



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

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

Annual Report

年報

2020

Hope 希望
Acceptance 欣賞
Alive 活著
Care 關愛
Kind 友善
With 一起
Love 愛
You 你
Patience 耐心
Involved 參與
Grow 成長
Respect 尊重

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香港撒瑪利亞防止自殺會

The Samaritan Befrienders Hong Kong

「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為「香港撒瑪利亞會」(The Hong Kong Samaritans)，後於1976年易名為「香港撒瑪利亞防止自殺會」(The Samaritan Befrienders Hong Kong)。本會並無任何宗教立場，藉着聖經中好撒瑪利亞人友善博愛、助人為樂的精神作榜樣，對絕望及瀕臨困境人士伸出同情之手，並予以扶持及適當的情緒輔導，達成助人自助的目標。

Formerly known as "Suicide Prevention Society", The Samaritan Befrienders Hong Kong was founded by Mr. H.K. To in July, 1960. The name of the organization was The Hong Kong Samaritans in October, 1963, and later changed to The Samaritan Befrienders Hong Kong in 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: CI 0468623

獲豁免繳稅編號: 91/1498

Society Reference No.: CI 0468623

IR No. (Tax Exemption): 91/1498

會籍

Affiliation



使命宣言

Mission Statement

發揚人類善美的本質，以愛心、耐性及同情，建立人際間互助、互勉、互愛的精神。

To bring out the benevolence in human nature and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.

我們的使命

Our Mission

基於人道立場，協助面臨各種困難、陷於孤獨與沮喪的人士，鼓勵他們重建求生信念。

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

透過演說、講座、刊物、調查報告等方式，宣傳及推廣本會的服務精神。

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

協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織。

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

我們的精神

Our Ethos

香港撒瑪利亞防止自殺會成立的目的是要發揚人類善美的本質，以愛心、耐性及同情，建立人際間互助、互勉、互愛的精神。

我們讓絕望、無助、有自殺意圖的人士，在有需要時可以找到聆聽者，訴說內心的痛苦和困擾。

我們讓求助者感到被接納和支持，從而克服情緒困擾、面對問題。

我們尊重求助者的自決權，即使他們決定要自殺，他們亦可以隨時終止與我們的聯絡。

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

We establish ourselves as the Samaritan Befrienders Hong Kong to bring out in full the benevolence in human nature, and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.

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

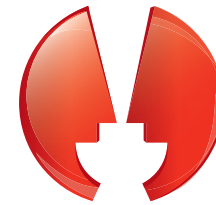
We let help seekers feel accepted and supported so as to enable them to overcome emotional distress and face up to their problems.

We respect the right of help seekers in self-determination even if they decide to commit suicide, and also their right to discontinue contact with us at any time.

We respect the privacy of help seekers and will not disclose their personal information to any outside party. Such information would only be kept 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.

會徽

Emblem



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

圖形

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。

Symbol

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

本會中英文名稱全寫。

Name

Chinese name and English name of our organization.

標語

「聆聽 · 同行 · 關愛 · 成長」, 以向公眾表明我們的服務使命及理念, 並藉此提醒同工及義工在本會服務的「初心」。

Tagline

“Listen. Company. Care. Grow” to 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

Executive Committee

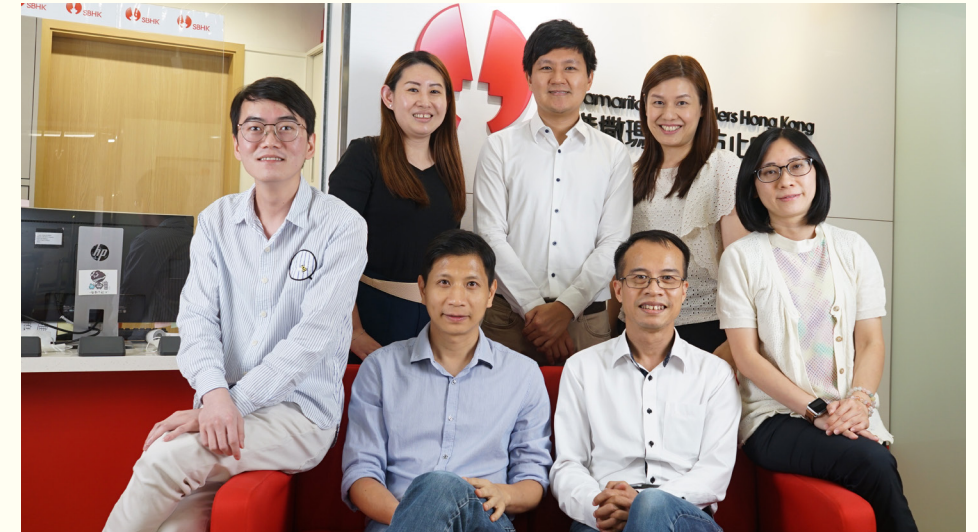
任期：2019年至2021年
Term of Office: 2019 to 2021



1. 周婉芬女士 Ms. Chow Yuen Fun
主席
Chairman
2. 簡柏基先生 Mr. Kan Pak Kei
副主席
Vice-Chairman
3. 黃瀚之先生 Mr. Wong Hon Chi
秘書
Secretary
4. 鄭潔儀女士 Ms. Cheng Kit Yee
財政
Treasurer
5. 陳鳳明女士 Ms. Chan Fung Ming
理事
Committee Member
6. 韓楚珊女士 Ms. Hon Chor Shan
理事
Committee Member

管理團隊

Management Team



1. 曾展國先生 Mr. Tsang Chin Kwok
總幹事
Executive Director
2. 馬淑娟女士 Ms. Ma Suk Kuen
行政部中央行政主任
Central Administration Officer – Central Administration
3. 麥櫻玲女士 Ms. Mak Ying Ling
公共關係及籌募經理
PR & Fundraising Manager
4. 丘鴻生先生 Mr. Yau Hung Sang
熱線中心中心主任
Centre-in-charge – Hotline Centre
5. 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
6. 譚順源先生 Mr. Tam Shun Yuen
越嶺專業發展培訓及發展中心中心主任
Centre-in-charge –
Ur-Link Professional and Training Development Centre
7. 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

義務顧問、義務機構大使

Honorary Advisers, Honorary SBHK Ambassador

義務顧問

Honorary Consultants

服務顧問 Service Consultants

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

陳麗雲榮休教授

香港大學社會工作及社會行政學系榮休教授
Emeritus Prof. Chan Cecilia L.W. | Emeritus
Professor, Department of Social Work and Social
Administration, 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

財務顧問 Financial Consultant

黎劍民陸永熙會計師事務所

Louis Lai & Luk CPA Limited,
Certified Public Accountants

法律顧問 Legal Consultant

簡家聰律師行

Fred Kan & Co., Solicitors & Notaries

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

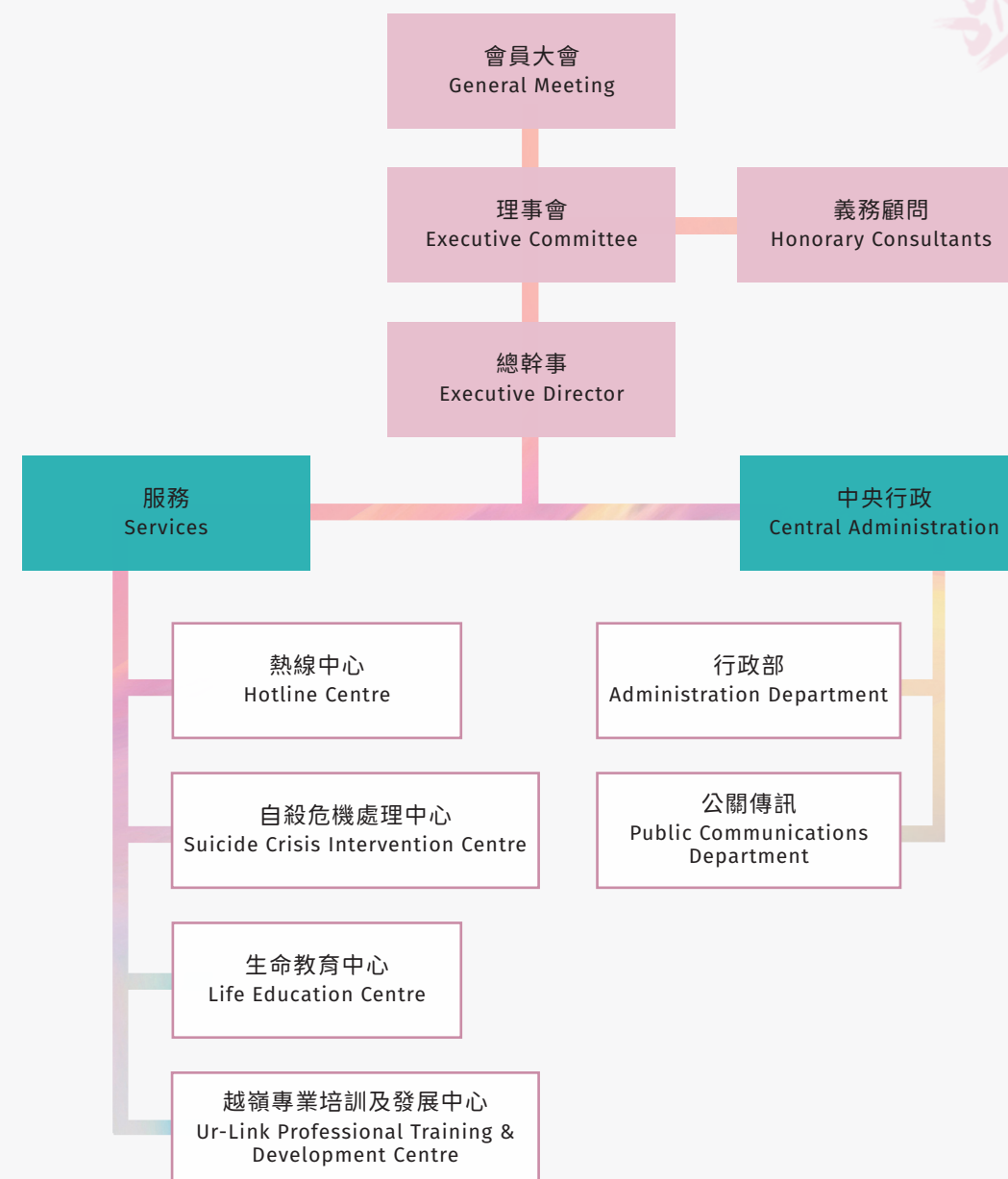
機構大使 SBHK Ambassador

惠英紅小姐

Ms. Kara Wai Ying Hung

組織圖表

Organization Chart



里程碑

Our Milestones



主席報告

Chairman's Report

導言

根據死因裁判法庭報告，2020年共有1,019人自殺死亡，自殺率為13.61，即每十萬人中有13.61人死於自殺，較2019年上升了0.36，即平均每天約有2.79人自殺死亡。

香港長者自殺率一向是本地各年齡組別中最高的，在去年面對經濟衰退及社交限制的打擊下，長者（60歲或以上）自殺數字更是自1973年有記錄以來最高的，雖然同年長者自殺率不是歷來最高，但這亦顯示人口老化而長者支援不足的問題，確實為長者的情緒及精神健康帶來不少的負面影響。

另外，香港就業不足率更升至2003年沙士後的最高位。根據過往經驗，經濟急速下滑均會帶來較高的自殺數字，我們極關注來年自殺數字會否出現上升的趨勢。

機構整體事項

2020年新冠肺炎的來襲，引致全球數以千萬宗感染個案，疫情來勢洶洶，直接挑戰本港衛生防線之餘，亦為社會服務界帶來了新挑戰。

社會服務在疫情下面臨重大的衝擊，最關鍵的原因是大多服務均須與服務使用者面對面接觸及溝通，但同時又須兼顧社交距離的限制以防止疫情擴散。本會服務模式亦須因時制宜而作出調整。在疫情期間，本機構各中心除了要實施一系列防疫措施之外，亦將部分服務透過網上媒體來提供，大幅減少近距離接觸的機會。

在限聚令下，去年度的周年大會在得到會員的支持及參與下，讓會議能如期舉行，並順利通過會章的修改，讓本會的憲章更趨完善。

Introduction

According to the report of the Coroner's Court, there were a total of 1,019 suicide deaths in 2020. The suicide rate was 13.61, i.e. 13.61 out of every 100,000 people died of suicide, which was an increase of 0.36 from 2019. On average, there were 2.79 suicide deaths per day in 2020.

It has been for some years that the suicide rate of the elderly is the highest among all age groups. In the absence of social contacts and the impact of the economic recession, the number of suicide deaths of the elderly (age 60 or above) was also the highest since 1973, although the suicide rate of the elderly was not the highest. This reflects that the aging population and the insufficient support given to the elderly are affecting very much their emotional and mental health condition.

The underemployment rate in 2020 climbed also to its highest since 2003. History tells us that economic downturns always bring to higher number of suicides. We concern very much if there will be an increasing trend of suicide in the coming years.

Organization Overview

The arrival of the COVID-19 in 2020, resulting in tens of millions of infections worldwide, challenged not only the line of defense of our health care system directly, but also brought to the social welfare sector a lot of difficulties.

The social welfare sector experienced a major impact under the epidemic as most of the social services require direct communications and contacts with the service users, but has to keep social distance to prevent the spread of the epidemic on the other hand. Our service delivery mode had to make certain adjustments to adapt to the changing conditions. Apart from taking a series of measures for epidemic prevention, our service centres also took the chance to provide some of the services through the online media so as to reduce the need of direct contacts with our service users.

It was under the social gathering ban that our last Annual General Meeting was held as scheduled and the Memorandum and Articles of Association was passed. The support and participation of our members made the perfection of our constitution possible.

熱線中心

在2020年，熱線中心24小時情緒支援熱線共處理了12,809的服務個案，較2019年18,652宗減少5,843宗，當中求助個案為8,340個。個案數字減少非因為求助者減少，而是因疫情關係而須大幅限制義工當值人數，導致服務提供受到一定影響。

在2020年的求助個案中，有自殺危機的求助個案佔12.73%（即1,062個）；其中，高、中危個案佔19.49%（即207個），當中26.09%的個案（即54個）被成功轉介至自殺危機處理中心跟進。

熱線中心舉辦了63期及64期義工訓練班，共有101人接受職前培訓課程，唯受疫情影響，課程一再延期。

在職義工訓練方面，在2020年，熱線中心提供共9節不同主題的在職培訓，有302人次參與。

自殺危機處理中心

因受疫情的影響，於2020年尋求自殺危機處理中心服務的人數有下降，處理的個案數字較2019年減少108宗，共處理1,216宗，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95個自殺身故者親友個案，共舉行了3次「未完的小說」自殺身故者親友治療性小組以及26次「活出彩虹」自殺身故者親友支援小組。

網上防止自殺服務ChatPoint提供了4,217小時的即時情緒疏導，並處理了7,717名有自殺危機或情緒困擾的網絡使用者。我們的「賽馬會生命偶遇資源計劃」共提供了19節教師及社工專業培訓課程，共482人參與。

另外，2020年開展了英語情緒支援熱線服務，讓操英語之人士同樣獲得情緒支援及疏導。

Hotline Centre

In 2020, our 24-Hour Emotional Support Hotline handled 12,809 cases in total, which had a decrease of 5,843 cases compared with 18,652 cases in 2019. Among all the cases, 8,340 were help-seekers who needed emotional support. The decrease in the number of cases was not because of the decrease in help-seekers, but because of the measures to reduce the number of volunteers on-duty due to the epidemic, which led to a certain degree of influence to the provision of the service.

