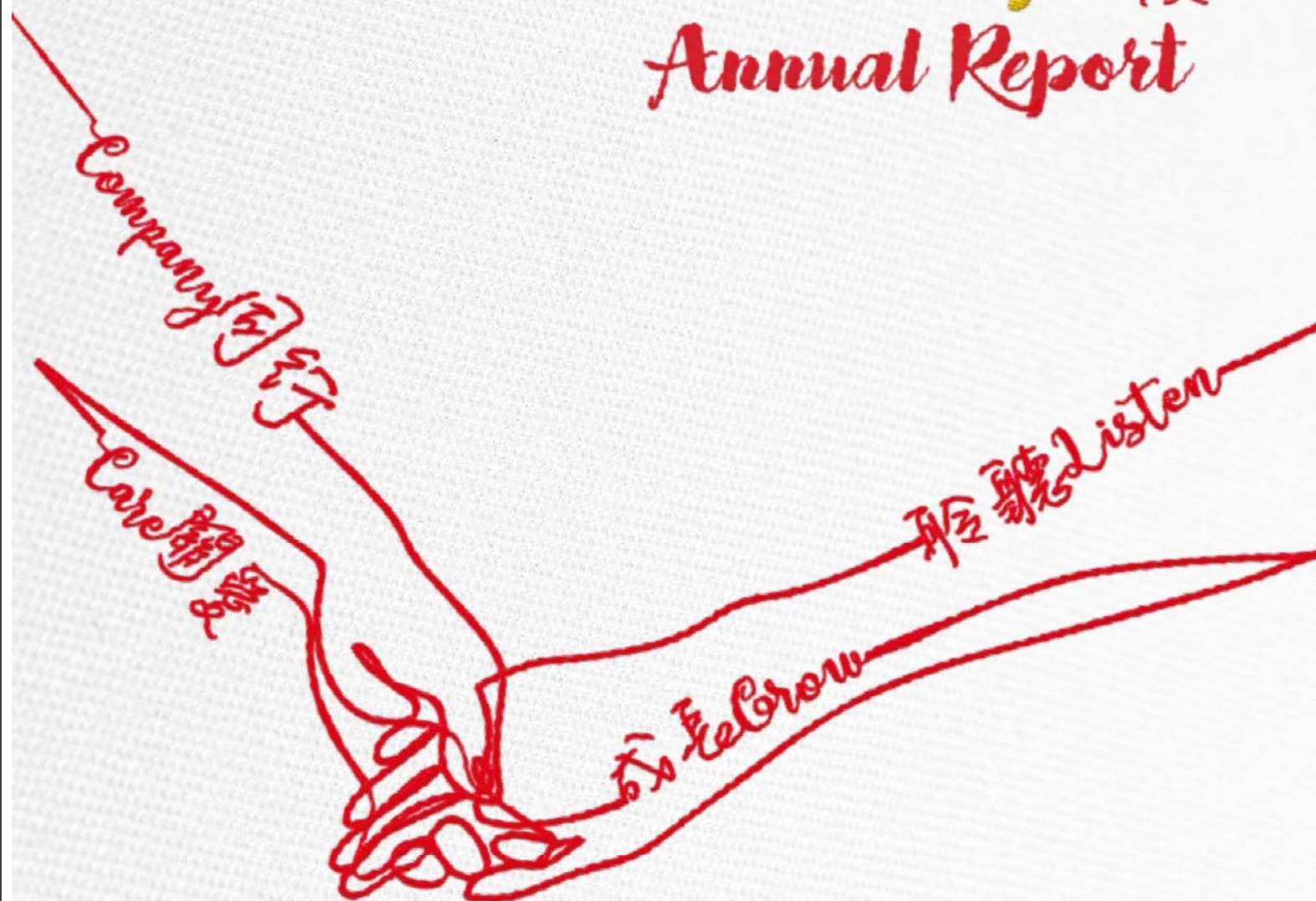


2017 年報 Annual Report



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

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

「香港撒瑪利亞防止自殺會」於1960年7月由創辦人杜學魁成立，原名「防止自殺會」(Suicide Prevention Society)；機構後期於1963年10月在本港社團註冊處正式註冊，後易名為「香港撒瑪利亞防止自殺會」(The Samaritan Befrienders Hong Kong)。本會並無任何宗教立場，藉着聖經中好撒瑪利亞人友善博愛、助人為樂的精神作榜樣，對絕望及瀕臨困境人士伸出同情之手，並予以扶持及適當的情緒輔導，達成助人自助的目標。

Formerly known as "Suicide Prevention Society", the Samaritan Befrienders Hong Kong was founded by Mr. H.K. To in July, 1960. The name of the organization was later changed to "The Samaritan Befrienders Hong Kong" in October, 1976, without religious stance, we follow the generosity and benevolence of the Good Samaritan in the Bible who always stretched forth a helping hand to the distressed and helpless. Through the giving of support and rendering emotional counselling to those in need, we help them to help themselves.

會籍 Affiliation



使命宣言 Mission Statement



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。

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.

我們的使命 Our Mission

- 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。

To befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, by helping them to regain confidence in life.
- 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。

To publicize and promote the spirit of our service in the community through talks, seminars, research and other means of community service.
- 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。

To help in the South East Asia and neighboring areas to set up organizations with a nature and mission similar to ours.

我們的精神 Our Ethos

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。

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。

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。

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。

我們尊重求助者的私隱權，在未經求助者同意之前，我們絕不會向會外人士洩露其個人資料，但為了提供有效的服務，本會主席及督導人員有權知道求助者的談話內容。若求助者不能接納，我們將不會提供服務。

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.

We give the hopeless, the helpless and the suicidality inclined a listener when they need one so that they can relate their inner pain and distress.

We let help seekers feel accepted and supported so as to enable them to overcome emotional distress and face up to their problems.

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.

We respect the privacy of help seekers and will not disclose their personal information to any outside party. Such information would only keep by us for the purpose of providing effective service. Our Chairman and supervisory officers have the right to get access to detail of cases. No service shall be provided should a help seeker find this unacceptable.

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



香港撒瑪利亞防止自殺會會徽由三部份組成，分別是圖形、本會名稱及本會標語組成。

The Samaritan Befrienders Hong Kong emblem consists of three parts: the symbol, the name and the tagline.

圖形 Symbol

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光亮，充份表達本會的精神。

2 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 stated in our ethos.

名稱 Name

本會中英文名稱全寫。
Chinese name and English name of our organization.

標語 Tagline

「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」。

“Listen · Company · Care · Grow” to the present to the public our service mission and belief, and to remind our staff and volunteers their very reason for joining the organization.

理事會及管理團隊

Executive Committee and Management Team

理事會成員名單

Executive Committee

任期：2017年7月至2019年6月

Term of Office: From July 2017 to June 2019



黃祐榮先生
Mr. Wong Yao Wing

主席
Chairman



周婉芬女士
Ms. Chow Yuen Fun

副主席
Vice-Chairman



簡柏基先生
Mr. Kan Pak Kei

秘書
Secretary



任少芳女士
Ms. Yam Siu Fong

財政
Treasurer



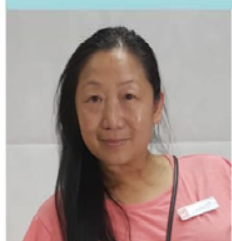
陳鳳明女士
Ms. Chan Fung Ming

理事
Committee Member



鄭潔儀女士
Ms. Cheng Kit Yee

理事
Committee Member



韓楚珊女士
Mr. Hon Chor Shan

理事
Committee Member



黃瀚之先生
Ms. Wong Hon Chi

理事
Committee Member

管理團隊

Management Team

至2017年12月31日

As at 31 December 2017



曾展國先生
Mr. Tsang Chin Kwok

總幹事
Executive Director



黃小齊女士
Ms. Wong Siu Chai

熱線中心中心主任
Centre-in-charge –
Hotline Centre



傅佩儀女士
Ms. Fu Pui Yee

生命教育中心中心主任
Centre-in-charge –
Life Education Centre



何永雄先生
Mr. Ho Wing Hung

自殺危機處理中心中心主任
Centre-in-charge –
Suicide Crisis Intervention Centre



胡淑蟬女士
Ms. Woo Suk Sim

行政部中央行政主任
Central Administration Officer –
Central Administration



麥櫻玲女士
Ms. Mak Ying Ling

公共關係及籌募經理
PR & Fundraising Manager

2017

義務顧問、義務機構大使及機構職員

Honorary Advisers, Honorary SBHK Ambassador and Organization Staff

義務顧問名單

Honorary Consultants

» 財務顧問 Financial Consultant

黎劍民陸永熙會計師事務所

Louis Lai & Luk CPA Limited, Certified Public Accountants

» 法律顧問 Legal Consultant

簡家聰律師行

Fred Kan & Co., Solicitors & Notaries

» 服務顧問 Service Consultants

陳淑芳女士（屯門醫院臨床心理學家）

Ms. Ide Chan (Clinical Psychologist, Tuen Mun Hospital)

陳麗雲教授（香港大學社會工作及社會行政學系主席教授）

Prof. Chan Cecilia L.W. (Professor, Chair of Health and Social Work, The Hong Kong University)

沈君豪醫生（聯合醫院精神科副顧問醫生）

Dr. Sham Kwan Ho (Associate Consultant in Psychiatry, United Christian Hospital)

林翠華教授（香港中文大學醫學院精神科教授）

Prof. Linda C.W. Lam (Professor of Chinese University of HK

Faculty of Medicine Department of Psychiatry, Prince of Wales Hospital, Shatin, N.T.)

梅杏春女士（青山醫院精神科社康顧問護師）

Ms. Jolene Mui (Nurse Consultant, Community Psychiatry Castle Peak Hospital)

曾慶培博士（註冊臨床心理學家）

Dr. Michael H.P. Tsang (Ph.D. in Clinical Psychology (U.S.A.) Registered Clinical Psychologist)

葉運強先生（資深演藝工作者）

Mr. Jason Yip (Experienced Professional in Performing Art)

» 公關及籌款顧問 PR & Fundraising Consultant

黃平花女士

Ms. Eliza Wong

» 公關及傳媒顧問 PR & Media Consultant

余似心女士

Ms. Maria Yu

» 機構大使 SBHK Ambassador

惠英紅小姐

Ms. Kara Wai Ying Hung

職員名單

Staff List

至2017年12月31日

As at 31 December 2017

總幹事 Executive Director	曾展國先生 Mr. Tsang Chin Kwok
---------------------------	------------------------------

行政部 Central Administration

中央行政主任 Central Administration Officer	胡淑嫻女士 Ms. Woo Suk Sim
--	--------------------------

會計及行政文員 Accounts & Admin. Clerk	利愛美女士 Ms. Li Oi Mei
------------------------------------	------------------------

人事及行政文員 HR & Admin. Clerk	林翠霞女士 Ms. Lam Chui Ha
------------------------------	--------------------------

公共傳訊 Public Communications

公共關係及籌募經理 PR & Fundraising Manager	麥櫻玲女士 Ms. Mak Ying Ling
---------------------------------------	----------------------------

公共傳訊主任 Public Communications Officer	顧玉梅女士 Ms. Ku Yuk Mui
---	-------------------------

活動助理 Event Assistant	湯詩華女士 Ms. Tong Sze Wa
-------------------------	--------------------------

熱線中心 Hotline Centre

中心主任 Centre-in-charge	黃小齊女士 Ms. Wong Siu Chai
--------------------------	----------------------------

社會工作員 Social Worker	丘鴻生先生 Mr. Yau Hung Sang 鄭寶義女士 Ms. Cheng Po Yiu
------------------------	---

行政助理 Administrative Assistant	梁子瀚先生 Mr. Leung Tsz Hon
----------------------------------	----------------------------

初級行政助理 Junior Administrative Assistant	李靜雯女士 Ms. Lee Ching Man
---	----------------------------

兼職通宵文員 Part-time Clerk	周鳳如女士 Ms. Chow Fung Yu 張笑群女士 Ms. Cheung Siu Kwan
---------------------------	---

生命教育中心 Life Education Centre

中心主任 Centre-in-charge	傅佩儀女士 Ms. Fu Pui Yee
--------------------------	-------------------------

助理社會工作主任 Assistant Social Work Officer	李可欣女士 Ms. Li Ho Yan
---	------------------------

社會工作員 Social Worker	鍾家恩女士 Ms. Chung Ka Yan
------------------------	---------------------------

計劃幹事 Project Officer	鄧嘉麗女士 Ms. Tang Ka Lai
-------------------------	--------------------------

舞台監督 Stage Manager	郭志灝先生 Mr. Kwok Chi Ho
-----------------------	--------------------------

活動工作員 Program Worker	李家豪先生 Mr. Lee Ka Ho
-------------------------	------------------------

越嶺專業培訓及發展中心 Ur-link

Professional Training & Development Centre

初級培訓主任 Junior Training Officer	譚順源先生 Mr. Tam Shun Yuen
-----------------------------------	----------------------------

培訓助理 Training Assistant	黃俊賢先生 Mr. Wong Chun Yin
----------------------------	----------------------------

自殺危機處理中心

Suicide Crisis Intervention Centre

中心主任 Centre-in-charge	何永雄先生 Mr. Ho Wing Hung
--------------------------	---------------------------

資深危機輔導員 Senior Crisis Counsellor	韋寶姬女士 Ms. Wai Choi Kei 鄭偉基先生 Mr. Cheng Wai Kei
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危機輔導員 Crisis Counsellor	蔡曙莉女士 Ms. Choi Chu Lei 曾小霞女士 Ms. Tsang Siu Ha 李思敏女士 Ms. Lee Sze Man 李尚謙先生 Mr. Li Sam 林子揚先生 Mr. Lam Tsz Yeung 郭慧敏女士 Ms. Kwok Wai Mun 蘇亦斌先生 Mr. So Yik Pun 鄧詩琪女士 Ms. Tang Sze Ki 傅曼莹女士 Ms. Fu Man Ying 劉詠芝女士 Ms. Lau Wing Chi 陳少梅女士 Ms. Chan Siu Mui 何嫻女士 Ms. He Shan 吳淑儀女士 Ms. Ng Suk Yee 林素儀女士 Ms. Lam So Yee 周興女士 Ms. Zhou Xing
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社會工作助理 Social Work Assistant	鄭立遷女士 Ms. Cheng Lap Chin
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服務幹事 Service Assistant	謝寶儀女士 Ms. Tse Po Yee
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活動工作員 Program Worker	譚志嫦女士 Ms. Tam Chi Sheung
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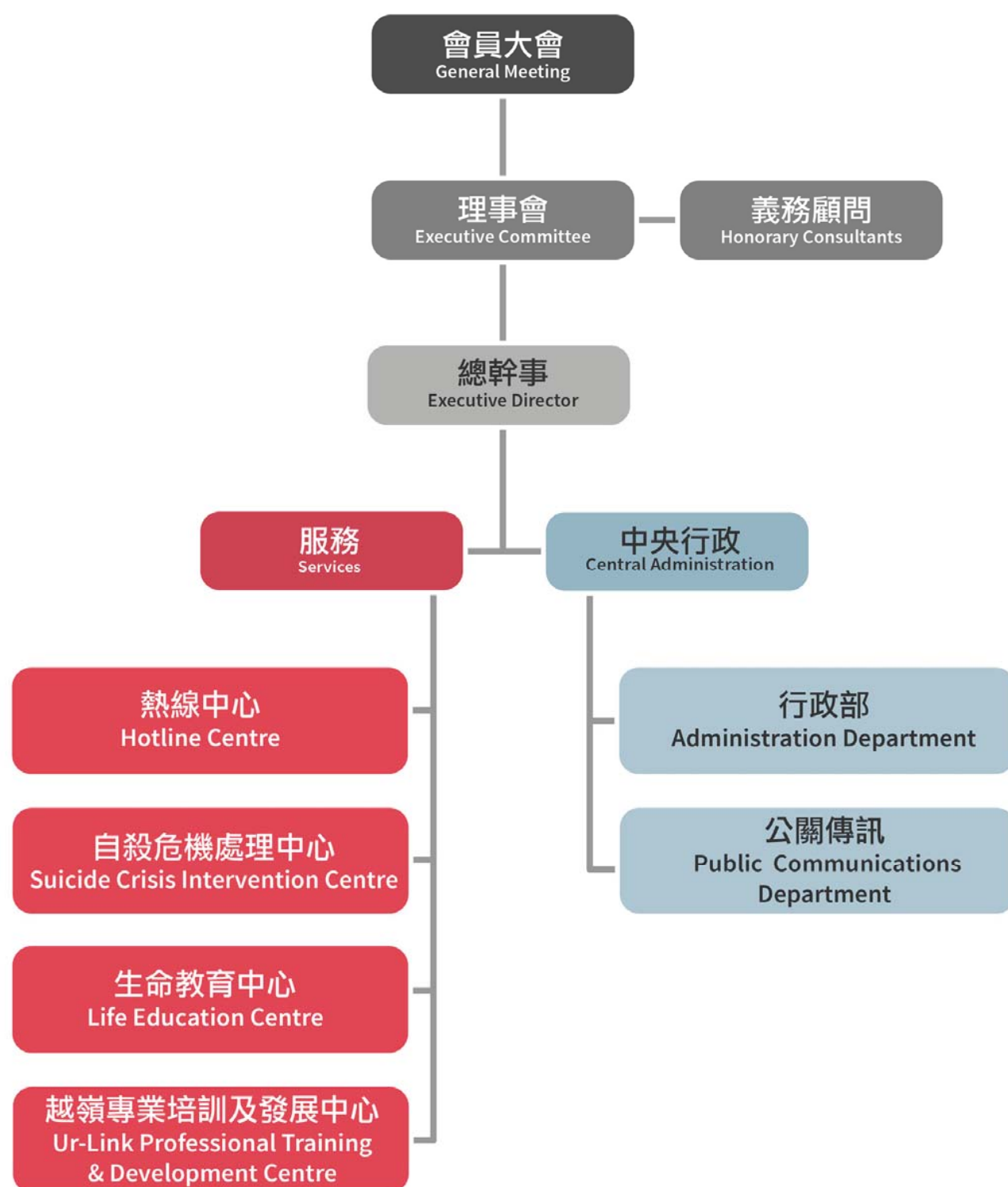
文員 Clerk	楊曉春女士 Ms. Yeung Hiu Chun
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兼職資訊科技員 Information Technology Technician (Part-time)	鄧宏基先生 Mr. Tang Wang Kei
--	----------------------------

