



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



活在當下
迎接每天




STAY ALIVE, GREET A LIFE

Stay Alive. Greet A Life Stay Alive. Greet A Life .

2019-2020
年報 **ANNUAL REPORT**

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60周年感言 60th Anniversary Message



2020年7月，香港撒瑪利亞防止自殺會正式踏入花甲之年。

本會創會人乃杜學魁先生。六十年代初，大批難民從內地湧入香港，生活困苦難以適應；不少人以死作為解決方法，更有年輕學子因考試壓力而自殺。杜先生深感痛心之餘，本着「救人一命，勝造七級浮屠」的信念，並得到幾位慕光小學老師的支持，在尖沙咀山林道自租小單位，以書信形式開解求助者，創立了「防止自殺會」，時為1960年7月。後因受到聖經中撒瑪利亞人熱心助人的精神啟發，於1963年以「香港撒瑪利亞會」(The Hong Kong Samaritans) 在香港社團註冊處正式註冊，後再於1976年12月，易名為「香港撒瑪利亞防止自殺會」。雖然如此，本會並無任何宗教背景。

自杜先生創立本會60年來，我們一直在防止自殺工作上堅守崗位，而由義工肩負行政管理及前線熱線工作的傳統，亦沿用至今。惟隨着社會對防止自殺服務需求日增，本會服務逐步走向多元化，日益沉重的行政管理、服務策劃及統籌等工作不再是業餘義工所能應付。因此，2012年在理事會行政架構下增設總

In July 2020, the Samaritan Befrienders Hong Kong has turned 60!

The Samaritan Befrienders Hong Kong was first founded by Mr. Andrew Tu Hsueh-kwei. During the influx of refugees from mainland China in the early 1960s, many resorted to suicide while struggling against poverty and pressures of life in a strange new place. There were also teenage students who killed themselves due to exam stress. Mr. Tu was pained to the core by these tragedies. A firm believer that "whoever saves one life saves the world entire," he, with the assistance of several teachers from the Mu Kuang Primary School, rented a little apartment on Hillwood Road, Tsim Sha Tsui to offer emotional support to help-seekers by exchange of letters. That was the Suicide Prevention Society which they formed in July 1960. Further inspired by the giving spirit of the Good Samaritan in the Bible, in 1963 they officially registered with the Societies Registry as the Hong Kong Samaritans, which they later renamed the Samaritan Befrienders Hong Kong in December 1976. The organisation, despite its name, has no religious affiliation.

Over the six decades since the founding of The Samaritan Befrienders Hong Kong, we have remained staunchly committed to suicide prevention. The tradition of delegating administrative work and hotline duties to volunteers continues to this day. To meet mounting needs of society, we made consistent efforts to diversify our services, but the heavy workload from administration to planning to coordination gradually became too much for our volunteers, who mostly had their full-time jobs. As such, in 2012, under the board of directors the position of executive director was created. Ever since, with the help of a qualified professional who has strong management skills

幹事一職，在擁有豐富管理經驗及卓越視野的專業人士協助下，致力迅速回應社會訴求，提供適時的專業服務。

熱線義工的培訓工作同樣日趨專業和嚴謹。目前本會義工約有290人，其中服務達40年以上有5位，30年以上11位，10至20年亦接近80位，可見本會義工對防止自殺工作充滿熱誠和使命感。曾有資深義工表示，定期到熱線中心服務已成為生命中不可或缺的部份；也有義工因家庭或工作關係須暫時離開，待生活安頓下來時，選擇再次接受培訓重返我們的大家庭。義工不斷承先啟後，60年來共有接近2,500人次，讓熱線服務得以持續超過半個世紀，陪伴以萬計的求助者，走過人生不同階段的低谷。

我於80年代中期成為熱線義工，30多年來見證了本會從一個只有兩位職員的電話熱線中心，發展至現時提供多項服務的專業機構。當中包括24小時即時介入自殺危機的「自殺危機處理中心」、專責教育工作的「生命教育中心」、「Chat隆」網上聊天服務、「Lifetube」首個網上生命教育平台、「越嶺專業培訓發展中心」，以及今年1月重設的英語電話熱線服務；受薪職員數目亦從2人增至51人。

在此，衷心感激歷屆理事及義工在各自的崗位努力耕耘，讓本會得到社會各界的認同及贊助支持；並感謝職員同事的專業精神、投入及創意，使珍惜生命的訊息得以在社會不同階層廣傳。

展望未來，本會將一如既往，秉承好撒瑪利亞人的精神，陪伴每位陷於困境而沮喪的朋友，協助他們重拾求生意志。我們並會因應社會需要，開拓更多與防止自殺有關的服務。

最後，謹以30年前杜先生與我們後輩的一番話作結：基於人道主義，發揮義工精神，不望果效，務實地配合時代發展，將我們義工的光輝燃點至香港每一角落！

and remarkable foresight, The Samaritan Befrienders Hong Kong has been able to address society's needs and provide timely, responsive and competent services.

Training for hotline volunteers has also become more professional and rigorous. Of the 290 volunteers we have today, 5 have served more than 40 years, 11 have served more than 30 years, and almost 80 have served for 10-20 years. This speaks volumes about their strong sense of mission and purpose for their work in suicide prevention. A seasoned volunteer says that regular service at the hotline centre has already become a part and parcel of everyday life. Some other volunteers, who once quit for family or work-related reasons, decide to receive training again and rejoin our family after life becomes more stable. Over these six decades, the total number of volunteers who have worked with us reaches approximately 2,500. Thanks to their enduring support, our hotline service has been running for over half a century, accompanying tens of thousands of help-seekers through the low places in life.

Over the 30 years from the mid-1980s when I first became a hotline volunteer, I have witnessed The Samaritan Befrienders Hong Kong's development from a hotline centre manned by merely two persons to now a central hub for a wide range of professional services. These include the Suicide Crisis Intervention Centre which provides immediate suicide intervention services round the clock; the Life Education Centre, our educational arm; ChatPoint, a private online chatroom; Lifetube, our first online life education platform; the Ur-Link Professional Training & Development Centre; and the English Emotional Support Hotline which returned to service in January this year. The number of paid staff members has also increased from 2 to 51.

Here, I extend my sincerest gratitude to all committee members and volunteers along these years, whose tireless contribution in their respective roles has secured from society the recognition and sponsorship we have today. My thanks also go to our dedicated staff, whose professionalism, enthusiasm and creativity have helped spread far and wide the important message that life is precious.

In days to come, The Samaritan Befrienders Hong Kong will continue to follow the Good Samaritan's example, offering companionship to anyone in emotional distress and helping them regain the will to live. We will also expand and enrich our suicide prevention services to cater for the changing needs of society.

Lastly, let me conclude with Mr. Tu's inspiring remark some 30 years ago: "Let's embrace our common humanity, promote the spirit of volunteering, forget about immediate results, and move with the times to brighten up every corner of Hong Kong with our volunteer service!"



曾展國 | Tsang Chin Kwok
香港撒瑪利亞防止自殺會總幹事
Executive Director,
The Samaritan Befrienders Hong Kong

人的歲數去到六十，就是所謂的花甲之年，是人生的一個里程碑。這年紀經歷了初生、成長、學習、成家立業、養兒育女、生生死死等階段，已大致做了人一生要做的事，到了這時，也可以做個總結。

本會今年亦屆60之年，同樣地我們也有不少經歷，由初生時的牙牙學語，摸索服務的方向，學習成長，增強及擴展服務，到我們有能力把經驗與本港及外地的同業分享，機構的幾代變遷，亦經歷了香港社會的不斷變化，到了這時，怎樣也可以做個經驗總結罷。

論功，本會為亞洲第一所專職提供防止自殺服務的機構，以全義工接受培訓至接聽熱線提供全年24小時情緒支援服務，於當年來說實是創舉。本會亦是本港唯一提供專業的自殺危機介入服務的機構，本年度，我們更會把多年的介入服務經驗，撰寫成一本可供業界參考的指引。明白到自殺身故者的至親的悲痛，我們亦是全港第一間機構提供活出彩虹服務為自殺身故者親友服務。

論過（好像用這詞語有點負面，但重要的是有沒有反思及改善），承言我們有不足的地方，作為一間所謂老字號機構，難免因為歷史及制度等因素，使我們裹足不前，難於突破既有的框框。在這多變的世代裏，要追趕新的思維模式，實在不太容易，這可能亦是眾多有歷史的機構同樣面對的問題。

繼往開來，在鞏固服務的質量的同時，我們希望能面對社會，貼近服務使用者的需要，讓歷史悠久不會成為我們的包袱，而是我們的資產。

It is probably a milestone for a person reaching his or her 60. At this age, he or she has already gone through a lot, from birth to grown-up, from school-age to having his or her own family, from giving birth to his or her own kids to seeing a lot of pass-away of friends and relatives. Whatever a life has to do, he or she might have already done so. At this age, perhaps it's also a time for a review.

The Samaritan Befrienders Hong Kong also reaches its 60 years of establishment this year. It has also gone through a lot. From its early days of establishment, exploring its service direction, learning and growing, service enhancement and expansion, to the stage of sharing its knowledge and experience with people in the same field both in Hong Kong and from abroad. The organization has experienced few generations of changes in The Samaritan Befrienders Hong Kong itself and in Hong Kong. It is also a time that we can have a review.

In terms of our success, The Samaritan Befrienders Hong Kong is the first organization dedicated to suicide prevention service in Asia. An all-year-round 24-Hour Emotional Support Hotline manned by trained volunteers was also a pioneering service in the Eastern world. The Samaritan Befrienders Hong Kong is also the only organization providing professional Suicide Crisis Intervention Service in Hong Kong. This year, we have also transformed our experience in Suicide Crisis Intervention into a book of guidelines which can be a reference for the social service sector. Knowing the suffer of the closest relatives of the suicide persons (survivors) have, The Samaritan Befrienders Hong Kong was also the first in Hong Kong to introduce service to the survivors.

In terms of deficiencies, we have to admit that as an NGO with such a long history, we do have some hiccups and bureaucracies which hinder our development and stop us from making breakthrough. This perhaps is a common issue for a lot of organizations with long history to keep up with the new way of thinking under the current everyday-changing world.

Looking ahead, while consolidating our current services, we would also like to keep up with the demand of the service users and be society-oriented, so that our long history will be not be a burden, but an asset to us.



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

使命宣言 Mission Statement



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

Formerly known as "Suicide Prevention Society", the Samaritan Befrienders Hong Kong was founded by Mr. Andrew Tu Hsuek-kwei 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.

社團註冊編號 Society Reference No.: CI 0468623
獲豁免繳稅編號 IR No. (Tax Exemption): 91/1498

會籍 Affiliation



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.



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

Executive Committee

任期：2019年至2021年

Term of Office: 2019 to 2021



周婉芬女士
Ms. Chow Yuen Fun
主席 | Chairman



簡柏基先生
Mr. Kan Pak Kei
副主席 | Vice-Chairman



黃瀚之先生
Mr. Wong Hon Chi
秘書 |
General Secretary



韓楚珊女士
Ms. Hon Chor Shan
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

管理團隊

Management Team



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



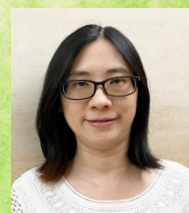
傅佩儀女士
Ms. Fu Pui Yee
生命教育中心中心主任
Centre-in-charge –
Life Education Centre



何永雄先生
Mr. Ho Wing Hung
自殺危機處理中心中心主任
Centre-in-charge –
Suicide Crisis Intervention Centre



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



馬淑娟女士
Ms. Ma Suk Kuen
行政部中央行政主任
Central Administration Officer –
Central Administration

義務顧問、義務機構大使

Honorary Consultants, Honorary SBHK Ambassador

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 Consultant

陳淑芳女士 (伊利沙伯醫院臨床心理學家)
Ms. Ide Chan (Clinical Psychologist, Queen Elizabeth 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 (精神科醫生)
Dr. Sham Kwan Ho (Psychiatrist)

梅杏春女士 (青山醫院護理部護理總經理)
Ms. Jolene Mui (General Manager (Nursing), Community Psychiatry Castle Peak Hospital)

葉運強先生 (資深演藝工作者)
Mr. Jason Yip (Experienced Professional in Performing Art)

鍾一諾教授 (香港中文大學公共衛生及基層醫療學院助理教授)
Prof. Roger Chung Yat-Nork (Assistant Professor, JC School of Public Health and Primary Care, The Chinese University of Hong Kong)

伍桂麟先生 (香港中文大學生物醫學學院解剖室經理)
Mr. Ng Kwai-Lun Pasu (Dissecting Laboratory Manager, Faculty of Medicine, The Chinese University of Hong Kong)

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

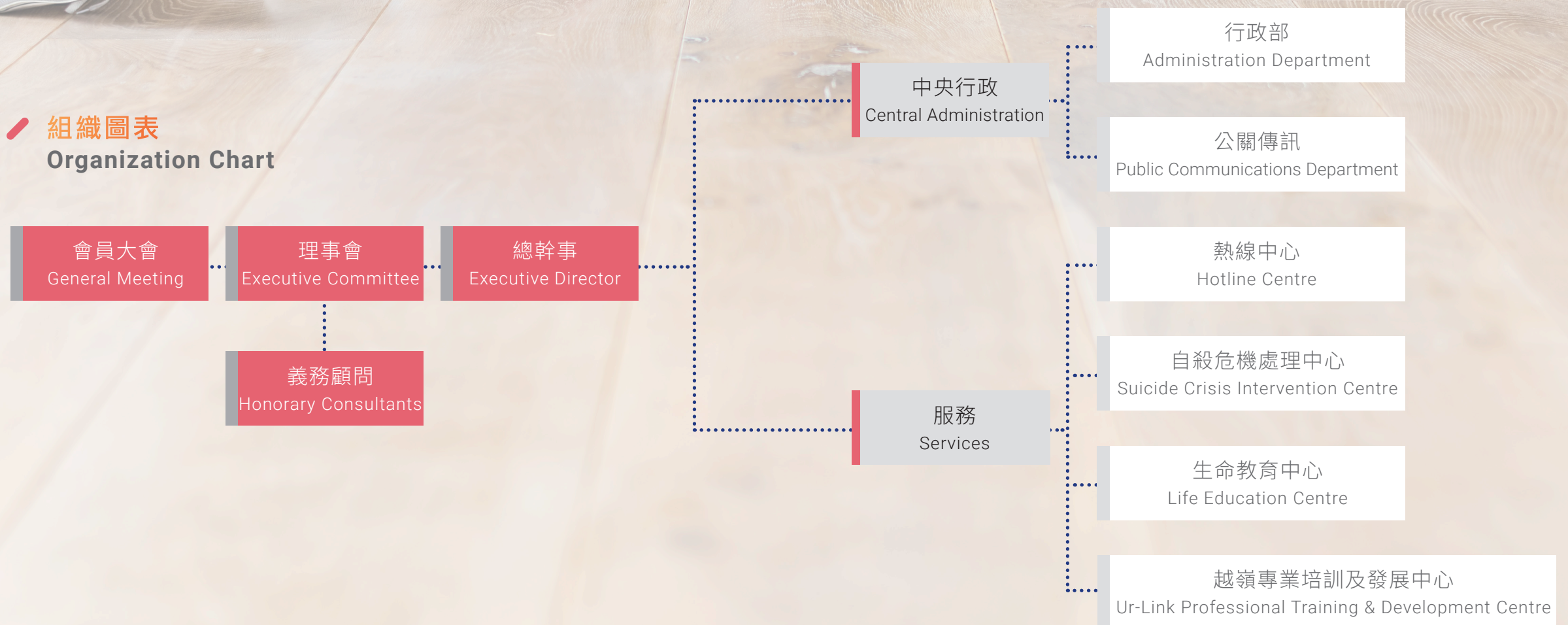
余似心女士
Ms. Maria Yu

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



成為「國際防止自殺會」成員
Becoming a member of International Association of Suicide Prevention