Among all the help-seeking cases, 12.73% (1,062 cases) were assessed with suicidal risk. 19.49% (207 cases) of the suicidal cases were assessed with high and medium risk and 26.09% (54 cases) of these cases were successfully referred to our Suicide Crisis Intervention Centre for follow-up.

The Hotline Centre organized the 63rd and 64th batches of volunteer training programmes, and a total of 101 applicants underwent the pre-service training. However, due to the epidemic, the programmes had to be postponed.

A total of 9 sessions of on-the-job training with various topics were organized for our volunteers in 2020, with 302 attendants.

Suicide Crisis Intervention Centre

The number of help-seeking cases dropped by 108 when compared with that in 2019 because of the epidemic. A total of 1,216 cases were handled, which was slightly lower than the annual benchmark (1,400 cases) stipulated in the Funding Service Agreement laid down by the Social Welfare Department.

Live the Rainbow Service handled 95 counseling cases, held 3 sessions of The Unfinished Novel therapeutic group and organized 26 sessions of Live the Rainbow support group for relatives and friends of the suicidal deaths.

The online suicide prevention service - ChatPoint provided 4,217 hours of emotional support service and handled 7,717 cases with suicide crisis or emotional distress. Our Jockey Club Life-Connect Resource Network Programme provided 19 sessions of professional training for teachers and social workers, with a total of 482 participants.

In addition, an English Emotional Support Hotline was launched in 2020 to provide emotional support service to English speakers in Hong Kong.

Life Education Centre

Due to repeated school suspensions and the implementation of the social gathering ban, outreach services have been affected seriously. In order to maintain

生命教育中心

因限聚令的實施引致學校反覆停課，外展服務全面受到影響。生命教育中心於2020年把一些服務改為網上進行並加強推廣：如短片及訪談節目，以維持服務的提供。另講座、工作坊、專題培訓及小組活動，均在可行情況下持續推行，服務多達 4,519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1,674人次。賽馬會生命偶遇資源計劃的家長小組及社區教育惠及1,893人次。生命劇場因大受限聚令影響，全年只能完成1場演出，惠及120人。

越嶺專業培訓及發展中心

越嶺專業培訓及發展中心於2020年為8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18個，有514人次及11間企業與機構參與。部份課程需要以網上或混合形式進行。

公關及籌款活動

在持續不斷的社交距離限制措施下，大部份為紀念60周年而準備的活動都被迫擱置，可幸60周年回顧展覽得以順利舉辦；機構的線上宣傳及籌款渠道在疫下亦加強發展，例如機構推出了網上【展望鑽禧—各中心及旗下服務重溫】及【60周年揭秘，帶你認識本會】系列，以及與「求助人說出的一句最窩心說話」為題的短片。本會亦推出籌款專頁平台及設立捐助者資料庫，除了能達致更大的工作效益，亦同時能讓支持我們的人以自己喜歡的方式為本會籌款。

總結

過去一年，在疫情的挑戰下，感謝所有不辭勞苦的義工及同事共同努力面對；把疫境視為試煉，洞悉需要、改變及創新。冀盼疫情的威脅可儘快減退，本會仍一如既往，與香港人互勉互勵，順疫同行。

the provision of the services, our Life Education Centre had to provide some of the services over the internet. The centre also made videos and interview programmes as a kind of enhancement of our online programmes.

Even though our services were affected by the social gathering ban, the centre still served 4,519 persons through talks, workshops, training and group activities. Among them, the Suicide Prevention Education Programme funded by the Hong Kong Jockey Club Charities Trust served 1,674 persons. The Parents Group and community education under the Jockey Club Life Connect Resource Network also benefited 1,893 persons. Due to the social gathering ban, our Life Drama Programme could only provide 1 performance for 120 persons.

Ur-Link Professional Training & Development Centre

The Centre worked with 8 professional partners and organizations to provide different training courses and seminars for the general public and the helping professionals, such as teachers, social workers and medical practitioners. 18 different topics were covered and 514 participants and 11 organizations or corporates joined these activities during the year. Some of these courses were provided online or in a hybrid mode.

Public Communications and Fund Raising Event

Most of the activities prepared for the 60th anniversary were put on hold due to the continuous social distancing measures. Fortunately, the 60th Anniversary Retrospective Exhibition was successfully held. We also took the chance to develop our online promotion and fundraising activities. For example, we launched the online "Looking Forward to Diamond Jubilee - Review of Centers and Its Services", "60th Anniversary Reveal, Know More about SBHK" series, and produced "The Most Warm-hearted Sentence from a Help Seeker" short video.

Our new Online Fundraising Platform and Donor Database System were officially launched. They help to achieve greater work efficiency and can also allow people who support us to raise funds for us in their preferred ways.

Conclusion

We are grateful for the effort our volunteers and staff members had put into the service in the past one year so that we could overcome the challenges brought about by the epidemic. We see the epidemic as a chance to discover needs, make changes and induce creativity.

We hope that the epidemic will be gone very soon. As usual, SBHK is committed to "be with you" and walk through the tough times with the people of Hong Kong

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、社區教育及Lifetube）
Jockey Club Life-Connect Resource Network (Parent Workshop, Community Education & Lifetube)

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

- 生命劇場
Life Drama Programme
- 公開課程
Public Course
- 企業培訓及講座
Organization and Corporate Training

熱線中心

Hotline Centre



Touch – 寓意接觸、觸及、觸覺；我們……

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

“Touch” means “Contact”, “Understanding” and “Sensitivity”.
We...

“listen” to the voice of our callers;

“care” for the needs of our callers;

“are sensitive” to 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”!

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；後於1995年因獲房屋署撥出彩虹邨金華樓地下一單位作為新會址，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、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 its Fixed Line Emotional Support Service in 1960, which is the 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 with the support from the Hong Kong Housing Authority by providing a venue in Choi Hung Estate. The Centre services include our 24-Hour Emotional Support Hotline, Hotline Centre Volunteer Recruitment & Training, as well as talks and seminars for the community.



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

2020年熱線中心回顧

2020 Hotline Centre Review



12,809

來電總數

No. of Incoming Calls



260

熱線義工數目

No. of Hotline Centre Volunteers



41

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



2

社區活動

Community Activities



1,000

社區活動受惠人次

Participants Attended
Community Activities



中心引言

Foreword

2020年對世界來說是艱難的一年，一場全球疫症改變了整個世界的常規，防疫措施令人與人接觸的環節都受到影響，整個社會亦加速進入了網絡時代。

今天人們安坐家中處理各樣生活活動已成常態，無論是購物、叫外賣、上課、工作及開會等都以網上進行。熱線服務上亦需要跟隨這突如其來的轉變而作出應對調整服務運作，除了提高中心防疫設施，減少義工當值數目之外，義工培訓需要改為網上授課，而熱線服務亦首次嘗試在家當值。

基本上防疫措施就是減少人與人的接觸，大部份飯聚、社交、聯誼活動，甚至工作上的接觸都要盡量減少。這些措施雖然保障了人的身體，但人與人之間的關係卻疏離了。在外出活動都擔驚受怕的環境下，市民的抗疫壓力、缺乏社交及情感支援等壓力，如同一個不斷充氣的汽球，容易到爆破點，並存在於社會各個角落。

2020 was a catastrophic year for the world. The outbreak of the epidemic affected countless normal practices around the world. Measures to prevent the spread of it have affected almost every aspect of interpersonal contacts. The society had to increase its pace into the internet era.

Staying at home to arrange daily activities has become normal nowadays. Shopping, takeaway ordering, attending classes, work and meetings are going online. Apart from implementation of epidemic prevention measures and reducing the number of volunteers on-duty at any one time, our Hotline Centre had to re-arrange our service delivery mode in order to cope with the unexpected challenges. These included online volunteer training and the first time ever of providing hotline service at home.

The purpose of epidemic prevention measures is to reduce interactions. Social activities and even business related contacts were minimized. Although these measures might help relieve the epidemic and protect our health, they alienated us from each other. People were stressed because of the fear of being infected, continuous efforts in dealing with the epidemic, and the lack of social interactions and support. They are like inflated balloons ready to be blown-up everywhere in the community.

2020年，長者自殺數字是有記錄以來最高，這帶出「孤獨死」的問題。「孤獨死」指的是由於欠缺與外界和家人互動，在家死去一段時間後才被發現的老人，這名詞近期受到社會關注，讓人擔心有多少長者孤獨無援地隱藏於社會中。人是社會性動物，長者欠缺支援已是不爭的事實，再加上缺乏社交的社會環境，長者的情緒健康問題更應受到關注。每次疫情反覆時，市民都大為緊張，我們亦無法預知疫情何時完結，在這「疫境」下，我們要多加關注自己及身邊人，特別是長者的情緒健康，需要時應主動求助。

科技的進步令生活方便了，滿足了很多生活上的需要，但這取代不了面對面的關心問候，情感支援仍是人的基本需要，希望是次的疫情讓我們學會更珍惜身邊人，珍惜彼此聚在一起的機會。熱線中心亦會謹守崗位，培育更多有心人，聆聽求助者的聲音。

In 2020, the suicide rate of the elderly came to the highest in the recent 5 years. This brings to a problem called "Lonely Deaths" - the undiscovery of the deaths of the elderly who do not have interactions with their families and the community. There are numerous hidden elderly who are isolated without support. Human beings are a kind of social animals, with the lack of social interactions under the epidemic, elderlies' mental health needs to be cared for. People can get very stressed every time the epidemic rebound. We cannot predict when the epidemic will end. However, we can care more for the emotional health of ourselves, our friends and relatives, especially the elderly we know, and seek professional support when necessary.

Life has become more convenient with technological advancement, but face-to-face communications and caring can never be replaced by technology. Emotional support remains to be the basic needs of human beings. We hope that people can learn from the experience of this epidemic to cherish the people around us and the time of gathering together. Our Hotline Centre will stand fast and remain at our post to nurture more people to listen to the voices of the help-seekers.



RESPONSE
CARE
PUTTING
HEART
TOGETHER

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。受疫情影響，2020年我們共處理了12,809的服務個案，比2019年的18,652宗減少5,843宗，當中求助個案為8,340個。

Our 24-Hour Emotional Support Hotline relies much on our 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 the confidence in facing the challenges ahead. Due to the epidemic, in 2020, we handled 12,809 cases. There was a decrease of 5,843 cases from 18,652 cases in 2019. Among these, 8,340 were help-seeking cases who were in need of emotional support.



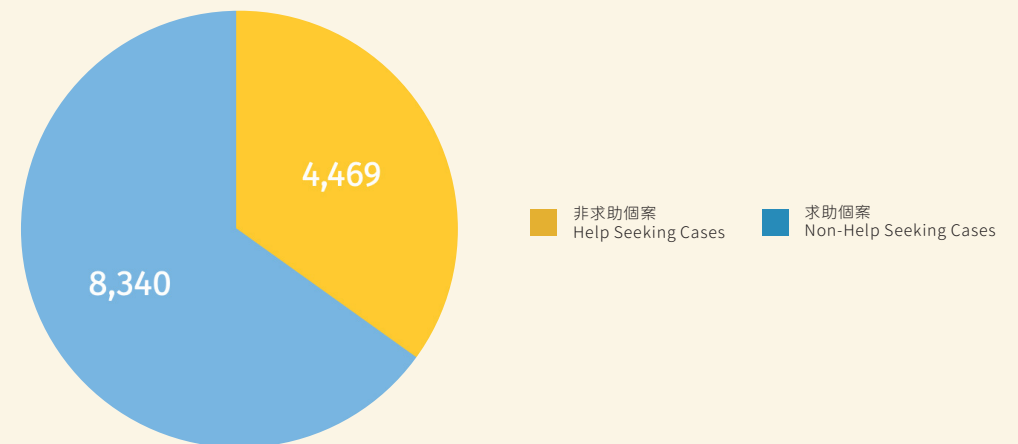
2020年24小時情緒支援熱線數據分佈

24-Hour Emotional Support Hotline 2020 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	4,469
求助個案 Help Seeking Cases	8,340
總計 Total	12,809



求助個案性別及來電者年齡分佈

Gender and Age Distribution of Help-Seeking Cases

年份 Year	2020					2019	
年齡 Age	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0 - 9	15	3	0	18	0.21	12	0.09
10 - 19	169	202	11	382	4.58	483	3.73
20 - 29	692	488	8	1,188	14.23	2,050	15.83
30 - 39	719	587	5	1,311	15.72	2,131	16.45
40 - 49	618	748	4	1,370	16.44	2,093	16.16
50 - 59	789	901	9	1,699	20.38	2,416	18.66
60 +	508	476	5	989	11.86	1,661	12.83
不詳 Unknown	658	678	47	1,383	16.58	2,105	16.25
總計 Total	4,168	4,083	89	8,340	100	12,951	100

求助個案求助問題分佈

Presenting Problems Distribution of Help-Seeking Cases

年份 Year	2020				
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	668	1,148	16	1,832	14.84
家庭 Family	504	1,097	11	1,612	13.05
人際相處 Social Relationship	392	702	11	1,105	8.95
生理健康 Physical Health	533	411	5	949	7.69
就業 Employment	658	246	6	910	7.37
工作 Job	382	399	2	783	6.34
經濟 Finance	402	300	6	708	5.73
愛情 Love Relationship	318	378	7	703	5.69
婚姻 Marital Problem	354	296	4	654	5.30
性 Sex	468	109	6	583	4.72
住屋 Housing	146	286	3	435	3.52
學業 Study	51	107	3	161	1.30
親友自殺危機 Suicide Risk of Family Member or Friend	54	68	2	124	1.00
沉溺 Addiction	77	23	1	101	0.82
個人意外 Accident	23	26	0	49	0.40
親友自殺身故 Suicide Death of Family Member or Friend	7	17	0	24	0.19
其他 Others	955	626	35	1,616	13.09
總計 Total	5,992	6,239	118	12,349	100

在2020年求助個案類別中，主要困擾的問題為精神健康（14.84%）、家庭（13.05%）及人際相處（8.95%）。

In 2020, the major reasons for seeking help were: Mental Health (14.84%), Family (13.05%), and Social Relationship (8.95%).