兼職辦公室雜務員 Office Assistant (Part-time)	李瑞娟女士 Ms. Li Sui Kuen
--	--------------------------

組織圖表

Organization Chart



聆聽 Listen

里程碑

Our Milestones



「防止自殺
會」成立

Establishment
of Suicide
Prevention
Society

1960

成為「國際
防止自殺
會」成員

Becoming a
member of
International
Association
of Suicide
Prevention

1962

機構更改為
「香港撒瑪
利亞防止自
殺會」

Organization
name
changed
to "The
Hong Kong
Samaritans"

1963

機構英文名
更改為 "The
Samaritan
Befrienders
Hong Kong"

Organization
name changed
to "The
Samaritan
Befrienders
Hong Kong"

1976

「熱線中
心」於彩
虹啟用

Hotline
Centre
moved to
Choi Hung

1995

「生命教育
中心」成立
Establishment
of Life
Education
Centre

「自殺危機
處理中心」
成立
Establishment
of Suicide
Crisis
Intervention
Centre

2002

「賽馬會生
命教育資源
閣」啟用

Establishment
of Jockey Club
Life Education
Resource
Library

2003

2004

「活出彩
虹」服務
開展

Launch of
Live the
Rainbow
service

2006

「越嶺專業
培訓及發展
中心」成立

Establishment
of Ur-Link
Professional
Training &
Development
Centre

2008

「網蹤人計
劃」開展

Launch
of Suicide
Prevention
on neT

2010

《自殺·
自療、互
助舍》網
上平台開
展

Launch of
Help4Suicide
online
platform

2012

「生命劇
場」開展

Launch of
Life Drama
Programme

2014

「黑夜見黎
明」慈善城
市定向比賽
第一次舉行

"From
Darkness to
Sunrise" City
Orienteering
Competition
held for the
first time

2016

生命偶遇
計劃開展

Launch
of Life
Connect
Project

2017

「麥兜慈善
跑」第一次
舉行

McDull
Charity Run
held for the
first time



主席報告

Chairman's Report

導言

根據死因裁判庭的資料，2017年共有916宗自殺死亡個案，自殺率為12.36（即每十萬人中有12.36人死於自殺）。數字比2016年下降了0.58，即平均每天約有2.51人自殺死亡。

機構整體事項

本會於2017年特別得到一些外間機構支持各種活動，包括香港步向光明舉辦步行籌款活動、遊戲人生舉辦棋盤遊戲大賽、香港人壽保險經理協會的慈善籃球賽及康宏理財的「跑·出來·健力人生」活動。我們並連續五年獲得由傑出企業公民協會頒發的觸動社會慈善嘉許大獎。本會早前出版的逆向飛翔一書，亦獲得香港出版學會第一屆出版雙年獎（心理勵志）。

得到社會各界的支持，是對我們在防止自殺工作的肯定。

熱線中心

在2017年，我們共處理了19,384人次的服務個案，比2016年的18,907宗增加477宗。當中求助個案為13,187人次。在2017年的求助個案中，有自殺危機者的求助個案共為9.8%（即1,292個）；其中高、中危個案佔25.39%（即328個），當中的34.76%個案（即114個），被成功轉介至自殺危機處理中心跟進。

Introduction

According to statistics from the Coroner's Court, there were 916 suicide deaths in 2017. The suicide rate as 12.36 (i.e. 12.36 suicidal deaths per 100,000 persons) which indicated a drop by 0.58 from 2016, meaning there were approximately 2.51 persons died from suicide every day.

Organization Overview

In 2017, we received support from various organizations. Some of these activities were "Darkness into Light" Charity Walk by "Darkness into Light Hong Kong", "Board Game Competition" held by Gameplan, GAMA Fundraising Basketball Competition by The General Agents and Managers Association (GAMA) HK and "Run to Free - Create a New Guinness World Records" by Convoy Runner. For five consecutive years SBHK was awarded the Touching CSR Award from The Association of Distinguished Corporation Limited. Our organization's publication "Flying Against the Wind" also won the first Hong Kong Biennale Awards in the Psychological Motivation Category of Hong Kong Publishing Professionals Society Ltd..

Support from various sectors of society was recognition of our efforts in suicide prevention work.

Hotline Centre

In 2017, we handled 19,384 cases, an increase of 477 cases from 18,907 cases in 2016. Among all the cases, 13,187 were help-seeking cases who were in need of emotional support, among them 9.8% (1,292 cases) were assessed with

得以處理上升了的個案數字，全憑各會員支持報更制，使我們的整體服務時數亦有所上升。

2017年第58期義工訓練班有31人成功畢業，而2月及10月，我們舉辦了第59期及第60期義工訓練班，共接受了139人進入職前培訓第一階段的訓練課程。

為了不斷提升熱線服務的質素，加強熱線義工的專業知識，在2017年，我們為熱線義工提供各項在職訓練共33節，共有596人次參與。

獲公益金的資助，熱線中心亦於本年7月作了一次裝修工程，除了翻新天花、牆身及熱線房間之外，亦改動了部份間格，讓義工及同事有一個更舒適的工作環境。

自殺危機處理中心

自殺危機處理中心於2017年共處理1,430宗個案，雖然數字較2016年減少28宗（2016年共處理1,458宗個案），但數字繼續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宗的協定。社署亦因而在本年增加對本會之恆常資助，以對應服務上的需要。

因應學生自殺問題，賽馬會生命偶遇資源計劃教師及社工專業培訓在本年度提供了81節訓練予4,156人參與。而中心亦獲得社會福利署的攜手扶弱基金資助，開發新的手機應用程式，以延長「真心話室」的服務時段，支援有具自殺危機的網絡使用者，為他們提供情緒疏導服務。我們並培訓現有熱線義工，加入成為此服務的重要一員，務求在平台開通時，有足夠人力以應付服務需要。

having suicidal risk. In 25.39% (328 cases) of these risk cases the suicidal tendency was high to medium, and 34.76% (114 cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

Thanks to members' support to the Roster Booking System, which made it possible to manage an increase in number of cases as well as to achieve an increase in total service hours in the year.

There were a total of 31 persons graduated from the 58th Volunteer Training in 2017. In February and October, we held the 59th and 60th batches of Volunteer Training with 139 persons recruited for the first phase of Pre-service Training Programme.

In order to improve the quality of service and enhance the professional knowledge of hotline volunteers, we organized a total of 33 on-job trainings with a total of 596 attendants.

With the support of the Community Chest, we renovated our Hotline Centre in July. We revamped ceiling, wall and rooms and improved some room divisions so as to provide a more comfortable working environment for our volunteers and colleagues.

Suicide Crisis Intervention Centre

Suicide Crisis Intervention Centre (SCIS) managed 1,430 cases in 2017. Although the number was 28 cases less than that in 2016 (1,458 cases), the figure continually stood higher than the annual benchmark (1,200 cases) stipulated in the Funding Service Agreement laid down by the Social Welfare Department (SWD). To address service needs, SWD made an upward adjustment of the subvention to us.

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訊息。2017年度中心職員到訪各區學校、政府部門及各機構，為他們提供以生命教育及防止自殺為主題的外展服務。當中包括講座、工作坊、專題培訓及小組活動，服務人次多達10,726人次。除以上培訓外，本會生命教育中心也為中小學家長舉辦免費的親子教育小組。

同樣為了回應學生自殺潮，賽馬會生命偶遇資源計劃親子教育小組在本年共計提供了179次小組工作坊，惠及2,111人次。

我們自2011年起年推出「你的生命·你的選擇」生命劇場，不斷優化計劃，演出已達50場。本會亦獲得香港鐵路有限公司撥款，推行「反轉童話」生命劇場，讓小學生也可以以互動劇場的形式，認識、討論及反思與他人相處的問題。於2017年，在本會同工及義工的共同努力下，以上兩項計劃一共公演14場，共1,966名觀眾參與。

In response to increasing concern on student suicides, SCIC provided 81 sessions of professional training to 4,156 teachers and social workers under Jockey Club Life-Connect Resource Network. Moreover, we received funding from the Social Welfare Department's Partnership Fund for the Disadvantaged to develop a new mobile service application. The new application extended service hours of "Heart Chat" service and to support more online users with suicidal risk. To ensure that we have enough manpower to meet the service needs, we started to train existing hotline volunteers to become a member of the online platform.

Life Education Centre

Our Life Education Centre had been providing services proactively in the community to encourage people to cherish lives and care for each other as well as to promote suicide prevention. In 2017, we reached out to a large number of schools, government departments and organizations to provide talks, workshops, training and group activities to a total of 10,726 participants. Free education programmes were also provided for parents and their children in primary and secondary schools.

In response also to the cluster of student suicides, we organized 179 sessions of Parenting Workshops under Jockey Club Life-Connect Resource Network and benefited a total of 2,111 participants.

Since its launch in 2011, our "Your Life·Your Choice" Life Drama Programme continued to evolve and improve and reached its 50th show in 2017. With MTR Corporation's sponsorship, "Fairytale REplay & WEplay"

越嶺專業培訓及發展中心

越嶺專業培訓及發展中心於2017年積極與12個專業合作伙伴及機構舉辦不同的課程、培訓及講座供市民或從事助人行業人士（如教師、社工、醫護人員等）報讀，主題多達26個，有5,282人次及33企業與機構參與。

籌款活動

2017年本會藉著「麥兜·豬肉在前」香港撒瑪利亞防止自殺會慈善跑及WeFi冠命贊助「黑夜見黎明」慈善城市定向比賽，籌募經費及推廣關心身邊人及積極面對困難的正向人生價值觀。於2017年共籌得250萬善款，吸引多達5,400人參與，而善款將用於本會的生命教育中心支持生命教育工作。

總結

更多社會人士關注自殺議題，對於防止自殺絕對有好處，我們希望這情況能延續下去，讓本會的工作得到更多支持，亦使更多有需要的人得到適切的幫助。

Drama Programme started its first shows in 2017 for primary students. The programme encouraged these juniors to learn, to discuss and to introspect their ways to get along with others. With kind effort from colleagues and volunteers, the two drama programmes made 14 shows with a total of 1,966 participants in 2017.

Ur-Link Professional Training & Development Centre

The Centre proactively partnered with 12 professional individuals and organizations to organize different courses, trainings and seminars for the general public and professionals such as teachers, social workers and medical practitioners. There were a total of 26 different themes, 5,282 participants and 33 organizations/corporates joining these activities during the year.

Fundraising Event

In 2017, we organized McDull Charity Run 2017 and "From Darkness to Sunrise" City Orienteering Competition 2017 (with title sponsorship by WeFi Ltd), to raise fund and promote the message of community caring and positive life attitude. Overall, we had 5,400 participants in the two events and raised \$2.5 million for Life Education Centre.

Conclusion

More and more people were aware of the problem of suicide in society. This is definitely helpful for the work of suicide prevention. We hoped the trend could be maintained and we would get more support for our work, hence more people in need could receive appropriate assistance.

1 熱線中心 Hotline Centre

24小時情緒支援熱線	24-Hour Emotional Support Hotline
熱線中心義工招募及培訓	Hotline Centre Volunteer Recruitment & Training
熱線中心參觀	Hotline Centre Visit
社區講座及活動	Community Seminar and Activity

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

自殺危機介入服務	Suicide Crisis Intervention
活出彩虹	Live the Rainbow
網上防止自殺	Online Suicide Prevention
賽馬會生命偶遇資源計劃 (教師及社工培訓)	The Jockey Club Life-Connect Resource Network (Training for Teachers and Social Workers)

3 生命教育中心 Life Education Centre

防止自殺教育計劃	Suicide Prevention Education Project
賽馬會生命偶遇資源計劃 (家庭小組)	The Jockey Club Life-Connect Resource Network (Parents Workshop)
生命劇場	Life Drama Programme

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

公開課程	Public Course
企業培訓及講座	Organization & Corporate Training & Seminar
場地租用	Venue for Hiring

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

熱線中心義工招募及培訓

Hotline Centre Volunteer Recruitment & Training

熱線中心參觀

Hotline Centre Visit

社區講座及活動

Community Seminar and Activity



香港撒瑪利亞防止自殺會於1960年開展電話情緒支援服務，該服務是本會的首個服務，一直透過接聽求助者電話來推動防止自殺的工作；後來於1995年本會因得到房屋署撥出彩虹邨金華樓地下作為新會址，熱線中心因而正式成立，工作包括提供24小時情緒支援熱線工作、熱線中心義工招募及培訓、熱線中心參觀及社區講座等活動。

The Samaritan Befrienders Hong Kong established Fixed Line Emotional Support Service in 1960, which is our first service of the organization to provide suicide prevention service through answering calls of help seekers.

Later, in 1995 the Hotline Centre was officially established in Choi Hung Estate with the support from the Hong Kong Housing Authority. The Centre includes the 24-Hour Emotional Support Hotline, Hotline Centre Volunteer Recruitment & Training, Hotline Centre Visit and Community Seminar and Activity.

2017 熱線中心回顧

2017 Hotline Centre Review



24小時情緒支援熱線

24-Hour Emotional Support Hotline

本會的24小時情緒支援熱線，全賴一群受過培訓的熱心義工提供服務，任何有情緒困擾、絕望無助或自殺意圖的人士都可致電24小時情緒支援熱線；熱線中心義工們會接聽來電，細心聆聽，獻上真誠關懷，陪伴求助者面對自己的困擾，希望來電者能重拾生存的勇氣和信心。2017年，我們共處理了19,384人次的服務個案，比2016年的18,907宗增加477宗，當中求助個案為13,187個。

Our 24-Hour Emotional Support Hotline relies on a group of passionate trained volunteers to those who are distressed, hopeless or having suicide intention. Our volunteers are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead.

