



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

2016年報

Annual Report

守護幼苗
 關愛心靈





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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。





心靈
關愛

守護
幼苗

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

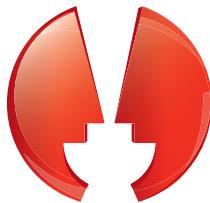
1. We establish ourselves as the Samaritan Befrienders Hong Kong to bring out in full the benevolence in human nature, and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.
2. We give the hopeless, the helpless and the suicidally inclined a listener 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
- 热線義工招募、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
- 小學及中學家長支援服務
Support Service to Primary School and Secondary School parents
- 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 pronounced 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
- 教師專業培訓
Professional training to teachers
- <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



- 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，一方面有獨立發展之意，另一方面亦顯示本會對該中心的指引及支持。
- The Chinese name symbolizes crossing 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 sun respectively. This 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）：任少芳女士（理事）、韓楚珊女士（財政）、周婉芬女士（主席）
後排（左至右）：黃祐榮先生（理事）、簡柏基先生（秘書）

Front (Left to Right) : Ms. Yam Siu Fong (Committee Member),
Ms. Hon Chor Shan (Treasurer),
Ms. Chow Yuen Fun (Chairman)

Back (Left to Right) : Mr. Wong Yao Wing (Committee Member)
Mr. Kan Pak Kei (Secretary)





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守護
幼苗

管理團隊 Management Team



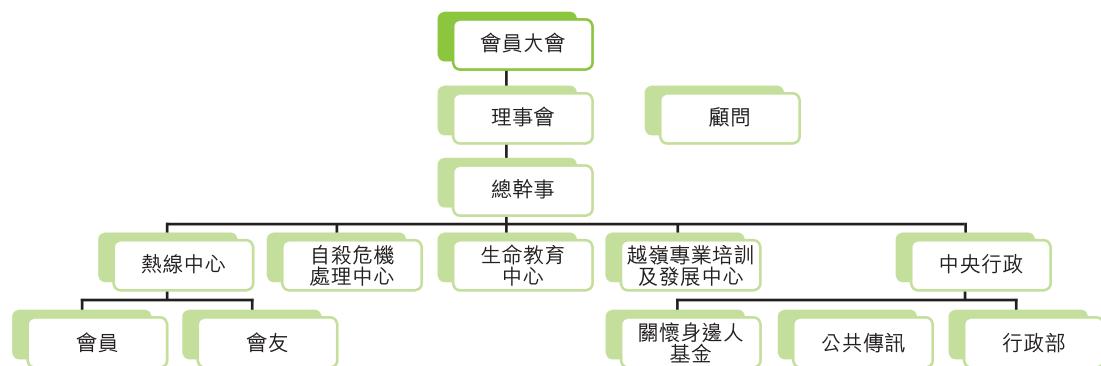
(左至右) : 曾展國先生 (總幹事)、
黃小齊女士 (熱線中心中心主任)、
傅佩儀女士 (生命教育中心主任)、
梁淑芬女士 (公共傳訊助理經理 – 筹款)、
何永雄先生 (自殺危機處理中心主任)、
胡淑蟬女士 (行政部中央行政主任)、
吳潔玲女士 (公共傳訊助理經理 – 公共關係)

(Left to Right) : Mr. Tsang Chin Kwok (Executive Director),
Ms. Wong Siu Chai (Centre-in-charge, Hotline Centre),
Ms. Fu Pui Yee (Centre-in-charge, Life Education Centre),
Ms. Leung Shuk Fan (Assistant Manager, Public
Communications – Fundraising)
Mr. Ho Wing Hung (Centre-in-charge, Suicide Crisis Intervention Centre),
Ms. Woo Suk Sim (Central Administration Officer, Central Administration),
Ms. Ng Kit Ling (Assistant Manager, Public
Communications – Public Relations)



組織架構

ORGANIZATIONAL STRUCTURE



理事會成員名單 (2015年7月至2017年6月)

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

榮譽贊助人 : 行政長官夫人梁唐青儀女士

義務顧問名單

財務顧問	: 黎劍民陸永熙會計師事務所
法律顧問	: 簡家驥律師行
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)
	: 沈君豪醫生 (聯合醫院精神科副顧問醫生)
公關及籌款顧問	: 黃平花女士
公關及傳媒顧問	: 余似心女士

機構大使 : 惠英紅小姐

職員名單 (至 2016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	: 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
社會工作員 : 丘鴻生先生
行政助理 : 何松英女士
初級行政助理 : 梁子瀚先生
兼職通宵文員 : 李靜雯女士
兼職 : 周鳳如女士
張笑群女士

生命教育中心

中心主任 : 傅佩儀女士
助理社會工作主任 : 李可欣女士
活動工作員 : 李菁怡女士
舞台監督(半職) : 李家豪先生
助理社會工作主任(半職) : 郭志灝先生
方潤梅女士

越嶺專業培訓及發展中心

培訓助理 : 譚順源先生

自殺危機處理中心

中心主任 : 何永雄先生
資深危機輔導員 : 章賽姬女士
鄭偉基先生
危機輔導員 : 蔡曜莉女士
曾小霞女士
李思敏女士
李尚謙先生
林子揚先生
郭慧敏女士
蘇亦斌先生
鄧詩琪女士
傅曼莹女士
劉詠芝女士
陳少梅女士
何姍女士
吳淑儀女士
林素儀女士
周興女士
袁寶意女士
鄭立遷女士
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



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守
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Executive Committee

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

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 <i>Assistant Professor Department of Social Work & Social Administration, The University of Hong Kong</i> : Dr. Zeno C.S. Leung <i>Assistant Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University</i> : Prof. Chi Chief Fung <i>Taiwan Ministry of Education Life Education Advisory Committee</i> : Mr. Jason Yip <i>Experienced Professional in Performing Art</i> : Dr. Sham Kwan Ho <i>Associate Consultant in Psychiatry United Christian Hospital</i> : Ms. Eliza Wong : Ms. Maria Yu
PR & Fundraising Consultant	
PR & Media Consultant	

SBHK Ambassador : Ms. Kara Wai Ying Hung

Staff List (as at 31 December 2016)

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
Administrative Assistant : Mr. Leung Tsz Hon
Junior Administrative Assistant : Ms. Lee Ching Man
Part-time Clerk : Ms. Chow Fung Yu
Ms. Cheung Siu Kwan

Life Education Centre
Centre-in-charge : Ms. Fu Pui Yee
Assistant Social Work Officer : Ms. Li Ho Yan
Ms. Lee Ching Yi
Program Worker : Mr. Lee Ka Ho
Stage Manager (Part-time) : Mr. Kwok Chi Ho
Assistant Social Work Officer : Ms. Fong Yun Mui
(Part-time)

Ur-link Professional Training and Development Centre
Training Assistant : Mr. Tam Shun Yuen

Suicide Crisis Intervention Centre
Centre-in-charge : Mr. Ho Wing Hung
Senior Crisis Counsellor : Ms. Wai Choi Kei
Mr. Cheng Wai Kei
Crisis Counsellor : Ms. Choi Chu Lei
Ms. Tsang Siu Ha
Ms. Lee Sze Man
Mr. Li Sam
Mr. Lam Tsz Yeung
Ms. Kwok Wai Mun
Mr. So Yik Pun
Ms. Tang Sze Ki
Ms. Fu Man Ying
Ms. Lau Wing Chi
Ms. Chan Siu Mui
Ms. He Shan
Ms. Ng Suk Yee
Ms. Lam So Yee
Ms. Zhou Xing
Social Worker : Ms. Yuen Po Yi
Ms. Cheng Lap Chin
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



機構里程碑

SBHK MILESTONES

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



1960

香港撒瑪利亞防止自殺會中五熱線輔導面面觀座談會



展開中五會考生輔導服務
Launch of a Summer Hotline Service for Form 5 graduates

成立「關懷身邊人基金」

Establishment of the Caring Fund



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.



成立「專業培訓及發展中心」
Start of Professional Training and Development Centre



2006

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

1976

易名為「香港撒瑪利亞防止自殺會」
Renaming as "The Samaritan Befrienders Hong Kong"

1995

彩虹服務中心啟用
Opening of Choi Hung Service Centre

2003

生命教育資源圖書閣投入服務
The Resource Library start operation

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



2004



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關愛

守護
幼苗

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

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



2008

2011

2014

2010

2012

2013

2016



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

生命劇場開展
Life Drama Programme started



首次賣旗日
1st Flag-day



將「專業培訓及發展中心」正名為「越嶺專業培訓及發展中心」
Renamed “Professional Training and Development Centre” to “Ur-Link Professional Training & Development Centre”



於3月舉辦學生自殺問題分析及建議方案記者招待會，提升社會對學生自殺問題的關注。
The analysis in student suicide cases and suggestions was announced in press conference hold in March to raise public awareness for this issue



與社福機構合作推行「擁抱孩子一分鐘」運動，加強家長與子女間之溝通

Co-operate with NGOs, SBHK organized “Hug You Kids for One Minute Campaign” to optimize the quality of parental time.



主席報告

CHAIRMAN'S REPORT

導言

根據死因裁判庭的資料，2016 年共有 954 宗自殺死亡個案，自殺率為 12.94（即每十萬人中有 12.94 人死於自殺）。自殺死亡個案數字比 2015 年度減少 65 宗。然而，從 2016 年學年開始，連續發生多宗學生自殺個案，引起社會廣泛關注，本會為此於年內新增多項服務，以回應急切的社會需要。

機構整體事項

2016 年，我們於會徽之下加入標語「聆聽 · 同行 · 關愛 · 成長」，以向公眾表明我們的服務使命及理念，並藉此提醒同工及義工在本會服務的「初心」。

鑑於 2016 年初發生多宗學生自殺個案，我們於 2016 年 3 月 10 日舉行「學生自殺問題分析及建議」記者招待會，以提升社會對學生自殺問題的關注，並提出建議，希望家長、校方及社會各界同心合力，減少學生自殺的情況。當日有 22 間傳媒機構到場採訪，可見傳媒極之重視本會提供的意見。

我們亦於 3 月 19 日，與香港社會服務聯會合辦「擁抱孩子一分鐘」運動，鼓勵家長藉着擁抱表達對子女的關懷，打破父母與子女間的隔膜，重建溝通平台，使家庭成為子女的避風港。

另外，本會得到香港賽馬會慈善信託基金資助，加強防止學生自殺的工作。「賽馬會生命偶遇資源計劃」由 2016 年 10 月開始，為期 3 年，服務包括為老師及家長提供免費培訓；透過小組訓練，讓家長了解自己的育兒方式對子女的影響，並提升與子女溝通的技巧；更為教師及駐校社工提供專業培訓，提升他們辨識有自殺危機的學生、應對學生自殺困擾的能力。資助亦包括成立香港首個生命教育網上共享平台，以提供豐富的生命教育資源予公眾人士，平台將於 2017 年中成立。

熱線中心

2016 年，我們共處理了 18,907 人次的服務個案，比 2015 年的 18,500 宗增加 407 宗，當中求助個案為 12,896 人次。在 2016 年的求助個案中，有自殺危機者共 11.68%；其中，26.50%（即 80 個案）屬高、中危個案，獲轉介至自殺危機處理中心跟進。

2016 年 5 月，我們舉辦了第 58 期義工訓練班，共有 68 人接受職前培訓第一階段的課程。

為了不斷提升熱線服務的質素，加強熱線義工的專業知識，2016 年，我們提供各項在職訓練共 37 節，共有 811 人次參與。

自殺危機處理中心

自殺危機處理中心於 2016 年共處理了 1,458 宗個案，數字較 2015 年上升 63 宗（2015 年共處理 1,395 宗個案），遠高於本中心與社會福利署於津貼及服務協議中制定的每年服務個案數字——1,200 宗。由此可見，自殺危機處理服務的需求極大，而中心同工的工作量卻超出資源限制，他們的努力是值得嘉許的。



因應學生自殺問題，自 2016 年 3 月起，網上聊天室「真心話室」延長服務時間至星期一至日晚上 8 時至翌晨 1 時，支援有自殺危機的網絡使用者，為他們提供情緒疏導。全賴義工們的協助，2016 年「真心話室」服務時數增至 1,790 小時，比 2015 年上升 750 小時（2015 年服務時數為 1,040 小時）。

