

2013

年報 ANNUAL
報 REPORT

活出正面人生
畫出七色彩虹



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

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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.

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。

1960

Establishment of "Suicide Prevention Society", the first of its kind in Asia to provide hotline support service

成立「防止自殺會」，是亞洲同類組織的首創，並同時開展電話輔導服務



1962

Becoming a member of International Association of Suicide Prevention to link up closely with other organizations providing similar services in the world

成為國際防止自殺會會員，與國際上提供類似服務的組織保持緊密聯繫

1976

Renaming as "The Samaritan Befrienders Hong Kong"

易名為「香港撒瑪利亞防止自殺會」



1994

Establishment of the Caring Fund

成立「關懷身邊人基金」

2002

Establishment of Suicide Crisis Intervention Centre and Life Education Centre

成立「生命教育中心」及「自殺危機處理中心」



2004

Start of "Live the Rainbow" Service for suicide survivors

開展全港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」



2006

Start of Professional Training and Development Centre

成立「專業培訓及發展中心」



2008

Launch of "Suicide Prevention on neT" Service to search for 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

2010

Setting up "Help4Suicide" www.help4suicide.com.hk to provide suicide prevention service on the internet

開設「自殺·自療·互助舍」網上防止自殺服務



Hotline Centre handled **11,707** help seeking cases
熱線中心共處理 **11,707** 個求助

Our 24-hours hotline service is supported by **208** professionally trained volunteers. They have to go through a series of training and tests before they become our volunteers and providing 24-hours emotional support services to the general public

24小時熱線服務由 **208** 名受訓練及專業的熱線義工接聽，他們都要經過考核、培訓，以及達到一定服務時數，為社會大眾提供24小時情緒支援保護網

75 hotline volunteers serving in our Centre for over 10 years
服務10年以上熱線義工共 **75** 名

9728 students, general public, and civil servants benefited from our life education programme and training on suicide prevention

9728 位中、小及大專學生、公眾人士、政府部門員工參與了生命教育及預防自殺訓練

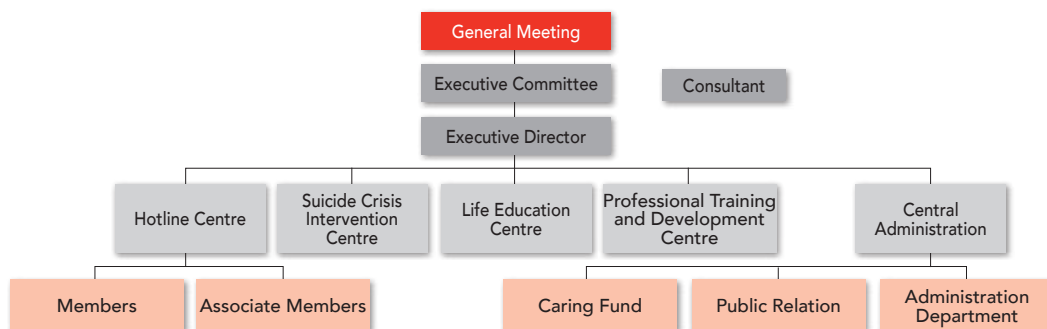
Two batches of "Life Ambassadors" Volunteers' Training Programme trained a total of **43** volunteers who then became our community carers
共培訓了 **43** 位成為珍惜生命大使，成為社區守望者

504 service users including disabled people, single elderly, patients in the hospitals and clients with low suicidal risk were visited by our ambassadors

珍惜生命大使共探訪了 **504** 位殘疾人士、獨居長者、醫院病友及低危自殺者

Suicide Crisis Intervention Centre handled **1,311** crisis cases
自殺危機處理中心共處理 **1,311** 宗危機個案

135 survivors participated our "Live the Rainbow" Service
135 位自殺者親友參與「活出彩虹服務」



Executive Committee (Term of Office: From July 2013 to June 2015)

Chairman	: Mr. Wong Yao Wing	Treasurer	: Ms. Hon Chor Shan
Vice-Chairman	: Mr. Kan Pak Kei	Committee Member	: Ms. Chow Yuen Fun
Secretary	: Ms. Yam Siu Fong		

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

Honorary Consultants

Financial Consultant	: Louis Lai & Luk <i>Certified Public Accountants</i>
Legal Consultant	: Fred Kan & Co. <i>Solicitors & Notaries</i>
Service Consultants	: Ms. Jolene Mui <i>Nurse Consultant, Community Psychiatry, Castle Peak Hospital</i> Dr. Chiu Siu Ning <i>Psychiatrist</i> Ms. Ide Chan <i>Clinical Psychologist, Tuen Mun Hospital</i> Prof. Linda C.W. Lam <i>Professor of Chinese University of HK, Faculty of Medicine Department of Psychiatry Prince of Wales Hospital, Shatin N.T.</i>

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
Assistant Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University
Prof. Chi Chief Fung
Taiwan Ministry of Education Life Education Advisory Committee

PR & Fundraising Consultant : Ms. Eliza Wong

Staff List (as at 31 December 2013)

Executive Director : Mr. Tsang Chin Kwok

Central Administration

Central Administration Officer	: Ms. Woo Suk Sim
Accounts & Admin. Clerk	: Ms. Li Oi Mei
HR & Admin. Clerk	: Ms. Wong Man Ting

Hotline Centre

Centre-in-charge	: Ms. Wong Siu Chai
Social Work Assistant	: Ms. Yip Chung Sum Mr. Yau Hung Sang
Administrative Assistant	: Mr. Fok Shing Kong
Junior Administrative Assistant	: Ms. Lee Ching Man
Part-Time Clerk	: Ms. Chow Fung Yu Mr. Kwok Kin Sang

Caring Fund

Public Relation Officer	: Ms. So Kin Yan
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Professional Training and Development Centre

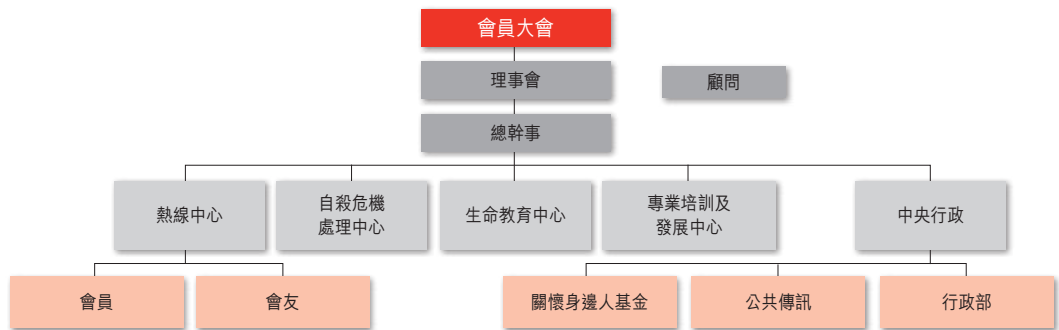
Centre-in-charge	: Ms. Tsoi Yuk I
Assistant Training Officer	: Ms. Leung Suet Yu
Assistant Training Officer	: Mr. Yeung Wai Hung

Life Education Centre

Centre-in-charge	: Ms. Tsoi Yuk I
Assistant Social Work Officer	: Mr. Lee Siu Keung
Assistant Social Work Officer (Part time)	: Ms. Cheng Chui Pik
Program Worker	: Ms. Lo Yuk Wai

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 Ms. Wai Choi Kei Ms. Choi Chu Lei Ms. Tsang Siu Ha Ms. Lo Ting Fung Ms. Lee Sze Man Mr. Tong Chi Chung Ms. Tang Sui Sum Mr. Li Sam Mr. Lam Tsz Yeung Ms. Yuen So Ping Ms. Choi Chiu Chun
Social Work Assistant	: Mr. Wong On Yu Mr. Shek Chun Wai
Program Worker	: Ms. Tam Chi Sheung Ms. Wong Kin Yin
Senior Clerk	: Ms. Chan Wing Lam
Part-time Information Technology Technician	: Mr. Tang Wang Kei
Part-Time Office Assistant	: Ms. Li Sui Kuen



理事會成員名單 (2013年7月至2015年6月)

主席	: 黃裕榮先生	財政	: 韓楚珊女士
副主席	: 簡柏基先生	理事	: 周婉芬女士
秘書	: 任少芳女士		

榮譽贊助人 : 香港特別行政區行政長官夫人梁唐青儀女士

義務顧問名單

財務顧問	: 黎劍民陸永熙會計師事務所		
法律顧問	: 簡家聰律師行		
服務顧問	: 梅杏春女士 (青山醫院精神科社康顧問護師)	曾慶培博士 (註冊臨床心理學家)	
	: 趙少寧醫生 (精神科醫生)	黃富強博士 (香港大學社會工作及社會行政學系助理教授)	
	: 陳淑芳女士 (屯門醫院臨床心理學家)	梁傳孫先生 (香港理工大學應用社會科學系助理教授)	
	: 林翠華教授 (香港中文大學醫學院精神科教授)	紀潔芳教授 (台灣教育部生命諮詢委員會委員)	
公關及籌款顧問	: 黃平花女士		

職員名單 (至2013年12月31日)

總幹事 : 曾展國先生

行政部

中央行政主任	: 胡淑蟬女士
會計及行政文員	: 利愛美女士
人事及行政文員	: 黃敏婷女士

熱線中心

中心主任	: 黃小齊女士
社會工作員	: 葉頌芯女士 丘鴻生先生
行政助理	: 霍成剛先生
初級行政助理	: 李靜雯女士
兼職通宵文員	: 周鳳如女士 郭健生先生

關懷身邊人基金

公共傳訊主任 : 蘇健欣女士

專業培訓及發展中心

中心主任	: 蔡玉儀女士
助理培訓主任	: 梁雪如女士 楊偉鴻先生

生命教育中心

中心主任	: 蔡玉儀女士
助理社會工作主任	: 李兆強先生
兼職助理社會工作主任	: 鄭翠碧女士
活動工作員	: 盧育慧女士

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 韋賽姬女士 蔡曙莉女士 曾小霞女士 羅婷豐女士 李思敏女士 唐治忠先生 鄧瑞心女士 李尚謙先生 林子揚先生 袁素萍女士 蔡肖珍女士

社會工作助理

: 黃安瑜先生
石煥璋先生

活動工作員

: 譚志嫦女士
黃鍵妍女士

資深文員 : 陳泳琳女士

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 & OVERVIEW OF SERVICE

機構徽號及服務概覽



Hotline Centre

熱線中心

- 24-hour emotional support hotline
24 小時情緒支援熱線
2389 2222
- Hotline Volunteers Recruitment,
Pre & In Service Training
熱線義工招募、職前及在職訓練

Depth - Intensity

From Volunteers
to Professionals

From Emotional
Support to Crisis
Intervention and
Counseling

加強深度

由義工至專業社工
由情緒支援至危機
介入及輔導



Suicide Crisis Intervention Centre

自殺危機處理中心

- Crisis Casework Counseling Service
危機個案輔導服務
- Group Service
小組服務
- Suicide Crisis Enquiry Service
自殺危機諮詢服務
2319 1177
- Survivor - Live the Rainbow Service
自殺者親友 - 活出彩虹服務
- Suicide Prevention On neT (SPOT)
網蹤人計劃
- Web Engagement Project - Help4Suicide
<自殺・自療・互助舍>
www.help4suicide.com.hk

Breadth

From
Intervention to
Prevention

From Reactive to
Proactive

加強寬廣度

由補救至預防
由反應性至主動性

From Funding to Self Financing

From Service to Education
From listening to Face to
Face to Internet

由撥款服務至自負盈虧服務
由提供服務至教育
由聆聽至面談至網絡服務



Life Education Centre

生命教育中心

- Outreaching Life Education Service
生命教育外展服務
- Community Carer - Life Ambassadors
Volunteers' Training
社區守望者 - 珍惜生命大使的訓練
- Life Drama
生命劇場
- Life Education Materials
生命教育宣傳刊物

Scope

From schools
to the
community
From Service
to Training

加強普及

由學校至社區
由服務至培訓



Caring Fund

關懷身邊人基金

- Community Life Education and
Promotion
宣傳及推廣正面訊息
- Fundraising
籌募善款以支持服務持續發展

Professional Training and Development Centre

專業培訓及發展中心

- Public Courses
公開課程
- Group Training
團體課程



Logo of SBHK 本會徽號

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.

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。



Hotline Centre "TOUCH"

熱線中心 "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"!

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」！



Life Education Centre "GROW"

生命教育中心 "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.
- 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。



Suicide Crisis Intervention Centre "ALIVE"

自殺危機處理中心 "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.
- 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。



Caring Fund "CARE"

關懷身邊人基金 "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.
- 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。

Introduction 導言

According to the preliminary report provided by the Coroner's Court, after two years of low suicide deaths in 2011 and 2012 (833 and 845 in 2011 and 2012 respectively - the lowest since 1998), there was an unexpected drastic increase in suicide deaths in 2013. At the same time, many cases of attempted suicide were often reported in the news. Hence we are in the critical position to provide the best suicide prevention and life education services to the community so as to save more lives.

根據死因裁判庭的數據，經過2011及2012年較低的自殺死亡數字後（2011年為833宗、2012年為845宗，為1998年以來最低），意外地，2013年的自殺死亡數字有顯著的上升。同時，企圖自殺的個案經常在新聞報導中出現。本會責無旁貸地，要為社會提供最好的防止自殺及生命教育的服務，以挽救更多的生命。

Organizational Issues 機構整體事項

With the redevelopment of Pak Tin Estate, the Housing Department offered us a new site in the same estate converted from a car park. The Lotteries Fund has granted a fund to support part of the site renovation. Funding application for the rest of the project has also been submitted to the Hong Kong Jockey Club Charities Trust. Although there may be a delay in moving to the new site due to the lengthy funding application, it is necessary and worth waiting due to the long term use of the new service centre.