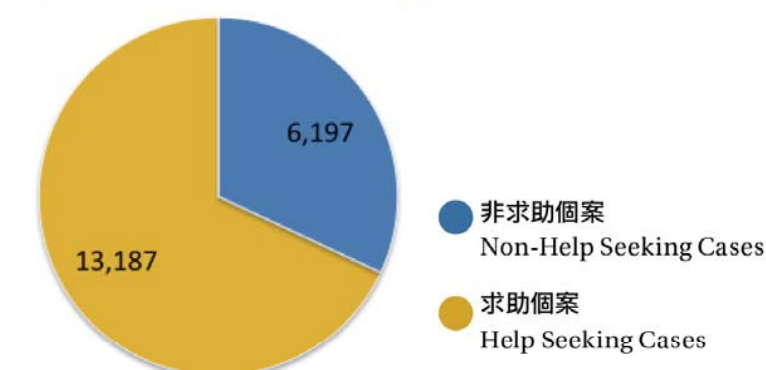
In 2017, we handled 19,384 cases. There was an increase of 477 cases from 18,907 cases in 2016. Among these, 13,187 were help-seeking cases who were in need of emotional support.

2017年24小時情緒支援熱線數據分佈

24-Hour Emotional Support Hotline 2017 Data Analysis

按來電分佈

By Incoming Calls Data Analysis



求助者性別及來電者年齡分佈

Gender & Age Distribution of Help-Seeking Cases

年份 Year	2017					2016	
年齡 Age	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0-9	15	4	2	21	0.16%	22	0.17%
10-19	363	317	7	687	5.21%	676	5.24%
20-29	1,219	951	2	2,172	16.47%	1,891	14.66%
30-39	1,300	1,342	4	2,646	20.06%	2,682	20.80%
40-49	1,305	1,202	1	2,508	19.02%	3,235	25.09%
50-59	1,483	1,198	2	2,683	20.34%	2,311	17.92%
60+	515	325	0	840	6.37%	557	4.32%
不詳 Unknown	856	700	74	1,630	12.37%	1,522	11.80%
總計 Total	7,056	6,039	92	13,187	100%	12,896	100%

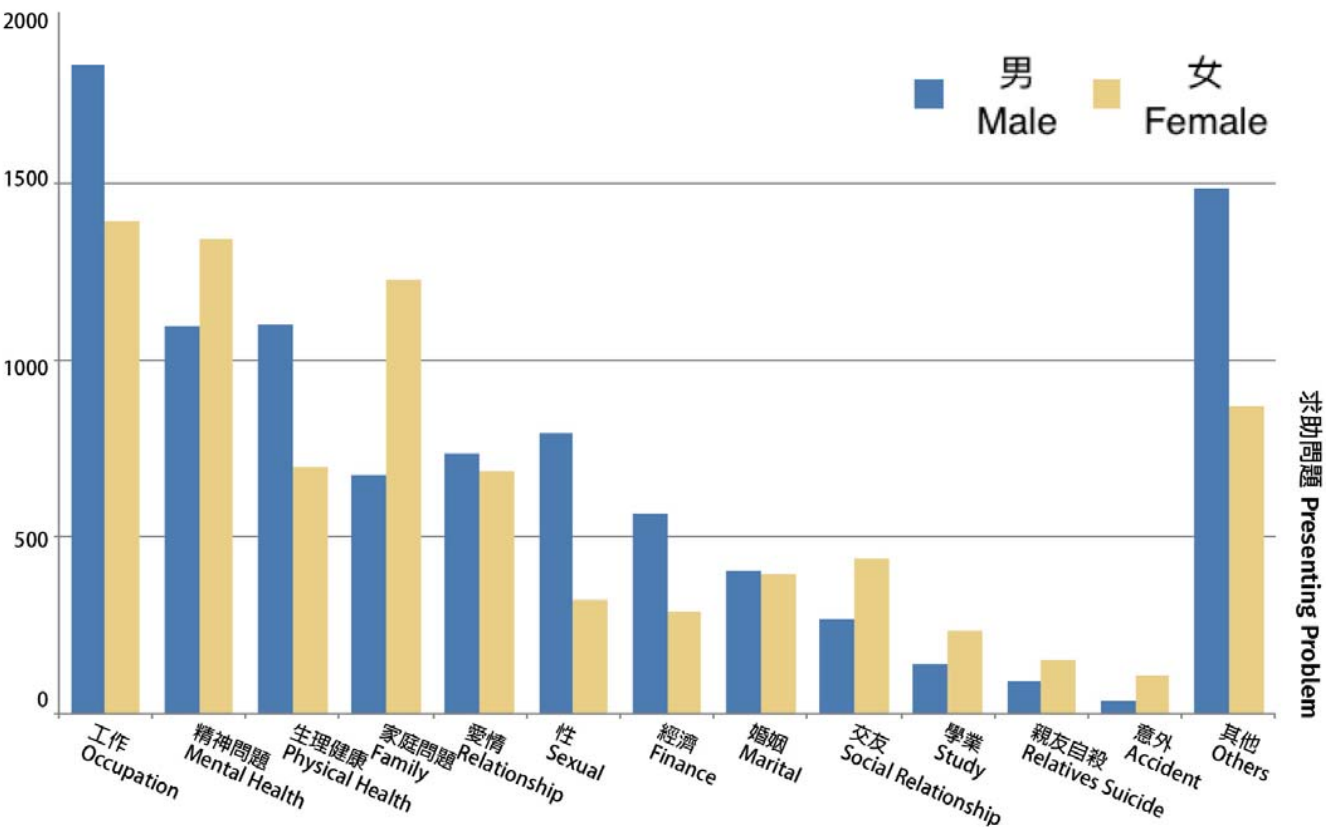
求助者求助問題分佈

Presenting Problems Distribution of Help-Seeking Cases

在2017年求助個案類別中，主要困擾的問題為工作(18.57%)、精神問題(14.08%)及生理健康(10.36%)。相比2016年的數字，受工作困擾及健康困擾的求助個案分別上升了1.01%及0.51%。

In 2017, the major reasons for seeking help were: Occupation (18.57%), Mental Health (14.08%), and Physical Health (10.36%). Compared with the figures in 2016, the number of cases in Occupation and Health increased by 1.01%, and 0.51% respectively.

求助個案數目 No. of Help-Seeking Case



年份 Year	2017					2016	
求助問題 Presenting Problem	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
工作 Occupation	1,836	1,393	10	3,239	18.57%	2,987	17.56%
精神問題 Mental Health	1,095	1,344	18	2,457	14.08%	2,309	13.57%
生理健康 Physical Health	1,098	696	13	1,807	10.36%	2,121	12.47%
家庭問題 Family	672	1,228	12	1,912	10.96%	1,931	11.35%
愛情 Relationship	732	684	4	1,420	8.14%	1,342	7.89%
性 Sexual	790	319	3	1,112	6.37%	932	5.48%
經濟 Finance	562	284	2	848	4.86%	802	4.71%
婚姻 Marital	401	389	3	793	4.55%	909	5.34%
交友 Social Relationship	262	437	4	703	4.03%	739	4.34%
學業 Study	140	232	7	379	2.17%	375	2.20%
親友自殺 Relatives Suicide	90	149	5	244	1.40%	214	1.26%
意外 Accident	32	107	1	140	0.80%	136	0.80%
其他 Others	1,486	867	38	2,391	13.71%	2,215	13.03%
總計 Total	9,196	8,129	120	17,445	100%	17,012	100.00%

求助者年齡、性別及求助問題分佈
Presenting Problems, Age and Gender Distribution of Help-Seeking Cases

年齡 Age	0-9		10-19		20-29		30-39		40-49	
求助問題 Presenting Problem	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female
工作 Occupation	0	0	18	60	211	218	255	183	128	125
精神問題 Mental Health	1	0	3	4	50	39	142	113	93	107
生理健康 Physical Health	2	0	49	75	92	169	116	202	201	245
家庭問題 Family	3	0	112	55	293	64	147	60	71	72
愛情 Relationship	0	0	14	30	46	103	63	100	61	91
性 Sexual	3	1	69	17	74	74	87	105	181	144
經濟 Finance	1	0	33	39	192	181	200	235	224	314
婚姻 Marital	0	0	3	2	53	31	89	55	138	91
交友 Social Relationship	0	0	13	8	226	193	328	527	438	244
學業 Study	1	2	49	81	53	75	15	31	5	11
親友自殺 Relatives Suicide	0	0	0	2	1	11	1	25	14	21
意外 Accident	0	0	3	4	12	23	14	45	14	14
其他 Others	5	1	72	26	203	86	208	131	255	208
總計 Total	16	4	438	403	1506	1,267	1,665	1,812	1,823	1,687

年齡 Age	50-59		60+		不詳 Unknown		個案類別總計 Total no. of Cases in Category		
求助問題 Presenting Problem	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	總計 Total
工作 Occupation	42	36	11	18	67	44	732	684	1,416
精神問題 Mental Health	50	68	8	34	54	24	401	389	790
生理健康 Physical Health	127	315	40	91	45	131	672	1,228	1,900
家庭問題 Family	32	19	18	2	114	47	790	319	1,109
愛情 Relationship	41	66	19	8	18	39	262	437	699
性 Sexual	339	198	257	104	88	53	1,098	696	1794
經濟 Finance	243	306	89	145	113	124	1,095	1,344	2,439
婚姻 Marital	157	70	74	16	48	19	562	284	846
交友 Social Relationship	670	284	28	18	133	119	1,836	1,393	3,229
學業 Study	4	22	1	1	12	9	140	232	372
親友自殺 Relatives Suicide	11	26	3	4	2	18	32	107	139
意外 Accident	10	26	7	6	30	31	90	149	239
其他 Others	333	195	154	41	256	179	1,486	867	2,353
總計 Total	2,059	1,631	709	488	980	837	9,196	8,129	17,325

按來電危機程度及來電者性別分析

By Incoming Calls' Risk Level and Callers' Gender Data Analysis

年份 Year	2017					2016	
危機程度 Risk Level	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 Percentage	總計 Total	百分比 Percentage
低 Low	409	537	18	964	7.31%	1,204	9.34%
中 Moderate	104	146	8	258	1.96%	249	1.93%
高 High	27	43	0	70	0.53%	53	0.41%
無 No	6,248	5,153	47	11,448	86.81%	10,828	83.96%
不適用 N/A	268	160	19	447	3.39%	562	4.36%
總計 Total	7,056	6,039	92	13,187	100%	12,896	100%

在2017年，我們共處理了19,384人次的服務個案，比2016年的18,907宗增加477宗。當中求助個案為13,187人次。在2017年的求助個案中，有自殺危機者的求助個案共為9.8%（即1,292個）；其中高、中危個案佔25.39%（即328個），當中的34.76%個案（即114個），被成功轉介至自殺危機處理中心跟進。

In 2017, we handled 19,384 cases, an increase of 477 cases from 18,907 cases in 2016. Among all the cases, 13,187 were help-seeking cases who were in need of emotional support, where 9.8% (1,292 cases) were assessed with suicidal risk. 25.39% (328 cases) of the cases with suicidal was high and medium risk cases, 34.76% (114 cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.



2017年2月及10月，我們舉辦了第59期及第60期義工訓練班，共有139人接受職前培訓第一階段的訓練課程。

In February and October 2017, we organized the 59th and 60th batch of hotline volunteer training programme to our volunteer trainees. 139 applicants were admitted as volunteer trainees for the first stage of training.

熱線中心義工招募及培訓

Hotline Centre Volunteer Recruitment and Training

熱線中心多年來全憑一群富熱誠、默默耕耘的義工去承擔責任，擔當一個好的聆聽者及陪伴者，去接聽每個求助電話，明白求助者的痛苦，舒緩他們的情緒，同行步過黑暗。

熱線中心義工並非社工、輔導員，或其他精神健康的專業人士，他們來自社會各階層，抱持助人自助的精神去服務社群。現時，熱線中心共有二百多名義工，當中不少在熱線服務了十多二十年。那份全情投入、貢獻社會的精神，實在是義工組織最珍視的資產。

為提升熱線服務的質素，熱線中心致力提供不同的培訓，提升義工的專業知識及助人能力。

Thanks to a group of passionate and dedicated volunteers being a good listener, they act as a befrienders to listen to every call made by the help seekers, understand their difficulties, ease their distress, and walk with them through darkness.

Most of our hotline volunteers are not professional social workers, counsellors, nor psychiatrists. They are just ordinary people in the community who are willing to help others. Our Centre has over 200 on job members. Many of them have served for over 10 or even 20 years. The spirit of dedication and serving the community is one of the most valuable assets in a volunteer agency.

In order to enhance the service quality, the Hotline Center is committed to provide different trainings for volunteers to enhance their professional knowledge and ability to help others.



249

熱線中心義工
Hotline Centre
Volunteers



2

熱線中心
義工訓練班
Hotline Centre
Volunteer Trainings



33

熱線中心
義工在職培訓
Hotline Centre
Volunteers On-the-
Job Trainings



735

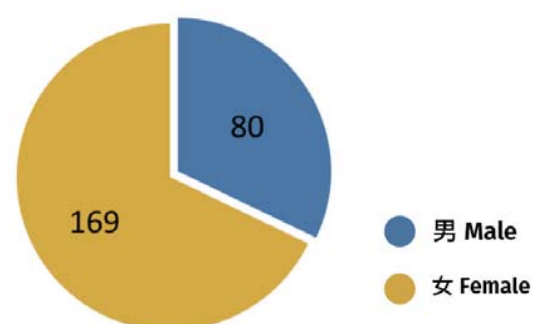
參與訓練班及
在職培訓人次
Volunteers
Attended Trainings

2017 年熱線中心義工資料

Profile of Volunteers in 2017

熱線中心義工服務年資分佈

Hotline Centre Volunteers' Years of Service Distribution



服務年資 Serving Year	男 Male	女 Female
一年以下 Below 1 year	13	48
2-3 年 / years	8	31
4-5 年 / years	11	10
6-7 年 / years	8	17
8-9 年 / years	5	11
10年或以上 / years above	35	52
Total 合共	80	169

2017年義工在職培訓總覽

Volunteers On-the-Job Trainings Review in 2017

主題 Theme	節數 No. of Session	人數 No. of Participant
半天歷奇訓練 Adventure Training	1	11
死野(長期病患)知多點 Seminar on Chronic Diseases (Say Yeah)	1	43
長期服務方程式分享會 Sharing session in "How to be a Long-term Volunteer"	1	13
真心話室 "Heart to Heart Chatroom" Training Programme	2	14
真心話室 2 "Heart to Heart Chatroom" Training Programme 2	4	27
「處理刁難人士」之十型人格 Seminar on Managing Difficult Personalities	1	49
督導員分享會 Supervisor Sharing Session	2	26
認識抑鬱症 Seminar on Understanding Depression	1	48
認識問題賭博暨過來人分享 Seminar on Understanding Problem Gambling & Sharing	1	45
認識精神科藥物 Seminar on Understanding Psychoactive Drug	1	47
56 & 57期「拚」發小組 Training Programme for Junior Volunteers (56th & 57th)	10	43
2017年全會退修營 Retreat Camp 2017	1	28
認識青少年精神病患 Seminar on Understanding Mental Illness in Youth	1	44
高危轉介個案分享會 Sharing Session in High Suicide Risk Case	1	38
靜觀鬆一鬆 Mindfulness	1	10
認識焦慮症 Seminar on Understanding Anxiety	1	47
參觀明愛樂仁學校 Visiting Caritas Jockey Club Lok Yan School	1	20
哀傷個案處理技巧 Seminar on Grief Counseling Skills	2	43
總數 Total	33	596

熱線中心參觀

Hotline Centre Visit



5

團體參觀

Organization Visits



67

探訪熱線
中心人次

People Visited
Hotline Centre

2017年熱線中心參觀

Hotline Centre Visit in 2017

» 參加人數 Number of Visitors : 4
北京橋愛慈善基金會 Bridging Hope Charity Foundation

» 參加人數 Number of Visitors : 6
香港復康會 The Hong Kong Society for Rehabilitation

» 參加人數 Number of Visitors : 40
香港管理業協會李國寶中學 HKMA David Li Kwok Po College

» 參加人數 Number of Visitors : 15
香港公益金 The Community Chest

» 參加人數 Number of Visitors : 2
生命熱線 Suicide Prevention Services



社區講座及活動

Community Seminar and Activity



2

講座

Seminars

講座題目 Seminar Topic

自殺危機評估及介入
Suicide Crisis Assess and Intervention

» 參加人數 Number of Participant : 20
香港單親協會
Hong Kong Single Parents Association



29

參加者

Participants

講座題目 Seminar Topic

YMCA同你同行計劃

» 參加人數 Number of Participant : 9
香港中華基督教青年會
Chinese YMCA of Hong Kong

社區活動

Community Activity

本會職員及義工於1月及10月在港鐵站設置「心靈關顧服務站」，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。

Our staff and volunteers operated the Emotion First Aid Counter at the MTR stations in January and October. We invited passengers to experience an emotion test; and provide immediate support or referral to our Suicide Crisis Intervention Centre to those with emotional problems. We also distributed promotional materials to let more people know our work towards suicide prevention.



