



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



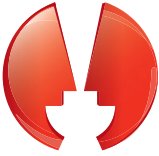
Annual Report 年報 2018

陪伴
We are with you

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社團註冊編號：CI 0468623

獲豁免繳稅編號：91/1498

「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。

Society Reference No.: CI 0468623

IR No. (Tax Exemption): 91/1498

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

-  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.
-  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.
-  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.



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+

圖形

Symbol

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

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 | 任期：2017年7月至2019年6月

Executive Committee | 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 Fan
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
Ms. Hon Chor Shan
理事
Committee Member



黃瀚之先生
Mr. Wong Hon Chi
理事
Committee Member

管理團隊 | 至2018年12月31日

Management Team | As at 31 December 2018



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



丘鴻生先生
Mr. Yau Hung Sang
熱線中心中心主任
Centre-in-charge –
Hotline 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



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



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

義務顧問、義務機構大使

Honorary Advisers, Honorary SBHK Ambassador

義務顧問

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

簡家驄律師行

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

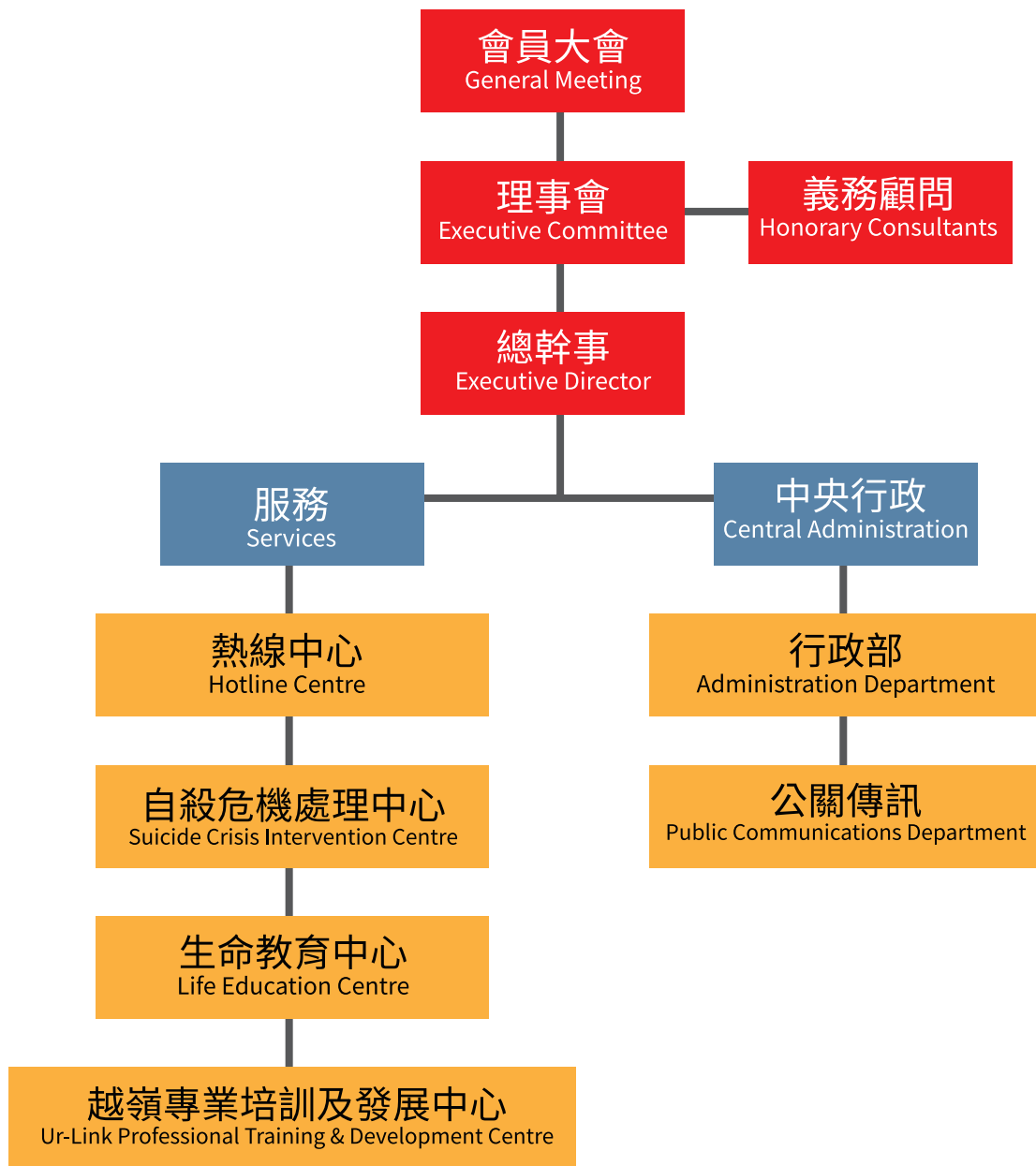
SBHK Ambassador

惠英紅小姐

Ms. Kara Wai Ying Hung

組織圖表

Organization Chart



里程碑

Our Milestones

- 1960** 「防止自殺會」成立
Establishment of Suicide Prevention Society
- 1962** 成為「國際防止自殺會」成員
Becoming a member of International Association of Suicide Prevention
- 1963** 機構更名為「香港撒瑪利亞防止自殺會」
Organization name changed to “The Hong Kong Samaritans”
- 1976** 機構英文名更改為“The Samaritan Befrienders Hong Kong”
Organization name changed to “The Samaritan Befrienders Hong Kong”
- 1995** 「熱線中心」於彩虹啟用
Hotline Centre moved to Choi Hung
- 2002** 「生命教育中心」成立
Establishment of Life Education Centre
- 2002** 「自殺危機處理中心」成立
Establishment of Suicide Crisis Intervention Centre
- 2003** 「賽馬會生命教育資源閣」啟用
Establishment of Jockey Club Life Education Resource Library
- 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** 舉辦第一屆「黑夜見黎明」慈善城市定向比賽
“From Darkness to Sunrise”
City Orienteering Competition held for the first time
- 2016** 「賽馬會生命偶遇資源計劃」開展
Launch of Jockey Club Life-Connect Resource Network
- 2017** 舉辦第一屆「麥兜慈善跑」
McDull Charity Run held for the first time
- 2018** 「CHAT窿」網上聊天服務開展
Launch of ChatPoint online chat service



主席報告

Chairman's Report

導言

根據死因裁判法庭報告，2018年共有955人自殺死亡，自殺率為12.80，即每十萬人中有12.80人死於自殺；數字比2017年上升了0.44，即平均每天約有2.62人自殺死亡。

機構整體事項

本會於2018年着墨擴展有關於年輕一代及科技時代的服務，開展了兩項新服務，包括由「攜手扶弱基金」資助的網上聊天服務「Chat窿」，以及由「香港賽馬會慈善信託基金」資助「賽馬會生命偶遇資源計劃」旗下的網上生命教育平台「Lifetube」。

除了內部的發展，本會更得到社會各界的支持，當中包括Pieta House的「步向光明香港」籌款活動、香港欖球團體主辦的Hong Kong Blue Tie Ball 慈善餐舞會、業餘樂隊現場演出的Somewhere I Belong慈善音樂會以及香港教育大學的「愛裡無懼怕JCSQ壁畫村籌款計劃」等，無疑是對我們在防止自殺工作上的肯定。

熱線中心

在2018年，熱線中心共處理了19,889人次的服務個案，比2017年的19,384宗增加505宗。當中求助個案為13,491人次。在2018年的求助個案中，有自殺危機者的求助個案共為7.94%（即1,071個）；其中高、中危個案佔21.76%（即233個），其中45.49%的個案（即106個）被成功轉介至自殺危機處理中心跟進。

熱線中心舉辦了60期及61期義工訓練班，共有136人接受職前培訓課程。

Introduction

According to statistics from the Coroner's Court, there were 955 suicide deaths in 2018. The suicide rate is 12.80 (i.e. 12.80 deaths per 100,000 persons) which indicated an increase by 0.44 from 2017, meaning there were approximately 2.62 persons died from suicide every day.

Organization Overview

In 2018, we expanded our services for the younger generation and the technological age by introducing two new services; there included ChatPoint - an online chat service funded by the Partnership Fund for the Disadvantaged, and Lifetube - an online life education platform under The Jockey Club Life-Connect Resource Network funded by the Hong Kong Jockey Club Charities Trust.

In addition to the internal development, our organization has received support from various sectors. Some of these activities were "Darkness into Light" Charity Walk of Pieta House, Hong Kong Blue Tie Ball charitable party hosted by a group of rugby players in Hong Kong, "Somewhere I Belong" charitable live band show by an amateur band, and "Love Never Fails JCSQ Wall Painting Fundraising Project" of the of the Education University of Hong Kong. All these are undoubtedly an affirmation of our efforts to prevent suicide.

Hotline Centre

In 2018, we handled 19,889 cases, an increase of 505 cases from 19,384 on 2017. Among all the cases, 13,491 were help-seeking cases who were in need of emotional support. 7.94% (1,071 cases) of these help-seeking cases were assessed with suicide risk. In 21.76% (233 cases) of these risk cases were rated high to medium, and 5.49% (106 cases) of these cases were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

We held the 60th and 61st batches of Volunteer Training with 136 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 37 on-the-job trainings with a total of 930 attendants.

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2018年，熱線中心為熱線義工提供各項在職訓練共37節，共有930人次參與。

自殺危機處理中心

自殺危機處理中心於2018年，共處理1,422宗個案，雖然數字較2017年減少8宗（2017年共處理1,430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。

「活出彩虹」服務於2018年服務了160個自殺身故者親友個案，共舉行28次「未完成的小說」治療性小組以及47次「活出彩虹」支援小組。

2018年，網上聊天服務由本會開展多年的「真心話室」，發展成為「Chat窿」，除了提供網站版本，更有手機iOS及安卓應用程式，提供即時網上的情緒疏導。在2018年，「Chat窿」提供了2,818小時的即時情緒疏導，並處理了4,609名有自殺危機或情緒困擾的網絡使用者。

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76節訓練予2,859人參與。

生命教育中心

生命教育中心積極於社區推行生命教育、宣揚珍惜生命、關愛互助及預防自殺等訊息。2018年度中心職員到訪各區學校、政府部門及機構，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，服務多達7,590人次。除以上活動外，本會生命教育中心也為中小學家長舉辦家長小組。

Suicide Crisis Intervention Centre

Suicide Crisis Intervention Centre (SCIC) managed 1,422 cases in 2018. Although the number was 8 cases less than that in 2017 (1,430 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).

Live the Rainbow managed 160 cases of relatives and friends of suicide deaths and arranged 28 sessions of Support Group and 47 sessions of Live the Rainbow Support Group.

In 2018, the long years online chat service Heart Chat has developed into ChatPoint. In addition to provide a website version, mobile iOS and Android apps are also available. In 2018, ChatPoint rendered 2,818 service hours and handled 4,609 internet users with suicidal risk or emotional distress.

In response to the increasing concern on youth suicides, SCIC provided 76 sessions of professional training to 2,859 teachers and social workers under Jockey Club Life-Connect Resource Network.

Life Education Centre

Our Life Education Centre has 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 2018, we reached out to a number of schools, government departments and organizations to provide talks, workshops, training and group activities to a total of 7,590 participants. Parent workshops were also provided for parents and their children in primary and secondary schools.

In response also to the cluster of student suicides, we organized 128 sessions of Parenting Workshops under The Jockey Club Life-Connect Resource Network and benefited a total of 1,600 participants. The online education platform Lifetube launched on October 15, 2018, it is a multimedia platform containing life education resources, mental health information, suicide prevention manual, multimedia resource library, students' creations and interactive online learning program. We hope that schools, institutions and those who are passionate about life education could share suicide prevention and life education related resources via Lifetube.