生命教育中心

生命教育中心積極於社區中推行生命教育，宣揚珍惜生命、關愛互助及預防自殺等信息。2016 年度到訪各區中小學、大專院校、政府部門及各機構，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、專題培訓及小組活動，服務人次多達 9,000。除以上培訓外，本會生命教育中心為中小學家長舉辦免費的親子教育小組。

自 2011 年起，我們推出「你的生命 • 你的選擇」生命劇場。參考論壇劇場的模式，以互動的方式進行，讓觀眾可以參與劇場情節，提供改善建議，並對自己的生命有所反思。雖然贊助於 2015 年完結，但由於生命劇場得到社會大眾肯定，因此我們決定繼續演出。在同工及義工的努力下，我們於 2016 年一共公演 8 場，吸引 1,905 名觀眾欣賞。

關懷身邊人基金

本會一向致力推廣關心身邊人及積極面對困難的正向人生觀。我們連續三年舉辦「黑夜見黎明」慈善城市定向比賽，約 1,000 名參加者身體力行，體驗夜行，由黑暗走向光明，並成功籌得港幣 60 多萬元，善款將用於本會的生命教育工作。

越嶺專業培訓及發展中心

越嶺專業培訓及發展中心於 2016 年舉辦一系列公開課程，供市民或從事助人行業人士（如教師、社工、醫護人員等）報讀。同時，我們亦開始為企業員工提供講座。我們相信藉着教育及專業培訓，可提升公眾人士情緒管理的技巧，加強各界對防止自殺方面的認知。

商界合作

我們相信邀請商界、學界機構及公眾人士等，同心協力推動防止自殺工作，至為有效。因此，本會於 2016 年度繼續與多間企業合作，於社區推廣珍惜生命的信息，鼓勵大眾以正向思維面對逆境。合作企業包括香港鐵路有限公司、香港人壽保險經理協會、里程 91 等等。

總結

社交平台的普及以至溝通模式的轉變，為本會帶來更多挑戰。在未來的日子，我們將會精益求精，推出更多切合使用者需要的服務。祈願更多機構、商業伙伴、捐款人士、義工及社會大眾給予支持，讓我們的防止自殺及生命教育工作做得更好，大家攜手建設一個互助、同行、關愛的社會。



主席報告

CHAIRMAN'S REPORT

INTRODUCTION

According to information from the Coroner's Court, there were 954 suicide deaths in 2016. The suicide rate was 12.94 (i.e. 12.94 per 100,000 people died of suicide). The number of suicide deaths was 65 less, as compared with the 2015 figure. However, the alarming number of student suicides since the beginning of the academic year has aroused widespread concern. As a result, SBHK has launched some new services to meet the immediate needs of society.

SERVICE OVERVIEW

In 2016, the phrase "Listen • Company • Care • Grow" was added below our current logo in an effort to present to the general public our service mission and belief, and to remind our staff and volunteers their very reasons for joining SBHK.

Due to the frequent occurrence of student suicides, we held a press conference on March 10 titled "Analysis of Student Suicides and Some Action Points" to raise public awareness, and to provide suggestions for parents, schools and society as a whole to deal with the problem. Altogether, 22 media outlets attended the press conference, which shows that our opinions on the issue are highly valued.

On March 19, we co-organized with the Hong Kong Council of Social Service the "Hug Your Kid for One Minute" Campaign to encourage parents to show their love and care by hugging their children every day. It is our hope that by doing so, the barrier between the two generations can be broken, communication within the household can be more effective, and the family can always serve as a shelter for the children.

Apart from that, with sponsorship by the Hong Kong Jockey Club Charities Trust, we are able to enhance our service in student suicide prevention. The Jockey Club Life Connect Programme is a three-year initiative that commenced in October 2016. It includes free training for teachers and parents. Workshops are delivered in order that parents would better understand how their parenting styles affect their children. The workshops also enhance their communication skills with their kids. Training for teachers and social workers at schools aim at elevating their ability to identify and handle students with suicide risk. A publicly-accessible online life education platform, the first of its kind in Hong Kong, is also being built under the programme to provide a wide range of life education materials. The platform is expected to be ready by mid-2017.

HOTLINE CENTRE

In 2016 we handled a total of 18,907 cases, 407 more than in 2015. Among them, 12,896 were help-seeking cases. 11.68% of these help-seeking cases involved suicide risk, and 26.50% (i.e. 80 cases) of them were referred to our Suicide Crisis Intervention Centre for follow-up.

In May 2016, we held the 58th batch of volunteer training programme. 68 people received our first-phase training.

To further enhance our hotline service and equip our volunteers with more professional knowledge, in 2016 we offered altogether 37 sessions of on-the-job training to our volunteers, drawing a total of 811 attendance.

SUICIDE CRISIS INTERVENTION CENTRE

Our Suicide Crisis Intervention Centre handled altogether 1,458 cases in 2016, an increase of 63 cases, as compared with the previous year (i.e. 1,395 cases). This figure was far beyond the benchmark (i.e. 1,200 cases) stipulated in the Funding Service Agreement with the Social Welfare Department. From this, it is fair to conclude that the demand for our service is huge. Our dedicated staff members, who are always willing to go the extra mile despite our limited resources, surely deserve recognition.



In response to the rapid surge of student suicides, our online chatroom “Real Time Chatroom” has extended service hours to Monday through Sunday, from 20:00 to 01:00, so that internet users at risk of suicide can be given the emotional support they need. Thanks to our volunteers, “Real Time Chatroom” provided a total of 1,790 hours of service in 2016, 750 more as compared with 1,040 hours in 2015.

LIFE EDUCATION CENTRE

Our Life Education Centre has been providing services proactively in the community. It is hoped that through our work, more people would cherish their lives and care for each other so that suicides can be prevented effectively. In 2016, we reached out to a large number of primary and secondary schools, colleges and universities, government departments and organizations. Talks, workshops, training and group activities were offered to a total of 9,000 participants. Free education programmes were also provided for parents and their children in primary and secondary schools.

Our “Your Life·Your Choice” Life Drama Programme first started in 2011. Similar to forum theatre, this interactive drama allows audiences to be part of the play itself by suggesting how the story may unfold, in turn leaving them plenty of room for self-reflection. Although sponsorship ceased in 2015, the programme has continued to this day due to enthusiastic feedback. With the support of our staff and volunteers, 8 performances were staged in 2016, with a total attendance of 1,905.

CARING FUND

In 2016, the Caring Funds continued to encourage people to care for each other and develop a positive attitude toward life. We held “From Darkness to Sunrise” City Orienteering Competition for the third consecutive year. Around 1,000 participants literally walked through the dark night into a bright new day. The activity successfully raised over HK\$600,000, which will go to fund our life education service.

UR-LINK PROFESSIONAL TRAINING & DEVELOPMENT CENTRE

Ur-Link held a series of training courses in 2016 for the general public and helping professionals, such as teachers, social workers and medical practitioners. The centre also began to host talks for staff of private companies. Through these training programmes, we hope that members of the public would know more about emotional management and suicide prevention.

CORPORATE PARTNERSHIP

We believe that our work in suicide prevention can be more effective if we go hand in hand with other organizations in the private sector, the education sector, and also the public at large. As such, in 2016 we cooperated with many commercial partners, namely MTR, GAMA Hong Kong, Legacy 91 and more, in the hope that more people would cherish and embrace their lives.

CONCLUSION

The prevalence of social media and the ever-changing communication habits have brought SBHK more challenges than ever. In the days ahead, we will continue to strive for excellence by providing services that give users what they really need. We sincerely hope that different organizations, corporate partners, donors, volunteers and members of the public would give us their valuable support, so that our work on suicide prevention and life education can be more effective. Together let us build a society in which we help each other, walk with each other, and care for each other!



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需要，給予支持及關懷，藉着傾談舒緩求助者的困擾。

Our 24-hour hotline provides immediate emotional relief when it is needed most. While listening to the callers with utmost patience, our volunteers try to ease their discomfort by offering care and support.

個案服務 Case Service

個案數目 Number of Cases

2016 年，我們共處理了 18,907 人次的服務個案，比 2015 年的 18,500 宗增加 407 宗，當中求助個案為 12,896 次。

In 2016, we handled a total of 18,907 cases, 407 more than the 2015 figure. Among them, 12,896 were help-seeking cases initiated by the clients.

(表 1) 個案年齡及性別分佈
(Table 1) Age and Gender Distribution of Cases

年齡 Age	2016					2015	
	男 M	女 F	不詳 Unknown	總計 Total	%	總計 Total	%
0 - 9	13	6	3	22	0.17	11	0.09
10 - 19	338	333	5	676	5.24	510	4.12
20 - 29	971	920	0	1,891	14.66	2,087	16.84
30 - 39	1,307	1,372	3	2,682	20.80	2,670	21.54
40 - 49	1,909	1,323	3	3,235	25.09	3,272	26.40
50 - 59	994	1,317	0	2,311	17.92	1,921	15.50
60+	336	221	0	557	4.32	587	4.74
不詳 Unknown	705	729	88	1,522	11.80	1,336	10.77
總計 Total	6,573	6,221	102	12,896	100	12,394	100

問題類別 Nature of Problems

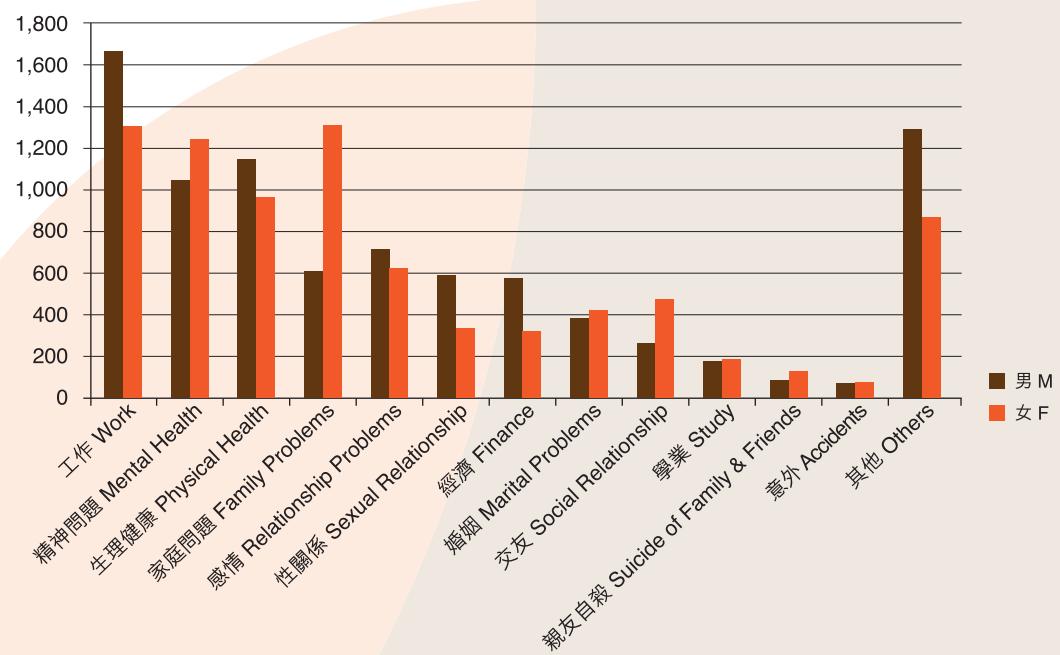
在 2016 年的求助個案中，主要的困擾來自工作 (17.56%)、精神健康 (13.57%) 及生理健康問題 (12.47%)。相比 2015 年，受工作及生理健康困擾的求助個案數字分別上升了 0.59% 及 2.34%

In 2016, the major reasons for seeking help were distress in connection with Work (17.56%), Mental Health (13.57%), and Physical Health (12.47%). Compared with 2015, the number of cases relating to Work and Physical Health increased by 0.59% and 2.34% respectively.