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

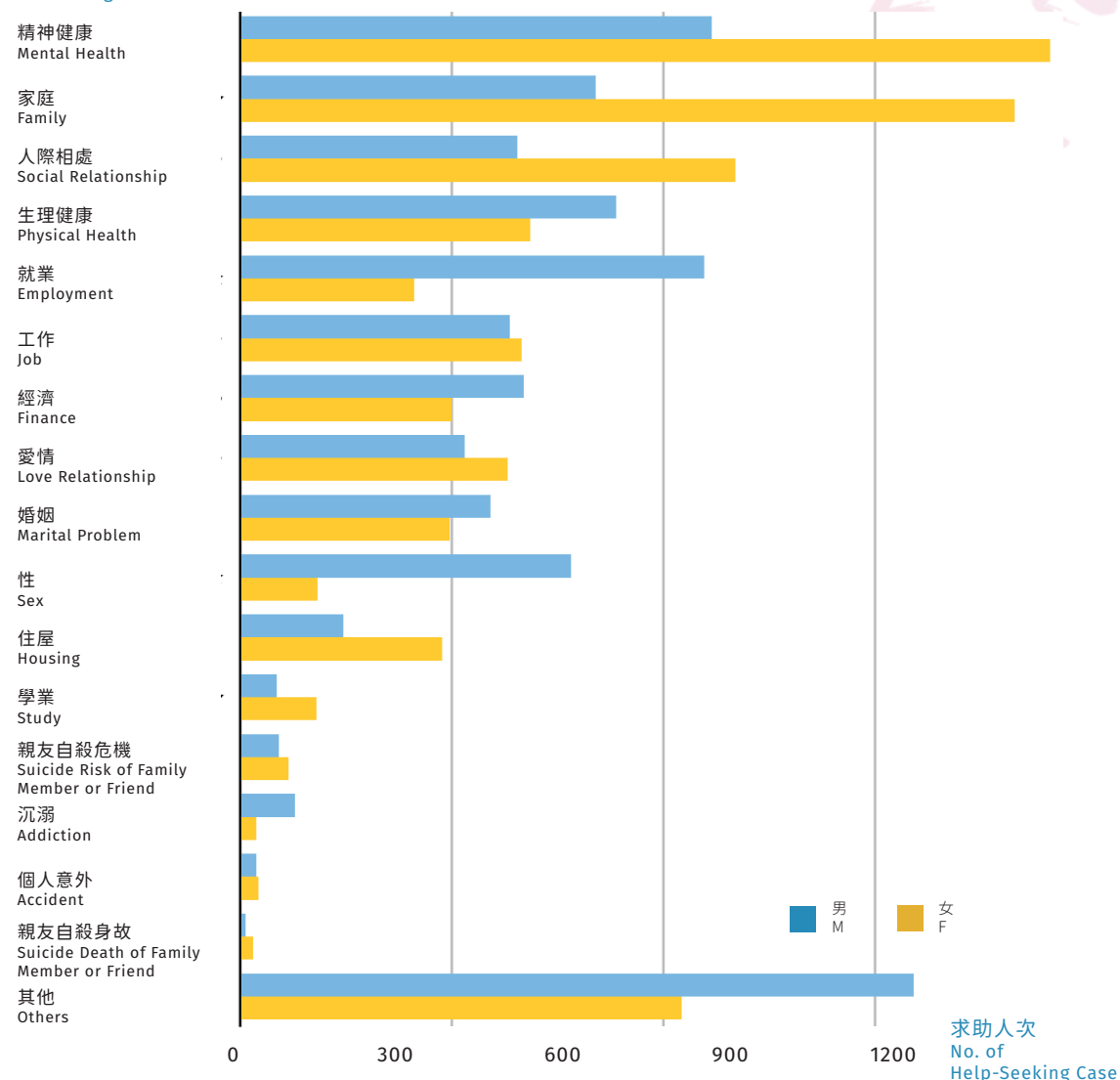
年份 Year	2020					2019	
危機程度 Risk Level	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
低 Low	364	480	11	855	10.25	1,506	11.63
中 Moderate	75	101	1	177	2.12	322	2.49
高 High	17	13	0	30	0.36	97	0.75
無 No	3,395	3,247	55	6,697	80.30	10,111	78.07
未及評估 Cannot Assess	317	242	22	581	6.97	915	7.06
總計 Total	4,168	4,083	89	8,340	100	12,951	100

求助個案求助問題分佈

Presenting Problems Distribution of Help-Seeking Cases

求助問題

Presenting Problem



在2020年的12,809宗服務個案中，求助個案為8,340宗。當中，有自殺危機者的求助個案共為12.73%（即1,062個）；其中的高、中危個案佔19.49%（即207個），當中的26.09%個案（即54個）被成功轉介至自殺危機處理中心跟進。

Among the 12,809 cases, 8,340 were help-seeking cases who were in need of emotional support. 12.73% (1,062 cases) were assessed with suicidal risk. 19.49% (207 cases) of the suicidal cases was of high and medium risk. 26.09% (54 cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

求助個案年齡、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 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F
精神健康 Mental Health	1	0	21	33	108	115	97	113	106	227
家庭 Family	2	0	30	95	119	131	71	144	121	176
人際相處 Social Relationship	0	0	47	38	79	75	67	104	51	157
生理健康 Physical Health	3	1	34	5	36	34	58	54	45	67
就業 Employment	0	0	0	4	38	33	136	57	138	48
工作 Job	0	0	0	3	55	38	99	144	87	97
經濟 Finance	0	0	0	4	30	28	44	29	91	52
愛情 Love Relationship	0	0	20	43	99	96	77	71	49	91
婚姻 Marital Problem	1	0	0	4	21	20	140	52	91	61
性 Sex	5	1	31	18	169	14	97	14	52	31
住屋 Housing	0	0	3	3	13	10	17	31	61	40
學業 Study	3	1	17	36	17	28	1	18	9	2
親友自殺危機 Suicide Risk of Family Member or Friend	0	0	1	3	8	10	6	9	9	5
沉溺 Addiction	0	0	3	1	19	5	17	2	14	3
個人意外 Accident	0	0	2	0	3	2	3	3	7	10
親友自殺身故 Suicide Death of Family Member or Friend	0	0	0	0	1	5	2	0	3	2
其他 Others	5	0	31	16	140	61	99	73	97	100
總計 Total	20	3	240	306	955	705	1,031	918	1,031	1,169

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 M	女 F	男 M	女 F	男 M	女 F	男 M	女 F	不詳 Unknown	總計 Total
精神健康 Mental Health	195	333	81	170	59	157	668	1,148	16	1,832
家庭 Family	76	275	40	133	45	143	504	1,097	11	1,612
人際相處 Social Relationship	50	163	58	65	40	100	392	702	11	1,105
生理健康 Physical Health	178	139	129	61	50	50	533	411	5	949
就業 Employment	235	55	57	10	54	39	658	246	6	910
工作 Job	81	67	13	12	47	38	382	399	2	783
經濟 Finance	130	82	65	72	42	33	402	300	6	708
愛情 Love Relationship	20	28	13	10	40	39	318	378	7	703
婚姻 Marital Problem	17	80	13	40	71	39	354	296	4	654
性 Sex	13	12	4	1	97	18	468	109	6	583
住屋 Housing	12	61	26	95	14	46	146	286	3	435
學業 Study	2	13	1	1	1	8	51	107	3	161
親友自殺危機 Suicide Risk of Family Member or Friend	5	11	2	2	23	28	54	68	2	124
沉溺 Addiction	3	7	5	2	16	3	77	23	1	101
個人意外 Accident	3	6	2	2	3	3	23	26	0	49
親友自殺身故 Suicide Death of Family Member or Friend	0	7	0	1	1	2	7	17	0	24
其他 Others	193	122	180	82	210	172	955	626	35	1,616
總計 Total	1,213	1,461	689	759	813	918	5,992	6,239	118	12,349

熱線中心義工招募及培訓

Hotline Centre Volunteer Recruitment and Training



258

熱線中心義工
Hotline Centre Volunteers



2

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



9

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



1,139

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

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

熱線中心義工並非社工、輔導員、臨床心理學家或其他精神科醫生，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260名義工，當中不少在熱線服務了十多二十年，甚至有些已服務超過四十年。那份全情投入、貢獻社會的精神，實在是義工組織最珍視的資產。

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

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

Most of our hotline volunteers are not professional social workers, counsellors, clinical psychologists, nor psychiatrists. They are just ordinary people in the community who are willing to help others. Our Centre has about 260 volunteer members. Many of them have served for over 10 or even 20 years. Some have even reached over 40 years of service. The spirit of dedication and serving the community is one of the most valuable assets in a volunteer agency.

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

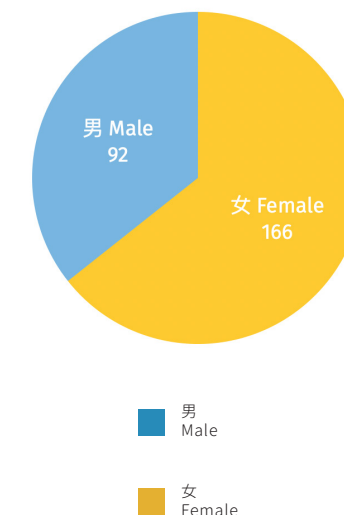
2020年熱線中心義工資料

Profile of Volunteers in 2020

熱線中心義工服務年資分佈

Hotline Centre Volunteers' Years of Service Distribution

	男 Male	女 Female
	92	166
服務年資 Serving Year	男 Male	女 Female
一年以下 Below 1 year	3	20
2-3 年 / years	22	32
4-5 年 / years	9	25
6-7 年 / years	7	18
8-9 年 / years	10	8
10年或以上 10 years above	41	63
合共 Total	92	166



義工在職培訓聚焦

Volunteers On-the-Job Trainings Highlight



婚姻的禁果

Seminar of Extra-marital Affairs Counseling Skills



來一場深度自我認識之旅

Focusing Workshop

2020年義工在職培訓總覽

Volunteers On-the-Job Trainings Review in 2020

主題 Theme	節數 No. of Sessions	人數 No. of Participants
突如其來的一個挑戰 Workshop on Crisis Pregnancy	1	43
來一場深度自我認識之旅 Workshop on Focusing	2	29
沙維雅工作坊-你可能不知道的那個我 Workshop on Satir Model	2	23
婚姻的禁果 Seminar of Extra-marital Affairs Counseling Skill	1	29
我的家人有精神病 Workshop on Supporting Mental Illness Recovery Carers	1	30
我的心內住了一只黑狗-抑鬱 Seminar of Depression	1	49
男士的情緒解碼 Workshop on Male Emotional Support	1	48
轉介個案去哪兒 Referral Crisis Case Sharing	1	33
拚發小組 Training Programme for Junior Volunteers	1	18
總數 Total	11	302

2020年，我們舉辦了63期及64期義工訓練班，共有101人接受職前培訓課程，而整年的職前培訓課程合共有834出席人次。

In 2020, we organized the 63rd and 64th batch of hotline volunteer training programme to our volunteer trainees. 101 applicants were admitted as volunteer trainees for the pre-service training and there were 834 attendances in total.



社區講座及活動

Community Seminar and Activity

熱線中心致力向公眾推廣防止自殺訊息，並藉着舉辦各類型的社區講座及活動，提升公眾對防止自殺及情緒健康的認識及關注。社區講座主題包括有長者情緒健康、自殺的謬誤等，也有為其他機構分享講座主題，主題包括基礎自殺危機評估，以及社區活動如街站等。

Hotline Center is committed to promoting suicide prevention messages to the public by organizing various types of community seminars and activities to raise public awareness and concern about suicide prevention and emotional health. Community seminars included The Emotional Health of the Elderly, the Fallacy of Suicide, etc., there were some sharing seminars as well with other organizations including Basic Suicide Crisis Assessment. Community activities such as street counters were also set up for the purpose of community education.

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 logo is in green and yellow. The two colours represent healing and full of vitality respectively. “Alive” represents the goal of our intervention and can be read 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 even in a crisis and it also signifies a burning candle which emits light and warmth in life.

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服務。中心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及指導服務，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 of the centre include Suicide Crisis Intervention, Live the Rainbow Service and Online Suicide Prevention Service. The services are provided 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, which rebuild their living faith and enhance their ability to deal with crises. The Centre also provides training and coaching services for teachers and social workers through Jockey Club Life-Connect Resource Network to help them meet the challenges of youth suicide.

2020年自殺危機處理中心回顧

2020 Suicide Crisis Intervention Centre Review



1,216

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



1,078

具自殺危機者之個案數字
No. of Suicidal Cases



138

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



自殺危機介入服務

Suicide Crisis Intervention Service



活出彩虹服務

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)

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



中心引言

Foreword

在嚴峻的新冠肺炎疫情之下，為減低服務使用者及同事的感染風險，中心多次參考政府的防疫措施，嚴格控制社交距離，包括暫停中心開放、面談及小組活動。因此，在欠缺面對面接觸的情況下，危機輔導員需要付出更大的努力與案主建立關係。然而，由於輔導員也是身受疫情影響的一份子，因此大家在這非常時期更覺同坐一條船，期盼盡快回復正常的生活。此外，我們發現有不少案主因欠缺防疫物資導致未能外出及就診。當輔導員四處張羅有關物資的時候，發現有不少團體和民間組織已主動關顧弱勢社群，讓人與人越來越疏離的情況下，仍能感到聯繫與互助。

至於活出彩虹服務，疫情下組員仍是彼此掛念，並沒有忘記同路人。因此，中心透過視像會議的方式，讓組員保持聯繫。雖然運用資訊科技對大部份組員並非易事，但幾經同工的的努力，最終能成功推行視像聚會。對組員以至同工來說，這些學習和增值可算是困境中的意外收穫呢！

Under the impact of the epidemic, in order to reduce the risk of infection of service users and colleagues, we followed the prevention measures taken by the government to strictly control social distancing, including the closure of the centre for face-to-face counseling and group activities. Under this condition, crisis counselors needed to make greater efforts to establish relationships with the service users. As the counselors were also affected by the epidemic, service users and counselors shared the same feeling and wished that everything could be back to normal very soon. In addition, we found that many service users were unable to go out and seek medical treatment as they do not have enough anti-epidemic supplies. When gathering the relevant supplies to support our clients, we realized that many non-governmental organizations and kind-hearted people have taken the initiatives to care for the disadvantaged groups. This enabled our clients to feel connected and being cared for.

As for the Live the Rainbow Service, members under the program missed each other during the epidemic. Therefore, the Center facilitated group members to keep in touch through video conferencing. Although the use of information technology is not easy for most of the members, with the efforts of our colleagues, video gatherings could be held successfully. This was a windfall to our members and colleagues in such a difficult situation!

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
- + 自殺危機個案輔導
Suicide Counseling
- + 英語情緒支援熱線 2389 2223
English Emotional Support Hotline 2389 2223

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，並透過深入的輔導跟進，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。

Our Suicide Crisis Intervention Service provides a 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.

親友自殺危機諮詢專線 2319 1177

Consultation Hotline for Relatives and Friends of the Suicidal People 2319 1177

透過社會福利署的津助，中心由2005年開始增設一條由專業社工接聽的親友自殺危機諮詢專線，為有自殺危機人士的親友提供專業意見，協助他們了解自殺警號及提升自殺危機處理能力，讓他們能幫助有自殺危機的親友渡過難關。

Since 2005, with subvention of Social Welfare Department, Centre's established a consultation hotline for relatives and friends of the suicidal people in order to help them understand the symptoms of suicide and improve their ability to deal with suicide crises so that they can help their suicidal relatives and friends to overcome their difficulties.

自殺危機個案輔導

Suicide Crisis Counseling

透過社會福利署的津貼，中心由2005年開始提供自殺危機個案輔導，為具中、高自殺危機人士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，例如家訪、中心面談、電話輔導、服務轉介等，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。

Since 2005, with the subvention of Social Welfare Department, our Centre has been providing suicide crisis counseling for people with moderate to high suicide risk. Through intensive counseling and follow-up service such as home visits, interviews, telephone counseling and service referrals, we aim at helping our clients to rebuild their living faith and enhance their ability to deal with future crises.