1962

1963

在香港社團處正式註冊，易名為「香港撒瑪利亞會」
Officially registered in Hong Kong Societies Registry named "The Hong Kong Samaritans"



機構名更改為「香港撒瑪利亞防止自殺會」
Organization name changed to "The Samaritan Befrienders Hong Kong"

1976

1996

「熱線中心」於彩虹啟用
Hotline Centre moved to Choi Hung



2003

「賽馬會生命教育資源閣」啟用
Establishment of Jockey Club Life Education Resource Library



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

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

2002



「活出彩虹服務」開展
Launch of Live the Rainbow Service

2004

2006

「越嶺專業培訓及發展中心」成立
Establishment of Ur-Link Professional Training & Development Centre



「網蹤人計劃」開展
Launch of Suicide Prevention on neT

2008

2010

《自殺·自療·互助舍》網上平台開展
Launch of Help4Suicide online platform



「生命劇場」開展
Launch of Life Drama Programme

2012

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



「賽馬會生命偶遇計劃」開展
Launch of The Jockey Club Life-Connect Resource Network

2016

2017

舉辦第一屆「麥兜慈善跑」
McDull Charity Run held for the first time



「CHAT隆」網上聊天服務開展
Launch of ChatPoint online chat service

2018

2019

英語情緒支援熱線
Launch of English Emotional Support Hotline



主席報告 Chairman's Report

導言

根據死因裁判法庭報告，2019年共有993人自殺死亡，自殺率為13.25，即每十萬人中有13.25人死於自殺，較2018年上升了0.45，即平均每天約有2.72人自殺死亡。

機構整體事項

2019年香港所發生的連串社會事件，令每一位香港市民的情緒，受著不同程度的衝擊。

於6月至7月期間，因應社會事件而發生的緊急羣眾情緒問題及個別自殺行為，本會自殺危機處理中心的社工走入高危地區，為極需即時情緒支援的人士提供外展服務。

另於7月亦開展「Life Angels 防止自殺服務 - 網上訊息支援計劃」，讓任何人士，若在網上發現有人因社會事件而出現自殺念頭時，可透過Telegram聯絡本會，本會社會工會盡力與當事人聯絡，提供即時情緒支援及危機輔導。

雖然香港社會躁動不安，深幸我們的同事及義工們仍竭盡所能，使機構服務大致運作正常，在嚴峻的環境下繼續與服務對象同行。

熱線中心

在2019年，熱線中心24小時情緒支援熱線共處理了18,652的服務個案，較2018年的19,889宗減少1,237宗，當中求助個案為12,951人次。

在2019年的求助個案中，有自殺危機者的求助個案共為14.87%（即1,925個）；其中的高、中危個案佔21.77%（即419個），22.67%個案（即95個）被成功轉介至自殺危機處理中心跟進。

Introduction

According to the report of the Coroner's Court, there was a total of 993 suicide death in 2019. The suicide rate was 13.25, i.e. 13.25 out of every 100,000 people died of suicide, which was an increase of 0.45 from 2018. On average, there were 2.72 suicide deaths per day in 2019.

Organization Overview

In 2019, the people of Hong Kong were emotionally disturbed in varying degrees because of the series of social events happened in Hong Kong.

During the period from June to July, due to the sudden outburst of public emotional problems and individual suicidal cases, social workers of our Suicide Crisis Intervention Centre stepped into high-risk areas to provide outreach services for those who needed immediate emotional support.

In July, we also launched the Life Angels Suicide Prevention Service - Online Information Support Programme. Telegram users can contact us through the app if they find anyone with suicidal thoughts because of the social events. Our social workers will try their best to get hold of the suicidal persons to provide immediate emotional support and crisis counseling service.

Although the society in Hong Kong was agitating, we were very pleased that our colleagues and volunteers have put their best effort to maintain our services and continued to walk with the service users in this critical moment.

Hotline Centre

In 2019, our 24-Hour Emotional Support Hotline handled 18,652 cases in total, which had a decrease of 1,237 cases compared with 19,889 total cases in 2018. Among all the cases, 12,951 were help-seekers who needed emotional support

Among all the help-seeking cases, 14.87% (1,925 cases) were assessed with suicidal risk; 21.77% (419 cases) of the suicidal cases were assessed with high and moderate risk, 22.67% (95 cases) were successfully referred to our Suicide Crisis Intervention Centre for follow-up.

熱線中心舉辦了62期及63期義工訓練班，共有134人接受職前培訓課程。

為了不斷提升熱線服務的質素，加強義工的專業知識，在2019年，熱線中心提供共30節各項在職培訓，有2,346人次參與。

熱線中心亦持續更新／升級會員及個案網上系統，方便義工安排當值，同時亦有助完善服務，讓服務使用者受益。

自殺危機處理中心

因為社會事件的影響，於2019年主動尋求自殺危機處理中心服務的人數有輕微下降，處理的個案數字較2018年減少98宗，共處理1,324宗個案，並稍為低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—1,400宗的協定。

「活出彩虹服務」處理了87個自殺身故者親友個案輔導，共舉行32次「未完的小說」自殺身故者親友治療性小組以及65次「活出彩虹」自殺身故者親友支援小組。

網上防止自殺服務「Chat隆」提供了4,949小時的即時情緒疏導，並處理了8,622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」提供了69節教師及社工專業培訓課程，共2,827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。2019年度中心職員到訪各區學校及機構，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11,474人次。其中，香港賽馬會慈善信託基金資助的防止自殺教育計劃的各項活動共服務了6,005人次。「賽馬會生命偶遇資源計劃」家長小組在本年度共提供了79節小組，惠及1,048人次。網上生命教育平台「Lifetube」，於2019年舉辦了共73節「短片創作工作坊」，讓中學生學習拍攝及後期製作等技巧，使他們能運用年輕人的文化、題材及語言，拍攝屬於年輕人的

The Hotline Centre organized the 62nd and 63rd volunteer training programmes, and a total of 134 applicants underwent the pre-service training.

In order to keep improving the quality of the service and enhancing the professional knowledge of volunteers, the Hotline Centre organized a total of 30 sessions of on-the-job training in 2019, with 2,346 attendants.

Meanwhile, the Hotline Centre kept upgrading the Online Member and Case Management System to help volunteers manage their service duty on the one hand, and improving the service on the other hand, which ultimately can benefit the service users.

Suicide Crisis Intervention Centre

The social events led to a smaller number of people seeking for help from our Suicide Crisis Intervention Centre in 2019. The number of cases had a decrease of 98 compared with that in 2018. A total of 1,324 cases were handled, which is slightly less than the annual benchmark (1,400 cases) stipulated in the Funding and Service Agreement laid down by the Social Welfare Department.

Live The Rainbow Service handled 87 counseling cases, held 32 sessions of The Unfinished Novel therapeutic group and organized 65 sessions of Live the Rainbow support group for relatives and friends of the suicidal deaths.

The online suicide prevention service -ChatPoint provided 4,949 hours of emotional support service and handled 8,622 cases with suicide crisis or emotional distress. In response to the issue of students suicide, Jockey Club Life-Connect Resource Network provided 69 sessions of professional training for teachers and social workers, with a total of 2,827 participants.

Life Education Centre

The Life Education Center promotes life education, life cherishment, caring and suicide prevention in the community pro-actively. In 2019, the staff of our Life Education Centre arranged outreach services under the theme of life education and suicide prevention for schools and organizations. These included talks, workshops, thematic training and group activities, serving up to 11,474 people. Among these services, activities of the Suicide Prevention Education Project funded by The Hong Kong Jockey Club Charities Trust served a total of 6,005 people. The Jockey Club Life-Connect Resource Network arranged 79 session activities, benefited 1,048 people. The online life education resources network -Lifetube organized 73 session of Video-making Workshops in 2019,

生命教育短片。我們亦因此舉辦了「自己生命・自己教育」Collage短片創作比賽，鼓勵年輕人反思他們心目中的生命教育，並透過短片與他人分享。

生命劇場於2019年在本會同事及義工的努力下，公演了13場，共3,571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2019年積極為12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28個，有4,189人次及9間企業與機構參與。

公關及籌款活動

於2019年5月，本會舉辦了全新「敢跑」慈善籌款賽，鼓勵大眾勇敢面對困難，用「敢堅持、敢面對、敢起步」的態度邁步人生。賽事吸引近1,000名跑手，為本會籌得港幣51萬元善款，扣除成本後會用以支持生命教育工作。

另外，本會新一輯電視宣傳片亦於2019年8月起於政府電視宣傳短片時段播出。此宣傳片針對長者情緒及自殺問題，並引起公眾對此問題的關注。

總結

2019年相信是每一位香港人難以忘懷的一年。就持續的社會事件，不少向本會求助的人士表達對前景感到焦慮、家庭及朋友關係備受考驗、情緒深受困擾及產生無力感等問題。我們每一位義工及同事，亦一直堅守崗位，陪伴及聆聽每一位需要我們服務的人士渡過他們人生的低谷。

2020年是本會創立60周年，「活在當下迎接每天」是今年本會年報的主題，期盼以此信念，與大家一起跨越人生的每一個挑戰。

我們深信：祇（只）要活著，必能見到風雨後的彩虹。

allowing secondary school students to learn the techniques of video shooting and post-production, and speak from their culture, topics and languages what life is meant to them by taking life education videos for the young generation. What's more, we organized the "My Life • My Education" Collage Video-making Contest to encourage youngsters to introspect what life education is to themselves and share with others through their videos.

Life Drama Programme, with the efforts of our colleagues and volunteers, made 13 performances with a total of 3,571 audiences in 2019.

Ur-Link Professional Training & Development Centre

The Centre partnered with 12 organizations and professionals to organize different training courses and seminars for the general public and the helping professionals, such as teachers, social workers and medical practitioners. 28 different topics were covered, and 4,189 participants and 9 organizations or corporates joined these activities during the year.

Public Communications and Fund Raising Event

In May 2019, we organized a new Run Brave Charitable Competition to encourage people bravely face their difficulties and march in their lives with a "dare to persevere, dare to face, dare to start" attitude. The event attracted around 1,000 runners and eventually raised HK\$510,000 for the organization. All proceeds went to support our life education service.

In addition, a new TV promotional video started to be broadcasted since August 2019 under the scheme of Government TV Announcements of Public Interest. This video is aimed to raise the public awareness to the issue of emotional and suicide problems of the elderly.

Conclusion

2019 is believed to be an unforgettable year for everybody in Hong Kong. With regards to the unceasing social events, many people who have sought help from SBHK expressed that they had anxiety about the future, their relationship with their family members and friends were in ordeals, their emotion was in disturbance, and they had a strong feeling of powerlessness. All volunteers and colleagues in SBHK were steadfast to their positions to accompany and listen to everyone who needs our services to overcome the trough of their lives.

It is the 60th anniversary of SBHK in 2020. "Stay Alive, Greet a Life" is the theme of our annual report this year. I look forward to overcoming the challenges in our lives by upholding this theme.

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
- 活出彩虹服務
Live the Rainbow Service
- 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）
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（家長小組及Lifetube）
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

熱線中心 Hotline Centre



2019年熱線中心回顧 2019 Hotline Centre Review

來電總數

18,652



No. of Incoming Calls

熱線義工數目

290



No. of Hotline Centre Volunteers

義工訓練班及在職培訓

32



Volunteer Trainings Provided

社區活動

10



Community Activities

社區活動受惠人次

2,214



Participants Attended Community Activities



Touch – 寓意接觸、觸及、觸覺；我們……

用聆聽去接觸來電者的聲音；用關懷去觸及來電者的需要；用觸覺去感受來電者的心情。我們相信：受困擾的人可被我們的真心感染，分享人間有情的信念——「生機處處」！

"Touch" means "Contact", "Understanding" and "Sensitivity".

We...

"listen" to contact the voice of our callers;
"care" to understand the needs of our callers;
"are sensitive" to empathize the emotions of our callers.

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

24小時情緒支援熱線
24-Hour Emotional Support Hotline

熱線中心義工招募及培訓
Hotline Centre Volunteer Recruitment & Training

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, 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，任何感到絕望無助、有情緒困擾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。於2019年我們共處理了18,652的服務個案，比2018年的19,889宗減少1,237宗，當中求助個案為12,951個。

Our 24-Hour Emotional Support Hotline relies on a group of passionate trained volunteers. The service is provided to those who are hopeless, distressed 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 2019, we handled 18,652 cases. There was an decrease of 1,237 cases from 19,889 cases in 2018. Among these, 12,951 were help-seeking cases who were in need of emotional support.