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提供了128次小組工作坊，惠及1,600人次。網上生命教育平台「Lifetube」，於2018年10月15日推出，提供生命教育資源、精神健康資訊、防止自殺手冊、多媒體資源庫、學生創作平台及互動學習網上程式的多媒體平台。本會期望透過「Lifetube」，讓學校、機構、及對生命教育有熱誠的人士的網上積極參與，共享防止自殺及生命教育的資源。

我們自2011起年推出「你的生命·你的選擇」生命劇場，計劃被不斷優化，演出已達60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2018年，在本會同工及義工的努力下，以上兩項計劃一共公演18場，共3,625名觀眾參與。

越嶺專業培訓及發展中心

越嶺專業培訓及發展中心於2018年積極為14個專業合作伙伴及機構舉辦不同的培訓課程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29個，有4,697人次及25企業與機構參與。

籌款活動

2018年本會舉辦「麥兜·新嚟新豬肉」香港撒瑪利亞防止自殺會慈善跑，吸引5,000多人參與，為本會籌募善款。通過慈善跑、跨界合作及得到跨界的支持，本會於2018成功籌得290萬善款，而善款將用於本會生命教育中心支持生命教育工作。

總結

去年，香港撒瑪利亞防止自殺會積極在本港推行防止自殺生命教育、自殺危機介入及網上聊天工作，為有需要的人士提供情緒舒緩服務及促進社會人士對自殺相關議題的關注和認知，以創建一個更關懷的社會。

Since its launch in 2011, our “Your Life. Your Choice” Life Drama Programme continued to improve and performed its 60th show in 2018. With MTR Corporation’s sponsorship, “Fairytale REplay & WEplay” Drama Programme was introduced in 2017 for primary students. The programme encouraged the juniors to learn, discuss and reflect on their ways to get along with others. With joint effort from colleagues and volunteers, the two Drama Programmes held 18 shows with a total of 3,625 participants in 2018.

Ur-Link Professional Training & Development Centre

The Centre partnered with 14 organizations and experts to organize different training courses and seminars for the general public and the professionals, such as teachers, social workers and medical practitioners. 29 different topics were covered and 4,697 participants and 25 organizations/corporates joined these activities during the year.

Fundraising Fund

In 2018, we organized MuDull Charity Run 2018 and attracted 5,000 participants. Through cross sector collaboration and support, the Charity Run eventually raised \$2.9 million to support the works of our Life Education Centre.

Conclusion

In the past year, The Samaritan Befrienders Hong Kong continued its multidirectional approach and carried out works on suicide prevention life education, suicide crisis intervention and online chat. It was believed that the work had raised the awareness and concerns of the people on the suicide related issues to foster a more caring society.

服務重點概覽

Service Highlights

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
- 社區講座及活動
Community Seminar and Activity

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)

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 (家長小組 & Lifetube)
The Jockey Club Life-Connect Resource Network (Parent Workshop & Lifetube)
- 生命劇場
Life Drama Programme

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



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”!

2018年熱線中心回顧 2018 Hotline Centre Review



19,889

來電總數
Number of Incoming Calls



10

社區活動
Community Activities



269

熱線義工數目
No. of Hotline Centre Volunteers



2,740

社區活動受惠人次
Participants Attended
Community Activities



35

義工訓練班及在職培訓
Volunteer Trainings Provided

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

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.

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。2018年我們共處理了19,889的服務個案，比2017年的19,384宗增加505宗，當中求助個案為13,491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.

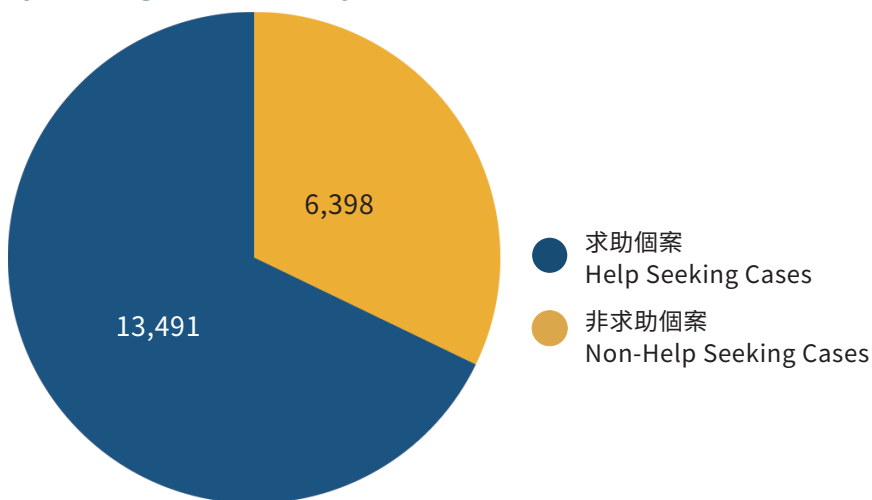
In 2018, we handled 19,889 cases. There was an increase of 505 cases from 19,384 cases in 2017. Among these, 13,491 were help-seeking cases who were in need of emotional support.

2018年24小時情緒支援熱線數據分佈

24-Hour Emotional Support Hotline 2018 Data Analysis

按來電分佈

By Incoming Calls Data Analysis



類別 Types of Case	個案數字 Number of Cases
非求助個案 Non-Help Seeking Cases	6,398
求助個案 Help Seeking Cases	13,491

求助者性別及來電者年齡分佈 Gender And Age Distribution of Help-Seeking Cases

年份 Year	2018					2017		
年齡 Age	性別 Gender	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0 - 9		20	9	1	30	0.22	21	0.16
10 - 19		278	234	0	512	3.79	687	5.21
20 - 29		1,280	841	2	2,123	15.74	2,172	16.47
30 - 39		1,253	1,319	0	2,572	19.06	2,646	20.06
40 - 49		1,022	1,327	2	2,351	17.43	2,508	19.02
50 - 59		1,084	1,202	0	2,286	16.94	2,683	20.34
60+		1,147	472	2	1,621	12.02	840	6.37
不詳 Unknown		927	988	81	1,996	14.80	1,630	12.37
總計 Total		7,011	6,392	88	13,491	100	13,187	100

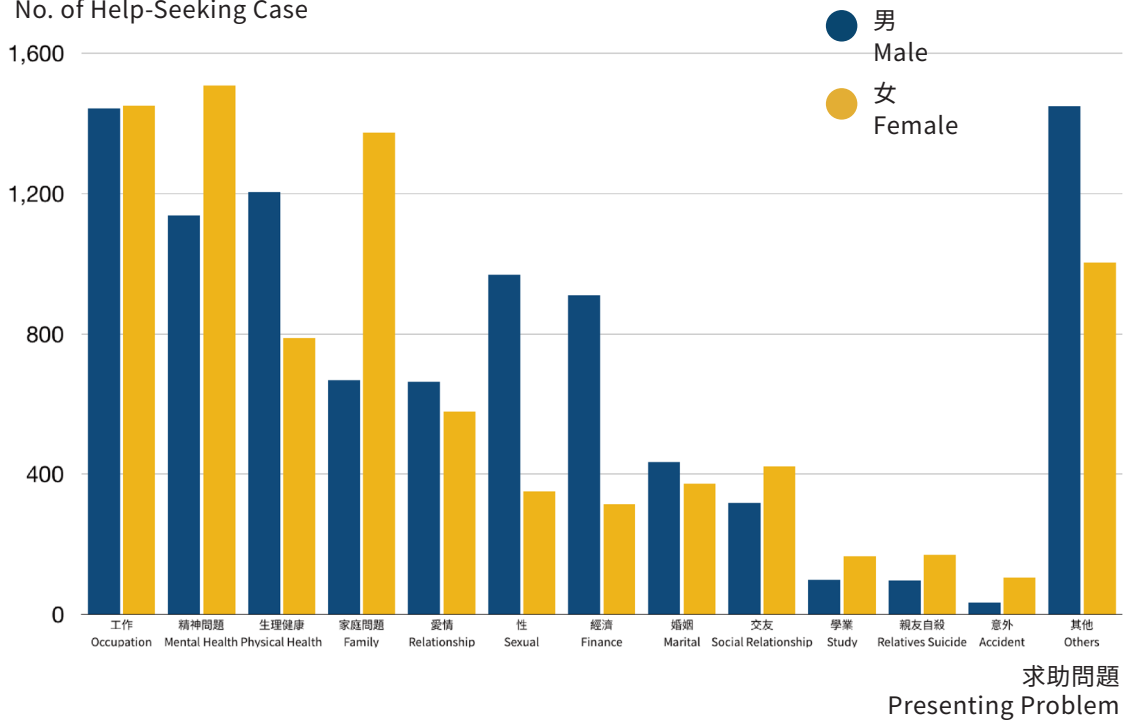
求助者求助問題分佈 Presenting Problems Distribution of Help-Seeking Cases

年份 Year	2018					2017		
求助問題 Presenting Problem	性別 Gender	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
工作 Occupation		1,443	1,450	8	2,901	15.99	3,239	18.57
精神問題 Mental Health		1,138	1,507	7	2,652	14.62	2,457	14.08
生理健康 Physical Health		1,204	788	2	1,994	10.99	1,807	10.36
家庭問題 Family		668	1,374	8	2,050	11.3	1,912	10.96
愛情 Relationship		663	579	5	1,247	6.88	1,420	8.14
性 Sexual		968	350	2	1,320	7.28	1,112	6.37
經濟 Finance		909	314	19	1,242	6.85	848	4.86
婚姻 Marital		433	373	1	807	4.45	793	4.55
交友 Social Relationship		318	422	3	743	4.1	703	4.03
學業 Study		98	165	6	269	1.48	379	2.17
親友自殺 Relatives Suicide		96	170	11	277	1.53	244	1.40
意外 Accident		33	105	1	139	0.77	140	0.80
其他 Others		1,448	1,004	45	2,497	13.76	2,391	13.71
總計 Total		9,419	8,601	118	18,138	100	17,445	100

在2018年求助個案類別中，主要困擾的問題為工作（15.99%）、精神問題（14.62%）及家庭問題（11.3%）。相比2017年的數字，受精神問題及家庭問題困擾的求助個案分別上升了0.54%及0.34%。

In 2018, the major reasons for seeking help were: Occupation (15.99%), Mental Health (14.62%), and Family (11.3%). Compared with the figures in 2017, the number of cases in Mental Health and Family increased by 0.54%, and 0.34% respectively.