2020年自殺危機介入服務數據分佈

Suicide Crisis Intervention Service 2020 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	1,078	88.7
自殺危機者親友 Family or Friend of Suicidal People	138	11.3
總計 Total	1,216	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 No. of Cases	百分比 %
女性 Female	696	64.6
男性 Male	382	35.4
總計 Total	1,078	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	0	0	0	0
10-19	91	36	127	11.78
20-29	124	66	190	17.63
30-39	138	78	216	20.04
40-49	127	94	221	20.50
50-59	124	61	185	17.16
60-69	58	31	89	8.26
70-79	15	12	27	2.50
>=80	10	2	12	1.11
不詳 Unknown	9	2	11	1.02
總計 Total	696	382	1,078	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	235	21.80
綜合家庭服務 Intergated Family Service	214	19.85
自行求助 Suicidal Cases Themselves	189	17.53
醫務社會服務單位 Medical Social Service Units	115	10.67
親友求助 Relatives or Friends of Suicidal People	62	5.75
學校 Schools	53	4.92
網上防止自殺服務 Online Suicide Prevention Service	48	4.45
警方 Police	33	3.06
心理輔導服務單位 Psychological / Counselling Service Units	26	2.41
護士及輔助醫療單位 Nurse or Para-medical Units	23	2.13
其他 Others	80	7.42
總計 Total	1,078	100

依自殺危機個案及求助問題分佈

Presenting Problem Distribution of Suicidal Cases

自殺危機求助個案類別 Presenting Problems of Suicidal Cases	女性 Female	男性 Male	求助個案 Cases of Request	百分比 %
家庭 Family	149	31	180	16.70
經濟 Finance	80	83	163	15.12
精神健康 Mental Health	104	49	153	14.19
婚姻 Marital Problem	87	60	147	13.64
愛情 Love Relationship	67	29	96	8.91
親友自殺身故 Suicide Death of Family Member or Friend	51	22	73	6.77
生理健康 Physical Health	32	20	52	4.82
住屋 Housing	26	15	41	3.80
人際相處 Interpersonal Relationship	24	14	38	3.53
就業 Employment	10	21	31	2.88
學業 Study	15	7	22	2.04
工作 Job	14	7	21	1.95
親友的自殺危機 Suicide Risk of Family Member or Friend	7	4	11	1.02
沉溺 Addiction	2	5	7	0.65
個人意外 Accident	2	1	3	0.28
性 Sex	2	0	2	0.19
其他 Others	24	14	38	3.53
總計 Total	696	382	1,078	100

英語情緒支援熱線 2389 2223

English Emotional Support Hotline 2389 2223

本會獲得 Hong Kong Blue Tie Ball 的捐助，從2020年1月開始增設英語情緒支援熱線，讓操英語之人士能透過英語情緒支援熱線，獲得情緒支援。

With the support of Hong Kong Blue Tie Ball, we set up an English Emotional Support Hotline in January 2020 to provide emotional support to English speakers.

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，彼此在互相支持下，面對和適應新生活，達致助人自助的目標，攜手走出困境。

「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 cause the people around them to 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 by gathering them together to gain mutual support, live a new live and ultimately achieve the goal of “helping others to help themselves”.

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 can 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 to launch a one-stop shop “Live the Rainbow Service” for relatives and friends of the suicidal deaths starting from November 2009.

2020年服務回顧

2020 Service Review



95

自殺身故者親友個案輔導總數
No. of Counseling Case of Relatives & Friends of Suicidal Deaths



3

「未完的小說」自殺身故者親友治療性小組小組次數
No. of Session The Unfinished Novel Therapeutic Group for Relatives & Friends of the Suicidal Deaths



26

「活出彩虹」自殺身故者親友支援小組次數
No. of Session of Live the Rainbow Support Group for Relatives & Friends of the Suicidal Deaths

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 for.



「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的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.

2020年自殺身故者親友個案關係分佈

2020 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	22	23.16
配偶 Spouse	18	18.95
兄弟姊妹 Sibling	16	16.84
父母 Parent	14	14.74
朋友 Friend	14	14.74
其他親屬關係 Other Relative	7	7.37
愛侶 Lover	4	4.21
非親屬 Non-relative	0	0
總計 Total	95	100

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在網絡上宣洩和傾訴；中心由2010年不斷發展網上防止自殺服務，包括真心話室、《自殺・自療・互助舍》網站、「網蹤人」計劃及Chat 隆服務。

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

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2020年，「Chat 隆」提供了4,217小時的即時情緒疏導服務，並處理了7,717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, app versions on iOS and Android platforms are also available, where volunteers provide a channel for people to ventilate their emotions and can rest assured that their privacy can be protected. In 2020, ChatPoint rendered 4,217 service hours and handled 7,717 cases with suicidal risk or emotional distress.



網站 website:
<https://chatpoint.org.hk>

2020年Chat隆回顧

2020 ChatPoint Review



4,217
小時服務
Service Hours



7,717
Chat隆使用者
ChatPoint Users

2020年Chat隆求助問題分佈 2020 ChatPoint Data Analysis

求助問題 Presenting Problems	聊天個案 Chat Cases	百分比 %
精神健康 Mental Health	1,082	35.58
工作 Job	274	9.01
家庭 Family	232	7.63
愛情 Love Relationship	230	7.56
人際相處 Interpersonal Relationship	228	7.50
學業 Study	162	5.33
婚姻 Marital Problem	115	3.78
就業 Employment	114	3.75
經濟 Finance	110	3.62
生理健康 Physical Health	95	3.12
親友自殺危機 Suicide Risk of Family Member or Friend	89	2.93
性 Sex	30	0.99
沉溺 Addiction	25	0.82
親友自殺身故 Suicide Death of Family Member or Friend	15	0.49
住屋 Housing	13	0.43
個人意外 Accident	8	0.26
其他 Others	219	7.20
總計 Total	3,041	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2020年，我們在網上社交媒體共搜尋了200,736個留言，並且主動嘗試接觸其中2,018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 provided emotional support to them. We found that people with suicidal thoughts tended to link with people with similar backgrounds on the internet. Under mutual influence and infection, they further enhanced their negative emotions. Time flies, we have shifted our efforts to social media. In 2020, we searched 200,736 suicide related messages in social media and reached out to 2,018 internet users with suicidal tendency or emotional distress, so as to provide further counseling services for them.

Life Angels 防止自殺服務 – 網上訊息支援計劃 Life Angels Suicide Prevention Service – Online Message Support Scheme

由於社會事件的影響，中心於2019年7月至2020年3月加強了網上防止自殺的服務。當任何人士發現有人因社會事件而出現自殺危機，便可將當事人的自殺訊息、內容截圖、聯絡資料等透過 Telegram 與本中心聯絡，讓中心的危機輔導員嘗試與當事人接觸，提供情緒支援及危機輔導。

Due to the impact of the social incident, we strengthened our suicide prevention service on Internet from July 2019 to March 2020. When people found someone having suicide crisis due to the social incident, they could contact our centre through Telegram and provide us the relevant information (e.g. suicide messages, screenshots and contact information etc.) so that our crisis counselors would take the initiative to contact the suicidal persons and provide emotional support and crisis counseling service to 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，在不知不覺間強化了意途自殺人士的自殺意欲，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。

Realizing the numerous 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 and counter the false and inaccurate suicide information on the internet.



網站 website:
<https://www.help4suicide.com.hk/>

賽馬會生命偶遇資源計劃 (教師及社工專業培訓)

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

為學校及青少年服務單位提供專業培訓及指導服務予教師及社工，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，及協助他們處理青年自殺危機個案等。期望透過個案分享、討論及引導，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 and coaching services 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, initial intervention of suicide crisis, and coaching them to handle youth suicidal cases. 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.

2020年計劃回顧

2020 Programme Review



19

專業培訓次數
No. of Trainings



24

參與學校及單位數目
Schools & Units Involved



482

參與人數
No. of People Attended



29

指導人數
(教師、社工、青少年工作者)
No. of People Coached
(Teachers, Social Workers, Youth Workers)



122

指導次數
Times of Coaching

生命教育中心

Life Education Centre

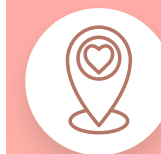


Grow 是成長的意思，寓意生命教育是幫助人成長的，Grow 是棕色，象徵泥土，孕育植物生長的物質，而「r」代表正在茁壯成長的幼苗，就像將生命教育的種子散佈於不同土壤之中，當種子接觸泥土後便會茁壯成長。

“Grow” means growth and implies that 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.

2020年生命教育中心回顧

2020 Life Education Centre Review



77

活動

Activities



~4,519

受惠人次

Beneficiaries



0

出版

Publication



18

義工人次

Volunteers

「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、生命教育資源圖書館及教材製作等範疇，令大家能夠認識生命的真義及察覺身邊人的負面情緒並給予適當的支持，成為「社區守望者」，預防自殺悲劇的發生。

Life Education Centre was established in 2002 to promote Suicide Prevention Education Project, which funded by the Hong Kong Jockey Club Charities Trust Fund; soon after with more sponsorships and projects rolled out and enriched resources, the Centre has become an important role to early suicide prevention. There are 3 programmes under the Centre: the Suicide Prevention Education Project, the Jockey Club Life-Connect Resource Network and the Life Drama Programme. These services include outreach and community activities, volunteer training, drama, Jockey Club Life Education Resource Library and educational publication. All these help the general public understand the meaning of lives, and raise their awareness and support to others with negative emotions. The presence of more “Community Gate Keepers” and thus less suicide cases can be realised.



防止自殺教育計劃

Suicide Prevention Education Project



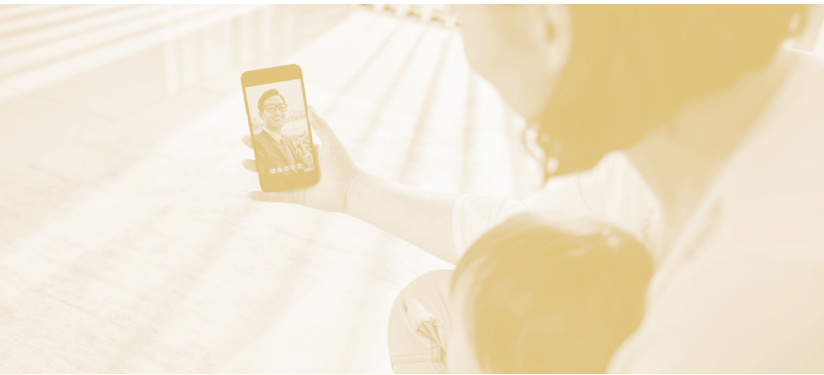
生命劇場

Life Drama Programme



賽馬會生命偶遇資源計劃
(家長小組、社區教育及 Lifetube)

Jockey Club Life-Connect
Resource Network
(Parent Workshop, Community
Education & Lifetube)



中心引言

Foreword

提供不少到校服務的生命教育中心，在2020年深受疫情影響，因著學校反覆停課及限聚令實施，使服務變得不可能。線下服務全面受阻，服務也因應疫情而逐漸轉型，我們著力了解相關科技的應用，透過網絡進行線上生命教育，例如把家長小組改為線上進行。於這學生停課及家長在家工作期間，親子相處的時間增加了，對部份家長及小朋友構成一定的張力，線上小組除了分享親子溝通心態與技巧外，亦可以為家長作出情緒支援。

這次疫情給了我們一個嘗試的機會，除家庭小組外，我們亦加強了生命教育平台的工作。希望靠著互聯網的連繫，能與困在家中防疫的人們接觸，提供生命教育的資訊、情緒上的支援及心靈上的安慰。雖然，線上工作的成效確實比線下的較低，但期望我們那些沒時限的網上影片與資訊，能讓大家按自己身心靈閒適的時候隨意去瀏覽。

新常態下大家都是摸著石頭過河，我們共同面對了這項新挑戰。不過只要開步走前，就能將挑戰成為契機。

Our Life Education Centre offers a lot of on-site services at schools. However, in 2020, the operations of the Centre have been highly affected because of the class suspension, social distancing policy and social gathering ban. We saw that services transformation was necessary and therefore we shifted to apply online technology on Life Education for our Parents Workshops. During the time of class suspension and work from home, some parents reflected to us that they felt much pressure on the parent-children relationship due to the extended period of time spent together. We therefore shared more parenting skills on the online parent workshops and provided more emotional support to the parents.

This epidemic gave us a challenge and opportunity at the same time. Apart from providing online Parents Workshops, we made use of the Internet to provide life education content and mental counselling to our service users. Although the immediate effect of online services seems to be less than that of on-site services, the advantage of easy accessibility and no time constraint can let us support and reach out to more people in need.

It is a process of trial and error under this new normal. However, we believe that faith can lead us to transform challenges into valuable opportunities.

防止自殺教育計劃

Suicide Prevention Education Project

服務包括

Service Include

- | | | | |
|---|---|---|---|
| + | 講座、工作坊及小組活動
Talk, workshop and group activity | + | 社區探訪 / 服務
Community visit / service |
| + | 賽馬會生命教育資源閣
Jockey Club Life Education Resource Library | + | 學校展覽及街展
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 is funded by the Hong Kong Jockey Club Charities Trust since 2002 to promote 4 major messages through outreach services, 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' 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.



2020年計劃回顧

2020 Programme Review



16

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



30

社區探訪 / 服務
Community visits /
services



1

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



2

學校展覽及街展
School exhibitions and
roadshows



~1,674

受惠人次
Beneficiaries

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。

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。

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. 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，包括有關防止自殺、生命教育、生死學、輔導、心理學、及兒童繪本等書籍和光碟，我們亦儲存了歷年自殺新聞的剪報，讓公眾人士借閱。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的資訊。

Other than direct services, we provide support services. Our Jockey Club Life Education Resource Library has a wide collection of books and CD-ROM on suicide prevention, life education, life and death education, counseling, as well as children picture books. We also have newspaper clippings of suicide cases for many years. All these are available for the general public. Apart from that, we regularly publish "Life Interflow", a newsletter to share updated life education 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 onsite exhibitions for schools were added into the Project. Booths and exhibition stands with various topics were set up at school during recess, lunch breaks 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
- + 社區教育
Community Education
- + Lifetube

2020 家長小組回顧

2020 Parent Workshop Review



22

家長小組
Parent workshops



~219

受惠人次
Beneficiaries



家長小組
Parent Workshop

有鑑於2015年底至2016年初有多宗學童自殺的個案，為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，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。因著疫情的關係，2020年我們亦透過視像的方式進行家長小組。雖然家長們在家中都百務纏身，但他們亦積極投入於課堂之中，希望與子女的關係有所提昇。

To respond to the increasing number of student suicides during late 2015 and early 2016, Hong Kong Jockey Club Charities Trust funded Jockey Club Life-Connect Resource Network. 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. Online Parent Workshops were provided in 2020. Although parents were busy at home, they made their time to join the workshops in order to enhance parent-child relationships.

社區教育
Community Education

2020年社區教育回顧

2020 Community Education Review



情緒急救站
Emotional Supporting Counters



4

社區教育
Community Education



2,500

受惠人次
Beneficiaries

香港撒瑪利亞防止自殺會應港鐵公司邀請合作，於東鐵沿線站內擺放「情緒急救站」，希望透過展覽情緒困擾的訊號及處理方法，宣傳珍惜生命的訊息。與此同時，本會社工邀請途人進行即場情緒測試及派發情緒急救包，以檢視自身情緒狀態，增加關注情緒的意識。

Invited by MTR Corp, we set up "Emotional Supporting Counters" in the East Rail Line in 2020. Information boards showing the symptoms of suicide and handling skills, as well as the message of life cherishment were exhibited to the general public. In order to enhance the passersby's awareness of their emotional status, they were invited to have an assessment of their emotional status. Also, some leaflets were distributed to the passersby.



講座
Talks

社區教育講座期望藉著自殺者親友的親身經歷，分享他們面對親友自殺後的感受、遭遇及反思，讓參加者多角度及深層地思考「自殺」這課題、破解自殺的迷思。我們亦希望子女與家長互相明白大家身份不同背後的想法及難處，讓子女及家長彼此成為更堅固的保護網。



Suicide survivors may have deeper reflections on suicide with diverse perspectives after their traumatic experience. We invited them to share their thoughts, feeling and reflections with the general public to educate the public about suicide prevention. By doing this, parents and children can also understand the difficulties of others so that they can form the best mutual supporting network themselves.

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。

2020年年底時，因疫情持續使生命教育中心未能提供線下服務，因此線上的生命教育推廣被加強，Lifetube中開設了兩個節目「總幹事·多事幹」及「Kids Talk」，自行製作生命教育節目，前者由機構總幹事與不同界別的嘉賓就生命教育相關的議題作討論，讓觀眾就該議題有更深入的了解。後者則邀請了一群小朋友，從兒童角度看事情/物，讓成人觀眾可從兒童的角度思考，達致教學相長的目的。

“Lifetube”, online Life Education Resources Network, was launched on 15 Oct 2018. The information, teaching materials, articles, videos of life education and mood disorders were uploaded to this website. Videos and animations were delivered in a relax and down-to-earth mode 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.

