

2012^{年報} Annual Report

散播心靈種子
扶植燦爛人生



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

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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 近期發展

Establishment of the Caring Fund
成立「關懷身邊人基金」

1994



Establishment of Suicide Crisis
Intervention Centre (SCIC)
成立「自殺危機處理中心」

Establishment of Life
Education Centre (LEC)
成立「生命教育中心」

2002



Start of "Live the Rainbow" Service for
suicide survivor
開展首個為自殺者親友而設的支援小
組，於2009年改名為「活出彩虹服務」

2004

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。



Start of Professional Training and Development Service
開展專業培訓及發展工作

2006

Launch of “Suicide Prevention on net” Service, searching emotional distress or suicidal risk messages on the internet.
開展<網蹤人計劃>，主動尋找具自殺危機的網誌

2008



Setting up “Help4Suicide”
www.help4suicide.com.hk, provide suicide prevention service on the internet.
開設<自殺·自療·互助舍>
網上防止自殺服務
www.help4suicide.com.hk

2010

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

1. To befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, by helping them to regain confidence in life.
2. To publicize and promote the spirit of our service in the community through talks, seminars, research and other means of community service.
3. To help in the South East Asia and neighbouring areas to set up organizations with a nature and mission similar to ours.

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 (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.

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

1. 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。
2. 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。
3. 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。

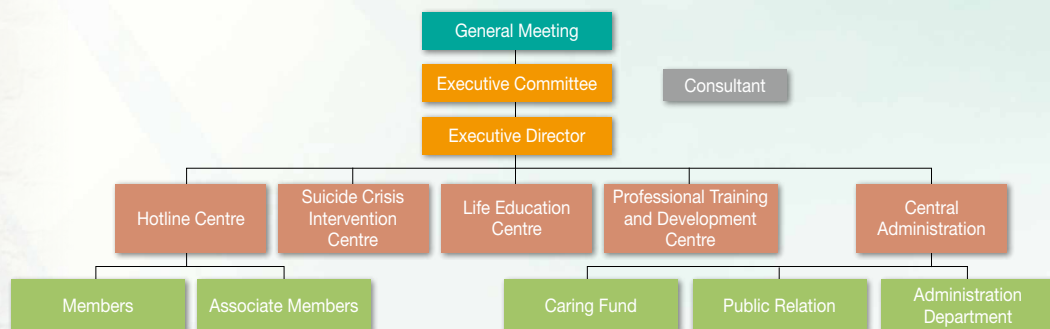
服務精神

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。

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. 生命教育中心透過社區服務、公開講座、出版刊物(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 2011 to June 2013)

Chairman : Mr. Wong Yao Wing
Vice-Chairman : Mr. Kan Pak Kei
Secretary : Ms. Yam Siu Fong

Treasurer : Ms. Hon Chor Shan
Committee Members : Miss Chow Yuen Fun
Committee Members : Mrs. Lui Wong Yun Fong

Honorary Patron : Mrs. Regina Leung, The Wife of The Chief Executive

Honorary Consultants

| | |
|----------------------|--|
| 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. 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)

Prof. Chi Chief Fung,
(Taiwan Ministry of Education
Life Education Advisory Committee)

Staff List (as at 31 December 2012)

Executive Director : Mr. Tsang Chin Kwok

Administration Department

Central Administration Officer : Ms. Leung Pik Ki
Accounts & Admin. Assistant : Miss Wong Ka Wing

Hotline Centre

Centre-in-charge : Miss Wong Siu Chai
Social Work Assistant : Miss Yip Chung Sum
: Mr. Yau Hung Sang
Administrative Assistant : Mr. Fok Shing Kong
Junior Administrative Assistant : Miss Chan Venus Tsz Ting
Part-Time Clerk : Miss Chan Wing Ki
: Ms. Chow Fung Yu

Caring Fund

Public Relation Officer : Miss So Kin Yan
Part-Time Enumerator : Miss Yip Pui Man

Professional Training and Development Centre

Training Officer : Mr. Fung Chun Kit
Assistant Training Officer : Miss Wong Yuen Ting

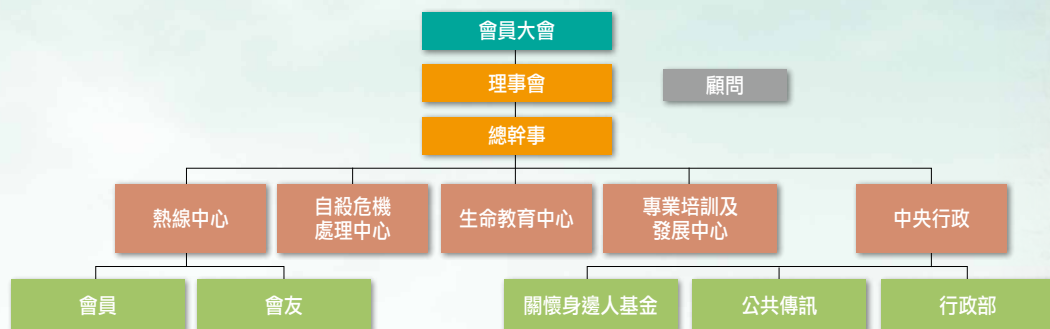
Life Education Centre

Centre-in-charge : Miss Ku Wing Kuen
Assistant Social Work Officer : Mr. Lee Siu Keung
Program Worker : Mr. Cheung Chi On

Suicide Crisis Intervention Centre

Centre-in-charge : Ms. Heung Mo Yan
 Assistant Centre-in-charge : Mr. Ho Wing Hung
 Senior Crisis Counsellor : Ms. Du Pui Bik
 Crisis Counsellors : Mr. Cheng Wai Kei
 Miss Chan Kar Lai
 Ms. Wai Choi Kei
 Ms. Choi Chu Lei
 Mr. Cao Yuan Ye
 Miss Tsang Siu Ha
 Miss Lo Ting Fung
 Miss Lee Sze Man
 Mr. Tong Chi Chung
 Miss Tang Sui Sum
 Mr. Li Sam
 Social Work Assistant : Miss Ho Yuk Kuen
 Mr. Wong On Yu
 Program Worker : Miss Ip Pui Shan
 Miss Tam Chi Sheung
 Clerk : Miss Chan Wing Lam
 Part-time Information Technology Technician : Mr. Tang Wang Kei
 Part-Time Office Assistant : Ms. Li Sui Kuen

組織架構



理事會成員名單 (2011年7月至2013年6月)

| | | | |
|-----|--------|----|---------|
| 主席 | ：黃祐榮先生 | 財政 | ：韓楚珊女士 |
| 副主席 | ：簡柏基先生 | 理事 | ：周婉芬小姐 |
| 秘書 | ：任少芳女士 | 理事 | ：雷黃恩芳女士 |

榮譽贊助人：行政長官夫人梁唐青儀女士

義務顧問名單

| | | |
|------|----------------------------|--------------------------------|
| 財務顧問 | ：張耀鴻會計師樓 | 曾慶培博士 (註冊臨床心理學家) |
| 法律顧問 | ：簡家聰律師行 | 黃富強博士 (香港大學社會工作及社會行政學系助理教授) |
| 服務顧問 | ：梅杏春小姐 (青山醫院社康服務經理) | 梁傳孫先生 (香港理工大學應用社會科學系講師) |
| | ：趙少寧醫生 (精神科醫生) | 紀潔芳教授 (台灣教育部生命諮詢委員會委員) |
| | ：陳淑芳女士 (屯門醫院臨床心理學家) | |
| | ：林翠華教授 (香港中文大學醫學院精神科教授) | |

職員名單 (至2012年12月31日)

總幹事：曾展國先生

行政部

中央行政主任：梁碧琦女士
會計及行政助理：王迦穎小姐

熱線中心

中心主任：黃小齊小姐
社會工作員：葉頌芯小姐
丘鴻生先生
行政助理：霍成剛先生
初級行政助理：陳紫婷小姐
兼職通宵事務員：陳詠棋小姐
周鳳如女士

關懷身邊人基金

公共傳訊主任：蘇健欣小姐
兼職統計員：葉佩雯小姐

專業培訓及發展中心

培訓主任：馮俊傑先生
助理培訓主任：王婉婷小姐

生命教育中心

中心主任：顧穎娟小姐
助理社會工作主任：李兆強先生
活動工作員：張智安先生

自殺危機處理中心

中心主任：香慕茵女士
副主任主任：何永雄先生
資深危機輔導員：刁佩碧女士
危機輔導員：鄭偉基先生

陳嘉麗小姐
韋賽姬女士
蔡曙莉女士
曹元野先生
曾小霞小姐
羅婷豐小姐
李思敏小姐
唐治忠先生
鄧瑞心小姐
李尚謙先生

社會工作助理

何玉娟小姐
黃安瑜先生

活動工作員：葉佩珊小姐
譚志嫻小姐

文員：陳泳琳小姐
兼職資訊科技員：鄧宏基先生
兼職辦公室雜務員：李瑞娟女士

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 2012

Wong Yao Wing (Chairman)

Introduction

Statistics from Coroner's Court show that the number of suicide deaths dropped to below 900 in the previous two years (833 and 845 in 2011 and 2012 respectively - the lowest since 1998). Although the figures look encouraging, cases of attempted suicide were often read in newspapers which were alarming. We therefore cannot slow down our pace but instead must keep moving.

Organization Issues

After a fruitful period of consultation with our members, our revised Memorandum & Articles of Association was approved in our last Annual General Meeting. This would strengthen The Samaritan Befrienders Hong Kong in terms of corporate governance.

With the redevelopment of Pak Tin Estate, we were informed by the Housing Department that our Pak Tin head office has to be relocated to another premise in the same estate by the end of March 2014. Preparation work such as designing the layout of the new site and the application for funding for the renovation has started.

We are happy that Mrs. Regina Leung, wife of the Chief Executive accepted our invitation to be our Patron on 24th August 2012. It shows that our services and contributions to the community of Hong Kong are well recognized by the government and the general public.

Hotline Centre

Our Hotline Centre responded to 17,737 cases in 2012, with an increase of 765 cases from that of 2011, and was also the second consecutive year with an increase in the number of cases. This shows that our hotline service remains highly necessary.

With the presence of our new centre-in-charge, and a more stabilized team, the operation of our Hotline Centre was smoother than before. Apart from continually reviewing the operation of our Hotline Volunteer Service, we have replaced our Telephone System with a more advanced one which is more user friendly in supporting our volunteer training and also provides statistical information such as duration of each call. With the latter information, we will be able to analyze our calls and provide more effective service. Funded by The Community Chest, we have also finished the tendering of the project for renewing our Hotline Computer System. We have high hopes that, with the completion of the above work, the service of our Hotline Centre can be further enhanced.

Among all the training and workshops our Hotline Centre has provided to external parties in 2012, it is worth mentioning that we were invited by the Hong Kong Police Force to conduct a total of 14 Suicide Crisis Intervention workshops for their emergency hotline operators so that they would be able to handle suicide crises when receiving emergency calls.

Suicide Crisis Intervention Centre

Our Suicide Crisis Intervention Centre came to its 10th year anniversary in 2012. It handled 1,224 crisis cases in 2012, similar to that of the previous year. Our statistics show that among the cases, the male to female ratio is approximately 1:1.9. This may not necessarily mean that women are more at risk in terms of committing-suicide; but may indicate that men are less willing to seek help when they are having suicide intentions. As per last year, the suicidal problem of a relative or a friend and family problems were the major reasons leading to distress of our cases in 2012.

Referrals were still the major source of cases for our Suicide Crisis Intervention Centre. Social service agencies, hospitals, the police, and schools helped in referring cases to our Centre. We strongly believe that this kind of community partnership is the best way to help those at risk. Hence, we will continue to promote the services provided by our Suicide Crisis Intervention Centre to various parties in the community, hoping that people with suicide risks will be able to receive help as soon as possible.

The Centre made a new publication: "Living or Leaving? Turn Away from the Edge of Suicide" in 2012 to celebrate its 10th year anniversary. Service users, crisis counselors, consultants and volunteers all contributed to the book by sharing their experiences and witnessing the growth of our Suicide Crisis Intervention Centre. The book was highly recommended by a lot of readers due to the true encouraging stories of our clients and experience sharing of our crisis counselors inside.

Life Education Centre

It was also the 10th year anniversary of our Life Education Centre in 2012. As in previous years, we continued our Suicide Prevention Education Project by reaching out to a lot of schools and organizations as we believe that education can help prevent suicide. We extended our service to kindergartens by implementing a pilot project so that the right values of life can be taught to kids early in their childhood. To enhance our life education service for youth, we initiated "Hovering Over the Edge of Death Programme" to help youth participants to rethink the value of life through understanding death. In 2012, we have provided talks, workshops, training and group activities to over 10,000 participants from all walks of life.

Our Life Ambassadors Volunteers Programme continued to recruit and train volunteers to care for our community. In 2012, 42 Life Ambassadors were trained. Together with the existing Life Ambassadors, they served 416 persons in need.

Life Drama Programme was another form of life education. With the support of MTR Corporation and a group of dedicated volunteers, three shows were performed in 2012 and received very positive response from the audiences.

Caring Fund

In 2012, we established the PR & Fundraising Department under the Caring Fund. The purpose of this is to allot dedicated resources to enhance our public relations, corporate partnerships, as well as fundraising capacity.

The support from various mass media, corporate partners and the general public has made it easier for us to disseminate the message of life cherishment to the community. We would like to give special thanks to Ms Kara Hui for being our Ambassador; Liu Chong Hing Investment Limited in sponsoring our World Suicide Prevention Day Carnival; Hung Fok Tong for playing our Life Cherishment video in the chain stores; Consumer Power Tech for doing a survey on emotional health for us; students of Applied Learning of School of Continuing and Professional Education, City University of Hong Kong (CityU (SCOPE)) for helping us to hold a "Free Hug" activity to promote the message of caring for others; and many others who have supported us in various ways.

In the ceremony to celebrate the 10th anniversary of both our Suicide Crisis Intervention Centre and Life Education Centre, we were delighted to have Mr. Patrick Nip - Director of Social Welfare and Mr. Douglas So, Executive Director, Charities / General Counsel of Hong Jockey Club to be our guests of honor.

Professional Training and Development Centre

A major change of team members in our Professional Training Centre did not affect the development of new courses. 8 new programmes were constructed and tailor-made courses were provided at the requests of a lot of social service agencies in Hong Kong and Macau. It is gratifying to know that we are well recognized both locally and in Asia for our experiences in suicide prevention and related services.

Conclusion

In general, 2012 was both a developing and harvesting year for The Samaritan Befrienders Hong Kong. While aiming to perfect our services in various ways, we are preparing for the challenges ahead and face any difficulties with our clients in the years ahead.

2012 年度主席報告

黃祐榮(主席)

簡介

根據死因裁判庭的數據顯示，過往兩年自殺死亡的數字均跌破900宗（2011年為833宗、2012年為845宗，為1998年以來最低），雖然數字下降令人鼓舞，但企圖自殺的新聞卻屢見不鮮，令公眾關注。故此，我們的工作步伐並不可以放慢下來，反而需要不斷向前。

機構整體事項

經過一段諮詢期，以及得到會員很多寶貴的意見，我們修改了組織大綱及細則並於上一次的會員周年大會中獲得通過，此將有效增強本會之制度及機構管治。

另外，由於白田邨重建計劃落實，房屋署已通知本會之白田中心需於2014年三月底前調遷至由同邨停車場改建而成之單位，籌劃工作（包括擬定圖則及申請裝修用之撥款）已於2012年展開。

另外，我們很高興2012年8月24日獲行政長官夫人梁唐青儀女士答允，成為本會之榮譽贊助人，這證明了本會多年的努力及貢獻，得到香港政府及各界的認同。

熱線服務

我們的熱線中心於2012年共處理17,737宗個案，比2011年之數字上升了765宗，這已是連續兩年數字上升，反映了很多市民面對不同的壓力及情緒困擾，而我們的熱線服務是有其重要性的。

由於新的中心主任到職，以及擁有較穩定的團隊，熱線中心的運作已回復正常，除了繼續檢討熱線義工之服務外，我們更新了整套熱線電話系統，該系統能更有效幫助我們的義工培訓及提供統計數據如來電對話時間等，讓我們能有效分析服務。得到公益金的資助，我們亦已完成更新熱線中心電腦系統之投標工作，期望完成以上各項工作後，我們的熱線中心服務能得到進一步的提升。

值得一提的，是熱線中心於2012年被香港警務署邀請，為其999報案中心之警察通訊員提供了14次自殺危機處理工作坊，讓他們能處理具自殺危機的求助電話，這不但能使公眾受惠，亦顯示我們於防止自殺的工作，得到外界認同。

自殺危機處理中心

2012是自殺危機處理中心的十周年，於這年共處理1,224宗危機個案，數字上跟之前一年相約。數據顯示，個案的男女分佈比例為1比1.9，這未必反映女士的自殺危機較大，可能只反映男士有自殺意圖時，更不願意向外求助。另外，跟之前一年一樣，受親友自殺問題困擾人士及家庭問題仍佔我們最大部份的個案。

轉介是本中心個案的主要來源，社會服務機構、醫院、警察、學校均是主要個案轉介者。我們深信這樣的社區合作伙伴關係，能最有效幫助有自殺危機的人士。故此，我們會繼續在社區推廣服務，希望讓具自殺危機的人士，及早得到適切的幫助。

自殺危機處理中心於2012年出版名為《唔死？吾得！從自殺邊緣走出來》的十周年文集，以慶祝中心成立十周年。服務使用者、危機輔導員、顧問及義工均在此文集分享他們的經驗及見證自殺危機處理中心的成長。由於故事感人、真實，加上同事們實際的危機處理經驗分享，此文集得到很多讀者的讚賞。

生命教育中心

2012年也是本會生命教育中心的十周年，一如往年，我們繼續以外展方式，到不同的學校及機構推行防止自殺教育計劃。我們甚至將服務伸延至幼稚園，推行試點計劃，將正確的生命價值觀及早灌輸予新一代。同時，我們亦加強針對青年人之生命教育，首次推行「徘徊死亡的邊緣」生死教育項目，讓青少年從死亡角度，反思生命的意義。於2012年，我們提供講座、工作坊、培訓及小組活動予超過一萬名來自各方的參加者。

我們的珍惜生命大使計劃於2012年招募及培訓了42名珍惜生命大使，加上原有的大使，共416名有需要的社區人士得到他們的關心及支持。

生命劇場是我們另一項生命教育的工作，得到港鐵有限公司及一群投入的義工支持，我們於2012年的三次演出，均得到觀眾們一致好評。

關懷身邊人基金

於2012年，我們於關懷身邊人基金之下成立了公共傳訊及籌款部，專責增強我們的公共關係、商界伙伴合作，及籌款的能力。

傳媒、商界伙伴及大眾的支持使我們在推廣珍惜生命的路更易走，在此要特別鳴謝惠英紅小姐作為我們的大使、廖創興企業有限公司贊助我們的世界防止自殺日嘉年華會、鴻福堂於其連鎖店播放本會之珍惜生命短片、Consumer Power Tech為我們作情緒健康之調查、香港城市大學專業進修學院應用學習學生為我們舉辦「零蚊擁抱」活動以推廣關懷身邊人的信息，以及很多其他的人士以不同方法支持我們的工作。

如前述，2012年正藉本會自殺危機處理中心及生命教育中心成立十周年，故我們在周年大會前特設慶祝典禮，並邀得社會福利署署長聶德權太平紳士及香港賽馬會慈善事務執行總監蘇彰德先生蒞臨主禮。

專業培訓及發展中心

雖然我們的專業培訓及發展中心在2012年有主要的人事變遷，但我們沒有停下發展課程的步伐。我們共推出8個新的課程供公眾報讀，並為香港及澳門的社會服務機構提供度身訂造的課程，這足以證明本會之在防止自殺及相關服務之經驗在本港及亞洲地區得到認同。

總結

總的來說，2012是本會既發展又豐收的一年，在完善服務的同時，我們正準備迎接前面的挑戰，並與我們的服務使用者，一起攜手衝破障礙。

SERVICE REPORTS 服務報告

6.1 HOTLINE CENTRE

熱線中心

Wong Siu Chai (Centre-in-charge)

黃小齊(中心主任)

Introduction 前言

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, and finally regain their hope for the future and confidence in facing the challenges ahead.

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、並提升解決問題的能力及重拾生存的勇氣和信心。

Case Service 個案服務

Number of Cases

個案數目

In 2012, we responded to 17,737 cases, an increase of 765 cases from 16,972 cases in 2011. Of these, 12,001 were help-seeking cases who were in need of emotional support. The rest included general enquiries, silent calls and prank calls. Of all the help-seeking cases, 11,685 (97.36%) cases reached us by phone, 29 cases (0.24%) by face-to-face interview, 1 case (0.0008%) by letter, and 286 cases (2.38%) by email.

本中心於2012共處理17,737人次的服務個案，比2011年的16,972個增加了765個。當中的求助個案共12,001次，其餘的則為一般的資料查詢、無聲及戲弄性電話等。在這些求助個案中，有11,685宗個案 (97.36%) 是透過電話熱線求助、29宗個案 (0.24%) 透過面談求助、1宗個案 (0.0008%) 透過書信求助及286宗個案 (2.38%) 透過電郵求助。

(Table 6.1.1) Overall Statistics of Services in 2012

(表 6.1.1) 二零一二年全年服務總表

| Contact Method 接觸方式 | Male 男 | Female 女 | Unknown 不詳 | Sub-total 總數 | Total 總數 |
|---------------------|-------------|-------------|-------------|--------------|--------------|
| Phone Call 電話 | 5975 | 5694 | 14 | 11685 | 12001 |
| Interview 面談 | 18 | 11 | 0 | 29 | |
| Letter 書信 | 0 | 1 | 0 | 1 | |
| E-mail 電郵 | 88 | 115 | 83 | 286 | |
| Enquiry Call 諮詢 | 502 | 267 | 45 | 814 | 5736 |
| Frivolous 戲弄 | 227 | 108 | 11 | 346 | |
| Mute Call 無聲 | 0 | 0 | 4576 | 4576 | |
| Total 總數 | 6810 | 6196 | 4729 | 17737 | 17737 |

Sex and Age

性別與年齡

48.51% of the help-seeking cases were female and 50.67% were male. The number of male help-seekers was higher than that of female by 2.16% in 2012, which was normally not the case in the past. It shows that male was more willing to seek for help from our hotline service to deal with their emotional distress.

The majority of service users were aged between 20 and 44 (65.33% of total). The age group of 40 to 44 (19.64% of the total) was at the top of the list. This was followed with the age group of 30 to 34 (15.97%) and 20 to 24 (10.70%).

According to the 2012 Hong Kong Census Report, 27.30% of the population was aged between 15 and 34, but the percentage of our help-seeking clients in this age category was 40.99% in 2012.

