



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

2021年報

Annual Report



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香港撒瑪利亞防止自殺會

The Samaritan Befrienders Hong Kong

會籍 Affiliation



「香港撒瑪利亞防止自殺會」於1960年7月由創辦人杜學魁先生成立，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 organisation 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：
Society Reference No.:
CI 0468623

獲豁免繳稅編號：
IR No. (Tax Exemption):
91/1498

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 South East Asia and neighboring areas to set up organisations 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。

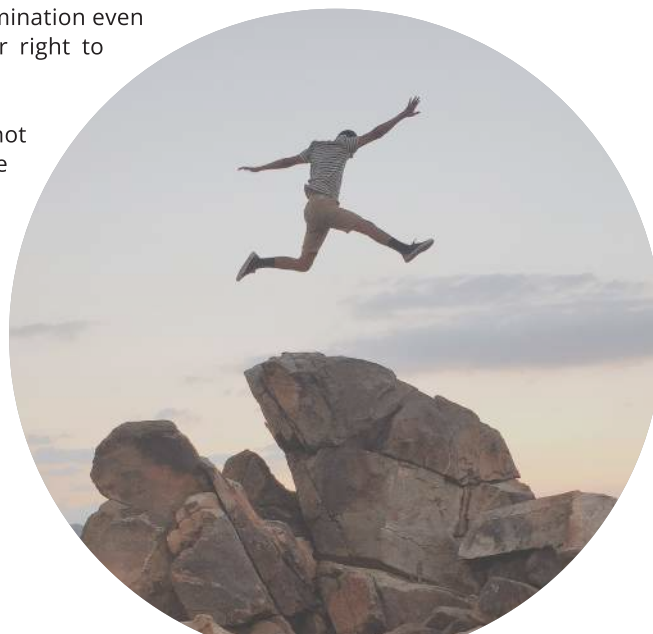
We establish ourselves as The Samaritan Befrienders Hong Kong to bring out in full the benevolence in human nature, and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.

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 details 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

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

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

圖形

Symbol

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

2 people standing face to face and the blank space is a candle stand showing brightness. The symbolic meaning is to help, accompany and listen to each other and there will be light in the dark as stated in our ethos.

名稱

Name

本會中英文名稱全寫。

Chinese name and English name of our organisation.

標語

Tagline

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

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

理事會及管理團隊

Executive Committee and Management Team

理事會

Executive Committee

任期：2021年至2023年
Term of Office: 2021 to 2023



黃瀚之先生
Mr. Wong Hon Chi, Heymans
主席
Chairman



羅文輝先生
Mr. Law Man Fai
秘書
Secretary



湛麗貞女士
Ms. Cham Lai Ching, Candy
財政
Treasurer



陳熾輝先生
Mr. Chan Chi Fai
理事
Committee Member



鄭潔儀女士
Ms. Cheng Kit Yee, Noel
理事
Committee Member



李彩霞女士
Ms. Lee Choi Ha, Joyce
理事
Committee Member



陸帆女士
Ms. Luk Fan, Queenie
理事
Committee Member



伍浩林先生
Mr. Ng Ho Lam, Edmund
理事
Committee Member



吳穎鋒先生
Mr. Ng Wing Fung, Wilfred
理事
Committee Member



黃玉蘭女士
Ms. Wong Yuk Lan
理事
Committee Member

管理團隊

Management Team



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



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



韋賽姬女士
Ms. Wai Choi Kei
自殺危機處理中心中心主任
Centre-in-charge Suicide Crisis Intervention Centre



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



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

義務顧問、義務機構大使 Honorary Consultants, Honorary SBHK Ambassador

義務顧問

Honorary Consultants

財務顧問

Financial Consultant

黎劍民陸永熙會計師事務所

Louis Lai & Luk CPA Limited, Certified Public Accountants

法律顧問

Legal Consultant

簡家聰律師行

Fred Kan & Co., Solicitors & Notaries

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)

沈君豪醫生 (精神科醫生)

Dr. Sham Kwan Ho (Psychiatrist)

梅杏春女士 (香港都會大學護理及健康學院高級講師)

Ms. Jolene Mui

(Senior Lecturer, School of Nursing and Health Studies, Hong Kong Metropolitan University)

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 (香港生死學協會創會會長)

Mr. Ng Kwai-Lun Pasu (Founding President of HK Life and Death Studies Association)

公關及傳媒顧問

PR & Media Consultant

余似心女士

Ms. Maria Yu

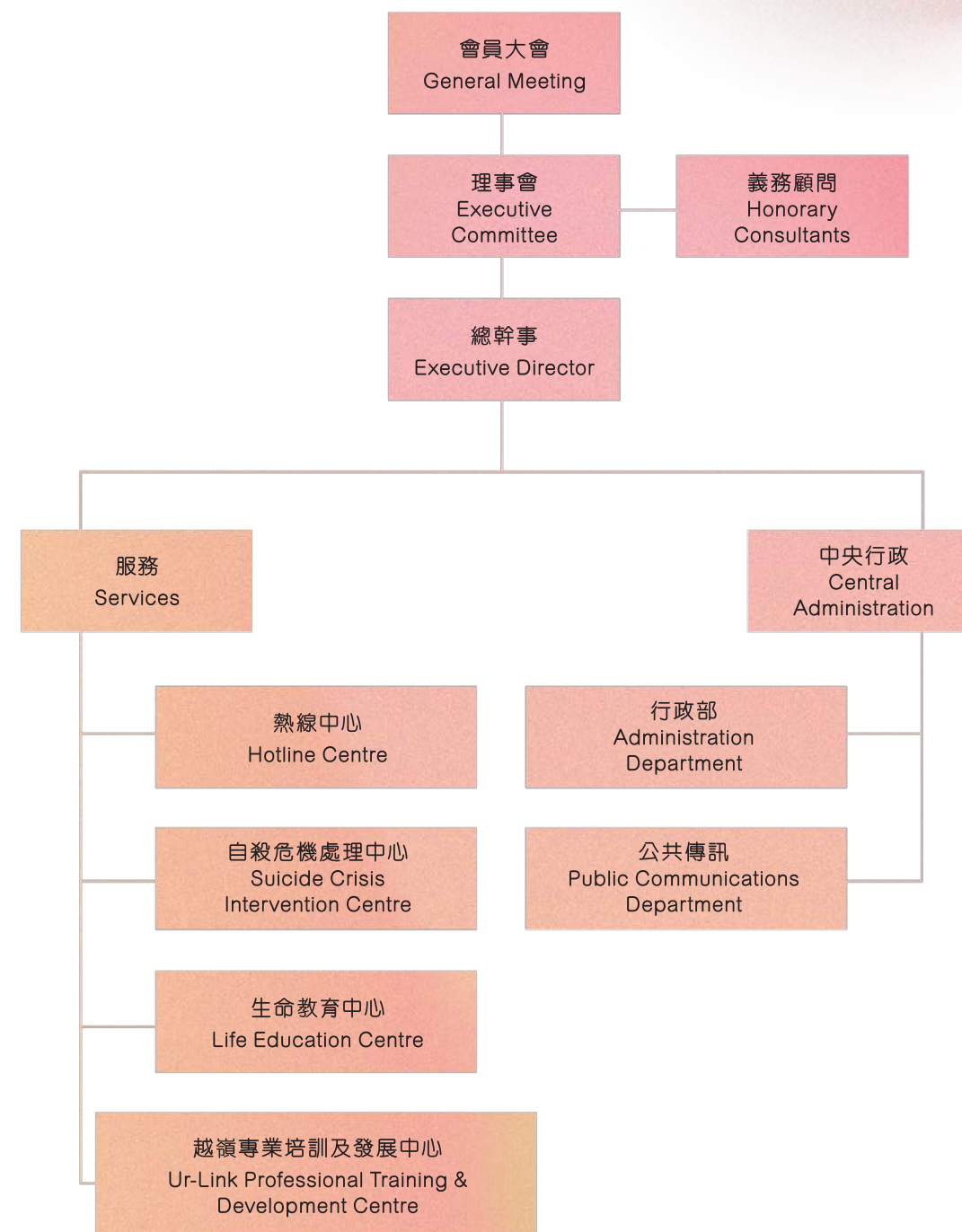
機構大使

SBHK Ambassador

惠英紅小姐

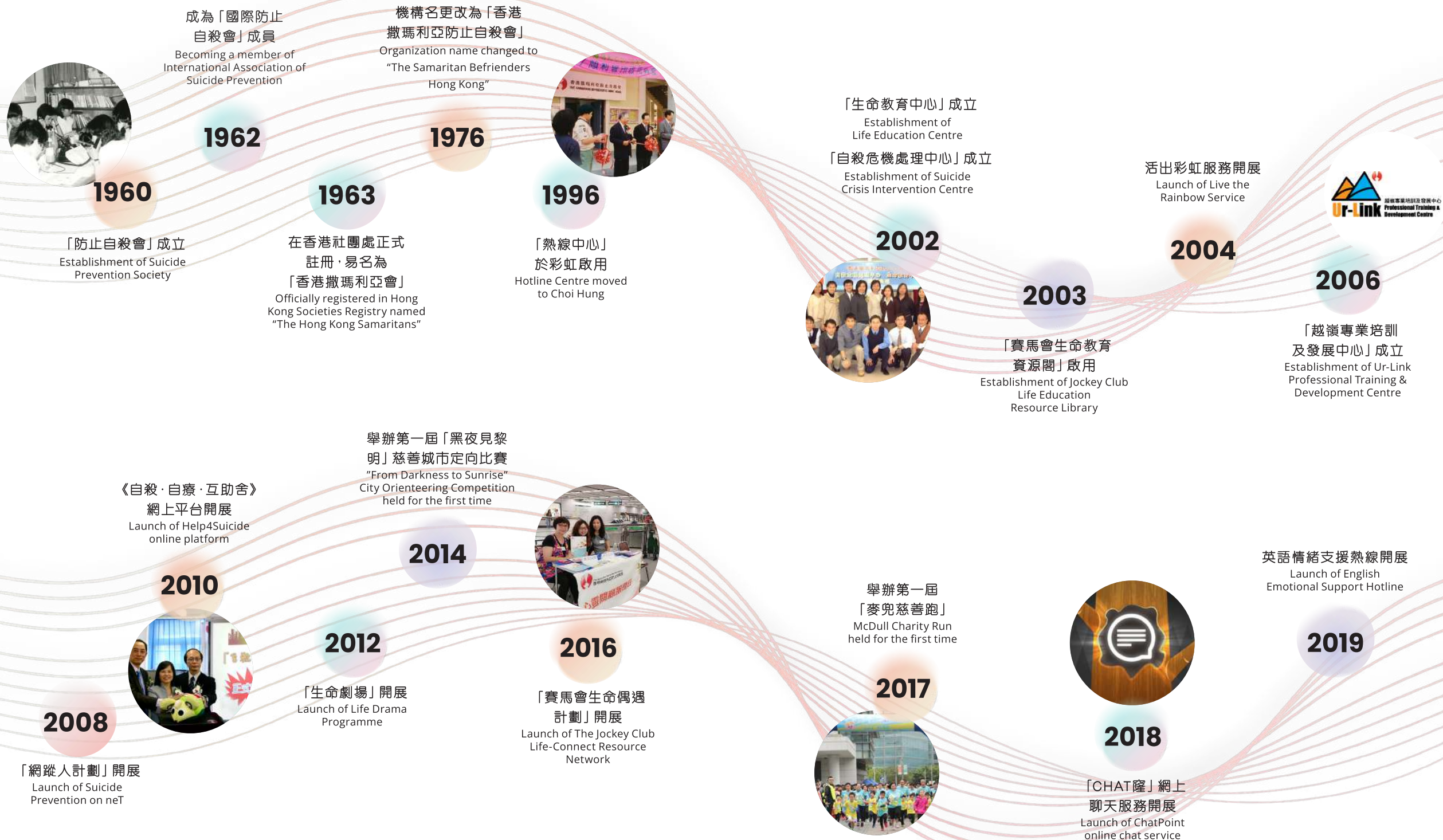
Ms. Kara Wai Ying Hung

組織圖表 Organisation Chart



里程碑

Our Milestones



主席報告

Chairman's Report

導言

2021年對香港仍是艱難的一年，雖然疫情曾經一度接近尾聲，最後卻又重臨。在疫情的不確定下，公共服務、商業活動及香港市民的日常生活無疑大受影響。死因裁判庭的報告顯示，於2021年共有1,010宗自殺死亡個案，比2020年輕微減少了9宗。但自殺率卻上升了0.09，達到13.70，平均每天有2.77人死於自殺。長者的自殺率仍然在所有年齡組別中排首位，而數字上亦打破了從1973年以來的紀錄。疫情的確使這個弱勢群組缺乏了社交接觸，使他們生活於一個孤立的環境之下。更不幸的是，社會服務（包括長者支援服務）亦大受影響。可悲的是，長者自殺率及自殺數字高企的趨勢不只形成，而是成為了常態。

機構整體事項

於上屆周年大會中，為了符合公司條例及本會會章之規定，有別於以往在會議前提供一個投票期，機構首次採用即場投票的方式選舉理事會成員。雖然過程中遇到一些小問題，但在得到核數師作為監票員及法律顧問蒞臨解答會員對選舉過程的疑問下，選舉仍能順利及嚴謹地完成，並選出了12位新一屆兩年任期的理事會成員，但有一位在任期開始前因個人原因未有履任。新一屆理事會成員人數在近年為最高，故理事會成員、職員及會員需要更大的努力磨合。

熱線中心

24小時情緒支援熱線於2021年共處理了16,046個來電，比起2020年增加了25.27%。疫情稍緩讓義工可以於熱線中心提供更多服務，故可處理的來電亦因此增加。在所有的來電中，10,724宗為尋求情緒支援的個案，最高的三個求助問題依次為精神健康、家庭問題及人際相處，佔所有求助問題的37%。而在所有尋求情緒支援的來電中，有13.88%(1,488) 的個案有不同程度的自殺危機。

Introduction

2021 was still a difficult year for Hong Kong. While there was a period that the pandemic was closed to an end, it prevailed again. The unstable pandemic has undoubtedly affected the provisions of public services, commercial activities, and the daily lives of all the people of Hong Kong. The report of the Coroner's Court shows that, there were 1,010 suicide death cases in 2021, a slight decrease of 9 cases compared with that in 2020. The suicide rate was 13.70, which, however, was an increase of 0.09 from 2020. On average, there were 2.77 people died of suicide per day in 2021. The suicide rate of the elderly in 2021 was still the highest among all age groups. The number of suicide death cases in this age group also broke its record since 1973. There is no doubt that the lack of social contact because of the pandemic has created an unfavourable isolated living environment for this vulnerable group. Even worse was the provision of social services, including those supporting the elderly people, was also seriously affected. Arguably, the trend of high suicide number and rate of the elderly in Hong Kong has not only been formed, but sadly, it has become a norm.

