



The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會

Listen · Company · Care · Grow 聆聽 · 同行 · 關愛 · 成長

逆境重生 迎風翱翔

2015 年報
annual report



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精神、宗旨、服務精神

SPIRIT, MISSION, ETHOS

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、總幹事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。



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, Executive Director 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.

機構徽號及服務概覽

LOGOS OF SBHK & OVERVIEW OF SERVICE

本會徽號

Logo of SBHK



The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會

Listen · Company · Care · Grow 聆聽 · 同行 · 關愛 · 成長

從抽象的構圖中，可以看到兩個人面對面，留白的地方是一個燭台發出光亮，意思是互助、同行、傾聽以及黑暗中總有亮光，充份表達本會的精神。

We can see there are two people standing face to face and the blank space is a candle stand showing brightness. The symbolic meaning is to help, accompany and listen to each other and there will be light in the dark as our mission statement had been stated.

熱線中心

Hotline Centre



- 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」！
- "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 the emotions of our callers.
- We believe that people in distress can be touched by our sincerity and share the belief of human's love --- "Hope is Everywhere"!

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

生命教育中心

Life Education Centre



- 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，孕育植物生長的物質，而「r」代表正在茁壯成長的幼苗；就像將生命教育的種籽散佈於不同土壤之中，當種籽接觸泥土後便會茁壯成長。
- "Grow" means growth and implies Life Education can help people grow.
- The symbolic brown colour represents soil, a material for the growth of plants. The letter "r" signifies the growing sprout. It seems that the seeds of Life Education scatter on different soil and grow after sowing.

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



自殺危機處理中心 Suicide Crisis Intervention Centre



- 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；
- 中文口號「跨躍明天」是希望受助者能跨躍明天，更可說明本中心的服務目標是以短暫為原則，而不是提供長時間的輔導服務；
- 跨躍亦代表受助者本身也要使用力量跳出重圍，我們深信受助者仍然有能力去衝破他們的困擾；
- 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。
- The main colours of the logo are green and yellow. Green colour and yellow colour represent healing and energetic life;
- "Alive" represents the goal of our intervention;
- The logo can be pronounce as "a - live", which means living and lives;
- The Chinese slogan "Leap Over Tomorrow" means that we hope clients can leap over tomorrow. Also, this states that our centre aims at providing short-term service rather than long-term counselling;
- The leaping action signifies the effort of clients, we believe that they are capable to overcome their difficulties;
- The yellow "i" represents a person who can stand still in a crisis; it also signifies a burning candle which emits light and warmth in life.

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

關懷身邊人基金 Caring Fund



- 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、用心關懷身邊人時，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。
- "Care" means "Concern", "Care" and "Acceptance";
- The "heart" represents a bridge that links up interpersonal communication and mutual care;
- The letter "a" is symbolized by a flag which implies that everybody can step forward to express ourselves and care others with faith and love;
- The purple colour represents warmth and care. We believe that the caring message will be conveyed when we pay attention to our surrounding people and care them from our heart;
- "Put our feet in others' shoes": We care for the feeling of others while we care for ourselves, so that we can motivate and lead other people to promote the importance of mutual care.

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

越嶺專業培訓及發展中心 Ur-Link Professional Training & Development Centre



越嶺專業培訓及發展中心
Professional Training &
Development Centre

- 中文名稱寓意跨越山嶺，克服挑戰，而英文名稱除了音譯中文名稱外，更有連繫之意；
- 中心徽號以兩個三角形代表兩座山峰及本會會徽代表太陽所組成，寓意攀過高峰；一方面顯示本會培訓及發展中心有獨立發展之意，另一方面亦顯示本會對該中心的指引及支持。
- The Chinese name symbolizes climbing over the mountains and overcoming the challenges while the English name is the transliteration of the Chinese name and has a meaning of connection;
- The two triangles and SBHK logo represent two mountains and the sun respectively implying also climbing over the mountains. It also means that the Centre will develop its own service; however SBHK will still provide guidance and support to the Centre.

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

組織架構

ORGANIZATIONAL STRUCTURE

理事會成員

Executive Committee



- 前排（左至右）：周婉芬女士（主席）、任少芳女士（理事）、韓楚珊女士（財政）
- 後排（左至右）：簡柏基先生（秘書）、黃祐榮先生（理事）
- Front (Left to Right) : Ms. Chow Yuen Fun (Chairman), Ms. Yam Siu Fong (Committee Member), Ms. Hon Chor Shan (Treasurer)
- Back (Left to Right) : Mr. Kan Pak Kei (Secretary), Mr. Wong Yao Wing (Committee Member)



管理團隊 Management Team



前排（左至右）：黃小齊女士（熱線中心中心主任）、曾展國先生（總幹事）、胡淑蟬女士（行政部中央行政主任）

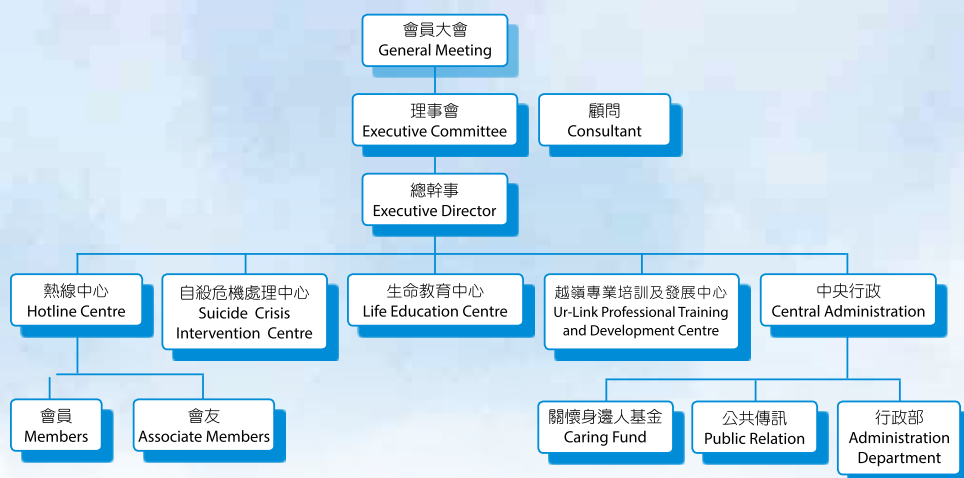
後排（左至右）：何永雄先生（自殺危機處理中心中心主任）、吳潔玲女士（公共傳訊助理經理）、傅佩儀女士（生命教育中心中心主任）、陳懿琳女士（越嶺專業培訓及發展中心培訓主任）

Front (Left to Right) : Ms. Wong Siu Chai (Centre-in-charge, Hotline Centre), Mr. Tsang Chin Kwok (Executive Director), Ms. Woo Suk Sim (Central Administration Officer, Central Administration)

Back (Left to Right) : Mr. Ho Wing Hung (Centre-in-charge, Suicide Crisis Intervention Centre), Ms. Ng Kit Ling (Assistant Manager, Public Communication), Fu Pui Yee (Centre-in-charge, Life Education Centre), Ms. Chan Yee Lam (Training Officer, Ur-Link Professional Training and Development Centre)

組織架構

ORGANIZATIONAL STRUCTURE



理事會成員名單 (任期由 2015 年 7 月至 2017 年 6 月)

2015 年 7 月 1 日至 2016 年 1 月 31 日

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

由 2016 年 2 月 1 日起

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

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：簡家驊律師行
服務顧問：梅杏春女士
(青山醫院精神科社康顧問護師)
趙少寧醫生
(精神科醫生)
陳淑芳女士
(屯門醫院臨床心理學家)

林翠華教授
(香港中文大學醫學院精神科教授)
曾慶培博士
(註冊臨床心理學家)
黃富強博士
(香港大學社會工作及社會行政學系助理教授)

梁傳孫博士
(香港理工大學應用社會科學系助理教授)
紀潔芳教授
(台灣教育部生命諮詢委員會委員)
葉運強先生
(資深演藝工作者)

公關及籌款顧問：黃平花女士

機構大使：惠英紅小姐

職員名單 (至 2015 年 12 月 31 日)

總幹事：曾展國先生

行政部

中央行政主任：胡淑嫻女士
會計及行政文員：利愛美女士
人事及行政文員：羅泳兒女士

公共傳訊

公共傳訊助理經理：吳潔玲女士
公共傳訊主任：梁淑芬女士

熱線中心

中心主任：黃小齊女士
社會助理：丘鴻生先生
何松英女士
高級行政助理：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
朱佩霞女士

生命教育中心

助理社會工作主任：李可欣女士
半職舞台監督：郭志灝先生
活動工作員：李家豪先生

自殺危機處理中心

中心主任：何永雄先生
資深危機輔導員：韋寶姬女士
危機輔導員：鄭偉基先生
蔡曙莉女士
曾小霞女士
李思敏女士
李尚謙先生

社會工作助理：許智偉先生
社會工作員：袁寶意女士
活動工作員：譚志嫦女士
文員：楊曉春女士
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

越嶺專業培訓及發展中心

培訓主任：陳懿琳女士
助理培訓主任：楊偉鴻先生

傅曼莹女士 郭慧敏女士
陳少梅女士 蘇亦斌先生
吳淑儀女士 鄧詩琪女士
林子揚先生 劉詠芝女士
袁素萍女士 何 嫻女士



Executive Committee (Term of Office: From July 2015 to June 2017)

From 1 July 2015 to 31 January 2016

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

As at 1 February 2016

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

Honorary Patron

Mrs. Regina Leung, The Wife of The Chief Executive, HKSAR

Honorary Consultants

Financial Consultant	: Louis Lai & Luk CPA Limited <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, <i>Ph.D. in Clinical Psychology (U.S.A.); Registered Clinical Psychologist</i>

Dr. Daniel F.K. Wong,
*Assistant Professor,
Department of Social Work & Social Administration,
The University of Hong Kong*
Dr. 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*
Mr. Jason Yip
Experienced Professional in Performing Art

PR & Fundraising Consultant : Ms. Eliza Wong

SBHK Ambassador : Ms. Kara Wai Ying Hung

Executive Director : Mr. Tsang Chin Kwok

Staff List (as at 31 December 2015)

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. Law Wing Yee

Public Communication

Assistant Manager	: Ms. Ng Kit Ling
Public Communication Officer	: Ms. Leung Shuk Fan

Hotline Centre

Centre-in-charge	: Ms. Wong Siu Chai
Social Work Assistant	: Mr. Yau Hung Sang Ms. Ho Chung Ying
Senior Administrative Assistant	: Mr. Fok Shing Kong
Junior Administrative Assistant	: Ms. Lee Ching Man
Part-Time Clerk	: Ms. Chow Fung Yu Ms. Chu Pui Ha

Life Education Centre

Assistant Social Work Officer	: Ms. Li Ho Yan
Stage Manager (Part time)	: Mr. Kwok Chi Ho
Program Worker	: Mr. Lee Ka Ho

Suicide Crisis Intervention Centre

Centre-in-charge	: Mr. Ho Wing Hung	
Senior Crisis Counsellor	: Ms. Wai Choi Kei	
Crisis Counsellors	: Mr. Cheng Wai Kei	Mr. So Yik Pun
	Ms. Choi Chu Lei	Ms. Tang Sze Ki
	Ms. Tsang Siu Ha	Ms. Fu Man Ying
	Ms. Lee Sze Man	Ms. Lau Wing Chi
	Mr. Li Sam	Ms. Chan Siu Mui
	Mr. Lam Tsz Yeung	Ms. He Shan
	Ms. Yuen So Ping	Ms. Ng Suk Yee
	Ms. Kwok Wai Mun	
Social Work Assistant	: Mr. Hui Chi Wai	
Social Worker	: Ms. Yuen Po Yi	
Program Worker	: Ms. Tam Chi Sheung	
Clerk	: Ms. Yeung Hiu Chun	
Part-time Information Technology Technician	: Mr. Tang Wang Kei	
Part-Time Office Assistant	: Ms. Li Sui Kuen	

Ur-Link Professional Training and Development Centre

Training Officer	: Ms. Chan Yee Lam
Assistant Training Officer	: Mr. Yeung Wai Hung

機構里程碑

SBHK MILESTONES

1960



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

Establishment of "Suicide Prevention

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

1962

成為國際防止自殺會成員，與國際上提供類似服務的組織保持緊密聯繫

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

1965



展開中五會考學生輔導服務

Lanuch of a Summer Hotline Service for Form 5 graduates

1976

易名為「香港撒瑪利亞防止自殺會」

Renaming as "The Samaritan Befrienders Hong Kong"

1994



成立「關懷身邊人基金」

Establishment of the Caring Fund

1995



彩虹服務中心啟用

Opening of Choi Hung Service Centre

2002



• 成立「生命教育中心」及「自殺危機處理中心」

Establishment of Life Education Centre and Suicide Crisis Intervention Centre

• 「珍惜生命大使」義工訓練及服務開展

"Life Ambassador" Volunteers' training and voluntary services was launched.

