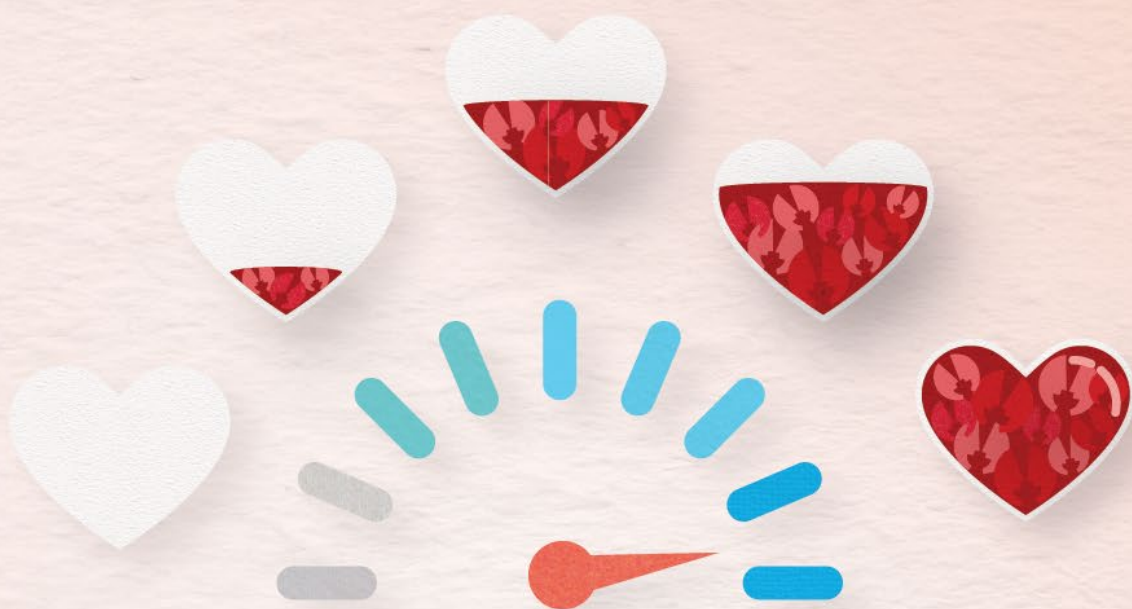




The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會

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



為心賦能

EMPOWERING THE INNER-SELF

2022年報 ANNUAL REPORT

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關於香港撒瑪利亞防止自殺會

ABOUT THE SAMARITAN BEFRIENDERS HONG KONG

「香港撒瑪利亞防止自殺會」於1960年7月由創辦人杜學魁先生成立，原名「防止自殺會」(Suicide Prevention Society)；後於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)，並於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、助人為樂的精神作為榜樣，對絕望及瀕臨困境的人士伸出援手，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 organization was renamed as “The Hong Kong Samaritans” in October, 1963, and changed to The Samaritan Befrienders Hong Kong in 1976. Without any 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. By giving support and rendering emotional counseling service to those in need, we help them to help themselves.

會籍

Affiliation



獲豁免繳稅編號

IR No. (Tax Exemption):

91/1498

社團註冊編號

Society Reference No.:

CI 0468623



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。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。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 befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, by helping them to regain confidence in life. To publicise and promote the spirit of our service in the community through talks, seminars, research and other means of community service. To help in South East Asia and neighbouring 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



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。

標語 Tagline

Chinese name and English name of our organisation.