守護
心靈
幼苗

(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	2016					2015	
	男 M	女 F	不詳 Unknown	總計 Total	%	總計 Total	%
工作 Work	1,667	1,309	11	2,987	17.56	2,767	16.97
精神問題 Mental Health	1,050	1,247	12	2,309	13.57	2,413	14.80
生理健康 Physical Health	1,145	970	6	2,121	12.47	1,652	10.13
家庭問題 Family Problems	611	1,313	7	1,931	11.35	1,719	10.54
感情 Relationship Problems	716	625	1	1,342	7.89	1,460	8.95
性關係 Sexual Relationship	589	338	5	932	5.48	969	5.94
經濟 Finance	387	415	0	802	4.71	886	5.43
婚姻 Marital Problems	579	327	3	909	5.34	916	5.62
交友 Social Relationship	262	472	5	739	4.34	736	4.51
學業 Study	182	187	6	375	2.20	229	1.40
親友自殺 Suicide of Family & Friends	86	123	5	214	1.26	210	1.29
意外 Accidents	65	71	0	136	0.80	138	0.85
其他 Others	1,292	864	59	2,215	13.03	2,213	13.57
總計 Total	8,631	8,261	120	17,012	100	16,308	100



服務報告

SERVICE REPORT

(表 3) 個案類別及年齡分佈

(Table 3) Natures and Age Distribution of Cases

年齡 Age	0-9		10-19		20-29	
	男 M	女 F	男 M	女 F	男 M	女 F
個案類別 Nature						
工作 Work	0	0	12	16	175	182
精神問題 Mental Health	2	0	63	38	120	202
生理健康 Physical Health	1	0	76	17	51	87
家庭問題 Family Problems	2	0	46	108	84	195
感情 Relationship Problems	0	1	24	46	186	189
性關係 Sexual Relationship	4	1	51	49	208	47
經濟 Finance	1	0	3	9	46	42
婚姻 Marital Problems	0	0	1	2	37	37
交友 Social Relationship	0	0	24	40	42	88
學業 Study	0	1	90	78	34	64
親友自殺 Suicide of Family & Friends	0	0	3	7	17	20
意外 Accidents	0	0	1	4	5	13
其他 Others	4	4	52	36	189	100
總計 Total	14	7	446	450	1,194	1,266

年齡 Age	30-39		40-49		50-59	
	男 M	女 F	男 M	女 F	男 M	女 F
個案類別 Nature						
工作 Work	247	491	879	246	205	237
精神問題 Mental Health	219	230	206	276	276	292
生理健康 Physical Health	90	151	306	216	356	357
家庭問題 Family Problems	116	195	184	275	102	337
感情 Relationship Problems	249	174	164	127	28	29
性關係 Sexual Relationship	177	71	58	96	10	24
經濟 Finance	104	79	225	83	108	72
婚姻 Marital Problems	153	75	82	156	46	95
交友 Social Relationship	55	129	68	109	42	46
學業 Study	23	13	8	8	5	9
親友自殺 Suicide of Family & Friends	15	33	15	22	10	15
意外 Accidents	21	25	11	15	17	9
其他 Others	143	131	426	211	201	184
總計 Total	1,612	1,797	2,632	1,840	1,406	1,706

年齡 Age	60+		不詳 Unknown		個案類別總計 Total no. of Case in Category		
	男 M	女 F	男 M	女 F	男 M	女 F	總計 Total
個案類別 Nature							
工作 Work	51	11	98	126	1,667	1,309	2,976
精神問題 Mental Health	60	71	104	138	1,050	1,247	2,297
生理健康 Physical Health	172	58	93	84	1,145	970	2,115
家庭問題 Family Problems	36	92	41	111	611	1,313	1,924
感情 Relationship Problems	5	7	60	52	716	625	1,341
性關係 Sexual Relationship	10	1	71	49	589	338	927
經濟 Finance	56	18	36	24	579	327	906
婚姻 Marital Problems	15	21	53	29	387	415	802
交友 Social Relationship	12	7	19	53	262	472	734
學業 Study	4	0	18	14	182	187	369
親友自殺 Suicide of Family & Friends	5	7	21	19	86	123	209
意外 Accidents	4	0	6	5	65	71	136
其他 Others	78	23	199	175	1,292	864	2,156
總計 Total	508	316	819	879	8,631	8,261	16,892



風險程度 Risk Level

在 2016 年的求助個案中，有自殺危機的個案為 11.68%，其中 26.5%（即 80 宗）的高、中危個案，最終獲轉介至自殺危機處理中心跟進。

In 2016, 11.68% of the cases were assessed as having suicidal risk. Among the medium and high risk cases, 26.5% (80 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	2016					2015	
	男 M	女 F	不詳 Unknown	總計 Total	%	總計 Total	%
低 Low	559	626	19	1,204	9.34	1,196	9.65
中 Moderate	89	155	5	249	1.93	257	2.07
高 High	19	32	2	53	0.41	53	0.43
無 No	5,589	5,193	46	10,828	83.96	10,291	83.03
不適用 N/A	317	215	30	562	4.36	597	4.82
總計 Total	6,573	6,221	102	12,896	100	12,394	100

義工訓練 Volunteer Training

2016 年 5 月，我們舉辦了第 58 期義工訓練班，共 68 人接受職前培訓第一階段的訓練課程。

In May 2016, we organized the 58th batch of hotline volunteers training programme. 68 applicants were admitted as volunteer trainees for the first stage of training.



58 期義工訓練日營
The 58th Volunteers Training Day Camp



58 期義工基礎訓練班
The 58th Volunteers Basic Training Course



服務報告

SERVICE REPORT

為提升熱線服務的質素，加強熱線義工的專業知識，我們在 2016 年為他們提供各項在職訓練共 37 節，參與人數共 811 人次。

To further improve our hotline service and equip our volunteers with more expertise, we offered a wide variety of on-the-job training (37 sessions) to a total of 811 attendance in 2016.

(表 5) 热線義工在職訓練
(Table 5) Hotline Volunteers In-service Training

主題 Theme	節數 No. of Sessions	人數 No. of Participants
探訪澳門輔導機構 Visiting Counselling Centres in Macau	2	34
長者溝通技巧訓練 Seminar on Communication Skills with the Elderly	1	48
認識思覺失調講座 Seminar on Understanding Early Psychosis	1	44
與雙性人對話 Dialogue with the Androgynous	1	44
2016 年全會退修營 Retreat Camp 2016	1	23
「真心話室」訓練 "Heart to Heart Chatroom" Training Programme	4	47
52&53 期「拚」發小組 Training Programme for Junior Volunteers (52 nd & 53 rd)	6	35
54&55 期「拚」發小組 Training Programme for Junior Volunteers (54 th & 55 th)	6	35
操控性個案處理技巧講座 Seminar on Handling Technique for Manipulative Cases	1	45
參觀長者安居協會「生命・歷程」體驗館 Visiting "Life Journey Centre" under Senior Citizen Home Safety Association	2	35
「黑暗中對話」體驗 "Dialogue in the Dark" Tour	1	16
聲線訓練工作坊 Training Workshop on How to Improve Our Speaking Voice	1	37
認識雙性人講座 Seminar on Understanding the Androgynous	1	42
認識賭博成癮及電話輔導講座 Seminar on Understanding Gambling Addiction and Telephone Counselling	1	45
認識妄想症講座 Seminar on Understanding Paranoia	1	77
認識未婚媽媽服務講座 Seminar on the Services Available for Unmarried Mothers	1	37
你的危機何止於接聽電話一刻？Workshop for Debriefing Technique	1	16
博域家庭系統理論課程 Bowen Family Systems Theory Training Course	4	102
性成癮個案處理技巧講座 Seminar on Handling Skills for Sexual Addiction	1	49



講解性成癮個案處理技巧
Lecture on how to handle sexual addiction



博域家庭系統理論課程
Training course on the Bowen Family Systems Theory



心靈
關愛

守護
幼苗

義工資料 Profile of Volunteers

截至 2016 年底，本會共有義工 249 名。

As at the end of 2016, we have altogether 249 hotline volunteers.

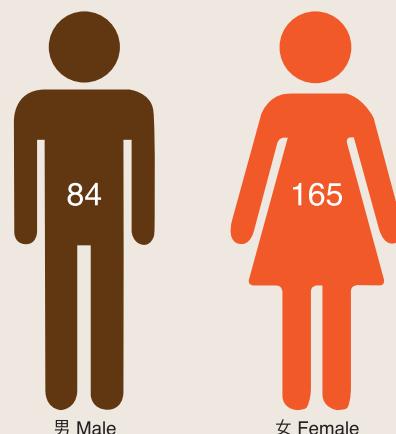
(表 6) 義工年資分佈

(Table 6) Serving Years of Volunteers

服務年資 Years of Service	Male 男	Female 女
一年以下 Below 1 year	11	42
2-3 年 / years	15	31
4-5 年 / years	9	19
6-7 年 / years	9	9
8-9 年 / years	3	10
10 年或以上 / 10 years above	37	54
Total 合共	84	165

圖 2：義工數字

Chart 2 : Number of Volunteers



探訪及講座 Centre Visits and Seminars

(表 7) 外間機構探訪

(Table 7) Number of Outside Visits

月份 Month	機構名稱 Organization	參加人數 No. of Participants
2 月 February	母親的抉擇 Mother's Choice	6
6 月 June	台北生命線 Lifeline Association, Taipei	16
8 月 August	香港賽馬會 The Hong Kong Jockey Club	3
11 月 November	生命熱線 Suicide Prevention Services	2

(表 8) 其他機構舉辦之講座及參與人數

(Table 8) Attendance of Seminars Presented by Other Organizations

月份 Month	機構名稱 Organization	出席人數 Attendance
4 月 April	長者安居協會 Senior Citizen Home Safety Association	40
6 月 June	中華電力 CLP Power Hong Kong Limited	25
8 月 August	香港大學 Hong Kong University	16
11 月 November	浸信會愛羣社會服務處 Baptist Oi Kwan Social Service	23



服務報告 SERVICE REPORT

特別服務 Special Services

為提升公眾人士對情緒健康的關注，熱線義工於 2016 年繼續提供各項支援活動，如於社交媒体及社區宣傳本會的熱線服務，同時鼓勵情緒受困者求助。

To raise public awareness of mental health, in 2016 hotline volunteers continued to help publicize our services through social media or in the community, in the hopes that more people in distress would be willing to seek help.

社交媒体專頁 — 生命偶遇 Meeting Life “Meeting Life”in Social Media

「生命偶遇」Facebook 專頁於 2013 年設立，向公眾傳播珍惜生命、尊重他人、堅強面對人生逆境的正面信息。

In place since 2013, our Facebook page named “Meeting life” sets out to encourage all to cherish life, respect others, and face up to life’s adversities in a positive way.

網址 URL: www.facebook.com/pg/meetinglife.sbhk.org.hk



社區活動——情緒急救站 Emotion First Aid Counter

本會職員及義工定期於港鐵站設置「情緒急救站」，即場為乘客進行情緒測試，並為有需要人士提供即時情緒舒緩，或轉介至本會的自殺危機處理中心。我們並於站內派發宣傳刊物，讓大眾了解我們的服務，同時宣揚正向人生觀。

Manned by our staff and volunteers, the Emotion First Aid Counter operates in MTR stations at regular intervals. We invite passengers to perform a test on their emotional well-being and, if necessary, we would provide immediate support to those who need it or refer cases to our Suicide Crisis Intervention Centre. Besides, we distribute publicity materials as part of our efforts to help people develop a positive attitude toward life.

(表 9) 社區活動
(Table 9) Special Programme

月份 Month	活動名稱 Name of Programme	參加人數 No. of Participants
5 月 May	情緒急救站（上水站） Emotion First Aid Counter (Sheung Shui MTR Station)	500



生命教育中心 Life Education Centre

防止自殺教育計劃 Suicide Prevention Education Project

自 2002 年開始，香港賽馬會慈善信託基金資助我們的「防止自殺教育計劃」，透過外展服務及珍惜生命大使訓練、設立賽馬會生命教育資源閣及製作教材等工作，於社區中推行生命教育，宣揚珍惜生命、關愛互助及預防自殺等信息。

This project has been sponsored by the Hong Kong Jockey Club Charities Trust since 2002. Through a comprehensive range of services including outreach, volunteer training, resource library and publications, we hope that more people would be encouraged to cherish their lives, care for each other, and work together to prevent suicides from happening.