由於白田邨重建計劃落實，房屋署已向本會提供由同邨停車場改建而成之單位，以作調遷之用，獎券基金已撥出款項，讓本會為社署資助部份作裝修之用，而計劃書亦已交予香港賽馬會慈善信託基金，申請撥款資助餘下部份之裝修費用。雖然，申請撥款需時或會導致延遲遷入新址，惟因新址將會長久使用，故為此等候亦屬值得。

In 2013, SBHK was awarded the "1st Touching CSR Award" in recognition of our contributions to the society of Hong Kong. This was a symbol of appreciation of our ongoing services and also acted as an encouragement for us to serve the public in the area of suicide prevention in future.

於2013年，本會榮獲第一屆觸動社會大獎，以表揚本會對香港社會的貢獻。這證明本會過往多年之服務，受到社會大眾的認同。為此，我們需更努力，繼續我們在防止自殺的工作。

Hotline Centre 熱線中心

Our Hotline Centre responded to 18,213 cases in 2013, an increase of 476 cases from that of 2012. This was the third consecutive year of increase in the number of cases. Although it might have posed some pressure to our service, we were happy that our hotline volunteers could serve more people who were suffering from various emotional disturbances. This also affirmed the value of our service.

我們的熱線中心於2013年共處理18,213宗個案，比2012年之數字上升了476宗，這已是連續三年數字上的上升。雖然，這情況或會對我們的服務構成一些壓力，但我們亦喜見義工們能服務更多受各種情緒困擾的人士，而這亦證明我們服務的存在價值。

With the funding provided by The Community Chest earlier and the contributions made by

得到公益金的支助及電腦系統改善工程小組成員的努力，新的熱線電腦系統已基本上可作測試，並預期於2014年4月啟用。

members of Computer System Improvement Project Working Group, the new Computer System for Hotline Service was basically in place and ready for testing. It was expected to be ready for use in April 2014.

The Executive Committee did a review on the membership system in 2013 by conducting extensive consultations with members. Based on opinions collected from our members, some changes had already been implemented and other changes would follow in 2014. By doing this, we had high hopes that our Hotline service could be enhanced and our members could have a wider spectrum of development in SBHK.

Same as the previous years, Hotline Centre provided training and workshops to external parties in 2013. With the help of our Professional Training & Development Centre, we provided 7 training workshops to volunteers of Oasis of the Hospital Authority. The quality of the training workshops were highly appreciated and future cooperation with the Hospital Authority was highly probable.

經過廣泛的諮詢，理事會亦於2013年檢討了會員制度。在取得會員之意見後，部份改善項目已於2013年實行，而亦有另外一些改善項目將於2014年實施。我們期望藉此能加強我們的熱線服務及讓會員能在本會有更廣的發展空間。

一如過往，熱線中心在2013年為不同的外間機構提供培訓及工作坊。得到專業培訓及發展中心的協助，我們為醫院管理局轄下之心靈綠洲義工提供多達7場培訓工作坊，並因為工作坊成效顯著，我們得到高度的讚賞，亦期望將來更多的合作。

Suicide Crisis Intervention Centre 自殺危機處理中心

Our Suicide Crisis Intervention Centre handled 1,311 suicidal crisis cases in 2013, an increase of 7.12% when compared with the previous year. The male to female ratio of these cases was approximately 1:1.8, apparently showing that men were more hesitant to seek for help when they were having suicide intention. Again, the suicidal problem of a relative or friend was the major reason leading to distress in our cases in 2013.

There were a total of 122 cases of survivors in our "Live the Rainbow" Service in 2013. With the immediate referrals from the police, medical officers, mortuary officers and social workers, we can offer the earliest support and services for the survivors.

Our Web Engagement Project, Help4Suicide continuously provided factual information regarding suicide. For those who were

自殺危機處理中心於2013年共處理1,311宗具自殺危機個案，跟之前一年比較，有7.12%的上升。數據顯示，個案的男女分佈比例為1比1.8，或許反映男士有自殺危機時，較難向外求助。另外，跟往年一樣，親友的自殺問題仍然是最主要導致我們的個案受困擾的原因。

2013年「活出彩虹」服務共有122宗個案，全賴警方、醫護人員、殮房職員及社工之轉介，自殺者親友才及早獲得支援，讓我們與他們渡過難關、走出傷痛。

另外，自殺危機處理中心之網上防止自殺計劃—《自殺·自療·互助舍》，繼續於網上提供有關自殺及防止自殺之正確資訊，並為那些情緒受困擾但又對面見輔導服務有保留的人士，提供網上對話平台—真心話室，讓他們能有情

distressed but did not like to receive face-to-face counseling, our Heart Chat Room could provide them with a means for emotional support. The project won the Gold Award (non-commercial category with less than 100 staff) of 2012 "Top10.hk Website Competition held by Hong Kong Internet Registration Corporation Limited.

Life Education Centre 生命教育中心

Our Suicide Prevention Education Project kept outreaching to a lot of schools, higher education institutions, organizations and government departments. In 2013, we provided talks, workshops, training and group activities to over 9,000 participants on life education and suicide prevention.

In 2013, 43 new Life Ambassadors were trained in our Life Ambassador Programme and 504 visits were made for the needy in the community. By doing this, these people could be cared for and feel the support provided by our Life Ambassadors.

Our Life Drama Programme continued to flourish with the funding provided by MTR Corporation Limited in the first half of 2013. We put on a performance in Hong Kong University of Science and Technology upon their invitation. With the kind support of over \$900,000 from the Fu Tak Lam Foundation, the programme could continue to run for an additional two years. This would allow us to provide a different way of life education to over 4,000 participants in schools, organizations, and the general public.

Our newsletter, Life Interflow, was also upgraded in quality. Outstanding people were interviewed including Mr. Adam Wong Sau Ping – Director of The Way We Dance and the Best New Director of 33rd Hong Kong Film Awards, Ms Pinky Leung Hoi Yan – Winner of World Syphonist Championship 2013, and Mr. Stephen Lee Chi Kong – Awardee of Hong Kong Ten Outstanding Young Persons 2002. Their stories of encouragement would revive the lives of many who were facing difficulties and challenges in their lives.

緒支援的渠道。計劃的網站更獲得香港互聯網註冊管理有限公司頒發 2012 香港十大 .hk 網站選舉「非商業」組（不多於 100 名員工）金獎。

我們的防止自殺教育計劃繼續到中小學、大專院校、機構及政府部門提供外展服務。於 2013 年，我們為超過 9,000 人舉行以生命教育及防止自殺為主題的講座、工作坊、培訓及小組活動。

我們的珍惜生命大使計劃於 2013 年招募及培訓了 43 名珍惜生命大使，並有 504 名有需要的社區人士得到我們珍惜生命大使的關心及支持。

生命劇場計劃於 2013 年首半年繼續得到香港鐵路有限公司的贊助，並曾獲邀到香港科技大學演出。其後，計劃得到傅德蔭基金超過 \$900,000 的贊助，讓計劃得以再延續兩年，並能為超過 4,000 名來自學校、機構，及社會大眾之觀眾提供不一樣的生命教育。

我們的通訊刊物－生命交流，也在質素上有所提升。訪問了一些有傑出成就的人士，包括黃修平先生（電影狂舞派導演及第 33 屆香港電影金像獎最佳新晉導演）、梁海恩小姐（2013 年世界虹吸式咖啡師大賽冠軍）、李志剛先生（2002 年香港十大傑出青年得主）等。我們希望透過他們的故事，能鼓勵在困難或挑戰中的朋友。

Caring Fund 關懷身邊人基金

SBHK held its very first flag-day on 11th May 2013 in Kowloon. With the support of the community, we had about 2,000 volunteers and the donation received was over \$560,000.

A whole new TV advertisement "Start from Today" was accepted by the government to be broadcasted in Announcements in Public Interest (APIs) in 2013. Performing by a group of lovely children, this TV advertisement promoted life cherishment and positive thinking.

Our Cherishing Life Microfilm Competition was also held in the year to promote life cherishment. Its award ceremony was fully supported by our Ambassador Ms Kara Hui, our corporate sponsor Liu Chong Hing Investment Limited and Film-Director Mr. Ho Wai Fung, the Father of Hong Kong Microfilm.

We would like to give special thanks to a lot of commercial and media partners including but not limited to Hung Fook Tong Holdings Limited, Economic Daily News, and the Commercial Radio.

本會於2013年5月11日於九龍區舉行了歷來第一次賣旗日，在得到社會各界的協助下，共有大概二千名義工為我們籌得超過\$560,000善款。

此外，在2013年，我們新的一輯電視廣告－「從今日起」，得到政府批核，於政府宣傳信息時段播放。此廣告由一群兒童演出，希望帶出珍惜生命及正向思想的信息。

為配合世界防止自殺日，我們於九月舉行以珍惜生命為主題的微電影拍攝比賽。頒獎禮得到本會大使惠英紅小姐、企業贊助商廖創興企業有限公司，及有香港微電影之父之稱的何緯豐導演之蒞臨支持。

我們亦在此特別鳴謝一些商業及傳媒伙伴的協助，包括鴻福堂集團有限公司、經濟日報，及商業電台等。

Professional Training and Development Centre 專業培訓及發展中心

To further develop our Professional Training and Development Centre, we started collaborating with other organizations for mutual benefits. These organizations included Hong Kong Council of Social Service, Hong Kong Professional Teachers' Union and Hong Kong Mediation Centre. By doing so, we were able to provide more courses and penetrate deeper into a larger population.

為繼續發展我們的專業培訓及發展中心，我們開始與不同的機構合作，以提高效益。這些合作伙伴包括香港社會服務聯會、香港專業教育人員協會，及香港和解中心。藉著這等合作，我們能提供更多課程及接觸更大的群眾。

Conclusion 總結

In 2013, we had a lot of new moves and implementations in the various centres in The Samaritan Befrienders Hong Kong. All the work and effort were channeled towards one single goal - our commitment in providing proactive suicide prevention and life education services in Hong Kong.

總的來說，本會於2013年有很多新的嘗試，這顯示我們對在香港提供主動之防止自殺及生命教育的投入及決心。

HOTLINE CENTRE 熱線中心

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 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、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 2013, we responded to 18,213 cases, increase of 476 cases from 17,737 cases in 2012. Of these, 11,707 were help-seeking cases who were in need of emotional support.

我們於2013共處理18,213人次的服務個案，比2012年的17,737宗增加476宗，當中的求助個案共11,707次。

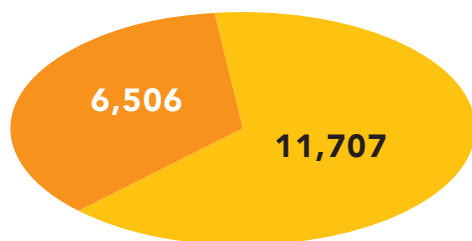


Chart 1 圖一：
Number of Cases
個案數目

- Non-Help Seeking Cases 非求助個案
- Help Seeking Cases 求助個案

Table 1 : Age and Gender Distribution of Cases

表一：個案年齡及性別分佈

Age 年齡	2013					2012	
	M 男	F 女	Unknown 不詳	Total 總計	%	Total 總計	%
0 - 9	28	2	0	30	0.26	25	0.21
10 - 19	410	256	2	668	5.71	661	5.51
20 - 29	1225	907	7	2139	18.27	2414	20.11
30 - 39	1507	1269	7	2783	23.77	3068	25.56
40 - 49	1501	1377	2	2880	24.61	3192	26.6
50 - 59	698	965	0	1663	14.21	1400	11.67
60+	129	127	0	256	2.19	218	1.82
Unknown 不詳	645	561	82	1288	10.99	1023	8.51
Total 總計	6143	5464	100	11707	100	12001	100

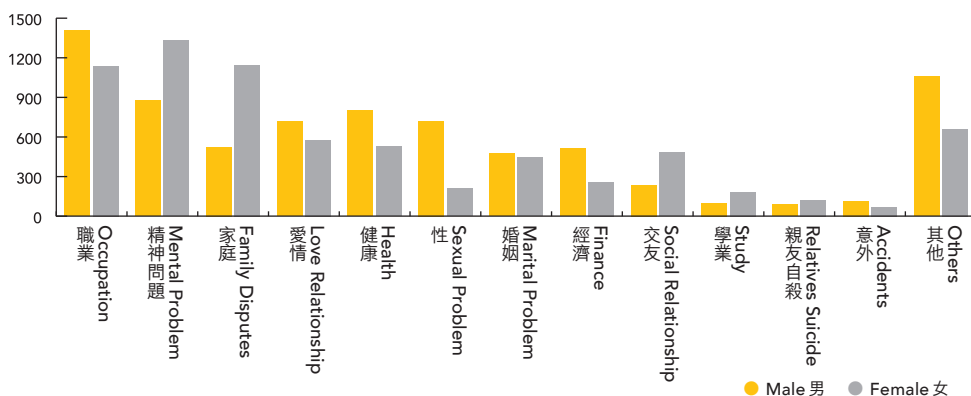
Nature of Problems 問題類別

The major reasons for seeking help in 2013 were: Occupation (17.14%), Mental Health (14.92%), Others (11.84%) and Family (11.28%). Compared with the figures in 2012, cases in Occupation decreased by 0.3%, Mental Health whereas cases decreased by 1.7%.

