, Senior Social Work Officer (Child Welfare) of Social Welfare Department, encouraged the members to keep up the positive attitude as marathon runners and their resilience in overcoming adversity would be rewarded.

Besides providing a trustful and secure platform for suicide survivors to heal from grief, pain and emotional disturbance, SCIC also initiated the Dandelion Project which actively approached the families and friends of the suicide for early intervention and counseling. The member of the volunteer group of “Live the Rainbow” also provided emotion support and outreach service to those in need.

With the support and active participation by the community and group members, the “Live the Rainbow” service became well recognized by the public. In November 2009, the service was granted as a subvented service of the Social Welfare Department with an additional funding.

SCIC also expanded the cross-function network with other professional bodies such as police, medical practitioner and social worker etc to promote the importance of early referral to SCIC for effective prevention of tragedies. The development from individual volunteer support group, through cases follow up to the one-stop service demonstrated the importance of professional advice and mutual support to the suicide survivors.

SPOT

The 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. In 2009, SPOT has searched through about 112,690 personal blogs. Through active online contacts, 189 young bloggers were provided with emotional support and counseling.

SPOT differed from the traditional ways of counseling. The latter was mainly conducted through personal touch and face-to-face interaction. Instead, the teammates of SPOT should address the bloggers' thought and feeling through communication by the lines of words. Whenever obvious suicidal risk is identified, the teammates have to compete with time for continuous suicide risk assessment and build up trustful relationship in writing so that timely support and encouragement can be rendered. Given more and more people with emotion disturbance have turned to seek support from internet, SCIC was inspired to explore more ways of suicide prevention in the web.

Publications

In 2009, SCIC published three booklets, namely “Resilience Handbook”, pamphlets about Extra-marital affairs and “Live the Rainbow” service for distribution in various government departments, hospitals, social welfare organizations and libraries. Here is a highlight of the publications:

“Resilience Handbook” : In line with Positive Psychology, it recommends simple and effective ways to develop positive attitude for a pleasant life through a thankful heart, healthy lifestyle and a kind and forgiving attitude.

Pamphlet about Extra-marital affairs - it explains the causes of marriage problem, provides solution and advice for those who are desperately affected by extramarital relations in marriage life.

“Live the Rainbow” service pamphlet – it contains sharing by members of survivor group and introduces the service delivered by the “Live the Rainbow” which received the additional funding from Social Welfare Department since November 2009.

Interviews with Mass media and Other Parties

As in the past, SCIC communicated and collaborated with mass media and interested parties to promote public awareness for suicide prevention and cherishing life.

Subsequent to the additional funding by Social Welfare Department in sponsoring the “Live the Rainbow” Service, SCIC proactively coordinated with RTHK to produce a radio programme “Yes We Can”. The programme succeeded in promoting “Live the Rainbow” service to the public as well as the “never give up” spirit and proactive attitude as demonstrated by the members. (Details are illustrated in table 6.3.7)

Future Outlook

2009 was full of challenges and opportunities. We are pleased to receive additional funding from Social Welfare Department which enabled us to seek for further development and support those in need. Through community network expansion, the public and other related professionals were encouraged to have early referrals of suicide survivors to “Live the Rainbow” service. In the future, we will continue our effort in partnering with different professionals to promote this meaningful service.

It is also worth to mention that in November 2009, a “suicide group” with 188 members was formed in Facebook and this raised the public and media attention. Based on its expertise and experience in suicide crisis intervention and management in internet, SCIC collaborated with the Social Welfare Department, the Hong Kong Police and the Education Bureau to provide professional advice and timely support to those internet users affected by negative emotions. While SCIC is actively exploring suicide prevention in internet to meet the rising needs, it looks forward to having greater support from the government and other funding organizations along the line of such development.

6.3 自殺危機處理中心

香慕茵 (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八年。八年以來，本中心一直堅守全天候24小時，為具高、中自殺危機人士提供緊急自殺危機輔導服務，亦舉辦治療性、支援性及義工小組，並為各專業、社區人士及傳媒友好進行諮詢、訓練、出版相關刊物，將自殺危機處理的經驗傳播，令社會大眾更懂得識別和處理自殺危機。除了有關自殺危機的服務外，本中心自2004年開始，為自殺者親友提供輔導、小組、工作坊等服務，2007年下旬更調配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。此外，於2008年中，中心與本會其他服務單位試行「網蹤人計劃」，旨在互聯網上搜尋到有自殺危機的網友，主動向他們伸出援手。由於兩項服務的成效均有目共睹，成績讓人鼓舞，於2009年11月開始，正式成為社會福利署恆常資助的服務之一。相信在服務的拓展會有更大的發揮空間。

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2009年總共處理了1,258宗個案。

性別與年齡

在1,258宗個案中，有456宗案主是男性、802宗是女性，男女比率約為1:1.8。三個成年年齡群組(20至29歲，30至39歲及40至49歲)都分別佔個案總數約四份之一，接近半數的案主年齡介乎30至49歲之間，共佔46.7%；年齡由20至59歲的則佔84.7%；而年齡在20歲以下和60歲以上的分別為5.1%和6.4%。(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，共佔約三份一，分別有193宗(15.3%)和208宗(16.5%)；受婚姻問題困擾、經濟問題困擾和其他家庭問題困擾者也是相若，又共佔約三份一，分別有145宗(11.5%)、151宗(12.0%)和138宗(11.0%)；其餘的三份一個案則受精神健康問題、個人問題、愛情、人際相處、身體健康問題及親友自殺死亡困擾，分別有120宗(9.5%)、87宗(6.92%)、75宗(6.0%)、54宗(4.3%)、30宗(2.4%)及57宗(4.5%)。(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566宗及244宗，百分率分別為45.0%及19.4%，合共為810宗，即佔64.4%；經本中心在接獲個案後，以電話、面談或外展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545宗及15宗，百分率分別為43.3%及1.2%，合共降至560宗，百分率下降為44.5%；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2009年內，由社會工作者轉介的危機個案有492宗(39.1%)、案主自行求助的有407宗(32.4%)、由親友求助的有124宗(9.9%)、熱線義工轉介的有93宗(7.4%)、由醫護人員和警察轉介

的則分別有 62 宗 (4.9%) 和 57 宗 (4.5%)。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 208 宗。(詳閱圖表 6.3.5)

小組服務

本中心於 2009 年共開辦了 5 個治療性、4 個支援性和 1 個自殺者親友義工小組，全年活動節數分別為 14、26 和 3 節，合共 43 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

本中心服務香港已有 8 年多的日子，多年來處理數千個個案，累積了一定有關自殺危機介入的豐富經驗。為分享經驗和處理自殺個案心得，本中心積極為各專業如社工、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 (crisis intervention) 等。同時，中心亦樂於與海外團體交流，曾接待了台灣嘉宜市生命線協會及澳門逸安社的探訪，在防止自殺和危機處理作服務及經驗交流。(詳情可參閱表 6.3.7)

活出彩虹服務

2009 年，是活出彩虹小組成立 5 周年。於 10 月 24 日下午，組員的代表邀請了傳媒友好，分享了作為自殺者親友 (suicide survivors) 的心聲，並且介紹活出彩虹服務，讓社會上有需要的人士知道自己並不是孤單，鼓勵他們接受服務。當晚，更有慶祝晚宴，讓各新舊組員可聚首一堂，見證自己和小組的成長。晚宴籌備小組亦十分榮幸獲社會福利署高級社會工作主任 (兒童福利) 林志明先生蒞臨致辭，他以跑馬拉松的比喻，勉勵各組員走更遠的路，積極人生，振奮非常。

小組服務 5 周年，同時亦標誌著承先啟後的責任，因此，中心除了繼續致力為自殺者親友提供一個可信和安全的平台，協助他們抒發受困情緒、過渡傷痛外，並且推行「蒲公英計劃」，主動嘗試接觸新發生事故的自殺者親友，及早提供介入及個人輔導。此外，中心亦組織活出彩虹義工小組組員，向有需要人士予以情緒支援、探訪及陪同服務。

全賴社區人士支持和組員傾力參與，「活出彩虹服務」得到社會大眾的肯定，於 2009 年 11 月開始，獲社會福利署進一步撥款，成為恆常服務之一。除了以上提及的服務之外，中心更會與各社區相關團體，包括警方、醫護人員、社工等，建立跨專業合作網絡，主動向他們推廣服務，宣揚及早轉介的重要性，務求推動各專業及社區人士當接觸自殺者親友後，向他們介紹或轉介「活出彩虹服務」，令有需要人士可以盡早獲得資訊、資源和支援，防止下一個悲劇的發生。由此可見，由開初小組、個案跟進，已發展至現今「一站式」服務，使自殺者親友在事發以至過渡傷痛的歷程得到專業的輔導和同路人支援，成績斐然。

網蹤人計劃

自 2008 年 6 月起，本中心的專業社工及本會熱線中心的義工攜手展開了「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。2009 年，此計劃在互聯網上共搜尋了 112,690 篇個人網誌，經過有關的負責社工和義工主動在網絡上與他們接觸，並為當中約 189 名有自殺危機的網友提供了情緒支援及輔導。

在網絡上展開工作絕非閒聊數句的易事，既要從傳統以言語傾談及輔導的方式改為以文字溝通，並且只可以從網友的網誌、留言裡，嘗試從中理解他們的思想、感受和價值觀。倘遇有明顯自殺危機的網誌，更要和時間競賽，密集地跟進和評估網友的危機程度，更要以文字方式建立互信關係，給

予網友支持和希望，鼓勵他們珍惜生命和增加處理問題的信心。在過去「網蹤人計劃」所累積的經驗，不單叫我們關注香港有一撮受情緒困擾的人士，已轉移到網絡世界尋找共鳴和支持；同時亦帶動我們思考在網絡使用越趨普遍的世代，開拓網絡防止自殺服務的新承擔。

刊物出版

本中心於2009年出版了三份刊物：「逆境正能量」手冊、「我們仨——婚姻的紅燈形成與處理」單張和「活出彩虹服務」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。

「逆境正能量」手冊

參考正向心理學的元素，透過尋找快樂、保持感謝之心、健康生活、多作善事、寬恕別人等方法，讓社會大眾獲得簡易、有效及正面的方法，建立積極的人生觀，享受美好愉快的生活。

「我們仨——婚姻的紅燈形成與處理」

婚姻出現第三者的問題令當事人感到自己彷彿處於人生低谷，隨之而來的負面思想、情緒困擾和對家庭的影響，實在不容易處理。單張闡釋了婚姻問題的成因、處理方法和需要注意的重要事項，好讓閱讀者學習更有效的解難之道。

「活出彩虹服務」

在2009年11月獲得社會福利署進一步撥款後，中心隨即印刷相關的服務單張，並邀請組員分享心聲，讓社區人士可以進一步認識服務內容及作出轉介。

傳媒及其他訪問

一如以往，本中心就著香港的自殺問題，與傳媒及各界朋友充力合作，希望各界人士及香港市民正視自殺問題；共同在各自崗位上為防止自殺和推廣珍惜生命而努力。

另外，自獲得社會福利署進一步撥款推動「活出彩虹服務」，中心主動與香港電台聯絡，服務的負責社工和小組組員代表一同獲邀參與3節「你得我都得」電台節目；透過大氣電波讓市民更認識是項服務，並且讓組員分享自己由傷痛過度至康復的故事，勉勵香港人積極不放棄，遇問題主動求助。（詳情可參閱表6.3.7）

未來展望

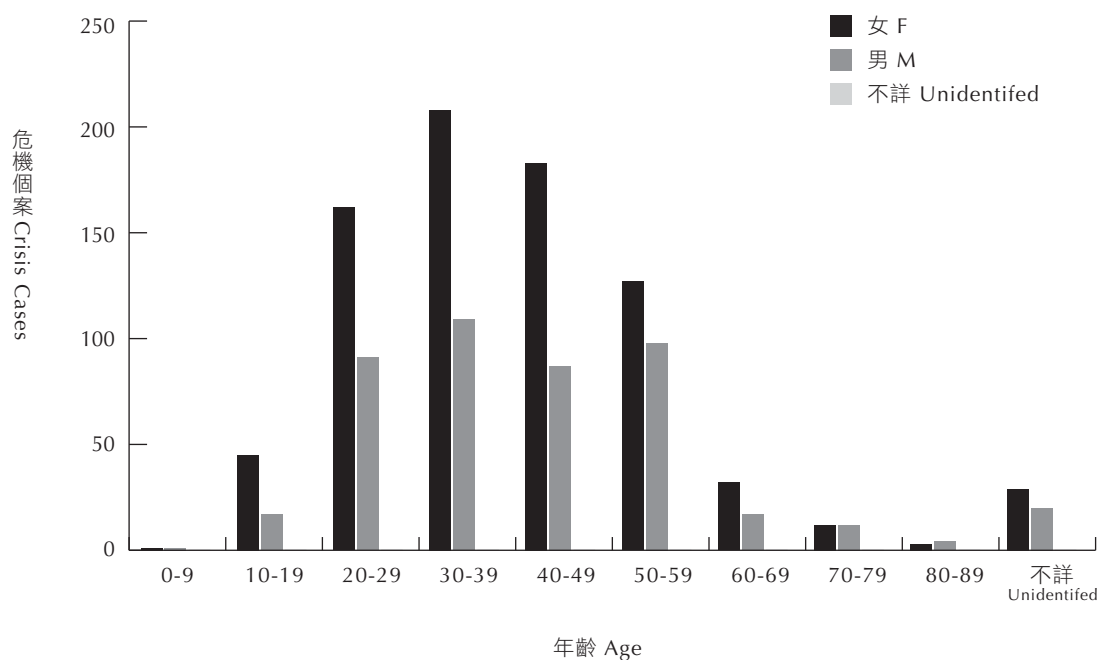
2009年，是充滿挑戰和機遇的一年。本中心十分慶幸能獲得社會福利署進一步的資源，擴大服務發展空間，但同時亦代表在服務上對自殺者親友和具自殺危機的網友有更大的承擔。在「活出彩虹服務」上，本中心已積極發展社區網絡，務求各專業人士和社會大眾在接觸到新發生事故的親友後，及早轉介或將「活出彩虹服務」介紹予當事人。未來日子，本中心會繼續發掘有效渠道，建立與不同專業的合作伙伴關係，務使將此重要而又具意義的服務帶給有需要人士。

此外，於本年11月，社交網站“Facebook”內被發現有一自殺的群組建立，相約於12月21日集體自殺，並有188位成員，事件震驚全港，引起社會大眾和傳媒廣泛討論和關注。幸好本中心在處理危機和網絡介入工作已有一定的經驗，因此在事件發生後能站在專業的立場提供不少意見和危機介入服務，並且聯同社會福利署、警方及教育局等不同部門積極處理事件，為受情緒困擾的網友予以適切的支援，亦與傳媒好友以正面角度回應網上防止自殺服務的發展需要。正如先前部份提及，本中心亦積極關注在網絡使用越趨普遍的世代，開拓網絡防止自殺服務的新承擔，希望政府及其他資助機構能慷慨撥出更多資源，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 2009
(表 6.3.1) 2009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	%
0-9	1	1	0	0.2%
10-19	45	17	0	4.9%
20-29	162	91	0	20.1%
30-39	208	109	0	25.2%
40-49	183	87	0	21.5%
50-59	127	98	0	17.9%
60-69	32	17	0	3.9%
70-79	12	12	0	1.9%
80-89	3	4	0	0.6%
不詳 (Unidentified)	29	20	0	3.9%
總計 Total	802	456	0	100.0%