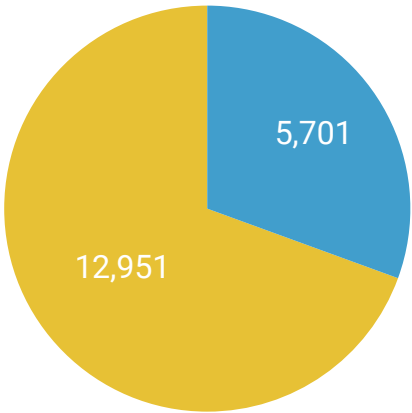
2019年24小時情緒支援熱線數據分佈

24-Hour Emotional Support Hotline 2019 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	5,701
求助個案 Help Seeking Cases	12,951
總計 Total	18,652

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



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

年份 Year	2019					2018	
年齡 Age	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0 - 9	10	2	0	12	0.09	30	0.22
10 - 19	245	234	4	483	3.73	512	3.79
20 - 29	1,055	974	21	2,050	15.83	2,123	15.73
30 - 39	1,082	1,020	29	2,131	16.45	2,572	19.06
40 - 49	932	1,141	20	2,093	16.16	2,351	17.43
50 - 59	1,150	1,244	22	2,416	18.66	2,286	16.95
60	1,101	549	11	1,661	12.83	1,621	12.01
不詳 Unknown	999	983	123	2,105	16.25	1,996	14.81
總計 Total	6,574	6,147	230	12,951	100	13,491	100

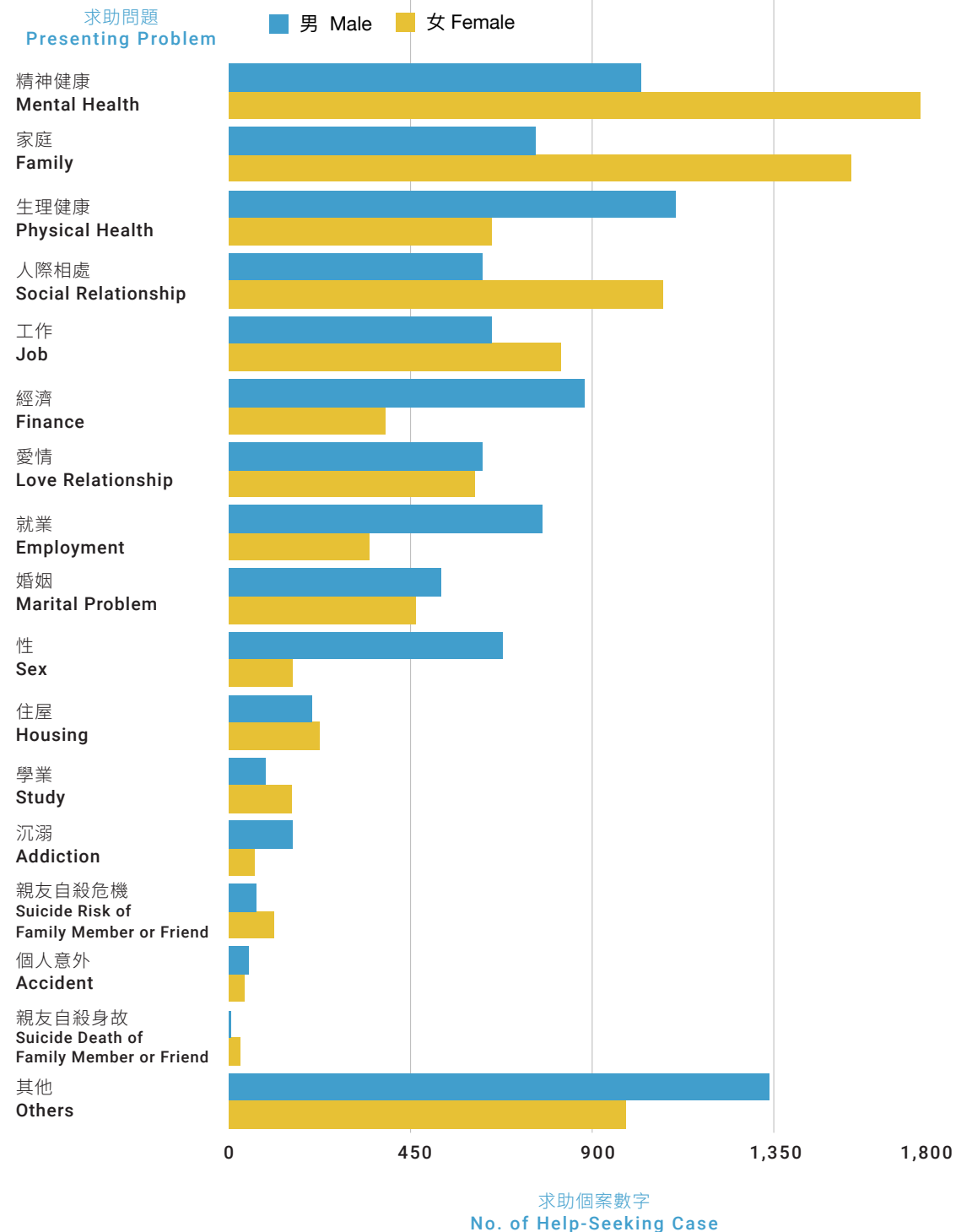
求助者求助問題分佈

Presenting Problems Distribution of Help-Seeking Cases

年份 Year	2019				
求助問題 Presenting Problem	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %
精神健康 Mental Health	1,022	1,710	38	2,770	14.35
家庭 Family	760	1,540	36	2,336	12.1
生理健康 Physical Health	1,105	653	17	1,775	9.19
人際相處 Social Relationship	628	1,075	32	1,735	8.99
工作 Job	652	824	14	1,490	7.72
經濟 Finance	882	388	46	1,316	6.82
愛情 Love Relationship	627	610	19	1,256	6.51
就業 Employment	777	350	23	1,150	5.96
婚姻 Marital Problem	525	463	8	996	5.16
性 Sex	679	159	12	850	4.4
住屋 Housing	208	225	7	440	2.28
學業 Study	92	156	4	252	1.3
沉溺 Addiction	158	66	1	225	1.16
親友自殺危機 Suicide Risk of Family Member or Friend	70	115	7	192	0.99
個人意外 Accident	49	40	1	90	0.47
親友自殺身故 Suicide Death of Family Member or Friend	7	29	0	36	0.19
其他 Others	1,337	984	75	2,396	12.41
總計 Total	9,578	9,387	340	19,305	100

在2019年求助個案類別中，主要困擾的問題為精神健康（14.35%）、家庭（12.1%）及生理健康（9.19%）。

In 2019, the major reasons for seeking help were: Mental Health (14.35%), Family (12.1%), and Physical Health (9.19%).



求助者年齡、性別及求助問題分佈

Presenting Problems, Age and Gender Distribution of Help-Seeking Cases

年齡 Age	0-9		10-19		20-29		30-39		40-49	
求助問題 Presenting Problem	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female
精神健康 Mental Health	4	0	22	43	123	327	149	183	183	296
家庭 Family	0	0	45	86	146	241	123	236	153	227
生理健康 Physical Health	2	0	74	9	51	71	46	83	116	121
人際相處 Social Relationship	3	1	75	72	118	126	119	176	81	228
工作 Job	0	0	2	3	97	114	202	254	171	192
經濟 Finance	0	0	8	4	58	30	74	80	103	81
愛情 Love Relationship	0	0	18	32	177	197	179	141	122	134
就業 Employment	0	0	3	2	47	59	130	101	117	74
婚姻 Marital Problem	0	0	0	3	40	38	188	88	144	142
性 Sex	4	0	34	22	280	34	136	21	57	36
住屋 Housing	0	0	1	2	8	21	40	18	31	53
學業 Study	1	0	42	49	29	60	5	27	5	5
沉溺 Addiction	0	0	8	2	46	9	26	14	30	21
親友自殺危機 Suicide Risk of Family Member or Friend	0	0	2	5	11	17	16	27	7	21
個人意外 Accident	0	0	1	0	5	5	8	3	4	13
親友自殺身故 Suicide Death of Family Member or Friend	0	0	0	1	1	8	2	4	2	6
其他 Others	2	1	42	22	185	109	150	115	135	157
總計 Total	16	2	377	357	1,422	1,466	1,593	1,571	1,461	1,807

年齡 Age	50-59		60		不詳 Unknown		個案類別總計 Total No. of Cases in Category			
求助問題 Presenting Problem	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	男 Male	女 Female	不詳 Unknown	總計 Total
精神健康 Mental Health	244	406	183	225	114	230	1,022	1,710	38	2,770
家庭 Family	97	417	108	160	88	173	760	1,540	36	2,336
生理健康 Physical Health	332	187	382	99	102	83	1,105	653	17	1,775
人際相處 Social Relationship	39	202	126	97	67	173	628	1,075	32	1,735
工作 Job	89	142	18	10	73	109	652	824	14	1,490
經濟 Finance	196	84	377	56	66	53	882	388	46	1,316
愛情 Love Relationship	31	48	16	8	84	50	627	610	19	1,256
就業 Employment	301	73	123	13	56	28	777	350	23	1,150
婚姻 Marital Problem	62	106	19	50	72	36	525	463	8	996
性 Sex	19	17	11	2	138	27	679	159	12	850
住屋 Housing	11	57	95	38	22	36	208	225	7	440
學業 Study	2	6	1	0	7	9	92	156	4	252
沉溺 Addiction	17	5	7	4	24	11	158	66	1	225
親友自殺危機 Suicide Risk of Family Member or Friend	6	19	5	3	23	23	70	115	7	192
個人意外 Accident	15	8	10	1	6	10	49	40	1	90
親友自殺身故 Suicide Death of Family Member or Friend	0	5	0	2	2	3	7	29	0	36
其他 Others	233	190	279	107	311	283	1,337	984	75	2,396
總計 Total	1,694	1,972	1,760	875	1,255	1,337	9,578	9,387	340	19,305

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	2019					2018	
危機程度 Risk Level	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
低 Low	640	828	38	1,506	11.63	838	6.21
中 Moderate	139	173	10	322	2.49	182	1.35
高 High	48	48	1	97	0.75	51	0.38
無 No	5,236	4,727	148	10,111	78.07	12,066	89.44
未及評估 Cannot Assess	511	371	33	915	7.06	354	2.62
總計 Total	6,574	6,147	230	12,951	100	13,491	100

在2019年，我們共處理了18,652人次的服務個案，比 2018 年的19,889宗減少1,237宗。當中求助個案為12,951人次。在2019年的求助個案中，有自殺危機者的求助個案共為14.87%（即1,925個）；其中的高、中危個案佔21.77%（即419個），22.67%的這類個案（即95個）被成功轉介至自殺危機處理中心跟進。

In 2019, we handled 18,652 cases, an decrease of 1,237 cases from 19,889 cases in 2018. Among all the cases, 12,951 were help-seeking cases who were in need of emotional support, where 14.87% (1,925 cases) were assessed with suicidal risk. 21.77% (419 cases) of the suicidal cases was high and medium risk cases, 22.67% (95 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

熱線中心義工

290

Hotline Centre Volunteers



參與訓練班及在職培訓人次

2,346

Community Activities



熱線中心義工訓練班

2

Hotline Centre
Volunteer Trainings



熱線中心義工在職培訓

30

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。

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

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，熱線中心約有290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。

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 about 290 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.

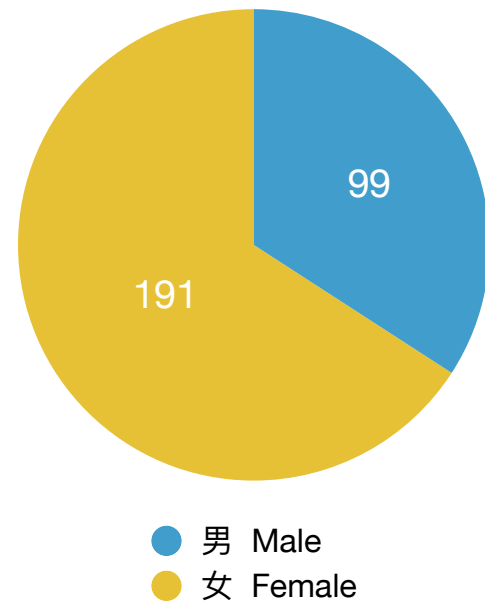
為提升熱線服務的質素，熱線中心致力提供不同的培訓，提升義工的專業知識及助人能力。

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

2019年年熱線中心義工資料 Profile of Volunteers in 2019

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	23	55
2-3 年 2-3 years	11	22
4-5 年 4-5 years	9	30
6-7 年 6-7 years	11	10
8-9 年 8-9 years	7	18
10年或以上 10 years above	38	56
合共 Total	99	191

義工在職培訓聚焦

Volunteers On-the-Job Trainings Highlight



藉著聲音放下
Healing Art of Singing Bowl



督導員訓練
(沙維雅工作坊-你可能不知道的那個我)
Supervior Training
(Workshop on Satir Model)

2019年義工在職培訓總覽

Volunteers On-the-Job Trainings Review in 2019

主題 Theme	節數 No. of Sessions	人數 No. of Participants
中高危個案分享會 Medium and High Risk Cases Sharing	2	62
親歷思覺 Seminar of Psychosis	1	27
與雙性人對話2019 Dialogue with the Androgyne 2019	1	45
陪著你走到生命的終結——長者居家寧養服務 Seminar of Palliative Care	1	49
人格障礙講座 Seminar of Personality Disorders	1	50
拚發小組 Training Programme for Junior Volunteers	8	44
「看見生死的色彩II」——毋忘愛 Workshop for Funeral Service	1	28
「小組帶領員」帶組技巧工作坊 Group Leader Training Workshop	3	63
「Chat窿」網上聊天服務基礎當值訓練 ChatPoint Online Chat Service Training: Basic Skill Training	2	14
「Chat窿」網上聊天服務培訓——聽障人士 ChatPoint Online Chat Service Training: Hearing Impaired	1	16
社會事件與自殺危機分享會 Seminar of Protests and Suicide Crisis	1	49
靜觀鬆一鬆 Mindfulness Workshop	1	28
認識施虐者支援服務 Seminar of Abuser Counselling Skill	1	42
特殊學習需要是什麼？ Seminar of Special Educational Needs	1	43
社會事件與青少年自殺（進階篇） Seminar of Protests and Youth Suicide Crisis	1	40
假如與年青人繼續傾下去..... Seminar of Youth Counselling Skill	1	35
藉著聲音放下..... Healing Art of Singing Bowl	1	19
督導員訓練：沙維雅工作坊-你可能不知道的那個我 Supervior Training :Workshop on Satir Model	2	33
總數 Total	30	687

2019年，我們舉辦了62期及63期義工訓練班，共有134人接受職前培訓課程，而整年的職前培訓課程合共有1,659人次出席。

In 2019, we organized the 62nd and 63rd batch of hotline volunteer training programme to our volunteer trainees. 134 applicants were admitted as volunteer trainees for the pre-service training and there were 1,659 attendances in total.

社區講座及活動 Community Seminar and Activity

社區講座 Community Seminar



講座題目 Seminar Topic

- | | |
|---|---|
| <p>● 自殺危機評估及介入
Suicide Crisis Assess and Intervention</p> <p>香港復康會
The Hong Kong Society for Rehabilitation
參加人數 Number of Participant : 20</p> <p>白田浸信會
Pak Tin Baptist Church
參加人數 Number of Participant : 13</p> <p>明愛婚外情問題支援服務
Caritas Extra-marital Affairs Counseling Service
參加人數 Number of Participant : 10</p> | <p>● 認識長者情緒與自殺警號
Understanding The Emotion and Suicide Warnings of Elderly</p> <p>保良局莊啟程耆暉中心
Po Leung Kuk Vicwood K.T. Chong Neighbourhood Elderly Centre
參加人數 Number of Participant : 45</p> <p>仁濟醫院方若愚長者鄰舍中心
Yan Chai Hospital Fong Yock Yee Neighbourhood Elderly Centre
參加人數 Number of Participant : 26</p> |
|---|---|



社區活動 Community Activity



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)
對象及參加人數 Target and No. of Participant : 100
- 心靈關顧服務站 (九龍塘站、大圍站、旺角東站、大學站)
Emotion First Aid Counter
(Kowloon Tong, Tai Wai, Mong Kok East, University MTR Station)
對象及參加人數 Target and No. of Participant : 2,000

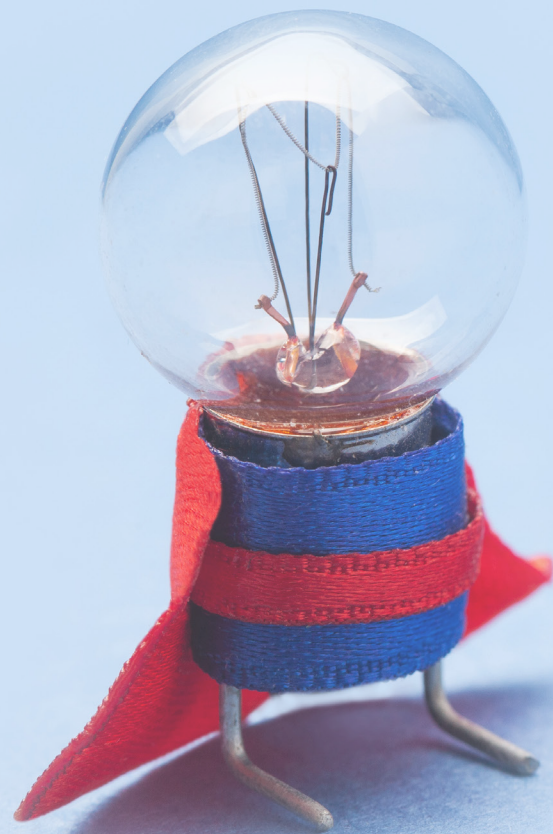


自殺危機處理中心 Suicide Crisis Intervention Centre



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；徽號可以讀成“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; it 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.