在全年求助個案類別中，主要困擾的問題是職業 (17.14%)、精神問題 (14.92%)、其他 (11.84%) 及家庭 (11.28%)。相比往年的數字，受職業困擾的求助下降了 0.3%，受精神問題困擾的求助者整體下降了 1.7%。

Table 2 : Nature and Gender Distribution of Cases

表二：個案類別及性別分佈



Nature of case 個案類別	2013					2012	
	M 男	F 女	Unknown 不詳	Total 總計	%	Total 總計	%
Occupation 職業	1407	1137	12	2556	17.14	2644	17.44
Mental Problem 精神問題	876	1332	18	2226	14.92	2521	16.62
Family Disputes 家庭	523	1147	12	1682	11.28	1525	10.06
Love Relationship 愛情	719	577	3	1299	8.71	1383	9.12
Health 健康	800	527	5	1332	8.93	1317	8.69
Sexual Problem 性	722	209	7	938	6.29	1116	7.36
Marital Problem 婚姻	474	445	1	920	6.17	798	5.26
Finance 經濟	512	261	4	777	5.21	765	5.04
Social Relationship 交友	236	481	10	727	4.87	688	4.54
Study 學業	102	182	5	289	1.94	319	2.1
Relatives Suicide 親友自殺	88	125	3	216	1.45	183	1.21
Accidents 意外	115	72	0	187	1.25	159	1.05
Others 其他	1058	661	47	1766	11.84	1746	11.51
Total 總計	7632	7156	127	14915	100	15164	100

Table 3 : Natures and Age Distribution of Cases

表三：個案類別及年齡分佈

Age 年齡	0-9		10-19		20-29	
Nature 個案類別	M 男	F 女	M 男	F 女	M 男	F 女
Occupation 職業	0	0	10	7	216	202
Mental Problem 精神問題	2	0	22	31	88	152
Family Disputes 家庭	2	1	65	62	104	143
Love Relationship 愛情	0	0	21	33	214	196
Health 健康	0	0	50	23	100	76
Sexual Problem 性	6	1	114	50	311	50
Marital Problem 婚姻	0	0	1	8	61	35
Finance 經濟	0	0	3	2	53	32
Social Relationship 交友	0	0	17	26	57	148
Study 學業	5	0	56	55	21	34
Relatives Suicide 親友自殺	0	0	4	4	15	23
Accidents 意外	0	0	2	15	11	16
Others 其他	13	0	90	14	209	75
Total 總計	28	2	455	330	1460	1182

Age 年齡	30-39		40-49		50-59	
Nature 個案類別	M 男	F 女	M 男	F 女	M 男	F 女
Occupation 職業	322	431	643	267	125	125
Mental Problem 精神問題	239	267	243	470	156	272
Family Disputes 家庭	112	170	133	321	51	306
Love Relationship 愛情	228	204	135	60	48	42
Health 健康	142	69	187	167	208	122
Sexual Problem 性	140	40	60	34	12	13
Marital Problem 婚姻	168	106	131	151	53	70
Finance 經濟	130	52	169	81	106	60
Social Relationship 交友	64	90	38	109	37	67
Study 學業	11	13	5	22	2	48
Relatives Suicide 親友自殺	21	25	10	28	14	9
Accidents 意外	70	13	16	10	5	3
Others 其他	201	125	214	164	143	144
Total 總計	1848	1605	1984	1884	960	1281

Age 年齡	60+		Unknown 不詳		Total 總計		
Nature 個案類別	M 男	F 女	M 男	F 女	M 男	F 女	Total 總計
Occupation 職業	10	2	81	103	1407	1137	2544
Mental Problem 精神問題	12	29	114	111	876	1332	2208
Family Disputes 家庭	21	48	35	96	523	1147	1670
Love Relationship 愛情	0	0	73	42	719	577	1296
Health 健康	51	21	62	49	800	527	1327
Sexual Problem 性	1	2	78	19	722	209	931
Marital Problem 婚姻	15	35	45	40	474	445	919
Finance 經濟	23	12	28	22	512	261	773
Social Relationship 交友	7	5	16	36	236	481	717
Study 學業	0	0	2	10	102	182	284
Relatives Suicide 親友自殺	6	1	18	35	88	125	213
Accidents 意外	1	1	10	14	115	72	187
Others 其他	28	20	160	119	1058	661	1719
Total 總計	175	176	722	696	7632	7156	14788

Risk Level 風險程度

In 2013, 12.37% of the cases were assessed as having suicidal risk. Among the high and medium risk cases, 34.13% (100 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，有自殺危機的求助個案為12.37%，其中，34.13% (即100個求助個案)的高、中危個案轉介至自殺危機處理中心跟進。

Table 4 : Risk Level of Cases

表四：個案中的危機程度

Risk Level 危機程度	2013					2012	
	M 男	F 女	Unknown 不詳	Total 總計	%	Total 總計	%
Low 低	530	600	25	1155	9.87	1256	10.47
Moderate 中	100	120	7	227	1.94	249	2.07
High 高	39	26	1	66	0.56	63	0.52
No 無	5088	4489	45	9622	82.19	9919	82.65
N/A 不適用	386	229	22	637	5.44	514	4.29
Total 總計	6143	5464	100	11707	100	12001	100

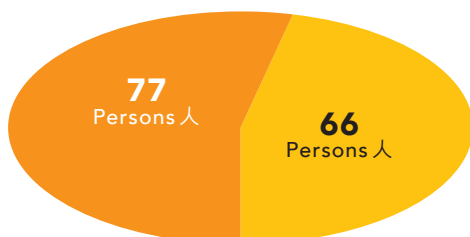
Volunteer Training 義工訓練

The 53rd & 54th of our hotline volunteer training was commenced in January & October 2013. After preliminary screening, 143 applicants were admitted as volunteer trainees for the first stage of training.

我們於2013年1月及10月分別開辦了第五十三期及第五十四期義工訓練班，為義工學員提供為期一年的義工訓練，經篩選後，有共143人接受職前培訓第一階段的訓練課程。

Chart 2 圖二：

No. of Applicants
Admitted as volunteer trainees
接受職前培訓的人數



- 53rd 第五十三期
- 54th 第五十四期



53rd Batch Practicum course

53 期實務班



54th Batch Training Camp

54 期義工訓練日營

In order to maintain both the quantity and quality of our volunteer pool, 34 in-service training were organized to the hotline volunteers in 2013 so that their skills and information in helping the help seekers could be improved and updated.

為了確保和不斷提升熱線的服務質素，我們於2013年亦為現有義工提供各種持續在職訓練，好讓義工們能不斷裝備自己。



Retreat Camp
身心樂活退修營



Retreat Camp
身心樂活退修營

Profile of Volunteers 義工資料

As at the end of 2013, the number of hotline volunteers of our organization stood at a total of 208. Details are shown below :

截至2013年底，本會共有義工208名。

Chart 3 圖三：
Number of Volunteers
義工數字

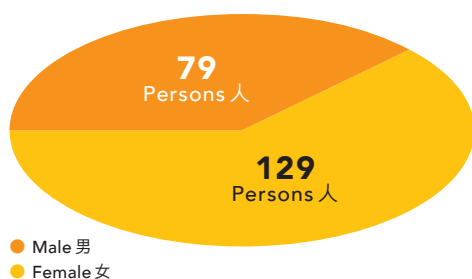


Table 5 : Serving Years of Volunteers
表五：義工年資分佈

Serving Years 服務年資	Male 男	Female 女
一年以下 Below 1 year	17	16
2-3 年 / years	10	26
4-5 年 / years	9	18
6-7 年 / years	8	12
8-9 年 / years	5	12
10年或以上 / 10 years above	30	45
Total 合共	79	129

Special Services 特別服務

In view of the close correlation of suicide problem and mental health, we provided our supportive campaigns in different districts in 2013 by providing appropriate referral information to help-seekers.

To increase the community awareness on mental health and life education, we provided Soul Caring Service Station and Volunteer Training - Neighbor's Care Ambassador of positive life and suicide prevention.

精神健康及自殺問題息息相關，有見及此，熱線義工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，我們亦協辦「順逆皆人生珍惜生命行動」心靈加油站和舉行鄰里守望大使訓練。目的讓區內人士愛惜生命，關顧身邊人。

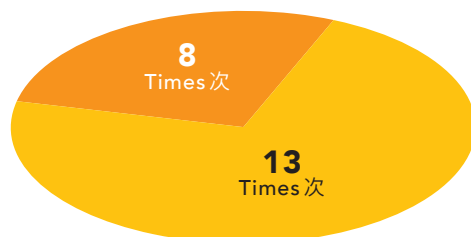


Community Talk
順逆皆人生

Centre Visits and Seminars 探訪及講座

Chart 4 圖四：

Times of Centre Visits and Seminars
外間機構探訪及對外講座之次數



- Centre Visits 外間機構探訪
- Seminars 對外講座

Chart 5 圖五：

No. of Participants of Centre Visits and Seminars
外間機構探訪及對外講座之參與人數



- Centre Visits 外間機構探訪
- Seminars 對外講座



Training Course for Hong Kong Police Force
為香港警務署提供訓練課程



Training Course for Hospital Authority's Oasis
為醫管局心靈綠洲提供訓練課程



Visit from Macau NGO
澳門平安通呼援服務中心到訪

LIFE EDUCATION CENTRE

生命教育中心

Suicide Prevention Education Project 防止自殺教育計劃

With the support from the Hong Kong Jockey Club Charity Trust Fund, the "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.

我們在香港賽馬會慈善信託基金的捐助下，推展「防止自殺教育計劃」，多年來一直致力推廣珍惜生命、預防自殺的訊息；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, we provide territory-wide outreaching life education and suicide prevention services to the general public.

我們以外展形式到全港各中、小學、大專院校、政府部門及社區團體提供生命教育及預防自殺訓練。

Table 6 : No. of Outreaching Services

表六：外展服務數字

Type of Services 服務類別	No. of Talks / Workshops / Groups 場數	No. of Participants 參與人數
Talks 講座	46	9338
Workshops 工作坊	15	288
Groups 小組	5	67
Professional Training 專題培訓	1	35

Feedback from participants 參加者回應：

- Knowing more about adverse circumstances in lives
- Life is precious, enjoy life
- Knowing that there are many people in need
- Learnt to cultivate good hobbies and time management
- Learnt how to handle people with suicidal ideation
- Setting goals and make it come true
- Knowing that I am lucky while I don't think so before
- Learnt to think from different angles
- Being sincere and caring to others
- 了解更多人生逆境
- 生命寶貴，享受人生
- 了解到世界上有許多有需要幫助的人
- 學會培養良好嗜好及管理時間
- 學會怎樣應對自殺人士
- 尋找到自己的目標，努力向目標進發
- 在這活動感到了身在福中不知福
- 學會從第二方面看事情
- 多關心身邊朋友，以真誠、關心的態度待人



Conducting Life and Death Education Group Activities in a school
到校舉辦生死教育小組

Community Support Service 社區支援計劃

To strengthen the work of suicide prevention in the community, we continue to hold "Life Ambassadors" Volunteers' Programme in promoting the message of life cherishment and community caring.

為加強社區防止自殺的工作，我們繼續以「珍惜生命大使」計劃來推廣珍惜生命及社區關懷的訊息。

"Life Ambassadors" Volunteers' Training 「珍惜生命大使」義工訓練課程

Every batch of "Life Ambassadors" will become community carers after going through a 30-hours training and placement service. The ambassadors will participate in long term services, such as case visits and mass program helpers. The total number of 469 service users included the disabled, the single elderly, patients in the hospitals and clients with low suicidal risk. In 2013, two batches of "Life Ambassadors" Volunteers' Training Programme trained a total number of 43 volunteers.

每期珍惜生命大使經過30小時的培訓及實習服務後，便成為社區守望者，除協助本會的各项大型活動推行外，更長期參與個案及大型探訪服務，服務對象包括殘疾人士、獨居長者、醫院病友及低危自殺者，共服務504人次。2013年共舉辦了兩期訓練課程，共培訓了43位成為珍惜生命大使。



Life Ambassadors are experiencing how to walk with visual and hearing impairment
珍惜生命大使體驗視障及聽障人士如何步行



Life Ambassadors are learning to use the sticks for the people with visual impairment

珍惜生命大使學習使用失明人士手杖

Table 7 : No. of Visit

表七：探訪數字

Type of Visit 探訪類別	No. 數量	No. of Participants 參與人數
Case visits 個案探訪	45	45
Mass visits 大型探訪	12	459

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閣

The total number of head counts for using Hong Kong Jockey Club Suicide Prevention Resources Library is 1434 while 618 items were lend out. The Community Borrowing Program was commenced in 2013. Schools and organizations can borrowing large amount of books and audio / visual materials at the same time in order to enhance life education in the community.

2013年使用香港賽馬會預防自殺資源圖書閣的到場人次為1434人，共借出圖書及視聽資料618項。圖書閣今年更推出社區外借計劃，讓學校及團體可同時借出較大量的圖書及視聽資料，以加強社區生命教育的工作。

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

The 65th to 67th issues of Life Interflow were published in 2013.

本會會訊「生命交流」於2013年出版了第65至67期。



Life Drama Program 生命劇場

With the support of MTR Corporation, Life Drama Program has gone through the process of recruiting voluntary actors/actresses, drama training, script writing and rehearsals and finally 5 shows were performed in 2013 with 868 audiences. With further funding support from Fu tam lam Foundation, starting from the second half year of 2013, Life Drama Program produced one performance for St. James Settlement with 150 audiences. The audiences had their first experience of interactive theatre. They tried to help the characters of the drama in overcoming their difficulties and avoiding tragedy by interviewing the characters and even taking place of the characters. This helps the audiences to review their lives and their attitude when facing difficulties and challenges.

在香港鐵路有限公司的支持下，生命劇場於2013年由義工演員招募、戲劇培訓、劇本創作到綵排，共舉辦5次公開演出，共868名觀眾入場欣賞。而2013年下半年又得到傅德蔭基金的支持，於12月為聖雅各福群會作專場演出，共150名觀眾初嘗互動生命劇場的經驗，透過訪問劇中人、替代角色、改寫劇本等形式，為處於困境的劇中人找尋死亡以外的出路，克服困境，避免悲劇的發生；也讓觀眾反思其生命及面對困難及挑戰時的態度。



Team of Life Drama Program 生命劇場團隊

Audiences' comments 觀眾評語：

- The drama helped me to review myself.
- I know the right attitude towards life.
- Knowing that committing suicide is not a solution.
- The drama let me review the difficulties of life and try reverse thinking.
- There will be a way out for any difficulty.
- Life is valuable and we should treasure others.
- There are many chances and choices in our lives.
- 話劇有助反思
- 我對生命懂得正確的態度
- 明白死不能解決問題
- 反思人生的困難，逆向思維
- 反思困難中有出路
- 生命有價，珍惜身邊所有人
- 生命有很多機會和選擇



Stage photo of Life Drama Program
生命劇場劇照



Audience tried to help the main character
by taking her place in the drama
現場觀眾取代主角的角色以助其走出困
境，改寫結局。

SUICIDE CRISIS INTERVENTION CENTRE

自殺危機處理中心

In 2013, SCIC continued to offer crisis intervention, counseling services, therapeutic and supportive groups for suicidal people. Besides, SCIC keeps on developing "Live the Rainbow" and "Help4Suicide" services, with an aim to render service to suicide survivors and suicidal web-users proactively.