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 Talk	33	7,763
工作坊 Workshop	10	561
小組 Group Session	2	33
專題培訓 Professional Training	3	114
社區教育 Community Education	3	700



為中小學生提供生命教育講座
Talks were organized to primary and secondary school students



提供專業培訓予學校教師
Professional Training were provided to teachers



服務報告 SERVICE REPORT

社區支援計劃 Community Support Services

在過去一年，共有 29 位有心人士完成了「珍惜生命大使」訓練，希望於社區中種下珍惜生命、關懷他人的種子。

In the previous year, a total of 29 persons completed training and became our “Life Ambassadors” to help sow seeds for an inclusive society where people would cherish their lives and show concern for each other.



支援服務 Ancillary Services

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

2016 年，資源閣的到場人次為 3,160 人，共借出圖書及視聽資料 741 項。資源閣添購了不少繪本及教導家長進行生命教育之圖書，並繼續推出社區外借計劃，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。

In 2016, the Resource Library drew a total attendance of 3,160 with 741 items being loaned. The Community Loan-out Programme, since its inception in 2013, has allowed schools and various organizations to borrow more items at the same time.





出版及宣傳品 Publications

我們於 2016 印製了第 72 至 75 期會訊「生命交流」。

In the previous year, Issues 72 to 75 of Life Interflow, our newsletter, were published.



「繪聲繪惜」生命教育圖書外展計劃 “Fun to Read” Life Education Books Promotion Project

2016 年 9 月至 2017 年 2 月，香港鐵路有限公司資助我們推行此計劃，免費提供活動予幼稚園及小學學生，透過多元藝術如繪本閱讀及演繹，推廣積極面對困難及珍惜生命的信息。

Funded by MTR Corporation from September 2016 to February 2017, this project provided free picture book reading sessions for kindergarten and primary school students to make them more resilient in the face of adversity and encourage them to treasure their lives.





服務報告

SERVICE REPORT

賽馬會生命偶遇資源計劃

Jockey Club Life-Connect Resource Network

本計劃由香港賽馬會慈善信託基金於 2016 年 10 月開始資助，為期 3 年，當中包括到校為中小學家長舉辦免費親子教育小組、開設網上生命教育資源共享平台。網上平台將於 2017 年啟動。

Funded by the Hong Kong Jockey Club Charities Trust since October 2016, this three-year school outreach programme has offered free parenting workshops to parents of primary and secondary school students. Besides, an online Life Education Resource Platform will be launched in 2017.





生命劇場 Life Drama Programme

透過互動劇場的手法，讓觀眾以訪問劇中主角、替代角色、改寫劇本等形式，為處於困境的主角找尋死亡以外的出路，克服困難，避免悲劇發生；也讓觀眾反思自身面對困難及挑戰時的態度。我們於 2016 年公演了 8 場，總共有 1,905 名觀眾。

The programme is modelled on interactive theatre. The audience can help the characters in the plays to steer clear of suicide and rise over their predicament by interviewing them, taking over their places, or simply rewriting the script. This in return prompts the audience to reflect on themselves and their attitude during tough times in life. In 2016, we staged eight performances to a total of 1,905 viewers.





服務報告 SERVICE REPORT

自殺危機處理中心 Suicide Crisis Intervention Centre

自殺危機處理中心致力為瀕臨自殺邊緣者、自殺危機關顧者及自殺身故者親友，提供個案輔導、諮詢及小組服務。為擴闊接觸層面，我們還提供網上防止自殺服務，為網絡上情緒受困人士提供即時支援，疏導困擾。

The Suicide Crisis Intervention Centre (SCIC) has been dedicated to providing individual/group counselling and consultation services for those with immediate suicide risk, for those who care for suicidal people, as well as for family and friends of people who died of suicide. In order to expand our reach, we also help prevent suicide online by offering immediate support to internet users in emotional distress.

危機個案服務 Case Work Service

中心為有自殺傾向的人士（危機級別屬中度及高度）提供危機介入及輔導服務。2016年，我們共處理了1,458宗個案。

The SCIC provides crisis intervention and intensive counselling services to those with moderate and high suicide risk. In 2016, we handled 1,458 crisis cases.

性別與年齡 Gender and Age

在1,458宗個案中，有519宗的案主是男性、939宗是女性。其中三個年齡組別(20–29歲、30–39歲及40–49歲)的個案最多，共佔約整體的六成半。其次年齡組別(50–59歲及10–19歲)分別佔整體16.7%及7.1%。

Among crisis cases, there were 519 male and 939 female clients. Three age groups (20 to 29, 30 to 39 and 40 to 49) constituted the majority of the cases – nearly 65% of the total. The 50–59 and 10–19 age groups accounted for 16.7% and 7.1% respectively.

年齡 Age	男 M	女 F	總計 Total	%
0-9	1	0	1	0.1%
10-19	37	67	104	7.1%
20-29	115	166	281	19.3%
30-39	125	245	370	25.4%
40-49	88	197	285	19.5%
50-59	91	153	244	16.7%
60-69	34	68	102	7.0%
70-79	9	13	22	1.5%
>=80	8	5	13	0.9%
不詳 Unknown	11	25	36	2.5%
總計 Total	519	939	1,458	100%



守護
幼苗
心靈
關愛

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，受到家人或朋友的自殺問題困擾、受精神健康或婚姻問題困擾（例如：夫妻不和、婚外情、離婚等）佔最多，分別有 238 宗（16.3%）、200 宗（13.7%）及 163 宗（11.2%），共佔總數的 41.2%。

Among the cases, the top three risk factors were distress caused by suicidal family members or friends, mental health problems, and marital distress (such as domestic discord, extramarital affairs and divorce). These factors amounted to 238 (16.3%), 200 (13.7%) and 163 cases (11.2%) respectively, adding up to 41.2% of the total.

危機個案問題類別 Nature of Problems	男 M	女 F	總計 Total	%
受他人自殺問題困擾 Distress Caused by Suicidal Family Members or Friends	72	166	238	16.3%
精神健康問題 Mental Health Problems	69	131	200	13.7%
婚姻問題 Marital Distress	47	116	163	11.2%
親友自殺死亡 Deaths of Family Members or Friends by Suicide	36	71	107	7.3%
財務困難 Financial Strain	59	39	98	6.7%
父母子女關係 Parent-child Relationship	23	72	95	6.5%
感情關係 Romantic Relationship	35	59	94	6.4%
身體健康問題 Physical Health Problems	36	40	76	5.2%
其他家庭問題 Other Family Problems	12	36	48	3.3%
住屋 Housing	12	36	48	3.3%
工作壓力 Work Pressure	17	22	39	2.7%
喪親 Bereavement	8	28	36	2.5%
學業 Study	10	21	31	2.1%
失業 Unemployment	18	11	29	2.0%
法律 Law	12	14	26	1.8%
朋輩關係 Peer Relationship	13	10	23	1.6%
其他 Others	40	67	107	7.3%
總計 Total	519	939	1,458	100%

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

本年度有 1,015 宗個案透過合作伙伴轉介，佔總數七成。其中，透過綜合家庭服務、熱線中心、自殺危機者親友及醫務社會服務轉介的，佔整體個案一半。

In the previous year, 1,015 crisis cases were referred to us by our service partners, which constituted 70% of the total. The major referrers were Integrated Family Service Centres, hotline centres, family and friends of suicidal people, and Medical Social Service Units, which amounted to nearly half of all the cases.



服務報告

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轉介來源 Sources of Referral	宗數 No. of Cases	%
綜合家庭服務中心 Integrated Family Service Centres	235	16.1%
熱線中心 Hotline Centres	201	13.8%
自殺危機者親友 Suicidal People's Family and Friends	134	9.2%
醫務社會服務單位 Medical Social Service Units	127	8.7%
警方 Police	73	5.0%
醫護服務機構 Medical and Health Service Providers	55	3.8%
學校 Schools	41	2.8%
臨床心理服務機構 Clinical Psychological Service Providers	21	1.4%
其他 Others	128	8.8%
自行求助 Self-help	443	30.4%
總計 Total	1,458	100%

「活出彩虹」服務 “Live the Rainbow” Service

「活出彩虹」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 119 宗自殺身故者親友之個案，當中自殺者屬子女佔最多，有 37 宗，佔整體的 31.1%。其次是配偶、父母，分別是 21 宗 (17.6%) 及 16 宗 (13.4%)。

The first of its kind in Hong Kong which provides support specifically for those who lost a loved one to suicide. In the previous year, the SCIC received a total of 119 cases. Among the deaths by suicide, 37 cases were children which represented 31.1% of the total. This is followed by spouse (21 cases, 17.6%) and parent (16 cases, 13.4%).

關係 Relationship	宗數 No. of Cases	%
子女 Child	37	31.1%
配偶 Spouse	21	17.6%
父母 Parent	16	13.4%
兄弟姊妹 Sibling	15	12.6%
其他親屬 Other Relatives	9	7.6%
其他 Others	21	17.6%
總計 Total	119	100%



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) 支援有自殺危機的網絡使用者。在 2016 年，中心提供了 1,790 小時的即時情緒疏導服務，並接觸了 2,703 名有自殺危機或情緒困擾的網絡使用者。

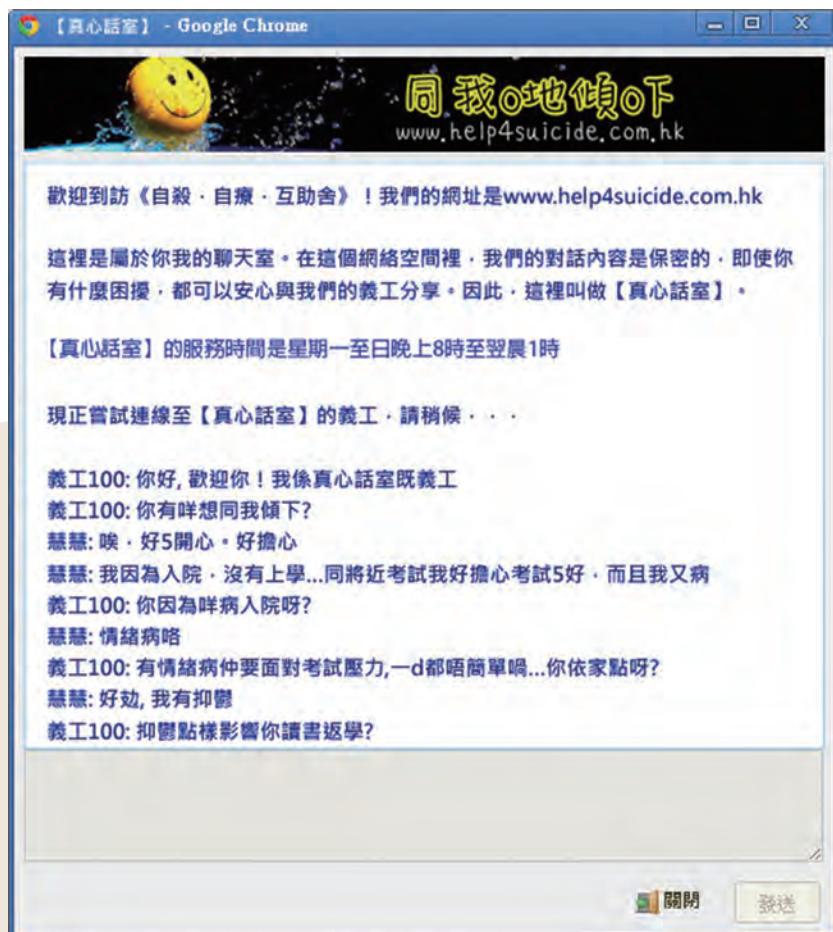
另外，我們在網上社交媒体共搜尋了 110,633 則留言，並且主動嘗試接觸其中 613 位有較明顯情緒困擾或自殺意圖的網友，以便進一步提供輔導服務。

Since 2008, the SCIC has started to provide online suicide prevention service via the Help4Suicide website (www.help4suicide.com.hk). In 2016, we rendered 1,790 service hours of immediate emotional support to 2,703 netizens with suicidal thoughts or emotional issues.