2019年自殺危機處理中心回顧 2019 Suicide Crisis Intervention Centre Review

自殺危機介入個案總數

1,324



No. of Suicide Crisis Cases Intervened

具自殺危機者之個案數字

1,114



No. of Suicidal Cases

自殺危機者親友之
諮詢個案數字

210



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

自殺危機介入服務
Suicide Crisis Intervention Service

活出彩虹服務
Live the Rainbow Service

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）
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，協助老師及社工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 Service 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. The Centre also provides trainings for teachers and social workers through 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

親友自殺危機諮詢專線 2319 1177
Consultation Hotline for Relatives
and Friends of the Suicidal People 2319 1177

自殺個案輔導
Suicide 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.

2019年自殺危機介入服務數據分析 Suicide Crisis Intervention Service 2019 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	1,114	84.1
自殺危機者親友 Family or Friend of Suicidal People	210	15.9
總計 Total	1,324	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 Female	708	63.6
男 Male	406	36.4
總計 Total	1,114	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	1	6	7	0.6
10-19	86	45	131	11.8
20-29	125	64	189	17.0
30-39	153	76	229	20.6
40-49	141	90	231	20.7
50-59	119	56	175	15.7
60-69	52	44	96	8.6
70-79	18	11	29	2.6
>=80	6	13	19	1.7
不詳 Unknown	7	1	8	0.7
總計 Total	708	406	1,114	100

自殺危機個案來源分佈

Source of Suicide Cases

自殺危機個案來源 Source of Suicide Cases	個案數字 No. of Cases	百分比 %
熱線中心 Hotline Centre	234	21.0
自行求助 Suicidal Cases Themselves	231	20.7
綜合家庭服務 Intergated Family Service	189	17.0
醫務社會服務單位 Medical Social Service Units	95	8.5
親友求助 Relatives or Friends of Suicidal People	87	7.8
護士及輔助醫療單位 Nurse or Para-medical Units	52	4.7
學校 Schools	46	4.1
警方 Police	28	2.5
心理輔導服務單位 Psychological / Counseling Service Units	20	1.8
網上防止自殺服務 Online Suicide Prevention Service	38	3.4
其他 Others	94	8.4
總計 Total	1,114	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 Female	男 Male	求助個案 Cases of Request	百分比 %
家庭 Family	132	33	165	14.8
婚姻 Marital Problem	104	45	149	13.4
精神健康 Mental Health	111	37	148	13.3
經濟 Finance	46	73	119	10.7
愛情 Love Relationship	69	32	101	9.1
親友自殺身故 Suicide Death of Family Member or Friend	48	29	77	6.9
生理健康 Physical Health	37	35	72	6.5
人際相處 Social Relationship	36	14	50	4.5
住屋 Housing	30	16	46	4.1
工作 Job	17	18	35	3.1
學業 Study	17	13	30	2.7
親友自殺危機 Suicide Risk of Family Member or Friend	10	10	20	1.8
就業 Employment	7	10	17	1.5
性 Sex	7	0	7	0.6
沉溺 Addiction	0	6	6	0.5
個人意外 Accident	3	1	4	0.4
其他 Others	34	34	68	6.1
總計 Total	708	406	1,114	100

活出彩虹服務

Live the Rainbow Service

服務包括
Service Include

自殺身故者親友個案輔導
Counseling for Relatives and Friends of the Suicidal Deaths

「未完的小說」
自殺身故者親友治療性小組
The Unfinished Novel Therapeutic Group for Relatives and Friends of the Suicidal Deaths

「活出彩虹」
自殺身故者親友支援小組
Live the Rainbow Support Group for Relatives and Friends of the Suicidal Deaths

自殺者親友面對身邊人自殺，往往會感到內疚和自責，而且難以向別人訴說內心感受。這些負面情緒若不妥善處理，不但會影響他們面對日後的生活，更可能導致他們患上抑鬱症，甚至傷害自己，再次令身邊人承受更深的傷害。

故此，本會的自殺危機處理中心於2004年9月成立全港首個「自殺死亡人士親友自助小組」，幫助組員走出困境，讓遇到同類困境的人士，走在一起，彼此在互相支持的環境下，好好面對和適應新生活，達致助人自助的目標，攜手走出困境，重過正常生活。

「自殺死亡人士親友自助小組」期後改名為「活出彩虹小組」寓意組員跨過傷痛，活出彩虹。由於「活出彩虹小組」成效顯著，本會於2009年11月獲社會福利署進一步撥款，為自殺者親友推出一站式的「活出彩虹服務」。

Relatives and friends often feel guilty and can be self-blaming when their relatives and friends committed suicide. It is difficult for them to tell others their inner feelings. If their negative thoughts cannot be handled properly, it will affect their future and may eventually cause depression, self-mutilation, and ultimately make the people around them suffer.

In view of that, our Suicide Crisis Intervention Center established the first "Relatives and Friends of the Suicidal People Self-help Group" in Hong Kong in September 2004, hoping to help the group members get out of the predicament, so that people in similar difficulties can gather together and gain mutual support to face and adopt a new life, ultimately achieve the goal of "helping others to help themselves", work together to get out of the predicament and move forward to a normal life.

The "Relatives and Friends of the Suicidal People Self-help Group" was later renamed as the "Live the Rainbow Group", implying that the group members overcome the pain and to live like the rainbow. Due to the remarkable results of the "Live the Rainbow Group", our organization was further funded by the Social Welfare Department starting from November 2009 to launch a one-stop "Live the Rainbow Service" for relatives and friends of the suicidal deaths.

2019 服務回顧
2019 Service Review

自殺身故者親友個案輔導總數

87



No. of Counseling Case of Relatives & Friends of Suicidal Deaths

「未完的小說」自殺身故者親友治療性小組小組次數

32



No. of Session The Unfinished Novel Therapeutic Group for Relatives & Friends of the Suicidal Deaths

「活出彩虹」自殺身故者親友支援小組次數

65



No. of Session of Live the Rainbow Support Group for Relatives & Friends of the Suicidal Deaths

2019年自殺身故者親友個案關係分佈 2019 Relationship Distribution of Cases in "Live the Rainbow Service"

關係 Relationship	個案數字 No. of Cases	百分比 %
子女 Child	27	31.0
配偶 Spouse	18	20.7
其他親屬關係 Other Relative	10	11.5
父母 Parent	9	10.3
兄弟姊妹 Sibling	9	10.3
朋友 Friend	6	6.9
愛侶 Lover	6	6.9
非親屬 Non-relative	2	2.3
總計 Total	87	100

自殺身故者親友個案輔導 Counseling for Relatives and Friends of the Suicidal Deaths

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 suicidal deaths (Survivors) for 6 months in which they will be accompanied and cared.

「未完的小說」 自殺身故者親友治療性小組 The Unfinished Novel Therapeutic Group for Relatives and Friends of the Suicidal Deaths

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 therapeutic group provides a trustful and comfortable environment for Survivors to share their stories and feelings, and learn from others the ways to deal with emotions and overcome their pains.

「活出彩虹」 自殺身故者親友支援小組 Live the Rainbow Support Group for Relatives and Friends of the Suicidal Deaths

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 help members in relieving their emotions and building up mutual support to overcome their griefs. The Centre also equips potential group members as volunteers to visit and render continuous support to other members.

網上防止自殺服務 Online Suicide Prevention



服務包括 Service Include

Chat隆
ChatPoint

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

《自殺・自療・互助舍》網站
Help4Suicide Website

鑑於互聯網使用的普及，在2008年及2009年，不少具自殺危機人士轉移到網絡上宣洩和傾訴；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.

Chat隆 ChatPoint

於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隆」，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隆」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，所有對話內容均會保密，求助者都可以安心與義工傾談。在2019年，「Chat隆」提供了4,949小時的即時情緒疏導服務，並處理了8,622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 HeartChat was further developed into ChatPoint. In addition to a website version, mobile iOS and Android apps versions are also available, where volunteers provide a channel for people to express their emotions. All conversations are kept confidential. In 2019, ChatPoint rendered 4,949 service hours and handled 8,622 internet users with suicidal risk or emotional distress.



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

2019年Chat隆回顧 2019 ChatPoint Review

服務時數

4,949



Service Hours

Chat隆使用者

8,622



ChatPoint Users

2019年Chat隆求助問題分佈 2019 ChatPoint Data Analysis

求助問題 Presenting Problems	聊天個案 Chat Cases	百分比 %
精神健康 Mental Health	819	27.5
工作 Job	253	8.5
愛情 Love Relationship	246	8.3
人際相處 Social Relationship	243	8.2
家庭 Family	206	6.9
就業 Employment	186	6.2
學業 Study	183	6.1
生理健康 Physical Health	135	4.5
經濟 Finance	129	4.3
親友自殺危機 Suicide Risk of Family Member or Friend	91	3.1
婚姻 Marital Problem	63	2.1
沉溺 Addiction	34	1.1
性 Sex	29	1
住屋 Housing	26	0.9
親友自殺身故 Suicide Death of Family Member or Friend	20	0.7
個人意外 Accident	13	0.4
其他 Others	304	10.2
總計 Total	2,980	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，向他們提供情緒支援。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，我們把服務轉移到社交媒體主動接觸網友，於2019年，我們在網上社交媒體共搜尋了179,900個留言，並且主動嘗試接觸其中1,836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 emotional support to them. We have found that people with suicidal thoughts tend to link with people with similar backgrounds on the internet. Under mutual influence and infection, they further to enhance their negative emotions. Time flies, we have shifted our efforts to social media. In 2018, we searched 179,900 suicide related messages in social media and reached out to 1,836 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的自殺資訊，會不知不覺間強化了意圖自殺人士的意欲，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 is a lot of wrong and misleading suicide information on the internet, which can indirectly reinforce suicide intention of the suicidal persons, the Centre launched the Hong Kong first suicide prevention website – Help4Suicide in 2010, to bring out the message of cherishing life to counter the false and inaccurate suicide information on the internet.



網址 Website:
<https://help4suicide.com.hk>

／ 賽馬會生命偶遇資源計劃

Jockey Club Life-Connect Resource Network (教師及社工專業培訓) (Training for Teachers & Social Workers)

專業培訓次數

69

No. of Professional Trainings



參與學校及單位數目

53

Schools & Units Involved



參與人數

2,827

No. of People Attended



Jockey Club Life-Connect Resource Network
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、高危個案識別及自殺危機初步介入等。期望透過個案分享及討論，把我們的知識、臨床經驗和技巧，分享予前線教師及社工，協助他們應對青少年自殺問題所帶來的挑戰。

We provide professional training to teachers and social workers in schools and youth service units . 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 of suicide crisis. We hope to share our knowledge, experience and skills with frontline teachers and social workers through case sharing and discussion to help them deal with the challenges of youth emotional distress and suicide crises.

活在當下
迎接每天

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.



2019年生命教育中心回顧 2019 Life Education Centre Review

活動

208

Activities



受惠人次

~11,474

Beneficiaries



出版

3

Publications



義工人次

148

Volunteers



防止自殺教育計劃

Suicide Prevention Education Project

賽馬會生命偶遇資源計劃 (家庭小組 及 Lifetube)

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，不斷豐富中心服務及資源，為防止自殺擔當及早預防的角色。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、生命教育資源圖書閣及教材製作等範疇，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 Suicide Prevention Education Project, which is funded by the Hong Kong Jockey Club Charities Trust. Soon after, more sponsorships and projects rolled out and the Centre has played an important role in 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 Keepers" and thus less suicide cases can be realised.

防止自殺教育計劃 Suicide Prevention Education Project

2019 計劃回顧 2019 Programme Review

講座、工作坊及小組活動

22



Talks, workshops and group activities

社區探訪 / 服務

33



Community visits / services

生命教育資源閣小組活動

0



Education Resource Library group activities

學校展覽及街展

8



School exhibitions and Roadshows

受惠人次

~6,005



Beneficiaries

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

學校展覽及街展
School exhibition and roadshow

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、生命教育資源閣及教材製作等範疇，用不同途徑向公眾人士推廣生命教育的四大訊息。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可以英文字「GROW」概括為四大主題：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 can be concluded as 4 major messages in the word "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，關心獨居或兩老居住的長者近況，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產生的負面情緒及自殺的因素。此外，我們亦與提供視障及智障服務的機構合作，籌備活動給義工參與。

To response to the problem of elderly suicides, we arrange volunteer community visits for the singleton and couple elderly so that their negative emotions and suicide risks out of loneliness can be reduced. Besides, we also cooperate with other NGOs to arrange activities for visually impaired people or mentally retarded people.

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。

Besides, volunteers also join our outreach services like roadshows and 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和光碟，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》，讓大眾從中得到生命教育資訊。

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



學校展覽及街展 School Exhibition and Roadshow

2018年開始，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展架，讓學生們可於小息、午膳及放學時間，參加及體驗主題活動，社工亦同時會作出講解。此外，我們亦安排街頭展覽，向社區人士提供預防自殺及珍惜生命等資訊。

From 2018, the school exhibitions were added into the Project. Booths and exhibition stands with various topics were set up at school during recess, lunch break or after school with interactive activities and interpretation by our social workers. Besides, roadshows were set up to promote the information of suicide prevention and life cherishment to the public.



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

2019 計劃回顧 2019 Programme Review

家長小組

79

Parent Workshops



受惠人次

~1,048

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，為應對這股學童自殺潮，「賽馬會生命偶遇資源計劃」於2016年10月開始，為期3年，透過小組訓練，讓家長了解自己的育兒方式對子女的影響，及提昇他們與子女溝通的能力，從而改善親子關係，達致防止學生自殺的目的。

To 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2018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。我們亦製作了很多短片，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。

此外，我們舉辦了「短片創作工作坊」，讓中學生學習拍攝及後期製作等技巧後，使他們能運用年輕人的文化、題材及語言，拍攝年輕人的生命教育短片。我們亦因此舉辦了「自己生命・自己教育」Collage短片創作比賽，鼓勵年輕人反思他們心目中的生命教育，並透過短片與他人分享。

2019 計劃回顧 2019 Programme Review

學生短片創作工作坊

73

Video Making Workshop
for students

受惠人次

~846

Beneficiaries



網址 Website:
<https://www.lifetube.hk>

"Lifetube", online Life Education Resources Network, was launched in 15 Oct 2018. The information, teaching materials, articles, videos of life education and mood disorders were uploaded to this website. Videos and animations have been produced in a relaxed and down-to-earth to promote the messages of cherishing life and suicide prevention. NGOs and schools are invited to be our members to upload their materials on life education to share the resources with the general public, and promote life education in a wider and deeper way.