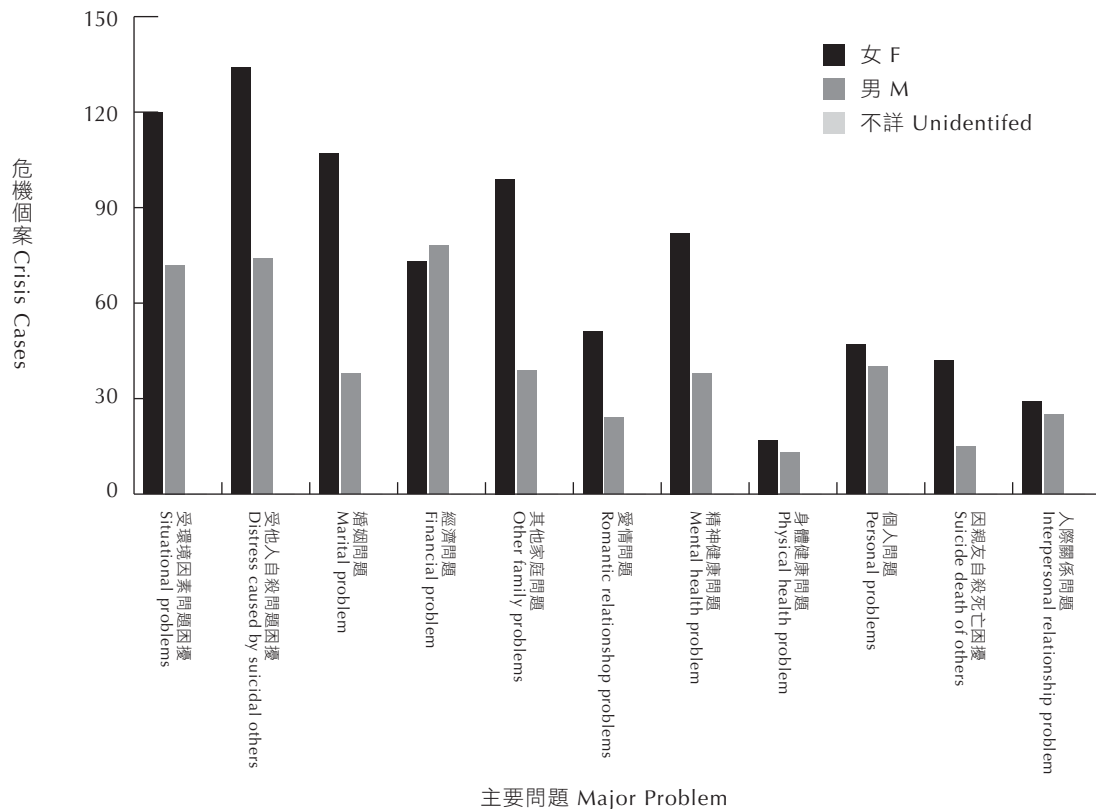
(Figure 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2009
(圖 6.3.1) 2009年自殺危機處理中心危機個案年齡及性別分佈圖



(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2009
(表 6.3.2) 2009 年自殺危機處理中心危機個案問題類別及性別分佈表

主要問題 Major Problem	女 F	男 M	不詳 Unidentified	合計 Total	%
受環境因素問題困擾 Situational problems	121	72	0	193	15.34%
受他人自殺問題困擾 Distress caused by suicidal others	134	74	0	208	16.53%
婚姻問題 Marital problem	107	38	0	145	11.53%
經濟問題 Financial problem	73	78	0	151	12.00%
其他家庭問題 Other family problems	99	39	0	138	10.97%
愛情問題 Romantic relationship problems	51	24	0	75	5.96%
精神健康問題 Mental health problem	82	38	0	120	9.54%
身體健康問題 Physical health problem	17	13	0	30	2.38%
個人問題 Personal problems	47	40	0	87	6.92%
因親友自殺死亡困擾 Suicide death of others	42	15	0	57	4.53%
人際關係問題 Interpersonal relationship problem	29	25	0	54	4.29%
總計 Total	802	456	0	1258	100.00%

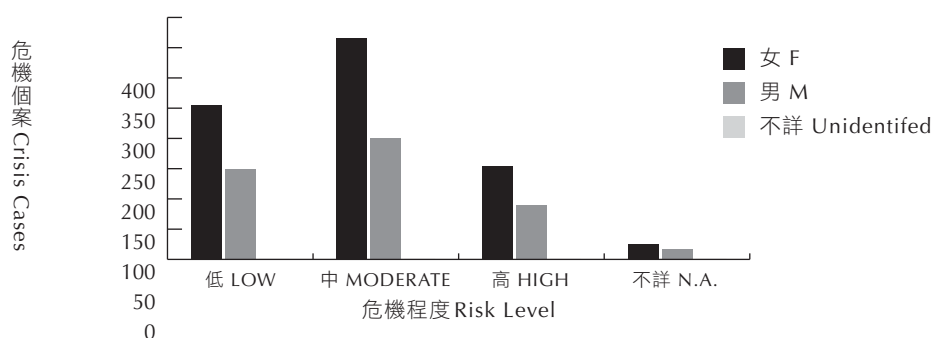
(Figure 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2009
(圖 6.3.2) 2009 年自殺危機處理中心危機個案問題類別及性別分佈表



(Table 6.3.3a) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by SCIC In 2009
(表 6.3.3a) 2009 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	255	150	0	405	32.19%
中 MODERATE	366	200	0	566	44.99%
高 HIGH	155	89	0	244	19.40%
不詳 N.A.	26	17	0	43	3.42%
總計 Total	802	456	0	1258	100.00%

(Figure 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by SCIC in 2009
(圖 6.3.3) 2009 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



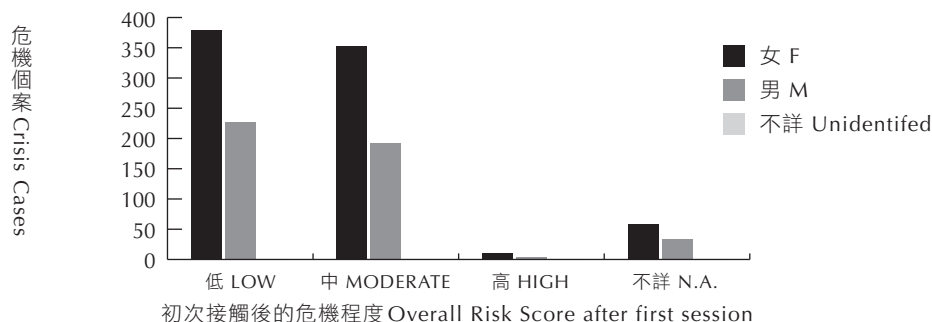
(Table 6.3.3b) Risk Level after first session of intervention by SCIC and Sex Distribution of Crisis Cases Served by SCIC in 2009

(表 6.3.3b) 2009 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

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	380	227	1	608	48.33%
中 MODERATE	353	192	0	545	43.32%
高 HIGH	11	4	0	15	1.19%
不詳 N.A.	58	33	0	91	7.23%
總計 Total	802	456	0	1258	100.00%

(Figure 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases served by SCIC in 2009

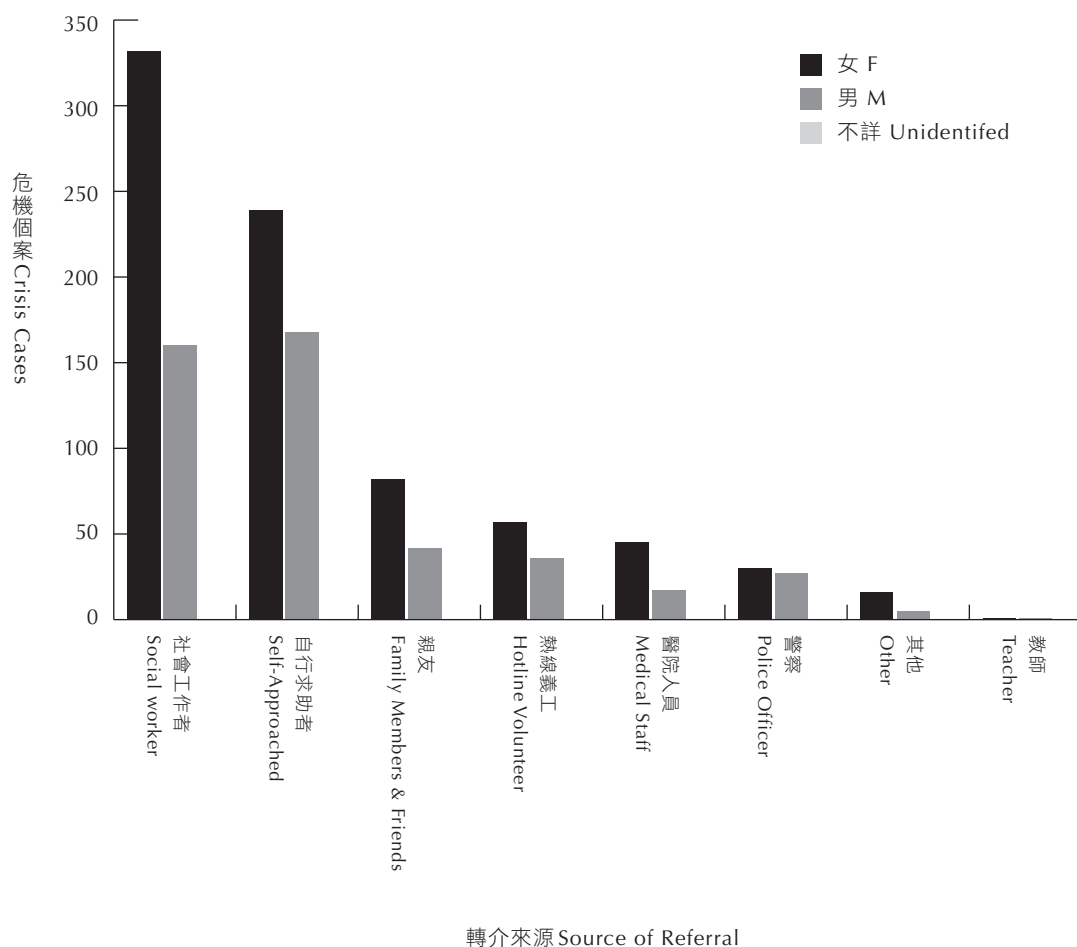
(圖 6.3.4) 2009 年自殺危機處理中心危機個案經首節輔導後的危機程度 (由本中心評定) 及性別分佈圖



(Table 6.3.5) Source of Referral of Crisis Cases served by SCIC in 2009
(表 6.3.5) 2009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	332	160	0	492	39.11%
自行求助者 Self-Approached	239	168	0	407	32.35%
親友 Family Members & Friends	82	42	0	124	9.86%
熱線義工 Hotline Volunteer	57	36	0	93	7.39%
醫院人員 Medical Staff	45	17	0	62	4.93%
警察 Police Officer	30	27	0	57	4.53%
其他 Other	16	5	0	21	1.67%
教師 Teacher	1	1	0	2	0.16%
總計	802	456	0	1258	100.00%

(Figure 6.3.5) Source of Referral of Crisis Cases served by SCIC in 2009
(圖 6.3.5) 2009年自殺危機處理中心危機個案轉介來源分佈圖



Groups Conducted by Suicide Crisis Intervention Centre in 2009 2009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
2/2009 – 3/2009	解開抑鬱的困惑 Clues to depression management	有抑鬱症症狀人士及有自殺傾向 Suicidal people with depressive symptoms
2/2009 – 4/2009	保持通話 – 改善人際關係 “Connected” – Better handling of your interpersonal relationship	20 至 50 歲現正受人際關係問題困擾及因此曾產生自殺危機人士 Suicidal people with interpersonal relationship problem between 20 and 50
11/2009 – 1/2010	「未完小說」小組 2 Suicide Survivors' group – Unfinished Novel 2	自殺者親友 Suicide Survivors
12/2009 – 2/2010	男人「正」傳 Men for “Positive” change	40-55 歲男士因踏入中年而面對各種壓力，並因負面思想而出現情緒困擾和自殺念頭 Suicidal men aged between 40 and 55 and was distressed by negative thinking and stress of middle age
12/2009 – 2/2010	「情緒話事人」認知治療小組 “Master of your emotions” --- A group for emotion management	受情緒困擾或具輕度至中度抑鬱症患者，因此曾產生自殺危機人士；並願意探索自己，學習新思維面對逆境 Suicidal people with emotion distress or mild to moderate depression, who are willing to have self-exploration for enhancing resilience

2. 支援性小組 (共 4 個) Support Groups (4 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
自 9/2004 Since 9/2004	活出彩虹小組 Suicide survivors group --- “Live the Rainbow”	自殺者親友 Suicide survivors
2/2009 – 3/2010	畫出彩虹 (3) 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
自 5/2009 Since 5/2009	活出彩虹小姐 – 婦女組 A women' s group --- “Live the Rainbow”	丈夫自殺死亡之婦女 Women with husbands committed suicide
2/2009 – 3/2010	攜手創新天 A support group for the caretakers of people with depression	抑鬱症患者親友 Caretakers of people with depression

3. 義工小組 (共 1 個) Volunteer Groups (1 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
自 4/2006 Since 4/2006	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

Training, Visits and Community Programmes of SCIC in 2009

2009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 / 講題 Programme / Theme	服務機構 Organization	服務對象 Service Target	參加人數 No. of Participants
2/2009	服務介紹及經驗分享 Service introduction and experience sharing	九龍東聯網醫院 Kowloon East Cluster	醫院員工 Medical staff	80
2/2009	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"	神託會 Stewards	社會工作員 Social workers	21
2/2009	如何協助自殺者親友及具精神健康問題的自殺危機人士 Training course on "Helping suicide survivors and suicidal people with mental illness"	神託會 Stewards	社會工作員 Social workers	19
3/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港教育學院 The Hong Kong Institute of Education	學生 Students	19
3/2009	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"	九龍醫院 Kowloon Hospital	精神科社康護士 Community psychiatrist nurses	70
3/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港大學學生會 Student Union of University of Hong Kong	編輯委員會 Edition committee	2
3/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港城市大學 City University of Hong Kong	學生 Students	4
4/2009	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"	香港聾人福利促進會 The Hong Kong Society for the Deaf	社工 Social workers	12
4/2009	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"	香港學生輔助會 Hong Kong Student Aid Society	社工 Social workers	46
5/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港大學專業進修學院 HKU School of Professional and Continuing Education	學生 Student	5
6/2009	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"	廣華醫院 Kwong Wah Hospital	護士 Nurses	60
7/2009	如何協助有自殺傾向的長者 Training course on working with elderly with suicidal tendencies	明愛鄭承峰長者社區中心 Caritas Cheng Shing Fung District Elderly Centre (Sham Shui Po)	會員及社區人士 Member and elderly in Sham Shui Po District	92
8/2009	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"	廣華醫院 Kwong Wah Hospital	護士 Nurses	50