Organization Overview

In the last Annual General Meeting, the organization tried for the first time a new way to elect Executive Committee Members so that we could comply with the Company Ordinance and our Memorandum and Articles of Association. The voting was done during the meeting instead of in a voting period before it. Although there were some minor problems, the election was held successfully and rigorous, with our auditor being the scrutineer and our legal consultant's presence to answer any possible queries raised by the members regarding the election process. 12 members were elected as Executive Committee Members for a term of 2 years, although there was one member not being able to take the post before the start of the term due to personal reason. The number of Members in the Executive Committee is the highest in recent years, which required much effort to adjust among Executive Committee Members, staff and Ordinary Members.

以2021年12月31日計，我們的熱線義工數目為224名，比上一年下跌了34名。下跌原因包括自然流失、移民離港及因疫情延遲了義工訓練。我們預計義工的數字將會繼續下跌，故此，在疫情退卻後，已立即展開義工招募，以補充流失了的人手。在2021年，展開了3期（63、64及65期）義工訓練以填補2020年因疫情而減少的訓練。有130名報名者承諾為受訓義工。

本年度熱線中心提供了22個在職義工訓練，以加強他們在提供情緒支援服務的技巧與知識。這些在職訓練共有790人次參加，極受義工歡迎。

自殺危機處理中心

本會的自殺危機處理中心，在2021年共處理1,213宗自殺危機個案，對比2020年下跌了3宗。個案數字低於津貼及服務協議訂下的每年要求（1,400宗），但社會福利署理解疫情影響服務的提供，而其他服務指標大都能達致，故服務表現還是可以接受。

在活出彩虹計劃下，中心亦為有106名自殺死亡者的親友家屬提供了輔導服務，舉行了29節未完成的小組活動（遠高於2020年的3節）及67節支援小組予活出彩虹小組的組員。

由2020年中開始，因社會福利署轄下攜手扶弱基金的資助完結，Chat隆網上防止自殺服務的服務時間須下調。因此，2021年的服務時數亦無奈減少至2,205小時，下降率達47.71%，而個案總數亦下跌至4,405宗，跌幅達42.92%。

因疫情稍緩，賽馬會生命偶遇資源計劃能為教師及社工提供43節專業培訓，共計有1,169人參加。計劃亦提供了201節指導服務予70位教師及社工，幫助他們處理具自殺危機的服務對象。

Hotline Centre

Our 24-Hour Emotional Support Hotline handled 16,046 calls in 2021, which was a 25.27% increase compared to 2020. The slight abatement of the pandemic in the year allowed our volunteers to provide more hotline service in our centre, thus contributing to the increase in the number of calls handled. Among all the calls, 10,724 were help-seeking cases requiring emotional support. The 3 highest presenting problems of the help seekers were mental health, family issues, and social relationship, covering more than 37% of all the presenting problems the callers had. 13.88% (1,488 cases) of all the cases were assessed with various levels of suicidal risk.

The number of volunteers in our Hotline Centre was 224 as of 31st December 2021. There was a drop of 34 volunteers this year. The reasons for the decrease of volunteers included natural loss and emigration of volunteers, as well as the delay of volunteer training due to the pandemic. We foresee that the number of volunteers may drop further. Thus, recruitment and training of volunteers have to be done once the pandemic eases to replenish the loss of volunteers. In 2021, three batches (63rd, 64th, and 65th) of volunteer training programmes were conducted to compensate for less training in 2020 due to the pandemic. 130 applicants were admitted into the training as volunteer trainees.

22 on-the-job training programmes were also provided to our volunteers to enrich their skills and knowledge in providing emotional support service to the help-seekers. As usual, these training programmes were well received by our volunteers with 790 participants.

Suicide Crisis Intervention Centre

In 2021, our Suicide Crisis Intervention Centre handled 1,213 suicide crisis cases, a drop by 3 cases compared to 2020. It was lower than the annual benchmark (1,400 cases) laid down in the Funding Service Agreement. The impact of the pandemic on service provision, however, was well aware of by the Social Welfare Department, so the under-achieved performance was also accepted, especially when most of the other targets could be met in the year.

Under the Live the Rainbow Programme, the Centre provided counselling services to 106 cases who were relatives and friends of suicide deaths. 29 sessions of Unfinished Novel Therapeutic Group were provided in 2021, which was a big jump from 3 held in 2020. The Centre also organized 67 sessions of support groups for its members.

生命教育中心

雖然學校停課的時間相對減少了，但在2021年9月後，學校每天只可提供半日面授課堂，這令生命教育中心的外展服務遇到困難，老師需於更短的時間內完成課程，亦因疫情可能重臨而不冒險安排任何課外活動。

故此，香港賽馬會慈善信託基金撥款資助的防止自殺教育計劃只舉行了32場講座、工作坊及小組活動，惠及8,709人次，以及112次社區探訪/服務。而同樣由香港賽馬會慈善信託基金撥款資助的生命偶遇資源計劃，亦舉行了77次家長講座，惠及848人次。為彌補下調了的面對面的服務，中心在生命偶遇網站製作了18段網上節目，包括2集《總幹事多事幹》，7集《Kids Talk》及6集《陪你Lunch》。

越嶺專業培訓及發展中心

越嶺專業培訓及發展中心與8位專業夥伴及機構合作，於2021年共開辦了41個公開課程及講座予675名參加者，涵蓋主題達17個。另外，中心亦為5個機構的225參加者安排9個課程。這些課程當中，有些能提升社工及老師的專業技能，最終惠及他們的服務對象；有些可以改善參加者及其家人的幸福感。

公關及籌款活動

本會的全新網頁於2021年11月推出，新的介面除了有一個新面貌之外，更方便使用家可以用不同平台及裝置瀏覽網頁。

因應自1973年有記錄以來最高的長者自殺數字，我們於2021年6至7月做了一次長者情緒狀況的問卷調查，並將結果及分析於周年記者會上公佈。另外，為響應於2021年9月10日的世界防止自殺日，我們舉行了3次「Care for 60+關注長者情緒健康為主題」的網上講座，以喚起公眾對長者情緒需要的關注。

雖然公眾籌款活動因疫情的不確定性而未能舉辦，本會的工作仍然得到香港市民的肯定。除了有紅酒及保溫瓶的贊助作籌款用途之外，由黃儉純遺產基金捐贈的兩所物業變賣後共帶來超過港幣1,200萬的收入，這筆款項現為本會的儲備，存於定期存款戶口中。

With the end of the funding support provided by The Partnership Fund for the Disadvantaged under the Social Welfare Department in the middle of 2020, the Centre had to limit the service hours of our online emotional support service – ChatPoint. Thus, the total service hours of the programme in 2021 were further reduced to 2,205 hours, a drop by 47.71%. The number of cases handled also dropped by 42.92% to 4,405 cases.

With the ease of the pandemic, our Jockey Club Life-Connect Resource Network Programme provided 43 sessions of professional training for teachers and social workers, with a total of 1,169 participants. The Programme also allowed us to provide 201 coaching sessions to 70 teachers and social workers to deal with the suicidal cases they were serving.

Life Education Centre

Even though there was less time of suspension of classes in 2021, half-day face-to-face lessons were conducted in the 21/22 school year after September 2021. This posed difficulties for our Life Education Centre to provide outreaching services in school as teachers had to finish the curriculum in a shorter time, and they also could not plan for any other extra-curricular activities in fear of a comeback of the pandemic.

As such, in 2021, there were only 32 talks, workshops and group activities with 8,709 beneficiaries and 112 community visits/services for our Suicide Prevention Education Project funded by Hong Kong Jockey Club Charities Trust. Our Life-Connect Resource Network, again funded by Hong Kong Jockey Club Charities Trust, held 77 times of Parent Workshops with 848 beneficiaries. 18 online programmes including 2 “Executive Director’s Next Guest”, 7 “Kids Talk” and 6 “Lunch with you” were made in Lifetube to compensate for the decrease in face-to-face outreaching services.

Ur-Link Professional Training & Development Centre

Working with 8 professional partners and organizations, the Centre organized a total of 41 public courses and seminars on 17 topics for 675 participants in 2021. 9 courses and seminars were also offered to 5 organizations for their staff members with 255 participants. Among these courses, some could enhance the professional skills of social workers and helping professionals so as to benefit the clients; others could improve the well-being of the participants themselves and their families.

總結

我們要感謝各位義工、職員、合作夥伴、捐助者及贊助人在2021年的支持。香港正經歷很多的挑戰與困難，而本會亦不能置身事外。我們更主動地回應大眾因此而出現的情緒需要。理事會、會員、職員及支持我們的合作夥伴共同的努力，是我們服務得以延續的重要元素。香港撒瑪利亞防止自殺會承諾，在香港前路艱難的時刻，「與你們一起努力」。

Public Communications and Fundraising Event
The new website of SBHK was launched in November 2021 to give a new look to the general public. The user interface allows users to browse the website easily on whatever platform and devices they use.

With the highest number of suicide deaths of the elderly on record since 1973, a survey on the emotional state of the elderly was done in June and July 2021. The result and analysis of the survey was announced at the Annual Press Conference. Moreover, in response to the World Suicide Prevention Day on 9th September 2021, 3 online seminars with the theme of “Care for 60+” were organized to arouse the public’s concern on the emotional needs of the elderly.

Although public fundraising activities could not be held due to the uncertainty of the pandemic, the work of SBHK was recognized by the people of Hong Kong. Apart from sponsorship of red wines and thermos kettles for fundraising purpose, the sales of the two properties donated by Wong Kim Shun Will Trust have brought to SBHK over HK\$12 million of income. This is now being put into a time deposit account as a reserve for the organization.

Conclusion

We have to thank the support of our volunteers, staff members, partners, donors and sponsors in 2021. Hong Kong has been experiencing a lot of challenges and difficulties, and SBHK cannot keep ourselves out of the affair. SBHK has to proactively respond to the emotional needs of the general public induced by these challenges and difficulties. The concerted efforts of our Executive Committee, members, staff, and all supporting partners are essential for the continuation of our service. SBHK is committed to “work with you” during all the tough times ahead in 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 2389 2222
24-Hour Emotional Support Hotline 2389 2222
- 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
- 英語情緒支援熱線 2389 2223
English Emotional Support Hotline 2389 2223
- 活出彩虹服務
Live the Rainbow Service
- 網上防止自殺
Online Suicide Prevention
- 賽馬會生命偶遇資源計劃 (教師及社工培訓)
Jockey Club Life-Connect Resource Network
(Training for Teachers and Social Workers)

生命教育中心 Life Education Centre

- 防止自殺教育計劃
Suicide Prevention Education Project
- 賽馬會生命偶遇資源計劃 (家長小組及支援服務、社區教育及 Lifetube)
Jockey Club Life-Connect Resource Network
(Parent Workshop & Support Group, Community Education & Lifetube)
- 生命劇場
Life Drama Programme

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

- 公開課程
Public Course
- 機構及企業培訓及講座
Organisation & Corporate Training & Seminar



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”!



24小時情緒支援熱線

24-Hour Emotional Support Hotline

熱線中心義工招募及培訓

Hotline Centre Volunteer Recruitment & Training

社區講座及活動

Community Seminar and Activity

香港撒瑪利亞防止自殺會於1960年開展電話情緒支援服務，該服務是本會的首個服務，一直透過接聽求助者電話來推動防止自殺的工作；後於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 organisation 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.



2021年熱線中心回顧 2021 Hotline Centre Review



16,046

來電總數

Number of Incoming Calls



224

熱線義工數目

No. of Hotline Centre Volunteers



100

義工訓練班及在職培訓

Volunteer Trainings Provided



16

社區活動

Community Activities



1,518

社區活動受惠人次

Participants Attended
Community Activities

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，希望來電者情緒得到紓緩，並能重拾生存的勇氣和信心。在2021年，我們共處理了16,046的服務個案，比2020年的12,809宗增加3,237宗，當中求助個案為10,724個。

Our 24-Hour Emotional Support Hotline relies much on our passionate trained volunteers to provide the service 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 their emotional distress can be released. By doing so, they can regain their hope for the future and the confidence in facing the challenges ahead. In 2021, we handled 16,046 cases. There was an increase of 3,237 cases from 12,809 cases in 2020. Among these, 10,724 were help-seeking cases who were in need of emotional support.

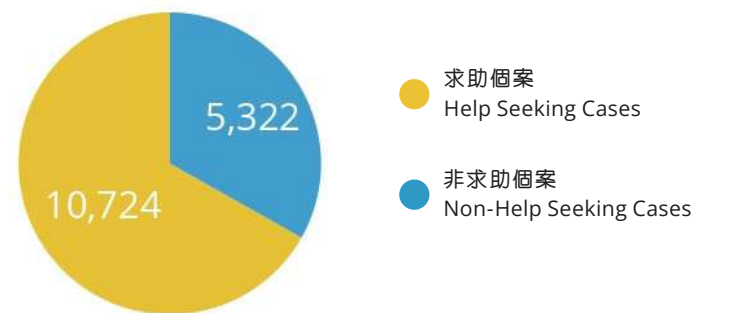


2021年24小時情緒支援熱線數據分佈

24-Hour Emotional Support Hotline 2021 Data Analysis

按來電分佈
By Incoming Calls Data Analysis

類別 Types of Case	個案數字 Number of Cases
非求助個案 Non-Help Seeking Cases	5,322
求助個案 Help Seeking Cases	10,724
總計 Total	16,046



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

年份 Year	2021					2020	
	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0 - 9	16	2	6	24	0.22	18	0.21
10 - 19	189	252	10	451	4.21	382	4.58
20 - 29	704	709	4	1,417	13.21	1,188	14.23
30 - 39	912	758	13	1,683	15.69	1,311	15.72
40 - 49	713	1,108	10	1,831	17.07	1,370	16.44
50 - 59	1,036	1,079	10	2,125	19.82	1,699	20.38
60 +	697	662	5	1,364	12.72	989	11.86
不詳 Unknown	790	965	74	1,829	17.06	1,383	16.58
總計 Total	5,057	5,535	132	10,724	100	8,340	100