在性別分佈中，2012年女求助者佔全年的求助個案48.51%，男求助者佔50.67%，2011年的男求助者與女求助者的求助數目差距是0.52%，而2012年男求助者人數已超越女求助者2.16%，反映更多的男性遇到問題和情緒困擾時，願意尋求熱線的支援，以紓緩壓抑鬱結的情緒。

就求助者的年齡分佈分析，大部份的求助者的年齡介乎20歲至44歲之間，佔總求助者人數的65.33%，當中以40至44歲的年齡組別佔首位，佔19.64%，接著的是30至34歲和20至24歲的組別，分別佔15.97%和10.70%。

若比較香港人口統計數字，年齡15至34歲的人口只佔27.30%；而比較相同年齡組別於本會的求助人數佔40.99%。

(Table 6.1.2) Sex and Age Distribution of Clients in 2012

(表 6.1.2) 二零一二年求助者性別及年齡分佈表

| Age 年齡 | 2012年個案 Cases | | | | | 2011年個案 Cases | |
|-----------------|---------------|-------------|------------|--------------|------------|---------------|------------|
| | Male 男 | Female 女 | Unknown 不詳 | Total 總數 | % | Total 總數 | % |
| 0 - 9 | 23 | 2 | 0 | 25 | 0.21 | 30 | 0.25 |
| 10-14 | 24 | 48 | 1 | 73 | 0.61 | 73 | 0.61 |
| 15 - 19 | 347 | 240 | 1 | 588 | 4.9 | 571 | 4.8 |
| 20 - 24 | 822 | 458 | 4 | 1284 | 10.7 | 1247 | 10.48 |
| 25 - 29 | 705 | 423 | 2 | 1130 | 9.42 | 1113 | 9.35 |
| 30 - 34 | 918 | 996 | 2 | 1916 | 15.97 | 2042 | 17.16 |
| 35 - 39 | 668 | 484 | 0 | 1152 | 9.6 | 1079 | 9.07 |
| 40 - 44 | 1051 | 1306 | 0 | 2357 | 19.64 | 2202 | 18.51 |
| 45 - 49 | 350 | 484 | 1 | 835 | 6.96 | 971 | 8.16 |
| 50 - 54 | 446 | 714 | 0 | 1160 | 9.67 | 1067 | 8.97 |
| 55 - 59 | 126 | 114 | 0 | 240 | 2 | 199 | 1.67 |
| 60 - 64 | 84 | 71 | 0 | 155 | 1.29 | 151 | 1.27 |
| 65+ | 34 | 28 | 1 | 63 | 0.52 | 106 | 0.89 |
| 不詳 U | 484 | 454 | 85 | 1023 | 8.51 | 1048 | 8.81 |
| Total 總數 | 6082 | 5822 | 97 | 12001 | 100 | 11899 | 100 |

Nature of Problems

問題種類

The major reasons for seeking help in 2012 were: Occupation (17.44%), Mental Health (16.62%), and Others (11.51%). Compared with the figures in 2011, cases in Occupation increased by 0.67%, whereas Mental Health cases increased by 0.60%. This reflects that the pressure people have in their employment such as working environment, working relationship with colleagues and supervisor, sense of job security and remuneration has to be dealt with to release the distress of the working class. In addition, mental health was still a significant problem that our help seekers had. In fact, Suicide problems and Mental Health problems are always closely related. 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 varied due to different stages of their lives. The major problem for the age group of 10 to 14 was Studying and Family; Sex and Love Relationship for 15 to 24; Sex and Occupation for 25 to 29; and Mental Health and Occupation for over 30.

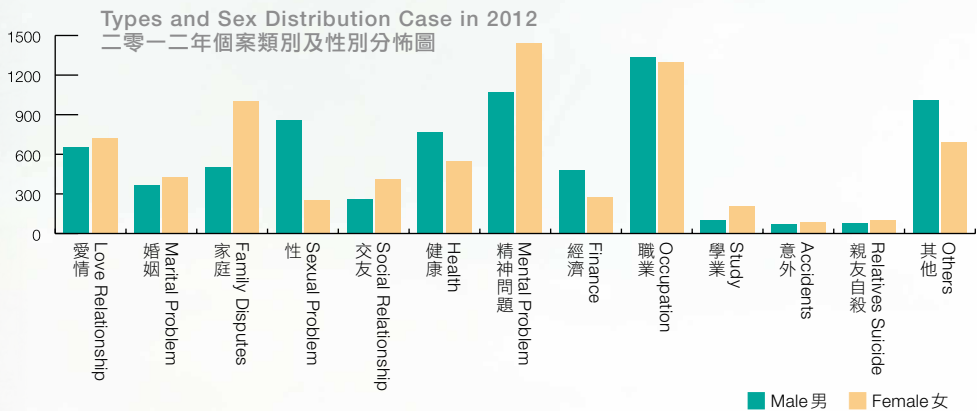
在全年求助個案類別中，主要困擾的問題是職業(17.44%)、精神問題(16.62%)及其他(11.51%)。相比往年的數字，受職業困擾的求助增加了0.67%，受精神問題困擾的求助者整體增加了0.60%。這可能反映到在職業方面的壓力如工作壓力、工作環境、與同儕和上司關係、工作安全感、待遇和福利等問題上仍需改善，以減輕在職人士的情緒困擾。另外，自殺問題跟精神問題兩者關係密切，若要改善香港的自殺問題，精神健康的教育工作不容忽視。

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至14歲的青少年受困擾最大的是家庭及學業問題，而15至24歲的青少年則受性和愛情問題的困擾較多，25至29歲組別最多受職業和性的困擾；30歲以上的求助者均較受精神問題和職業困擾。

(Table 6.1.3) Types and Sex Distribution Case in 2012

(表 6.1.3) 二零一二年個案類別及性別分佈表

| Types 個案類別 | 2012年個案 Cases | | | | | 2011年個案 Cases | |
|------------------------|---------------|-------------|------------|--------------|------------|---------------|------------|
| | Male 男 | Female 女 | Unknown 不詳 | Total 總數 | % | Total 總數 | % |
| Love Relationship 愛情 | 651 | 726 | 6 | 1383 | 9.12 | 1341 | 8.76 |
| Marital Problem 婚姻 | 369 | 428 | 1 | 798 | 5.26 | 739 | 4.83 |
| Family Disputes 家庭 | 504 | 1004 | 17 | 1525 | 10.06 | 1598 | 10.44 |
| Sexual Problem 性 | 859 | 253 | 4 | 1116 | 7.36 | 1050 | 6.86 |
| Social Relationship 交友 | 263 | 416 | 9 | 688 | 4.54 | 702 | 4.59 |
| Health 健康 | 765 | 549 | 3 | 1317 | 8.69 | 1615 | 10.55 |
| Mental Problem 精神問題 | 1071 | 1439 | 11 | 2521 | 16.62 | 2452 | 16.02 |
| Finance 經濟 | 481 | 280 | 4 | 765 | 5.04 | 825 | 5.39 |
| Occupation 職業 | 1335 | 1299 | 10 | 2644 | 17.44 | 2566 | 16.77 |
| Study 學業 | 104 | 206 | 9 | 319 | 2.1 | 267 | 1.74 |
| Accidents 意外 | 69 | 89 | 1 | 159 | 1.05 | 85 | 0.56 |
| Relatives Suicide 親友自殺 | 79 | 99 | 5 | 183 | 1.21 | 232 | 1.52 |
| Others 其他 | 1010 | 693 | 43 | 1746 | 11.51 | 1833 | 11.97 |
| Total 總數 | 7560 | 7481 | 123 | 15164 | 100 | 15305 | 100 |



(Table 6.1.4) Types and Sex Distribution Case in 2012

(表 6.1.4) 二零一二年個案類別及性別分佈表

| Age 年齡 | 0-9 | | 10-14 | | 15-19 | | 20-24 | | 25-29 | |
|------------------------|-----------|----------|-----------|-----------|------------|------------|------------|------------|------------|------------|
| Problems Areas 個案類別 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 |
| Love Relationship 愛情 | 0 | 1 | 0 | 2 | 27 | 36 | 115 | 90 | 80 | 120 |
| Marital Problem 婚姻 | 0 | 0 | 0 | 0 | 1 | 7 | 4 | 24 | 29 | 18 |
| Family Disputes 家庭 | 2 | 1 | 5 | 11 | 38 | 60 | 54 | 73 | 30 | 59 |
| Sexual Problem 性 | 3 | 0 | 8 | 1 | 81 | 35 | 320 | 35 | 188 | 17 |
| Social Relationship 交友 | 0 | 0 | 2 | 8 | 10 | 22 | 34 | 24 | 26 | 32 |
| Health 健康 | 0 | 0 | 2 | 5 | 76 | 23 | 51 | 40 | 58 | 30 |
| Mental Problem 精神問題 | 1 | 0 | 3 | 6 | 19 | 28 | 68 | 72 | 89 | 89 |
| Finance 經濟 | 0 | 0 | 0 | 1 | 2 | 6 | 29 | 8 | 29 | 17 |
| Occupation 職業 | 0 | 0 | 1 | 0 | 8 | 5 | 92 | 64 | 110 | 120 |
| Study 學業 | 7 | 0 | 1 | 15 | 32 | 51 | 39 | 26 | 11 | 9 |
| Accidents 意外 | 0 | 0 | 0 | 3 | 0 | 8 | 6 | 25 | 4 | 3 |
| Relatives Suicide 親友自殺 | 0 | 0 | 0 | 1 | 1 | 2 | 7 | 12 | 6 | 9 |
| Others 其他 | 10 | 0 | 3 | 5 | 105 | 16 | 135 | 65 | 164 | 22 |
| Total 總數 | 23 | 2 | 25 | 58 | 400 | 299 | 954 | 558 | 824 | 545 |

| Age 年齡 | 30-34 | | 35-39 | | 40-44 | | 45-49 | | 50-54 | |
|------------------------|-------------|-------------|------------|-------------|-------------|-------------|------------|-------------|------------|-------------|
| Problems Areas 個案類別 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 |
| Love Relationship 愛情 | 84 | 74 | 68 | 39 | 85 | 111 | 28 | 40 | 27 | 79 |
| Marital Problem 婚姻 | 71 | 129 | 88 | 76 | 93 | 196 | 22 | 107 | 54 | 164 |
| Family Disputes 家庭 | 114 | 43 | 41 | 18 | 39 | 47 | 1 | 10 | 4 | 17 |
| Sexual Problem 性 | 45 | 77 | 25 | 35 | 43 | 100 | 14 | 20 | 32 | 59 |
| Social Relationship 交友 | 88 | 70 | 56 | 46 | 119 | 114 | 44 | 70 | 83 | 73 |
| Health 健康 | 175 | 202 | 159 | 173 | 191 | 359 | 81 | 174 | 137 | 194 |
| Mental Problem 精神問題 | 73 | 32 | 46 | 34 | 141 | 66 | 34 | 36 | 58 | 47 |
| Finance 經濟 | 199 | 334 | 166 | 104 | 423 | 348 | 165 | 83 | 91 | 124 |
| Occupation 職業 | 9 | 11 | 1 | 9 | 2 | 35 | 0 | 4 | 0 | 31 |
| Study 學業 | 19 | 21 | 10 | 0 | 16 | 11 | 2 | 3 | 3 | 6 |
| Accidents 意外 | 22 | 15 | 6 | 5 | 6 | 15 | 3 | 6 | 9 | 11 |
| Relatives Suicide 親友自殺 | 125 | 101 | 66 | 52 | 124 | 182 | 40 | 58 | 74 | 81 |
| Others 其他 | 10 | 0 | 3 | 5 | 105 | 16 | 135 | 65 | 164 | 22 |
| Total 總數 | 1140 | 1235 | 870 | 667 | 1381 | 1724 | 445 | 640 | 598 | 936 |

| Age 年齡 | 55-59 | | 60-64 | | 65+ | | Unknown 不詳 | | Total 總數 | | |
|------------------------|------------|-------------|------------|-------------|-----------|-------------|---------------|-------------|-------------|-------------|--------------|
| Problems Areas 個案類別 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Male 男 | Female 女 | Total 總數 |
| Love Relationship 愛情 | 3 | 14 | 1 | 4 | 0 | 0 | 35 | 38 | 651 | 726 | 1377 |
| Marital Problem 婚姻 | 7 | 8 | 5 | 3 | 0 | 3 | 31 | 22 | 369 | 428 | 797 |
| Family Disputes 家庭 | 9 | 35 | 10 | 27 | 3 | 10 | 25 | 56 | 504 | 1004 | 1508 |
| Sexual Problem 性 | 0 | 1 | 1 | 0 | 0 | 0 | 59 | 29 | 859 | 253 | 1112 |
| Social Relationship 交友 | 5 | 11 | 7 | 1 | 3 | 1 | 17 | 26 | 263 | 416 | 679 |
| Health 健康 | 68 | 30 | 34 | 5 | 14 | 4 | 72 | 39 | 765 | 549 | 1314 |
| Mental Problem 精神問題 | 39 | 23 | 16 | 27 | 7 | 5 | 86 | 87 | 1071 | 1439 | 2510 |
| Finance 經濟 | 17 | 14 | 14 | 5 | 10 | 2 | 28 | 12 | 481 | 280 | 761 |
| Occupation 職業 | 12 | 23 | 7 | 3 | 0 | 2 | 61 | 89 | 1335 | 1299 | 2634 |
| Study 學業 | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 14 | 104 | 206 | 310 |
| Accidents 意外 | 0 | 0 | 0 | 2 | 0 | 0 | 9 | 7 | 69 | 89 | 158 |
| Relatives Suicide 親友自殺 | 0 | 3 | 0 | 1 | 1 | 2 | 18 | 17 | 79 | 99 | 178 |
| Others 其他 | 30 | 6 | 26 | 10 | 10 | 6 | 98 | 89 | 1010 | 693 | 1703 |
| Total 總數 | 190 | 168 | 121 | 88 | 48 | 36 | 541 | 525 | 7560 | 7481 | 15041 |

Suicide Crisis 自殺危機

10.47% of the total number of cases handled in 2012 was assessed as having a low suicide risk. 2.07% of the cases were assessed to have medium risk. 0.52% of cases were at high suicide risk. In total, 13.06% of the cases were suicidal. Among the high and medium risk cases, 16.55% of the cases (48 cases) were referred to our Suicide Crisis Intervention Centre for crisis intervention and further intensive counselling service.

在全年的求助個案中，有10.47%是有輕度自殺危機，2.07%是有中度自殺危機的，至於有高度自殺危機的個案則有0.52%。總計來說，有自殺危機的求助個案佔13.06%，16.55% (即48個案)的高、中危個案轉介至本會自殺危機處理中心跟進。

(Table 6.1.5) Suicidal Assessment in 2012
(表 6.1.5) 二零一二年求助者的自殺評估表

| Suicidal Assessment 即時自殺危機 | 2012 | | | | | | | | 2011 | |
|-------------------------------|-------------|--------------|-------------|--------------|-----------|------------|--------------|------------|--------------|------------|
| | M 男 | % | F 女 | % | U 不詳 | % | T 總計 | % | T 總計 | % |
| Imminently Suicidal 高 | 27 | 0.22 | 35 | 0.29 | 1 | 0.01 | 63 | 0.52 | 63 | 0.53 |
| Suicidal with Plan 中 | 94 | 0.78 | 151 | 1.26 | 4 | 0.03 | 249 | 2.07 | 268 | 2.25 |
| Suicidal Idea 低 | 563 | 4.69 | 653 | 5.44 | 40 | 0.33 | 1256 | 10.47 | 1112 | 9.34 |
| No Suicidal Idea 無 | 5091 | 42.42 | 4791 | 39.92 | 37 | 0.31 | 9919 | 82.65 | 9877 | 83.01 |
| Total 總數 | 6082 | 50.67 | 5822 | 48.51 | 97 | 0.8 | 12001 | 100 | 11899 | 100 |

Volunteer Training 義工訓練

The 52nd of our hotline volunteer training was commenced in May 2012. The training lasted one-year. After preliminary screening, 66 applicants were admitted as volunteer trainees for the first stage of training.

In order to maintain both the quantity and quality of our volunteer pool, in-service training, such as case sharing, agency visits and training workshops were organized to the hotline volunteers so that their skills and information in helping the help seekers could be improved and updated.

本會於2012年5月開辦了第五十二期義工訓練班，為義工學員提供為期一年的義工訓練，報名參加者十分踴躍，經篩選後，有共66人接受職前培訓第一階段的訓練。

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，包括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。

(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 1) 參加人數 (第一階段訓練) |
|------------------------------|--------------------|---|
| Starting from May 5月起 (為期一年) | 52期 | 66人 |



Hotline Volunteers Pre-service Training
熱線義工職前訓練

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

| Period 日期 | Theme 主題 | Type 種類 | No. of Sessions 節數 |
|----------------|--|---------|--------------------|
| January 1月 | Case Sharing - 「How to Hang Up!」 個案分享會 - 「您我他收不了線！」 | 訓練 | 1 |
| | Visiting Mother's Choice 探訪母親的抉擇 | | 1 |
| February 2月 | Workshop on Handling Ex-Offenders Case 更生人士個案處理技巧 | 訓練 | 1 |
| March 3月 | Visiting Red Ribbon Centre 探訪紅絲帶中心 | 訓練 | 1 |
| | Case Sharing - Questioning Techniques 個案分享會 - “問”出個精彩人生 | | 1 |
| | Retreated Camp 2012 退修營 2012 | | 2 |
| April 4月 | From Female Perspective 站在女性角度想一想 | 訓練 | 1 |
| May 5月 | Training Course on HKAL & HKDSE 高考及文憑試熱線訓練工作坊 | 訓練 | 1 |
| | Training Programme for Junior Volunteers 拼發義工生命力量小組 | | 3 |

| Period 日期 | Theme 主題 | Type 種類 | No. of Sessions 節數 |
|--------------|---|---------|--------------------|
| June 6月 | Workshop on Handling Domestic Violence Case 家庭暴力個案處理技巧工作坊 | 訓練 | 1 |
| | Training Group Leaders Workshop 訓練班組長工作坊 | | 2 |
| | Case Sharing - How to Explore and Realize Suicide Risk 個案分享會 - 探討如何詢問自殺危機 | | 1 |
| July 7月 | Workshop on Handling Gambling Addiction and Liabilities Case 賭博成癮及負債個案處理技巧工作坊 | 訓練 | 1 |
| | Workshop for Understanding of the Brain Degeneration Patients and the Emotional Reactions and Needs of Caregivers 認識腦退化患者及照顧者的情緒反應及需要工作坊 | | 1 |
| | Training Programme for Junior Volunteers 拼發義工生命力量小組 | | 1 |
| August 8月 | Understanding of Anxiety Disorders and Handling Skills of Hotline Case 認識焦慮症及熱線個案處理技巧 | 訓練 | 1 |
| | Case Sharing - Borderline Personality Disorder 個案分享會 - 邊緣人格障礙逐個捉 | | 1 |
| September 9月 | Family and Marriage Case Handling Skills Sharing Sessions 家庭及婚姻個案處理技巧分享會 | 訓練 | 1 |
| | Training Programme for Junior Volunteers 拼發義工生命力量小組 | | 1 |
| October 10月 | Workshop on Support Group of the Batterer 支援施虐者工作坊 | 訓練 | 1 |
| | Workshop on Bereavement Counseling Skills 哀傷個案輔導技巧工作坊 | | 1 |
| November 11月 | Counselling Workshop on Supporting Teenage Health in Sex 青少年性健康支援及輔導工作坊 | 訓練 | 1 |
| December 12月 | Visiting CSD (Sha Tsui Correctional Institution) 探訪沙咀懲教所 | 訓練 | 1 |
| | Training Programme for Junior Volunteers 拼發義工生命力量小組 | | 1 |



Retreated Camp 2012
退修營2012



Training Programme for Junior Volunteers
拼發義工生命力量小組



Workshop on Bereavement Counseling Skills
哀傷個案輔導技巧工作坊

Profile of Volunteers 義工資料

At the end of 2012, the number of hotline volunteers of our organization stood at 224, with 84 (37.50%) male and 140 (62.50%) female members. While all the volunteers were aged over 20, the majority (44.19%) were in the age range of 45 to 54. 67.85% of the total possessed a tertiary or university qualifications. 23.66% of them were white collars, and 10.26% were working in the education sector.

截至2012年底，本會共有義工224名。當中男義工有84(37.50%)，女義工140(62.50%)，當中以45至54歲屬大多數，佔總義工人數的44.19%；教育程度多為大專程度或以上，佔67.85%；職業則以白領最多，佔23.66%，教育界則佔10.26%。

(Table 6.1.8) Profile of Hotline Volunteers

(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 | 84 | 140 |

(B) Year of Service 服務年資

| | Male 男 | Female 女 |
|--------------------------|-----------|------------|
| 一年以下 Below 1 year | 26 | 34 |
| 2-3 年 / years | 12 | 31 |
| 4-5 年 / years | 10 | 15 |
| 6-7 年 / years | 5 | 10 |
| 8-9 年 / years | 7 | 13 |
| 10 年或以上 / 10 years above | 24 | 37 |
| Total 合共 | 84 | 140 |

(C) Service Hours 服務時數

| | Male 男 | Female 女 |
|------------------------|-----------|------------|
| 50 小時以下 / Below 50 hrs | 15 | 25 |
| 51-100 小時 / hours | 31 | 59 |
| 101-200 小時 / hours | 34 | 56 |
| 201-300 小時 / hours | 3 | 0 |
| 300 小時以上 / hours above | 1 | 0 |
| Total 合共 | 84 | 140 |

Special Services 特別服務

In view of the close correlation between suicide problem and mental health, we provided our supportive campaigns in different districts in 2012 by providing appropriate referral information to help-seekers.

To increase the community awareness on mental health and life education, we participated in Conference and Carnivals, and promoted to caring company to spread the messages.