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
10/2009	服務介紹及經驗分享 Service introduction and experience sharing	理工大學 The Hong Kong Polytechnic University	社會工作學系學生 Student of Social Work Department	4
10/2009	自殺危機處理中心運作及個案處理情況 The operation and case management of Suicide Crisis Intervention Centre	台灣嘉宜市生命線協會 Lifeline Association, Chiayi	職員 Staff	4
12/2009	服務介紹及經驗分享 Service introduction and experience sharing	香港中文大學專業進修學院 School of Continuing & Professional Studies, The Chinese University of Hong Kong	人本服務高級文憑課程學生 Student of Higher Diploma Programme in Human Services	30
12/2009	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"	博愛醫院 Pok Oi Hospital	醫務社工 Medical social workers	6
12/2009	服務介紹及經驗分享 Service introduction and experience sharing	珍惜生命協會 Care for Life Association	營運經理 企業社會責任 (特別項目) Operation manager – Corporate social responsibility (Special project)	2
12/2009	如何協助小學生情緒及行為問題 Seminar on handling primary students with emotional and behavioral problems	香港教育局 Education Bureau	小學教師 Primary school teachers	100
12/2009	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"	廣華醫院 Kwong Wah Hospital	護士 Nurses	36
12/2009	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 Hospital Authority	員工 Staff	49
12/2009	「活出彩虹服務」介紹及活出彩虹小組組員經驗分享 Services information and group members sharing about suicide survivors group --- "Live a Rainbow"	香港教育局 Education Bureau	首席督學 Principal Inspector	1
12/2009	網蹤人服務介紹 SPOT service introduction	珠海學院 Chu Hai College	新聞及傳播學系學生 Student of Journalism and Communication	2
12/2009	服務介紹及經驗分享 Service introduction and experience sharing	澳門逸安社 Yat On Centre	義工 Volunteers	6

SCIC Interviews by Mass Media and Other Organizations in 2009
2009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 Organizations	訪問內容 Content of Interview
1/2009	東方日報 Oriental Daily News	回應金融海嘯對中年人士影響 Response on the impact by financial tsunami towards middle-age people
1/2009	蘋果日報 Apple Daily	就一對夫婦自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple
1/2009	經濟日報 Hong Kong Economic Times	就一對夫婦自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple
3/2009	成報 Sing Pao Daily News	就男子因債務問題自殺事件，對遇上同類問題的人士作建議 Response on the suicide issue of a man due to financial stress
5/2009	香港電台「我得你都得」 “Yes We Can” of Radio Television Hong Kong	金融海嘯求助個案數字、服務回應及經驗分享 Services information and case sharing about financial tsunami
6/2009	東方日報 Oriental Daily News	就一年青男子因債務問題自殺事件，對遇上同類問題的人士作建議 Response on the suicide issue of a youth due to financial stress
7/2009	東方日報 Oriental Daily News	就男子因債務問題自殺事件，對遇上同類問題的人士作建議 Response on the suicide issue of a man due to financial stress
7/2009	星島日報 Sing Tao Daily	就男子疑因前妻有第三者而自殺事件，對遇上同類問題的人士作建議 Response to the suicide issue of a man who suspected extra-marital affairs of the wife
7/2009	商業電台「留得青春在」 “We’ve only just Begun” of Commercial Radio Hong Kong	長者自殺、求助情況及處理經驗分享 Information and sharing about elderly suicide
9/2006	繼續再玩月刊 Toysreplay	年青人自殺問題及介入方法 An interview on worker to share about youth suicide problem and intervention
10/2009	成報、新報、蘋果日報及文匯報 Sing Pao Daily News, Hong Kong Daily News, Apple Daily & Wen Wei Po	活出彩虹服務5周年及活出彩虹小組組員經驗分享 Services information and group members sharing about 5th Anniversary of suicide survivors group --- “Live the Rainbow”
11/2009-12/2009	香港電台「你得我都得」 “Yes We Can” of Radio Television Hong Kong	活出彩虹服務介紹及活出彩虹小組組員分享 Services information and group members sharing about suicide survivors group --- “Live the Rainbow”
11/2009	成報 Sing Pao Daily News	就碩士生於學院內自殺事件，對遇上同類問題的人士作建議 Responses on the suicide issue of a Master student

日期 Date	訪問機構 Organizations	訪問內容 Content of Interview
11/2009	星島日報 Sing Tao Daily	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Response to the set up of a suicide pact group in Facebook and introduction to SPOT service
11/2009	頭條日報 Hong Kong Headline	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	蘋果日報 Apple Daily	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	新報 Hong Kong Daily News	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	香港電台新聞部 News of Radio Television Hong Kong	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
11/2009	香港電台「自由風自由phone」 “Phone in Freely” of Radio Television Hong Kong	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
12/2009	香港電台警訊 Police Report of Radio Television Hong Kong	回應Facebook有「自殺組別」被建立，相約自殺新聞事件；並介紹網蹤人服務 Responses on the set up of a suicide pact group in Facebook and SPOT service promotion
12/2009	香港電台非常人物生活雜誌 “Care of Disabled” of Radio Television Hong Kong	殘障人士的需要、自殺問題及介入方法 Information and sharing about needs and suicide of disabled
12/2009	蘋果日報 Apple Daily	就一婦女疑因丈夫婚外情自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple
12/2009	明報 Ming Pao	就一婦女疑因丈夫婚外情自殺事件，對遇上同類問題的人士作建議 Response on the suicide pact of a couple

6.4 CARING FUND

YAU PUI FAN KATIE (PROJECT MANAGER)

Introduction

Caring Fund has been established since 1994 to advocate the community caring service, promote the message of “caring for neighbor begins with active listening” and to coordinate our communication issues, fund raising and collaboration with other organizations through various ways in order to encourage people’s passion for life and caring for others. The year of 2009 was the continuation of the effort made in the past, the work of strengthening the messages of life cherishment and caring for others was profoundly built in our society.

Communication Issues

The making of newsletter, leaflets and internal sharing

The newsletters for corporate donors were released in April and October. The former introduced the Hotline service by reporting the experience and sharing of the Hotline volunteers while the latter introduced the elderly suicide prevention service by reporting the experience of home visits to the elderly by the “Life Ambassadors” and “Volunteers of Caring for Elders”.

Our organization leaflets and the Powerpoint were regularly updated for all centres of SBHK to use and in order to increase the sharing of information among the staffs, “e-Communication Pipe” were released bi-monthly.

“Survival from the Tsunami” leaflets were published and delivered in February to promote life cherishment attitude.

Media Communications

Caring Fund received wide support from media and other relevant media platforms to launch several large-scale promotional and educational events successfully to disseminate the message of life cherishment in 2009.

The Movie Sharing of “IKIGAMI: The Ultimate Limit” was held on 9 January in the Yumatei Broadway Cinematheque followed by an invitation by the RTHK to join a radio broadcasting programme for introducing our service.

The Drama, “Beautiful Connection”, performed by Hong Kong Repertory Theatre between 17 and 30 March, Caring Fund was invited to join the Press Conference on 3 June to promote the messages of caring for others and connections of lives can help people get hope and prevent them from committing suicide. Advisement space inside the brochure and 30 tickets were given for purpose of fund raising.

Our AGM Press Conference held on 27 June released the information of our analysis on the suicide rate of 2008 and encouraged people to seek help by using our 24-hour Hotline 2389 2222.

In collaboration with the MTR, a press conference namely “Working Together in Life Education” was held on 9 November to promote the messages of caring for others and help seeking through the giant posters hang on the platforms of MTR stations and the posters and calendar cards made by the MTR were given to us to deliver to all schools and organizations in Hong Kong.

I-cable invited us to participate into a series of programme namely “Euthanasia” between 15 and 17 August including a press conference, live I-TV programme and a local seminar.

South China Morning Post conducted an interview with our Chairman on 2 February concerning the collaboration work with the movie of “Seven Pounds” and it was reported on 5 February.

Our advertisement, “Slow down your pace. Life – warrants you to see once more” was broadcasted under the TV-API program of Information Services Department from 1 January 2008 to 31 December 2009.

On 5 February, Sony Pictures invited us to join a promotional campaign during the broadcast of the movie, “Seven Pounds”, by delivering our service leaflets to all cinemas. And the making of such leaflets was sponsored by Sony Pictures and CG Concept.

Having allowed by the Link, our advertisement could be broadcasted charge-free on their TV Kisok for 3-month between December 2008 and February 2009.

Fund Raising

We were thankful to those citizens made donations to us through different ways for sustaining our work of suicide prevention.

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 were encouraged to use auto pay method to support our service.

Given support and assistance by the CLP, a total number of 200,000 of our promotional leaflets were charged-free inserted into the bills and sent to the users of CLP. The total amount \$12,131 of donation through this promotion was received.

WiseGiving

The promotion of WiseGiving Mug was launched by HKCSS to promote the 7 – 11 donation method and a sum of \$2,300 donation was received throughout the year.

Barcode Card Donation

Citizens with our Barcode Card can go to the convenience stores to make donation. An official receipt would be given to those over \$100 donation for tax deduction.

Online Donation Service

By the co-ordination work of the HKCSS, the Bank of East Asia provided us with the platform of the Online Donation Service. Citizens can use their credit cards to make on-line donations.

Social Enterprise - CG Concept

A social enterprise, the CG Concept (Care for Green Concept), was established by the collaboration with the Premium Collection to promote the social responsibility. The incorporation of the concepts of life education and environmental protection in the sales of Banner Bag was becoming its operation rationale.

“Love People, Love Environment” Educational Programme

Love People, Love Environment” Educational Programme was promoted to school in June to educate students the importance of life cherishment and environmental protection through the making of Banner Bag.

Collaboration with company

Caring Company

Six companies were entitled to receive the recognition of “Caring Company” through our nomination in 2009. Alphabetically they were Best Video Limited, China Resources Property Management Limited, Liu Chong Hing Investment Limited, Premium Collection, , Seed Forest Company Limited, and S & S Cleaning Company Limited. In the collaboration with different companies, the promotion of life cherishment was launched through different activities to public.

“Meteor Shower” Drama

The Drama, “Meteor Shower”, performed by Chaosism donated the net amount after the deduction of charges for the support of work of suicide prevention.

“Share My Song” Radio Broadcasting Programme of CRHK

Our service being introduced in the radio programme of “Share My Song” of CRHK received donation to support the work of suicide prevention.

Community Service

Understanding Adolescent Project (Primary School)

We have provided the UAP service to a special school since 2007. A series of developmental programs were tailor-made to mild graded pupils in order to increase their adversity quotient and its effects were recognized by school.

“Sunny Life” Short Positive Lives Video Competition

In collaboration with the World Suicide Prevention Day, “Sunny Life” Short Positive Lives Video Competition was held to encourage people to use positive and self-strengthening attitude to face difficulty and it Prizing Giving Ceremony was held on 6 September.

Pilot Neighbourhood Active Ageing Project - Caring for Elders

In collaboration with the SWD and Sham Shui Po District Elderly Community Centres, we provided 24-session volunteer training, 2-session placement activities and 1-session training for making of “Life Review”.

Volunteer Service Day

We joined the “Volunteer Service Day” in collaboration with the Agency for Volunteer Service, Centum Charitas Foundation and the RTHK held on 2 July to visit the visually handicapped and mentally retarded people of The Hong Kong Society for the Blind – Morning Glory DAC cum Hostel.

Conclusion

We were very thankful to those made donations or enthusiastic participation in our service in last year. With all of the attention paid and the effort made in the entire process of the work of suicide prevention witnessed the importance of joint collaboration of different parties, upholding and sharing the same rationale and direction, we believe that the dissemination of life cherishment and caring for others to our society is of great urgency.

6.4 關懷身邊人基金

邱佩芬姑娘（項目經理）

引言

關懷身邊人基金於1994年成立，用作推動社區關懷服務、傳揚「關懷身邊人，從聆聽開始」的訊息，並統籌本會的傳訊事務、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。

2009年繼承了過去多年一點一滴的努力，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，繼續在社區推動愛惜生命、關懷身邊人的力量。

傳訊事務

籌募通訊、單張製作及內部交流

於4月及10月發出機構贊助人通訊，前者介紹熱線中心的服務點滴，報導了負責聽熱線的義工對服務及本會的心聲；後者介紹預防長者自殺的服務，包括訪問了「珍惜生命大使」及「身邊人義工」對進行長者探訪後的感受。

定期整理全會服務單張及介紹片段，以便各中心使用；另外，為加強會內各同事的交流，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，於2009年2月完成及派發。

傳媒訪問及文稿

2009年獲得廣大的傳媒及其他有關的媒體平台的支持，成功舉辦了多項大型的宣傳及教育的活動，傳播珍惜生命的訊息。

於2009年1月9日在油麻地百老匯電影中心舉行「死亡預告」電影分享會後，獲得香港電台的邀請參與節目「笑容從家開始」介紹本會服務。

香港話劇團於3月17日至30日期間演出舞台劇「美麗連繫」，邀請本會合作，並於6月3日舉行記者招待會。本會獲贈「場刊廣告」及門票30張，以慈善義賣形式鼓勵捐獻。

於6月27日舉行了週年記者招待會，並發佈「2008年自殺數字資料」，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。

於11月9日與港鐵公司合辦「生命教育、群策群力」記者招待會，進行生命教育宣傳，在港鐵車站月台的大型廣告燈箱張貼兩款海報，分別是「多留意佢情緒，多鼓勵佢傾訴，自然搵到新出路」宣傳關懷家人或朋友有自殺危機及「換個角度，自然有出路」宣傳24小時求助熱線。港鐵並協助印製年曆卡及海報，供本會向全港學校及機構派發。

香港有線寬頻邀請本會參與一輯關於「安樂死」的節目，於8月15至17日期間出席記者招待會、直播網上電視節目及本地研討會。

南華早報於2月2日訪問主席，就電影Seven Pounds的合作作出分享，有關報導已於2月5日刊登。

獲政府新聞處批准播放「生命想你望多一眼」短片，播放期由2008年1月1日至2009年12月31日。

於2月5日獲得Sony Pictures的邀請，於上映電影「救人七命」期間可於各院線派發本會的宣傳單張，並獲得Sony Pictures及「愛創意」的贊助印製有關的宣傳單張。

獲得領匯廣告商的允許，本會的宣傳短片在其下商場的TV Kisok免費播放為期3個月由2008年12月至2009年2月。

籌募經費

在過去一年，感謝市民透過以下的捐款途徑作出熱心的捐助，令防止自殺的工作得以繼續推展。

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。

2009年獲得香港中華電力有限公司的支持及協助，於11月中免費夾附本會的宣傳單張20萬張並且寄予用戶，是次宣傳為本會帶來港幣\$12,131元的捐款。

社聯「惠施網」WiseGiving

透過香港社會服務聯會推出的WiseGiving Mug 宣傳7-11的捐款活動，於過去共收到總額為\$2,300。

「零錢捐助 - OK 捐款條碼」及「便利店捐款條碼卡」

本會一直與繳費靈合作提供捐款電話服務，除此之外，更設有兩項條碼捐款服務包括「零錢捐助 - OK 條碼卡」及「便利店捐款條碼卡」以方便市民捐款。

「東亞銀行網上捐款」

由香港社會服務聯會協調，於東亞銀行開設網上捐款服務，可以透過VISA或MASTER信用卡進行網上捐款。

社會企業

「愛創意」製作社

承蒙得到禮品廊的支持，與本會於2009年2月開始合作籌辦「愛創意」製作社，以銷售「橫額再造袋」(Banner bag) 為主，為提倡企業的社會責任，以「愛人、愛境」將生命教育及環境保護的精神作為企業營運的概念，並將企業利潤的三成捐贈予「關懷身邊人」基金，於同年10月28日進行捐款支票的遞交儀式。

另外，以「愛人、愛境」為主題製作一套社區教育推廣資料，向各院校、機構散播關愛的種子，從而推廣珍惜自己、愛護自然環境的訊息。於6月期間到學校推廣「愛人、愛境」教育活動，讓學生透過一同製作Banner Bag領略珍惜生命與愛護環境的重要關係。

