

2010 Annual Report 年報



網絡世界打開一片天空
追蹤還語觸動萬眾心靈



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

同行五十載 • 關心跨世代



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BRIEF HISTORY

Brief History

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

It was registered as a society in Hong Kong in 1963, and subsequently renamed “The Samaritan Befrienders Hong Kong”. In the 1970s, SBHK offered services by 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 thousands of 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 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 crisis of the earliest stage.

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 became aware of the fact 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 work 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 of community service.
- To help in the South East Asia and neighbouring areas to set up organizations with a nature and mission similar to ours.

機構簡史

簡史

「香港撒瑪利亞防止自殺會」於1960年7月成立。原名是「防止自殺會」，是亞洲同類組織的首創。於1963年10月在本港作社團註冊，後來改名為「香港撒瑪利亞防止自殺會」，並於1994年轉為公司註冊。本會在七十年代設有中、英文部，分別提供粵語及英語服務，至1982年，本會因行政關係取消了英文部的服務，而防止自殺之輔導服務一直推行至今。

本會為香港土生土長，由義工組成的志願服務機構，並無宗教立場，一直以聖經中好撒瑪利亞人的友善博愛和助人為樂的精神作榜樣，向絕望及瀕臨困境人士伸出同情之手，予以扶持及適當的情緒輔導，達到助人自助的目標。鑒於1964年因會考落敗而萌輕生念頭的學生顯著增加，本會遂於1965年展開中五會考生輔導服務，並喚起其他服務團體的參與，開拓各方資源，有助莘莘學子以解徬徨之困。

近期發展

在過去四十多年的熱線服務經驗當中，我們接觸過不少在自殺邊緣掙扎的人士，當中亦有不少人士自殺意圖強烈，本會相信將服務擴展至較長期的危機輔導及外展服務更有助他們重拾求生的信念。在1994年就成立「關懷身邊人基金」，用作資助『關懷身邊人，從聆聽開始』推廣計劃，目的是提醒市民耐心聆聽對身邊親人及朋友的重要性，呼籲大眾熱愛生命，關懷別人。在專業的教育層面上，本會利用了「關懷身邊人基金」展開更多社區性的工作，「輔導與防止自殺專業證書課程」於2006年2月開始舉辦，進一步使參加者掌握一些輔導和防止自殺的知識及技巧，讓參加者提升自我覺察及關顧的能力、以及為身邊受到情緒困擾的人提供到有效情緒紓緩，從而達至及早預防自殺的目標。

至2002年3月承蒙社會福利署的積極支持和推動下，本會獲獎券基金的撥款，成立為期三年的「自殺危機處理中心」先導計劃，為防止自殺工作擔當危機介入的重任。至2005年5月開始正式獲社會福利署撥款津助，成為轄下恆常服務之一，得以繼續為全港市民提供服務。

自從九七年金融風暴後，香港經濟每況愈下，自殺問題愈趨嚴重。本會有感於單靠熱線服務並未能完全滿足社會發展的需要，為遏止自殺風氣蔓延，得從根本的生命教育做起，再者，本會更鼓勵社區參與，與我們一起把守生命的關口。至2002年5月，本會正式獲香港賽馬會撥款開辦為期三年的「生命教育中心」先導計劃，為防止自殺工作擔當及早預防的工作。生命教育中心的工作成效獲得到香港賽馬會慈善信託基金的肯定，在完成由2005年4月起的三年服務後，該基金決定從2008年4月起，再繼續贊助為期三年的預防自殺及生命教育服務。

隨著「關懷身邊人基金」、「自殺危機處理中心」及「生命教育中心」的成立，再配合我們持久堅守著的第一個求助接觸點 ---- 熱線服務，本會的防止自殺工作得以踏實發展，憑著本會服務的精神及宗旨，迎向未來的各項挑戰。

精神

發揚人類善美的本質，以愛心、耐性及同情，建立人際間互助、互勉、互愛的精神。

宗旨

- (一) 基於人道立場，協助面臨各種困難、陷於孤獨與沮喪的人士，鼓勵他們重建求生信念。
- (二) 透過演說、講座、刊物、調查報告等方式，宣傳及推廣本會的服務精神。
- (三) 協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織。

ETHOS AND MODUS OPERANDI

Ethos

1. We establish ourselves as the Samaritan Befrienders Hong Kong to bring out in full the benevolence in human nature, and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.
2. We give the hopeless, the helpless and the suicidally inclined a listener when they need one so that they can relate their inner pain and distress.
3. We let help seekers feel accepted and supported so as to enable them to overcome emotional distress and face up to their problems.
4. We respect the right of help seekers in self-determination even if they decide to commit suicide, and also their right to discontinue contact with us at any time.
5. We respect the privacy of help seekers and will not disclose their personal information to any outside party. Such information would only keep by us for the purpose of providing effective service. Our Chairman and supervisory officers have the right to get access to detail of cases. 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 to help suicidal people to re-establish their life strength and to 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, 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 directly, otherwise we shall not approach that person. Exception is by reason that the client is young, old or infirmity. In that case, we shall try to contact that person.
8. We offer assistance for the establishment of organizations with similar nature and mission in the South East Asia and neighbouring regions, or offer training courses to promote their service quality.

服務精神及工作

服務精神

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

本會工作

1. 本會熱線中心提供二十四小時電話熱線，在預約情況下亦會提供面談服務，求助者亦可以用書信及電郵與本會聯絡。而本會的熱線工作人員全屬義工，是經過挑選和訓練，並由資深會員及專業人士督導。
2. 透過自殺危機處理中心，提供服務內容包括自殺危機評估、緊急危機處理、危機介入輔導及轉介服務等工作，幫助面臨自殺危機的人士重建求生的信念及鞏固他們應付危機的能力。
3. 而生命教育中心透過社區服務、公開講座、出版刊物（年報、會訊、書籍、報告）、調查研究、宣傳教育、國際會議等來推動自殺防治的工作，讓人們活出人生意義，勇於面對困難，使關懷身邊人，貢獻社會。
4. 「關懷身邊人基金」主要透過社區關懷服務、公開講座、宣傳教育、「身邊人」義工培訓、對外培訓、各類與防止自殺相關的專業證書課程等來推動自殺防治的工作，呼籲大眾熱愛生命，關懷別人。
5. 本會會為每一位求助者提供服務，但會優先服務有自殺意圖的求助者。
6. 如求助者的情況需要實質援助（社會服務、醫療），本會會提供資料，或在他同意下，轉介有關服務。如情況危急及在求助者不反對下，替他通知有關機構或人士尋求援助。
7. 如求助者要求本會協助其他有自殺傾向的人士時，本會會盡量提供資料，並建議當事人與本會接觸。除非當事人因過於年幼、老邁或身體不適，要由他人代為聯絡，則本會會嘗試接觸當事人。
8. 本會致力協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織，或提供有關訓練，提升服務質素。

ORGANIZATIONAL STRUCTURE



Executive Committee

(Term of Office: From July 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 2010)

Hotline Centre

Centre-in-charge	: Ms Chiu Mei Yim
Assistant Service Officer	: Miss Wong Nga Ting
	Miss Yip Chung Sum
Administrative Assistant	: Mr. Au Kin Tak
Junior Administrative Assistant	: Mr. Wong Chun Ngai
Accounts Clerk	: Mr. Yip Chun Ho
Part-Time Clerk	: Miss Chan Wing Ki
	: Miss Chau Siu Han

Caring Fund

Public Relations &	
Community Education Officer	: Mr. Ho Tsz Lun
Training Officer	: Mr. To Wai Lap
Program Worker	: Miss Lam Yat Yan

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
	Ms Wai Choi Kei
	Ms Chan Ka Man
	Miss Choi Pui Ting
	Ms Choi Chu Lei
	Mr. Cao Yuan Ye
	Miss Chan Ka Yan
	Miss Tsang Siu Ha
	Mr. Lo Kin Tak
	Mr. Ng King Yiu
	Miss Lo Ting Fung
	Miss Mak Yuk Yu
Social Work Assistant	: Miss Ho Yuk Kuen
	Mr. Wong On Yu
Program Worker	: Mr. Lai Cho Yip
	: Miss Ip Pui Shan
Clerk	: Miss Chan Wing Lam

Ordinary Members and Trainee Members

Part-Time Information	
Technology Technician	: Mr. Kwok Siu Kong
Part-Time Office Assistant	: Ms Li Sui Kuen

Life Education Centre

Centre-in-charge	: Ms Yau Pui Fan
Assistant Social Work Officer	: Miss Lee Sze Man
Program Officer	: Mr. Wong Tat Shing

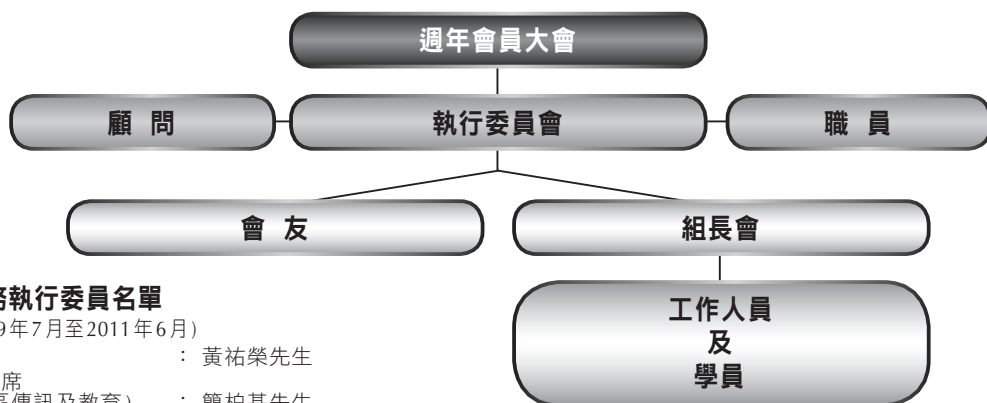
Administration Central

Central	
Administration Officer	: Miss Leung Pik Ki
Part-Time Admin.	
Assistant	: Mr. Chan Yat Lung

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
Service Consultants	: Ms Jolene Mui Service Manager, CPNS, Castle Peak Hospital
	Dr. Chiu Siu Ning Psychiatrist
	Ms Ide Chan Clinical Psychologist, Tuen Mun Hospital
	Prof. Hau Kit Tai Chair Professor Chinese University of HK Educational Psychology Department Faculty of Education, The Chinese University of HK
	Prof. Linda C.W. Lam Professor Chinese University of HK Faculty of Medicine Department of Psychiatry Prince of Wales Hospital, Shatin N.T.
	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 Taiwan Ministry of Education, Life Education Advisory Committee

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)
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2010年12月31日)

熱線中心

中心主任：趙美艷女士
社會工作員：黃雅婷小姐
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：葉俊豪先生
兼職通宵事務員：陳詠棋小姐
兼職通宵事務員：周兆嫻女士

關懷身邊人基金

社區教育及推廣幹事：何子崙先生
培訓主任：杜緯納先生
活動工作員：林逸欣小姐

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
韋賽姬女士
陳嘉敏女士
蔡佩庭小姐
蔡曙莉女士
曹元野先生
陳家欣小姐
曾小霞小姐
盧健德先生
吳競耀先生
羅婷豐小姐
麥玉諭小姐
社會工作助理：何玉娟小姐
黃安瑜先生

活動工作員：黎祖業先生
葉佩珊小姐
文員：陳泳琳小姐
郭兆綱先生
兼職資訊科技員：李瑞娟女士
兼職辦公室雜務員

生命教育中心

中心主任：邱佩芬女士
助理社會工作主任：李思敏小姐
活動主任：王達成先生

中央行政

中央行政主任：梁碧琦小姐
兼職中央行政助理：陳逸龍先生

義務顧問名單

榮譽顧問：李鵬飛太平紳士
財務顧問：張耀鴻會計師樓
法律顧問：簡家驊律師行
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)
陳淑芳女士
(屯門醫院臨床心理學家)
侯傑泰教授
(香港中文大學教育心理學系講座教授)
林翠華教授
(香港中文大學醫學院精神科教授)
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
(台灣教育部生命諮詢委員會委員)

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 commit ourselves to 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 2010

ROBERT WONG (CHAIRMAN)

Introduction

The Samaritan Befrienders Hong Kong (SBHK) has always in the past 50 years 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. In year 2010, SBHK celebrated its 50th anniversary and took this opportunity to organize a variety of activities including "Love & Action, Passion for Life" accreditation ceremony, 50th Anniversary DVD production, 50th Anniversary Stamp and Envelope production, and a 50th Anniversary dinner for the building up of our internal bonding and the promotion of our theme of passion for love and life.

Hotline

In the year 2010, our hotline service handled a total of 15,631 cases, which showed an increase of 497 compared to the 15,134 cases in 2009. Among them, 10,767 cases were from the emotionally disturbed. The rest were enquiry calls, frivolous calls or mute calls. Among the 10,000 plus cases, 10,427 were through our telephone hotline, 16 were face to face, 7 were through mail and 317 were through emails.

The male to female ratio of callers was 49.25%:50.07%. Most of the callers were aged between 20 and 44 which made up 66.07% of the total number of callers. Most of the calls were related to career problems (16.87%), mental health problems (15.3%) and Others (10.86%). Among all the calls, 16.25% had suicidal ideation. Among these, 12.82% had low suicidal risk, 2.78% had medium suicidal risk and 0.02% had high suicidal risk. Among the medium to high risk calls, 24.11% (89 cases) were transferred to the Suicide Crisis Intervention Center of SBHK under the consent of callers for further action.

In year 2010, the 49th Volunteer Training Courses were held providing a one year training for our volunteers. A total of 67 volunteers underwent the first stage of the training course. As of year 2010 our hotline has 217 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.

Life Education Centre

The Life Education Centre (LEC) began its service in 2002 in launching the "Suicide Prevention Education Project". In the year 2010, LEC provided 58 talks and 12 workshops with a total number of 11,426 participants. At the same time, 5 follow-up groups were also conducted. Services were mainly provided to parents and elderly people under the themes of "Resolving Parent-child Conflict", "Parental Teaching Models" and "Cherishing Life", serving a total of 95 participants. The 18th and 19th "Life Ambassadors" volunteer training courses were conducted in 2010. A total number of 42 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 with a total of 116 visits.

In 2010, there were 1,738 library visitors, and 183 visitors borrowed materials from the library.

The LEC published the 58th and 59th editions of the newsletter "Life Interflow" in 2010. The themes were "The Human Network on Internet" and "Rebirth of Youth" respectively.

In 2010, 5 schools and agencies visited the LEC and the LEC has been invited for newspaper and radio program interviews for 3 times.

Caring Fund

The Caring Fund (CARE) was established in 1994. It aimed at promoting the message of community caring: "Care for your neighbors and start listening actively". Besides that, the Caring Fund was also responsible for communication matters, fund raising and cooperation among organizations.

With the support of the MTR company, public talks on "Emotional First Aid Kit" and training workshops "Learning Life Education through Grievance" were held. Furthermore, in collaboration with the Commercial Radio Hong Kong, our service was introduced in the live radio programme "On a Clear Day". Our volunteers, suicide survivors and staff shared their experience with SBHK in the programme to let citizens understand more about our services.

In fund raising, a variety of channels which including regular donors, Wisegiving 7-11 donation activities, Barcode Card donation in convenience stores and online donations through the Bank of East Asia, are used to facilitate the general public for donation.

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 2010, 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.

Suicide Crisis Intervention Centre

In the year 2010, Suicide Crisis Intervention Centre (SCIC) handled a total of 1,398 cases. Among them, 469 were from male clients and 929 were from female clients. Around half (46.2%) of these cases fell into the 30-49 age group. To address the needs of service users, 8 therapeutic groups, 4 support groups and 2 volunteer groups were established.

Among the major problem areas, suicidal problems of family members and friends accounted for 263 cases (18.81%), situational problems accounted for 200 cases (14.31%), 193 cases (13.81%) were related to marital problems and 151 cases (10.8%) were from mental health problems.

There were a total of 858 cases (61.38%) assessed by referrers as moderate or high risk. After the first session of intervention through telephone calls, face-to-face counseling or outreaching by SCIC, the number of cases assessed as moderate or high risks was down to 532 (30.05%).

In November 2009, "Live the Rainbow Service" was additionally granted as a subvented service of the SWD. We therefore have more resources to launch a more comprehensive service. Among the 105 survivor cases, 33 cases (31.4%) and 22 cases (21%) came from aged 40-49 and 50-59. The majority of the relationships between survivors and the one who committed the suicide were parent-child. The second and third places were spousal and sibling relationship.

Suicide Prevention On interNet (SPOT) has been ongoing since 2008 and collaboration work with volunteers of Hotline and Life Education Centre made significant contribution by searching blogs of ones showing suicidal risk. Continuous care and follow-up has been given to bloggers by our volunteers through active feedback. In 2010, a total of 151,360 related blogs were found and 443 internet users with apparent suicide risk were referred to our Hotline service for follow-up after initial assessment.

In April 2010, having received generous support and subvention from the SWD, our "www.Help4suicide.com.hk" website was set up on a 3-year-basis, to launch a pro-active suicide prevention on internet. Its operation was divided into two phases, in September and November respectively. The content of website includes: Goodies Daily, Myth of Complete Manual of Suicide, Story Museum, Resource Corner, Emotion Forum, Soul Box and Heart Chat.

Public Training and Development

The Professional Training and Development Centre was established in 2005, one of the independent sectors of CARE which aims to achieve the mission and spirit of the agency through organizing training programmes. The core value – heartfelt caring for people – is always emphasized in the training courses.

We encourage our hotline volunteers to enroll in the Middlesex University, the "Master of Arts in Work Based Learning Studies(Counseling Studies) program" in order to enhance professional knowledge and skill about suicidal prevention of our hotline volunteers.

In 2010, SBHK conducted the 7th and 8th certificate courses in "Professional Certificate Programme in Counseling and Suicide Prevention". This year we have 60 participants from the public and 3 from our own volunteers. Apart from coming from the social welfare, education and medical fields, many of them came from the business sector and other professional sectors.

A variety of certificate courses in counseling and psychology were organized over the year, and 245 participants had enrolled throughout the year. Different themes of short courses were also designed for the general public with a total enrollment of 253 people. Over the year, we have also arranged various in-service training with different organizations to equip their staff in mastering work related counseling and emotional management skills. Altogether a total 370 people participated in this in-service training.

Any surplus from public training activities would be transferred to CARE of the SBHK.

Conclusion

SBHK has been established for over 50 years. As the world evolves through different technological advancements, Hong Kong's society is also rapidly changing. The 21st century Hong Kong is a Hong Kong that is well-connected by internet, therefore our slogan this year is "Web expands horizon, Web-based suicide prevention touches heart". On one hand, we will consolidate our suicide prevention and intervention experiences; on the other hand, we will continue our SPOT service and our "www.help4suicide.com" website. We will also take advantage of existing online technology, to connect people in need outside the traditional way of suicide prevention and provide them with appropriate services.

2010 年度主席報告

黃祐榮 (主席)

前言

香港撒瑪利亞防止自殺會在過去五十年來服務香港社會，一直本著聖經裡好撒瑪利亞人的榜樣，為情緒受困擾，特別是有自殺傾向的人士服務。2010年是本會五十周年紀念，藉此機會本會舉辦了各種不同活動，其中包括「感受敢動 熱愛生命」嘉許禮、50周年DVD製作、50周年紀念郵票及信封製作及50週年聚餐，以加強本會內部凝聚及向外推廣熱愛生命，感受敢動的訊息。

熱線服務

熱線服務於2010年共處理15,631人次的服務個案，比2009年的15,134個增多497個。當中的求助個案共10,767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10,427宗個案是透過電話熱線求助，16宗個案透過面談求助，7宗個案透過書信求助及317宗個案透過電郵求助。

求助者男女比例為49.25%:50.07%。求助者的年齡大部份來自20-44歲之間，佔總求助人數的66.07%。在全年求助個案類別中，主要困擾的問題是職業(16.85%)、精神問題(15.28%)及愛情問題(10.81%)。在全年的求助個案中，16.22%是有自殺危機的。其中12.8%有輕度自殺危機，2.77%有中度自殺危機，有高度自殺危機的個案則有0.02%。高、中危個案中有19.84%(即73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。

在2010年熱線中心開辦了第49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70人接受職前培訓第一階段的訓練課程。截至2010年底，本會共有義工213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。

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2010年，中心共提供了58場講座及12場工作坊，服務人數共11,455人。同期亦舉辦了5個跟進式小組，分別為家長及長者開辦了「處理親子衝突」、「家長管教模式」及「豐盛人生」的小組，共服務89人。中心又開辦了第18和19期「珍惜生命大使」課程，共培育了42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及探訪。全年共探訪了116位服務對象。

在2010年，圖書閣的使用人數為1,738人次，而借用圖書及視聽資料的人數亦有183人次。

在刊物出版方面，中心出版了第58及59期《生命交流》，主題分別是「網中人」及「青少年重生」。

在2010年，中心先後接待了5間學校及機構的探訪，及接受了3次報館及電台的訪問。

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。

本會得到港鐵公司的支持，於2010年9月至12月期間舉辦「情緒急救包講座」及「從傷痛中學習生命教育」專業實踐工作坊兩項活動。本會亦在「在晴朗的一天出發」節目中的「晴朗關懷日」環節內，透過本會義工、服務使用者和同工的分享，讓大眾更了解本會各個服務範疇和理念。

在籌款方面，本會繼續通過不同渠道，包括「恆常贊助人」、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」等，方便市民捐款。

在社會企業合作方面，本會繼續和禮品廊合作「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2010年度成功提名6間機構領取「商界展關懷」獎狀：他們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。

自殺危機處理中心

危機中心於2010年共處理了1,398宗個案。其中469位案主是男性，929位是女性。接近半數的案主年齡介乎30至49歲之間，共佔46.2%。另外，就服務使用者的需要共開辦了8個治療性、4個支援性和2個義工小組。

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263宗(18.81%)，受環境因素問題困擾200宗(14.31%)，受婚姻問題困擾193宗(13.81%)及精神健康問題151宗(10.8%)。

而中心接獲具中度至高度之自殺危機個案之轉介合共有858宗，即佔61.38%；及後經危機輔導員以電話、面談或外展方式提供了首次輔導後，作出的自殺危機評估，具中至高危的個案降至532宗，百分率下降為38.05%。

自2009年11月開始，中心獲社會福利署進一步撥款，從而有更充足的資源為自殺者親友推行全面的「活出彩虹服務」。中心過去一年共處理105宗自殺者親友輔導個案，40-49歲及50-59歲年齡群組較多，分別為33及22宗，佔31.4%及21%。而當中親友與自殺者的關係較多是父母子女，其次是配偶及兄弟姊妹關係。

早於2008年中心開展「網蹤人」計劃，一直與熱線中心及生命教育中心的義工攜手主動搜尋具自殺危機的網誌，表達關心並作出跟進。在2010年，中心共搜尋151,360相關網誌，經評估後發現當中443網絡使用者具有一定程度的自殺意欲和風險，因而轉介至熱線義工作出進一步關顧。期後，中心獲得社會福利署的肯定，於2010年4月再有進一步撥款資助，成立《自殺·自療·互助舍》(www.help4suicide.com.hk)網站，為期3年，讓中心得以推展網上防止自殺服務模式。此網站分階段於9月及12月投入服務，網站內容包括：《好人好事》、《完全自殺之迷》、《真人館》、《資源閣》、《情緒專區》、《心靈信箱》及《真心話室》。

對外培訓及發展工作

本會的專業培訓及發展中心成立於2005年，屬於「關懷身邊人基金」其中一個獨立部門，透過舉辦課程，宣揚關懷身邊人必須由心出發的核心價值。

本會鼓勵熱線服務義工報讀英國著名密德薩斯大學舉辦的「工作為本輔導學科碩士課程」，以加強培訓本會義工及於防止自殺及輔導方面的專業知識和技巧。

本會於2010年內分別舉辦了第7及第8屆專業證書課程，本年度共有60名公眾人士和3名本會義工參與。除社福、教育和醫護界的同工，亦有來自工、商界別的人事管理人員。

本會本年度首次舉辦多個有關輔導或心理學的證書課程，全年總參與人數共245人。本會亦特別為公眾人士開辦短期課程，全年參與短期課程的人數達253人。再者，本會繼續與多個團體合作，為其員工提供在職培訓，加強與工作相關的輔導或情緒處理技巧，參與培訓之學員共計370人次。

培訓部門以自負盈虧的原則營運，從各類培訓課程所取得之費用收入，扣除成本開支後的盈餘，將會全數撥入本會「關懷身邊人基金」。

總結

不知不覺間，本會的成立已過了五十個年頭。隨著世界科技急速的發展，香港社會不停地改變，二十一世紀的香港是個網絡世界的天地，所以今年我們的口號是「網絡世界打開一片天空，追蹤還語觸動萬眾心靈」。一方面，我們會善用在防止自殺服務所累積的寶貴經驗；另一方面，我們會繼續發展「網蹤人」服務和「自殺自療互助舍」網站，並配合現有網絡科技，在熱線、危機介入及生命教育的層面以外，進一步接觸網上世界裡同樣有情緒支援需要的人士，從而為他們提供適切的服務。

SERVICE REPORTS

| AGNES CHIU (CENTRE-IN-CHARGE) |

6.1 HOTLINE CENTRE

Introduction

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

Number of Cases

From 1st January to 31st December of 2008, we responded to 15,631 cases, representing an increase of 497 cases from 15,134 cases of 2009. Of these, 10,767 were help-seeking cases that needed emotional support and counselling service. The remainder were for general enquiries, silent calls and prank calls. Among these, 10,427 cases (96.84%) of the help-seeking cases reached us by phone, 16 cases (0.15%) by face-to-face interview, 7 cases (0.07%) by letter, and 317 cases (2.94%) by email. (Details in Table 6.1.1)

Sex and Age

Of all help-seeking cases, 50.07% were made by female and 49.25% by male. The difference in percentage of clients between female and male had narrowed down to 0.82% from that of 6.31% in 2009. It indicated that the number of male client was tended to increase.

The majority of service users came from those aged between 20 and 44 (66.07% of total). The age group 30 to 34 (18.46% of the total) is topped the list. This was followed with the age groups of 40 to 44 (16.06%) and 25 to 29 (11.09%).

According to the 2010 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 44.24% in 2010. (Details in Table 6.1.2)

Nature of Problems

The major problem areas for our help-seekers in 2010 were: Occupation (16.87%), Mental Health (15.30%), and Others (10.86%). Compared with the figures in 2009, cases in Occupation had decreased by 0.17%, Mental Health whereas cases in had decreased by 2.39%. Mental Health was still the top problem area. In fact, Suicide problems and Mental Health problems are always closely correlated. It is suggested that if we are to alleviate the Suicide problem, the importance in promoting Mental Health education should not be overlooked.