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社區活動

Community Activities

活動名稱 Name of Programme

自殺危機評估及介入

Suicide Risk Assessment

» 對象及參加人數

Target and No. of Participant : 500

心靈關顧服務站（粉嶺站）

Emotion First Aid Counter (Fanling MTR Station)

活動名稱 Name of Programme

自殺危機評估及介入

Suicide Crisis Assess and Intervention

» 對象及參加人數

Target and No. of Participant : 500

心靈關顧服務站（旺角東站）

Emotion First Aid Counter (Mong Kok East MTR Station)



1,000

參加者

Participants

同行 Company

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 and yellow 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 clients can 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.



自殺危機介入服務

Suicide Crisis Intervention Service

活出彩虹

Live the Rainbow

網上防止自殺

Online Suicide Prevention

賽馬會生命偶遇資源計劃 (教師及社工培訓)

The Jockey Club Life-Connect Resource Network
(Training for Teachers & Social Workers)

自殺危機處理中心於2002年3月獲獎券基金撥款成立，中心並於2005年5月成為社會福利署津助的服務計劃。中心的服務包括自殺危機個案處理、活出彩虹以及網上防止自殺，致力為中度至高度身處自殺危機人士、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；幫助服務對象重建求生的信念，鞏固他們應付危機的能力。

此外，中心亦透過「賽馬會生命偶遇資源計劃」為學校及青少年服務單位提供專業培訓，協助他們應對青少年自殺問題帶來的挑戰。

Suicide Crisis Intervention Centre was established in 2002 under the support of Lotteries Fund. Since 2005, the Centre has become Social Welfare Department's service. The services include Suicide Crisis Intervention, Live the Rainbow and Online Suicide Prevention in the way of counseling, consultation and group service directly for middle to high risk suicidal people, their concerners and relatives of the suicidal deaths to rebuild their living faith and enhance their ability to deal with crises ability.

The Centre also provides trainings for teachers and social workers through The Jockey Club Life-Connect Resource Network to help them meet the challenges of youth suicide.

自殺危機介入服務

Suicide Crisis Intervention Service

 服務包括
Service Include

諮詢專線2319 1177
Consultation Hotline
2319 1177

個案輔導
Counseling

由專業社工提供的個案輔導，為具高、中自殺危機人士及親友提供危機介入及緊急情緒支援服務，並透過密集的輔導跟進，致力幫助服務對象重建求生的信念，鞏固他們應付危機的能力。

It provides a crisis intervention consultation hotline, counseling and group service to middle to high risk suicidal people with medium to high suicide risks through intensive counseling and follow-up service to help the service users to rebuild their living faith and enhance their deal with crises ability.

2017 服務回顧

2017 Service Review



1,430

自殺危機介入個案總數

No. of Suicide Crisis
Case Intervened



1,220

具自殺危機者
之個案數字

No. of Suicidal Case



210

自殺危機者親友
之諮詢個案數字

No. of Consultation Case
of Family or Friend of
Suicidal People

數據分析表

Data Analysis Table

服務使用者分類

Type of Service Users

服務使用者分類 Type of Service User	個案數字 No. of Case	百分比 %
自殺危機者 Potential Suicidal People	1,220	85.3%
自殺危機者親友 Family or Friend of Suicidal People	210	14.7%
總計 Total	1,430	100%

自殺危機個案性別分佈

Gender Distribution of Suicidal Cases

自殺危機求助者性別 Gender of Suicidal People	求助個案 Case of Request	百分比 %
女性 Female	794	65%
男性 Male	426	35%
總計 Total	1,220	100%

自殺危機個案之年齡分佈

Age Distribution of Suicidal Cases

年齡 Age	女性自殺 危機者 Female Suicidal User	男性自殺 危機者 Male Suicidal User	個案數字 No. of Case	百分比 %
0-9	3	1	4	0.3%
10-19	82	38	120	9.8%
20-29	148	66	214	17.5%
30-39	182	79	261	21.4%
40-49	177	107	284	23.3%
50-59	127	78	205	16.8%
60-69	44	39	83	6.8%
70-79	14	12	26	2.1%
>=80	12	5	17	1.4%
不知道 Un-known	5	1	6	0.5%
總計 Total	794	426	1,220	100%

自殺危機個案來源分佈

Source of Suicide Cases

自殺危機個案來源 Source of Suicide Crisis Case	個案數字 No. of Case	百分比 %
熱線中心 Hotline Centre	268	22.0%
綜合家庭服務 Integrated family service	218	17.9%
親友求助 Relatives or friends of suicidal people	121	9.9%
醫務社會服務單位 Medical social service units	106	8.7%
護士及輔助醫療單位 Nurse or para-medical unit	72	5.9%
學校 Schools	47	3.9%
警方 Police	32	2.6%
心理輔導服務單位 Psychological / counseling service	19	1.6%
其他 Others	96	7.9%
自行求助 Suicidal cases themselves	241	19.8%
總計 Total	1,220	100%

依自殺危機個案及求助問題分佈

Presenting Problem Distribution of Suicidal Cases

自殺危機求助個案類別 Presenting Problem of Suicidal Cases	女性 Female	男性 Male	求助個案 Case of Request	百分比 Percentage
精神 Mental health	131	55	186	15.2%
婚姻 Marital	116	63	179	14.7%
父母子女關係 Parent-child relationship	75	23	98	8.0%
經濟 Finance	41	55	96	7.9%
感情 Relationship	67	27	94	7.7%
身體健康 Health	51	37	88	7.2%
親友自殺死亡 Suicidal death of family member or friend	45	21	66	5.4%
工作壓力 Work pressure	28	18	46	3.8%
住屋 Housing	31	9	40	3.3%
朋輩關係 Friendship	24	13	37	3.0%
學業 Study	20	14	34	2.8%
其他家庭問題 Other family problem	24	8	32	2.6%
受他人自殺問題困擾 Distress caused by suicidal family member or friend	19	5	24	2.0%
法律 Law	8	15	23	1.9%
姻親關係 Affinity	22	1	23	1.9%
喪親 Bereavement	15	7	22	1.8%
失業 Unemployment	6	10	16	1.3%
親友患病 Relative and friend suffer from diseases	7	6	13	1.1%
賭博 Gambling	3	5	8	0.7%
其他 Others	61	34	95	7.8%
總計 Total	794	426	1,220	100%

活出彩虹

Live the Rainbow

服務包括
Service Include自殺身故者親友
個案輔導Counseling for
Relative and Friend
of the Suicidal
Deaths「未完成的小說」
治療性小組
The Unfinished
Novel Therapeutic
Group「活出彩虹」
支援小組
Live the Rainbow
Support Group

2004年，有見自殺身故者親友對服務的需要，「活出彩虹」同年9月成立，提供香港首個為自殺身故者親友而設的支援小組。現已擴展推出一站式的輔導、小組及持續支援工作，陪伴親友過渡艱難時刻。

Seeing the needs of the relatives and friends of the suicides (Survivors), we organized the Hong Kong first support group called “Live the Rainbow” in 2004. The support group provides one-stop services including counseling, small groups and continuous support service in which the Survivors can overcome the hardship in their difficult moments.

自殺身故者親友個案輔導
Suicide Crisis Counseling for Suicidal People's Relatives and Friends

自殺身故者親友個案輔導是一個為期6個月的跟進服務，讓他們得到陪伴及關懷。

We provide individual counseling for relatives and friends of the “Survivors”, for 6 months in which they will be accompanied and cared for suicidal deaths.

「未完成的小說」治療性小組
The Unfinished Novel Therapeutic Group

「未完成的小說」以小組形式進行，為自殺身故者親友舉辦的治療性小組，讓組員在互信和安舒的環境中分享經歷，並且學習處理情緒及過渡傷痛。

The Unfinished Novel is a therapeutic group for “Survivors”. It provides a trustful and comfortable environment for them to share their stories and feelings, and learn from others the ways to deal with emotions and overcome their pains.

「活出彩虹」支援小組
Live the Rainbow Support Group

中心舉辦不同形式及主題的活動，協助組員舒緩壓力，並透過活動讓不同經歷的組員以同路人身份互相分享及支持，一同學習處理情緒及過渡傷痛。此外，中心亦會培訓有潛質的組員成為義工，探訪和支援有需要的新舊組員。

The Centre provides various activities to facilitate members in relieving their emotions and building up mutual support to overcome their griefs. The Centre also equips potential group members as mentors to visit and render continuous support to other members.

2017 服務回顧

2017 Service Review



87

自殺身故者親友個案總數
No. of Case of Relative & Friend of Suicidal Deaths



38

「未完成的小說」
治療性小組次數
No. of Session of The Unfinished Novel Therapeutic Groups



51

「活出彩虹」支援小組次數
No. of Session of Live the Rainbow Support Group

2017年自殺身故者親友個案關係分佈

Relationship Distribution of Cases in “Live the Rainbow”

關係 Relationship	個案數字 No. of Case	百分比 Percentage
配偶 Spouse	23	26.4%
父母 Parent	18	20.7%
子女 Child	15	17.2%
兄弟姊妹 Sibling	13	14.9%
其他親屬關係 Other relative	10	11.5%
非親屬 Non-relative	8	9.2%
總計 Total	87	100%

網上防止自殺服務

Online Suicide Prevention



服務包括
Service Include

真心話室
Heart Chat

「網蹤人」計劃
Suicide Prevention on neT (SPOT)

《自殺·自療·互助舍》網站
Help4Suicide Website

2008年及2009年，鑑於互聯網使用的普及，不少具自殺危機人士轉移在網絡上宣洩和傾訴；中心由2010年不斷發展網上防止自殺服務，包括真心話室、《自殺·自療·互助舍》網站及「網蹤人」計劃。

真心話室

真心話室是網上聊天室，由義工提供服務，與有情緒困擾的人對話，提供抒發渠道。在這個空間裡，所有對話內容保密，大家都可以安心與義工分享。在2017年，真心話室提供了1,815小時的即時情緒疏導服務，並處理了2,696名有自殺危機或情緒困擾的網絡使用者。

In 2008 and 2009, given the popularity of the use of internet, many people with suicidal risk vent their emotions on the internet. The Centre has continuously developed different online suicide prevention programmes, including the Heart Chat, Help4Suicide Website and Suicide Prevention on neT (SPOT) since 2010.

Heart Chat

Heart Chat is an online chat room, where volunteers provide a channel for people to express their emotions. All conversations are kept confidential in the chat room. In 2017, Heart Chat rendered 1,815 service hours and handled 2,696 internet users with suicidal risk or emotional distress.

2017年真心話 室服務回顧

2017 Heart Chat Service Review



1,815

小時服務
Service Hours



2,696

網絡服務使用者
Online Users

2017真心話室求助問題分佈

2017 Heart Chat Data Analysis

求助問題 Presenting Problem	聊天個案 Chat Case	百分比 %
個人 (如精神健康、身體健康、濫藥等) Personal Issue (e.g. mental health, physical health, drugs, etc.)	629	45.4%
感情 Love Relations	360	26.0%
處境困擾(如經濟、學業問題等) Situational Matter (e.g. finance, study, etc.)	252	18.2%
家庭 Family Matter	134	9.7%
親友自殺 Suicidal Issue of Family Member or Friend	9	0.7%
其他 Others	0	0.0%
總計 Total	1384	100%

「網蹤人」計劃

2008年，本會為了將防止自殺服務推展到互聯網，開展了「網蹤人」計劃，主動在互聯網尋找有情緒困擾和自殺危機的網誌使用者提供情緒支援。我們發現，有自殺困擾的人往往會在互聯網上尋找相近背景的人，在互相影響及感染下，將共通情緒進一步擴大。

時代變遷，現在服務轉移在社交媒體主動接觸網友，於2017年，我們在網上社交媒體共搜尋189,356個留言，並且主動嘗試接觸其中757個具有較明顯情緒或自殺困擾的網友，以便進一步提供輔導服務。

《自殺·自療·互助舍》網站

有見網上不少錯誤及誤導自殺的資訊，會不知不覺間強化了意途自殺的人的意欲。中心於2010開展全港首個網上防止自殺網頁《自殺·自療·互助舍》(www.help4suicide.com.hk)透過這個專門探討自殺的網站，帶出珍惜生命的訊息，以抗衡網上有關自殺的不良及失實資訊。

Suicide Prevention on neT

We launched the “Suicide Prevention on neT” in order to provide suicide prevention services on the internet in 2008. We proactively searched blog users with emotional distress and suicidal crisis and provide emotion support to them. We have found that people with suicidal problems tend to find people with similar backgrounds on the internet; under mutual influence and infection, they further exaggerate their negative emotions could be easily reinfused.

Time files, we have shifted our efforts to social media. In 2017, we searched 189,356 suicide related messages from social media and reached out to 757 internet users with suicidal tendency or emotional distress, so as to provide further counseling services for them.

Help4Suicide Website

Knowing that there are a lot of wrong and misleading suicide information on the internet, which will indirectly reinforce the desire of those who intend to commit suicide. The Centre launched the Hong Kong first suicide prevention website – Help4Suicide (www.help4suicide.com.hk) in 2010, to bring out the message of cherishing life to counter the bad and inaccurate suicide information on the internet.

賽馬會生命偶遇資源計劃 (教師及社工專業培訓)

為學校及青少年服務單位提供專業培訓予教師及社工，內容包括本港學生自殺現象概覽、自殺危機徵兆及高危個案識別、自殺危機初步介入等。期望透過個案分享及討論，將我們的知識、臨床經驗和技巧，分享予前線教師及社工，協助教師及社工應對青少年自殺問題帶來的挑戰。

The Jockey Club Life-Connect Resource Network (Training for Teachers & Social Workers)

We provide trainings for schools and youth service units to teachers & social workers. The content includes but not limited to the overview of student suicides in Hong Kong, signs of suicide crisis, identification of high-risk cases, and initial intervention in suicide crisis. We hope to share our knowledge, experience and skills with frontline teachers and social workers through case sharing and discussion to help them deal with the challenges of youth emotional distress and suicide crises.



81

專業培訓次數

No. of Training



60

參與學校及單位數目

Schools & Units
Involved



4,156

參與人數

No. of
People Attended

成長 Grow

帮助大家對情緒壓力的認識及

的方法幫助自己放鬆

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子散佈於不同土壤之中，當種子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 logo represents soil, a major source of material for the growth of plants. The letter “r” signifies the growing sprout, meaning that the seeds of Life Education scatter on different soil and grow after sowing.