「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 2021 - 2023

管理團隊 Management Team



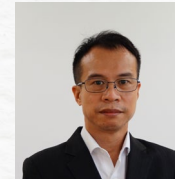
主席
Chairman

黃瀚之先生
Mr. Wong Hon Chi, Heymans



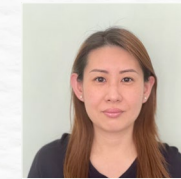
秘書
General Secretary

李彩霞女士
Ms. Lee Choi Ha, Joyce



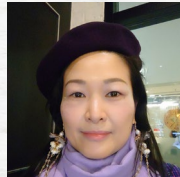
總幹事
Executive Director

曾展國先生
Mr. Tsang Chin Kwok



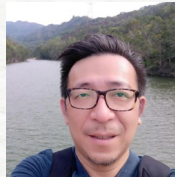
生命教育中心中心主任
Centre-in-charge –
Life Education Centre

傅佩儀女士
Ms. Fu Pui Yee



財政
Treasurer

湛麗貞女士
Ms. Cham Lai Ching, Candy



理事
Executive Committee Member

陳熾輝先生
Mr. Chan Chi Fai



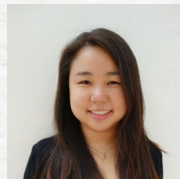
熱線中心中心主任
Centre-in-charge –
Hotline Centre

丘鴻生先生
Mr. Yau Hung Sang



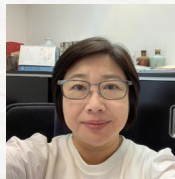
越嶺專業發展培訓及發展中心中心主任
Centre-in-charge – Ur-Link
Professional and Training
Development Centre

譚順源先生
Mr. Tam Shun Yuen



理事
Executive Committee Member

鄭潔儀女士
Ms. Cheng Kit Yee, Noel



理事
Executive Committee Member

陸帆女士
Ms. Luk Fan, Queenie



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

韋賽姬女士
Ms. Wai Choi Kei



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

周志強先生
Mr. Chow Chi Keung



理事
Executive Committee Member

伍浩林先生
Mr. Ng Ho Lam, Edmund



理事
Executive Committee Member

黃玉蘭女士
Ms. Wong Yuk Lan

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)

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

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)

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)

沈君豪醫生（精神科醫生）
Dr. Sham Kwan Ho (Psychiatrist)