Moreover, among the 110,633 messages we found in social media, we reached out to 613 web users with apparent emotional issues or high suicide risk in our efforts to provide further counselling.



服務報告 SERVICE REPORT



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 Issues (e.g. mental or physical health, drug abuse, etc.)	845	55.6%
感情問題困擾 Relationship Problems	283	18.6%
處境性問題困擾 (如經濟、學業問題等) Situational Factors (e.g. finance, study, etc.)	252	16.6%
家庭問題困擾 Family Problems	133	8.7%
受親友自殺問題困擾 Distress Caused by Suicidal Family Members or Friends	5	0.3%
其他 Others	3	0.2%
總數 Total	1,521	100%





關懷身邊人基金 The Caring Fund

2016 年，關懷身邊人基金積極於社區推廣珍惜生命、關懷身邊人的信息。藉着舉辦各項大型活動及不同類型的宣傳，將正向人生觀推展至各階層，加強大眾的抗逆能力；同時鼓勵大眾於情緒受困擾時，向身邊親友或專業人士求助。

In order to encourage people to cherish life and care for those who need emotional support, the Caring Fund presented a vast array of events and spread our message via multiple channels throughout the previous year. We hope that our efforts would help people from different backgrounds to develop a positive attitude towards life and to stand strong in the face of adversity. We also encourage those experiencing emotional distress to turn to their relatives and friends or qualified professionals for assistance.

宣傳 Communication and Promotion

在過去的一年，我們除了利用傳統媒體（如報章、廣告及期刊等）之外，還加強於網上宣傳，善用社交媒體（如臉書專頁、YouTube 等）發佈資訊，接觸更多不同年齡、不同階層的人士。

Apart from traditional media (e.g. newspaper, advertisement and newsletter), we stepped up online publicity through social media (e.g. Facebook and YouTube) trying to reach a broader demographic of varying age groups and social backgrounds.

記者招待會 Press Conference

2016 年 6 月，我們舉行記者招待會，公佈 2015 年度香港自殺死亡統計數字及分析。根據 2006 至 2015 年間的數據，男性自殺死亡個案介乎 513 至 710 宗，佔上述各年度自殺死亡數字 60% 以上，過去五年更呈上升趨勢。我們建議男士正視精神健康，情緒受困時盡量主動與家人、朋友傾訴；而親友亦可留意身邊人的情緒，如發現對方情緒不穩或有自殺傾向，請向專業人士（如社工、心理醫生等）求助。

In June 2016, we held a press conference where the 2015 statistics of deaths by suicide in Hong Kong were released. According to our findings, from 2006 to 2015 the male suicide number ranged from 513 to 710, which constituted over 60% of the total number of deaths by suicide for each year. From 2010 to 2015 the male suicide rate continued to increase. We therefore set out to raise public awareness about men's mental well-being, and we strongly encourage gentlemen who experience emotional distress to open up to their family and friends. At the same time, if anyone appears emotionally unstable and even suicidal, it is advisable to seek professional advice from social workers or clinical psychologists, etc.





服務報告

SERVICE REPORT

回應學童自殺個案 Response to Student Suicides

鑑於 2016 年初發生多宗學生自殺個案，我們於 2016 年 3 月 10 日舉行「學生自殺問題分析及建議」記者招待會，以提升社會對學生自殺問題的關注，並提出建議，希望家長、校方及社會各界同心合力，減少學生自殺的情況。

去年 3 月，我們與香港社會服務聯會合辦「擁抱孩子一分鐘」運動，鼓勵家長藉着擁抱表達對子女的關懷，並打破父母與子女的隔膜，讓青年人有個更好的避風港，減少自殺的風險。

Given the frequent occurrence of student suicides in the early months of 2016, we held a press conference titled "Analysis of Student Suicides and Some Action Points" on 10 March 2016 to bring the issue to wider attention. It is our hope that student suicides can be minimized with the concerted efforts of parents, teachers and society at large.

Also in March, we jointly launched the "Hug Your Kids for One Minute" campaign with the Hong Kong Council of Social Service. Parents are encouraged to break the ice with a hug every day and show their children that they care for them, so that the family can serve as a refuge for young people when they need it most.



籌款活動 Fundraising Events

「黑夜見黎明」慈善城市定向比賽 2016

"From Darkness to Sunrise" City Orienteering Competition 2016

2016 年 9 月 24 及 25 日，我們連續第三年舉辦「黑夜見黎明」慈善城市定向比賽。約 1,000 名參加者身體力行，體驗夜行，由黑暗走向光明，並成功籌得港幣 60 多萬元，用於本會的生命教育工作。

參加者於 24 日晚上 10 時 30 分在 YMCA 京士柏百周年紀念中心出發，途經九龍各個檢查站，須跨過重重難關，方可到達終點，團隊的溝通和合作至為關鍵。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，寓意黑暗過後總見光明的正向人生觀。開幕及起步禮由前勞工及福利局局長張建宗 GBS 太平紳士主持。活動大使 RubberBand 聯同其他表演嘉賓，包括 Soler, Blaster, Circle, Narcissus 等為參加者帶來精彩演出，最後一同欣賞日出。

For three years in a row, we have presented "From Darkness to Sunrise" City Orienteering Competition as one of our fundraisers. Last year, the competition took place on 24–25 September which attracted some 1,000 participants. It successfully raised more than HK\$600,000 which will go to our life education programmes.

The competition started at 10:30pm, 24 September at the YMCA King's Park Centenary Centre. Participants had to overcome a host of hurdles as they were required to go through multiple checkpoints scattered around Kowloon. Good communication and teamwork are the keys to success. After reaching the destination at Kai Tak Runway Park, participants gathered for a band show while greeting the dawn –



a metaphor for the fact that after darkness there is always light. The opening and kick-off ceremony was officiated by the former Secretary for Labour and Welfare, Mr. Matthew Cheung Kin-chung, GBS, JP. The event ambassador RubberBand, together with other guest performers namely Soler, Blaster, Circle, and Narcissus, welcomed the start of a bright new day alongside the participants.



商界合作 Corporate Partnership

我們於 2016 年度得到商界伙伴的鼎力支持，舉辦了多項大型活動，讓大眾更加了解我們的工作，並推廣生命教育，宣揚關愛互助、關注精神健康的信息。

Over the previous year, we were blessed with tremendous support from the commercial sector in our varied efforts to reach out to the community, as well as to promote life education, mutual support in the community, and the importance of mental health.

Teen 空之「繩」嘉年華 Love and Care Carnival 2016

2016 年 6 月 12 日，義工組織「里程 91」於民生書院舉辦了這個嘉年華會，在社區宣揚關懷身邊人及珍惜生命的 информации，並為我們的防止自殺及生命教育服務籌款。

Presented by the volunteer group "Legacy 91", the carnival took place on 12 June at the Musang College to bring our message to the wider community and raise funds for our suicide prevention and life education programmes.





服務報告

SERVICE REPORT

「筆歌墨舞 · 書寫人生」咖啡書法展 SBHK Chinese Calligraphy Exhibition & Charity Sale

2016年8月12日至9月11日，我們舉辦了「筆歌墨舞 · 書寫人生」咖啡書法展暨慈善義賣，推廣正向生命的信息，並為我們的防止自殺服務籌募善款。

The exhibition was staged from 12 August to 11 September 2016 at the Colour Brown Café to encourage people to cherish life and to raise funds for our suicide prevention projects.



GAMAHK 慈善籃球賽 GAMAHK Charity Basketball Competition 2016

香港人壽保險經理協會於10月22日舉辦GAMA慈善籃球賽2016，讓會員切磋球技之餘，更為本會籌募善款，支持我們的生命教育及防止自殺工作。

The General Agents and Managers Association (GAMA) HK organized the competition on 22 October 2016 where members showed their sportsmanship and made donations in support of our work.





表：2016 年度宣傳 / 筹款活動一覽

Table: Publicity/Fundraising Events in 2016

日期 Date	活動 Events
3/2016	「學生自殺問題分析及建議」記者招待會 “Analysis of Student Suicides and Some Action Points” press conference
	「擁抱孩子一分鐘」運動 “Hug Your Kids for One Minute” campaign
	1,200 公里單輪車慈善環台籌款 1,200km unicycle ride for charity in Taiwan
6/2016	記者招待會 —— 發佈 2015 年全港自殺死亡統計數字 Press conference to announce the 2015 suicide statistics in Hong Kong
	Teen 空之「繩」嘉年華 Love and Care Carnival 2016
8/2016	於港鐵車站放置廣告，鼓勵情緒受困者致電熱線求助 Advertisements placed in MTR stations to encourage those in emotional distress to call our 24-hour hotline
	「筆歌墨舞 · 書寫人生」咖啡書法展 SBHK Chinese Calligraphy Exhibition & Charity Sale
9/2016	「黑夜見黎明」慈善城市定向比賽 2016 “From Darkness to Sunrise” City Orienteering Competition 2016
10/2016	GAMAHK 慈善籃球賽 2016 GAMAHK Charity Basketball Competition 2016
12/2016	本會連續四年榮獲「觸動社會慈善嘉許大獎」，表揚本會對香港社會的貢獻 Won for four consecutive years the “Touching CSR Award” in recognition of our contribution to society
1, 3, 4, 5, 6, 7/2016	於港鐵車站設立情緒急救站 Set up emotional first aid counters in MTR stations



服務報告 SERVICE REPORT

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於 2016 年舉辦一系列公開課程，供市民或從事助人行業人士（如教師、社工、醫護人員等）報讀。我們相信藉着教育及專業培訓，可提升人們情緒管理的技巧，加強各界對防止自殺方面的認知，鼓勵大眾實踐我們的使命，一同以愛心、耐性及同理心，建設互助、互勉、互愛的社會。

In 2016, the Ur-Link Professional Training & Development Centre provided a series of training programmes for the general public and helping professionals, including teachers, social workers and healthcare practitioners. We believe that with education and vocation training, more people would be able to manage their emotions better and become aware of the need to prevent suicide. We also hope that more people would join us in building with compassion, patience and empathy a more inclusive, accommodating society.

服務回顧 Service Review

2016 年舉辦之公開課程 Public courses in 2016

- 敘事治療基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Narrative Therapy



敘事治療基礎理論與技巧證書課程 – 小組練習
Certificate in Basic Concepts and Skills of Narrative Therapy tutorial session





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- 治療師不會告訴你的秘密：「自我暗示與催眠」
The Secrets Your Therapist Won't Tell You: "Self-Suggestion & Hypnosis"
- 專業家事調解訓練課程
Professional Family Mediation Training Programme



專業家事調解訓練課程 – 重聚聚餐
Professional Family Mediation Training Programme graduates' reunion

- 混合藝術媒介活動體驗與應用證書課程
Certificate in Mixed Media Experiential Learning and Application in the Helping Professions



自殺危機評估工作坊 – 導師講解重點
Instructor going through the points of significance at the Suicide Risk Assessment Training Workshop



自殺危機介入工作坊 – 分組練習
Group discussion at the Suicide Crisis Intervention Workshop



服務報告

SERVICE REPORT

團體課程 Group Training

中心之導師團隊由不同界別的專業人士組成，當中包括臨床心理學家、輔導心理學家、精神科醫生、調解員、資深危機輔導員、社工及熱線中心的資深導師等。除公眾課程外，我們並為企業、團體及學校舉辦員工培訓課程。

Our team of professionals consists of clinical psychologists, counselling psychologists, psychiatrists, mediators, crisis counsellors, social workers and senior tutors from our hotline centre. Apart from public programmes, we also offer training to corporates, organizations and schools.