防止自殺教育計劃

Suicide Prevention Education Project

賽馬會生命偶遇資源計劃 (家長小組)

The Jockey Club Life-Connect Resource Network
(Parent Workshop)

生命劇場

Life Drama Programme



「生命教育中心」於2002年因獲香港賽馬會慈善信託基金撥款開辦「防止自殺教育計劃」而成立，及後有不同的贊助及計劃加入，不斷豐富中心資源，為防止自殺擔當及早預防角色。中心旗下有三個項目，包括「防止自殺教育計劃」、「賽馬會生命偶遇資源計劃」及「生命劇場」，透過外展服務、地區活動、義工培訓、舞台劇、生命教育資源圖書館及教材製作等範疇，令大家能夠認識生命的真義及察覺身邊人的負面情緒並給予適當的支持，成為「社區守望者」，預防自殺悲劇的發生。

Life Education Centre was established in 2002 to promote Suicide Prevention Education Project, which funded by the Hong Kong Jockey Club Charities Trust Fund; soon after with more sponsorships and projects rolled out and enriched resources, the Centre has become an important role to early suicide prevention.

There are 3 programmes under the Centre: the Suicide Prevention Education Project, the Jockey Club Life-Connect Resource Network and the Life Drama Programme. These services include outreach and community activities, volunteer training, drama, Jockey Club Life Education Resource Library and educational publication. All these help the general public understand the meaning of lives, and raise their awareness and support to others with negative emotions. The presence of more “Community Gate Keeper” and thus less suicide cases can be realised.

2017 生命教育中心回顧

2017 Life Education Centre Review



250

活動
Activities



10,726

受惠人次
Beneficiaries



3

出版
Publications



75

義工人次
Volunteers

 服務包括
Service Include

研討會
Seminar

講座
Talk

工作坊及小組活動
Workshop and
group activity

社區探訪
Community visit

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

學校展覽
School exhibition

防止自殺教育計劃

Suicide Prevention Education Project

本計劃於2002年由香港賽馬會慈善信託基金撥款開辦，透過外展服務、地區活動、義工培訓、生命教育資源圖書閣及教材製作等範疇，用不同途徑向公眾人士推廣生命教育的四大訊息。認識自己（自信做自己及為面對成長及困難作準備）、第二是認識他人（學懂互助互愛、包容及體諒他人之重要）、第三是認識環境（了解珍惜環境的迫切性）以及第四是認識宇宙（明白生死之意，並學會珍惜生命）。

Suicide Prevention Education Project was funded by the Hong Kong Jockey Club Charities Trust in 2002 to promote 4 major messages through outreach, community activities, volunteer training, Jockey Club Life Education Resource Library and publication; the messages are: To know oneself, be self-confident and get prepared to face challenges and difficulties during growth; to know others, understand the importance of helping and caring for one another, appreciate others' different opinions and needs; to know the earth, the urgency of cherishing the environment; to understand the universe, the meaning of life and death, as well as life cherishment.

研討會

2月25日的「生命教育推行現況及未來發展」研討會，邀請了青年事務委員會主席劉鳴煒先生 BBS, JP、長者安居協會行政總裁梁淑儀女士、大埔循道衛理小學校長李綺琮校長、綠腳丫創辦人柯佳列先生及本會理事黃祐榮先生分享香港推行生命教育現況、於學校、社區及家長組織中推行生命教育的看法及經驗，以及對未來發展的意見。



講座、工作坊及小組活動

我們的講座及工作坊，以「GROW」分為四大主題：光彩（Glow）、關係（Relationship）、克服（Overcome）及價值（Worthiness），涵蓋了不同的生命教育訊息。

社區探訪

義工們會透過家訪，關心獨居／兩老居住的長者的近況，與他們閒話家常，讓長者們感到關心，從而減低他們因孤獨及被忽略而自殺的因素。此外，我們亦與提供視障及智障服務的機構合作，籌備活動給學員參與。

Seminar

“Life Education Development Forum—Now and the Future” on 25 February, Mr. Lau Ming Wai (BBS, JP, the Chairman of Commission on Youth), Ms. Leung Shuk Yee (CEO of Senior Citizen Home Safety Association), Ms. Lee Yee King (Principal of Tai Po Methodist School), Mr. Or Kai Lit (Founder of Hapi Reading Club) and our Chariman Mr. Wong Yao Wing were invited to share their valuable experience and insight on Life Education among schools, communities and parents' groups, as well as their opinions on the future development.

Talk, Workshop and Group Activity

Our talks and workshops involve 4 major messages in “GROW”, they are: Glow, Relationship, Overcome and Worthiness, which cover different aspects in life education.

Community Visit

To response to the problem of elderly suicides, we arrange community visits for volunteers to visit singleton and couple elderly to show their love and care for them. Besides, we also cooperate with other NGOs to arrange activities for visually impaired people or mentally retarded people.

賽馬會生命教育資源閣

除直接面對公眾的服務外，我們亦提供了支援服務。我們的賽馬會生命教育資源閣，內藏書種類豐富，包括有關生命教育、生死學、輔導及兒童繪本等書籍及光碟歡迎公眾人士借閱。此外，我們亦定期印製「生命交流」，讓大家從中得到生命教育資訊。

學校展覽

本年度計劃新增了學校展覽服務，就不同主題設立攤位及放置相關資料的易拉架，讓學生們可於小息、午膳及放學時間，參加體驗及主題活動，社工亦會同時講解。



本年度新增的學校展覽服務，社工於學校內與學生講解。

School exhibition service was established in 2017, our social worker promoted suicide prevention at school to students.

Jockey Club Life Education Resource Library

Other than direct services, we provide support service. Our Life Education Resource Library has a wide collection of books and CD-ROM on life education, life & death education, and counseling, as well as children picture books. We regularly also publish "Life Interflow", a newsletter to share updated life educational information.

School Exhibition

This year, the school exhibition service was officially launched, service will base on different topic and set up booth or easy stand, at school during recess, lunch break or after school with interactive activities and interpretation by social workers.



賽馬會生命偶遇資源計劃

Jockey Club Life-Connect Resource Network

 **服務包括**
Service Include
免費親子教育小組
Free parenting
workshop

「Lifetube生命偶遇」社交媒體
Lifetube on
Social Media

2017 計劃回顧

Programme Review



179

親子教育小組
Parenting workshops



2,111

受惠人次
Beneficiaries
(Parent and teacher)

免費親子教育小組

有鑑於2015年底至2016年初有多宗學童自殺的個案，為對應這股學童自殺潮，「賽馬會生命偶遇資源計劃」正式開始，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，生命教育中心透過小組訓練，讓家長了解自己的育兒方式對子女的影響，及提昇與子女溝通的能力，從而改善親子關係，達致防止學生自殺的目的。

Free Parenting Workshop

To immediate respond to the increasing number of students suicides during late 2015 and early 2016, Hong Kong Jockey Club Charities Trust funded "Jockey Club Life-Connect Resource Network" for 3 years (10/2016 - 09/2019). Free parenting workshops have been arranged by Life Education Centre, to enhance the parenting and communication skills of the parents, so that a more loving parent-child relationship can be established to prevent suicide of students.



「Lifetube生命偶遇」社交媒體

為更廣泛地推展生命教育，「Lifetube生命偶遇」Facebook專頁正式成立，向公眾分享珍惜生命的資訊。

"Lifetube" on Social Media

To speed up life education in a wider aspect, a Facebook page "Lifetube" was established to share with the public cherish life information.

生命劇場

Life Drama Programme



服務包括
Service Include

你的生命·你的選擇
(中學生及公眾)

Your Life. Your
Choice (Secondary
school students &
public)

反轉童話
(小學生)

Fairytale REplay &
WEplay Life (Primary
school students)



2017 劇場回顧

2017 Drama Programme Review



14

演出
Shows



1,966

觀眾
Audiences



13

伙伴機構或學校
Partnered
Organizations or
Schools



182

義工人次
Volunteers



「你的生命·你的選擇」生命劇場

「你的生命·你的選擇」生命劇場於2011年12月由香港鐵路有限公司資助兩年成立，2015年開始為機構自負盈虧項目，主要對象是青少年及公眾，我們會入學校及公開演出，以論壇形式，讓觀眾能對劇中的場景作出回應；訪問劇中人物，甚至替代角色，改寫劇本，從而創造不一樣的結局。過程中，觀眾或多或少把自己投射到角色當中，反思人生的抉擇，從討論中，亦得以更多角度剖釋問題，在絕處中，化危為機，領略生命可貴。

"Your Life. Your Choice" Life Drama

Life Drama Programme was funded by MTR Corporation in December 2011 to establish our first drama "Your Life. Your Choice" for secondary school students and public. In 2015, it had become a self-financed programme.

The drama is in form of interactive theatre where audiences are allowed to fit themselves into the characters' shoes by replacing any character in the performance, they could interview and question, rewrite the lines and responses; these spark audiences to introspect their life decisions, empower them to overcome challenges and developed a greater appreciation towards life.

「反轉童話」生命劇場

為填補服務空隙，香港鐵路有限公司於2017年撥款推行「反轉童話」生命劇場，讓小學生也可以以互動劇場的形式，認識、討論及反思與他人相處的問題。

"Fairytale REplay & WEplay Life" Life Drama

In view of the needs of drama for primary school students, in 2017, MTR Corporation sponsored "Fairytale REplay & WEplay" drama programme to open shows for primary students to learn, to discuss and to introspect their ways to get along with others.



e 關愛 Care e

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徽代表太陽所組成，寓意攀過高峰；一方面顯示本會培訓及發展中心有獨立發展之意，另一方面亦顯示本會對該中心的指引及支持。

The Chinese name symbolizes climbing over the mountains and overcoming the challenges while the English name is the transliteration of the Chinese name and has a meaning of connection;

The two triangles and SBHK logo represent two mountains and the sun respectively implying also climbing over the mountains. It also means that the Centre will develop its own service; however SBHK will still provide guidance and support to the Centre.



公開課程

Public Course

企業培訓及講座

Organization & Corporate Training & Seminar

場地租用

Venue for Hiring



越嶺專業培訓及發展中心於2006年成立，為一個自負盈虧單位，服務包括開辦公開課程、企業培訓及講座，以及場地租用。中心主要邀請資深導師開辦或與團體合辦證書課程及培訓，包括對內及對外，為期由一個月至半年不等；我們亦不定期舉辦講座，致力提升人們情緒管理的技巧及助人能力，加強各界對防止自殺方面的知識及技巧，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。

Ur-Link Professional Training & Development Centre was established in 2006, a self-financing unit of SBHK which provides services include public courses, organization & corporate trainings & seminars and venue for hiring. Centre invites or co-organizes with qualified tutors or external parties to conduct courses and trainings, period usually ranges from 1 to 6 months. We also hold seminars irregularly to enhance people's emotional management skills as well as skills on helping others; so as to strengthen public's understanding of suicide prevention and to encourage them practicing with our mission - "building a helpful, supportive and loving society with love, patience and empathy".

越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre

2017年，中心重點開辦靜觀及禪繞課程，讓忙碌都市人找到平靜、與自己相處的方法；也開辦了更多元的專業輔導課程，如尋解聚焦治療、沙維雅模式及遊戲治療，讓助人者提升助人能力。

中心全年為公眾及33個團體組織了26個不同主題的課程、培訓及講座，吸引多達5,282人次參與。

In 2017, the Center focused on opening Mindfulness and Zentangle courses to enable busy urbanites to calm down and to get along with themselves. There were more professional courses, such as Solution-focused Therapy, Satir Model and Game Therapy, to enhance people's ability on helping others.

There were 26 different themed courses, trainings, workshops and seminars for the public and 33 organizations and corporates throughout the year, attracting as many as 5,282 participants

2017 中心回顧

2017 Centre Review



2017 公開課程、機構及企業培訓及講座

2017 Public Course, Organization & Corporate Training and Seminar

公開課程

Public Course



靜觀其變
Zentangle 靜觀減壓工作坊
麻煩老細點應付
專業家事調解訓練課程
靜觀繪畫體驗活動
尋解聚焦治療基礎理論與技巧證書課程
敘事治療基礎理論與技巧證書課程
兒童遊戲治療 – 理論及實踐工作坊
沙維雅模式初探工作坊
如何說出好聲音(發聲與及護理聲帶課程)
混合藝術媒介活動體驗與應用證書課程
防止自殺及危機處理證書課程
兒童為本遊戲治療基礎證書課程



Mindfulness Workshop
Workshop on Zentangle and Mindfulness
How to Deal with Your Boss?
Professional Family Mediation Training Program
Experiential Course in Drawing and Mindfulness
Certificate in Basic Concept and Skills of Solution focused Therapy
Certificate in Basic Concept and Skills of Narrative Therapy
Play Therapy Workshop
Workshop on Satir Model
Voice Express Workshop
Experiential Course in Using of Mixed Media in Helping Professional
Certificate in Suicide Prevention and Crisis Management
Certificate in Foundation of Child-Center Play Therapy

機構及企業培訓

Organization and Corporate Training



情緒急救站
自殺危機識別及介入
家長情緒治療小組
電話關懷技巧訓練
如何輔導喪親長者
Mindfulness在辦公室
Mindfulness 靜觀減壓體驗工作坊
抑鬱症及自殺工作坊



Emotional First Aid Counter
“Prevention of Suicide” -- Refresher Training
Emotion support therapeutic group for parents
Caring skill training in telephone
Bereavement counselling of elderly
Mindfulness in office
Experiencing relaxation with mindfulness
Managing depression & suicidal behavior

講座 Seminar



5
個題目
Topics



27
場講座
Seminars



3,890
參加人數
No. of Participant

- 「100分父母」家長工作坊
- 與學生情緒路上同行
- 如何輕鬆快樂地培育正能量子女
- 如何培育子女愉快健康地成材
- 處理工作壓力講座
- The "Perfect Parents" workshop
- Accompany with students
- How to use minimal efforts to bring up children to maximize potential with positive energy?
- Nurturing your children in love and cheerfulness
- How to release stress in workplace?



8月5日靜觀繪畫體驗活動，導師廖國康先生教導參加者從靜觀及繪畫體驗放鬆、平和及滿足，透過繪畫欣賞自己。

Instructor Mr. Liu, Kwok Hong taught participants to feel the relaxation, clam and satisfaction through "Experiential Course in Drawing and Mindfulness" on 5 August.

楊家正博士在8月26日的「尋解聚焦治療基礎理論與技巧證書課程」中講解尋解聚焦治療的核心概念及技術。

Dr. Yeung, K.C. explained the core concept and techniques of Solution-focused Therapy at "Certificate in Basic Concept and Skills of Solution-focused Therapy" on 26 August.



林樹強醫生在3月9日的「防止自殺及危機處理證書課程」中向學員講解自殺與精神病的關係；以及如何應對有自殺風險人士的方法。

Dr. Liem Shu Keung explained to participants the relationship between suicide and mental illness, as well as how to deal with individuals who are at risk of suicide at "Certificate in Suicide Prevention and Crisis Management" on 9 March.

十優港姐麥明詩母親麥何小娟女士在「如何輕鬆快樂地培育正能量子女」中分享育兒心得，著重子女成材的基礎在於培養，要不怕困難，勇於面對逆境的品格。

Mrs. HO-MAK Silvia Siu Kuen, mother of Ms. H.K. Louisa Mak who scored 10A in HKCEE shared with participants her child-rearing experience at "Nurturing your children in love and cheerfulness." that nurturing children's personal character adversity on facing adversity is a major area of family education.