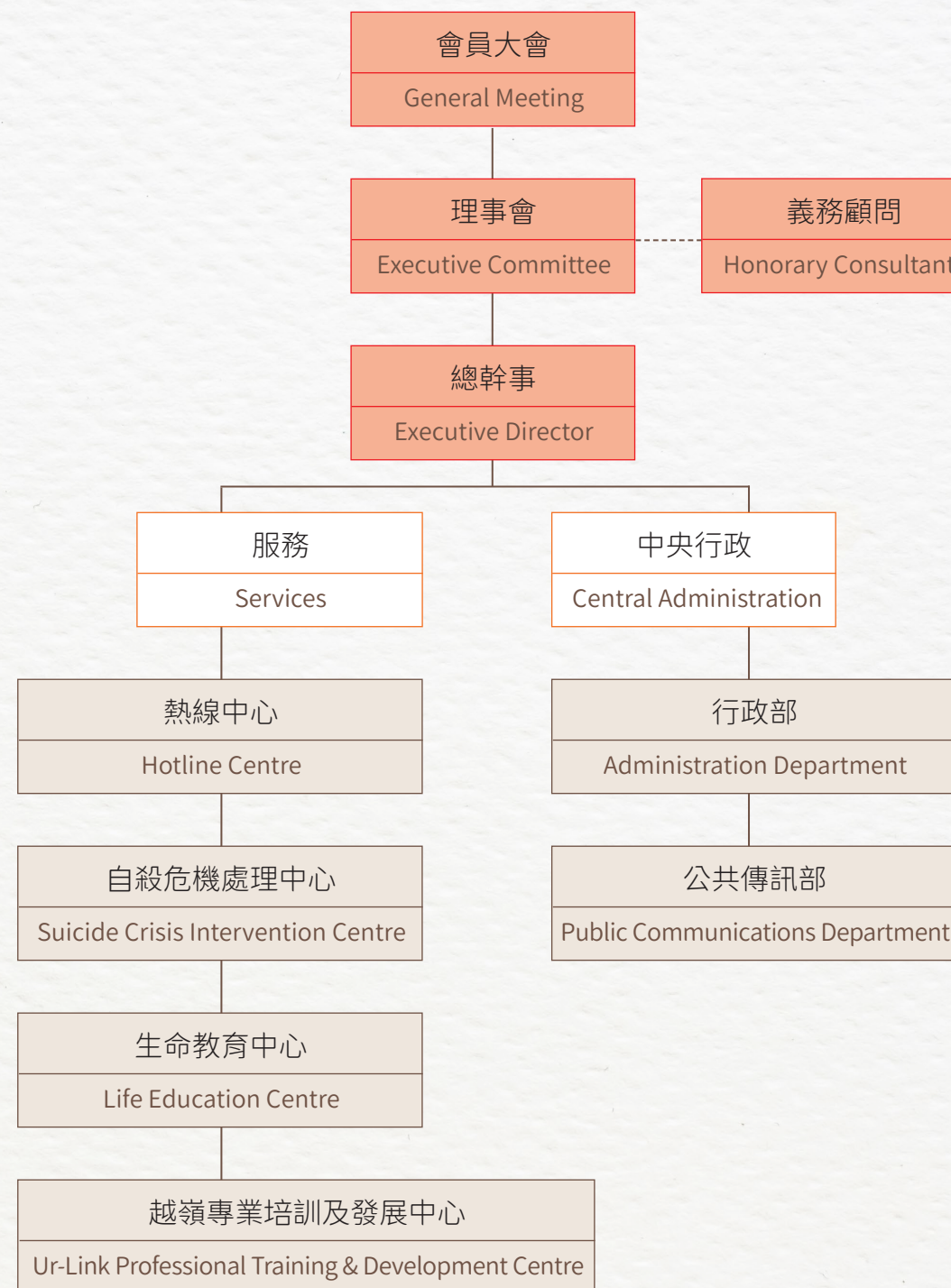
葉運強先生（資深演藝工作者）
Mr. Jason Yip (Experienced Professional in Performing Art)

公關及傳媒顧問 PR & Media Consultant

余似心女士
Ms. Maria Yu

組織架構

ORGANISATION CHART



里程碑

OUR MILESTONES



主席報告

CHAIRMAN'S REPORT

導言

香港於2022年仍然受到疫情影響，直至九月下旬，因應政府逐步放寬防疫措施才得以舒緩。經濟及市民的日常都在此期間放緩。死因裁判庭的報告顯示，2022年共有1,080宗自殺死亡個案，比起2021年上升了70宗，自殺率為14.73，上升了1.03，平均每天有2.96人死於自殺。此等數字均為2007年以來最高，而60歲或以上的群組的自殺數字再次打破自1973年以來的紀錄，疫情及年輕家庭移民為長者帶來一個不利的環境因素，再加上香港人口老化，長者自殺數字的上升趨勢似乎已經形成。

機構整體事項

2022年對本會來說是艱難的一年。年初經歷了最嚴峻的第五波疫情，市民及至義工都減少外出，使本會的服務受限。年內前主席及兩位理事先後辭任，個別主要職務需重新安排，而理事會人數則由11人降至8人。這些雖然對於本會帶來一定程度的困難，但在機構整全的架構下，機構的運作並未有受到實質的影響。

核數師在3月提出請辭，對本會的核數工作亦帶來影響。可幸，我們能及時能聘任一位有經驗的核數師，只是周年大會需要安排於8月下旬舉行，以預備充足時間完成核數。

熱線中心

於2022年，熱線中心的情緒支援服務共處理了12,766個個案，比起2021年下降了20.44%。疫情影響了義工到中心，熱線中心安排了臨時措施，讓義工繼續提供服務。在所有個案之中，8,476個為有情緒支援需要的求助個案。