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

Suicide Crisis

12.82% of the total number of cases handled in 2010 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. 2.78% 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. 0.65% 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, 16.25% of the cases were suicidal. Among the high and medium risk cases, 24.11 (89 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 49th of our hotline volunteer training courses commenced in June 2010. The courses are of one-year duration catered to new volunteers. Responses to the courses were encouraging, after preliminary screening, 67 applicants were recruited as volunteer trainees for the first stage of training. (Details in Table 6.1.6)

In order to maintain both the quantity and quality of our volunteer pool, in-service training for our existing volunteers was very important. Thus many programmes such as case sharing, agency visits and training workshops were organized so the hotline volunteers could be able to improve their counselling skills, better insight to the problems and challenges that our help-seekers are face, as well as to gain greater knowledge of the community resources suitable to them. (Details in Table 6.1.7)

Profile of Volunteers

As at the end of 2010, the number of hotline volunteers of our organization stood at 213-76 (35.68%) male and 137 (64.32%) female. While all the volunteers were over 20 years of age, the majority (41.31%) were in the age range of 45 to 54. 68.54% of the total possessed a tertiary or university qualification. 23.47% came from the white collar and 9.76% came from the social service sector. 9.27% came from housewife sector (Details in Table 6.1.8)

Special Services

In order to encourage the youth to deal with the world with an attitude of enjoying and appreciating as well as to be happy with it, we had held a series of community education activities focusing on “family”. One of the activities was a writing competition under the theme “Happiness in every family”. The prize winning works were published in a collection. This is to promote the positive thinking and the happiness brought out from the activity, and allowed them to be shared by the community at large.(Details in Table 6.1.9)

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2010年1月1日至12月31日期間，共處理15,631人次的服務個案，比2009年的15,134個增加497個。當中的求助個案共10,767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10,427宗個案(96.84%)是透過電話熱線求助、16宗個案(0.15%)透過面談求助、7宗個案(0.07%)透過書信求助及317宗個案(2.94%)透過電郵求助。(詳閱表6.1.1)

性別與年齡

在性別分佈中，2010年女求助者佔全年的求助個案50.07%，男求助者佔49.25%，女求助者與男求助者求助數目的差距由2009年的6.31%，下降至0.82%，反映男性求助者有明顯增加趨勢。

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66.07%，當中以30至34歲的年齡組別佔首位，佔18.46%，接著的是40-44歲和25-29歲的組別，分別佔16.06%和11.09%。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44.24%。(詳閱表6.1.2)

問題種類

在全年求助個案類別中，主要困擾的問題是職業(16.87%)、精神問題(15.3%)及其他(10.86%)。相比往年的數字，受職業困擾的下降了0.17%，受精神問題困擾的求助者整體亦下降了(2.39%)。這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。另外，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同樣不容忽視。

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健康問題的困擾。(詳閱表6.1.3-6.1.4)

自殺危機

在全年的求助個案中，有12.82%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2.78%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0.65%，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16.25%，當中的高、中危個案中有24.11% (即89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2010年6月開辦了第四十九期義工訓練班，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，有67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。(詳閱表6.1.7)

義工資料

截至2010年底，本會共有義工217名。當中男義工有77名(35.48%)，女義工140名(64.52%)，當中以45-54歲屬大多數，佔總義工人數的41.47%，教育程度多為大專程度或以上，佔68.66%，職業則以白領最多，佔24.42%，次之則為佔14.75的其他和佔9.22%的教育界。(詳閱表6.1.8)

特別服務

為了鼓勵青少年人多以欣賞和讚美的角度去接觸身邊人和事，從中發掘樂趣，所以在過去一年舉辦了一系列以「家庭」為題的社區教育活動，其中一項名為「家家有件開心事」的徵文比賽，最後其得獎作品更編制成書，令正面思維及家中快樂事透過活動及書刊讓更多人得以分享。(詳閱表6.1.9)

(Table 6.1.1) Overall Statistics of Services in 2010

(表 6.1.1) 二零一零年全年服務總表

接觸方式 Contact Method	男 Male	女 Female	不詳 Unknown	總數 Sub-total	Total 總數
電話 Phone Call	5195	5222	10	10427	10767
面談 Interview	5	11	0	16	
書信 Letter	3	2	2	7	
電郵 E-mail	100	156	61	317	
諮詢 Enquiry Call	341	303	0	644	4864
戲弄 Frivolous	113	107	0	220	
無聲 Mute Call	0	0	4000	4000	
總數 Total	5757	5801	4073	15631	15631

(Table 6.1.2) Sex and Age Distribution of Clients in 2010

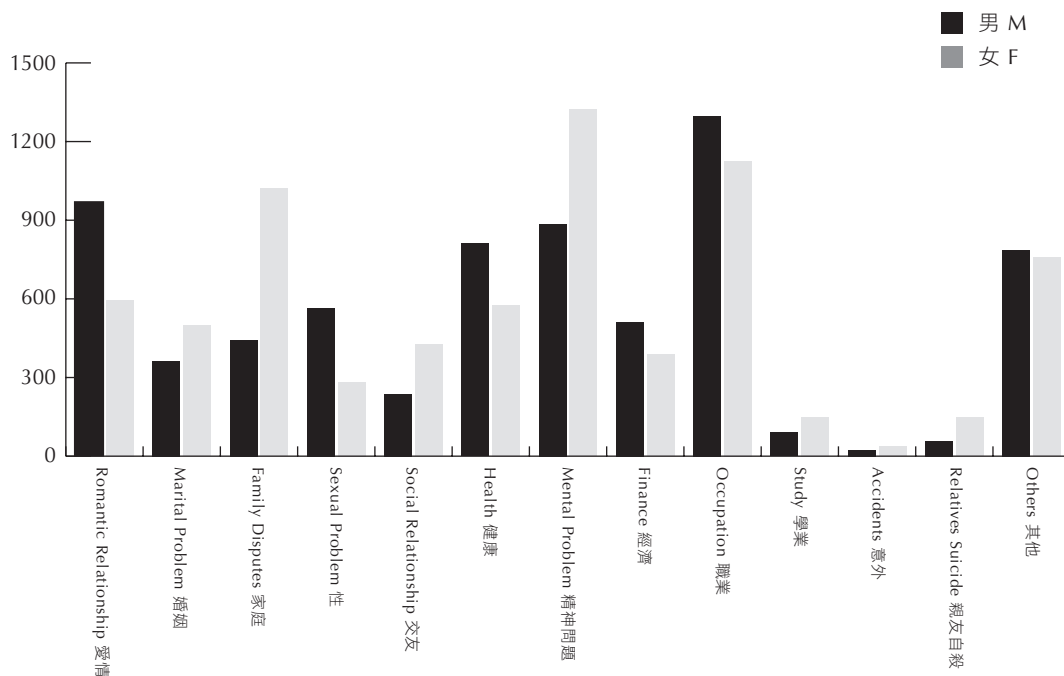
(表 6.1.2) 二零一零年求助者性別及年齡分佈表

年齡 Age	2010年個案 Cases					2009年個案 Cases	
	男 Male	女 Female	不詳 Unknown	總數 total	%	總數 Total	%
0 - 9	26	2	0	28	0.26	4	0.04
10 - 14	26	50	0	76	0.71	71	0.65
15 - 19	218	267	2	487	4.52	547	4.98
20 - 24	688	405	2	1095	10.17	1112	10.13
25 - 29	735	459	0	1194	11.09	1195	10.89
30 - 34	911	1076	1	1988	18.46	2237	20.38
35 - 39	539	568	0	1107	10.28	1077	9.81
40 - 44	798	928	4	1730	16.07	1932	17.6
45 - 49	444	469	1	914	8.49	890	8.11
50 - 54	302	474	0	776	7.21	726	6.61
55 - 59	73	98	0	171	1.59	143	1.3
60 - 64	96	65	0	161	1.5	97	0.88
65+	45	22	0	67	0.62	73	0.66
不詳 U	402	508	63	973	9.03	874	7.96
Total 總數	5303	5391	73	10767	100	10978	100.00

(Table 6.1.3) Types and Sex Distribution Cases in 2010
(表 6.1.3) 二零一零年個案類別及性別分佈表

Types 個案類別	2010 年個案 Cases					2009 年個案 Cases	
	男 Male	女 Female	不詳 Unknown	總數 total	%	總數 Total	%
Romantic Relationship 愛情	965	596	3	1564	10.82	1416	9.42
Marital Problem 婚姻	363	499	4	866	5.99	983	6.54
Family Disputes 家庭	443	1022	9	1474	10.19	1572	10.46
Sexual Problem 性	565	283	2	850	5.88	892	5.93
Social Relationship 交友	237	426	5	668	4.62	663	4.41
Health 健康	810	576	8	1394	9.64	1385	9.21
Mental Problem 精神問題	886	1323	3	2212	15.3	2660	17.69
Finance 經濟	512	389	6	907	6.27	1010	6.72
Occupation 職業	1298	1126	16	2440	16.87	2562	17.04
Study 學業	91	149	2	242	1.67	286	1.9
Accidents 意外	23	38	0	61	0.42	70	0.47
Relatives Suicide 親友自殺	58	148	6	212	1.47	146	0.97
Others 其他	787	757	27	1571	10.86	1390	9.24
總數 Total	7038	7332	91	14461	100	15035	100

Types and Sex Distribution Cases in 2010
二零一零年個案類別及性別分佈圖



(Table 6.1.4) Types, Age and Sex Distribution Cases in 2010
(表 6.1.4) 二零一零年個案類別、年齡及性別分佈表

Age 年齡	0 - 9		10 - 14		15 - 19		20 - 24		25 - 29	
Problems Areas 個案類別	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F
Romantic Relationship 愛情	0	0	1	8	23	59	133	92	154	85
Marital Problem 婚姻	0	0	0	0	0	6	14	27	15	34
Family Disputes 家庭	0	1	1	19	22	53	77	73	52	60
Sexual Problem 性	12	1	6	5	50	48	197	26	145	7
Social Relationship 交友	1	0	0	10	11	29	31	34	26	47
Health 健康	0	0	1	2	28	24	32	36	83	37
Mental Problem 精神問題	1	0	2	6	17	58	56	74	65	75
Finance 經濟	0	0	1	1	8	4	49	16	39	31
Occupation 職業	0	0	0	1	19	9	155	91	214	150
Study 學業	3	0	5	12	23	57	29	24	18	9
Accidents 意外	0	0	0	0	1	0	3	5	1	6
Relatives Suicide 親友自殺	0	0	1	0	2	1	6	13	6	13
Others 其他	11	0	11	5	62	32	123	52	110	55
總數 Total	28	2	29	69	266	380	905	563	928	609

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	193	139	135	72	129	60	99	14	32	21
Marital Problem 婚姻	75	92	77	64	108	113	32	56	16	44
Family Disputes 家庭	85	158	50	96	74	167	24	155	22	124
Sexual Problem 性	69	60	15	15	20	40	5	4	4	42
Social Relationship 交友	41	105	26	49	27	52	36	22	18	40
Health 健康	95	113	73	70	93	102	183	54	110	59
Mental Problem 精神問題	171	254	110	208	145	243	131	149	75	117
Finance 經濟	83	53	61	34	99	85	59	79	38	46
Occupation 職業	262	299	160	128	272	171	94	124	34	63
Study 學業	4	9	0	5	1	10	1	3	0	12
Accidents 意外	6	8	2	3	2	5	1	2	3	3
Relatives Suicide 親友自殺	8	34	1	8	10	24	2	8	4	22
Others 其他	116	126	60	64	92	142	27	40	38	55
總數 Total	1208	1450	770	816	1072	1214	694	710	394	648

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	4	10	4	1	0	0	58	35	965	596	1561
Marital Problem 婚姻	7	11	2	19	3	1	14	32	363	499	862
Family Disputes 家庭	7	15	9	10	6	14	14	77	443	1022	1465
Sexual Problem 性	0	12	1	1	0	1	41	21	565	283	848
Social Relationship 交友	1	9	5	3	0	0	14	26	237	426	663
Health 健康	23	24	16	11	16	6	57	38	810	576	1386
Mental Problem 精神問題	18	36	19	12	13	5	63	86	886	1323	2209
Finance 經濟	17	6	23	6	5	1	30	27	512	389	901
Occupation 職業	15	9	13	2	0	0	60	79	1298	1126	2424
Study 學業	0	0	0	0	0	0	7	8	91	149	240
Accidents 意外	1	2	1	2	0	0	2	2	23	38	61
Relatives Suicide 親友自殺	2	1	2	1	0	2	14	21	58	148	206
Others 其他	8	5	27	24	10	1	92	156	787	757	1544
總數 Total	103	140	122	92	53	31	466	608	7038	7332	14370

(Table 6.1.5) Suicidal Assessment in 2010
(表 6.1.5) 二零一零年求助者的自殺危機評估表

Suicidal Assessment 即時自殺危機	2010								2009	
	男 M	%	女 F	%	U 不詳	%	T 總計	%	T 總計	%
Imminently Suicidal 高	35	0.33	33	0.31	2	0.02	70	0.65	68	0.62
Suicidal with Plan 中	148	1.37	142	1.32	9	0.08	299	2.78	275	2.51
Suicidal Idea 低	618	5.74	743	6.9	19	0.18	1380	12.82	1371	12.49
No Suicidal Idea 無	4225	39.24	4170	38.73	33	0.31	8428	78.28	8765	79.84
N/A 不適用	277	2.57	303	2.81	10	0.09	590	5.47	499	4.54
總數 Total	5303	49.25	5391	50.07	73	0.68	10767	100	10978	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 June 六月起 (為期一年)	49期	67人

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

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
January 1月	Training programme for junior volunteers 拚發義工生命力量小組	訓練	2
	Training programme for junior volunteers 拚發義工生命力量小組	訓練	2
February 2月	Training programme for junior volunteers 拚發義工生命力量小組	訓練	2
	Training programme for junior volunteers 拚發義工生命力量小組	訓練	2
March 3月	Training programme for junior volunteers 拚發義工生命力量小組	訓練	11
	Cognitive Behaviour Therapy Training 認知行為治療課程	訓練	11
	Retreat Camp 2010 2010退修營	訓練	11
	Training programme for junior volunteers 拚發義工生命力量小組	訓練	11
	Happiness Workshop 快樂心理學	訓練	11
April 4月	Spot Service Training 網蹤人培訓計劃	訓練	1
May 5月	Spot Service Training 網蹤人培訓計劃	訓練	1
	Drug addicts of Youth and Case management 青少年濫藥及個案處理	訓練	1
	Training course on HKCEE & HKAL 會考、高考支援小隊 - 末代考生之出路	訓練	1
June 6月	Training programme for junior volunteers 拚發義工生命力量小組	訓練	1
July 7月	Training course on HKCEE case 會考個案處理工作坊	訓練	2
	Training course on informers 處理自殺者親友求助	訓練	2

Month 月份	Theme 主題	Type 種類	No. of Sessions 節數
September 9月	Training workshop on Supervisor 督導員訓練工作坊	訓練	4
	Training workshop on Supervisor 督導員訓練工作坊	訓練	4
October 10月	Training workshop on Supervisor 督導員訓練工作坊	訓練	4
	Training programme 拚發義工生命力量小組	訓練	4
	Training programme 拚發義工生命力量小組	訓練	4
	Training programme 拚發義工生命力量小組	訓練	4
November 11月	Training course on mental health aids 精神健康急救課程	訓練	3
	Training course on sex counselling 情性輔導工作坊	訓練	3
December 12月	Training course on mental health aids 精神健康急救課程	訓練	5
	Training course on NLP NLP溝通有良方	訓練	5
	Training course on high risk case in Hotline 熱線中心的高危個案	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	77	140

(B) Age Distribution 年齡分佈

	Male 男	Female 女
20-24	2	4
25-34	15	22
35-44	18	30
45-54	27	63
55+	15	21
Total 合共	77	140

(C) Year of Service 服務年資

	Male 男	Female 女
一年以下 Below 1 Year	16	37
2-3 年 / years	14	31
4-5 年 / years	9	11
6-7 年 / years	9	17
8-9 年 / years	3	6
10 年或以上 / 10 years above	26	38
Total 合共	77	140

(D) Education Level 教育程度

	Male 男	Female 女
University / College 大學或大專	58	91
Post-Secondary 預科	4	10
Secondary School 中學	12	24
Others 其他	3	15
Total 合共	77	140

(E) Service Hours 服務時數

No. of hours / 時數	Male 男	Female 女
50小時以下 / Below 50 hrs	7	10
51-100小時 / hours	31	59
101-200小時 / hours	35	70
201-300小時 / hours	4	1
300小時以上 / hours above	0	0
Total 合共	77	140

(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	9	11
Educational & Psychology 教育或心理學家	1	0
Housewife 家庭主婦	0	13
Information Technology 科技專業	10	2
Media 傳播界	1	1
Medical 醫護界	5	12
Merchant 商人	2	0
Retired 退休	4	8
Self-employed 自僱	0	4
Social Service Field 社工或社會服務界	5	12
Student 學生	2	10
Unemployed 待業	4	3
White collars 白領階層	17	36
Academic 學術界	0	0
Others 其他	8	24
Total 合共	77	140

(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
February 2月	Hong Kong Young Women's Christian Association 香港基督教女青年會	SPOT Project Sharing 網蹤人計劃分享	/
March 3月	Support Centre for Teachers Mental Health 教得健康支援中心	Hotline Service Introduction 熱綫服務介紹	5
	Leo Club of Hong Kong North 香港北區青年獅子會	Hotline Service Introduction 熱綫服務介紹	15
April 4月	City University of Hong Kong 香港城市大學	SPOT Project Sharing 了解網蹤人計劃分享	5
	Chu Hai College of Higher Education 珠海學院	Suicide prevention for youth 預防青少年自殺工作	4
May 5月	The Chinese University of Hong Kong 香港中文大學	Help seeking pattern of Chinese student which study in Hong Kong and stress management 內地學生在港留學的求助情況及舒緩壓力的方法	1
June 6月	Chu Hai Young Volunteers Association 珠海青年志願者協會	Service Introduction Sharing 服務內容運作及經驗交流	13
	Suicide Prevention Services 生命熱綫實習社工	Hotline Service Introduction 服務介紹	2
August 8月	The Nethersole School of Nursing - The Chinese University of Hong Kong 香港中文大學那打素護理學院	Hotline Service Introduction 服務介紹	2
September 9月	Hong Kong College of Technology 香港專業進修學校	Suicide in Hong Kong 香港自殺情況	1
October 10月	Hong Kong Baptist University 香港浸會大學	Volunteer Service of Hotline 熱綫義工服務的特色	1
	Hong Kong Shue Yan University 香港樹仁大學	Homicide in Hong Kong 本港他殺的數字	1
	Yan Oi Tong Tin Ka Ping Secondary School 仁愛堂田家炳中學	Suicide Problem of Secondary School students 中學生自殺現象	1
	The Hong Kong Polytechnic University 香港理工大學	Suicide Problem of Elderly 長者自殺狀況	1
	The Chinese University of Hong Kong 香港中文大學	Suicide Problem of Mainland students which study in Hong Kong 了解內地大學生在港自殺的情況	1
December 12月	Beautiful Prods Ltd 秀美制作公司	Hotline Volunteers experience sharing 熱綫義工服務經驗分享	4
	HKU School of Professional and Continuing Education 香港大學專業進修學院	SPOT Project Sharing 網蹤人計劃分享	1

6.2 LIFE EDUCATION CENTRE

| HO TSZ LUN (ACTING 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. Through outreaching life education programmes such as talks and workshops, “Life Ambassador” volunteers training course, Suicide Prevention Resources Library and publications of life education materials, we put our every effort in suicide prevention work to promote the message of life cherishment and encourage mutual care among people.

Our Service

Challenges always go along with our lives. In order to strengthen people’s Adversity Quotient, emotional management and stress management to overcome every unexpected situations, LEC actively provided out-reaching preventive and educational service such as talks, workshops and groups to schools and organizations. Our services mainly focused on promoting positive life and suicide prevention.

Talks and Workshops

In the year of 2010, LEC conducted 58 and 12 talks and workshops respectively, and its total number of participants was 11,426. Details were shown in the following table.

Follow-up Groups

To provide in-depth self-reflections and understanding for participants of talks, we supplemented with 5 Follow-up Groups Services between January and December of 2010. Services were mainly provided to parents and elderly people under the themes of “Resolving Parent-child Conflict”, “Parental Teaching Models” and “Cherishing Life”. 6 to 8 sessions of each group were provided and the total number of participants were 89. Through various activities to allow participants to discuss and share about their reflections and perceptions on the topic, the follow-up groups could further deepen their understanding, awareness and applications of skills.

Professional Training Groups

LEC organized two Professional Training Groups in order to share our experience on promoting Life Education to teachers and social workers. The in-depth sharing facilitated participants to gain more insight in promoting the message of cherishing life. There were totally 76 participants.

“Life Ambassadors” Volunteers’ Training Course

A group-based training course for “Life Ambassadors” aimed at equipping them to become our community gatekeeper to promote the spirit of mutual help and message of life cherishment to public was provided. Through a variety of activities and case studies, volunteers could understand more the problem of suicide attempt, as well as attitudes and skills in helping others.

The 18th and 19th “Life Ambassadors” Volunteers’ Training Courses were conducted in 2010. A total number of 42 volunteers were trained and qualified to participate in the community visit and case-caring service. LEC co-operated with our Suicide Crisis Intervention Centre, The Neighbourhood Advice - Action Council - Sham Shui Po District Elderly Community Center, Housing for Senior Citizens, Housing Department (Shui Tin House, Pak Tin Estate and Sheung Lok House, Sheung Lok Estate) and a total number of 116 home visits were provided in this year to the people under emotional distress or lack of supporting network.

Apart from the home visit service, “Life Ambassadors” actively participated in different volunteers’ service including the Rice Dumplings Giving on Tuen Ng Festival and Elderly Visit Programme organized by The Neighbourhood Advice - Action Council - Sham Shui Po Elderly Community Centre; the provision of leisure activities held in The Hong Kong Society for the Blind - Morning Glory DAC cum Hostel, Madam Yung Fung Shee Health Centre, The Mental Health Association of Hong Kong - Lok Fu Hostel respectively. The services successfully promoted the message of cherishing life in the community.

Hong Kong Jockey Club Suicide Prevention Resources Library

In order to increase the attraction of our library to the general public as a more user-friendly resource, 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 2010, there were 1,738 library visitors and 183 people borrowed materials from the library.

Publications / Life Education Materials

LEC published the 58th and 59th newsletter, "Life Interflow" in 2010 with the theme of "The Human Network on Internet" and "Rebirth of Youth". In "The Human Network on Internet", we introduced our meaningful "SPOT" project. Our volunteers traced, in the internet, for the people who were suffering from difficult situations, and aimed to accompany them with care and concern. The "Rebirth of Youth" consisted of youth stories about the culture of "hea" (being indifferent to one's own life). Through the sharing of life experiences of the youngsters living dynamic, family culture and under peer influence, we provided stimulations for readers to reflect their own lives and the importance to be positive.

Agency Visit

Five schools and agencies visited LEC in 2010 for in-depth understanding on our service and how life education service was provided in Hong Kong.

Mass Media and Other Parties Interviews

The dissemination of positive life messages through mass media was inevitably effective and could benefit the whole society. Three interviews were conducted in 2010 including Suicide Situation of Youth by the Hong Kong Economic Times and Ming Pao. An introduction on Life Ambassadors Services was also broadcasted by Commercial Radio Hong Kong programme – "On a Clear Day".

Conclusion

We have been putting every effort to serve the community with life educational messages since the set up of LEC in 2002. With time goes by, we received a greater acceptance and validation to preventive life education services from schools and agencies. In future, we truly look forward to having your support and participation to promote passion in lives.

6.2 生命教育中心

何子崙（處理項目經理）

前言

生命教育中心由2002年開始，持續得到香港賽馬會慈善信託基金的捐助，得以推展「防止自殺教育計劃」。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，以達致及早預防自殺的目的。

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。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，來對應日常生活中各種各樣的情況，中心以外展形式到學校及機構提供預防性的生命教育服務，包括：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2010年1-12月期間，中心共提供了分別58場講座及12場工作坊，服務人數共11,426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2010年1-12月期間，共舉辦了5個跟進式小組，分別為家長及長者開辦了有關「處理親子衝突」、「家長管教模式」及「豐盛人生」的小組，共服務89人。每小組約6-8節，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。

專題培訓

中心共舉辦了2次專題培訓，分別與教師和社工交流有關推動生命教育的經驗，促進彼此在不同的服務範疇中，一同宣揚愛惜生命的訊息。專題培訓共服務76人。

「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2010年，「珍惜生命大使」義工訓練課程開辦了第18及19期，共培訓了42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、鄰舍輔導會 - 深水埗康齡社區服務中心、房屋署長者住屋（白田邨瑞田樓及何文田邨常樂樓）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116位服務對象。

「珍惜生命大使」除了進行探訪服務，亦積極參與其他義工服務，包括參與鄰舍輔導會 - 深水埗康齡社區服務中心端午節派糉活動及獨老鄰里互關懷計劃；為香港盲人輔導會 - 朝陽中心暨宿舍、容鳳書健康中心、香港心理衛生會 - 樂富宿舍舉辦活動，宣傳愛惜生命訊息。

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2010年，圖書閣的到場人數為1,738，借用圖書及視聽資料的人數有183人。

教材製作

中心於2010年出版了58期及59期《生命交流》，主題分別是「網中人」及「青少年重生」。「網中人」介紹本會服務「網蹤人計劃」，本會的義工在互聯網上追縱需要支援的人士，並加以關心，與他們一同走出生命的低潮。「青少年重生」分享青年人「hea」的故事，從故事中年青人面對社會文化、家庭和朋輩的衝擊，反思個人面對生活的態度，鼓勵市民重建一個正向積極的生活態度。

機構探訪

在2010年，中心先後接待了5間學校及機構的探訪，了解本會服務及生命教育中心的工作。

傳媒聯絡

透過傳媒的協助，可更有效地向普羅大眾宣揚與珍惜生命有關的訊息。在2010年，中心同事接受了3次的訪問，包括於5月分別接受經濟日報及明報訪問青少年自殺問題，7月接受商台訪問「珍惜生命大使」獨居長者探訪服務。

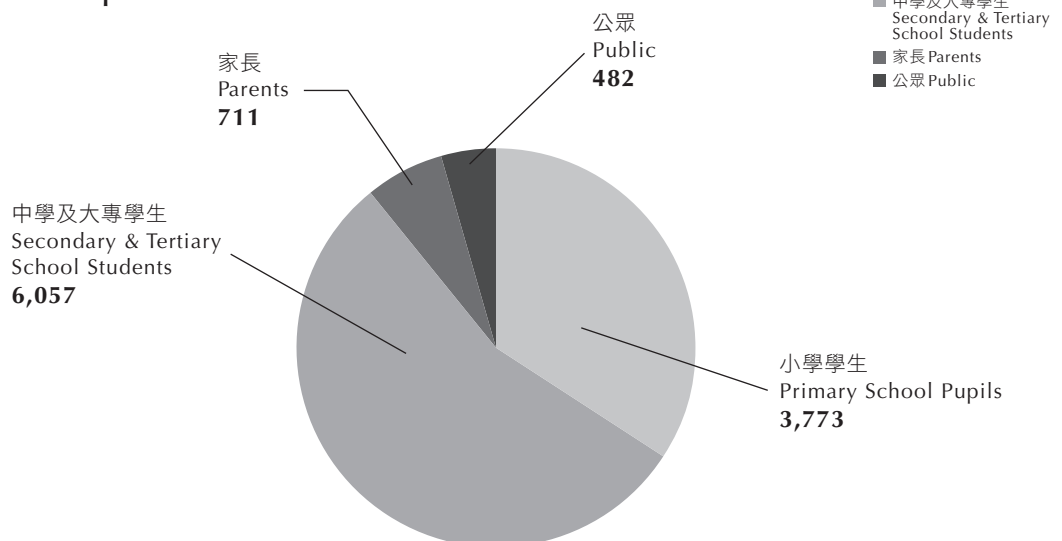
總結

生命教育的工作推展至今，我們一直致力從不同的途徑、不同的層面及不同的手法將珍惜生命的訊息不斷的傳播，我們看到學校和機構越來越重視生命教育，預防自殺的工作得到更廣泛的接納和認同。在未來的道路上，期望能得到大家的支持和參與，一同為推動熱愛生命的工作而努力。

2010 講座服務數字 Service Output of Talks 2010

	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	3,773	6,057	711	482	11,023
場數 No. of Seminar	14	24	9	11	58

2010 講座人數一覽 No. of Participants in Talks 2010



2010 跟進式小組服務數字 Service Output of Follow-up Groups 2010

Total No. of Groups 合共組數：5		Total No. of Participants 合共人數：89	
主題 Topic	人數 No. of Participants	對象 Target	
處理親子衝突 Resolving Parent-child Conflict	18	家長 Parents	
處理親子衝突 Resolving Parent-child Conflict	12	家長 Parents	
家長管教模式 Parental Teaching Models	15	家長 Parents	
豐盛人生 Cherishing Life	35	長者及照顧者 Elders & Carers	
豐盛人生 Cherishing Life	9	長者 Elders	

2010 專題培訓服務數字

Service Output of Professional Training Groups 2010

Total No. of Workshops 合共場數：2		Total No. of Participants 合共人數：76	
主題 Topic	人數 No. of Participants	對象 Target	
預防自殺 Suicide Prevention	60	教師 Teacher	
關顧長者技巧 Elderly Caring Skills	16	社工 Social Worker	

2010 工作坊服務數字

Service Output of Workshops 2010

Total No. of Workshops 合共場數：12		Total No. of Participants 合共人數：403	
主題 Topic	人數 No. of Participants	對象 Target	
朋輩互助 Peer Support	38	學生 Student	
朋輩互助 Peer Support	38	學生 Student	
朋輩互助 Peer Support	40	學生 Student	
朋輩互助 Peer Support	34	學生 Student	
支援有自殺意念的人士 Suicide Crisis Intervention	42	義工 Volunteer	
積極人生 Cherishing Life	18	公司員工 Staff	
壓力面面觀 Pressure Management	15	高血壓患者 Patients with Hypertension	
朋輩互助 Peer Support	37	學生 Student	
朋輩互助 Peer Support	36	學生 Student	
朋輩互助 Peer Support	38	學生 Student	
朋輩互助 Peer Support	37	學生 Student	
積極人生 Cherishing Life	30	長者	

2010「珍惜生命大使」義工訓練課程

“Life Ambassadors” Volunteers’ Training Course 2010

期數 Phase	日期 Period (dd/mm/year)	時數 Training hours	對象 Target	參加人數 No. of Participant
18	06/05/2010 - 22/07/2010	22	公眾人士 Public	23

2010「珍惜生命大使」義工訓練課程
“Life Ambassadors” Volunteers’ Training Course 2010

期數 Phase	日期 Period (dd/mm/year)	時數 Training hours	對象 Target	參加人數 No. of Participant
19	26/08/2010 - 28/10/2010	22	公眾人士 Public	19
Total No. of Participants 總人數				42 人

2010「珍惜生命大使」服務
“Life Ambassadors” Service 2010

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	14
鄰舍輔導會 – 深水埗康齡社區服務中心 The Neighbourhood Advice - Action Council - Sham Shui Po District Elderly Community Center	44
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)	25
房屋署長者住屋 (何文田邨常樂樓) Housing for Senior Citizens, Housing Department (Sheung Lok House, Ho Man Tin Estate)	33
Total 總數	116