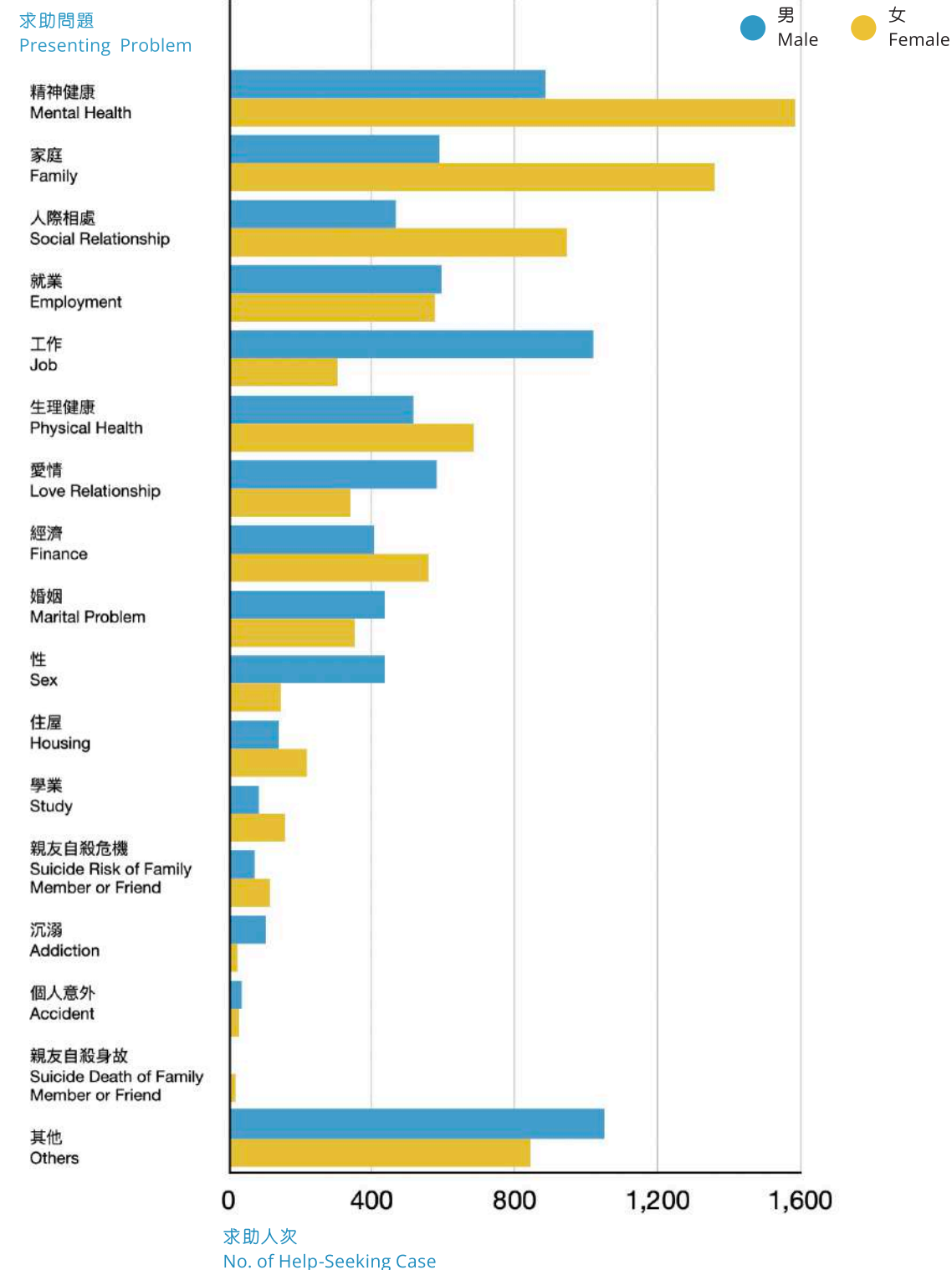
求助者求助問題分佈
Presenting Problems Distribution of Help-Seeking Cases

年份 Year	2021				
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	885	1,586	36	2,507	15.81
家庭 Family	589	1,360	17	1,966	12.40
人際相處 Social Relationship	465	947	11	1,423	8.98
就業 Employment	597	578	6	1,181	7.45
工作 Job	1,022	306	8	1,336	8.43
生理健康 Physical Health	517	687	8	1,212	7.64
愛情 Love Relationship	583	338	6	927	5.85
經濟 Finance	405	555	6	966	6.09
婚姻 Marital Problem	436	354	3	793	5.00
性 Sex	435	143	10	588	3.71
住屋 Housing	138	216	3	357	2.25
學業 Study	82	159	11	252	1.59
親友自殺危機 Suicide Risk of Family Member or Friend	70	115	4	189	1.19
沉溺 Addiction	105	24	2	131	0.83
個人意外 Accident	35	32	1	68	0.43
親友自殺身故 Suicide Death of Family Member or Friend	6	17	2	25	0.16
其他 Others	1,051	841	40	1,932	12.19
總計 Total	7,421	8,258	174	15,853	100

在2021年求助個案類別中，主要困擾的問題為精神健康（15.81%）、家庭（12.40%）及人際相處（8.98%）。

In 2021, the major reasons for seeking help were: Mental Health (15.81%), Family (12.40%), and Social Relationship (8.98%).

求助個案數目
No. of Help-Seeking Case



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

年齡 Age	0-9		10-19		20-29		30-39		40-49	
求助問題 Presenting Problem	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	32	51	119	205	108	185	130	349
家庭 Family	3	1	51	100	92	151	108	161	122	197
人際相處 Social Relationship	0	0	43	36	74	123	102	138	71	253
就業 Employment	0	0	2	2	70	60	144	64	130	76
工作 Job	0	0	2	2	79	82	133	186	174	203
生理健康 Physical Health	3	0	38	9	20	58	45	48	49	82
愛情 Love Relationship	0	0	15	68	96	174	152	97	45	100
經濟 Finance	0	0	2	2	41	30	55	42	106	59
婚姻 Marital Problem	0	0	0	6	18	14	185	68	87	97
性 Sex	0	0	34	30	170	37	79	16	43	23
住屋 Housing	0	0	1	1	2	15	21	12	44	32
學業 Study	2	0	31	39	34	46	5	15	5	42
親友自殺危機 Suicide Risk of Family Member or Friend	0	0	3	5	13	19	16	21	7	18
沉溺 Addiction	0	0	4	1	26	5	22	1	29	10
個人意外 Accident	0	0	4	0	1	4	5	3	7	7
親友自殺身故 Suicide Death of Family Member or Friend	0	0	0	1	0	4	3	2	0	2
其他 Others	9	1	30	15	149	51	103	77	105	131
總計 Total	18	2	292	368	1,004	1,078	1,286	1,136	1,154	1,681

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	240	382	166	203	89	211	885	1,586	36	2,507
家庭 Family	90	345	58	235	65	170	589	1,360	17	1,966
人際相處 Social Relationship	60	145	70	99	45	153	465	947	6	1,418
就業 Employment	464	70	138	16	74	18	1,022	306	11	1,339
工作 Job	71	80	12	26	46	108	517	687	8	1,212
生理健康 Physical Health	174	207	218	88	50	86	597	578	6	1,181
愛情 Love Relationship	38	41	11	10	48	65	405	555	6	966
經濟 Finance	216	73	90	105	73	27	583	338	8	929
婚姻 Marital Problem	42	68	25	62	79	39	436	354	3	793
性 Sex	15	12	2	1	92	24	435	143	10	588
住屋 Housing	24	72	19	57	27	27	138	216	3	357
學業 Study	2	7	0	3	3	7	82	159	11	252
親友自殺危機 Suicide Risk of Family Member or Friend	6	13	4	6	21	33	70	115	2	187
沉溺 Addiction	8	3	4	1	12	3	105	24	4	133
個人意外 Accident	4	9	13	1	1	8	35	32	1	68
親友自殺身故 Suicide Death of Family Member or Friend	0	4	1	2	2	2	6	17	2	25
其他 Others	217	189	189	122	249	255	1,051	841	40	1,932
總計 Total	1,671	1,720	1,020	1,037	976	1,236	7,421	8,258	174	15,853

年份 Year	2021					2020	
危機程度 Risk Level	男 Male	女 Female	性別不詳 Gender Unknown	總計 Total	百分比 %	總計 Total	百分比 %
低 Low	495	610	15	1,120	10.44	855	10.25
中 Moderate	124	180	1	305	2.85	177	2.12
高 High	26	37	0	63	0.59	30	0.36
無 No	4,000	4,332	80	8,412	78.44	6,697	80.30
未及評估 Cannot Assess	412	376	36	824	7.68	581	6.97
總計 Total	5,057	5,535	132	10,724	100	8,340	100

在2021年的16,046宗服務個案中，求助個案為10,724宗。當中，有自殺危機者的求助個案共為13.88%（即1,488個）；其中的高、中危個案佔24.73%（即368個），當中的20.65%個案（即76個）被成功轉介至自殺危機處理中心跟進。

Among the 16,046 cases, 10,724 were help-seeking cases who were in need of emotional support. 13.88%(1,488 cases) were assessed with suicidal risk. 24.73% (368 cases) of the suicidal cases was of high and medium risk. 20.65% (76 cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

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



224
熱線中心義工
Hotline Centre Volunteers



2,347
參與訓練班及在職培訓人次
Volunteers Attended Trainings



3
熱線中心義工訓練班
Hotline Centre
Volunteer Trainings



28
熱線中心義工在職培訓
Hotline Centre Volunteers
On-the-Job Trainings

熱線中心多年來全憑一群富熱誠、默默耕耘的義工，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224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 the help seekers who call for emotional support. These volunteers try to understand the difficulties and ease the distress of the callers, and walk with those who are in darkness.

Most of our hotline volunteers are not professional social workers, counselors, clinical psychologists, nor psychiatrists. They are just ordinary people in the community who are willing to help others. There are about 224 volunteer members in our centre. 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.

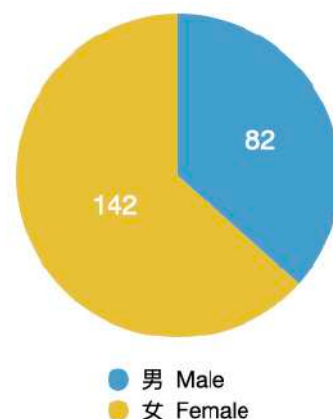
In order to enhance the service quality, the Hotline Centre is committed to provide different kinds of training for our volunteers to enhance their professional knowledge and ability to help others.

2021年熱線中心義工資料 Profile of Volunteers in 2021

熱線中心義工服務年資分佈 Hotline Centre Volunteers' Years of Service Distribution

男 Male	女 Female
82	142

服務年資 Serving Year	男 Male	女 Female
一年以下 Below 1 year	0	0
2-3 年 / years	15	29
4-5 年 / years	9	14
6-7 年 / years	7	25
8-9 年 / years	9	7
10年或以上 10 years above	42	67
合共 Total	82	142



2021年義工在職培訓總覽 Volunteers On-the-Job Trainings Review in 2021

22
在職培訓主題
On-the-Job Training Themes

790
義工參加人次
Participants

28
節數
Sessions



情緒這回事
Seminar of Emotions



Hey! 一起到晨曦島去,了解,了解
Visit Dawn Island Treatment & Rehabilitation Centre

主題 Theme	節數 No. of Sessions	人數 No. of Participants
自殺危機處理中心的迷思-轉介個案去哪兒? Referral High Risk Case Sharing	1	33
在彩虹旗幟下,我們是一樣! Sexual Minority Training	1	45
男士的情緒解碼2-疫下的重「擔」 Workshop on Emotional Support for Men 2	1	46
我可能「感染」了焦慮? Seminar on Anxiety Disorder	1	58
Hey!一起到晨曦島去,了解,了解 Visit Dawn Island Treatment & Rehabilitation Centre	4	68
淺談·跨性別人士·分享 President-Made in Gender Sharing	1	41
情緒這回事 Seminar of Emotions	2	48
督導員進心班 Supervior Training	2	50
別讓他們孤獨的死去 Lonely Deaths Case Sharing	1	28
你好,我是一名護老者! Carers Case Sharing	1	29
遊走於長者層面的地區中心 Workshop on Knowing District Elderly Community Centre	1	29
失胎 Workshop on Abortion	1	28
男士的情緒解碼3 Workshop on Emotional Support for Men 3	1	30
「過山車」式的精神病 Seminar of Bipolar Affective Disorder	1	54
我有一個好賭的家人 Seminar on Problem Gambling Behavior	1	28
思覺失調的世界 Seminar on Bipolar Schizophrenia	1	79
被捕·候審·還押人士的需要和社會服務 Seminar on Arrestees and People in Conflict with the Law of Hong Kong	2	59
產前/後·你懂「媽」 Antenatal and Postnatal Sharing	1	42
我們的獨「特」學習之旅!! Workshop on Special Educational Needs	1	22
是誰帶走了快樂?認識支援家暴受害人服務 Workshop on Support Programme for Victims of Family Violence	1	27
我的家無瓦遮頭 Workshop on Homeless	1	25
熱線義工「ChatLine網上服務」個案分享會 ChatPoint Case Sharing	1	21
總數 Total	28	790

2021年,我們舉辦了63期、64期及65期義工訓練班,共有130人接受職前培訓課程,而整年的職前培訓課程合共有1,557出席人次。

In 2021, we organised the 63rd, 64th and 65th batch of hotline volunteer training programme to our volunteer trainees. 130 applicants were admitted as volunteer trainees for the pre-service training and there were 1,557 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。

Our Hotline Centre is committed to promoting suicide prevention messages to the public by organising 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 organisations including Basic Suicide Crisis Assessment. Community activities such as street counters were also set up for the purpose of community education.

社區講座

Community Seminar



講座題目

Seminar Topic

自殺危機訊號辨識分享會
Basic Suicidal Risk Assessment Sharing Session

溫馨復康中心
Comfort Rehabilitation Home

25 參加人數
Number of Participant

施永青基金會
Shih Wing Ching Foundation

11 參加人數
Number of Participant

長者自殺危機訊號辨識分享會
Basic Elderly Suicidal Risk Assessment Sharing Session

東華三院黃祖棠長者地區中心
Wong Cho Tong District Elderly Community

17 參加人數
Number of Participant

世界防止自殺日分享會
World Suicide Prevention Day Sharing Session

網上分享會
Online Sharing Session

720 參加人數
Number of Participant



社區活動

Community Activity



活動名稱

Name of Programme

長者情緒健康關注服務站 (彩虹、土瓜灣、荃灣、黃大仙、石硤尾、深水埗站)
Elderly Emotional Health Care Service Counter
(Choi Hung, To Kwa Wan, Tsuen Wan, Wong Tai Sin, Shek Kip Mei, Sham Shui Po MTR Station)

450 參加人數
Number of Participant

情緒關顧服務站 (石硤尾站)
Emotional Care Service Counter (Shek Kip Mei MTR Station)

200 參加人數
Number of Participant



情緒關顧服務站
Emotional Care Service Counter



溫馨復康中心
Comfort Rehabilitation Home

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.