Introduction

The pandemic still affected Hong Kong in 2022 until the prevention measures were relaxed gradually starting from late September. The economy and activities in Hong Kong slowed down because of that. The report of the Coroner's Court shows that there were 1,080 suicide death cases this year, an increase of 70 cases compared with that in 2021. The suicide rate was 14.73, an increase of 1.03 from 2021. On average, 2.96 persons died of suicide every day in Hong Kong. All these figures were the highest since 2007. Again, the number of suicide of people aged 60 or above broke its record since 1973. The pandemic and the emigration of young families have contributed to an unfavourable situation for this age group. Together with the aging population of Hong Kong, the trend of increasing suicide figures for this age group has already formed.

Organization Overview

The year 2022 was a challenging year for SBHK. At the beginning of the year, we experienced the most severe fifth wave of the pandemic, which led to a decrease in citizens and volunteers going out, resulting in limited services provided by our organisation. Throughout the year, our former chairman and two directors resigned from the Executive Committee, requiring a rearrangement of key positions, and the number of committee members decreased from 11 to 8. Although these events brought a certain level of difficulties to our organisation, the operations of the institution have not been substantially affected, thanks to its well-established structure.

The unexpected resignation of our Auditor in March has created some impact on our annual financial audit. It was resolved by employing an experienced auditor in a very short period, although the Annual General Meeting has to be scheduled for late August to allow more time for the audit.

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，佔所有問題的37.95%。而在所有求助個案當中，有12.4% (1,051) 的個案在評估後有自殺危機。

熱線中心以「年。輕。生。命」為世界防止自殺日活動主題，於9月10日舉辦網上互動分享會及自殺危機評估及介入講座，探討疫情對於青年人的生活、情緒、身心健康的影響及挑戰，從而提高青年相關工作人員及教職人員對青年人身心健康的關注。

於2022年12月31日，本會的熱線義工共有223人，比上一年下跌了1人。感謝職員與訓練員的努力，為新招募的義工提供了兩期（第64及65期）的訓練。

自殺危機處理中心

自殺危機處理中心於2022年共處理了1,217宗自殺危機個案，比起2021年上升了3宗。中心亦為234宗個案提供了自殺危機者的親友諮詢服務。活出彩虹服務也提供輔導服務予82宗自殺身故者的親友，並舉行了25節「未完成的小說」治療活動（比起2021年少了4節）及50節支援小組活動予小組組員。

Chat隆共提供了2,095小時的服務予2,037位服務使用者。而網蹤人計劃亦接觸了603位有自殺念頭或情緒困擾的網絡使用者。

賽馬會生命偶遇資源計劃在資助完結後也順利完成了。在此服務之下，自殺危機處理中心共提供了111次指導服務及29場專業培訓，受惠的專業人士分別為27及1,238人。

Hotline Centre

Our emotional support services handled 12,766 cases in 2022, a decrease of 20.44% compared to that of 2021. The pandemic had affected volunteers from coming to the centre. The Hotline Centre had temporary arrangements for the volunteers to continue providing services. Among all the cases, 8,476 were help-seeking cases requiring emotional support. The 3 highest presenting problems were mental health, family, and social relationship, covering 37.95% of all the presenting problems. 12.40% (1,051 cases) of all the cases was assessed with suicidal risk.

As an activity for World Suicide Prevention Day, our Hotline Centre organized an online seminar on the 10th of September to discuss about the life, emotions, mental health as well as the challenges of youngsters in Hong Kong in order to raise the awareness of social workers and teachers on the mental health of this age group.

The number of hotline volunteers was 223 as at 31st December 2022, a drop of 1 volunteer this year. Thanks for the effort of staff members and trainers in organising 2 batches (64th & 65th batches) of training for newly recruited volunteers.