2010「珍惜生命大使」活動
“Life Ambassadors” Activities 2010

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- Action Council - Sham Shui Po District Elderly Community Center	01/06/2010	端午節派糰活動 Rice Dumplings Giving on Tuen Ng Festival	長者 Elderly	57
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	17/07/2010	遊戲活動 Leisure Activities	智障及視、聽障人士 Mentally Retarded and Visually & Deaf Handicapped	15
容鳳書健康中心 Madam Yung Fung Shee Health Centre	24/07/2010	攤位遊戲 Booth Game	精神病復康者及家人 Rehabilitation of Mental Illness patients and their relatives	12
香港心理衛生會 - 樂富宿舍 The Mental Health Association of Hong Kong - Lok Fu Hostel	23/10/2010	遊戲活動 Leisure Activities	智障人士 Mentally-disabled people	24
鄰舍輔導會 - 深水埗康齡社區服務中心 The Neighbourhood Advice- Action Council - Sham Shui Po District Elderly Community Center	06/11/2010 11/12/2010	獨老鄰里互關懷計劃 Elderly Visit Program	長者 Elderly	44

2010圖書閣使用紀錄

Utilization of the Resources Library 2010

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
2010 - 01	54	9	1	1	1
2010 - 02	40	4	4	0	0
2010 - 03	39	7	0	0	0
2010 - 04	27	22	0	0	0
2010 - 05	155	12	0	0	0
2010 - 06	145	16	0	0	0
2010 - 07	247	18	0	0	0
2010 - 08	195	10	0	0	0
2010 - 09	76	15	0	0	0
2010 - 10	184	26	0	0	0
2010 - 11	237	22	0	0	8
2010 - 12	339	7	0	0	0
Total 總數	1,738	168	5	1	9

2010刊物出版 / 教材製作

Publications / Life Education Materials 2010

	出版月份 Published Month	內容 Content	形式 Format
1	4月 April	第58期生命交流 - 失業「樂」與「怒」 Life Interflow, SBHK Newsletter No. 58, “The Joy and Anger of Being Unemployed”	會訊 Newsletter
2	12月 December	第59期生命交流 - 「一個快樂的傳說」 Life Interflow, SBHK Newsletter No. 59, “The Legend of Happiness”	會訊 Newsletter

2010機構探訪中心活動

Agency Visits 2010

月份 Month	機構名稱 Name of Agency	對象 Target	人數 No. of Participants
3月 March	香港北區獅子會 LEO Club of Hong Kong North	學生 Student	15
4月 April	香港城市大學 The City University of Hong Kong	學生 Student	20
6月 June	香港樹仁大學 Hong Kong Shue Yan University	學生 Student	25
9月 September	香港中文大學 The Chinese University of Hong Kong	學生 Student	8
11月 November	社會服務發展研究中心 Institute of Social Service Development	社工 Social Worker	15

2010 傳媒及其他訪問活動

Mass Media and Other Parties Interviews 2010

日期 Date (dd/mm/year)	訪問機構 Organization	訪問內容 Content of Interview	形式 Format
19/05/2010	香港經濟日報 Hong Kong Economic Times	青少年自殺情況 Suicide Situation of Youth	文字報導 Literature
26/05/2010	明報 Ming Pao	青少年自殺問題與家長如何進行生命教育 Suicide Situation of Youth & Parental Life Education	文字報導 Literature
17/07/2010	商業電台 - 《在晴朗的一天出發》 Commercial Radio Hong Kong - “On a Clear Day”	「珍惜生命大使」探訪服務 Life Ambassadors Services	電台報導 Broadcasting Program

6.3 SUICIDE CRISIS INTERVENTION CENTRE

HEUNG MO YAN (CENTRE-IN-CHARGE)

Introduction

“Crisis undermines a ray of hope. Therapy paves the way of the coming days” truly acknowledges the mission and goal of the Suicide Crisis Intervention Centre (SCIC) for suicidal prevention works in Hong Kong – turning crisis into opportunities, counselling those people in struggle with life difficulties to gain courage and faith for their better future. Time flies, our centre has provided service for 10 years. Apart from round the clock suicidal risk assessment and intervention as well as counseling service, several pioneer services have also been set up. Crucially they are the “Live the Rainbow” service, “Suicide Prevention On internet” (SPOT) and “Help4suicide”. Though the process of crisis intervention is vital to save people from trembling at the edge of life, suicide inevitably happens every day. Hence, the work of post-intervention plays an important role in helping those suicide survivors. The first supportive group service for family members in Hong Kong was then provided in 2004. Having received another subvention from the Social Welfare Department (SWD) in November 2009, our “Live the Rainbow” service, a one-stop post-intervention service for suicide survivors was formally launched.

And in view of the popularity of the use of internet, there has been a tendency of people with suicidal risk using the internet for expression and ventilation. With the collaboration of volunteers from other units, an unprecedented suicidal risk detection mechanism via internet was initiated in 2008. It was a milestone in the development of suicidal prevention service in cyber world with web searching and following-up by volunteers. With profound recognition from the SWD, SCIC was further granted to implement a 3-year pioneer project namely the “Help4suicide” to construct a web platform. Such platform allowed web-users and different professionals to discuss suicide issues in an open and positive atmosphere. Through it we can engage those emotionally disturbed internet users to openly express their feelings so that we help them to build up their resilience.

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 1,398 crisis cases were handled in 2010.

Gender and Age

Among these 1,398 crisis cases, there were 469 male and 929 female clients. The male to female ratio is approximately 1:1.98. In particular, one-fifth of total cases came from each age group of 20 to 29, 30 to 39 and 40 to 49. Almost half (46.2%) of the service users fell between the age range of 30 and 49. For those aged below 20 and over 60, there was 6.3% and 7.5% respectively. (Details are illustrated in Table and Figure 6.3.1)

Presenting problems

Nearly a quarter of the total number of cases were distressed by suicidal problem of their family members or friends. This number one reason accounted for 263 cases (18.81%). The second and third are situational problem and marital problem which accounted for 200 cases (14.31%) and 193 cases (13.81%) respectively. The fourth place is mental health problem and there were 151 cases (10.8%). The fifth to seventh problems were romantic relationship problem, other family problem and financial problem. They were very close in number and occupied nearly one-tenth of total cases separately - 130 cases (9.3%), 125 cases (8.94%) and 118 cases (8.44%). Besides, we should pay attention to the number of the suicide survivors which was the eighth in the ranking and it rose from 57 in 2009 to 94 (6.72%) in this year. The remaining problems covered one-tenth of total cases which included physical health problem, personal problem and peer relationship problem - 58 cases (4.15%), 34 cases (2.43%) and 32 cases (2.29%) respectively. (Details are illustrated in Table and Figure 6.3.2)

Risk Level

There were 537 (38.41%), 572 (40.92%) and 286 (20.46%) cases assessed by referrers as low, 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 503 (35.98%) and 29 (2.07%) respectively. The number of low risk cases rose to 853 (61.2%). In other words, the total number of moderate and high risk cases dropped from 858

to 532 (61.38% to 38.05%). The high-risk cases decreased significantly by over 90%. (Details are illustrated in Table 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, Hong Kong Police, schools and other community organizations, by providing round-the-clock consultations upon their referrals. In 2010, 549 cases (39.27%) were referred by social workers, 446 cases (31.9%) by self approach of clients, 151 cases (10.8%) by those distressed by suicidal family members and friends, 113 cases (8.08%) by hotline volunteers, 66 cases (4.72%) by medical staff and 54 cases (3.86%) by the police. Beside case referral, SCIC also worked with our service partners intensively and provided 297 consultations during the year. (Details are illustrated in Table and Figure 6.3.5)

Group Work Service

Responding to the service needs of our service users, SCIC has conducted 85 sessions of group service which included 8 therapeutic groups (41 sessions), 4 support groups (32 sessions), and 2 volunteering group conducted to survivors (12 sessions) in this year. (Details are illustrated in Table 6.3.9)

“Live the Rainbow” Service

In November 2009, “Live the Service” was additionally granted as a subvented service of the SWD. We, therefore, have more resource to launch the one-stop service ranging from crisis intervention to in-depth counseling, therapeutic groups and continuous community support service. On top of the service to individuals, SCIC also actively addressed the needs of the families, friends as well as the society for early intervention and counseling.

SCIC also expanded the cross-function network with other professional bodies by participating in various local meetings. They included the SWD meeting, District Council meeting, Service Co-ordination meeting etc., with an aim to promote the importance of early referral to SCIC for effective prevention of tragedies. Furthermore, we actively participated into the TV program “一念之間” produced by the RTHK and the SWD. We provided real case samples as program content and we joined their production press conference to arouse public awareness on caring for the needs of family members. There was a speech given by our Chairman, and survivor also shared the personal experience in the press conference. Through the programme, we highlighted the importance of life cherishment and how to transform self-destructive ideas into positive thinking to tackle problems. (Details are illustrated in Table and Figure 6.3.9)

Among the 105 survivor cases, there were 28 male and 77 female clients. The male to female ratio is approximately 1:2.75. In particular, there were 33 cases (31.4%) and 22 cases (21%) came from aged 40-49 and 50-59. The group of aged 20-29 and 30-39 were both having 17 cases (16.2%). Parent-child relationship of the suicide survivors was the majority cases. It accounted for 35 cases (33.33%). The second and third places were spousal and sibling relationship, occupied 30 (28.57%) and 18 (17.14%) cases respectively. The remaining total 16 cases (8.67%) were other family relationship, lover and friend. The captioned cases were mainly referred by social workers and the police or self-approached, they accounted for 46 cases (43.81%), 25 cases (23.81 %) and 18 cases (17.14%) respectively. (Details are illustrated in Table and Figure 6.3.6, 6.3.7 & 6.3.8)

“Suicide Prevention On internet” and “Help4suicide”

“SPOT” has been commenced since 2008 and collaboration work with volunteers of Hotline and Life Education Centre made significant contribution on searching blogs of whom showing suicidal risk. Continuous care and follow-up has been vigorously given to bloggers by our volunteers through active feedback.

In 2010, a total of 151,360 related blogs were found and 443 internet users with apparent suicide levels were referred to our Hotline service for follow-up after initial assessment.

Though this project serves a proactive role of identifying persons with suicidal risk via blog-fishing, it inevitably has its limitations. First, those internet users using blogs to express suicide intention might have undergone different levels of emotional distress and difficulties for a period of time. Second, from our past experience, those having suicidal intention would actively look for convenient information about suicide from the internet. They were more prone to perceive and interpret information in negative manner or to pay attention to distorted information. Hence, our web focuses on discussion of suicide was set up to provide people with more correct information, so that people could be fostered to consider the impacts of suicide rationally and seriously, and thus to make a more positive choice.

Having received generous support and subvention from the SWD, our “Help4suicide” website was set up on a 3-year-basis. Its operation was divided into two phases in September and November respectively. A service kick-off ceremony cum press conference was held on 28 August 2010. We were pleased to have Mrs. Mak Suk-har, Assistant Director, Family and Child Welfare, SWD and Mr. Robert Wong Yao-wing, our Chairman to give their opening speeches. It marked a new era on the provision of on-line suicide prevention service. The content of website includes: Goodies Daily, Myth of Complete Manual of Suicide, Story Museum, Resource Corner, Emotion Forum, Soul Box and Heart Chat. In particular, the Myth of Complete Manual of Suicide contained video interviews of different professionals like negotiator, fireman, and antisepsis personnel to explain the myths of suicide. Moreover, we successfully recruited and mobilized volunteers to provide on-line counseling service and referral for people with suicidal risk. Furthermore, we promoted the web through various interviews with written and electronic media. In 2010, Soul Box and Heart Chat provided 348 and 360 operating hours between September and December respectively.

Service Promotion, Experience Sharing and Training Workshops

To share the valuable experience gained in suicide intervention and counseling of nearly ten thousands of cases throughout the past 9 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. (Details are illustrated in Table 6.3.10)

Publications

In 2010, SCIC published one booklet about the needs of children with their fathers or mothers having extra-marital affairs and one leaflet about helping family, friends and the public to better equip them on how to cope with suicide risk of others. They were distributed in various Government Departments, hospitals, social welfare organizations and libraries.

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. (Details are illustrated in Table 6.3.11)

Future Outlook

Our centre has been developed for 10 years, as like many Hong Kong people, we have undergone much difficult moments. Our frontline colleagues handle suicide crisis and high risk cases everyday. Many of their suicidal thoughts are related to the heart-breaking problems. The stress and impact on our frontline colleagues can hardly be penciled down. Nevertheless, we never give up and stop. Instead, we develop new projects “Live the Rainbow” and “Help4suicide” to show our commitments, wisdom and persistence, despite challenges are always here.

Luckily our frontline colleagues have a common belief: When there is life, there is hope. We move forward together with our service users to create miracles. As Thomas Edison, the Inventor, said “If you wish to succeed, you should use persistence as your good friend, experience as your reference”. Hopefully, we can share the common vision, persistence and experience with colleagues to write more encouraging and touching life stories.

Our centre is now preparing a written overview of 10-year experience to share how service users tackling life difficulties, giving up suicidal thoughts and re-tracking onto a positive life journey. It will be published in 2012. Hopefully by sharing our experience with the public, we can inspire more people facing adversity to become more resilient and have their courage to change.

6.3 自殺危機處理中心

香慕茵 (中心主任)

前言

「危機機復生機 輔導導回正道」，正好道出自殺危機處理中心(以下簡稱中心)在香港防止自殺工作的使命和目標---就是化危為機，輔導面臨絕境和在危機邊緣的人士尋回正道。不經不覺，中心服務已踏入第10個年頭，除致力提供24小時自殺危機評估、介入及輔導工作外，過去更開展多個服務先河，當中最重要的莫過於《活出彩虹服務》、《網蹤人計劃》及《自殺自療互助舍》。

危機介入固然重要，挽救在生死邊緣掙扎的生命。然而不幸的自殺事故實在每天發生，往後的介入工作亦相當重要；故於2004年開始，中心開展首個支援小組予自殺者親友(以下簡稱親友)，隨後積極發展並於2009年11月獲社會福利署進一步撥款，讓中心得以為親友推行一站式性質的《活出彩虹服務》。此外，鑑於網絡使用越趨普及，不少具自殺危機人士轉移在網絡上宣洩和傾訴；於2008年中心亦創先河，連繫其他單位的義工，主動尋找具自殺危機的網誌，從而作出關顧和跟進，為網絡防止自殺工作奠定重要的基石。中心的經驗再次獲社會大眾及社會福利署認同，於2010年撥款予中心啟動為期3年的先導計劃，開辦《自殺自療互助舍》(www.help4suicide.com.hk)，為香港建構一個正面、開放，並由不同界別的專家一同談論自殺的網站，亦為情緒受困的網絡使用者開闢一個嶄新的空間，讓他們能開放地講論自殺，了解當中的迷思和重建抗逆正能量。

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2010年總共處理了1,398宗個案。

性別與年齡

在1,398宗個案中，有469宗案主是男性、929宗是女性，男女比率約為1:1.98。三個成年年齡群組(20至29歲，30至39歲及40至49歲)都分別佔個案總數五份之一，年齡由30至49歲的則佔近五成(46.2%)；而年齡在20歲以下和60歲以上的分別為6.3%和7.5%。(詳閱圖表6.3.1)

問題種類

危機個案中受到家人或朋友的自殺問題困擾者佔首位，共263宗(18.81%)，約四份之一。接下來來源的第2-3位是受環境因素問題困擾及受婚姻問題困擾，分別有200宗(14.31%)及193宗(13.81%)。第4位是精神健康問題，共151宗(10.8%)。至於第5-7位的愛情問題困擾、其他家庭問題困擾及經濟問題也是相若，各佔約十份一，分別有130宗(9.3%)、125宗(8.94%)和118宗(8.44%)。而因親友自殺死亡困擾而求助佔第8位，由去年的57宗上升至本年度94宗(6.72%)，值得關注。其餘約十份一個案則是身體健康、個人及人際關係問題，分別有58宗(4.15%)、34宗(2.43%)及32宗(2.29%)。(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572宗及286宗，百分率分別為40.92%及20.46%，合共為858宗，即佔61.38%；低危則有537宗，即38.41%。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503宗及29宗，百分率分別為35.98%及2.07%，合共降至532宗，百分率下降為38.05%；低危個案則升至853宗，佔61.2%。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、學校和各組織等，有著緊密的合作關係。在2010年內，由社會工作者轉介的危機個案有549宗(39.27%)、案主自行求助的有446宗(31.9%)、經身邊親友求助的有151宗(10.8%)、熱線義工轉介的有113宗(8.08%)、由醫護人員和警察轉介的則分別有66宗(4.72%)和54宗(3.86%)。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297宗。(詳閱圖表6.3.5)

小組服務

本中心於2010年共開辦了8個治療性、4個支援性和2個自殺者親友義工小組，全年活動節數分別為41、32和12節，合共85節。(詳情可參閱表6.3.9)

活出彩虹服務

自2009年11月開始，中心獲社會福利署進一步撥款，從而有更充足的資源為親友推行全面的服務；由不幸事故發生的即時危機介入，以至提供深入輔導、治療性小組及持續社區支援服務。同時，除案主個人層面，更關注自殺事件對家庭、身邊親友以至社區層面等整全需要。

為了讓社會大眾及各相關專業認識服務，從而作出轉介，中心主動參與地區上各大小會議，包括：社會福利署會議、區議會、地區服務協調委員會等，介紹並推廣活出彩虹服務，推動社會人士及早關注自殺者親友。此外，中心積極參與香港電台與社會福利署聯合製作的家庭實況劇《一念之間》，提供真實個案作為藍本拍攝，並於播映前與港台合辦記者會，引發社會大眾對關注親友需要。席間除邀得本會主席致辭外，更有活出彩虹小組組員分享自身經歷，讓社會明白親友的需要之餘，亦再一次呼籲大眾珍惜生命，在一念之間可以轉念，放棄自殺，積極面對問題。(詳情可參閱表6.3.9)

中心過去一年共處理105宗自殺死亡者親友輔導個案，有28宗是男性、77宗是女性，男女比率約為1:2.75。而40-49歲及50-59歲年齡群組較多，共33及22宗，佔31.4%及21%。其次是20-29歲及30-39歲，各佔17宗，即16.2%。而當中親友與自殺者的關係較多是父母子女，佔35宗(33.33%)，其次是配偶及兄弟姊妹關係，分別佔30宗(28.57%)及18宗(17.14%)，餘下佔16宗(8.67%)的是其他親屬、愛侶及朋友關係。而轉介者以社會工作者為主，佔46宗(43.81%)，其次是自行求助者及警方，佔25宗(23.81%)及18宗(17.14%)。(詳情可參閱表6.3.6, 6.3.7及6.3.8)

《網蹤人計劃》及《自殺自療互助舍》

自2008年本中心開展網蹤人計劃至今，一直與熱線中心及生命教育中心的義工攜手，主動搜尋具自殺危機的網誌，表達關心，作出跟進。在2010年，中心共搜尋151,360相關網誌，經評估後發現當中443網絡使用者具有一定程度的自殺意欲和風險，故轉介由熱線義工作出進一步關顧傾談。

雖然網蹤人計劃已具主動出擊的性質，但仍有一定的限制，因為在網絡使用者於網誌表達自殺意欲之先，可能已出現一定程度的情緒困擾和困難，並潛伏一段時間，及後才開始在網絡世界宣洩分享。而且，在中心的前線經驗裡，許多具自殺意念人士，會主動搜尋自殺資訊，網絡世界就是其中一個極為方便搜尋的地方。就算面對中性的資訊，具自殺危機人士的演繹和理解可以是負面的，更何況不少的資訊是誤導性甚至是錯誤的。有見及此，中心發展一個專門、正確、正面去談自殺的網站，希望可以讓具自殺意念的人士獲得正確的資訊，並且更理性地分析自殺的影響，從而選擇更正面的出路。

中心榮幸獲得社會福利署對此服務的支持和資助，撥款3年，建立《自殺·自療·互助舍》(www.help4suicide.com)網站，並分階段於9月及12月投入服務。中心亦於2010年8月28日舉行服務啟動禮暨記者會，並邀得社會福利署助理處長(家庭及兒童福利)麥周淑霞女士及本會主席黃祐榮先生致辭，標誌網上防止自殺服務的新里程。網站內容包括：《好人好事》、《完全自殺之迷》、《真人館》、《資源閣》、《情緒專區》、《心靈信箱》及《真心話室》。當中完全自殺之迷更專訪不同專業，如：談判專家、消防員、防腐師等等，並製作成訪問特輯，在網上拆解有關自殺的迷思。此外，中心亦成功招募和組織義工，為網絡上具自殺危機人士提供即時情緒輔，適當時再作轉介。中心亦主動推廣《自殺·自療·互助舍》，包括：聯絡傳媒、網上電子媒體、報章等，力求透過不同渠道宣傳網站。而在2010年9月至12月，《心靈信箱》及《真心話室》分別提供348小時及360小時的開放時間。

服務介紹、經驗交流、訓練講座和工作坊

本中心服務香港已踏入第10年，多年來處理近萬個個案，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等。(詳情可參閱表6.3.10)

刊物出版

本中心於2010年出版了兩份刊物：《我們仨下的孩子——關注父/母出現婚外情的孩子》手冊及《自殺危機關顧者單張》。《我們仨下的孩子》講述有關子女面對父母之間出現婚外情問題的情緒反應及需要，《自殺危機關顧者單張》則闡釋如何協助自殺危機者親友，從而能正確幫助具自殺危機人士。兩份刊物已廣泛派發到各有關政府部門、醫院、社會服務機構和圖書館等，讓有需要人士參閱。

傳媒及其他訪問

一如以往，本中心按著香港的自殺問題，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。(詳情可參閱表6.3.11)

未來展望

中心陪伴香港踏入第10個年頭，和不少香港人一樣，經歷過不少艱鉅的時刻。前線同工每天均承受個案的自殺危機和風險，看過不少令人痛心疾首的問題，亦曾經經歷個案放棄生命，當中所承受的壓力和所受的影響真是非筆墨能形容。不過，同工的腳步沒有因此而停下來，在謹守崗位的同時，相繼貢獻自身，致力發展《活出彩虹服務》及《自殺自療互助舍》等新服務，當中所講求的絕對是更多的承擔、智慧與能耐，挑戰實在不止息！

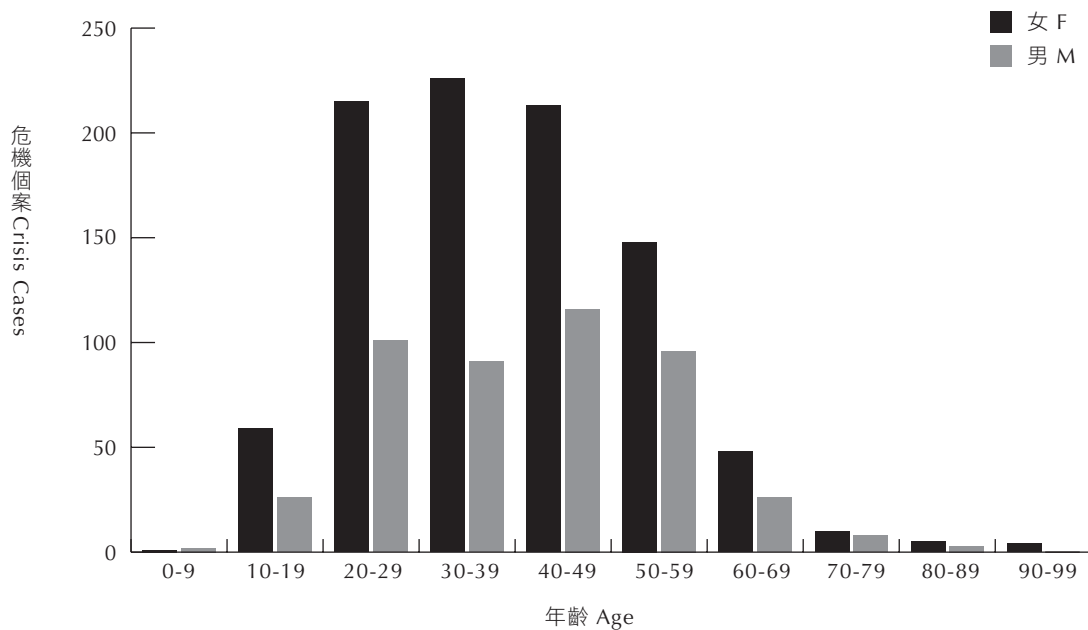
慶幸一班同工一同抱著「擁有生命，就擁有希望」的信念，與服務使用者跨躍一個又一個的明天，開創一段又一段的奇蹟。正如發明家愛迪生曾說：「如果你希望成功，當以恆心為良友，以經驗為參謀。」希望藉此勉勵不同界別的同工繼續堅持理想，憑著恆心和經驗，譜出更多扣人心弦的工作故事。

中心現正籌備文集，將過去10年的經驗編纂，並分享個案克服困難、放棄自殺並重踏積極人生路的歷程，期望在2012年出版；希望藉此與其他同工切磋交流，並能啟發更多面臨困境的人士，逆境自強，領略生機處處！

(Table 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2010
(表 6.3.1) 2010年自殺危機處理中心危機個案年齡及性別分佈表

年齡 Age	女 F	男 M	合計 Total	%
0-9	1	2	3	0.2%
10-19	59	26	85	6.1%
20-29	215	101	316	22.6%
30-39	226	91	317	22.7%
40-49	213	116	329	23.5%
50-59	148	96	244	17.5%
60-69	48	26	74	5.3%
70-79	10	8	18	1.3%
80-89	5	3	8	0.6%
90-99	4	0	4	0.3%
總計 Total	929	469	1398	100.0%

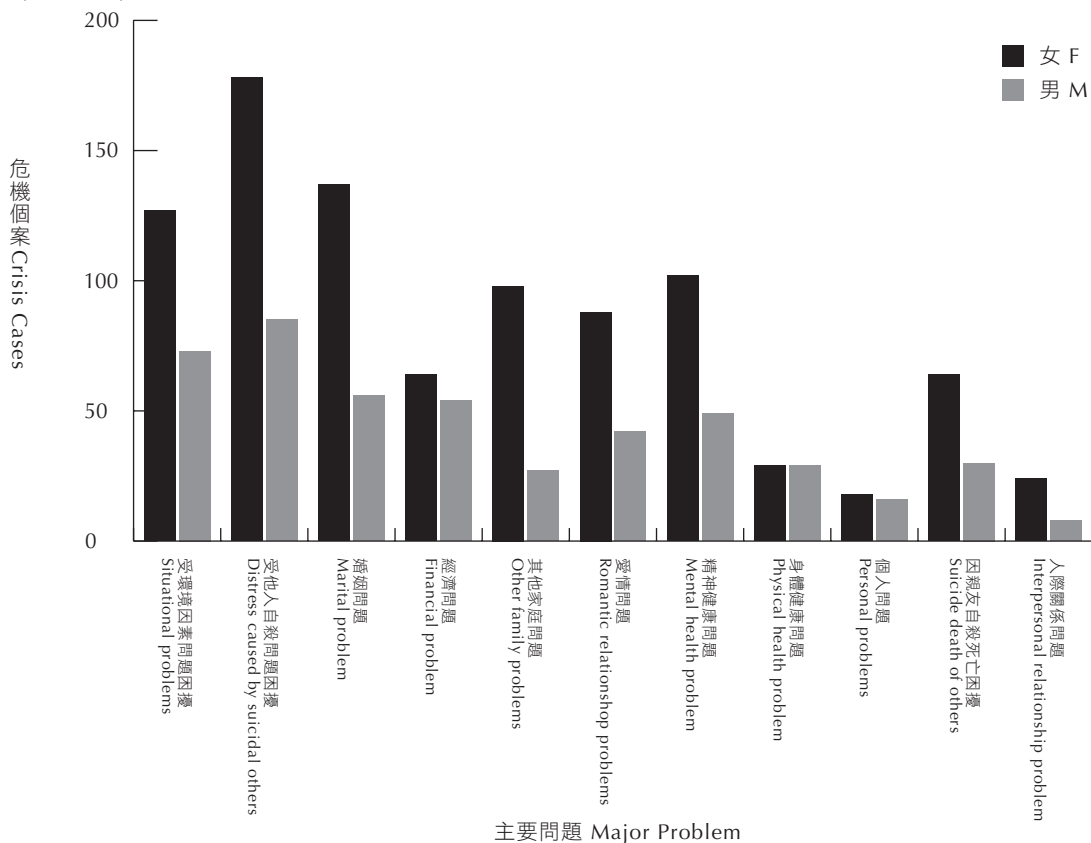
(Figure 6.3.1) Age and Sex Distribution of Crisis Cases served by SCIC in 2010
(圖 6.3.1) 2010年自殺危機處理中心危機個案年齡及性別分佈圖



(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2010
(表 6.3.2) 2010 年自殺危機處理中心危機個案問題類別及性別分佈表

主要問題 Major Problem	女 F	男 M	合計 Total	%
受環境因素問題困擾 Situational problems	127	73	200	14.31%
受他人自殺問題困擾 Distress caused by suicidal others	178	85	263	18.81%
婚姻問題 Marital problem	137	56	193	13.81%
經濟問題 Financial problem	64	54	118	8.44%
其他家庭問題 Other family problems	98	27	125	8.94%
愛情問題 Romantic relationship problems	88	42	130	9.30%
精神健康問題 Mental health problem	102	49	151	10.80%
身體健康問題 Physical health problem	29	29	58	4.15%
個人問題 Personal problems	18	16	34	2.43%
因親友自殺死亡困擾 Suicide death of others	64	30	94	6.72%
人際關係問題 Interpersonal relationship problem	24	8	32	2.29%
總計 Total	929	469	1398	100.00%