• 順利邨服務中心遷往白田邨

The relocation of Shun Lee Service Centre to Pak Tin Estate

2003

預防自殺資源圖書館投入服務

Start operation of The Resource Library

2004



• 開展全港首個為自殺者親友而設的支援小組，於2009年易名為「活出彩虹服務」

• Start of "Live the Rainbow" Service for suicide survivors

2006



成立「專業培訓及發展中心」

Start of Professional Training and Development Centre

逆境重生 迎風飛翔



2010



開設〈自殺・自療、互助舍〉網上防止自殺服務

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

2014



• 惠英紅小姐成為機構大使
Ms Kara Wai Ying Hung
became SBHK Ambassador

• 新會徽啟用
New SBHK
logo



The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會

• 「活出彩虹服務」
十周年
10th Anniversary of
"Live the Rainbow"
service



• 白田中心遷往新會址，並提供服務
Relocation of Pak Tin Service Centre



• 年度活動 - 第一屆「黑夜見黎明」慈善城市定向比賽
Signature event - The 1st "From Darkness to Sunrise" City Orienteering Competition

2008

開展〈網蹤人計劃〉，主動尋找具自殺危機的網誌

Launch of "Suicide Prevention on neT" Service to search for emotional distress or suicidal risk messages on the internet

2011



活出彩虹小組組員出席國際預防自殺協會第26屆世界大會，講述《未完的小說》
小組對自殺者親友的治療成效

Sharing of member of "Live the Rainbow" Group on the positive experience in joining "Unfinished Novel", a therapeutic group for suicide survivors, at The 26th World Congress on Suicide Prevention of IASP

2012

生命劇場開展
Life Drama
Programme started

2013



首次賣旗日
1st Flag-day

2015

• 將「專業培訓及發展中心」
正名為「越嶺專業培訓及發展中心」



越嶺專業培訓及發展中心
Professional Training & Development Centre

Renamed "Professional Training and Development Centre" to "Ur-Link Professional Training & Development Centre"

• 與長者安居協會簽訂合作備忘錄，預防本港長者自殺問題



Signed the Memorandum of understanding with Senior Citizen Home Safety Association regarding the prevention of elderly suicide

• 「逆向飛翔」慈善書籍面世
Publication of Charity Book "Flying Against The Wind"



主席報告

CHAIRMAN'S REPORT

導言

根據死因裁判庭的數據，過去 3 年自殺死亡數字徘徊於千餘宗 (2013 年為 1,040 宗；2014 年為 1,007 宗；2015 年為 1,022 宗)。本年度家長攜同子女自殺個案及九月開學後之學生自殺潮引起公眾普遍關注。本會希望藉著加強推廣生命教育之工作，以加強本會的防止自殺服務。

機構整體事項

本會熱線中心會員於 2015 年 6 月 27 日會員大會中選出新一屆理事會，理事會任期由 2015 年 7 月至 2017 年 7 月 (為期兩年)。新任理事會將致力推動本會的防止自殺工作。

「聆聽・同行・關愛・成長」概括本會四個服務中心的宗旨：熱線中心用心「聆聽」求助者的心聲；自殺危機處理中心與自殺者及其家屬同行，共渡難過時刻；關懷身邊人基金於社區推廣「關愛」訊息；生命教育中心及越嶺專業培訓及發展中心與參與者一同「成長」。因此本會於 2015 年開始，於會徽下新增此機構綱領，概括本會的服務宗旨。

熱線中心

在 2015 年，我們共處理了 18,500 人次的服務個案，比 2014 年的 17,851 人次增加了 649 人次。當中求助個案為 12,394 人次，而有自殺危機的求助個案佔 12.15%。其中 32.90% (即 102 個案) 的高、中危個案最終轉介至自殺危機處理中心跟進。

2015 年 1 月及 10 月，我們舉辦了第 56 期及第 57 期義工訓練班，共有 122 人接受職前培訓第一階段的訓練課程。

為提升熱線服務的質素，加強熱線義工的專業知識，在 2015 年我們為他們提供各項在職訓練共 23 節，參與人數共 840 人。

自殺危機處理中心

自殺危機處理中心於 2015 年共處理了 1,395 宗個案，雖然數字較 2014 年輕微下跌 43 宗 (2014 年共處理 1,438 宗)，但服務數字仍高於本中心與社會福利署於津貼及服務協議中每年服務個案數字大約 1,200 宗的協定，這顯示自殺危機處理中心全工以卓越的表現來配合社會的需要。



生命教育中心

生命教育中心於 2015 年度到訪各中小學、大專院校、政府部門及各機構，為他們提供以生命教育及防止自殺為主題的外展服務。當中包括講座、工作坊、培訓及小組活動，服務超過 1 萬人次。在 2015 年，我們推出了一本「生命教育課程教材套」，供任教幼稚園及初小老師參考使用。此外，第 70 及 71 期生命交流亦在 2015 年出版，以推廣珍惜生命的訊息。

經過兩年時間，由傅德蔭基金贊助的生命劇場服務計劃於 7 月份結束，整個計劃共演出 23 場，並有 4,325 人次參與。生命劇場並未因贊助完結而終止，反之，因為計劃受歡迎，不斷有地區政府部門、學校，及社區組織邀請演出，這顯示此服務計劃得到社會大眾的認同。

關懷身邊人基金

本會於 2015 年 6 月 27 日舉行記者招待會，公佈 2014 年香港自殺數據，同時與長者安居協會簽訂合作備忘錄，應對本港老人自殺問題。

本會於 2015 年度積極向公眾人士推廣珍惜生命訊息，我們繼續舉辦「黑夜見黎明」城市定向比賽 2015，並邀得鄧萃雯小姐作為本屆之宣傳大使。此外，我們出版 << 逆向飛翔 >> 一書，書中收錄 14 位名人的分享，並寄送至全港學校圖書館，供學生借閱。

越嶺專業培訓及發展中心

2015 年度越嶺專業培訓及發展中心舉辦一系列公開課程，供公眾人士或從事助人行業人士（如教師、社工、醫護人員等）報讀，提昇大眾對情緒管理、防止自殺的關注和反思。同時舉辦認知行為治療及精神動力心理治療進階證書課程，讓資深社會工作人員報讀。

商界合作

2015 年度本會與多間企業合作，於社區宣揚珍惜生命訊息，鼓勵公眾人士以正向思維面對逆境。合作企業包括香港鐵路有限公司、V city、香港人壽保險經理協會、里程 88 等等。

總結

隨著時代發展，本會將面對更多挑戰，我們亦將推出不同的服務迎合社會需要。理事會在此感謝會員、同事、支持機構、商業伙伴、捐款人士、義工及社會大眾對本會的支持，讓我們繼續攜手，一起致力防止自殺的工作。

主席報告

CHAIRMAN'S REPORT

Introduction

According to the preliminary report provided by the Coroner's Court, the number of suicidal deaths was around 1,000 per year for the past three years (1,040 in 2013, 1,007 in 2014 and 1,022 in 2015). In 2015, cases of parents committed suicide with their children and the series of suicides among students caused great concern in the community of Hong Kong. SBHK aims to strengthen its work in life education to better serve the community in suicidal prevention.

Organization Issues

In our Annual General Meeting held on 27 June 2015, the new Executive Committee (2015 – 2017) was elected. The newly elected committee will continue to lead SBHK in its work in suicide prevention.

"Listen, Company, Care, Grow" summarizes the mission of SBHK's four service centers. Our volunteers of Hotline Centre "listen" to the callers and provide emotional support to them. Our social workers of Suicide Crisis Intervention Centre "company" suicide attempters and survivors to walk through their difficult times. Our Caring Fund promotes to the general public the message of "care" in the society. And our Life Education Centre and Ur-Link Professional Training & Development Centre help people grow with the knowledge of suicide prevention and life education. This tagline was added under the logo of SBHK to complete our service mission.

Hotline Service

In 2015, we handled 18,500 cases, an increase of 649 cases when compared with 17,851 cases in 2014. Among them, 12,394 cases were help-seeking with the need for emotional support, and 12.15% of them were suicidal. 32.90% (102 cases) of these medium and high suicidal risk cases was referred to our Suicide Crisis Intervention Centre for further follow up.

In order to enhance the quality of our hotline service and equip our hotline volunteers with more professional skills, we organized a total of 23 sessions of on-the-job training in various topics for 840 participants in 2015.

Suicide Crisis Intervention Centre

In 2015, Suicide Crisis Intervention Centre handled 1,395 crisis cases. Even though there was a slight drop of 43 cases compared with 2014 (1,438 cases in 2014), it was still above the target of 1,200 cases as set in the Funding Service Agreement signed between Social Welfare Department and SBHK. This showed that the excel performance of colleagues in SCIC was exceeding their capacity in meeting the need of the community.



Life Education Centre

The Centre organized outreach services including training, talks and workshops to students of all ages, teachers, parents and government departments to provide life education and suicide prevention teaching in 2015. More than 10,000 people benefited from these activities. The Centre also published a new "Life Education Program Teaching Kit" for teachers of kindergartens and junior primary schools. Besides, we also published the 70th and 71st Life Interflow in 2015 to promote the message of life cherishment.

The life drama program "Your Life, Your Choice" sponsored by Fu Tak Lam Foundation in the last two years was successfully completed in July. The program altogether put on 23 performances with 4,325 audiences attended. The programme continued though sponsorship ended. We had received many invitations for performance from government departments, schools and organizations. This showed that the programme was well received by the community.

Caring Fund

We held a press conference on 27 June to announce the 2014 suicide statistics in Hong Kong. SBHK and Senior Citizen Home Safety Association (SCHSA) jointly signed a Memorandum of Understanding in the press conference in response to the elderly suicide phenomenon.

To promote the message of "Cherishing Life, Living Positive", we continued to organize the activity "From Darkness to Sunrise" City Orienteering Competition 2015. Ms Sheren Tang was kindly agreed to be our promotion ambassador for the competition. Moreover, SBHK published the book "Flying Against The Wind", in which 14 celebrities shared their life stories. Copies of the book were sent to school libraries all over Hong Kong for students to borrow..

Ur-Link Professional Training & Development Centre

In 2015, Ur-Link Professional Training & Development Centre provided a series of training programmes for the general public and professionals (e.g teachers, social workers and health care providers etc.). The various courses aimed at raising public awareness in emotional management and suicide prevention. For further studies, we also provided Intermediate Courses of Cognitive Behavioral Therapy and Psychodynamic Therapies to senior social workers.

Corporate Partnership

In 2015, we collaborated with multiple enterprises to promote the message of cherishing life and positive thinking to the general public. Partnered companies included MTR, V city, GAMA, Legacy 88 etc.

Conclusion

Along with social advancement SBHK anticipates more challenges ahead. SBHK in future will provide more services to meet the needs of the community. The Executive Committee would like to take this opportunity to thank our members, colleagues, funding bodies, corporate partners, donors, volunteers and the general public for their selfless support. Let us continue to stay as a team to work together in the area of suicide prevention.

服務報告 SERVICE REPORT

熱線中心 Hotline Centre

熱線中心提供 24 小時情緒支援熱線服務。義工細心聆聽求助者的心聲，給予支持及關懷，藉傾談舒緩求助者的情緒困擾及自殺危機。

Our 24-hour hotline service provides immediate emotional support to people who are emotionally distressed, desperate and suicidal. Except listening to the needs of the callers, our hotline volunteers provide support and care to them.

個案服務 Case Service

個案數目 Number of Cases

2015 年，我們共處理了 18,500 人次的個案，比 2014 年的 17,851 宗增加 649 宗，當中求助個案為 12,394 次。

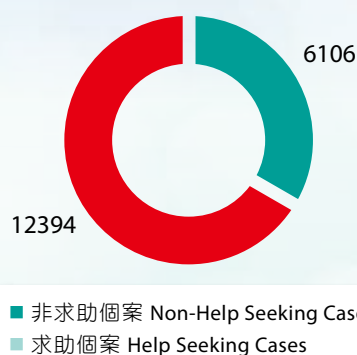
In 2015, we handled 18,500 cases, an increase of 679 cases when comparing it with 17,851 cases in 2014. 12,394 were help-seeking cases with the need of emotional support.

(表 1) 個案年齡及性別分佈

(Table 1) Age and Gender Distribution of Cases

圖 1：個案數目

Chart 1 : Number of Cases



年齡 Age	2015					2014	
	男 M	女 F	不詳 Unknown	總計 Total	%	總計 Total	%
0 - 9	8	3	0	11	0.09	11	0.1
10 - 19	291	217	2	510	4.12	564	4.91
20 - 29	1220	862	5	2087	16.84	1958	17.05
30 - 39	1263	1406	1	2670	21.54	2737	23.83
40 - 49	1941	1328	3	3272	26.40	2956	25.74
50 - 59	715	1206	0	1921	15.50	1819	15.84
60+	323	262	2	587	4.74	271	2.36
不詳 Unknown	663	614	59	1336	10.77	1167	10.17
總計 Total	6424	5898	72	12394	100	11483	100



問題類別 Nature of Problems

在 2015 年求助個案類別中，主要困擾的問題為職業 (16.97%)、精神問題 (14.80%) 及家庭 (10.54%)。相比 2014 年的數字，受職業困擾及精神問題困擾的求助個案分別上升了 0.01% 及 0.60%

In 2015, the major reasons for seeking help were: Occupation (16.97%), Mental Health (14.80%), and Family problems (10.54%). Compared with the figures in 2014, the number of cases in Occupation and Mental Health increased by 0.01%, and 0.60% respectively.