機構合作

「商界展關懷」

於2009年度成功提名六間機構獲得「商界展關懷」標誌，排名不分先後包括廖創興企業有限公司、禮品廊、高清製作有限公司、種子森林有限公司、華潤物業管理有限公司及誠信清潔服務有限公司。承蒙各機構對本會的支持，彼此合作得以持續透過不同形式的活動推廣珍惜生命的訊息予社會人士。

「流星雨」舞台劇

「影子作業」劇社於2月6日至8日期間假尖沙咀文化中心演出的「流星雨」舞台劇，將扣除活動開支後的餘款捐予本會，支持防止自殺的工作。

「有誰共鳴」商台節目

獲商業電台節目「有誰共鳴」的協助，透過節目介紹本會服務及向大眾呼籲捐助，支持本會防止自殺的工作。

社區服務**「成長的天空計劃」(小學)**

每人都有平等的機會接觸生命教育，而對心智或身體殘障的人士尤為重要，本會自2007年開始至今為香港其中一所特殊學校提供「成長的天空計劃」(小學)的服務，為輕度智障的小四至小六學生提供輔助成長的課程，旨在提升他們的抗逆能力，包括效能感、樂觀感及歸屬感，成為香港首間社會服務機構為特殊學校提供此項服務，成效獲得到學校的認同。

「活出SUN命」全港短片創作比賽

為響應世界防止自殺日及回應金融海嘯對港人在經濟、家庭以致個人的衝擊，透過活動，啟發社會人士以積極及自強不息的態度來面對逆境，於2009年6月至9月期間舉辦了「活出SUN命」全港短片創作比賽，並於9月6日舉行了「活出SUN命」全港短片創作比賽頒獎禮。

「珍愛耆英在『深』中」

本會在社會福利署的協調下與深水埗的地區長者中心合作，本會負責義工培訓系列，合共提供了24節課堂、2次實習活動及1次「生命回憶錄」製作訓練。

「感動全城·開拓義工世界」服務日

本會參與7月2日由義務工作發展局、百仁基金及香港電台策劃的「感動全城·開拓義工世界」服務日，探訪香港盲人輔導會－朝陽中心暨宿舍的視障及智障的院友。

總結

本會十分感謝在過去一年為本會的服務作出贊助或曾經參與活動的有心人。大家的付出與努力，見證著生命教育的工作是需要多方面的群策群力，彼此有共同理念及方向，向社會大眾推廣珍惜生命及關懷身邊人的訊息是刻不容緩。

Main Service between January and December 2009

2009年1-12月主要服務

服務範疇 Nature	活動名稱 Programme Name	內容 Content
籌募經費 Fund Raising	「恒常贊助人」 Regular Donor	<p>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。</p> <p>Each regular donor would be given a unique donor number and they are encouraged to make donation through auto pay method so as to build up a regular supporting network.</p> <p>獲得香港中華電力有限公司的支持及協助，於11月中免費夾附本會的宣傳單張20萬張並且寄予用戶，是次宣傳為本會帶來港幣\$12,131元的捐款。</p> <p>Given support and assistance by the CLP, a total number of 200,000 of our promotional leaflets were charged-free inserted into the bills and sent to the users of CLP. The total amount \$12,131 of donation through this promotion was received.</p>
	「惠施網」 WiseGiving	<p>透過香港社會服務聯會推出的WiseGiving Mug 宣傳7-11的捐款活動，於過去共收到總額為\$2,300。</p> <p>The promotion of WiseGiving Mug was launched by HKCSS to promote the 7-11 donation method and a sum of \$2,300 donation was received throughout the year.</p>
	「捐款條碼」 Barcode Card Donation	<p>市民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，安排發出正式收據以申請稅項減免。</p> <p>Citizens with our Barcode Card can go to the convenience stores to make donation. An official receipt would be given to those over \$100 donation for tax deduction.</p>
	網上捐款服務 Online Donation Service	<p>由香港社會服務聯會協調，於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。</p> <p>By the co-ordination work of the HKCSS, the Bank of East Asia provided us with the platform of the Online Donation Service. Citizens can use their credit cards to make on-line donations.</p>
社會企業 Social Enterprise	「愛創意」製作社 CG Concept	<p>禮品廊與本會合作籌辦「愛創意」製作社，以銷售「橫額再造袋」(Banner Bag) 為主，提倡企業的社會責任，以「愛人、愛境」將生命教育及環境保護的精神作為企業營運的概念。</p> <p>A social enterprise, the CG Concept (Care for Green Concept), was established by the collaboration with the Premium Collection to promote the social responsibility. The incorporation of the concepts of life education and environmental protection in the sales of Banner Bag was becoming its operation rationale.</p>
	「愛人、愛境」 教育活動 “Love People, Love Environment” Educational Programme	<p>於6月期間到學校推廣「愛人、愛境」教育活動，讓學生透過一同製作Banner Bag領略珍惜生命與愛護環境的重要關係。</p> <p>“Love People, Love Environment” Educational Programme was promoted to school in June to educate students the importance of life cherishment and environmental protection through the making of Banner Bag.</p>
機構合作 Collaboration with company	「商界展關懷」 Caring Company	<p>於2009年度成功提名六間機構獲得「商界展關懷」標誌，與各機構合作持續透過不同形式的活動推廣珍惜生命的訊息予社會人士。</p> <p>Six companies were entitled to receive the recognition of “Caring Company” through our nomination in 2009. In the collaboration with different companies, the promotion of life cherishment was launched through different activities to public.</p>
	「流星雨」舞台劇 “Meteor Shower” Drama	<p>「影子作業」劇社演出的「流星雨」舞台劇，將扣除活動開支後的餘款捐予本會，支持防止自殺的工作。</p> <p>The Drama, “Meteor Shower”, performed by Chaosism donated the net amount after the deduction of charges for the support of work of suicide prevention.</p>

服務範疇 Nature	活動名稱 Programme Name	內容 Content
機構合作 Collaboration with company	「有誰共鳴」 商台節目 “Share My Song” Radio Broadcasting Programme of CRHK	獲得商業電台於其「有誰共鳴」的節目中報導本會的服務，並獲得捐款予本會。 Our service being introduced in the radio programme of “Share My Song” of CRHK received donation to support the work of suicide prevention.
	「成長的天空計劃」 (小學) “Understanding Adolescent Project” (Primary School) (UAP)	本會自2007年開始至今為一所特殊學校提供「成長的天空計劃」(小學)的服務，為輕度智障的學生提供輔助成長的課程，旨在提升他們的抗逆能力，成效獲得到學校的認同。 We have provided the UAP service to a special school since 2007. A series of developmental programs were tailor-made to mild graded pupils in order to increase their adversity quotient and its effects were recognized by school.
社區服務 Community Service	「活出SUN命」全港 短片創作比賽 “Sunny Life” Short Positive Lives Video Competition	為響應世界防止自殺日，於6月至9月期間舉辦了「活出SUN命」全港短片創作比賽，啟發社會人士以積極及自強不息的態度來面對逆境，並於9月6日舉行了「活出SUN命」全港短片創作比賽頒獎禮。 In collaboration with the World Suicide Prevention Day, “Sunny Life” Short Positive Lives Video Competition was held to encourage people to use positive and self-strengthening attitude to face difficulty and it Prizing Giving Ceremony was held on 6 September.
	「左鄰右里，愛惜耆 英」預防長者自殺試 驗計劃 Pilot Neighbourhood Active Ageing Project - Caring for Elders	本會在社會福利署的協調下與深水埗的地區長者中心合作，本會負責義工培訓系列，合共提供了24節課堂、2次實習活動及1次「生命回憶錄」製作訓練。 In collaboration with the SWD and Sham Shui Po District Elderly Community Centres, we provided 24-session volunteer training, 2-session placement activities and 1-session training for making of “Life Review”.
	「感動全城·開拓義 工世界」服務日 Volunteer Service Day	本會參與7月2日由義務工作發展局、百仁基金及香港電台策劃的「感動全城·開拓義工世界」服務日，探訪香港盲人輔導會－朝陽中心暨宿舍的視障及智障的院友。 We joined the “Volunteer Service Day” in collaboration with the Agency for Volunteer Service, Centum Charitas Foundation and the RTHK held on 2 July to visit the visually handicapped and mentally retarded people of The Hong Kong Society for the Blind – Morning Glory DAC cum Hostel.
傳訊事務 Communications Issues	「美麗連繫」舞台劇 記者招待會 “Beautiful Connection” Drama Press Conference	香港話劇團演出的舞台劇「美麗連繫」與本會合作，並於6月3日舉行記者招待會，透過舞台劇宣揚互助關愛的訊息，人與人之間的生命連繫有助重燃希望及防止自殺。 The Drama, “Beautiful Connection”, performed by Hong Kong Repertory Theatre, Caring Fund was invited to join the Press Conference on 3 June to promote the messages of caring for others and connections of lives can help people get hope and prevent them from committing suicide.
	週年記者招待會 Annual General Meeting (AGM) Press Conference	於6月27日舉行週年記者招待會，發佈「2008年自殺數字資料」，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。Our AGM Press Conference held on 27 June released the information of our analysis on the suicide rate of 2008 and encouraged people to seek help by using our 24-hour Hotline 2389 2222.
	「生命教育、群策群 力」記者招待會 “Working Together in Life Education” Press Conference	於11月9日與港鐵公司合辦「生命教育，群策群力」記者招待會，進行生命教育宣傳，在港鐵車站月台的大型廣告燈箱張貼海報，呼籲關懷身邊人及主動求助，並由港鐵協助印製年曆卡及海報，供本會向全港學校及機構派發。 In collaboration with the MTR, a press conference namely “Working Together in Life Education” was held on 9 November to promote the messages of caring for others and help seeking through the giant posters hang on the platforms of MTR stations and the posters and calendar cards made by the MTR were given to us to deliver to all schools and organizations in Hong Kong.

6.5 EXTERNAL TRAINING AND DEVELOPMENT

WILLIAM TO (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 four intakes, so was the fifth and sixth intake offered in 2009. The programme consists of 20 sessions and it covers the knowledge and theories of psychology and suicide, as well as the communication skills that are essential in the helping profession work. The programme also provides the participants with role-play practice of counseling under the guidance of experienced demonstrators and group leaders.

There were 68 participants and 9 SBHK hotline volunteers enrolled the programme this year. With the majority came from social welfare, education and health care sectors, there were also many participants came from the business sector and the area of personnel management. 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 counselors, the SBHK cooperated with the Middlesex University, UK in launching the “Master of Arts in Work Based Learning Studies (Counselling Studies)” in 2007. Starting in November this year, Hong Kong Management Association (HKMA), which has extensive experience in organizing professional courses, co-organized the master programme and the SBHK became the supporting organization.

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 Oasis of Hospital Authority on Training

The SBHK collaborated with the Oasis of Hospital Authority (Oasis) again in 2009 to provide trainings for HA Internal Psychological Support Hotline and the Authority’s Critical Incident Support Team (CIST). Former is formed voluntarily by public and latter is formed voluntarily by HA staff. The service is to provide 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 volunteers with knowledge and skills in telephone counselling and crisis handling. Among the 150 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 strengthen the community on suicide prevention, the SBHK organized workshops entitled as “Suicide First Aid Pack (Professional Edition)” for helping professions. The course teaches techniques on suicide assessment and crisis intervention skills as well as the referral procedure in SBHK. Meanwhile, the new offering “Introduction to Counselling and Suicidal Prevention” for those interested in counselling service, the course introduces basic counselling skills and professional training pathway.

Moreover, we also provided training programmes to social welfare and education organizations like the Home Affairs Department, Distinct Council, Fung Kai Innovative School, Hong Kong Single Parents Association to share skills and experience like emotional counselling and crisis handling. Participate in training seminars and workshops during the year a total of 141 people.

SBHK believe education about suicide prevention is highly essential as ‘Prevention is better than cure’. 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 surplus income, if any, generated from external training activities will be carried forward to the ‘Caring Fund’ of the SBHK. The purpose of the Caring Fund is to finance our community education in loving one’s life and caring other people.

6.5 對外培訓及發展

杜緯納（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至社會不同的層面。

輔導與防止自殺專業證書課程

承蒙各界的支持，過往四屆的報名情況愈見踴躍，本會於二零零九年內分別舉辦了第五及第六屆專業證書課程，課程共有二十節，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，於富有經驗的小組導師帶領和示範下，與學員進行角色扮演的輔導練習。本年度共有六十八名公眾人士和九名本會義工參與，除了社福界、教育界和醫護界，亦有不少來自工商界及人事管理人員。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，亦能夠進一步了解自己及達致個人成長。

工作為本輔導學科碩士課程

本會自二零零七年開始與英國著名的密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導學科碩士課程」，以加強培訓本會義工及本地輔導人員於防止自殺及輔導方面的專業知識和技巧。本年十一月起，具有豐富舉辦專業課程經驗之香港管理專業協會(Hong Kong Management Association)將協辦本碩士課程，而本會則為課程之支持機構。一如以往，學員可以透過大學著名的「工作為本學習」模式，將過往實際的工作經驗，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。

與醫管局心靈綠洲（個人成長及危機處理中心）合作的培訓課程

本會於今年度繼續與醫院管理局心靈綠洲合作，為其院內的「醫管局員工心理支援熱線」及「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，讓小組內之義務工作人員及義務醫護成員，進一步掌握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一百五十人次，大部份參加者均認為課程教學形式豐富生動，多元化的互動練習有助學員發揮所學，且能獲得即時的改善回應，獲益良多。

對外培訓講座/工作坊

為了加強社會大眾及從事助人行業的同工對預防自殺的基本知識和技巧，我們在二零零九年舉行了「自殺急救包（專業版）」的主題工作坊，主要為助人專業界別的人員而設，讓參加者能掌握評估和介入自殺危機的技巧，以及介紹本會的危機轉介服務。同時，新開辦「輔導及防止自殺工作啟蒙」課程，亦為有興趣從事輔導及防止自殺工作人士簡介基礎輔導技巧及專業進修途徑。

另外，我們亦為本地社福及教育團體提供訓練，例如民政事務總署、區議會、鳳溪創新小學及香港單親協會等，本會先後派員分享情緒輔導、危機處理等的技巧和要訣。本年度參與培訓講座及工作坊共有一百四十一人。

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，希望提升社會大眾對預防自殺的意識，以及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
March 3 月	Home Affairs Department 民政事務總署	Suicide intervention workshop for District Council 「自殺危機處理」區議員訓練工作坊	26
July 7 月	Hong Kong Single Parents Association 香港單親協會	A talk of Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	10
August 8 月	Oasis of Hospital Authority 醫院管理局心靈綠洲	1st Hotline Volunteer Training for Telephone Counselling 「心靈綠洲員工支援熱線」- 熱線義工培訓課程 第一場	26
	Public and SBHK members 公眾人士及本會義工	6th Professional Certificate Programme in Counselling and Suicide Prevention 第六屆輔導及防止自殺專業證書課程	42
September 9 月	Oasis of Hospital Authority 醫院管理局心靈綠洲	2nd Hotline Volunteer Training for Telephone Counselling 「心靈綠洲員工支援熱線」- 熱線義工培訓課程 第二場	14
	Fung Kai Innovative School 鳳溪創新小學	Workshop on Campus Crisis Intervention and Prevention 「校園危機預防及處理」工作坊	31
October 10 月	Helping Professions 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)	18
November 11 月	Helping Professions and interested people 助人專業者及有興趣人士	Introduction to Counselling and Suicidal Prevention 輔導及防止自殺工作啟蒙課程	39
	Oasis of Hospital Authority 醫院管理局心靈綠洲	Hotline Volunteer Training for Critical Incident Support Team 「緊急事故支援小組」- 熱線義工培訓課程	62
December 12 月	Oasis of Hospital Authority 醫院管理局心靈綠洲	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	48
	Hong Kong Single Parents Association 香港單親協會	A talk of Handling Persons with Suicide Symptoms 「淺談處理具自殺徵兆者」講座	17

FIGURES ABOUT SUICIDE IN HONG KONG 2009

MR. JONATHAN WONG YUEN CHING (Hotline Volunteer)

From January 1st 2009 to December 31st 2009, Hong Kong's population stood at approximately 7,026,400 with 3,300,000 male (47%) and 3,726,400 female (53%), according to statistics from the Census and Statistics Department. The Coroner's Court reported that 1,015 people committed suicide and subsequently died during this same period, which included 728 suicide deaths where an autopsy and cause of death investigations were not ordered.