Moreover, video production workshops were held for secondary school students. They have learnt the filming and post production skills. Students were encouraged to produce their own videos in their own culture and language. Also, youths were encouraged to join the "Save Our Own Lives. Produce Our Own Education" Collage Video Competition to have their own reflection on life education and share their beliefs with others.



生命劇場

Life Drama Programme

生命劇場於2011年12月由香港鐵路有限公司提供資助而成立，2015年開始為機構自負盈虧項目，主要對象是青少年及公眾，我們會到校及作公開演出。我們以互動的手法，讓觀眾能反思自己對生命意義的看法，從而達致防止自殺的目的。為使小學生亦可以透過互動劇場獲得生命教育的訊息，生命教育中心於2017年得到香港鐵路有限公司資助，推出了「反轉童話」生命劇場。這使我們的劇場涵蓋了小學生、中學生及公眾人士。

Life Drama Programme was funded by MTR Corporation in December 2011 to establish our first drama "Your Life. Your Choice" for secondary school students and public. We use an interactive approach to let the audiences to review by themselves the meaning of life and ultimately achieve the goal of suicide prevention, in 2015, it became our self-financed programme. To broaden our service target, MTR Corporation funded another Life Drama Programme called "Fairytale REplay & WEplay" in 2017 for primary school students. This allows our programme to cover primary school students, secondary school students and the general public.



服務包括

Service Include

「你的生命・你的選擇」生命劇場
"Your Life. Your Choice" Life Drama

「反轉童話」生命劇場
"Fairytale REplay & WEplay" Life Drama

2019 生命劇場回顧 2019 Life Drama Programme Review

演出

13

Shows



觀眾

3,571

Audiences



伙伴機構或學校

13

Partnered Organizations or
Schools



義工人次

59

Volunteers



「你的生命 · 你的選擇」生命劇場 “Your Life. Your Choice” Life Drama

「你的生命 · 你的選擇」生命劇場適合中學生及公眾，這個劇場以論壇形式，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，亦得以更多角度剖析問題，在絕處中，化危為機，領略生命可貴。



“Your Life. Your Choice” Life Drama is suitable for secondary school students and the general public, the drama is in the 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 roles in the drama. These spark the audiences to introspect their life decisions, empower them to overcome challenges and develop a greater appreciation towards their lives.



「反轉童話」生命劇場 “Fairytale REplay & WEplay” 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 for primary school students to learn, discuss and introspect their ways in getting along with others.



STAY ALIVE
GREET A LIFE

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

活在當下
迎接每天
STAY ALIVE, GREET A LIFE



中文名稱「越嶺」寓意跨越山嶺、克服挑戰，而英文名稱除了音譯中文名稱之外，“Link”更有連繫本會（香港撒瑪利亞防止自殺會）之意。中心的徽號由兩個三角形及本會會徽所組成，分別代表兩座山峰及太陽，一方面顯示中心有獨立發展之意，另一方面亦彰顯本會對中心的指引及支持。

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.

2019越嶺專業培訓及發展中心回顧 2019 Ur-Link Professional Training & Development Centre Review

課程及講座

69



Courses and Seminars

參與人次

4,189



Participants

活動課程、培訓及講座類別

28



Course, Training, and Seminar Categories

參與機構及企業

9



Organizations and Corporates Participated

專業合作伙伴及機構

12



Partnered Professional Individuals and Organizations

公開課程
Public Course

機構及企業培訓及講座
Organization & Corporate Training and Seminar

香港撒瑪利亞防止自殺會(以下略稱本會)專業培訓及發展中心於2005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、講座及場地租用。

SBHK Professional Training & Development Centre was established in 2005, a self-financing unit of SBHK which provides services including public courses, organization & corporate trainings and seminars and venue for hiring.

為加強本會專業培訓方面的發展，中心於2014年冠以新名稱「越嶺專業及發展培訓中心」(Ur-Link)，提供更多專業課程予公眾報讀。中心邀請資深導師開辦或與團體合辦證書課程及培訓，為期由一個月至半年不等。我們亦不定期舉辦講座，致力提升社會大眾的情緒管理技巧及助人能力，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。

In 2014, the centre was officially renamed as "Ur-Link Professional Training & Development Centre" so as to strengthen the development of our professional training to the general public. The Centre invites or co-organizes with qualified tutors and external parties to conduct courses and training programmes lasting 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".

2019公開課程、機構及企業培訓及講座

2019 Public Course, Organization & Corporate Training and Seminar

公開課程 Public Course

題目	課程	入讀人數
19	40	749
Topics	Courses	People Attended
<ul style="list-style-type: none"> 敘事治療基礎理論與技巧證書課程 Introductory Course to Art Therapy 敘事治療進階證書課程 Intermediate Course of Narrative Therapy 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 情緒導向(個人)治療兩天基礎課程 Foundation Course of Emotion-Focused (Individual) Therapy 「快樂的鑰匙」工作坊 Satir-Based Personal Growth Workshop 沙維雅模式在個案輔導中的應用工作坊 Workshop on Application of Satir Model in Counseling 沙維雅模式初探工作坊 Workshop on Satir Model 「觀心、聽心，與心同行」督導工作坊 Supervision Workshop on Satir Model Zentangle®禪繞與自我關懷工作坊 Workshop on Zentangle® and Self-compassion Zentangle®禪繞與自我關懷(深化)工作坊 Workshop on Zentangle® and Self-compassion (Advanced) 	<ul style="list-style-type: none"> 以藝術為介入小組或團體工作實用課程 Art as an intervention in group or community practical course 藝術治療初階課程 Certificate in Basic Concept and Skills of Narrative Therapy 兒童為本遊戲治療基礎證書課程 Certificate in Foundation of Child-Center Play Therapy 和諧粉彩Pastel Nagomi Art療癒之旅 Pastel Nagomi Art 靜觀減壓課程 Mindfulness-Based Stress Reduction (MBSR) 專業家事調解訓練課程 Professional Family Mediation Training Program 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 輔導工具應用與「解說」技巧實務證書課程 Certificate Course in Counseling Tool Application and Debriefing Skill Training 	

1. 靜觀減壓課程中，導師陳武傑先生示範透過伸展動作覺察當下的身體感受。
Mr Ryan Chan demonstrated awareness of body through Stretching in Mindfulness-Based Stress Reduction (MBSR).
2. 以藝術為介入小組或團體工作實用課程的外出考察活動。導師廖國康先生與學員參觀大館美術館，反思及應用課程所學。
Instructor Mr. Liu and students in the Art as an Intervention in Group or Community Practical course visited Tai Kwun.



機構及企業培訓 Organization and Corporate Training

題目	節課	入讀人數
6	24	2,657
Topics	Classes	People Attended
<ul style="list-style-type: none"> 情緒急救站 Emotional First Aid Counter 自殺危機識別及介入 Prevention of Suicide - Refresher Training 表現管理 Performance Management Training 音樂治療減壓工作坊 Music Therapy for Stress Reduction 和諧粉彩與靜觀在辦公室 Pastel Nagomi Art and Muindfulness in Office 防止自殺及危機處理工作坊 Workshop on Suicide Prevention and Crisis Intervention 		<p>1月11日導師 Carol 示範和諧粉彩的繪畫技巧。 While Instructor Carol demonstrated Pastel Nagomi Art's painting skills.</p> <p>參加者於和諧粉彩Pastel Nagomi Art療癒之旅的個人作品。 An art piece of Pastel Nagomi Art Workshop participant.</p>

講座 Seminar

題目	講座	參加人數
3	5	783
Topics	Seminars	No. of Participant
<ul style="list-style-type: none"> 如何輕鬆有效地培育正能量子女 How to bring up positive children with ease 改變生活小習慣激發孩子學習潛能 How to unleash the learning potential of your children 家長兒女溝通講座 Parenting Talk 		

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 themselves and care for 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 for 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

我們都經歷了一個難忘的2019年，一年間出現各式各樣的社會矛盾，人與人之間關係撕裂，並觸發情緒問題。為此本會以「陪伴 We Are With You」為年度主題，以示不論意見及立場，本會都願意聆聽求助者的心聲，陪伴他們走出情緒困局。同時，為希望大眾明白最重要的陪伴是來自身邊人，本會於社交平台專頁分享小貼士，以改善家人朋友間之溝通技巧及預防自殺要留意的事項，讓每一個人都能做一個最佳陪伴者。

另外，適逢2020年是本會的60周年，我們於社交平台更推出【展望鑽禧——各中心及旗下服務重溫】系列，跟大家一同回顧本會60年來的服務發展及歷史。

We all experienced an unforgettable 2019, a year with various social conflicts, and tearing of relationships, and finally leading to emotional problems. Because of that, we took "Accompany - We Are With You" as the annual theme to show that regardless of the differences in opinions and standpoint, we are willing to listen to the voices of any help seekers, and accompany them out of emotional difficulties. Meanwhile, with the hope the public understanding that the most important companionship is from people around help seekers, we shared tips of improving communication skills and preventing suicide on our social media platform.

In addition, as 2020 is the 60th anniversary of the Samaritan Befrienders Hong Kong, we launched a series of social media posts to review the history and development of our services over the past 60 years.

記者招待會

Press Conference

2019年7月27日，本會舉行記者招待會向傳媒公佈2018年全港自殺死亡統計數據及分析。跟據死因裁判法庭報告2018年，本港共有955宗自殺死亡個案，比2017年自殺死亡數字上升39宗。

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%屬最高自殺率的年齡群，長者自殺問題必須得到社會的關注，這個年齡群組的人士面對著獨有的自殺原因，例如身體機能衰退、精神健康不佳、退休問題、配偶離世、應對能力不足及人際關係問題等。

On 27 July 2019, we held a press conference to publicise the statistics of deaths by suicide in Hong Kong in 2018. According to statistics from the Coroner's Court, there were 955 suicide deaths in 2018, and increased of 39 cases from 2017.

In 2018, there were 353 elders aged 60 or above who were died of suicide, accounting for 36.96% of the total number of suicide deaths. The suicide rate of this age group was the highest among all age groups and should be a concern of the society. This particular age group has similar suicidal risk factors that may not occur in other age groups such as physical health and mental health problems, retirement issues, loss of spouse, low coping ability and relationship problems.



籌款回顧 Fundraising Event

善款

\$2,503,179

Fundraised

參加者

1,000+

Participants

義工

1,300+

Volunteers

九龍區賣旗日 2019 Kowloon Flag Day 2019

香港撒瑪利亞防止自殺會九龍區賣旗日於2019年4月6日（星期六）舉行，當日有接近一千名學校、團體、機構、企業及個人義工熱心幫忙。義工們冒著炎熱天氣，積極向市民勸捐，有賴他們的投入參與，活動才得以順利完成。

本會今次與Dustykid合作，為我們創作出一套十款以「塵」做主角並配以正面語句的旗子及限量版金旗，成功吸引一眾市民踴躍捐輸，最後為本會籌得港幣42萬元善款，扣除成本將用以加強本會生命教育及支持防止自殺的工作。

The Samaritan Befrienders Hong Kong Regional Flag Day (Kowloon Region) was held on April 6, 2019. Nearly 1,000 volunteers from schools, organizations, institutions, enterprises and individuals joined us as volunteers. Even though it was a hot day, they put in extra efforts to ask for donations and made the activity a successful one.

The local comic brand, Dustykid kindly helped us to create a set of ten flags and limited edition golden flags with the character and positive statements. And we also created a limited edition of gold flag, which successfully attracted a lot of citizens to donate. The event finally raised HK\$420,000, the net proceeds would be used in enhancing our life education service and our work in suicide prevention.



「敢跑」慈善籌款賽 “Run Brave” Charitable Competition

人生少不免會遇上困難，而人亦會有軟弱的時候，香港撒瑪利亞防止自殺會舉辦「敢跑」慈善籌款賽，鼓勵大家與其逃避倒不如勇敢面對，用「敢堅持・敢面對・敢起步」的態度邁步人生。賽事吸引近1,000名跑手，於2019年5月26日（星期日）齊集沙田白石角海濱長廊一同完成賽事，為本會籌得港幣51萬元善款，扣除成本後會用以支持生命教育工作。

為呼應本會4大服務理念—「聆聽・同行・關愛・成長」，大會特別為每個賽事組別設計一個與別不同的衝線方法。個人跑手在8公里的路程需全程戴上耳塞「聆聽」內在的自己；二人組別的隊員要攜手「同行」衝過終點；四人隊制組別，全隊要架起人形火車衝過終點，不讓任何隊員落單，體現「關愛」。

賽事起步禮由本會2017/19年度主席黃祐榮先生和一眾理事共同主持，隨着槍聲一響，「敢跑」慈善籌款賽正式開始，各跑手均不遺餘力地為慈善完成賽事。可惜比賽後期受到惡劣天氣影響，大會為著各參加者及工作人員的安全，決定取消餘下的親子成長組賽事。

In the long journey of life, we will inevitably encounter all kinds of difficulties and will experience times of weakness. The Samaritan Befrienders Hong Kong held “Run Brave” charitable competition on 26 May 2020 to encourage everyone to face the difficulties bravely. The event attracted nearly 1,000 runners to gather at the Pak Shek Kok Promenade, and finally raised HK\$500,000. The net proceeds went to support our Life Education services.

In order to echo our four major service concepts - “Listen・Company・Care・Grow”, we designed special game rules for different groups. Individual runners need to wear earplugs to “listen” to their inner self during the 8 kilometers journey; the members of team of two have to scratch their hands to pass the finish line together; and the members of team of four have to build a humanoid train to pass the finish line, not allowing any team member to get behind, which shows “caring”.

The opening ceremony was hosted by our chairman (2017/19) Mr. Wong Yau Wing and the Executive Committee members. With the sound of the gunshots, the “Run Brave” charitable competition officially began. All runners tried their best to finish the competition. Unfortunately, the weather deteriorated in the middle of the event, in order to ensure the safety of the participants and volunteers, the event had to be cancelled finally.



跨界合作及支持 Cross Sector Collaboration and Support

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

由Pieta House（愛爾蘭防止自殺及自殘機構）批准「步向光明香港」主辦的第三屆五公里慈善步行於2019年5月11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。本會成為活動四個受惠機構之一，最後得到港幣50,000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 preventing self-harm and suicide, authorised Darkness in Light HK to organize the third Hong Kong “Darkness into Light” 5KM charity walk on 11 May 2019. The walk provides an opportunity for people to connect with their local community and raise public awareness on suicide and self-harm. We are pleased to be one of the four beneficiaries, and finally HK\$50,000 was donated to us for our life education service.