精神健康及自殺問題息息相關，有見及此，本中心在過去一年曾到不同的地點提供支援性活動或講座，讓居民認識更多的求助途徑，在有需要時懂得主動求助。

此外，為了提升社區人士對精神健康和珍惜生命的關注，本中心亦協辦「順逆皆人生珍惜生命行動」研討會和舉行防止自殺生命教育嘉年華，並參與愛心商戶推廣行動，以推廣珍惜生命的信息。

(Table 6.1.9) Visiting Organization

(表 6.1.9) 外間機構探訪

| Month 月份 | Visiting People / Organization 來訪者 / 機構 | Purpose 目的 | No. of Visitors 人數 |
|--------------|--|---|--------------------|
| January 1 月 | Social Welfare Department 社會福利署 | Operation of Hotline Service 了解熱線服務運作及求助內容 | 4 |
| February 2 月 | Mother's Choice (Telephone Interview) 母親的抉擇 (電話訪問) | Introduction of Volunteers Training 了解熱線義工訓練 | 1 |
| April 4 月 | Shun Tak Fraternal Association 順德聯誼總會譚伯羽中學 (電話訪問) | Causes for Secondary School Student Seeking Help & Prevention Recommendations 中學生求助原因及預防青少年自殺建議 | 1 |
| | United Christian College (Telephone Interview) 匯基書院 (電話訪問) | Exploration the Causes of Youth Suicide 探討香港青少年自殺的成因 | 1 |
| | St Mark's School (Telephone Interview) 聖馬可中學 (電話訪問) | Exploration the Causes of Youth Suicide Problem and Prevention Methods 探討青少年自殺問題及預防方法 | 1 |
| | The Women's General Association of Macau 澳門婦女聯合總會 | Introduction of Hotline Service 認識本會服務及熱線運作 | 15 |
| | Institute of Social Service Development 社會研究發展中心 | Introduction of Hotline Service and Volunteers Training 認識本會服務及義工培訓 | 15 |

| Month 月份 | Visiting People / Organization 來訪者 / 機構 | Purpose 目的 | No. of Visitors 人數 |
|-----------------|---|--|--------------------------|
| April 4月 | Lifeline (Caritas Macau) 澳門明愛生命熱線 | Introduction of Hotline Service and Logistics of Case Management 認識本會服務及熱線個案處理流程 | 3 |
| | Queen Elizabeth School 伊利沙伯中學 | Exploration the Cause of Suicide Problem and Prevention Methods in Hong Kong 探討整體香港自殺的原因及預防方法 | 1 |
| May 5月 | Lee Hysan Foundation 利希慎基金 | Understanding the Operation of New Hotline System 了解新電話系統運作 | 1 |
| September 9月 | Guangzhou Datong 廣州大同赴港交流團 | Introduction of Hotline Service 熱線服務介紹 | 1 |
| October 10月 | Mother's Choice 母親的抉擇 | Introduction of Hotline Service and Volunteers Management 認識熱線運作及義工管理 | 3 |
| | Tuen Mun Hospital Student of Nurses 屯門醫院護士學生 | Introduction of Hotline Service and Case Handling Skill 認識熱線服務及個案處理技巧 | 4 |
| November 11月 | Taiwan Suicide Prevention Center 台灣全國自殺防治中心 | Introduction of Hotline Service 認識熱線服務運作 | 6 |
| December 12月 | Joyful (Mental Health) 心晴行動 | Introduction of Hotline Service and Volunteers Experience Sharing 認識熱線服務及義工交流 | 7 |
| | Caritas Macau 澳門明愛義工 | Introduction of Hotline Service and Volunteer Experience Sharing 認識熱線服務及義工交流 | 16 |
| | The Samaritan Befrienders Penang 檳城撒瑪利亞會 | Introduction of Hotline Service 熱線服務介紹 | 1 |

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

| Targets 對象 | Period 日期 | Organization 機構 | Theme 主題 | No. of Participants 參加人數 |
|---------------|------------------------------|---|---|--------------------------------|
| 機構 | February 2月 | New Life Psychiatric Rehabilitation Association 新生精神康復會 | Counseling Skill of Hotline Service 熱線輔導技巧工作坊 | 8 |
| | March - December 3-12月 | Hong Kong Police Force 香港警務處 | Suicide Crisis Intervention Workshop 1-14 警察通訊員自殺危機處理工作坊 (一至十四) | 377 |
| | July 7月 | The Samaritan Befrienders Hong Kong Suicide Crisis Intervention Centre 香港撒瑪利亞防止自殺會 自殺危機處理中心 | Listening Skill Training for Survivors 活出彩虹小組 - 聆聽技巧訓練 | 14 |
| | August 8月 | Hong Kong Playground Association 香港遊樂場協會 | Volunteer Training - Caring Neighborhood Ambassador 「順逆皆人生－鄰里守望大使」 訓練工作坊 | 18 |
| | September 9月 | Hong Kong Sheng Kung Hui Chuk Yuen Canon Martin District Elderly Community Centre 香港聖公會福利協會 香港聖公會竹園馬田法政牧師長者綜合服務中心 | Volunteer Training - Caring Neighborhood Ambassador 「順逆皆人生－鄰里守望大使」 訓練工作坊 | 35 |
| | October 10月 | Shenzhen Crisis Intervention Centre 深圳市危機干預中心 | Crisis Intervention Training 兩岸三地突發公共事件 心理危機干預培訓班 | 100 |
| | November 11月 | The Maple Women's Psychological Counselling Center Beijing 北京紅楓婦女心理諮詢服務中心 | Development of Hotline Service Summit E時代下心理熱線的創新與發展－ 首屆兩岸三地心理熱線高峰論壇 | 350 |
| | December 12月 | Hong Kong Federation of Women's Centre 香港婦女中心協會 | Hotline - Suicide Crisis Intervention Workshop 婦女熱線 - 自殺危機個案處理 | 15 |
| | | The Boys' & Girls' Clubs Association of Hong Kong 香港小童群益會 | Identification of Emergency Calls and Handling Skills 緊急求助電話之辨識及即時處理 技巧訓練 | 30 |
| | | Hong Kong Single Parents Association 香港單親協會 | How to Handle Suicide Crisis Callers 認識「如何處理有自殺危機之來電者」 | 20 |

(Table 6.1.11) Special Programme

(表6.1.11) 特別活動

| Month 月份 | Name of Programme 活動名稱 |
|-----------------|--|
| February 2月 | Love Carnival 「擁抱生命，與你同行」愛心嘉年華攤位活動 |
| March 3月 | Fun Fair Day 利民會「愛生活，愛憐里-關懷探訪攤位同樂日」攤位活動 |
| September 9月 | World Suicide Prevention Carnival 世界防止自殺日嘉年華攤位遊戲 |
| | Conference on Life Treasuring 「順逆皆人生」黃大仙區珍惜生命行動研討會 |
| November 11月 | Project on Promoting Concern & Life Education to Caring Company 「順逆皆人生」愛心商戶推廣行動 |



Sharing with Joyful (Mental Health)
與心晴行動交流



Suicide Crisis Intervention Workshop
警察通訊員自殺危機處理工作坊



Project on Promoting Concern & Life Education to Caring Company
「順逆皆人生」愛心商戶推廣行動

6.2 LIFE EDUCATION CENTRE 生命教育中心

Ku Wing Kuen (Centre-in-charge)
顧穎娟 (中心主任)

Introduction 前言

Life Education Centre (LEC) aim at promoting the message of cherishes life. With continuous support from the Hong Kong Jockey Club Charity Trust Fund, our "Suicide Prevention Education Project" has been providing life education services through a comprehensive range of services including outreaching, volunteers' trainings, resources library and publications etc.

生命教育中心一直致力推廣珍惜生命、預防自殺的信息，並持續得到香港賽馬會慈善信託基金的捐助，推展「防止自殺教育計劃」；透過外展服務、珍惜生命大使訓練、防止自殺資源圖書閣及教材製作等範疇，將珍惜生命及關愛互助的訊息傳播予社會人士，以達致及早預防自殺的目的。

Outreaching Services 外展服務

Partnering with schools and various community organizations, LEC provides territory-wide outreaching life education and suicide prevention services to the general public. Recently, we have also extended our services to kids of kindergartens, high schools' and territory schools' students as we concern suicidal behaviors of children and youth. We launched the 'Hovering Over the Edge of Death' programs and set up our own Life Drama performances. In 2012, LEC totally served 10,560 participants through various means which included:

本中心以外展形式到全港各中小學及社區團體提供生命教育及預防自殺訓練。近年我們特別關注兒童及青少年自殺之問題，故中心亦嘗試於幼稚園推行試點計劃；同時，我們亦加強針對高中生及大專生之預防自殺教育，如首次推行「徘徊死亡的邊沿」生死教育小組及感動生命劇場演出等。整體而言，2012年度本中心之外展服務人數達10,560人，當中包括：

Talks and Workshops

講座及工作坊

47 talks and 10 workshops were held for 10,451 participants.

47場講座及10場工作坊，服務了10,451人。

Groups

小組服務

5 groups were held in 2012, serving totally 70 people. 'Walk along with You' and 'Facing Unhappiness and Lost' targeted students of secondary schools. 'Health Army' was designed for primary students. Pioneering program 'Hovering over the Edge of Death' was held for high schools students and adults.

5個小組活動，分別以中學生為對象的「伴我同行」學長訓練、「面對不快或失去」小組，以小學生為對象的「健康軍團」小組，及首次試點推行「徘徊死亡的邊緣」生死教育小組-學生篇及成人篇，總服務人數共70人。

Professional Training Groups

專題培訓

3 training groups were held in 2012 for the Department of Special Education and Counselling, Hong Kong Institute of Education, Department of Educational Psychology, Hong Kong Polytechnic University and Jordan Valley Kai-fong

Welfare Association Choi Ha Social Centre for the Elderly respectively. Totally 39 professionals were served.

分別為香港教育學院特殊教育與輔導學系、香港理工大學教育心理學系及佐敦谷街坊福利會彩霞長者活動中心舉辦有關預防自殺及生命教育為主題之專題培訓，共服務39人。

(Table 6.2.1) Service Outputs (Outreaching) in 2012

(表 6.2.1) 2012 外展服務數字

| Outreaching Services 外展服務 | No. of Talks/ Workshops/ Groups 場數 | No. of Participants 人數 |
|---------------------------------------|------------------------------------|------------------------|
| Talks 講座 | 47 | 10,118 |
| Workshops 工作坊 | 10 | 333 |
| Groups 小組 | 5 | 70 |
| Professional Training Groups 專題培訓服務數字 | 3 | 39 |

Community Support Service 社區支援服務

Through our “Life Ambassadors” Program, participants’ awareness of suicide can be enhanced and they can also be equipped with proper skills in helping others. In 2012, the activities under our “Life Ambassadors” Program included:

本中心透過「珍惜生命大使」計劃，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，從而培養他們成為社區的守望者。於2012年，我們「珍惜生命大使」計劃的活動包括：

“Life Ambassadors” Volunteers’ Training

「珍惜生命大使」義工訓練課程

The 22nd and 23rd batches of “Life Ambassadors” Volunteers’ Training trained a total number of 42 volunteers to be our Life Ambassadors. As usual, we had cooperation with the Hong Kong Society for the Blind, Neighbourhood Advice- Action Council and our Suicide Crisis Intervention Centre, in making visitation to the mentally retarded persons with visual and deaf handicapped, needy elderly and suicide attempters. At the same time, we also expanded our visitations to low income families and the elderly living in remote villages or sub-divided flats by partnering with the Society for Community Organization and Hong Kong Society for the Aged.

Apart from the visits mentioned above, we are also happy to see that the ambassadors continuously engaged in various voluntary work to promote the message of cherishing life. In 2012, 416 persons engaged in our programs or received ambassadors’ caring.

第22及23期的「珍惜生命大使」義工訓練課程，培訓了共42位「珍惜生命大使」。我們除一如以往分別與香港盲人輔導會、鄰舍輔導會以及本會自殺危機處理中心合作，探訪智障暨視障人士、長者及協助危機個案之關顧外，本年亦與社區組織協會及香港耆康老人福利會合作，服務低收入家庭及偏遠地區長者。

除探訪服務外，大使亦積極參與其他義務工作，以傳揚珍惜生命的訊息予社區上有需要的人士。大使於2012年共服務了416人。



Lesson for the 22nd Life Ambassadors - Understanding the Alarms of Suicide
第廿二期珍惜生命大使課堂，了解自殺的警號



Graduation of the 23rd Life Ambassadors
第廿三期珍惜生命大使畢業

“Life Ambassadors” Volunteers’ Refresher courses

「珍惜生命大使」進階培訓工作坊

To strengthen the skills and giving support to the graduated ambassadors, three refresher courses were provided to our Life Ambassadors, namely ‘Decompression: Emotional Freedom Techniques’ and ‘Use of Smiles and Metaphors: Advanced Counseling Skills’ and ‘Letting Go - Self Help - Helping Others’ workshop. There were totally 73 participants for the three courses.

為進一步強化「珍惜生命大使」之助人技巧，支援他們在社區上持續傳揚珍惜生命的訊息，本年度共舉辦了三場進階培訓工作坊，題目分別為「EFT快速減壓法」、「深層輔導技巧：『比喻與隱喻』應用」及「放下傷痛·自助·助人」工作坊，共有73位人士參加。

Table 6.2.2) “Life Ambassadors” Services/Activities in 2012

(表 6.2.2) 2012年「珍惜生命大使」服務/活動

| Periods 日期 | Name of activities 活動名稱 | Format 形式 | Targets 對象 | Partners 合作機構 | No. of Beneficiaries 受惠人數 |
|-------------------------|--|---|---|---|---------------------------|
| 01/01/2012-31/12/2012 | The Suicide Crisis Intervention Centre – Cases Follow up 自殺危機處理中心個案跟進 | Visitations and Telephone contacts 探訪及電話慰問 | Low Risks Suicidal Cases 低危自殺個案 | The Suicide Crisis Intervention Centre 自殺危機處理中心 | 10 |
| 14/01/2012 | “Green Angels” Hospital Voluntary Services 綠衣天使醫院義務工作計劃 | Visitations 探訪 | Patients 醫院病友 | The United Christian Hospital 基督教聯合醫院 | 6 |
| 07/01/2012 及 14/01/2012 | Wintry Visitation 寒冬探訪 | Visitations 探訪 | Singleton Elderly 獨居長者 | The Neighbourhood Advice-Action Council - Sham Shui Po District Elderly Community Centre 鄰舍輔導會 - 深水埗康齡社區服務中心 | 36 |
| 19/1/2012 | Decompression: Emotion Freedom Techniques EFT快速減壓法 | Activity 活動 | Previous Life Ambassadors 歷期 珍惜生命大使 | / | 23 |
| 20/1/2012 | Use of Smiles and Metaphors: Advance Counseling Skills 深層輔導技巧：「比喻與隱喻」應用 | Activity 活動 | Previous Life Ambassadors 歷期 珍惜生命大使 | / | 19 |
| 09/06/2012 | Dragon Boat Festival Visitation 端午探訪 | Visitations 探訪 | Singleton Elderly 獨居長者 | The Neighbourhood Advice-Action Council - Sham Shui Po District Elderly Community Centre 鄰舍輔導會 - 深水埗康齡社區服務中心 | 27 |
| 16/06/2012 | Finding the Lost Villages 遺失村落探記 | Visitations 探訪 | Elders Living in Remote Village or Subdivided Flat 居住偏遠地區或分租單位長者 | The Hong Kong Society for the Aged - Cheung Shan Developing Horizon 香港耆康老人福利會 象山發展領域 | 39 |
| 07/07/2012 | BLIND X-PERIENCE Exposure Trip BLIND X-PERIENCE 體驗日 | Activity 活動 | Life Ambassadors 珍惜生命大使 | Crossroads Foundation 國際十字路會 | 20 |
| 21/07/2012 | Service for Persons with Mild Grade Retardation “Walk Along with You” 輕度智障人士服務 「有您同行」 | Activity 活動 | Mentally Retarded Persons with Visual & Deaf Handicapped 智障及視、聽障人士 | The Hong Kong Society for the Blind - Morning Glory DAC cum Hostel 香港盲人輔導會 - 朝陽中心暨宿舍 | 14 |
| 8/9/2012 | “Refugee Run” Activity 「難民體驗RUN」活動 | Activity 活動 | Previous Life Ambassadors 歷期 珍惜生命大使 | / | 22 |
| 16/9/2012 | “World Suicide Prevention Day” Carnival Stall 「世界防止自殺日」嘉年華攤位 | Activity 活動 | Previous Life Ambassadors 歷期 珍惜生命大使 | / | 100 |

| Periods 日期 | Name of activities 活動名稱 | Format 形式 | Targets 對象 | Partners 合作機構 | No. of Beneficiaries 受惠人數 |
|------------|--|----------------|--|--|---------------------------|
| 31/10/2012 | Life Ambassadors Alumni Association Tea Gathering 珍惜生命大使同學會茶聚 | Activity 活動 | Previous Life Ambassadors 歷期 珍惜生命大使 | / | 16 |
| 10/11/2012 | "Letting Go - Self Help - Helping Others" Workshop 「放下傷痛・自助・助人」工作坊 | Activity 活動 | Previous Life Ambassadors 歷期 珍惜生命大使 | / | 31 |
| 8/12/2012 | "Having Ample Food and Clothing" Rice Giving-out Activity 「豐衣足食」派米活動 | Visitations 探訪 | Singleton Elderly 獨居長者 | The Neighbourhood Advice-Action Council - Sham Shui Po District Elderly Community Centre 鄰舍輔導會 - 深水埗康齡社區服務中心 | 11 |
| 15/12/2012 | "Chasing Joyful Christmas" Activity 「喜樂聖誕大追擊」活動 | Activity 活動 | Low-Income Families, Volunteers 低收入家庭、義工 | Society for Community Organization 社區組織協會 | 18 |
| 15/12/2012 | BLIND X-PERIENCE Exposure Trip BLIND X-PERIENCE 體驗日 | Activity 活動 | Life Ambassadors 珍惜生命大使 | / | 15 |
| 25/12/2012 | "Passing on Love with Christmas Cookies" Activity 「聖誕曲奇傳愛心」活動 | Activity 活動 | Life Ambassadors 珍惜生命大使 | / | 9 |
| Totals 總數 | | | | | 416 |

“Hovering over the Edge of Death” life education program 「徘徊死亡的邊緣」生死教育活動

In the summer of 2012, our centre launched a pioneer program – “Hovering over the Edge of Death” life education program, which aimed at breaking the taboo and increasing people’s understanding on death, and hence the participants could review the meaning of life and learn to cherish it. In the group session of the program, participants discussed their understanding and feeling about death, and through experiential activities such as “my funeral”, they could taste the feeling of being dead. Dividing into students group and adult groups, they were arranged to visit funeral parlor and public mortuary respectively, where they not only gained knowledge about arrangement after death, but also had an up close experience with death. Such experience was then transferred to learning opportunity about the meaning of life. The participants learned both the limitations and value of life, and so they also learned to cherish life. There were totally 24 participants in this program, and they all showed positive feedback afterwards, agreeing that the program could reach its objectives.



“Hovering over the Edge of Death”
life education program
「徘徊死亡的邊緣」生死教育活動

本中心於2012年暑假期間首次試點推行「徘徊死亡的邊緣」生死教育活動，目的是增加普羅大眾對死亡的認識，破除對死亡的禁忌，繼而反思生命的價值，學習珍惜生命。於活動內之小組部份，參加者在社工帶領下討論對死亡的認識及感受，並透過「我的喪禮」等體驗環節，親身體驗「死亡」。參加者亦分為學生及成人組，分別參觀了殯儀館及公眾殮房，當中除加深對身後事安排之認識外，更帶來切身處地、近距離接觸死亡的經歷。在其後的分享環節，有關經歷被轉化為反思生命意義的學習機會，讓參加者領會到生命有限而寶貴的特質，從而更加珍惜生命、善用生命。該活動共有二十四名參加者，而參加者於活動後之回應均非常正面，認為活動能達到其目的。

Life Drama Programme「一個人在途上」感動生命劇場

Supported by MTR Corporation, three performances have been made in 2012. The story was about a family encountering various difficulties at the same time which led to attempting suicide of the mother. In the form of forum theatre, the audiences could actively participate during the performances by interviewing the actors, and even replaced the actors to act according to their views, and hence create another ending.

By this, the audiences could have reflection and review the meaning of life, which have created a long term positive impact to themselves.

得蒙香港鐵路有限公司贊助，本會「一個人在途上」感動生命劇場於2012年2月4日、12日及25日分別舉行三場公開演出，觀眾人數達407人。故事描述一個家庭，母親患上癌症，適逢父親工作不順、與子女爭執，母親感心力交瘁，遂起自殺念頭。有別於傳統的話劇，生命劇場是以論壇形式演出，觀眾能對劇中的場景作出回應；訪問劇中人物，甚至替代角色，改寫劇本，從而創造不一樣的結局。

過程中，觀眾不多不少把自己投射到角色當中，反思人生的抉擇，從討論中，亦得以更多角度地剖釋問題，在絕處中，化危為機，領略生命之可貴。

Comment 演員及觀眾評語

Mr. Lee (Actor of Father) : From the play, you can see that there are many choices in our lives. There is always a way out as long as we can make a step.

演員李先生（飾演父親）說：「從劇中可見生命有很多選擇，不只一個方向。只要大家肯踏出一步，其實很多路都行得通。」

Audience A : It was so touching and could make me rethink what life is. I have learnt to care for my family and face up challenges.

觀眾甲：「太好了！你們讓我感動，令我有所反思。讓我學會多關心家人，再大的困難也能面對！」

Audience B : The play was so closed to reality. It has given me a new understanding of meaning of life.

觀眾乙：「劇場內容非常貼近現實，令人深刻。亦使我對生命的價值觀有新的體會。」



Stage photo of Life Drama Programme
生命劇場劇照



Life Drama Programme enjoys a good reputation with all audiences
觀眾對劇場一致好評



Team of Life Drama Programme
生命劇場團隊



Life Drama Programme was invited by Rotary International District 3450 to perform
生命劇場應國際扶輪社3450地區邀請演出

Ancillary Services 支援服務

Hong Kong Jockey Club Suicide Prevention Resources Library 香港賽馬會預防自殺資源圖書館

In 2012, there were 1,088 visitors and 134 records of borrowing books. In addition, we had also strengthened our library services by adopting an electronic system so that the readers can access the library catalog via internet.

在2012年，圖書閣的到場人次為1,088，借用圖書及視聽資料的人數為134。本年，圖書閣亦完成電子化工程，統一了索書編號及出版電子會員卡，方便讀者於網上查閱閣藏及預約書籍。

Publications / Life Education Materials 出版及宣傳品製作

The 63rd and 64th issues of Life Interflow were published, with the theme of "Marriage" and "Family" respectively. By doing this, we hope that people can face directly the problems people face in their marriages and families, and hence can care for others. Moreover, 3 new exhibition boards namely 'Emotion Angles', 'Cherishing Life & Life' and Death Care were created for promoting the message of cherishing life.

As some persons may not able to read text publication, towels with the theme of 'Appreciate from Another Angle' were produced in spreading positive life attitude.

於2012年出版了本會會訊「生命交流」(第63期及64期)，分別以「婚姻」及「家」為主題，希望以生活的議題引起大眾反思與家人相處時遇有問題，應積極面對，從而能彼此關愛。另外，中心亦出版了新一系列分別以「情緒面面觀」、「奇妙人生」及「生死關懷」為主題之展板，供學校/團體外借，以進一步向大眾推廣珍惜生命之價值觀。

除以文字為主的出版及宣傳品外，中心亦印製了一系列以「換個角度，學會欣賞」為題之毛巾，派發予一些讀寫能力較弱之人士，好讓他們亦能領略到積極人生之理念。



Conclusion and Future Outlook 總結及展望

LEC has been promoting the message of cherishing life through various means since its establishment in 2002. In the near future, we are trying to consolidate our experiences and compile it into a teaching manual. In the meantime, with our concerns on youth suicide issues, we will optimize our life education services to high school and territory students through our Life Drama Program.

生命教育中心自2002年成立起，一直致力從不同途徑將珍惜生命的訊息傳播予大眾。中心正籌備將多年來推行生命教育之經驗編纂成小冊子及訓練手冊，期望於未來與各教育工作者及社會大眾分享。同時，我們亦關注到青少年自殺問題，未來，將以生命劇場形式，加強高中生及大專生之生命教育服務。

6.3 SUICIDE CRISIS INTERVENTION CENTRE 自殺危機處理中心

Heung Mo Yan (Centre-in-charge)
香慕茵 (中心主任)

Introduction 前言

2012 is a significant year for Suicide Crisis Intervention Centre (SCIC) as it was the 10th anniversary of the centre. Apart from continuing our crisis intervention, counseling services, therapeutic and supportive groups for suicidal people, SCIC keeps on developing "Live the Rainbow" and "Help4Suicide" services, with an aim to render service to suicide survivors and suicidal web-users proactively.

今年是自殺危機處理中心自2002年成立後的第一個十年，別具意義。中心除了維持恆常服務，為身處自殺危機人士提供適時的危機介入、深入個案輔導、治療性及支援性小組外，亦繼續發展《活出彩虹服務》和《自殺自療互助舍》，為自殺者親友及具自殺危機的網絡使用者主動提供服務。

Casework Service 危機個案服務

Number of Crisis Cases

服務數字

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, SCIC offered 24-hour consultation and referral service for frontline volunteers and professionals from different sectors. A total of 1,224 crisis cases were handled in 2012.