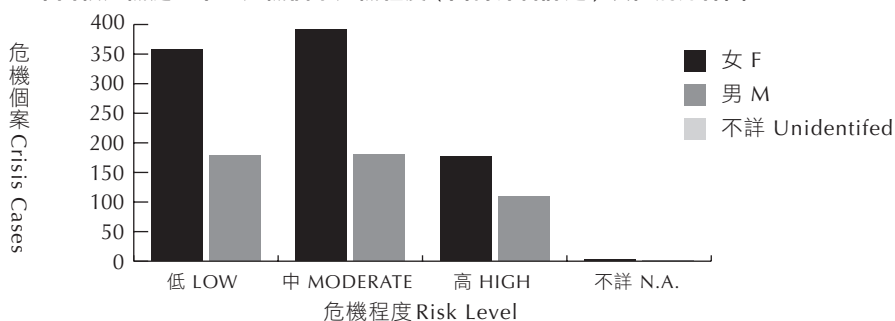
(Figure 6.3.2) Major Problem and Sex Distribution of Crisis Cases served by SCIC in 2010
(圖 6.3.2) 2010 年自殺危機處理中心危機個案問題類別及性別分佈表



(Table 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by SCIC In 2010
(表 6.3.3) 2010 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	358	179	0	537	38.41%
中 MODERATE	392	180	0	572	40.92%
高 HIGH	177	109	0	286	20.46%
不詳 N.A.	2	1	0	3	0.21%
總計 Total	929	179	0	1398	100.00%

(Figure 6.3.3) Risk Level (assessed by referrer) and Sex Distribution of Crisis Cases served by SCIC in 2010
(圖 6.3.3) 2010 年自殺危機處理中心危機個案危機程度 (由轉介者評定) 及性別分佈圖



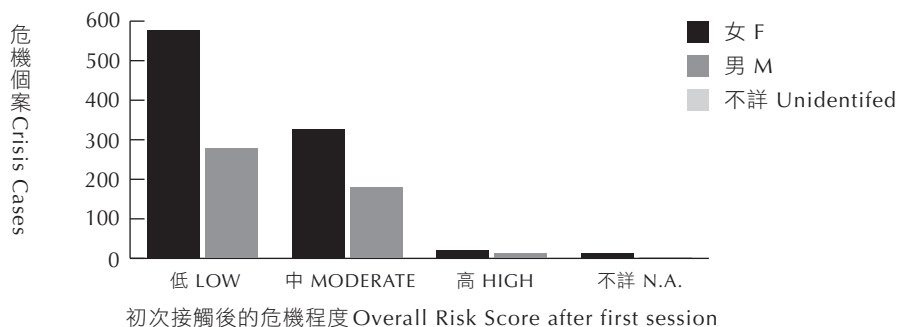
(Table 6.3.4) Risk Level after first session of Intervention (by SCIC) and Sex Distribution of Crisis Cases Served by SCIC in 2010

(表 6.3.4) 2010 年自殺危機處理中心危機個案經首節輔導後的危機程度 (由本中心評定) 及性別分佈表

初次接觸後危機程度 Overall Risk Score after first session	女 F	男 M	不詳 Unidentified	總計 Total	%
低 LOW	575	278	0	853	61.02%
中 MODERATE	325	178	0	503	35.98%
高 HIGH	18	11	0	29	2.07%
不詳 N.A.	11	2	0	13	0.93%
總計 Total	929	469	0	1398	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 2010

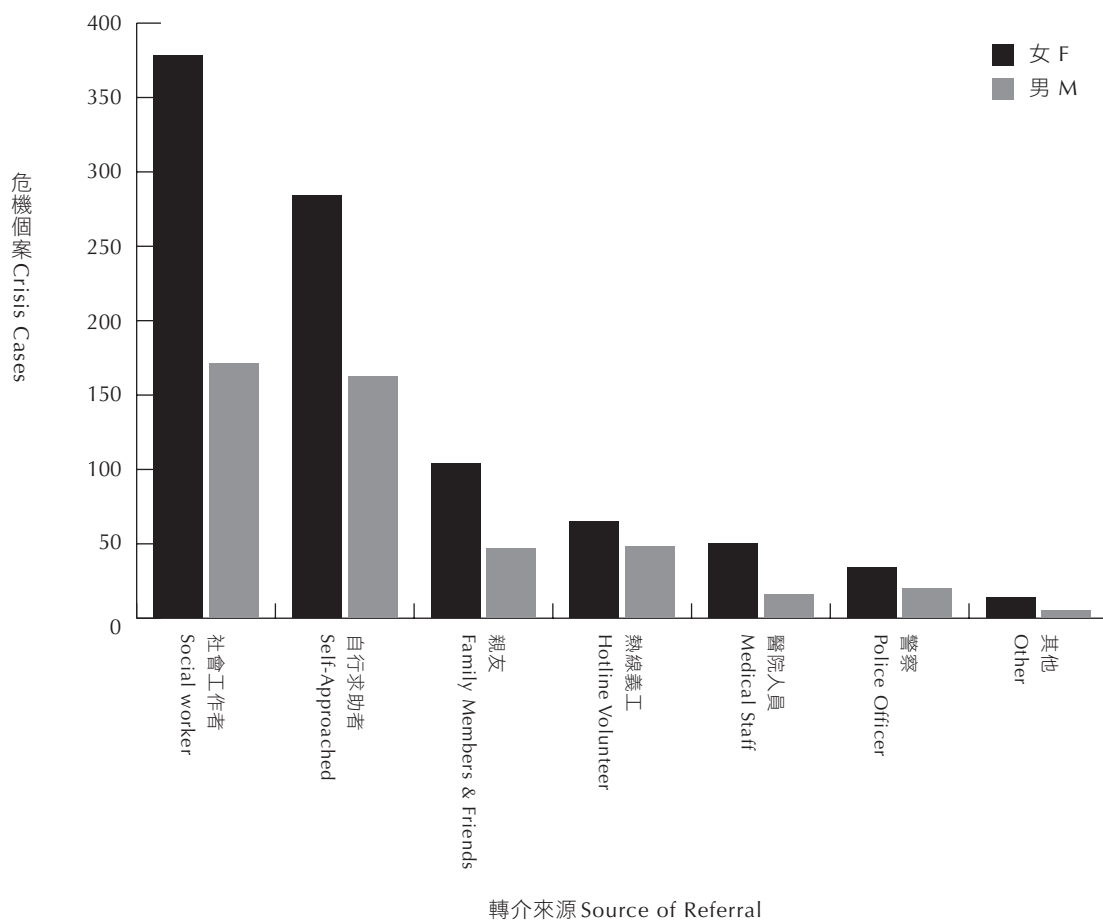
(圖 6.3.4) 2010 年自殺危機處理中心危機個案經首節輔導後的危機程度 (由本中心評定) 及性別分佈圖



(Table 6.3.5) Source of Referral of Crisis Cases served by SCIC in 2010
(表 6.3.5) 2010 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	總計 Total	%
社會工作者 Social worker	378	171	549	39.27%
自行求助者 Self-Approached	284	162	446	31.90%
親友 Family Members & Friends	104	47	151	10.80%
熱線義工 Hotline Volunteer	65	48	113	8.08%
醫院人員 Medical Staff	50	16	66	4.72%
警察 Police Officer	34	20	54	3.86%
其他 Other	14	5	19	1.36%
總計	929	469	1398	100.00%

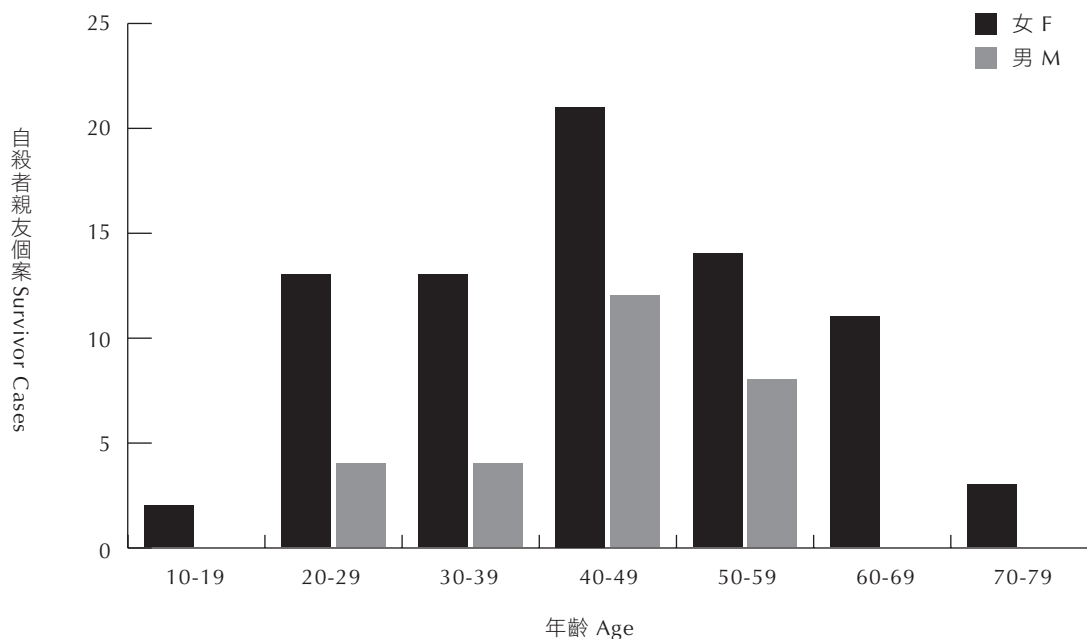
(Figure 6.3.5) Source of Referral of Crisis Cases served by SCIC in 2010
(圖 6.3.5) 2010 年自殺危機處理中心危機個案轉介來源分佈圖



(Table 6.3.6) Age and Sex Distribution of Survivor Cases Served by SCIC in 2010
(表 6.3.6) 2010年自殺危機處理中心自殺者親友個案年齡及性別分佈表

年齡 Age	女 F	男 M	合計 Total	%
10-19	2	0	2	1.9%
20-29	13	4	17	16.2%
30-39	13	4	17	16.2%
40-49	21	12	33	31.4%
50-59	14	8	22	21.0%
60-69	11	0	11	10.5%
70-79	3	0	3	2.9%
總計 Total	77	28	105	100.0%

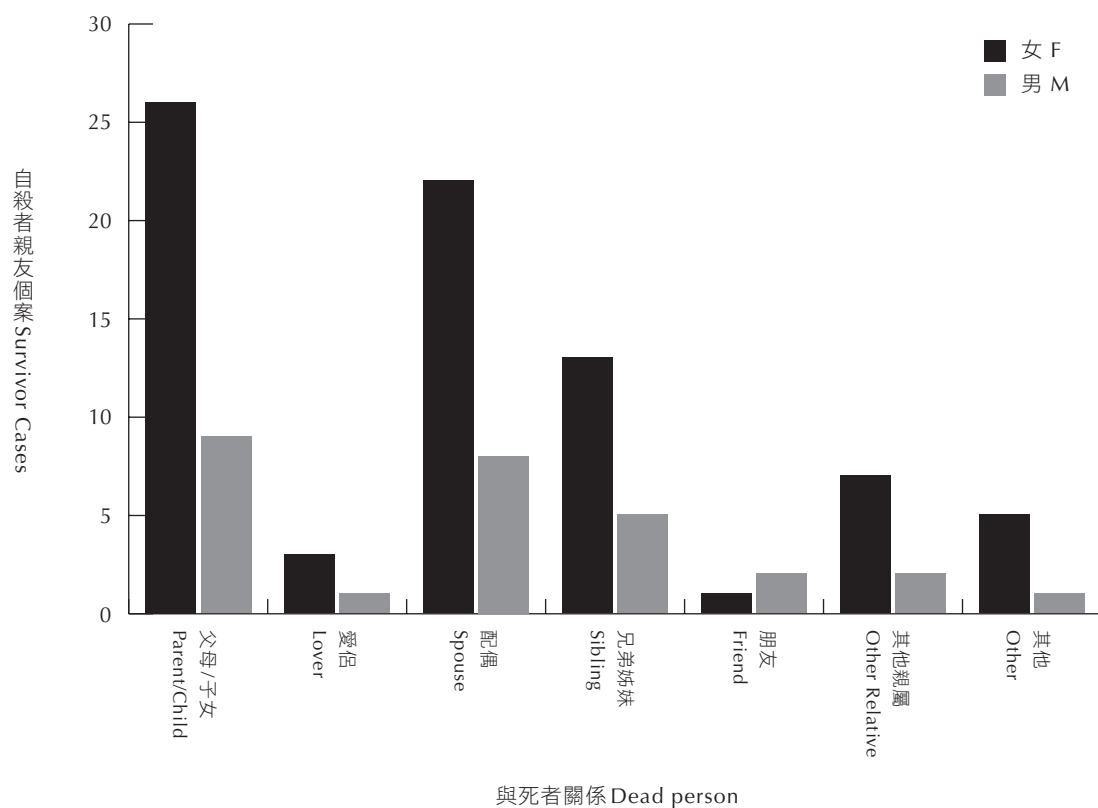
(Figure 6.3.6) Age and Sex Distribution of Survivor Cases served by SCIC in 2010
(圖 6.3.6) 2010年自殺危機處理中心自殺者親友個案年齡及性別分佈圖



(Table 6.3.7) Relationship among the survivor and the dead person served by SCIC in 2010
(表 6.3.7) 2010 年自殺危機處理中心自殺者親友個案與死者關係分佈表

轉介來源 Source of Referral	女 F	男 M	總計 Total	%
父母/子女 Parent/Child	26	9	35	33.33%
愛侶 Lover	3	1	4	3.81%
配偶 Spouse	22	8	30	28.57%
兄弟姊妹 Sibling	13	5	18	17.14%
朋友 Friend	1	2	3	2.86%
其他親屬 Other Relative	7	2	9	2.00%
其他 Other	5	1	6	5.71%
總計	77	28	105	93.43%

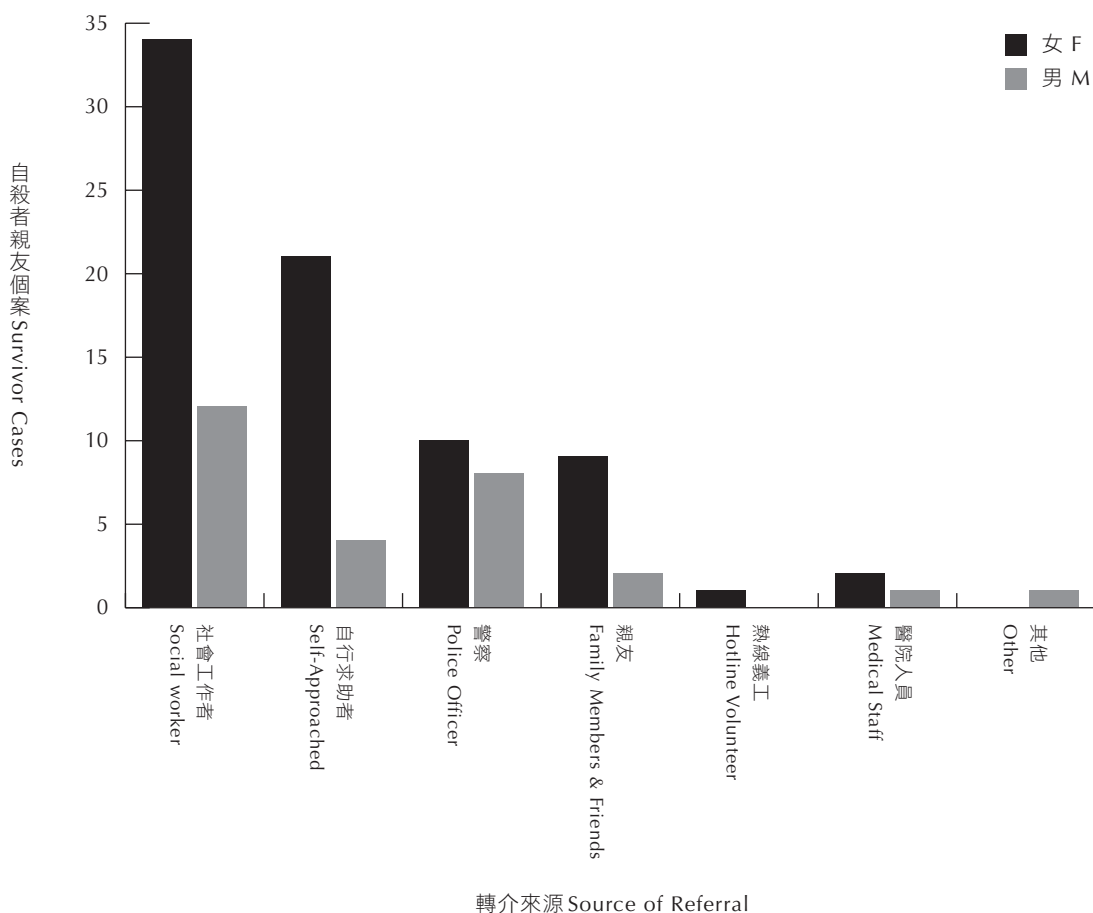
(Figure 6.3.7) Relationship among the survivor and the dead person served by SCIC in 2010
(圖 6.3.7) 2010 年自殺危機處理中心自殺者親友個案與死者關係分佈表



(Table 6.3.8) Source of Referral of Survivor Cases served by SCIC in 2010
(表 6.3.8) 2010年自殺危機處理中心自殺者親友個案轉介來源分佈表

轉介來源 Source of Referral	女 F	男 M	總計 Total	%
社會工作者 social worker	34	12	46	43.81%
自行求助者 Self-Approached	21	4	25	23.81%
警察 Police Officer	10	8	18	17.14%
親友 Family Members & Friends	9	2	11	10.48%
熱線義工 Hotline Volunteer	1	0	1	0.95%
醫院人員 Medical Staff	2	1	3	2.86%
其他 Other	0	1	1	0.95%
總計	77	28	105	100.00%

(Figure 6.3.8) Source of Referral of Survivor Cases served by SCIC in 2010
(圖 6.3.8) 2010年自殺危機處理中心自殺者親友個案轉介來源分佈圖



(Table 6.3.9) Groups Conducted by Suicide Crisis Intervention Centre in 2010
(表 6.3.9) 2010 年自殺危機處理中心曾舉辦的小組

1. 治療性小組 (共 8 個) Therapeutic Groups (8 in total)

日期 Date	小組名稱 Group Name	服務對象 Targets
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
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 were distressed by negative thinking and stress of middle age
11/2009 – 3/2010 4/2010 – 6/2010 10/2010 – 12/2010	「未完小說」小組 2、3 及 4 Suicide Survivors’ group – Unfinished Novel 2	自殺者親友 Suicide Survivors
1/2010 – 3/2010	感情的選擇 Choices in romantic relationship	受感情問題困擾而具自殺危機人士 Suicidal people with romantic relationship problem
12/2010	晴天向日葵 Sunny faces in rainy days	因夫妻溝通或管教子女而受困擾及產生自殺危機的中年婦女 Suicidal middle-aged women and were distressed by marital and parenting problem
12/2010	下一站彩虹 The rainbow future	受情緒困擾或患有低度至中度抑鬱症患者，因此曾產生自殺危機人士 Suicidal people with mild to moderate depression

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
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 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	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
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

3. 義工小組 (共 2 個) Support Groups (2 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 through telephone and visits
自 4/2010 Since 2/2010	Self-help group of “Unfinished Novel 2”	未完小說 2 組員 Suicide Survivors who had joined the therapeutic group of “Unfinished Novel 2”

(Table 6.3.10) Training, Visits and Community Programmes of SCIC in 2010

(表 6.3.10) 2010 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
1/2010	解說服務 Debriefing service	佳富高企業(亞洲)有限公司 KOFECO ENTERPRISES (ASIA) CO., LTD	職員 Staff	9
2/2010	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”	香港大學 Hong Kong University	學生 Student	2
3/2010	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”	青山醫院 Castle Peak Hospital	精神科社康護士 Community Psychiatric Nurse	53
3/2/010	活出彩虹服務介紹及講解轉介程序 Introduction of “Live the Rainbow” Service and the referral procedure	北區區議會 North District Council	區議員及市民 District Councilor and citizen	25
3/2010	活出彩虹服務介紹及講解轉介程序 Introduction of “Live the Rainbow” Service and the referral procedure	灣仔區議會 Wan Chai District Council	區議員及市民 District Councilor and citizen	23
3/2010	服務介紹及經驗分享 Service introduction and experience sharing	香港北區獅子會 LEO Club of	義工 Volunteer	15
4/2010	服務介紹及探討青少年自殺問題 Service introduction and discussion on suicide problem of the youth	香港城市大學 City University of Hong Kong	學生 Student	4
4 & 10 /2010	精神異常與自殺 Mental health and suicide	輔導及防止自殺專業證書課程 Professional Certificate in Counseling and Suicide Prevention	課程學生 Student	68

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
4 & 10 /2010	如何協助自殺者親友 How to help suicide survivors	輔導及防止自殺專業證書課程 Professional Certificate in Counseling and Suicide Prevention	課程學生 Student	67
4/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	中西區區議會 Central & Western District Council	區議員及市民 District Councilor and citizen	60
4,5 & 11 /2010	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
4/2010	服務介紹及經驗分享 Service introduction and experience sharing	珍惜生命協會 Care for Life Association	義工 Volunteer	20
6/2010	服務介紹及經驗分享 Service introduction and experience sharing	樹仁大學 Hong Kong Shue Yan University	學生 Student	2
6/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	華富一及二邨屋邨管理署 Wah Fu Estate Management Division	區議員及市民 District Councilor and citizen	26
7/2010	認識長者自殺問題健康分享會 Training course on working with elderly with suicidal tendencies and mental problem	禮賢會沙田長者鄰舍中心 Shatin Rhenish Neighborhood Elderly Centre	義工 Volunteer	20
7/2010	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"	輔導及防止自殺專業證書課程 Professional Certificate in Counseling and Suicide Prevention	學生 Student	16
7/2010	如何協助自殺危機者親友 Training course on helping suicidal informers	本會 SBHK	義工及職員 Volunteer and staff	40
8/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	禾輦村屋村管理諮詢委員會 Wo Che Estate Management Advisory Committee	委員會 Committee member	26
9/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	荃灣及葵涌保護兒童及家庭服務課 Family and Child Protection Services Unit (TW/KwT)	社工 Social worker	20

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
9/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	屯門區家庭及兒童福利 服務協調委員會 District Co-ordinating Committee of Family and Child Welfare Services (Tuen Mun)	委員會 Committee member	30
9/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	屯門區策劃及統籌小組 District Planning & Co-ordinating Team (Tuen Mun)	小組組會 Team member	20
9/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	沙田保護兒童及 家庭服務課 Family and Child Protection Services Unit (Shatin)	社工 Social worker	10
10/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	北沙田綜合家庭 服務中心 Shatin (North) Integrated Family Service Centre	社工 Social worker	16
10/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	大埔及北區保護兒童及 家庭服務課 Family and Child Protection Services Unit (Tai Po)	社工 Social worker	20
10/2010	自殺自療互助舍服務介紹 Introduction of "Help4Suicide.com"	元朗區青少年服務地區 服務委員會 Local Committee on Service for Young People (Yuen Long)	委員會 Committee member	30
11/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	中西南及離島區地區各 類服務協調委員會 Co-ordinating Committee on Various Services (Central Western, Southern and Islands)	委員會 Committee member	160
11/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	中西南及離島區地區協 調委員會 Co-ordinating Committee on Local Services (Central Western, Southern and Islands)	委員會 Committee member	20
11/2010	服務介紹及經驗分享 Service introduction and experience sharing	理工大學 The Hong Kong Polytechnic University	學生 Student	1

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
11/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	明愛醫院 Caritas Medical Centre	病人聯絡主任 Hospital Patient Relations Officer	1
11/2010	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"	善導會 The Society of Rehabilitation and Crime Prevention (Hong Kong)	社工 Social worker	24
11/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	元朗區策劃及統籌小組第3隊 District Planning & Co-ordinating Team 3 (Yuen Long)	小組組員 Team member	30
11/2010	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"	社會福利署 Social Welfare Department	社工 Social worker	67
12/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	東區醫院殮房 Mortuary in Pamela Youde Nethersole Eastern Hospital	主管 Manager	1
12/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	朗區策劃及統籌小組第1隊 District Planning & Co-ordinating Team 1 (Yuen Long)	社工 Social worker	45
12/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	黃大仙及西貢區青少年服務協調委員會 Local Committee on Service for Young People (Wong Tai Sin/ Sai Kung)	委員會 Committee member	60
12/2010	活出彩虹服務介紹及講解轉介程序 Introduction of "Live the Rainbow" Service and the referral procedure	黃大仙及西貢區康復、安老及推廣義工服務協調委員會 Local Committee on Service for Rehabilitation & Elderly people (Wong Tai Sin/Sai Kung)	委員會 Committee member	70
12/2010	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"	聖公會麥理浩夫人中心 HKSKH Lady MacLehose Centre	社工及義工 Social worker & volunteer	22

(Table 6.3.11) SCIC Interviews by Mass Media and Other Organizations in 2010
(表 6.3.11) 2010 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
1/2010	商業電台「宜樂無窮」 “Love Languages for Children” of Commercial Radio Hong Kong	年青人自殺問題及介入方法 An interview on worker to share about youth suicide problem and intervention
1/2010	商業電台「早霸王」 “Good Morning King” of Commercial Radio Hong Kong	訪問有關活出彩虹及網蹤人服務 An interview on worker to share about service of “Live the Rainbow” and “SPOT”
1/2010	星島日報 Sing Tao Daily	就一女士於救護車內自殘事件作回應 Response on the self-harm issue of a woman in ambulance
1/2010	聖馬可中學中三學生 St. Mark's School F.3 student	與活出彩虹小組組員介紹活出彩虹服務及分享經 歷 Service introduction and experience sharing from the member of “Live the Rainbow” group
1/2010	亞洲電視新聞部 ATV News	與活出彩虹小組組員介紹活出彩虹服務及分享經 歷 Service introduction and experience sharing from the member of “Live the Rainbow” group
2/2010	經濟日報 Hong Kong Economic Times	長者自殺、求助情況及處理經驗分享 Information and sharing about elderly suicide
2/2010	明報 Ming Pao	回應一母親帶同女兒自殺事件 Response on a suicide and homicide incident of a mother and daughter
3/2010	奇妙恩典雜誌 Wonderful Grace	訪問過渡自殺危機人士 Sharing of a suicidal client's recovery path
3/2010	香港電台英文公共事務組及蘋果日報 English Public and Current Affairs(TV) of Radio Television Hong Kong & Apple Daily	回應一碩士生自殺事件，對遇上同類問題的人士 作建議 Response on the suicide issue of a Master student
3/2010	經濟日報及星島日報 Hong Kong Economic Times & Sing Tao Daily	回應一父親攜智障女兒自殺 Response on a suicide and homicide incident of a father and a retarded daughter
4/2010	星島日報 Sing Tao Daily	回應一對夫婦懷疑自殺死亡事件 Response on the suspected suicide pact of a couple
4/2010	蘋果日報 Apple Daily	回應一哥哥在其弟自殺死後一個月自殺死亡事件 Response on the needs of suicide survivor regarding a news about an elder brother committed suicide one month after the suicide death of his younger brother
5/2010	無線電視收費電視台 TVB Pay Vision	就日劇《平凡奇蹟》拍攝有關呼籲求助片段 Response on a Japanese series to encourage help seeking
5/2010	珠海學院新聞系 Chu Hai College of Higher Education Department of Journalism and Communication	回應有關自殺與衝動的關係 Response on the relationship between impulsiveness and suicide

日期 Date	訪問機構 Organizations	訪問內容 Content of Interview
5/2010	成報，新報及星島日報 Sing Tao Daily, Hong Kong Daily News & Sing Tao Daily	回應一青少年男女自殺事件 Response on a suicide pact of two young people
5/2010	東方日報 Oriental Daily News	回應有關 iphone 自殺遊戲《kill myself》對青少年的影響 Sharing an opinion of the impact of an iphone game “kill myself” on young people
5/2010	星島日報 Sing Tao Daily	回應一母親攜 5 歲女兒跳樓事件 Response on a suicide and homicide incident of a mother and 5-year-old daughter
6/2010	星島日報 Sing Tao Daily	提供有關自殺危機徵兆及處理方法 Provision of information of suicide signs, symptoms and management
6/2010	無線電視「都市閒情」 “Pleasure & Leisure” of TVB	陪同案主接受電話訪問，呼籲珍惜生命和主動求助訊息 Escort of a client to attend phone-interview, for promoting positive life and help-seeking
6-11/2010	香港電台電視部 TV Team of Radio Television Hong Kong	提供個案及處理經驗等資料，以助拍攝「一念之間」節目 Provision of case and frontline experience for reference of RTHK program production
6/2010	蘋果日報、東方日報及新報 Apple Daily, Oriental Daily News & Hong Kong Daily News	回應一青少年自殺事件 Response on the youth suicide
7/2010	商業電台「在晴朗的一天出發」 “On A Clear Day” of Commercial Radio Hong Kong	與活出彩虹小組組員介紹中心及活出彩虹服務 Service introduction with a member of “Live the Rainbow” group
7/2010	基督教中國佈道會聖道迦南書院 ECF Saint Too Canna College	探討青少年自殺問題 Sharing on the youth suicide
8/2010	明報、星島日報、商報、新報、文匯報及蘋果日報 Ming Pao, Sing Tao Daily, Commercial News, Hong Kong Daily News, Wen Wei Po & Apple Daily	《自殺 自療 互助舍》服務啟動禮 Kick-off ceremony of “Help4Suicide.com”
9/2010	無線電視「都市閒情」 “Pleasure & Leisure” of TVB	回應上水某屋村接連發生自殺事件及分享具危機人士的自助方法 Response on consecutive suicide incidents in Sheung Shiu Estate and promoting self-help method for the people who have suicide tendencies
9/2010	東方日報 Oriental Daily News	就中秋節臨近，透過自殺者親友鼓勵失去親友的人士愛惜自己 Sharing of a member of “Live the Rainbow” group about treasuring life during Mid-Autumn Festival
10/2010	都市日報 Metro News	與活出彩虹小組組員介紹活出彩虹服務及分享經歷 Service introduction and experience sharing from the member of “Live the Rainbow” group

日期 Date	訪問機構 Organizations	訪問內容 Content of Interview
11/2010	香港電台「訴心事家庭」 Family Affairs of Radio Television Hong Kong	與活出彩虹小組組員介紹活出彩虹服務及分享經歷 Service introduction and experience sharing from the member of “Live the Rainbow” group
11-12/2010	秀美製作公司 Beautiful Production	提供個案，以助拍攝「關愛基金」宣傳短片 Provision of case reference for the production of “Caring Fund” advertisement
12/2010	蘋果日報 Apple Daily	與活出彩虹小組組員介紹活出彩虹服務及分享經歷 Service introduction and experience sharing from the member of “Live the Rainbow” group

6.4 CARING FUND

| HO TSZ LUN (ACTING 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 corporate communication affairs, fund raising and collaboration with other organizations through various ways to arouse people’s passion for life and caring for others. In 2010, we kept strengthening the messages of life cherishment and caring for others which were profoundly built in our society.