Hong Kong Blue Tie Ball 慈善餐舞會 2019 2019 Hong Kong Blue Tie Ball

「Hong Kong Blue Tie Ball」慈善餐舞會於2019年9月7日舉行，讓更多人認識精神健康的重要性，打破大家對精神健康的誤解。本會有幸成為受惠機構之一，捐款扣除成本後，會用以加強公眾精神健康意識和支持青年發展項目。

The Hong Kong Blue Tie Ball was held on 7 September 2019, the aim is to help to raise public awareness on mental health and to reduce the stigma around mental health conditions in Hong Kong. Luckily, SBHK were chosen as one of the beneficiaries of the event, the donation will be used to support mental health awareness and wellness programs for young people.



Peace Hope & Joy 慈善音樂會 “Peace Hope & Joy” Charity Concert

香港合唱團The Cecilian Singers於2019年5月23日在聖約翰座堂舉行Peace Hope & Joy慈善音樂會，希望用歌聲鼓勵所有在生活、精神及情感掙扎中的人士，並提高公眾對自殺議題的關注。活動更為本會籌得港幣45,000元善款。

The Cecilian Singers, a Hong Kong based choir, held “Peace Hope & Joy” charity concert in St. John’s Cathedral on 23 May, 2019, to encourage all people who are struggling in life, spirit and emotion, and also increased awareness of suicide. The event finally raised HK\$45,000 to support our services.



《有塵入眼小小催淚故事集》 籌款活動 Dustykid Storybook Set Fundraising Campaign

本會得到本地漫畫品牌Dustykid及亮光文化有限公司贊助《有塵入眼小小催淚故事集》全期12本故事書套裝40套。2019年10月期間，捐款港幣500元或以上的捐款者均獲贈一套以作答謝。活動反應熱烈，迅速送出所有書，並籌得港幣26,500元支持本會的生命教育服務。

The local comic brand Dustykid and Enlighten & Fish Limited sponsored 40 sets of 12 storybooks to us. During October 2019, donors who donated HK\$500 or more will receive a set of storybooks as a thank you gift. The response was overwhelming, and all the books were sent out quickly. Finally HK\$26,500 was raised to support our life education service.



2019年香港自殺統計數字分析 Analysis on Suicide Statistics in Hong Kong 2019

撰寫：黃遠青先生

中文翻譯：陳鳳明小姐

Author: Mr. Jonathan Wong Yuen Ching

The Chinese translator: Ms. Chan Fung Ming

由2019年1月1日至12月31日止，根據政府統計處（2019年臨時數據）資料顯示，香港人口大約是7,500,700人，當中3,415,200（45.53%）人是男性，女性則有4,085,500（54.47%）。而死因裁判法庭報告顯示，於此段期間有993人死於自殺，當中包括763人毋須進行死因研究。

2019年香港自殺率為13.25，即每十萬人中有13.25人死於自殺，比2018年上升了0.45，即平均每天約有2.72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2019年全年人口統計。本文內由死因裁判庭所提供的統計數字只視作臨時數據，正式的官方統計數字須根據死因裁判庭公佈的2019死因研究報告。）

以下是2019年香港自殺現象的總結：

- 自殺死亡總數共有993宗；
- 男性自殺死亡共652宗（65.66%），而女性自殺死亡共341宗（34.34%）；
- 自殺率是13.25（即每十萬人中13.25人自殺身亡）；
- 2019年自殺率13.25，比2018年的12.80上升了0.45；
- 最多被採用的自殺方式是「從高處墮下」（51.16%）；
- 「吊死」是第二類較多人採用的自殺方式（24.47%）；
- 「一氧化碳中毒」（燒炭）是第三類較多人採用的自殺方式（13.29%）；

From January 1st 2019 to December 31st 2019, Hong Kong's population stood at approximately 7,500,700 with 3,415,200 male (45.53%) and 4,085,500 female (54.47%), according to statistics from the Census and Statistics Department (Provisional figures in 2019). The Coroner's Court reported that 993 people committed suicide and subsequently died during this same period, which included 763 suicide deaths where the suicide cases without death investigation were reported.

The suicide rate was 13.25 in 2019, indicating 13.25 people committed suicide and died out of 100,000 people, which was up by 0.45 from 2018, meaning there were approximately 2.72 people who committed suicide and died every day.

(Source: Census and Statistics Department 2019 Year End Population. Hong Kong Special Administrative Region of the People's Republic of China. The provided statistics from The Coroner's Court should not be regarded as official figures until and unless The Coroner's Report 2019 is issued according to The Coroner's Court).

The following is the summary of the suicide phenomenon in Hong Kong 2019.

- The total number of suicide was 993;
- The number of suicide deaths for male was 652 (65.66%) and for female was 341 (34.34%);
- The suicide rate was 13.25 (13.25 people committed suicide per 100,000 people);
- The suicide rate was up 0.45 from 12.80 in 2018 to 13.25 in 2019;
- "Jumping from Height" was the commonest suicide means (51.16%);
- "Hanging" was the second highest suicide means (24.47%);
- "Carbon Monoxide" poisoning (charcoal burning) came in third place (13.29%);
- The highest suicide rate for the age above 60 years old was 19.58 per 100,000;

- 最高自殺率的年齡組群是「60歲以上」，自殺率為19.58；

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2019年，有33宗19歲以下青少年自殺身亡，比2018年上升了5宗。自殺率為2.84，比2018年上升了0.42，男女比例是1.1:1（見表2）。在2019年這33宗自殺數字中，有21宗以「從高處墮下」來結束生命（見表1）。「從高處墮下」是這年齡組群最普遍採用的自殺方式，佔65.63%，這引證了這個年齡組群傾向以較激烈的自殺方式來了斷生命。

年齡：20-59歲

在2019年，20-59年齡組群之中，有578人自殺身亡，是總自殺死亡數字的58.21%，比2018年下降了1.79%（見表1）。自殺率為13.13，男女比例為2.5:1（見表2）。綜觀眾數字，有284人（49.13%）採取「從高處墮下」方式自殺，另外有125人（21.63%）採用「吊死」方式自殺，另外有107人（18.51%）則採用「一氧化碳中毒」方式自殺。

年齡：60歲以上

在2019年，60歲以上自殺死亡之個案共有379宗，佔總自殺死亡數字的38.17%，相比2018年則上升了1.21%；自殺率為19.58，比起2018年則上升了0.7；男女比例為2.3:1（見表2）。該年齡組群中有203宗（53.56%）採用「從高處墮下」方式自盡，顯示本港長者傾向選用較暴力及致命的方式來終結生命（見表1）。

針對長者的自殺預防工作主要是減低導致自殺的誘因，以及強化抵禦能力。導致長者自殺的誘因，包括抑鬱和其他精神健康問題、濫用藥物（包括處方藥

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 2019, there were 33 teenagers below the age of 19 who committed suicide and died. The suicide rate was 2.84 up by 0.42 from 2018. The male to female ratio was 1.1:1 (see table 2). The number of suicides was up from 28 in 2018 to 33 in 2019. Among the 33 deaths in 2019, in terms of the means of suicide, 21 ended their lives by "Jumping from Height" (see table 1). "Jumping from Height" was the commonest suicide means and accounted for 65.63% of the deaths in this age group. This revealed that those in this group tended to choose a fatal and determined means to end their lives.

Age: 20 to 59 years old

In 2019, there were 578 people who committed suicide and died in this age group, accounting for 58.21% of the total number of suicide deaths and down by 1.79% from 2018 (see table 1). The suicide rate was 13.13 and the male to female ratio was 2.5:1 (see table 2). Among the deaths, 284 people (49.13%) were attributed to "Jumping from Height", while 125 people (21.63%) died of "Hanging" and 107 people (18.51%) died of "Carbon Monoxide" poisoning.

Age: 60 years old or above

In 2019, 379 people committed suicide and died in this age group, accounting for 38.17% of the total number of suicide deaths and up by 1.21% from 2018. The suicide rate was 19.58 in this age group, up by 0.7 from 2018, and the male to female ratio was 2.3:1 (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 203 deaths (53.56%) in this age group (see table 1).

Suicide prevention for the elderly group is to focus on reducing the risk factors for suicide and strengthen the factors that protect them from suicide. The risk factors include depression and other mental health problems, substance use problems (including prescription medications), physical illness, disability, pain and social isolation. The protective factors include care for mental and physical health problems, social connectedness, skills in coping and adapting changes.

物)、生理疾病、殘疾、痛症以及社交孤立。為抵禦以上自殺的誘因，必須照顧好身心的健康問題，加強社交連繫，以及提升適應生活轉變的技巧。

按自殺方式分組之自殺死亡統計數字

於2019年，共有508人採用「從高處墮下」方式自盡，佔總自殺死亡數字的51.16%，比起2018年下降了0.15%。另外，243人採用「吊死」方式自殺，即總數的24.47%，比2018年上升了3.11%。而採用「一氧化碳中毒」方式自殺的共有132宗，佔總自殺死亡人數的13.29%，比2018年下降了0.32%（見表1）。「從高處墮下」是一種最多人採用的自殺方式。「吊死」排第二位，而「一氧化碳中毒」（燒炭）則排第三位。當中值得關注的是，在所有的年齡組群中顯示較多女性出現自殺念頭，但最終男性自殺死亡的數字卻較多，關鍵的原因在於溝通。女性趨向願意分享自己的問題，反觀男性則習慣將問題收藏心底。很多社會團體都鼓勵男士堅強起來。從求助的行為看來，男性普遍較少去尋求精神健康的幫助，這並非因為男性的精神健康問題較女性為少，而是他們不願意求助，故此脆弱的心靈更容易走上自殺之路。所以，我們更迫切需要在社區上多向男士宣揚主動求助的重要性。

按職業分組之自殺死亡統計數字

在2019年，有85位自殺死亡者為失業人士，第二位的藍領階層則佔59宗，接著第三位是退休人士，佔38宗（見表3）。值得一提的，2019年共有38位退休人士死於自殺，比起2018年的20宗飆升了18宗。2019年本港的失業率是2.9%，比起2018年的2.8%上升了0.1%。而2019年的就業不足率是1.1%，與2018年一樣（見表4及5）。同時，因有763宗自殺個案列入未被調查及分類，這導致我們難以為自殺、職業，及失業率的關係作出一個總結。

Suicide statistics according to suicide means

In 2019, there were 508 people who committed suicide by "Jumping from Height", accounting for 51.16% of the total number of suicide deaths and down by 0.15% from 2018. 243 people died of "Hanging", accounting for 24.47% of the total number of suicide deaths and up by 3.11% from 2018. 132 people died of "Carbon Monoxide" poisoning, accounting for 13.29% of the total number of suicide deaths and down by 0.32% from 2018 (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 is worth mentioning that women are even more likely than men to have suicide thought while men commit and die by suicide in all age group. One of the key factors is communication. Women tend to be willing to share their problems and men tend to bottle up their problems traditionally. Many societies have encouraged men to be "tough" and not admit they are weak. From the perspective of seeking help behavior, men seek help for mental health less often, it does not mean men do not have the same issues as women, but they are reluctant to seek help that are putting men more vulnerable to suicide. The awareness of seeking help behavior on men should be raised and stressed in our community.

Suicide statistics: grouped by occupation

In 2019, 85 people who committed suicide were unemployed persons. Blue collars came in second with 59 deaths. The third were retired persons with 38 deaths (see table 3). It is worth noting that 38 people who committed suicide were retired persons in 2019 in comparison with 20 people in 2018. This was up 18 remarkably. Hong Kong had an unemployment rate of 2.9% in 2019, an increase of 0.1% from 2.8 in 2018. The under-employment rate was 1.1% in 2019 same as 2018 (see table 4 & 5). Moreover, 763 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 of the relationship among suicide, occupations and unemployment rate.

Suicide Statistics: grouped by mental disorder

In 2019, 77 suicide deaths were associated with mental disorder. Most of these committed suicides by "Jumping from Height", a total of 36 deaths in this group, while 11 people died of "Hanging" and 7 died of "Drowning" (see table 6). As there were 763 suicide cases without death investigation report ordered that excluded the number of mental suicide, the representable picture in the relationship between

按精神病患分組的自殺統計數字

2019年共有77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36宗；死於「吊死」的佔11宗；死於「溺斃」的佔7宗（見表6）。由於有763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）的報告，抑鬱症是最普遍的精神病患，全球有超過2.64億患者。抑鬱症不單止有別於一般的情緒波動或短暫的情緒反應，而是對患者的一種莫大挑戰，尤其是對長期受著中至嚴重病情所困擾的抑鬱症病人來說，的確相當嚴重影響他們的健康。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80萬患者死於自殺；而自殺亦是15-29歲組群的第二大死亡原因（WHO, 2020）。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、減少社會對精神病的標籤以及懂得尋找專業醫療的幫助，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

2019年有33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2018年的34宗減少了1宗。在這33宗死亡數字中，有13宗是「溺斃」，12宗是「服毒」（見表7）。

母須進行死因調查的死亡數字

2019年共有993宗自殺死亡數字，包括763宗沒有經過解剖及死因調查的自殺死亡個案（見表8）。未被調查及分類的自殺死亡個案佔76.84%，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2019年有993人自殺身亡，當中有652人為男性（65.66%）及341人為女性（34.34%）。自殺率為13.25。

suicide and mental disorder may not be easily drawn here. Despite this, World Health Organization (WHO) reported that depression is common illness worldwide, with more than 264 million people affected. Depression is different from usual mood fluctuation and short-lived emotional responses to challenges in every life. When it is long-lasting with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800,000 people die of suicide every year. Suicide is the second leading cause of death in 15 to 29-year-old (WHO, 2020). It is believed that better resources, effective care, supportive people relationship, less social stigma associated with mental disorder and seeking professional medical help exert a positive impact on those people who are suffering from mental disorder.

Unknown or Unidentified Suicide Cases

33 suicide deaths were categorized as "Injury undetermined whether accidentally or purposely inflicted" in 2019, down by 1 death in comparison with 34 deaths in 2018. Among these 33 deaths, 13 died of "Drowning", while 12 died of "Drugs poisoning" respectively (see table 7).

Suicide cases without death investigation

The total number of suicide deaths was 993 in 2019, including 763 cases without death investigation (see table 8). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 76.84% of the total number of suicide deaths.

Conclusion

In 2019, there were 993 people who committed suicide and died, with 652 male (65.66%) and 341 female (34.34%). The suicide rate was 13.25 per 100,000.