(表 2) 個案類別及性別分佈

(Table 2) Nature and Gender Distribution of Cases



個案類別 Nature of case	2015					2014	
	男 M	女 F	不詳 Unknown	總計 Total	%	總計 Total	%
職業 Occupation	1434	1330	3	2767	16.97	2531	16.96
精神問題 Mental Health	1088	1306	19	2413	14.80	2119	14.20
家庭問題 Family Problems	586	1121	12	1719	10.54	1738	11.65
健康 Health	996	652	4	1652	10.13	1550	10.39
愛情 Love Relationship	807	650	3	1460	8.95	1239	8.30
性 Sexual Problem	680	285	4	969	5.94	942	6.31
婚姻 Marital Problem	454	462	0	916	5.62	987	6.61
經濟 Finance	555	328	3	886	5.43	753	5.05
交友 Social Relationship	255	475	6	736	4.51	721	4.83
學業 Study	91	132	6	229	1.40	217	1.45
親友自殺 Relatives Suicide	72	134	4	210	1.29	212	1.42
意外 Accidents	58	80	0	138	0.85	143	0.96
其他 Others	1328	853	32	2213	13.57	1769	11.87
總計 Total	8404	7808	96	16308	100	14921	100

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(表 3) 個案類別及年齡分佈

(Table 3) Nature and Age Distribution of Cases

年齡 Age	0-9		10-19		20-29	
個案類別 Nature	男 M	女 F	男 M	女 F	男 M	女 F
職業 Occupation	0	1	8	12	191	132
精神問題 Mental Health	0	0	21	32	143	180
家庭問題 Family Problems	1	1	49	45	90	157
健康 Health	2	1	50	10	72	71
愛情 Love Relationship	0	1	32	37	315	183
性 Sexual Problem	1	1	59	52	264	65
婚姻 Marital Problem	0	0	3	1	67	28
經濟 Finance	0	1	4	2	48	33
交友 Social Relationship	0	0	8	16	48	96
學業 Study	1	0	32	51	26	32
親友自殺 Relatives Suicide	0	0	0	6	11	27
意外 Accidents	0	0	0	4	6	23
其他 Others	3	0	76	15	193	93
總計 Total	8	6	342	283	1474	1120

年齡 Age	30-39		40-49		50-59	
個案類別 Nature	男 M	女 F	男 M	女 F	男 M	女 F
職業 Occupation	249	512	680	262	169	299
精神問題 Mental Health	188	236	440	358	159	308
家庭問題 Family Problems	83	176	211	233	82	332
健康 Health	83	98	347	199	210	150
愛情 Love Relationship	211	189	151	137	35	49
性 Sexual Problem	180	63	68	56	17	13
婚姻 Marital Problem	161	145	114	144	39	89
經濟 Finance	101	50	209	89	93	114
交友 Social Relationship	52	112	70	88	36	84
學業 Study	20	14	6	9	2	18
親友自殺 Relatives Suicide	22	29	20	25	5	18
意外 Accidents	21	22	18	16	7	4
其他 Others	220	150	376	229	159	178
總計 Total	1591	1796	2710	1845	1013	1656

年齡 Age	60+		不詳 Unknown		個案類別總計 Total no. of Case in Category		
個案類別 Nature	男 M	女 F	男 M	女 F	男 M	女 F	總計 Total
職業 Occupation	37	10	100	102	1434	1330	2764
精神問題 Mental Health	52	91	85	101	1088	1306	2394
家庭問題 Family Problems	33	71	37	106	586	1121	1707
健康 Health	159	72	73	51	996	652	1648
愛情 Love Relationship	5	11	58	43	807	650	1457
性 Sexual Problem	6	0	85	35	680	285	965
婚姻 Marital Problem	15	28	55	27	454	462	916
經濟 Finance	60	21	40	18	555	328	883
交友 Social Relationship	18	25	23	54	255	475	730
學業 Study	0	2	4	6	91	132	223
親友自殺 Relatives Suicide	1	6	13	23	72	134	206
意外 Accidents	1	2	5	9	58	80	138
其他 Others	104	39	197	149	1328	853	2181
總計 Total	491	378	775	724	8404	7808	16212



風險程度 Risk Level

在 2015 年的求助個案中，有自殺危機的求助個案為 12.15%。高、中危求助個案中，共 32.90% (即 102 個案) 轉介至本會自殺危機處理中心跟進。

In 2015, 12.15% of the cases were assessed as having suicidal risk. Among the medium and high risk cases, 32.90% (102 cases) were referred to our Suicide Crisis Intervention Centre for follow up.

(表 4) 個案中的危機程度

(Table 4) Risk Level of Cases

危機程度 Risk Level	2015					2014	
	男 M	女 F	不詳 Unknown	總計 Total	%	總計 Total	%
低 Low	529	643	24	1196	9.65	1076	9.37
中 Moderate	117	137	3	257	2.07	241	2.1
高 High	19	34	0	53	0.43	71	0.62
無 No	5392	4861	38	10291	83.03	9496	82.7
不適用 N/A	367	223	7	597	4.82	599	5.21
總計 Total	6424	5898	72	12394	100	11483	100

義工訓練 Volunteer Training

2015 年 1 月及 10 月，熱線中心舉辦了第 56 期及第 57 期義工訓練班，共有 122 人接受職前培訓第一階段的訓練課程。

In January & October 2015, our Hotline Centre organized the 56th & 57th batch of hotline volunteer training programmes. 122 applicants were admitted as volunteer trainees for the first stage of training.



56 期義工訓練日營
The 56th Volunteers' Training Day Camp



57 期義工訓練日營
The 57th Volunteers' Training Day Camp



57 期義工基礎班訓練
The 57th Volunteers' Basic Course Training

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為提升熱線服務的質素，加強熱線義工的專業知識，在 2015 年我們為他們提供各項在職訓練共 23 節，參與人數共 840 人。

In order to upgrade the quality of our hotline service and equip our hotline volunteers with more professional skills, we organized various sustainable on-the-job training (23 Sessions) for 840 participants in 2015.

(表 5) 熱線義工在職訓練

(Table 5) Hotline Volunteers In service Training

主題 Theme
單親個案處理技巧 Handling Skills of Single Family
拼發義工生命力量小組 Training Programme for Junior Volunteers
認識冰山理論 Workshop for Understanding of the Iceberg Theory
2015 年全會退修日 Retreat Camp 2015
談生論死支援技巧 Workshop for Supportive skills of Life and Death
參觀東華義莊 Visiting Tung Wah Coffin Home
參觀心理衛生會 Visiting The Mental Health Association of Hong Kong
與傷健人士對話 Dialogue with Physically Handicapped Persons
讀心術 Workshop for Understanding of the Mind Reading
人格障礙講座 Seminar on Personality Disorder
「徘徊死亡的邊緣」生死教育活動 Workshop on Life and Death Education
個案分享會：面談技巧 Case Sharing - Case Interview Techniques
調解技巧訓練工作坊 Mediation Skills Training Programme
訓練組長帶領技巧工作坊 Training Group Leaders Workshop
讀心術工作坊 Workshop for Understanding of the Mind Reading
聲線技巧講座 Seminar on Technique of Voice
探訪沙咀懲教所 Visiting CSD (Sha Tsui Correctional Institution)
情緒聚焦工作坊 Workshop on Emotional-focused Therapy



2015 年全會退修日
Retreat Camp 2015



「徘徊死亡的邊緣」生死教育活動
Workshop on Life and Death Education



談生論死支援技巧
Workshop for Supportive skills of
Life and Death



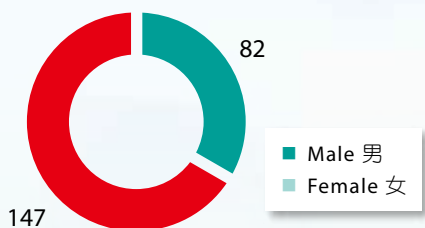
義工資料 Profile of Volunteers

截至 2015 年底，本會共有義工 229 名。

As at the end of 2015, the number of hotline volunteers was 229.

圖 2：義工數字

Chart 2 : Number of Volunteers



(表 6)：義工年資分佈

(Table 6) : Serving Years of Volunteers

服務年資	Male 男	Female 女
一年以下 Below 1 year	8	30
2-3 年 / years	16	20
4-5 年 / years	9	22
6-7 年 / years	9	13
8-9 年 / years	7	10
10 年或以上 / 10 years above	33	52
Total 合共	82	147

特別服務 Special Services

為讓大眾認識正向生命及著重情緒健康的重要性，在 2015 年期間，熱線義工提供各種支援性活動，例如於社交網絡平台及社區宣傳，以推廣本會的熱線服務。

In order to raise the public awareness on the important of mental health and positive living, our hotline volunteers provided supportive activities through various means, e.g. social media and community activities in 2015.

社交平台專頁 - 生命偶遇 Meeting Life

本會熱線義工於社交平台設立「生命偶遇」臉書專頁，向大眾傳播珍惜生命及正向思想的信息。

Hotline volunteers manage a facebook fan page named "Meeting Life" which shared positive messages to the general public through social network.

(網站 Website: www.facebook.com/meetinglife.sbhk.org.hk)



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社區活動 - 情緒急救站 Emotion First Aid Counter

本中心職員與義工定期於港鐵站設置「情緒急救站」，為乘客進行情緒測試，並為有需要人士提供即時情緒舒緩或轉介服務。同時派發宣傳物品，提升大眾對珍惜生命的關注及傳播正向思維的信息。

Emotion First Aid Counter was set by our staff and volunteers regularly at MTR Stations. We invite passengers to complete the emotional tests and provide emotional support to people in need. Besides, the promotional materials have been distributed to the general public to enhance their awareness towards life cherishment and share positive message.

(表 7)：情緒急救站

(Table 7)：Emotion First Aid Counter

月份 Month	活動名稱 Name of Programme	對象及參加人數 Target and No. of Participants
4 月 April	情緒急救站 (大圍站) Emotion First Aid Counter (Tai Wai MTR Station)	500
11 月 November	情緒急救站 (旺角東站) Emotion First Aid Counter (Mongkok East MTR Station)	500

其他事項 Others

熱線義工榮獲南華早報主辦之第三屆「香港精神獎」

Hotline volunteer to be honored to win in The 3rd Spirit of Hong Kong Awards



本會提名熱線義工任少芳女士競逐由南華早報主辦之第三屆「香港精神獎」，並奪得「社區事務貢獻獎」。此獎項不僅肯定了她個人對社會的貢獻，亦是對本會服務及會員所付出的努力的肯定。

SBHK nominated hotline volunteer, Ms. Yam Siu Fong, to pursue The 3rd Spirit of Hong Kong Awards organized by South China Morning Post. She was awarded "The Community Contribution Award". This is not just a recognition of Ms. Yam's contribution to the society, but also the contribution of our hotline services and the volunteers as a whole.



生命教育中心 Life Education Centre

防止自殺教育計劃 Suicide Prevention Education Project

本會的「防止自殺教育計劃」多年來獲香港賽馬會慈善信託基金支持，讓我們可透過不同方式：外展服務、珍惜生命大使訓練、賽馬會生命教育資源閣及教材套製作等工作，在社區中推行生命教育，傳揚惜己愛人、互相尊重和接納以及防止自殺等訊息。

Our "Suicide Prevention Education Project" has been sponsored by The Hong Kong Jockey Club Charities Trust for years. The message of love, respect and acceptance, as well as suicide prevention has been spread to the general public through outreaching services, life ambassadors' training, Jockey Club Life Education Resources Library and teaching materials.

外展服務 Outreaching Services

我們的外展服務向社區人士、全港各大專院校、中小學及幼稚園師生及家長、政府部門等提供不同類型的生命教育培訓、講座、工作坊及小組活動，藉此增強學生及社區人士之抗逆能力，達至預防自殺的效果。

Outreaching services including education training, talks and workshops were organized to students, teachers, parents and government department to enhance their resilience for suicide prevention.

服務類別 Type of Services	數量 No. of sessions	服務人數 / 人次 No. of People Served / Attendance
講座 Talks	40	8,220
工作坊 Workshops	9	368
小組 Groups	22	278
專題培訓 Professional Training	2	55
社區教育 Community Education	6	1,130



基督教宣道會長亨長者鄰舍中心－面對不快或失去



元朗公立中學校友會小學－「欣賞自己・積極人生」講座

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社區支援計劃 Community Support Service



我們在社區中招募有心人士成為「珍惜生命大使」，於社區傳揚珍惜生命及關懷社區的訊息。

Volunteers were recruited to become our "Life Ambassadors" to deliver the messages of cherishing life and community care to the society.

探訪類別 Type of Visits	數量 No.	參與人數 No. of Participants
大型探訪 Mass Visits	6	165

支援服務 Ancillary Services

賽馬會生命教育資源閣 Jockey Club Life Education Resources Library

賽馬會生命教育資源閣收藏了超過 2,000 項有關生命教育的書籍及影音項目，供社區人士借閱。2015 年共有 2,682 人到訪資源閣閱讀。

As a Library for promoting life education, more than 2,000 books and multimedia materials were collected in the Jockey Club Life Education Resources Library. In 2015, the number of visits was 2,682.