Suicide Crisis Intervention Centre

In 2022, the Suicide Crisis Intervention Centre handled 1,217 suicide crisis cases, an increase of 3 cases compared to 2021. There were also 234 consultation cases of relatives and friends of suicidal people. Live the Rainbow Service also provided services to 82 cases with friends or relatives died of suicide. 25 sessions of Unfinished Novel Therapeutic Group were provided in 2022 with a decrease by 4 sessions compared to 2021. The Service also organised 50 sessions of support groups for its members.

生命教育中心

於2022年，疫情影響了生命教育中心不少的外展服務，可幸於九月後情況得以舒緩，讓我們於整年來說，在香港賽馬會慈善信託基金資助的防止自殺教育計劃之下，仍然能夠安排58場講座、工作坊及小組活動，兩個學校展覽及32個社區探訪活動，惠及7,676人。中心亦在賽馬會生命偶遇資源計劃之下，舉行了30次家長講座，有319人次參與，9次以情緒急救站形式安排的社區教育活動，共4,950人受惠。中心另舉行了5次生命劇場活動，共有1,170位觀眾參加。

越嶺專業發展及培訓中心

越嶺專業發展及培訓中心與11位專業夥伴及機構合作，再加上我們的職員，共於17個主題提供了27個公開課程予438名參加者。另外，中心亦為5個機構的職員或參加者，提供了5個課程及講座。雖然開辦課程的數目因疫情而下降，但這些已開辦的課程，能加強我們在防止自殺及精神健康方面的專業形象。

公共傳訊及籌款活動

2022年度的記者招待會於8月27日舉行，並將焦點再次放於長者自殺問題之上。由於疫情關係，計劃於2月26日的街頭賣旗活動需要取消，我們將資源轉移至網上捐款，售賣虛擬旗子而籌得超過HK\$170,000善款。合作形式的籌款活動如Sophi's World慈善演唱會及張敬軒歌迷亦為本會帶來善款。與「遺善最樂」的合作亦令合共8位善長立下遺囑，將超過五百萬的遺產捐贈予本會。

2022年乃本會自殺危機處理中心及生命教育中心之20周年，紀念活動於2022年12月12日順利舉行，活動得到社會福利署署長及香港賽馬會慈善事務部主管蒞臨作主禮嘉賓。

The ChatPoint provided 2,095 hours of service to 2,037 users and our Suicide Prevention on neT also reached out to 603 internet users with suicidal thoughts or emotional distress in the year 2022.

The end of the funding provided by The Hong Kong Jockey Club Charities Trust also marked the completion of the Jockey Club Life-Connect Resource Network Programme. The Suicide Crisis Intervention Centre provided 111 coaching sessions and 29 professional training programmes to 27 and 1,238 professionals respectively.

Life Education Centre

In 2022, the pandemic has affected a lot of our outreaching service provided by Life Education Centre. Fortunately, the ease of the situation after September allowed us to organize 58 talks, workshops and group activities, 2 school exhibitions, as well as 32 Community Visits under our Suicide Prevention Education Programme funded by The Hong Kong Jockey Club Charities Trust. There were altogether 7,676 people who benefited from these activities. It also held 30 times of Parent Workshop for Jockey Club Life-Connect Resource Network Programme, with a total of 319 beneficiaries. 9 Community Education Activities in the form of Emotional Support Counters were also arranged which have benefited 4,950 people in this year. The Centre also organised 5 performances for the Life Drama Programme with a total of 1,170 participants.

Ur-Link Professional Training & Development Centre

The Centre worked with 11 professional partners and organisations. Together with our staff, it provided a total of 29 public courses on 17 topics for a total of 438 participants in 2022. 5 courses and seminars were also provided for organisations for their staff or participants. Although there was a decrease in classes due to the pandemic, these training programmes could enhance our image as a professional body in suicide prevention and mental health issues.