籌款回顧 Fundraising Event



「麥兜·豬肉在前」
香港撒瑪利亞防止自殺會慈善跑2017

第一屆麥兜跑 - 「麥兜·豬肉在前」香港撒瑪利亞防止自殺會慈善跑在春田花花教育基金全力支持下，於2017年3月26日在香港科學園順利舉行。當天有超過4,700名人士參與賽事，齊齊宣揚愛人愛己，關心身邊人的精神，並籌得港幣174萬元善款扣除成本後全部款項將支持本會生命教育的工作。

活動由勞工及福利局常任秘書譚贛蘭女士，GBS, JP任主禮嘉賓，聯同張崇德博士及劉美娟女士一家及一眾理事主持起步儀式。當日天氣雖然不穩定，10公里組別起步後更開始下雨，但雨水澆不滅一班參加者的熱情，繼續向目標進發。

香港科學園化身學校校園，所有參加者完成10公里或3公里之體育課賽事後，還可參與其他課堂活動（攤位遊戲），包括生命教育堂、心理堂、常識堂等等。希望參加者可以回到小朋友純真簡單的心態，樂天面對生活，認識自己愛人、互相尊重之精神。

McDull Charity Run 2017

With the support of the Chun Tian Hua Hua Foundation Limited, the first McDull Charity Run of The Samaritan Befrienders Hong Kong was successfully held at Hong Kong Science Park on March 26, 2017. More than 4,700 participants gathered to spread the spirit of "Loving Yourself and Other People around You". A total of HK\$1.74 million was raised. All proceeds went to support our Life Education service.

We had the honour of Ms. Annie Tam Kam-lan, GBS, JP the Permanent Secretary for Labor and Welfare Bureau, family of Dr. Cheung Shung-tak and Ms. Eugina Lau, as well as our Executive Committee members, the kick-off ceremony was held successfully. Although the weather was unstable and started raining during the 10KM race, participants persisted to complete.

After the races finished, all participants enjoyed different booth games at the finish point. The participants could regain the pureness just like an innocent child, stay positive in life, and learn to love and respect each other.

「黑夜見黎明」
慈善城市定向比賽2017

第四屆「黑夜見黎明」慈善城市定向比賽於9月9-10日假觀塘海濱道發現號舉行，約有700名參加者參與挑戰，體驗通宵夜行9小時、6小時及4小時，由黑暗走向光明，並為本會生命教育服務籌得港幣77萬元善款。

是次活動由 WeFi Limited 冠名贊助，並邀得勞工及福利局副局長徐英偉先生親臨主禮，隨着鳴槍聲一響，慈善城市定向比賽正式開始。比賽以奪分式進行，參加者需利用地圖在限時內於陌生的地方作出判斷和選擇最佳的路徑前往最多的檢查點，奪取最高分數。過程既考驗參加者面對困難及挑戰時的應對與堅持；同時亦講求策略性、團隊的溝通和合作精神等。

完成比賽後，參加者可於終點席地而坐，欣賞露天音樂會，當晚表演嘉賓包括張彥博、鄧穎芝、3Think享樂團、Blaster及Circle等帶來精彩演出，最後更一同欣賞日出，寓意黑暗過後總見光明的正向人生觀。



“From Darkness to Sunrise” City
Orienteering Competition 2017

Title sponsored by WeFi Limited, the 4th “From Darkness to Sunrise” City Orienteering Competition was held on September 9-10 at Kwun Tong VESSEL. About 700 participants completed the challenge and experienced 9, 6 and 4 hours orientation deep into night. The event successfully raised more than HK\$0.77 million. All proceeds went to support our Life Education Centre.

Mr. Caspar Tsui, JP. (The Under Secretary for Labour and Welfare) was invited to officiate the opening and kick off ceremony. The competition was a points-scoring game where participants had to make good judgment on choosing routes within a limited period of time to complete for the highest score. It tested the participants' ability and persistence while facing difficulties and challenges with emphasis on strategies, team spirit and communication skills etc.

After reaching the finish point, participants gathered to enjoy the great music performances of Bob Cheung Yin Pok, Vangie Tang, 3Think, Blaster and Circle. They could also greet the dawn – the symbolic meaning of meeting sunshine after darkness.



2017 籌款回顧 Fundraising Review



\$2,510,000

善款
Fundraised



5,400

參加者
Participants



400+

義工
Volunteers

跨界合作及支持 Cross Sector Collaboration and Support



**「步向光明」五公里的
慈善步行**
“Darkness into Light” Charity Walk

由Pieta House（愛爾蘭防止自殺及自殘機構）批准「Darkness into Light HK 步向光明香港」主辦的五公里慈善步行於2017年5月6日首次在香港舉行，旨在引起公眾人士對企圖自殺者及自殘人士的關注。當中籌得的HK\$100,000元捐款撥捐支持本會的生命教育工作。

Pieta House, an Ireland-based non-profit organization which works on self-harm and suicide prevention, organize the first Hong Kong “Darkness into Light” 5KM charity walk on May 6, 2017. The event aimed to arousing the public awareness the issue of on suicide. Part of the fund raised - HK\$100,000 was donated to SBHK for our Life Education Centre.



青少年煩惱與學業壓力問卷調查
Survey on Teen Troubles
and Academic Pressure

我們與遵理潮指數合作，於2017年7月下旬至8月上旬以問卷方式訪問了來自港、九、新界共1,624名就讀中四至中六學生，以了解高中學生當時面對的煩惱來源、學業壓力程度及如何處理壓力及情緒，有關發佈會於9月19日舉行，多間傳媒機構到場採訪。

The cooperation with Beacon Pop Indexa survey was conducted in July and August 2017. 1,624 secondary 4 to 6 school students were interviewed through questionnaires, so as to understand their sources of vexation, levels of academic pressure and how do they deal with stress and emotions. On September 19, a press conference was held to announce the survey result.



GAMAHK 慈善籃球賽
GAMAHK Charity
Basketball Competition

香港人壽保險經理協會於10月21日舉辦GAMA慈善籃球賽2017，讓會員切磋球技之餘，更為本會籌得HK\$122,230善款，用以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 GAMA Fundraising Basketball Competition on 21 October 2017. The Samaritan Befrienders Hong Kong was the beneficiary organization to receive a total of HK\$122,230 raised by their members, to support our Life Education service.



**「跑·出來 健力人生：
一個屬於我們的世界紀錄」**
“Run to Free - Create a New
Guinness World Records”

「康宏跑步會」於2017年12月17日舉辦一項名為『跑·出來 健力人生：一個屬於我們的世界紀錄』的跑步籌款活動，一起締造新的健力士世界紀錄——至少100名跑手在12小時內完成100x1英里接力賽跑。希望透過是次活動鼓勵青少年從陰霾中跑出來，建立健康的心態，擺脫壓力和消極能量，並為香港撒瑪利亞防止自殺會籌募經費。

Convoy Runner organized the fundraising event “Run to Free - Create a New Guinness World Records” on 17 December 2017. With more than 100 runners completed 100x1 mile relay in 12 hours, the event aimed at encouraging young people to run out of the haze, to establish a healthy mentality, and to get rid of stress and negative energy. The event raised fund to support our suicide prevention services.

2017年香港自殺統計數字分析

Analysis on Suicide Statistics in Hong Kong 2017

由2017年1月1日至12月31日止，根據政府統計處（2017年臨時數據）資料顯示，香港人口大約是7,409,800，當中3,397,200（45.85%）是男性，女性則有4,012,600（54.15%）。而死因裁判法庭報告於此段期間有916人死於自殺，當中包括744人毋須進行死因研究而裁判為死於自殺。

2017年香港自殺率為12.36，即每十萬人中有12.36人死於自殺，比2016年下降了0.58，即平均每天約有2.51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2017年人口統計處。）

以下是2017年香港自殺現象的總結：

自殺死亡總數共有916宗；
 男性自殺死亡共569宗（62.12%），而女性自殺死亡共347（37.88%）；
 自殺率是12.36（即每十萬人中有12.36人自殺身亡）；
 2017年自殺率12.36，比2016年的12.94下降了0.58；
 最多被採取的自殺方式是「從高處墮下」（54.04%）；
 「吊死」是第二類較多人採用的自殺方式（21.07%）；
 「一氧化碳中毒」（燒炭）是第三類較多人採用的自殺方式（12.12%）；
 最高自殺率的年齡組群是「70歲以上」，自殺率為26.74；
 佔第二高自殺率的年齡組群為「60-69歲」，自殺率是14.86。

From January 1st 2017 to December 31st 2017, Hong Kong's population stood at approximately 7,409,800 with 3,397,200 male (45.85%) and 4,012,600 female (54.15%), according to statistics from the Census and Statistics Department (Provisional figures in 2017). The Coroner's Court reported that 916 people committed suicide and subsequently died during this same period, which included 744 suicide deaths where the suicide cases without death investigation were reported.

The suicide rate was 12.36 in 2017, indicating 12.36 people committed suicide and died out of 100,000 people, which was down by 0.58 from 2016, meaning there were approximately 2.51 people who committed suicide and died every day.

(Source: Census and Statistics Department 2017 Year End Population. Hong Kong Special Administrative Region of the People's Republic of China).

The following is the summary of the suicide phenomenon in Hong Kong 2017.

- The total number of suicide was 916;
- The number of suicide deaths for male was 569 (62.12%) and for female was 347 (37.88%);
- The suicide rate was 12.36 (12.36 people committed suicide per 100,000 people);
- The suicide rate was down 0.58 from 12.94 in 2016 to 12.36 in 2017;
- "Jumping from Height" was the commonest suicide means (54.04%);
- "Hanging" was the second highest suicide means (21.07%);
- Carbon Monoxide poisoning (charcoal burning) came in third place (12.12%);
- The highest suicide rate for the age above 70 years old was 26.74 per 100,000;
- The suicide rate for age 60-69 years old came in second with 14.86 per 100,000.

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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。

按年齡及性別分組之自殺死亡統計數字

年齡：0-19歲

在2017年，有36宗19歲以下青少年自殺身亡。自殺率為3.13，比2016年上升了1.07，男女比例是3:3:1（見表2）。由2016年的24宗增加到2017年的36宗。在2017年這36宗自殺數字中，有30宗以「從高處墮下」來結束生命（見表1）。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔83.33%，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。值得關注的是近年自殺數字每年下降的同時，這年齡組群的自殺數字卻有上升的趨勢。

年齡：20-59歲

在2017年，20-59年齡組群之中，有513人自殺身亡，佔總自殺死亡數字之56%，比2016年下降了2.49%（見表1）。自殺率為11.46，男女比例為1.9:1（見表2）。綜觀數字，有266人（51.85%）採取「從高處墮下」方式自殺，另外有93人（18.13%）採用「一氧化碳中毒」方式自殺，另外有89人（17.35%）則採用「吊死」方式自殺。

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.

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2017, there were 36 teenagers below the age of 19 who committed suicide and died. The suicide rate was 3.13 up by 1.07 from 2016. The male to female ratio was 3.3:1 (see table 2). The number of suicides was up from 24 in 2016 to 36 in 2017. Among the 36 deaths in 2017, in terms of the means of suicide, 30 ended their lives by "Jumping from Height" (see table 1). "Jumping from Height" was the commonest suicide means and accounted for 83.33% 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. In addition, it was worth noting that the number of committed suicide was increasing in this age group while the total number of committed suicide was coming down in the past few years.

Age: 20 to 59 years old

In 2017, there were 513 people who committed suicide and died in this age group, accounting for 56% of the total number of suicide deaths and down by 2.49% from 2016 (see table 1). The suicide rate was 11.46 and the male to female ratio was 1.9:1 (see table 2). Among the deaths, 266 people (51.85%) were attributed to "Jumping from Height", while 93 people (18.13%) died of "Carbon Monoxide" poisoning and 89 people (17.35%) died of "Hanging".

年齡：60歲以上

在2017年，60歲以上自殺死亡之個案共有363宗，佔總自殺死亡數字的39.63%，相比2016年則上升了1.06%。自殺率為20.37，比起2016年則下跌了1.23，男女比例為1.9:1（見表14）。該年齡組群中有197宗（54.27%）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1）。

按自殺方式分組之自殺死亡統計數字

於2017年，共有495人採用「從高處墮下」方式自盡，佔總自殺死亡數字之54.04%，比起2016年上升了0.16%。另外，193人採用「吊死」方式自殺，即21.07%，比2016年下降了0.52%。而採用「一氧化碳中毒」方式自殺的共有111宗，佔總自殺死亡人數的12.12%，比2016年下降了0.14%（見表1）。「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。

按職業分組之自殺死亡統計數字

在2017年，有65位自殺死亡者為失業人士，第二位是藍領階層則佔40宗，接著是退休人士佔25宗（見表3）。雖然藍領階層的自殺死亡數字由2016年的54宗下跌至2017年的40宗，但由於尚有744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，令我們難以為這組藍領階層的自殺數字作出相關結論。

2017年本港的失業率是3.1%，比起2016年的3.4%下降了0.3%。而2017年的就業不足率是1.2%，比起2016年下降了0.2%（見表4及5）。

Age: 60 years old or above

In 2017, 363 people committed suicide and died in this age group, accounting for 39.63% of the total number of suicide deaths and up by 1.06% from 2016. The suicide rate was 20.37 in this age group, down by 1.23 from 2016, and the male to female ratio was 1.9:1 (see table 2). The means of committing suicide in Hong Kong elderly are rather violent and potentially fatal, such as "Jumping from Height, accounting for 197 deaths (54.27%) in this age group (see table 1).

Suicide statistics according to suicide means

In 2017, there were 495 people who committed suicide by "Jumping from Height", accounting for 54.04% of the total number of suicide deaths and up by 0.16% from 2016. 193 people died of "Hanging", accounting for 21.07% of the total number of suicide deaths and down by 0.52% from 2016. 111 people died of Carbon Monoxide poisoning, accounting for 12.12% of the total number of suicide deaths and down by 0.14% from 2016 (see table 1). "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.

Suicide statistics: grouped by occupation

In 2017, 65 people who committed suicide were unemployed persons. Blue collars came in second with 40 deaths. The third was retired persons of 25 deaths (see table 3). Although suicides among blue collars decreased from 54 people in 2016 to 40 people in 2017, 744 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 blue collars.

Hong Kong had an unemployment rate of 3.1% in 2017, a decrease of 0.3% from 3.4% in 2016. The under-employment rate was 1.2% in 2017, a decrease of 0.2% in 2016 (see table 4 & 5).

按精神病患分組的自殺統計數字

2017年共有61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30宗；死於溺斃的佔10宗；死於一氧化碳中毒的佔9宗（見表6）。由於有744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。而抑鬱症會令致患者在家庭、學校、工作或人際關係上造成困擾及傷害，更嚴重的會引發自殺，而每年有接近80萬人患者死於自殺；而自殺是15-29歲組群的第二大死亡原因。（WHO, 2018）

未能確定自殺的死亡數字

2017年有21宗自殺死亡數字被列入「不能確定是意外或蓄意傷害」名單中，較2016年的17宗增加了4宗。在這21宗死亡數字中，10宗死於溺斃，7宗死於服毒（見表7）

毋須進行死因調查的死亡數字

2017年共有916宗自殺死亡數字，包括744宗沒有經過解剖及死因調查的自殺死亡個案（見表8）。未被調查及分類的自殺死亡個案佔81.22%，實在是難以從自殺死亡數字分析上作出一個較準確的結論。

Suicide Statistics: grouped by mental disorder

In 2017, 61 suicide deaths were associated with mental disorder. Most of these committed suicides by "Jumping from Height", a total of 30 deaths in this group, while 10 people died of "Drowning" and 9 people died of "Drug poisoning" (see table 6). As there were 744 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 and more than 300 million people are being affected by depression. Depression can cause the affected person to suffer greatly and function poorly in the family, at school, at work and in the relationship. At the worst condition, depression can lead to suicide. Close to 800,000 people die to suicide every year. Suicide is the second leading cause of death in 15-29 years old (WHO, 2018).

Unknown or Unidentified Suicide Cases

21 suicide deaths were categorized as "Injury undetermined whether accidentally or purposely inflicted" in 2017, up by 4 deaths in comparison with 17 deaths in 2016. Among these 21 deaths, 10 died of "Drowning" and 7 died of "Drug poisoning" (see table 7).

Suicide cases without death investigation

The total number of suicide deaths was 916 in 2017, including 744 deaths where suicide cases without death investigation were not sought (see table 8). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 81.22% of the total number of suicide deaths.