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

2015 年，我們推出了一本「生命教育課程教材套」，供幼稚園及初小學生老師參考使用。另外，我們出版了第 70 及 71 期會訊「生命交流」。

A teaching material called "Life Education Program Teaching Kit" was published for teachers of kindergartens and junior primary schools. Besides, we also published 70th and 71th Life Interflow in 2015 to promote the message of life cherishment.



生命劇場 Life Drama Programme



傅德蔭基金資助於 2013-2015 年度資助之「你的生命・你的選擇」生命劇場計劃已於 7 月完結。透過互動劇場的手法，讓觀眾能體會劇中主角的情緒、感受和困境，運用集體智慧和經驗為主角提供可行的選擇，嘗試改變

故事的結局，讓觀眾反思生命的意義及態度。我們於 2015 年公演了 12 場（其中 10 場由傅德蔭基金資助），共 2,475 名觀眾欣賞。雖然贊助已完結，但本會仍不斷收到政府部門、學校及社區組織等邀請演出，顯示生命劇場計劃得到公眾人士肯定，因此本會將繼續以生命劇場計劃推廣珍惜生命的訊息。

Fu Tak Lam Foundation funded "Your Life, Your Choice" Life Drama programme from 2013 to 2015 which was successfully completed in July. Audiences can experience the performers' emotion, feelings and difficulties. They can also have self-reflection of the meaning and attitude of life by providing ways to change the ending of the play. The drama team performed 12 shows with 2,475 audiences in 2015 (10 shows sponsored by Fu Tak Lam Foundation). Although the funding ended, the programme will continue as we are still receiving invitations to perform from government departments, schools and organizations. Its shows that programme was well recognized by the community.



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自殺危機處理中心 Suicide Crisis Intervention Centre

自殺危機處理中心自 2002 年成立至今，為本港的防止自殺作出貢獻。一直以來，中心除了為身處自殺危機人士提供適時的危機介入及個案輔導外，還為自殺危機關顧者提供諮詢服務。及後，中心擴闊服務對象，開始為自殺身故者親友提供個案輔導、治療性及支援性小組服務，後來更開展網上防止自殺服務，為網上有自殺困擾人士提供情緒支援。

Suicide Crisis Intervention Centre (SCIC) has been contributing to suicide prevention of Hong Kong since 2002. SCIC offers crisis intervention and counseling services for suicidal people. Moreover, SCIC also provides consultations to family members and friends who have distresses caused by suicidal problem of others. SCIC then expands our service targets to develop "Live the Rainbow" and "Help4Suicide" services, with an aim to render service to suicide survivors and suicidal web-users proactively.





危機個案服務 Case Work Service

本中心為自殺危機人士提供危機介入及輔導服務，在 2015 年共處理了 1,395 宗個案。

SCIC provides crisis intervention and intensive counseling services to suicidal persons with moderate and high suicide risk. In 2015, we handled 1,395 crisis cases.

性別與年齡 Gender and Age

在 1,395 宗個案中，有 447 宗案主是男性、948 宗是女性。其中兩個年齡組別 (30-39 歲及 40-49 歲) 的個案最多，佔整體求助數字約一半。其次年齡組別 (50-59 歲及 20-29 歲) 分別佔整體 19% 及 16.8%。

Among crisis cases, there were 447 male and 948 female clients. Those aged 30 to 39 and aged 40 to 49 were most prevalent and they constituted nearly half of the total. The percentages of the age groups of 20 to 29 and aged 50 to 59 were 19% and 16.8% respectively.

年齡 Age	男 M	女 F	總計 Total	%
0-9	0	1	1	0.1%
10-19	36	48	84	6.0%
20-29	100	165	265	19.0%
30-39	88	255	343	24.6%
40-49	101	218	319	22.9%
50-59	72	162	234	16.8%
60-69	32	71	103	7.4%
70-79	9	11	20	1.4%
>=80	1	5	6	0.4%
不詳 Unknown	8	12	20	1.4%
總計	447	948	1,395	100.0%

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危機個案問題類別及性別分佈

Nature of Problems and Gender Distribution of Crisis Cases

危機個案之中受精神健康問題困擾、受到家人或朋友的自殺問題困擾，及受婚姻問題困擾（例如：夫妻不和、婚外情、離婚等）佔最多，分別有 244 宗（17.5%）182 宗（13%）及 180 宗（12.9%），共佔總數的 43.4%。

The top three major problems of the clients were mental health problem, distress caused by suicidal problem of family members or friends and marital problem (such as discord, extramarital affairs and divorce, etc.) with 244 (17.5%), 182 (13%) and 180 (12.9%). They constituted 43.4% of the total.

危機個案問題類別 Nature of Problems	男 M	女 F	總計 Total	%
精神健康問題 Mental Health Problem	86	158	244	17.5%
受他人自殺問題困擾 Distress Caused by Suicidal Problem of Others	53	129	182	13.0%
婚姻問題 Marital Problem	49	131	180	12.9%
愛情 Love Relationship	34	81	115	8.2%
經濟 Finance	53	50	103	7.4%
父母子女問題 Parent-child Issues	23	66	89	6.4%
身體健康問題 Health Problem	31	48	79	5.7%
親友自殺死亡 Suicidal Death of Family Members or Friends	14	60	74	5.3%
其他家庭問題 Other Family Problem	11	39	50	3.6%
住屋 Housing	5	35	40	2.9%
工作壓力 Work Pressure	11	19	30	2.2%
喪親 Bereavement	5	24	29	2.1%
法律 Law	14	8	22	1.6%
學業 Study	8	10	18	1.3%
其他 Others	50	90	140	10.0%
總計 Total	447	948	1,395	100.0%



危機個案轉介及合作伙伴

Referral and Service Partners of Crisis Cases

本年度有 1,007 宗個案透過合作伙伴轉介，佔總數超過 7 成。其中以綜合家庭服務、熱線、醫務社會服務及自殺危機者親友轉介，佔整體個案約 55%。

In this year, 1,007 crisis cases were referred by service partners, which constituted over 70% of the total. The major referrers were Integrated Family Service Centres, Hotline Centre, medical social service and suicidal people's family members or friends, which constituted over 55% of all the cases.

轉介來源 Sources of Referral	宗數 No.	%
綜合家庭服務中心 Integrated Family Service Centres	286	20.5%
熱線中心 Hotline Centre	207	14.8%
醫務社會服務 Medical Social Service	151	10.8%
自殺危機者親友 Suicidal People's Family Members or Friends	124	8.9%
醫護服務 Medical and Health Service	66	4.7%
學校 School	40	2.9%
警方 Police	27	1.9%
臨床心理服務 Clinical Psychological Service	20	1.4%
其他 Others	86	6.2%
自行求助 Self-help	388	27.8%
總計 Total	1,395	100%

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活出彩虹服務 “Live the Rainbow” Service



「活出彩虹服務」是全港首個專門支援自殺身故者親友的服務。中心在過去一年共接獲 91 宗自殺身故者親友之個案，當中自殺者屬配偶的最多，有 24 宗，佔整體的 26.4%。其次是子女、父母，分別是 19 宗（20.9%）及 17 宗（18.7%）。

It is the first service to support the people whose family or friends died of suicide in Hong Kong. SCIC followed 91 cases whose family members passed away because of suicide. In particular, the top three relationships between the service users and the deceased were spouse (24, 26.4%), children (19, 20.9%) and parents (17, 18.7%).

關係 Relationship	宗數 No.	%
配偶 Spouses	24	26.4%
子女 Children	19	20.9%
父母 Parents	17	18.7%
兄弟姊妹 Siblings	10	11.0%
其他親屬 Other relatives	12	13.2%
其他 Others	9	9.9%
總計 Total	91	100.0%



網上防止自殺服務 Web Engagement Service



中心自 2008 年起開展網上防止自殺服務，並以《自殺·自療·互助舍》網站 (www.help4suicide.com.hk) 支援具自殺危機的網絡使用者。在 2015 年，中心提供了 1,040 小時的即時情緒疏導服務，並處理了 1,278 名有自殺危機或情緒困擾的網絡使用者。

另外，我們在網上社群媒體共搜尋 147,650 個留言，並且主動嘗試接觸其中 1,148 個具有較明顯情緒或自殺困擾的網友，以便進一步提供輔導服務。

SCIC has set up suicide prevention service on internet and Help4Suicide website (www.help4suicide.com.hk) since 2008. In this year, we rendered 1,040 service hours and contacted 1,278 internet users with suicidal tendency or emotional distress.

Moreover, we searched 147,650 messages from online social media and tried to reach 1,148 internet users with suicidal tendency or emotional distress in order to provide further counselling services for them.

求助問題 Nature of Problems	總數 Total	%
個人問題困擾 (如精神健康、身體健康、濫藥等) Personal Matter (e.g. mental health, physical health, drugs, etc.)	315	56.3%
感情問題困擾 Love Affairs	128	22.9%
處境性困擾 (如經濟、學業問題等) Situational Matter (e.g. finance, study, etc.)	76	13.6%
家庭問題困擾 Family Matter	33	5.9%
受親友自殺問題困擾 Suicidal Problem of Family Members of Friends	7	1.3%
其他 Others	1	0.2%
總數 Total	560	100.0%

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關懷身邊人基金 Caring Fund

2015 年度關懷身邊人基金透過不同的宣傳及活動向社區推廣珍惜生命、關懷身邊人的訊息，宣揚正向人生觀，藉此加強公眾抗逆能力，以積極態度面對困難。

In order to promote a positive life attitude to the general public, Caring Fund promotes community care and cherishing life message in society through various publicity and fundraising activities.

宣傳 Communication and Promotion

為了讓公眾認識及關注到本會的防止自殺工作，我們本年度透過傳媒、報章、活動、廣告、期刊、臉書專頁、宣傳海報及單張等方式宣傳本會的服務。

We promoted our suicide prevention services through media, newspapers, events, advertisements, newsletters, Facebook fan page, posters and leaflets to raise public awareness.

◆ 記者招待會 Press Conference

各大傳媒報導本會 6 月記者招待會及 2014 年香港自殺統計數據。同時本會與長者安居協會簽訂合作備忘錄，應對本港老人自殺問題。

本會為長者安居協會之同事及義工提供免費培訓，提升前線同工評估及應對老人自殺的能力。同時，長者安居協會同工可轉介自殺危機個案予香港撒瑪利亞防止自殺會跟進。而長者安居協會亦提供培訓予本會熱線義工，讓他們更好地掌握現今香港老人家面對的問題，以更有效地服務他們。



Media reported the press conference held in June which announced the statistics of suicide in Hong Kong in 2014. Meanwhile, SBHK and Senior Citizen Home Safety Association (SCHSA) signed a Memorandum of Understanding in response to the phenomenon of elderly suicide.

SBHK agreed to provide training courses to the staff and volunteers of SCHSA to enhance their skills and ability to assess and handle the cases with suicide risk. Besides, SCHSA may also refer crisis cases to Suicide Crisis Intervention Center under SBHK. On the other hand, SCHSA agreed to provide training to the volunteers of SBHK to enhance their understanding of problems the elderly of HK are facing so as to serve them better.



籌款活動 Fundraising Events

◆ 「黑夜見黎明」慈善城市定向比賽 2015 “From Darkness to Sunrise” City Orienteering Competition 2015



承蒙公眾人士及商界支持，本會於 11 月 28 至 29 日舉辦「黑夜見黎明」慈善城市定向比賽 2015，藉此推廣「熱愛生命，積極人生」的訊息，同時為本會生命教育服務籌募善款。是次活動吸引超過 1,100 名市民參與及得到 200 多名義工協助，為本會籌募善款港幣 60 多萬。

參加者於 28 日晚上 10 時 30 分於 YMCA 京士柏百年紀念中心起步，途經不同檢查站，並完成各個難關，方可到達終點，活動講求團隊良好的溝通和合作。完成比賽後，參加者於啟德跑道公園享受大型音樂會及欣賞日出美景。活動寓意縱然人生在黑暗中，經過不同的關卡後，最後總會見到曙光。活動邀得勞工及福利局副局長蕭偉強先生 JP 擔任起步禮主禮嘉賓，並邀得著名本地樂隊及表演嘉賓（包括夏韶聲、Kolor、Supper Moment、Heartgrey 蘇子麟、趙頌茹、Hey Joe Trio 及輕觸點）於終點表演助慶。活動除宣揚正向價值觀外，同時為本會生命教育及精神健康服務籌款。

To promote the message of "Cherishing Life, Living Positive", "From Darkness to Sunrise" City Orienteering Competition 2015 was held on 28 -29 November. The competition started at 10:30pm in the evening and participants had to get to all check points before they reached the finish point in the Kai Tak Rundway Park. The competition required participants to have good team spirit and cooperation through out the 2 – 4 hours routes. After the race, participants enjoyed an outdoor musical performance and the beautiful sunrise. The event symbolizes that though we face darkness

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in our lives, we can finally see brightness. The kick-off ceremony was officiated by Mr. Stephen SUI, JP, Secretary for Labour and Welfare, Labour and Welfare Bureau. Local bands and artists (Including Danny Summer, Kolor, Supper Moment, Heartgrey, Yu Chiu, Hey Joe Trio and ElecTriCious) performed at the finished point. There were about 1,100 participants and 200 volunteers and the event raised donation for our life education services.