求助個案數目
No. of Help-Seeking Case



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	性別 Gender	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female
工作 Occupation		1	0	8	6	168	149	292	496	294	347
精神問題 Mental Health		2	0	21	37	205	235	217	218	194	328
生理健康 Physical Health		3	2	96	37	77	94	90	115	225	171
家庭問題 Family		4	2	34	57	102	180	127	257	102	255
愛情 Relationship		0	0	24	39	199	168	238	164	66	100
性 Sexual		4	2	61	40	426	39	190	55	83	105
經濟 Finance		0	1	4	1	56	28	86	43	118	78
婚姻 Marital		0	0	2	4	46	27	167	79	87	119
交友 Social Relationship		2	0	17	21	70	69	67	86	47	90
學業 Study		2	1	28	52	34	48	17	30	4	6
親友自殺 Relatives Suicide		0	0	5	10	17	28	13	26	14	31
意外 Accident		0	0	1	2	3	12	9	20	11	24
其他 Others		4	2	46	16	204	106	173	175	187	176
總計 Total		22	10	347	322	1,607	1,183	1,686	1,764	1,432	1,830

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	性別 Gender	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	不詳 Unknown	總計 Total
工作 Occupation		317	273	254	20	109	159	1,443	1,450	8	2,901
精神問題 Mental Health		193	320	196	204	110	165	1,138	1,507	7	2,652
生理健康 Physical Health		333	168	269	88	111	113	1,204	788	2	1,994
家庭問題 Family		141	322	114	117	44	184	668	1,374	8	2,050
愛情 Relationship		27	29	20	14	89	65	663	579	5	1,247
性 Sexual		38	34	14	4	152	71	968	350	2	1,320
經濟 Finance		134	67	444	58	67	38	909	314	19	1,242
婚姻 Marital		58	73	18	22	55	49	433	373	1	807
交友 Social Relationship		28	55	62	30	25	71	318	422	3	743
學業 Study		2	16	2	3	9	9	98	165	6	269
親友自殺 Relatives Suicide		11	22	10	7	26	46	96	170	11	277
意外 Accident		3	16	2	4	4	27	33	105	1	139
其他 Others		259	190	300	90	275	249	1,448	1,004	45	2,497
總計 Total		1,544	1,585	1,705	661	1,076	1,246	9,419	8,601	118	18,138

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	2018						2017	
危機程度 Risk Level	性別 Gender	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
低 Low		372	451	15	838	6.21	964	7.31
中 Moderate		81	99	2	182	1.35	258	1.96
高 High		34	17	0	51	0.38	70	0.53
無 No		6,334	5,685	47	12,066	89.44	11,448	86.81
未及評估 Cannot Assess		190	140	24	354	2.62	447	3.39
總計 Total		7,011	6,392	88	13,491	100	13,187	100

在2018年，我們共處理了19,889人次的服務個案，比2017年的19,384宗增加505宗。當中求助個案為13,491人次。在2018年的求助個案中，有自殺危機者的求助個案共為7.94%（即1,071個）；其中的高、中危個案佔21.76%（即233個），45.49%個案（即106個）被成功轉介至自殺危機處理中心跟進。

In 2018, we handled 19,889 cases, an increase of 505 cases from 19,384 cases in 2017. Among all the cases, 13,491 were help-seeking cases who were in need of emotional support, where 7.94%(1,071 cases) were assessed with suicidal risk. 21.76% (233 cases) of the suicidal cases was high and medium risk cases, 45.49% (106 cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

熱線中心義工招募及培訓

Hotline Centre Volunteer Recruitment and Training



269

熱線中心義工
Hotline Centre Volunteers



2

熱線中心義工訓練班
Hotline Centre Volunteer Trainings



2,117

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



37

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

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，紓緩他們的情緒，同行步過黑暗。

熱線中心義工並非社工、輔導員或其他精神科醫生，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.

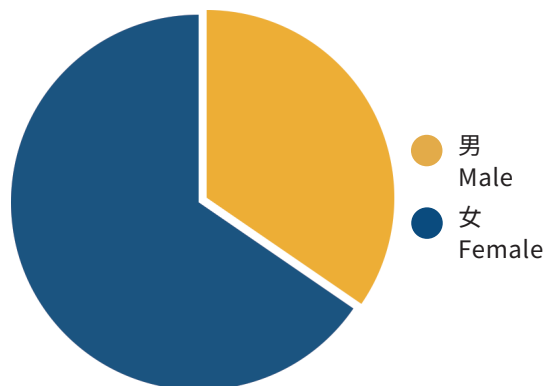


2018 年熱線中心義工資料

Profile of Volunteers in 2018

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	18	38
2-3 年 / years	11	34
4-5 年 / years	8	25
6-7 年 / years	11	7
8-9 年 / years	7	16
10年或以上 / 10 years above	38	56
Total 合共	93	176

2018年義工在職培訓總覽

Volunteers On-the-Job Trainings Review in 2018

主題 Theme	節數 No. of Sessions	人數 No. of Participants
中高個案分享會 Medium and High Risk Cases Sharing	1	35
博域家庭系統理論工作坊 Bowen Family Systems Theory Training	1	13
長期服務方程式分享會 Sharing Session: "How to be a Long-service Volunteer"	1	27
同理心與智慧的關鍵:無我 Selflessness: A Key to Wisdom	1	27
參觀香港復康會 Visit The Hong Kong Society for Rehabilitation	1	23
中高個案分享會 Medium and High Risk Cases Sharing	1	53
慈山寺·生命之旅 Tsz Shan Monastery-Life Journey	2	90
相敘一刻·敘事實踐講座 Narrative Therapy	1	50
如何觸碰心靈的創傷 Psychological Trauma Counselling Skill	1	47
家暴個案處理 Domestic Violence Counselling Skill	1	45
引入入性性成癮個案處理技巧工作坊 Seminar on "Sexual Addiction"	1	39
「看見生死的色彩」- 參觀「無言老師」計劃 A Parting Gift	1	44
債務危機處理工作坊 Seminar of Debt Counselling Skill	1	47
災後心理支援工作坊 Psychological First Aid Training	1	49
與哀傷同行·喪親者支援服務工作坊 Seminar of Grief Counselling Skill	1	48
家庭個案處理工作坊 Seminar of Family Counselling Skill	1	42
58 & 59期「拚」發小組 Training Programme for Junior Volunteers (58th & 59th)	5	26
機不可失·網絡成癮工作坊 Internet Addiction Training	1	43
智·理明言·與智障人士溝通技巧工作坊 Communication with Mentally Handicapped Persons Training	2	86
督導員培訓 Supervisor Training	4	48
「Chat隆」服務培訓 ChatPoint Training Programme	8	48
總數 Total	37	930



2018年，我們舉辦了60期及61期義工訓練班，共有136人接受職前培訓課程，而整年的職前培訓課程合共有1,187出席人次。

In 2018, we organized the 60th and 61st batch of hotline volunteer training programme to our volunteer trainees. 136 applicants were admitted as volunteer trainees for the pre-service training and there were 1,187 attendances in total.

社區講座及活動

Community Seminar and Activities

社區講座

Community Seminar

 **2**
講座
Seminars

 **33**
參加者
Participants

講座題目 Seminar Topic

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

21 參加人數
Number of Visitors

香港家庭福利會
Hong Kong Family Welfare Society

12 參加人數
Number of Visitors

東華三院健康理財家庭輔導中心
Tung Wah Group of Hospitals Healthy
Budgeting Family Debt Counselling Centre

社區活動

Community Activities



6

社區活動
Community Activities



2,700

參加者
Participants

活動名稱

Name of Programme



關注青年心靈健康攤位

Emotion First Aid Counter (Care for the Youth)

200

對象及參加人數

Target and No. of Participant



心靈關顧服務站

Emotion First Aid Counter

(九龍塘站、沙田站、太和站、粉嶺站)

(Kowloon Tong, Sha Tin, Tai Wo, Fanling MTR Station)

2,500

對象及參加人數

Target and No. of Participant

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.

2018 自殺危機處理中心回顧 2018 Suicide Crisis Intervention Centre Review



1,422

自殺危機介入
個案總數
No. of Suicide Crisis
Cases Intervened



1,230

具自殺危機者
之個案數字
No. of Suicidal Cases



192

自殺危機者親友之
諮詢個案數字
No. of Consultation Cases of Family
or Friend of Suicidal People

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 a subvented service under the Social Welfare Department. 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 through intensive counseling and follow-up service which can rebuild their living faith and enhance their ability to deal with future crises.

2018年自殺危機介入服務數據分佈

Suicide Crisis Intervention Service 2018 Data Analysis

服務使用者分類

Type of Service Users

服務使用者分類 Types of Service Users	個案數字 No. of Cases	百分比 %
自殺危機者 Potential Suicidal People	1,230	86.5
自殺危機者親友 Family or Friend of Suicidal People	192	13.5
總計 Total	1,422	100

自殺危機個案性別分佈

Gender Distribution of Suicidal Cases

自殺危機個案性別 Gender of Suicidal People	求助個案 Cases of Requests	百分比 %
女性 Female	793	64.5
男性 Male	437	35.5
總計 Total	1,230	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 Users	男性自殺危機者 Male Suicidal Users	個案數字 No. of Cases	百分比 %
0-9	2	1	3	0.2
10-19	93	35	128	10.4
20-29	154	95	249	20.2
30-39	180	96	276	22.4
40-49	170	68	238	19.3
50-59	101	74	175	14.2
60-69	59	43	102	8.3
70-79	18	17	35	2.8
>=80	11	6	17	1.4
不知道 Unknown	5	2	7	0.6
總計 Total	793	437	1,230	100

自殺危機個案來源分佈 Source of Suicide Cases

自殺危機個案來源 Sources of Suicide Crisis Cases	個案數字 No. of Cases	百分比 %
綜合家庭服務 Intergated Family Service	274	22.3
熱線中心 Hotline Centre	255	20.7
醫務社會服務單位 Medical Social Service Units	126	10.2
親友求助 Relatives or Friends of Suicidal People	93	7.6
學校 Schools	66	5.4
警方 Police	52	4.2
護士及輔助醫療單位 Nurse or Para-medical Units	40	3.3
網上防止自殺服務 Online Suicide Prevention Service	23	1.9
心理輔導服務單位 Psychological / Counseling Service Units	21	1.7
其他 Others	58	4.7
自行求助 Suicidal Cases Themselves	222	18
總計 Total	1,230	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 Problems of Suicidal Cases	女性 Female	男性 Male	求助個案 Cases of Request	百分比 %
精神 Mental Health	135	54	189	15.4
婚姻 Marital	97	58	155	12.6
經濟 Finance	58	56	114	9.3
感情 Relationship	69	45	114	9.3
父子女關係 Parent-child Relationship	83	24	107	8.7
親友自殺死亡 Suicide Death of Family Member or Friend	72	32	104	8.5
身體健康 Health	38	39	77	6.3
住屋 Housing	33	13	46	3.7
其他家庭問題 Other Family Problem	41	5	46	3.7
朋輩關係 Friendship	20	22	42	3.4
工作壓力 Work Pressure	16	9	25	2.0
法律 Law	12	12	24	2.0
學業 Study	14	9	23	1.9
喪親 Bereavement	15	7	22	1.8
親友患病 Relative and Friend Suffer from Diseases	15	4	19	1.5
賭博 Gambling	1	11	12	1.0
受他人自殺問題困擾 Distress Caused by Suicidal Family Member or Friend	7	4	11	0.9
失業 Unemployment	4	3	7	0.6
其他 Others	63	30	93	7.6
總計 Total	793	437	1,230	100

活出彩虹

Live the Rainbow

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.

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

2018 服務回顧

2018 Service Review



116

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



28

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



47

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

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.

2018年自殺身故者親友個案關係分佈

2018 Relationship Distribution of Cases in “Live the Rainbow”

關係 Relationship	個案數字 No. of Cases	百分比 %
配偶 Spouse	26	22.4
父母 Parent	26	22.4
子女 Child	20	17.2
兄弟姊妹 Sibling	15	12.9
其他親屬關係 Other Relative	12	10.3
非親屬 Non-relative	17	14.7
總計 Total	116	100

網上防止自殺服務

Online Suicide Prevention

服務包括

Service Include

網上聊天

Online 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。

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.

網上聊天

Online Chat

2018年，網上聊天服務由本會開展多年的「真心話室」，發展成為「Chat窿」，除了提供網站版本，更有手機iOS及安卓應用程式提供即時網上的情緒疏導。「Chat窿」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2018年，「Chat窿」提供了2,818小時的即時情緒疏導，並處理了4,609名有自殺危機或情緒困擾的網絡使用者。

In 2018, the long years online chat service Heart Chat has developed into ChatPoint. In addition to provide a website version, mobile iOS and Android apps are also available, where volunteers provide a channel for people to express their emotions. All conversations are kept confidential. In 2018, ChatPoint rendered 2,818 service hours and handled 4,609 internet users with suicidal risk or emotional distress.



網址 Website:
<https://chatpoint.org.hk>

2018年網上聊天服務回顧 2018 Online Chat Service Review

2018網上聊天求助問題分佈

2018 Online Chat Data Analysis



求助問題 Presenting Problems	聊天個案 Chat Cases	百分比 %
個人（如精神健康、身體健康、賭博等） Personal Issue (e.g. mental health, physical health, drugs, etc.)	580	42.9
感情 Love Relations	310	22.9
處境困擾（如經濟、學業問題等） Situational Matter (e.g. finance, study, etc.)	281	20.8
家庭 Family Matter	140	10.3
親友自殺 Suicidal Issue of Family Member or Friend	11	0.8
其他 Others	31	2.3
總計 Total	1,353	100

「網蹤人」計劃

Suicide Prevention on neT

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2018年，我們在網上社交媒體共搜尋121,735個留言，並且主動嘗試接觸其中615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。

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 reinfected. Time flies, we have shifted our efforts to social media. In 2018, we searched 121,735 suicide related messages from social media and reached out to 615 internet users with suicidal tendency or emotional distress, so as to provide further counseling services for them.