2016 年團體課程用戶 Group Training Clients in 2016

- 救世軍
The Salvation Army
- 港鐵
MTR Corporation Limited
- 香港專業進修學校
Hong Kong College of Technology
- 僱員再培訓局
Employees Retraining Board
- 基督教家庭服務中心
Christian Family Service Centre
- 大學聯合招生處
JUPAS Office
- 基督教聖約教會耀安長者鄰舍中心
The MCC Yiu On Neighbourhood Elderly Centre
- 循道衛理楊震社會服務處
Yang Memorial Methodist Social Service
- AIM (Hong Kong) Limited



2016 年香港自殺統計數字分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2016

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由 2016 年 1 月 1 日至 12 月 31 日止，根據政府統計處 (2016 年臨時數據) 資料顯示，香港人口大約是 7,374,900，當中 3,388,800(45.95%) 是男性，女性則有 3,986,100 (54.05%)。而死因裁判法庭報告於此段期間有 954 人死於自殺，當中包括 789 人毋須進行死因研究而裁判為死於自殺。

2016 年香港自殺率為 12.94，即每十萬人中有 12.94 人死於自殺，比 2015 年下降了 1，即平均每天約有 2.61 人自殺死亡。

(資料來源：中華人民共和國香港特別行政區政府統計處 2016 年人口統計處。)

From January 1st 2016 to December 31st 2016, Hong Kong's population stood at approximately 7,374,900 with 3,388,800 male (45.95%) and 3,986,100 female (54.05%), according to statistics from the Census and Statistics Department (Provisional figures in 2016). The Coroner's Court reported that 954 people committed suicide and subsequently died during this same period, which included 789 suicide deaths where the suicide cases without death investigation were reported.

The suicide rate was 12.94 in 2016, indicating 12.94 people committed suicide and died out of 100,000 people, which was down by 1 from 2015, meaning there were approximately 2.61 people who committed suicide and died every day.

(Source: Census and Statistics Department 2016 Year End Population. Hong Kong Special Administrative Region of the People's Republic of China).

以下是 2016 年香港自殺現象的總結：

The following is the summary of the suicide phenomenon in Hong Kong 2016.

- 自殺死亡總數共有 954 宗；
- 男性自殺死亡共 638 宗 (66.88%)，而女性自殺死亡共宗 316(33.12%)；
- 自殺率是 12.94 (即每十萬人中有 12.94 人自殺身亡)；
- 2016 年自殺率 12.94，比 2015 年的 13.94 下降了 1；
- 最多被採取的自殺方式是「從高處墮下」 (53.88%)；
- 「吊死」是第二類較多人採用的自殺方式 (21.59%)；
- The total number of suicide was 954;
- The number of suicide deaths for male was 638 (66.88%) and for female was 316 (33.12%);
- The suicide rate was 12.94 (12.94 people committed suicide per 100,000 people);
- The suicide rate was down 1 from 13.94 in 2015 to 12.94 in 2016;
- “Jumping from Height” was the commonest suicide means (53.88%);
- “Hanging” was the second highest suicide means (21.59%);



2016 年香港自殺統計數字分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2016

- 「一氧化碳中毒」(燒炭)是第三類較多人採用的自殺方式 (12.26%)；
- 最高自殺率的年齡組群是「70 歲以上」，自殺率為 26.09；
- 佔第二高自殺率的年齡組群為「60-69 歲」，自殺率是 17.72。

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。

- “Carbon Monoxide” poisoning (charcoal burning) came in third place (12.26%);
- The highest suicide rate for the age above 70 years old was 26.09 per 100,000;
- The suicide rate for age 60-69 years old came in second with 17.72 per 100,000.

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

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 2016 年，有 24 宗 19 歲以下青少年自殺身亡。自殺率為 2.06，比 2015 年上升了 0.1，男女比例是 2.3:1(見表 14)。由 2015 年的 23 宗增加至 2016 年的 24 宗。在 2016 年這 24 宗自殺數字中，有 18 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 75%，這引證了這個年齡組群傾向以較激烈的自殺方式了斷生命。

年齡 :20-59 歲

在 2016 年，20-59 年齡組群之中，有 558 人自殺身亡，佔總自殺死亡數字之 58.49%，比 2015 年下降了 3.06% (見表 13)。自殺率為 12.39，男女比例為 2.5:1(見表 14)。綜觀眾數字，有 297 人 (53.23%) 採取「從高處墮下」方式自殺，另外有 101 人 (18.10%) 採用「吊死」方式自殺，另外有 99 人 (17.74%) 則採用「一氧化碳中毒」自殺。

Age: 0 to 19 years old

In 2016, there were 24 teenagers below the age of 19 who committed suicide and died. The suicide rate was 2.06 up by 0.1 from 2015. The male to female ratio was 2.3:1 (see table 14). The number of suicides was up from 23 in 2015 to 24 in 2016. Among the 24 deaths in 2016, in terms of the means of suicide, 18 ended their lives by “Jumping from Height” (see table 13). “Jumping from Height” was the commonest suicide means and accounted for 75% of the deaths in this age group. This revealed that those in this group tended to choose a fatal and determined means to end their lives.

Age: 20 to 59 years old

In 2016, there were 558 people who committed suicide and died in this age group, accounting for 58.49% of the total number of suicide deaths and down by 3.06% from 2015 (see table 13). The suicide rate was 12.39 and the male to female ratio was 2.5:1 (see table 14). Among the deaths, 297 people (53.23%) were attributed to “Jumping from Height”, while 101 people (18.10%) died of “Hanging” and 99 people (17.74%) died of “Carbon Monoxide” poisoning.



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年齡：60 歲以上

在 2016 年，60 歲以上自殺死亡之個案共有 368 宗，佔總自殺死亡數字的 38.57%，相比 2015 年則上升了 2.76%。自殺率為 21.60，比起 2015 年則下跌了 0.80，男女比例為 2.3:1 (見表 14)。該年齡組群中有 198 宗 (53.80%) 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 2016, 368 people committed suicide and died in this age group, accounting for 38.57% of the total number of suicide deaths and up by 2.76% from 2015. The suicide rate was 21.60 in this age group, down by 0.80 from 2015, and the male to female ratio was 2.3:1 (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 198 deaths (53.80%) 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 2016 年，共有 514 人採用「從高處墮下」方式自盡，佔總自殺死亡數字之 53.88%，比起 2015 年上升了 1.43%。另外，206 人採用「吊死」方式自殺，即 21.59%，比 2015 年上升了 0.16%。而採用「一氧化碳中毒」方式自殺的共有 117 宗，佔總自殺死亡人數的 12.26%，比 2015 年下降了 1.63% (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 2016, there were 514 people who committed suicide by "Jumping from Height", accounting for 53.88% of the total number of suicide deaths and up by 1.43% from 2015. 206 people died of "Hanging", accounting for 21.59% of the total number of suicide deaths and up by 0.16% from 2015. 117 people died of Carbon Monoxide" poisoning, accounting for 12.26% of the total number of suicide deaths and down by 1.63% from 2015 (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 2016 年，有 64 位自殺死亡者為失業人士，第二位是藍領階層則佔 54 宗，接著是退休人士佔 20 宗 (見表 15)。雖然失業人士的自殺死亡數字由 2015 年的 80 宗下跌至 2016 年的 64 宗，但由於尚有 789 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，令我們難以為失業人士的自殺數字減少而作出相關結論。

2016 年本港的失業率是 3.4%，比起 2015 年的 3.3% 上升了 0.1%。而 2015 年和 2016 年的就業不足率同是 1.4% (見表 16 及 17)。

In 2016, 64 people who committed suicide were unemployed persons. Blue collars came in second with 54 deaths. The third was retired persons of 20 deaths (see table 15). Although suicides among unemployed persons decreased from 80 people in 2015 to 64 people in 2016, 789 deaths fell into the unclassified category, where suicide cases without death investigation and death report were not sought. This certainly poses a challenge in drawing the conclusion that suicide among unemployed persons.

Hong Kong had an unemployment rate of 3.4% in 2016, an increase of 0.1% from 3.3% in 2015. The under-employment rate was 1.4% in both 2016 and 2015 (see table 16 & 17).



2016 年香港自殺統計數字分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2016

按精神病患分組的自殺統計數字

Suicide Statistics: grouped by mental disorder

2016 年共有 58 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 29 人；死於吊頸和溺斃的同樣是 6 宗（見表 18）。由於有 789 宗自殺死亡個案未經死因調查，未知與精神病患是否有關，故在數字上不能完全反映出精神病患與自殺的關係。據世界衛生組織 (WHO) 報告抑鬱症是最普遍的精神病患，全球超過 3 億患者。因此有效推廣精神健康是有助防止精神病患人士的自殺情況 (WHO, 2017)。

In 2016, 58 suicide deaths were associated with mental disorder. Most of these committed suicides by "Jumping from Height", a total of 29 deaths in this group, while 6 people died of "Hanging" and "Drowning" respectively (see table 18). As there were 789 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 mental disorder is a common illness worldwide such as depression and more than 300 million people are affected. 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, 2017).

未能確定自殺的死亡數字

Unknown or Unidentified Suicide Cases

2016 年有 17 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 2015 年的 38 宗減少了 21 宗。在這 17 宗死亡數字中，死於由高處墮下及溺斃的同樣有 7 宗，3 人死於服毒（見表 19）。

17 suicide deaths were categorized as "Injury undetermined whether accidentally or purposely inflicted" in 2016, down by 21 deaths in comparison with 38 deaths in 2015. Among these 17 deaths, 7 died of "Jumping from Height" and "Drowning" respectively, while 3 died of "Drug poisoning" (see table 19).

毋須進行死因調查的死亡數字

Suicide cases without death investigation

2016 年共有 954 宗自殺死亡數字，包括 789 宗沒有經過解剖及死因調查的自殺死亡個案（見表 20）。未被調查及分類的自殺死亡個案佔 82.70%，實在是難以從自殺數字分析上作出一個較準確的結論。

The total number of suicide deaths was 954 in 2016, including 789 deaths where suicide cases without death investigation were not sought (see table 20). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 82.70% of the total number of suicide deaths.



總結 Conclusion

於 2016 年有 954 人自殺身亡，當中有 638 人為男性 (66.88%) 及 316 人為女性 (33.12%)。自殺率為 12.94。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 1 人自殺而死亡；以及在 15 至 19 歲死亡數據中，自殺是第二大的死亡原因 (WHO, 2017)。國際防止自殺協會 (IASP) 宣布 2016 年 9 月 10 日國際預防自殺日的主題 -- 聯結、交流與關注 (IASP, 2016)。這主題強調了人與人之關聯繫的重要性，是可以減少那些社會上孤立無援者的自殺危機；並且就著自殺這問題作出有效的溝通和討論，也是一項十分重要的防止自殺工作；再者，對那些生命意志顯得脆弱的人來說，正亟需要我們抱持不批判的態度去積極聆聽，充滿同理心地去表達關懷。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作出很大的努力，事實上，也制止了不少自殺悲劇發生。請不要低估我們每一個小小溫暖的舉動，是足以燃亮身邊所有人，朋友們，讓我們為美好的將來一起努力吧！

In 2016, there were 954 people who committed suicide and died, with 638 male deaths (66.88%) and 316 female deaths (33.12%). The suicide rate was 12.94 per 100,000. WHO reported that close to 800,000 people die due to suicide every year that is one person every 40 seconds and suicide is the second leading cause of death in 15 to 19 year olds (WHO, 2017). The International Association for Suicide Prevention (IASP) announced that the theme of World Suicide Prevention Day on September 10th 2016 was "Connect. Communicate. Care." (IASP, 2016). The theme asserted that the importance of connectedness to people, as it reduces the risk of suicide for those who are disconnected from the society. And also, effective communication and discussion on suicide are vital for the suicide prevention. In addition, showing care, empathy and active listening in a non-judgmental way play a paramount role to the people who are vulnerable to suicide. 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. In fact, suicide is prevented. Do not underestimate every little effort to light up others around us. Comrade, let's work together for the prosperous future. We can do it.