伙伴合作 Community Partnership

本會於 2015 年度得到商界伙伴的合作及支持，舉辦多個大型活動予公眾人士，讓公眾人士了解本會服務，同時推廣生命教育，宣揚關愛互助、關注情緒健康之訊息。

With the support from corporates, we organized numerous events to promote the message of cherishing life, community care and emotional health to the general public.

◆ V city 動感 Summer Up V city campaign

V city 於 2015 年暑假舉行「V city 動感 Summer Up」活動為放榜考生及香港人打打氣，發放正能量，本會生命教育中心有幸成為是次活動的受惠機構，並於活動期間舉行正向人生工作坊及講座，讓兒童、青少年及家長參與，加強他們的溝通技巧，提升他們面對逆境的能力。

V city organized a campaign in summer holiday to cheer up the general public especially the students who have taken the HKDSE. Life Education Centre was invited to be the beneficiary of captioned event. During the campaign, we organized workshops and seminars to children, teenagers and parents to enhance their communication skills and ability in facing adversities.

◆ 愛心傳承 擁抱生命嘉年華 2015 Love & Care Carnival 2015

義工團隊「里程 88」於 2015 年 12 月 12 日舉辦「愛心傳承 擁抱生命嘉年華 2015」。活動於社區推廣關懷身邊人，珍惜生命訊息，與本會的理念不謀而合。活動更為本會防止自殺及生命教育服務籌款。

Organized by Volunteer Group - Legacy 88, Love & Care Carnival 2015 was held on 12 December to promote the message of cherishing life and community care. Being the beneficiary organization, SBHK gave talks and donations was received to support our suicide prevention work and life education programme.



表：2015 年度宣傳 / 籌款活動一覽

Table: Promotion / Fundraising Events in 2015

日期 Date	活動 Events
3/2015	商界展關懷社區伙伴合作展 2015 Caring Company Partnership Expo 2015
4/2015	 著名插畫公仔 Dustykid 之作者為本會設計之地鐵廣告 MTR Advertisement designed by author of Dustykid, local famous figure
6/2015	 記者招待會 – 發佈 2014 年全港自殺死亡統計數字，並與長者安居協會簽訂合作備忘錄 Press Conference on Suicide Statistics in Hong Kong 2014 & signing the Memorandum of Understanding with Senior Citizen Home Safety Association
7-8/2015	「V city 動感 Summer Up」活動為放榜考生及香港人打打氣 Co-operate with V city, a series of campaign organized for DSE students in summer
10/2015	本會提名熱線義工及理事會成員任少芳女士競逐南華早報主辦之第三屆「香港精神獎」，並獲得「社區事務貢獻獎」 Ms. Yam Siu Fong, one of our hotline volunteer and Executive Committee members, was awarded "The Community Contribution Award" in The 3rd Spirit of Hong Kong Awards organized by South China Morning Post
11/2015	「黑夜見黎明」慈善城市定向比賽 2015 "From Darkness to Sunrise" City Orienteering Competition 2015
11/2015	 出版「逆向飛翔」慈善書籍 "Flying Against The Wind" was published
12/2015	本會連續三年榮獲「觸動社會慈善嘉許大獎」，表揚本會對香港社會的貢獻 SBHK was awarded consecutively for 3 year the "Touching CSR Award" to acknowledge our contribution to the society
12/2015	愛心傳承嘉年華 2015 於社區宣揚珍惜生命訊息 Promote the message of life cherishment in the Love & Care Carnival 2015
4/2015 ; 6/2015 ; 8/2015 ; 11/2015	於港鐵車站設立情緒急救站 Set up emotional first aid counters in MTR Stations

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越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre

本會希望藉著教育及專業培訓，提升公眾關愛他人、珍惜生命的意識，實踐機構使命及精神。過去一年，越嶺專業培訓及發展中心舉辦了一系列公開課程予公眾或從事助人行業之人士（如社工、醫護人員及教師等）。

Ur-Link Professional Training & Development Centre hopes to raise the awareness of caring others and cherishing life of the public, and achieve our mission and spirit through education and professional training. Last year, we organized a series of public courses for the general public and the helping professionals, such as social workers, medical staffs and teachers, etc.

服務回顧 Service Review

2015 年舉辦之公開課程

Public courses in 2015

- 敘事治療進階證書課程
Intermediate Course of Narrative Therapy
- 情緒管理：將負面情緒轉化為樂觀正向
Emotion Management: from Negative transform to Positive
- 應用兒童心理障礙證書課程
Certificate in Applied Child Psychopathology
- 預防及處理長者自殺工作坊
Workshop on Elderly Suicide Prevention
- 特殊學習需要進階課程 – 家長輔導工作
Intermediate Course in Counseling and Child with Special Needs
- 青少年性傾向輔導工作坊
Workshop in Counseling Adolescents over Sexual Orientation Issues
- 自殺危機評估及介入工作坊
Suicide Crisis Intervention Workshop



- 處理法律個案工作坊
How To Handle Court Case Workshop
- 博域家庭治療法基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Bowen Family Systems Therapy
- 哀傷輔導基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Bereavement Counseling
- 「聲線護理與正確發聲」工作坊 (3 次)
Voice Expression and Protection Workshop (3 times)
- 生死之道：陪您渡過 —— 陪伴者的準備
Accompany You Through —— For Caregiver Preparations
- 「屋、樹、人」性格分析與情緒管理證書課程
Certificate in "House, Tree, Person" Analysis and Emotion Management
- 藝術治療在學生輔導工作中的應用
The Application of Art Therapy in Student Counseling
- 認知行為治療進階證書課程
Intermediate Course of Cognitive Behavioral Therapy
- 敘事治療基礎理論與技巧證書課程
Certificate in Basic Concept and Skills of Narrative Therapy
- 精神動力心理治療基礎理論與技巧證書課程
Certificate in Basic Concept and Skills of Psychodynamic Therapy
- 解夢與情緒分析證書課程
Certificate of Dream and Emotion Analysis
- 混合藝術媒介活動體驗與應用證書課程 - 個人探索與成長
Experiential Course in Using of Mixed Media in Helping Professions
- 精神動力心理治療進階證書課程
Intermediate Course of Psychodynamic Therapy

服務報告

SERVICE REPORT



- 處理法律個案工作坊 —— 學員正在分享意見。

How To Handle Court Case Workshop — Students were sharing their opinions in class.

- 自殺危機評估及介入工作坊 —— 導師正在講解「自殺計劃」的要點。
Suicide Crisis Intervention Workshop — The instructor was delivering the key concepts of a "Suicide Plan"



- 藝術治療在學生輔導工作中的應用 —— 學員在進行藝術創作。

The Application of Art Therapy in Student Counseling — Students were working on their creation during the lesson.

- 哀傷輔導基礎理論與技巧證書課程 —— 學員結業留影。
Certificate in Basic Concepts and Skills of Bereavement Counseling — Students completed the course.



- 精神動力心理治療進階證書課程 —— 學員結業留影。
Intermediate Course of Psychodynamic Therapy — Students completed the course.



團體課程 Group Training

中心的導師團隊由不同範疇的專業人士所組成，當中包括臨床心理學家、輔導心理學家、精神科專科醫生、資深危機輔導員、社工及熱線中心的資深導師等。除了公開課程外，我們亦會為各團體、企業及學校舉辦員工培訓課程。

Our tutors were professionals in various areas, including clinical psychology, counselling psychology, psychiatry crisis counselling, social work and hotline service. Apart from public courses, we also provided training courses for organizations, corporations and schools.

2015 年團體課程客戶

Clients of Group Training in 2015

- 救世軍
The Salvation Army
- 香港中文大學
The Chinese University of Hong Kong
- 社會服務發展研究中心
Institute of Social Service Development
- 名智發展有限公司
The Master Development Hong Kong Limited
- 深水埗社會福利署
Social Welfare Department (ShamShuiPo)

2015 年香港自殺數據統計分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2015

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由 2015 年 1 月 1 日至 12 月 31 日止，根據政府統計處（2015 年臨時數據）資料顯示，香港人口大約是 7,324,300，當中 3,370,100(46.01%) 是男性，女性則有 3,954,200(53.99%)。而死因裁判法庭報告於此段期間有 1,022 人死於自殺，當中包括 788 人毋須進行死因研究而裁判為死於自殺。

2015 年香港自殺率為 13.94，即每十萬人中有 13.94 人死於自殺，比 2014 年上升了 0.08，即平均每天約有 2.8 人自殺死亡。

From January 1st 2015 to December 31st 2015, Hong Kong's population stood at approximately 7,324,300 with 3,370,100 male (46.01%) and 3,954,200 female (53.99%), according to statistics from the Census and Statistics Department (Provisional figures in 2015). The Coroner's Court reported that 1,022 people committed suicide and subsequently died during this same period, which included 788 suicide deaths where the suicide cases without death investigation were reported.

The suicide rate was 13.94 in 2015, indicating 13.94 people committed suicide and died out of 100,000 people, which was up by 0.08 from 2014, meaning there were approximately 2.8 people who committed suicide and died every day.

(資料來源：中華人民共和國香港特別行政區政府統計處 2015 年人口統計。)

(Source: Census and Statistics Department 2015 Year End Population. Hong Kong Special Administrative Region of the People's Republic of China).



以下是 2015 年香港自殺現象的總結：

The following is the summary of the suicide phenomenon in Hong Kong 2015.

- 自殺死亡總數共有 1,022 宗
- 男性自殺死亡共 643 宗 (62.92%)，而女性自殺死亡共宗 379 (37.08%)
- 自殺率是 13.94 (即每十萬人中有 13.94 人自殺身亡)
- 2015 年自殺率 13.94, 比 2014 年的 13.86 上升了 0.08
- 最多被採取的自殺方式是「從高處墮下」(52.45%)
- 「吊死」是第二類較多人採用的自殺方式 (21.43%)
- 「一氧化碳中毒」(燒炭)是第三類較多人採用的自殺方式 (13.89%)
- 最高自殺率的年齡組群是「70 歲以上」，自殺率為 26.95
- 佔第二高自殺率的年齡組群為「60-69 歲」，自殺率 18.37
- The total number of suicide was 1,022;
- The number of suicide deaths for male was 643 (62.92%) and for female was 379 (37.08%);
- The suicide rate was 13.94 (13.94 people committed suicide per 100,000 people);
- The suicide rate was up 0.08 from 13.86 in 2014 to 13.94 in 2015;
- "Jumping from Height" was the commonest suicide means (52.45%);
- "Hanging" was the second highest suicide means (21.43%);
- "Carbon Monoxide" poisoning (charcoal burning) came in third place (13.89%);
- The highest suicide rate for the age above 70 years old was 26.95 per 100,000;
- The suicide rate for age 60-69 years old came in second with 18.37 per 100,000.

2015 年香港自殺數據統計分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2015

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

Below, suicide statistics are presented according to age group and gender, the means of committing suicide, the person's occupation, and any mental disorders they may have had.

按年齡及性別分組之自殺死亡統計數字

Suicide statistics according to age group and gender

年齡 :0-19 歲

在 2015 年，有 23 宗 19 歲以下青少年自殺身亡。自殺率為 1.96，比 2014 年上升了 0.18，男女比例是 1.8:1(見表 14)。由 2014 年的 19 宗增加至 2015 年的 23 宗。在 2015 年這 23 宗自殺數字中，有 19 宗以「從高處墮下」來結束生命(見表 13)。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔 82.61%，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: 0 to 19 years old

In 2015, there were 23 teenagers below the age of 19 who committed suicide and died. The suicide rate was 1.96 up by 0.18 from 2014. The male to female ratio was 1.8:1 (see table 14). The number of suicides was up from 19 in 2014 to 23 in 2015. Among the 23 deaths in 2015, in terms of the means of suicide, 19 ended their lives by "Jumping from Height" (see table 13). "Jumping from Height" was the commonest suicide means and accounted for 82.61% of the deaths in this age group. This revealed that those in this group tended to choose a fatal and determined means to end their lives.

年齡 :20-59 歲

在 2015 年，20-59 年齡組群之中，有 629 人自殺身亡，佔總自殺死亡數字之 61.55%，比 2014 年下降了 1.21%(見表 13)。自殺率為 13.93，男女比例為 2.2:1(見表 14)。綜觀眾數字，有 316 人(50.24%)採取「從高處墮下」方式自殺，另外有 117 人(18.60%)採用「吊死」方式自殺，另外有 128 人(20.35%)則採用「一氧化碳中毒」自殺。

Age: 20 to 59 years old

In 2015, there were 629 people who committed suicide and died in this age group, accounting for 61.55% of the total number of suicide deaths and down by 1.21% from 2014 (see table 13). The suicide rate was 13.93 and the male to female ratio was 2.2:1 (see table 14). Among the deaths, 316 people (50.24%) were attributed to "Jumping from Height", while 117 people (18.60%) died of "Hanging" and 128 people (20.35%) died of "Carbon Monoxide" poisoning.