To enhance the online services for the social needs, 2 series of programmes were developed in Lifetube. They are the “Executive Director’s Next Guest” and “Kids Talk”. In the former one, different guests were invited to have a chat discussion with our Executive Director on different topics related to life education. To have a better understanding of children, “Kids Talk” invited children to share their points of view on some topics, which could light up the audiences to think from the angle of the children and even learn from them.



Lifetube 學生短片創作工作坊

Lifetube Video Making Workshop for students



6

受惠人次
Beneficiaries



生命劇場

Life Drama Programme

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

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 allowed our programme to cover primary school students, secondary school students and the general public.

「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 try themselves in 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 sparkle the audiences to introspect their life decisions, empower them to overcome challenges and develop a greater appreciation towards their lives.



2020年劇場回顧

2020 Drama Programme Review



1

演出
Show

120

觀眾
Audiences

1

伙伴機構或學校
Partnered Organization
or School

5

義工人次
Volunteers

「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.



越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre



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.



公開課程

Public Course



機構及企業培訓

Organization & Corporate Training

2020年越嶺專業培訓及發展中心回顧

2020 Ur-Link Professional Training & Development Centre Review



18

課程、培訓及講座類別
Course and Training Categories



27

課程
Courses



514

參與人次
Participants



11

參與機構及企業
Organizations & Corporates Participated



8

專業合作伙伴及機構
Partnered Professional Individuals and Organizations

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。

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助人專業的人士及公眾報讀。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。

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

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 helping-professions and 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".



中心引言

Foreword

相信2020年對全世界而言是艱難的一年，對越嶺專業及發展培訓中心也是充滿挑戰和改變的一年。疫情反覆，人心中的平安亦隨著確診數字起起跌跌。因應疫情，課程和活動經歷暫停或改期，中心原定的計劃被打亂，導師和參加者亦同受影響。十分感恩的是，在這些臨時變動之中，各人都包容和體諒，各方的支持，讓中心的活動大致還是能夠順利完成。

這一年，實在有賴導師和同事的同行和配合，一同在挑戰之中尋求革新和突破。不少課程首次以網上形式進行，導師和同事都需要時間摸索和熟習當中的技術和運作細節。轉變是一個艱辛過程，開辦網上課程亦需要較多的事前準備和人力物力，但同時擴大了受眾、惠及一些居住地點較偏遠的參加者，又讓到不便親身來臨中心的人士可以參加中心舉辦的課程。另外在一些個人成長的課程中，有參加者表示能夠在過程中感到支持和理解，心中的煩擾終於得到釋放，內心更有力量面對當下的環境。

一年過去，似乎依然沒有人能夠肯定疫情何時結束，但常言道，山不轉路轉，路不轉人轉，人不轉心轉。越嶺中心這一年的經歷，相信也是很多香港人的經歷。困境中有「你」同行，思考對策和改變，還是能夠找到方法撐下去。

It is believed that 2020 was a challenging year for the world, and also for the Ur-Link Professional Training & Development Centre. The emotions of people were extremely unstable with the ups and downs of the number of people infected. Due to the epidemic, some activities and training courses were postponed or deferred. Yet we are thankful for the support and tolerance of our participants and instructors so that our programmes could be completed without much problem.

With the support of our instructors and colleagues, our Centre took up the challenges and successfully walked through the difficulties. Several courses were provided through the internet and we needed to adapt to the changes and master the technical knowhow. The changes were not easy but rewarding. The preparation work was heavy but at the same time more people could benefit from our programme. Out of our expectation, some participants even expressed that they could feel the support and understanding through our programmes. Their pressure could be released and hence they felt enthusiastic to face the challenges in front of us.

We all do not know when the epidemic will end, but we know that although we may not be able to change the situation on our own, keeping a positive mentality is always the key to face the plight. The experience this year is extremely valuable to the Ur-Link Professional Training & Development Centre. We believe we could all go through this plight with hope, faith and resilience.

2020年公開課程、機構及企業培訓

2020 Public Course, Organization & Corporate Training

公開課程

Public Course



15
題目
Topics



24
課程
Courses



424
入讀人數
People Attended

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

「快樂的鑰匙」工作坊
Satir-Based Personal Growth Workshop

接受與承諾治療基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Acceptance and Commitment Therapy

Zentangle®禪繞與自我關懷工作坊
Workshop on Zentangle® and self-compassion

沙維雅模式在個案輔導中的應用工作坊
Workshop on Application of Satir Model in Counselling

沙維雅模式初探工作坊
Workshop on Satir Model

兒童為本遊戲治療基礎證書課程
Certificate in Foundation of Child-Center Play Therapy

精神動力心理治療基礎理論與技巧證書課程
Certificate in Basic Concept and Skills of Psychodynamic Therapy

情緒導向(個人)治療 兩天基礎課程
Foundation Course of Emotion-Focused (Individual) Therapy

創傷心理學與心靈療癒課程
The Psychology of Trauma and Self-healing Course

「內在小孩」心靈治療證書課程
Certificate Course in Body-Mind Healing with Inner Child Therapy

輔導工具應用與「解說」技巧實務證書課程
Certificate Course in Counselling Tool Application and Debriefing Skill Training

沙維雅模式在個案輔導中的應用工作坊 (Level 2)
Workshop on Application of Satir Model in Counselling (Level 2)

音樂治療初探工作坊
Introductory Workshop on Music Therapy

「家庭創傷」與身心靈療癒證書課程
Certificate Course in Family Trauma and Body-mind Healing

機構及企業培訓

Organization and Corporate Training



3

題目
Topics

3

節課
Classes

90

入讀人數
People Attended

職員靜觀體驗日營
Mindfulness Training for Staff Day Camp

解說技巧訓練
Debriefing Training

義工訓練（防止自殺及危機處理）
Volunteering Training
(Suicide Prevention and Crisis Management)



兒童為本遊戲治療基礎證書課程中，導師蔡嘉欣指導參加者以玩具介紹自己。

Guided by the instructor Carol Choy, the participants were introducing themselves with their toys in the Foundation Certificate Programme in Child-Centered Play Therapy.



音樂治療初探工作坊之中，參加者以各種樂器互動及交流。

Participants interacted with the newly introduced musical instruments in the Introductory Workshop on Music Therapy.



音樂治療初探工作坊之中，參加者分組合寫簡短樂章並揀選適合樂器合奏表達內心想法。

Participants were divided into groups to express their inner feelings with the use of musical instruments and composition of musical movements in the Introductory Workshop on Music Therapy.

沙維雅模式在個案輔導中的應用工作坊中，參加者透過體驗活動學習各種應對姿態。

Participants in the Workshop on Application of Satir Model in Counselling were learning different coping stances through experiential activities.



沙維雅模式在個案輔導中的應用工作坊（Level2）中，導師指導參加者透過體驗活動覺察內心。

In the Workshop on Application of Satir Model in Counselling (Level 2), instructor Amelia Chan guided the participants to be aware of their inner world in several experiential activities.

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 people through 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 logo is in purple to represent warmth and care. We believe that the caring message will be conveyed when we care for the people around us. While we care for ourselves, we also care for the feelings of others, and at the same time motivate others to promote the importance of mutual care.

引言

Foreword

2020年是全世界人難忘的一年，有人甚至稱它為「消失的一年」，時間像是靜悄悄地溜走。過去一年，疫情進一步把人與網絡世界拉近，人們利用網絡解決日常生活需要變得普及，瀏覽網上資訊變得更頻密，訊息能覆蓋的人更廣更多。我們的籌款及宣傳工作亦因而加快腳步走入網絡世界，以打破疫情為我們工作帶來的限制。

2020年正是香港撒瑪利亞防止自殺會的第60個年頭，理應推出不少活動去紀念，然而因疫情持續不斷及各種社交距離措施，我們計劃了的大部份紀念活動都被迫擱置，但我們沒有因此而停下來，而是把相應活動轉移到社交媒體上，跟大眾回顧機構多年的工作，及感激熱線義工為我們默默的付出與支持。雖然未能面對面跟大眾分享我們這60周年走過的路，但相信大眾對我們多年來的工作是有目共睹的。我們會繼續努力做好服務，期望往後的每一個周年都可為大家展現不斷進步的成績表。

這次疫情對商界及社會造成巨大的經濟影響，倒閉潮及裁員潮洶湧而至。在經濟不景時，企業財政緊絀，必然會削減企業社會責任或公益方面的投入，而個人透過各種形式的捐款亦同樣減少。同時，每年主要收入來源的各種大型籌款活動都被迫取消或擱置，以致本會本年度的捐款收入大幅下降。2020年對我們來說真是不容易的一年，本會預計在未來一年或更長的時間將要面對籌款困難的問題，我們除了會繼續積極發掘不同的籌款渠道及方法外，更會多加利用網上平台及作新嘗試，並會盡量控制籌款成本，達致更大的社會效益，幫助更多有需要的人。

2020 was an unforgettable year. Some people even call it the Disappeared Year. In this year, the epidemic has further brought people into the online world. People use the internet to arrange their daily lives. The frequency of browsing online information has become very frequent and the information could also reach more people. Thus, we accelerated our pace to go online for the work of fundraising and public relations in order to break the restrictions the epidemic has brought to us.

2020 was the 60th anniversary of the Samaritan Befrienders Hong Kong and a series of activities had been planned for this. However, due to the epidemic and various social distancing measures, most of these activities were cancelled. To tackle this problem, we chose to use social media as the channel to review our works with the public, and show our appreciation to the contribution and support given by our hotline volunteers over the years. Although we were unable to share the work we have done in the past 60 years face to face with the public, we believe that our work is seen. We will continue to work hard and provide good services, and hope that we can show continuous improvement to the public on every anniversary.

The epidemic has caused a significant economic impact on the commercial world and the society, resulting in waves of business closing down and layoffs. Corporates when under fiscal constraint reduced their expenses in corporate social responsibility and public welfare. Individual donations also decreased. At the same time, all the large-scale fundraising events were forced to be cancelled, which have been our major source of fundraising every year. As a result, our total donation of 2020 dropped substantially. 2020 was also an uneasy year for us. We expect that the same will happen in the coming one or two years. We will explore and try more new fundraising channels and methods, and make more use of online platforms and try our best to control the fundraising cost so that the fund raised can help more people in need.

宣傳

Communication and Promotion



2020年是香港撒瑪利亞防止自殺會60周年，我們以「活在當下・迎接每天」為主題，提醒大家要珍惜眼前，好好活著。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頌讚。本會盼以此信念，與香港市民一起跨越人生的每一個挑戰。

疫情出現，把人與人之間的距離拉遠，我們唯有以社交媒體作為跟大眾溝通的主要渠道。我們曾推出【展望鑽禧—各中心及旗下服務重溫】及【60周年揭秘，帶你認識本會】兩個系列，深入淺出地跟大家介紹機構的歷史及60年來的服務發展，同時為大家披露機構不為外界所知的小秘密。此外，2020年有幸得到香港鐵路有限公司的贊助，10月期間在港、九及新界多個列車月台張貼300張以60周年為主題的大型燈箱海報，藉以喚起大眾對機構60周年的關注及支持。

2020 was the 60th anniversary of The Samaritan Befrienders Hong Kong. The theme of the anniversary was "stay alive, greet a life". The notion of the theme is to remind every one of us to live in the present moment and embrace every single day. This is also the best way to appreciate our lives. With this belief, we hope to overcome every challenge in life with all Hong Kong people.

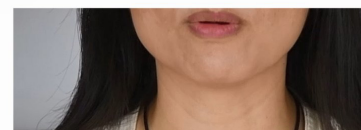
The epidemic created physical distance among people. Thus, social media became our main channel of communication with the public in 2020. We launched two series of social media posts to introduce the history of the organization and the development of our services over the past 60 years. And we also disclosed the little secrets of our services and centers to the public. In addition, we were pleased to have MTR Corporation Limited's media sponsorship in 2020. In October, 300 pieces of 12-sheet posters with the theme of 60th anniversary were put on the trackside of MTR stations in the lines of Hong Kong Island, Kowloon and the New Territories, in order to arouse public's awareness and support to our organization.

此外，本會的24小時情緒支援熱線60年來接聽超過55萬個求助電話，熱線得以延續實有賴一群受過培訓的義工們積極聆聽求助者的來電，我們為表揚熱線義工多年來的無私付出，製作了一條以「求助人說出的一句最高心說話」為題的短片，並放於社交媒體上，讓義工們跟大家分享他們曾經聽過求助者的那些最觸動他們的說話，並成為他們繼續服務的推動力之一。

過去一年，我們的宣傳重點不只限於機構60周年，我們更提供維持精神健康的資訊予大眾。我們曾跟不同的插畫師合作，為我們繪畫社交媒體上帖文的插圖，嘗試用圖畫協助講解一些比較抽象的題目，例如何謂恐懼及如何以愛的語言溝通。我們希望多作嘗試，為讀者帶來新鮮感及提高注視度。

Our 24-hour emotional support hotline has received more than 550,000 incoming calls over the past 60 years. The service relies very much on the commitment of a group of trained volunteers who are dedicated to listen to the help-seeking calls. In order to commend the hotline volunteers for their selfless devotion over the years, we produced a short video titled "The Most Warm-hearted Sentence from a Help Seeker". We put it on our social media to share the most warm-hearted words that our volunteers have heard from the help-seekers, which become their motivation to continue to serve in the hotline centre.

In the past one year, our publicity focus was not limited to the 60th anniversary, but also provided information to the general public on how to keep good mental health. We worked with different illustrators to draw for our social media posts to explain some abstract topics, such as what is fear and how to communicate in loving words. We hope to try more different methods, in order to bring freshness to readers and attract more of their attention.



好慶幸我喺做傻事之前打咗電話俾你哋。
多謝你令我知道原來仲有人關心我。



記者招待會

Press Conference

2020年7月25日，本會舉行記者招待會向傳媒公佈2019年全港自殺死亡統計數據及分析。2019年，根據死因裁判法庭報告指共有993宗自殺死亡個案，比2018年自殺死亡數字上升38宗。當中，男性佔652宗（65.66%），而女性佔341宗（34.34%）。

在所有年齡組群中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，相信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。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，社會大眾應摒棄男性不應該處理不了負面情緒的既有觀念，讓他們能主動尋求協助，免卻獨自面對情緒困境，減少悲劇的發生。

當日，我們同場舉辦了「60周年回顧展覽」，介紹本會歷年來架構及服務上的轉變。除了展板，更展出60年來不同的歷史物件、出版書籍及剪報等，加深傳媒和大眾對本會發展歷史的認識，與大家一同回顧過去防止自殺工作的成果。

On 25 July 2020, we held a press conference to release the statistics of suicide deaths in Hong Kong in 2019. According to the figures provided by the Coroner's Court, there were 993 suicide deaths in 2019, an increase of 38 cases from 2018. Among the 993 cases, 652 cases were male (65.66%) and 341 cases were female (34.34%).

We found that although women are more likely than men to have suicidal thought, the number of suicide deaths of men is always higher. One of the key factors is communication. Women tend to be willing to share their problems and men tend to bottle up their problems. Men are less willing to seek help on emotional problems. It does not mean that men are less vulnerable to emotional and mental health problems. The general public should abandon the existing concept that men are able to deal with negative emotions. Men should also seek help but not face their emotional difficulties alone. By doing this, we believe that we can also have less tragedies.

In the press conference, we also held the "60th Anniversary Retrospective" to show our organization structure and services over the years. In addition to the exhibition boards, historical objects, publications and newspaper clippings in the past 60 years were also displayed. We would like to take this opportunity to deepen the understanding of the media and general public on the history of our development, and also review the achievements of our suicide prevention work to the society.