本中心主要工作是為有自殺困擾人士，特別是中高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2012年總共處理了1,224宗個案。

Gender and Age 性別與年齡

Among these 1,224 crisis cases, there were 420 male and 804 female clients. The male to female ratio is approximately 1:1.9. In particular, there was one-fifth of total cases from each age group of 20 to 29, 30 to 39, 40 to 49 and 50-59. For those aged below 20 and over 60, there was 4.4% and 8.2% respectively.

在1,224宗個案中，有420宗案主是男性、804宗是女性，男女比率約為1:1.9。四個成年年齡群組(20-29歲，30-39歲，40-49歲及50-59歲)都分別佔個案總數約五份之一；而年齡在20歲以下和60歲以上的分別為4.4%和8.2%。

(Table 6.3.1) Age and Sex Distribution of Crisis Cases Served by SCIC in 2012

(表 6.3.1) 2012年自殺危機處理中心危機個案年齡及性別分佈表

| Age 年齡 | F 女 | M 男 | Total 合計 | % |
|-----------------|------------|------------|-------------|---------------|
| 0-9 | 2 | 1 | 3 | 0.2% |
| 10-19 | 30 | 21 | 51 | 4.2% |
| 20-29 | 175 | 80 | 255 | 20.8% |
| 30-39 | 209 | 103 | 312 | 25.5% |
| 40-49 | 181 | 92 | 273 | 22.3% |
| 50-59 | 142 | 79 | 221 | 18.1% |
| 60-69 | 48 | 29 | 77 | 6.3% |
| 70-79 | 11 | 10 | 21 | 1.7% |
| 80-89 | 5 | 4 | 9 | 0.7% |
| 90-99 | 0 | 1 | 1 | 0.1% |
| 不詳 N.A. | 1 | 0 | 1 | 0.1% |
| Total 總計 | 804 | 420 | 1224 | 100.0% |

Presenting problems 問題種類

Nearly one-fourth of the total cases were distressed by the suicidal problem of the family members or friends, which counted for 226 cases (18.46%) and was at the top of the list. The second and third were mental health problem and situational problem, which counted for 184 (15.03%) and 182 (14.87%) cases respectively. The following was marital problem which counted for 169 (13.81%) cases. The fifth and sixth were suicide death of family and friends and romantic relationship problem, which counted for 109 (8.91%) and 103 (8.42%) cases. Seventh to eighth were financial problem and other family problem, which counted for 80 (6.54%) and 74 (6.05%) cases respectively. The remaining problems are physical health problem, personal problem and peer relationship problem, which counted for 44 (3.59%), 32 (2.61%) and 21 (1.72%) cases respectively.

危機個案中受到家人或朋友的自殺問題困擾者佔首位，共226宗(18.46%)，接近四份之一。其次的第2-3位是精神健康問題及受環境因素問題困擾，分別有184宗(15.03%)及182宗(14.87%)。第4位是受婚姻問題困擾，共169宗(13.81%)。至於第5-6位是因親友自殺死亡而困擾及愛情問題困擾，分別109宗(8.91%)及103宗(8.42%)。第7-8位是經濟問題及其他家庭問題困擾也是相若，分別有80宗(6.54%)及74宗(6.05%)。因身體健康問題、個人問題及人際關係問題佔第9-11位，分別有44宗(3.59%)、32宗(2.61%)及21宗(1.72%)。

(Table 6.3.2) Major Problem and Sex Distribution of Crisis Cases Served by SCIC in 2012
(表 6.3.2) 2012年自殺危機處理中心危機個案問題類別及性別分佈表

| Major Problem 主要問題 | F 女 | M 男 | Total 合計 | % |
|--|------------|------------|-------------|----------------|
| Situational Problem 受環境因素問題困擾 | 113 | 69 | 182 | 14.87% |
| Distress Caused by Suicidal Others 受他人自殺問題困擾 | 158 | 68 | 226 | 18.46% |
| Marital Problem 婚姻問題 | 116 | 53 | 169 | 13.81% |
| Financial Problem 經濟問題 | 35 | 45 | 80 | 6.54% |
| Other Family Problem 其他家庭問題 | 54 | 20 | 74 | 6.05% |
| Romantic Relationship Problem 愛情問題 | 67 | 36 | 103 | 8.42% |
| Mental Health Problem 精神健康問題 | 132 | 52 | 184 | 15.03% |
| Physical Health Problem 身體健康問題 | 28 | 16 | 44 | 3.59% |
| Personal Problem 個人問題 | 19 | 13 | 32 | 2.61% |
| Suicide Death of Others 因親友自殺死亡困擾 | 70 | 39 | 109 | 8.91% |
| Interpersonal Relationship Problem 人際關係問題 | 12 | 9 | 21 | 1.72% |
| Total 總計 | 804 | 420 | 1224 | 100.00% |

Risk Level 風險程度

There were 193 (15.77%), 495 (40.44%) and 509 (41.58%) cases assessed by referrers as high, moderate and low risk respectively. High and moderate risk cases added up to 688 (56.21%). Risk level of 27 (2.21%) cases could not be identified by referrers. After the first session of intervention through telephone, face-to-face counseling or outreaching by SCIC, the number of cases assessed with high and moderate risks were 25 (2.04%) and 449 (36.68%) respectively (total 474).

由轉介者評估為中度至高度自殺危機的個案分別為495宗及193宗，百分率分別為40.44%及15.77%，合共688宗，即佔56.21%；低危則有509宗，即41.58%；當中亦有27宗(2.21%)轉介者是未能作出評估的。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449宗及25宗，百分率分別為36.68%及2.04%，合共降至474宗。

(Table 6.3.3) Risk Level (Assessed by Referrer) and Sex Distribution of Crisis Cases Served by SCIC in 2012

(表 6.3.3) 2012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

| Observed Risk Level by Referrer 危機程度 | F 女 | M 男 | Total 合計 | % |
|--------------------------------------|------------|------------|-------------|----------------|
| 低 Low | 339 | 170 | 509 | 41.58% |
| 中 Moderate | 321 | 174 | 495 | 40.44% |
| 高 High | 125 | 68 | 193 | 15.77% |
| 不詳 N.A. | 19 | 8 | 27 | 2.21% |
| Total 總計 | 804 | 420 | 1224 | 100.00% |

(Table 6.3.4) Risk Level After First Session of Intervention (by SCIC) and Sex Distribution of Crisis Cases Served by SCIC in 2012

(表 6.3.4) 2012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

| Overall Risk Score After First Session 初次接觸後危機程度 | F 女 | M 男 | Total 合計 | % |
|--|------------|------------|-------------|----------------|
| Low 低 | 497 | 248 | 745 | 60.87% |
| Moderate 中 | 289 | 160 | 449 | 36.68% |
| High 高 | 14 | 11 | 25 | 2.04% |
| N.A. 不詳 | 4 | 1 | 5 | 0.41% |
| Total 總計 | 804 | 420 | 1224 | 100.00% |

Referrers and Service Partners

轉介及合作伙伴

SCIC continued to work closely with the frontline workers of different sectors, including government departments, non-government organizations, hospitals, police force, schools and other community organizations. In 2012, 456 (37.25%) cases were referred by social workers, 365 (29.82%) cases of service users self-approaching us, 161 (13.15%) cases referred by their family members and friends, 116 (9.48%) cases by hotline volunteers, 57 cases (4.66%) by medical staff and 54 (4.41%) cases by the police. Apart from case referrals, SCIC also worked with our service partners intensively and provided 274 consultations during the year.

本中心繼續與各政府部門、社會服務機構、醫院、警察、學校和各社團等，有著緊密的合作關係。在2012年，由社會工作者轉介的危機個案有456宗(37.25%)、案主自行求助的有365宗(29.82%)、由親友求助的有161宗(13.15%)、熱線義工轉介的有116宗(9.48%)、由醫護人員和警察轉介的則分別有57宗(4.66%)和54宗(4.41%)。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274宗。

(Table 6.3.5) Source of Referral of Crisis Cases Served by SCIC in 2012

(表 6.3.5) 2012年自殺危機處理中心危機個案轉介來源分佈表

| Major Problem 主要問題 | F 女 | M 男 | Total 合計 | % |
|-----------------------------|------------|------------|-------------|----------------|
| Social Worker 社會工作者 | 321 | 135 | 456 | 37.25% |
| Self-Approached 自行求助者 | 226 | 139 | 365 | 29.82% |
| Family Members & Friends 親友 | 94 | 67 | 161 | 13.15% |
| Hotline Volunteer 熱線義工 | 76 | 40 | 116 | 9.48% |
| Medical Staff 醫院人員 | 41 | 16 | 57 | 4.66% |
| Police Officer 警察 | 36 | 18 | 54 | 4.41% |
| Other 其他 | 10 | 5 | 15 | 1.23% |
| Total 總計 | 804 | 420 | 1224 | 100.00% |

Group Work Service 小組服務

Responding to the need of our service users, SCIC has conducted 105 sessions of group work service which consisted of 6 therapeutic groups (51 sessions), 3 support groups (37 sessions), and 1 volunteering group conducted for survivors (17 sessions) in this year.

本中心於2012年共開辦了6個治療性、3個支援性和1個自殺者親友義工小組，全年活動節數分別為51、37和17節，合共105節。

(Table 6.3.6) Groups Conducted by Suicide Crisis Intervention Centre in 2012
(表 6.3.6) 2012年自殺危機處理中心曾舉辦的小組

(A) Therapeutic Groups (6 in total) 治療性小組 (共6個)

| Date 日期 | Group Name 小組名稱 | Targets 服務對象 |
|-------------------------------------|---|---|
| 1/2012 – 3/2012 | To a Brighter Day - Bereavement Group 「活出新一天」- 哀傷輔導小組 | Suicidal People with Bereavement 喪親及有自殺傾向人士 |
| 1/2012 – 3/2012 | Joyful Journey - Clues to Negative Emotions Management 「喜悅之旅」- 接納負面情緒的鑰匙 | Suicidal People with Depression or Anxiety Disorder 抑鬱/焦慮症人士及有自殺傾向 |
| 4/2012 – 5/2012 & 10/2012 – 11/2012 | Unfinished Novel 7 & 8 「未完的小說」7 & 8 | Suicide Survivors 自殺者親友 |
| 10/2012 – 12/2012 | Soul Garden 1 「心靈花園」1 | Suicide Survivors 自殺者親友 |
| 12/2012 – 1/2013 | Clues to Stress Management on Parenting 「減壓有妙法」- 親子管教小組 | Suicidal Parent with Stress on Parenting Matters 面對管教子女壓力而有自殺傾向家長 |
| 12/2012 – 2/2013 | Colorful Life - Art Therapy Group 「色彩人生」- 藝術成長小組 | Suicidal People with Emotion Distress Who Are Willing to Accept Art Therapy for Exploring Life Direction 曾有自殺念頭，但願意以藝術治療手法發掘正面人生態度 |

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

| Date 日期 | Group Name 小組名稱 | Targets 服務對象 |
|-----------------|--|---|
| 自9/2004 | Suicide Survivors Group - Live The Rainbow 「活出彩虹」小組 | Suicide Survivors 自殺者親友 |
| 1/2012 – 3/2012 | Suicide Survivors Group - Extension of Unfinished Novel 「未完的小說」小組 - 延續篇 | Ex-Group Members of Unfinished Novel 「未完的小說」2及3組員 |
| 1/2012 – 3/2012 | Women's Group - Draw a Rainbow 畫出彩虹 (6) | Suicidal Women with Husbands Having Extra Marital Affairs 因丈夫有婚外情而受困擾的女士 |

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

| Date 日期 | Group Name 小組名稱 | Targets 服務對象 |
|---------|--|--|
| 自4/2006 | Suicide Survivors Group – Live The Rainbow 「活出彩虹」小組 | New Survivors or People Affected by Suicide Problems Befriended by Survivor Group Members Showing their Care and Concern Through Telephone and Visits 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 |

"Live the Rainbow" Service 活出彩虹服務

From 2009, "Live the Rainbow" Service started to be subvented by the Social Welfare Department with an additional funding. As such, SCIC receives more resources to launch the one-stop service from crisis intervention to in-depth counseling, therapeutic groups and continuous community support service. Meanwhile, apart from individual level, SCIC also actively approached the families, friends as well as the community of the suicide for early intervention and counseling. Among the 112 survivor cases in 2012, there were majority aged 40-49 & 50-59; Parent-child relationship among the survivors and the suicide death persons was the majority, counting for 41 (36.61%) cases.

The aforementioned cases were mainly referred by social workers, and the number of cases referred by police increased from 12 to 23, a significant 100% rise, which shown that the police were more active in helping suicide survivors to seek for help.

自2009年開始，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之影響。在2012年，活出彩虹服務的參加者共112人，當中40-49歲及50-59歲年齡群組較多；參加者與自殺者的關係較多是父母子女，接近一半，佔41宗(36.61%)。

另一方面，轉介參加者多為社會工作者，而警方轉介個案由12宗升至今年23宗，升幅接近一倍，可見警方越來越積極為自殺者親友尋求服務。

(Table 6.3.7) Age and Sex Distribution of Survivor Cases Served by SCIC in 2012

(表 6.3.7) 2012年自殺危機處理中心自殺者親友個案年齡及性別分佈表

| Age 年齡 | F 女 | M 男 | Total 合計 | % |
|-----------------|-----------|-----------|------------|--------------|
| 0-9 | 1 | 0 | 1 | 50.0% |
| 10-19 | 1 | 0 | 1 | 0.9% |
| 20-29 | 9 | 6 | 15 | 13.4% |
| 30-39 | 14 | 3 | 17 | 15.2% |
| 40-49 | 26 | 6 | 32 | 28.6% |
| 50-59 | 22 | 7 | 29 | 25.9% |
| 60-69 | 10 | 3 | 13 | 11.6% |
| 70-79 | 1 | 1 | 2 | 1.8% |
| 80-89 | 1 | 1 | 2 | 1.8% |
| Total 總計 | 85 | 27 | 112 | 99.1% |

(Table 6.3.8) Relationship Among the Survivor and the Dead Person Served by SCIC in 2012

(表 6.3.8) 2012年自殺危機處理中心自殺者親友個案與死者關係分佈表

| Dead person 與死者關係 | F 女 | M 男 | Total 合計 | % |
|---------------------|-----------|-----------|------------|----------------|
| Parent/Child 父母/子女 | 34 | 7 | 41 | 36.61% |
| Lover 愛侶 | 3 | 1 | 4 | 3.57% |
| Spouse 配偶 | 14 | 7 | 21 | 18.75% |
| Sibling 兄弟姊妹 | 14 | 8 | 22 | 19.64% |
| Friend 朋友 | 6 | 1 | 7 | 6.25% |
| Other Relative 其他親屬 | 11 | 1 | 12 | 10.71% |
| Other 其他 | 3 | 2 | 5 | 4.46% |
| Total 總計 | 85 | 27 | 112 | 100.00% |

(Table 6.3.9) Source of Referral of Survivor Cases Served by SCIC in 2012

(表 6.3.9) 2012年自殺危機處理中心自殺者親友個案轉介來源分佈表

| Source of Referral 轉介來源 | F 女 | M 男 | Total 合計 | % |
|-----------------------------|-----------|-----------|------------|----------------|
| Social Worker 社會工作者 | 52 | 15 | 67 | 59.82% |
| Self-Approached 自行求助者 | 10 | 2 | 12 | 10.71% |
| Police Officer 警察 | 16 | 7 | 23 | 20.54% |
| Family Members & Friends 親友 | 6 | 3 | 9 | 8.04% |
| Medical Staff 醫院人員 | 1 | 0 | 1 | 0.89% |
| Total 總計 | 85 | 27 | 112 | 100.00% |

Service Promotion, Experience Sharing and Training Workshops 服務介紹、經驗交流、訓練講座和工作坊

To share the valuable experience gained in suicide intervention and counseling of ten thousands of cases in the past 11 years, SCIC continued to provide service promotion and training workshops to all interested parties such as social workers, medical professionals, teachers, students, volunteers and other people in the community. The spectrum of training covered suicidal symptoms, suicide risk assessment, crisis intervention skills and suicide problems of Hong Kong.

本中心服務香港已有11年多的日子，多年來共處理萬多個個案，累積了不少有關自殺危機介入的經驗。為分享處理自殺個案的經驗和心得，本中心積極為各專業如社工、醫護人員、老師、學生、義工和其他社區人士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。



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



Training on emotion management after tackling suicide crisis for frontline social workers
中心為前線同工提供有關處理危機後情緒調適工作坊

(Table 6.3.10) Training, Visits and Community Programmes of SCIC in 2012

(表 6.3.10) 2012年自殺危機處理中心的訓練、探訪交流及社區活動

| Date 日期 | Programme / Theme 活動內容 / 講題 | Organization 服務機構 | Service Target 服務對象 | No. of Participants 參加人數 |
|-------------------|--|---|---|--------------------------------|
| 1/2012 | Training Course on Helping Suicide Concerns and Suicide Survivors 如何協助 自殺危機關顧者及自殺者親友 | Yan Oi Tong Hong Kong Toi Shan Association Neighborhood Elderly Centre 仁愛堂香港台山商會長者鄰舍中心 | Social Workers 社工 | 30 |
| 1/2012 | Training Course on Knowing Youth Mental Health and Suicide Behaviors 認識青少年精神健康及自殺行為 | Lok Sin Tong Leung Kau Kui College 樂善堂梁鋸塘書院 | Teachers 教師 | 60 |
| 1/2012 | Service Introduction 服務介紹 | SBHK Hotline Centre 熱線中心 | Volunteers 義工 | 35 |
| 2, 6 & 8/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | Kwong Wah Hospital 廣華醫院 | Nurses 護士 | 136 |
| 3/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | SBHK Care Centre 關懷身邊人基金 | Social Workers, Police and Public 社工、警察及市民 | 21 |
| 3/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | Grace Free Methodist Church 循理會賜恩堂 | Pastors, Teachers and Nurses 傳道人、牧師、教師、護士等 | 55 |
| 4/2012 | Service Introduction 服務介紹 | The Women's General Association of Macau 澳門婦聯社會服務處 | Social Workers 社工 | 15 |
| 4/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | The Women's General Association of Macau 澳門婦聯社會服務處 | Social Workers 社工 | 60 |
| 5/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | SBHK Life Education Centre 生命教育中心 | Life Ambassadors 珍惜生命大使 | 24 |
| 6/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | Hong Kong Satir Centre 香港沙維雅人文發展中心 | Counselor 輔導員 | 30 |
| 6/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | The Society for Truth and Light 明光社 | Public 社會大眾 | 70 |
| 6/2012 | Post Suicide Debriefing 自殺事故解說 | Peak Tramway Company Limited 山頂纜車有限公司 | Staff 職員 | 5 |
| 8/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | SBHK Care Centre 關懷身邊人基金 | Public 社會大眾 | 26 |
| 10/2012 | Training Course on Helping Suicidal Concerns and Handling Suicide Death Cases Colleagues 自殺者親友支援及處理自殺死亡個案員工之調息 | Wong Tai Sin District Community Centre 聖公會黃大仙長者綜合服務中心 | Social Workers 社工 | 20 |
| 10/2012 | Reason and It's Prevention on Suicide 自殺成因與預防 | Haven of Hope 基督教靈實協會 | Public 社會大眾 | 30 |
| 10/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | Hong Kong Children and Youth Service 香港青少年服務處 | Social Workers 社工 | 76 |
| 11/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | The Hong Kong Polytechnic University 香港理工大學 | Social Work Student (Master) 社會應用科學系碩士學生 | 12 |
| 11/2012 | Sharing on Suicide Risk Assessment and Monitoring Good Mental Health Among Frontline Workers 自殺危機評估及如何維繫前線同工精神健康分享會 | The Chinese University of Hong Kong 香港中文大學 | Sociology Student (Undergraduate) 社會學系學生 | 25 |
| 11/2012 | Training Course on Assessing and Helping Suicidal People 如何評估及協助具自殺危機人士 | Social Welfare Department 社會福利署 | Social Workers 社工 | 120 |
| 11/2012 & 12/2012 | Training Course on Helping Suicide Survivors 如何協助自殺者親友 | Social Welfare Department 社會福利署 | Social Workers 社工 | 113 |

Suicide Prevention On neT《網蹤人計劃》

“SPOT” commenced its service since 2008 and collaboration with volunteers of our Hotline Centre and Life Education Centre has made significant contribution by searching bloggers with suicidal risk. Continuous care and follow-up service has been vigorously provided by our volunteers to the identified bloggers. In 2012, over two hundred thousand blogs were scanned and about 200 blogs with apparent suicide levels were identified and referred to our Hotline service for follow-up after initial assessment.

自2008年本中心開展計劃至今，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2012年，中心共搜尋超過二十萬個網誌，經評估後發現當中約二百個網誌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傾談。

Web Engagement Project – Help4Suicide《自殺·自療·互助舍》

Since 2010, SCIC has been putting in rich contents into “Help4Suicide” Web, including Goodies Daily, Myth of Complete Manual of Suicide, Story Museum, Resource Corner, Emotion Forum, Soul Box and Heart Chat etc. In particular, the video “Suicidal Dog” and “Dumb ways to die” humorously talked about suicide. In 2012, our Heart Chat Room provided 1,036 service hours and 3,040 utilization man-time so that the distressed web users could obtain emotional support and ventilation through chatting with our volunteers. We also set up facebook page and Youtube channel to promote this help-seeking platform. With the several years of experience in serving suicidal web-users, we realize the importance of suicide prevention service on the network in helping them to cope with distress.

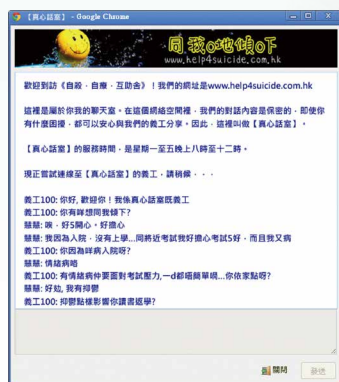
自2010年開始，中心繼續豐富《自殺·自療·互助舍》網站，內容包括：《好人好事》、《完全自殺之迷》、《真人



Help4suicide website
自殺自療互助舍網站

館》、《資源閣》、《情緒專區》、《心靈信箱》及《真心話室》，拆解自殺迷思，支援具自殺危機的網絡使用

者。當中《自殺的狗》及《蠢蠢的死法》更是以另類幽默方式談死亡。在過去一年，《真心話室》為3,040使用人次提供了1,036小時的服務，讓有情緒困擾的網友透過文字對話得到適切的情緒疏導。我們還透過臉書專頁(Facebook page)及Youtube自設頻道，讓更多人認識這個網上求助的新渠道。多年在網上提供防止自殺服務的經驗，使中心深深體會防止自殺工作在網絡的重要性。



Distressed web users obtain emotional support and ventilation through HeartChat of Help4suicide
《自殺自療互助舍》真心話室支援情緒受困的網絡使用者

Publications 刊物出版

In 2012, SCIC published a book “Living or leaving? Turn Away from the Edge of Suicide!” and “Map on Happiness”. The former was a publication with stories shared by eight service users on how they have given up suicidal thoughts after a period of tackling life difficulties, as well as valuable experiences and memories of our crisis counselors, consultants and volunteers in the service. The latter talked about the ways to seek for happiness. They were distributed in various government departments, hospitals, social welfare organizations, general public and libraries.