年齡：60 歲以上

在 2015 年，60 歲以上自殺死亡之個案共有 366 宗，佔總自殺死亡數字的 35.81%，相比 2014 年則上升了 0.95%。自殺率為 22.40，比起 2014 年下跌了 0.02，男女比例為 1.8:1 (見表 14)。該年齡組群中有 195 宗 (53.28%) 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 13)。

Age: 60 years old or above

In 2015, 366 people committed suicide and died in this age group, accounting for 35.81% of the total number of suicide deaths and up by 0.95% from 2014. The suicide rate was 22.40 in this age group, down by 0.02 from 2014, and the male to female ratio was 1.8:1 (see table 14). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as "Jumping from Height", accounting for 195 deaths (53.28%) in this age group (see table 13).

按自殺方式分組之自殺死亡統計數字

Suicide statistics according to suicide means

於 2015 年，共有 536 人採用「從高處墮下」方式自盡，佔總自殺死亡數字之 52.45%，比起 2014 年上升了 2.30%。另外，219 人採用「吊死」方式自殺，即 21.43%，比 2014 年下降了 1.51%。而採用「一氧化碳中毒」方式自殺的共有 142 宗，佔總自殺死亡人數的 13.89%，比 2014 年下降了 0.71% (見表 13)。「從高處墮下」是一種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。

In 2015, there were 536 people who committed suicide by "Jumping from Height", accounting for 52.45% of the total number of suicide deaths and up by 2.30% from 2014. 219 people died of "Hanging", accounting for 21.43% of the total number of suicide deaths and down by 1.51% from 2014. 142 people died of Carbon Monoxide poisoning, accounting for 13.89% of the total number of suicide deaths and down by 0.71% from 2014 (see table 13). "Jumping from Height" was the commonest means of committing suicide; "Hanging" was in second place while "Carbon Monoxide" poisoning (charcoal burning) came in third place.

按職業分組之自殺死亡統計數字

Suicide statistics: grouped by occupation

在 2015 年，有 80 位自殺死亡者為失業人士，第二位是藍領階層則佔 56 宗，接著是退休人士佔 29 宗 (見表 15)。雖然失業人士的自殺死亡數字由 2014 年的 85 宗下跌至 2015 年的 80 宗，但由於尚有 788 宗自殺死亡個案

In 2015, 80 people who committed suicide were unemployed persons. Blue collars came in second with 56 deaths. The third was retired persons of 29 deaths (see table 15). Although suicides among unemployed persons decreased from 85 people in 2014 to 80 people in 2015, 788 deaths fell into

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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 2014 年的 726 宗增加至 2015 年的 788 宗，令我們難以為失業人士的自殺數字減少而作出相關結論。

2015 年和 2014 年本港的失業率均是 3.3%，而 2015 年的就業不足率是 1.4%，比 2014 年的 1.5% 下降了 0.1%(見表及 16 及 17)。

the unclassified category, where suicide cases without death investigation and death report were not sought. This increase in the unclassified category from 726 in 2014 to 788 in 2015 certainly poses a challenge in drawing the conclusion that suicide among unemployed persons have decreased.

Hong Kong had an unemployment rate of 3.3% in both 2015 and 2014. The under-employment rate was 1.4% in 2015, a decrease of 0.1% from 1.5% in 2014 (see table 16 & 17).

按精神病患分組的自殺統計數字

Suicide Statistics: grouped by mental disorder

2015 年共有 80 宗自殺死亡個案與精神病患有關，這組群的最普遍採用的自殺方式是「從高處墮下」，佔人 39；有 15 宗死於吊頸，10 宗死於服毒。由於有 788 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、精神分裂症及濫藥，因此有效推廣精神健康的訊息是有助防止精神病患人士的自殺情況 (WHO, 2015)。

In 2015, 80 suicide deaths were associated with mental disorder. Most of these committed suicides by "Jumping from Height", a total of 39 deaths in this group, while 15 people died of "Hanging" and 10 people died of "Drugs" poisoning. As there were 788 suicide cases without death investigation report ordered that excluded the number of mental suicide, the representable picture in the relationship between suicide and mental disorder may not be easily drawn here. Notwithstanding, World Health Organization(WHO) reported that over 90% of suicide deaths are associated with mental disorder such as depression, schizophrenia and drug abuse. It is recognized that the promotion of mental health and well-being is a contributing factor to the suicide prevention to those who are suffering from mental disorder (WHO, 2015).

未能確定自殺的死亡數字

Unknown or Unidentified Suicide Cases

2015 年有 38 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 2014 年的 70 宗減少了 32 宗。在這 38 宗死亡數字中，17 人死於由高處墮下，10 人死於服毒，及 6 人死於溺水 (見表 19)。

38 suicide deaths were categorized as "Injury undetermined whether accidentally or purposely inflicted" in 2015, down by 32 deaths in comparison with 70 deaths in 2014. Among these 38 deaths, 17 died of "Jumping from Height", while 10 died of "Drugs" poisoning and 6 died of "Drowning" (see table 19).



毋須進行死因調查的死亡數字

Suicide cases without death investigation

2015 年共有 1,022 宗自殺死亡數字，包括 788 宗沒有經過解剖及死因調查的自殺死亡個案，這數字由 2014 年的 726 宗上升至 2015 年的 788 宗（見表 20）。未被調查及分類的自殺死亡個案佔 77.10%，實在是難以從自殺數字分析上作出一個較準確的結論。

總結

Conclusion

於 2015 年有 1,022 人自殺身亡，當中有 643 人為男性 (62.92%) 及 379 人為女性 (37.08%)。自殺率為 13.94，比 2014 年上升了 0.08。男女比例為 2.0:1。「從高處墮下」(52.45%) 是一項最多人採用的自殺方式。「吊死」(21.43%) 排第二位，而「一氧化碳中毒」(13.89%) 則排第三位。2015 年沒有經過死因調查的自殺死亡個案有 788 宗，這令我們難以為自殺與失業及精神病患之間的關係作出可靠之結論。

世界衛生組織報告指出全球每年超過 80 萬人自殺死亡，即每 40 秒便有一人自殺而死亡，而企圖自殺的數字必然更多。在人的一生中，自殺往往都會發生，自殺更是 15-29 歲的死因數字第二位 (WHO, 2015)。國際防止自殺協會 (IASP) 宣布 2015 年 9 月 10 日國際預防自殺日的主題：伸出援手，挽救生命 (IASP, 2015)。這主題啟發並鼓勵我們都可以成為一位守護者，為有自殺傾向的人伸出援手，在防止自殺的工作上作出積極的響應。

The total number of suicide deaths was 1,022 in 2015, including 788 deaths where suicide cases without death investigation were not sought. This figure increased from 726 in 2014 to 788 in 2015 (see table 20). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 77.10% of the total number of suicide deaths.

In 2015, there were 1,022 people who committed suicide and died, with 643 male deaths (62.92%) and 379 female deaths (37.08%). The suicide rate was 13.94 per 100,000, up by 0.08 from 2014. The ratio of male to female was 2.0:1. "Jumping from Height" was still the commonest suicide means (52.45%), while "Hanging" came in the second place (21.43%) and "Carbon Monoxide" poisoning took the third place (13.89%). The number of suicide case without death investigation was 788 in 2015 that leaves some room and difficulties to come up with a reliable conclusion in the relationship among suicide, unemployment and mental disorder respectively.

WHO reported that more than 800,000 people committed suicide and died every year with around one person every 40 seconds globally, and there are many more who attempt suicide. Suicide occurs throughout the lifespan and was the second leading cause of death among 15 to 29 years old (WHO, 2015). The International Association for Suicide Prevention (IASP) announced that the theme of World Suicide Prevention Day on September 10th 2015 was "Preventing Suicide: Reaching Out and Saving Lives" (IASP, 2015). The theme arouses and encourages that every of us can be the gatekeeper to offer support to those who may

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每當看到香港的自殺新聞，都發現當中有不少患上不同種類的神經病和抑鬱症；有些是學業成績頗佳的，與朋友相處未有顯現異常，最可悲的是他們都同樣採取自殺的手段去回應困難並結束生命。故此，如果那些處於困擾當中又欠缺支援的人能夠獲得援手的話，我們的社會將會是更美好。

過去幾年，本港不同的組織都在跨專業的合作模式下推行生命教育、防止自殺和自殺危機干預之工作，這些皆對自殺相關議題的關注和醒覺上皆作出很大的努力。要堅信我們每一小小的行動，例如發出一個關切的注視，在互聯網上寫一個正面訊息，說一些關懷的語句以及一個微笑都可以照耀一個活在黑暗世界的人。讓我們為香港光明和繁榮的前景一起努力，點亮希望之光吧！

be vulnerable to suicide and we can exert a positive impact on the suicide prevention. When reading the suicide news in Hong Kong, many people are suffering from different kinds of mental disorder and depression; some of them do very well academically and appear most normal among friends. But it is sad to know that suicide is thought to be the only way out of action by them, they consequently end their lives by suicide. Therefore, reaching out to someone who is struggling in life and disconnected from others can make a difference in our community.

In the past years, the collaborative effort and multidisciplinary approach in life education, suicide prevention and suicide crisis intervention by different organizations in Hong Kong made a great effort in the concern and awareness on the suicide related issue. It is believed that our every little act like a sympathizing look, a positive message on the web, some caring words and a nice smile can light up the people from the darkness. Let's work together to shine a ray of hope for the brighter and prosperous future in Hong Kong.

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(表 13) 香港自殺死亡數字 (按自殺方式、年齡及性別分組)
(Table 13) The Number of Suicide Death in Hong Kong (By Type, Age & Sex)

年份 Year		2015											2014		2013		
自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups										小計 Sub- Total	總計 Total	小計 Sub- Total	總計 Total	小計 Sub- Total	總數 Total
		0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U							
2015	火器 Firearms	男 M					1				1	1	3	0	0		
		女 F									0		0				
	藥物 Drugs	男 M		1	4	5	4	4	4		22	42	14	26	16	34	
		女 F		1	1	2	3	5	5	4	20		12	18			
	毒藥 Poisons	男 M						2	1	1	4	10	5	10	6	10	
		女 F					1	1	3	1	6		5		4		
	吊死 Hanging	男 M			10	15	17	37	33	22	134	219	146	231	159	252	
		女 F		1	8	7	9	14	11	35	85		85	93			
	由高處墮下 Jumping from Height	男 M		12	52	48	43	54	46	85	3	343	536	297	505	329	537
		女 F		7	19	32	29	39	32	35		193		208	208		
	一氧化碳 Carbon Monoxide	男 M			11	17	35	21	10	2		96	142	101	147	88	129
		女 F			8	18	13	5	2			46		46	41		
	淹死 Drowning	男 M		1	1	4	2	2	4	6		20	38	36	62	34	62
		女 F				1	4	6	1	5	1	18		26	28		
	利器 Sharp Instruments	男 M				1	1	1	2			5	8	7	12	6	9
		女 F			1							3		5	3		
	其他 Others	男 M		2	1	3	1	4	2	5		18	26	6	11	6	7
		女 F					2	3	1	2		8		5	1		
2015	小計 Sub-total	男 M	0	15	76	92	104	126	102	125	3	643	1022				
	女 F	0	8	37	60	61	73	57	82	1	379						
	總計 Total		0	23	113	152	165	199	159	207	4	1022					
2014	小計 Sub-total	男 M	1	9	60	108	107	106	91	132	1		615				
	女 F	1	10	35	73	66	77	37	91	2		392					
	總計 Total		2	19	95	181	173	183	128	223	3		1007				
2013	小計 Sub-total	男 M	0	15	89	93	92	109	100	143	3				644		
	女 F	0	14	57	62	56	76	51	80	0					396		
	總計 Total		0	29	146	155	148	185	151	223	3					1040	

資料來源：死因裁判法庭 (臨時數字) Source: The Coroner's Court (Provisional figures)

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(表 14) 香港自殺率 * (按年齡及性別組別)
(Table 14) The Suicide Rate* of Hong Kong (By Age and Sex)

年齡組別 Age Group		2015					2014					2013				
		男 M	女 F	比例 Ratio	總數 Total		男 M	女 F	比例 Ratio	總數 Total		男 M	女 F	比例 Ratio	總數 Total	
0-19	0-9	0.00	0.00	0.0	0.00		0.36	0.39	0.9:1	0.37		0.00	0.00	0:0	0.00	
	10-19	4.82	2.71	1.8:1	3.79		2.72	3.20	0.9:1	2.96		4.31	4.27	1.0:1	4.29	
	整體人口 Subtotal Population	2.48	1.41	1.8:1	1.96		1.64	1.93	0.9:1	1.78		2.44	2.43	1.0:1	2.43	
	20-29	17.16	7.31	2.4:1	11.91		13.55	6.86	2.0:1	9.97		20.07	11.01	1.8:1	15.19	
	30-39	19.97	8.70	2.3:1	13.22		23.50	10.71	2.2:1	15.86		20.10	9.12	2.2:1	13.57	
20-59	40-49	21.65	9.16	2.4:1	14.39		21.75	9.85	2.2:1	14.89		18.21	8.29	2.2:1	12.54	
	50-59	20.88	10.94	1.9:1	15.66		17.52	11.73	1.5:1	14.50		18.14	11.83	1.5:1	14.88	
	整體人口 Subtotal Population	20.03	9.13	2.2:1	13.93		19.06	9.96	1.9:1	13.99		19.03	9.98	1.9:1	14.00	
	60-69	23.78	13.05	1.8:1	18.37		22.59	9.03	2.5:1	15.76		26.30	13.33	2.0:1	19.80	
60+	70+	35.92	19.52	1.8:1	26.95		38.63	22.10	1.8:1	29.60		42.80	19.78	2.2:1	30.19	
	整體人口 Subtotal Population	29.22	16.22	1.8:1	22.40		29.95	15.58	1.9:1	22.42		34.01	16.65	2.0:1	24.91	
Total Population 全年整體人口		#19.08	#9.58	2.0:1	#13.94	#18.34	#10.02	1.8:1	#13.86	#19.28	#10.21	1.9:1	#14.41			