籌款回顧

Fundraising Event



\$367,211

善款
Fundraised



50+

義工
Volunteers

作好裝備 迎戰逆境

鑑於疫情尚未結束、各種社交距離措施的實行及經濟的不景氣，我們原定的大型籌款活動均被迫取消，個人捐款亦大幅減少，本會本年度的捐款收入因而大幅下降。疫情確實為本會的日常運作及籌款工作帶來前所未有的挑戰，但我們選擇利用這段時間好好裝備自己，及改進現有系統，好讓疫情過後可走得更遠更快。

2020年10月，我們推出了自製籌款專頁平台，讓公眾藉著自發的慈善活動，以個人、機構或團體形式，建立專屬的籌款專頁，為本會籌款。除可邀請親友捐款支持本會防止自殺工作，更間接推廣珍惜生命，關懷身邊人訊息。

另外，本會第一個處理捐助者資料的系統亦於11月正式啟用，新的系統讓我們有條理整合所有捐款者、義工及合作機構等資料，我們可更有效運用相關資料發放本會資訊及籌募訊息，同時可用作捐款數據分析，讓我們的籌款工作能更有效。

Well Equipped to Face Adversity

Due to the outbreak of the epidemic, social distancing measures and economic downturn, all our planned large-scale fundraising events had to be cancelled. Individual donations also decreased significantly. Our total donation in 2020 dropped significantly. The epidemic brought to us unprecedented challenges to our daily operations and fundraising work. We chose to take this opportunity to enhance our existing donation and donor database systems so that we can prepare ourselves better when the bad times leave us.

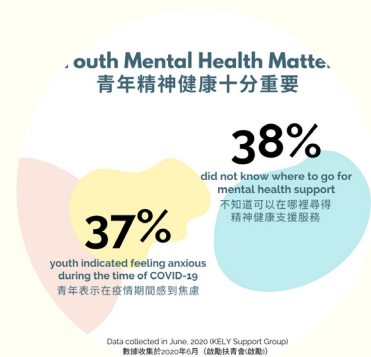
In October 2020, we launched our own online platform to allow the general public to create their own fundraising page to raise funds for us by doing any charitable activities they think they can do. This also serves as a channel to promote the message of cherishing life and caring for people around us.

In addition, our first donor database system was launched in November, which can help us to better communicate with our donors and manage donations procedures effectively. The new system allows us to integrate the data of all donors, volunteers and partners systematically. We can also effectively disseminate our information and fundraising messages to related parties, and help us to do data analysis. All these can make our fundraising work more effective.



跨界合作及支持

Cross Sector Collaboration and Support



「支援青年精神健康及預防自殺」籌款活動

“Support Youth Mental Health and Suicide Prevention” Fundraising Event

香港青少年面對著不少的壓力，這些壓力來源包括在學習上、與朋輩及父母的關係上，以及對將來的不確定，他們在精神健康的支援需要非常大，本會跟 Mind HK 及鼓勵扶青會於2020年7月合辦了「支援青年精神健康及預防自殺」籌款活動，鼓勵市民把香港政府「現金發放計劃」所獲取的10,000元港幣全部或部份捐出，以擴展及維持三間機構的青少年精神健康及防止自殺服務。

Hong Kong young people are facing a lot of pressure including study, relationship with their peers and parents, and the uncertainty of their future. Their need for mental health support is huge. The Samaritan Befrienders Hong Kong, Mind HK and KELY Support Group had joined forces to co-organise the “Support Youth Mental Health and Suicide Prevention” fundraising campaign in July. This campaign encouraged people to donate a portion or all of their HK\$10,000 under the government Cash Payout Scheme to support the work of mental health and suicide prevention services for the younger generation.

「一蚊喜市集」

\$1 Bazaar

2020年10月3日，本地著名摺鋁藝術家李浩迅先生跟IP Lab合作，在荃灣南豐紗廠舉行了「一蚊喜市集」，會場以李先生創作的機器人力克作布置。機器人力克性格樂觀正面，鼓勵人在面對逆境時抱持正向的態度，正好跟本會的服務概念吻合。本會有幸成為是次活動的受惠機構，當日出售的「一蚊優惠券」所得收益扣除成本後全數撥捐本會作預防自殺及推廣生命教育工作之用。

On 3 October 2020, the famous local aluminum folding artist Mr. Orson Li cooperated with IP Lab to hold a bazaar at the Mills in Tsuen Wan, it was decorated with one of Orson's robot characters – Nick. Nick has an optimistic and positive personality, it encourages people to have a positive attitude for overcoming adversity, which tallies with our service concept. The Samaritan Befrienders Hong Kong was chosen as the beneficiary of the event. The net proceeds would be used in enhancing our life education service and our work in suicide prevention.

設置籌款箱計劃

Donation Box Placement Campaign

本會一直積極邀請各大商舖、食肆及公司於其店舖或工作間設置籌款箱，一點一滴收集各界善長的捐款，為防止自殺工作出一分力。本地漫畫品牌Dustykid一直跟本會合作無間。2020年，Dustykid除借出其出品的「塵」插圖於本會社交媒體發布外，旗下的心事如塵茶食亭連鎖店亦於同年11月正式加入本會的設置籌款箱計劃，讓我們能夠籌集更多善款為受情緒困擾的人士提供服務。

We have been actively inviting shops, restaurants and companies to put our donation boxes in their shops and workplace to collect donations from their staff and customers. We have been working closely with the local comic brand Dustykid for many years. In 2020, apart from lending Dustykid's illustration for us to share on our social channels, the chain of Dustykid Tea Shop – Light as Dust joined our donation box placement campaign in November.

2020年香港自殺統計數字分析

Analysis On Suicide Statistics In Hong Kong 2020

由2020年1月1日至12月31日止，根據政府統計處（2020年臨時數據）資料顯示，香港人口大約是7,474,200，當中3,409,700（45.62%）是男性，女性則有4,064,500（54.38%）。而死因裁判法庭報告於此段期間有1,019人死於自殺，當中包括747人毋須進行死因研究。

2020年香港自殺率為13.61，即每十萬人中有13.61人死於自殺，比2019年上升了0.36，即平均每天約有2.79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2020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2020死因研究報告。）

以下是2020年香港自殺現象的總結：

- 自殺死亡總數共有1,019宗；
- 男性自殺死亡共633宗62.12%，而女性自殺死亡共386宗（37.88%）；
- 自殺率是13.61（即每十萬人中有13.61人自殺身亡）；
- 2020年自殺率13.61，比2019年的13.25上升了0.36；
- 最多被採取的自殺方式是「由高處墮下」（50.74%）；
- 「吊死」是第二類較多人採用的自殺方式（25.52%）；
- 「一氧化碳中毒」（燒炭）是第三類較多人採用的自殺方式（11.48%）；
- 有127宗自殺個案屬無業人士，比2019年上升了42宗；
- 最高自殺率的年齡組群是60歲以上，自殺率為21.67。

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。

From January 1st 2020 to December 31st 2020, Hong Kong's population stood at approximately 7,474,200 with 3,409,700 male (45.62%) and 4,064,500 female (54.38%), according to statistics from the Census and Statistics Department (Provisional figures in 2020). The Coroner's Court reported that 1,019 people committed suicide and subsequently died during this same period, which included 747 suicide deaths cases required no death investigation.

The suicide rate was 13.61 in 2020, indicating 13.61 people committed suicide and died out of 100,000 people, which was up by 0.36 from 2019, meaning that there were approximately 2.79 people who committed suicide and died every day.

(Source: Census and Statistics Department 2020 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 2020 is issued according to The Coroner's Court).

The following is a summary of the suicide phenomenon of Hong Kong in 2020.

- The total number of suicide was 1,019;
- The number of suicide deaths for male was 633 (62.12%) and for female was 386 (37.88%);
- The suicide rate was 13.61 (13.61 people committed suicide per 100,000 people);
- The suicide rate was up 0.36 from 13.25 in 2019 to 13.61 in 2020;
- "Jumping from Height" was the commonest suicide means (50.74%);
- "Hanging" was the second highest suicide means (25.52%);
- "Carbon Monoxide" poisoning (charcoal burning) came in third place (11.48%);
- 127 cases were not employed, up by 42 evidently compared with that in 2019;
- The age group with highest suicide rate was above 60 years old, which was 21.67 per 100,000.

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

按年齡及性別分組之自殺死亡統計數字

年齡：0-19歲

在2020年，有33宗19歲以下青少年自殺身亡。自殺率為2.91，比2019年上升了0.07，男女比例是1.1:1（見表二），此數字與2019年相同。在2020年這33宗的自殺方式，有26宗以「由高處墮下」來結束生命（見表一）。「由高處墮下」是這年齡組群最普遍採用的自殺方式，佔78.79%，這引證了這個年齡組群傾向以較致命的自殺方式了斷生命。

年齡：20-59歲

在2020年，20-59年齡組群之中，有542人自殺身亡，佔總自殺死亡數字之53.19%，比2019年下降了5.02%（見表一）。自殺率為12.55，男女比例為2.3:1（見表二）。綜觀眾數字，有271人（50%）採取「由高處墮下」方式自殺，另外有112人（20.66%）採用「吊死」方式自殺，另外有95人（17.53%）則採用「一氧化碳中毒」方式自殺。

年齡：60歲以上

在2020年，60歲以上自殺死亡之個案共有438宗，佔總自殺死亡數字的42.98%，相比2019年上升了4.81%；自殺率為21.67，比起2019年則上升了2.09；男女比例為1.8:1（見表二）。我們的記錄顯示，這個年齡組群於2020年的自殺死亡數字，是1973年以來最高的。本港長者傾向選用較激烈及致命的方式來終結生命，該年齡組群中正是有219宗（50%）（見表一）以「由高處墮下」的方式自盡。2020年香港面對新冠病毒的挑戰，為免感染而保持社交距離窒礙了長者與他人健康地連繫，特別是長者及有需要人士的精神健康會因而惡化，故精神健康的介入是需要的。

按自殺方式分組之自殺死亡統計數字

於2020年，共有517人採用「由高處墮下」的方式自盡，佔總自殺死亡數字之50.74%，比起2019年下降了0.42%。另外，260人採用「吊死」方式自殺，即25.52%，比2019年上升了1.05%。而採用「一氧化碳中毒」方式自殺的共有117宗，佔總自殺死亡人數的11.48%，比2019年下降了1.81%（見表一）。「由高處墮下」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」

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2020, there were 33 teenagers below the age of 19 who committed suicide and died. The suicide rate was 2.91 up by 0.07 from 2019. The male to female ratio was 1.1:1 (see table 2). The number of suicides was the same as 2019. Among the 33 deaths in 2020, in terms of the means of suicide, 26 ended their lives by "Jumping from Height" (see table 1). "Jumping from Height" was the commonest suicide means and accounted for 78.79% of the suicide 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 2020, there were 542 people who committed suicide and died in this age group, accounting for 53.19% of the total number of suicide deaths and down by 5.02% from 2019 (see table 1). The suicide rate was 12.55 and the male to female ratio was 2.3:1 (see table 2). Among the deaths, 271 people (50%) were attributed to "Jumping from Height", while 112 people (20.66%) died of "Hanging" and 95 people (17.53%) died of "Carbon Monoxide" poisoning.

Age: 60 years old or above

In 2020, 438 people committed suicide and died in this age group, accounting for 42.98% of the total number of suicide deaths and up by 4.81% from 2019. The suicide rate was 21.67 in this age group, up by 2.09 from 2019, and the male to female ratio was 1.8:1 (see table 2). Our records show that the number of suicide deaths in this age group in 2020 was the highest since 1973. The means of committing suicide taken by Hong Kong elderly are rather violent and potentially fatal, such as "Jumping from Height", accounting for 219 deaths (50%) in this age group (see table 1).

The COVID-19 situation in Hong Kong 2020 was challenging. The social distancing hindered the elderly from having a good and healthy communication with others. Older and under-privileged people suffered the most particularly, and they tended to have deteriorated mental health conditions. In view of these, Mental health interventions are needed principally for this group of persons.

Suicide statistics according to suicide means

In 2020, there were 517 people who committed suicide by "Jumping from Height", accounting for 50.74% of the total number of suicide deaths and down by 0.42% from 2019. 260 people died of "Hanging", accounting for 25.52% of the total number of suicide deaths and up by 1.05% from 2019. 117 people died of "Carbon Monoxide"

則排第三位。

2020年採取「由高處墮下」自殺方式的男性是335宗，女性是182宗。在男性而言採用「由高處墮下」自殺方式是較激烈和致命的，並在過程中較少被干擾到。預防自殺的關鍵是溝通，一般來說女性較願意分享自己的問題，反觀男性則習慣將問題收藏心底。自古以來，男性都被灌輸成為一個不會被事情難倒的強者，自小就被訓練成羞於表達情緒及承認自己脆弱的一面，否則就是弱者；其實任何性別都會遇上精神健康的問題，只是男性不會像女性般願意求助，於是當男人遇上困難時就容易走上自殺這條不歸路。家庭、工作及經濟都會為男性帶來莫大的危機，再加上2020年的香港面對冠狀病毒肆虐的影響令失業率大增，無論是求職抑或經濟問題都會為大家帶來沉重的精神壓力，因此男士們的求助意識和行動都必須提高以防患未然。

按職業分組之自殺死亡統計數字

在2020年，有127位自殺死亡者為無業人士，第二位是藍領階層佔51宗，接著第三位是退休人士佔44宗（見表三）。值得一提的是2020年共有127位無業人士死於自殺，比起2019年的85宗飆升了42宗。2020年香港失業率為5.8%，比起2019年的2.9%上升了2.9%。2020年的就業不足率是3.3%。比起2019年增加了2.2%（見表四及表五）。因有747宗毋須進行死因研究而未有數據作分析，故此難以為自殺、職業及失業之間的關係作出總結。

poisoning, accounting for 11.48% of the total number of suicide deaths and down by 1.81% from 2019 (see table 1). "Jumping from Height" was the commonest means of committing suicide; "Hanging" was in second place while "Carbon Monoxide" poisoning came in third place.

In 2020, in terms of the suicide means of "Jumping from Height", the number of deaths for male were 335 while female was 182. The suicide means for male are often more violent and fatal like "Jumping from Height". This makes them more likely to complete suicide before anyone can intervene. One of the key elements for suicide prevention is communication. Traditionally, women are willing to share their problems, but men tend to bottle them up. For generations, men are encouraged to be "strong" and do not admit that they are struggling with difficulties. Boys from their young age are conditioned not to express emotions, because to express emotion is to be 'weak'. As a result, men may be less likely to admit when they feel vulnerable. Furthermore, men seek help for mental health less often, this does not mean that men do not have the same issues as women. This belief may put them at greater risk for suicide. Family or work are other risk factors for men. The economic downturn in Hong Kong last year due to COVID-19 pandemic resulted in increased unemployment. And also, worrying about finances or trying to find a job can exacerbate mental health issues. In light of these, the awareness of seeking help behavior on men should be raised and stressed in our community.

Suicide statistics: grouped by occupation

In 2020, 127 cases of the suicide deaths were not employed. Blue collars came in second with 51 cases. The third were retired persons with 44 cases (see table 3). It is worth noting that the 127 cases of the suicide deaths were not employed in 2020 in comparison with 85 cases in 2019. This was up by 42 cases remarkably. Hong Kong had an unemployment rate of 5.8% in 2020, an increase of 2.9% from 2.9 in 2019. The underemployment rate was 3.3% in 2020, which was up by 2.2% from 2019 (see table 4 & 5). As there were 747 cases of the suicide 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.