自殺危機介入服務

Suicide Crisis Intervention Service

英語情緒支援熱線 2389 2223

English Emotional Support Hotline 2389 2223

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)

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 counselling, consultation and group service directly for people with medium to high suicidal risk, their concerners and relatives of the suicide deaths. The services aim to 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.



2021年自殺危機處理中心回顧
2021 Suicide Crisis Intervention
Centre Review



1,213

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



1,037

具自殺危機之個案數字
No. of Suicidal Cases



176

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

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 Counselling

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, counselling and group service to middle to high risk suicidal people through intensive counselling 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貼，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, the Centre has established a consultation hotline for relatives and friends of suicidal people in order to help them understand the symptoms of suicide and enhance their ability to deal with suicide crises so of their relatives and friends.

自殺危機個案輔導 Suicide Crisis Counselling

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，並透過深入的輔導跟進。例如（家訪、中心面談、電話輔導及服務轉介等），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 counselling for people with medium to high suicidal risk. Through intensive counselling and follow-up service such as home visits, interviews, telephone counselling and service referrals, we aim at helping our clients to rebuild their living faith and enhance their ability to deal with future crises.

2021年自殺危機介入服務數據分佈 Suicide Crisis Intervention Service 2021 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	1,037	85.5
自殺危機者親友 Family or Friend of Suicidal People	176	14.5
總計 Total	1,213	100

自殺危機個案性別分佈 Gender Distribution of Suicidal Cases

自殺危機個案性別 Gender of Suicidal People	求助個案 Cases of Requests	百分比 %
女性 Female	693	66.8
男性 Male	344	33.2
總計 Total	1,037	100

自殺危機個案之年齡分佈 Age Distribution of Suicidal Cases

年齡 Age	女性自殺危機者 Female Suicidal Users	男性自殺危機者 Male Suicidal Users	個案數字 No. of Cases	百分比 %
0-9	1	2	3	0.3
10-19	127	28	155	14.9
20-29	106	43	149	14.4
30-39	160	64	224	21.6
40-49	137	61	198	19.1
50-59	79	74	153	14.8
60-69	49	46	95	9.2
70-79	13	17	30	2.9
>=80	9	4	13	1.3
不詳 Unknown	12	5	17	1.6
總計 Total	693	344	1,037	100

自殺危機個案來源分佈 Source of Suicidal Cases

自殺危機個案來源 Source of Suicide Cases	個案數字 No. of Cases	百分比 %
綜合家庭服務 Intergated Family Service	231	22.28
熱線中心 Hotline Centre	190	18.32
自行求助 Suicidal Cases Themselves	178	17.16
醫務社會服務單位 Medical Social Service Units	110	10.61
親友求助 Relatives or Friends of Suicidal People	97	9.35
學校 Schools	80	7.71
警方 Police	43	4.15
心理輔導服務 Psychological / Counselling Service	27	2.60
網上防止自殺服務 Online Suicide Prevention Service	16	1.54
醫療及輔助醫療 Medical or Para-medical Service	15	1.45
其他 Others	50	4.82
總計 Total	1,037	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	158	31	189	18.23
精神健康 Mental Health	88	43	131	12.63
婚姻 Marital Problem	84	38	122	11.76
親友自殺身故 Suicide Death of Family Member or Friend	69	39	108	10.41
愛情 Love Relationship	60	34	94	9.06
經濟 Finance	29	61	90	8.68
生理健康 Physical Health	33	24	57	5.50
學業 Study	34	6	40	3.86
人際相處 Interpersonal Relationship	31	8	39	3.76
工作 Job	23	11	34	3.28
住屋 Housing	24	9	33	3.18
就業 Employment	7	10	17	1.64
親友的自殺危機 Suicide Risk of Family Member or Friend	11	3	14	1.35
沉溺 Addiction	1	4	5	0.48
個人意外 Accident	1	3	4	0.39
性 Sex	3	0	3	0.29
其他 Others	37	20	57	5.50
總計 Total	693	344	1,037	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2021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 2021 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
Counselling for Relatives and Friends of the Suicide 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 Suicide 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 Suicide Deaths

2021年服務回顧 2021 Service Review



106

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



29

「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 Suicide Deaths



67

「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 Suicide 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」之，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 not easy 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 this, our Suicide Crisis Intervention Centre established the first “Relatives and Friends of the Suicidal People Self-help Group” in Hong Kong in September 2004, hoping to help the 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 a colourful life. Due to the remarkable results of the “Live the Rainbow Group”, our organisation was further funded by the Social Welfare Department to launch a one-stop shop “Live the Rainbow Service” for relatives and friends of the suicide deaths starting from November 2009.

自殺身故者親友個案輔導

Counselling for Relatives and Friends of the Suicide 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 counselling for relatives and friends of the suicide 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 Suicide 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 serene 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 Suicide 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 of the group in relieving their emotions and building up their own mutual support network to overcome their griefs. The Centre also equips potential group members as volunteers to visit and render continuous support to other members.

2021年自殺身故者親友個案關係分佈

2021 Relationship Distribution of Cases in “Live the Rainbow Service”

關係 Relationship	個案數字 No. of Cases	百分比 %
父母 Parent	26	24.53
子女 Child	26	24.53
配偶 Spouse	19	17.92
兄弟姊妹 Sibling	17	16.04
其他親屬關係 Other Relative	9	8.49
愛侶 Lover	6	5.66
朋友 Friend	2	1.89
非親屬 Non-relative	1	0.94
總計 Total	106	100

網上防止自殺

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

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2021年，「Chat隆」提供了2,205小時的即時情緒疏導服務，並處理了4,405名有自殺危機或情緒困擾的網絡使用者。

In 2018, the long year established 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 2021, ChatPoint rendered 2,205 service hours and handled 4,405 cases with suicidal risk or emotional distress.

2021年Chat隆回顧 2021 ChatPoint Review



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.

2021年Chat隆求助問題分佈 2021 ChatPoint Data Analysis

求助問題 Presenting Problems	聊天個案 Chat Cases	百分比 %
精神健康 Mental Health	385	25.38
工作 Job	193	12.72
家庭 Family	153	10.09
愛情 Love Relationship	126	8.31
人際相處 Social Relationship	116	7.65
學業 Study	111	7.32
就業 Employment	54	3.56
生理健康 Physical Health	53	3.49
婚姻 Marital Problem	51	3.36
經濟 Finance	44	2.90
親友自殺危機 Suicide Risk of Family Member or Friend	39	2.57
性 Sex	39	2.57
沉溺 Addiction	5	0.33
親友自殺身故 Suicide Death of Family Member or Friend	5	0.33
住屋 Housing	2	0.13
個人意外 Accident	2	0.13
其他 Others	139	9.16
總計 Total	1,517	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2021年，我們在網上社交媒體共搜尋了91,000個留言，並且主動嘗試接觸其中567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 2021, we searched 91,000 suicide related messages in social media and reached out to 567 internet users with suicidal tendency or emotional distress, to provided further counselling services 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年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 first suicide prevention website in Hong Kong – Help4Suicide in 2010, to bring out the message of cherishing life and counter the false and inaccurate suicide information on the internet.

<https://help4suicide.hk>



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)



43

專業培訓次數
No. of Trainings



25

參與學校及單位數目
Schools & Units Involved



1,169

參與人數
No. of People Attended



70

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



201

指導次數
Times of Coaching

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，培訓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。

This programme provides professional training and coaching services to teachers and social workers in schools and youth service units. The content of the training 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, by sharing our knowledge, experience and skills with frontline teachers and social workers through case sharing and discussion, they will be more ready to deal with the challenges of youth emotional distress and suicide crises.



生命教育中心

Life Education Centre

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

“Grow” means growth and implies 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.



防止自殺教育計劃

Suicide Prevention Education Project

賽馬會生命偶遇資源計劃 (家庭小組及支援服務、社區教育及 Lifetube)

Jockey Club Life-Connect Resource Network

(Parent Workshop and Support Group, Community Education & Lifetube)

生命劇場

Life Drama Programme

生命教育中心於2002年因獲香港賽馬會慈善信託基金撥款開辦防止自殺教育計劃而成立，及後有不同的贊助及計劃加入，不斷豐富中心服務及資源，為防止自殺擔當及早預防的角色。中心旗下有三個項目，包括防止自殺教育計劃、賽馬會生命偶遇資源計劃及生命劇場，透過外展服務、地區活動、義工培訓、舞台劇、生命教育資源圖書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 of 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.



2021年生命教育中心回顧
2021 Life Education Centre Review



162

活動
Activities



~11,324

受惠人次
Beneficiaries



2

出版
Publications



175

義工人次
Volunteers

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
- 生死教育活動
Life and Death Activity
- 社區生命教育活動「心導同行」
Heartfelt Tour Groups
- 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

2021年計劃回顧
2021 Programme Review



32

講座、工作坊及小組活動
Talk, Workshop and Group Activities



112

社區探訪 / 服務
Community Visits / Services



~8,709

受惠人次
Beneficiaries

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.

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。但因著疫情的關係，義工們未能入屋探訪，但因為義工們擔心長者的情緒狀態及物資儲存情況，所以都到長者家門外，隔著閘門向長者問好及派發禮物包，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。除探訪外，義工們亦會參與我們的外展服務，如街展及學校展覽等，協助我們帶領活動及將珍惜生命的訊息帶給社區人士。

In response to the problem of elderly suicides, we arrange volunteer community visits for the singleton and couple elderly. However, due to the epidemic, the volunteers were not able to enter the house to visit the elderly, yet our volunteers were worried about the emotional state of the elderly and the storage of supplies, they stayed outside the house and greeted through the gate, and distributed gift packs to make the elderly feel being cared for, so that their negative emotions and suicidal risks out of loneliness could be reduced especially during the epidemic. Besides, volunteers also joined our outreach services like roadshows and school exhibitions to promote the message of life cherishment to the public.

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, counselling, 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

(家庭小組及支援服務、社區教育及 Lifetube)
Jockey Club Life-Connect Resource Network
(Parent Workshop and Support Group, Community Education & Lifetube)

服務包括
Service Include

- 家庭小組及支援服務
Parent Workshop and Support Group
- 社區教育
Community Education
- Lifetube

學童自殺數字的上升，引起社會關注。為了更有效支援有需要的學生，香港賽馬會慈善信託基金撥款，於2016年與香港明愛、生命熱線及香港撒瑪利亞防止自殺會合作，推出「賽馬會擁抱生命系列」。香港賽馬會慈善信託基金與香港撒瑪利亞防止自殺會合作的計劃是「賽馬會生命偶遇資源計劃」，希望透過計劃，與學校及家長攜手，務求及早識別受情緒困擾的學生，為他們及其家庭提供支援，亦希望提高大眾對精神健康的認識。

The increasing number of suicide of students in 2016 has aroused social concern. To help the community become more effective in supporting students in need, The Hong Kong Jockey Club Charities Trust donated HK\$21 million to initiate the Jockey Club Embrace Life Series, and brought together Caritas Hong Kong, Suicide Prevention Services and The Samaritan Befrienders Hong Kong. With the support of schools and parents to identify students who are emotionally distressed, three programmes are being implemented to provide support to such students and their families, and raise public awareness on mental health.

The Samaritan Befrienders Hong Kong has built an online resources platform to offer videos and life education learning materials to raise public understanding of suicide prevention and offer appropriate support when people are facing negative emotions.



家庭小組及支援服務 Parent Workshop and Support Group



77

家長小組
Parent Workshops



848

受惠人次
Beneficiaries

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，2021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。

In response to the increasing number of student suicides from late 2015 to 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 2021. Although parents were busy at home, they made time to join the workshops in order to enhance their parent-child relationships.



社區教育 Community Education

情緒急救站 Emotional Supporting Counters



10

社區教育
Community Education



5,400

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 2021. 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. Also, some leaflets were distributed to the passersby.



講座 Talk

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, feelings and reflections with the general public so as 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.





24

Lifetube 學生短片創作工作坊
Lifetube Video Making Workshop
for students



322

受惠人次
Beneficiaries



18

影片製作
Video Productions



153

帖子
Posts



「Lifetube」網上生命教育平台於 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，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。

生命教育中心於2020年因疫情持續未能提供線下服務的關係，加強了Lifetube線上的生命教育推廣，2021年製作了《總幹事·多事幹》及《Kids Talk》兩個系列的節目，並曾於午飯期間進行直播節目《陪你Lunch》，讓未能與他人共膳的人，有著我們的陪伴。

"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 relaxed 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 life education materials 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 - "Executive Director's Next Guest" and "Kids Talk" were produced in 2021. Also, a live streaming programme "Having Lunch with You" was launched to accompany people who ate alone during the epidemic.

<https://lifetube.hk>



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

2021年劇場回顧 2021 Drama Programme Review



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。劇場以互動的手法，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 the characters, 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.



「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。

To fill the service gap in primary school, 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

機構及企業培訓及講座

Organisation & Corporate Training & Seminar

香港撒瑪利亞防止自殺會（以下略稱本會）專業培訓及發展中心於2005年成立，為一個自負盈虧單位，服務包括開辦公開課程、企業培訓、講座及場地租用。

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——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, organisation & 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-organises 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 to practise the skills with our mission - “building a helpful, supportive and loving society with love, patience and empathy”

2021年越嶺專業培訓及發展中心回顧 2021 Ur-Link Professional Training & Development Centre Review



26

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



50

課程及講座
Courses and Seminars



930

參與人次
Participants



5

參與機構及企業
Organisations &
Corporates Participated



8

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

公開課程 Public Course



17
題目
Topics



675
入讀人數
People Attended

以藝術為介入小組或團體工作實用課程
Art as an Intervention in Group or Community
Practical Course

陰影心理學與內在心靈自療證書課程
Certificate in Shadow Psychology & Self-healing

專業家事調解訓練課程
Professional Family Mediation
Training Program

「休·整·樂」工作坊：從音樂啟發
及引導自我關顧
Workshop on Self-care Music Therapy

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

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

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



41
個課程
Courses

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-Centered Play Therapy

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

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

「內在小孩」心靈治療證書課程
Certificate 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 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」與身心靈療愈證書課程
Certificate in Family Trauma
and Body-mind Healing

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



9
題目
Topics



255
入讀人數
People Attended

認識抑鬱與精神健康
Understanding Depression and Mental Health

認識情緒與壓力
Understanding Emotion and Stress

壓力的處理手法 1: 親子靜觀練習
Coping with Stress: Parent-child Mindfulness

壓力的處理手法 2: 靜觀練習
Coping with Stress 2: Mindfulness

以遊戲形式與子女溝通
Communicating with Children through Game

禪繞與靜觀工作坊
Workshop on Zentangle and Mindfulness

與學生情緒路上同行
Workshop of Satir Model for Teachers

自殺危機識別及處理
Suicide Prevention and Crisis Management
for Teachers

沙維雅模式培訓
Satir Model Workshop for Staff Training



9
節課
Classes

「休·整·樂」工作坊：從音樂啟發
及引導自我關顧中，參加者最後以
畫作總結課堂體會。
Participants expressed their
experience through art work in the
Self-care Music Therapy Workshop.