於2013年，我們除了維持恆常服務，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。

Case Work Service 危機個案服務

Our 24-hour crisis intervention and emergency emotional support service provide intensive counseling and follow up services to people with medium to high suicide risks. In 2013, we handled 1,311 crisis cases.

我們透過密集的輔導跟進，為具高、中自殺危機人士提供24小時危機介入及緊急情緒支援服務。2013年，我們共處理1,311宗危機個案。

Age and Gender Distribution of Crisis Cases 危機個案年齡及性別分佈

Among crisis cases, there were 64.23% female and 35.77% male clients. Three age groups (aged 20-29, aged 30-39, aged 40-49) constituted 67.65% of the total.

在危機個案中，女性案主佔64.23%，而男性案主佔35.77%。案主中三個年齡組別(20-29歲、30-39歲、40-49歲)佔總人數比例達67.65%。

Table 8 : Age and Gender Distribution of Crisis Cases

表八：危機個案年齡及性別分佈

Age 年齡	M 男	F 女	Total 總計	%
0-9	2	1	3	0.23
10-19	30	50	80	6.10
20-29	83	163	246	18.76
30-39	100	233	333	25.40
40-49	102	206	308	23.49
50-59	99	133	232	17.70
60+	52	55	107	8.16
Unknown 不詳	1	1	2	0.15
Total 總計	469	842	1311	100

Nature of Problems and Gender Distribution of Crisis Cases

危機個案問題類別及性別分佈

Distress caused by suicidal problem of family members or friends, situational problem and marital problem were at the top three major problems with 218(16.63%),184(14.04%) and 174 (13.07%) cases respectively.

危機個案中受到家人或朋友的自殺問題困擾、受環境因素問題困擾及婚姻問題佔首三位，分別共218宗 (16.63%)、184宗 (14.04%) 及 174 (13.07%)。

Table 9 : Nature of Problems and Gender Distribution of Crisis Cases

表九：危機個案問題類別及性別分佈

Nature of Problems 危機個案問題類別	M 男	F 女	Total 總計	%
Distress Caused by Suicidal Others 受他人自殺問題困擾	69	149	218	16.63
Situational Problem 受環境因素問題困擾	68	116	184	14.04
Marital Problem 婚姻	63	111	174	13.27
Mental Problem 精神問題	49	121	170	12.97
Suicide Death of Others 因親友自殺死亡困擾	48	82	130	9.92
Love Relationship 愛情	39	66	105	8.01
Family Disputes 家庭	27	75	102	7.78
Finance 經濟	45	48	93	7.09
Health 健康	32	37	69	5.26
Personal Problem 個人問題	21	19	40	3.05
Interpersonal Relationship Problem 人際關係問題	8	18	26	1.98
Total 總計	469	842	1311	100

Risk Level and Gender Distribution of Crisis Cases

危機個案中的危機程度及性別分佈

After our first session intervention, the number of high and moderate risk cases were 518, a reduction of 259 cases when compare with the assessment made by their referrers.

經我們首次輔導後，評估具高至中危的個案共降至 518 宗，比轉介者評估少 259 宗。

Table 10 : Risk Level and Gender Distribution of Crisis Cases

表十：危機個案中的危機程度及性別分佈

Risk Level 危機程度	Assessed by Referrer 轉介者評估				After Our First Session Assessment 經我們初次接觸後評估			
	M 男	F 女	Total 總計	%	M 男	F 女	Total 總計	%
Low 低	194	331	525	40.05	298	487	785	59.88
Moderate 中	181	368	549	41.88	153	333	486	37.07
High 高	91	137	228	17.39	18	14	32	2.44
Unknown 不詳	3	6	9	0.69	0	8	8	0.61
Total 總計	469	842	1311	100	469	842	1311	100

Referral and Service Partner of Crisis Cases 危機個案轉介及合作伙伴

Our crisis cases were mainly referred by service partners and we worked closely with them.

危機個案主要由合作伙伴轉介，我們就個案需要與他們保持緊密合作。

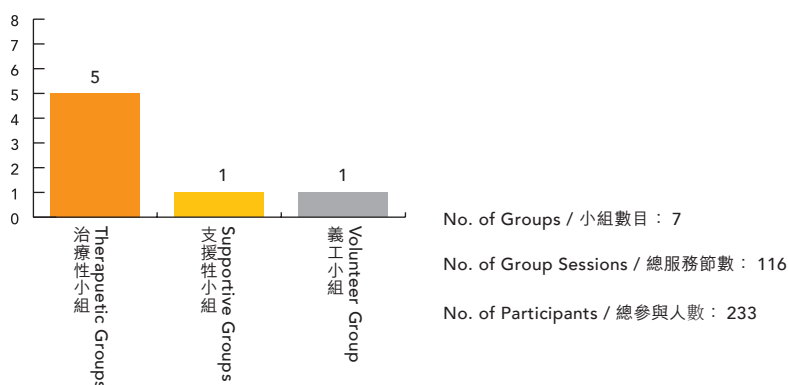
Table 11 : Sources of Referral of Crisis Cases

表十一：危機個案轉介來源

Source of Referral 轉介來源	M 男	F 女	Total 總計	%
Social Worker 社會工作者	154	347	501	38.22
Self-Approached 自行求助者	151	231	382	29.14
Family Members & Friends 親友	57	96	153	11.67
Hotline Volunteer 熱線義工	58	83	141	10.76
Police Officer 警察	23	30	53	4.04
Medical Staff 醫院人員	18	28	46	3.51
Other 其他	8	27	35	2.67
Total 總計	469	842	1311	100

Group Work Service 小組服務

Bar Chart 1 棒形圖一：



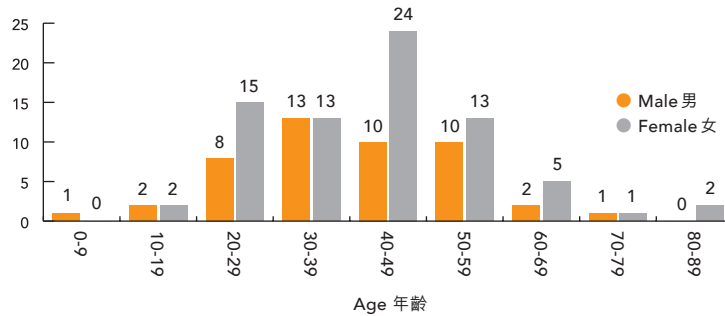
“Live the Rainbow” Service 活出彩虹服務

Every survivor has suffered from the loss of their family members or friends with endless pain. We provide a one-stop service from crisis intervention to in-depth counseling, therapeutic groups and continuous community support service in which the survivors will be accompanied in their difficult moments. In 2013, we handled 122 survivor cases.

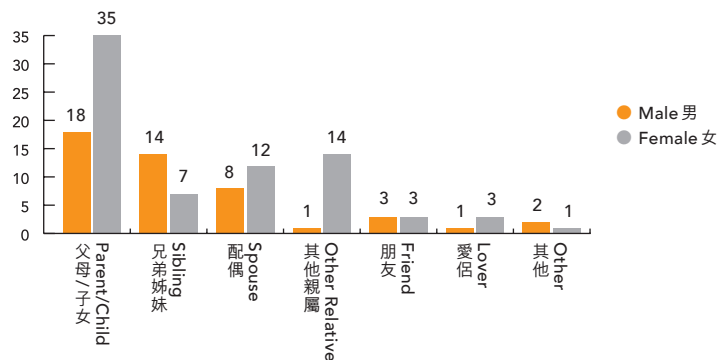
我們為自殺者親友提供全面服務，由不幸事故發生的即時危機介入，以至提供深入輔導、治療性小組及持續社區支援服務，陪伴親友過渡艱難時刻。2013年，我們共處理122宗自殺者親友個案。

Bar Chart 2 棒形圖二：

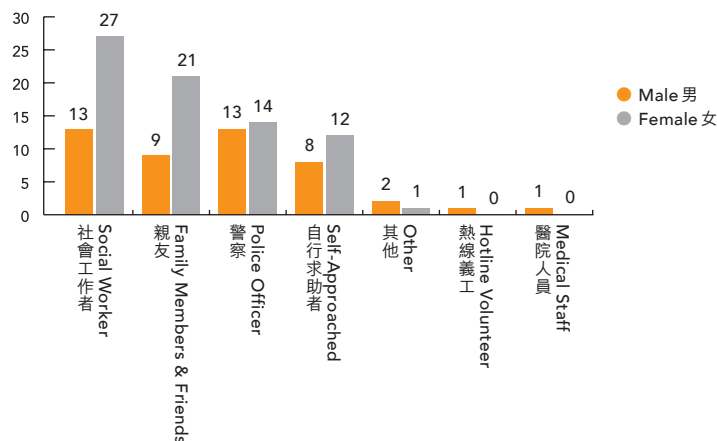
Age and Gender Distribution of Survivor Cases
自殺者親友個案年齡及性別分佈

**Bar Chart 3 棒形圖三：**

Relationship Among the Survivor and the Dead Person
自殺者親友個案與死者關係

**Bar Chart 4 棒形圖四：**

Source of Referral of Survivor Cases
自殺者親友個案轉介來源



Training, Visits and Community Programmes

訓練、探訪交流及社區活動

To strengthen our work on suicide prevention, we provide trainings and workshops to social workers, medical professionals, teachers, students and others in the community.

為加強各層面的預防自殺，我們積極為社工、醫護人員、老師、學生和其他社區人士提供訓練講座和工作坊等

Chart 6 圖六：

No. of Trainings, Visits and Community Programmes conducted

訓練、探訪交流及社區活動之服務次數

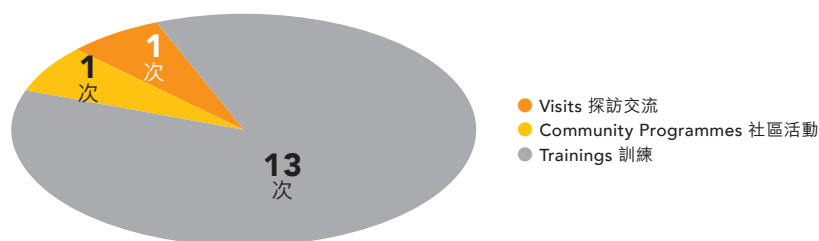
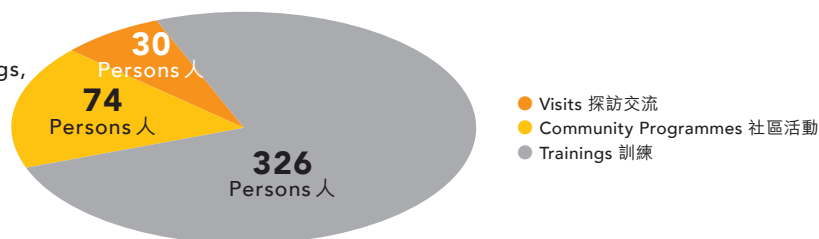


Chart 7 圖七：

No. of Participants in Trainings, Visits and Community Programmes

訓練、探訪交流及社區活動之參與人數



Help4Suicide (Web Engagement Project) 《自殺·自療·互助舍》

In 2013, SCIC continuously enriched contents including Goodies Daily, Myth of Complete Manual of Suicide, Story Museum, Resource Corner, Emotion Forum, Soul Box and Heart Chat etc. Our Heart Chat Room provided 1,044 service hours and 1,596 utilization man time in the year so that distressed web users could obtain emotional support and ventilation through chatting with volunteers.

去年，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。在過去一年，《真心話室》為1,596使用人次提供了1,044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。

In 2013, the project also (www.help4suicide.hk) won the Gold Award (non-commercial category with number of employees not more than 100) of 2012 "Top10 .hk Website Competition" which was held by Hong Kong

更令人鼓舞的是，《自殺·自療·互助舍》勇奪了由香港互聯網註冊管理有限公司 (HKIRC) 舉辦2012年度「香港十大.hk網站選舉」的金獎（非商業組、不多於100名員工），為網站奠定在香港的地位！能獲得獎項，對我們一班同

Internet Registration Corporation Limited (HKIRC). It was really a great recognition and encouragement to our staff and volunteers pursuing suicide prevention. We will keep working hard to release positive energy on internet.

工及義工均有著莫大的肯定和鼓舞，期盼《自殺·自療·互助舍》www.help4suicide.com.hk繼續推動香港網上防止自殺工作，發放網絡正能量！



《自殺·自療·互助舍》www.help4suicide.com.hk網站
Help4Suicide website www.help4suicide.com.hk



Mr. Ho Wing Hung, Assistant Centre-in-charge, was sharing the rationale and experience of suicide prevention on internet

中心副主任何永雄出席數碼碼港的頒獎禮，並分享網站理念和獲獎心得，讓其他出席者更加認識網上防止自殺工作的重要性



The Gold Award (non-commercial category) of 2012 'Top10 .hk Website Competition'
2012年度「香港十大.hk網站選舉」非商業組的金獎獎座

Suicide Prevention On neT 《網蹤人計劃》

“SPOT” has been working with volunteers of Hotline and Life Education Centre to search blogs showing suicidal risk. Continuous care and follow-up has been vigorously given to bloggers by our volunteers through active feedback.

In 2013, 150,015 blogs were scanned and about 602 blogs with apparent suicide levels were identified and referred to our Hotline service for follow-up after initial assessment.