* 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

包括年齡不詳自殺個案

Including unknown age suicide cases

資料計算：香港撒瑪利亞防止自殺會

Calculation: The Samaritan Befrienders Hong Kong



(表 15) 香港自殺死亡數字 2015 (按職業分組)

(Table 15) The Number of Suicide Death in Hong Kong 2015 (By Occupation)

年份 Year	2015 年齡組別 Age Groups												2014		2013	
	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
學生 Student	男 M		5	2							7	10	4	9	13	20
	女 F		3								3		5		7	
教師 Teacher	男 M			1							1	4	2	2	1	4
	女 F			1		1		1			3		0		3	
沒有職業 Not Employed	男 M			10	10	5	12	8	7		52	80	53	85	77	108
	女 F			4	4	6	9	3	2		28		32		31	
家庭主婦 Housewife	男 M										0	20	0	19	0	46
	女 F			2	3	3	3	2	7		20		19		46	
藍領階層 Blue Collars	男 M		1	4	6	13	15	2			41	56	53	67	52	78
	女 F			4	4	2	4	1			15		14		26	
白領階層 White Collars	男 M			3	6	2	2	1			14	20	18	35	25	38
	女 F				3	1	2				6		17		13	
病人 Patient	男 M										0	0	0	0	0	0
	女 F										0		0		0	
紀律部隊 Disciplinaries	男 M					1	1			1	3	3	3	3	0	0
	女 F										0		0		0	
商人 Business Man	男 M				4		3	1			8	8	7	9	6	6
	女 F										0		2		0	
退休人士 Retired Person	男 M						3	7	12		22	29	33	46	52	69
	女 F						1	2	4		7		13		17	
未能分類 * Unclassified	男 M		9	56	66	83	90	83	106		493	788	439	726	412	662
	女 F		5	26	45	48	54	48	69		295		287		250	
其他 Other	男 M									2	2	4	3	6	6	9
	女 F									1	2		3		3	
小計 Sub-total	男 M	0	15	76	92	104	126	102	125	3	643	1022	615	1007	644	1040
	女 F	0	8	37	60	61	73	57	82	1	379		392		396	
總計 Total		0	23	113	152	165	199	159	207	4	1022		1007		1040	

資料來源：死因裁判法庭 (臨時數字) Source: The Coroner's Court (Provisional figures)

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

** 2015 年共有 1022 人死於自殺，當中包括 788 人毋須進行死因研究而裁判為死於自殺

The total number of suicide cases in 2015 were 1022 which included 788 suicide cases without death investigation report.

2015 年香港自殺數據統計分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2015

(表 16) 香港就業不足率 (按年齡及性別組別)
(Table 16) The underemployment Rate of Hong Kong (By Age and Sex)

年份 Year	性別 Sex	年齡組別 Age Groups					合計 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 +
2015	男 M	3.1	1.7	1.4	1.9	2.7	1.9
	女 F	2.6	0.8	0.3	0.6	1.1	0.9
	合計 Overall	2.8	1.2	0.8	1.2	2.0	1.6
2014	男 M	4.5	1.7	1.4	1.9	2.9	2.0
	女 F	2.4	0.9	0.4	0.7	1.3	1.2
	合計 Overall	3.4	1.3	0.8	1.3	2.2	1.8
2013	男 M	2.9	1.9	1.4	2.0	2.9	2.6
	女 F	2.6	0.9	0.3	0.9	1.1	1.4
	合計 Overall	2.8	1.4	0.8	1.4	2.1	2.3
							1.5

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

(表 17) 香港失業率 (按年齡及性別組別)
(Table 17) The unemployment Rate of Hong Kong (By Age and Sex)

年份 Year	性別 Sex	年齡組別 Age Groups					合計 Overall
		15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 +
2015	男 M	15.4	6.5	2.2	2.8	2.8	2.7
	女 F	13.0	5.3	2.0	2.8	2.8	1.9
	合計 Overall	14.2	5.9	2.1	2.8	2.8	2.5
2014	男 M	13.2	6.3	2.4	2.8	3.1	3.1
	女 F	11.9	4.5	2.0	2.6	2.8	2.3
	合計 Overall	12.5	5.4	2.2	2.7	3.0	2.9
2013	男 M	17.5	6.8	2.5	3.1	3.4	2.3
	女 F	11.4	4.5	2.1	2.6	2.6	2.1
	合計 Overall	14.5	5.6	2.3	2.9	3.1	2.3
							3.4

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



(表 18) 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)
(Table 18) The Number of Mental Suicide in Hong Kong (By Type, Age & Sex)

年份 Year	自殺類別 Type of Suicide	2015 年齡組別 Age Groups											2014		2013		
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
2015	火器 Firearms	男 M										0	0	0	0	0	0
	女 F											0		0		0	
	男 M			1		1		1				3	10	3	7	9	20
	女 F					2	3	2				7		4	1	11	
	男 M											0	1	1	3	0	0
	女 F							1				1		2		0	
	男 M					2	2	6	2	1		13	15	13	17	11	25
	女 F				1					1		2		4		14	
	男 M		1	2	5	3	7	1				19	39	31	58	35	64
	女 F		1		7	4	5		3			20		27		29	
	男 M			1		1	2					4	6	7	10	1	4
	女 F					1	1					2		3		3	
	男 M					1						1	5	4	11	7	14
	女 F						2	2				4		7		7	
男 M								1			1	2	0	3	2	4	
女 F								1			1		3		2		
男 M											0	2	1	1	2	2	
女 F						1			1		2		0		0		
男 M		0	1	4	9	6	16	4	1	0	41	80					
女 F		0	1	1	8	9	11	4	5	0	39						
總計 Total		0	2	5	17	15	27	8	6	0	80	*80					
男 M		0	0	9	18	12	9	9	3	0			60				
女 F		0	3	3	12	10	13	6	3	0			50				
Total		0	3	12	30	22	22	15	6	0			110	**110			
男 M		0	1	9	7	15	18	11	5	1						67	
女 F		0	2	9	14	11	14	6	10	0						66	
Total		0	3	18	21	26	32	17	15	1					133	***133	

資料來源：死因裁判法庭 (臨時數字) Source: The Coroner's Court (Provisional figures)

* 當中有 788 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 788 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 當中有 726 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 726 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 662 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

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(表 19) 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)
(Table 19) Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)

年份 Year	自殺類別 Type of Suicide	2015 年齡組別 Age Groups											2014		2013		
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
	火器 Firearms	男 M										0	0	0	0	0	0
	火器 Firearms	女 F										0	0	0	0	0	0
	藥物 Drugs	男 M			1	1	2	1		1		6	10	6	8	2	6
	藥物 Drugs	女 F				2		2				4		2		4	
	毒藥 Poisons	男 M										0	1	0	0	0	0
	毒藥 Poisons	女 F							1			1		0		0	
	吊死 Hanging	男 M				1						1	1	0	1	1	1
	吊死 Hanging	女 F										0		1		0	
2015	由高處墮下 Jumping from Height	男 M			5	1	1	1			1	9	17	19	28	7	9
		女 F		1	2	5						8		9		2	
	一氧化碳 Carbon Monoxide	男 M						1				1	1	1	1	0	0
	一氧化碳 Carbon Monoxide	女 F										0		0		0	
	淹死 Drowning	男 M			1	1			1			3	6	15	24	5	10
	淹死 Drowning	女 F					1			1	1	3		9		5	
	利器 Sharp Instruments	男 M										0	0	3	3	0	0
	利器 Sharp Instruments	女 F										0		0		0	
	其他 Others	男 M										0	2	4	5	1	1
	其他 Others	女 F								1		2		1		0	
2015	小計 Sub-total	男 M	0	0	7	4	3	3	1	1	1	20	38				
		女 F	0	1	2	7	1	3	1	2	1	18					
	總計 Total		0	1	9	11	4	6	2	3	2	38	*38				
2014	小計 Sub-total	男 M	1	0	4	12	8	7	3	12	1			48			
		女 F	1	1	2	6	4	3	0	3	2			22			
	總計 Total		2	1	6	18	12	10	3	15	3			70	**70		
2013	小計 Sub-total	男 M	0	1	1	3	1	3	1	5	1					16	
		女 F	0	0	1	3	0	3	0	4	0					11	
	總計 Total		0	1	2	6	1	6	1	9	1					27	***27

資料來源：死因裁判法庭 (臨時數字) Source: The Coroner's Court (Provisional figures)

- * 當中有 788 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 788 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
- ** 當中有 726 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 726 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 662 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.



(表 20) 無須要求死亡調查報告的自殺案件之附加資料
(Table 20) The Number of Suicide Cases without death investigation reported order in Hong Kong (By Type, Age & Sex)

年份 Year	自殺類別 Type of Suicide	2015 年齡組別 Age Groups													2014	
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 U	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	
2015	火器 Firearms	男 M											0	0	0	0
		女 F											0	0	0	0
	藥物 Drugs	男 M				2	4	3	4	3		16	27	10	17	
		女 F			1	2	1	1	3	3		11	7	7	7	
	毒藥 Poisons	男 M						2		1		3	8	2	4	
		女 F					1	1	2	1		5	2	2	2	
	吊死 Hanging	男 M			7	10	15	27	25	21		105	181	109	176	
		女 F		1	5	7	9	12	10	32		76	67	67	67	
	由高處墮下 Jumping from Height	男 M		8	42	36	33	41	40	73		273	420	213	377	
		女 F		4	12	20	22	31	30	28		147	164	164	164	
	一氧化碳 Carbon Monoxide	男 M			6	14	27	13	8	2		70	109	74	104	
		女 F			7	15	12	4	1			39	30	30	30	
	淹死 Drowning	男 M		1	1	1	2	3	3	3		11	23	24	34	
		女 F				1	2	4	1	4		12	10	10	10	
	利器 Sharp Instruments	男 M					1		1			2	3	2	4	
		女 F			1							1	17	5	10	
	其他 Others	男 M				3	1	4	2	3		13	17	5	10	
		女 F					1	1	1	1		4	4	5	10	
2015	小計 Sub-total	男 M	0	9	56	66	83	90	83	106	0	493				
		女 F	0	5	26	45	48	54	48	69	0	295				
	總計 Total		0	14	82	111	131	144	131	175	0	788	788			
2014	小計 Sub-total	男 M	0	6	37	68	75	76	73	103	1			439		
		女 F	0	4	28	48	48	56	28	75	0			287		
	總計 Total		0	10	65	116	123	132	101	178	1		726	726	726	726

資料來源：死因裁判法庭 (臨時數字) Source: The Coroner's Court (Provisional figures)

財政報告

FINANCIAL REPORT

LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS 黎劍民、陸永熙會計師事務所有限公司

LOUIS K.M. LAI FCCA CPA (PRACTISING) 黎劍民會計師
LUK WING HAY FCCA CPA (PRACTISING) 陸永熙會計師

9/F., Sunson Commercial Building,
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Kowloon, Hong Kong.

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Web Site 網頁: www.lll.com.hk

香港九龍尖沙咀
柯士甸道140至142號
瑞信集團大廈九樓

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」)已審計列載於第七頁至第三十二頁香港撒瑪利亞防止自殺會(以下簡稱「貴機構」)的財務報表,此財務報表包括於二零一六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 7 to 32, which comprise the statement of financial position as at March 31, 2016 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布的《香港財務報告準則》及香港《公司條例》擬備真實而中肯的財務報表,並對其認為為使財務報表的擬備不存在由於欺詐或錯誤而導致的重大錯誤陳述所必需的內部控制負責。

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 the Hong Kong Companies Ordinance, 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計工作的結果對該等全體財務報表發表意見。我們按照香港《公司條例》(第622章)第405條的規定,僅向全體會員報告。除此之外,我們的報告不可用作其他用途。我們概不就本報告之內容,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. This report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance (Cap. 622), and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.



LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS
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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
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)

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達是否恰當。

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.

財政報告

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(Incorporated in Hong Kong and limited by guarantee)

意見
Opinion

我們認為，該等財務報表已根據《香港財務報告準則》真實而中肯地反映貴機構於二零一六年三月三十一日的財務狀況及截至該日止年度的財務表現及現金流量，並已遵照香港《公司條例》妥為擬備。

In our opinion, the financial statements give a true and fair view of the financial position of the Organization's affairs as at March 31, 2016 and of its financial performance and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in compliance with the Hong Kong Companies Ordinance.



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，二零一六年五月三十日
Hong Kong, May 30, 2016.