Community Service

Understanding Adolescent Project (Primary School)

We have been providing the UAP service to a special school since 2007. A series of developmental programmes were tailor-made to pupils with mild mental retardation in order to increase their adversity quotient. The service was remarkable and was well recognized by school.

Pilot Neighbourhood Active Ageing Project - Caring for Elders

In collaboration with the SWD and four elderly service centers in Sham Shui Po, we provided volunteers with training on communication and crisis intervention skills. Home-visit service to elderly was coordinated afterwards.

Training Workshop on “Promoting Life Education within the Community”

Upon invitation by the Centro de Educação e Apoio à Família na Ilha da Taipa, a training workshop was organized to share our experience in promoting life education with frontline social workers in Macau.

“Let’s Take Action to Express Love ” Mass Programme

A slogan design competition “Care & Touch For 50 Years” Hong Kong Slogan Collectanea was launched to raise the public’s attention on caring people around. Citizens were encouraged to take action to express their love and care through sending greetings.

An awarding presentation ceremony was launched afterwards to show our appreciation to the best slogan designers. Performers from different age groups were invited to share their methods of cherishing lives.

Communication Issues

The making of newsletter, leaflets and internal sharing

The newsletters for encouragement of donation were released in April and October, introducing our services and inviting citizens to register as our Regular Donor. To improve our sharing of information within SBHK, “E-Communication Channel” were published regularly.

Media Communications

Caring Fund solicited general support from media to launch several large-scale promotional and educational events successfully. We treasured every opportunity to cooperate with the mass media.

In response to two tragic family suicide cases occurred on the 3rd and 7th February 2010, we sent out a press release to promote treasuring every lives. The information was published in Headline Daily. We also successfully applied for the permission from The Information Services Department to broadcast our Cherishing Life API.

During our AGM Press Conference that was held on 26 June, we released our analysis on the 2009 Hong Kong suicide rate and encouraged people to seek help by contacting our 24-hour Hotline 2389 2222.

In collaboration with the MTR, “ Love for Every Generations” press conference was held on 9 September to publicize talks on “Emotional First Aid Kit” and “Training Workshop - Learning Life Education through Greivance” to commemorate the World Suicide Prevention Day.

In collaboration with the CRHK, our service was introduced in the radio programme “Share My Song”. Donation was used to support our work of suicide prevention. Our volunteers, suicide survivors and staff shared their experience with SBHK in the live radio programme “On a Clear Day”, to let citizens understand more about our services.

Fund Raising

We were thankful to those citizens who donated to us through various channels for sustaining our suicide prevention works.

Regular Donor Project

Regular Donor Project provides SBHK with a long-term supporting network. Regular donors would be given their unique donor numbers and may support our service through autopay.

WiseGiving

To improve the transparency and accountability of SBHK, we were one of the organizations joining the first batch of the Wise Giving Campaign launched by the Hong Kong Council of Social Service.

Barcode Card Donation

Citizens with our Barcode Card can go to any Circle K or 7-Eleven outlet to give donation. An official receipt would be given to those donation over \$100 to facilitate tax exemption application.

Online Donation Service

With the co-ordination of the HKCSS, the Bank of East Asia provided us with the Online Donation Service platform. Citizens can use credit cards to carry out on-line donations.

Policy Donation Programme (PDP) - "Love for the Future"

The LUA Foundation had launched the Policy Donation Programme, allowing policy holders to consider donating a certain percentage of the sum insured, for supporting SBHK to promote suicide prevention works.

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. Its operation rationale was to incorporate the concepts of life education and environmental protection in the sales of Banner Bag.

Collaboration with company

Caring Company

Six companies were successfully nominated to receive the recognition of "Caring Company" in 2010. Alphabetically they were Best Video Limited, China Resources Property 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 successfully launched through different public activities.

"Love for Every Generations" Programme

With the support of MTR, public talks on "Emotional First Aid Kit" and training workshops "Learning Life Education through Grievance" were launched to commemorate the World Suicide Prevention Day.

Conclusion

We wish to express our heart-felt thanks to the people who made donation to SBHK or enthusiastically participated in our service throughout year. Your every devotion gives invaluable support to the people in need, allowing us to reflect on our lives through experiencing grief and suffering.

Your generous donation, dedication and participation materialize our service rationale of "Cherishing our lives, Caring for the needs". We would definitely treasure and make good use of every donation to promote suicide prevention work and caring for the others.

6.4 關懷身邊人基金

何子崙（處理項目經理）

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。

2010年關懷身邊人基金透過社區服務、傳訊事務、籌募經費、社會企業及機構協作等五項服務範疇，繼續全心、全意、全力鼓勵市民愛惜生命，一同發揮關懷身邊人的力量。

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「恆常贊助人」通訊，介紹本會服務及招募「恆常贊助人」。此外，定期整理全會服務單張及介紹片段，以便各中心使用；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。

傳媒訪問及文稿

得到傳媒的支持，能夠讓珍惜生命的訊息更廣泛的傳播開去，因此我們一直珍惜與傳播媒介的彼此合作。

為回應2010年2月3日及7日本港分別發生的兩宗家庭倫常慘劇，本會於2月8日發出新聞稿，呼籲大眾愛惜家人及自己，理性處理問題，得到《頭條日報》刊出稿件要點。同時與政府新聞處聯絡，獲批准重新播放有關「兒童生存權利」的宣傳片。

於2010年6月26日舉行了週年記者招待會，並發佈「2009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。

響應每年9月10日的「世界防止自殺日」，本會得到港鐵公司的支持，於2010年9月9日舉辦「溫暖全覆蓋·關心跨世代」記者招待會，公佈「情緒急救包講座」及「從傷痛中學習生命教育」專業實踐工作坊兩項活動，擴闊推廣珍惜生命訊息的網絡。

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。本會亦參與「在晴朗的一天出發」節目中的「晴朗關懷日」環節，透過本會義工、服務使用者和同工的分享，讓大眾更了解本會各個服務範疇和理念。

籌募經費

對生命，我們都懷著熱誠和關心。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。

社聯「惠施網」WiseGiving

本會是第一批加入香港社會服務聯會「惠施網」WiseGiving的社福機構，以增強機構的透明度及對外溝通。有關詳情，歡迎瀏覽www.wisegiving.org.hk。

「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。若捐款額達港幣 100 元或以上，可保留收銀單據，並與本會聯絡安排發出正式收據，以申請稅項減免。

東亞銀行網上捐款

由香港社會服務聯會協調，本會於東亞銀行開設網上捐款服務，公眾人士可以透過 VISA 或 MASTER 信用卡進行網上捐款。詳情請瀏覽以下網頁：<http://donation.sbhk.org.hk/>

「生命傳愛行動－保單傳愛計劃」

本會於 6 月 11 日加入由保協慈善基金推行的「生命傳愛行動－保單捐贈計劃」，投保人可透過在現有保單中，捐贈部份百分比的投保額予本會，把愛延展，支持防止自殺工作。詳情請瀏覽以下網頁：<http://www.lifecare.org.hk/pdp.html>。

社會企業

「愛創意」製作社

承蒙禮品廊的支持，與本會於 2009 年 2 月開辦「愛創意」製作社，以銷售「橫額再造產品」為主。為提倡企業的社會責任，製作社以「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，並將企業部份的利潤捐贈予「關懷身邊人基金」，支持本會推廣「從珍惜自己開始，踏出多一步愛護自然環境」的訊息。

機構合作

「商界展關懷」

於 2010 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。感謝各機構對本會防止自殺工作的支持，期盼彼此在不同的位份中一起推廣關懷互助的訊息。

「溫暖全覆蓋·關心跨世代」

響應每年 9 月 10 日的「世界防止自殺日」，本會得到港鐵公司的支持，於 2010 年 9 月至 12 月期間舉辦「情緒急救包講座」及分別邀請到台灣的紀潔芳教授及前項目經理梁燕珍女士主持「從傷痛中學習生命教育」專業實踐工作坊兩項活動，擴闊推廣珍惜生命訊息的網絡。

總結

每一個笑容，都是一種鼓勵。我們十分感謝在過去一年裡，為本會的服務作出捐助以及曾經參與活動的有心人，努力為每一個生命送上積極、歡樂的能量，一同在人生旅途上學習包容挫折和傷痛。大家的付出與努力，正正實踐了「愛惜自己、關心他人」的理念。

大家的參與、大家的每分捐助，我們都會好好珍惜、好好善用，繼續推動愛惜生命、防止自殺的工作。

2010年1-12月主要服務匯報

Major Service between January and December 2010

服務範疇 Nature	活動名稱 Programme Name	內容 Content
籌募經費 Fund Raising	「恆常贊助人」 Regular Donor	<p>每一位登記人士可以獲得專用的捐助人編號，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. Donors are encouraged to make donation through auto pay method to build up a regular supporting network.</p>
	「惠施網」 WiseGiving	<p>本會是第一批加入香港社會服務聯會「惠施網」WiseGiving的社福機構，以增強機構的透明度及對外溝通。有關詳情，歡迎瀏覽 www.wisegiving.org.hk</p> <p>To improve the transparency and accountability of SBHK, we were one of the organizations joining the first batch of the Wise Giving Campaign launched by the Hong Kong Council of Social Service.</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元或以上，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 any Circle K or 7-Eleven outlet to make donation. An official receipt would be given for donation over \$100 to facilitate tax exemption application.</p>
	東亞銀行網上捐款服務 BEA Online Donation Service	<p>由香港社會服務聯會協調，本會於東亞銀行開設網上捐款服務，市民可以透過各信用卡在網上捐助本會。詳情請瀏覽以下網頁： http://donation.sbhk.org.hk/</p> <p>With the co-ordination of the HKCSS, the Bank of East Asia provided us with the Online Donation Service platform. Citizens can use credit cards to make on-line donations.</p>
	生命傳愛行動—保單傳愛計劃 Policy Donation Programme (PDP) - "Love for the Future"	<p>本會加入了由保協慈善基金推行的「生命傳愛行動—保單捐贈計劃」，投保人可透過在現有保單中，捐贈部份百分比的投保額予本會，把愛延展，支持防止自殺工作。詳情請瀏覽以下網頁： http://www.lifecare.org.hk/pdp.html</p> <p>The LUA Foundation had launched the Policy Donation Programme allowing policy holders to consider donating a certain percentage of the sum insured for supporting SBHK to promote suicide prevention works.</p>
社會企業 Social Enterprise	「愛創意」製作社 CG Concept	<p>與本會於2009年2月開辦「愛創意」製作社，以銷售「橫額再造產品」為主。為提倡企業的社會責任，製作社以「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. Its operation rationale was to incorporate the concepts of life education and environmental protection in the sales of Banner Bag.</p>
機構合作 Collaboration with company	「商界展關懷」 Caring Company	<p>於2010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 successful nominated to receive the recognition of "Caring Company" in 2010. In collaboration with different companies, the promotion of life cherishment was successfully launched through different public activities.</p>

服務範疇 Nature	活動名稱 Programme Name	內容 Content
機構合作 Collaboration with company	「溫暖全覆蓋·關心 跨世代」計劃 “Love for Every Generations” Programme	本會得到港鐵公司的支持，於2010年9月至12月期間舉辦「情緒急救包講座」及「從傷痛中學習生命教育」專業實踐工作坊兩項活動，擴闊推廣珍惜生命訊息的網絡，以響應每年9月10日的「世界防止自殺日」。 With the support of MTR, public talks on “Emotional First Aid Kit” and training workshops “Learning Life Education through Grievance” were launched in response to the World Suicide Prevention Day.
	「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 was introduced in the radio programme of “Share My Song” of CRHK and we received donation to support the work of suicide prevention.
社區服務 Community Service	「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，以提升他們的抗逆能力，成效獲得到學校的認同。 We have been providing the UAP service to a special school since 2007. A series of developmental programme were tailor-made to pupils with mild mental retardation in order to increase their adversity quotient. The services were remarkable and were well recognized by the school.
	「珍愛耆英在『深』 中」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長者服務單位合作，推行為期2年的預防長者自殺計劃，向熱心義工提供關顧技巧、危機介入等培訓，並與區內長者服務單位協調探訪事宜。 In collaboration with the SWD and 4 elderly service centers in Sham Shui Po, we provided volunteers with training on communication and crisis intervention skills. Home-visit service to elderly was coordinated afterwards.
	「如何在社區推行 生命教育」社工訓練 工作坊 Training Workshop on “Promoting Life Education within the Community”	本會於3月27日應澳門循道衛理聯合教會社會服務處的邀請，主持「如何在社區推行生命教育」社工訓練工作坊，與澳門的前線社工交流推行生命教育的經驗。 Upon invitation by the Centro de Educação e Apoio à Família na Ilha da Taipa, a training workshop was organize to share our experience in promoting life education with frontline social workers in Macau.
	「感受敢動· 熱愛生命」大型活動 Mass Programme of “Let’s Take Action to Express Love”	為喚起社會大眾持續對「熱愛生命、互相關懷」的關注，本會於9月舉辦《關懷感動五十載》全港勵志關懷語句大募集，邀請全港市民以言語表達對身邊人關心和祝福，並透過大氣電波宣揚人與人之間的互相關懷，連繫彼此。 A slogan design competition “Care & Touch For 50 Years” Hong Kong Slogan Collectanea was launched to raise the public’s attention for caring people around. Citizens were encouraged to take action to express their love and care through sending greetings. 本會亦於2010年11月28日假將軍澳新都城中心三期舉辦《感受敢動·熱愛生命》嘉許禮，除了嘉許得獎者外，更邀請到不同年齡階層的表演團體，身體力行演繹如何熱愛生命。 An awarding presentation ceremony was organized to show appreciation to the best slogan designer. Performers from different age groups were invited to share their methods of cherishing lives.

服務範疇 Nature	活動名稱 Programme Name	內容 Content
傳訊事務 Communications Issues	週年記者招待會 Annual General Meeting (AGM) Press Conference	於6月26日舉行週年記者招待會，發佈「2009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 26 th June and we released our analysis on the Hong Kong suicide rate of 2009 and encouraged people to seek help by contacting our 24-hour Hotline 2389 2222.
	「溫暖全覆蓋·關心跨世代」記者招待會 “Love for Every Generations” Press Conference	響應每年9月10日的「世界防止自殺日」，本會得到港鐵公司的支持，於2010年9月9日舉辦「溫暖全覆蓋·關心跨世代」記者招待會，公佈「情緒急救包講座」及「從傷痛中學習生命教育」專業實踐工作坊兩項活動，擴闊推廣珍惜生命訊息的網絡。 In collaboration with the MTR, “Love for Every Generations” press conference was held on 9 September to publicize our talks on “Emotional First Aid Kit” and training workshops “Learning Life Education through Grievance” to commemorate the World Suicide Prevention Day
	「在晴朗的一天出發」 商台節目 “On a Clear Day” Radio Broadcasting Programme of CRHK	本會參與了「在晴朗的一天出發」節目中的「晴朗關懷日」環節，透過本會義工、服務使用者 and 同工的分享，讓大眾更了解本會各個服務範疇和理念。 In collaboration with the CRHK, our volunteers, suicide survivors and staff shared the experience in SBHK in a live radio programme “On a Clear Day” allowing citizens to understand more about our services

6.5 PROFESSIONAL TRAINING AND DEVELOPMENT

| ZENO KOT (TRAINING OFFICER) |

Introduction

The Professional Training and Development Centre of The Samaritan Befrienders Hong Kong (SBHK) was established in 2005, one of the independent sector of CARE which aims to achieve the mission and spirit of the agency through organizing the training programmes. The core value – heartfelt caring people - is always emphasized in the training courses; through strengthening practical skills, we encourage candidates to apply in their jobs and lives; and further induce the public attention and reflection on the suicide problem so as to enhance their conscious of caring on self and others.

Over the year, the division widely network with the professionals in order to develop a wide range of diversified and practical certificate courses. Statistically, the total number of participants was increased from 164 in 2009 to 600 in 2010, 40% of them had joined the certificate courses. We have also organized few short courses to the general public who learnt the basic concept and skills of caring people. In the meanwhile, we in aggressive to tailor-made the in-service training for commerce, health care, education, public sector, social welfare and other groups to enable them to understand the values and skills of helping others.

Service Review

Master of Arts in Work Based Learning Studies (Counseling)

To enhance the professional knowledge and skills in the suicide prevention 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 (Counseling)” since 2007. This master programme is co-organized by Hong Kong Management Association (HKMA) which has extensive experience in organizing professional courses, and SBHK is 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 counseling knowledge and skills by undertaking tutorials, researches and projects.

Professional Certificate Programme in Counseling and Suicide Prevention

Increasingly support from the community since this programme was founded in 2006, the seventh and eighth intake had been successfully completed in 2010. The programme consists of 5 modules and 20 sessions is divided. In the cognitive aspects, the first two modules cover the knowledge and theories of psychology and human behavior explain the suicide behavior and its impact to the suicide survivors. Other modules cover the skills and values learning, including the principals and beliefs in counseling and helping works handling suicide crisis assessment and intervention; and also provide the participants with role-play practice of the necessary counseling skills under the guidance of experienced demonstrators and group leaders. There were 70 participants this year, 3 of them are the SBHK hotline volunteers. 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 candidates indicated that the course enabled them to take care of their families, colleagues and friends in a better way. Moreover, they had a deeper acquaintance of themselves and personal growth from the programme.

Certificate Course in Counseling / Psychology

Every helper insists to understand the needs of the recipients and give them an effective feedback timely. However, the clients’ problems are constantly changed. So the helpers should gain new insights through continued studying in ensuring that appropriate services can be delivered to the clients. A variety of certificate courses in counseling and psychology were thus organized over the year. They are included:

- Certificate in Basic Concept and Skills of Cognitive Behavioral Therapy
- Certificate in Applied Psychiatry
- Certificate in Counseling Child with Special Needs
- Certificate in Applied Child Psychopathology
- Certificate in Basic Concept and Skills of Narrative Therapy

245 participants had enrolled throughout the year where around four folds increased than last year. Graduated candidates have the following sharing:

Ms Chan, a nurse: Acquired knowledge can be used in caring the psychiatric patient, the most important thing is full understanding on the causes and intervention of mental illness so as to have more empathy.

Mr Ho: I am able to apply the techniques of CBT in the daily life, and help people to identify the irrational thoughts.

Mrs Chu, a teacher: Deepen understanding of the child with special needs, the case sharing of lecturer was very close to the reality. As a teacher, I am confident to handle the similar cases properly.

Ms Law: Got a good overview of Narrative Therapy. Lecturer provided us an opportunity in practicing the treatment process, so that I can apply learned skills in my work.

Short Courses

In view of our beliefs and values, different themes of short courses were designed to the general public, progressively help the participants to understand the principal and techniques of suicide crisis assessment and intervention; by acquiring the industry of counseling, audiences could catch the relationship between with the suicide prevention. Also, some regular courses for parents were organized such as "Introduction to Counseling Child with Behavioral Problems", those attended parents addressed that the workshop enhanced their understanding and acceptance of their children; and learnt more different ways of effective parenting. The number of people involved in short courses during the year reached 253, accounted for 44% of the total number of participants.

Group Courses

As job requirements, employees from different sectors who need to touch with different people. In connection they often found that the necessary in handling emotions and give positive responses to the counterparts. Over the year, we conducted in-service training for various groups such as Support Centre for Teachers' Mental Health, Yan Oi Tong, Hong Kong Single Parents Association, Baptist Oi Kwan Social Service, Light and Love Home, E.L.C.H.K. Kwai Shing Lutheran Primary School, A-One Kindergarten and Civil Aviation Department, to equip the labors to be competent to master different ways of work related counseling and emotional management skills.

- Hotline Volunteer Training for Telephone Counseling
- Workshop on Suicide Crisis Intervention
- Workshop on How to comfort emotional caller
- Workshop on Handling Student Emotional Problem
- Workshop on Counseling Child with Special Needs
- A talk of Handling Persons with Suicide Symptoms

A total of 370 participants have attended in the training, most of them reported that the course is fruitful and vivid. Diversified and interactive exercises with instant feedback helped candidates to apply their knowledge. They felt richly benefited.

Professional Training Teams

In order to enhance the programme quality, and to ensure that the teaching contents comply with the needs of work field and achieve the learning objectives, all our lecturers have rich experiences and knowledge. They are included senior advisors of SBHK; experienced social workers and crisis counselors; senior instructors and leaders of Hotline Centre; and other guest instructors who are the experts with more than 10 years of clinical experiences such as the Clinical Psychologist, Counseling Psychologist, Psychiatrist and so on.

Operation and Development

Training Centre is running in self-financed basis. All surplus income, if any, generated from the training activities will be carried forward to the 'Caring Fund' of the SBHK which through strengthening the community education; professional training for the industry; in-service development for our staffs and volunteers; and improvement of our facilities, thereby enhancing the quality of our services and to continuously sow the seeds of loving one's life and caring other people.

Conclusion and Prospect

Crisis and challenges has not been decreased in our skyscrapers society although we have abundance substances and developed technology. Otherwise the people become vulnerable and helpless. Domestic violence, marital crisis, financial difficulties, unemployment, different types of addiction, interpersonal conflict, emotional distress, mental illness are always happened and common. All these problems lead people to the trap of disappointment, depression, nervous, anxiety, even

suicide. Face to those spiritual depleted clients, all of us become the key person as well as the professional intervention of social workers, counselors, psychologists and so on. Upon equip oneself with knowledge and skills suicide prevention, tragedy can be substantially avoided.

Professional Training and Development Centre commits to guide the educational work towards its desired outcomes and continued develops related courses, workshops and seminars. Enthusiastically raise the public awareness but also the acceptance in the suicide prevention issues.

6.5 專業培訓及發展

葛銘甄（培訓主任）

引言

本會的专业培訓及發展中心成立於2005年，屬於「關懷身邊人基金(CARE)」其中一個獨立部門，旨在實踐機構使命及精神，透過舉辦課程宣揚關懷身邊人必須由心出發的核心價值；強化實用技巧，鼓勵學員於生活及工作中身體力行；並且進一步加強公眾對自殺問題的關注及反思，從而提升熱愛生命及關顧他人的意識。

過去一年，部門廣泛聯繫專業人士及團體，為助人工作者開拓了多元化而實務的證書課程，從統計數字顯示，本年度課程之總參與人數由去年度之164人上升至接近600人，當中證書課程的學員佔總參與人數的40%。為將服務推及至社區教育層面，我們亦透過舉辦短期課程，讓大眾市民掌握關懷身邊人的精神及基礎技巧。同時亦積極為工、商、醫護、教育、公營、社福等團體，度身設計在職的專業培訓課程，務求讓不同界別的在職人士於助人的價值及技巧上有所獲益。

服務回顧

工作為本輔導碩士課程

本會自2007年開始與英國著名的密德薩斯大學(Middlesex University, UK)合作，舉辦本港首個「工作為本輔導碩士課程」，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。本碩士課程由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)協辦，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。

輔導及防止自殺專業證書課程

由2006年創辦至今，承蒙各界鼎力支持，本課程的第七及第八屆於今年度再次圓滿完成。課程共有五個單元，分二十節進行，首兩個單元屬認知層面學習，內容涵蓋心理學導論與人類行為；解構自殺行為與自殺者對親友的影響；其他單元屬技巧及價值層面的學習，包括輔導及助人工作的原則及核心精神；處理自殺危機個案的評估及介入手法；於擁有豐富電話輔導經驗的小組導師帶領和示範下，透過角色扮演體驗必備的輔導技巧。本年度共有70名參加者，當中3名是本會之熱線義工。除社福、教育和醫護界的同工，亦有來自工、商界別的人事管理人員。大部份學員認為課程有助他們更懂得關顧家人、同事及朋友，同時亦能夠進一步了解自己及達致個人成長。

輔導/心理學有關之證書課程

能夠了解受助人的需要，並作出有效的應對策略，是每位助人者的心聲。然而，受助人面對的問題日新月異，助人者必須不斷溫故知新，才能為他們提供適切的協助。有見及此，本年度首辦多個有關輔導或心理學的證書課程，包括：

- 認知行為治療證書課程
- 應用精神病學證書課程
- 特殊需要兒童輔導證書課程
- 應用兒童心理障礙證書課程
- 敘事治療基礎理論及技巧證書課程

證書課程全年總參與人數共245人，比去年增加大約四倍。畢業學員有以下的分享：

陳護士：「可以把學到的知識應用在照顧精神病患者中，最重要是明白了精神病之成因、治療過程及方法，從而多了同理心。」

何先生：「我能夠將認知行為治療的技巧運用於日常生活，及能幫助別人識別非理性思維。」

朱老師：「加深了解特殊兒童的需要，導師一些個案的分享能貼近現實，作為老師，當遇到同類型事件，我有信心能妥善面對及處理。」

羅小姐：「我從不同角度學習了敘事治療法。在導師帶領下，有機會練習治療過程，使我能具體掌握其運用技巧。」

短期課程

貫徹防止自殺由「關懷身邊人」做起的信念，培訓單位特別為公眾開辦短期課程，由淺入深地講授有關自殺危機評估及介入工作的原則和技巧；藉著認識輔導工作，了解輔導與防止自殺的關係。同時，一些適合家長的課程亦定期舉行，如兒童行為問題與輔導工作啟蒙，家長反映課堂能讓自己對子女多一點明白及耐性，並加深對有效管教子女的認知。本年度參與短期課程的人數達253人，佔全年課程總參與人數之44%。

團體課程

來自不同界別的員工按工作需要，經常與不同人士接觸，在與人聯繫的過程中，不時發現需要處理對方的情緒，並作出合適的回應和舒緩。本年度便與多個團體合作，包括香港教育專業人員協會之教得健康支援中心、仁愛堂、香港單親協會、浸信會愛群社會服務處、光愛中心、基督教香港信義會葵盛信義學校、第一幼稚園，以及民航處，於以下範疇為員工提供在職培訓，加強與工作相關的輔導或情緒處理技巧。

- 「電話輔導及專題個案處理」熱線義工培訓課程
- 「自殺危機評估及介入」工作坊
- 「如何處理來電者情緒」工作坊
- 「學生情緒問題處理」工作坊
- 「特殊需要兒童輔導」工作坊
- 「淺談處理具自殺徵兆者」講座

參與培訓之學員共計370人次，參加者大多認為課程之教學形式豐富生動，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。

專業教學團隊

為提高課程質素，確保教授內容能合符學員的工作需要及達到學習目標，培訓課程的導師都有豐富的教學經驗及知識，包括本會的高級顧問、資深社工、資深危機輔導員、熱線中心的資深導師及組長，另有富十年或以上臨床經驗的專家擔任客席導師，如臨床心理學家、輔導心理學家、精神科專科醫生等。