網蹤人計劃一直與熱線中心及生命教育中心的義工攜手，主動搜尋具自殺危機的網誌，表達關心，作出跟進。在2013年，中心共搜尋150,015個網誌，經評估後發現當中602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關顧傾談。

CARING FUND

關懷身邊人基金

Caring Fund aims to advocate community caring and promote the message of cherishing life. It also coordinates our corporate affairs and fundraising activities to enhance and develop our services for the needy.

關懷身邊人基金旨在推動社區關懷，傳揚熱愛生命、關懷身邊人的訊息。並統籌傳訊事務和籌募經費工作，希望更多公眾及團體支持，讓我們的服務得以持續提升及發展，幫助更多有需要的人。

Communication and Promotion 宣傳

This year, we continued to raise the public awareness and knowledge of suicide prevention through media, Facebook, articles in newspapers and leaflets, etc.

本年度，我們繼續透過傳媒、Facebook專頁、報章專欄及單張等，讓社會更關注及認識防止自殺。



“Start From Today” TV advertisement
「從今日起」電視廣告



RTHK TV Programme “The Moment 2”
香港電台電視節目「一念之間2：網綁」



Commercial Radio interviewed us
about suicidal myth and received
audience phone-calls

商業電台第一台「大玩派」訪問本會，討論自殺的迷思及接聽聽眾來電



Media reported the statistics of suicide in Hong Kong in 2012 and the content of press conference
各大傳媒報導六月記者招待會內容及2012年香港自殺數據



Seven articles in Hong Kong Economic Times Limited till end of December

直至12月底共7篇經濟日報專欄

Fundraising Events 籌款活動

Flag-day 賣旗日

For the first time in our more than 50 years of history, we held our first ever Flag Day which took place on 11 May 2013. There were about 2,000 volunteers from the public and corporations. The function raised HK\$566,871.70 which will be used for enhance our services in supporting suicide attempters and life education.

我們於2013年5月11日舉行成立50多年來首次的賣旗日，當日共有2,000多名來自公眾及企業的義工協助賣旗，並且為本會籌得\$566,871.70港元善款。有關的善款將用作加強生命教育工作及自殺不遂人士之支援服務。



Cherishing Life Microfilm Competition & Ceremony 「拍你唔死」微電影拍攝比賽暨頒獎禮

To promote the World Suicide Prevention Day 2013 and the message of live cherishment, we organized the "Cherishing Life Microfilm Competition". The ceremony of the competition was taken place on 18 September 2013 at InnoCentre, our 2013/2015 ambassador and 2 times Best Actress of Hong Kong Film Awards, Ms Kara Hui as one of the guests in the ceremony. The winning microfilm impressed the audience, and the competition has raised donation for our services.

為配合世界防止自殺日，我們舉行「拍你唔死」微電影拍攝比賽，透過拍攝以「熱愛生命」為主題的微電影，推廣珍惜生命的訊息。並於2013年9月18日舉行比賽頒獎禮，我們邀得本會2013/15年度形象大使及兩屆香港電影金像獎最佳女主角惠英紅小姐為頒獎嘉賓之一。得獎微電影為觀眾留下深刻印象，活動同時為我們的服務籌得善款。



Table 12 : Promotion / Fundraising Events in 2013

表十二：2013年宣傳／籌款活動一覽

Date 日期	Events 活動
1/2013	Our leaflets deliver to HK Island residents through HK Electric bills 我們的宣傳單張隨港燈帳單派送港島區住宅 
1/2013 & 4/2013	"Family Obstacle Race" 親子減壓運動會 
2/2013	Caring Company Partnership Expo 2013 商界展關懷 社區伙伴合作展2013
5/2013	Flag day 2013 on Kowloon Region 九龍區賣旗日 
6/2013	Press Conference in 2013 記者招待會
9/2013	World Suicide Prevention Day 2013 <ul style="list-style-type: none"> Press meeting Cherishing Life Microfilm Competition Promote IASP "Cycle Around the Globe" Event 「世界防止自殺日」 <ul style="list-style-type: none"> 舉行傳媒茶聚 舉行「拍你唔死微電影拍攝比賽頒獎禮」 宣傳IASP的「Cycle Around the Globe」活動 
11/2013	SBHK was awarded the "1st Touching CSR Award" as recognition of our contribution to the society of HK. 我們榮獲SQS認證的第一屆『觸動社會責任』慈善嘉許大獎，以肯定我們多年來對香港社會的貢獻 
12/2013	Placement of donation box and emotional first aid kit leaflet in retails shop of Hung Fook Tong 於鴻福堂門市擺放捐款箱及「情緒急救箱」單張  

PROFESSIONAL TRAINING AND DEVELOPMENT CENTRE

專業培訓及發展中心

Professional Training and Development Centre was established to implement the institutional mission and spirit. By providing 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 raising the awareness of the general public in mental health, family relationship and personal growth.

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。

Service Review 服務回顧

Public courses in 2013

2013 舉辦之公開課程

- Certificate in Basic Concept and Skills of Marital Therapy
婚姻治療基礎理論與技巧證書課程
- Certificate in Applied Child Psychopathology
應用兒童心理障礙證書課程
- Life and Death Education: Guidance for life
生死教育證書課程 - 生命嚮導
- Certificate in Basic Concept and Skills of Narrative Therapy
敘事治療基礎理論與技巧證書課程



Students have many chances of practicing during lessons. (Certificate in Basic Concept and Skills of Narrative Therapy)
敘事治療基礎理論與技巧證書課程 - 學員在課堂中得到很多實踐的機會

- Intermediate Course of Narrative Therapy
敘事治療進階證書課程
- Experiential Course in Using of Mixed Media in Helping Professional
混合藝術媒介活動體驗與應用證書課程
- Certificate in "House, Tree, Person" Analysis and Emotion Management
「屋、樹、人」性格分析與情緒管理證書課程
- Certificate in Basic Concept and Skills of Cognitive Behavioral Therapy
認知行為治療基礎理論及技巧證書
- Certificate in Counseling Adolescents over Love Relationship Issues
青少年情感輔導證書課程
- Workshop in Counseling Adolescents over Sexual Orientation Issues
青少年性傾向輔導工作坊



Students took photo with the trainer while they got their certificates (Certificate in Psychology of Aging)

實用長者心理證書課程 – 學員獲頒證書後與導師合照留念

- Life and Death Education: Guidance for life
生死教育證書課程 - 生命嚮導
- Advanced Mediation Course
40小時高級調解課程
- Smile Facial Expression Workshop
微笑表情工作坊
- Experiential Course in Sound Healing
音頻療癒法體驗課程

- Certificate in Counseling Child with Special Needs
特殊學習需要進階課程 - 自閉症學童的介入方法
特殊學習需要進階課程 - 家長輔導工作
特殊需要兒童輔導證書課程
- Certificate in Basic Concepts and Skills of Bereavement Counseling
哀傷輔導基礎理論與技巧證書課程
- Certificate in Basic Concept and Skills of Psychodynamic Therapy
精神分析治療基礎理論與技巧證書課程
- Suicide Crisis Intervention Workshop
自殺危機評估及介入工作坊
- Workshop in Counseling Skills
心理輔導精要技巧工作坊
- Workshop in Counseling Skills (Leading a group)
心理輔導精要技巧工作坊 (小組帶領)
- Spiritual Growth – Self-awareness Training
心靈成長 - 自我察覺訓練
- Certificate in Psychology of Aging
實用長者心理證書課程



The course included visiting Haven of Hope Holistic Care Centre (Life and Death Education: Guidance for life)

生死教育證書課程 - 生命嚮導 – 課程包括安排學員到靈實寧養院參觀

Group Training 團體課程

A team of professionals, including clinical psychologists, counseling psychologists, psychiatrists, crisis counselors, social workers, and senior tutors of our Hotline Centre provided trainings to members of organizations, corporates and schools.

由臨床心理學家、輔導心理學家、精神科專科醫生、資深危機輔導員、社工及熱線中心的資深導師等組成的導師團隊，為各團體、企業及學校舉辦員工培訓課程。

Client List of Group Training

2013 年團體課程客戶

- Oasis Centre for Personal Growth & Crisis Intervention, Hospital Authority
醫院管理局心靈綠洲個人成長及危機處理中心
- H.K.S.K.H. Tung Chung Integrated Services
香港聖公會東涌綜合服務
- Employees Retraining Board
僱員再培訓局
- Tseung Kwan O Centre, Hong Kong Professional Teachers' Union
教協將軍澳中心
- HHCKLA Buddhist Ching Kok Secondary School
香海正覺蓮社佛教正覺中學
- Associacao Geral das Mulheres de Macau
澳門婦女聯會總會



Experiential Course in Using Mixed Media in Helping Professionals was held in Tseung Kwan O Centre, Hong Kong Professional Teachers' Union

本會在教協將軍澳中心舉辦混合藝術媒介活動體驗與應用工作坊



Our senior Hotline volunteers are leading group discussion (Oasis of Hospital Authority)

醫院管理局心靈綠洲個人成長及危機處理中心 - 本會資深熱線義工帶領小組討論

FIGURES ABOUT SUICIDE IN HONG KONG 2013

2013年香港自殺統計數字分析

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From January 1st 2013 to December 31st 2013, Hong Kong's population stood at approximately 7,219,700, with 3,340,700 male (46%) and 3,879,000 female (54%), according to statistics from the Census and Statistics Department. The Coroner's Court reported that 1040 people died of suicide during this same period, which included 662 suicide deaths where an autopsy and cause of death investigations were not ordered.

由2013年1月1日至12月31日，根據香港人口統計處資料顯示，香港人口大約是 7,219,700，當中 3,340,700 (46%) 是男性，女性則有 3,879,000 (54%)。而死因裁判法庭報告於此段期間有 1,040 人死於自殺，當中包括 662 人毋須進行死因研究而裁判為死於自殺。

The following is the summary of the suicide phenomenon in Hong Kong 2013

以下是 2013 年香港自殺現象的總結：

- The total number of suicide was 1,040;
- The suicide rate was 14.41 (14.41 people committed suicide per 100,000 people);
- The suicide rate increased 2.63 from 11.78 in 2012 to 14.41 in 2013;
- The number of suicide for male was 644 (61.92%) and for female was 396 (38.08%);
- Jumping from height was the commonest suicide means (51.63%);
- Hanging was the second highest means of suicide (24.23%);
- Carbon monoxide poisoning (charcoal burning) came in third place (12.4%);
- The highest suicide rate fell into age group of above 70, at 30.19 per 100,000;
- The suicide rate for age 60-69 years old came in the second, at 19.8 per 100,000.
- 自殺死亡總數共有 1,040 宗
- 自殺率是 14.41 (即每十萬人中有 14.41 人自殺身亡)
- 2013 年自殺率比 2012 年的 11.78 上升了 2.63，即 14.41
- 男性自殺死亡共 644 宗 (61.92%)，而女性自殺死亡共 396 宗 (38.08%)
- 最多被採用的自殺方式是「從高處墮下」(51.63%)
- 「吊死」是第二類較多人採用的自殺方式 (24.23%)
- 「一氧化碳中毒」(燒炭) 是第三類較多人採用的自殺方式 (12.4%)
- 最高自殺率的年齡組群是「70 歲以上」，自殺率 30.19
- 「60-69 歲」的自殺率 19.8，是佔第二高自殺率的年齡組群

Here below are analyses of suicide deaths in 2013 according to age group and gender, the means of committing suicide, the occupation of the cases, and any mental disorders they may have.

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。

Suicide statistics according to age group and gender

按年齡及性別分組之自殺死亡統計數字

Age: 0 to 19 years old 年齡：0-19 歲

In 2013, there were 29 teenagers below the age of 19 who died of suicide. The suicide rate was 2.43 up by 0.7 from 2012. The male to female ratio was 1:1 (see table 14). The number of suicide deaths increased from 21 in 2012 to 29 in 2013. Among the 29 deaths in 2013, in terms of the means of suicide, 26 ended their lives by jumping from buildings, while 3 died of hanging respectively (see table 13). Jumping from buildings was the commonest suicide means and accounted for 89.66% of the deaths in this age group. This revealed that the cases in this group tended to choose a fatal and determined means to end their lives.

在2013年，有29宗19歲以下青少年自殺死亡個案，自殺率為2.43，比2012年上升了0.7，男女比例是1:1(見表十四)。由2012年的21宗增至2013年的29宗。在2013年這29宗自殺數字中，有26宗以「從高處墮下」來結束生命，3宗自殺死於「吊死」(見表十三)。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔89.66%，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。

Age: 20 to 59 years old 年齡：20-59 歲

In 2013, there were 634 people who died of suicide in this age group, accounting for 60.96% of the total number of suicide deaths and down by 2.35% from 2012 (see table 13). The suicide rate was 14 and the male to female ratio was 1.9:1 (see table 14). Among the deaths, 330 people (52.05%) were attributed to jumping from buildings, while 120 people (18.93%) hung themselves and 115 people (18.14%) died of carbon monoxide poisoning.

在2013年，20-59年齡組群之中，有634人自殺身亡，佔總自殺死亡數字之60.96%，比2012年減少了2.35%(見表十三)。自殺率為14，男女比例為1.9:1(見表十四)。綜觀眾數字，有330人(52.05%)採取「從高處墮下」方式自殺，另外有120人(18.93%)採用「吊死」方式自殺，另外有115人(18.14%)則採用「一氧化碳中毒」自殺。

Age: 60 years old or above 年齡：60 歲以上

In 2013, 374 people died of suicide in this age group, accounting for 35.96% of the total number of suicide deaths and up by 2.11% from 2012. The suicide rate was 24.91 in this age group, up by 5.08 from 2012, and the male to female ratio was 2:1 (see table 14). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as jumping from buildings, accounting for 179 deaths (47.86%) in this age group (see table 13).