按精神病患分組的自殺統計數字

2020年共有88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「由高處墮下」，佔45宗；死於「服毒」的佔14宗；同樣有12宗死於「吊死」及「淹死」（見表六）。由於有747宗自殺死亡個案未經死因調查，未知這些個案是否與精神病患有關，故在數字上不能完全反映出精神病患與自殺的關係。雖然如此，世界衛生組織（WHO）的報告顯示，抑鬱症是最普遍的精神病，全球有超過2.64億患者。抑鬱症的特點是持續性感到悲傷，對於以往喜歡的活動都顯得缺乏興趣或不再享受，同時亦會影響睡眠和食慾，導致疲憊和注意力散渙，抑鬱症這種疾病亦為全球帶來莫大的負擔，它的影響是長久的並且經常復發的，會一下子地令患者的能力和原本豐盛的人生跌至低谷。引發抑鬱症的原因很複雜，可由社會、心理及生理因素相互交雜而生，生命中的事件包括不幸的童年、生離死別以及失業都可能引發抑鬱症（WHO, 2021）。我們相信完善的資源、有效的照顧、人際支援、減少對精神病的社會標籤以及尋求專業幫助都是可以對精神病患者帶來正面的裨益。

未能確定自殺的死亡數字

2020年有26宗自殺死亡個案被列入「不能確定是意外或蓄意傷害」名單中，較2019年的33宗下跌了7宗。在這26宗自殺死亡數字中，有11宗是「淹死」，10宗是「服毒」（見表七）。

毋須進行死因調查的死亡數字

2020年共有1,019宗自殺死亡個案，包括747宗沒有經過解剖及死因調查的自殺死亡個案（見表八）。未被調查及分類的自殺死亡個案佔73.31%，實在是難以從自殺死亡數字分析上作出一個較可靠的結論。

Suicide Statistics: grouped by mental disorder

In 2020, 88 suicide deaths were associated with mental disorder. Most of these committed suicides by "Jumping from Height", a total of 45 deaths in this group, while 14 people died of "Drugs poisoning" and 12 died of "Hanging" and "Drowning" respectively (see table 6). As death investigation was not ordered for 747 suicide death cases, the representable picture in the relationship between suicide and mental disorder may not be easily drawn here. Despite this, the World Health Organization (WHO) reported that depression is a common mental disorder affecting more than 264 million people worldwide. It is characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities. It can also disturb sleep and appetite and so tiredness and poor concentration are common. Depression is a leading cause of disability around the world and contributes greatly to the global burden of disease. The effects of depression can be long-lasting or recurrent and can dramatically affect a person's ability to function and live a rewarding life. The causes of depression include complex interactions between social, psychological and biological factors. Life events such as childhood adversity, loss and unemployment contribute to the development of depression (WHO, 2021). It is believed that better resources, effective care, supportive people relationship, less social stigma associated with mental disorder and seeking professional help exert a positive impact on those people who are suffering from mental disorder.

Unknown or Unidentified Suicide Cases

26 suicide deaths were categorized as "Injury undetermined whether accidentally or purposely inflicted" in 2020, down by 7 cases in comparison with 33 suicide deaths in 2019. Among these 26 cases, 11 died of "Drowning" while 10 died of "Drugs poisoning" (see table 7).

Suicide cases without death investigation

The total number of suicide deaths was 1,019 in 2020, including 747 cases without death investigation (see table 8). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 73.31% of the total number of suicide deaths.

總結

於2020年有1,019人自殺身亡，當中有633人為男性（62.12%）及386人為女性（37.88%）。自殺率為13.61。國際自殺防治協會（IASP）宣布2020年9月10日世界預防自殺日的主題是「同心協力預防自殺」（IASP, 2020），此主題提醒我們的角色是要幫助那些在困境中掙扎的人們。在香港，香港撒瑪利亞防止自殺會本年度的主題是「順疫同行」，同樣是提醒我們需要與那些正因為新冠病毒影響下受困窘的一群同行，給予幫助和連繫，讓他們不再感到孤單。香港的疫情仍然具相當的挑戰性，有可能會持續一段時間，在疫情影響下，香港的經濟出現負增長，旅遊業、零售業和飲食業更面臨艱難的局面；面對著一連串不明朗的威脅，自然而然令我們都同樣經歷著恐懼、擔憂和壓力；為了防疫，我們的日常活動和接觸都被限制了，成人在家工作、暫時性失業以及小孩在家學習，都令大家失去與家人、朋友及同事之相聚的機會。

社交距離、隔離以及其他種種的限制都變成生活常態，很多傳統活動都不能舉行，最終直接影響到人們的生活、人際關係及健康等福祉，「順疫同行」在這個新冠病毒大流行的景況下變得很重要，我們每一個人都做到照顧好自己和身邊人，必定可以達致更佳的精神健康和預防自殺的效果。就讓我們在新冠病毒大流行的情況下攜手同行，而本會亦承諾與你們同行，傾聽大家的心事，盡力服務香港人！

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Conclusion

In 2020, there were 1,019 people who committed suicide and died, with 633 male (62.12%) and 386 female (37.88%). The suicide rate was 13.61 per 100,000. The International Association for Suicide Prevention (IASP) announced that the theme of World Suicide Prevention Day on September 10th 2020 was “Working Together to Prevent Suicide” (IASP, 2020). The theme served to remind us that we all have a role in helping those who are struggling in life. In Hong Kong, The Samaritan Befrienders Hong Kong announces that the theme for this year is “Be with you”. The notion of the theme is also to remind everyone of us to be with people who may be suffering from social isolation particularly in the challenging pandemic of COVID-19. Our role is to make others’ feel less alone, offer support and connection. The COVID-19 situation in Hong Kong remains challenging and the outbreak may continue to rage on. The Hong Kong economy has been in negative growth with tourism, retail and catering industries facing the hardest hit. We are all experiencing fear, worry, and stress. These are normal responses to perceived or real threats when we are faced with uncertainty in this context. The fear of contracting the virus leads to significant changes to our daily lives as our movements are restricted to slow down the spread of the virus. Working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues are new realities to us.

In addition, the implications of social distancing, quarantines and other restrictions become clear. Many traditional activities could not happen. As a result, these impact all aspects of people’s lives, relationships, health and well-being. “Be with you” becomes important especially during the pandemic that we all as individuals do what we can to look after ourselves and each other for the better mental health and suicide prevention. Let us work together to prevent suicide and be with you in the tough time under the pandemic situation. The Samaritan Befrienders Hong Kong is committed to listen to you and be with you. We continue to do our best to serve the people of Hong Kong.

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表（一）：香港自殺死亡數字（按自殺方式、年齡及性別分組）

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

年份 Year		2020												2019		2018	
		年齡組別 Age Groups															
年份 Year	自殺類別 Type of Suicide	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un known	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2020	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	
	藥物 Drugs	男 M	0	0	0	3	4	3	1	2	0	13	36	17	29	17	43
		女 F	0	0	5	3	4	3	3	5	0	23		12		26	
	毒藥 Poisons	男 M	0	0	0	0	0	2	1	2	0	5	9	2	5	1	7
		女 F	0	0	0	0	0	0	1	3	0	4		3		6	
	吊死 Hanging	男 M	0	2	11	16	17	24	34	47	1	152	260	168	243	133	204
		女 F	0	3	10	10	11	13	20	40	1	108		75		71	
	由高處墮下 Jumping from Height	男 M	0	14	44	44	41	52	50	89	1	335	517	319	508	306	490
		女 F	0	12	10	21	22	37	32	48	0	182		189		184	
	一氧化碳 Carbon Monoxide	男 M	0	0	5	14	20	25	14	4	0	82	117	100	132	92	130
		女 F	0	0	2	4	16	9	2	2	0	35		32		38	
	淹死 Drowning	男 M	0	1	2	4	2	3	8	8	2	30	58	25	44	30	44
		女 F	0	0	4	2	4	7	4	6	1	28		19		14	
	利器 Sharp Instruments	男 M	0	1	0	1	2	1	2	2	0	9	14	7	11	4	8
		女 F	0	0	1	0	0	1	2	1	0	5		4		4	
	其他 Others	男 M	0	0	0	0	2	0	3	2	0	7	8	14	21	21	29
		女 F	0	0	0	0	0	1	0	0	0	1		7		8	
小計 Sub-total	男 M	0	18	62	82	88	110	113	156	4	633	1019					
	女 F	0	15	32	40	57	71	64	105	2	386						
總計 Total			0	33	94	122	145	181	177	261	6	1019					
2019	小計 Sub-total	男 M	1	17	80	88	97	111	111	145	2			652			
		女 F	0	15	28	45	55	74	58	65	1			341			
	總計 Total			1	32	108	133	152	185	169	210	3			993		
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

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

表（二）：香港自殺率 *（按年齡及性別組別）

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

年齡組別 Age Groups		2020				2019				2018			
		男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total
0-19	0-9	0.00	0.00	0:0	0.00	0.33	0.00	0.3:0	0.17	0.00	0.00	0:0	0.00
	10-19	6.09	5.26	1.2:1	5.68	5.73	5.27	1.1:1	5.50	5.77	3.92	1.5:1	4.87
	整體人口 Subtotal Population	3.10	2.72	1.1:1	2.91	3.01	2.66	1.1:1	2.84	2.86	1.96	1.5:1	2.42
20-59	20-29	15.30	7.39	2.1:1	11.21	19.02	6.08	3.1:1	12.25	20.79	6.70	3.1:1	13.40
	30-39	17.63	5.90	3.0:1	10.67	18.87	6.43	2.9:1	11.41	18.67	5.42	3.5:1	10.71
	40-49	18.90	8.34	2.3:1	12.62	20.70	8.02	2.6:1	13.17	23.21	8.43	2.8:1	14.49
	50-59	20.75	10.76	1.9:1	15.21	20.58	11.10	1.9:1	15.39	16.35	10.07	1.6:1	12.97
	整體人口 Subtotal Population	18.33	8.15	2.3:1	12.55	19.84	8.03	2.5:1	13.13	19.56	7.70	2.5:1	12.85
60+	60-69	21.52	11.83	1.8:1	16.60	21.95	11.06	2.0:1	16.40	19.43	13.53	1.4:1	16.43
	70+	35.66	20.30	1.8:1	27.34	35.15	13.19	2.7:1	23.20	28.20	16.32	1.7:1	21.72
	整體人口 Subtotal Population	27.94	15.97	1.8:1	21.67	27.88	12.09	2.3:1	19.58	23.32	14.87	1.6:1	18.88
全年整體人口 Total Population		#18.48	#9.45	2.0:1	#13.61	#19.09	#8.30	2.3:1	#13.25	#17.66	#8.64	2.0:1	#12.80

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 2020（按職業分組）

Table 3: The Number of Suicide Death in Hong Kong 2020 (By Occupation)

年份 Year	2020												2019		2018	
職業 Occupation	年齡組別 Age Groups												小計 Sub- Total	總數 Total	小計 Sub- Total	總數 Total
	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un- known	小計 Sub- Total	總數 Total				
學生 Student	男 M	0	3	0	0	0	0	0	0	0	3	6	7	11	13	21
	女 F	0	2	1	0	0	0	0	0	0	3		4		8	
教師 Teacher	男 M	0	0	0	0	0	1	0	0	0	1	3	0	0	3	4
	女 F	0	0	0	1	1	0	0	0	0	2		0		1	
沒有職業 Not Employed	男 M	0	0	12	9	12	19	19	6	4	81	127	49	85	47	80
	女 F	0	0	5	5	12	11	6	5	2	46		36		33	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	5	0	4	0	8
	女 F	0	0	0	1	1	0	2	1	0	5		4		8	
藍領階層 Blue Collars	男 M	0	0	5	9	7	8	9	1	0	39	51	42	59	45	54
	女 F	0	1	2	4	3	1	1	0	0	12		17		9	
白領階層 White Collars	男 M	0	0	2	8	5	2	1	2	0	20	30	17	22	13	21
	女 F	0	0	3	1	4	2	0	0	0	10		5		8	
病人 Patient	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
紀律部隊 Disciplinaries	男 M	0	0	0	0	1	0	0	0	0	1	1	2	2	1	1
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
商人 Business Man	男 M	0	0	0	0	1	0	3	1	0	5	5	4	5	7	8
	女 F	0	0	0	0	0	0	0	0	0	0		1		1	
退休人士 Retired Person	男 M	0	0	0	0	0	3	8	21	0	32	44	32	38	13	20
	女 F	0	0	0	0	0	1	2	9	0	12		6		7	
未能分類 * Unclassified *	男 M	0	15	43	56	62	77	73	125	0	451	747	496	763	461	736
	女 F	0	12	21	28	36	56	53	90	0	296		267		275	
其他 Other	男 M	0	0	0	0	0	0	0	0	0	0	0	3	4	1	2
	女 F	0	0	0	0	0	0	0	0	0	0		1		1	
小計 Sub-total	男 M	0	18	62	82	88	110	113	156	4	633	1019	652	993	604	955
	女 F	0	15	32	40	57	71	64	105	2	386		341		351	
總計 Total			0	33	94	122	145	181	177	261	6	1019		993		955

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

* 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（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 +	
2020	男 M	4.0	3.8	3.3	3.6	4.5	4.1	3.9
	女 F	6.5	3.4	1.9	2.6	3.4	3.6	2.8
	合計 Overall	5.2	3.6	2.5	3.1	4.0	3.9	3.3
2019	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
2018	男 M	##	1.9	1.2	1.3	2.0	1.6	1.6
	女 F	##	0.9	0.3	0.5	0.7	0.6	0.6
	合計 Overall	1.0	1.4	0.7	0.9	1.4	1.3	1.1

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 +	
2020	男 M	22.3	11.7	5.0	5.5	7.3	5.6	6.9
	女 F	15.2	8.1	3.5	4.0	4.6	4.2	4.7
	合計 Overall	18.9	9.9	4.2	4.7	6.0	5.2	5.8
2019	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
2018	男 M	11.4	6.5	2.3	2.5	2.8	2.1	3.2
	女 F	9.2	4.5	1.7	2.0	2.1	1.6	2.4
	合計 Overall	10.2	5.5	1.9	2.2	2.5	2.0	2.8

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		2020												2019		2018	
		年齡組別 Age Groups															
年份 Year	自殺類別 Type of Suicide	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un known	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2020	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	
	藥物 Drugs	男 M	0	0	0	0	1	2	0	0	0	3	14	2	6	8	17
		女 F	0	0	1	2	4	2	2	0	0	11		4		9	
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	0	0	1	0	4
		女 F	0	0	0	0	0	0	0	0	0	0		1		4	
	吊死 Hanging	男 M	0	1	0	3	0	2	2	0	0	8	12	8	11	4	5
		女 F	0	0	2	1	0	0	0	1	0	4		3		1	
	由高處墮下 Jumping from Height	男 M	0	0	4	7	9	4	3	0	0	27	45	22	36	27	38
		女 F	0	1	2	5	4	3	1	2	0	18		14		11	
	一氧化碳 Carbon Monoxide	男 M	0	0	0	1	0	0	0	0	0	1	2	4	5	2	4
		女 F	0	0	0	0	1	0	0	0	0	1		1		2	
	淹死 Drowning	男 M	0	0	0	1	1	1	3	0	0	6	12	4	7	0	4
		女 F	0	0	0	1	1	3	1	0	0	6		3		4	
	利器 Sharp Instruments	男 M	0	0	0	1	0	0	0	0	0	1	1	3	5	0	0
		女 F	0	0	0	0	0	0	0	0	0	0		2		0	
	其他 Others	男 M	0	0	0	0	0	0	1	1	0	2	2	5	6	0	1
		女 F	0	0	0	0	0	0	0	0	0	0		1		1	
小計 Sub-total	男 M	0	1	4	13	11	9	9	1	0	48	88	48				
	女 F	0	1	5	9	10	8	4	3	0	40		29				
總計 Total			0	2	9	22	21	17	13	4	0	88	*88				
2019	小計 Sub-total	男 M	0	1	5	10	7	11	11	3	0			48			
		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