本中心於2012年出版了兩份刊物：《唔死？吾得！---從自殺邊緣走出來》及《快樂地圖》單張，前者是中心集結過去十年的工作點滴和寶



貴經驗，當中有八位曾經因面對不同困難而萌生自殺危機的案主，親身分享重生經驗，還有前線同工分享自殺危機評估要素和面對自殺身故個案的反思等，希望藉此與其他同工切磋交流，並啟發更多面臨困境的人士，逆境自強，領略生機處處；後者則講述有關尋找快樂的方法，以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、圖書館及公眾人士等，讓有需要人士參閱。

Future Outlook 未來展望

The first ten years of SCIC passed by in a moment and the next milestone will definitely be the first ten year of our suicide survivor service (named as “Live the Rainbow” in 2006). Without any experience and additional funding, we started the first support group for suicide survivors in 2004. Time flies and in 2014, it will be the 10th anniversary of “Live the Rainbow” Service. With members’ active participation and their genuine and valuable advices, we have continuous improvement and service enhancements. Survivor service is widely recognized and recurrent funding is now being granted by Social Welfare Department. Recently, we try to use horticultural therapy to facilitate adaptive emotional ventilation and spiritual growth. We have also started mentoring approach to care for the new group members.



Soul Garden session
《心靈花園》環節

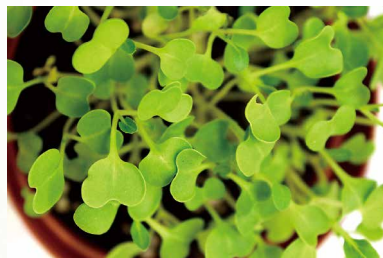
We are looking forward to share the achievements of “Live the Rainbow” Service in 2014.

轉眼間，中心第一個十年已過；接下來另一個和十年有關的服務里程，就是自殺者親友服務（於2006年命名為《活出彩虹服務》）。在2004年，中心在沒有任何前人經驗，亦沒有額外資源下，在香港成立首個自殺者親友支援小組；轉眼間，於2014年便成立十年。過去幸得組員們的積極參與，給予我們寶貴的意見，並且和同工們同心協力地改良小組服務，令服務得到社會大眾的認同，並於2009年獲社會福利署進一步撥款。至今，除了恆常支援及治療性小組外，中心更引入園藝治療及培訓小組導師手法，讓組員可透過傾談以外的形式，釋放情緒、寄情種植，並承擔幫助新人的責任，彼此互助，一同活出彩虹。

期待在2014年和大家分享《活出彩虹服務》十年的成果。



Soul Garden plants - From suicide survivors
自殺者親友參加《心靈花園》所種植之植物



6.4 CARING FUND 關懷身邊人基金

So Kin Yan (Corporate Communication Officer)
蘇健欣(公共傳訊主任)

Introduction 前言

Caring Fund was set up in 1994 to advocate community caring and to promote the message of "Caring for Others begins with Listening". It also coordinates our corporate affairs and fundraising activities to arouse people's passion for life and caring for others.

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、籌募經費等工作，透過不同的途徑，鼓勵熱愛生命、關懷別人。

Communication and Promotion 宣傳推廣

Media Communication 傳媒訪問

Caring Fund solicited general support from media to promote cherish life message and launch several events. We treasured every opportunity to cooperate with mass media.

透過傳媒的支持，能夠讓珍惜生命訊息及本會的活動更廣泛傳播，因此我們一直珍惜與傳媒的合作。



TEFOzine reported about Life Drama Performance
《TEFOzine 戲劇與教育專業雜誌》報導感動生命劇場演出



ATV Entertainment CIA interviewed Suicide Crisis Intervention Centre Assistant Centre In-Charge Mr Ho Wing Hung
亞洲電視「娛樂CIA」訪問本會自殺危機處理中心副主任何永雄先生



Apple Daily reported "Hovering Over the Edge of Death" life education program
蘋果日報報導本會「徘徊死亡的邊緣生命教育」活動



Oriental Daily News interviewed our hotline volunteers, about their experience in being SBHK volunteer and recruited people to become our volunteer
東方日報訪問本會熱線義工，有關擔任熱線義工的經歷並推廣招募熱線義工



Sing Tao Daily reported our "Free Hug" Event and the result of emotional management survey in Hong Kong
星島日報報導本會「零蚊擁抱」活動及本會情緒管理調查的結果

Leaflets and Annual Report 製作單張及年報

We have also renew our organizational leaflets.

製作本會的簡介單張，更新本會服務的內容並備有中英文及相片插圖。

Setup of Facebook Fan Page 設立官方臉書 (facebook) 專頁

We have set up a Fan Page for The Samaritan Befrienders Hong Kong on Facebook.

成立香港撒瑪利亞防止自殺會的官方臉書(facebook)專頁，<https://www.facebook.com/sbhk.org>，定期把本會活動及最新消息上載。



Large Scale and district events 籌辦大型及地區活動

“World Suicide Prevention Day Carnival” 「世界防止自殺日」嘉年華

With the support of Liu Chong Hing Investment Limited, we organized the “World Suicide Prevention Day Carnival” on 16th September 2012 to promote life cherishment and loving family in the community. There were more than 20 organizations and private entities participated in it.

蒙 廖創興企業有限公司贊助，統籌本會2012.9.16 舉辦的「世界防止自殺日」嘉年華，並邀得超過20間不同機構或公司參與，場面盛大。希望透過活動，向社區人士推廣珍惜生命及關愛家庭的信息。



Ceremony of the 10th Year Anniversary of Suicide Crisis Intervention Centre and Life Education Centre 自殺危機處理中心及生命教育中心十週年慶典

We also organized Ceremony of the 10th Year Anniversary of Suicide Crisis Intervention Centre and Life Education Centre. Mr. Patrick Nip, Director of Social Welfare, and Mr. Douglas So, Executive Director, Charities / General Counsel of Hong Kong Jockey Club were our guests of honour.

統籌本會「自殺危機處理中心及生命教育中心十週年慶典」，是次活動邀請社會福利署署長聶德權太平紳士及香港賽馬會慈善事務執行總監蘇彰德先生為主禮嘉賓及為活動致辭。



“Free Hug” Activity

「零蚊擁抱」活動

“Free Hug” activity was held to promote the message of caring of others. We also distributed our Emotional First Aid Kid in the event.

籌辦「零蚊擁抱」活動，於香港銅鑼灣街頭提倡擁抱他人，互相關心，從而推廣關懷身邊人的信息，並同時派發本會會訊及香港鐵路有限公司贊助的單張「情緒急救包」，推廣本會服務。



Promote SBHK's message by collaborate with commercial sector

與商界合作推廣本會訊息

Cooperation with MTR

與香港鐵路有限公司合作

With the support of MTR, print advertisements were posted in some of their stations to promote our hotline service and the message of life cherishment.

蒙 香港鐵路有限公司支持，部分車站設有本會廣告，勸導社會大眾珍惜生命，遇有情緒困擾可致電本會熱線中心求助。



Cooperation with Hung Fok Tong

與鴻福堂集團有限公司合作

Supported by Hung Fok Tong, we promoted the message of Life Cherishment in their chain stores by playing video clips casted by Ms. Kara Hui, our Ambassador and Best Actress of Hong Kong Film Awards.

蒙 鴻福堂集團有限公司的支持，於中秋節與鴻福堂集團合作推廣「關懷身邊人」的訊息，並於其全港店鋪播放本會2011-12年度形象大使惠英紅小姐宣傳關懷身邊人及支持本會的片段。



Cooperation with Wells Fargo Bank

與富國銀行合作

Cooperated with Wells Fargo Bank, we held a volunteer activity called Paint a Beautiful Life in which the volunteers painted with the students in Tung Tak Primary School.

與富國銀行及通德學校合作，舉辦Paint a Beautiful Life 義工活動，透過遊戲及油畫將珍惜生命及關懷他人的訊息予小學生及銀行義工。



Cooperation with Consumer Power Tech 與 Consumer Power Tech 合作

Through their “Tellmenow” apps, we cooperated with Consumer Power Tech to do a survey on emotional health. We also became their first beneficiary in their other surveys.

與 Consumer Power Tech 宣傳合作計劃，透過 “Tellmenow” apps 作全港性有關情緒健康的研究調查及成為 Consumer Power Tech 其他調查研究的受惠機構。

Caring Company 「商界展關懷」

With our nomination, there were eight private companies acquiring “Caring Company” Logo. They are Liu Chong Hing Investment Limited, S & S Cleaning Company Limited, Seed Forest Company Limited, China Resources Property Limited, Premium Collection, Best Video Limited, Red Corporation Limited, NEP Holdings International (HK) Limited. We have to thank for their generous support and we hope that we could further promote the message of “Caring for Others” with their continuous support.

於2012年度成功提名八間機構獲得「商界展關懷」標誌，排名不分先後，包括「廖創興企業有限公司」、「誠信清潔服務有限公司」、「種子森林有限公司」、「華潤物業管理有限公司」、「禮品廊」、「高清製作有限公司」、「紅出版」、「鑽石家居礦泉水」。感謝各機構對本會工作的支持，期盼彼此在不同的領域上一起推廣關懷互助的訊息。

Conclusion and Prospect 總結及展望

We wish to express our heart-felt thanks to the people who made donation to SBHK or enthusiastically participated in our services throughout last year. Your contribution has given invaluable support to SBHK to further promote positive life attitude to the community.

We definitely treasure the donation and will make good use of it to further develop suicide prevention work and promote the concept of caring for others.

每一次收到捐款，都感受到大眾對本會服務的肯定與支持，讓我們在這防止自殺的工作上，不感孤單。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一同舉辦或參與活動的有心機構與人士，讓本會繼續把愛惜生命的信念推廣。

大家的參與、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。

6.5 PROFESSIONAL TRAINING AND DEVELOPMENT CENTRE 專業培訓及發展中心

Richard Fung (Training Officer)
馮俊傑 (培訓主任)

Introduction 前言

Professional Training and Development Center was established to implement the institutional mission and spirit. Through various training programs, the caring skills of the general public and the professionals can be strengthened and practiced in their daily lives. It can also help raise the awareness of the general public on mental health, family relationship and personal growth.

In 2012, Professional Training and Development Center continued to work with different partners for the development of diversified and practical courses for the professionals and the general public. Moreover, tailor-made courses were also provided to organizations in business, health care, education, and public welfare sectors through which the participants have acquired the skills and values of helping others.

專業培訓及發展中心透過教育以實踐機構使命及精神，提昇熱愛生命及關顧他人的意識，舉辦一系列公開課程以強化關懷他人之實用技巧，讓大眾或從事助人行業人士可應用於生活及工作中，提昇對自殺問題的關注和反思，除此之外，更加強精神健康、家庭關係、個人成長等等範疇的關注。

在2012年，中心重點與不同導師及團體合作，藉此發展多元化的課程，以擴大接觸層面，將培訓服務進一步推向社區及不同行業人士，同時亦積極為工、商、醫護、教育、公營、社會福利服務團體，度身設計在職的專業培訓課程，讓不同界別的人士於助人的價值及技巧上有所獲益。

Service Review 服務回顧

Courses for the public 公開課程

Responded to the needs of the service users and reviewing the existing courses, we held a series of new developed courses; some of them have been listed as follow:

- Certificate in Counseling Adolescents over Love Relationship Issues
- Workshop in Counseling Adolescents over Sexual Orientation Issues
- Intermediate Course in Narrative Therapy
- Experiential Course in Using of Mixed Media in Helping Professional
- Certificate in "House, Tree, Person" Analysis and Emotion Management
- Life and Death Education: Guidance for Life
- Child Psychology Practical Workshop
- Rewriting Your Life Script

本年度積極開拓一系列新課程，以回應服務需要及盡快更新原有運作數年的課程，與時並進，更好地為未來發展打好基礎。本年增加了以下全新培訓課程包括：

- 青少年情感輔導證書課程
- 青少年性傾向輔導工作坊
- 敘事治療進階證書課程

- 混合藝術媒介活動體驗與應用證書課程
- 屋、樹、人性格分析與情緒管理證書課程
- 生死教育證書課程
- 兒童基礎心理實戰工作坊
- 重寫生命劇本身心培訓課程

Group Courses

團體課程

Our group courses emphasized on the institutional based learning principle. We have provided tailor-made courses to organizations, corporations and schools according to their background and learning needs.

本中心為各團體、企業及學校舉辦員工培訓課程，因應參加者的背景及學習需要，設計合適的課程內容及教材，務求令參加者能學以致用。

Professional Training Team 專業教學團隊

For the purpose of enhancing the course quality and ensuring that the course content can meet the learning needs of the participants, all of our instructors are professionals in various disciplines and own extensive teaching experience and knowledge. Among them are clinical psychologists, counseling psychologists, psychiatrists, crisis counselors, senior tutors of our Hotline Centre and social workers.

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，培訓課程的導師均為專業人士，擁有豐富的教學經驗及知識，包括臨床心理學家、輔導心理學家、精神科專科醫生、資深危機輔導員、熱線中心的資深導師及社工等。

Operation and Development 營運及發展

Running on self-financed basis, all the proceeds of our training courses will be plowed back into our "Caring Fund" to finance and enhance our community education in suicide prevention and caring other people.

本中心以自負盈虧的形式營運，從培訓課程所收取之費用，扣除成本開支，全數撥入本會「關懷身邊人基金」，以加強社區教育、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等，達致本會服務質素的提昇，並能向社會播下熱愛生命、關懷他人的種籽。

Conclusion and Prospect 總結及展望

In cooperation with more professional individuals and organizations, our Professional Training and Development Center is committed to provide more high quality training courses, workshops and seminars to strengthen the awareness and ability of the general public on suicide prevention in the coming years.

專業培訓及發展中心將繼續舉辦更多相關的培訓課程、工作坊及講座，積極加強各界人士預防自殺的意識及能力，並將與更多專業界別的團體及人士合作，讓市民更懂得愛惜生命！

FIGURES ABOUT SUICIDE IN HONG KONG 2012

Writer: Wong Yuen Ching, Jonathan (Hotline Volunteer)
Translator: Chan Fung Ming (Hotline Volunteer)

According to statistics provided by Census and Statistics Department, from January 1st 2012 to December 31st 2012, Hong Kong's population was approximately 7,173,900 with 3,330,700 male (46.4%) and 3,843,200 female (53.6%). The Coroner's Court reported that 845 people died because of suicide during this same period, which included 557 cases which were not ordered with an autopsy and cause of death investigations.

The suicide rate was 11.78 in 2012, indicating that 11.78 people out of 100,000 died of suicide in Hong Kong, which was up by 0.05 from 2011, meaning that there were approximately 2.3 people died because of suicide every day.

The following is a summary of the suicide phenomenon in 2012.

- The total number of suicide was 845;
- The number of suicide was 527 (62.4%) and 318 (37.6%) for male and female respectively;
- The suicide rate was 11.78 (11.78 people died because of suicide per 100,000 people);
- The suicide rate increased by 0.05 from 11.73 in 2011 to 11.78 in 2012;
- Jumping from height was the commonest suicide means (50%);
- Hanging ranked the second (25%);
- Carbon monoxide poisoning (charcoal burning) came in third place (13%);
- The age group of above 70 had the highest suicide rate, which was 27 per 100,000;
- The suicide rate for the age group of 60-69 came in second with 12.99 per 100,000.

Suicide statistics presented below were made according to age group and gender, the means of committing suicide, the occupation and mental health status of the suicides.

Suicide statistics according to age group and gender

Age: 0 to 19 years old

The number of successful suicides of teenagers below the age of 19 decreased from 21 in 2011 to 20 in 2012. The suicide rate was 1.73 up by 0.03 from 2011. The male to female ratio was 1.2:1 (Details are illustrated in table 7.2). The suicide rate of males was higher than that of females. Among the 20 suicide deaths in 2012, in terms of the means of suicide, 12 ended their lives by jumping from buildings, while 3 died through carbon monoxide poisoning and 2 died from hanging (Details are illustrated in table 7.1). Jumping from buildings was the commonest suicide means which accounted for 60% of the suicide deaths in this age group. This revealed that they tended to choose a fatal and determined means to end their lives.

Age: 20 to 59 years old

In 2012, there were 535 people who committed suicide and died in this age group, accounting for 63.3% of the total number of suicide deaths and up by 1.3% from 2011 (Details are illustrated in table 7.1). The suicide rate was 11.85 and the male to female ratio was 1.8:1 (Details are illustrated in table 7.2). Among the deaths, 274 cases (51.2%) jumped from buildings, while 113 people (21.1%) hung themselves and 99 people (18.5%) died of carbon monoxide poisoning.

Age: 60 years old or above

In 2012, 289 people died of suicide in this age group, accounting for 34.2% of the total number of suicide deaths and down by 1.3% from 2011. The suicide rate was 20.04 in this age group, down by 1.37 from 2011, and the male to female ratio was 2.1:1 (Details are illustrated in table 7.2). The means of committing suicide in this age group were rather violent and potentially fatal, such as jumping from buildings, accounting for 137 deaths (47.7%) (Details are illustrated in table 7.1).

Suicide statistics according to the means of committing suicide

In 2012, there were 423 people who committed suicide by jumping from buildings, accounting for 50.1% of the total number of suicide deaths and down by 2.5% from 2011. 212 people died by hanging themselves, accounting for 25.1% of the total number of suicide deaths and up by 4.1% from 2011. 110 people died from carbon monoxide poisoning, accounting for 13% of the total number of suicide deaths and down by 3.1% from 2010 (Details are illustrated in table 7.1).

Jumping from buildings was the commonest means of committing suicide. Hanging was in the second place while carbon monoxide poisoning came in third place in 2012.

Suicide statistics: grouped by occupation

In 2012, 76 people who committed suicide were unemployed. Retired persons came in second with 56 deaths. Blue collar followed with 52 deaths. (Details are illustrated in table 7.3a). Although suicides among the retired increased from 45 in 2011 to 76 people in 2012, 557 suicide deaths fell into the unclassified category, where an autopsy and death reports were not ordered. This decrease in the unclassified category from 622 in 2011 to 557 in 2012 certainly poses a challenge in drawing the conclusion of the occupation of the suicide deaths.

Hong Kong had an unemployment rate of 3.3% in 2012, a decrease of 0.1% from 3.4% in 2011. The under-employment rate decreased from 1.7% in 2011 to 1.5% in 2012 (Details are illustrated in table 7.3b & 7.3c).

Suicide Statistics: grouped by mental disorders

In 2012, 107 suicide deaths were associated with mental disorder. Most of them committed suicide by jumping from buildings, a total of 45 deaths in this group. 19 of them died of drowning, and 14 hung themselves. (Details are illustrated in table 7.4).

As there were 557 suicide cases without death investigation, the picture of the relationship between suicide and mental disorder cannot be easily drawn here. Notwithstanding, World Health Organization(WHO) states that more than 90% of all cases of suicide are associated with mental disorder such as depression, schizophrenia and alcoholism. This definitely shows that effective promotion of the importance of mental health will create positive impact in reducing the rate of suicide.

Unknown or Unidentified Suicide Cases

21 suicide death cases were categorized as "injury undetermined whether accidentally or purposely inflicted" in 2012, down by 7 deaths in comparison with 28 deaths in 2011. Among these 21 cases, 8 died of jumping from building while 5 died of drowning and 4 died of drugs poisoning (Details are illustrated in table 7.5).

Suicide cases without an autopsy being ordered

The total number of suicide deaths was 845 in 2012, including 557 deaths where an autopsy and death report were not ordered, and this figure decreased from 622 in 2011 to 557 in 2012 (Details are illustrated in table 7.6). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 65.9% of the total number of suicide deaths.

Conclusion

The theme of World Suicide Prevention Day in 2012 was " Suicide Prevention across the Globe: Strengthening Protective Factors and Instilling Hope". In the work of suicide prevention, one of the best ways of preventing potential suicide is to identify those who are at risk. The strongest predictor is a history of previous suicide attempt. About half of this group who seriously consider attempting suicide and have been diagnosed with some kinds of mental disorder is at the high risk. Depression, substance-related disorders, schizophrenia and personality disorders are all major contributing factors. Alcoholism and substance abuse are also important risk factors for suicidal thoughts and behaviour. Stressful life events in a person's life such as family conflict and relationship breakdown can make people weak to cope with difficulties. Economic crisis, unemployment, bereavement and serious illness can all be major contributors. Most people can cope with an uneventful life, but a sense of personal self-worth and self-confidence is a protection of development of suicidal tendency. Good problem-solving skills and adaptive help-seeking behaviour can add to the personal strength of protection. In addition, every one of us can contribute to suicide prevention including health care professionals, teachers, researchers, police, firemen, journalists, religious leaders, politicians, volunteers, and relatives. In short, everyone can contribute in the suicide prevention in his/her daily role.

In the past years, the collaborative effort and multidisciplinary approach in suicide education, suicide prevention and suicide intervention by different organizations in Hong Kong have contributed in the concern and awareness on the suicide related issues. Our every little act can be a great deal onto the suicide prevention in Hong Kong. Let's be the one who can be a positive and caring element who can make our community different. For a brighter future, we can do it!