在2013年，60歲以上自殺死亡之個案共有374宗，佔總自殺死亡數字的35.96%，相比2012年則上升了2.11%。自殺率為24.91，比起2012年上升了5.08，男女比例為2:1(見表十四)。該年齡組群中有179宗(47.86%)採用「從高處墮下」方式自盡，顯示本港長者傾向選用較暴力及致命的方式來終結生命(見表十三)。

Suicide statistics according to the means of committing suicide

按自殺方式分組之自殺死亡統計數字

In 2013, there were 537 people who committed suicide by jumping from buildings, accounting for 51.63% of the total number of suicide deaths and up by 1.57% from 2012. 252 people died by hanging themselves, accounting for 24.23% of the total number of suicide deaths and down by 0.86% from 2012. 129 people died from carbon monoxide poisoning, accounting for 12.4% of the total number of suicide deaths and down by 0.62% from 2012 (see table 13).

Jumping from buildings was the commonest means of committing suicide. Hanging was in the second place while carbon monoxide poisoning came in the third place in 2013.

於2013年，共有537人採用「從高處墮下」方式自盡，佔總自殺死亡數字之51.63%，比起2012年上升了1.57%。另外，252人採用「吊死」方式自殺，即24.23%，比2012年下降了0.86%。而採用「一氧化碳中毒」方式自殺的共有129宗，佔總自殺死亡人數的12.4%，比2012年下降了0.62%（見表十三）。

在2013年，「從高處墮下」是一項最多人採用的自殺方式。「吊死」排第二位，而「一氧化碳中毒」則排第三位。

Suicide statistics: grouped by occupation

按職業分組之自殺死亡統計數字

In 2013, 108 suicide death cases were unemployed person. Blue collar came in the second with 78 deaths. Retired persons followed with 69 deaths (see table 15). Although suicide deaths among unemployed person increased from 76 in 2012 to 108 in 2013, 662 deaths fell into the unclassified category, where an autopsy and death reports were not sought. This increase in the unclassified category from 557 in 2012 to 662 in 2013 certainly poses a challenge in drawing the conclusion that suicide among unemployed person has increased.

Hong Kong had an unemployment rate of 3.4% in 2013, an increase of 0.1% from 3.3% in 2012. The under-employment rate was 1.5% in both 2013 and 2012 (see table 16 & 17).

在2013年，有108位自殺死亡者為失業人士，第二位的藍領階層則佔78宗，接著是退休人士佔69宗（見表十五）。雖然失業人士的自殺死亡數字由2012年的76宗驟升至2013年的108宗，但由於尚有662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2012年的557宗增加至2013年的662宗，令我們難以為失業人士的自殺率增加而作出相關結論。

2013年本港的失業率是3.4%，比起2012年的3.3%上升了0.1%，而2013年及2012年的就業不足率則同是1.5%（見表十六及十七）。

Suicide Statistics: grouped by mental disorders

按精神疾患分組的自殺統計數字

In 2013, 133 suicide deaths were associated with mental disorder. Most of these cases committed suicide by jumping from buildings, a total of 64 deaths in this group. 25 hung themselves. 20 people died of drug poisoning. As there were 662 suicide death cases without death investigation, the picture of the relationship between suicide and mental disorder cannot be easily drawn here. Nonetheless, World Health Organization (WHO) has given an idea on this matter. It stresses that more than 90% of all suicide cases are associated with mental disorder such as depression, schizophrenia and alcoholism. Addressing the importance of mental health could certainly reduce the rate of suicide.

2013年共有133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64人；有25人死於吊死，20人死於服毒。由於有662宗自殺死亡個案未經死因調查，因而未有列入與精神病患有關，故在數字上不能反映出精神病患與自殺真實的關係。據世界衛生組織(WHO)表示超過90%的自殺個案會與精神病患有關，例如抑鬱症、精神分裂症及酗酒，因此有效推廣精神健康的訊息是有助於減低自殺率。

Unknown or Unidentified Suicide Cases

未能確定是否蓄意自殺的死亡數字

27 cases of suicide deaths were categorised as "injury undetermined whether accidentally or purposely inflicted" in 2013, up by 6 in comparison with 21 suicide deaths in 2012. Among these 27 cases, 10 died of drowning while 9 died of jumping from building and 6 died of drugs poisoning (see table 19).

2013年有27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2012年的21宗上升了6宗。在這27宗死亡數字中，10人死於溺斃，9人死於由高處墮下，及6人死於服毒(見表十九)。

Suicide cases without an autopsy being ordered

毋須進行死因調查的死亡數字

The total number of suicide deaths was 1040 in 2013, including 662 deaths where an autopsy and death report were not sought, and this figure increased from 557 in 2012 to 662 in 2013 (see table 20). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 63.65% of the total number of suicide deaths.

2013年共有1040宗自殺死亡數字，包括662宗沒有經過解剖及死因調查的自殺死亡個案，這數字由2012年的557宗上升至2013年的662宗(見表二十)。未被調查及分類的自殺死亡個案佔63.65%，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。

Conclusion 總結

In 2013, there were 1,040 people who died of suicide, with 644 male (61.92%) and 396 female (38.08%). The suicide rate was 14.41 per 100,000, up by 2.63 from 2012. The ratio of male to female was 1.9:1. Jumping from buildings was still the commonest suicide means (51.63%), hanging came in the second place (24.23%) and carbon monoxide poisoning took the third place (12.4%). The number of suicide case without death investigation was 662 in 2013 that leave a room to come up with a reliable conclusion in the relationship between suicide, unemployment and mental disorder.

The theme of this 11th World Suicide Prevention Day on September 10th 2013 was "Stigma: A Major Barrier for Suicide Prevention." According to the WHO and the latest Burden of Disease Estimation, suicide is a major public health problem in high-income countries and is an emerging problem in low- and middle-income countries.

A large proportion of people who die by suicide suffer from mental illness. Recent estimates suggest that the disease burden caused by mental illnesses will account for 25% of the total disease burden in the world in the next two decades, making it the most important category of ill-health (more important than cancer or heart diseases). Yet a significant number of those with mental illnesses who die by suicide do not contact health or social services near the time of their death. In many instances there are insufficient services available to assist those in need at times of crisis. This lack of access to appropriate care is one of the many factors that magnify the stigma associated with mental illness and with suicidal ideation and behaviour. This type of stigma, which is deeply rooted in most societies, can arise for different reasons. One of the causes of stigma is a simple lack of knowledge. Increasing public awareness of the characteristics and treatment of people with mental illnesses and/or suicidal behaviour,

本港於2013年有1,040人自殺身亡，當中有644人為男性(61.92%)及396人為女性(38.08%)。自殺率為14.41，比2012年增加了2.63。男女比例為1.9:1。「從高處墮下」(51.63%)是一項最普遍的自殺方式。「吊死」(24.23%)排第二位，而「一氧化碳中毒」(12.4%)則排第三位。2013年沒有經過死因調查的自殺死亡個案有662宗，這令我們難以為自殺與失業及精神疾患之間的關係作出可靠之結論。

2013年9月10日是第11屆世界防止自殺日，主題是「污名化—防止自殺之重大阻礙」(Stigma: A Major Barrier for Suicide Prevention)。根據世界衛生組織報告以及最新的疾病負擔統計報告指出，自殺為高收入國家的重要公共衛生議題，並且是中、低收入國家新出現的問題。

為數不少的自殺身亡者都患有精神疾病。最新估計在未來的兩個世紀內，精神疾病將會佔全球疾病負擔的25%，將成為全球最重要的疾病之列(甚至超於癌症及心臟病)。然而大部分患有精神疾病而自殺身亡人士，在尋死之前未曾接受治療，也沒有接受社會服務。很多實例反映出在他們在水深火熱時並未有獲得足夠的相關服務，另一原因可能受精神疾病與自殺念頭及行為被誇大的污名化影響下，不願意接受幫助。這些污名化現象植根於社會之中，成因複雜，其中一個重要因素是大眾對精神疾病或自殺行為的了解不足，因此透過促進大眾對精神疾病及自殺行為的認識、提供足夠的治療資源，都可以有助緩減問題。

在過去幾年，不同的組織都在跨專業的合作模式下推行防止自殺教育和自殺危機介入之工作，這些皆對自殺相關問題的認識和關注上作出很大的貢獻。污名化為防止自殺工作帶來巨大障礙，若要去突破它，在香港最重要的因素在於知識、教育、接納、態度和對防止自殺的強化。人生沒有東西是理所當然的，我們每個

and of the available treatment resources to help individuals with these problems should be stressed. (International Association Suicide Prevention, 2013)

In the past years, the collaborative effort and multidisciplinary approach in suicide education, suicide prevention and suicide intervention by different organization in Hong Kong made a great effort in the concern and awareness on the suicide related issue. To break the stigma that leads to a major barrier to suicide prevention, knowledge, education, acceptance, attitude and understanding on suicide prevention are the most important factors in Hong Kong. Nothing in life is set in a stone; we all have the role to combat the barrier by making a small change to those who may suffer from psychological distress in daily life. A positive and encouraging act in life will seem new and full of possibilities. Let's do it for the prosperous future.

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人若都能透過對那些受著心理困擾的人們作出一點點的改變，就能打倒那些障礙。積極和鼓勵都足以令生命充滿新意和可能性。願大家為此而努力！

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(Table 13) The Number of Suicide Death in Hong Kong (By Type, Age & Sex)
(表十三) 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	2013 Age Groups 年齡組別											2012			2011		
		Sex 性別	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	Sub-Total 小計	Total 總計	Sub-Total 小計	Total 總計	Sub-Total 小計	Total 總計	
2013	Firearms 火器	M 男										0	0	2	2	1	1	
		F 女										0		0	0	0		
	Drugs 藥物	M 男			1	4	5	3	1	2		16	34	8	20	10	30	
		F 女				3	4	8	1	2		18		12	20			
	Poisons 毒藥	M 男					1	1		3	1	6	10	9	15	3	6	
		F 女					1		2	1		4		6	3			
	Hanging 吊死	M 男	1	20	10	17	31	27	53			159	252	144	212	96	175	
		F 女	2	10	9	11	12	14	35			93		68	79			
	Jumping from a height 由高處墮下	M 男	14	55	50	43	42	51	72	2		329	537	255	423	269	438	
		F 女	12	37	31	29	43	26	30			208		168	169			
	Carbon Monoxide 一氧化碳	M 男		9	23	21	23	8	4			88	129	74	110	103	134	
		F 女		6	16	10	7	2				41		36	31			
	Drowning 淹死	M 男		3	5	5	4	9	8			34	62	20	43	16	30	
		F 女		4	3	1	4	5	11			28		23	14			
	Sharp instruments 利器	M 男		1	1		2	1	1			6	9	4	5	4	5	
		F 女						2	1			3		1	1	1		
	Others 其他	M 男						3	3			6	7	11	15	11	14	
		F 女								1		1		4	3			
2013	Sub-total 小計	M 男	0	15	89	93	92	109	100	143	3	644	1040					
		F 女	0	14	57	62	56	76	51	80	0	396						
	Total 總計		0	29	146	155	148	185	151	223	3		1040					
2012	Sub-total 小計	M 男	0	12	79	72	85	89	65	123	2			527				
		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			
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	

Source: Coroners Court 資料來源：死因裁判法庭

(Table 14) The Suicide Rate* of Hong Kong (By Age and Sex)
(表十四) 香港自殺率* (按性別及年齡組別)

年齡組別 Age Group		2013				2012				2011			
		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	0.00	0:0	0.00	0.00	0.40	0:0	0.19	0.00	0.00	0:0	0
	10-19	4.31	4.27	1.0:1	4.29	3.31	2.35	1.4:1	2.84	3.45	2.25	1.5:1	2.86
	Subtotal Population 整體人口	2.44	2.43	1.0:1	2.43	1.91	1.53	1.2:1	1.73	2.04	1.34	1.5:1	1.70
20-59	20-29	20.07	11.01	1.8:1	15.19	17.70	7.03	2.5:1	11.93	13.86	8.09	1.7:1	10.73
	30-39	20.10	9.12	2.2:1	13.57	15.57	7.76	2.0:1	10.95	18.62	7.73	2.4:1	12.22
	40-49	18.21	8.29	2.2:1	12.54	16.33	8.62	1.9:1	11.95	16.70	6.68	2.5:1	11.05
	50-59	18.14	11.83	1.5:1	14.88	15.14	10.05	1.5:1	12.53	14.32	9.62	1.4:1	11.93
60+	Subtotal Population 整體人口	19.03	9.98	1.9:1	14.00	16.11	8.41	1.9:1	11.85	15.80	7.97	1.9:1	11.50
	60-69	26.30	13.33	2.0:1	19.80	18.10	7.85	2.3:1	12.99	17.51	10.63	1.6:1	14.11
	70+	42.80	19.78	2.2:1	30.19	37.63	17.55	2.1:1	26.59	36.66	20.04	1.8:1	27.51
	Subtotal Population 整體人口	34.01	16.65	2.0:1	24.91	27.40	12.97	2.1:1	19.83	26.86	15.76	1.7:1	21.05
	Total Population 全年整體人口	19.28	10.21	1.9:1	14.41	15.82	8.27	1.9:1	11.78	15.50	8.44	1.8:1	11.73

* 自殺率等於每100,000人口每年自殺死亡的人數

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

Calculation: The Samaritan Befrienders Hong Kong

資料計算：香港撒瑪利亞防止自殺會

(Table 15) The Number of Suicide Death in Hong Kong 2013 (By Occupation)
(表十五) 香港自殺死亡數字 2013(按職業分組)