2016 年香港自殺統計數字分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2016

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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	自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups						總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+			
2016	火器 Firearms	男 M	0	0	0	0	0	2	0	0	2	2	0
		女 F	0	0	0	0	0	0	0	0	0	1	0
	藥物 Drugs	男 M	0	0	1	1	5	1	4	2	0	22	14
		女 F	0	0	1	0	0	1	2	0	6	20	12
	毒藥 Poisons	男 M	0	0	1	0	0	0	1	2	0	4	4
		女 F	0	0	0	1	0	0	0	2	0	8	6
	吊死 Hanging	男 M	0	3	12	10	11	27	31	44	2	140	134
		女 F	0	0	5	8	13	15	9	16	0	206	219
	由高處墮下 Jumping from Height	男 M	0	11	49	48	43	56	59	67	1	334	85
		女 F	0	7	20	22	26	33	28	44	0	180	514
2015	一氧化碳 Carbon Monoxide	男 M	0	1	7	16	18	29	10	5	0	86	96
		女 F	0	0	1	7	13	8	2	0	0	31	117
	淹死 Drowning	男 M	0	1	1	4	2	8	8	6	1	31	50
		女 F	0	0	2	2	4	2	2	7	0	19	193
	利器 Sharp Instruments	男 M	0	0	2	0	3	0	3	0	11	16	5
2014	其他 Others	女 F	0	0	0	0	0	2	1	2	0	5	3
		男 M	0	1	3	4	1	3	1	3	0	16	18
		女 F	0	0	0	2	1	0	1	0	5	21	8
2014	小計 Sub-total	男 M	0	17	76	83	83	126	117	132	4	638	954
	總計 Total	女 F	0	7	29	42	58	61	45	74	0	316	954
	小計 Sub-total	男 M	0	15	76	92	104	126	102	125	3	643	954
2015	總計 Total	女 F	0	8	37	60	61	73	57	82	1	379	1022
	小計 Sub-total	男 M	1	9	60	108	107	106	91	132	1	615	1022
	總計 Total	女 F	1	10	35	73	66	77	37	91	2	392	1022
2014	總計 Total	男 M	2	19	95	181	173	183	128	223	3	1007	1007

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* (按性別及年齡組別)
(Table 14) The Suicide Rate* of Hong Kong (Grouped by Age and Sex)

年齡組別 Age Group	2016			2015			2014					
	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	0.0	0.00	0.00	0.00	0.0	0.00	0.36	0.39	0.9:1	0.37
	10-19	5.60	2.44	2.3:1	4.07	4.82	2.7:1	1.8:1	3.79	2.72	3.20	0.9:1
	整體人口 Subtotal Population	2.82	1.24	2.3:1	2.06	2.48	1.4:1	1.8:1	1.96	1.64	1.93	0.9:1
20-59	20-29	17.12	5.80	3.0:1	11.13	17.16	7.31	2.4:1	11.91	13.55	6.86	2.0:1
	30-39	17.98	6.07	3.0:1	10.83	19.97	8.70	2.3:1	13.22	23.50	10.71	2.2:1
	40-49	17.46	8.68	2.0:1	12.33	21.65	9.16	2.4:1	14.39	21.75	9.85	2.2:1
60+	50-59	21.18	9.14	2.3:1	14.81	20.88	10.94	1.9:1	15.66	17.52	11.73	1.5:1
	整體人口 Subtotal Population	18.63	7.52	2.5:1	12.39	20.03	9.13	2.2:1	13.93	19.06	9.96	1.9:1
	60-69	25.86	9.74	2.7:1	17.72	23.78	13.05	1.8:1	18.37	22.59	9.03	2.5:1
60+	70+	36.92	17.13	2.2:1	26.09	35.92	19.52	1.8:1	26.95	38.63	22.10	1.8:1
	整體人口 Subtotal Population	30.74	13.31	2.3:1	21.60	29.22	16.22	1.8:1	22.40	29.95	15.58	1.9:1
Total Population 全年整體人口		#18.82	#7.93	2.4:1	#12.94	#19.08	#9.58	2.0:1	#13.94	#18.34	#10.02	1.8:1
												#13.86

* 自殺率等於每 100,000 人口每年自殺死亡的人數

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

資料計算：香港撒瑪利亞防止自殺會

Calculation: The Samaritan Befrienders Hong Kong

包括年齡不詳自殺個案

Including unknown age suicide cases



(表 15) 香港自殺死亡數字 2016 (按職業分組)
 (Table 15) The Number of Suicide Death in Hong Kong 2016 (By Occupation)

年份 Year Occupation	性別 Sex	年齡組別 Age Groups						2015			2014			
		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
學生 Student	男 M 女 F	0 0	6 1	1 0	0 0	0 0	0 0	0 0	0 0	0 0	7 9	7 9	4 5	9
教師 Teacher	男 M 女 F	0 0	0 1	0 1	0 1	0 0	0 0	0 0	0 0	0 0	2 2	1 4	2 3	2
沒有職業 Not Employed	男 M 女 F	0 0	4 1	9 5	6 4	17 4	5 2	3 4	0 0	44 20	64 28	52 80	53 80	85 32
家庭主婦 Housewife	男 M 女 F	0 0	0 0	0 2	0 1	0 0	0 1	0 2	0 0	0 6	0 6	0 20	0 20	0 19
藍領階層 Blue Collars	男 M 女 F	0 0	3 1	7 5	10 4	10 3	6 4	0 1	0 0	0 18	36 54	41 54	53 56	67 14
白領階層 White Collars	男 M 女 F	0 0	0 0	1 1	2 2	0 0	1 0	0 0	0 0	5 7	14 7	14 20	18 20	35 17
病人 Patient	男 M 女 F	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0
紀律部隊 Disciplinaries	男 M 女 F	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0
商人 Business Man	男 M 女 F	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 2	0 8	2 7
退休人士 Retired Person	男 M 女 F	0 0	0 0	0 0	0 0	1 0	8 0	9 0	0 0	18 20	22 20	22 29	33 29	46 13
未能分類 * Unclassified *	男 M 女 F	0 0	11 5	67 21	66 29	98 49	96 53	118 42	3 66	524 265	789 295	493 788	439 287	726 287
其他 Other	男 M 女 F	0 0	0 0	0 0	0 0	0 0	0 0	0 0	1 0	1 0	1 0	2 1	4 1	3 6
小計 Sub-total	男 M 女 F	0 0	17 7	76 29	83 42	83 58	126 61	117 45	4 75	637 0	954 317	643 379	1022 392	1007 1007
總計 Total	0	24	105	125	141	187	162	206	4	954	1022	1007		

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

** 2016 年共有 954 人死於自殺，當中包括 789 人毋須進行死因研究而裁定為死於自殺

The total number of suicide cases in 2016 were 954 which included 789 suicide cases without death investigation report.



燭光
心靈
燭光



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(表 16) 香港就業不足率（按性別及年齡分組）
 (Table 16) The Underemployment Rate of Hong Kong (By Sex and Age)

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	
2016	男 M	2.2	2.0	1.4	1.9	2.6	1.8
	女 F	2.3	1.1	0.3	0.7	1.2	0.9
	合計 Overall	2.3	1.5	0.8	1.3	2.0	1.5
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

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（按性別及年齡分組）
 (Table 17) The Unemployment Rate of Hong Kong (By Sex and Age)

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	
2016	男 M	15.8	6.9	2.6	2.9	3.2	2.3
	女 F	11.5	5.0	2.0	2.8	2.8	2.0
	合計 Overall	13.8	5.9	2.3	2.8	3.1	2.2
2015	男 M	15.6	6.5	2.2	2.8	2.8	2.8
	女 F	13.0	5.3	2.0	2.8	2.9	1.9
	合計 Overall	14.3	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

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	性別 Sex	年齡組別 Age Groups						小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+		
2016	火器 Firearms	男 M 女 F	0 0	0 0	0 0	2 0	0 0	0 0	0 0	0 0	2 0	2 0
	藥物 Drugs	男 M 女 F	0 0	0 0	0 0	2 0	1 0	0 0	0 0	0 1	4 1	5 7
	毒藥 Poisons	男 M 女 F	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0
	吊死 Hanging	男 M 女 F	0 0	0 1	0 0	0 0	3 1	1 0	0 0	0 0	0 1	1 1
	由高處墜下 Jumping from Height	男 M 女 F	0 0	0 0	2 3	3 2	2 0	0 2	0 0	0 0	13 15	13 17
	一氧化碳 Carbon Monoxide	男 M 女 F	0 0	0 0	1 1	0 0	0 0	0 0	0 0	1 0	2 2	4 4
	淹死 Drowning	男 M 女 F	0 0	0 1	6 1	3 1	5 1	3 1	1 0	20 0	19 29	31 39
	利器 Sharp Instruments	男 M 女 F	0 0	0 0	0 0	0 0	1 1	0 0	0 0	2 0	4 2	7 6
	其他 Others	男 M 女 F	0 0	1 0	0 0	0 0	1 0	0 0	0 0	1 0	2 2	3 3
	總計 Sub-total		0 小計 Sub-total	0 男 M 女 F	6 0	13 4	9 8	17 5	8 3	58 39	*58 58	
2015	小計 Sub-total	男 M 女 F	0 0	1 1	4 8	9 9	6 11	16 4	4 1	0 0	41 39	
	總計 Total		0 男 M 女 F	2 0	5 0	17 9	15 12	27 9	8 9	0 3	80 **80	
	Sub-total		0 男 M 女 F	3 0	3 12	12 10	13 12	6 9	3 3	0 0	60 50	
2014	總計 Total		0 男 M 女 F	3 0	12 30	30 22	22 15	15 6	6 0	110 ***110		

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

* 當中有 789 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 789 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.





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(表 19) 未確定是意外或故意造成損傷 (按自殺方式、年齡及性別分組)
(Table19) Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)

年份 Year	自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups							2014			2015		
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計 Sub-Total	總數 Tota	小計 Sub-Total	總數 Tota
2016	火器	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	火器	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
	藥物	男 M	0	0	1	1	0	0	0	0	2	3	6	10	6
	藥物	女 F	0	0	0	0	0	0	0	1	0	4	4	10	8
	毒藥	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	毒藥	女 F	0	0	0	0	0	0	0	0	0	0	1	1	0
	吊死	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	吊死	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
	由高處墮下	男 M	0	1	2	0	0	0	0	0	4	4	9	9	19
	由高處墮下	女 F	0	1	0	0	2	0	0	0	0	3	7	8	28
2016	Jumping from Height	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1
	一氧化碳	男 M	0	0	0	0	0	0	0	0	0	0	0	0	1
	一氧化碳	女 F	0	0	0	0	0	0	0	0	0	0	0	0	1
	Carbon Monoxide	男 M	0	0	0	1	0	2	1	0	1	5	7	3	15
	淹死	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	淹死	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
	Drowning	男 M	0	0	0	1	0	0	0	0	0	2	2	3	9
	Drowning	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
	利器	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	利器	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Sharp Instruments	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	其他	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0
	其他	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
	小計	男 M	0	1	4	1	2	1	0	1	11	11	17	17	24
	小計	女 F	0	1	0	1	3	0	0	1	0	6	6	2	4
2015	總計 Total	0	2	1	5	4	2	1	1	1	17	*17	17	17	20
	小計	男 M	0	0	7	4	3	1	1	1	1	1	1	1	20
	小計	女 F	0	1	2	7	1	3	1	2	1	1	1	1	18
2014	總計 Total	0	2	1	5	4	2	1	1	1	17	*17	17	17	22
	小計	男 M	1	0	4	12	8	7	3	12	1	1	1	1	70
	小計	女 F	1	1	2	6	4	3	0	3	2	2	2	2	70 ***70

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

* 當中有 789 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 789 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.