The International Association for Suicide Prevention (IASP) announced that the theme of World Suicide Prevention Day on September 10th 2019 was "Working Together to Prevent Suicide" (IASP, 2019). The purpose of World Suicide Prevention Day is to raise awareness and spread the message that suicide is preventable. In Hong Kong, The Samaritan Befrienders Hong Kong announced the theme for this year is "Stay alive, greet a life". The notion of the theme is to remind every of us to live in the present moment and embrace every single day. Living in the present moment is particularly important as it may



國際防止自殺協會（IASP）宣布2019年9月10日國際預防自殺日的主題——「同心協力預防自殺」（IASP,2019），國際預防自殺日的目標是提升及宣揚「自殺是可以預防的」訊息。在香港，本會今年以「活在當下，迎接每天」為主題，旨在提醒我們珍惜眼前、好好活著；最重要的是不要執著過去，也不用憂慮著未來，亦即是說告別過去，毋庸空等未來，只要珍惜此刻手中擁有的，活好每一天，就是對生命最佳的祝福和讚頌。

2019的下半年度，我們的城市發生了史無前例的事件，為香港人造成很大的影響，使大家在思想、派別及價值觀上出現了分歧，無論是家人、同事或友儕之間關係都備受負面影響，情緒上漸漸產生了空虛、無力感、無望、缺裂，甚至互相排斥。儘管如此，我們每個人內心的信仰和信念，是可以使我們自己堅毅不屈的。燃點自己的光，去照亮和陪伴身邊處於黑暗的朋友，就能把我們連繫在一起。雖然我們不一樣，但是我們仍然同在。就讓我們同行，「活在當下・迎接每天」吧，香港撒瑪利亞防止自殺會繼續盡最大的努力為大家服務。

be better than worrying about the past as well as being anxious about the future. Intelligibly, it means letting go of the past and not waiting for the future. Knowing the only thing we can take control is the moment that we have with ourselves right now. And also, greeting a life and seizing the day of our lives are to take full advantage of life's opportunities in a full potential.

In the second half year of Hong Kong in 2019, an unprecedented event in our society made a heavy impact on Hong Kong people in which we were holding on diversified way of thinking, school of thought and value. The relationship among family members, colleagues and friends in all generation was negatively affected and it further induced the emptiness, powerlessness, hopelessness, brokenness, and repulsiveness. Nonetheless, there is something in ourselves that help us stand and not give up, that is, the belief and faith in every one of us. On top of these, lightening up ourselves, being the light and shining brightly on those who are in the darkness are the way to hold us all together. We are different, but we can still be together. Let's walk together, "Stay Alive, Greet a Life", and The Samaritans Befrienders Hong Kong continues to do our best to serve the people of Hong Kong.

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		2019											2018		2017		
自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups									不詳 Unknown	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
		0-9	10-19	20-29	30-39	40-49	50-59	60-69	70								
2019	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	0	2	2	4	5	0	3	1	17	29	17	43	11	29
		女 F	0	1	1	1	1	2	4	2	0	12	26	26	18	18	18
	毒藥 Poisons	男 M	0	0	0	0	0	1	0	1	0	2	5	1	7	8	10
		女 F	0	0	0	0	0	0	0	3	0	3	6	6	2	2	2
	吊死 Hanging	男 M	0	4	23	19	19	22	39	42	0	168	243	133	204	116	193
		女 F	0	1	8	12	6	16	15	17	0	75	171	71	77	77	77
	由高處墮下 Jumping from Height	男 M	0	12	37	45	42	44	56	83	0	319	508	306	490	304	495
		女 F	0	9	16	23	30	47	34	30	0	189	384	184	384	191	384
	一氧化碳 Carbon Monoxide	男 M	1	1	9	17	27	29	10	5	1	100	132	92	130	74	111
		女 F	0	1	2	5	12	6	3	3	0	32	38	38	37	37	37
	淹死 Drowning	男 M	0	0	4	3	3	3	2	10	0	25	44	30	44	31	40
		女 F	0	3	0	1	4	2	2	6	1	19	14	14	9	9	9
	利器 Sharp Instruments	男 M	0	0	1	0	2	3	0	1	0	7	11	4	8	8	9
		女 F	0	0	0	0	1	0	0	3	0	4	4	4	1	1	1
	其他 Others	男 M	0	0	4	2	0	4	4	0	0	14	21	21	29	15	27
		女 F	0	0	1	3	1	1	0	1	0	7	8	8	12	12	12
2019	小計 Sub-total	男 M	1	17	80	88	97	111	111	145	2	652	993				
		女 F	0	15	28	45	55	74	58	65	1	341	508				
	總計 Total		1	32	108	133	152	185	169	210	3	993	1501				
2018	小計 Sub-total	男 M	0	17	90	87	109	93	96	111	1			604			
		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

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

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表（二）：香港自殺率*（按年齡及性別分組）

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

	年齡組別 Age Groups	2019				2018				2017			
		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	0.33	0.00	0.0	0.2	0.00	0.00	0.0	0.0	0.00	0.00	0.0	0.0
	10-19	5.73	5.27	1.1:1	5.5	5.77	3.92	1.5:1	4.9	9.48	2.87	3.3:1	6.3
	整體人口 Subtotal Population	3.01	2.66	1.1:1	2.8	2.86	1.96	1.5:1	2.4	4.71	1.44	3.3:1	3.1
20-59	20-29	19.02	6.08	3.1:1	12.3	20.79	6.70	3.1:1	13.4	15.40	7.77	2.0:1	11.4
	30-39	18.87	6.43	2.9:1	11.4	18.67	5.42	3.5:1	10.7	18.69	8.64	2.2:1	12.6
	40-49	20.70	8.02	2.6:1	13.2	23.21	8.43	2.8:1	14.5	13.59	6.55	2.1:1	9.5
	50-59	20.58	11.10	1.9:1	15.4	16.35	10.07	1.6:1	13.0	15.08	9.78	1.5:1	12.3
	整體人口 Subtotal Population	19.84	8.03	2.5:1	13.1	19.56	7.7	2.5:1	12.9	15.64	8.21	1.9:1	11.5
60 (+)	60-69	21.95	11.06	2.0:1	16.4	19.43	13.53	1.4:1	16.4	19.51	10.33	1.9:1	14.9
	70	35.15	13.19	2.7:1	23.2	28.20	16.32	1.7:1	21.7	37.08	18.16	2.0:1	26.7
	整體人口 Subtotal Population	27.88	12.09	2.3:1	19.6	23.32	14.87	1.6:1	18.88	27.29	14.11	1.9:1	20.37
全年整體人口 Total Population		#19.09	#8.30	2.3:1	#13.25	#17.66	#8.64	2.0:1	#12.80	#16.74	#8.64	1.9:1	#12.36

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	2019												2018		2017	
	年齡組別 Age Groups															
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	1	4	2	0	0	0	0	0	0	7	11	13	21	7	10
	女 F	0	4	0	0	0	0	0	0	0	4		8		3	
教師 Teacher	男 M	0	0	0	0	0	0	0	0	0	0	0	3	4	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		1		0	
沒有職業 Not Employed	男 M	0	0	8	9	8	17	4	3	0	49	85	47	80	40	65
	女 F	0	0	1	3	11	7	9	5	0	36		33		25	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	4	0	8	0	6
	女 F	0	0	0	0	0	2	0	2	0	4		8		6	
藍領階層 Blue Collars	男 M	0	0	8	10	14	4	4	2	0	42	59	45	54	23	40
	女 F	0	1	4	5	3	3	0	1	0	17		9		17	
白領階層 White Collars	男 M	0	0	4	6	4	3	0	0	0	17	22	13	21	7	16
	女 F	0	0	2	2	1	0	0	0	0	5		8		9	
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	1	1	0	0	0	0	2	2	1	1	2	2
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
商人 Business Man	男 M	0	0	0	2	1	0	1	0	0	4	5	7	8	1	1
	女 F	0	0	0	1	0	0	0	0	0	1		1		0	
退休人士 Retired Person	男 M	0	0	0	0	0	3	13	16	0	32	38	13	20	20	25
	女 F	0	0	0	0	0	0	1	5	0	6		7		5	
未能分類 * Unclassified *	男 M	0	13	58	60	68	84	89	124	0	496	763	461	736	463	744
	女 F	0	10	21	34	40	62	48	52	0	267		275		281	
其他 Other	男 M	0	0	0	0	1	0	0	0	2	3	4	1	2	6	7
	女 F	0	0	0	0	0	0	0	0	1	1		1		1	
小計 Sub-total	男 M	1	17	80	88	97	111	111	145	2	652	993	604	955	569	916
	女 F	0	15	28	45	55	74	58	65	1	341		351		347	
總計 Total		1	32	108	133	152	185	169	210	3	993		955		916	

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
**2019年共有993人死於自殺，當中包括763人毋須進行死因研究而裁判為死於自殺 The total number of suicide cases in 2019 were 993 which included 763 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	##	1.7	1.0	1.6	2.0	1.5	1.6
	女 F	##	0.8	0.3	0.5	0.8	0.5	0.6
	合計 Overall	0.9	1.2	0.6	1.0	1.5	1.2	1.1
2017	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
2016	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

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

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	11.9	6.8	2.5	2.7	3.4	2.6	3.6
	女 F	8.1	4.1	1.7	1.9	2.0	1.9	2.3
	合計 Overall	10.0	5.4	2.1	2.3	2.7	2.4	2.9
2017	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
2016	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

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		2019											2018		2017	
2019	自殺類別 Type of Suicide	年齡組別 Age Groups														
	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70	不詳 Unknown	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
	火器 Firearms	男 M	0	0	0	0	0	0	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	1	0	0	1	0	0	0	2	6	8	17	1
		女 F	0	0	1	0	0	1	2	0	0	4		9		8
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	1	0	4	1
		女 F	0	0	0	0	0	0	0	1	0	1		4		0
	吊死 Hanging	男 M	0	0	2	2	0	0	2	2	0	8	11	4	5	0
		女 F	0	0	0	1	1	0	1	0	0	3		1		5
	由高處墮下 Jumping from Height	男 M	0	1	0	3	6	5	6	1	0	22	36	27	38	17
		女 F	0	0	0	2	4	4	3	1	0	14		11		13
	一氧化碳 Carbon Monoxide	男 M	0	0	0	3	1	0	0	0	0	4	5	2	4	0
		女 F	0	0	0	0	0	0	0	1	0	1		2		2
	淹死 Drowning	男 M	0	0	1	1	0	1	1	0	0	4	7	0	4	7
		女 F	0	0	0	0	1	0	1	1	0	3		4		3
	利器 Sharp Instruments	男 M	0	0	1	0	0	2	0	0	0	3	5	0	0	2
		女 F	0	0	0	0	1	0	0	1	0	2		0		0
	其他 Others	男 M	0	0	0	1	0	2	2	0	0	5	6	0	1	2
		女 F	0	0	0	0	1	0	0	0	0	1		1		0
2019	小計 Sub-Total	男 M	0	1	5	10	7	11	11	3	0	48	77			
		女 F	0	0	1	3	8	5	7	5	0	29				
	總計 Total		0	1	6	13	15	16	18	8	0	77	*77			
2018	小計 Sub-Total	男 M	0	3	4	8	13	6	4	3	0			41		
		女 F	0	1	3	5	4	8	7	4	0			32		
	總計 Total		0	4	7	13	17	14	11	7	0			73	**73	
2017	小計 Sub-Total	男 M	0	1	6	10	4	2	1	6	0					30
		女 F	0	2	3	13	4	5	4	0	0					31
	總計 Total		0	3	9	23	8	7	5	6	0					61
																***61

資料來源：死因裁判法庭（臨時數字） Source: The Coroner's Court (Provisional figures)
*當中有763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 763 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
**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.

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	2019													2018		2017		
自殺類別 Type of Suicide	年齡組別 Age Groups										不詳 Unknown	小計 Sub-total	總數 Total	小計 Sub-total	總數 Total	小計 Sub-total	總數 Total	
	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70									
2019	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	2	0	1	1	6	12	3	12	2	7	
		女 F	0	0	1	1	0	2	1	1	0	6	6	9	5	0	0	
	毒藥 Poisons	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	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	1	0	0	1	0	1	0	3	5	9	12	1	2	
		女 F	0	0	1	0	0	1	0	0	0	2	2	3	1	0	0	
	一氧化碳 Carbon Monoxide	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	淹死 Drowning	男 M	0	0	3	1	1	2	1	1	0	9	13	5	5	9	10	
		女 F	0	1	0	0	0	1	0	1	1	4	4	0	0	1	1	
	利器 Sharp Instruments	男 M	0	0	1	0	0	0	0	0	0	1	1	0	0	0	1	
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	
	其他 Others	男 M	0	0	0	0	0	1	1	0	0	2	2	3	3	1	1	
		女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	2019	小計 Sub-total	男 M	0	0	5	1	3	6	2	3	1	21	33				
			女 F	0	1	2	1	0	4	1	2	1	12	12				
總計 Total			0	1	7	2	3	10	3	5	2	33	*33					
2018	小計 Sub-total	男 M	0	0	6	7	2	1	3	2	0			21				
		女 F	0	0	0	1	4	3	3	2	0			13				
	總計 Total		0	0	6	8	6	4	6	4	0			34	**34			
2017	小計 Sub-total	男 M	0	1	1	4	1	2	1	0	1					13		
		女 F	0	1	0	1	3	0	0	1	0					8		
	總計 Total		0	2	1	5	4	2	1	1	1					21	***21	

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

* 當中有763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 763 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

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		2019												2018		2017	
自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups									不詳 Unknown	小計 Sub-total	總數 Total	小計 Sub-total	總數 Total	小計 Sub-total	總數 Total
		0-9	10-19	20-29	30-39	40-49	50-59	60-69	70								
2019	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	
	藥物 Drugs	男 M	0	0	1	2	2	4	0	1	0	10	15	4	16	4	13
		女 F	0	1	0	0	1	1	1	1	0	5		12		9	
	毒藥 Poisons	男 M	0	0	0	0	0	1	0	1	0	2	3	1	2	6	7
		女 F	0	0	0	0	0	0	0	1	0	1		1		1	
	吊死 Hanging	男 M	0	3	17	12	14	20	33	35	0	134	200	108	171	110	175
		女 F	0	1	6	10	4	15	14	16	0	66		63		65	
	由高處墮下 Jumping from Height	男 M	0	9	30	36	34	32	46	77	0	264	421	243	398	255	416
		女 F	0	6	13	19	24	39	30	26	0	157		155		161	
	一氧化碳 Carbon Monoxide	男 M	0	1	7	9	16	23	8	4	0	68	90	70	101	65	95
		女 F	0	1	1	3	8	5	2	2	0	22		31		30	
	淹死 Drowning	男 M	0	0	1	1	0	1	1	5	0	9	19	16	24	12	16
		女 F	0	1	0	1	3	1	1	3	0	10		8		4	
	利器 Sharp Instruments	男 M	0	0	0	0	2	1	0	1	0	4	6	1	2	5	6
		女 F	0	0	0	0	0	0	0	2	0	2		1		1	
其他 Others	男 M	0	0	2	0	0	2	1	0	0	5	9	18	22	6	16	
	女 F	0	0	1	1	0	1	0	1	0	4		4		10		
2019	小計 Sub-total	男 M	0	13	58	60	68	84	89	124	0	496					
		女 F	0	10	21	34	40	62	48	52	0	267					
	總計 Total		0	23	79	94	108	146	137	176	0	763	763				
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

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

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

9/F., Surson Commercial Building,
140-142 Austin Road, Tsimshatsui,
Kowloon, Hong Kong.