Year 年份	2013 Age Groups 年齡組別											2012		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	Sub-Total 小計	Total 總計
Student 學生	M 男		8	5							13	20	14	22	10	14
	F 女		5	1	1						7		8		4	
Teacher 教師	M 男				1						1	4	1	3	0	2
	F 女				3						3		2		2	
Not Employed 沒有職業	M 男			15	14	15	17	12	3	1	77	108	55	76	35	45
	F 女			6	5	10	6	3	1		31		21		10	
Housewife 家庭主婦	M 男										0	46	0	32	0	23
	F 女			3	4	6	9	9	15		46		32		23	
Blue Collars 藍領階層	M 男		1	5	17	11	14	4			52	78	36	52	27	44
	F 女		2	9	5	2	6	1	1		26		16		17	
White Collars 白領階層	M 男			11	3	8	2	1			25	38	14	25	9	12
	F 女			3	6	2	2				13		11		3	
Patient 病人	M 男										0	0	0	0	0	0
	F 女										0		0		0	
Disciplinaries 紀律部隊	M 男										0	0	6	7	4	4
	F 女										0		1		0	
Business Man 商人	M 男				2		2	2			6	6	6	7	4	4
	F 女										0		1		0	
Retired Person 退休人士	M 男				1		3	14	34		52	69	43	56	32	48
	F 女						3	3	11		17		13		16	
Unclassified 未能分類 *	M 男		6	52	54	56	71	67	106		412	662	349	557	381	622
	F 女		7	34	38	34	51	34	52		250		208		241	
Other 其他	M 男			1	1	2				2	6	9	3	8	11	15
	F 女				1	2					3		5		4	
Sub-total 小計	M 男	0	15	89	93	92	109	100	143	3	644	1040	527	845	513	833
	F 女	0	14	57	62	56	77	50	80	0	396		318		320	
Total 總計		0	29	146	155	148	186	150	223	3	1040		845		833	

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 2013 were 1040 which included 662 suicide cases without death investigation report ordered.
2013 年共有 1040 人死於自殺，當中包括 662 人毋須進行死因研究而裁判為死於自殺

(Table 16) The underemployment Rate of Hong Kong (By Sex and Age)

(表十六) 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+	
2013	M 男	2.9	1.9	1.4	2.0	2.9	2.6	2.2
	F 女	2.6	0.9	0.3	0.9	1.1	1.4	0.8
	Overall 合計	2.8	1.4	0.8	1.4	2.1	2.3	1.5
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

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 17) The unemployment Rate of Hong Kong (By Sex and Age)

(表十七) 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+	
2013	M 男	17.5	6.8	2.5	3.1	3.4	2.3	3.8
	F 女	11.4	4.5	2.1	2.6	2.6	2.1	3.0
	Overall 合計	14.5	5.6	2.3	2.9	3.1	2.3	3.4
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

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 18) The Number of Mental Suicide in Hong Kong (By Type, Age & Sex)
(表十八) 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	2013 Age Groups 年齡組別											2012			2011		
		Sex 性別	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	Sub-Total 小計	Total 總計	Sub-Total 小計	Total 總計	Sub-Total 小計	Total 總計	
2013	Firearms 火器	M 男										0	0	0	0	0	0	
		F 女										0		0		0		
	Drugs 藥物	M 男			1	1	3	3	1			9	20	3	12	3	7	
		F 女				2	3	4		2		11		9	4			
	Poisons 毒藥	M 男										0	0	0	3	1	2	
		F 女										0		3	1			
	Hanging 吊死	M 男			1	1	1	3	4	2		11	25	9	14	6	8	
		F 女			2	3	2	1	2	4		14		5	2			
	Jumping from a height 由高處墮下	M 男		1	7	4	10	6	4	2	1	35	64	28	45	9	21	
		F 女	2	4	7	4	7	3	2			29		17	12			
	Carbon Monoxide 一氧化碳	M 男						1				1	4	6	11	3	5	
		F 女			1		2					3		5	2			
	Drowning 淹死	M 男				2	1	1	2	1		7	14	10	19	6	8	
		F 女			2	2		1		2		7		9	2			
	Sharp instruments 利器	M 男						2				2	4	1	1	2	2	
		F 女						1	1			2		0	0			
	Others 其他	M 男						2				2	2	1	2	3	6	
		F 女										0		1		3		
2013	Sub-total 小計	M 男	0	1	9	7	15	18	11	5	1	67	133					
		F 女	0	2	9	14	11	14	6	10	0	66						
	Total 總計		0	3	18	21	26	32	17	15	1	133	*133					
2012	Sub-total 小計	M 男	0	0	14	11	7	12	8	6	0			58				
		F 女	0	3	1	12	10	11	4	8	0			49				
	Total 總計		0	3	15	23	17	23	12	14	0			107	**107			
2011	Sub-total 小計	M 男	0	1	4	8	6	3	3	8	0					33		
		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	

Source: Coroners Court 資料來源：死因裁判法庭

* There were 662 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
當中有 662 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 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 622 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
當中有 622 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 19) Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)
(表十九) 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	2013 Age Groups 年齡組別											2012		2011	
		Sex 性別	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	Sub-Total 小計	Total 總計	Sub-Total 小計	Total 總計	
2013	Firearms 火器	M 男										0	0	0	0	0
		F 女										0	0	0	0	0
	Drugs 藥物	M 男					1					2	6	2	4	12
		F 女				1		2		1		4		2	8	
	Poisons 毒藥	M 男										0	0	0	0	0
		F 女										0	0	0	0	0
	Hanging 吊死	M 男								1		1	1	0	0	0
		F 女										0	1	0	0	0
	Jumping from a height 由高處墮下	M 男		1			3		1		1	7	9	5	8	5
		F 女					1		1			2		3	3	8
	Carbon Monoxide 一氧化碳	M 男										0	0	0	1	0
		F 女										0	0	1	0	0
	Drowning 淹死	M 男			1				1		3	5	10	4	5	3
		F 女			1	1				3		5		1	1	5
Sharp instruments 利器	M 男										0	0	0	0	0	
	F 女										0	0	0	0	0	
	M 男								1		1	1	1	3	0	
	F 女										0	1	2	0	0	
2013	Sub-total 小計	M 男	0	1	1	3	1	3	1	5	1	16	27			
	F 女	0	0	1	3	0	3	0	4	0	11					
	Total 總計		0	1	2	6	1	6	1	9	1	27	*27			
2012	Sub-total 小計	M 男	0	0	2	2	1	3	0	2	2					
	F 女	1	0	3	0	1	3	1	0	0	9				12	
	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	0	2	0					
	F 女	0	1	0	2	4	2	1	5	1	16				12	
	Total 總計		0	2	4	4	7	2	1	7	1	28	***28			

Source: Coroners Court 資料來源：死因裁判法庭

* There were 662 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

當中有 662 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 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 622 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

當中有 622 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 20) The Number of Suicide Cases without death investigation reported order in Hong Kong (By Type, Age & Sex)
(表二十) 無須要求死亡調查報告的自殺案件之附加資料(按自殺方式、年齡及性別分組)

Year 年份	Type of Suicide 自殺類別	2013 Age Groups 年齡組別												2012	
		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
2013	Firearms 火器	M 男										0	0		0
		F 女										0			
	Drugs 藥物	M 男				2	1					3	5	2	4
		F 女						2				2		2	
	Poisons 毒藥	M 男					1			2		3	5	3	3
		F 女							1	1		2		0	
	Hanging 吊死	M 男		1	10	8	13	23	18	40		113	175	103	156
		F 女		1	3	4	6	11	9	28		62		53	
	Jumping from a height 由高處墮下	M 男		5	36	28	25	29	40	59		222	370	178	302
		F 女		6	26	21	21	32	20	22		148		124	
	Carbon Monoxide 一氧化碳	M 男			6	16	14	17	7	4		64	95	58	84
		F 女			5	12	7	6	1			31		26	
	Drowning 淹死	M 男					2	2		1		5	10	1	4
		F 女				1			3	1		5		3	
Sharp instruments 利器	M 男							1			1	1	2	2	
	F 女										0		0		
Others 其他	M 男							1			1	1	2	2	
	F 女										0		0		
2013	Sub-total 小計	M 男	0	6	52	54	56	71	67	106	0	412			
		F 女	0	7	34	38	34	51	34	52	0	250			
	Total 總計		0	13	86	92	90	122	101	158	0	662	662		
2012	Sub-total 小計	M 男	0	5	42	54	57	57	43	91	0			349	
		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

Source: Coroners Court 資料來源：死因裁判法庭

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Launched in 2008, our Suicide Prevention on Net (SPOT) Service, an undertaking of doing suicide prevention work through the internet, has been in operation for six years. Every day we search for messages with emotional disturbance or suicidal risks in blogs and forums on the internet. We then leave messages to offer support, care and encouragement to the writers. As a further assistance, we provide them with emotional relief and information on relevant resources, and sometimes even refer them to our Suicide Crisis Intervention Centre for follow-up service.

自2008年始，「網蹤人計劃」服務在互聯網上提供防止自殺工作至今已經六年，我們的工作就是每天在互聯網上主動尋找一些具情緒困擾甚至有自殺危機的網誌、論壇等訊息，並主動留言給予支持、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作進一步的跟進。

In 2013, the service handled a total of 602 cases, of which 180 were newly contacted cases. Compared to the total number of 756 cases over the previous year, there was a decrease of 20.37%. This was directly associated with the drastic decrease of blog usage which led to the close of popular blog services in Hong Kong.

在2013年裏，「網蹤人計劃」服務一共處理了602宗個案，當中有180宗屬新接觸個案。比較去年756宗個案，減少了20.37%，原因是網誌使用量急劇下降，並導致本地最熱門的免費網誌出現變動及停止運作，對本服務造成了直接的影響。

Analysis on Gender and Age Groups 性別及年齡組群分析

Of the 180 new cases of the year, 42.22% were female, 30.56% male and the remaining 27.22% cannot be identified. In all the cases, among the different age groups of people who showed their emotional disturbance on the Internet, the largest group was 20-29 (47.34% of the total number of cases), followed by the group of 30-39 (24.25% of the total number of cases). The youngest group was 10-19 accounting for 3.99% of the total number of people while the oldest group was 50-59 covering 0.33% of the total number of cases.

在180宗新個案裏，有42.22%是女性，30.56%是男性，其餘27.22%未有透露其性別。整體來說，使用互聯網去記錄或傾訴個人情緒困擾的組群以20-29歲居多，佔47.34%；而30-39歲則佔第二位，達24.25%。最年輕的案主為10-19歲，有3.99%。而最年長的組群是50-59歲，佔0.33%。

Analysis on Suicidal Risk 自殺危機組群分析

Of the 180 first contact cases, 47.22% had suicidal risk: 0.56% had a high suicidal risk (having a specific plan for the suicidal act and an immediate emergency), 2.78% had a medium suicidal risk (having a specific plan for the suicidal act but no immediate emergency), and 43.89% had a low suicidal risk (having suicidal thought but no specific plan for the act).

Of the 180 cases first contact cases, 31.67% were assessed to be with emotional disturbance but no suicidal thought. As we believed that people with emotional disturbance but without proper relief would easily give rise to the thought of suicide, a considerable proportion of the cases for which an intervention was made did not manifest suicidal risk but encompassed negative thoughts or emotional instability. We hope that these clients could obtain timely assistance so that their suicidal risk could be reduced. Besides, the suicidal risk of 21.11% of the cases could not be determined due to ambiguous utterances although negative thoughts were expressed between the lines.

在180宗首次接觸的個案裏，有47.22%是具自殺危機的，當中有0.56%是具高度自殺危機，即是有明確的自殺計劃，以及迫切的危急性；有2.78%是有中度自殺危機，案主一般都有具體的自殺計劃，但未有明確的急切性。而43.89%是具有輕度自殺危機，案主有自殺念頭，但未有清晰的自殺計劃。

在180宗首次接觸之個案中，有31.67%屬有情緒困擾但仍未產生自殺念頭的。但我們相信當一個人如有情緒困擾而沒法得到適當的排解，便很容易萌生自殺念頭。因此我們介入的服務對象有相當的比例是未有自殺危機但發出負面想法或情緒不穩，希望此類網民能及時獲得適切的協助，減低他們的自殺危機。另外，有21.11%由於案主的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。

Analysis on Type of Problem 困擾類別組群分析

Of the 180 first contact cases, the most common type of problem they encountered was mental illness (23.33%), followed by love relationship (19.44%) and family issues (16.11%), then by health issues (11.11%). Other problems included social relationship, studies, occupation, marriage, sex, finance, accidents and suicide of family members or friends. 4.44% of the cases were unwilling to specify the cause of problem and so it was not possible to categorize their problems.

從180宗首次接觸的個案分析顯示，令致他們造成困擾，甚至有輕生念頭的原因，以精神問題為最多數，佔23.33%；其次是愛情和家庭問題，分別佔19.44%及16.11%；而健康佔11.11%。其他如：交友、學業、職業、婚姻、性、經濟、意外和親友自殺都是他們的困擾類別。另外，亦有4.44%的個案在網誌中不願透露所困擾的具體原因，故未能歸類。

Conclusion 總結

Along with the development and changes of the internet, the fading away of writing blogs and the development of social networking sites and communication applications, our SPOT Service will change in pace with the trends on the Internet during the coming year. However, our suicide prevention service on the internet will carry on.

隨著互聯網的發展和轉變，寫網誌的習慣漸漸息微、以及社交網站以及通信軟件的普及，「網中人計劃」亦將相應作出改變。但無論如何，我們對網上防止自殺的工作是堅持不變的。

根據由國際網路公司 Akamai Technologies 於2013年所作出的調查，香港為全世界網路瀏覽

According to a survey conducted by Akamai Technologies, an internet service provider, in 2013, Hong Kong had the fastest internet access in the world, which can be up to 54MB/s. It shows that the internet use in Hong Kong is very popular if we refer to the law of demand and supply. Some say that on the one hand, the internet allow more connections with friends and relatives; it has, on the other hand, widen the inter-personal barrier by allowing people to keep in touch with one another through electronic messages instead of face-to-face contacts. However, being able to connect means that we can show our concerns to our friends and relatives more easily. We advise that people should communicate with their family members and friends more often and talk to a suitable person when they are in disturbance, and provide care and assistance to their friends and relatives who are suffering from emotional disturbances. In addition, we wish to remind people not to neglect the elderly. Many of them are not internet users. They are still expecting our visits and telephone calls.