《自殺·自療·互助舍》網站

Help4Suicide Website

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圖自殺的人的意欲。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》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。

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 in 2010, to bring out the message of cherishing life to counter the bad and inaccurate suicide information on the internet.



網址 Website:
www.help4suicide.com.hk

賽馬會生命偶遇資源計劃 (教師及社工專業培訓)

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



76

專業培訓次數
No. of Training



58

參與學校及單位數目
Schools & Units Involved



2,859

參與人數
No. of People Attended

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。

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 crisis.





生命教育中心

Life Education Centre

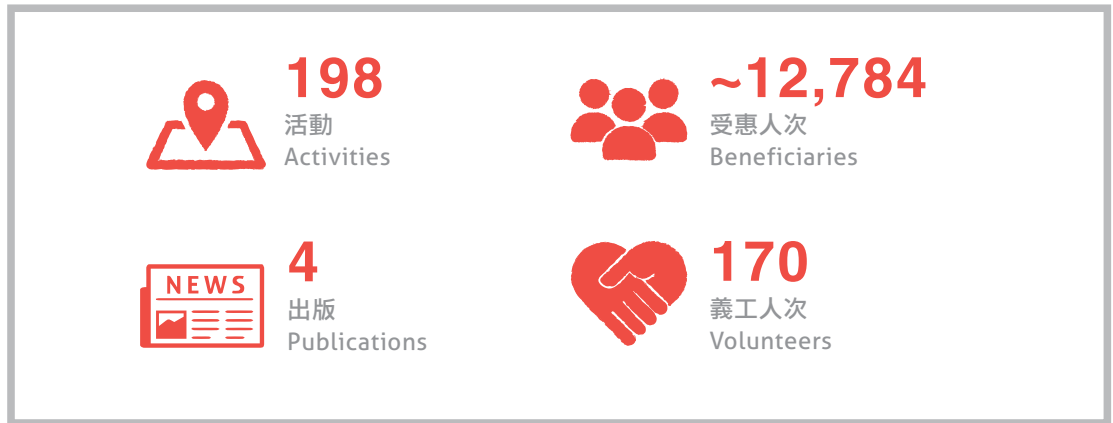


Grow 是成長的意思，寓意生命教育是幫助人成長的；**Grow** 是棕色，象徵泥土，孕育植物生長的物質，而「r」代表正在茁壯成長的幼苗；就像將生命教育的種籽散佈於不同土壤之中，當種籽接觸泥土後便會茁壯成長。

“Grow” means growth and implies Life Education can help people grow. The symbolic brown 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.

2018 生命教育中心回顧

2018 Life Education Centre Review



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 & Lifetube)

The Jockey Club Life-Connect

Resource Network

(Parent Workshop & Lifetube)

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 start the Suicide Prevention Education Project, which was funded by the Hong Kong Jockey Club Charities Trust; soon after with more sponsorships and projects rolled out and enriched resources, the Centre has played 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.

防止自殺教育計劃

Suicide Prevention Education Project

服務包括

Service Include

講座、工作坊及小組活動

Talk, workshop and group activity

社區探訪 / 服務

Community visit / service

賽馬會生命教育資源閣

Jockey Club Life Education

Resource Library

學校展覽

School Exhibition

2018 計劃回顧

2018 Programme Review



31

講座、工作坊及
小組活動
Talks, workshops and
group activities



11

社區探訪 / 服務
Community visits
/ services



7,590

受惠人次
Beneficiaries



8

學校展覽
School
exhibitions



2

生命教育資源閣小組活動
Education Resource Library group activities

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、生命教育資源圖書館及教材製作等範疇，用不同途徑向公眾人士推廣生命教育的四大訊息。第一是認識自己（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 since 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.

講座、工作坊及小組活動

Talk, Workshop and Group Activity

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。

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

社區探訪 / 服務

Community Visit / Service

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。



除探訪外，義工們亦會參與我們的外展服務，如街展及學校展覽等，協助我們帶領活動及將珍惜生命的訊息帶給社區人士。

In 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.

Volunteers also joined our outreach services like roadshows or school exhibitions to promote the message of life cherishment to the public.

賽馬會生命教育資源閣

Jockey Club Life Education Resource Library

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，我們亦定期印製機構通訊《生命交流》，讓大家從中得到生命教育資訊。



本會於2018年出版了《逆向飛翔2》，邀請了11位人士道出不平凡的故事，分享他們的起跌得失，讓讀者遇到人生挑戰時，送上一些支持。

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.



“Flying against the Wind 2” was published this year. 11 people was invited to share their extraordinary stories to provide support for the people who are facing their challenges.

學校展覽

School Exhibition

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。

This year, the school exhibition service was officially launched. Base on different topics, booths or easy stands were set up 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

家長小組

Parent Workshop

Lifetube

2018 計劃回顧

2018 Programme Review



128

親子教育小組
Parenting workshops



~1,600

受惠人次
Beneficiaries

家長小組

Parent Workshop

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」基金於2016年10月開始，為期3年透過小組訓練，我們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。

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

「Lifetube」網上生命教育平台已於本年10月15日推出，當中包括了不少的生命教育及情緒病資訊、教材套、文章及短片。當中我們就不同的節日，製作了幾段動畫，以輕鬆「貼地」的手法宣傳珍惜生命、預防自殺的訊息。我們亦邀請各機構及學校成為會員，上載他們的生命教育資訊，分享彼此的心得，從而達致資源共享，使生命教育於香港推展得更廣更深的層次。

“Lifetube”, online Life Education Resources Network, was launched in 15 Oct 2018. The information, teaching materials, articles, videos of Life Education and Emotional Diseases were uploaded to this website. Some animations are produced as a relax and tailor made ways to promote the messages of cherishing life and suicide prevention. NGOs and schools are invited to be our members to upload their Life Education materials to share the learnings. The aim of this website is promoting Life Education in a more broaden and deeper way.



網址 Website:
<https://www.lifetube.hk>

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” Life Drama
(Secondary school students & public)

反轉童話 (小學生)
“Fairytale REplay & WEplay” Life Drama
(Primary school students)

「你的生命·你的選擇」生命劇場

“Your Life. Your Choice” Life Drama

生命劇場以論壇形式，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。

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 of the drama. These spark the audiences to introspect their life decisions, empower them to overcome challenges and developed a greater appreciation towards life.

2018 劇場回顧 2018 Drama Programme Review



92

義工人次
Volunteers



18

演出
Shows



3,625

觀眾
Audiences



16

伙伴機構或學校
Partnered Organizations
or Schools



「反轉童話」生命劇場

“Fairytale REplay & WEplay Life” Life Drama

為填補服務空隙，香港鐵路有限公司於2017年及2018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。

In view of the needs of drama for primary school students, in 2017 and 2018, 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.



越嶺專業培訓及發展中心

Ur-Link Professional Training

& Development Centre



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

中文名稱寓意跨越山嶺，克服挑戰，而英文名稱除了音譯中文名稱外，更有連繫之意；中心徽號以兩個三角形代表兩座山峰及本會會徽代表太陽所組成，寓意攀過高峰；一方面顯示本會培訓及發展中心有獨立發展之意，另一方面亦顯示本會對該中心的指引及支持。

The Chinese name symbolizes climbing over the mountains and overcoming the challenges while the English name is the transliteration of the Chinese name and has a meaning of connection; The two triangles and SBHK logo represent two mountains and the sun respectively implying also climbing over the mountains. It also means that the Centre will develop its own service; however SBHK will still provide guidance and support to the Centre.

2018 越嶺專業培訓及發展中心回顧

2018 Ur-Link Professional Training & Development Centre Review



公開課程

Public Course

企業培訓及講座

Organization & Corporate

Training & Seminar

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 including 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, which 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".

2018 公開課程、機構及企業培訓及講座

2018 Public Course, Organization & Corporate Training and Seminar

公開課程

Public Course



- 敘事治療基礎理論與技巧證書課程
Certificate in Basic Concept and Skills of Narrative Therapy
- 「快樂的鑰匙」工作坊
Satir-Based Personal Growth Workshop
- 接受與承諾治療基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Acceptance and Commitment Therapy
- Zentangle 靜觀減壓工作坊 (半日)
Workshop on Zentangle and Mindfulness (Half Day)
- Zentangle® 禪繞與自我關懷工作坊
Workshop on Zentangle® and Self-compassion
- 沙維雅模式在個案輔導中的應用工作坊
Workshop on Application of Satir Model in Counselling
- 沙維雅模式初探工作坊
Workshop on Satir Model
- 兒童為本遊戲治療基礎證書課程
Certificate in Foundation of Child-Center Play Therapy
- 兒童遊戲治療 – 理論及實踐工作坊
Play Therapy Workshop
- 和諧粉彩Pastel Nagomi Art療癒之旅
Pastel Nagomi Art
- 哀傷輔導基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Bereavement Counseling
- 基礎聆聽技巧訓練課程
Basic Listening Skill Training Workshop
- 專業家事調解訓練課程
Professional Family Mediation Training Program
- 情緒取向治療課程
Theoretical Framework of Emotion-Focused Therapy
- 陰影心理學與內在心靈自療證書課程
Certificate Course of Shadow Psychology & Self-healing
- 創傷心理學與心靈療癒課程
The Psychology of Trauma and Self-healing Course
- 尋解聚焦治療個案學習應用工作坊
Solution-Focused Therapy - Case Workshop
- 輔導工具應用與「解說」技巧實務證書課程
Certificate Course in Counselling Tool Application and Debriefing Skill Training

機構及企業培訓

Organization and

Corporate Training



- 情緒急救站
Emotional First Aid Counter
- 自殺危機識別及介入
Prevention of Suicide - Refresher Training
- 即時自殺危機處理
Imminent Suicide Crisis Intervention
- 走出 Comfort Zone
Step Out from Comfort Zone
- 處理長者抑鬱及自殺
Workshop on Elderly Suicide Prevention and Depression

講座

Seminar



- 如何培育子女愉快健康地成材
How to nurturing children in love and cheerfulness
- 如何輕鬆有效地培育正能量子女
How to bring up positive children with ease
- 十優狀元是這樣練成的
The nurturance of 10A
- 改變生活小習慣 激發孩子學習潛能
How to unleash the learning potential of your children
- 親子溝通 - 反叛期的預備和處理
Parent-Child Communication
- 靜觀減壓課程課前介紹講座
Introduction of Mindfulness-Based Stress Reduction
- 靜觀 - 多角度認識與體驗工作坊
Experiencing Mindfulness - Multiple Perspective



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

1.



2.



3.



4.





5月26日的「哀傷輔導基礎理論與技巧證書課程」，導師吳燕玲博士於堂上講解指導性日誌，參加者即場練習，藉此體驗哀傷輔導的介入技巧。

1. Dr. Ng Yin Ling explained the Directed Journaling in Certificate in Basic Concepts and Skills of Bereavement Counseling lesson on 26 May, where participants could practiced on the spot to experience the intervention skills of grief counseling.

8月15日導師陳進耀先生示範Zentangle的繪畫技巧，當日亦有香港電台攝製隊拍攝Zentangle®禪繞與自我關懷工作坊的上堂情況。

2. While Instructor Mr. Henri Chan demonstrated Zentangle's painting skills, RTHK also took pictures during the Workshop on Zentangle® and self-compassion on 15 August.

參加者於Zentangle®禪繞與自我關懷工作坊的個人作品。

An Zentangle art piece of Zentangle® Zen and Self Care Workshop participant.