敘事治療基礎理論與技巧證書課
程導師葉劍青先生正在解釋敘事
治療概念。
Mr. Ip Kim Ching, the instructor
of Certificate in Basic Concept
and Skills of Narrative Therapy,
explaining different concepts about
Narrative Therapy.



輔導工具應用與「解說」技巧實務證
書課程導師陳源裕先生正在講授課
程內容。
Mr. YY Chan, the instructor of the
Certificate Course in Counselling
Tool Application and Debriefing Skill
Training, was lecturing in class.



輔導工具應用與「解說」技巧實務證書課程
參加者正以體驗方式學習。
Participants in Certificate Course in
Counselling Tool Application and
Debriefing Skill Training were
having activities through
experience learning.



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.

宣傳

Promotion

世界防止自殺日

World Suicide Prevention Day

全球每年約有70萬人死於自殺，即世界上每分鐘有超過1.3人自殺死亡。而2021年的香港全年死於自殺的人數為1,010，平均每日就有2.76人死於自殺。而60歲或以上長者自殺率更一向是本地各年齡組別中最高的，2021年長者自殺數字更是自1973年有記錄以來最高的，這情況實在令我們擔憂。

About 700,000 people end their lives by committing suicide every single year in the world, meaning that every minute there is 1.3 person died of suicide. In 2021, There was 1,010 people died of suicide in Hong Kong. On average, 2.76 people died of suicide every day. The suicide rate of aged 60 or above was the highest among all age groups in Hong Kong. In 2021, the number of suicide deaths of this age group was also the highest on record since 1973. This situation is really disturbing.

響應9月10日世界防止自殺日，主題為「以行動創造希望」，本會呼籲大眾用行動關注及了解防止自殺，用愛讓更多人得到「聆聽、同行、關愛、成長」的支援，共同致力預防自殺悲劇的發生。本會亦響應世界防止自殺日，於9月10日「世界防止自殺日」舉行3場以【Care for 60+】關注長者情緒健康為主題的講座。

10th of September was World Suicide Prevention Day with the theme "Creating Hope Through Action." In response to this theme, we called upon the public to understand more about suicide prevention. "Listen, Company, Care, Grow" is the slogan we would like people to remember and apply to others to prevent suicide. SBHK also held 3 sharing sessions on the theme of "Care for 60+" on the same day.

此外，有幸得到香港鐵路有限公司的贊助，於9月期間在港、九及新界多個列車月台張貼100張以世界防止自殺日為主題的大型燈箱海報，藉以喚起大眾對自殺問題的關注。

In addition, we were pleased to have the sponsorship of Hong Kong MTR Corporation to put up 100 large-scale light box posters with the theme of World Suicide Prevention Day on multiple train platforms in Hong Kong in September to arouse the public's awareness of suicide prevention.



60周年紀念集《流光隨螢》 60th Anniversary Festschrift



為慶祝本會60周年，60周年紀念集《流光隨螢》出版。書中文章全由熱線義工撰寫，紀錄義工們在本會這所60年老字號機構服務期間的深刻片段，及義工們用心的付出和投入，大家的情感集結，令機構倍添生命力。

The 60th-anniversary Festschrift "When Time Passed, Memories Stay" was published to celebrate The Samaritan Befrienders Hong Kong 60th anniversary. Our Hotline Centre volunteers have transformed their remarkable memories, well-intentioned contributions, and involvements in serving our time-honored organisation throughout these 60 years into articles for this Festschrift. The gathered affection from our volunteers has brought vitality to our organisation.

紀念集網址 booklet link :
<https://bit.ly/3PY4wgP>

機構MeWe專頁開啓 Organisation MeWe Page Opened

香港撒瑪利亞防止自殺會的MeWe專頁於2021年1月已正式開啓，除了Facebook及Instagram專頁，自此增加了一個渠道跟大家不定期分享機構服務的最新發展及消息、活動、抒緩情緒小錦囊、精神健康小知識等。

The Samaritan Befrienders Hong Kong officially launched The MeWe page in January 2021. In addition to the Facebook and Instagram pages, this new channel allows us to share the latest development and news of SBHK, and emotional tips and mental health tips, etc.

專頁網址 page link : <https://bit.ly/3zb3sjy>

全新網頁登場 New Website Launched



香港撒瑪利亞防止自殺會全新網頁於2021年11月登場！全新網頁有豐富內容，而且設計簡約，網頁具備自動調節設計介面：方便各位使用不同手機、平板電腦或個人電腦瀏覽。全新網頁已整合舊有網頁之內容，網站內容會繼續不時更新，務求提供更多最新的資訊。

The Samaritan Befrienders Hong Kong launched its new website in November 2021. The rich content, simple design, and automatically adjusted user interface can bring convenience to our users whether they are using mobile phones, tablets, or PCs. Our new website is fully integrated with the content of the previous one, and we will continuously update the content to provide up-to-date information to the general public.

網址 website: <https://sbhk.org.hk>

記者招待會 Press Conference

2021年度記者招待會於7月31日以「順疫同行」為主題，提醒我們無論順逆，都會與香港人，特別是那些正因為新冠病毒影響下受困窘的一群同行，傾聽大家的心事，繼續為大家服務。

當日，本會前主席周婉芬女士在會上公佈2020年全港自殺死亡統計數據分析及本會服務數字。2020年，最高自殺率的年齡群組仍是「60歲或以上」，自殺率達21.67，較2019年上升了2.09。香港長者（60歲或以上）自殺率一向是本地各年齡群組中最高，而2020年的長者自殺數字更是自1973年有記錄以來最高的。

這個年齡群組的人士一直面對著該年齡層獨有並導致自殺的原因，例如身體機能衰退、精神健康不佳、退休問題、配偶離世、自主能力不足及人際關係問題等。在2020年香港面對新冠病毒的挑戰，導致經濟下行，及為社交距離窒礙了長者與他人的連繫，長者的精神健康因而大受影響。

本會有見長者自殺問題嚴重，於2021年6至7月期間進行了一份有關長者（60歲或以上）情緒狀況的問卷調查。問卷以街頭訪問及網上形式進行，共收集了613份60歲或以上長者的回覆。調查結果顯示，613名受訪者當中，分別有11%及4%選擇情緒「不太好」或「非常差」，當中有27.48%的長者在過去一年曾經有自殺的念頭。

The 2021 Annual Press Conference was held on the 31st of July, 2021 with the theme of "Embracing the New Normal", reminding us that no matter what, we are always here to listen and serve people, especially those who are suffering due to the impact of the COVID-19.

On the event day, our former chairman Ms. Joyce Chow announced the analysis of the suicide statistics provided by the Coroner's Court (Provisional figures in 2020) and the service figures of SBHK in 2020. In 2020, the age group "60 years old or over" had the highest suicide rate of 21.67, an increase of 2.09 compared with that in 2019. The suicide rate of the elderly (60 years old or above) in Hong Kong has always been the highest among all age group in Hong Kong, and the number of elderly suicides in 2020 was the highest on record since 1973.

People in this age group encounter age-specific causes of suicide, such as declining physical function, poor mental health, retirement problems, death of their spouse, lack of autonomy, interpersonal issues, etc. In 2020, Hong Kong faced the challenges of the COVID-19, which led to an economic downturn. Social distancing also hindered the elderly's connection with others, leading to the deteriorated mental health of the elderly.

Seeing that the elderly suicide problem is severe, SBHK conducted a survey on the emotional state of the elderly (aged 60 or above) from June to July 2021. The questionnaires were done through street and online interviews and collected a total of 613 responses from the elderly aged 60 or above. The survey results showed that among the 613 respondents, 11% and 4% chose their mood as "not very good" or "very bad," and 27.48% of them had had suicidal thoughts in the past one year.



重溫記者招待會 relive the press conference: <https://fb.watch/74yf7OOHnM/>

籌款回顧 Fundraising Event

慈善美酒義賣 Charity Wine Sale

本會於2021年12月得到 DNF Logistics Co. Limited 支持，慷慨捐贈紅酒作義賣之用。在聖誕、除夕、新年，一個個節日紛至沓來，當大家與公司夥伴或親朋好友為特別的日子共聚的同時，香港有很多人卻感覺孤獨無助，感謝大家伸出援手踴躍支持。

In December 2021, the DNF Logistics Co. Limited generously donated boxes of red wine to SBHK for charity sales. Everyone gathers with colleagues, relatives, and friends during the holiday season, while many others feel lonely and helpless in Hong Kong. Thank you for all the support and care that you brought to them.



60周年保溫壺表謝意 60th Anniversary Thermos Kettles Gift

本會於2020年為熱線義工們準備機構60周年保溫壺作禮物，以答謝他們無私地為每位求助者送上關懷及溫暖。特意另製部份數量，以感謝於2021年4月期間支持本會的捐款者，捐款港幣600元或以上，都會得到一個瓶蓋上都印有本會及60周年紀念標誌的保溫壺以作答謝。

In 2020, SBHK had given out 60th-anniversary thermos kettles as gifts for our hotline volunteers to thank them for their selfless care and warmth for each caller. We especially spared a part of the thermos to give to our donors who made donations of HK\$600 or more during April 2021. They received a thermos with the logo of SBHK and the 60th-anniversary logo printed on the bottle cap as appreciation.



跨界合作及支持 Cross Sector Collaboration and Support

向長者送口罩表關愛 Distribute Masks to the Elderly

作為屹立香港60年的防止自殺機構，一直肩負起宣揚珍惜及尊重生命的使命，有見香港疫情持續，本會亦為社區抗疫出一分力，與白田浸信會愛鄰中心合作，於2021年2月5日向500名獨居及兩老戶長者派發口罩。本會前主席周婉芬女士親手為長者們送上口罩，希望於艱辛的抗疫路上向他們表關愛，提醒要繼續做足防護措施，保障自己的健康。

As a suicide prevention organisation serving in Hong Kong for 60 years, we have always shouldered the mission of advocating, cherishing, and respecting life. Seeing that the epidemic is affecting Hong Kong continuously, SBHK partnered with Pak Tin Baptist Church Community Centre to distribute masks to 500 senior residents who were living alone or with their spouse on February 5, 2021. Ms. Chow Wan Fen, the former chairman of SBHK, distributed masks to the elderly to show them our love and care for them during this difficult time under the pandemic and reminded them to take adequate measures to protect their health.



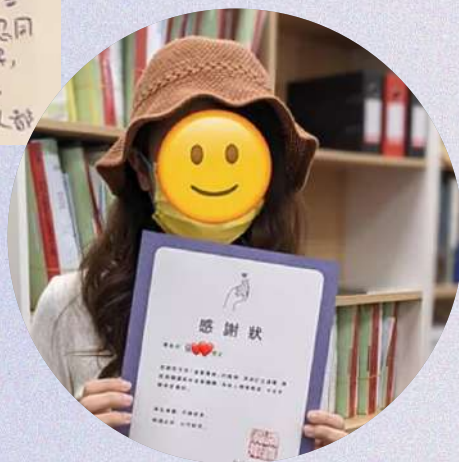
遺產捐贈延續價值和理念 Legacy Giving Sustains Value and Believe

香港撒瑪利亞防止自殺會與遺產捐贈平台「遺善最樂」合作，提供足不出戶的訂立遺囑服務，讓大眾能為慈善機構所服務的對象留下一份最後的禮物，不論大小，都能為世界帶來改變及有助實踐更多有意義的計劃。「遺善最樂」推出免費遺囑訂立平台，並與香港的慈善機構及律師事務所合作，鼓勵更多人在遺囑中以捐贈形式，延續個人的慈善意願。

The Samaritan Befrienders Hong Kong cooperates with the legacy giving platform Forevergift.hk to provide a will-making service for the public who prefer to leave a charitable gift for the community. No matter how big or small, it can make a difference in the world and help more people in need. Forevergift.hk has set up a free will service platform and works with Charities and Law Firms in Hong Kong to encourage more people to continue their charitable wishes through donations in their wills.

網址 website: <https://www.forevergift.hk/sbhk>

金錢唔係萬能，因為人離世就
用唔到。但錢的確好有效能，可
以俾人經歷低谷時扶佢一把。
透過遺產捐贈，轉交俾有經驗、
專業亦可信嘅機構，將錢繼續
用嚟幫助他人。
我簡咗10間完全唔同類型嘅慈善
機構，佢哋都係好優質，信念認同
嘅事上一直努力。而佢哋嘅口碑，
服務質量係有目共睹地有保證。
我嘅原因好簡單，就係想令更多人
可以平安。



贈福送揮春 Send Blessings with Handwritten Fai Chun

2021年農曆新年前夕，本會於石硤尾白田邨內擺設街站向長者街坊送上手寫揮春，為疫情下的新年加添節日氣氛。當日，本會總幹事曾展國先生即場寫揮春，用傳統手藝為長者送上祝福。在是次活動當中，不難發現最多長者的心願都是「出入平安」及「身體健康」，健康比財富更為重要。在疫情之下大家的心願都很簡單，就是期望疫情快點結束，一家人健康平安，一切順利。

On the Lunar New Year's Eve in 2021, SBHK set up a counter in Pak Tin Estate, Shek Kip Mei to handwrite elderly's beloved Fai Chun for our elderly neighbours and to add a lovely festive atmosphere to the epidemic. Our Executive Director, Mr. Clarence Tsang handwrote elderly's wished words on Fai Chun. It was not difficult to find that most of the wishes the elderly asked to write on the Fai Chun were "always safe" and "good health." We can see that everyone's desire has become simple under the epidemic, hoping the epidemic would end soon, the family would stay safe, and everything would go well.