The suicide rate was 14.45 in 2009, indicating 14.45 people committed suicide and died out of every 100,000 in Hong Kong, which was up by 1.14 from 2008, 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 2009.

1. The total number of suicide was 1,015;
2. The number of suicide for male was 625 (62%) and for female was 390 (38%);
3. The suicide rate was 14.45 (14.45 people committed suicide per 100,000 people);
4. The suicide rate increased 1.14 from 13.31 in 2008 to 14.45 in 2009;
5. Jumping from a height was the commonest suicide means (51.2%);
6. Hanging was the second suicide means (20.6%);
7. Carbon monoxide poisoning (charcoal burning) came in third place (19.0%);
8. The highest suicide rate for the age above 70 years old was 33.25 per 100,000;
9. The suicide rate for age 60-69 years old came in second with 17.32 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 2009, there were 25 teenagers below the age of 19 who committed suicide successfully. The suicide rate was 1.90 up by 0.1 from 2008. The male to female ratio was 1.2:1 (see table 7.2). The suicide rate for males was higher than for females. The number of suicides rose from 23 in 2008 to 25 in 2009. Among the 25 deaths in 2009, in terms of the means of suicide, 19 ended their lives by jumping from a height, while 4 died from hanging and 2 died through carbon monoxide poisoning respectively (see table 7.1). Jumping from a height was the most common suicide means and accounted for 76% 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 2009, there were 663 people who committed suicide and died in this age group, accounting for 65% of the total number of suicide deaths and up by 1% from 2008 (see table 7.1). The suicide rate was 14.83 and the male to female ratio was 1.9:1 (see table 7.2). Among the deaths, 340 people (51.3%) were attributed to jumping from a height, while 173 people (26.1%) died of carbon monoxide poisoning and 100 people (15.1%) hung themselves.

Age: 60 years old or above

In 2009, 327 people committed suicide and died in this age group, accounting for 32.2% of the total number of suicide deaths and down by 0.8% from 2008. The suicide rate was 25.95 in this age group, up by 0.52 from 2008, and the male to female ratio was 1.8:1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from a height, accounting for 161 deaths (49.2%) in this age group (see table 7.1).

Suicide statistics according to the means of committing suicide

In 2009, there were 520 people who committed suicide by jumping from a height, accounting for 51.2% of the total number of suicide deaths and down by 2.56% from 2008. 209 people died by hanging themselves, accounting for 20.6% of the total number of suicide deaths and down by 0.8% from 2008. 193 people died from carbon monoxide poisoning, accounting for 19.0% of the total number of suicide deaths and up by 3.3% from 2008 (see table 7.1).

Jumping from a height was the commonest means of committing suicide. Hanging was in second place while carbon monoxide poisoning came in third place in 2009.

Suicide statistics: grouped by occupation

In 2009, 95 people who committed suicide were unemployed. Retired persons came in second place with 52 deaths. Housewife followed with 31 deaths. (see table 7.3a). It is worth noting that 31 housewife committed suicide in 2009, it is up by 15 from 16 in 2008. Although suicides among unemployed persons increased from 87 people in 2008 to 95 people in 2009, 728 deaths fell into the unclassified category, where an autopsy and death reports were not sought. This increase in the unclassified category from 710 in 2008 to 728 in 2009 certainly poses a challenge in drawing the conclusion that suicide among unemployed persons has increased.

Hong Kong had an unemployment rate of 5.4% in 2009, an increase of 1.8% from 3.6% in 2008. The under-employment rate increased from 1.9% in 2008 to 2.3% in 2009 (see table 7.3b & 7.3c).

Suicide Statistics: grouped by mental disorders

In 2009, 106 suicide deaths were associated with mental disorder. Most of these committed suicide by jumping from a height, a total of 47 deaths in this group. 15 people died of carbon monoxide poisoning, and 14 hung themselves.

As there were 728 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

72 suicides were categorised as "injury undetermined whether accidentally or purposely inflicted" in 2009, up by 29 deaths in comparison with 43 deaths in 2008. Among these 72 deaths, 23 people died of drowning, while 21 people died of jumping from building and 18 people died through drugs poisoning. (see table 7.5).

Suicide cases without an autopsy being ordered

The total number of suicide deaths was 1,015 in 2009, including 728 deaths where an autopsy and death report were not sought, and this figure increased from 710 in 2008 to 728 in 2009 (see table 7.6). These uncategorised suicide deaths lead to difficulties in drawing reliable conclusion, as the figure represents 71.7% of the total number of suicide deaths.

Conclusion

In 2009, there were 1,015 people who committed suicide and died, with 625 male deaths (62%) and 390 female deaths (38%). The suicide rate was 14.45 per 100,000, up by 1.14 from 2008. The ratio of male to female was 1.8:1. Jumping from a height was still the most common suicide means (51.2%), hanging came in second place (20.6%) and carbon monoxide poisoning took third place (19.0%). The increasing number of suicide case without death investigation report ordered was 728 in 2009 that leave a room and difficulty to come up a reliable conclusion in the relationship among suicide, unemployment and mental disorder.

In the past year, 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 2009 was "Suicide Prevention in Different Cultures". It provides an opportunity to remind people that suicide is influenced by cultural, religious, legal, historical, philosophical and traditional factors and these contexts need to be taken into account in considering suicide prevention. When we look into the newspaper in Hong Kong, it is not easy to find that many teenagers who like to express to their feelings on the web or leave the suicide note over there. In fact, every of us can be the gatekeeper by leaving a positive message and caring concern while meeting them in the web. Therefore, Suicide prevention programs in our future need to be tailored to the changing need and world. Let us work together and make this happen "Suicide is prevented". Right! We can do it!

References

1. Census and Statistics Department 2009 Year End Population, Hong Kong Special Administrative Region of the People's Republic of China.
2. The Samaritan Befrienders Hong Kong (2007), The Samaritan Befrienders Hong Kong Annual Report 2007, Hong Kong.
3. The Samaritan Befrienders Hong Kong (2008), The Samaritan Befrienders Hong Kong Annual Report 2008, Hong Kong.
4. Coroners Court (2007) coroners Report 2007 HK.
5. Coroners Court (2008) coroners Report 2008 HK.
6. Coroners Court (2009) coroners Report 2009 HK.

2009年香港自殺數字統計分析

撰寫：黃遠青先生 (熱線義工)
翻譯：陳鳳明小姐 (熱線義工)

由2009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7,026,400，當中3,300,000(47%)是男性，女性則有3,726,400(53%)。而死因裁判法庭報告於此段期間有1,015人死於自殺，當中包括728毋須進行死因研究而裁判為死於自殺。

2009年香港自殺率為14.45，即每十萬人中有14.45人死於自殺，比2008年上升1.14，即平均每天約有3人自殺死亡。

以下是2009年香港自殺現象的總結：

1. 自殺死亡總數共有1,015宗
2. 男性自殺死亡共625宗(62%)，而女性自殺死亡共390宗(38%)
3. 自殺率14.45，即每十萬人中有14.45人自殺身亡
4. 2009年自殺率14.45，比2008年的13.31上升1.14
5. 最多被採用的自殺方式是「從高處墮下」，為51.2%
6. 第二類較多人採用的自殺方式是「吊死」，為20.6%
7. 第三類較多人採用的自殺方式是「一氧化碳中毒」，為19.0%
8. 最高自殺率的年齡組群是「70歲以上」，自殺率為33.25
9. 第二高自殺率的年齡組群是「60-69歲」，自殺率為17.32

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2009年，有25宗19歲以下青少年自殺身故。自殺率為1.90，較2008年上升0.1。男女比例是1.2:1(見表7.2)，男性自殺率比女性為高，由2008年的23宗躍升至2009的25宗。這25宗自殺個案當中，採用「從高處墮下」作為自殺方式死亡的有19宗，4宗自殺死於「吊死」及2宗自殺死於「一氧化碳中毒」(見表7.1)。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔76%，這引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歲

在2009年，20-59年齡組群之中，有663人自殺身亡，佔總自殺死亡數字之65%，比2008年上升1%(見表7.1)。自殺率為14.83，男女比例為1.9:1(見表7.2)。綜觀眾數字，有340人(51.3%)採取「從高處墮下」方式自殺，另外有173人(26.1%)採用「一氧化碳中毒」自殺。而100人(15.1%)則採用「吊死」方式自殺。

年齡：60歲以上

在2009年，60歲以上自殺死亡之個案共有327宗，佔總自殺死亡數字的32.2%，但相比2008年則下降0.8%。自殺率為25.95，比起2008年上升了0.52，男女比例為1.8:1(見表7.2)。該年齡組群中有161宗(49.2%)採用「從高處墮下」方式自殺，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2009年，共有520人採用「從高處墮下」方式自盡，佔總自殺死亡數字之51.2%，比起2008年下降2.56%。另外，209人採用「吊死」方式自殺，即20.6%，比2008年下降0.8%。而採用「一氧化碳中毒」方式自殺的共有193宗，佔總自殺死亡人數的19.0%，比2008年上升3.3%(見表7.1)。

在2009的數字顯示，「從高處墮下」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」則排第三位。

按職業分組之自殺死亡統計數字

在2009年，有95宗自殺死亡人士為失業者，第二位是退休人士則佔52宗，而家庭主婦則有31宗（見表7.3a）。家庭主婦的自殺死亡數字由2008年的16宗驟升15宗至31宗，這顯示她們失去了自我價值。雖然失業人士自殺死亡的數字由2008年的87宗增加至2009年的95宗，但由於尚有728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。

2009年本港的失業率是5.4%，比起2008年的3.6%上升1.8%，而就業不足率則由2008年的1.9%升至2009年的2.3%（見表7.3b及7.3c）。

按精神疾患分組的自殺統計數字

2009年共有106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47人；15人以「一氧化碳」方式自盡，另外有14宗死於吊死。

由於有728宗自殺死亡個案未經死因調查，因此不排除當中有部分自殺死亡個案與精神病患有關。據世界衛生組織(WHO)表示超過九成的自殺個案會與精神病患有關，例如抑鬱症、精神分裂症及酗酒，這反映個人的精神健康對減低自殺率有一定的重要性。

未能確定是否蓄意自殺的死亡數字

2009年有72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2008年的43宗增加了29宗。在這72宗死亡數字中，23人死於溺斃，21人死於由高處墮下以及18人死於服毒（見表7.5）。

毋須進行死因調查的死亡數字

2009年共有1,015宗自殺死亡數字，包括728宗沒有經過解剖及死因調查的自殺死亡個案，這數字由2008年的710宗增加至2009年的728宗（見表7.6）。佔71.7%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2009年裏，共有1,015人自殺身亡，當中有625位男性(62%)及390位女性(38%)。自殺率是14.45，比2008年的增加了1.14。男女比例是1.8:1。「從高處墮下」仍然是最多人選擇的自殺方式(51.2%)；「吊死」成為第二位的自殺方式(20.6%)；而「一氧化碳中毒」則成為第三位普遍的自殺方式(19.0%)。毋須進行死因調查的死亡數字為728宗，這數字為自殺與失業、精神病患之關係的分析工作造成了障礙，令我們未能作出較具體的結論。

過去這些年來，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範疇為社區投入了努力，致力提升大家對自殺相關之問題加以關注及醒覺。而2009年世界防止自殺日的口號為「不同文化的自殺防治」(Suicide Prevention in Different Cultures)，這提醒我們：自殺是受到不同的文化、宗教、法律、歷史、哲學和傳統的因素所影響著，相對地我們正正需要考慮到利用這些來制定防止自殺的工作。翻開報紙，不難發現很多青少年喜歡透過互聯網去表達他們的情緒，甚至會寫下遺書，其實我們每一位都可以發揮守門人的功能，在他們的網誌上留些積極和鼓勵的訊息。所以，防止自殺的工作是需要隨著社會的需要和轉變來訂定的。對了，讓我們一起來實踐防止自殺的工作吧！我們一定能夠做到的！

參考資料

1. 中華人民共和國香港特別行政區政府統計處2009年人口統計。
2. 香港撒瑪利亞防止自殺會年報(2007)。
3. 香港撒瑪利亞防止自殺會年報(2008)。
4. 香港死因裁判法庭報告(2007)。
5. 香港死因裁判法庭報告(2008)。
6. 香港死因裁判法庭報告(2009)。

(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	2009 年齡組別 Age Groups										2008		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	小計 Sub-Total	總計 Total		
2009	火器 Firearms	男 M				1						1	1	1	1	1	1		
		女 F										0		0	0				
	藥物 Drugs	男 M				2	1	2	2	2		9	24	8	23	6	19		
		女 F				4	5	1	2	3		15	15	15	13				
	毒藥 Poisons	男 M					2		1			3	12	9	15	4	11		
		女 F			1	1			1	6		9		6		7			
	吊死 Hanging	男 M		3	2	12	18	33	26	45		139	209	135	199	144	203		
		女 F		1	6	11	7	11	8	26		70		64	59				
	由高處墮下 Jumping from a height	男 M		10	66	42	48	57	29	68		320	520	285	500	295	468		
		女 F		9	33	31	36	27	13	51		200	215	215	173				
2008	氣體中毒 Gas Fatality	男 M										0	0	0	1	0	0		
		女 F										0		1	0				
	一氧化碳 Carbon Monoxide	男 M		1	20	35	32	20	11	4		123	193	104	146	74	120		
		女 F		1	7	22	22	15	1	2		70		42	46				
	淹死 Drowning	男 M			1	2	3		2	3		11	29	14	25	15	23		
		女 F			2	2	5	1	8			18		11	8				
	利器 Sharp instruments	男 M			1	4			1			6	14	5	8	4	6		
		女 F				2	2	2	4			8		3	2				
	其他 Others	男 M			1	4	1			3	4	13	13	8	12	3	4		
		女 F										0		4	1				
2009	小計 Sub-total	男 M	0	14	90	99	109	112	74	127	0	625							
		女 F	0	11	47	71	74	61	26	100	0	390							
	總計 Total		0	25	137	170	183	173	100	227	0		1015						
2008	小計 Sub-total	男 M	0	15	75	96	99	99	67	117	1			569					
		女 F	1	8	52	59	59	58	36	87	1			361					
	總計 Total		1	23	127	155	158	157	103	204	2				930				
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