營運及發展

部門以自負盈虧的原則營運，從各類培訓課程所取得之費用收入，扣除成本開支後的盈餘，將會全數撥入本會「關懷身邊人基金」，透過加強社區教育、業界之專業培訓、本會義工及職員的在職發展，以及改善會內的服務設施，從而提昇本會的服務質素，繼續向社會播下熱愛生命、關懷他人的種子。

總結及展望

我們的社會高樓林立，物質豐裕，科技發達，然而在四周充斥著的危機與挑戰，並無因此而減少，反之人們的心靈愈見脆弱無助。家庭暴力、婚姻危機、財困、失業、成癮問題、人際衝突、情緒困擾、精神病患等情況屢見不鮮。如此種種，給人們帶來不絕的沮喪、失望、緊張、焦慮，甚至因為絕望而最後踏上輕生之路。面對這群心靈枯竭的受助者，不單需要社工、輔導員、心理學家等人士的專業介入，作為社會一分子，我們每一個人都應該掌握一些輔導和防止自殺的知識和技巧，為不至發生悲劇而作好預防工作。

專業培訓及發展中心承諾繼續做好教育工作，於日後繼續舉辦更多相關的培訓課程、工作坊及講座，積極加強同工們及社會大眾對預防自殺的意識，以及對該話題有更多的接納。

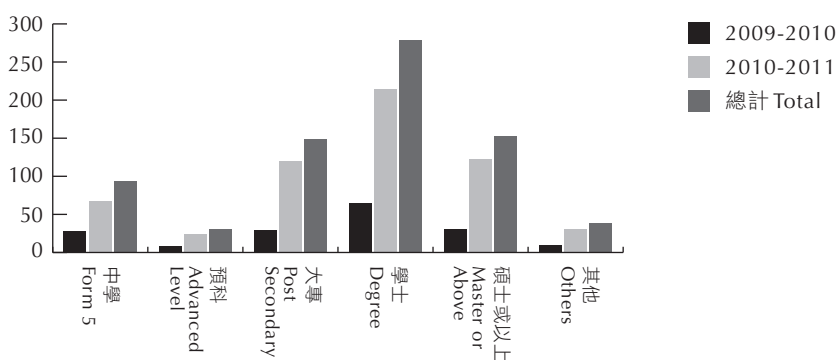
(Table 6.5.1) Statistics of Participation in Various Courses during 2009-2011

(表 6.5.1) 2009-2011 年度各類型課程之參與統計表

年度 Year	中五 Form 5	預科 Advanced Level	大專 Post Secondary	學士 Degree	碩士或以上 Master or Above	其他 Others	總計 Total
2009-2010	27	7	28	64	30	8	164
2010-2011	66	23	119	213	122	30	573
總計 Total	93	30	147	277	152	38	737

(Figure 6.5.1) Statistics of Participation in Various Courses during 2009-2011

(圖 6.5.1) 2009-2011 年度各類型課程之參與統計圖



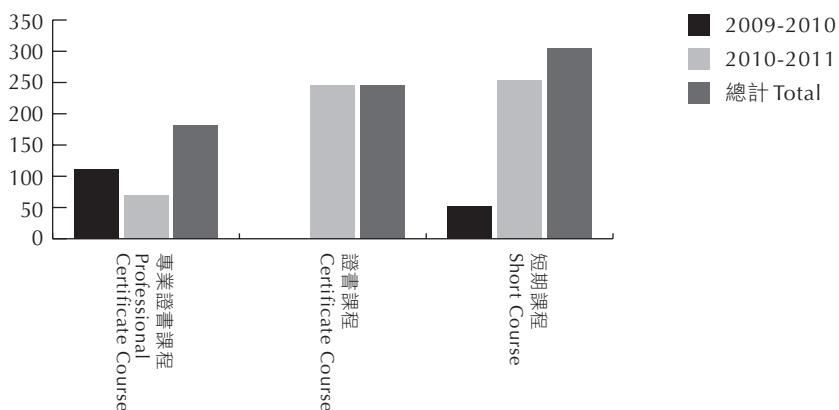
(Table 6.5.2) Educational Level Distribution of Candidates during 2009-2011

(表 6.5.2) 2009-2011 年度學員之教育程度分佈表

年度 Year	專業證書 Professional Certificate Course	證書課程 Certificate Course	短期課程 Short Course	總計 Total
2009-2010	112	0	52	164
2010-2011	70	245	253	573
總計 Total	182	245	305	737

(Figure 6.5.2) Educational Level Distribution of Candidates during 2009-2011

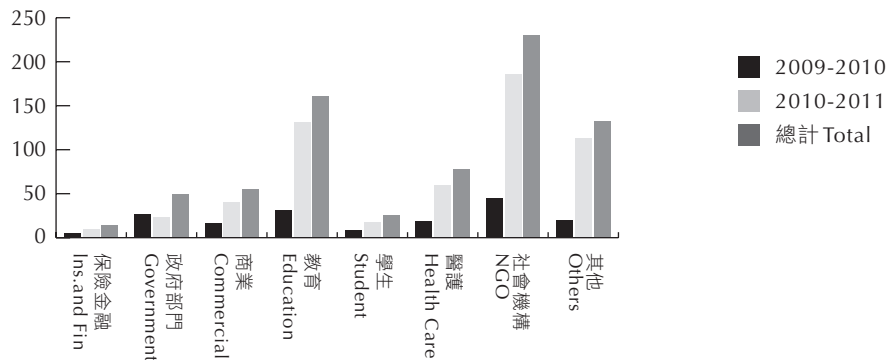
(圖 6.5.2) 2009-2011 年度學員之教育程度分佈圖



(Table 6.5.3) Career Distribution of Candidates during 2009-2011
(表 6.5.3) 2009-2011 年度學員之職業分佈表

年度 Year	保險/金融 Ins. / Fin.	政府 Government	商業 Commercial	教育 Education	學生 Student	醫護 Health Care	社福機構 NGO	其他 Others	總計 Total
2009-2010	4	26	15	30	8	18	44	19	164
2010-2011	9	22	39	130	17	59	185	112	573
總計 Total	13	48	54	160	25	77	229	131	737

(Figure 6.5.3) Career Distribution of Candidates during 2009-2011
(圖 6.5.3) 2009-2011 年度學員之職業分佈圖



(Table 6.5.4) External Training (Public) – Courses, Talks & Workshops
(表 6.5.4) 對外培訓 (公開) – 課程、講座及工作坊

月份 Month	機構 / 對象 Organization / Targets	主題 Theme	參加人數 No. of Participants
March, 2010 3月	公眾人士及本會義工 Public and SBHK members	第七屆輔導及防止自殺專業證書課程 (PC09012) 7 th Professional Certificate Programme in Counseling and Suicide Prevention	35
Apr 4月	公眾人士及本會義工 Public and SBHK members	認知行為治療證書課程 (CC10011) Certificate in Cognitive Behavioural Therapy	30
June 6月	公眾人士 Public	應用精神病學證書課程 (CC10021) Certificate in Applied Psychiatry	35
	公眾人士 Public	自殺危機評估及介入「工作坊」(SC10021) Suicide Crisis Intervention Workshop	18
July 7月	公眾人士及本會義工 Public and SBHK members	兒童行為問題與輔導工作啟蒙 (SC10031) Introduction to Children with Behavioral Problems and Counseling	40
Aug 8月	公眾人士及本會義工 Public and SBHK members	輔導及防止自殺工作啟蒙 (SC10011) Introduction to Counseling and Suicide Prevention	40
	公眾人士及本會義工 Public and SBHK members	兒童行為問題與輔導工作啟蒙 (SC10032) Introduction to Children with Behavioral Problems and Counseling	45

月份 Month	機構 / 對象 Organization / Targets	主題 Theme	參加人數 No. of Participants
Sep 9月	公眾人士及本會義工 Public and SBHK members	第八屆輔導及防止自殺專業證書課程 (PC10011) 8 th Professional Certificate Programme in Counseling and Suicide Prevention	35
Oct 10月	公眾人士及本會義工 Public and SBHK members	認知行為治療證書課程 (CC10012) Certificate in Cognitive Behavioral Therapy	30
Nov 11月	公眾人士 Public	特殊需要兒童輔導證書課程 (CC10031) Certificate in Counseling and Child with Special Needs	45
Dec 12月	公眾人士及本會義工 Public and SBHK members	兒童行為問題與輔導工作啟蒙 (SC10033) Enlightenment to Children with Behavioral Problems and Counseling	45
Jan, 2011 2011年 1月	公眾人士 Public	敘事治療基礎理論與技巧證書課程 (CC10051) Certificate in Basic Concept and Skills of Narrative Therapy	30
	公眾人士及本會義工 Public and SBHK members	應用精神病學證書課程 (CC10022) Certificate in Applied Psychiatry	35
March 3月	公眾人士 Public	應用兒童心理障礙證書課程 (CC10041) Certificate in Applied Child Psychopathology	35
	公眾人士 Public	「自殺危機評估及介入」工作坊 (SC10022) Suicide Crisis Intervention Workshop	25
	公眾人士 Public	輔導及防止自殺工作啟蒙 (SC10012) Enlightenment to Counseling and Suicide Prevention	30

(Table 6.5.5) External Training (Group)– Courses, Talks & Workshops

(表 6.5.5) 對外培訓 (團體) – 課程、講座及工作坊

月份 Month	機構 / 對象 Organization / Targets	主題 Theme	參加人數 No. of Participants
Feb, 2010 2010年 2月	教得健康支援中心 Support Centre for Teachers' Mental Health	「電話輔導及專題個案處理」 熱線義工培訓課程 Hotline Volunteer Training for Telephone Counseling	40
March 3月	光愛中心 Light and Love Home	「自殺危機評估及介入」工作坊 Workshop on Suicide Crisis Intervention	40
July 7月	光愛中心 Light and Love Home	「電話輔導及專題個案處理」 熱線義工培訓課程 Hotline Volunteer Training for Telephone Counseling	40
	民航處 Civil Aviation Department	「如何處理來電者情緒」工作坊 Workshop on How to comfort emotional caller	15

月份 Month	機構 / 對象 Organization / Targets	主題 Theme	參加人數 No. of Participants
Oct 10月	教得健康支援中心 Support Centre for Teachers' Mental Health	「電話輔導及專題個案處理」 熱線義工培訓課程 Hotline Volunteer Training for Telephone Counseling	40
	基督教香港信義會葵盛信義學校 E.L.C.H.K. Kwai Shing Lutheran Primary School	「學生情緒問題處理」工作坊 Workshop on Handling Student Emotional Problem	45
Nov 11月	第一幼稚園 A-One Kindergarten	特殊需要兒童輔導」工作坊 Workshop on Counseling Child with Special Needs	15
Dec 12月	香港單親協會 Hong Kong Single Parents Association	「淺談處理具自殺徵兆者」講座 A talk of Handling Persons with Suicide Symptoms	20
Jan, 2011 2011年 1月	浸信會愛群社會服務處 Baptist Oi Kwan Social Service	「自殺危機評估及介入」工作坊 Workshop on Suicide Crisis Intervention	40
	第一幼稚園 A-One Kindergarten	「特殊需要兒童輔導」工作坊 Workshop on Counseling Child with Special Needs	15
	仁愛堂 Yan Oi Tong	「自殺危機評估及介入」工作坊 Workshop on Suicide Crisis Intervention	30
Feb 2月	第一幼稚園 A-One Kindergarten	「特殊需要兒童輔導」工作坊 Workshop on Counseling Child with Special Needs	15
Mar 3月	第一幼稚園 A-One Kindergarten	「特殊需要兒童輔導」工作坊 Workshop on Counseling Child with Special Needs	15

FIGURES ABOUT SUICIDE IN HONG KONG 2010

WONG YUEN CHING (Hotline Volunteer)

At the end of 2010, Hong Kong's population stood at approximately 7,003,700 with 3,707,500 male (53%) and 3,296,200 female (47%), according to statistics of the Census and Statistics Department. The Coroner's Court reported that 994 people committed suicide and subsequently died during this same period. The figure included 779 suicide deaths where an autopsy and cause of death investigations were not ordered.

The suicide rate was 14.03 in 2010, indicating 14.03 people committed suicide and died out of every 100,000 in Hong Kong, which was down by 0.42 compared with that of 2009. The figure told that there were approximately 3 people who committed suicide and died every day.

The following is the summary of the suicide phenomenon in Hong Kong in 2010.

1. The total number of suicide was 994;
2. The number of suicide of male was 614 (61.77%) and of female were 380 (38.23%);
3. The suicide rate was 14.03 (14.03 people committed suicide per 100,000 people);
4. The suicide rate decreased 0.42 from 14.45 in 2009 to 14.03 in 2010;
5. Jumping from height was the most common suicide means (55.13%);
6. Hanging was the second common suicide means (20.62%);
7. Carbon monoxide poisoning (charcoal burning) came in third place (14.29%);
8. People of 70 years old and above was the age group with the highest suicide rate, i.e. 34.08 per 100,000;
9. People aged 60-69 was the group with second highest suicide rate, i.e. 16.43 per 100,000.

Detailed, suicide statistics are presented in the following 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 2010, there were 27 teenagers below the age of 19 who committed suicide and died. The suicide rate was 2.1 up by 0.2 from 2009. The male to female ratio was 2.2:1 (see table 7.2). The suicide rate for males was higher than that of females. The number of suicides rose from 25 in 2009 to 27 in 2010. Among the 27 deaths in 2010, in terms of the means of suicide, 21 ended their lives by jumping from buildings, while 4 died from hanging and 2 died through carbon monoxide poisoning respectively (see table 7.1). Jumping from buildings was the most common suicide means and accounted for 77.77% 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 2010, there were 631 people who committed suicide and died in this age group, accounting for 63.48% of the total number of suicide deaths and down by 1.52% from 2009 (see table 7.1). The suicide rate was 14.03 and the male to female ratio was 1.9:1 (see table 7.2). Among the deaths, 342 people (54.2%) were attributed to jumping from buildings, while 128 people (20.29%) died of carbon monoxide poisoning and 103 people (16.32%) hung themselves.

Age: 60 years old or above

In 2010, 336 people committed suicide and died in this age group, accounting for 33.8% of the total number of suicide deaths and up by 1.69% from 2009. The suicide rate was 25.83 in this age group, down by 0.12 from 2009, and the male to female ratio was 1.9:1 (see table 7.2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from buildings, accounting for 185 deaths (55.06%) in this age group (see table 7.1).

Suicide statistics according to the means of committing suicide

In 2010, there were 548 people who committed suicide by jumping from buildings, accounting for 55.13% of the total number of suicide deaths and up by 3.93% from 2009. 205 people died by hanging themselves, accounting for 20.62% of the total number of suicide deaths and up by 0.02% from 2009. 142 people died from carbon monoxide poisoning, accounting for 14.29% of the total number of suicide deaths and down by 4.71% from 2009 (see table 7.1).

Jumping from buildings was the commonest means of committing suicide. Hanging was in second place while carbon monoxide poisoning came in third place in 2010.

Suicide statistics: grouped by occupation

In 2010, 68 people who committed suicide were unemployed. Retired persons came in second place with 39 deaths. Housewife followed with 22 deaths. (See table 7.3a). Although suicides among unemployed persons decreased from 95 people in 2009 to 68 people in 2010, 779 deaths fell into the unclassified category, where an autopsy and death reports were not sought. The increase in the unclassified category from 728 in 2009 to 779 in 2010 certainly poses a challenge in drawing the conclusion that suicide among unemployed persons has been increased.

Hong Kong had an unemployment rate of 4.4% in 2010, a decrease of 1% from 5.4% in 2009. The under-employment rate decreased from 2.3% in 2009 to 2% in 2010 (see table 7.3b & 7.3c).

Suicide Statistics: grouped by mental disorders

In 2010, 80 suicide deaths were associated with mental disorder. Most of these committed suicide by jumping from buildings, a total of 33 deaths in this group. 18 people died of drugs poisoning, and 11 hung themselves.

As there were 779 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

18 suicides were categorised as "injury undetermined whether accidentally or purposely inflicted" in 2010, down by 54 deaths in comparison with 72 deaths in 2009. Among these 18 deaths, 9 people died of drugs poisoning, while 5 people died of drowning (see table 7.5).

Suicide cases without an autopsy being ordered

The total number of suicide deaths was 994 in 2010, including 779 deaths where an autopsy and death report were not sought, and this figure increased from 728 in 2009 to 779 in 2010 (see table 7.6). These uncategorised suicide deaths lead to difficulties in drawing reliable conclusion, as the figure represents 78.37% of the total number of suicide deaths.

Conclusion

In 2010, there were 994 people who committed suicide and died, with 614 male deaths (61.77%) and 380 female deaths (38.23%). The suicide rate was 14.03 per 100,000, down by 0.42 from 2009. The ratio of male to female was 1.8:1. Jumping from buildings was still the most common suicide means (55.13%), hanging came in the second place (20.62%) and carbon monoxide poisoning took the third place (14.29%). The increasing number of suicide case without death investigation report ordered was 779 in 2010 that leave a room and difficulty to come up with a conclusion in the relationship among suicide, unemployment and mental disorder.

The theme of World Suicide Prevention Day 2010 was "Integrating cultural perspectives in the understanding and prevention of suicide". In fact, suicide is complex with psychological, social, biological, cultural and environmental factors involved. Every year, almost one million people die from suicide; a global suicide rate is 16 per 100,000 or one death every 40 second, while Hong Kong suicide rate in 2010 was 14.03. At the global level, awareness needs to be raised that suicide is a major preventable cause of premature death. Policy frameworks for national suicide prevention strategies should be developed by Governments. At the local level, policy statement and research outcomes need to be translated into prevention programmes and activities in communities.

In the last few years, the collaborative effort and multidisciplinary approach in suicide education, suicide prevention and suicide intervention by different organizations in Hong Kong made a great contribution to the concern and awareness on the suicide related issue. Let's have more understanding and awareness on the suicide prevention, our every little effort such as smiling, leaving a positive message on the web and an encouraging word can make a difference to our community. Certainly, suicide is preventable. Comrade, let's work together for the brighter and prosperous future. We can make it!

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2010年香港自殺統計數字分析

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由2010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7,003,700，當中3,707,500 (53%)是男性，女性則有3,296,200 (47%)。而死因裁判法庭報告於此段期間有994人死於自殺，當中包括779毋須進行死因研究而裁判為死於自殺。

2010年香港自殺率為14.03，即每十萬人中有14.03人死於自殺，比2009年下降了0.42，即平均每天約有3人自殺死亡。

以下是2010年香港自殺現象的總結：

1. 自殺死亡總數共有994宗
2. 男性自殺死亡共614宗(61.77%)，而女性自殺死亡共380宗(38.23%)
3. 自殺率14.03，即每十萬人中有14.03人自殺身亡
4. 2010年自殺率14.03，比2009年的14.45下降0.42
5. 最多被採用的自殺方式是「從高處墮下」(55.13%);
6. 第二類較多人採用的自殺方式是「吊死」(20.62%);
7. 第三類較多人採用的自殺方式是「一氧化碳中毒」(14.29%);
8. 最高自殺率的年齡組群是「70歲以上」，自殺率為34.08;
9. 第二高自殺率的年齡組群是「60-69歲」，自殺率為16.43。

以下按自殺死亡者之年齡、性別、自殺方式、職業及精神疾患組別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2010年，有27宗19歲以下青少年自殺身故。自殺率為2.1，比2009年上升0.2，男女比例是2.2:1(見表7.2)，男性自殺率比女性為高，比2009年的25躍升至2010的27。在2010年數字中，採用「從高處墮下」作為自殺方式的死亡數字為21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77.77%，引證了這個年齡組群傾向以較激烈的自殺方式了斷生命。

年齡:20-59歲

在2010年，20-59年齡組群之中，有631人自殺身亡，佔總自殺死亡數字之63.48%，比2009年下跌了1.52%(見表7.1)。自殺率為14.03，男女比例為1.9:1(見表7.2)。綜觀此數字，有342人(54.2%)採取「從高處墮下」方式自殺，另外有128人(20.29%)採用「一氧化碳中毒」自殺。而103人(16.32%)則採用「吊死」方式自殺。

年齡:60歲以上

在2010年，60歲以上自殺死亡之個案共有336宗，佔總自殺死亡數字的33.8%，相比2009年則上升了1.69%。自殺率為25.83，比起2009年下降了0.12，男女比例為1.9:1(見表7.2)。該年齡組群中有185宗(55.06%)採用「從高處墮下」方式自盡，顯示本港長者傾向選用較暴力及致命的方式來終結生命(見表7.1)。

按自殺方式分組之自殺死亡統計數字

於2010年，共有548人採用「從高處墮下」方式自盡，佔總自殺死亡數字之55.13%，比起2009年上升了3.93%。另外，205人採用「吊死」方式自殺，即20.62%，比2009年上升了0.02%。而採用「一氧化碳中毒」方式自殺的共有142宗，佔總自殺死亡人數的14.29%，比2009年下降了4.71%(見表7.1)。

在2010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」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2010年，有68宗自殺死亡人士為失業者，第二位是退休人士則佔39宗，而家庭主婦則有221宗（見表7.3a）。雖然失業人士的自殺數字由2009年的95宗下降至2010年的68宗，由於尚有779宗自殺死亡個案在死因裁判法庭未有作出死因調查，由2009年的728宗增加至2010年的779宗，這使我們在為失業者自殺數字上作出總結時造成甚大的困難。

2010年，本港的失業率是4.4%，比起2009年的5.4%下降了1%，而就業不足率則由2009年的2.3%升至2010年的2%（見表7.3b及7.3c）。

按精神病患分組的自殺統計數字

2010年共有80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33人；18人以服毒方式自盡，另外有11宗死於吊頸。

由於有779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90%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，因此提倡精神健康的重要性能減少相當的自殺率。

未能確定是否蓄意自殺的死亡數字

2010年有18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2009年的72宗減少54宗。在這18宗死亡數字中，9人死於服毒，5人死於溺斃（見表7.5）。

毋須進行死因調查的死亡數字

2010年共有994宗自殺死亡數字，包括779宗沒有經過解剖及死因調查的自殺死亡個案，這數字由2009年的728宗增加至2010年的779宗（見表7.6）。佔78.37%的自殺死亡個案未被調查及分類，實在令自殺數字分析難以作出一個較準確的結論。

總結

在2010年裏，共有994人自殺身亡，當中有614位男性(61.7%)及380位女性(38.23%)。自殺率是14.03(每十萬人計)，比2009年的下降了0.42。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(55.13%)；「吊死」成為第二位的自殺方式(20.62%)；而「一氧化碳中毒」則成為第三位普遍的自殺方式(14.29%)。2010年毋須進行死因調查的死亡數字為779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，令我們未能作出較可靠的結論。

今年世界自殺防治日主題「全球攜手防自殺：不分你我，不分地區」，事實上自殺是摻雜著心理、生理、社會、文化及環境等因素在內。每年全球幾乎有一百萬人死於自殺，而自殺率是16，即每十萬人之中有16人死於自殺，每40秒便有一人自殺身亡，而香港的自殺率是14.3。在世界性的層面來說，讓大眾及早認識自殺的真相有助預防減少這種過早發生的死亡，因此各國政府有需要制定一套防止自殺的政策。在本地層面而言，需將防止自殺之政策聲明和相關研究結果滲透在社區上的預防性計劃及活動。

在過去數年，本港多間機構在生命教育、防止自殺以及自殺干預的範疇中，利用跨專業模式及共同努力下，已經把自殺的問題的理解和意識大大提高了。讓我們也一起對預防自殺工作有更多的理解和醒覺，只要一個小小的行動，例如一個微笑、有互聯網上一句正面訊息或鼓勵，即可以令我們的社會變得不一樣。可以肯定的說，自殺是可以預防的，朋友們，讓我們一起共建更光輝的未來吧，我們一定能做到的！

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(Table 7.1) The Number of Suicide Death in Hong Kong (By Type, Age & Sex)
(表 7.1) 香港自殺死亡數字 (按自殺方式、年齡及性別分組)

年份 Year	自殺類別 Type of Suicide	2010 年齡組別 Age Groups										2009		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	小計 Sub-Total	總計 Total
2010	火器 Firearms	男 M										0	0	1	1	1	1
	藥物 Drugs	女 F										0		0	0	0	
		男 M															
	毒藥 Poisons	女 F		1	3	2	5	4	1	3		19	40	9	24	8	23
		男 M			3	2	4	6	3	3		21		15	15	15	
	吊死 Hanging	女 F				1	2		1			4	6	3	12	9	15
		男 M					1	1				2		9	6	6	
	由高處墮下 Jumping from a height	女 F	2	11	6	18	27	23	40			127	205	139	209	135	199
		男 M	2	9	8	12	12	4	31			78		70	64		
	氣體中毒 Gas Fatality	女 F	15	52	57	53	47	32	84			340	548	320	520	285	500
男 M		6	23	38	31	41	21	48			208		200	215	215		
	一氧化碳 Carbon Monoxide	男 M										0	0	0	0	0	1
	淹死 Drowning	女 F										0		0	0	1	
		男 M										0		0	0	1	
	利器 Sharp instruments	女 F										0		0	0	0	
		男 M										0		0	0	0	
	其他 Others	女 F										0		0	0	0	
		男 M										0		0	0	0	
	小計 Sub-total	女 F										0		0	0	0	
		男 M	0	19	77	95	108	103	68	144	0	614			13	8	4
	總計 Total	女 F	0	8	39	72	67	70	32	92	0	380			13	4	
男 M		0	27	116	167	175	173	100	236	0	994			13	4		
2010	小計 Sub-total	女 F	0	14	90	99	109	112	74	127	0	625			13	8	
		男 M	0	11	47	71	74	61	26	100	0	390			13	4	
2009	總計 Total	女 F	0	25	137	170	183	173	100	227	0			1015			
		男 M	0	15	75	96	99	99	67	117	1				569		
2008	小計 Sub-total	女 F	1	8	52	59	58	36	87	1					361		
		男 M	1	23	127	155	158	157	103	204	2						930

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		2010				2009				2008			
		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	4.71	2.10	2.2:1	3.44	3.40	2.80	1.2:1	3.11	3.53	1.99	1.8:1	2.78
	Subtotal Population 整體人口	2.86	1.29	2.2:1	2.10	2.10	1.80	1.2:1	1.90	2.20	1.40	1.6:1	1.81
	20-29	17.1	7.2	2.4:1	11.65	20.1	8.7	2.3:1	13.85	16.60	9.6	1.7:1	12.79
20-59	30-39	20.5	11.0	1.9:1	14.91	21.3	10.9	2.0:1	15.24	20.50	9.10	2.3:1	13.92
	40-49	19.4	9.7	2.0:1	14.01	19.0	10.7	1.8:1	14.45	16.80	8.50	2.0:1	12.34
	50-59	18.4	12.2	1.5:1	15.29	20.5	11.0	1.9:1	15.71	18.60	10.80	1.7:1	14.66
	Subtotal Population 整體人口	18.85	10.06	1.9:1	14.03	20.20	10.40	1.9:1	14.83	18.10	9.40	1.9:1	13.39
60+	60-69	21.9	10.8	2.0:1	16.43	24.9	9.3	2.7:1	17.32	24.00	13.80	1.7:1	19.07
	70+	46.8	23.9	2.0:1	34.08	41.9	26.3	1.6:1	33.25	39.60	23.40	1.7:1	30.58
	Subtotal Population 整體人口	34.25	18.18	1.9:1	25.83	33.50	19.10	1.8:1	25.95	32.00	19.40	1.6:1	25.43
	Total Population 全年整體人口	18.53	10.08	1.8:1	14.03	18.90	10.50	1.8:1	14.45	17.30	9.80	1.8:1	13.31

* 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 2010 (By Occupation)
(表 7.3a) 香港自殺死亡數字 2010 (按職業分組)

年份 Year	2010												2009		2008	
	年齡組別 Age Groups															
	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		5	1							6	8	5	15	4	8
	女 F		2								2		10		4	
教師 Teacher	男 M										0	2	1	3	0	0
	女 F				2						2		2		0	
失業者 Unemployed	男 M			8	11	6	12	1	2		40	68	58	95	60	87
	女 F			3	10	6	5	2	2		28		37		27	
家庭主婦 Housewife	男 M										0	22	0	31	0	16
	女 F				3	3	4	5	7		22		31		16	
藍領階層 Blue Collars	男 M			1	7	5	2				15	17	12	18	15	19
	女 F						2				2		6		4	
白領階層 White Collars	男 M					3					3	7	3	8	4	9
	女 F				2	2					4		5		5	
病人 Patient	男 M										0	0	0	0	0	0
	女 F										0		0		0	
紀律部隊 Disciplinaries	男 M										0	1	5	5	3	3
	女 F					1					1		0		0	
商人 Business Man	男 M			1		1	1	1			4	4	6	6	5	5
	女 F										0		0		0	
退休人士 Retired Person	男 M						1	7	18		26	39	39	52	22	26
	女 F							3	10		13		13		4	
未能分類 * Unclassified	男 M		14	60	68	87	81	57	124		491	779	463	728	431	710
	女 F		5	30	49	52	57	22	73		288		265		279	
其他 Other	男 M			6	9	6	6	2			29	47	33	54	25	47
	女 F		1	6	6	3	2				18		21		22	
小計 Sub-total	男 M	0	19	77	95	108	103	68	144	0	614	994	625	1015	569	930
	女 F	0	8	39	72	67	70	32	92	0	380		390		361	
總計 Total		0	27	116	167	175	173	100	236	0	994		1015	1015	930	930