(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	性別 Sex	年齡組別 Age Groups							2016			2015			2014		
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	
2016	火器 Firearms	男 M 女 F	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	0 0	
	藥物 Drugs	男 M 女 F	0 0	0 1	1 1	3 0	0 1	1 1	1 1	0 2	0 0	9 5	14 11	16 11	27 21	10 7	17 7	
	毒藥 Poisons	男 M 女 F	0 0	0 0	1 1	0 0	0 0	0 0	1 1	0 1	0 1	3 2	7 4	3 4	8 5	2 5	4 2	
	吊死 Hanging	男 M 女 F	0 0	2 4	12 5	7 11	8 14	22 14	26 8	39 15	2 15	118 57	175 76	105 76	181 109	109 67	176 67	
	由高處墜下 Jumping from Height	男 M 女 F	0 0	7 5	43 17	39 22	35 29	48 28	49 39	63 40	1 0	285 155	440 420	273 147	213 164	377 377	377 377	
	一氧化碳 Carbon Monoxide	男 M 女 F	0 0	0 0	6 4	14 12	16 7	23 2	8 0	4 0	0 0	71 25	96 39	70 39	109 109	74 30	104 30	
	淹死 Drowning	男 M 女 F	0 0	1 0	1 0	3 2	0 1	4 1	6 1	5 5	0 0	20 10	30 12	11 12	23 10	24 10	34 10	
	利器 Sharp Instruments	男 M 女 F	0 0	0 0	0 0	0 0	0 1	0 1	2 1	2 1	0 0	7 4	11 1	2 1	3 1	2 2	4 4	
	其他 Others	男 M 女 F	0 0	1 0	2 0	1 2	1 1	1 1	1 1	3 0	0 0	11 5	16 4	13 17	5 5	10 10	10 10	
	總計 Total		0 Sub-total	16 0	88 5	95 21	114 29	138 49	184 53	3 42	789 66	789 66	789 524	789 265	789 265	789 265	789 265	789 265
2015	小計 Sub-total	男 M 女 F	0 0	9 5	56 26	66 45	83 48	90 54	83 48	106 69	0 0	493 295						
2014	小計 Sub-total	男 M 女 F	0 0	14 4	82 28	111 68	131 75	144 73	131 103	175 1	0 0	788 439	788 439	788 439	788 439	788 439	788 439	

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
黎創民、陸永熙會計師事務所有限公司

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獨立義務核數師致香港撒瑪利亞防止自殺會
全體會友報告書
INDEPENDENT HONORARY AUDITOR'S REPORT
TO THE MEMBERS OF
THE SAMARITAN BEFRIENDERS HONG KONG
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(incorporated in Hong Kong and limited by guarantee)

意見
Opinion

本核數師(下簡稱「我們」)已審計列載於第九頁至第三十四頁香港撒瑪利亞防止自殺會(以下簡稱「貴機構」)的財務報表，此財務報表包括於二零一七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，以及財務報表附註，包括主要會計政策概要。We have audited the financial statements of The Samaritan Befrienders Hong Kong (the "Organization") set out on pages 9 to 34, which comprise the statement of financial position as at March 31, 2017 and the statement of comprehensive income and expenditure, statement of changes in funds and the statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies..

我們認為，該等財務報表已根據香港會計師公會頒布的《香港財務報告準則》真實而中肯地反映了貴公司於二零一七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 as at March 31, 2017, and of its financial performance and its cash flows for the year then ended, in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

意見的基礎
Basis for Opinion

我們已根據香港會計師公會頒布的《香港審計準則》進行審計。我們在該等準則下承擔的責任已在本報告「核數師就審計財務報表承擔的責任」部分中作進一步闡述。根據香港會計師公會頒布的《專業會計師道德守則》(以下簡稱「守則」)，我們獨立於貴機構，並已履行守則中的其他專業道德責任。我們相信，我們所獲得的審計憑證能充足及適當地為我們的審計意見提供基礎。

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSAs") issued by the HKICPA. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Organization in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.



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除財務報表和審計報告外的其他資料

Information Other than the Financial Statements and Auditor's Report Thereon

理事須負責提供其他資料。其他資料包括年度報告中的資料，但不包括財務報表和審計報告。我們對財務報表的意見並不涵蓋其他資料，我們也不表示任何形式的確認結論。關於財務報表的審計方面，我們的責任是閱讀其他資料，並在此過程中，考慮其他資料是否與在審計中獲得的財務報表或我們的知識重大不一致或以其他方式似乎存在重大錯誤。如果根據我們所做的工作，我們得出結論這個其他資料有重大錯報，我們需要報告這個事實。在這方面，我們沒有什麼可以報告的。

The executive committee members are responsible for the other information. The other information comprises the information included in the annual report but does not include the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

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.



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理事就財務報表須承擔的責任(續)

Executive committee members' responsibility for the financial statements (Cont'd)

在擬備財務報表時，理事負責評估貴機構持續經營的能力，並在適用情況下披露與持續經營有關的事項，以及使用持續經營為會計基礎，除非理事有意將貴機構清盤或停止經營，或別無其他實際的替代方案。

In preparing the financial statements, the executive committee members are responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the executive committee members either intend to liquidate the Organization or to cease operations, or have no realistic alternative but to do so.

治理層須負責監督貴機構的財務報告過程。

The executive committee members are responsible for overseeing the Organization's financial reporting process.

核數師就審計財務報表承擔的責任

Auditor's Responsibilities for the Audit of the Financial Statements

我們的目標，是對財務報表整體是否不存在由於欺詐或錯誤而導致的重大錯誤陳述取得合理保證，並出具包括我們意見的核數師報告。合理保證是高水平的保證，但不能保證按照《香港審計準則》進行的審計，在某一重大錯誤陳述存在時總能發現。錯誤陳述可以由欺詐或錯誤引起，如果合理預期它們單獨或滙總起來可能影響財務報表使用者依賴財務報表所作出的經濟決定，則有關的錯誤陳述可被視作重大。

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. 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. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.



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核數師就審計財務報表承擔的責任 (續)

Auditor's Responsibilities for the Audit of the Financial Statements (Cont'd)

在根據《香港審計準則》進行審計的過程中，我們運用了專業判斷，保持了專業懷疑態度。我們亦：
As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- 識別和評估由於欺詐或錯誤而導致財務報表存在重大錯誤陳述的風險，設計及執行審計程序以應對這些風險，以及獲取足夠和適當的審計憑證，作為我們意見的基礎。由於欺詐可能涉及串謀、偽造、蓄意違漏、虛假陳述，或凌駕於內部控制之上，因此未能發現因欺詐而導致的重大錯誤陳述的風險高於未能發現因錯誤而導致的重大錯誤陳述的風險。
Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- 了解與審計相關的內部控制，以設計適當的審計程序，但目的並非對貴機構內部控制的有效性發表意見。
Obtain an understanding of internal control relevant to the audit 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 Company's internal control.
- 評價董事所採用會計政策的恰當性及作出會計估計和相關披露的合理性。
Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the executive committee members.
- 對董事採用持續經營會計基礎的恰當性作出結論。根據所獲取的審計憑證，確定是否存在與事項或情況有關的重大不確定性，從而可能導致對貴機構的持續經營能力產生重大疑慮。如果我們認為存在重大不確定性，則有必要在核數師報告中提請使用者注意財務報表中的相關披露。假若有關的披露不足，則我們應當發表非無保留意見。我們的結論是基於核數師報告日止所取得的審計憑證。然而，未來事項或情況可能導致貴機構不能持續經營。
Conclude on the appropriateness of the executive committee members' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.



財政報告

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Auditor's Responsibilities for the Audit of the Financial Statements (Cont'd)

- 評價財務報表的整體列報方式、結構和內容，包括披露，以及財務報表是否中肯反映交易和事項。

Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

除其他事項外，我們與治理層溝通了計劃的審計範圍、時間安排、重大審計發現等。包括我們在審計中識別出內部控制的任何重大缺陷。

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

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，二零一七年六月二日

Hong Kong, June 2, 2017,



心靈
關愛

守護幼苗

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
截至二零一七年三月三十一日
FOR THE YEAR ENDED MARCH 31, 2017

		附註 NOTES	2017 港幣 HK\$	2016 港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST	(4)	1,862,200	1,988,690
政府資助	GOVERNMENT SUBVENTION	(5)	10,556,383	9,621,282
香港賽馬會慈善信託 基金撥款	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST	(6)	1,178,268	1,271,576
銀行利息收入	BANK INTEREST INCOME		746	159
賣旗活動收入	PROCEEDS FROM FLAG DAY EVENT		328,637	-
一般捐款收入	GENERAL DONATIONS		497,701	600,772
課程及什項收入	COURSE FEE AND SUNDRY INCOME		3,851,662	1,837,202
總收入確認	TOTAL REVENUE RECOGNISED		18,275,597	15,319,681
減：支出				
職員薪金福利	Staff costs	(7)	13,523,013	12,325,399
折舊	Depreciation		37,308	271,987
訓練及社區工作	Training and community activities		1,928,906	853,850
租金及差餉	Rent and rates		480,748	430,858
聯會會費	Subscription to affiliated association		4,900	4,700
行政費用	Administration expenses	(8)	2,148,908	1,426,338
資助資產轉往 傢具器材及設備	Subvented assets transferred from furniture and equipment		45,200	356,296
			18,168,983	15,669,428
本年度盈餘/(不敷)	SURPLUS/(DEFICIT) FOR THE YEAR		106,614	(349,747)
其他全面收益	OTHER COMPREHENSIVE INCOME		-	-
本年度全面收益/(支出) 總額	TOTAL COMPREHENSIVE INCOME/(EXPENSES) FOR THE YEAR		106,614	(349,747)



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

於二零一七年三月三十一日

AS AT MARCH 31, 2017

	附註 NOTES	2017	2016
		港幣 HK\$	港幣 HK\$
資產			
非流動資產			
傢具器材及設備	ASSETS Non-Current Assets Furniture and equipment (11)	-	62,845
流動資產			
已付按金及預付款	Current Assets Deposits and prepayment (12)	138,380	169,076
應收款	Accounts receivable (13)	940,186	81,040
其他應收款	Other receivables	-	17
現金及銀行現金等值	Cash and cash equivalents (14)	6,732,592	7,197,877
		7,811,158	7,448,010
流动負債			
應付款	Current Liabilities Accounts payable (15)	722,524	457,650
暫收款	Temporary receipts	157,280	228,465
		879,804	686,115
流動資產淨額	Net Current Assets	6,931,354	6,761,895
資產淨值	NET ASSETS	6,931,354	6,824,740
由以下代表:	Represented by:		
營運累積盈餘	OPERATING FUND	3,699,987	3,815,973
其他儲備	OTHER FUNDS		
綜合撥款儲備	Block grant reserve (16)	319,539	236,986
中央行政儲備	Central administration fund (18)	1,142,513	1,142,513
賣旗活動盈餘	Flag day event surplus (17)	776,908	610,091
一般儲備	General reserve (19)	435,000	435,000
社會福利發展基金	Social welfare development fund (16)	53,488	80,258
特別基金	Special fund (20)	503,919	503,919
		6,931,354	6,824,740

經由理事會於二零一七年六月二日會議通過及由下列理事代表議會簽署:

APPROVED BY THE EXECUTIVE COMMITTEE ON JUNE 2, 2017 AND SIGNED ON BEHALF OF THE EXECUTIVE COMMITTEE BY:

周婉芬
Chow Yuen Fun
主席
Chairman

韓楚珊
Hen 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 Main Sponsors



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



2016 年商界伙伴 2016 Corporate Partners



「黑夜見黎明」慈善城市定向比賽2016贊助商及支持機構 「Sponsors and Supporting Organization of "From Darkness to Sunrise" City Orienteering Competition 2016」

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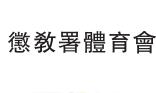
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2016 年捐助機構

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富慧閣業主立案法團
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	Lau Chi Chung	



鳴謝

ACKNOWLEDGEMENTS

鄧少平
Tang Siu Ping
Tang Wai Kin
Terry
Tony Suen & Barbara
曾展國
Tsang Chin Kwok
Tsang Kin Wah
Tse Fung Chun
Tse Fung Man
Tse Ting Yi
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義工團體 Voluntary Organizations

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義務工作發展局
Agency for Volunteer Service
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同社
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路德會協同中學
Concordia Lutheran School
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The Wellness Centre (Sham Shui Po)
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翠林綜合職業復康服務
零焦距
輔警義工隊
警察南極星義工隊



捐助呼籲

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：2363 7533。

Please mail the completed Donation Form (printed in the next page) to our office. For enquiries, please call 2363 7533.



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會，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.

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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.

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捐款者可透過VISA或MASTER信用卡進行網上捐款。詳情請瀏覽：<http://donation.sbhk.org.hk>
Donors can donate by credit card through our on-line donation system. Please browse <http://donation.sbhk.org.hk> for details.

「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2363 7533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 2363 7533 or email to care@sbhk.org.hk if you do not wish to receive any mail from us.