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2012年香港自殺統計數字分析

撰寫：黃遠青 (熱線義工)

翻譯：陳鳳明 (熱線義工)

根據香港人口統計處資料顯示，由2012年1月1日至12月31日止，香港人口大約是7,173,900，當中3,330,700 (46.4%)是男性，女性則有3,843,200 (53.6%)。而死因裁判法庭報告於此段期間有845人死於自殺，當中包括557人毋須進行死因研究而裁判為死於自殺。

2012年香港自殺率為11.78，即每十萬人中有11.78人死於自殺，比2011年上升了0.05，即平均每天約有2.3人自殺死亡。

以下是2012年香港自殺現象的總結：

- 自殺死亡總數共有845宗
- 男性及女性的自殺死亡宗數分別為527宗 (62.4%)及318宗 (37.6%)
- 自殺率是11.78(即每十萬人中有11.78人自殺身亡)
- 自殺率比2011年的11.73輕微上升了0.05
- 最多被採取的自殺方式是「從高處墮下」(50%)
- 「吊死」是第二類較多人採用的自殺方式(25%)
- 「一氧化碳中毒」(燒炭)是第三類較多人採用的自殺方式 (13%)
- 最高自殺率的年齡組群是「70歲以上」，自殺率27
- 「60-69歲」的自殺率12.99，佔第二高自殺率的年齡組群

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

按年齡及性別分組之自殺死亡統計數字

年齡：0-19歲

2012年19歲以下青少年自殺死亡的宗數為20宗，但自殺率為1.73，比2011年上升了0.03，男女比例是1.2:1(詳閱圖表7.2)，男性自殺率比女性為高。在2012年這20宗自殺數字中，有12宗以「從高處墮下」結束生命，3宗自殺死於「一氧化碳中毒」及2宗自殺死於「吊死」(詳閱圖表7.1)。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔60%，這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2012年，20-59年齡組群之中，有535人自殺身亡，佔總自殺死亡數字之63.3%，比2011年上升了1.3%(詳閱圖表7.1)。自殺率為11.85，男女比例為1.9:1(詳閱圖表7.2)。縱觀在此年齡組群之自殺數字，有274人(51.2%)採取「從高處墮下」方式自殺，另外有113人(21.1%)採用「吊死」方式自殺，另外有99人(18.5%)則採用「一氧化碳中毒」自殺。

年齡: 60歲以上

在2012年，60歲以上自殺死亡之個案共有289宗，佔總自殺死亡數字的34.2%，相比2011年則輕微下降了1.3%。自殺率為20.04，比起2011年下降了1.37，男女比例為2.1:1(詳閱圖表7.2)。該年齡組群中有137宗(47.7%)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(詳閱圖表7.1)。

按自殺方式分組之自殺死亡統計數字

於2012年，共有423人採用「從高處墮下」方式自盡，佔總自殺死亡數字之50.1%，比起2011年下降2.5%。另外，212人採用「吊死」方式自殺，即25.1%，比2011年上升了4.1%。而採用「一氧化碳中毒」方式自殺的共有110宗，佔總自殺死亡人數的13%，比2011年下降了3.1%(詳閱圖表7.1)。

在2012年，「從高處墮下」仍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2012年，有76位自殺死亡者為失業人士，第二位是退休人士，佔56宗，接著是藍領階層，佔52宗(詳閱圖表7.3a)。雖然退休人士的自殺死亡數字比2011年的45宗驟升至2012年的76宗，但由於尚有557宗自殺死亡個案沒有進行死因調查而被列入未分類組別內，因而沒法作出職業上的分類。未被死因裁判法庭作出死因調查的個案由2011年的622宗減至2012年的557，令我們難以為總結自殺死亡人士的職業分類。

2012年本港的失業率是3.3%，比起2011年的3.4%下降了0.1%，而就業不足率則由2011年的1.7%減少至2012年的1.5%(詳閱圖表7.3b及7.3c)。

按精神疾患分組的自殺統計數字

2012年共有107宗自殺死亡個案與精神病患有關，這組群的普遍自殺方式是「從高處墮下」，佔45人；19人溺斃，另外有14宗死於上吊(詳閱圖表7.4)。

由於有557宗自殺死亡個案未經死因調查，我們不排除當中有部分自殺死亡個案與精神病患有關，故在數字上不能完全反映精神病患與自殺的關係。據世界衛生組織(WHO)表示超過九成的自殺個案會與精神病患有關，例如抑鬱症、精神分裂及酗酒，因此有效推廣精神健康的訊息對減低自殺率必能起著正面的作用。

未能確定是否蓄意自殺的死亡數字

2012年有21宗自殺死亡數字被列入「不能確定是意外或蓄意傷害」名單中，較2011年的28宗減少了7宗。在這21宗死亡數字中，8人死於由高處墮下，5人死於溺斃，及4人死於服毒(詳閱圖表7.5)。

毋須進行死因調查的死亡數字

2012年共有845宗自殺死亡數字，包括557宗沒有經過解剖及死因調查的自殺死亡個案，這數字由2011年的622宗至2012年的557宗有所減少(詳閱圖表7.6)。未被調查及分類的自殺死亡個案佔65.9%，實在讓我們無法在自殺數字分析上作出一個較準確的結論。

總結

2012年世界防止自殺日的主題是「全球預防自殺：強化正面能量及燃點希望」。在防止自殺的工作中，預防潛在自殺的最佳方法是及早發現當事人的自殺危機。在自殺行為出現前一般都是有跡可尋的，超過一半曾有自殺企圖的組群都被診斷他們曾患上精神疾病，而抑鬱症、物質關聯障礙、精神分裂及邊緣性人格障礙均是重要的誘因；而酗酒及濫藥亦是產生自殺念頭和行為的極危險因素；人生之中經常遇到極具壓力的事件，例如家庭衝突和關係破裂等，都會令當事人無力面對；經濟危機、失業、喪親及嚴重病患往往都會令人想到自殺。一般人均有能力應付風平浪靜的人生，而健康的自我價值觀和自信心都能讓人遠離自殺之路，良好的解決問題能力及適當的求助行為都能夠令人增加對自殺的免疫力。然而我們每一位都可以為防止自殺工作出一分力，例如護理人員、教師、研究專家、警察、消防員、新聞工作者、宗教領袖、政治家、義工甚至作為親友，都能在日常生活中為防止自殺作出努力。

過去幾年，不同的組織都在跨專業的合作模式下推行自殺教育、防止自殺和自殺危機干預之工作，它們都對自殺相關問題的認識和關注上作出很大的努力。而我們每一個小小的行動都能夠為防止自殺的力量變得強大，讓我們都成為一個正能量、一個支持和鼓勵，令世界變得更好。為了光輝的明天，我們必定做得到！

參考資料

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2. 香港撒瑪利亞防止自殺會2010年報，香港撒瑪利亞防止自殺會(2010)。
3. 香港撒瑪利亞防止自殺會2011年報，香港撒瑪利亞防止自殺會(2011)。
4. 香港2009年死因裁判法庭報告(2010)。
5. 香港死因裁判法庭2009報告，香港死因裁判法庭(2010)。
6. 香港死因裁判法庭2010報告，香港死因裁判法庭(2011)。
7. 香港死因裁判法庭2011報告，香港死因裁判法庭(2012)。

(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)

| Year 年份 | Type of Suicide 自殺類別 | 2012 Age Groups 年齡組別 | | | | | | | | | | | 2011 | | 2010 | | |
|-------------------------|--------------------------------|-------------------------|-----|-------|-------|-------|-------|-------|-------|-----|---------|-----------------|-------------|-----------------|-------------|-----------------|-------------|
| | | Sex 性別 | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ | U 不詳 | Sub-Total 小計 | Total 總計 | Sub-Total 小計 | Total 總計 | Sub-Total 小計 | Total 總計 |
| | | | | | | | | | | | | | | | | | |
| 2012 | Firearms 火器 | M 男 | | | | | 1 | 1 | | | | 2 | 2 | 1 | 1 | 0 | 0 |
| | | F 女 | | | | | | | | | | 0 | | 0 | | 0 | |
| | Drugs 藥物 | M 男 | | | 1 | 1 | 2 | | 2 | 2 | | 8 | 20 | 10 | 30 | 19 | 40 |
| | | F 女 | | 2 | | 1 | 4 | 2 | | 3 | | 12 | | 20 | | 21 | |
| | Poisons 毒藥 | M 男 | | | | | 3 | | | 6 | | 9 | 15 | 3 | 6 | 4 | 6 |
| | | F 女 | | | | | | 2 | 2 | 2 | | 6 | | 3 | | 2 | |
| | Hanging 吊死 | M 男 | | 2 | 14 | 19 | 20 | 24 | 19 | 46 | | 144 | 212 | 96 | 175 | 127 | 205 |
| | | F 女 | | | 6 | 10 | 10 | 10 | 9 | 23 | | 68 | | 79 | | 78 | |
| | Jumping from a height 由高處墮下 | M 男 | | 7 | 49 | 34 | 35 | 37 | 29 | 64 | | 255 | 423 | 269 | 438 | 340 | 548 |
| | | F 女 | | 5 | 23 | 27 | 33 | 36 | 13 | 31 | | 168 | | 169 | | 208 | |
| | Carbon Monoxide 一氧化碳 | M 男 | | 3 | 9 | 16 | 20 | 19 | 6 | 1 | | 74 | 110 | 103 | 134 | 94 | 142 |
| | | F 女 | | | 5 | 12 | 12 | 6 | | 1 | | 36 | | 31 | | 48 | |
| Drowning 淹死 | M 男 | | | 3 | 1 | 2 | 5 | 5 | 2 | 2 | 20 | 43 | 16 | 30 | 18 | 35 | |
| | F 女 | | 1 | 1 | 1 | | 6 | 4 | 9 | 1 | 23 | | 14 | | 17 | | |
| Sharp instruments 利器 | M 男 | | | 2 | | | | 1 | 1 | | 4 | 5 | 4 | 5 | 2 | 3 | |
| | F 女 | | | 1 | | | | | | | 1 | | 1 | | 1 | | |
| Others 其他 | M 男 | 1 | | 1 | 1 | 2 | 3 | 3 | 1 | | 11 | 15 | 11 | 14 | 10 | 15 | |
| | F 女 | | | 1 | 1 | | | | 1 | | 4 | | 3 | | 5 | | |
| 2012 | Sub-total 小計 | M 男 | 0 | 12 | 79 | 72 | 85 | 89 | 65 | 123 | 2 | 527 | 845 | | | | |
| | | F 女 | 1 | 8 | 37 | 52 | 59 | 62 | 28 | 70 | 1 | 318 | | | | | |
| | Total 總計 | | 1 | 20 | 116 | 124 | 144 | 151 | 93 | 193 | 3 | 845 | 845 | | | | |
| 2011 | Sub-total 小計 | M 男 | 0 | 13 | 62 | 86 | 89 | 82 | 59 | 118 | 4 | | | 513 | | | |
| | | F 女 | 0 | 8 | 43 | 51 | 46 | 57 | 35 | 79 | 1 | | | 320 | | | |
| | Total 總計 | | 0 | 21 | 105 | 137 | 135 | 139 | 94 | 197 | 5 | | 833 | | | | |
| 2010 | Sub-total 小計 | M 男 | 0 | 19 | 77 | 95 | 108 | 103 | 68 | 144 | 0 | | | | | 614 | |
| | | F 女 | 0 | 8 | 39 | 72 | 67 | 70 | 32 | 92 | 0 | | | | | 380 | |
| | Total 總計 | | 0 | 27 | 116 | 167 | 175 | 173 | 100 | 236 | 0 | | | | | 994 | |

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 | | 2012 | | | | 2011 | | | | 2010 | | | |
|-----------------------------|-----------------------------|--------|--------|-------------|-------------|--------|--------|-------------|-------------|--------|--------|-------------|-------------|
| | | 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 | 0.00 | 0.40 | 0:0 | 0.19 | 0.00 | 0.00 | 0:0 | 0 | 0 | 0 | 0:0 | 0 |
| | 10-19 | 3.31 | 2.35 | 1.4:1 | 2.84 | 3.45 | 2.25 | 1.5:1 | 2.86 | 4.71 | 2.10 | 2.2:1 | 3.44 |
| | Subtotal Population 整體人口 | 1.91 | 1.53 | 1.2:1 | 1.73 | 2.04 | 1.34 | 1.5:1 | 1.70 | 2.86 | 1.29 | 2.2:1 | 2.10 |
| 20-59 | 20-29 | 17.70 | 7.03 | 2.5:1 | 11.93 | 13.86 | 8.09 | 1.7:1 | 10.73 | 17.10 | 7.20 | 2.4:1 | 11.65 |
| | 30-39 | 15.57 | 7.76 | 2.0:1 | 10.95 | 18.62 | 7.73 | 2.4:1 | 12.22 | 20.50 | 11.00 | 1.9:1 | 14.91 |
| | 40-49 | 16.33 | 8.62 | 1.9:1 | 11.95 | 16.70 | 6.68 | 2.5:1 | 11.05 | 19.40 | 9.70 | 2.0:1 | 14.01 |
| | 50-59 | 15.14 | 10.05 | 1.5:1 | 12.53 | 14.32 | 9.62 | 1.4:1 | 11.93 | 18.40 | 12.20 | 1.5:1 | 15.29 |
| 60+ | Subtotal Population 整體人口 | 16.11 | 8.41 | 1.9:1 | 11.85 | 15.80 | 7.97 | 1.9:1 | 11.50 | 18.85 | 10.06 | 1.9:1 | 14.03 |
| | 60-69 | 18.10 | 7.85 | 2.3:1 | 12.99 | 17.51 | 10.63 | 1.6:1 | 14.11 | 21.90 | 10.80 | 2.0:1 | 16.43 |
| | 70+ | 38.24 | 17.80 | 2.1:1 | 27.00 | 37.90 | 20.29 | 1.8:1 | 28.20 | 46.80 | 23.90 | 2.0:1 | 34.08 |
| Subtotal Population 整體人口 | | 27.69 | 13.10 | 2.1:1 | 20.04 | 27.47 | 15.89 | 1.6:1 | 21.41 | 34.25 | 18.18 | 1.9:1 | 25.83 |
| Total Population 全年整體人口 | | 15.82 | 8.27 | 1.9:1 | 11.78 | 15.50 | 8.44 | 1.8:1 | 11.73 | 18.53 | 10.08 | 1.8:1 | 14.03 |

* Suicide Rate equals to number of suicide death per 100,000 population per year

* 自殺率等於每 100,000 人口每年自殺死亡的人數

Calculation: The Samaritan Befrienders Hong Kong

資料計算：香港撒瑪利亞防止自殺會

(Table 7.3a) The Number of Suicide Death in Hong Kong 2011 (By Occupation)
(表 7.3a) 香港自殺死亡數字 2011 (按職業分組)

| Year 年份 | 2012 | | | | | | | | | | | 2011 | | 2010 | |
|-------------------------|-----------------|-----|-------|-------|-------|-------|-------|-------|-----|---------|-----------------|-----------------|-------------|-----------------|-------------|
| | 年齡組別 Age Groups | | | | | | | | | | | Sub-Total 小計 | Total 總計 | Sub-Total 小計 | Total 總計 |
| | Sex 性別 | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ | U 不詳 | Sub-Total 小計 | | | | |
| Student 學生 | M 男 | 6 | | 8 | | | | | | | 14 | 10 | 22 | 6 | 8 |
| | F 女 | 7 | 1 | | | | | | | | 8 | 4 | | 2 | |
| Teacher 教師 | M 男 | | | | 1 | | | | | | 1 | 0 | 3 | 0 | 2 |
| | F 女 | | | | 1 | 1 | | | | | 2 | 2 | | 2 | |
| Not Employed 沒有職業 | M 男 | 1 | 13 | 13 | 8 | 11 | 13 | 7 | 2 | | 55 | 35 | 76 | 40 | 68 |
| | F 女 | | 3 | 3 | 7 | 6 | 2 | 2 | 1 | | 21 | 10 | | 28 | |
| Housewife 家庭主婦 | M 男 | | | | | | | | | | 0 | 0 | 32 | 0 | 22 |
| | F 女 | | | 1 | 3 | 2 | 10 | 4 | 12 | | 32 | 23 | | 22 | |
| Blue Collars 藍領階層 | M 男 | | | 8 | 8 | 8 | 11 | 1 | | | 36 | 27 | 52 | 15 | 17 |
| | F 女 | | | 7 | 2 | 2 | 4 | 1 | | | 16 | 17 | | 2 | |
| White Collars 白領階層 | M 男 | | | 6 | 1 | 2 | 3 | 2 | | | 14 | 9 | 25 | 3 | 7 |
| | F 女 | | | 2 | 4 | 3 | 2 | | | | 11 | 3 | | 4 | |
| Patient 病人 | M 男 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | F 女 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| Disciplinaries 紀律部隊 | M 男 | | | 1 | | 4 | 1 | | | | 6 | 4 | 7 | 0 | 1 |
| | F 女 | | | 1 | | | | | | | 1 | 0 | | 1 | |
| Business Man 商人 | M 男 | | | 1 | | 3 | 2 | | | | 6 | 4 | 7 | 4 | 4 |
| | F 女 | | | | 1 | | | | | | 1 | 0 | | 0 | |
| Retired Person 退休人士* | M 男 | | | | | | 1 | 12 | 30 | | 43 | 32 | 56 | 26 | 39 |
| | F 女 | | | | | | 1 | | 12 | | 13 | 16 | | 13 | |
| Unclassified 未能分類** | M 男 | 0 | 5 | 42 | 54 | 57 | 57 | 43 | 91 | 0 | 349 | 381 | 557 | 491 | 779 |
| | F 女 | 0 | 1 | 21 | 33 | 44 | 43 | 21 | 45 | 0 | 208 | 241 | | 288 | |
| Other 其他 | M 男 | | | | | | 1 | | | 2 | 3 | 11 | 8 | 29 | 47 |
| | F 女 | 1 | | 1 | 1 | 1 | | | | 1 | 5 | 4 | | 18 | |
| Sub-total 小計 | M 男 | 0 | 12 | 79 | 72 | 85 | 89 | 65 | 123 | 2 | 527 | 513 | 845 | 614 | 994 |
| | F 女 | 1 | 8 | 37 | 52 | 59 | 62 | 28 | 70 | 1 | 318 | 320 | | 380 | |
| Total 總計 | | 1 | 20 | 116 | 124 | 144 | 151 | 93 | 193 | 3 | 845 | 833 | | 994 | |

Source: Coroners Court 資料來源：死因裁判法庭

* New category added in since 2005 自 2005 年起新增類別

** The total number of suicide cases in 2011 were 845 which included 557 suicide cases without death investigation report ordered.
2011 年共有 845 人死於自殺，當中包括 557 人毋須進行死因研究而裁判為死於自殺

(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)

| Year 年份 | Sex 性別 | Age Groups 年齡組別 | | | | | | Overall 合計 |
|------------|------------|-----------------|---------|---------|---------|---------|-----|---------------|
| | | 15 -19 | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60+ | |
| 2012 | M 男 | 3.8 | 1.8 | 1.6 | 2.1 | 2.9 | 1.9 | 2.1 |
| | F 女 | 3.6 | 0.8 | 0.4 | 0.9 | 1.3 | 1.7 | 0.9 |
| | Overall 合計 | 3.7 | 1.3 | 1.0 | 1.5 | 2.2 | 1.9 | 1.5 |
| 2011 | M 男 | 3.7 | 1.9 | 1.8 | 2.3 | 2.8 | 2.4 | 2.3 |
| | F 女 | 3.9 | 0.7 | 0.5 | 1.2 | 2.1 | 1.9 | 1.1 |
| | Overall 合計 | 3.8 | 1.3 | 1.1 | 1.8 | 2.5 | 2.3 | 1.7 |
| 2010 | M 男 | 3.6 | 2.0 | 2.0 | 2.8 | 3.5 | 2.3 | 2.6 |
| | F 女 | 3.1 | 1.0 | 0.8 | 1.6 | 2.4 | 2.8 | 1.4 |
| | Overall 合計 | 3.4 | 1.4 | 1.3 | 2.3 | 3.1 | 2.4 | 2.0 |

Source: General Household Survey Section (2), Census and Statistics Department
資料來源：政府統計處綜合住戶統計調查組 (二)

(Table 7.3c) 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)

| Year 年份 | Sex 性別 | Age Groups 年齡組別 | | | | | | Overall 合計 |
|------------|------------|-----------------|---------|---------|---------|---------|-----|---------------|
| | | 15 -19 | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60+ | |
| 2012 | M 男 | 15.6 | 6.6 | 2.9 | 3.1 | 3.3 | 2.2 | 3.8 |
| | F 女 | 11.9 | 4.1 | 1.9 | 2.5 | 2.3 | 1.4 | 2.7 |
| | Overall 合計 | 13.9 | 5.3 | 2.4 | 2.8 | 2.9 | 2.0 | 3.3 |
| 2011 | M 男 | 17.9 | 6.7 | 3.1 | 3.0 | 3.9 | 2.0 | 4.0 |
| | F 女 | 13.6 | 4.1 | 2.0 | 2.5 | 2.2 | 2.0 | 2.8 |
| | Overall 合計 | 15.8 | 5.3 | 2.5 | 2.7 | 3.3 | 2.0 | 3.4 |
| 2010 | M 男 | 23.0 | 8.3 | 3.7 | 4.1 | 5.0 | 3.3 | 5.1 |
| | F 女 | 18.3 | 5.3 | 2.6 | 3.0 | 3.2 | 1.4 | 3.6 |
| | Overall 合計 | 20.8 | 6.7 | 3.1 | 3.6 | 4.3 | 2.8 | 4.4 |

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)

| Year 年份 | Type of Suicide 自殺類別 | 2012 Age Groups 年齡組別 | | | | | | | | | | 2011 | | 2010 | |
|------------|--------------------------------|-------------------------|-----|-------|-------|-------|-------|-------|-------|-----|---------|-----------------|-------------|-----------------|-------------|
| | | Sex 性別 | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ | U 不詳 | Sub-Total 小計 | Total 總計 | Sub-Total 小計 | Total 總計 |
| | | | | | | | | | | | | | | | |
| 2012 | Firearms 火器 | M 男 | | | | | | | | | | 0 | 0 | 0 | 0 |
| | | F 女 | | | | | | | | | | 0 | 0 | 0 | 0 |
| | Drugs 藥物 | M 男 | | | 1 | 1 | 1 | | | | | 3 | 12 | 7 | 18 |
| | | F 女 | | 2 | | 1 | 4 | 1 | | 1 | | 9 | 4 | 11 | |
| | Poisons 毒藥 | M 男 | | | | | | | | | | 0 | 3 | 1 | 1 |
| | | F 女 | | | | | | 1 | 1 | 1 | | 3 | 1 | 0 | 0 |
| | Hanging 吊死 | M 男 | | | 1 | 2 | 1 | 1 | 2 | 2 | | 9 | 14 | 6 | 11 |
| | | F 女 | | | | 1 | | 2 | | | | 5 | 2 | 2 | |
| | Jumping from a height 由高處墮下 | M 男 | | | 7 | 6 | 2 | 8 | 2 | 3 | | 28 | 45 | 9 | 18 |
| | | F 女 | | | 1 | 5 | 5 | 4 | | 2 | | 17 | 12 | 12 | 15 |
| | Carbon Monoxide 一氧化碳 | M 男 | | | 1 | 1 | 2 | 1 | 1 | | | 6 | 11 | 3 | 5 |
| | | F 女 | | | | 3 | 1 | | | 1 | | 5 | 2 | 2 | 4 |
| | Drowning 淹死 | M 男 | | 1 | 3 | 1 | 1 | 2 | 3 | 1 | | 10 | 19 | 6 | 8 |
| | | F 女 | | | | 1 | | 3 | | | | 9 | 2 | 2 | 6 |
| 2012 | Sharp instruments 利器 | M 男 | | | | | | | | 1 | | 1 | 1 | 2 | 0 |
| | | F 女 | | | | | | | | | | 0 | 0 | 0 | 0 |
| | Others 其他 | M 男 | | | 1 | | | | | | | 1 | 2 | 3 | 6 |
| | | F 女 | | | | | | | | | | 1 | 2 | 3 | 2 |
| | Sub-total 小計 | M 男 | 0 | 0 | 14 | 11 | 7 | 12 | 8 | 6 | 0 | 58 | 107 | | |
| 2011 | | F 女 | 0 | 3 | 1 | 12 | 10 | 11 | 4 | 8 | 0 | 49 | *107 | | |
| | Total 總計 | | 0 | 3 | 15 | 23 | 17 | 23 | 12 | 14 | 0 | 107 | | | |
| | Sub-total 小計 | M 男 | 0 | 1 | 4 | 8 | 6 | 3 | 3 | 8 | 0 | | | 3 | |
| | | F 女 | 0 | 1 | 3 | 6 | 6 | 4 | 4 | 2 | 0 | | | 26 | |
| | Total 總計 | | 0 | 2 | 7 | 14 | 12 | 7 | 7 | 10 | 0 | | **59 | 59 | |
| 2010 | Sub-total 小計 | M 男 | 0 | 0 | 3 | 8 | 10 | 10 | 2 | 2 | 0 | | | | 35 |
| | | F 女 | 0 | 0 | 3 | 12 | 8 | 11 | 6 | 5 | 0 | | | | 45 |
| | Total 總計 | | 0 | 0 | 6 | 20 | 18 | 21 | 8 | 7 | 0 | | | 80 | ***80 |