總結

於2017年有916人自殺身亡，當中有569人為男性（62.12%）及347人為女性（37.88%）。自殺率為12.36。國際防止自殺協會（IASP）宣布2017年9月10日國際預防自殺日的主題「花一分鐘，改變一生」（IASP,2017）。在這個充滿競爭的社會裡，有不少人卻被孤立起來，而我們每一個人都有一個很重要的角色就是支援這些寶貴的生命，花一點時間去鼓勵他們講出自己的故事，抱持不批判的態度去積極聆聽，充滿同理心地去表達關懷，讓這些徘徊自殺邊緣的人們有所改變。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，生命是寶貴的，而自殺是可以預防的。請不要低估我們的力量，一個接觸、一個微笑、一句窩心的說話、一雙聆聽的耳朵、一句誠懇的祝福和一點關懷，都足以令人改變一生。朋友們，讓我們齊來花一分鐘，令未來的人生變得更光輝吧！我們定能做到的！

Summary

In 2017, there were 916 people who committed suicide and died, with 569 male deaths (62.12%) and 347 female deaths (37.88%). The suicide rate was 12.36 per 100,000. The international Association for Suicide Prevention (IASP) announced that the theme of World Suicide Prevention Day on September 10th 2017 was “take a minute, change a life”. In our competitive society, some of people may be less well connected and isolated from the others. Every of us have an important role to play in supporting those who are vulnerable. Moreover, taking time to encourage them to tell their own story, listening in a non-judgmental way, offering a gentle word of support and showing empathy to those who are vulnerable to suicide can make all the difference. In the past years, the collaborative efforts and multidisciplinary approaches in life education, suicide prevention and suicide crisis intervention by different organizations in Hong Kong made a great effort to raise the awarenesses and concerns to the people on the suicide related issue. In fact, life is precious and suicide is preventable. When we don't underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment and the smallest act of caring to others, all of these have the potential to turn a life around. Comrade, let's come to take a minute and change a life for our brighter future. I am sure we can all do it.

表1：香港自殺死亡數字(按自殺方式、年齡及性別分組)

Table 1: The Number of Suicide Death in Hong Kong (By Type, Age & Sex)

年份 Year		2017												2016		2015	
	自殺類別 Type of Suicide	年齡組別 Age Groups												小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un-known	小計 Sub-Total	總計 Total				
2017	火器 Firearms	男 M	0	0	1	0	0	1	0	0	0	2	2	2	2	1	1
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	藥物 Drugs	男 M	0	0	2	3	0	1	2	3	0	11	29	14	20	22	42
		女 F	0	1	1	4	2	4	3	3	0	18	6	20	20	42	
	毒藥 Poisons	男 M	0	0	0	1	3	0	0	4	0	8	10	4	8	4	10
		女 F	0	0	0	1	0	0	0	1	0	2	4	4	8	6	10
	吊死 Hanging	男 M	0	2	8	14	8	22	25	37	0	116	193	140	206	134	219
		女 F	0	0	6	11	5	15	7	33	0	77	66	85	85	219	
	由高處墮下 Jumping from Height	男 M	0	24	46	37	31	37	51	76	2	304	495	334	514	343	536
		女 F	0	6	25	27	27	36	30	40	0	191	180	193	193	536	
	一氧化碳 Carbon Monoxide	男 M	0	0	6	23	13	19	8	5	0	74	111	86	117	96	142
		女 F	0	1	2	15	8	7	4	0	0	37	31	46	46	142	
	淹死 Drowning	男 M	0	1	3	6	3	4	1	12	1	31	40	31	50	20	38
		女 F	0	0	0	1	1	0	5	2	0	9	19	18	18	38	
	利器 Sharp Instruments	男 M	0	1	0	0	5	0	1	1	0	8	9	11	16	5	8
		女 F	0	0	0	0	0	1	0	0	0	1	5	3	16	3	8
	其他 Others	男 M	0	0	2	2	1	4	4	1	1	15	27	16	21	18	26
		女 F	0	0	4	1	1	2	1	3	0	12	5	8	21	8	26
2017	小計 Sub-total	男 M	0	28	68	86	64	88	92	139	4	569	916				
		女 F	0	8	38	60	44	65	50	82	0	347					
	總計 Total		0	36	106	146	108	153	142	221	4	916					
2016	小計 Sub-total	男 M	0	17	76	83	83	126	117	132	4		638				
		女 F	0	7	29	42	58	61	45	74	0		316				
	總計 Total		0	24	105	125	141	187	162	206	4		954				
2015	小計 Sub-total	男 M	0	15	76	92	104	126	102	125	3				643		
		女 F	0	8	37	60	61	73	57	82	1					379	
	總計 Total		0	23	113	152	165	199	159	207	4					1,022	

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

表2：香港自殺率* (按年齡及性別組別)

Table 2: The Suicide Rate* of Hong Kong (Grouped by Age and Sex)

	年齡組別 Age Groups	2017				2016				2015			
		男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total
0-19	0-9	0.00	0.00	0.0	0.00	0.00	0.00	0:0	0.00	0.00	0.00	0:0	0.00
	10-19	9.48	2.87	3.3:1	6.28	5.60	2.44	2.3:1	4.07	4.82	2.71	1.8:1	3.79
	整體人口 Subtotal Population	4.71	1.44	3.3:1	3.13	2.82	1.24	2.3:1	2.06	2.48	1.41	1.8:1	1.96
20-59	20-29	15.40	7.77	2.0:1	11.39	17.12	5.80	3.0:1	11.13	17.16	7.31	2.4:1	11.91
	30-39	18.69	8.64	2.2:1	12.64	17.98	6.07	3.0:1	10.83	19.97	8.70	2.3:1	13.22
	40-49	13.59	6.55	2.1:1	9.45	17.46	8.68	2.0:1	12.33	21.65	9.16	2.4:1	14.39
	50-59	15.08	9.78	1.5:1	12.26	21.18	9.14	2.3:1	14.81	20.88	10.94	1.9:1	15.66
	整體人口 Subtotal Population	15.64	8.21	1.9:1	11.46	18.63	7.52	2.5:1	12.39	20.03	9.13	2.2:1	13.93
60+	60-69	19.51	10.33	1.9:1	14.86	25.86	9.74	2.7:1	17.72	23.78	13.05	1.8:1	18.37
	70+	37.08	18.16	2.0:1	26.74	36.92	17.13	2.2:1	26.09	35.92	19.52	1.8:1	26.95
	整體人口 Subtotal Population	27.29	14.11	1.9:1	20.37	30.74	13.31	2.3:1	21.60	29.22	16.22	1.8:1	22.40
	全年整體人口 Total Population	#16.74	#8.64	1.9:1	#12.36	#18.82	#7.93	2.4:1	#12.94	#19.08	#9.58	2.0:1	#13.94

資料計算：香港撒瑪利亞防止自殺會 Calculation: The Samaritan Befrienders Hong Kong

*自殺率等於每100,000人口每年自殺死亡的人數 Suicide Rate equals to number of suicide death per 100,000 population per year

#包括年齡不詳自殺個案 Including unknown age suicide cases

表3：香港自殺死亡數字 2017 (按職業分組)

Table 3: The Number of Suicide Death in Hong Kong 2017 (By Occupation)

年份 Year	2017												2016		2015	
	年齡組別 Age Groups												小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
職業 Occupation	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un-known	小計 Sub-Total	總數 Total				
學生 Student	男 M	0	6	1	0	0	0	0	0	0	7	10	7	9	7	10
	女 F	0	2	1	0	0	0	0	0	0	3	2	2	2	3	
教師 Teacher	男 M	0	0	0	0	0	0	0	0	0	0	0	0	2	1	4
	女 F	0	0	0	0	0	0	0	0	0	0	0	2	2	3	
沒有職業 Not Employed	男 M	0	2	9	14	4	8	3	0	0	40	65	44	64	52	80
	女 F	0	1	5	9	4	3	2	1	0	25	20	20	64	28	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	6	0	6	0	20
	女 F	0	0	0	2	2	0	2	0	0	6	6	6	6	20	
藍領階層 Blue Collars	男 M	0	1	3	9	5	5	0	0	0	23	40	36	54	41	56
	女 F	0	0	1	7	4	4	1	0	0	17	18	18	54	15	
白領階層 White Collars	男 M	0	0	3	3	0	1	0	0	0	7	16	5	7	14	20
	女 F	0	0	2	6	1	0	0	0	0	9	2	2	7	6	
病人 Patient	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
紀律部隊 Disciplinaries	男 M	0	0	1	0	0	1	0	0	0	2	2	0	0	3	3
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
商人 Business Man	男 M	0	0	0	1	0	0	0	0	0	1	1	2	2	8	8
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	2	0	
退休人士 Retired Person	男 M	0	0	0	0	0	1	4	15	0	20	25	18	20	22	29
	女 F	0	0	0	0	0	1	2	2	0	5	2	2	20	7	
未能分類* Unclassified	男 M	0	19	51	58	55	71	84	125	0	463	744	524	789	493	788
	女 F	0	5	29	36	32	57	43	79	0	281	265	265	789	295	
其他 Other	男 M	0	0	0	1	0	1	0	0	4	6	7	1	1	2	4
	女 F	0	0	0	0	1	0	0	0	0	1	0	0	1	2	
小計 Sub-Total	男 M	0	28	68	86	64	88	91	140	4	569	916	637	954	643	1,022
	女 F	0	8	38	60	44	65	50	82	0	347	317	317	954	379	
總計 Total		0	36	106	146	108	153	141	222	4	916	954	954	1,022		

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
** 2017年共有916人死於自殺，當中包括744人毋須進行死因研究而裁判為死於自殺
The total number of suicide cases in 2017 were 916 which included 744 suicide cases without death investigation report.

表4：香港就業不足率(按性別及年齡分組)

Table 4: 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	60+	
2017	男 M	2.2	1.9	1.2	1.7	2.1	1.7	1.7
	女 F	#		1.0	0.3	0.5	0.7	0.6
	合計 Overall	1.8	1.4	0.7	1.0	1.4	1.4	1.2
2016	男 M	2.2	2.0	1.4	1.9	2.6	1.8	2.0
	女 F	2.3	1.1	0.3	0.7	1.2	0.9	0.8
	合計 Overall	2.3	1.5	0.8	1.3	2.0	1.5	1.4
2015	男 M	3.1	1.7	1.4	1.9	2.7	1.9	2.0
	女 F	2.6	0.8	0.3	0.6	1.1	0.9	0.7
	合計 Overall	2.8	1.2	0.8	1.2	2.0	1.6	1.4

#由於抽樣誤差大，有關統計數字不予發表。
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5：香港失業率 (按性別及年齡分組)

Table 5: 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	60+	
2017	男 M	12.4	6.5	2.4	2.6	3.0	2.4	3.4
	女 F	9.9	4.9	2.0	2.4	2.6	2.0	2.9
	合計 Overall	11.1	5.7	2.2	2.5	2.9	2.2	3.1
2016	男 M	15.8	6.9	2.6	2.9	3.2	2.3	3.7
	女 F	11.5	5.0	2.0	2.8	2.8	2.0	3.1
	合計 Overall	13.8	5.9	2.3	2.8	3.1	2.2	3.4
2015	男 M	15.6	6.5	2.2	2.8	2.8	2.8	3.4
	女 F	13.0	5.3	2.0	2.8	2.9	1.9	3.2
	合計 Overall	14.3	5.9	2.1	2.8	2.8	2.5	3.3

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6：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	2017												2016		2015	
		年齡組別 Age Groups												小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un-known	小計 Sub-Total	總計 Total				
		男 M	0	0	0	0	0	0	0	0	0	0	0	2	2	0	0
	火器 Firearms	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		男 M	0	0	0	0	0	0	0	1	0	1	9	4	5	3	10
	藥物 Drugs	女 F	0	0	0	2	2	2	2	0	0	8	1	1	5	7	
		男 M	0	0	0	0	0	0	0	1	0	1	1	0	0	0	1
	毒藥 Poisons	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
		男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	吊死 Hanging	女 F	0	0	1	3	0	1	0	0	0	5	5	1	6	13	15
		男 M	0	0	5	8	1	1	1	1	0	17	30	20	29	19	39
	由高處墮下 Jumping from Height	女 F	0	2	2	6	1	2	0	0	0	13	9	9	20	20	
		男 M	0	0	0	0	0	0	0	0	0	0	2	2	4	4	6
	一氧化碳 Carbon Monoxide	女 F	0	0	0	2	0	0	0	0	0	2	2	2	4	2	
		男 M	0	0	1	2	2	1	0	1	0	7	10	1	6	1	5
	淹死 Drowning	女 F	0	0	0	0	1	0	2	0	0	3	5	5	6	4	
		男 M	0	1	0	0	1	0	0	0	0	2	2	2	3	1	2
	利器 Sharp Instruments	女 F	0	0	0	0	0	0	0	0	0	0	1	1	3	1	
		男 M	0	0	0	0	0	0	0	2	0	2	2	3	3	0	
	其他 Others	女 F	0	0	0	0	0	0	0	0	0	0	2	0	3	2	2
		男 M	0	1	6	10	4	2	1	6	0	30	61				
2017	小計 Sub-total	女 F	0	2	3	13	4	5	4	0	0	31					
		總計 Total	0	3	9	23	8	7	5	6	0	61	*61				
2016	小計 Sub-total	男 M	0	0	4	8	5	13	6	3	0			39			
		女 F	0	0	2	5	4	4	2	2	0			19			
	總計 Total		0	0	6	13	9	17	8	5	0			58	**58		
2015	小計 Sub-total	男 M	0	1	4	9	6	16	4	1	0					41	
		女 F	0	1	1	8	9	11	4	5	0					39	
	總計 Total		0	2	5	17	15	27	8	6	0					80	***80

資料來源：死因裁判法庭(臨時數字) Source: The Coroner 's Court (Provisional figures)
* 當中有744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 744 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
** 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.