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

* 當中有747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 747 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

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		2020												2019		2018	
		年齡組別 Age Groups															
年份 Year	自殺類別 Type of Suicide	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un known	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2020	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	0	0	1	1	0	1	0	3	10	6	12	3	12
		女 F	0	0	0	0	3	1	3	0	0	7		6		9	
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
		女 F	0	0	0	0	0	0	0	0	0	0		0		1	
	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	
	由高處墮下 Jumping from Height	男 M	0	0	1	2	1	0	0	0	0	4	5	3	5	9	12
		女 F	0	0	0	0	0	0	0	1	0	1		2		3	
	一氧化碳 Carbon Monoxide	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1
		女 F	0	0	0	0	0	0	0	0	0	0		0		0	
	淹死 Drowning	男 M	0	0	0	0	0	2	2	3	2	9	11	9	13	5	5
		女 F	0	0	0	0	0	2	0	0	0	2		4		0	
	利器 Sharp Instruments	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	
	其他 Others	男 M	0	0	0	0	0	0	0	0	0	0	0	2	2	3	3
		女 F	0	0	0	0	0	0	0	0	0	0		0		0	
小計 Sub-total	男 M	0	0	1	2	2	3	2	4	2	16	26					
	女 F	0	0	0	0	3	3	3	1	0	10						
總計 Total			0	0	1	2	5	6	5	5	2	26	*26				
2019	小計 Sub-total	男 M	0	0	5	1	3	6	2	3	1			21			
		女 F	0	1	2	1	0	4	1	2	1			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

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

* 當中有747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 747 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

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		2020												2019		2018	
		年齡組別 Age Groups															
年份 Year	自殺類別 Type of Suicide	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70+	不詳 Un-known	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2020	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
	藥物 Drugs	男 M	0	0	0	3	2	1	1	1	0	8	17	10	15	4	16
		女 F	0	0	4	1	0	0	0	4	0	9		5		12	
	毒藥 Poisons	男 M	0	0	0	0	0	0	1	1	0	2	5	2	3	1	2
		女 F	0	0	0	0	0	0	1	2	0	3		1		1	
	吊死 Hanging	男 M	0	1	9	9	14	15	22	43	0	113	205	134	200	108	171
		女 F	0	1	7	8	10	12	18	36	0	92		66		63	
	由高處墮下 Jumping from Height	男 M	0	12	30	31	29	42	35	73	0	252	400	264	421	243	398
		女 F	0	11	7	14	13	32	29	42	0	148		157		155	
	一氧化碳 Carbon Monoxide	男 M	0	0	3	10	14	18	8	4	0	57	85	68	90	70	101
		女 F	0	0	1	4	11	8	2	2	0	28		22		31	
	淹死 Drowning	男 M	0	1	1	3	1	1	4	3	0	14	27	9	19	16	24
		女 F	0	0	2	1	2	3	2	3	0	13		10		8	
	利器 Sharp Instruments	男 M	0	1	0	0	0	0	2	0	0	3	5	4	6	1	2
		女 F	0	0	0	0	0	0	1	1	0	2		2		1	
	其他 Others	男 M	0	0	0	0	2	0	0	0	0	2	3	5	9	18	22
		女 F	0	0	0	0	0	0	1	0	0	1		4		4	
	小計 Sub-total	男 M	0	15	43	56	62	77	73	125	0	451					
		女 F	0	12	21	28	36	56	53	90	0	296					
	總計 Total			0	27	64	84	98	133	126	215	0	747	747			
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

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

Audited 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

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

LUK KAR MAN CPA (PRACTISING) 陸嘉敏會計師

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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五十八頁香港撒瑪利亞防止自殺會(以下簡稱「貴機構」)的財務報表，此財務報表包括於二零二一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 58, which comprise the statement of financial position as at March 31, 2021 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二零二一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, 2021, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

意見的基礎

Basis for Opinion

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

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

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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.

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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，僅向全體會友報告，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滙總起來可能影響財務報表使用者依賴財務報表所作出的經濟決定，則有關的錯誤陳述可被視作重大。

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. This report is made solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance (Cap.622) and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSA's will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

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

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

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核數師就審計財務報表承擔的責任(續)**Auditor's Responsibilities for the Audit of the Financial Statements (Cont'd)**

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

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

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核數師就審計財務報表承擔的責任(續)**Auditor's Responsibilities for the Audit of the Financial Statements (Cont'd)**

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

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

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

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



黎劍民、陸永熙會計師事務所有限公司
 香港執業會計師
 Louis Lai & Luk CPA Limited
 Certified Public Accountants

陸永熙
 Luk Wing Hay
 執業證書號碼 P01623
 Practising Certificate Number P01623

香港，二零二一年六月十八日
 Hong Kong, June 18, 2021.

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
截至二零二一年三月三十一日止年度
FOR THE YEAR ENDED MARCH 31, 2021

		NOTES	2021	2020
			港幣 HK\$	港幣 HK\$
香港公益金撥款	GRANT FROM THE COMMUNITY CHEST	(6)	2,305,710	2,035,000
政府資助	GOVERNMENT SUBVENTION	(7)	15,152,720	16,092,489
香港賽馬會慈善信託 基金撥款	GRANT FROM THE HONG KONG JOCKEY CLUB CHARITIES TRUST	(8)	2,630,501	3,113,068
商業贊助	SPONSOR FROM BUSINESS		260,203	491,871
銀行利息收入	BANK INTEREST INCOME		208	6,838
籌款活動收入	PROCEEDS FROM FUDNRAISING ACTIVITIES	(9)	25,718	690,789
一般捐款收入	GENERAL DONATIONS		626,576	1,578,254
課程及什項收入	COURSE FEE AND SUNDRY INCOME		1,037,348	1,923,805
總收入確認	TOTAL INCOME RECOGNISED		22,038,984	25,932,114
減: 支出	LESS: EXPENDITURE			
職員薪金福利	Staff costs	(10)	19,419,827	20,191,028
折舊	Depreciation		445,165	444,165
訓練及社區工作	Training and community activities		498,450	870,894
租金及差餉	Rent and rates		38,884	50,239
聯會會費	Subscription to affiliated association		4,980	4,980
行政費用	Administration expenses	(12)	1,220,897	1,747,833
財務成本	Finance cost	(13)	21,580	31,984
			21,649,783	23,341,123
本年度盈餘	SURPLUS FOR THE YEAR		389,201	2,590,991
其他全面收益	OTHER COMPREHENSIVE INCOME		-	-
本年度全面收益 總額	TOTAL COMPREHENSIVE INCOME FOR THE YEAR		389,201	2,590,991

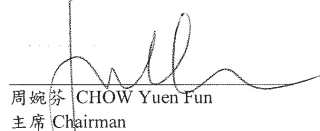
第十三頁至第五十八頁之財務報表附註乃此等賬目之一部份。
 THE NOTES ON PAGES 13 TO 58 FORM AN INTEGRAL PART OF THESE FINANCIAL STATEMENTS.

香港撒瑪利亞防止自殺會
THE SAMARITAN BEFRIENDERS HONG KONG
 財務狀況表
 STATEMENT OF FINANCIAL POSITION
 於二零二一年三月三十一日
 AS AT MARCH 31, 2021

		NOTES	2021	2020
			港幣 HK\$	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)	435,165	870,330
無形資產	Intangible assets	(17)	-	-
			435,165	870,330
流動資產	Current Assets			
應收款	Accounts receivable	(18)	8,825	13,540
應收撥款	Grants receivables	(19)	423,647	856,527
已付按金及預付款	Deposits and prepayment	(20)	619,060	306,842
銀行存款及現金	Cash at banks and in hand	(21)	13,883,532	13,567,361
			14,935,064	14,744,270
流動負債	Current Liabilities			
應付款	Accounts payable	(22)	173,730	252,889
暫收款	Temporary receipts		586,970	544,447
遞延收入	Deferred income	(23)	1,597,263	1,759,120
租賃負債	Lease liabilities	(24)	445,740	435,079
			2,803,703	2,991,535
流動資產淨值	Net Current Assets		12,131,361	11,752,735
資產總額減流動負債	Total Assets less Current Liabilities		12,566,526	12,623,065
非流動負債	Non-Current Liabilities			
租賃負債	Lease liabilities	(24)	-	445,740
資產淨值	NET ASSETS		12,566,526	12,177,325
由以下代表：	Represented by:			
營運累積盈餘	OPERATING FUND		9,782,483	9,296,894
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)	702,611	798,999
一般儲備	General reserve	(27)	435,000	435,000
特別基金	Special fund	(28)	503,919	503,919
			12,566,526	12,177,325

經由理事會於二零二一年六月十八日會議通過及由下列理事代表議會簽署：

APPROVED BY THE COMMITTEE ON JUNE 18, 2021 AND SIGNED ON BEHALF OF THE EXECUTIVE COMMITTEE BY:


 周婉芬 CHOW Yuen Fun
 主席 Chairman


 鄭潔儀 CHENG Kit Yee Noel
 財政 Treasurer

第十三頁至第五十八頁之財務報表附註乃此等賬目之一部份。

THE NOTES ON PAGES 13 TO 58 FORM AN INTEGRAL PART OF THESE FINANCIAL STATEMENTS.

鳴謝

Acknowledgement

衷心感謝以下人士、團體及機構在2020年對本會的慷慨支持。

These are the individuals, groups and organizations to whom in 2019 we would like to express our cordial thanks.

環藝集團	Art Cycle Group
-	AsiaXPAT
親子王國	Baby Kingdom
生機源（香港）有限公司	Biocycle (Hong Kong) Limited
微風創作室有限公司	Breeze Factory
-	Charitable Choice Hong Kong
心事如塵茶食亭	Dustykid Tea Shop – Light as Dust
-	Fitz
-	GeoExpat
顯利膠片絲印製作有限公司	Hin Lee Plastic & Screen Printing Ltd.
香港自由新聞	Hong Kong Free press
-	Hong Kong Movie
-	IP Lab International Company Limited
香港鐵路有限公司	MTR Corporation Limited
南北行參茸海味有限公司	Nam Pei Hong Sum Yung Drugs Company Limited
香港四邑商工總會黃棣珊紀念中學	HKSYC & IA Wong Tai Shan Memorial College
周志林先生	Mr. Chow Chi Lam
洪銘亨小朋友	Mr. Hung Ming Hang
劉灝軒先生	Mr. Lau Ho Hin
羅丞哲小朋友	Mr. Lo Shing Chit
黃仲遠先生	Mr. Mills Wong
彭信一小朋友	Mr. Pang Shun Yat
彭言一小朋友	Mr. Pang Yin Yat
林宏義小朋友	Mr. Wayne Lam
黃振聲先生	Mr. Wong Chun Sing
林宏一小朋友	Mr. Wyatt Lam
-	Ms. Camille Chan
陳佩儀女士	Ms. Chan Pui Yee
鄭諾遙小朋友	Ms. Cheng Nok Yiu
朱淑華女士	Ms. Chu Shuk Wa
龐芷溼小朋友	Ms. Didor Pong
羅靖喬小朋友	Ms. Law Ching Kiu
羅悅喬小朋友	Ms. Law Yuet Kiu
梁茵婷小朋友	Ms. Leung Yan Ting
黎明女士	Ms. Minnie Lai
吳希兒小朋友	Ms. Ng Hei Yee
余美霞女士	Ms. Yu Mei Ha
-	Ms. Zu Lau

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

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.

(1) 捐款金額（請在適當口內填上 ☒ ） Donation Amount （ 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.

☐ \$1,000 ☐ \$500 ☐ \$300 ☐ \$200 ☐ 其他 Other \$ _____

☐ 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.

☐ \$3,000 ☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 Other \$ _____

(2) 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 Number _____ 電郵 Email _____

(3) 捐款方法 Donation Methods

☐ 網上捐款 Online Donation

https://donation.sbhk.org.hk

☐ PayMe By PayMe

用 PayMe 掃瞄二維碼，再把成功捐款之頁面截圖連同閣下的姓名、電話和地址電郵至 care@sbhk.org.hk 給我們。

Use PayMe to scan the below QR Code and please take a screenshot of the successful payment page with your name, telephone number and address then email us to care@sbhk.org.hk.



☐ 轉數快 By Fast Payment System (FPS)

將捐款轉賬至 FPS ID：161049713 或掃瞄二維碼，再把成功捐款之頁面截圖連同閣下的姓名、電話和地址電郵至 care@sbhk.org.hk 給我們。

Deposit sponsorship to this FPS ID: 161049713 or scan the QR Code, and please take a screenshot of the successful payment page with your name, telephone number and address then email us to care@sbhk.org.hk.



☐ 支付寶香港 By AlipayHK

用支付寶香港掃瞄二維碼，再把成功捐款之頁面截圖連同閣下的姓名、電話和地址電郵至 care@sbhk.org.hk 給我們。

Use AlipayHK to scan the below QR Code and please take a screenshot of the successful payment page with your name, telephone number and address then email us to care@sbhk.org.hk.



☐ 便利店 By Donation in Convenience Stores

☐ 7-Eleven

7-11(HSBC)



3529 9000 0000 0012 5

☐ CircleK



99990610294121

☐ 繳費靈 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. 每個繳費靈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.

☐ 自動轉賬（只適用於每月捐款）By Autopay (For monthly donation ONLY)

請填寫第二頁「直接付款授權書」。Please complete page 2 "Direct Debit Authorization".

☐ 直接存入銀行戶口 By Bank-in

銀行名稱 Name of Bank：中國銀行 Bank of China (Hong Kong) Ltd.

戶口號碼 Account Number：012-758-100-14680

☐ 信用卡（適用於每月 / 單次捐款）By Credit Card (For monthly and one-off donation)

☐ VISA ☐ MasterCard

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 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"。

(4) 捐款港幣100元以上，可憑收據申請扣稅。Donations of HK\$100 or above are tax deductible with official receipt.

☐ 不需要捐款收據 No donation receipt required

☐ 需要捐款收據，收據抬頭 Receipt required, name on receipt _____

(5) ☐ 我已閱讀並清楚明白及同意以下有關「個人資料收集聲明」的內容，包括：本會持有的個人資料是以個人為基礎收集的或者當您為進行捐贈目的而自願披露的個人資料；所提供之個人資料只作發出捐款收據、會員服務及通訊、募捐、並邀請您出席本會活動等用途；本會只在獲得您同意的前提下，向本會在香港或境外的服務供應商轉交及披露您的個人資料；您有權隨時查閱及更正有關您的個人資料，可發電郵 care@sbhk.org.hk 或以書面形式提交本會。I have read, understood and agreed the below Personal Information Collection Statement, and agree the relevant content, including: personal data you knowingly choose to disclose that is collected on an individual basis or for purposes of making donations; your personal information will only use for handling your donation, providing donor services, communication, appeal fundraising and inviting you to our events etc.; SBHK will not provide your personal data to our service providers (within or outside Hong Kong) for direct marketing or other unrelated purposes without your consent; you may at any time request access to and update your Personal Data collected. Any request to access to or update the Personal Data shall be in writing/ by email (care@sbhk.org.hk) addressing SBHK.

(6) ☐ 本人不同意接收香港撒瑪利亞防止自殺會的資訊。I do not wish to receive information from The Samaritan Befrienders Hong Kong.







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

2389 2222

24小時情緒支援熱線

24-Hour Emotional Support Hotline



香港撒瑪利亞防止自殺會總部
九龍白田邨瑞田樓B座3樓1室

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



2319 2688



sbhkinfo@sbhk.org.hk



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