- 3.



輔導工具應用與「解說」技巧實務證書課程參加者透過體驗活動，學習活動設計及解說技巧。

4. Participants learnt event design and presentation skills through experience activities in Certificate Course in Counselling Tool Application and Debriefing Skill Training.



跨界合作及支持

Cross Sector

Collaboration and Support



Care寓意關懷、照顧和接納；「心」是串連起人際間溝通、互相關懷的橋樑；“a”以旗幟代表，寓意以信心、愛心為號召，大家踏出主動的一步，表達自己、關心別人；紫色代表溫馨、關懷。我們相信，當大家留心、用心關懷身邊人時，這一份心意便會輾轉傳揚開去；「推己及人」：當我們關顧自己的同時，也願意關顧別人的感受，從而感動、帶領其他人去宣揚互相關懷的重要。

“Care” means “Concern”, “Care” and “Acceptance”; The “heart” represents a bridge that links up interpersonal communication and mutual care. The letter “a” is symbolized by a flag which implies that everybody can step forward to express ourselves and care others with faith and love. The purple colour represents warmth and care. We believe that the caring message will be conveyed when we pay attention to our surrounding people and care them from our heart. We care for the feeling of others while we care for ourselves, so that we can motivate and lead other people to promote the importance of mutual care.

宣傳

Communication and Promotion

「自殺」二字在社會上仍相當敏感，大眾對相關的事及物都避而遠之，因怕被標籤為「有問題」、「有自殺傾向」的人。2018年，本會的社交平台專頁藉分享比較輕鬆的訊息，例如勵志歌詞、如何成為最快樂國度的秘訣等，希望本會的社交平台專頁能變得大眾化。防止自殺的機構不再只談自殺，還有更多有趣及正面資訊值得大眾分享及關注。

"Suicide" is still a very sensitive topic in the community. The public has avoided the related matters because they are afraid of being labeled as problematic and suicidal. In 2018, we shared interesting information on our official facebook page and Instagram, such as inspirational lyrics, the secret of becoming the happiest country, etc. We hope our social media platform pages could become more popular. Suicide prevention organization is no longer only talking about suicide, there are more interesting and positive information that can be share and catch people's attention.

記者招待會

Press Conference



2018年7月28日，本會舉行記者招待會向傳媒公佈2017年全港自殺死亡統計數據及分析。2017年，根據死因裁判法庭報告指共有916宗自殺死亡個案，比2016年下自殺死亡數字下跌38宗。而自殺死亡個案中共有36宗19歲或以下青少年自殺身亡，比2016年的24宗增加了12宗，即上升50%。在近年整體自殺數字逐年下降的環境下，19歲或以下年齡群組的自殺數字卻呈現上升的趨勢，情況非常值得社會關注。

On 28 July 2018, we held a press conference where the 2017 statistics of deaths by suicide in Hong Kong was released. According to statistics from the Coroner's Court, there were 916 suicide deaths in 2017, and decrease of 38 cases from 2016. There were 36 teenagers below the age of 19 who committed suicide and died. The number of suicides was up from 24 to 36, which is 50% increased. 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.

籌款回顧

Fundraising Event



\$2,901,127

善款
Fundraised



5,000+

參加者
Participants



300+

義工
Volunteers

「麥兜•新嚟新豬肉」香港撒瑪利亞防止自殺會慈善跑2018

McDull Charity Run 2018

2018年4月15日4,500多名本地跑步愛好者及家庭聚首香港科學園，參與第二屆「麥兜•新嚟新豬肉」香港撒瑪利亞防止自殺會慈善跑，除響應「麥兜」樂天知命的正面態度之餘，亦籌得港幣177萬元善款，扣除成本後全部用以支持本會的生命教育工作。

活動當日，香港科學園搖身一變成為春田花花運動會會場，設有刺激好玩的攤位遊戲，讓參加者跑畢3公里或10公里比賽後再一展身手。另外更有人面彩繪、扭氣球及工作坊等，深受大家歡迎，玩得非常投入，笑聲處處。「麥兜」更化身親善大使，遊走於運動會場為健兒打氣。

開步儀式由本會主席黃祐榮先生、電台主持朱薰及其兒子譚永之一起主持，場面熱鬧高興。可惜活動中期，天氣突然驟變。最後，大會為確保參加者及工作人員的安全，運動會在暴雨警告訊號下被迫中途取消，幸而唱作人李拾壹先生仍趕到現場在雨中為各位獻唱打氣。

On April 15 2018, more than 4,500 runners and families gathered in the Hong Kong Science Park to participate the 2nd McDull Charity Run. We hope people could be optimistic as McDull and develop a positive attitude when facing difficult times. The event finally raised HK\$1.77 million, and net proceeds went to support our Life Education services.

On the event day, the Hong Kong Science Park turned into a stadium, all participants enjoyed different exciting booth games after finished the races. Besides, there were face painting, balloon twisting and workshops etc, all were welcomed by the participants and enjoyed a lot. In addition, McDull became a goodwill ambassador, it walked around and cheered for the participants.

The opening ceremony was hosted by our chairman Mr. Wong Yau Wing, Ms. Chu Fun (radio DJ) and her son, the scene was lively and joyful. Unfortunately, the weather deteriorated in the middle of the event. In order to ensure the safety of the participants and volunteers, the event was forced to cancel, but singer Mr. Subyub Lee still rushed to the venue to cheer for everyone in the rain.





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



3. Somewhere I Belong 慈善音樂會
“Somewhere I Belong” Charity Concert



2. Hong Kong Blue Tie Ball 慈善餐舞會
2018 Hong Kong Blue Tie Ball



4.「愛裡無懼怕」JCSQ壁畫村籌款計劃
Love Never Fails JCSQ Wall Painting Fundraising Project

1. 由Pieta House (愛爾蘭防止自殺及自殘機構) 批准「步向光明香港」主辦的第二屆五公里慈善步行於**2018年5月12日**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。最後當中籌得的港幣**27萬元**善款用以支持本會的生命教育服務。

Pieta House, an Ireland-based non-profit organization which works on the prevention on self-harm and suicide, organized the second Hong Kong “Darkness into Light” 5KM charity walk on 12 May 2018. The walk provides an opportunity for people to connect with their local community and raise public awareness on suicide and self-harm. Part of the fund raised – HK\$270,000 was donated to us for our Life Education Centre.

2. 第二屆「Hong Kong Blue Tie Ball」慈善餐舞於**2018年9月1日**舉行，主要由香港欖球團體主辦，想藉此活動減少精神健康問題在香港被誤解的情況。本會有幸成為是次活動的**4個**受惠機構之一，最後扣除成本後，共有港幣**24萬元**撥入本會，以加強公眾精神健康意識和支持青年發展項目。

The 2nd Hong Kong Blue Tie Ball was held on 1 September 2018, the aim is to help reducing the stigma around mental health conditions in Hong Kong. SBHK was chosen as one of the four beneficiaries of the event, and finally HK\$240,000 was donated to us to support mental health awareness and wellness programs for young people.

3. 由四支外國人組成的本地業餘樂隊現場演出的 **Somewhere I Belong** 慈善音樂會於**2018年1月20日**舉行，是次慈善音樂會希望以音樂洗滌觀眾心靈及喚起社會對自殺問題的關注，並為本會籌款。活動最後籌得港幣**52,512元**善款以支時防止自殺及生命教育工作。

A group of amateur Hong Kong Musicians came together to raise awareness about suicide. Four bands played “Somewhere I Belong” concert on 20th January 2018 raised HK\$52,512 for us to support our suicide prevention and life education services, and also increased awareness about suicide and mental health issues.

4. 香港教育大學賽馬會學生宿舍(JCSQ)一眾宿生於**2018年2月至5月**期間，自發於**JCSQ**裡舉辦為期**4個月**的「愛裡無懼怕**JCSQ**壁畫村籌款計劃」，壁畫由**13位**就讀藝術的宿生設計，並由超過**20位**宿生完成，作品以正面及關愛為主題，共**10幅**作品，拼成**40米**長的壁畫村。透過創作牆畫及拍賣為本會籌得港幣**20,746元**，同時支持香港教育大學校園及社區關懷學童的工作，推動校園正面文化。

Residents from the Jockey Club Student Quarters (JCSQ) of the Education University of Hong Kong (EdUHK) initiated a 4-month wall painting fundraising project from February to May 2018. The theme of the paintings was positive and caring. 10 pieces of wall painting were designed by 13 visual arts students and were finished with the participation of over 20 residents. A 40-meter long wall painting was created. This project raised HK\$20,746 for the Samaritan Befrienders Hong Kong, and showed support to EdUHK's students caring service at the school and our community, and also promoted positive culture in the University.

2018年香港自殺統計數字分析

Analysis on Suicide Statistics in Hong Kong 2018

撰寫:黃遠青先生 | 翻譯:陳鳳明小姐

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由2018年1月1日至12月31日止，根據政府統計處(2018年臨時數據)資料顯示，香港人口大約是7,482,500，當中3,419,900(45.71%)是男性，女性則有4,062,600(54.29%)。而死因裁判法庭報告於此段期間有955人死於自殺，當中包括736人毋須進行死因研究而裁判為死於自殺。

2018年香港自殺率為12.80，即每十萬人中有12.8人死於自殺，比2017年上升了0.44，即平均每天約有2.62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2018年人口統計處。)

以下是2018年香港自殺現象的總結：

- 自殺死亡總數共有955宗；
- 男性自殺死亡共604宗 (63.25%)，而女性自殺死亡共351宗 (36.75%)；
- 自殺率是12.80 (即每十萬人中有12.8人自殺身亡)；
- 2018年自殺率12.80，比2017年的12.36上升了0.44；
- 最多被採用的自殺方式是「從高處墮下」(51.31%)；
- 「吊死」是第二類較多人採用的自殺方式(21.36%)；
- 「一氧化碳中毒」(燒炭)是第三類較多人採用的自殺方式(13.61%)；
- 最高自殺率的年齡組群是「60歲以上」，自殺率為18.88；

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2018年，有28宗19歲以下青少年自殺身亡。自殺率為2.42，比2017年下跌了0.71，男女比例是1.5:1(見表二)。由2017年下跌了8宗至2018年的28宗。在2018年這28宗自殺數字中，有20宗以「從高處墮下」來結束生命(見表一)。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔71.43%，這引證了這個年齡組群

From January 1st 2018 to December 31st 2018, Hong Kong's population stood at approximately 7,482,500 with 3,419,900 male (45.71%) and 4,062,600 female (54.29%), according to statistics from the Census and Statistics Department (Provisional figures in 2018). The Coroner's Court reported that 955 people committed suicide and subsequently died during this same period, which included 736 suicide deaths where the suicide cases without death investigation were reported.

The suicide rate was 12.80 in 2018, indicating 12.80 people committed suicide and died out of 100,000 people, which was up by 0.44 from 2017, meaning there were approximately 2.62 people who committed suicide and died every day.

(Source: Census and Statistics Department 2018 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 2018.

- The total number of suicide was 955;
- The number of suicide deaths for male was 604 (63.25%) and for female was 351 (36.75%);
- The suicide rate was 12.80 (12.80 people committed suicide per 100,000 people);
- The suicide rate was up 0.44 from 12.36 in 2017 to 12.80 in 2018;
- "Jumping from Height" was the commonest suicide means (51.31%);
- "Hanging" was the second highest suicide means (21.36%);
- "Carbon Monoxide" poisoning (charcoal burning) came in third place (13.61%);
- The highest suicide rate for the age above 60 years old was 18.88 per 100,000;

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

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2018, there were 28 teenagers below the age of 19 who committed suicide and died. The suicide rate was 2.42 down by 0.71 from 2017. The male to female ratio was 1.5:1 (see table 2). The number of suicides was down from 8 in 2017 to 28 in 2018. Among the 28 deaths in 2018, in terms of the means of suicide, 20 ended their lives by "Jumping from Height" (see table 1).