Tel 電話: (852) 2314 3668
Fax 圖文傳真: (852) 2314 3113
E-mail 電郵: info@lll.com.hk
Web Site 網頁: www.lll.com.hk

香港九龍尖沙咀
柯士甸道140至142號
瑞信集團大廈九樓

獨立義務核數師報告書

致香港撒瑪利亞防止自殺會全體會員

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六十二頁香港撒瑪利亞防止自殺會(以下簡稱「貴機構」)的財務報表,此財務報表包括於二零二零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 62, which comprise the statement of financial position as at March 31, 2020 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機構於二零二零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, 2020, 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 ("HKSA") 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

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

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香港九龍尖沙咀
柯士甸道140至142號
瑞信集團大廈九樓

獨立義務核數師報告書(續)

致香港撒瑪利亞防止自殺會全體會員

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理事會報告內的信息,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 committee members' report of 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

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

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香港九龍尖沙咀
柯士甸道140至142號
瑞信集團大廈九樓

獨立義務核數師報告書(續) 致香港撒瑪利亞防止自殺會全體會員 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不存在由於欺詐或錯誤而導致的重大錯誤陳述取得合理保證，並出具包括我們意見的核數師報告。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 HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

在根據《香港審計準則》進行審計的過程中，我們運用了專業判斷，保持了專業懷疑態度。我們亦：

As part of an audit in accordance with HKSAs, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

LOUIS LAI & LUK CPA LIMITED CERTIFIED PUBLIC ACCOUNTANTS

黎劍民、陸永熙會計師事務所有限公司

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

9/F., Surson Commercial Building,
140-142 Austin Road, Tsimshatsui,
Kowloon, Hong Kong.

Tel 電話: (852) 2314 3668
Fax 圖文傳真: (852) 2314 3113
E-mail 電郵: info@tll.com.hk
Web Site 網頁: www.tll.com.hk

香港九龍尖沙咀
柯士甸道140至142號
瑞信集團大廈九樓

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

核數師就審計財務報表承擔的責任(續)

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

- 識別和評估由於欺詐或錯誤而導致財務報表存在重大錯誤陳述的風險，設計及執行審計程序以應對這些風險，以及獲取充足和適當的審計憑證，作為我們意見的基礎。由於欺詐可能涉及串謀、偽造、蓄意遺漏、虛假陳述，或凌駕於內部控制之上，因此未能發現因欺詐而導致的重大錯誤陳述的風險高於未能發現因錯誤而導致的重大錯誤陳述的風險。
Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- 了解與審計相關的內部控制，以設計適當的審計程序，但目的並非對貴機構內部控制的有效性發表意見。
Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organization'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.

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

LOUIS K.M. LAI FCCA CPA (黎劍民會計師
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獨立義務核數師報告書(續)
致香港撒瑪利亞防止自殺會全體會員
INDEPENDENT HONORARY AUDITOR'S REPORT (CONT'D)
TO THE MEMBERS OF
THE SAMARITAN BEFRIENDERS HONG KONG
(在香港註冊成立之無股本的擔保有限公司)
(incorporated in Hong Kong and limited by guarantee)

核數師就審計財務報表承擔的責任(續)

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

- 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，二零二零年六月二十六日
Hong Kong, June 26, 2020.

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
截至二零二零年三月三十一日止年度
FOR THE YEAR ENDED MARCH 31, 2020

		NOTES	2020	2019
			港幣 HK\$	港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST	(6)	2,035,000	1,975,700
政府資助	GOVERNMENT SUBVENTION	(7)	16,092,489	14,457,081
香港賽馬會慈善信託 基金撥款	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST	(8)	3,113,068	2,512,670
商業贊助	SPONSOR FROM BUSINESS		491,871	216,098
銀行利息收入	BANK INTEREST INCOME		6,838	2,270
籌款活動收入	PROCEEDS FROM FUNDRAISING ACTIVITIES	(9)	690,789	84,195
一般捐款收入	GENERAL DONATIONS		1,578,254	1,031,001
課程及什項收入	COURSE FEE AND SUNDRY INCOME		1,923,805	3,499,766
總收入確認	TOTAL INCOME RECOGNISED		25,932,114	23,778,781
減：支出	LESS: EXPENDITURE			
職員薪金福利	Staff costs	(10)	20,191,028	17,496,149
折舊	Depreciation		444,165	41,833
訓練及社區工作	Training and community activities		870,894	1,033,861
租金及差餉	Rent and rates		50,239	474,584
聯會會費	Subscription to affiliated association		4,980	4,900
行政費用	Administration expenses	(12)	1,747,833	2,362,769
財務成本	Finance cost	(13)	31,984	-
			23,341,123	21,414,096
本年度盈餘	SURPLUS FOR THE YEAR		2,590,991	2,364,685
其他全面收益	OTHER COMPREHENSIVE INCOME		-	-
本年度全面收益 總額	TOTAL COMPREHENSIVE INCOME FOR THE YEAR		2,590,991	2,364,685

第十三頁至第六十二頁之財務報表附註乃此等賬目之一部份。
THE NOTES ON PAGES 13 TO 62 FORM AN INTEGRAL PART OF THESE FINANCIAL STATEMENTS.

鳴謝

Acknowledgement

衷心感謝以下人士、團體及機構2019年對本會的慷慨支持。

(按英文字母順序排列)：

These are the individuals, groups and organizations to whom in 2019 we would like to express our cordial thanks. They are (in alphabetical order):

贊助商 Sponsors

活力肌健貼	Acti-Tape
楓之寶	Adrien Gagnon
親子王國	Baby Kingdom
遵理集團	Beacon Group
-	Best Video Limited
-	Binggrae Melona
生機源(香港)有限公司	Biocycle (Hong Kong) Limited
微風創作室有限公司	Breeze Factory
-	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 Concept Limited
-	Darkness into Light
-	DNF Logistics Co. Limited
經濟一週	Economic Digest
易講通有限公司	E-GO Mobility Limited
生活易	ESDlife
-	Garmin Hong Kong
智叻網	Gnet Group Ltd.
恆堡會有限公司	Hanberg Club Ltd.
恆堡有限公司	Hanberg Ltd.
-	Hard Rock Café Hong Kong
香港欖球總會	Hong Kong Rugby Union
英格蜜兒	Ingrid Millet Paris
酷遊族	i-Travellers
譚根榮會計師行	K.W. Tam & Co.
-	Levi Strauss & Co.
-	Lululemon Athletica
心活誌	Mind & Life
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
香港大塚製藥	Otsuka Pharmaceutical (H.K.) Ltd.
-	Pieta House
寶礦力水特	Pocari Sweat Hong Kong
-	Pure Performance Distribution Limited
跑者世界	Runner's World HK
-	Run-Pic
-	Runrun.com.hk
精工表	SEIKO
中石化(香港)油站有限公司	Sinopec (Hong Kong) Petrol Filling Station Company
天星小輪	The "Star" Ferry
傑出企業公民協會	The Association of Distinguished Corporation
-	The Cecilian Singers
嘉頓有限公司	The Garden Company Limited
-	The Hong Kong Blue Tie Ball
通城鐘錶有限公司	Thong Sia Watch Co. Ltd.
-	Vida Perla
青年會專業書院	YMCA College of Careers

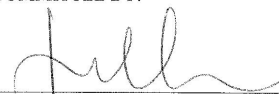
香港撒瑪利亞防止自殺會 THE SAMARITAN BEFRIENDERS HONG KONG

財務狀況表
STATEMENT OF FINANCIAL POSITION
於二零二零年三月三十一日
AS AT MARCH 31, 2020


	NOTES	2020 港幣 HK\$	2019 港幣 HK\$
非流動資產	Non-Current Assets		
傢具器材及設備	Furniture and equipment (15)	-	-
使用權資產	Right-of-use assets (16)	870,330	-
無形資產	Intangible assets (17)	-	-
		870,330	-
流動資產	Current Assets		
應收款	Accounts receivable (18)	13,540	58,456
應收撥款及贊助款	Grants and sponsor receivables (19)	856,527	2,987,289
其他應收款	Other receivables	-	437,580
已付按金及預付款	Deposits and prepayment (20)	306,842	371,431
銀行存款及現金	Cash at bank and in hand (21)	13,567,361	8,380,603
		14,744,270	12,235,359
流動負債	Current Liabilities		
應付款	Accounts payable (22)	252,889	697,213
暫收款	Temporary receipts	544,447	500,891
遞延收入	Deferred income (23)	1,759,120	1,354,651
租賃負債	Lease liabilities (24)	435,079	-
銀行透支	Bank overdraft (21)	-	96,270
		2,991,535	2,649,025
流動資產淨值	Net Current Assets	11,752,735	9,586,334
資產總額減流動負債	Total Assets less Current Liabilities	12,623,065	9,586,334
非流動負債	Non-Current Liabilities		
租賃負債	Lease liabilities (24)	445,740	-
資產淨值	NET ASSETS	12,177,325	9,586,334
由以下代表:	Represented by:		
營運累積盈餘	OPERATING FUND	9,296,894	6,973,767
其他儲備	OTHER FUNDS		
中央行政儲備	Central administration fund (25)	1,142,513	1,142,513
賣旗活動盈餘	Flag day event surplus (26)	798,999	531,135
一般儲備	General reserve (27)	435,000	435,000
特別基金	Special fund (28)	503,919	503,919
		12,177,325	9,586,334

經由理事會於二零二零年六月二十六日會議通過及由下列理事代表議會簽署:

APPROVED BY THE COMMITTEE ON JUNE 26, 2020 AND SIGNED ON BEHALF OF THE EXECUTIVE COMMITTEE BY:



周婉芬 CHOW Yuen Fun
主席 Chairman



韓楚珊 HON Chor Shan
財政 Treasurer

第十三頁至第六十二頁之財務報表附註乃此等賬目之一部份。

THE NOTES ON PAGES 13 TO 62 FORM AN INTEGRAL PART OF THESE FINANCIAL STATEMENTS.

義工 Volunteers

羅鈞煒義工隊	-
明愛樂欣軒	-
全港普通話教師義工聯盟	-
鍾港武議員辦事處	-
基督教豐盛生命堂家寧社會服務中心	Abundant Life Christian Church Family Links Social Services
義務工作發展局	Agency for Volunteer Service
-	AJ Colors
生機源（香港）有限公司	Biocycle (Hong Kong) Limited
佛教孔仙洲紀念中學	Buddhist Hung Sean Chau Memorial College
中聖書院	Central Business Information Limited
基督教家庭服務中心	Christian Family Service Centre
好義配	Easy Volunteer
及時雨信貸有限公司	Ego Finance Ltd.
基督教香港信義會太和青少年綜合服務中心	Evangelical Lutheran Church of Hong Kong - ELCHK Tai Wo Integrated Youth Service Centre
佐丹奴有限公司	Giordano Limited
興威紡織有限公司	H.W. Textiles Company Limited
恆堡有限公司	Hanberg Ltd.
恒基兆業地產有限公司—恒愛義工隊	Henderson Land Development Company Limited –“Team of Care”
香港警務署—警察談判組第三隊	Hong Kong Police Force - Team 3 of Police Negotiation Cadre
香港海事青年團	Hong Kong Sea Cadet Corps
維港灣義工隊	Island Harbourview Volunteer Team
心晴行動慈善基金	Joyful (Mental Health) Foundation
潔心林炳炎中學	Kit Sam Lam Bing Yim Secondary School
九龍香格里拉大酒店	Kowloon Shangri-La Hotel
觀塘功樂官立中學	Kwun Tong Kung Lok Government Secondary School
循道衛理觀塘社會服務處	Kwung Tong Methodist Social Service
麗港城第一期會所	Laguna City Club House 1
康樂及文化事務署義工隊	Leisure and Cultural Services Department Volunteer Team
樂善堂王仲銘中學	Lok Sin Tong Wong Chung Ming Secondary School
新亞中學	New Asia Middle School
天主教伍華中學	Ng Wah Catholic Primary School
新創建愛心聯盟	NWS Volunteer Alliance
紫雲閣沁怡護養院	Oasis Nursing Home
香港大塚製藥	Otsuka Pharmaceutical (H.K.) Ltd.
白田天主教小學	Pak Tin Catholic Primary School
熊貓綠色能源集團有限公司	Panda Green Energy Group Limited
鋒生有限公司	Pioneer Dynamic Limited
香港培道中學	Pooi To Middle School
香港培正中學	Pui Ching Middle School
聖公會基孝中學	S.K.H. Kei Hau Secondary School
聖公會基德小學	S.K.H. Kei Tak Primary School
聖公會九龍灣基樂小學	S.K.H. Kowloon Bay Kei Lok Primary School
曉暉花園義工隊	Scenic View Volunteer Team
聖若翰天主教小學	St. John The Baptist Catholic Primary School
德雅中學	Tak Nga Secondary School
鄰舍輔導會深水埗康齡社區服務中心	The Neighbourhood Advice-Action Council Sham Shui Po District Elderly Community Centre
政府資訊科技總監辦公室義工小組	The Office of the Government Chief Information Officer Volunteer Team
思明市場策劃及公關有限公司	The Puzzle Marketing & PR Ltd.
庫務署	The Treasury
仁安醫院	Union Hospital
滙基書院	United Christian College
王浩信官方國際有限公司	Vincent Wong Official International Limited
-	Western Shipping (HK) Ltd.
循道衛理楊震社會服務處—鯉魚門晉朗綜合復康中心	Yang Memorial Methodist Social Service Lei Yue Mun Intergrated Rehabilitation Services Centre
鄭鴻基先生	Mr. Ki Cheng
楊淇小姐	Ms. Kate Yeung

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 / 電郵至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：最少2個月有效期。 Expiry date is valid for at least 2 months.

□ 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



□ 繳費費捐款 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.

備註 Remark：每個繳費費戶口每天捐款上限為港幣5,000元。 Daily donation upper limit per PPS account is HK\$5,000.

□ 網上捐款 Online Donation

https://donation.sbhk.org.hk

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

聯絡資料

Contact Information



一般查詢

General Enquiry

九龍白田邨瑞田樓B座3樓1室

Unit 1, Block B, 3/F, Shui Tin House, Pak Tin Estate, Kln

電話 Tel : 2319 2688

傳真 Fax : 3016 9970

電郵 Email : sbhkinfo@sbhk.org.hk

熱線中心

Hotline Centre

九龍彩虹邨金華樓地下126-127室

Units 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

Unit 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

九龍白田邨瑞田樓B座3樓1室

Unit 1, Block B, 3/F, Shui Tin House,

Pak Tin Estate, Kln

電話 Tel : 2319 1269

傳真 Fax : 2319 0778

電郵 Email : grow@sbhk.org.hk

越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre

九龍白田邨瑞田樓B座3樓1室

Unit 1, Block B, 3/F, Shui Tin House,

Pak Tin Estate, Kln

電話 Tel : 2790 9022

傳真 Fax : 3013 8599

電郵 Email : ur-link@sbhk.org.hk

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2389 2222

24小時情緒支援熱線

24-Hour Emotional Support Hotline

九龍白田邨瑞田樓B座3樓1室

香港撒瑪利亞防止自殺會總部

The Samaritan Befrienders Hong Kong Headquarter,
Unit 1, Block B, 3/F, Shui Tin House, Pak Tin Estate, Kln



2319 2688



3016 9970



sbhkinfo@shk.org.hk



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