Source: Coroners Court 資料來源：死因裁判法庭

- * There were 557 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
當中有 557 宗自殺死亡案件沒有進行死因研究而排除於精神病患者自殺死亡人數
- ** There were 626 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
當中有 626 宗自殺死亡案件沒有進行死因研究而排除於精神病患者自殺死亡人數
- *** There were 779 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
當中有 779 宗自殺死亡案件沒有進行死因研究而排除於精神病患者自殺死亡人數

(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)

| Year 年份 | Type of Suicide 自殺類別 | 2012 Age Groups 年齡組別 | | | | | | | | | | | 2011 | | 2010 | |
|--------------|--------------------------------|-------------------------|-----|-------|-------|-------|-------|-------|-------|-----|---------|-----------------|-------------|-----------------|-------------|-------|
| | | Sex 性別 | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ | U 不詳 | Sub-Total 小計 | Total 總計 | Sub-Total 小計 | Total 總計 | |
| | | | | | | | | | | | | | | | | |
| 2012 | Firearms 火器 | M 男 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | Drugs 藥物 | M 男 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | | F 女 | | | 1 | | | | | | | 2 | 4 | 4 | 3 | 9 |
| | Poisons 毒藥 | M 男 | | | | 1 | | | | | 2 | 8 | 8 | 6 | 0 | 0 |
| | | F 女 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | Hanging 吊死 | M 男 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | | F 女 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | Jumping from a height 由高處墮下 | M 男 | | | 2 | 1 | | 1 | | 1 | | 5 | 8 | 5 | 3 | 2 |
| | | F 女 | | | 2 | | | 1 | | | 3 | 0 | 0 | 0 | 2 | 2 |
| | Carbon Monoxide 一氧化碳 | M 男 | | | | | | | | | | 0 | 1 | 0 | 2 | 2 |
| | | F 女 | | | | | | 1 | | | | 1 | 5 | 3 | 4 | 5 |
| | Drowning 淹死 | M 男 | | | | | | 2 | 1 | | 2 | 4 | 1 | 5 | 3 | 8 |
| | | F 女 | | | | | | | | | | 1 | 0 | 0 | 1 | 1 |
| | Sharp instruments 利器 | M 男 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| | | F 女 | | | | | | | | | | 0 | 0 | 0 | 0 | 0 |
| Others 其他 | M 男 | | | | | | | | | | 1 | 1 | 0 | 0 | 0 | |
| | F 女 | 1 | | 1 | | | | | 1 | | 2 | 3 | 0 | 0 | 0 | |
| 2012 | Sub-total 小計 | M 男 | 0 | 0 | 2 | 2 | 1 | 3 | 0 | 2 | 2 | 12 | 21 | | | |
| | F 女 | 1 | 0 | 3 | 0 | 1 | 3 | 1 | 0 | 0 | 9 | | | | | |
| 2012 | Total 總計 | | 1 | 0 | 5 | 2 | 2 | 6 | 1 | 2 | 2 | 21 | *21 | | | |
| 2011 | Sub-total 小計 | M 男 | 0 | 1 | 4 | 2 | 3 | 0 | 2 | 0 | 0 | | | 12 | | |
| | F 女 | 0 | 1 | 0 | 2 | 4 | 2 | 1 | 5 | 1 | | 16 | | 16 | | |
| 2010 | Total 總計 | | 0 | 2 | 4 | 4 | 7 | 2 | 1 | 7 | 1 | | | 28 | **28 | |
| | Sub-total 小計 | M 男 | 0 | 0 | 1 | 3 | 1 | 3 | 0 | 1 | 0 | | | | | 9 |
| | | F 女 | 0 | 0 | 1 | 1 | 3 | 4 | 0 | 0 | 0 | | | | | 9 |
| | Total 總計 | | 0 | 0 | 2 | 4 | 4 | 7 | 0 | 1 | 0 | | | | 18 | ***18 |

Source: Coroners Court 資料來源：死因裁判法庭

- * There were 557 of suicide cases without death investigation report ordered that excluded the number of above table.
當中有 557 宗自殺死亡案件沒有進行死因研究而排除於精神病患者自殺死亡人數
- ** There were 626 of suicide cases without death investigation report ordered that excluded the number of above table.
當中有 626 宗自殺死亡案件沒有進行死因研究而排除於精神病患者自殺死亡人數
- *** There were 779 of suicide cases without death investigation report ordered that excluded the number of above table.
當中有 779 宗自殺死亡案件沒有進行死因研究而排除於精神病患者自殺死亡人數

(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

| Year 年份 | Type of Suicide 自殺類別 | 2012 Age Groups 年齡組別 | | | | | | | | | | | | 2011 | |
|-------------------------|--------------------------------|-------------------------|-----|-------|-------|-------|-------|-------|-------|-----|---------|-----------------|-------------|-----------------|-------------|
| | | Sex 性別 | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ | U 不詳 | Sub-Total 小計 | Total 總計 | Sub-Total 小計 | Total 總計 |
| | | | | | | | | | | | | | | | |
| 2012 | Firearms 火器 | M 男 | | | | | | | | | | | | 0 | 0 |
| | | F 女 | | | | | | | | | | | | 0 | 0 |
| | Drugs 藥物 | M 男 | | | | | | 1 | 1 | | | 2 | 4 | 2 | 10 |
| | | F 女 | | | | | | 1 | 1 | | | 2 | | 8 | |
| | Poisons 毒藥 | M 男 | | | | | | | 3 | | | 3 | 3 | 0 | 0 |
| | | F 女 | | | | | | | | | | 0 | | 0 | |
| | Hanging 吊死 | M 男 | | 1 | 7 | 16 | 10 | 20 | 14 | 35 | | 103 | 156 | 75 | 139 |
| | | F 女 | | | | 5 | 6 | 9 | 8 | 17 | | 53 | | 64 | |
| | Jumping from a height 由高處墮下 | M 男 | | 2 | 28 | 24 | 28 | 22 | 23 | 51 | | 178 | 302 | 210 | 351 |
| | | F 女 | | 1 | 12 | 20 | 25 | 28 | 12 | 26 | | 124 | | 141 | |
| | Carbon Monoxide 一氧化碳 | M 男 | | 2 | 5 | 14 | 17 | 14 | 5 | 1 | | 58 | 84 | 85 | 110 |
| | | F 女 | | | 4 | 7 | 10 | 5 | | | | 26 | | 25 | |
| | Drowning 淹死 | M 男 | | | | | 1 | | | | | 1 | 4 | 3 | 6 |
| | | F 女 | | | | | | 1 | 1 | 1 | | 3 | | 3 | |
| Sharp instruments 利器 | M 男 | | | | 2 | | | | | | 2 | 2 | 0 | 0 | |
| | F 女 | | | | | | | | | | 0 | | 0 | | |
| Others 其他 | M 男 | | | | | | 1 | 1 | | | 2 | 2 | 6 | 6 | |
| | F 女 | | | | | | | | | | 0 | | 0 | | |
| 2012 | Sub-total 小計 | M 男 | 0 | 5 | 42 | 54 | 57 | 57 | 43 | 91 | 0 | 349 | 557 | | |
| | | F 女 | 0 | 1 | 21 | 33 | 44 | 43 | 21 | 45 | 0 | 208 | | | |
| | Total 總計 | | 0 | 6 | 63 | 87 | 101 | 100 | 64 | 136 | 0 | 557 | 557 | | |
| 2011 | Sub-total 小計 | M 男 | 0 | 2 | 44 | 66 | 65 | 66 | 45 | 92 | 1 | | | 381 | |
| | | F 女 | 0 | 5 | 32 | 36 | 35 | 45 | 30 | 58 | 0 | | | 241 | |
| | Total 總計 | | 0 | 7 | 76 | 102 | 100 | 111 | 75 | 150 | 1 | 622 | 622 | 622 | |

Source: Coroners Court 資料來源: 死因裁判法庭

REPORT ON SPOT SERVICE 2012

Writer: Chan Fung Ming (Hotline Volunteer)

Translator: Ip Chi Wing (Hotline Volunteer)

Our Suicide Prevention on neT (SPOT) Service has been in operation for five years. Searches are made on the Internet on a daily basis for people giving messages of emotional disturbance or suicidal risk in blogs and forums. We then leave messages to give them support, care and encouragement. When necessary, further assistance, emotional relief and information on relevant resources are provided, and sometimes even referrals to our Suicide Crisis Intervention Centre are made.

In 2012, the service handled a total of 756 cases, of which 210 were new cases. After our first messages to the clients, 47.6% of them gave a response. In most of the responses, the clients showed appreciation to our concern. Some of the responses went on to talk about their problems. Although there were first messages getting no responses, we believed that our support, care and encouragement explicitly expressed in the messages had reached their hearts and some subtle positive effect had probably been produced. In addition to leaving messages in the clients' blogs, we posted some positive inspirational messages in our own blog. Many people appreciated that the messages were highly positive and inspirational.

Analysis on Gender

Of the 210 new cases of the year, 68.6% were female, 25.2% were male and 6.2% were unidentified.

Analysis on Suicidal Risk

In the work of the SPOT Service, suicidal risk assessment closely linked to the way the intervention is going to be made, such as whether the case should be referred to Suicide Crisis Intervention Centre as soon as possible. Of the 210 new cases, at the time of the initial contact, 42.4% had suicidal risk: 1.4% had a high suicidal risk, 3.8% had a medium suicidal risk, and 37.1% had a low suicidal risk.

At the time of the initial contact, 41.9% of the 210 new cases were assessed to be with no suicidal risk but with emotional disturbance. Since a prolonged suffering of emotional disturbance without a resolution may give rise to the thought of suicide, we hold that help should be offered to a person with emotional disturbance so as to reduce the chance of his or her developing suicidal thought. On the other hand, 15.7% of the 210 new cases had unknown suicidal risk as they had not expressed themselves clearly and an assessment could not be made. Some negative thoughts had, however, been revealed by what they said in their blogs.

Analysis on Cause of Problem

There are many causes of emotional disturbance and even suicidal thoughts. They do not exist independently. Of the 210 new cases, the most common cause of problem was love affairs (24.8%), followed by mental illness and family issues (both 17.1%), then by health and studies (both more than 10%). Other causes of problem included friendship, employment, marriage, sex, finance and suicide of family members or friends. 3.3% of the cases were unwilling to disclose their problems and only vaguely indicated that they were depressed and therefore cannot be categorized.

Conclusion

It is now a trend for people to use the Internet as a channel to express their emotions. There have been incidents in which a person committed suicide after leaving a suicidal note on the Internet. It is certain that our service has its value. However, we are also encountering many restrictions and difficulties in providing the service. Instead of requesting by the client, we intervene as a stranger and we are often rejected by the client right away, which stops us from carrying out our work. It requires a lot of skills to express empathy to the clients and make them feel our genuine concern through writing, without which we cannot render further help to them. On the other hand, various blogs and web search engines have their own ways of operation, own functional limitations and privacy considerations. These cause obstacles and challenges to our service. Nevertheless, we will always be mindful of our mission behind the service - to give encouragement and help to people with emotional disturbance or even suicidal thought so that they can regain their confidence and be reassured of the value of their lives.

「網蹤人計劃」報告 2012

撰寫：陳鳳明(熱線義工)

翻譯：葉志榮(熱線義工)

本會的「網蹤人計劃」服務至今已經五年之久，我們每天在互聯網上尋找一些具情緒困擾、以及有自殺危機的網誌、論壇等文字訊息，並留言給予支持、關心和鼓勵，有需要時更會進一步向案主提供情緒舒緩的幫助以及給予相關資源，甚至轉介本會的自殺危機處理中心跟進。

這一年裏，「網蹤人計劃」服務一共處理了756宗個案，其中210宗是新個案。在我們第一次留言後，有47.6%給案主的留言獲得對方的回應，大部份的回應內容都是表達感謝關心，有些會進一步訴說自己的事情；至於沒有回應的個案，估計案主不願意與我們接觸，但我們之留言中那明確的支持、關心和鼓勵，相信都已經傳遞到案主的心裏，期望會產生積極作用。我們除了主動在案主的網誌留言之外，更利用我們的網誌張貼一些勵志、正面的訊息，公開讓人瀏覽，有不少人對於這些極具積極和鼓勵的內容表示讚賞。

性別組群分析

全年210宗新個案裏，有68.6%是女性，25.2%是男性，其餘6.2%是未透露其性別。

自殺危機組群分析

「網蹤人」的工作裡，自殺評估直接影響了我們如何鋪排個案介入方法，例如是否需要盡快轉介自殺危機處理中心跟進。在210宗首次接觸的個案裏，有42.4%是具自殺危機的，當中有1.4%是具高度自殺危機；有3.8%是有中度自殺危機；而37.1%是具有輕度自殺危機的。

在210宗首次接觸的個案中，有41.9%屬於沒有自殺危機但有情緒困擾，但自殺危機出現前當事人必先受到情緒困擾，當困擾沒法排解後便萌生自殺念頭，因此我們希望網民們出現情緒困擾的時候就獲得應有的協助，從而減低自殺的危機。另外，有15.7%的案主表達含糊而未能評估其危機，但在他們的網誌言詞間透露了負面的想法。

困擾類別組群分析

導致人們造成困擾，甚至有輕生念頭各有原因，而這些原因很多時都非單一出現。從210宗首次接觸的個案分析顯示，愛情問題為最多數，佔24.8%；其次是精神病和家庭問題，同樣佔17.1%；而健康、學業問題均超過10%。其他如：交友、職業、婚姻、性、經濟和親友自殺都是他們的困擾類別。另外，亦有3.3%的個案在網誌中不願透露所困擾的具體原因，故未能歸類。

總結

互聯網上留言抒發情緒是一種新趨勢，而在互聯網上留下遺書去自殺的事件也偶有發生，因此「網蹤人計劃」是有其必要的。不過我們同時發現此項工作的制肘和困難也特別多：由於這項服務並非是當事人主動求助，我們從一個陌生人的身份去介入，往往會被當事人拒絕而令我們的工作無法進行；用文字去表達同理心，讓當事人接受，繼而進一步作出幫助，是很不容易的；互聯網上各類型的網誌應運而生，各有各的操作方法、功能限制、私隱的考慮等等，都為我們的服務帶來阻礙和挑戰。但無論如何我們仍不會忘記服務背後的使命----讓那些受情緒困擾甚至有輕生念頭的人得到正面鼓勵和幫助，重拾信心，珍惜生命。

(Table 8.1) Age and suicidal assessment of SPOT project in 2012

(表 8.1) 2012 年網蹤人計劃跟進個案年齡及危機程度統計表

| | Suicidal Assessment 自殺危機 | High 高 | Middle 中 | Low 低 | None 無 | Unknown 不詳 | Total 總計 |
|-----------|-----------------------------|-----------|-------------|------------|------------|---------------|-------------|
| Age 年齡 | 0 - 9 | 0 | 0 | 0 | 0 | 3 | 3 |
| | 10 - 19 | 1 | 2 | 49 | 20 | 12 | 84 |
| | 20 - 29 | 4 | 10 | 129 | 210 | 22 | 375 |
| | 30 - 39 | 1 | 8 | 24 | 35 | 8 | 76 |
| | 40 - 49 | 0 | 1 | 2 | 10 | 8 | 21 |
| | 50 - 59 | 0 | 0 | 2 | 4 | 0 | 6 |
| | Unknown 不詳 | 0 | 2 | 20 | 82 | 87 | 191 |
| | Total 總計 | 6 | 23 | 226 | 361 | 140 | 756 |

(Table 8.2) Sex and suicidal assessment for new cases of SPOT project in 2012

(表 8.2) 2012 年網蹤人計劃跟進新個案性別及危機程度統計表

| | Suicidal Assessment 自殺危機 | High 高 | Middle 中 | Low 低 | None 無 | Unknown 不詳 | Total 總計 |
|-----------|-----------------------------|-----------|-------------|-----------|-----------|---------------|-------------|
| Sex 性別 | 女 F | 2 | 6 | 53 | 64 | 19 | 144 |
| | 男 M | 1 | 2 | 23 | 20 | 7 | 53 |
| | 不詳 Unknown | 0 | 0 | 2 | 4 | 7 | 13 |
| | Total 總計 | 3 | 8 | 78 | 88 | 33 | 210 |

(Table 8.3) Age and suicidal assessment for news cases of SPOT project in 2012

(表 8.3) 2012 年網蹤人計劃跟進新個案年齡及危機程度統計表

| | Age 年齡 | 0 - 9 | 10-19 | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | U 不詳 | Total 總計 | % |
|------------|--------------------------|----------|-----------|-----------|-----------|-----------|----------|----------|-------------|------------|
| Type 類別 | Health 健康 | 0 | 0 | 4 | 10 | 7 | 0 | 0 | 21 | 10.0 |
| | Social Relationship 交友 | 0 | 2 | 8 | 2 | 1 | 0 | 1 | 14 | 7.0 |
| | Study 學業 | 0 | 8 | 10 | 2 | 0 | 0 | 1 | 21 | 10.0 |
| | Occupation 職業 | 0 | 0 | 1 | 5 | 2 | 0 | 0 | 8 | 4.0 |
| | Sexual Problem 性 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 3 | 1.0 |
| | Mental Problem 精神病 | 0 | 0 | 16 | 18 | 2 | 0 | 0 | 36 | 17.1 |
| | Family Disputes 家庭 | 0 | 0 | 13 | 22 | 1 | 0 | 0 | 36 | 17.1 |
| | Finance 經濟 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0.9 |
| | Accident 意外 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.0 |
| | Marital Problem 婚姻 | 0 | 0 | 2 | 2 | 0 | 0 | 0 | 4 | 1.8 |
| | Romantic Relationship 愛情 | 0 | 20 | 18 | 14 | 0 | 0 | 0 | 52 | 24.8 |
| | Relatives Suicide 親友自殺 | 0 | 2 | 2 | 2 | 0 | 0 | 0 | 6 | 3.0 |
| | Unknown 不詳 | 0 | 1 | 1 | 4 | 0 | 0 | 1 | 7 | 3.3 |
| | Total 總計 | 0 | 34 | 76 | 82 | 13 | 2 | 3 | 210 | 100 |

AUDITORS' AND FINANCIAL REPORT 財政報告

Y. H. CHEUNG & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS

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251 QUEEN'S ROAD CENTRAL,
HONG KONG.

TEL: 2541 5838 FAX: 2851 2802

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傳真：二八五二八〇二八INDEPENDENT AUDITORS' REPORT
TO THE MEMBERS OF THE SAMARITAN BEFRIENDERS HONG KONG
(incorporated in Hong Kong with limited liability)

We have audited the annexed financial statements of The Samaritan Befrienders Hong Kong ("the Corporation") which comprise the statement of financial position as at 31 March 2013, the statement of comprehensive income, the statement of changes in 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 2013 and of its deficit 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 2013

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，綜合各基金收支表，綜合各基金變動表，現金流量表，主要會計政策摘要及其他附註。

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2013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虧損及現金流量，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
2013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
STATEMENT OF FINANCIAL POSITION
2013 年 3 月 31 日
AS AT 31 MARCH 2013

| | | 註 NOTES | 2013 HK\$ | 2012 HK\$ |
|----------|-------------------------------------|------------|--------------|--------------|
| 流動資產 | CURRENT ASSETS | | | |
| 手存現金 | Cash in hand | | 14,000 | 14,000 |
| 銀行存款 | Cash at banks | | 6,243,729 | 5,601,898 |
| 定期存款 | Fixed deposits | | 898,553 | 898,463 |
| 應收及預付款 | Accounts receivable and prepayments | | 135,848 | 643,414 |
| | | | 7,292,130 | 7,157,775 |
| 減： | LESS: | | | |
| 流動負債 | CURRENT LIABILITIES | | | |
| 應付款項 | Accounts payable | | (846,537) | (694,894) |
| | | | 6,445,593 | 6,462,881 |
| 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 | | 6,462,014 | 6,479,302 |
| 資金來源 | Represented by: | | | |
| 運作儲備金 | OPERATING FUNDS | | | |
| 累積基金 | Accumulated Fund | 3 | 854,548 | 710,081 |
| 生命教育中心 | Life Education Centre | 4 | (61,178) | (83,657) |
| 自殺危機處理中心 | Suicide Crisis Intervention Centre | 5 | 3,069,140 | 2,921,253 |
| 關懷身邊人基金 | Caring Fund | 6 | 1,590,601 | 1,913,019 |
| | | | 5,453,111 | 5,460,696 |
| 其他基金及儲備 | OTHER FUNDS AND RESERVE | | | |
| 資產補貼 | Block Grant | 7 | 120,805 | 59,068 |
| 資產計劃基金 | Capital Project Fund | 8 | (71,440) | --- |
| 活動基金 | Programs Fund | 9 | 20,619 | 20,619 |
| 特別基金 | Special Fund | 10 | 503,919 | 503,919 |
| 儲備 | General Reserve | 11 | 435,000 | 435,000 |
| | | | 6,462,014 | 6,479,302 |

The attached notes form an integral part of these accounts.

Approved by the Executive Committee on 31 May 2013

附註乃賬項之一部份

於 2013 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
綜合各基金收支表
STATEMENT OF COMPREHENSIVE INCOME
2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

| | | 2013 HK\$ | 2012 HK\$ |
|---------------------------|--|-------------------|-------------------|
| <u>主要收入</u> | <u>PRINCIPAL REVENUE</u> | | |
| 收捐款及津貼 | Donations and subsidies received | 11,058,113 | 10,686,267 |
| <u>其他收入</u> | <u>OTHER REVENUE</u> | | |
| 銀行利息 | Bank interest received | 602 | 492 |
| 課程及什項收入 | Courses fees and sundry income | 1,570,517 | 1,658,454 |
| | | <u>12,629,232</u> | <u>12,345,213</u> |
| <u>支出</u> | <u>EXPENDITURE</u> | | |
| 訓練及社區工作 | Training and community activities | 752,118 | 863,592 |
| 職員薪金福利 | Staff costs | 10,112,716 | 9,358,089 |
| 行政費用 | Administration expenses | 1,067,401 | 886,558 |
| 租金及差餉 | Rent and rates | 370,040 | 370,380 |
| 電腦及軟件 | Computers and softwares | 30,975 | 14,458 |
| 低值傢具器材 | Low value furniture and equipment | 39,209 | 46,961 |
| 網頁設計 | Web-page design | 84,000 | --- |
| 修改章程 | Amendment of M&A | 20,750 | --- |
| 聯會會費 | Subscription to affiliated association | 8,763 | 4,000 |
| | | <u>12,485,972</u> | <u>11,544,038</u> |
| <u>本年運作盈餘</u> | <u>OPERATING SURPLUS FOR THE YEAR</u> | 143,260 | 801,175 |
| <u>其他綜合 收入/(支出)</u> | <u>OTHER COMPREHENSIVE INCOME/ EXPENDITURE</u> | | |
| 資助之資產 成本 | Cost of subvented assets | (432,513) | (169,972) |
| 收資助 | Subventions received | 271,965 | 103,000 |
| <u>綜合各基金淨 (不敷)/盈餘</u> | <u>NET COMPREHENSIVE (DEFICIT)/SURPLUS</u> | <u>(17,288)</u> | <u>734,203</u> |

綜合各基金變動表
STATEMENT OF CHANGES IN FUNDS
2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

| | | 2013 HK\$ | 2012 HK\$ |
|--------------------|---|------------------|------------------|
| 年初各基金總結餘 | Balance of funds at beginning of year | 6,479,302 | 5,745,099 |
| 本年運作基金淨 (虧損)/盈餘 | Operating funds net (deficit)/surplus for the year | (7,585) | 682,607 |
| 資產補貼盈餘 | Surplus in Block Grant | 61,737 | 51,596 |
| 資產計劃不敷 | Capital Project Fund Deficit | (71,440) | --- |
| 年終結餘 | Balance at end of year | <u>6,462,014</u> | <u>6,479,302</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
 2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

| | 2013 HK\$ | 2012 HK\$ |
|--|------------------|------------------|
| Cash Flows From Operating Activities 運作所得之現金流量 | | |
| Operating Surplus of funds for the year 本年度各基金運作總盈餘 | 143,260 | 801,175 |
| Adjustments for 調整： | | |
| (Increase)/Decrease in accounts receivable and prepayments(增加)/減少應收及預付款 | 507,566 | (240,677) |
| Increase/(decrease) in accrued expenses 增加/(減少)應付款 | 151,643 | (131,789) |
| | <u>802,469</u> | <u>428,709</u> |
| Cash Flows From Investing Activities 投資所用款項 | | |
| Subvented assets purchased 資助購買之資產成本 | (432,513) | (169,972) |
| Social Welfare Block Grant 社署資產補貼 | 108,000 | 103,000 |
| Community Chest Capital project fund 公益金資產計劃基金 | 32,100 | --- |
| Other subventions 其他補貼 | <u>131,865</u> | <u>---</u> |
| Net Increase in Cash at Banks and in Hand 增加銀行存款及手存現金淨額 | 641,921 | 361,737 |
| Cash at Banks and in Hand at Beginning of Year 年初銀行存款及手存現金 | <u>6,514,361</u> | <u>6,152,624</u> |
| Cash at Banks and in Hand at End of Year 年終銀行存款及手存現金 | <u>7,156,282</u> | <u>6,514,361</u> |

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
 賬項附註
NOTES TO ACCOUNTS
 2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

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. 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。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)
2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

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.