傾向以較激烈的自殺方式了斷生命。

年齡：20-59歲

在2018年，20-59年齡組群之中，有573人自殺身亡，佔總自殺死亡數字之60%，比2017年上升了4%（見表一）。自殺率為12.85，男女比例為2.5:1（見表二）。綜觀眾數字，有278人（48.52%）採取「從高處墮下」方式自殺，另外有110人（19.20%）採用「一氧化碳中毒」方式自殺，另外有107人（18.67%）則採用「吊死」方式自殺。此外，有一現象值得關注的就是2018年40-59歲有166人自殺身亡，比2017年上升了58宗；2018年的這組群的自殺率為14.49，比2017年的上升了5.04，這組群自殺數字的升幅，能喚醒了我們的社會該如何作出相應的對策。

年齡：60歲以上

在2018年，60歲以上自殺死亡之個案共有353宗，佔總自殺死亡數字的36.96%，相比2017年則下降了2.67%；自殺率為18.88，比起2017年則下跌了1.49；男女比例為1.6:1（見表二）。該年齡組群中有191宗（54.11%）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（見表一）。

這個組群的人士同樣面對著一些這年齡層獨有並導致自殺的誘因，例如身體機能衰退、精神健康不佳、退休問題、配偶離世、應對能力不足以及人際關係問題等等，因此持續檢討長者服務以及社區支援都能有效地減少他們的自殺念頭。

按自殺方式分組之自殺死亡統計數字

於2018年，共有490人採用「從高處墮下」方式自盡，佔總自殺死亡數字之51.31%，比起2017年下降了2.73%。另外，204人採用「吊死」方式自殺，即21.36%，比2017年上升了0.29%。而採用「一氧化碳中毒」方式自殺的共有130宗，佔總自殺死亡人數的13.61%，比2017年上升了1.49%（見表一）。「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」（燒炭）則排第三位。當中值得關注的是20-29歲群組中有54位男性及14位女性選擇非常致命自殺方法結束生命，不同性別在自殺率、自殺方式以及自殺行為方面，都能夠發現頗明顯的差異性，女性較多有自殺念頭，但男性自殺身亡的數字卻比較多。

“Jumping from Height” was the commonest suicide means and accounted for 71.43% of the deaths in this age group. This revealed that those in this group tended to choose a fatal and determining means to end their lives.

Age: 20 to 59 years old

In 2018, there were 573 people who committed suicide and died in this age group, accounting for 60% of the total number of suicide deaths and up by 4% from 2017 (see table 1). The suicide rate was 12.85 and the male to female ratio was 2.5:1 (see table 2). Among the deaths, 278 people (48.52%) were attributed to “Jumping from Height”, while 110 people (19.20%) died of “Carbon Monoxide” poisoning and 107 people (18.67%) died of “Hanging”. In addition, there was a phenomenon that the number of suicide in the age group of 40 to 59 was 166 people in 2018 and was up by 58 people from 2017. The suicide rate was 14.49 in 2018 and was up by 5.04 from 2017. This raises up the awareness to our society that there are some certain attributions and reasons behind to make this increase.

Age: 60 years old or above

In 2018, 353 people committed suicide and died in this age group, accounting for 36.96% of the total number of suicide deaths and down by 2.67% from 2017. The suicide rate was 18.88 in this age group, down by 1.49 from 2017, and the male to female ratio was 1.6:1 (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 191 deaths (54.11%) in this age group (see table 1).

This particular age group has similar suicidal risk factors that may not occur in other age group such as poor physical health, poor mental health, retirement issues, loss of spouse, poor coping ability and relationship problem. Continuous review of the elderly services and community support is vital to reduce their suicidal ideation.

Suicide statistics according to suicide means

In 2018, there were 490 people who committed suicide by “Jumping from Height”, accounting for 51.31% of the total number of suicide deaths and down by 2.73% from 2017. 204 people died of “Hanging”, accounting for 21.36% of the total number of suicide deaths and up by 0.29% from 2017. 130 people died of “Carbon Monoxide” poisoning, accounting for 13.61% of the total number of suicide deaths and up by 1.49% from 2017 (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. It was worth noting the number of suicide in the age group of 20 to 29 with 54 people for male while 14 people for female that they chose a very fatal way to end their lives. Gender difference has shown the significance in suicide rate, there are different rate of committed suicide and suicidal behavior between males and females. It has revealed that women more often have suicide thoughts while men commit and die by suicide.

The gender difference leaves some rooms to ponder that they are facing complex challenges in this age group.

因此，性別差異所面對的複雜挑戰到底是什麼呢？這方面的問題值得深入考究一下。

按職業分組之自殺死亡統計數字

在2018年，有80位自殺死亡者為失業人士，第二位是藍領階層則佔54宗，接著第三位是白領階層佔20宗（見表三）。值得一提的是2018年共有21位學童死於自殺，而2017年則只有10位，有11宗的增長。另一明顯增長的自殺數字就是教師，2018年共有4位教師自殺死亡，而2017年則沒有教師自殺死亡。近年香港學童及教師自殺率遞增的情況令人關注起他們的精神健康狀況。學校的環境、學習上進度和功課的壓力、學術上的競爭以及教學的工作壓力，都足以令他們觸發情緒上的困擾以及導致有自殺的念頭。因此，就著他們面對多樣化壓力而造成的精神健康問題，社會上應該提高這方面的覺醒及關注。儘管如此，有736宗未被調查及分類的自殺死亡個案，令致按職業分析的自殺統計總結造成困難。

2018年本港的失業率是2.8%，比起2017年的3.1%下降了0.3%。而2018年的就業不足率是1.1%，比起2017年也下降了0.1%。（見表四及五）。

按精神病患分組的自殺統計數字

2018年共有73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38宗；死於「服毒」的佔17宗；死於「吊死」的佔5宗（見表六）。由於有736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, 2019）。令人肯定的是，更完善的社會資源、有效的照顧、具支援性的人際關係及減少社會對精神病的標籤，將會對抑鬱症患者有更大的裨益。

未能確定自殺的死亡數字

2018年有34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2017年的21宗增加了13宗。在這34宗死亡數字中，「服毒」和「從高處墮下」皆有12宗（見表七）。

毋須進行死因調查的死亡數字

2018年共有955宗自殺死亡數字，包括736

Suicide statistics: grouped by occupation

In 2018, 80 people who committed suicide were unemployed persons. Blue collars came in second with 54 deaths. The third were student and white collars person with 20 deaths respectively (see table 3). It is worth mentioning that 21 people who committed suicide were students in 2018 in comparison with 10 people in 2017. This was up 11 remarkably. Another significant increase in the number of suicide death was teacher. 4 people who committed suicide were teachers in 2018 in comparison with 0 people in 2017. In the recent years, the mental health issues in Hong Kong students and teachers was hot with an increasing suicide rate. The school environment, fast-paced study and work, academic competition and work pressure do make them emotionally disturbed and vulnerable to suicide. Therefore, a greater awareness and concerns on their mental health in facing with the multi-faced pressure should be addressed and raised up. Notwithstanding, 736 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 occupations.

Hong Kong had an unemployment rate of 2.8% in 2018, a decrease of 0.3% from 3.1% in 2017. The under-employment rate was 1.1% in 2018, a decrease of 0.1% in 2017 (see table 4 & 5).

Suicide Statistics: grouped by mental disorder

In 2018, 73 suicide deaths were associated with mental disorder. Most of these committed suicides by “Jumping from Height”, a total of 38 deaths in this group, while 17 people died of “Drug poisoning” and 5 died of “Hanging” (see table 6). As there were 736 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. Despite this, World Health Organization (WHO) reported that depression is a common mental disorder, more than 300 million people of all ages suffer from depression globally. 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 to 29 years old (WHO, 2019). It is believed that a better resources, effective care, supportive people relationship and less social stigma associated with mental disorder exert a positive impact on those people who are suffering from depression.

Unknown or Unidentified Suicide Cases

34 suicide deaths were categorized as “Injury undetermined whether accidentally or purposely inflicted” in 2018, up by 13 deaths in comparison with 21 deaths in 2017. Among these 34 deaths, 12 died of “Drug poisoning” and “Jumping from Height” respectively (see table 7).

Suicide cases without death investigation

The total number of suicide deaths was 955 in 2018, including 736 deaths where suicide cases without death investigation were not sought (see table 8). These uncategorized

宗沒有經過解剖及死因調查的自殺死亡個案(見表八)。未被調查及分類的自殺死亡個案佔**77.07%**，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。

總結

於**2018**年有**955**人自殺身亡，當中有**604**人為男性(**63.25%**)及**351**人為女性(**36.75%**)。自殺率為**12.80**。國際防止自殺協會(IASP)宣布**2018**年**9**月**10**日國際預防自殺日的主題—「同心協力防自殺」(IASP,2018)。在香港，估計每天有**2.62**人死於自殺，令我們失去了很多寶貴的生命。毫無疑問，香港是全球一個人口最稠密並具有競爭力的城市，**2018**年於眾年齡群之中，長者的自殺率最高，因此長者自殺的問題應該得到更高的關注。只要我們走在一起，就可以將社會帶來的壓力逐步減少，甚至連帶正面影響隨之而來。今年，香港撒瑪利亞防止自殺會公佈了今年的主題：陪伴(We Are With You)，只要我們願意保持團結，沒有孤單的。因此，無論在隧道中有多幽暗，只要你知道身旁有人陪伴，你的生命之火就像被燃點起來。在現實生活裡，我們大多不願意去主動接觸那些處於情緒困擾的人，主要理由是認為自己無能為力或者不懂得該說些什麼。事實上，這裡是沒有特定的方法去做，但可以肯定的是，同理心、惻隱心、真誠的關心、對社會資源的認識以及真心真意去提供幫助，是防止自殺工作的一把萬能鑰匙。「陪伴」傳達了一個很有意思的訊息，它提醒我們在預防自殺的範疇裡都能夠盡一分力。理想地說，預防自殺的工作無遠弗屆，包括在個人、關係中、社區甚至在社會上的。最有效的預防自殺策略就是促進人們對自殺的認知，並鼓勵大眾作出令社會改變的承諾(CDC,2018)。

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、自殺危機介入及熱線輔導(網上聊天服務)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。為了我們的香港變得更顯光芒及更充滿活力，來讓我們一起努力吧！

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suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 77.07% of the total number of suicide deaths.

Conclusion

In 2018, there were 955 people who committed suicide and died, with 604 male deaths (63.25%) and 351 female deaths (36.75%). The suicide rate was 12.80 per 100,000. The International Association for Suicide Prevention (IASP) announced that the theme of World Suicide Prevention Day on September 10th 2018 was “Working Together to Prevent Suicide” (IASP, 2018). In Hong Kong, there were approximately 2.62 people committed and died of suicide daily, we lose many lives to suicide. Unquestionably, Hong Kong is a competitive city with the highest population density in the world, the suicide rate for the elderly hits the highest among all age groups in 2018, the issue of the elderly suicide should be more emphasized. When every of us can walk together to deescalate the pressure in our city, a positive impact will come. The Samaritan Befrienders Hong Kong announced the theme for this year was “We Are With You”. No one is alone, if we are willing to stay united. However, no matter how dark the tunnel is, once we realize there is someone who walks with you, you will be enlightened and live up. In reality, most of us are reluctant to talk or intervene with those people who are in emotionally distress, the reason may include the fear of not being competent to say or not knowing what to say. Indeed, there is no specific formula to do it, but it is sure that empathy, compassion, genuine concern, knowledge of resources and willingness to offer help are keys to prevent suicide. “We Are With You” is conveying a very meaningful message and reminding every of us can make a contribution in preventing suicide. Ideally, prevention addresses all levels of influence such as individual, relationship, community and societal. Effective prevention strategies are needed to promote the awareness of suicide and encourage a commitment to social change (CDC, 2018).