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	2009				2008				2007			
	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	0	0:0	0	0	0	0:0	0	0	0	0:0	0
	3.40	2.80	1.2:1	3.11	3.53	1.99	1.8:1	2.78	3.40	1.70	2:1	2.60
	2.10	1.80	1.2:1	1.90	2.20	1.40	1.6:1	1.81	2.10	1.10	1.7:1	1.60
20-59	Subtotal Population 整體人口											
	20.1	8.7	2.3:1	13.85	16.60	9.6	1.7:1	12.79	15.60	6.70	2.3:1	10.80
	21.3	10.9	2.0:1	15.24	20.50	9.10	2.3:1	13.92	18.10	11.00	1.6:1	14.00
	19.0	10.7	1.8:1	14.45	16.80	8.50	2.0:1	12.34	14.30	7.30	2:1	10.60
	20.5	11.0	1.9:1	15.71	18.60	10.80	1.7:1	14.66	15.80	11.00	1.5:1	13.40
60+	Subtotal Population 整體人口											
	20.20	10.40	1.9:1	14.83	18.10	9.40	1.9:1	13.39	15.90	9.0	1.8:1	12.20
	24.9	9.3	2.7:1	17.32	24.00	13.80	1.7:1	19.07	23.60	11.10	2.1:1	17.60
Total Population 全年整體人口	41.9	26.3	1.6:1	33.25	39.60	23.40	1.7:1	30.58	70.30	28.50	2.5:1	48.60
	33.50	19.10	1.8:1	25.95	32.00	19.40	1.6:1	25.43	37.50	14.80	2.5:1	25.60
	18.90	10.50	1.8:1	14.45	17.30	9.80	1.8:1	13.31	16.50	8.50	1.9:1	12.30

* 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 2009 (By Occupation)
(表 7.3a) 香港自殺死亡數字 2009 (按職業分組)

年份 Year	2009 年齡組別 Age Groups											2008		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	小計 Sub-Total	總計 Total
學生 Student	男 M		4	1							5	15	4	8	2	5
	女 F		6	4							10		4		3	
教師 Teacher	男 M			1							1	3	0	0	0	0
	女 F				1						2		0	0	0	0
失業者 Unemployed	男 M		1	5	24	11	6	6	5		58	95	60	87	17	31
	女 F		1	6	11	10	5	2	2		37		27		14	
家庭主婦 Housewife	男 M										0	31	0	16	0	7
	女 F					5	3	3	15		31		16		7	
藍領階層 Blue Collars	男 M			3	3	4	1	1			12	18	15	19	6	7
	女 F			4			2				6		4		1	
白領階層 White Collars	男 M				1	2					3	8	4	9	1	2
	女 F			1	1	3					5		5		1	
病人 Patient	男 M										0	0	0	0	0	0
	女 F										0		0		0	
紀律部隊 Disciplinary	男 M					3	2				5	5	3	3	2	2
	女 F										0		0		0	
商人 Business Man	男 M				1	1	2	1	1		6	6	5	5	4	4
	女 F										0		0		0	
退休人士 Retired Person	男 M						6	8	25		39	52	22	26	15	16
	女 F						1	1	11		13		4		4	
未能分類 * Unclassified	男 M		8	71	61	81	93	53	96		463	728	431	710	485	753
	女 F		3	25	47	52	47	20	71		265		279		268	
其他 Other	男 M		1	9	6	8	4	5			33	54	25	47	14	25
	女 F		1	6	7	5	1		1		21		22		11	
小計 Sub-total	男 M	0	14	90	99	109	112	74	127	0	625	1015	569	930	546	855
	女 F	0	11	47	71	74	61	26	100	0	390		361		309	
總計 Total		0	25	137	170	183	173	100	227	0	1015		930	930	855	855

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 2009 were 1015 which included 728 suicide cases without death investigation report ordered.

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

年份 Year	性別 Sex	年齡組別 Age Groups						合計 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+	
2009	男 M	4.4	2.3	2.6	3.3	4.4	2.6	3.2
	女 F	4.3	1.0	0.7	1.7	2.5	1.5	1.4
	合計 Overall	4.4	1.6	1.6	2.6	3.7	2.3	2.3
2008	男 M	4.3	1.6	2.1	2.6	3.9	2.1	2.6
	女 F	2.1	0.6	0.5	1.2	2.2	2.4	1.1
	合計 Overall	3.3	1.1	1.3	2.0	4.7	2.8	1.9
2007	男 M	3.6	1.9	2.1	3.2	4.1	3.1	2.9
	女 F	2.6	0.8	0.7	1.8	2.7	1.1	1.4
	合計 Overall	3.1	1.3	1.4	2.6	3.6	2.7	2.2

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

資料來源：政府統計處綜合住戶統計調查組 (二)

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

年份 Year	性別 Sex	年齡組別 Age Groups						合計 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60+	
2009	男 M	24.1	9.4	4.5	5.1	6.2	3.3	6.2
	女 F	19.5	5.5	3.5	4.1	3.9	2.4	4.4
	合計 Overall	22.0	7.3	3.9	4.6	5.4	3.1	5.4
2008	男 M	18.4	5.8	2.8	3.4	4.4	2.3	4.1
	女 F	13.9	3.7	2.1	2.9	2.7	0.8	3.0
	合計 Overall	16.2	4.6	2.5	3.2	3.8	1.9	3.6
2007	男 M	20.7	6.1	3.3	3.7	4.8	2.7	4.5
	女 F	18.8	3.4	2.4	3.2	4.1	1.4	3.4
	合計 Overall	19.8	4.7	2.9	3.4	4.5	2.4	4.0

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	2009 年齡組別 Age Groups										2008		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	
2009	火器 Firearms	男M										0	0	0	0	0
		女F										0	0	0	0	0
	藥物 Drugs	男M						2				2	10	5	2	5
		女F					2	2	1	1	2	8	7	3	2	5
	毒藥 Poisons	男M										0	2	0	2	4
		女F			1					1		2	0	0	2	4
	吊死 Hanging	男M			1		3	1	1			6	14	10	2	4
		女F			2		3		1	2		8	5	2	2	4
	由高處墮下 Jumping from a height	男M		2	3	7	5	4	1	3		25	47	17	10	15
		女F		2	5	4	5	2	1	3		22	8	5	5	15
	氣體中毒 Gas Fatality	男M										0	0	0	0	0
		女F										0	0	0	0	0
	一氧化碳 Carbon Monoxide	男M			1	4	1	1	2			9	15	3	3	9
		女F			1		2	3				6	5	5	6	9
	淹死 Drowning	男M					1			1		2	10	5	2	5
	女F						1	4	3		8	4	4	3	5	
利器 Sharp instruments	男M					1					1	5	1	1	1	
	女F							2	2		4	0	0	0	0	
其他 Others	男M						1		1	1	3	3	1	2	3	
	女F										0	0	0	1	3	
2009	小計 Sub-total	男M	0	2	5	13	10	8	5	5	0	48				
		女F	0	2	9	6	13	12	3	13	0	58				
	總計 Total		0	4	14	19	23	20	8	18	0	106	*106			
2008	小計 Sub-total	男M	0	2	4	4	14	11	6	1	4			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

Source: Coroners Court 資料來源：死因裁判法庭

* There were 728 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** There were 710 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.

(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	2009 年齡組別 Age Groups											2008		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	小計 Sub-Total	總計 Total	
2009	火器 Firearms	M																
	藥物 Drugs	F																
		M			2	3		2				7	18	4	2	13	2	12
	毒藥 Poisons	F			2	2	6		1		11		9	10				
		M									0	0	0	1	8	0	0	
	吊死 Hanging	F									0	0	1	7				
		M									0	0	0	1	1	0	0	
	由高處墮下 Jumping from a height	F									0	0	0	0	1	0	0	
		M									0	0	21	10	10	5	5	
	氣體中毒 Gas Fatality	F		4		3	6	1	3	2		15		0	0	0	0	0
		M									0	0	0	0	0	0	0	0
	一氧化碳 Carbon Monoxide	F				1						1	2	0	0	0	0	0
		M							1			1		0	0	0	0	0
	淹死 Drowning	F																
M				1	4	3	1	5	3	3	20	23	4	9	2	2	2	
利器 Sharp instruments	F										0	0	0	0	0	0	0	
	M										0	0	0	0	0	0	0	
其他 Others	F	1			2			2	1	1	7	8	2	2	2	2	2	
	M					1					1		0		0	0	0	
2009	小計 Sub-total	M	1	0	7	12	7	6	8	6	3	50						
	F	0	4	1	3	2	10	1	1	0	22							
2008	總計 Total		1	4	8	15	9	16	9	7	3	72	*72					
	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			
2007	小計 Sub-total	M	0	0	0	2	3	0	2	0	0					9		
	F	0	0	0	2	6	0	2	2	0	0					12		
	總計 Total		0	0	2	8	3	2	4	2	0					21	**21	

Source: Coroners Court 資料來源：死因裁判法庭

* There were 834 of suicide cases without death investigation report ordered that excluded the number of above table.

** 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.

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

年份 Year	自殺類別 Type of Suicide	2009 年齡組別 Age Groups											2008		
		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
2009	火器 Firearms	男M													
		女F													
	藥物 Drugs	男M				1	1					2	7	1	6
		女F				1	2		1	1		5		5	
	毒藥 Poisons	男M					1					1	2	5	9
		女F								1		1		4	
	吊死 Hanging	男M		1	1	1	9	11	26	20	38	106	155	105	157
		女F		1	2	5	4	10	6	21		49		52	
	由高處墮下 Jumping from a height	男M		6	54	28	38	51	24	54		255	406	234	419
		女F		2	17	22	30	24	12	44		151		185	
	氣體中毒 Gas Fatality	男M													
		女F										0		1	1
	一氧化碳 Carbon Monoxide	男M		1	16	23	28	16	9	4		97	150	83	112
		女F			6	18	15	12		2		53		29	
	淹死 Drowning	男M					1					1	5	2	3
		女F						1	1	1		4		1	
利器 Sharp instruments	男M					1					1	3		1	
	女F					1			1		2		1		
其他 Others	男M										0		1	2	
	女F										0		1		
2009	小計 Sub-total	男M	0	8	71	61	81	93	53	96	0	463			
		女F	0	3	25	47	52	47	20	71	0	265			
	總計 Total	男M	0	11	96	108	133	140	73	167	0	728	728		
2008	小計 Sub-total	男M	0	10	63	80	80	79	57	104	0			431	
		女F	0	6	39	50	49	53	30	81	0			279	
	總計 Total	男M	0	16	102	130	129	132	87	185	0			710	710

Source: Coroners Court 資料來源：死因裁判法庭

REPORT ON SPOT SERVICE 2009

MISS. CHAN FUNG MING (HOTLINE VOLUNTEER)

TRANSLATION : MR. WO CHAK MING (HOTLINE VOLUNTEER)

The Service

The SBHK pioneered in June 2008 a new service for suicide prevention on internet: "Suicide Prevention on Net (SPOT)". The service works on actively locating those who expressed their suicidal intention on internet and getting back to them with care and support. Hope that the service is able to inspire them to give up their negative thinking or to take positively professional care offered by the Suicide Crisis Intervention Centre (SCIC) of the SBHK.

The SPOT is an inter-centre cooperation of the SBHK. Life Ambassadors of the Life Education Centre (LEC) firstly search on internet through personal blogs for target cases which are to be followed-up by volunteers of the Hotline. Cases with relatively high suicide risk are then referred, on clients' own accord, to SCIC for further professional attention. The SPOT, on top of demonstrating the effective coordination of human resource of different Centres of the SBHK, it provides an opportunity for volunteers and social workers to work together on helping suicidal clients on the virtual internet environment.

It had been brought to the attention of the society that a group called for committing suicide collectively was found on facebook in late November 2009. The SPOT team was invited by the police to work together on the issue and 26 cases with suicide risk on blogs and forums were then referred by the police for the team's handling and follow-up. The work has enlarged the source of case referral for us and allowed the SPOT team to extend their work to different social networking webpages that they have never touched before.

The SPOT team had located on the internet 112,690 blogs and forums with wordings in emotional distress and suicide during the period from January to December 2009. 634 cases, included 299 new cases, had been followed-up and 189 cases out of these had been referred to Hotline volunteer for suicide risk assessment. It was encouraging that as an expansion of membership of the team, the number of cases handled by the SPOT team in 2009 increased by four times than that of 2008.

Sex and Age

Of the 634 cases that had been followed-up, there were 513 (81%) female and 76 (14.2%) male, and 45 unidentified. It indicated that female tended to be more open than male on airing their emotion problems on the internet. Of the 513 female cases, 175 (34.1%) were in the age group of 10-19; 201 (39.2%) were in the age group of 20-29. Surprisingly, 18 cases were in the group of 40-59. It indicated that it is not uncommon for senior female to take the internet as a means for expressing their own feeling. However, there was no case of male of this age group in our 2009 record. Among the 76 male cases, 20 (26.3%) were in the age group of 10-19, 33 (43.4%) and 9 (11.8%) were of the age of 20-29 and 30-39 respectively. Of all cases in 2009, male and female, those who aged 10-29 were the majority that using internet to release their emotional problems.

As the SPOT service purposely aims at emotional distressed or suicidal cases via search engines, cases looked after by the SPOT team are therefore of higher risk than those handled by the Hotline. However, our 2009 record indicated that there were less SPOT case, in comparison with Hotline, had been successfully referred to the SCIC for further attention. It was that clients on the internet have usually been approached unexpectedly that they were not psychologically ready for care and help.

Among the cases of age group 10-19, 85% (195) were assessed as suicidal risky. 47% (assessed as medium to high risk) had made action plans for committing suicide. It indicated that suicidal risk of this age group was relatively high. Of 234 cases in the age group of 20-29, 61% (144) were assessed as suicidal risky, 47.9% had planned for action. Whereas plans for suicide were found in 73.4% of the 49 cases in the age group of 30-39 and, 20% out of 5 cases of age group 40-49 were assessed as suicidal risky. The findings indicated that even it was uncommon for those aged 50-59 to air their grievances over the internet, but they seemed as if been the group of highest risk among all, as 84% of 13 cases in this group were assessed as suicidal. In conclusion, of the 634 cases in 2009, 68% (431) had planned for committing suicide and assessed as medium to high risk.

Analysis on Age and Nature of Problems

Among all cases in 2009, romantic relationship, 29.7%, was the major cause of emotional distress; this was followed by mental problem, 29.5%, and health, 12.9%. It is apparently that different age groups had caught themselves in different problems. Majority (44%) of female in age group 10-19 were in mental problem, mostly depression. Even some of them had sought medical care but it seemed help not much. Most of the clients in this group had a mind of hurting themselves or even committing suicide. Of male in the age group of 10 to 19, social relationship was the major problems. This is something to be noted that there were clients in this group that they had got know of each other over the internet, some

of them did positively supported and listened to each other, whereas others from time to time spread negative thinking in between.

There was a close connection between the nature of problems of the SPOT clients and the stages of their life. For instance, most of the clients, male and female, in the age group of 20-29 were distressed by romantic relationship problem (female 42.8%, male 42.4%). Majority of female clients aged 30-39 were in health problem (70%) and those aged 50-59 were mainly in family problem.

This is a global finding that every death suicidal case would probably cause a great grief to six persons closed to the dead. Our 2009 record indicates that 27 clients were put to emotional distress by suicidal cases happened to their friends or relatives. This is the reason why that the work of suicide prevention should be started with caring our neighbor.