速度最快的地區，最高速度逾54MB/s，供求的原則推測下可見香港人使用網絡的普及。有人說，互聯網的使用一方面的確增加了朋友間的連繫及拉近距離；另一方面，也因只有『留言』而減少言語上的接觸或見面，增加了人與人之間的隔膜。但能連繫即意味著我們更容易關注親友的情況，建議大家多與家人朋友溝通，遇上困擾時主動找合適對象傾訴，若遇上朋友情緒上受到困擾時，多些主動關懷和協助，讓彼此互助互愛，另外更提醒大家別把一群沒有使用互聯網的長者冷落了，他們還是期待你的到訪或來電一聲慰問。

(Table 21) Age and suicidal assessment of SPOT project in 2013
(表二十一) 2013年網蹤人計劃跟進個案年齡及危機程度統計表

Risk Level 危機程度	Age 年齡							Total 總計
	0 - 9	10 - 19	20 - 29	30 - 39	40 - 49	50 - 59	不詳 Unknown	
Low 低	0	12	198	98	2	0	70	380
Moderate 中	0	0	12	2	0	0	5	19
High 高	0	0	0	0	0	0	1	1
No 無	0	7	40	28	10	1	19	105
Unknown 不詳	0	5	35	18	13	1	25	97
Total 總計	0	24	285	146	25	2	120	602

(Table 22) Sex and suicidal assessment for new cases of SPOT project in 2013
(表二十二) 2013年網蹤人計劃跟進新個案性別及危機程度統計表

Risk Level 危機程度	Age 年齡			
	M 男	F 女	Unknown 不詳	Total 總計
Low 低	20	34	25	79
Moderate 中	0	4	1	5
High 高	0	0	1	1
No 無	25	26	6	57
Unknown 不詳	10	12	16	38
Total 總計	55	76	49	180

(Table 23) Types and age distribution for new cases of SPOT project in 2013
(表二十三) 2013年網蹤人計劃新個案類別及年齡分佈表

	Age 年齡	0 - 9	10-19	20 - 29	30 - 39	40 - 49	50 - 59	U 不詳	Total 總計	%
Type 類別	精神病 Mental Problem	0	0	16	25	1	0	0	42	23.33
	愛情 Love Relationship	0	10	13	12	0	0	0	35	19.44
	家庭 Family Disputes	0	0	10	18	1	0	0	29	16.11
	健康 Health	0	0	2	8	10	0	0	20	11.11
	交友 Social Relationship	0	1	8	2	1	0	1	13	7.22
	學業 Study	0	2	5	2	0	0	1	10	5.56
	職業 Occupation	0	0	1	5	2	0	0	8	4.44
	親友自殺 Relatives Suicide	0	2	2	2	0	0	0	6	3.33
	婚姻 Marital Problem	0	0	2	2	0	0	0	4	2.22
	性 Sexual Problem	0	1	1	1	0	0	0	3	1.67
	經濟 Finance	0	0	0	0	0	2	0	2	1.11
	意外 Accidents	0	0	0	0	0	0	0	0	0.00
	不詳 Unknown	0	1	2	4	0	0	1	8	4.44
	Total 總計	0	17	62	81	15	2	3	180	100

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**獨立義務核數師致香港撒瑪利亞防止自殺會
全體會員報告書**
**INDEPENDENT HONORARY AUDITOR'S REPORT
TO THE MEMBERS OF
THE SAMARITAN BEFRIENDERS HONG KONG**
(在香港註冊成立之無股本的擔保有限公司)
(incorporated in Hong Kong and limited by guarantee)

本核數師(下簡稱「我們」)已審計列載於第四頁至第二十七頁香港撒瑪利亞防止自殺會(以下簡稱「貴機構」)的財務報表,此財務報表包括於二零一四年三月三十一日的財務狀況表與截至該日止年度的全面收入與支出表、基金變動表、現金流量表,以及主要會計政策概要和其他作附註解釋資料。

We have audited the financial statements of The Samaritan Befrienders Hong Kong (the "Organization") set out on pages 4 to 27, which comprise the statement of financial position as at March 31, 2014 and the statement of comprehensive income and expenditure, statement of changes in funds and statement of cash flows for the year then ended and a summary of significant accounting policies and other explanatory information.

理事就財務報表須承擔的責任
Executive committee members' responsibility for the financial statements

理事須負責根據香港會計師公會頒佈的《香港財務報告準則》編製財務報表,以令財務報表作出真實而公平的反映,及落實其認為編製財務報表所必要的內部控制,以使財務報表不存在由於欺詐或錯誤而導致的重大錯誤陳述。

The executive committee members are responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and for such internal control as the executive committee members determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

核數師的責任
Auditor's responsibility

我們的責任是根據我們審核工作的結果,對該等財務報表作出獨立意見,並按照我們雙方所協定的應聘條款,只向全體會員報告。除此以外,我們的報告書不可用作其他用途。我們概不就本報告書的內容,對任何其他人士負責或承擔法律責任。

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with our agreed terms of engagement and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

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**獨立義務核數師致香港撒瑪利亞防止自殺會
全體會員報告書(續)**
**INDEPENDENT HONORARY AUDITOR'S REPORT
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核數師的責任(續)

Auditor's responsibility (Cont'd)

我們是按照香港會計師公會頒佈的《香港審計準則》進行審核工作。該等準則要求我們遵照道德要求及在策劃和進行審計工作時，就該等財務報表是否存有重要的錯誤陳述，作合理的確定。

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 about whether the financial statements are free from material misstatement.

審核範圍包括進行取得與財務報表所載數額及披露事項有關的審核憑證之程序。所採用之程序基於核數師之判斷，包括評估財務報表存有重要的錯誤陳述之風險(不論該風險是因詐騙或錯誤而構成)。在作出該風險評估時，核數師會考慮到與編制表達真實且公平意見的財務報表有關之內部控制，務求策劃適合具體情況之審核程序，但此並非已為貴機構之內部控制的效能作出意見為目標。審核範圍亦包括評估理事於編製該等財務報表時所使用的會計政策，所作出的會計估計及上述財務報表整體表述是否恰當。

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's 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 auditor considers internal control relevant to the entity's preparation of financial statements that give a true and fair view 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 executive committee members, as well as evaluating the overall presentation of the financial statements.

我們相信我們取得與審計範圍有關之憑證已足夠及適當地為我們的審計意見建立基礎。

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS

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意見**Opinion**

我們認為，該等財務報表已根據《香港財務報告準則》真實而公平地反映貴機構於二零一四年三月三十一日的事務狀況及截至該日止年度的盈餘及現金流量。

In our opinion, the financial statements give a true and fair view of the state of the Organization's affairs as at March 31, 2014 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards.



黎劍民、陸永熙會計師事務所有限公司
香港執業會計師
Louis Lai & Luk CPA Limited
Certified Public Accountants

陸永熙
Luk Wing Hay
執業證書號碼P01623
Practising Certificate Number P01623

香港，二〇一四年五月十九日
Hong Kong, 29 MAY 2014

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
全面收入與支出表
STATEMENT OF COMPREHENSIVE INCOME AND EXPENDITURE
截至二零一四年三月三十一日
FOR THE YEAR ENDED MARCH 31, 2014

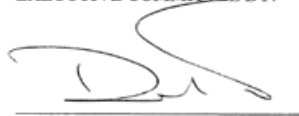
		2014	2013
		港幣 HK\$	港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST	1,704,000	1,814,910
政府資助	GOVERNMENT SUBVENTION	8,378,886	7,598,752
香港賽馬會慈善信託	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST	901,800	901,800
基金撥款	BANK INTEREST INCOME	498	602
銀行利息收入	PROCEEDS FROM FLAG DAY EVENT	566,872	-
賣旗活動收入	GENERAL DONATIONS	804,827	748,625
一般捐款收入	COURSES FEE AND SUNDRY INCOME	<u>1,602,600</u>	<u>1,836,508</u>
課程及什項收入			
總收入確認	TOTAL REVENUE RECOGNISED	13,959,483	12,901,197
減：支出	LESS: EXPENSES		
職員薪金福利	Staff costs	10,622,351	10,096,295
折舊	Depreciation	261,502	-
訓練及社區工作	Training and community activities	927,320	768,539
租金及差餉	Rent and rates	500,058	370,040
聯會會費	Subscription to affiliated association	4,400	8,763
臨時搬遷費	Temporary reprovisioning expenses	55,858	-
行政費用	Administration expenses	1,299,125	1,674,848
資助資產轉往	Subvented assets transferred to furniture and equipment	<u>99,342</u>	<u>-</u>
傢具器材及設備			
		13,769,956	12,918,485
本年度盈餘/(不敷)	SURPLUS/(DEFICIT) FOR THE YEAR	189,527	(17,288)
其他全面收益	OTHER COMPREHENSIVE INCOME	-	-
本年度全面收益/(不敷)總額	TOTAL COMPREHENSIVE INCOME/(EXPENSE) FOR THE YEAR	<u>189,527</u>	<u>(17,288)</u>

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
財務狀況表
STATEMENT OF FINANCIAL POSITION
於二零一四年三月三十一日
AS AT MARCH 31, 2014

		2014	2013
		港幣 HK\$	港幣 HK\$
資產	ASSETS		
非流動資產	Non-Current Assets		
傢具器材及設備	Furniture and equipment	145,150	1
流動資產	Current Assets		
已付按金及預付款	Deposits and prepayment	128,626	98,059
應收款	Accounts receivable	49,726	54,209
現金及銀行結餘	Cash and bank balances	<u>6,907,764</u>	<u>7,156,282</u>
		7,086,116	7,308,550
流動負債	Current Liabilities		
應付款	Accounts payable	377,655	846,537
暫收款	Temporary receipts	<u>132,380</u>	-
		510,035	846,537
流動資產淨額	Net Current Assets	<u>6,576,081</u>	<u>6,462,013</u>
資產淨值	NET ASSETS	<u>6,721,231</u>	<u>6,462,014</u>
由以下代表：	Represented by:		
營運累積盈餘	OPERATING FUND	4,769,100	5,473,730
其他儲備	OTHER FUNDS		
綜合撥款儲備	Block grant reserve	134,498	120,805
設施資助計劃基金	Capital project fund	-	(71,440)
中央行政儲備	Central administration fund	425,285	-
貴族活動盈餘	Flag day event surplus	437,144	-
一般儲備	General reserve	435,000	435,000
社會福利發展基金	Social welfare development fund	16,285	-
特別基金	Special fund	<u>503,919</u>	<u>503,919</u>
		<u>6,721,231</u>	<u>6,462,014</u>

經由理事會於二零一四年五月二十九日會議通過及由下列理事代表議會簽署：

APPROVED BY THE EXECUTIVE COMMITTEE ON MAY 29, 2014 AND SIGNED ON BEHALF OF THE EXECUTIVE COMMITTEE BY:



主席
CHAIRMAN



財政
TREASURER

For details, please refer to the full sets of Audited Financial Statements which are obtainable from our Registered Office.
有關詳細財務資料，可於本會註冊辦公室查閱已審核的財務報告。

ACKNOWLEDGEMENTS

鳴謝

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主要贊助 - 捐助受助服務之機構 (排名不分先後)



香港公益金會員機構

A Member Agency of The Community Chest



社會福利署

Social Welfare Department



香港賽馬會慈善信託基金

The Hong Kong Jockey Club Charities Trust

Caring Company 2013 - acknowledge by SBHK

2013 年商界展關懷公司 - 由本會提名



Best Video Limited



紅石集團



長者安心通協會有限公司

Hong Kong Safety Services Association Limited



JP Advisory Limited

漫拓顧問有限公司



誠信清潔服務有限公司

S & S CLEANING COMPANY LTD.



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傑出企業公民協會

The Association of Philanthropic Corporations



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

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

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環境及自然保育基金

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香港太陽獅子會

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香港比賽網

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香港知專設計學院

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商業電台 <有誰共鳴>

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奧寶貿易發展有限公司

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Chiu Yu Ting

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鄧慧妍

Tang Wing Chi Amy

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Wong Yan Shui, Ivy

Mok Lau Mee Judy

Chan King Hing

ACKNOWLEDGEMENTS

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Social Centre for the Elderly
亞洲婦女協進會油麻地頤老中心

Association Concerning Sexual Violence
Against Women
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Choi Hung Estate Catholic Secondary
School
彩虹村天主教英文中學

FDBWA Szeto Ho Secondary School
五邑司徒浩中學

Fukien Secondary School
福建中學

HKMA David Li Kwok Po College
香港管理專業協會李國寶中學

HKSKH Bishop Hall Secondary School
香港聖公會何明華會督中學

HKWMA Chu Shek Lun Secondary School
香港布廠商會朱石麟中學

Hon Wah College
漢華中學

Hong Kong Resources Holdings Company
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Ning Po No.2 College
寧波第二中學

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九龍城區少年警訊

Junior Police Call - KT District
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Junior Police Call - SSPO District
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Junior Police Call - YT District
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九龍真光中學

Kwun Tong Government Primary School
觀塘官立小學

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觀塘官立中學

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La Salle College Community Youth
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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: _____

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(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

7-11(HSBC)



3529 9000 0000 0012 5

CircleK



99990610294121

☐ 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

九龍白田邨瑞田樓3樓1室
Unit 1, 3/F, Shui Tin House,
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

九龍白田邨瑞田樓3樓1室
Unit 1, 3/F, Shui Tin House,
Pak Tin Estate, Kowloon, Hong Kong
Tel 電話: 2319 1269 Fax 傳真: 2319 0778
Email 電郵: alive@sbhk.org.hk



關懷身邊人基金
Caring Fund

九龍白田邨瑞田樓3樓1室
Unit 1, 3/F, Shui Tin House,
Pak Tin Estate, Kowloon, Hong Kong
Tel 電話: 2319 1269 Fax 傳真: 2319 0778
Email 電郵: care@sbhk.org.hk



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

香港賽馬會慈善信託基金



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



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

24小時求助熱線
24 Hour Hotline
2389 2222

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

電郵Email: sbhkinfo@sbhk.org.hk

會籍 Affiliation

國際防止自殺會

Member of The International Association of Suicide Prevention

香港社會服務聯會

Member of The Hong Kong Council of Social Service

香港公益金

Member of The Community Chest of Hong Kong