In the past years, the collaborative efforts and multidisciplinary approaches in life education, suicide prevention, suicide crisis intervention and online counselling (online chat service) by different organizations in Hong Kong made a great effort to raise the awarenesses and concerns to the people on the suicide related issue. For a brighter and more vibrant Hong Kong, let's walk together!

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表（一）：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		2018										2017		2016	
	自殺類別 Type of Suicide	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	小計 Sub-Total	總計 Total
2018	火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	2	2
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0
	藥物 Drugs	男 M	0	1	2	5	6	0	1	2	0	17	43	11	14
		女 F	0	0	0	2	6	6	9	3	0	26	18	6	20
	毒藥 Poisons	男 M	0	0	0	0	1	0	0	0	0	1	7	8	4
		女 F	0	1	0	0	1	1	1	2	0	6	2	10	8
	吊死 Hanging	男 M	0	4	10	18	15	29	21	36	0	133	204	116	140
		女 F	0	0	10	5	10	13	15	18	0	71	77	193	206
	由高處墮下 Jumping from Height	男 M	0	11	54	39	49	39	53	60	1	306	490	304	334
		女 F	0	9	14	21	31	31	34	44	0	184	191	495	514
	一氧化碳 Carbon Monoxide	男 M	0	1	16	17	28	14	12	4	0	92	130	74	86
		女 F	0	1	5	9	8	10	3	2	0	38	37	111	117
	淹死 Drowning	男 M	0	0	4	5	4	5	6	6	0	30	44	31	31
		女 F	0	0	2	1	1	2	5	3	0	14	9	40	50
	利器 Sharp Instruments	男 M	0	0	0	0	1	1	1	1	0	4	8	8	11
		女 F	0	0	0	0	0	0	1	3	0	4	1	9	16
	其他 Others	男 M	0	0	4	3	5	5	2	2	0	21	29	15	16
		女 F	0	0	1	0	0	4	1	2	0	8	12	27	21
2018	小計 Sub-total	男 M	0	17	90	87	109	93	96	111	1	604	955		
		女 F	0	11	32	38	57	67	69	77	0	351			
	總計 Total		0	28	122	125	166	160	165	188	1		955		
2017	小計 Sub-total	男 M	0	28	68	86	64	88	92	139	4			569	
		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

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

表（二）：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	2018				2017				2016			
		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	5.77	3.92	1.5:1	4.87	9.48	2.87	3.3:1	6.28	5.60	2.44	2.3:1	4.07
	整體人口 Subtotal Population	2.86	1.96	1.5:1	2.42	4.71	1.44	3.3:1	3.13	2.82	1.24	2.3:1	2.06
20-59	20-29	20.79	6.70	3.1:1	13.40	15.40	7.77	2.0:1	11.39	17.12	5.80	3.0:1	11.13
	30-39	18.67	5.42	3.5:1	10.71	18.69	8.64	2.2:1	12.64	17.98	6.07	3.0:1	10.83
	40-49	23.21	8.43	2.8:1	14.49	13.59	6.55	2.1:1	9.45	17.46	8.68	2.0:1	12.33
	50-59	16.35	10.07	1.6:1	12.97	15.08	9.78	1.5:1	12.26	21.18	9.14	2.3:1	14.81
	整體人口 Subtotal Population	19.56	7.70	2.5:1	12.85	15.64	8.21	1.9:1	11.46	18.63	7.52	2.5:1	12.39
60+	60-69	19.43	13.53	1.4:1	16.43	19.51	10.33	1.9:1	14.86	25.86	9.74	2.7:1	17.72
	70+	28.20	16.32	1.7:1	21.72	37.08	18.16	2.0:1	26.74	36.92	17.13	2.2:1	26.09
	整體人口 Subtotal Population	23.32	14.87	1.6:1	18.88	27.29	14.11	1.9:1	20.37	30.74	13.31	2.3:1	21.60
	Total Population 全年整體人口	#17.66	#8.64	2.0:1	#12.80	#16.74	#8.64	1.9:1	#12.36	#18.82	#7.93	2.4:1	#12.94

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（三）：香港自殺死亡數字 2018（按職業分組）

Table 3: The Number of Suicide Death in Hong Kong 2018 (By Occupation)

年份 Year	2018 年齡組別 Age Groups												2017		2016	
職業 Occupation	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Unknown	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
學生 Student	男 M	0	6	7	0	0	0	0	0	0	13	21	7	10	7	9
	女 F	0	5	3	0	0	0	0	0	0	8		3		2	
教師 Teacher	男 M	0	0	2	0	0	1	0	0	0	3	4	0	0	0	2
	女 F	0	0	0	0	0	1	0	0	0	1		0		2	
沒有職業 Not Employed	男 M	0	0	8	11	12	9	4	2	1	47	80	40	65	44	64
	女 F	0	0	2	2	7	9	7	6	0	33		25		20	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	8	0	6	0	6
	女 F	0	0	0	0	3	3	1	1	0	8		6		6	
藍領階層 Blue Collars	男 M	0	0	9	10	11	8	7	0	0	45	54	23	40	36	54
	女 F	0	0	1	2	2	2	2	0	0	9		17		18	
白領階層 White Collars	男 M	0	0	3	5	4	1	0	0	0	13	21	7	16	5	7
	女 F	0	0	2	2	1	3	0	0	0	8		9		2	
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	
紀律部隊 Disciplinaries	男 M	0	0	0	0	1	0	0	0	0	1	1	2	2	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
商人 Business Man	男 M	0	0	0	2	3	1	1	0	0	7	8	1	1	2	2
	女 F	0	0	0	0	1	0	0	0	0	1		0		0	
退休人士 Retired Person	男 M	0	0	0	0	0	1	5	7	0	13	20	20	25	18	20
	女 F	0	0	0	0	0	1	3	3	0	7		5		2	
未能分類 * Unclassified *	男 M	0	11	61	59	77	72	79	102	0	461	736	463	744	524	789
	女 F	0	6	24	31	43	48	56	67	0	275		281		265	
其他 Other	男 M	0	0	0	0	1	0	0	0	0	1	2	6	7	1	1
	女 F	0	0	0	1	0	0	0	0	0	1		1		0	
小計 Sub-total	男 M	0	17	90	87	109	93	96	111	1	604	955	569	916	637	954
	女 F	0	11	32	38	57	67	69	77	0	351		347		317	
總計 Total		0	28	122	125	166	160	165	188	1	955		916		954	

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

** 2018年共有955人死於自殺，當中包括736人毋須進行死因研究而裁判為死於自殺

** The total number of suicide cases in 2018 were 955 which included 736 suicide cases without death investigation report.

表（四）：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+	
2018	男 M	##	1.9	1.2	1.3	2.0	1.6	1.6
	女 F	##	0.9	0.3	0.5	0.7	0.6	0.6
	合計 Overall	1.0	1.4	0.7	0.9	1.4	1.3	1.1
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	0.7	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

由於抽樣誤差大，有關統計數字不予發表。

Statistics are not released due to large sampling error.

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

(2), Census and Statistics Department

表（五）：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+	
2018	男 M	11.4	6.5	2.3	2.5	2.8	2.1	3.2
	女 F	9.2	4.5	1.7	2.0	2.1	1.6	2.4
	合計 Overall	10.2	5.5	1.9	2.2	2.5	2.0	2.8
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

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（六）：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 6: The Number of Mental Suicide in Hong Kong (By Type Age & Sex)

年份 Year		2018											2017		2016			
		年齡組別 Age Groups																
	自殺類別 Type of Suicide	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Unknown	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	
2018	火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	2	2	
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	藥物 Drugs	男 M	0	1	1	2	3	0	0	1	0	8	17	1	9	4	5	
		女 F	0	0	0	1	2	1	3	2	0	9	8	8	1	1	0	
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	4	1	1	0	0	
		女 F	0	1	0	0	0	1	1	1	0	4	4	0	1	0	0	
	吊死 Hanging	男 M	0	0	0	0	1	2	1	0	0	4	5	0	5	5	6	
		女 F	0	0	0	0	0	0	1	0	0	1	5	5	1	1	0	
	由高處墮下 Jumping from Height	男 M	0	2	3	5	8	4	3	2	0	27	38	17	30	20	29	
		女 F	0	0	2	2	1	4	2	0	0	11	13	13	9	9	0	
	一氧化碳 Carbon Monoxide	男 M	0	0	0	1	1	0	0	0	0	2	4	0	2	2	4	
		女 F	0	0	0	1	0	1	0	0	0	2	2	2	2	2	0	
	淹死 Drowning	男 M	0	0	0	0	0	0	0	0	0	0	4	7	10	5	6	
		女 F	0	0	1	1	1	0	0	1	0	4	4	3	5	6	0	
	利器 Sharp Instruments	男 M	0	0	0	0	0	0	0	0	0	0	0	2	2	2	3	
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0		
其他 Others	男 M	0	0	0	0	0	0	0	0	0	0	1	2	2	3	3		
	女 F	0	0	0	0	0	1	0	0	0	1	1	0	2	0	0		
2018	小計 Sub-Total	男 M	0	3	4	8	13	6	4	3	0	41	73					
	總計 Total	女 F	0	1	3	5	4	8	7	4	0	32	*73					
2017	小計 Sub-Total	男 M	0	1	6	10	4	2	1	6	0			30				
	總計 Total	女 F	0	2	3	13	4	5	4	0	0			31	**61			
2016	小計 Sub-Total	男 M	0	0	4	8	5	13	6	3	0					39		
	總計 Total	女 F	0	0	2	5	4	4	2	2	0					19	***58	

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

* 當中有736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 729 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

表（七）：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		2018												2017		2016	
	自殺類別 Type of Suicide	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	小計 Sub- total	總數 Total	小計 Sub- total	總數 Total
2018	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	0	0	2	0	0	1	0	3	12	2	7	2	3
		女 F	0	0	0	0	2	3	2	2	0	9	5	5	1	1	0
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
		女 F	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0
	吊死 Hanging	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
	由高處墮下 Jumping from Height	男 M	0	0	4	4	0	0	0	1	0	9	12	1	2	4	7
		女 F	0	0	0	1	2	0	0	0	0	3	1	1	3	0	0
	一氧化碳 Carbon Monoxide	男 M	0	0	1	0	0	0	0	0	0	1	1	0	0	0	0
		女 F	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
	淹死 Drowning	男 M	0	0	1	2	0	0	2	0	0	5	5	9	10	5	7
		女 F	0	0	0	0	0	0	0	0	0	0	1	1	2	0	0
	利器 Sharp Instruments	男 M	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
		女 F	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0
	其他 Others	男 M	0	0	0	1	0	1	1	0	0	3	3	1	1	0	0
		女 F	0	0	0	0	0	0	0	0	0	0	3	0	1	0	0
2018	小計 Sub-total	男 M	0	0	6	7	2	1	3	2	0	21	34				
	總計 Total	女 F	0	0	0	1	4	3	3	2	0	13	*34				
2017	小計 Sub-total	男 M	0	1	1	4	1	2	1	0	1			13			
	總計 Total	女 F	0	1	0	1	3	0	0	1	0			8	**21		
2016	小計 Sub-total	男 M	0	0	7	4	3	3	1	1	1					11	
	總計 Total	女 F	0	1	2	7	1	3	1	2	1					6	***17

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

* 當中有736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 736 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