2021年香港自殺統計數字分析

Analysis on Suicide Statistics in Hong Kong 2021

根據政府統計處（2021年臨時數據）資料顯示，由2021年1月1日至12月31日，香港人口大約是7,403,000，當中3,377,200（45.62%）為男性，4,025,900（54.38%）為女性。死因裁判法庭報告於此段期間有1,010人死於自殺，當中包括766人毋須進行死因研究。

2021年香港自殺率為13.70，即每十萬人口中便有13.70人死於自殺，比2020年上升了0.09，即平均每天約有2.77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2021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2021死因研究報告。）

以下是2021年香港自殺現象的總結：

- 自殺死亡總數共有1,010宗；
- 男性自殺死亡共636宗（62.97%），而女性自殺死亡共374宗（37.03%）；
- 自殺率是13.70（即每十萬人口中有13.7人自殺身亡），比2020年的13.61上升了0.09；
- 最多被採取的自殺方式是「由高處墮下」（56.44%）；
- 「吊死」是第二類較多人採用的自殺方式（23.47%）；
- 「一氧化碳中毒」（燒炭）是第三類較多人採用的自殺方式（9.41%）；
- 有79宗自殺個案屬無業人士，比2020年下降了48宗；
- 有11宗自殺個案屬學生，比2020年上升了5宗；
- 有60宗自殺個案屬藍領階層，比2020年上升了9宗；
- 有14宗自殺個案屬商人，比2020年上升了9宗；
- 最高自殺率的年齡組群是60歲以上，自殺率為21.12。

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 2021 to December 31st 2021, Hong Kong's population stood at approximately 7,403,000 with 3,377,200 male (45.62%) and 4,025,900 female (54.38%), according to statistics from the Census and Statistics Department (Provisional figures in 2021). The Coroner's Court reported that 1,010 people committed suicide and subsequently died during this same period, which included 766 suicide deaths cases required no death investigation.

The suicide rate was 13.70 in 2021, indicating that there were 13.70 suicide death cases per 100,000 people, which was up by 0.09 from 2020, meaning that there were approximately 2.77 people who committed suicide and died every day.

(Source: Census and Statistics Department 2021 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 2021 is issued).

The following is a summary of the suicide phenomenon of Hong Kong in 2021:

- The total number of suicide was 1,010;
- The number of suicide deaths of male was 636 (62.97%) and of female was 374 (37.03%);
- The suicide rate was 13.70 (13.70 suicide death cases per 100,000 people), up by 0.09 from 13.61 in 2020;
- "Jumping from Height" was the commonest suicide means (56.44%);
- "Hanging" was the second highest suicide means (23.47%);
- "Carbon Monoxide" poisoning (charcoal burning) came in the third place (9.41%);
- 79 cases were not employed, down by 48 evidently compared with that in 2020;
- 11 cases were students, up by 5 evidently compared with that in 2020;
- 60 cases were blue collars, up by 9 evidently compared with that in 2020;
- 14 cases were business man, up by 9 evidently compared with that in 2020;
- The age group with highest suicide rate was above 60 years old, which was 21.12 per 100,000.

按年齡及性別分組之自殺死亡統計數字

年齡：0-19歲

於2021年，有40宗0-19歲的自殺死亡個案，自殺率為3.73，比2020年上升了0.82，男女比例是1.1:1（見表二）。此數字相比2020年上升了七宗及21.21%。在這40宗自殺死亡個案中，有35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87.50%，這引證了這個年齡組群傾向以較致命及決斷的自殺方式了結生命。

年齡：20-59歲

於2021年，20-59歲之年齡組群之中，有524人自殺身亡，佔總自殺死亡數字的51.88%，比2020年下降了1.31%（見表一）。自殺率為12.42，男女比例為2.3:1（見表二）。在這524個個案之中，有288人（54.96%）採取「由高處墮下」方式自殺，另外有96人（18.32%）採取「吊死」及81人（15.46%）採取「一氧化碳中毒」方式自殺。

年齡：60歲或以上

於2021年，60歲或以上自殺死亡之個案共有446宗，佔總自殺死亡數字的44.16%，相比2020年上升了1.18%；自殺率為21.12，比起2020年則下降了0.55；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2021年的自殺死亡數字，是自1973年以來最高的，長者持續的高自殺數字確實令人擔憂。本港長者傾向選用較激烈及致命的方式來結束生命，該年齡組群中正是有247宗（55.38%）（見表一）以「由高處墮下」的方式自殺。

2021年香港仍繼續面對新冠病毒的挑戰，為免感染而保持社交距離窒礙了市民的社交生活，而因較差的精神健康狀況，弱勢長者受到的影響尤其嚴重。這年齡層的人士需要更多在精神護理及情緒支援。而兒童亦受停課影響而少與朋友及同學接觸，有些會因為未能適應網上學習而憂慮自己的學業成績，進而影響情緒。

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 as below:

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2021, there were 40 suicide death cases between the age of 0 and 19. The suicide rate was 3.73 up by 0.82 from 2020. The male to female ratio was 1.1:1 (see table 2). The number of suicides increased by 7 cases and 21.21% when compared with that in 2020 for this age group. Among these 40 suicide death cases, in terms of the means of suicide, 35 ended their lives by "Jumping from Height" (see table 1). "Jumping from Height" was the commonest suicide means and accounted for 87.50% 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 2021, there were 524 suicide death cases in this age group, accounting for 51.88% of the total number of suicide deaths and down by 1.31% from 2020 (see table 1). The suicide rate was 12.42 and the male to female ratio was 2.3:1 (see table 2) in this age group. Among the cases, 288 people (54.96%) were attributed to "Jumping from Height", while 96 people (18.32%) died of "Hanging" and 81 people (15.46%) died of "Carbon Monoxide" poisoning.

Age: 60 years old or above

In 2021, there were 446 people suicide death cases in this age group, accounting for 44.16% of the total number of suicide deaths and up by 1.18% from 2020. The suicide rate was 21.12 in this age group, down by 0.55 from 2020, 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 2021 was the highest since 1973. The continuous high number of suicide deaths in this age group is really a problem disturbing us. The means of committing suicide taken by Hong Kong elderly are rather violent and potentially fatal, such as "Jumping from Height", accounting for 247 death cases (55.38%) in this age group (see table 1).

Hong Kong continues to face the challenges of the pandemic in 2021. The social distancing hindered the normal social interactions between people, especially the elderly. Older and under-privileged people suffered the most as they tended to have deteriorated mental health conditions. People of this age group do need more mental care

按自殺方式分組之自殺死亡統計數字

於2021年，最多自殺死亡個案採用的自殺死亡方式是「由高處墮下」，共有570人宗，佔總自殺死亡數字之的56.44%，比起2020年上升了5.70%。其次，是以「吊死」方式自殺死亡，共有237宗，即23.47%，比2020年下降了2.05%。第三，是以「一氧化碳中毒」方式自殺死亡，共有95宗，佔總自殺死亡人數的9.41%，比2020年下降了2.07%（見表一）。

2021年採取「由高處墮下」自殺方式的男性有352宗，女性有218宗。這顯示在男性而言，他們較決絕及難被干預。預防自殺的關鍵是溝通，女性普遍較願意表達情緒及分享她們的困難，而男性卻傾向將表達情緒收藏心底。男性被社會被定型為強者，故此寧願隱藏他們的情緒問題，更遑論尋找專業協助。當一連串的不幸的事件出現時，他們便會更加顯得脆弱。疫情、經濟下行、失業率上升等均可以對男性的生命帶來一個不利的環境。摒棄對男性的角色定型及接納情緒困擾不是軟弱的觀念，將有助人們（不論男女）得到更好的精神健康。

按職業分組之自殺死亡統計數字

按職業分類自殺死亡個案，在2021年，第一位的是無業人士，共有79宗，第二位是藍領階層，佔60宗，第三位是退休人士，佔39宗（見表三）。值得一提的是2021年共有14宗個案為商人，比起2020年的5宗上升了9宗。這可能反映了疫情及相關政府政策帶來了不利的營商環境，令商人陷入困境。然而，2021年香港失業率為5.2%，比起2020年的5.8%下降了0.6%。2021年的就業不足率為2.6%，比起2020年減少了0.7%（見表四及表五）。而且，因有766宗毋須進行死因研究而未有數據作分析，故此難以為自殺、職業及失業之間係作出有關聯性的總結。

按精神病患分組的自殺統計數字

2021年共有84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44宗；另外，14宗死於「淹死」，11宗死於「藥物或毒藥」，以及8宗死於「吊死」（見表六）。由於有766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精神病患與自殺的關

and emotional support. On the other hand, children did not have much contact with friends and schoolmates because of the suspension of classes. Some of them might not be able to fit into the online learning mode and have worries about their academic performance. Their emotions could then be greatly affected.

Suicide statistics according to suicide means

In 2021, 570 people committed suicide by “Jumping from Height”, which was the highest among all other suicide means. It accounted for 56.44% of the total number of suicide deaths and up by 5.70% from 2020. The second highest was “Hanging”, with 237 suicide deaths, accounting for 23.47% of the total number of suicide deaths and down by 2.05% from 2020. “Carbon Monoxide” poisoning came into the third place with 95 suicide deaths, which accounted for 9.41% of the total number of suicide deaths and down by 2.07% from 2020 (see table 1).

In 2021, in terms of the suicide means of “Jumping from Height”, the number of deaths for male were 352 while female was 218. This reflects that in terms of committing suicide, male is often more determined and less able to be intervened. While women are more willing to express their emotions and share with others their problems, men tend to be less expressive. Men are stereotyped to be “tough” and so they would rather like to hide their emotional problems, not to mention to seek professional help. They can be more vulnerable when a series of adversities come into their lives. The pandemic, economic downturn and higher unemployment rate could all contribute to a disadvantageous environment for men. The change of the stereotype and the acceptance of emotions as not a kind of weakness is necessary for the better mental health of people, both for men and for women.

Suicide statistics: grouped by occupation

In 2021, 79 cases of the suicide deaths were not employed, being the highest in all the cases. Blue collars came into second place with 60 cases. The third were retired persons with 39 cases (see table 3). It is worth noting that the 14 cases of the suicide deaths were business man in 2021 in comparison with only 5 cases in 2020. This increased by 9 cases remarkably which may reflect that the unfavourable business environment due to the pandemic and related government policies might bring the businessmen into difficult situations. However, as Hong Kong had an unemployment rate of 5.2% in 2021, a decrease of 0.6% from 5.8% in 2020 and the underemployment rate was 2.6% in 2021, which was down by 0.7% from 2020 (see table 4 & 5), this poses a challenge in drawing

係。雖然如此，根據世界衛生組織（WHO 2021）的報告，抑鬱症是最普遍的精神病，估計全球人口的3.8%患有精神病，而成年人口中就有5%患病，60以上更達到5.7%。這是一個對世界帶來很大負擔的疾病，是一個導致自殺及失能的最大原因。

未能確定自殺的死亡數字

2021年有12宗自殺死亡個案被記於「不能確定是意外或蓄意傷害」之列中，較2020年的26宗下跌了14宗。在這12宗自殺死亡個案中，有8宗是「由高處墮下」，「藥物」、「吊死」、「淹死」及其他各佔1宗（見表七）。

毋須進行死因調查的死亡數字

2021年共有1,010宗自殺死亡個案，包括766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75.84%，使我們難以從自殺死亡數字分析上作出一個較可靠的結論。

總結

於2021年有1,010人自殺身亡，當中有636人為男性（62.97%）及374人為女性（37.03%）。自殺率為13.70。2021至2023年，世界預防自殺日的主題是「以行動創造希望」（IASP, 2021），此主題旨在啟發人們的信心去投進防止自殺的議題上，以一個新的角度 - 為人們裝備及增強他們的技巧及信心，以連結那些在掙扎的人。香港撒瑪利亞防止自殺會本年的主題為「與你們一起努力」。我們希望帶出，在現今大眾對於不少社會議題有着嚴重兩極的看法的時候，社會各方共同努力處理自殺問題的重要性。本會規模有限，要更有效地把我們的工作成果擴大，除了為社會提供直接服務，我們不斷為專業人士、助人行業的同工及市民大眾提供不同程度的培訓，以裝備他們去幫助身邊有情緒困擾或自殺危機的人。這與「以行動創造希望」及「與你們一起努力」的主題均吻合。

我們鼓勵社會各界攜手成為守護者，去關顧於我們工作間、學校、鄰舍及家庭中有情緒困擾的人。香港撒瑪利亞防止自殺會承諾為你們提供協助、「與你們一起努力」。

the conclusion of the relationship between the number of suicide and unemployment rate.

Suicide Statistics: grouped by mental disorder

In 2021, 84 suicide deaths were associated with mental disorder. Most of the cases committed suicide by “Jumping from Height”, accounting for 44 cases. Another 14 cases died of “Drowning”, 11 cases died of “Drugs or Poisons”, and 8 cases died of “Hanging” (see table 6). As death investigation was not ordered for 766 suicide death cases, the representable picture in the relationship between suicide and mental disorder may not be easily drawn here. Nevertheless, according to the World Health Organization (WHO, 2021), depression was a common mental disorder. It was estimated that 3.8% of the population suffered from it, including 5% among adults and 5.7% among adults older than 60 years. It was a leading cause of disability worldwide and a major contributor to the overall global burden of disease which could lead to suicide.

Unknown or Unidentified Suicide Cases

12 suicide deaths were categorized as “Injury undetermined whether accidentally or purposely inflicted” in 2021, down by 14 cases in comparison with 26 suicide deaths in 2020. Among these 12 cases, 8 died of “Drowning” while “Drugs”, “Hanging”, “Drowning” and “Others” accounted for 1 case each (see table 7).

Suicide cases without death investigation

The total number of suicide deaths was 1,010 in 2021, including 766 cases without death investigation (see table 8). These uncategorized suicide deaths lead to difficulties in drawing a reliable conclusion, as the figure represents 75.84% of the total number of suicide deaths.

Conclusion

In 2021, there were 1,010 people who committed suicide and died, with 636 male (62.97%) and 374 female (37.03%). The suicide rate was 13.70 per 100,000. The theme of World Suicide Prevention Day for 2021-2023 is “Creating Hope Through Action” (IASP, 2021). The theme aims to inspire confidence in people to engage with the issue of suicide. It signifies the resolve to impart a new sense of purpose - empowering and equipping people with the skills and confidence to connect with someone they think may be struggling. In Hong Kong, The Samaritan Befrienders Hong Kong announces that the theme for this year is “Work with You”. This is to emphasize the need of the society to work together in dealing with the problem of suicide, especially when the population is having serious polarized views on a

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lot of social issues. Due to the limited scale of SBHK,
to better amplify the impact of our work, apart
from providing direct services to the community,
we have been training the professionals, the
workers in the helping industry, and the general
public to equip them different levels of skills and
knowledge to help the people they are serving or
around them with emotional distress and suicidal
risk. This meets with both the themes of "Creating
Hope through Actions" and "Work with You".

We encourage all people in the community to work
together as a gatekeeper to watch and care for the
people with emotional distress in your workplace,
in your schools, in your neighbourhood, and in
your families. SBHK is committed to help and work
with you.