表7：未確定是意外或故意造成的損傷 (按自殺方式、年齡及性別分組)

Table 7: Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)

年份 Year	2017													2016		2015		
	自殺類別 Type of Suicide	年齡組別 Age Groups																
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un- known	小計 Sub- Total	總數 Total					
2017	火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	藥物 Drugs	男 M	0	0	0	2	0	0	0	0	0	2	7	2	3	6	10	
		女 F	0	0	0	1	1	1	2	0	0	5	7	1	4	10		
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	1	1		
	吊死 Hanging	男 M	0	0	0	0	0	0	0	0	0	0	0	0	1	1		
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	
	由高處墮下 Jumping from Height	男 M	0	0	0	1	0	0	0	0	0	1	2	4	7	9	17	
		女 F	0	0	0	0	1	0	0	0	0	1	3	7	8	17		
	一氧化碳 Carbon Monoxide	男 M	0	0	0	0	0	0	0	0	0	0	0	0	1	1		
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
	淹死 Drowning	男 M	0	1	2	1	1	1	0	2	1	9	10	5	7	3	6	
		女 F	0	0	0	0	1	0	0	0	0	1	10	2	3	6		
	利器 Sharp Instruments	男 M	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	
		女 F	0	0	0	0	0	1	0	0	0	1	1	0	0	0	0	
	其他 Others	男 M	0	0	0	0	0	0	0	1	0	1	1	0	0	0	2	
		女 F	0	0	0	0	0	0	0	0	0	0	1	0	2	2		
2017	小計 Sub-total	男 M	0	1	2	4	1	1	0	3	1	13	21					
		女 F	0	0	0	1	3	2	2	0	0	8	21					
	總計 Total		0	1	2	5	4	3	2	3	1	21	*21					
2016	小計 Sub-total	男 M	0	1	1	4	1	2	1	0	1			11				
		女 F	0	1	0	1	3	0	0	1	0			6				
	總計 Total		0	2	1	5	4	2	1	1	1			17	**17			
2015	小計 Sub-total	男 M	0	0	7	4	3	3	1	1	1					20		
		女 F	0	1	2	7	1	3	1	2	1					18		
	總計 Total		0	1	9	11	4	6	2	3	2					38	***38	

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

* 當中有744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 744 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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

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There were 788 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

表8：無須要求死亡調查報告的自殺案件之附加資料

Table 8: The Number of Suicide Cases without death investigation reported order in Hong Kong (By Type, Age & Sex)

年份 Year		2017												2016		2015	
	自殺類別 Type of Suicide	年齡組別 Age Groups												小計 Sub-total	總數 Total	小計 Sub-total	總數 Total
		性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un-known	小計 Sub-total	總數 Total				
2017	火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	藥物 Drugs	男 M	0	0	1	0	0	0	1	2	0	4	13	9	14	16	27
		女 F	0	1	1	1	0	2	1	3	0	9	13	5	14	11	
	毒藥 Poisons	男 M	0	0	0	0	3	0	0	3	0	6	7	3	7	3	8
		女 F	0	0	0	1	0	0	0	0	0	1	7	4	7	5	
	吊死 Hanging	男 M	0	2	7	11	8	21	25	36	0	110	175	118	175	105	181
		女 F	0	0	4	6	4	13	7	31	0	65	175	57	175	76	
	由高處墮下 Jumping from Height	男 M	0	17	36	22	29	31	47	73	0	255	416	285	440	273	420
		女 F	0	3	20	16	21	32	29	40	0	161	416	155	440	147	
	一氧化碳 Carbon Monoxide	男 M	0	0	5	21	10	17	8	4	0	65	95	71	96	70	109
		女 F	0	1	2	11	6	7	3	0	0	30	95	25	96	39	
	淹死 Drowning	男 M	0	0	0	3	1	1	1	6	0	12	16	20	30	11	23
		女 F	0	0	0	0	0	0	2	2	0	4	16	10	30	12	
	利器 Sharp Instruments	男 M	0	0	0	0	3	0	1	1	0	5	6	7	11	2	3
		女 F	0	0	0	0	0	1	0	0	0	1	6	4	11	1	
	其他 Others	男 M	0	0	2	1	1	1	1	0	0	6	16	11	16	13	17
		女 F	0	0	2	1	1	2	1	3	0	10	16	5	16	4	
2017	小計 Sub-total	男 M	0	19	51	58	55	71	84	125	0	463					
		女 F	0	5	29	36	32	57	43	79	0	281					
總計 Total			0	24	80	94	87	128	127	204	0	744	744				
2016	小計 Sub-total	男 M	0	11	67	66	65	98	96	118	3			524			
		女 F	0	5	21	29	49	53	42	66	0			265			
總計 Total			0	16	88	95	114	151	138	184	3			789	789		
2015	小計 Sub-total	男 M	0	9	56	66	83	90	83	106	0					493	
		女 F	0	5	26	45	48	54	48	69	0					295	
總計 Total			0	14	82	111	131	144	131	175	0					788	788

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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核數報告

Auditor's Report

LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS

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

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.

LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS

黎劍民、陸永熙會計師事務所有限公司

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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.

理事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匯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 HKSA's 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.

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 HKSA's, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

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

LOUIS K.M. LAI FCCA CPA (PRACTISING) 黎劍民會計師

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香港九龍尖沙咀
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瑞信集團大廈九樓

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

核數師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)

- 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，以及獲取充足和適當的審計憑證，作為我們意見的基礎。由於欺詐可能涉及串謀、偽造、蓄意遺漏、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.
- 對理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.

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

LOUIS K.M. LAI FCCA CPA (PRACTISING) 黎劍民會計師

LUK WING HAY FCCA CPA (PRACTISING) 陸永熙會計師

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

- 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，我們與理事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 the executive committee members 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，二零一八年六月二十九日
Hong Kong, June 29, 2018.

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
截至二零一八年三月三十一日
FOR THE YEAR ENDED MARCH 31, 2018

	附註 NOTES	2018 港幣 HK\$	2017 港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST (4)	2,198,815	1,862,200
政府資助	GOVERNMENT SUBVENTION (5)	11,566,854	10,556,383
香港賽馬會慈善信託 基金撥款	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST (6)	2,082,307	1,178,268
銀行利息收入	BANK INTEREST INCOME	359	746
賣旗活動收入	PROCEEDS FROM FLAG DAY EVENT	-	328,637
一般捐款收入	GENERAL DONATIONS	822,033	497,701
課程及什項收入	COURSE FEE AND SUNDRY INCOME	2,644,536	3,851,662
總收入確認	TOTAL REVENUE RECOGNISED	19,314,904	18,275,597
減：支出	LESS: EXPENSES		
職員薪金福利	Staff costs (7)	15,339,117	13,523,013
折舊	Depreciation	35,611	37,308
訓練及社區工作	Training and community activities	1,382,621	1,928,906
租金及差餉	Rent and rates	480,748	480,748
聯會會費	Subscription to affiliated association	9,793	4,900
行政費用	Administration expenses (8)	1,757,721	2,148,908
資助資產轉往 傢具器材及設備	Subvented assets transferred from furniture and equipment	-	45,200
		19,005,611	18,168,983
本年度盈餘	SURPLUS FOR THE YEAR	309,293	106,614
其他全面收益	OTHER COMPREHENSIVE INCOME	-	-
本年度全面收益 總額	TOTAL COMPREHENSIVE INCOME FOR THE YEAR	309,293	106,614

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

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

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

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

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
於二零一八年三月三十一日
AS AT MARCH 31, 2018

	附註 NOTES	2018 港幣 HK\$	2017 港幣 HK\$
資產	ASSETS		
非流動資產	Non-Current Assets		
傢具器材及設備	Furniture and equipment (11)	30,822	-
流動資產	Current Assets		
已付按金及預付款	Deposits and prepayment (12)	873,997	138,380
應收款	Accounts receivable (13)	29,079	940,186
其他應收款	Other receivables	205,625	-
現金及銀行現金等值	Cash and cash equivalents (14)	8,593,840	6,732,592
		9,702,541	7,811,158
流動負債	Current Liabilities		
應付款	Accounts payable (15)	626,617	722,524
暫收款	Temporary receipts	1,866,099	157,280
		2,492,716	879,804
流動資產淨額	Net Current Assets	7,209,825	6,931,354
資產淨值	NET ASSETS	7,240,647	6,931,354
由以下代表：	Represented by:		
營運累積盈餘	OPERATING FUND	4,039,874	3,699,987
其他儲備	OTHER FUNDS		
綜合撥款儲備	Block grant reserve (16)	462,539	319,539
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)	656,802	776,908
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
特別基金	Special fund (20)	503,919	503,919
		7,240,647	6,931,354

經由理事會於二零一八年六月九日會議通過及由下列理事代表議會簽署：

APPROVED BY THE EXECUTIVE COMMITTEE ON 29 JUN 2018 AND SIGNED ON BEHALF OF
THE EXECUTIVE COMMITTEE BY:

黃祐榮
Wong Yao Wing
主席
Chairman

任少芳
Yam Siu Fong
財政
Treasurer

鳴謝

Acknowledgement

衷心感謝以下人士、團體及機構在2017對本會的慷慨支持。
（按英文字母順序排列）：

These are the individuals, groups and organizations to whom in 2017 we would like to express our cordial thanks. They are (in alphabetical order):

贊助商 Sponsor	
有骨戲	—
活力肌腱貼	Acti-Tape
同社	AKINALLIANCE
親子王國	Baby Kingdom
遵理集團	Beacon Group
—	Best Video Limited
生機源（香港）有限公司	Biocycle (Hong Kong) Limited
微風創作室有限公司	Breeze Factory
—	Brick Lane
—	C AllStar
—	Charitabe Choice Hong Kong
華瑞健定向	Chinahealth Orienteering Team
春田花花教育基金有限公司	Chun Tian Hua Hua Foundation Limited
—	Colour Brown
康宏社投慈善基金有限公司	Convoy Social Fund Limited
—	Darkness into Light
香港迪士尼樂園	Disneyland Hong Kong
張崇德博士	Dr. Cheung Shung-tak
—	Dustykid
經濟一週	Economic Digest
帝國畫廊	Empire Gallery
香港人壽保險經理協會	GAMA Hong Kong
—	Gameplan
香港野外定向會	HK Orienteering Club
香港業餘無線電會	Hong Kong Amateur Radio Association
香港榄球總會	Hong Kong Rugby Union
長鴻旅遊有限公司	JTV Travel Limited
冠思集團	MaLogic
玫琳凱（香港）有限公司	Mary Kay (Hong Kong) Limited
心活誌	Mind & Life
黃秋生先生	Mr. Anthony Wong Chau Sang
方健儀女士	Ms. Akina Fong
劉美娟女士	Ms. Eugina Lau

南北行參茸海味有限公司	Nam Pei Hong Sum Yung Drugs Company Limited
黃廷方慈善基金	Ng Teng Fong Charitable Foundation
友營堂	NutriWorks
香港海洋公園	Ocean Park Hong Kong
—	One Minden Tapas Kitchen
親子頭條	Parenting Headline
—	Pieroth Hong Kong Limited
—	Pieta House
寶礦力水特	Pocari Sweat Hong Kong
跑者世界	Runner's World HK
運動筆記HK	Running BiJi HK
誠信清潔服務有限公司	S & S Cleaning Company Ltd.
生力啤	San Miguel
精工表	Seiko Watch Corporation
大豆果滋棒	Soyjoy
—	SportiHealth
體路	SportsRoad
台南阿豆仔	Tainan Adouzai
高木炭火鳥燒	Takagi Yakitori
泰基長跑會	Thaiquain Sports Club
天星小輪	The "Star" Ferry
傑出企業公民協會	The Association of Distinguished Corporation
香港半島酒店	The Peninsula Hong Kong
通利琴行有限公司	Tom Lee Music Co. Ltd.
發現號	VESSEL
—	Watsons Natural Sports
屈臣氏蒸餾水	Watsons Water
新假期	Weekend Weekly
—	WeFi Limited
紙膠帶	ZiGaauDaai

義工 Volunteer	
香港端溪聯會	—
義務工作發展局	Agency for Volunteer Service
美國國際學校	American International School
中國銀行（香港）有限公司	Bank of China (Hong Kong) Limited
—	Colour Brown
好義配	Easy Volunteer
香港人壽保險經理協會	GAMA Hong Kong
香港野外定向會	HK Orienteering Club
香港警察義工服務隊	HK Police Volunteer Services Corps
港燈電力投資有限公司	Hong Kong Electric Holdings Limited
香港消防處義工隊	Hong Kong Fire Services Department Volunteer Team
香港調解仲裁中心	Hong Kong Mediation and Arbitration Centre
零焦距	IMAGEZONE
入境事務處義工隊	Immigration Department Volunteer Work Team
喇沙書院	La Salle College
香港香島青年獅子會	Leo Club of Bayview Hong Kong
珍惜生命大使	Life Ambassadors
嶺南大學	Lingnan University
新創建集團有限公司	NWS Holdings Ltd.
寶礦力水特	Pocari Sweat Hong Kong
警察南極星義工隊	Police (Octans) Volunteer Team
安信信貸有限公司	PrimeCredit Limited
香港海關義工隊	THE Customs and Excise Department Volunteer Team
香港理工大學	The Hong Kong Polytechnic University
通利琴行有限公司	Tom Lee Music Co. Ltd.
維多利校服公司	Victoria Uniform
義工運動	Volunteer Movement
—	WeFi Limited

香港撒瑪利亞防止自殺會捐款表格

The Samaritan Befrienders Hong Kong 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），或傳真至3016 9970 / 電郵致care@sbhk.org.hk。
Please complete this form in BLOCK letter and return with cheque/ bank-in slip/ transaction record to us by mail to "The Samaritan Befrienders Hong Kong Freepost No.51 CSW" (no stamp required if posted in HK)/ by fax to 3016 9970/ by email to care@sbhk.org.hk.

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

我願意作每月定額捐款，以支持防止自殺及宣揚珍惜生命的工作。
I would like to make a monthly donation to support suicide prevention and life education works.
☐ HK\$1,000 ☐ HK\$500 ☐ HK\$300 ☐ HK\$200 ☐ 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)

☐ 我願意作出單次捐款，支持防止自殺及宣揚珍惜生命的工作。
I would like to make a one-off donation to support suicide prevention and life education works.
☐ HK\$3,000 ☐ HK\$2,000 ☐ HK\$1,000 ☐ HK\$500 ☐ 其他Other HK\$ _____

捐款者資料 Donor Information

姓名Name (☐ 先生Mr./ ☐ 女士Mrs./ ☐ 小姐Ms.) _____
團體 / 公司名稱 Organisation/ Company Name _____
地址 Address _____
聯絡電話 Contact No. _____ 電郵 Email _____

捐款方法 Donation Method

☐ 自動轉賬 By Autopay (只適用於每月捐款 For monthly donation ONLY)
「直接付款授權書」將隨後寄上 "Direct Debit Authorization" will be sent to you afterwards.

☐ 信用卡 By Credit Card (適用於每月/單次捐款 For monthly and one-off donation)
☐ VISA ☐ MASTER
持卡人姓名 Cardholder's Name _____
信用卡號碼 Credit Card No. _____
到期日 Expiry Date _____ 月 Month _____ 年 Year
持卡人簽署 Cardholder's Signature _____
備註 Remark: 每月捐款將在信用卡到期後自動延續 Monthly donation continues after card expiry until further

☐ 支票捐款 By Cheque
支票抬頭為「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 By Bank-in
銀行名稱 Name of Bank: 中國銀行(香港)有限公司 Bank of China (Hong Kong) Ltd.
戶口號碼 Account Number: 012-758-100-14680

☐ 便利店捐款 By Donation in Convenience Stores



☐ 繳費靈捐款 By PPS
捐款者可致電18033，輸入商戶編號9412。
Please call PPS Hotline at 18031 and enter merchant code of SBHK at 9412.

是否需要收據 Receipt Required (捐款港幣100元或以上，可憑收據申請扣稅。
Donations of HK\$100 or above are tax deductible with official receipt.)

☐ 是，收據抬頭 Yes, Name on receipt _____
☐ 否 No

您的個人資料將保密處理，並只會用作發出捐款收據、會員服務及通訊、募捐、並邀請您出席本會活動等用途。

Your personal information will be treated as strictly confidential and used solely for handling your donation, issuing receipts, providing donor services, communication, appeal fundraising and inviting you to our events, etc.

☐ 本人不同意接收香港撒瑪利亞防止自殺會的資訊。

☐ I don't wish to receive information from the Samaritan Befrienders Hong Kong.

請選擇以何種途徑讓我們跟您分享本會的工作進展及最新消息

Please tell us how you would like to receive our latest news and developments.

☐ 電郵 Email

☐ 一般郵件 Post

0085

>>>

聯絡資料 Contact Information

一般查詢

General Enquiry

九龍石硤尾白田邨瑞田樓B座3樓1室
Unit 1, 3/F, Block B, Shui Tin House, Pak Tin Estate, Shek Kip Mei, Kln
電話 Tel : 2319 2688
傳真 Fax : 3016 9970
電郵 Email : sbhkinfo@sbhk.org.hk

熱線中心

Hotline Centre

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

自殺危機處理中心

Suicide Crisis Intervention Centre

九龍石硤尾白田邨瑞田樓B座3樓1室
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生命教育中心

Life Education Centre

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Unit 1, 3/F, Block B, Shui Tin House, Pak Tin Estate, Shek Kip Mei, Kln
電話 Tel : 2319 1269
傳真 Fax : 2319 0778
電郵 Email : grow@sbhk.org.hk

越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre

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Unit 1, 3/F, Block B, Shui Tin House, Pak Tin Estate, Shek Kip Mei, Kln
電話 Tel : 2790 9022
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24小時情緒支援熱線

24-Hour Emotional Support Hotline


熱線電話由電訊盈科贊助 Hotline fixed lines are sponsored by PCCW


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香港撒瑪利亞防止自殺會總部

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