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 2010 were 994 which included 779 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	
2010	男 M	3.6	2.0	2.0	2.8	3.5	2.3
	女 F	3.1	1.0	0.8	1.6	2.4	1.4
	合計 Overall	3.4	1.4	1.3	2.3	3.1	2.0
2009	男 M	4.4	2.3	2.6	3.3	4.4	3.2
	女 F	4.3	1.0	0.7	1.7	2.5	1.4
	合計 Overall	4.4	1.6	1.6	2.6	3.7	2.3
2008	男 M	4.3	1.6	2.1	2.6	3.9	2.6
	女 F	2.1	0.6	0.5	1.2	2.2	1.1
	合計 Overall	3.3	1.1	1.3	2.0	4.7	1.9

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

資料來源：政府統計處綜合住戶統計調查組 (二)

(Table 7.3c) 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	
2010	男 M	23.0	8.3	3.7	4.1	5.0	3.3
	女 F	18.3	5.3	2.6	3.0	3.2	1.4
	合計 Overall	20.8	6.7	3.1	3.6	4.3	2.8
2009	男 M	24.1	9.4	4.5	5.1	6.2	3.3
	女 F	19.5	5.5	3.5	4.1	3.9	2.4
	合計 Overall	22.0	7.3	3.9	4.6	5.4	3.1
2008	男 M	18.4	5.8	2.8	3.4	4.4	2.3
	女 F	13.9	3.7	2.1	2.9	2.7	0.8
	合計 Overall	16.2	4.6	2.5	3.2	3.8	1.9

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

資料來源：政府統計處綜合住戶統計調查組 (二)

(Table 7.4) The Number of Mental Suicide in Hong Kong (By Type Age & Sex)
(表 7.4) 香港精神病患者自殺死亡人數 (按自殺方式、年齡及性別分組)

年份 Year	自殺類別 Type of Suicide	2010 年齡組別 Age Groups										2009		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		
		男M	女F	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F	男M	女F		
2010	火器 Firearms	男M										0	0	0	0	0	0
		女F										0	0	0	0	0	0
	藥物 Drugs	男M				1	3	3				7	18	2	10	5	12
		女F		2	2	1	3	3				11	8	8	7		
	毒藥 Poisons	男M						1				1	1	0	2	0	0
		女F										0	0	2	0		
	吊死 Hanging	男M				2		1	1			4	11	6	14	10	15
		女F					2	2	1	2		7	8	8	5		
	由高處墮下 Jumping from a height	男M			2	5	6	3	1	1		18	33	25	47	17	25
		女F		1	8	3	1	1	1	1		15	22	22	8		
	氣體中毒 Gas Fatality	男M										0	0	0	0	0	0
		女F										0	0	0	0	0	0
	一氧化碳 Carbon Monoxide	男M						1				1	5	9	15	3	8
		女F					1	1	2			4	6	6	5	5	8
	淹死 Drowning	男M						1		1		2	8	2	10	5	9
		女F					1	1	2	1	1	6	8	8	4		
利器 Sharp instruments	男M										0	0	1	5	1	1	
	女F										0	0	4	0	0	0	
	其他 Others	男M		1			1				2	4	3	3	1	1	
	女F										2	4	0	0	0	0	
2010	小計 Sub-total	男M	0	0	3	8	10	10	2	2	0	35					
		女F	0	0	3	12	8	11	6	5	0	45					
	總計 Total	男M	0	0	6	20	18	21	8	7	0	80	*80				
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	男M	0	4	14	19	23	20	8	18	0			106	**106		
2008	小計 Sub-total	男M	0	2	5	13	10	8	5	5	0					42	
		女F	0	2	9	6	13	12	3	13	0					29	
	總計 Total	男M	0	4	14	19	23	20	8	18	0					71	***71

Source: Coroners Court 資料來源：死因裁判法庭

* There were 779 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

(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	2010 年齡組別 Age Groups										2009		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
2010	火器 Firearms	M													
		F													
	藥物 Drugs	M					1	1		1		3	9	7	18
		F			1		2	2				6	11	11	9
	毒藥 Poisons	M										0	0	0	0
		F										0	0	0	7
	吊死 Hanging	M										0	0	0	0
		F										0	0	0	0
	由高處墮下 Jumping from a height	M				1		1				2	2	15	10
		F										0	6	6	0
	氣體中毒 Gas Fatality	M										0	0	0	0
		F										0	0	0	0
	一氧化碳 Carbon Monoxide	M										0	2	1	2
		F						2				2	1	1	0
	淹死 Drowning	M			1	2		1				4	5	20	23
		F					1					1	3	3	5
	利器 Sharp instruments	M										0	0	0	0
		F										0	0	0	0
	其他 Others	M										0	0	7	8
		F										0	0	1	0
2010	小計 Sub-total	M	0	0	1	3	1	3	0	1	0	9			
		F	0	0	1	1	3	4	0	0	0	9			
2009	總計 Total		0	0	2	4	4	7	0	1	0	18	*18		
	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				
		F	0	0	5	4	2	6	0	2	2			22	
	總計 Total		0	1	9	7	4	14	1	5	2			43	***43

Source: Coroners Court 資料來源：死因裁判法庭

* There were 779 of suicide cases without death investigation report ordered that excluded the number of above table.

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

*** There were 710 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	2010 年齡組別 Age Groups											2009			
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	
		男M 女F														
2010	火器 Firearms	男M 女F														
	藥物 Drugs	男M 女F			1	1	2	1	1			3	8	2	7	
	毒藥 Poisons	男M 女F				1						1	2	1	2	
	吊死 Hanging	男M 女F		2	9	3	16	24	20	38		112	174	106	155	
	由高處墮下 Jumping from a height	男M 女F		2	7	7	9	10	3	24		62	294	49	406	
	氣體中毒 Gas Fatality	男M 女F		11	44	45	44	43	29	78		294	467	255	406	
	一氧化碳 Carbon Monoxide	男M 女F		3	19	23	25	40	17	46		173	0	151		
	淹死 Drowning	男M 女F										0	0	0		
	利器 Sharp instruments	男M 女F		1	6	19	25	14	7	4		76	116	97	150	
	其他 Others	男M 女F			3	17	16	4				40	1	53		
	小計 Sub-total	男M 女F			1					2		3	9	1	5	
	總計 Total	男M 女F				1	1	1	1	2		6	0	4		
	2009	小計 Sub-total	男M 女F										0	1	1	3
		總計 Total	男M 女F				1		1		1		2	2	0	
		小計 Sub-total	男M 女F	0	14	60	68	87	81	57	124	0	491	779	463	728
		總計 Total	男M 女F	0	5	30	49	52	57	22	73	0	288	779	265	728

Source: Coroners Court 資料來源：死因裁判法庭

REPORT ON SPOT SERVICE 2010

CHAN FUNG MING (HOTLINE VOLUNTEER)

TRANSLATION : YIP CHI WING (HOTLINE VOLUNTEER)

The Service

By now our Suicide Prevention on Net (SPOT) Service has been in operation for almost three years. The service searched the Internet for people expressing emotional disturbance or even suicidal intention in blogs, forums, Facebook, etc. and left messages to give them support and encouragement. Upon the client's feedback, further emotional support and information on relevant resources were provided. Sometimes the client was referred to the Suicide Crisis Intervention Centre of the SBHK.

Finding targeted cases on the Internet was as difficult as locating needles at the bottom of the sea. Over the years, various attempts have been made and considerable experience has been accumulated as to what search engines and search words should be used and how the results should be filtered. Hence the service has become more effective. Among the cases handled, words like "suicide", "want to die", "suffering", "distressed", "unhappy", "hand cutting" and "collapse" were found to be occurring at a higher frequency.

From January to December 2010, the service handled a total of 1,023 cases, of which 352 were new cases. On the average, three follow-up communications were made for each case, with a variation of different cases from obtaining no response to giving dozens of times of follow-up after the initial message to the client. The number of times of follow-up largely depended on the need. The number of cases in which a response was obtained after the initial message to the client accounted for 34.7% of all cases. These clients received and responded to our messages without the feeling of being intervened with, which was one of the indicators for the success of the service.

Analysis on Gender and Age

Of the 1,023 cases of the year, 81.1% were female, 16.5% male and 2.4% unidentified. The figures showed that emotionally disturbed women were eager to voice out their unhappiness and discuss with somebody else orally on a hotline or in writing. 82.8% of the total ranged from 10 to 39 and 42.9% of the total ranged from 20 to 29 in age. The figures showed that people of these ages liked to write on the Internet to tell other people things on their minds. On the other hand, clients aged 50 or above accounted for only 0.6% of the total and they were all female. This suggested that the Internet was not yet popular among people aged over 50.

Analysis on Suicidal Risk, Gender and Age

The primary targets of the service are cases with suicidal risk. Of the 1,023 cases, 44.7% had suicidal risk, with 2% rated high risk as there was a specific plan for the act and an urgent emergency, 10% rated medium risk as there was a specific plan for the act but not an urgent emergency and 32.8% rated low risk as there was no specific plan for the act. Of the other 55.3% which did not have suicidal risk, there was a considerable intensity of emotional disturbance. 78.3% of the cases were female, 19.3% male and the remaining unidentified.

The cases found this year ranging from 10 to over 60 in age, the percentage of the presence of suicidal risk was 26.1% for those aged from 10-19, 43% for those aged from 20-29, 13.8% for those aged from 30 to 39, and 1.8% for those aged 40 or above. There were some cases to which suicidal risk assessment could not be conducted due to insufficient information. The above figures reflected that women aged from 20 to 29 had a higher risk of suicide and required our special attention despite their being in the bloom of their lives. (Details in table 8.1-8.2)

Analysis on age and nature of problem

Using some broad categories for the nature of the problem involved, we found that the most common problem was romantic love (35%), followed by family (21%) and mental illness (19.3%). Most of the cases under the category of mental illness were concerned with depression. Other notable categories of problem included occupation (12.2%), marriage (9.8%), studies (8.4%) and health (8.1%).

Life is filled with challenges. Significant incidents are bound to come up at every stage of life. Of the 383 cases of clients aged from 10 to 19, the three most common causes of disturbance were family, mental illness and studies. People of this age range are in their rebellious adolescent period and they will get into conflict with their families easily, which leads to family problems. As for the disturbance caused to people of this age range by mental illness, it is in line with experts' assertion that mental illness starts during adolescence in most of the cases. Regarding studies, it is an indisputable fact that in Hong Kong school education often brings trouble and difficulty to young people.

Of the 578 cases of clients aged from 20 to 29, the first three causes of disturbance were romantic love (36.3%), mental illness (12.3%) and family (11.9%). As this age range is of the period for developing romantic relationship, troubles caused from romantic love are inevitable – it is an experience which one needs to go through in one's life. For problems

under the categories of mental illness and family, as they had been in existence since a much earlier time and could not be got rid of easily, they continued to be a source of disturbance for this group of clients.

Turning to clients aged from 30 to 39, among the 223 cases the most common source of disturbance was marriage (25.1%), then family (20.6%) and romantic love (16.1%). As an ancient saying goes, "One should acquire one's own family at the age of thirty", it is natural that marriage stood out as the most common source of disturbance for this group of clients. Moreover, it is interrelated and entangled with romantic love and family, which can cause great disturbance to the people concerned.

There were 25 cases for clients aged 40 or above. Among the cases, the sources of disturbance included health, family, marriage, finances and occupation. These were the kinds of problems often faced by and causing emotional disturbance to middle-aged people. Judging from the small number of cases, writing on the Internet to express feelings is very unpopular with people of this age. Besides, there were a small proportion of cases with social relationship, suicide of relative/friend, gambling of relative/friend, sex or mishap as the source of disturbance. (Details in table 8.3)

Conclusion

There has been a client who gave us the following reply after receiving our caring message: "I chose to write in the blog to release my emotions because I could not find a suitable person to talk to and I believed that no one would understand me. I thought that writing in the blog would be just like yelling to the sea on my own. It was really astonishing and touching that somebody who did not know me could be so caring to me and so understanding to the pain in my heart." Yes, what we intend to do is give the client such a feeling. We will continue the service with all our efforts.

網蹤人計劃報告2010

陳鳳明（熱線義工）

「網蹤人計劃」服務至今已運作了近三年，我們在互聯網上主動尋找一些具情緒困擾、甚至有自殺危機的網誌(Blog)、論壇(Forum)、面書(Facebook)等等，主動留言給予支持和鼓勵，當案主作出回應後，我們會進一步了解案主情況，提供情緒支援及提供相關資源，或轉介本會的自殺危機處理中心。

在互聯網中尋找相關個案，有如海底撈針一樣，我們作了不同的嘗試，累積了不少經驗，例如使用甚麼搜尋器、用甚麼字眼、如何篩選搜尋的結果等等，讓我們的工作更臻成功。以我們處理過的個案中，「自殺」、「想死」、「辛苦」、「痛苦」、「唔開心」、「介手/界手」、「崩潰」等等字眼有較多的出現率。

在2010年1月至12月這期間，「網蹤人計劃」服務一共處理了1023宗個案，而352宗是新個案，平均每宗個案大約跟進3次，有些案主對我們的留言沒有回應，亦有個案需要數十次的跟進，跟進的次數主要按需要而定。有34.7%的案主在我們首次留言後有回應，案主在意料之外的情況下收到並回應我們的留言，這個成效可算是我們努力工作的一個指標。

性別及年齡組群分析

全年1023宗個案裏，有81.1%是女性，16.5%是男性，以及有2.4%未透露其性別，情緒受困的女性無論是透過熱線還是文字表達，仍然是熱衷於將不愉快的心情表達出來，較願意向人傾訴。年齡方面，以10-39歲的群組為大多數，佔82.8%，而當中20-29歲佔42.9%，這數字顯示了這群組喜歡透過互聯網用文字來傾訴心事。50歲以上的有0.6%都是女性，說明了互聯網這玩意仍未普及至這年齡層。

自殺危機與性別年齡組群分析

尋獲自殺危機個案是我們工作的首個使命，在1023宗個案中，有44.7%是具自殺危機的，當中有2%具高度自殺危機，即是有明確的自殺計劃，以及迫切的危急性；有10%具中度自殺危機，即案主有具體的自殺計劃，但未有明確的急切性；而32.8%具有低度自殺危機，即案主只有自殺念頭，但未有清晰的自殺計劃。另外有55.3%的個案雖然沒有自殺傾向，但是有相當程度的情緒困擾。其中78.3%為女性，19.3%為男性，其餘的未能分辨其性別。

本年度所搜尋到的個案，年齡組別由10歲至60歲以上，而10-19歲組群具自殺危機的有26.1%，20-29歲組群具自殺危機的則較多，佔43%，而30-39歲組群具自殺危機的為13.8%，40歲或以上組群則只有1.8%具自殺危機，其餘的都是因為資料不足而未能作出自殺危機評估。這數字分析反映了20-29歲的女性有較大的自殺危機，雖然是芳華正茂的時候，卻值得我們特別關顧。(詳閱表8.1-8.2)

年齡組群與困擾類別分析

我們以一般性的困擾類別作為分類，發現最普遍的困擾問題是愛情，佔總個案的35%；其次是家庭問題，佔21%；第三位是精神問題，佔19.3%的案主正受著精神病患的困擾，而當中大部份都與抑鬱症有關；其餘值得一提的是職業問題(12.2%)、婚姻問題(9.8%)、學業問題(8.4%)以及健康問題(8.1%)等等。

人生是充滿挑戰的，在每一個人生階段都會有著極具代表性的經歷，10-19歲組群的383宗個案裏，困擾以家庭(19.1%)、精神問題(18.3%)及學業(16.7%)為首三類最普遍的困擾來源，他們正值少年反叛期，往往容易與父母間發生齟齬，造成不少家庭問題；至於精神問題對這年紀的人造成困擾，這與專家所指精神病患大多始於青少年期融合；學業為青少年造成困擾這是香港教育的產物，是不爭的事實。

而20-29歲組群的578宗個案裏，首三位的困擾為愛情(36.3%)、精神問題(12.3%)及家庭問題(11.9%)。這年齡正值戀愛期，受到愛情困擾是無可避免的；而自小便發生的精神和家庭問題非一朝一夕能妥善處理，因此仍繼續成為這組群的困擾來源。

30-39歲組群的223宗個案裏，最大的困擾來源為婚姻(25.1%)，其次是家庭(20.6%)，第三位是愛情(16.1%)。古語有云「三十而立」，因此這組群面對最大的困擾都與成家立室的事宜有關，戀愛、婚姻以至家庭都是連鎖關係，有時三者互相糾纏，造成莫大困擾。

40歲或以上的人士25宗個案來說，所面對的困擾種類包括健康、家庭、婚姻、經濟以及職業，這些都是中年以上的人士經常面對的問題，往往幾個問題互相牽引而造成極大情緒困擾，但以這個案數字看來，這組群的人士在互聯網上透過文字抒發情懷的普遍性非常低。另外，還有少部份的個案涉及交友、親友自殺、賭博、性及意外等問題所困擾。(詳閱表8.3)

總結

曾經有一位案主在收到我們充滿關懷的留言後，表示自己因為在現實生活中找不到傾訴對象，亦相信沒有人會了解他，因而選擇寫網誌來抒發不愉快的情緒，感覺就好像獨自對著大海呼喊發洩得不到回應，沒想到竟然會吸引到一位陌生人關心他，甚至明白他內心的痛苦，讓他感到溫暖。對了，我們所想做的，正正就是這位案主所感受到的。因此，我們定會繼續努力把「網蹤人」的工作做下去。

(Table 8.1) Age and suicidal assessment of SPOT project in 2010
(表 8.1) 2010年網蹤人計劃跟進個案年齡及危機程度統計表

年齡 Age	自殺危機 Suicidal Assessment	High 高	Middle 中	Low 低	None 無	Unknown 不詳	總計 Total
	10 - 19	4	36	95	112	20	267
	20 - 29	12	46	139	195	47	439
	30 - 39	3	12	37	73	16	141
	40 - 49		2	4	6		12
	50 - 59				2	1	3
	60 或以上 or above				3		3
	Unknown 不詳	1	6	60	66	25	158
	總計 Total	20	102	335	457	109	1023

(Table 8.2) Sex and suicidal assessment of SPOT project in 2010
(表 8.2) 2010年網蹤人計劃跟進個案性別及危機程度統計表

性別 Sex	自殺危機 Suicidal Assessment	High 高	Middle 中	Low 低	None 無	Unknown 不詳	總計 Total
	F 女	14	81	263	383	89	830
	M 男	6	21	61	68	13	169
	Unknown 不詳			11	6	7	24
	總計 total	20	102	335	457	109	1023

(Table 8.3) Types and Age Distribution of SPOT project in 2010
(表 8.3) 2010年網蹤人計劃個案類別及年齡分佈表

類別 Type	年齡 Age	10-19	20-29	30-39	40-49	50-59	60 以上 above	不詳 Unknown	總計 Total	%
	健康 Health	16	37	8	5	2	0	15	83	8.11
	交友 Social relationship	45	16	0	0	0	0	4	65	6.35
	學業 Study	64	22	0	0	0	0	0	86	8.41
	職業 Occupation	13	66	24	2	0	0	20	125	12.22
	性 Sexual Problem	3	5	0	0	0	0	0	8	0.78
	精神病 Mental problem	70	71	33	0	0	0	25	199	19.45
	家庭 Family Disputes	73	69	46	2	1	3	20	214	20.92
	經濟 Finance	1	8	11	5	0	0	7	32	3.13
	意外 Accidents	5	2	0	0	0	0	0	7	0.68
	婚姻 Marital Problem	0	30	56	5	0	0	9	100	9.78
	愛情 Romantic Relationship	58	210	36	0	0	0	54	358	35.00
	親友自殺 Relatives Suicide	5	8	0	0	0	0	3	16	1.56
	親友賭博 Relatives Gambling	0	0	0	0	0	0	1	1	0.10
	不詳 Unknown	30	34	9	0	0	0	43	116	11.34
	總計 Total	383	578	223	19	3	3	201	1410	

MY INSIGHTS FROM SPOT SERVICE

CHOI YUK YAN (HOTLINE VOLUNTEER)

TRANSLATION : **YIP CHI WING** (HOTLINE VOLUNTEER)

The first feeling I had in going from hotline to online intervention was that under the technological advances, even the way of expressing suicidal thought has been updated.

Admittedly, the Internet provides a convenient and safe means for people to release their emotions without needing to worry about their identity being discovered or what other people think and feel about it.

The stories I came to know from the Internet were much varied. One client expressed an intention of ending her life as a protest to being abandoned by her mate. Another client developed the idea of killing himself under the influence of his mental illness, which was caused by his inability to get over the suicide of a family member well before. One client showed in her blog, after her unsuccessful suicide attempt, photos of her body covered with wounds and stated in misery that she had become a useless person loved by nobody. Another client found everything in his life unpleasant and felt so frustrated that he put down all his sorrows in a suicidal note to the people he loved and the people he detested. One client gave a daily account of her thoughts and feelings in her blog during the course of carrying out her suicide plan

Different clients responded to the messages I left for them in different ways. Some showed great appreciation for a stranger's deep understanding of their pain and suffering. Some just said "thank you" and then refrained from any further expression. Some acted in a resisting way and asked for the reason why I was making this intrusion into their own business, or even questioned my motive of doing this. Some simply deleted my message or even shut down their blogs so as to prevent me from knowing the development of their stories.

Upon reflection I asked myself, "Was the client's response to me not just like my response to my families and friends?" When I was down and could find somebody who understood me and was willing to listen to me to talk to, I would feel better. And it would be more valuable if such a person noticed my mood and came to me without being asked to. However, when I did not have the mood to talk about the matter, I would just send the person away with a simple expression of thanks - should the person be one of my families, I would even vent my temper on him or her. At the time I felt irritated or saw somebody I disliked, my only thought was to hide alone in the corner and get away from the outside world.

At this point, I realized that some conditions are required for one to accept somebody else's care and concern. It is by no means easy to be a carer. It is hard to care for somebody. It is harder to care for somebody who is passive. It is even harder to think of suitable ways to care for somebody who is passive. In the course of caring for somebody, the carer will encounter many obstacles, sometimes even being hurt by that person, and have to make many attempts before some change can be seen. To make the care effective, the carer needs not only to spend time for giving the care but also to use a way acceptable to the person and to offer advice to the person at a suitable time.

Anyway, in any case, prevention is to be preferred. Everybody can perform the role of a volunteer by taking the initiative to show concern to other people, such as giving them a hug, asking how they are getting on and learning about their thoughts and feelings. All of you can be a suicide prevention worker as long as you are with enough initiative, thoughtful and willing to care for other people in the mindset of a volunteer.

「網蹤人」工作的反思

蔡旭仁（熱線義工）

從熱線工作走到網上的介入，第一個感覺是，科技進步了，連自殺的表達方式也變得「潮」了。

網上的確提供了一個方便的渠道，讓不快樂的人可以躲在這一角，不用擔心被人揭破自己的身份，也不用擔心其他人的看法和感受，不受時間和地域的約束，發洩自己的情緒。

在網上遇見形形色色的故事，有網主哭訴自己被伴侶拋棄，打算用自己的生命作最後的控訴；有網主因親人自殺，事隔多時還沒法走出陰霾，在精神病的影響下，也產生自殺的想法；有網主自殺不遂，在網誌上展示自己傷痕纍纍的相片，哭訴自己變成一個沒人愛惜的廢人；有網主事事感到不如意，乾脆將多年的鬱結集合起來，向身邊所愛和所恨的人留下遺言；有網主進行自殺計劃，每天在網誌中描繪自己倒數生命的心路歷程……

與網主的交流中，有些會如獲知音，竟然連一個不相識的人也能對自己的傷痛有深刻了解；有的較含蓄，簡單一句道謝便不再說下去；有的表現得很抗拒，反問你為甚麼多管閒事，甚至覺得你不安好心；有的直接了當將我們的留言刪除，甚至忽然將自己的網誌關閉，令我們無從知曉他們的故事如何發展下去。

試問網主給我的反應，不正正是我給身邊人的反應嗎？自己心情不好時，找到個願意聆聽和明白自己的人傾訴一下，會覺得心情舒暢起來，如果是別人察覺到而走來開解一下，就更加難得；沒有心情傾談時，即使別人怎樣噓寒問暖，只會客氣地道謝一聲趕快打發別人，如果是親人，更會恃寵生驕藉故發晦氣；心情感到煩厭或見到討厭的人時，只想自己靜稍稍躲在一角，將全世界拒諸門外。

原來，要讓人接受你的關心並非必然，也附帶很多條件，做一個關顧者一點都不容易。關心人，難；去關心被動的人，更難；主動花心思去關心被動的人，難上加難。在關顧人的歷程中，付出關心的一方會遇上很多阻力、要作出很多嘗試、才可能見到改變，更甚者，是被接受的一方潑冷水和惡言相向，讓付出的一方感到沮喪。願意擠出時間去關顧人還不夠，還得用別人接受的方式，把握適當時候向對方提出建議才湊效。

然而，預防始終是最好的。如果每一個人都願意主動點、向身邊人表達關懷，來一個擁抱，多一句問候，了解一下他們的感受和想法，便正好發揮「義工」的角色，我們只要夠主動、肯花心思，關顧身邊人，任何人都可以成為防止自殺團隊的一員。

WEB-BASED SUICIDE PREVENTION SERVICE – PAST AND FORWARD

BY HO WING HUNG

(ASSISTANT CENTRE-IN CHARGE SUICIDE CRISIS INTERVENTION CENTRE)

TRANSLATION : YIP CHI WING (HOTLINE VOLUNTEER)

In April 2008, a 24-year-old man stated in his blog that he was going to end his life in twenty-three days. It was just like the plot of a movie shown at that time. Eventually the man killed himself at home by burning charcoal. In July 2010, a 17-year-old student of a boarding school hanged herself in her room and died two days later after posting a suicidal note in her blog and on her Facebook page repeatedly. Every time one read a news-report like these, one would shake one's head and sigh. As an organization aiming at suicide prevention, we were stimulated by these news-reports to think about what we could do to address the present but not yet manifest need for a suicide prevention service on the Internet.

Consequently, the Samaritan Befrienders Hong Kong launched in June 2008 the first web-based suicide prevention service in Hong Kong, Suicide Prevention on Net (SPOT) Service. The volunteers of the service searched for people who were emotionally disturbed or even had suicide risk on the Internet and then attempted to get to them and offer them emotional ventilation, care and support through online interaction. With the efforts of the volunteer team, so far more than 300,000 blogs have been covered and more than 700 cases with emotional disturbance or suicide risk have been identified. Attempts were made to get to them and over 1,600 times of emotional support were provided to them. The output of the service was remarkable.

Nevertheless, the need for suicide prevention service on the Internet has been growing in recent years. Besides taking the initiative to search for and get to people with emotional disturbance or suicide risk on the Internet, we set out to further develop our web-based suicide prevention service. Now social networking websites are becoming more and more popular. One of the most popular of these websites is Facebook, which had its total user number reaching 500,000,000 in 2010, meaning that one out of every fourteen people in the world has registered as its user. No doubt using social networking websites in a suitable way can shorten interpersonal distance, help people obtain useful information more effectively and even group people with the same interests together. However, as the Chinese saying "Water can make a boat float as well as sink" goes, these websites can have a dark side behind, such as online fraud and publication of false or inflammatory information. In November 2009, the Hong Kong Police discovered for the first time a suicide group on Facebook. The group made a call for people who were emotionally disturbed to commit suicide together and eventually almost 200 people joined the group. In April 2011, a Hong Kong resident was believed to have killed himself in Thailand by burning charcoal under his emotional disturbance and the influence of a suicide group of a social networking website. In May of the same year, a reclusive young man, alleged twenty-two years of age, plunged to death from his home. The police found from their investigation that the man had repeatedly searched for information about suicide on the Internet. In fact, there are lots of dark and hidden corners on the Internet. No matter how hard we try, it will not be possible for us to find all those with emotional disturbance or even suicide risk in the vast world of the Internet. The limited manpower we have for the service adds to the difficulty. Furthermore, many people who have suicidal intention will only search for information about suicide but not express their intention on the Internet, which makes it more difficult to get in contact with them.

Hence we introduced another proactive way of reaching out to our targets in 2010: establishing a website "Help for Suicide" (www.help4suicide.com.hk) exclusively dedicated to suicide-related topics. For people who have suicidal intention, this website is an attraction and a point to get in contact with them. It hosts stories, comics and documentaries on the theme of treasuring one's life, produced by ourselves or taken from external sources. In addition, there are interviews with people whose work is closely related to suicide or death, such as the only woman registered as a dead body undertaker in Hong Kong and a member of the Police Negotiator Cadre. There are also multi-media productions telling the stories of suicide cases and exploring the subject from different perspectives so as to dissolve the various myths about suicide circulated on the Internet and counter against those misleading information given deliberately. Another feature of the website is that a group of volunteer are available to conduct instant messaging with the browsers for offering them emotional support and another way of seeking help besides the hotline. We hope that when people with emotional disturbance search for information about suicide on the Internet, this website can help them to pause and think over it for a while, and then try to open their minds to find somebody to talk to.