表
Table
1

香港自殺死亡數字(按自殺方式、年齡及性別分組)
The Number of Suicide Death in Hong Kong (By Type, Age & Sex)

年份 Year		2021											2020		2019		
年份 Year	自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups									小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2021	火器 Firearms	男 M	0	0	0	0	0	1	0	0	0	1	1	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	1	2	0	4	1	2	2	0	12	27	13	36	17	29
		女 F	0	0	1	3	2	5	1	3	0	15		23		12	
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	2	0	2	5	5	9	2	5
		女 F	0	0	0	0	0	0	0	3	0	3		4		3	
	吊死 Hanging	男 M	0	3	13	16	21	16	35	45	0	149	237	152	260	168	243
		女 F	0	1	1	8	10	11	21	36	0	88		108		75	
	由高處墮下 Jumping from Height	男 M	1	18	41	42	48	47	70	85	0	352	570	335	517	319	508
		女 F	0	16	17	27	35	31	44	48	0	218		182		189	
	一氧化碳 Carbon Monoxide	男 M	0	0	6	15	16	26	9	2	0	74	95	82	117	100	132
		女 F	0	0	3	5	7	3	2	1	0	21		35		32	
	淹死 Drowning	男 M	0	0	3	3	6	5	9	8	0	34	59	30	58	25	44
		女 F	0	0	1	1	5	7	3	8	0	25		28		19	
	利器 Sharp Instruments	男 M	0	0	0	0	2	0	2	0	0	4	4	9	14	7	11
		女 F	0	0	0	0	0	0	0	0	0	0		5		4	
	其他 Others	男 M	0	0	2	2	0	0	2	2	0	8	12	7	8	14	21
		女 F	0	0	1	1	0	1	0	1	0	4		1		7	
	小計 Sub-total	男 M	1	22	67	78	97	96	129	146	0	636	1,010				
		女 F	0	17	24	45	59	58	71	100	0	374					
	總計 Total			1	39	91	123	156	154	200	246	0		1,010			
2020	小計 Sub-total	男 M	0	18	62	82	88	110	113	156	4			633			
		女 F	0	15	32	40	57	71	64	105	2			386			
	總計 Total			0	33	94	122	145	181	177	261	6			1,019		
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

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

表
Table
2
香港自殺率* (按年齡及性別組別)
The Suicide Rate* of Hong Kong (Grouped by Age and Sex)

	年齡組別 Age Groups	2021				2020				2019			
		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	0.39	0.00	0	0.20	0.00	0.00	0:0	0.00	0.33	0.00	0.3:0	0.17
	10-19	7.52	6.15	1.3:1	6.85	6.09	5.26	1.2:1	5.68	5.73	5.27	1.1:1	5.50
	整體人口 Subtotal Population	4.17	3.26	1.1:1	3.73	3.10	2.72	1.1:1	2.91	3.01	2.66	1.1:1	2.84
20-59	20-29	17.95	6.02	3.0:1	11.79	15.30	7.39	2.1:1	11.21	19.02	6.08	3.1:1	12.25
	30-39	17.04	7.07	2.4:1	11.24	17.63	5.90	3.0:1	10.67	18.87	6.43	2.9:1	11.41
	40-49	20.53	8.58	2.4:1	13.44	18.90	8.34	2.3:1	12.62	20.70	8.02	2.6:1	13.17
	50-59	18.47	8.64	2.1:0	12.93	20.75	10.76	1.9:1	15.21	20.58	11.10	1.9:1	15.39
	整體人口 Subtotal Population	18.54	7.77	2.4:1	12.42	18.33	8.15	2.3:1	12.55	19.84	8.03	2.5:1	13.13
60 +	60-69	23.65	12.31	1.9:1	17.82	21.52	11.83	1.8:1	16.60	21.95	11.06	2.0:1	16.40
	70 +	31.93	18.79	1.7:1	24.86	35.66	20.30	1.8:1	27.34	35.15	13.19	2.7:1	23.20
	整體人口 Subtotal Population	27.43	15.42	1.8:1	21.12	27.94	15.97	1.8:1	21.67	27.88	12.09	2.3:1	19.58
	全年整體人口 Total Population	#18.86	#9.29	2.0:1	#13.70	#18.48	#9.45	2.0:1	#13.61	#19.09	#8.30	2.3:1	#13.25

* 自殺率等於每100,000人口每年自殺死亡的人數
Suicide Rate equals to number of suicide death per 100,000 population per year
資料計算: 香港撒瑪利亞防止自殺會
Calculation: The Samaritan Befrienders Hong Kong
包括年齡不詳自殺個案
Including unknown age suicide cases

表
Table
3
香港自殺死亡數字 2021 (按職業分組)
The Number of Suicide Death in Hong Kong 2021 (By Occupation)

年份 Year	2021												2020		2019	
	年齡組別 Age Groups															
職業 Occupation	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70 +	不詳 Un-known	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
學生 Student	男 M	0	5	2	0	0	0	0	0	0	7	11	3	6	7	11
	女 F	0	4	0	0	0	0	0	0	0	4		3		4	
教師 Teacher	男 M	0	0	0	0	0	0	0	0	0	0	6	1	3	0	0
	女 F	0	0	0	2	2	2	0	0	0	6		2		0	
沒有職業 Not Employed	男 M	0	0	6	6	13	13	10	4	0	52	79	81	127	49	85
	女 F	0	0	4	4	6	6	6	1	0	27		46		36	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	5	0	5	0	4
	女 F	0	0	0	0	0	2	0	3	0	5		5		4	
藍領階層 Blue Collars	男 M	0	2	5	15	9	10	4	2	0	47	60	39	51	42	59
	女 F	0	1	1	3	5	1	1	1	0	13		12		17	
白領階層 White Collars	男 M	0	0	4	1	10	2	0	0	0	17	28	20	30	17	22
	女 F	0	0	3	6	1	1	0	0	0	11		10		5	
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	0	1	0	0	0	1	1	1	1	2	2
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
商人 Business Man	男 M	0	0	0	0	4	2	3	0	0	9	14	5	5	4	5
	女 F	0	0	0	2	1	2	0	0	0	5		0		1	
退休人士 Retired Person	男 M	0	0	0	0	1	2	4	18	0	25	39	32	44	32	38
	女 F	0	0	0	0	0	0	5	9	0	14		12		6	
未能分類 * Unclassified *	男 M	1	15	50	56	59	66	108	122	0	477	** 766	451	747	496	763
	女 F	0	12	16	28	44	44	59	86	0	289		296		267	
其他 Others	男 M	0	0	0	0	1	0	0	0	0	1	1	0	0	3	4
	女 F	0	0	0	0	0	0	0	0	0	0		0		1	
小計 Sub-total	男 M	1	22	67	78	97	96	129	146	0	636	** 1,010	633	1,019	652	993
	女 F	0	17	24	45	59	58	71	100	0	374		386		341	
總計 Total		1	39	91	123	156	154	200	246	0	1,010		1,019		993	

資料來源: 死因裁判法庭(臨時數字)
Source: The Coroner's Court (Provisional figures)
* 自2005年起新增類別
New category added in since 2005
** 2021年共有1,010人死於自殺, 當中包括766人毋須進行死因研究而裁判為死於自殺
The total number of suicide cases in 2021 were 1,010 which included 766 suicide cases without death investigation report.

表
Table
4 香港就業不足率(按性別及年齡分組)
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 +	
2021	男 M	4.6	3.3	2.5	2.7	3.7	2.9	3.0
	女 F	2.7	2.2	1.6	1.8	2.8	2.6	2.1
	合計 Overall	3.6	2.7	2.0	2.2	3.3	2.8	2.6
2020	男 M	4.0	3.8	3.3	3.6	4.5	4.0	3.8
	女 F	6.5	3.4	1.9	2.6	3.3	3.6	2.8
	合計 Overall	5.2	3.6	2.6	3.1	3.9	3.9	3.3
2019	男 M	##	1.7	1.0	1.5	2.0	1.5	1.5
	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

##由於抽樣誤差大，有關統計數字不予發表。
Statistics are not released due to large sample 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
Table
5 香港失業率 (按性別及年齡分組)
The Unemployment Rate of Hong Kong (By Sex and Age)

年份 Year	性別 Sex	年齡組別 Age Groups						合計 Overall
		15 -19	20 - 29	30 - 39	40 - 49	50 - 59	60 +	
2018	男 M	19.2	9.8	4.8	5.2	6.4	5.1	6.1
	女 F	12.3	6.6	3.2	3.6	4.6	3.7	4.2
	合計 Overall	15.6	8.1	3.9	4.3	5.5	4.6	5.2
2017	男 M	22.7	11.7	5.1	5.5	7.2	5.6	6.9
	女 F	15.2	8.1	3.5	3.9	4.6	4.2	4.7
	合計 Overall	19.0	9.8	4.2	4.7	6.0	5.1	5.8
2016	男 M	11.9	6.8	2.6	2.7	3.3	2.6	3.5
	女 F	8.1	4.1	1.7	1.9	2.0	1.8	2.3
	合計 Overall	10.1	5.4	2.1	2.3	2.7	2.3	2.9

資料來源：政府統計處綜合住戶統計調查組 (二)
Source: General Household Survey Section (2), Census and Statistics Department

表
Table
6 香港精神病患者自殺死亡人數 (按自殺方式、年齡及性別分組)
The Number of Mental Suicide in Hong Kong (By Type Age & Sex)

年份 Year		2021												2020		2019	
		年齡組別 Age Groups												小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
2021	自殺類別 Type of Suicide	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70 +	不詳 Un-known	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
	火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0				
		女 F	0	0	0	0	0	0	0	0	0	0	0				
	藥物 Drugs	男 M	0	1	1	0	0	1	0	0	0	3	10	3	14	2	6
		女 F	0	0	1	1	2	2	1	0	0	7	11				
	毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1
		女 F	0	0	0	0	0	0	0	1	0	1	0				
	吊死 Hanging	男 M	0	0	0	0	1	0	1	2	0	4	8	8	12	8	11
		女 F	0	0	0	1	0	1	0	2	0	4	4				
	由高處墮下 Jumping from Height	男 M	0	1	3	7	7	5	2	1	0	26	44	27	45	22	36
		女 F	0	1	3	2	6	3	1	2	0	18	18				
	一氧化碳 Carbon Monoxide	男 M	0	0	0	0	1	1	0	0	0	2	6	1	2	4	5
		女 F	0	0	1	0	1	2	0	0	0	4	1				
	淹死 Drowning	男 M	0	0	1	1	3	1	3	1	0	10	14	6	12	4	7
		女 F	0	0	0	0	0	1	2	1	0	4	6				
	利器 Sharp Instruments	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	3	5
		女 F	0	0	0	0	0	0	0	0	0	0	0				
	其他 Others	男 M	0	0	0	0	0	0	0	1	0	1	1	2	2	5	6
		女 F	0	0	0	0	0	0	0	0	0	0	0				
	小計 Sub-Total	男 M	0	2	5	8	12	8	6	5	0	46	84	48	40		
		女 F	0	1	5	4	9	9	4	6	0	38					
	總計 Total		0	3	10	12	21	17	10	11	0	84	*84				
2020	小計 Sub-Total	男 M	0	1	4	13	11	9	9	1	0			48			
		女 F	0	1	5	9	10	8	4	3	0						
	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						
	總計 Total		0	1	6	13	15	16	18	8	0					77	***77

資料來源：死因裁判法庭 (臨時數字)
Source: The Coroner's Court (Provisional figures)
* 當中有766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 766 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
** 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.

表
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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)
Injury undetermined whether accidentally or purposely inflicted
(By Type, Age & Sex)

年份 Year		2021												2020		2019	
自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups										小計 Sub-total	總數 Total	小計 Sub-total	總數 Total	小計 Sub-total	總數 Total
		0-9	10-19	20-29	30-39	40-49	50-59	60-69	70 +	不詳 Un-known							
火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
藥物 Drugs	男 M	0	0	0	0	1	0	0	0	0	1	3	1	10	6	12	
	女 F	0	0	0	0	0	0	0	0	0	0	7	0	0	6	0	
毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
吊死 Hanging	男 M	0	0	0	0	0	0	0	1	0	1	0	1	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
由高處墮下 Jumping from Height	男 M	0	0	2	1	2	1	1	0	0	7	4	8	5	3	5	
	女 F	0	0	1	0	0	0	0	0	0	1	1	0	0	2	0	
一氧化碳 Carbon Monoxide	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
淹死 Drowning	男 M	0	0	0	0	1	0	0	0	0	1	9	1	11	9	13	
	女 F	0	0	0	0	0	0	0	0	0	0	2	0	0	4	0	
利器 Sharp Instruments	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	0	0	0	
其他 Others	男 M	0	0	0	1	0	0	0	0	0	1	0	1	0	2	2	
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
小計 Sub-total	男 M	0	0	2	2	4	1	1	1	0	11		12				
	女 F	0	0	1	0	0	0	0	0	0	1		0				
總計 Total		0	0	3	2	4	1	1	1	0	12		*12				
小計 Sub-total	男 M	0	0	1	2	2	3	2	4	2		16					
	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				
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					13		
總計 Total		0	1	7	2	3	10	3	5	2					33	***33	

資料來源：死因裁判法庭 (臨時數字)

Source: The Coroner's Court (Provisional figures)

- * 當中有766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 766 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.
- ** 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
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There were 763 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

表
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無須要求死亡調查報告的自殺案件之附加資料
The Number of Suicide Cases without death investigation reported order
in Hong Kong (By Type, Age & Sex)

年份 Year		2021												2020		2019	
自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups										小計 Sub-total	總數 Total	小計 Sub-total	總數 Total	小計 Sub-total	總數 Total
		0-9	10-19	20-29	30-39	40-49	50-59	60-69	70 +	不詳 Un-known							
火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
藥物 Drugs	男 M	0	0	0	0	3	0	1	1	0	5	8	10	17	10	15	
	女 F	0	0	0	2	0	0	0	3	0	5	9	0	5	0	0	
毒藥 Poisons	男 M	0	0	0	0	0	0	0	2	0	2	2	4	2	5	2	3
	女 F	0	0	0	0	0	0	0	2	0	2	3	0	1	0	0	0
吊死 Hanging	男 M	0	3	9	12	14	13	32	38	0	121	113	198	205	134	200	
	女 F	0	1	1	5	10	9	20	31	0	77	92	0	66	0	0	
由高處墮下 Jumping from Height	男 M	1	12	33	31	27	33	59	72	0	268	252	444	400	264	421	
	女 F	0	11	12	17	27	28	37	44	0	176	148	0	157	0	0	
一氧化碳 Carbon Monoxide	男 M	0	0	5	10	12	18	8	2	0	55	57	67	85	68	90	
	女 F	0	0	2	3	4	0	2	1	0	12	28	0	22	0	0	
淹死 Drowning	男 M	0	0	2	2	1	2	5	7	0	19	14	33	27	9	19	
	女 F	0	0	0	1	3	6	0	4	0	14	13	0	10	0	0	
利器 Sharp Instruments	男 M	0	0	0	0	2	0	2	0	0	4	3	4	5	4	6	
	女 F	0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	
其他 Others	男 M	0	0	1	1	0	0	1	0	0	3	2	6	3	5	9	
	女 F	0	0	1	0	0	1	0	1	0	3	1	0	4	0	0	
小計 Sub-total	男 M	1	15	50	56	59	66	108	122	0	477						
	女 F	0	12	16	28	44	44	59	86	0	289						
總計 Total		1	27	66	84	103	110	167	208	0	766		766				
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				
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	

資料來源：死因裁判法庭 (臨時數字)

Source: The Coroner's Court (Provisional figures)

核數師報告

Auditor's Report

THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
YEAR ENDED 31 MARCH 2022

REPORT OF THE EXECUTIVE COMMITTEE MEMBERS

The executive committee members have pleasure in submitting their annual report together with the audited financial statements for the year ended 31 March 2022.