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
截至二零一六年三月三十一日
FOR THE YEAR ENDED MARCH 31, 2016

		附註 NOTES	2016 港幣 HK\$	2015 港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST	(4)	1,988,690	2,147,960
政府資助	GOVERNMENT SUBVENTION	(5)	9,621,282	12,258,060
香港賽馬會慈善信託 基金撥款	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST	(6)	1,271,576	3,917,579
銀行利息收入	BANK INTEREST INCOME		159	149
賣旗活動收入	PROCEEDS FROM FLAG DAY EVENT		-	466,743
一般捐款收入	GENERAL DONATIONS		600,772	573,207
課程及什項收入	COURSE FEE AND SUNDRY INCOME		<u>1,837,202</u>	<u>2,316,275</u>
總收入確認	TOTAL REVENUE RECOGNISED		15,319,681	21,679,973
減：支出	LESS: EXPENSES			
職員薪金福利	Staff costs	(7)	12,325,399	11,568,043
折舊	Depreciation		271,987	767,199
訓練及社區工作	Training and community activities		853,850	1,372,830
租金及差餉	Rent and rates		430,858	497,948
聯會會費	Subscription to affiliated association		4,700	9,651
搬遷費	Reprovisioning expenses		-	59,337
行政費用	Administration expenses	(8)	1,426,338	1,147,246
資助資產轉往 傢具器材及設備	Subvented assets transferred from furniture and equipment		<u>356,296</u>	<u>5,804,463</u>
			15,669,428	21,226,717
本年度(不敷)/盈餘	(DEFICIT)/SURPLUS FOR THE YEAR		(349,747)	453,256
其他全面收益	OTHER COMPREHENSIVE INCOME		-	-
本年度全面(支出)/收益 總額	TOTAL COMPREHENSIVE (EXPENSES)/INCOME FOR THE YEAR		(349,747)	453,256

附註 (c): 過去一年，整筆撥款儲備存放以作將來自殺危機處理中心在人力資源及發展額外項目上，將來亦繼續存放作同樣用途。

過去一年，整筆撥款公積金儲備存放以作將來給予在自殺危機處理中心長期服務員工較大的僱主供款的需要，將來亦繼續存放作同樣用途。

Note (c): For the past year, LSG reserve has been kept for purpose of future human resources needs and service development in Suicide Crisis Intervention Centre, it would be continuously kept for the same purpose in the future.

For the past year, LSG PF reserve has been kept for purpose of higher employer contribution in PF for staff with long service in the Suicide Crisis Intervention Centre, it would be continuously kept for the same purpose in the future.

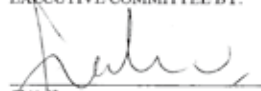
財政報告

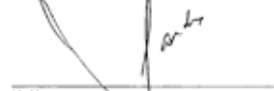
FINANCIAL REPORT

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
於二零一六年三月三十一日
AS AT MARCH 31, 2016

		附註 NOTES	2016 港幣 HK\$	2015 港幣 HK\$
資產	ASSETS			
非流動資產	Non-Current Assets			
傢具器材及設備	Furniture and equipment	(11)	62,845	543,010
流動資產	Current Assets			
已付按金及預付款	Deposits and prepayment	(12)	169,076	152,577
應收款	Accounts receivable	(13)	81,040	2,836,944
其他應收款	Other receivables		17	-
現金及銀行存款	Cash and bank equivalents	(14)	7,197,877	4,435,515
			7,448,010	7,425,036
流動負債	Current Liabilities			
應付款	Accounts payable	(15)	457,650	445,422
暫收款	Temporary receipts		228,465	39,270
銀行透支	Bank overdraft	(14)	-	308,867
			686,115	793,559
流動資產淨額	Net Current Assets		6,761,895	6,631,477
資產淨值	NET ASSETS		6,824,740	7,174,487
由以下代表:	Represented by:			
營運累積盈餘	OPERATING FUND		3,815,973	4,098,445
其他儲備	OTHER FUNDS			
綜合撥款儲備	Block grant reserve	(16)	236,986	242,530
中央行政儲備	Central administration fund	(18)	1,142,513	1,142,513
貴族活動盈餘	Flag day event surplus	(17)	610,091	724,193
一般儲備	General reserve	(19)	435,000	435,000
社會福利發展基金	Social welfare development fund	(16)	80,258	27,887
特別基金	Special fund	(20)	503,919	503,919
			6,824,740	7,174,487

經由理事會於二零一六年五月三十日會議通過及由下列理事代表議會簽署:
APPROVED BY THE EXECUTIVE COMMITTEE ON MAY 30, 2016 AND SIGNED ON BEHALF OF THE
EXECUTIVE COMMITTEE BY:


袁婉芬
Chow Yuen Yun
主席
Chairman


韓楚珊
Hon Chor Shan
財政
Treasurer

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。

For details, please refer to the full sets of Audited Financial Statements which are obtainable from our Registered Office.

鳴謝

ACKNOWLEDGEMENTS

主要贊助－捐助受助服務之機構

Major Sponsor - Funding Bodies



香港公益金
THE COMMUNITY CHEST



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同步同進 RIDING HIGH TOGETHER



社會福利署
Social Welfare Department

2015 年商界協助

Corporate Support in 2015



「黑夜見黎明」慈善城市定向比賽 2015 贊助商及支持機構

Sponsors and Supporting organization for

"From Darkness to Sunrise" City Orienteering Competition



A MARKETING

Acti-Tape



Coffee Pro



鳴謝

ACKNOWLEDGEMENTS

緊密支持及合作

Closely Support and Cooperate with SBHK

政府統計處

Census and Statistics Department

香港死因裁判庭

Hong Kong Coroner's Court

香港社會服務聯會

The Hong Kong Council of
Social Service

輕觸點

Electricious

蘇子麟

Heartgrey

Hey Joe Trio

KillerSoap

Kolor

張柏文先生

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Mr. Danny Summer

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Mr. David Siu

許耀斌先生 (Law 少)

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王梓軒先生

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Ms. Sheren Tang

林建明女士

Ms. Victoria Lam Kin Ming

Supper Moment

2015/16 年贊助及支持機構

Donation and Support SBHK in 2014/15

三十九篇

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Ageas Insurance Company (Asia)
Limited

ART2WORLD Children Art
Development Committee

AXA China Region Insurance
Company Limited

Emperor Securities Limited

創視設計

First Sense Design

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Association

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商業電台《有誰共鳴》



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Catherine Tyrell
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Chan Cheuk Yin
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Chan Kwan Fai Timothy
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Cheng Chui Man
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Cheng Kin Sun
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張佩芳
張芷惠
張珮儀
梁有勝
梁思慧

鳴謝

ACKNOWLEDGEMENTS

2014/15 年捐款人士芳名

Donors in 2014/15

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陳杏珠
陳佩儀
陳笑霞
陳敏玲
陳紹麟
陳新華
陳業玲

陳瑞霞
麥佩怡
曾麗芬
游敏華
馮嘉輝
黃少蘭
黃玉蘭
黃明安
黃苑潔
黃唐愛儀及黃志輝
黃家威
黃恩芳
黃敏敏
黃智盈
黃嘉煒

黃慕儀
楊雪英
楊顯智
葉志榮
葉幸詩
鄺澤銘
熊家欣
熊雪儀
劉紫霖
劉福榮
樊子俊
歐陽耀明
蔡文昌
蔡旭仁
蔡淑華

蔣志偉
鄧永輝
鄭子寧
鄭妙玲
鄭國偉
鄭綺婷
黎敏儀
黎遠誼
謝玉欣
鄺曉峰
羅蓓欣
譚傑元
譚潮泰
關淑芬
嚴美清

協助機構及義工團體

Supporting Organization and Voluntary Organization

義務工作發展局

Agency for Volunteer Service

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香港調解仲裁中心義工服務團

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義務工作發展局

零焦距

輔警義工隊

警察南極星義工隊

捐款呼籲

WE NEED YOUR HELP

簡介 Who we are

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發展及提升服務質素。請支持本會的服務。

本會為香港註冊慈善機構，捐款港幣一百元或以上，將獲發收據供退稅用途。

The Samaritan Befrienders Hong Kong obtains its funding primarily through the subventions from The Community Chest of Hong Kong, Hong Kong Jockey Club, Social Welfare Department and the Lotteries Fund. Donations from the general public can help us develop our service and enhance our service quality. Your support to us is for more people in need.

As our organization is a charitable institution, your donations (\$100 or above) are tax deductible.

捐款方法 How to Donate

請填妥後頁捐款表格並寄回本會，查詢電話：2319 2688。

Please mail the completed Donation Form (printed in the next page) to our office. For enquiries, please call 2319 2688.

捐款表格 DONATION FORM

請以正楷填妥此表格，連同支票、銀行入數紙或其他匯款證明一併寄回本會，信封面寫「香港撒瑪利亞防止自殺會簡便回郵 51 號 CSW」(免郵票) / 傳真至 3016 9970 / 電郵: care@sbhk.org.hk。捐款 HK\$100 或以上，可憑收據申請扣稅。

Please complete this form in BLOCK letter and return with cheque / bank pay-in slip / transaction record to us by mail to "The Samaritan Befrienders Hong Kong Freepost No.51 CSW" (no stamp necessary) / by fax to 3016 9970 / by email to care@sbhk.org.hk. Tax deductible receipt will be issued for donations of HK\$ 100 or above.

捐款金額 Donation Amount (請在適當 ☐ 內填上 ☒) (Please tick ☐ as appropriate)

☐ 成為「撒瑪利亞人」，每月定額捐款支持本會防止自殺、珍惜生命的工作

Become a Samaritan Befrienders and donate monthly to support our suicide prevention and life education works

☐ HK\$80 ☐ HK\$180 ☐ HK\$280 ☐ HK\$500 ☐ 其他 Other HK\$ _____

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

☐ 我願意一次過捐助香港撒瑪利亞防止自殺，支持本會維持防止自殺服務。

I would like to make a one-off donation to The Samaritan Befrienders Hong Kong to support the existing suicide prevention services.

☐ HK\$200 ☐ HK\$500 ☐ HK\$1,000 ☐ HK\$1,500 ☐ 其他 Other HK\$ _____

1. 捐款者資料 Donor Information

姓名 Name: _____

地址 Address: _____

電話 Tel. No.: _____

電郵 Email: _____

2. 捐款方法 Donation Method

☐ 自動轉賬 By autopay

(若每月捐款，請選擇此項 Applicable for monthly donation)

(「直接付款授權書」隨後寄上 Please send me an "Direct Debit Authorization")

☐ 支票捐款 By cheque

(抬頭為「香港撒瑪利亞防止自殺會」payable to "The Samaritan Befrienders Hong Kong")

☐ 直接存入銀行戶口 By direct deposit to the Bank

銀行名稱: 中國銀行(香港)有限公司

Name of the Bank Bank of China (Hong Kong) Limited

戶口號碼: Account Number 012-758-100-14680

☐ 便利店捐款 By Donation in Convenience Stores

本會設有兩款捐款條碼卡以方便市民攜卡到 7-Eleven 或 CircleK 便利店捐款。

Donors with our Barcode Card can donate through 7-Eleven or CircleK outlets.

☐ 7-Eleven

☐ CircleK



☐ 信用卡付款 By Credit Card

☐ VISA ☐ MASTER

持卡人姓名 Card Holder's Name: _____

信用卡號碼 Credit Card No.: _____

到期日 Expiry Date: _____ 簽署 Signature: _____

☐ 繳費靈捐款 By PPS

捐款者可致電 18033，輸入本會商戶編號 9412。

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

☐ 網上捐款 By Online Donation

捐款者可透過 VISA 或 MASTER 信用卡進行網上捐款。詳情請瀏覽：

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

<http://donation.sbhk.org.hk>

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

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

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. Please browse <http://www.lifecare.org.hk/pdp.html> for details.

WiseGiving

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 care@sbhk.org.hk 與公共傳訊部聯絡。

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. Please browse www.wisegiving.org.hk for details.

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



The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會

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
電話 Tel : 2790 8844 傳真 Fax : 2343 6359
電郵 Email : touch@sbhk.org.hk



生命教育中心 Life Education Centre

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



自殺危機處理中心 Suicide Crisis Intervention Centre

九龍白田邨瑞田樓B座3樓1室
Unit 1, 3/F, Block B, Shui Tin House, Pak Tin Estate, Kowloon, Hong Kong
電話 Tel : 2341 7227 傳真 Fax : 2341 7007
電郵 Email : alive@sbhk.org.hk



關懷身邊人基金 Caring Fund

九龍白田邨瑞田樓B座3樓1室
Unit 1, 3/F, Block B, Shui Tin House, Pak Tin Estate, Kowloon, Hong Kong
電話 Tel : 2319 2688 傳真 Fax : 3016 9970
電郵 Email : care@sbhk.org.hk



越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre
九龍白田邨瑞田樓B座3樓1室
Unit 1, 3/F, Block B, Shui Tin House, Pak Tin Estate, Kowloon, Hong Kong
電話 Tel : 2319 1269 傳真 Fax : 3013 8599
電郵 Email : ur-link@sbhk.org.hk



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24 小時求助熱線 **2389 2222**
HOUR HOTLINE

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電郵 E-mail: sbhkinfo@sbhk.org.hk

網址 Website: www.sbhk.org.hk

會籍 AFFILIATION

國際防止自殺會
Member of The International Association
of Suicide Prevention



Charity listed on
Wise Giving
惠施·慈善機構