At the present moment, we are in the course of enriching the contents of the website as well as promoting it to more and more people. Anyway, the work of suicide prevention requires efforts from various parties. You can be a supporter of your family, a carer of your friends and a guardian on the Internet. No matter what role and what situation you are in, we hope all of you can practise the spirit described in our slogan "Concern for other people starts from listening" and spread the message of caring for and treasuring life to every corner around you and in the Internet World.

網上防止自殺服務：回顧與展望

撰寫：何永雄（自殺危機處理中心 副中心主任）

2008年4月，一名24歲青年在網誌透露，決定要在廿三日後自殺了斷餘生，情況仿如當時一套電影的情節，最後那青年在家中燒炭身亡。2010年7月，一名17歲寄宿學生在網誌及社交網絡面書(Facebook)內多次留下遺書，之後在宿舍衣櫃上吊，兩日後不治。每次看見這些報導，都不禁令人搖頭嘆息。作為香港防止自殺的服務機構，這些報導更激發我們思考如何回應潛藏的網上防止自殺服務需要。

因此，香港撒瑪利亞防止自殺會在2008年6月正式開展了全港首個網上防止自殺的服務『網蹤人計劃』，從互聯網搜尋一些有情緒困擾，甚至有自殺危機的人士，然後嘗試主動接觸他們，透過網上互動提供情緒疏導、關心和支持。在義工團隊的努力下，在過去日子，我們已搜尋超過三十萬個網誌，並識別出超過七百個有情緒困擾或自殺危機的個案，再由義工嘗試主動接觸他們，提供超過千六次情緒輔導。義工成績有目共睹。

然而，網上防止自殺的服務需求，近年依然不斷上升。除了主動出擊去搜尋及接觸有情緒／自殺困擾的人之外，我們嘗試加強有關網上防止自殺的服務。現時網上社交網絡越來越盛行，其中一個最受歡迎的社交網站面書(Facebook)，在上年宣佈用戶已達5億，意味著全球每14人就有1人已登記使用這社交網站。無疑，善用網上社交網絡可以拉近人與人之間的距離，也可以更有效得到有用資訊，甚至可將相同志趣的人集結起來。然而，水能載舟，亦能覆舟。這些網絡同時可以隱藏著黑暗的一面，例如網上騙案、發放虛假或煽動性資訊等等。在2009年11月，本港警方首次在面書發現自殺群組，該群組號召有情緒困擾的人士一同自殺，最後有近200人加入群組。在2011年4月，一名本港居民懷疑受情緒問題困擾及自殺群組影響下，到泰國燒炭自殺死亡。同年5月，一名據報22歲的隱蔽青年在寓所墮樓身亡，警方調查發現死者墮樓前多次在互聯網搜尋有關自殺的資訊。事實上，互聯網內灰暗和隱蔽的角落多不勝數，縱使我們如何積極搜尋，但網絡之大使我們無法將所有受情緒困擾、甚至有自殺危機的人也找出來。況且，以現時有限的人手去處理當前的需要，可謂捉襟見肘。加上還有好些自殺困擾人士，只會在網上尋找自殺資訊而從不在表達其自殺意欲，那就更難接觸他們了。

因此，我們又推出了另一種主動出擊的方法，在社會福利署撥款資助下，於2010年中開設一個專門探討自殺的網站《自殺·自療·互助舍》(www.help4suicide.com.hk)。對於一些有自殺困擾的人來說，這個網站是一個吸引他們的介入點。我們除了製作／轉載一些珍惜生命的故事、漫畫、紀錄片等等之外，還特意請來一些與自殺息息相關的人士進行專訪，例如全港唯一的女性註冊屍體防腐師、警隊的警察談判組（談判專家）等等，又以自殺個案的故事製作成多媒體，以不同角度探討自殺這個話題，從而解開網上種種對自殺的迷思，甚至抗衡那些刻意的誤導。這網站另一特色，是集結了一班義工，讓瀏覽者可即時與他們以文字傾談，來提供情緒輔導，讓他們在電話熱線之外，有多一種選擇。我們希望，當有自殺困擾的人士在網上尋找自殺資訊時，這個網站可以讓他們停一停，想一想，然後嘗試打開心扉，正面的尋找傾訴對象。

現在，我們將逐漸把這網站的內容豐富起來，同時亦不斷將這網站推廣出去。然而防止自殺的工作依然有賴各方的努力，你可以成為家庭的支持者，身邊朋友的關懷者，甚或網絡上的守望者。無論是甚麼角色、甚麼處境，希望各位能貫徹我們的精神——『關懷身邊人，從聆聽開始』，將關愛精神和珍惜生命的訊息，傳送到身邊以至網絡世界的每個角落。

TITBITS 活動花絮

Hotline Centre 熱線中心



49th Pre-Service Volunteer Training
49 期職前義工訓練



Quenby, an author, was a judge of the Essay Writing Competition, who encouraged youngsters to treasure their life.
作家君比為本會徵文比賽任評判鼓勵青年人珍愛生命



Volunteers listened to the introduction of Operation DAWN Hong Kong patiently.
義工們耐心聆聽晨曦島戒毒中心職員介紹該會的工作



Volunteers were interviewed by Mr. Vincent Wong to share their voluntary experience.
電台節目主持人黃永先生訪問本會義工分享服務心得



Volunteers shared their voluntary experience to a group of Mainland Volunteers.
義工接待國內探訪的義工團體

Life Education Centre 生命教育中心



Students' Talk to promote life cherishment
「學生講座」教育大專、中小學生生命的可貴



Training Workshop for elderly to enhance the knowledge on mental health and promote positive life attitude
「長者工作坊」，讓長者關注心理健康，建立積極晚年的態度



Life Ambassadors assisting in Home-visit
珍惜生命大命探訪長者



Life Ambassadors workshop can let the participants to reunderstand the value of life
珍惜生命大使課堂訓練，重新認識生命的價值

Suicide Crisis Intervention Centre 自殺危機處理中心



Retreat Day Camp
職員退修日



Help4Suicide interview of Yeung Siu Fong
for sharing her resilience
自殺自療互助舍訪問楊小芳對抗逆境經驗



Promotion of treasuring life by a group member of Live the Rainbow at ATV News
陪同活出彩虹組員接受亞洲電視新聞訪問呼籲社會人士珍惜生命



Live the Rainbow Service introduction in
different District Councils
出席各個區議會介紹活出彩虹服務



Training on suicide crisis intervention for various
professionals and public
中心為各專業前線同工及社區人士提供有關自殺危機處理的
訓練工作坊



Opening Ceremony of Help4suicide with the presence of
Assistant Director, Mrs. Mak Chow Suk Har, of SWD (Family
and Child Welfare)

獲社會福利署助理署長麥太(家庭及兒童福利)出席《自殺·自療·互助舍》啟動禮



Joint press conference with RTHK to promote the message of
cherishing life

與港台合辦一念之間記者會，讓活出彩虹組員分享心聲及呼籲珍惜生命



Service introduction and experience sharing of Live the
Rainbow Service with a group member at IFSC meeting
應綜合家庭服務中心邀請與活出彩虹小組組員出席會議講解
服務及分享經歷

Caring Fund 關懷身邊人基金



Understanding the Adolescent Project-2010-2011
「成長的天空」計劃 2010-2011



Caring Company Ceremony 2010-2011
「商界展關懷」嘉許典禮 2010-2011



Understanding the Adolescent Project 2010-2011
「成長的天空」計劃 2010-2011

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



Certificate in basic concept and skills of Narrative Therapy
敘事治療基礎理論與技巧證書課程



8th Professional Certificate Programme in Counseling and Suicide Prevention
第八屆輔導及防止自殺專業證書課程



Support Centre for Teachers' Mental Health - Hotline Volunteer Training for Telephone Counselling
教得健康支援中心 - 「電話輔導及專題個案處理」熱線義工培訓課程



A-ONE Kindergarten "Certificate in Counselling Child with Special Needs"
第一幼稚園「特殊需要兒童輔導證書課程」老師培訓



Certificate in Cognitive Behavioural Therapy
認知行為治療證書課程

50th Anniversary 50週年



'Let's Take Action to Express Love' Ceremony
「感愛敢動 熱愛生命」嘉年華



50th Anniversary Stamps
50週年紀念郵票



Emotional First Aid Kit Talk
「情緒急救包」講座



The Governmental organizations, chamber of commerce, and NGOs attended the 50th Annual Dinner to enhance the atmosphere of the event.

本會50週年晚宴得到官商及民間團體的出席支持令活動充滿生氣。



Ms Kara Hui was interviewed to share her positive life experience
影視紅星惠英紅小姐接受本會訪問，分享積極人生的經驗



Learning Life Education through 'Grievance'
training workshop
專業實踐工作坊



'Learning Life Education through Grievance' training workshop
專業實踐工作坊

AUDITORS' AND FINANCIAL REPORT 財政報告

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

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

We have audited the annexed financial statements of The Samaritan Befrienders Hong Kong ("the Corporation") which comprise the balance sheet as at 31 March 2011, the income and expenditure statement of the Accumulated Fund, the statement of comprehensive income, 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 2011 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 2011

Y. H. CHEUNG & COMPANY**CERTIFIED PUBLIC ACCOUNTANTS**

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核數師報告書**致香港撒瑪利亞防止自殺會****(根據香港『公司條例』註冊之有限責任團體)會員：**

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

執行委員會的責任

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

核數師的責任

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

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

下列意見乃基於我們審核工作取得之資料。

意見

我們認為上述的財務報表均真實與公正地反映貴會於2011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
2011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
 2011年3月31日
 AS AT 31 MARCH 2011

		註 NOTES	2011 HK\$	2010 HK\$
流動資產	CURRENT ASSETS			
手存現金	Cash in hand		10,000	10,000
銀行存款	Cash at banks		5,244,252	4,394,891
定期存款	Fixed deposits		898,372	900,364
應收及預付款	Accounts receivable and prepayments		402,737	952,928
			6,555,361	6,258,183
減：流動負債	LESS: CURRENT LIABILITIES			
應付款項	Accounts payable		(826,683)	(1,132,854)
			5,728,678	5,125,329
非流動資產	NON-CURRENT ASSETS			
水電按金	Utility deposits		16,420	16,420
傢具器材	Furniture, fittings and equipment		1	1
資產淨值	NET ASSETS		5,745,099	5,141,750
資金來源	Represented by:			
累積基金	ACCUMULATED FUND	3	696,346	741,320
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	1,462,009	1,168,924
活動基金	PROGRAMS FUND	7	20,619	20,619
			3,117,893	2,869,782
自殺危機處理中心基金	SUICIDE CRISIS INTERVENTION FUND	8	2,808,314	2,498,706
生命教育中心基金	LIFE EDUCATION CENTRE FUND	9	(181,108)	(226,738)
			5,745,099	5,141,750

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 31 May 2011

附註乃賬項之一部份

於2011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
 2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

		<u>2011</u> HK\$	<u>2010</u> HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
捐款及津貼：	Donations and subsidies received from:		
香港公益金	Community Chest of Hong Kong	1,582,300	1,506,900
政府租金差餉	Government rent and rates subsidies	102,296	102,121
津貼			
其他	Others	48,794	141,901
		<u>1,733,390</u>	<u>1,750,922</u>
<u>其他收入</u>	<u>OTHER REVENUES</u>		
會費收入	Membership subscriptions	6,420	7,300
利息收入	Bank interest received	85	343
講座及其他收入	Course fees and sundry income	21,580	104,723
收回行政費用	Expenses recovered	167,854	158,172
		<u>1,929,329</u>	<u>2,021,460</u>
<u>費用支出</u>	<u>GENERAL EXPENSES</u>		
個案費用	Case expenses	2,860	3,735
訓練費用	Training expenses	9,989	31,080
活動費用	Program expenses	1,650	14,866
交通費	Travelling expenses	145,693	143,477
薪金	Staff salaries	1,341,683	1,297,936
公積金	Provident fund contribution	58,408	56,894
醫療費用	Medical expenses	1,182	10,073
職員培訓	Staff training	800	50
招聘費	Recruitment expenses	3,600	1,680
租金及差餉	Rent and rates	102,296	104,185
辦公室用品	Office supplies	25,036	29,934
宣傳	Publicity and promotion	11,574	19,813
年刊及印刷費	Annual reports and printing	41,314	35,548
書刊雜誌	Newspaper, journals and books	5,318	6,798
電腦及軟件	Computers and softwares	11,914	49,146
低值傢具器材	Low value furniture and equipment	4,179	455
維修保養	Repairs and maintenance	32,226	27,565
電話及傳呼	Telephone and paging	24,860	25,701
水、電	Electricity and water	55,320	49,694
郵費	Postage	897	1,316
清潔用品及費用	Sanitary and cleaning expenses	36,585	35,982
聯會會費	Subscription to affiliated associations	3,000	---
開會費用	General meeting expenses	3,387	4,110
義工嘉許	Volunteers' recognition	5,620	6,120
康樂活動	Recreational activities	1,100	---
週年餐會	Annual dinner	17,847	8,456
飲品	Refreshment	7,780	6,829
保險費	Insurance	10,903	12,540
雜費	Sundry expenses	7,282	14,753
		<u>1,974,303</u>	<u>1,998,736</u>
本年度(虧損)/盈餘 (LOSS)/SURPLUS FOR THE YEAR		<u>(44,974)</u>	<u>22,724</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
 2010/11 年度
 FOR THE YEAR ENDED 31 MARCH 2011

		2011 HK\$	2010 HK\$
<u>主要收入</u>	<u>PRINCIPAL REVENUES</u>		
收捐款及津貼	Donations and subsidies received	10,630,634	8,725,313
<u>其他收入</u>	<u>OTHER REVENUES</u>		
銀行利息	Bank interest received	450	696
課程及什項收入	Courses fees and sundry income	1,106,204	947,668
		<u>11,737,288</u>	<u>9,673,677</u>
<u>支出</u>	<u>EXPENDITURE</u>		
訓練及社區工作	Training and community activities	519,154	194,632
職員薪金福利	Staff costs	8,753,536	6,923,585
行政費用	Administration expenses	1,110,254	960,275
租金及差餉	Rent and rates	368,364	366,553
電腦及軟件	Computers and softwares	229,994	68,352
低值傢具器材	Low value furniture and equipment	11,379	25,091
資助購買之資產	Subvented assets	111,258	145,770
顧問費	Consultancy fee	30,000	---
		<u>11,133,939</u>	<u>8,684,258</u>
<u>本年盈餘</u>	<u>SURPLUS FOR THE YEAR</u>	<u>603,349</u>	<u>989,419</u>

綜合各基金變動表
 STATEMENT OF CHANGES IN EQUITY FUNDS
 2010/11 年度
 FOR THE YEAR ENDED 31 MARCH 2011

		2011 HK\$	2010 HK\$
年初各基金總結餘	Balance of funds at beginning of year	5,141,750	4,152,331
本年盈餘	Surplus for the year	<u>603,349</u>	<u>989,419</u>
年終結餘	Balance at end of year	<u>5,745,099</u>	<u>5,141,750</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
 2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

	<u>2011</u> HK\$	<u>2010</u> HK\$
Cash Flows From Operating Activities 運作所得之現金流量		
Surplus of funds for the year 本年度各基金總盈餘	603,349	989,419
Adjustments for 調整：		
(Increase)/Decrease in accounts receivable and prepayments(增加)/減少應收及預付款	587,996	(883,849)
Increase/(decrease) in accrued expenses 增加/(減少)應付款	(343,976)	430,228
Net Increase in Cash at Banks and in Hand 增加銀行存款及手存現金淨額	847,369	535,798
Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金	5,305,255	4,769,457
Cash and at Banks at End of Year 年終銀行存款及手存現金	<u>6,152,624</u>	<u>5,305,255</u>

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註
NOTES TO ACCOUNTS
 2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

1. ORGANISATION 組織

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

本會是一個慈善團體。於1994年3月10日在香港成立為會員有限責任之法人。

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

本會已根據香港稅務條例第八十八章允准免稅。

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

本會註冊地址及主要活動皆在香港。本會年內主要活動為防止自殺及教育社區有此意識。

The activities were mainly financed by outside donations.

本會活動主要由外界捐款資助。

2. PRINCIPAL ACCOUNTING POLICIES 主要會計政策

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

本財務報表是根據香港普遍認可之會計原則及公司法例規定編製。財務報表以港幣顯示。

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

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

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

(a) Measurement Basis 記數方式

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

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

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註(續)
NOTES TO ACCOUNTS (Continued)
 2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

2. **PRINCIPAL ACCOUNTING POLICIES** (Continued) 主要會計政策(續)

(b) **Furniture, Fixtures and Equipment** 傢具器材

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

Computers and softwares are also fully depreciated and written off as expenses in the year of acquisition.

傢具器材以成本減折舊入賬。根據本會政策，一切新購入之低價傢具器材之成本於同年全部攤銷。

電腦及軟件亦於購入年度全部折舊作費用撇除。

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

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

本會主要收入來自捐款及津貼。

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

捐款及津貼是以收入現金時記賬。特殊捐款則以捐助人指定之捐助期間入賬。

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

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

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

3. **ACCUMULATED FUND** 累積基金

The movements during the year were as follow:-

年中變動如下:

		2011 HK\$	2010 HK\$
年初結存	Fund balance at beginning of year	741,320	718,596
加:本年度 (虧損)/盈餘	Add: Net (Loss)/surplus for the year	(44,974)	22,724
年終結餘	Balance at end of year	<u>696,346</u>	<u>741,320</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:-

		2011 HK\$	2010 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:

		2011 HK\$	2010 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)
2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

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：

		2011 HK\$	2010 HK\$
<u>收入</u>	<u>Income</u>		
課程及社區	Courses and community		
活動收入	program fees	911,993	682,215
收捐款	Donations received	779,061	231,162
利息收入	Bank interest received	252	236
雜項收入	Sundry income	10,000	8,209
		<u>1,701,306</u>	<u>921,822</u>
<u>支出</u>	<u>Expenditure</u>		
社區活動支出	Programs expenses	30,499	50,590
社區教育	Community education	440,689	42,416
行政費	Administration expenses	47,854	28,172
薪金	Staff salaries	493,959	405,725
強積金供款	MPF contribution	22,502	13,750
舟車費	Travelling	2,100	3,151
招聘費	Recruiting expenses	3,396	1,602
醫療費	Medical expenses	190	2,112
水電	Electricity and water	4,393	4,935
電話費	Telephone	2,529	2,860
電腦及軟件	Computers and softwares	2,288	4,304
維修保養	Repair and maintenance	1,071	10,626
清潔	Sanitary and cleaning expenses	853	812
飲品	Refreshment expenses	631	846
職員培訓	Staff training expenses	1,050	250
刊物	Publication	8,102	---
50周年活動	Fiftieth anniversary expenses	249,593	---
宣傳	Promotion	90,336	37,780
保險	Insurance	1,834	1,141
寫字樓用品	Office supplies	848	455
什費	Sundry expenses	3,504	45,694
		<u>1,408,221</u>	<u>657,221</u>
本年盈餘	Surplus for the year	293,085	264,601
年初結餘	Balance at beginning of year	<u>1,168,924</u>	<u>904,323</u>
年終結餘	Balance at end of year	<u>1,462,009</u>	<u>1,168,924</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)
 2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

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>2011</u> HK\$	<u>2010</u> HK\$
年初及年終結餘	Balance at beginning and at end of year	<u>20,619</u>	<u>20,619</u>

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

The Social Welfare Department provided finance out of Lotteries Fund to enable the Corporation to set up a suicide crisis intervention centre to provide immediate services to those who are in crisis situation and at high suicide risk.

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

The Suicide Crisis Intervention Centre is subsidized by Government Lump Sum Grants. The income and expenditure during the year and the balance at end of year were 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)
 2010/11 年度
 FOR THE YEAR ENDED 31 MARCH 2011

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

	2011 HK\$	2010 HK\$
<u>Income</u> 收入		
Subventions received 收資助	7,011,314	5,643,503
Rent and rates subvention 租金差餉資助	115,473	109,474
Other donations received 其他捐款收入	12,020	17,160
Course fees received 課程收入	63,500	25,000
Program income 社區活動收入	6,875	12,910
Sundry income 什項收入	2,950	150
Bank interest received 銀行利息	76	117
	<u>7,212,208</u>	<u>5,808,314</u>
<u>Expenditures</u> 支出		
Staff salaries 薪金	5,772,552	4,201,858
Mandatory Provident Fund 強積金	314,327	215,461
Medical expenses 醫療	1,433	24,416
Staff training 職員培訓	57,590	61,010
Administration expenses 行政費用	90,000	90,000
Community activities 社區活動	25,509	24,645
Publicity and promotion 宣傳	26,180	37,870
Rent and rates 租金及差餉	114,192	110,776
Office supplies 辦公室費用	24,237	27,229
Repairs and maintenance 修理保養	15,941	27,987
Computers and softwares 電腦及軟件	205,270	14,902
Subvented assets 資助購買之資產	111,258	151,770
Furniture, fixtures and equipment 傢具器材	7,200	12,365
Telephone and paging 電話傳呼	25,202	24,686
Electricity and water 水電	43,321	38,921
Postage 郵費	1,352	1,816
Travelling 交通	21,382	14,619
Sanitary and cleaning expenses 清潔	10,919	13,509
Newspaper, journals and books 書刊雜誌	3,502	60
Refreshment 飲品	7,648	5,116
Insurance 保險	22,157	11,624
Recruitment expenses 招聘費	780	7,722
Sundry expenses 什費	648	3,778
	<u>6,902,600</u>	<u>5,122,140</u>
Surplus for the year 本年度盈餘	309,608	686,174
Balance at beginning of year 年初結餘	<u>2,498,706</u>	<u>1,812,532</u>
Balance at end of year 年終結餘	<u>2,808,314</u>	<u>2,498,706</u>

香港撒瑪利亞防止自殺會
THE SAMARITAN BENEFACTORS HONG KONG
賬項附註(續)
NOTES TO ACCOUNTS (Continued)
2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

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:
香港賽馬會慈善信托基金撥款資助本會成立生命教育中心。本年收支及年終結餘如下：

	2011 HK\$	2010 HK\$
Subventions for the year 本年度資助	827,500	827,500
Course fees received 課程收入	91,989	106,372
Government rent and rates subsidies 政府租金差餉津貼	151,876	151,592
Bank interest received 銀行利息收入	37	---
Sundry income 什項收入	897	789
	<u>1,072,299</u>	<u>1,086,253</u>

Less: Expenditures 減：支出

Staff salaries 薪金	655,626	661,855
Staff MPF 強積金	30,174	29,737
Medical expenses 醫療	380	3,358
Insurance 保險	1,680	---
Research fee 研究費	30,000	90
Community activities 社區活動	7,958	27,300
Administration expenses 行政費用	40,000	40,000
Rent and rates 租金差餉	151,876	151,592
Office supplies 辦公室費用	20,182	25,384
Publicity and promotion 宣傳	11,957	58,144
Repairs and maintenance 修理保養	4,943	11,087
Furniture, fixtures and equipment 傢具器材	10,522	12,271
Telephone and paging 電話傳呼	3,793	4,143
Electricity and water 水電	5,813	6,957
Postage 郵費	13,226	6,432
Travelling 交通	3,715	3,998
Sanitary and cleaning expenses 清潔	2,831	1,218
Newspaper, journals and books 書刊雜誌	9,666	7,818
Newsletters 資訊傳單	13,684	4,804
Refreshment 飲品	728	1,102
Insurance 保險	6,801	8,236
Recruitment 招聘費	---	4,524
Sundry expenses 什費	1,114	563
	<u>1,026,669</u>	<u>1,070,333</u>

Surplus for the year 本年盈餘	45,630	15,920
Balance at beginning of year 年初結餘	(226,738)	(226,658)
Balance at end of year 年終結餘	<u>(181,108)</u>	<u>(226,738)</u>

香港撒瑪利亞防止自殺會
THE SAMARITAN BENEFACTORS HONG KONG
賬項附註(續)
NOTES TO ACCOUNTS (Continued)
2010/11 年度
FOR THE YEAR ENDED 31 MARCH 2011

10. 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.

本會主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，故應會減低不付之風險。

11. 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 expenditure more than their receipt can support, the Executive Committee will consider the use of the capital of the Corporation to offset the deficit.

本會所有基金總額代表本會之資本財產。本會之目標是保持資本額完整。若時部份基金要作出其收入多之支出時，執行委員會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彌補該等超額支出。

ACKNOWLEDGEMENTS 鳴謝

(排名不分先後)



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



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



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



GOLD LABEL



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



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

BEA 東亞銀行



Consultants

顧問

Donors

捐款機構及社會人士

The Community Chest of Hong Kong
香港公益金

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

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

PCCW Ltd. – Sponsored telephoned
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 2010 suicide death in
Hong Kong
香港死因裁判法庭 – 提供二零一零年
香港自殺死亡數字資料

Census and Statistics Department –
providing data of 2010 population in
Hong Kong
政府統計處 – 提供二零一零年
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

黃大仙區議會

梁展豪先生

劉兆璋女士

盧佩鏞女士

梁永忠博士

惠英紅小姐

Caring Company 2010/11「商界展關懷2010/11」公司

(排名不分先後)



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



誠信清潔服務有限公司
S & S CLEANING COMPANY LTD.



華潤物業管理有限公司
China Resources Property Management Limited



Sponsors of Golden Anniversary Dinner 五十週年會慶聚餐贊助機構及人士

(排名不分先後)

The Peninsula Hotel Limited
半島酒店

Ms May Tang Chi Mee

Mass Transit Railway Corporaion Limited
港鐵公司

Kiehl's since 1851

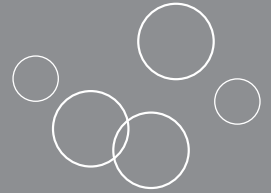
2010/11 Donors 二零一零 / 二零一一年度捐款機構及人士芳名

(排名不分先後)

Siu Wai Ip Eric	HK\$300,000.00	廖創興企業有限公司	HK\$150,000.00
Sinopac Trading Limited	HK\$50,000.00	香港鐵路有限公司	HK\$85,000.00
VF Asia Limited	HK\$7,776.05	誠信清潔服務有限公司	HK\$50,000.00
Wong Yao Wing Robert	HK\$6,000.00	李寶椿慈善信託基金	HK\$21,000.00
Chan Ming Wing	HK\$5,000.00	梁燕珍女士	HK\$10,100.00
Tam Wing Kei	HK\$3,600.00	紀恩基金有限公司	HK\$10,000.00
Mak Yun Ching Mica	HK\$3,000.00	愛創意製作社	HK\$8,931.00
Miss Chan Pui Sze	HK\$3,000.00	葉志榮先生	HK\$6,000.00
Mr. Fung Chiu Chak Victor	HK\$3,000.00	黃儉純遺產基金	HK\$6,000.00
Models International Ltd.	HK\$1,596.76	瑪嘉烈醫院	HK\$3,461.40
Lo Wai Leung Kevin	HK\$1,200.00	華潤物業管理有限公司	HK\$3,000.00
Tang Shuk Yee Karina	HK\$1,200.00	商業電台《有誰共鳴》節目	HK\$2,392.98
Wong Yuk Lan	HK\$1,200.00	謝憲忠先生	HK\$2,340.00
Yam Siu Fong	HK\$1,200.00	謝寶訓小姐	HK\$2,040.00
Barbara Wong	HK\$1,000.00	蔡禮文先生	HK\$2,000.00
Leeton Co Ltd	HK\$1,000.00	謝玉訓小姐	HK\$1,940.00
Li Chi Hong	HK\$1,000.00	梁春美女士	HK\$1,640.00
Miss Tse Cho Suen Jonie	HK\$1,000.00	謝甘霖先生	HK\$1,440.00
Miss Yu Kwan Mei	HK\$1,000.00	羅舜泉先生	HK\$1,000.00
Miss Siu Kit Har	HK\$1,000.00	張學明先生	HK\$1,000.00
Mr. Chang Khen-Lee, Denis	HK\$1,000.00	李漢培先生	HK\$1,000.00
Mr. Wang Wai Hong	HK\$1,000.00	遠東仁濟慈善協會	HK\$600.00
Sankey Lo	HK\$1,000.00	葉連安女士	HK\$500.00
Shift Media Group Limited	HK\$1,000.00	溫善鑫先生	HK\$500.00
The Dairy Farm Company Limited	HK\$1,000.00	朱景玄先生	HK\$500.00
Miss Yu Kwan Mei	HK\$300.00	文春輝先生	HK\$500.00
Lau Pik Ha	HK\$200.00	億興珠石有限公司	HK\$400.00
Miss Hui Pui Kuen	HK\$200.00	陳永坤先生	HK\$280.00
Ms Mok Lau Mee	HK\$200.00	梁振富先生	HK\$200.00
Mrs. Kwan Yuk Ha	HK\$200.00	張梅桂女士	HK\$200.00
Direct marketing of Asia Ltd	HK\$100.00	李堂玉	HK\$150.00
Lo Wai Man	HK\$100.00	隆國琴女士	HK\$100.00
Tse Mei Li Terry	HK\$100.00	曹水秀女士	HK\$100.00
Mr. Chong Park-Chow	HK\$100.00	袁明賢女士	HK\$100.00
謝繼宗先生	HK\$100.00	鄧渭然先生	HK\$100.00

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！