表（八）：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		2018											2017		2016	
	自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups										小計 Sub-total	總數 Total	小計 Sub-total	總數 Total
2018	火器 Firearms	男 M	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
	藥物 Drugs	男 M	0	0	0	2	1	0	0	1	0	4	16	4	13	9
		女 F	0	0	0	1	2	3	5	1	0	12	9	13	5	14
	毒藥 Poisons	男 M	0	0	0	0	1	0	0	0	0	1	2	6	7	3
		女 F	0	0	0	0	0	0	0	1	0	1	1	1	4	7
	吊死 Hanging	男 M	0	3	8	15	7	21	20	34	0	108	171	110	175	118
		女 F	0	0	8	4	9	11	14	17	0	63	65	161	57	175
	由高處墮下 Jumping from Height	男 M	0	7	38	28	35	31	47	57	0	243	398	255	416	285
		女 F	0	5	11	18	24	27	29	41	0	155	161	161	155	440
	一氧化碳 Carbon Monoxide	男 M	0	1	10	10	24	10	11	4	0	70	101	65	95	71
		女 F	0	1	4	8	8	5	3	2	0	31	30	30	25	96
	淹死 Drowning	男 M	0	0	1	2	4	5	1	3	0	16	24	12	16	20
		女 F	0	0	1	0	0	1	4	2	0	8	4	4	10	30
	利器 Sharp Instruments	男 M	0	0	0	0	0	0	0	1	0	1	2	5	6	7
		女 F	0	0	0	0	0	0	0	1	0	1	1	1	4	11
	其他 Others	男 M	0	0	4	2	5	5	0	2	0	18	22	6	16	11
		女 F	0	0	0	0	0	1	1	2	0	4	10	10	5	16
2018	小計 Sub-total	男 M	0	11	61	59	77	72	79	102	0	461				
		女 F	0	6	24	31	43	48	56	67	0	275				
	總計 Total		0	17	85	90	120	120	135	169	0	736	736			
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

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

核數師報告

Auditor's Report

LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS

黎劍民、陸永熙會計師事務所有限公司

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獨立義務核數師致香港撒瑪利亞防止自殺會

全體會員報告書

INDEPENDENT HONORARY AUDITOR'S REPORT TO THE MEMBERS OF

THE SAMARITAN BEFRIENDERS HONG KONG

(在香港註冊成立之無股本的擔保有限公司)

(incorporated in Hong Kong and limited by guarantee)

意見

Opinion

本核數師(以下簡稱「我們」)已審計列載於第九頁至第三十五頁香港撒瑪利亞防止自殺會(以下簡稱「貴機構」)的財務報表,此財務報表包括於二零一九年三月三十一日的財務狀況表與截至該日止年度的全面收入與支出表、基金變動表、現金流量表,以及財務報表附註,包括主要會計政策概要。

We have audited the financial statements of The Samaritan Befrienders Hong Kong (the "Organization") set out on pages 9 to 35, which comprise the statement of financial position as at March 31, 2019 and the statement of comprehensive income and expenditure, statement of changes in funds and the statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies..

我們認為,該等財務報表已根據香港會計師公會頒布的《香港財務報告準則》真實而中肯地反映了貴公司於二零一九年三月三十一日的財務狀況及截至該日止年度的財務表現及現金流量,並已遵照香港《公司條例》妥為擬備。

In our opinion, the financial statements give a true and fair view of the financial position of the Organization as at March 31, 2019, and of its financial performance and its cash flows for the year then ended, in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

意見的基礎

Basis for Opinion

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

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

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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**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)

財務報表及其核數師報告以外的信息

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

理事需對其他信息負責。其他信息包括刊載於周年報表內的信息，但不包括財務報表及我們的核數師報告。我們對財務報表的意見並不涵蓋其他信息，我們亦不對該等其他信息發表任何形式的鑒證結論。結合我們對財務報表的審計，我們的責任是閱讀其他信息，在此過程中，考慮其他信息是否與財務報表或我們在審計過程中所了解的情況存在重大抵觸或者似乎存在重大錯誤陳述的情況。基於我們已執行的工作，如果我們認為其他信息存在重大錯誤陳述，我們需要報告該事實。在這方面，我們沒有任何報告。

The 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

Committee Members' Responsibilities 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 committee members are responsible for the preparation of financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA and the Hong Kong Companies Ordinance, and for such internal control as the 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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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)

理事就財務報表須承擔的責任(續)

Committee Members' Responsibilities 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 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 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 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。我們按照香港《公司條例》(第622章)第405條的規定，僅向全體會員報告，除此之外，我們的報告不可用作其他用途。我們概不就本報告之內容，對任何其他人士負責或承擔法律責任。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 HKASs 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 HKASs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

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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)

- 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.
- 評價理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 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 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.

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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 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，二零一九年六月二十八日
Hong Kong, June 28, 2019.

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
截至二零一九年三月三十一日
FOR THE YEAR ENDED MARCH 31, 2019

			(經重列) (Restated)	
		附註 NOTES	2019 港幣 HK\$	2018 港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST	(4)	1,975,700	2,198,815
政府資助	GOVERNMENT SUBVENTION	(5)	14,457,081	11,395,243
香港賽馬會慈善信託 基金撥款	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST	(6)	2,512,670	2,058,949
商業贊助	SPONSOR FROM BUSINESS		216,098	-
銀行利息收入	BANK INTEREST INCOME		2,270	359
籌款活動收入	PROCEEDS FROM FUNDRAISING ACTIVITIES		84,195	-
一般捐款收入	GENERAL DONATIONS		1,031,001	822,033
課程及什項收入	COURSE FEE AND SUNDRY INCOME		<u>3,499,766</u>	<u>2,644,536</u>
總收入確認	TOTAL INCOME RECOGNISED		<u>23,778,781</u>	<u>19,119,935</u>
減：支出				
職員薪金福利	Staff costs	(7)	17,496,149	15,339,117
折舊	Depreciation		41,833	35,611
訓練及社區工作	Training and community activities		1,033,861	1,382,621
租金及差餉	Rent and rates		474,584	480,748
聯會會費	Subscription to affiliated association		4,900	9,793
行政費用	Administration expenses	(8)	<u>2,362,769</u>	<u>1,757,721</u>
			<u>21,414,096</u>	<u>19,005,611</u>
本年度盈餘	SURPLUS FOR THE YEAR		2,364,685	114,324
其他全面收益	OTHER COMPREHENSIVE INCOME		-	-
本年度全面收益 總額	TOTAL COMPREHENSIVE INCOME FOR THE YEAR		<u>2,364,685</u>	<u>114,324</u>

第十三頁至第三十五頁之財務報表附註乃此等賬目之一部份。

THE NOTES ON PAGES 13 TO 35 FORM AN INTEGRAL PART OF THESE FINANCIAL STATEMENTS.

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
於二零一九年三月三十一日
AS AT MARCH 31, 2019

		附註 NOTES	31/3/2019	31/3/2018 (經重列) (Restated)	01/04/2017 (經重列) (Restated)
資產	ASSETS		港幣 HK\$	港幣 HK\$	港幣 HK\$
非流動資產	Non-Current Assets				
傢具器材及設備	Furniture and equipment	(11)	-	30,822	-
無形資產	Intangible assets	(12)	-	-	-
			-	30,822	-
流動資產	Current Assets				
應收款	Accounts receivable	(13)	58,456	29,079	940,186
應收撥款及贊助款	Grants and sponsor receivables	(14)	2,987,289	990,088	832,207
其他應收款	Other receivables		437,580	205,625	-
已付按金及預付款	Deposits and prepayment	(15)	371,431	873,997	138,380
存款及現金	Bank balance and cash	(16)	8,380,603	8,593,840	6,732,592
			12,235,359	10,692,629	8,643,365
流動負債	Current Liabilities				
應付款	Accounts payable	(17)	697,213	626,617	722,524
暫收款	Temporary receipts		500,891	1,866,099	157,280
遞延收入	Deferred income	(18)	1,354,651	1,009,086	656,236
銀行透支	Bank overdraft	(16)	96,270	-	-
			2,649,025	3,501,802	1,536,040
流動資產淨額	Net Current Assets		9,586,334	7,190,827	7,107,325
資產淨值	NET ASSETS		9,586,334	7,221,649	7,107,325
由以下代表：	Represented by:				
營運累積盈餘	OPERATING FUND		6,973,767	4,483,415	4,248,985
其他儲備	OTHER FUNDS				
中央行政儲備	Central administration fund	(22)	1,142,513	1,142,513	1,142,513
貴族活動盈餘	Flag day event surplus	(21)	531,135	656,802	776,908
一般儲備	General reserve	(23)	435,000	435,000	435,000
特別基金	Special fund	(24)	503,919	503,919	503,919
			9,586,334	7,221,649	7,107,325

經由理事會於二零一九年六月二十八日會議通過及由下列理事代表議會簽署：
APPROVED BY THE COMMITTEE ON JUNE 28, 2019 AND SIGNED ON BEHALF OF THE EXECUTIVE COMMITTEE BY:



黃祐榮
Wong Yao Wing
主席
Chairman



簡柏基
Kan Pak Kei, Vincent
秘書
Secretary

第十三頁至第三十五頁之財務報表附註乃此等賬目之一部份。
THE NOTES ON PAGES 13 TO 35 FORM AN INTEGRAL PART OF THESE FINANCIAL STATEMENTS.

鳴謝

Acknowledgement

衷心感謝以下人士、團體及機構在2018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 2018 we would like to express our cordial thanks. They are (in alphabetical order):

贊助商 Sponsors

活力肌腱貼	Acti-Tape
—	Aveda Corp
親子王國	Baby Kingdom
—	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
—	BuddiGo
—	Charitabe Choice Hong Kong
春田花花教育基金有限公司	Chun Tian Hua Hua Foundation Limited
長江生命科技集團有限公司	CK Life Sciences Int'l., Inc.
—	Colour Brown Coffee
—	Darkness into Light
—	Day Dream
—	Discuss.com
—	DNF Logistics Co. Limited
經濟一週	Economic Digest
家庭生活易	Family ESDlife
—	FEED Co. Ltd.
—	Fitz
協鑫集團控股有限公司	GCL
智叻網	Gnet Group Ltd.
香港野外定向會	HK Orienteering Club
—	HKRunners
香港欖球總會	Hong Kong Rugby Union
香港電燈有限公司	Hongkong Electric Company
鴻福堂集團控股有限公司	Hung Fook Tong Holdings Ltd.
英格蜜兒	Ingrid Millet Paris
—	KidsMust
—	Levi Strauss & Co.
三菱鉛筆商務(香港)有限公司	Mitsubishi Pencil Co.
港鐵公司	MTR Corporation Limited
南北行參茸海味有限公司	Nam Pei Hong Sum Yung Drugs Company Limited
新Monday	New Monday
新世界第一渡輪服務有限公司	New World First Ferry Services Limited
友營堂	NutriWorks
香港海洋公園	Ocean Park Hong Kong
傲騏媒體	Oki Media
奧樂蜜C飲品	Oronamin C Drink
奧雅納工程顧問	Ove Arup & Partners Hong Kong Ltd

—	Pieta House
—	Pure Performance Distribution Limited
毅成戶外用品	RC Outfitters
紅出版集團	Red Corporation Limited
香港萬麗海景酒店	Renaissance Harbour View Hotel Hong Kong
跑者世界	Runner's World HK
—	Run-Pic
—	Somewhere I Belong
—	SportiHealth
運動版圖	Sportsoho
體路	SportsRoad
天星小輪	The "Star" Ferry
傑出企業公民協會	The Association of Distinguished Corporation
香港教育大學	The Education University of Hong Kong
—	The Hong Kong Blue Tie Ball
—	T-Lonx Sports Apparel Company
捷榮咖啡有限公司	Tsit Wing Coffee Co., Ltd.
—	uwants.com
維特健靈	Vita Green
—	XTC Gelato

義工 Volunteers

彩繪同樂會	—
義務工作發展局	Agency for Volunteer Service
生機源（香港）有限公司	Biocycle (Hong Kong) Limited
好義配	Easy Volunteer
入境事務處義工隊	Immigration Department Volunteer Work Team
喇沙書院	La Salle College
新創建集團有限公司	NWS Holdings Ltd.
差餉物業估價署	Rating and Valuation Department
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
庫務署義工隊	Treasury Voluntary Service Team
義工運動	Volunteer Movement
水務署義工隊	Water Supplies Department Volunteer Team

聯絡資料

Contact Information

一般查詢

General Enquiry

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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, 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

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

生命教育中心

Life Education Centre

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Pak Tin Estate, Kln
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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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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



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🌐 www.sbhk.org.hk

📘 facebook.com/sbhk.org



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