Business review

Year 2021/22 was a challenging year for The Samaritan Befrienders Hong Kong ("SBHK") under the impact of the pandemic in terms of service provision, and income generation through fundraising and other activities. A great amount of face-to-face services have to be halted including counseling services, classes of professional training, talks, seminars, and school activities. As a temporary measure, some of these services had to be provided through the internet which was not ideal. Hotline service was seriously affected as the number of volunteers providing services at any one time was limited to minimize the chance of cross infections, which had, in turn reduced the number of calls answered. However, as the pandemic was a general problem affecting Hong Kong as a whole, funding bodies including Social Welfare Department, Hong Kong Jockey Club Charities Trust and The Community Chest have shown their understanding to the situation and accepted the shortfall of the deliverables during the fiscal year. All planned public fundraising activities were cancelled due to the government policy in controlling the spread of the virus. Fortunately, the donation and sales of two properties given by Wong Kim Shun Will Trust have brought to SBHK a surplus of over HK\$11 millions, which has made a significant contribution onto the already good foundation of our reserves.

The change of members and chairman of the executive committee in the middle of the year has created new atmosphere for meeting challenges in a period of high level of frustration and anxiety. With more new faces and greater number of members having different expertise being elected into the executive committee, we have strived to develop more viable strategies and plans by bringing more new insights into the management board, in order to facilitate a better execution of our services to serve the needs of the community, to conform with funding bodies' requirements and to fulfill the rules and regulations under local legislatures.

The executive committee holds regular meetings with the executive director and department heads to exchange views on the organization's affairs and development. Reports about important services, activities and development plans confirmed are promptly made after meeting and released to all members to ensure high level of transparency, as well as improved effectiveness and efficiency of operation projects subsequently executed.

Although the pandemic and related government policies have been eased to a certain extent since the end of the last financial year, their impact has been still affecting SBHK in the provision of services. Therefore, coverage of 24 hours/365 days of hotline service remains to be one of the major challenges. The uncertainty in the pandemic development is also hindering SBHK in planning and arranging relatively big-scale public fundraising activities. The low donation atmosphere in the community in general does not only affect SBHK, but also those funding bodies who have been supporting us. Regular increment of funding provided by The Community Chest in the past has stopped for two consecutive years as their fundraising capacity has been reduced. Other funding bodies also have been in similar situation. It is expected that fundraising and funding support both acquired through our own efforts and from other funding bodies will be reduced in the coming years, which may challenge SBHK's financial situation.

THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
YEAR ENDED 31 MARCH 2022

Business review (continued)

The two centres of SBHK were all renovated according to the related regulations and laws of various government departments. Hence, LED lighting has been adopted as much as possible to reduce electricity consumption. Guidelines on environmentally friendly practices are also made and will be under regular review to show our concern for saving the environment. Automatic faucets were installed in the previous financial year to conserve water and ensure a better hygiene environment. Online submission and processing of various documentations and administration work executed in consolidated online platform has substantially reduced paper consumption and unnecessary printing work.

Being a charitable organisation, to be accountable to the general public and all relevant stakeholders, SBHK has made itself strictly comply with all laws and regulations in Hong Kong (including but not limited to the Companies Ordinance, Inland Revenue Ordinance, Employment Ordinance, The Personal Data (Privacy) Ordinance, and Mandatory Provident Fund Schemes Ordinance) and act according to its Memorandum and Articles of Association. To do so is important for SBHK as our income source is public money. Updates of the Memorandum and Articles of Association of the Society are carried out from time to time in order to meet the requirements of new local legislations.

The clients in general were satisfied with the services provided by SBHK. There were a few complaint cases in this financial year. All of them could be handled by the staff well except one which was about the Hotline Service that came to the attention of The Community Chest. With our explanation to The Community Chest, the case was closed.

In terms of the relationships with suppliers, there was one IT Service Provider who showed delay in finishing a software development project for SBHK due to her lack of manpower, which is now a common problem in Hong Kong as the outflow of talents is getting serious. SBHK has enhanced the supervision over the Service Provider through closer monitoring and restricted payment release arrangements. SBHK has been making payments to suppliers promptly and appropriately to maintain a good relationship with all suppliers.

In terms of future development, SBHK cares about the needs of the younger generation, so the development of some new Life Education programmes will be one of the foci in the near future. SBHK will also highlight its professional experience and knowledge by sharing this with the social service sector, which includes providing training on Suicide Crisis Counselling and Intervention, as well as developing and publishing service guidelines on services for the relatives of the suicide deaths.

Principal activities

The principal activities are preventing suicide and carrying out communally education in this respect.

Results

The results of the Society for the year ended 31 March 2022 and the state of the Society's affairs as at that date are set out in the financial statements on pages 8 to 38.

THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
YEAR ENDED 31 MARCH 2022

Executive committee members

The executive committee members of the Society during the year and up to the date of this report were:

Chairman	Wong Hon Chi Heymans	
	Chow Yuen Fun	(resigned on 25 February 2022)
General Secretary	Law Man Fai	(appointed on 1 September 2021)
Treasurer	Cham Lai Ching Candy	(appointed on 1 September 2021)
Members	Chan Chi Fai	(appointed on 1 September 2021)
	Cheng Kit Yee Noel	
	Lee Choi Ha Joyce	(appointed on 1 September 2021)
	Luk Fan Queenie	(appointed on 1 September 2021)
	Ng Ho Lam Edmund	(appointed on 1 September 2021)
	Ng Wing Fung Wilfred	(appointed on 1 September 2021)
	Wong Yuk Lan	(appointed on 1 September 2021)
	Chan Fung Ming	(resigned on 1 September 2021)
	Hon Chor Shan	(resigned on 1 September 2021)
	Kan Pak Kei Vincent	(resigned on 1 September 2021)

In accordance with article 44 of the Society's Articles of Association, each member of the executive committee shall retire from office and, being eligible, offer themselves for re-election. However, any member of the executive committee who has been elected to any of the three major offices shall not serve in any of such offices for more than three consecutive terms of two years; and any such member is eligible for re-election as any of the three major offices after the lapse of a minimum of one term of two years.

Executive committee members' interests in shares or debentures

At no time during the year was the Society a party to any arrangement to enable the executive committee members of the Society to acquire benefits by means of the acquisition of shares in or debentures of the Society or any other body corporate.

Executive committee members' interests in transactions, arrangements or contracts

No contract of significance to which the Society was a party, in which an executive committee member of the Society had a material interest, subsisted at the end of the year or at any time during the year.

Indemnity of executive committee members


During the year and at the time of approval of this report, there was or is no permitted indemnity provision in force for the benefit of any of the executive committee members of the Society.

THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
YEAR ENDED 31 MARCH 2022

Auditor

The financial statements of the Society for the year ended 31 March 2021 have been audited by Louis Lai & Luk CPA Limited. The financial statements of the Society for the year ended 31 March 2022 have been audited by K.W. Tam & Co. who retire and, being eligible, offer themselves for re-appointment. A resolution for the re-appointment of K.W. Tam & Co. as auditor of the Society is to be proposed at the forthcoming annual general meeting.

By order of the executive committee


Wong Hon Chi Heymans
Chairman

2 August 2022



**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
(incorporated in Hong Kong and limited by guarantee)**

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**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
(incorporated in Hong Kong and limited by guarantee)**

Opinion

We have audited the financial statements of The Samaritan Befrienders Hong Kong ("the Society") set out on pages 8 to 38, which comprise the statement of financial position as at 31 March 2022, and the statement of comprehensive income and expenditure, statement of changes in funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Society as at 31 March 2022, 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 Companies Ordinance.

Basic for Opinion

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 Society 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.

Other Matter

The financial statements of the Society for the year ended 31 March 2021, were audited by another auditor who expressed an unmodified opinion on those statements on 18 June 2021.



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

The executive committee are responsible for the other information. The other information comprises the information included in the report of the executive committee members, 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.

Responsibilities of Executive Committee Members and those charged with Governance for the Financial Statements

The executive committee members are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRS issued by the HKICPA and the Companies Ordinance, and for such internal control as the executive committee members determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Those charged with governance are responsible for overseeing the Society's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

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 Companies Ordinance, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with HKSAs will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.



**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF
THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
(incorporated in Hong Kong and limited by guarantee)**

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

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

- 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.
- 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 Society's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the executive committee members.
- Conclude on the appropriateness of the executive committee members' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Society'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 Society to cease to continue as a going concern.
- 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.

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

K.W. Tam & Co.
Certified Public Accountants (Practising)
Unit 2002, 20th Floor,
Millennium City 3,
370 Kwun Tong Road,
Kowloon, Hong Kong

2 August 2022

**THE SAMARITAN BEFRIENDERS HONG KONG
(香港撒瑪利亞防止自殺會)
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022**

**STATEMENT OF COMPREHENSIVE INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	2022 HK\$	2021 HK\$
Income	4	32,382,627	21,001,428
Other income	5	<u>1,878,142</u>	<u>1,037,556</u>
Total income		34,260,769	22,038,984
Expenditure	6	<u>(22,984,966)</u>	<u>(21,649,783)</u>
Surplus before tax	9	11,275,803	389,201
Income tax expense	10	<u>--</u>	<u>--</u>
Surplus for the year		11,275,803	389,201
Other comprehensive income for the year		<u>--</u>	<u>--</u>
Total comprehensive income for the year		<u>11,275,803</u>	<u>389,201</u>

The notes on pages 12 to 38 form part of these financial statements.

THE SAMARITAN BEFRIENDERS HONG KONG


(香港撒瑪利亞防止自殺會)


FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

STATEMENT OF FINANCIAL POSITION AT 31 MARCH 2022

	Note	2022 HK\$	2022 HK\$	2021 HK\$
Non-current asset				
Property, plant and equipment	11		--	435,165
Intangible assets	12		--	--
			--	435,165
Current assets				
Accounts and other receivables	13	546,774		432,472
Deposits and prepayments	14	321,097		619,060
Cash at banks and in hand	15	24,663,037		13,883,532
		25,530,908		14,935,064
Current liabilities				
Accounts and other payables	16	(197,950)		(173,730)
Temporary receipts		(292,121)		(586,970)
Deferred income	17	(1,198,508)		(1,597,263)
Lease liabilities	18	--		(445,740)
		(1,688,579)		(2,803,703)
Net current assets			23,842,329	12,131,361
Net assets			23,842,329	12,566,526
Funds				
Operating fund			21,015,399	9,782,483
Central administration fund			1,142,513	1,142,513
Flag day event surplus			745,498	702,611
General reserve	20		435,000	435,000
Special fund	21		503,919	503,919
Total funds			23,842,329	12,566,526

Approved on behalf of the executive committee by:


Wong Hon Chi Heymans
Chairman


Cham Lai Ching Candy
Treasurer

The notes on pages 12 to 38 form part of these financial statements.

鳴謝 Acknowledgment

親子王國	Baby Kingdom
-	Biocycle (Hong Kong) Limited
生機源 (香港) 有限公司	Breeze Factory
-	Charitable Choice Hong Kong
微風創作室有限公司	Colour Brown Concept Limited
-	DNF Logistics Co. Limited
心事如塵茶食亭	Dustykid Tea Shop — Light as Dust
今日校園	eCampus Today
生活易	ESDlife
親子遊	FamilyGo
智叻網	Gnet Group Ltd.
顯利膠片絲印製作有限公司	Hin Lee Plastic & Screen Printing Ltd.
香港討論區	Hong Kong Discuss Forum
香港房屋委員會	Hong Kong Housing Authority
和記旅遊有限公司	Hutchison Travel Limited
香港愛玩生網	iPlayHK
蔡文昌先生	Mr. Tsoi Man Cheong
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
-	Pieta House
新渡輪服務有限公司	Sun Ferry Services Company Limited
-	The Hong Kong Blue Tie Ball
天星小輪	The "Star" Ferry
鄭諾遙小朋友	Cheng Nok Yiu
張紫悠小朋友	Cheung Tsz Yau
張逸謙小朋友	Cheung Yat Him
周沚柔小朋友	Chow Tze Yau Yolanda
龐芷溦小朋友	Didor Pong
劉熙諾小朋友	Lau Hei Nok
羅靖喬小朋友	Law Ching Kiu
羅景寅小朋友	Law King Yan
羅悅喬小朋友	Law Yuet Kiu
梁茵婷小朋友	Leung Yan Ting
羅丞哲小朋友	Lo Shing Chit
呂培朗小朋友	Lui Pui Long
文日希小朋友	Man Yat Hei
顏子翹小朋友	Ngan Chi Kiu
顏子淳小朋友	Ngan Chi Shun
戴煥恩小朋友	Tai Wun Yan
溫智仁小朋友	Wan Chi Yan
溫千巧小朋友	Wan Chin Hau
黃偉霖小朋友	Wong Wai Lam
黃偉亮小朋友	Wong Wai Leong
嚴珞晞小朋友	Yim Lok Hei
葉依晴小朋友	Yip Yi Ching
葉睿澄小朋友	Yip Yui Ching
姚穎彤小朋友	Yiu Alycia
姚穎霖小朋友	Yiu Angelica
意粉 (YouTube 創作者)	Ethan (YouTuber Creator)
Ray Ho (YouTube 創作者)	Ray Ho (YouTuber Creator)
鎖拉 (YouTube 創作者)	-

衷心感謝以下人士、團體及機構在2021年對本會的慷慨支持。
These are the individuals, groups and organisations to whom
in 2021 we would like to express our cordial thanks.

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□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 掃描二維碼，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 或掃描二維碼，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

用支付寶香港掃描二維碼，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元或以上，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, issuing receipts, 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.



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



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



九龍白田邨瑞田樓B座3樓1室
香港撒瑪利亞防止自殺會總部

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