Sharing of a SPOT Team Member

Finally, in the following is a personal account of a team member on the work of the SPOT:

"It is always, like writing a letter to someone, a one way communication when leaving messages to clients over the internet. This is very little we can do if the clients keep silent. It is frustrated when trying hard to get access to a client and try to help but get no response. However, it is encouraging to know that this has been the case that two strangers were able to get know of, and to share their innermost feelings with, each other through interaction on the internet. Try to think the reason why the clients were responding? It is true that whenever we leave our messages of care and love to the clients, their responses, in return, are always a great encouragement to us. I understand that a helper, being an ordinary people, would be tired out as well from time to time, he or she may not necessarily to give only but also need to be refreshed by positive responses and appreciations from the clients. This is no easy job to take care of others, as most of the SPOT clients have been hurt, rejected, or being trapped in unanswerable troubles, there are very little they can do but hide themselves away and air their own distressful stories in the virtual environment. Again, to constantly care about and support this group of client over the internet are definitely no easy job, this is exactly, I am sure, the value of the work of the SPOT team."

網蹤人計劃報告2009

撰寫：陳鳳明小姐（熱線義工）

自從2008年6月開始，本會創先河啟動了「網蹤人計劃」服務，透過互聯網搜尋情緒備受困擾甚或有自殺念頭的人士，繼而主動作出關懷和鼓勵，讓他們感受溫情關懷之時，願意放棄自殺計劃或接受轉介至自殺危機處理中心，由專業危機輔導員提供協助。

此服務由本會跨部門合作，先由生命教育中心的珍惜生命大使分擔搜尋的工作，再由熱線中心的義工接著進行個案跟進的部份，遇上自殺危機較嚴重的個案而又同意轉介時，便交由自殺危機處理中心的危機輔導員接手跟進。這種合作，除了有效地運用各部門的人手資源外，更有意義的是本會不同部門、不同義工和社工擔當著防止自殺的使命為著一班被動及備受情緒困擾的網民而努力。

在2009年11月下旬，在互聯網上的面書(Facebook)發現相約自殺的組群出現，引起社會上的關注，警方知悉本會的「網蹤人計劃」服務而提出與我們合作，將懷疑有自殺危機的網誌、討論區等轉介給我們跟進，我們共處理了26宗由警方轉介的個案，這個新嘗試除了擴闊了我們的轉介來源外，還給我們一個很好的機會去開拓了在不同的網站上開展工作。

由2009年1月至12月的一年裡，「網蹤人計劃」服務團隊在網上共搜尋到112,690多個有關情緒困擾或自殺等字眼的網誌或討論區，經過初步的篩選後，當中有189個轉介給個案跟進的義工再進一步作自殺危機評估後跟進。全年跟進了634次個案，當中包括了229個新個案。由於人手增多，處理的個案比起去年增多接近四倍，成績令人振奮。

性別及年齡分析

在634個案中，女性佔513個(81%)，男性佔76個(14.2%)，另有45個未能分辨出性別的。從數字顯示，女性比較喜歡透過互聯網撰寫網誌抒發情緒，女性個案之中，分佈在10-59歲的組群之中，以10-19歲(175個，佔女性組群的34.1%)和20-29歲(201個，39.2%)佔最多數，值得一提的有18宗是屬於40-59歲的女性組群，說明了這個年齡的女性也會透過互聯網表露自己的心情，但我們卻找不到這年齡的男性在網上情緒困擾的記錄。選擇透過互聯網撰寫網誌抒發情緒的男性雖然不多，但當中10-19歲的個案佔20宗(26.3%)，20-29歲的佔33宗(43.4%)，30-39歲的佔9宗(11.8%)，不論男女，10-29歲的人是使用互聯網撰寫網誌抒發情緒的最大多數。

自殺危機與年齡組群分析

由於「網蹤人計劃」是屬於主動出擊的服務，我們有目標地利用搜尋工具在互聯網上尋找有情緒困擾或自殺傾向的個案，因此凡獲跟進的都是具有情緒困擾以及有不同程度自殺危機的人，比起熱線個案的自殺個案比率高得多，但成功轉介自殺危機處理中心的個案卻相反的少，這亦主要因為案主在毫無求助心理準備的情況下被接觸到，接受協助的比率也相對低。

在10-19歲的個案當中，有80.5%(195宗)具自殺危機，而有明確的自殺計劃(中至高危)的有49.7%，顯示這組群具自殺危機的比率很高。20-29歲的234宗個案中，具自殺危機的有61.5%(144宗)，當中47.9%具明確的自殺計劃。而30-39歲組群中，49宗個案中有73.4%是具明確的自殺計劃。40-49歲的5宗個案中具自殺危機的佔20%。而值得注意的是50-59歲組群中，雖利用互聯網表露心事的普遍，但13宗個案中佔84%有自殺危機的，為所有組群的自殺危機比率之冠。在634宗個案中，佔68%即431宗個案有明確的自殺計劃，屬中至高度自殺危機個案。

年齡組群與困擾類別分析

在眾多個案中，以愛情困擾為最多，佔29.7%；繼而是精神病的困擾，佔29.5%；第三位是健康問題，佔12.9%。不同年齡組群有著不同的困擾，10-19歲的女性以精神病的困擾為最多(44%)，她們所表述的大部份受著抑鬱症所困擾，即使有求醫服藥，似乎仍未平伏疾病所帶來的情緒困擾，

佔大部份有自殘習慣，甚至自殺危機，這類個案有不少已經在互聯網上互相認識，有時互相傾訴和支持，亦有可能互相滲透著消極悲觀的價值觀，這是值得關注的。而10-19歲的男性則以交友為主要困擾來源(35%)。

他們的困擾種類，亦與他們的成長歷程有著很密切的關係，例如在20-29歲男女性組別中，最多的困擾來源主要是愛情問題(女性42.8%，男性42.4%)。而30-39歲的女性最普遍的困擾則以健康問題為主(70%)。50-59歲女性佔第一位的困擾種類為家庭問題，佔61.5%。

根據世界性的統計，一人自殺死亡，大概會對身邊六位人士造成嚴重的情緒困擾，在我們的統計中，有27宗個案備受親友自殺事件造成情緒低落，甚至起了自殺念頭。因此防止自殺的工作的確應該是由大家關懷身邊人開始做起。

以下一段是我們其中一位「網蹤人計劃」義工的一些心聲：

「網上給案主留言，是單向的，有如寫信，如果對方不回應，我們能做的實在有限，好不容易才在網上找到一個有情緒困擾或有自殺危機的案主並嘗試介入，卻得不到回應，叫我們感到氣餒。不過，我發現在網上互動的過程中，兩個陌生人可以從不相識達致傾訴心事、成功建立良好關係是最令我們鼓舞的。想一想：這麼多網上過客，為甚麼案主會選擇回應我？在我們留言給案主傳達點點關懷和支持的時候，案主給我們的回覆其實也是給予我們的鼓勵啊！我體會到的是：我們必須要放下工作者的身段，我們不是單單一個『施予者』的角色，也有疲乏的時候，希望得到對方的回應和欣賞。主動關心人是不容易的，很多案主都被人傷害過、拒絕過，甚至是有苦衷不能跟人傾訴，即是他們心裡有很多困擾，但只好瑟縮在網上一角吐不快，可是，又有多少人可以持之以恆去關心人呢？我想，這正是我們這班「網蹤人」難能可貴之處。」

TITBITS 活動花絮

Hotline Centre 熱線中心

活動花絮



Taiwan Exchange Trip
台灣交流團



Sharing session on Taiwan Exchange Trip
自殺防治策略與展望分享會



Training workshop for Caritas Macau
澳門明愛自殺危機工作坊



"Happy family" Book Launch
「家家有件開心事」新書發佈會



Internal workers training programme
內部培訓



Reception for visitors
接待外界探訪

Life Education Centre 生命教育中心



"Totemotion Fun Day" was held in the Ma On Shan Plaza on 26 July 2009
《「情緒圖騰」遊戲日》於2009年7月26日在馬鞍山廣場舉行



"Spot on Life" First Broadcasting Ceremony was held on 21 March 2009 in the Duke of Windsor Social Service Building
《「放眼生命」生命教育影碟首映禮》於2009年3月21日在溫莎公爵社會服務大樓舉行



Parents' Workshop to enhance parents' understanding and skills on how to nurture their children about life education
「家長工作坊」讓家長認識在家進行生命教育的重要及技巧



"Life Ambassadors" were invited to go to another agency to lead a festival celebration mass program to elderly
「珍惜生命大使」到外邀機構提供大型節日慶祝活動予長者



Follow-up Training Group to be held after talk conducted in school so as to further strengthen students' self-reflection on their lives
「跟進式小組」於學校推行講座完畢後進行以增加學生對生命教育題材的進一步反思



Students' Talk to educate different levels of students about life cherishment
「學生講座」教育大專、中小學生認識生命的可貴

Suicide Crisis Intervention Centre 自殺危機處理中心



Retreat Day Camp
職員退修日



Press Interview of 'Live the Rainbow' Group
《活出彩虹小組》組員接受記者訪問



Training on Suicide Risk Assessment
香港學生輔助會「自殺危機評估及介入」訓練



Taiwan LifeLine International Director and workers
國際生命線台灣總會理事及同工到訪交流



Mr. Lam Chi Ming from SWD attends the 5th anniversary gathering of 'Live the Rainbow' Group
獲社會福利署高級社會工作主任(兒童福利)林志明先生出席《活出彩虹小組》五周年聚餐活動



RTHK Radio Program
應香港電台《我哋你都得》節目邀請談如何在經濟逆境自強



Newspaper cutting
《活出彩虹小組》訪問剪報

Caring Fund 關懷身邊人基金



“Sunny Life” Short Positive Lives Video Competition and Prizing Giving Ceremony, through sharing of positive lives video to encourage people using positive and self-strengthening attitude to face difficulty in collaboration with the World Suicide Prevention Day

《「活出SUN命」全港短片創作比賽頒獎禮》透過分享正面的短片，回應「世界防止自殺日」，鼓勵大眾一同以積極自強的態度面對逆境



Caring Programme – Samaritans Campaign Sponsorship by MTR to educate public with positive messages
與香港鐵路有限公司合作以「換個角度，自然有出路」加強宣傳積極人生



Co-operated with elderly service agencies nearby to promote the prevention of elderly suicide, responsible for recruitment and training of volunteers in the project

與鄰近長者服務機構合作「左鄰右里愛惜耆英試驗計劃」，協助招募及訓練「身邊人」義工



“Caring People Around” Volunteers’ Training
「身邊人」義工訓練



“Understanding Adolescents’ Project”
(Primary School) (2009 – 2011)
「成長的天空計劃 (小學)」(2009 – 2011)

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



"Suicide Crisis Intervention Workshop" for 18 District Councils
十八區區議會 - 「自殺危機處理工作坊」



"Handling Callers with Suicidal Ideation" for Hong Kong Single Parents Association
香港單親協會 - 「淺談處理自殺徵兆者」



Hotline Volunteer Training for Oasis of the Hospital Authority
醫院管理局心靈綠洲「員工心理支援熱線」義工培訓課程



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



Class Exercise in 6th Professional Certificate in Counselling and Suicide Prevention
第六屆輔導及防止自殺專業證書課程 - 課堂練習情況

AUDITORS' AND FINANCIAL REPORT 財政報告

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

7/F., TERN CENTRE, TOWER 2,
251 QUEEN'S ROAD CENTRAL,
HONG KONG.
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：二八五一二八二八**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 2010, the income and expenditure statement of the Accumulated Fund, the statement of comprehensive income and the statement of changes in equity funds and the statement of cash flows 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

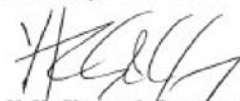
Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and 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 2010 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 2010

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：二八五一二八四二

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2010年3月31日的財務狀況及貴會截至該日為止年度綜合各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
2010年5月31日

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
資產負債表
BALANCE SHEET
2010年3月31日
AS AT 31 MARCH 2010

		註 NOTES	2010 HK\$	2009 HK\$
流動資產	CURRENT ASSETS			
手存現金	Cash in hand		10,000	9,000
銀行存款	Cash at banks		3,028,493	2,787,611
定期存款	Fixed deposits		2,266,762	1,972,846
應收及預付款	Accounts receivable and prepayments		952,928	69,079
			<u>6,258,183</u>	<u>4,838,536</u>
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accrued expenses		(1,132,854)	(702,626)
			<u>5,125,329</u>	<u>4,135,910</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		<u>1</u>	<u>1</u>
資產淨值	NET ASSETS		<u>5,141,750</u>	<u>4,152,331</u>
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	741,320	718,596
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	1,168,924	904,323
活動基金	PROGRAMS FUND	7	<u>20,619</u>	<u>20,619</u>
			2,869,782	2,582,457
自殺危機處理中心基金	SUICIDE CRISIS INTERVENTION FUND	8	2,498,706	1,812,532
生命教育中心基金	LIFE EDUCATION CENTRE FUND	9	<u>(226,738)</u>	<u>(242,658)</u>
			<u>5,141,750</u>	<u>4,152,331</u>

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 31 May 2010

附註乃賬項之一部份

於2010年5月31日經執行委員會通過接納



Chairman
主席



Treasurer
財政

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 累積基金
 ACCUMULATED FUND
 收支表
 INCOME AND EXPENDITURE STATEMENT
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

		2010 HK\$	2009 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	1,506,900	1,421,595
政府租金差餉	Government rent and rates subsidies	102,121	100,079
津貼			
其他	Others	141,901	37,010
		<u>1,750,922</u>	<u>1,558,684</u>
<u>其他收入</u>	<u>OTHER REVENUES</u>		
會費收入	Membership subscriptions	7,300	6,620
利息收入	Bank interest received	343	7,486
講座及其他收入	Course fees and sundry income	104,723	183,519
收回行政費用	Expenses recovered	158,172	130,000
		<u>2,021,460</u>	<u>1,886,309</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	3,735	609
訓練費用	Training expenses	31,080	25,301
活動費用	Program expenses	14,866	46,510
交通費	Travelling expenses	143,477	125,189
薪金	Staff salaries	1,297,936	1,046,996
公積金	Provident fund contribution	56,894	38,720
醫療費用	Medical expenses	10,073	10,643
職員培訓	Staff training	50	2,830
招聘費	Recruitment expenses	1,680	9,150
租金及差餉	Rent and rates	104,185	94,661
辦公室用品	Office supplies	29,934	58,529
宣傳	Publicity and promotion	19,813	22,920
年刊及印刷費	Annual reports and printing	35,548	40,688
書刊雜誌	Newspaper, journals and books	6,798	5,515
電腦及軟件	Computers and softwares	49,146	35,882
低值傢具器材	Low value furniture and equipment	455	10,020
維修保養	Repairs and maintenance	27,565	62,009
電話及傳呼	Telephone and paging	25,701	29,911
水、電	Electricity and water	49,694	51,226
郵費	Postage	1,316	7,174
清潔用品及費用	Sanitary and cleaning expenses	35,982	37,053
聯會會費	Subscription to affiliated associations	---	7,280
開會費用	General meeting expenses	4,110	360
義工嘉許	Volunteers' recognition	6,120	6,280
週年餐會	Annual dinner	8,456	10,323
飲品	Refreshment	6,829	6,896
保險費	Insurance	12,540	5,578
雜費	Sundry expenses	14,753	11,458
		<u>1,998,736</u>	<u>1,809,711</u>
本年度盈餘	SURPLUS FOR THE YEAR	<u>22,724</u>	<u>76,598</u>

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 綜合各基金
 STATEMENT OF COMPREHENSIVE INCOME
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

		2010 HK\$	2009 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
收捐款及津貼	Donations and subsidies received	8,725,313	7,862,697
<u>其他收入</u>	<u>OTHER REVENUES</u>		
銀行利息	Bank interest received	696	11,543
課程及什項收入	Courses fees and sundry income	947,668	663,718
		<u>9,673,677</u>	<u>8,537,958</u>
<u>支出</u>	<u>EXPENDITURE</u>		
訓練及社區工作	Training and community activities	194,632	220,499
職員薪金福利	Staff costs	6,923,585	6,411,044
行政費用	Administration expenses	960,275	919,499
租金及差餉	Rent and rates	366,553	352,821
電腦及軟件	Computers and softwares	68,352	84,791
低值傢具器材	Low value furniture and equipment	25,091	36,229
資助購買之資產	Subvented assets	145,770	---
		<u>8,684,258</u>	<u>8,024,883</u>
<u>本年盈餘</u>	<u>SURPLUS FOR THE YEAR</u>	<u>989,419</u>	<u>513,075</u>

綜合各基金變動表
 STATEMENT OF CHANGES IN EQUITY FUNDS
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

		2010 HK\$	2009 HK\$
年初各基金總結餘	Balance of funds at beginning of year	4,152,331	3,639,256
本年盈餘	Surplus for the year	<u>989,419</u>	<u>513,075</u>
年終結餘	Balance at end of year	<u>5,141,750</u>	<u>4,152,331</u>

香港撒瑪利亞防止自殺會
 THE SAMARITAN BEFRIENDERS HONG KONG
 現金流量表
 STATEMENT OF CASH FLOWS
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

	2010 HK\$	2009 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	989,419	513,075
Adjustments for 調整：		
(Increase)/Decrease in accounts receivable and prepayments(增加)/減少應收及預付款	(883,849)	(41,627)
Increase/(decrease) in accrued expenses 增加/(減少)應付款	430,228	183,715
Net Increase in Cash at Banks and in Hand 增加銀行存款及手存現金淨額	535,798	655,163
Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金	4,769,457	4,114,294
Cash and at Banks at End of Year 年終銀行存款及手存現金	5,305,255	4,769,457

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註
NOTES TO ACCOUNTS
 2009/10 年度
FOR THE YEAR ENDED 31 MARCH 2010

1. ORGANISATION 組織

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

本會是一個慈善團體，於1994年3月10日在香港成立為會員有限責任之法人。

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

本會已根據香港稅務條例第八十八條獲准免稅。

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)
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

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攤除。

(c) Principal Revenue/Donations and Subsidies 主要收入/捐款及津貼

The principal revenues of the Corporation are from donations and subsidies.