Subvented assets, 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。

資助購買之傢具器材，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 Fund is to finance Hotline Centre operations and administration functions.

基金是用於資助熱線中心及中央行政費用。

The movements during the year were as follow:-

年中變動如下：

| | | <u>2013</u> HK\$ | <u>2012</u> HK\$ |
|---------|-----------------------------------|---------------------|---------------------|
| 年初結存 | Fund balance at beginning of year | 710,081 | 696,346 |
| 加：本年度盈餘 | Add: Net surplus for the year | | |
| 熱線中心 | Hotline Centre (note 12) | 144,467 | 13,735 |
| (註 12) | | | |
| 中央行政 | Central Administration | --- | --- |
| (註 13) | (note 13) | | |
| 年終結餘 | Balance at end of year | <u>854,548</u> | <u>710,081</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)
2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

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

The Life Education Centre was mainly subvented by The Hong Kong Jockey Club Charities Trust. There were also other sponsorship and donations received during the year. The income and expenditure of the Centre during the year and the balance at end of year were as follows:

生命教育中心主要由香港賽馬會慈善信託基金撥款資助。年中亦有收其他贊助及捐款。本年收支及年終結餘如下：

| | 2013 HK\$ | 2012 HK\$ |
|--|------------------|------------------|
| Subventions for the year 本年度資助 | 901,800 | 901,800 |
| Sponsorship for Community activities 贊助社區活動 | 125,890 | --- |
| Government rent and rates subsidies 政府租金差餉津貼 | --- | 152,728 |
| Course fees received 課程收入 | 75,530 | 88,134 |
| Bank interest received 銀行利息收入 | 52 | 46 |
| Other donations 其他捐款 | 10,400 | 6,500 |
| Sundry income 什項收入 | 105 | 363 |
| | <u>1,113,777</u> | <u>1,149,571</u> |
| <u>Less: Expenditures 減：支出</u> | | |
| Staff salaries 薪金 | 650,786 | 691,060 |
| Staff MPF 強積金 | 31,531 | 29,370 |
| Medical expenses 醫療 | 703 | 210 |
| Staff training 職員培訓 | 3,640 | 3,080 |
| Community activities 社區活動 | 60,899 | 7,796 |
| Central administration expenses 中央行政費用 | 40,000 | 40,000 |
| Rent and rates 租金差餉 | 152,396 | 152,728 |
| Office supplies 辦公室費用 | 22,461 | 20,047 |
| Publicity and promotion 宣傳 | 4,545 | 23,935 |
| Repairs and maintenance 修理保養 | 15,276 | 14,837 |
| Furniture, fixtures and equipment 傢具器材 | 10,239 | 8,470 |
| Telephone and paging 電話傳呼 | 5,581 | 4,594 |
| Electricity and water 水電 | 6,175 | 6,254 |
| Postage 郵費 | 8,340 | 12,838 |
| Travelling 交通 | 4,748 | 4,342 |
| Sanitary and cleaning expenses 清潔 | 1,986 | 3,117 |
| Newspaper, journals and books 書刊雜誌 | 6,593 | 5,521 |
| Annual report and publications 周年報告及刊物 | 33,042 | --- |
| Annual dinner 週年餐會 | 555 | --- |
| Newsletters 資訊傳單 | 15,689 | 11,314 |
| Refreshment 飲品 | 314 | 588 |
| Insurance 保險 | 13,385 | 7,437 |
| Recruitment 招聘費 | 1,360 | 3,602 |
| Sundry expenses 什費 | 1,054 | 980 |
| | <u>1,091,298</u> | <u>1,052,120</u> |
| Surplus for the year 本年盈餘 | 22,479 | 97,451 |
| Balance at beginning of year 年初結餘 | <u>(83,657)</u> | <u>(181,108)</u> |
| Balance at end of year 年終結餘 | <u>(61,178)</u> | <u>(83,657)</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)
2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

5. 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：

| | 2013 HK\$ | 2012 HK\$ |
|--|------------------|------------------|
| <u>Income</u> 收入 | | |
| Subventions received 收資助 | 7,357,984 | 7,014,689 |
| Rent and rates subvention 租金差餉資助 | 108,903 | 121,402 |
| Other donations received 其他捐款收入 | 532 | 9,583 |
| Course fees received 課程收入 | 71,260 | 56,500 |
| Program income 社區活動收入 | 15,744 | 8,145 |
| Sundry income 什項收入 | 16,993 | 20,033 |
| Bank interest received 銀行利息 | 120 | 111 |
| | <u>7,571,536</u> | <u>7,230,463</u> |
| <u>Expenditures</u> 支出 | | |
| Staff salaries 薪金 | 6,474,157 | 6,225,861 |
| Mandatory Provident Fund 強積金 | 368,679 | 347,750 |
| Medical expenses 醫療 | 634 | 547 |
| Staff training 職員培訓 | 17,870 | 12,560 |
| Recruitment expenses 招聘費 | 6,567 | 2,638 |
| Volunteers' training 義工培訓 | 3,064 | --- |
| Administration expenses 行政費用 | 90,000 | 90,000 |
| Community activities 社區活動 | 24,015 | 45,782 |
| Publicity and promotion 宣傳 | 29,075 | 65,627 |
| Rent and rates 租金及差餉 | 114,584 | 114,832 |
| Office supplies 辦公室費用 | 13,539 | 14,917 |
| Repairs and maintenance 修理保養 | 12,478 | 13,182 |
| Computers and softwares 電腦及軟件 | 24,463 | 6,328 |
| Web-page design 設計網頁 | 84,000 | --- |
| Furniture, fixtures and equipment 傢具器材 | 4,800 | 7,200 |
| Telephone and paging 電話傳呼 | 28,541 | 27,421 |
| Electricity and water 水電 | 41,846 | 45,863 |
| Postage 郵費 | 4,003 | 1,422 |
| Travelling 交通 | 23,184 | 21,560 |
| Sanitary and cleaning expenses 清潔 | 7,914 | 8,762 |
| Newspaper, journals and books 書刊雜誌 | 1,217 | 273 |
| Refreshment 飲品 | 341 | 3,966 |
| Annual dinner 週年餐會 | 6,655 | 7,680 |
| Insurance 保險 | 40,540 | 41,151 |
| Sundry expenses 什費 | 1,483 | 4,730 |
| | <u>7,423,649</u> | <u>7,110,052</u> |
| Surplus for the year 本年度盈餘 | 147,887 | 120,411 |
| Balance at beginning of year 年初結餘 | <u>2,921,253</u> | <u>2,800,842</u> |
| Balance at end of year 年終結餘 | <u>3,069,140</u> | <u>2,921,253</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)
2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

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：

| | | 2013 HK\$ | 2012 HK\$ |
|-----------|---------------------------------|------------------|------------------|
| <u>收入</u> | <u>Income</u> | | |
| 課程及社區 | Courses and community | | |
| 活動收入 | program fees | 1,223,394 | 1,460,896 |
| 收捐款 | Donations received | 708,960 | 594,377 |
| 收行政費 | Administration fees | --- | 274,000 |
| 利息收入 | Bank interest received | 326 | 231 |
| 雜項收入 | Sundry income | --- | 58 |
| | | <u>1,932,680</u> | <u>2,329,562</u> |
| <u>支出</u> | <u>Expenditure</u> | | |
| 社區活動支出 | Programs expenses | 47,411 | 128,662 |
| 社區教育 | Community education | 496,387 | 630,529 |
| 中央行政費 | Central administration expenses | 818,241 | --- |
| 籌款費用 | Fund raising expenses | 36,098 | --- |
| 薪金 | Staff salaries | 568,147 | 909,756 |
| 強積金供款 | MPF contribution | 27,611 | 42,149 |
| 舟車費 | Travelling | 2,070 | 3,109 |
| 招聘費 | Recruiting expenses | 2,386 | 4,512 |
| 醫療費 | Medical expenses | --- | 380 |
| 水電 | Electricity and water | 5,208 | 9,022 |
| 電話費 | Telephone | 3,402 | 6,609 |
| 電腦及軟件 | Computers and softwares | 4,910 | 2,210 |
| 傢具器材 | Furniture and equipment | 22,100 | 34,325 |
| 維修保養 | Repair and maintenance | 1,307 | 3,129 |
| 清潔 | Sanitary and cleaning expenses | 958 | 1,280 |
| 書刊雜誌 | Newspaper, journals and book | 40 | --- |
| 飲品 | Refreshment expenses | 810 | 1,320 |
| 職員培訓 | Staff training expenses | --- | 3,000 |
| 刊物 | Publication | 7,417 | 6,538 |
| 周年活動 | Anniversary expenses | 9,003 | --- |
| 宣傳 | Promotion | 154,187 | 61,173 |
| 資訊傳單 | Newsletter | 6,950 | --- |
| 保險 | Insurance | 6,973 | 5,153 |
| 寫字樓用品 | Office supplies | 11,754 | 8,628 |
| 康樂活動 | Recreational activities | 3,926 | 8,212 |
| 郵費 | Postage | 5,908 | 2,024 |
| 週年餐會 | Annual dinner | --- | 1,050 |
| 開會費用 | General meeting expenses | 7,908 | 120 |
| 什費 | Sundry expenses | 3,986 | 5,662 |
| | | <u>2,255,098</u> | <u>1,878,552</u> |
| 本年盈餘 | Surplus for the year | (322,418) | 451,010 |
| 年初結餘 | Balance at beginning of year | 1,913,019 | 1,462,009 |
| 年終結餘 | Balance at end of year | <u>1,590,601</u> | <u>1,913,019</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)
 2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

7. BLOCK GRANT 社署資產補貼

Block Grant is granted by the Social Welfare Department for purchasing approved assets. The movements during the year were as follow:

社會福利署資助本會購買認可之資產。本年變動如下：

| | | <u>2013</u> HK\$ | <u>2012</u> HK\$ |
|-------|--------------------------------|---------------------|---------------------|
| 年初結餘 | Balance brought forward | 59,068 | 7,472 |
| 收撥款 | Grant received | 108,000 | 103,000 |
| 減：購資產 | Less: Cost of assets purchased | <u>(46,263)</u> | <u>(51,404)</u> |
| 年終結餘 | Balance at end of year | <u>120,805</u> | <u>59,068</u> |

8. CAPITAL PROJECT FUND 資產計劃基金

The Community Chest agreed to subsidise the project for capital improvement. The capital project fund was set up. The movements during the year were as follow:

公益金同意資助本會資產改善計劃。資產計劃基金年中成立，其變動如下：

| | | <u>HK\$</u> |
|--------|---------------------------------|------------------|
| 年中收款 | Subvention received during year | 32,100 |
| 減：資本支出 | Less: Capital expenditure | <u>(103,540)</u> |
| 年終結餘 | Balance at end of year | <u>(71,440)</u> |

9. 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>2013</u> HK\$ | <u>2012</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> |

10. SPECIAL FUND 特別基金

The Special Fund is set up to provide for capital improvements and setting up new centres. There was no movement during the year. The details were as follow:-

特別基金是用作改善資產及成立新中心之用。年中沒有變動。詳情如下：

| | | <u>2013</u> HK\$ | <u>2012</u> HK\$ |
|---------|---|---------------------|---------------------|
| 年初及年終結餘 | Balance at beginning and at end of year | <u>503,919</u> | <u>503,919</u> |

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
賬項附註(續)
NOTES TO ACCOUNTS (Continued)
2012/13 年度
FOR THE YEAR ENDED 31 MARCH

11. GENERAL RESERVE 儲備

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

| | <u>2013</u> HK\$ | <u>2012</u> HK\$ |
|--|---------------------|---------------------|
| 年初及年終結存 Fund balance at beginning and at end of year | 435,000 | 435,000 |

12. HOT LINE CENTRE FUND 熱線中心儲金

| <u>主要收入</u> | <u>PRINCIPAL REVENUES</u> | <u>2013</u> HK\$ | <u>2012</u> HK\$ |
|-------------|---|---------------------|---------------------|
| 捐款及津貼： | Donations and subsidies received from: | | |
| 香港公益金 | Community Chest of Hong Kong | 1,814,910 | 1,764,330 |
| 政府租金差餉 | Government rent and rates subsidies | --- | 102,820 |
| 津貼 | | | |
| 其他 | Others | 28,734 | 18,038 |
| | | <u>1,843,644</u> | <u>1,885,188</u> |
| <u>其他收入</u> | <u>OTHER REVENUES</u> | | |
| 會費收入 | Membership subscriptions | 5,980 | 6,400 |
| 利息收入 | Bank interest received | 104 | 104 |
| 講座及其他收入 | Course fees and sundry income | 57,216 | 17,925 |
| 訓練及活動收費 | Training and activities fees | 103,800 | --- |
| | | <u>2,010,744</u> | <u>1,909,617</u> |
| <u>費用支出</u> | <u>GENERAL EXPENSES</u> | | |
| 中央行政費用 | Central administration expenses | 100,000 | 144,000 |
| 個案費用 | Case expenses | 2,890 | 3,455 |
| 訓練費用 | Training expenses | 60,610 | 21,179 |
| 活動費用 | Program expenses | 49,146 | 19,169 |
| 義工嘉許 | Volunteers' recognition | 7,696 | 7,020 |
| 交通費 | Travelling expenses | 145,040 | 140,745 |
| 薪金 | Staff salaries | 963,684 | 1,034,263 |
| 公積金 | Provident fund contribution | 48,182 | 40,327 |
| 醫療費用 | Medical expenses | 957 | 1,240 |
| 職員培訓 | Staff training | --- | 1,650 |
| 招聘費 | Recruitment expenses | 1,415 | 7,134 |
| 租金及差餉 | Rent and rates | 103,060 | 102,820 |
| 電腦及軟件 | Computer and softwares | 1,602 | 1,793 |
| 低值傢俱器材 | Low value furniture and equipment | 2,070 | 1,093 |
| 聯會會費 | Subscription to affiliated associations | 8,763 | 4,000 |
| 辦公室費用 | Office expenses | 266,632 | 247,426 |
| 贊助購置之資產 | Subvented assets | 104,530 | 118,568 |
| | | <u>1,866,277</u> | <u>1,895,882</u> |
| 本年度盈餘 | SURPLUS FOR THE YEAR | <u>144,467</u> | <u>13,735</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)
 2012/13 年度
FOR THE YEAR ENDED 31 MARCH 2013

13. CENTRAL ADMINISTRATION 中央行政費

| | <u>HK\$</u> |
|---|------------------|
| Administration fee 行政收費 | 1,048,241 |
| Subvention from Environment and Conservation Fund 環保及自然保育基金資助 | 131,865 |
| Sundry income 什項收入 | 495 |
| | <u>1,180,601</u> |
| <u>Less: Expenditures 減：支出</u> | |
| Salaries 薪金 | 893,760 |
| MPF 強積金 | 29,597 |
| Staff training 職員培訓 | 21,050 |
| Amendment of M&A 修改章程 | 20,750 |
| Subvented assets - air conditioning and lighting 資助購買之資產-冷氣及照明 | 178,180 |
| Office expenses 辦公室費用 | 37,264 |
| | <u>1,180,601</u> |
| Surplus for the year 本年盈餘 | <u>---</u> |

14. FINANCIAL RISK MANAGEMENT 管理財務風險

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

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

15. CAPITAL MANAGEMENT 管理資本財產

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

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

ACKNOWLEDGEMENTS 鳴謝

(排名不分先後)



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



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



蘋果日報慈善基金



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 商匯傳媒集團成員



MTR

The Community Chest of Hong Kong
香港公益金

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

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

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

Hong Kong Coroner's Court – providing
data of 2012 suicide death in Hong Kong
香港死因裁判法庭 – 提供二零一二年香
港自殺死亡數字資料

Census and Statistics Department –
providing data of 2012 population in
Hong Kong
政府統計處 – 提供二零一二年
香港人口數字資料

Commercial Radio Hong Kong
商業電台《有誰共鳴》

St John's Cathedral Counselling Service
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The Hong Kong Council of Social Service
香港社會服務聯會

Apple Daily Charitable Foundation
蘋果日報慈善基金

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Caring Company 2012/2013 「商界展關懷 2012/13」公司 (排名不分先後)



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Master Elegant Limited
Gap International Sourcing (Holdings) Ltd
The Shamdasani Foundation
Wong's Diamond & Pearl Co., Ltd.
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劉珮珍
黃苑潔
丘偉豪
陳志強
胡漢生
岑少偉
周翠瑩
黎翹鋒

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殺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 and return to our office. For enquires please call 2319 2688.

請填妥後頁捐款回條並寄回本會，查詢電話：2319 2688。

DONATION FORM 捐款表格

Please complete this form in BLOCK letter and send us with the cheque / bank pay-in slip / 7-eleven transaction record by mail to "The Samaritan Befrienders Hong Kong Freepost No.51" (no stamp necessary) / by fax to 3016 9970 / email: prsky@sbhk.org.hk. Donation of HK\$100 or above are tax deductible with a receipt.

請以正楷填寫此表格，連同捐款支票／銀行入數紙／便利店單據一併寄回本會，信封面寫「香港撒瑪利亞防止自殺會簡便回郵51號」(免郵票)／傳真至3016 9970／電郵: prsky@sbhk.org.hk。捐款港幣100元以上，可憑收據申請扣稅。

Donation Amount 捐款金額 (Please "✓" as appropriate) (請在適當位置加 "✓")

1. Become a Samaritan Befrienders and donate monthly to support our saving life work

成為「撒瑪利亞人」，每月定額捐款支持本會拯救更多珍貴生命

☐ HK\$1,000 ☐ HK\$150 ☐ HK\$100 ☐ Your choice 其他 HK\$_____

(By autopay to lower the service charges 請以銀行戶口自動轉賬，以減少手續費用)

OR Making a one-off donation 或願意一次過捐款:

☐ HK\$3,000 ☐ HK\$1,500 ☐ HK\$800 ☐ Your choice 其他 HK\$_____

2. Donor Information 捐款者資料

Name 姓名: _____

Address 地址: _____

Tel No 聯絡電話: _____

Email address 電郵地址: _____

3. Donation Methods 捐款方法:

☐ By autopay 自動轉賬 (若每月捐款，請選擇此項)

(Please send me an autopay authorisation form 自動轉賬授權表格隨後寄上)

☐ By cheque 支票 (payable to "The Samaritan Befrienders Hong Kong" 抬頭請寫「香港撒瑪利亞防止自殺會」)

☐ By direct transfer (Please send this form together with the original bank receipt / a printout of the completed transaction record) 直接存入戶口 (請連同存款收據正本 / 列印交易完成版面寄回)

Bank of China (Hong Kong) Limited: 012-758-100-14680 中國銀行

☐ PPS 繳費靈

Please call PPS Hotline at 18031 and enter merchant code of SBHK at 9412.

捐款者可致電18033，輸入本會商戶編號9412

☐ Online Donation Service 網上捐款

Donors can donate by credit card through our on-line donation system. <http://donation.sbhk.org.hk/>

捐款者可以透過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/>

☐ Barcode Card Donation 「零錢捐助 – OK捐款條碼」及「便利店捐款條碼卡」

Donors with our Barcode Card can donate through CircleK or 7-Eleven outlets. An official receipt will be provided for donation of over \$100 to facilitate tax exemption application. 本會設有兩款捐款條碼卡以方便市民攜卡到CircleK便利店或7-Eleven捐款。

7-Eleven

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☐ Policy Donation Programme (PDP) - "Love for the Future" 「生命傳愛行動 – 保單傳愛計劃」

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 work.

<http://www.lifecare.org.hk/pdp.html>

本會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>。

WiseGiving

To improve the transparency and accountability of SBHK, we were one of the members in the first batch of the Wise Giving Campaign launched by the Hong Kong Council of Social Service. www.wisegiving.org.hk

The above information will be used for promotion, fundraising and issuing donation receipt(s) only. Please contact our Fundraising Department at 2319 2688 or email: prsky@sbhk.org.hk if you do not wish to receive any mail from us.

為增強捐款者對本會的信心，本會已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。

以上資料只作為推廣本會服務、募捐及發出收據用途。若閣下不希望收取任何有關本會資料，請致電2319 2688或電郵 prsky@sbhk.org.hk 與籌款部聯絡。



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



**熱線中心
Hotline Centre**

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



**生命教育中心
Life Education Centre**

九龍白田邨第三座二樓 207-214 室
Unit 207-214, Block 3, Pak Tin Estate,
Kowloon, Hong Kong
Tel 電話: 2319 1269 Fax 傳真: 2319 0778
Email 電郵: grow@sbhk.org.hk



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

九龍白田邨第三座二樓 207-214 室
Unit 207-214, Block 3, Pak Tin Estate,
Kowloon, Hong Kong
Tel 電話: 2341 7227 Fax 傳真: 2341 7007
Email 電郵: alive@sbhk.org.hk



**關懷身邊人基金
Caring Fund**

九龍白田邨第三座二樓 207-214 室
Unit 207-214, Block 3, Pak Tin Estate,
Kowloon, Hong Kong
Tel 電話: 2319 1269 Fax 傳真: 2319 0778
Email 電郵: care@sbhk.org.hk



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

授權機構
Endorsed by



香港賽馬會慈善信託基金
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香港公益金會員機構
A Member Agency of The Community Chest

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電郵Email: sbhkinfo@sbhk.org.hk

會籍 Affiliation

國際防止自殺會

Member of The International Association of Suicide Prevention

香港社會服務聯會

Member of The Hong Kong Council of Social Service

香港公益金

Member of The Community Chest of Hong Kong