本會主要收入來自捐款及津貼。

They are recorded on the cash received basis. Specific donations are recorded in the period of usage specified by the donors.

捐款及津貼是以收入現金時記賬。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：

		2010 HK\$	2009 HK\$
年初結存	Fund balance at beginning of year	718,596	641,998
加：本年度盈餘	Add: Net surplus for the year	22,724	76,598
年終結餘	Balance at end of year	<u>741,320</u>	<u>718,596</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：-

		2010 HK\$	2009 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：

		2010 HK\$	2009 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)
2009/10 年度
FOR THE YEAR ENDED 31 MARCH 2010

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:

		2010 HK\$	2009 HK\$
收入	Income		
收捐款	Donations received	231,162	252,359
社區活動收入	Programs income	241,903	60,465
課程收入	Courses fees	440,312	218,152
利息收入	Bank interest received	236	3,995
雜項收入	Sundry income	8,209	45,539
		<u>921,822</u>	<u>580,510</u>
支出	Expenditure		
社區活動支出	Programs expenses	50,590	41,904
社區教育	Community education	42,416	8,957
行政費	Administration expenses	28,172	---
薪金	Staff salaries	405,725	415,757
強積金供款	MPF contribution	13,750	20,685
舟車費	Travelling	3,151	1,844
招聘費	Recruiting expenses	1,602	416
醫療費	Medical expenses	2,112	4,561
水電	Electricity and water	4,935	6,974
電話費	Telephone	2,860	2,518
電腦及軟件	Computers and softwares	4,304	150
維修保養	Repair and maintenance	10,626	7,626
清潔	Sanitary and cleaning expenses	812	1,240
飲品	Refreshment expenses	846	1,960
職員培訓	Staff training expenses	250	---
郵費	Postage	4,150	1,725
刊物	Publication	---	2,850
宣傳	Promotion	37,780	7,950
保險	Insurance	1,141	2,149
寫字樓用品	Office supplies	455	5273
什費	Sundry expenses	41,544	3,335
		<u>657,221</u>	<u>537,874</u>
本年盈餘	Surplus for the year	264,601	42,636
年初結餘	Balance at beginning of year	904,323	861,687
年終結餘	Balance at end of year	<u>1,168,924</u>	<u>904,323</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)
 2009/10 年度
FOR THE YEAR ENDED 31 MARCH 2010

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>2010</u> HK\$	<u>2009</u> HK\$
年初及年終結餘	Balance at beginning and at end of year	20,619	20,619

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 shown in the following page:

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於下頁顯示：

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)
 2009/10 年度
FOR THE YEAR ENDED 31 MARCH 2010

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

	2010 HK\$	2009 HK\$
Income 收入		
Subventions received 收資助	5,643,503	4,970,267
Rent and rates subvention 租金差餉資助	109,474	108,000
Other donations received 其他捐款收入	11,160	2,700
Course fees received 課程收入	25,000	43,650
Program income 社區活動收入	12,910	970
Sundry income 什項收入	150	807
Bank interest received 銀行利息	117	62
	<u>5,802,314</u>	<u>5,126,456</u>
Expenditures 支出		
Staff salaries 薪金	4,201,858	3,946,064
Mandatory Provident Fund 強積金	215,461	146,089
Medical expenses 醫療	24,416	18,336
Staff training 職員培訓	61,010	16,700
Administration expenses 行政費用	90,000	90,000
Annual dinner 周年聚餐	---	480
Publications 刊物	---	27,850
Community activities 社區活動	24,645	52,232
Publicity and promotion 宣傳	37,870	1,600
Rent and rates 租金及差餉	110,776	112,627
Office supplies 辦公室費用	27,229	24,944
Repairs and maintenance 修理保養	27,987	35,297
Computers and softwares 電腦及軟件	14,902	45,044
Subvented assets 資助購買之資產	145,770	---
Furniture, fixtures and equipment 傢具器材	12,365	16,900
Telephone and paging 電話傳呼	24,686	21,088
Electricity and water 水電	38,921	36,651
Postage 郵費	1,816	1,125
Travelling 交通	14,619	14,410
Sanitary and cleaning expenses 清潔	13,509	7,099
Newspaper, journals and books 書刊雜誌	60	416
Refreshment 飲品	5,116	5,513
Insurance 保險	11,624	18,221
Recruitment expenses 招聘費	7,722	8,752
Sundry expenses 什費	3,778	---
	<u>5,116,140</u>	<u>4,647,438</u>
Surplus for the year 本年度盈餘	686,174	479,018
Balance at beginning of year 年初結餘	<u>1,812,532</u>	<u>1,333,514</u>
Balance at end of year 年終結餘	<u>2,498,706</u>	<u>1,812,532</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)
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

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：

	2010 HK\$	2009 HK\$
Subventions for the year 本年度資助	827,500	825,154
Course fees received 課程收入	106,372	82,509
Government rent and rates subsidies 政府租金差餉津貼	151,592	145,533
Sundry income 什項收入	789	21,487
	<u>1,086,253</u>	<u>1,074,683</u>
Less: Expenditures 減：支出		
Staff salaries 薪金	661,855	706,945
Staff MPF 強積金	29,757	32,047
Medical expenses 醫療	3,358	4,561
Staff training 職員培訓	90	110
Community activities 社區活動	27,300	44,986
Administration expenses 行政費用	40,000	40,000
Rent and rates 租金差餉	151,592	145,533
Office supplies 辦公室費用	25,384	21,393
Publicity and promotion 宣傳	58,144	240
Repairs and maintenance 修理保養	11,087	8,710
Furniture, fixtures and equipment 傢具器材	12,271	12,549
Telephone and paging 電話傳呼	4,143	6,646
Electricity and water 水電	6,957	8,458
Postage 郵費	6,432	11,226
Travelling 交通	3,998	3,985
Sanitary and cleaning expenses 清潔	1,218	1,585
Newspaper, journals and books 書刊雜誌	7,818	7,373
CD and publication CD 及刊物	---	88,080
Newsletters 資訊傳單	4,804	9,419
Refreshment 飲品	1,102	1,455
Insurance 保險	8,236	3,749
Recruitment 招聘費	4,524	810
Sundry expenses 什費	263	---
	<u>1,070,333</u>	<u>1,159,860</u>
Surplus/(Deficit) for the year 本年盈餘/(虧損)	15,920	(85,177)
Balance at beginning of year 年初結餘	(242,658)	(157,481)
Balance at end of year 年終結餘	<u>(226,738)</u>	<u>(242,658)</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)
 2009/10 年度
FOR THE YEAR ENDED 31 MARCH 2010

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。

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)
 2009/10 年度
 FOR THE YEAR ENDED 31 MARCH 2010

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:

		2010 HK\$	2009 HK\$
<u>收入</u>	<u>Income</u>		
收捐款	Donations received	231,162	252,359
社區活動收入	Programs income	241,903	60,465
課程收入	Courses fees	440,312	218,152
利息收入	Bank interest received	236	3,995
雜項收入	Sundry income	8,209	45,539
		<u>921,822</u>	<u>580,510</u>
<u>支出</u>	<u>Expenditure</u>		
社區活動支出	Programs expenses	50,590	41,904
社區教育	Community education	42,416	8,957
行政費	Administration expenses	28,172	---
薪金	Staff salaries	405,725	415,757
強積金供款	MPF contribution	13,750	20,685
舟車費	Travelling	3,151	1,844
招聘費	Recruiting expenses	1,602	416
醫療費	Medical expenses	2,112	4,561
水電	Electricity and water	4,935	6,974
電話費	Telephone	2,860	2,518
電腦及軟件	Computers and softwares	4,304	150
維修保養	Repair and maintenance	10,626	7,626
清潔	Sanitary and cleaning expenses	812	1,240
飲品	Refreshment expenses	846	1,960
職員培訓	Staff training expenses	250	---
郵費	Postage	4,150	1,725
刊物	Publication	---	2,850
宣傳	Promotion	37,780	7,950
保險	Insurance	1,141	2,149
寫字樓用品	Office supplies	455	5273
什費	Sundry expenses	41,544	3,335
		<u>657,221</u>	<u>537,874</u>
本年盈餘	Surplus for the year	264,601	42,636
年初結餘	Balance at beginning of year	904,323	861,687
年終結餘	Balance at end of year	<u>1,168,924</u>	<u>904,323</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
賬項附註(續)
NOTES TO ACCOUNTS (Continued)
2007/08 年度
FOR THE YEAR ENDED 31 MARCH 2008

6. CARING FUND 關懷身邊人基金

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

基金是用作資助「關懷身邊人，從聆聽開始」之計劃，亦包括推行社區活動教育每人應熱愛生命，關懷別人。

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

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

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

6. CARING FUND 關懷身邊人基金

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

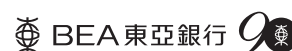
基金是用作資助「關懷身邊人，從聆聽開始」之計劃，亦包括推行社區活動教育每人應熱愛生命，關懷別人。

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

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

ACKNOWLEDGEMENTS 鳴謝

(排名不分先後)

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 2009 suicide death in
Hong Kong
香港死因裁判法庭 – 提供二零零九年
香港自殺死亡數字資料Census and Statistics Department –
providing data of 2009 population in
Hong Kong
政府統計處 – 提供二零零九年
香港人口數字資料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
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》

奧寶貿易發展有限公司

St John's Cathedral
Counselling Service
聖約翰座堂輔導服務Mr. Leo Ko
古巨基先生

楊石娣女士 (黃大仙區區議員)

君比 (兒童及青少年文學作家)

陳利成先生 (黃大仙區區議員)

劉兆璋女士

盧佩鏞女士

梁永忠博士

Caring Company 2009/10「商界展關懷2009/10」公司

(排名不分先後)



Sponsors of 2009 Annual Dinner **二零零九年周年聚餐贊助公司** (排名不分先後)

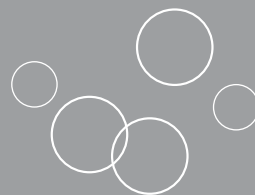
The Peninsula Hotel Limited 半島酒店	Ocean Park 海洋公園	Gloriosa Florist 花姿采
CG Group	Regal Airport Hotel 機場富豪酒店	Jardine OneSolution Limited
Mass Transit Railway Corporaion Limited 港鐵公司	Royal Plaza Hotel 帝京酒店	

2009/10 Donors **二零零九 / 二零一零年度捐款機構及人士芳名** (排名不分先後)

Mr. Fung Chiu Chak, Victor	HK\$35,000.00	廖創興企業有限公司	HK\$120,000.00
Ms. Tam Wing Kei	HK\$3,600.00	誠信清潔服務有限公司	HK\$50,000.00
Mr. Hung Pui Kee	HK\$2,000.00	「愛創意」製作社	HK\$17,063.00
Ms Tang Wing Chi, Amy	HK\$1,660.00	威富(亞洲區)有限公司	HK\$7,751.94
Mr. Lo Wai Leung, Kevin	HK\$1,200.00	種子森林有限公司	HK\$7,080.00
Mr. Wang Wai Hong	HK\$1,000.00	黃祐榮先生	HK\$6,600.00
Mr. Wong Siu Ming	HK\$1,000.00	商業電台《有誰共鳴》節目	HK\$6,472.02
Ms Wong Yuk Mei, Barbara	HK\$900.00	葉志榮先生	HK\$6,000.00
Ms Lai Chi Chung	HK\$500.00	朱捷麟先生	HK\$5,000.00
Mr. Chan Choi Chun	HK\$500.00	簡柏基先生	HK\$4,445.04
Mr. Chan Shiu Fung	HK\$300.00	蔡文昌先生	HK\$2,000.00
Mr. Ho Kin Lan	HK\$300.00	梁燕珍女士	HK\$1,200.00
Wong's Diamond & Pearl Co. Ltd	HK\$200.00	任少芳女士	HK\$1,200.00
Ip Chuen Cheung & Wan Sik Lin	HK\$200.00	鄧淑儀女士	HK\$1,200.00
Y.F. Lau	HK\$200.00	黃玉蘭女士	HK\$1,200.00
Mr. Lo Yung Wah	HK\$200.00	何健蘭小姐	HK\$700.00
Miss Lau Pik Ha	HK\$100.00	盧惠雯女士	HK\$600.00
Mr. Tse Mei Li, Terry	HK\$100.00	關思明	HK\$600.00
Mr. Chong Park Chow	HK\$100.00	李漢培先生	HK\$500.00
Ms Chow Ngan Lim	HK\$100.00	湯華桂、丁志高	HK\$300.00
Ms Chung Sau Wai, Ada	HK\$100.00	葉連安女士	HK\$200.00
Ms Lily	HK\$80.00	何演	HK\$200.00
Ms Jennifer	HK\$70.00	潘美誼小姐、郭主亮先生	HK\$100.00
Ms Connie	HK\$70.00	潘惠誼小姐、林保華先生	HK\$100.00
Ms Winnie	HK\$70.00	張燕冰小姐	HK\$100.00
Ms Apple	HK\$70.00	丁麗芬小姐	HK\$100.00
Ms Janet	HK\$70.00	陳先生	HK\$100.00
Ms Anna	HK\$70.00	吳音小姐、王清良先生	HK\$60.00

WE NEED YOUR HELP

捐助呼籲



Who we are 簡介

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