活動包括一個以「自殺危機的預防和介入方向」為題的座談會，並邀得臨床心理學家及精神科醫生為講者。另外，亦安排了一個名為「她的・生前・死後」的體驗活動。兩項活動均得到參加者的正面評價。

總結

2022年對香港撒瑪利亞防止自殺會來說仍是不容易的一年，服務提供及籌款活動仍然受疫情影響，人事上亦有變動。感謝義工、職員、合作夥伴、捐助者及資助機構的支持，我們的工作漸漸回復正常。我們相信，經過以往幾年的人走過艱難，「為心賦能」。

Public Communications and Fundraising

The 2022 Annual Press Conference was held on 27th August, focusing again on the highest number of suicide of the elderly in 2021. With the pandemic still affecting Hong Kong, the planned street flag-selling activity on 26th February 2022 had to be cancelled; effort had to be switched to online donation through virtual flags and over HK\$170,000 was raised. Partnering fundraising activities were made in 2022 with Sophi's World Charity Concert and singer Hin Cheung's fans. The cooperation with ForeverGift has already helped 8 donors to make their wills to give their legacy to us, which sums up to HK\$5 million.

2022 marked the 20th Anniversary of our Suicide Crisis Intervention Centre and Life Education Centre. An anniversary was held on 12th December 2022 to celebrate this. The event was successfully organised with the Director of Social Welfare and the Head of Charities (Grant Making) of The Hong Kong Jockey Club as our officiating guests. It included a forum on Prevention and Intervention Strategies for Suicide Crisis. Clinical psychologists and Psychiatrists were invited to be our speakers in the forum. An experiential activity called "Her Life Before and After Death" was also organised in the event. Both activities received very positive comments from the participants.

Conclusion

2022 was still a challenging year for SBHK. Service provisions and fundraising activities were significantly affected by the pandemic. There were also changes in personnel. We would like to express our gratitude to the volunteers, staff, partners, donors, and sponsoring organisations for their support, as our work gradually returned to normal. We believe that, after the difficult times of the past few years, we can work together in the future to help more people to overcome hardships and "empower their inner-selves."

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
- 書信及電郵求助
Letters and Emails for Help
- 預約與熱線中心義工面談
Face-to-face Interview with
Hotline Centre Volunteers
- 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 Service
- 活出彩虹服務
Live the Rainbow Service
- 網上防止自殺
Online Suicide Prevention
- 英語情緒支援熱線 2389 2223
English Emotional Support Hotline 2389 2223
- 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 2389 2222
24-Hour Emotional Support Hotline 2389 2222
- 書信及電郵求助
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- 預約與熱線中心義工面談
Face-to-face Interview with Hotline Centre Volunteers
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Hotline Centre Volunteer Recruitment & Training
- 社區講座及活動
Community Seminar and Activity

2022年熱線中心回顧 2022 Hotline Centre Review



12,766
個案
Cases



223
位熱線中心義工
Hotline Centre Volunteers



753
位社區活動受惠人次
Beneficiaries of Community Activities

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、書信及電郵求助服務、面談服務、熱線中心義工招募及培訓及社區講座等活動。

The Samaritan Befrienders Hong Kong established its Fixed Line Emotional Support Service in 1960, which is the first service of the organization to provide suicide prevention service through answering calls of help seekers. Later, in 1995 the Hotline Centre was officially established with the support from the Hong Kong Housing Authority by providing a venue in Choi Hung Estate. The Centre services include our 24-Hour Emotional Support Hotline, Letters and Emails for Help Service, Face-to-face Interview Service, Hotline Centre Volunteer Recruitment & Training, as well as Community Seminars and Activity.

24小時情緒支援熱線

24-Hour Emotional Support Hotline

本會的24小時情緒支援熱線，是由1960年創辦時被外界稱為「生命線」的電話熱線發展而成，熱線由成立至今一直由一群熱心義工提供服務，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2389 2222的24小時情緒支援熱線與義工傾訴；熱線中心義工們細心聆聽，獻上真誠關懷，陪伴求助者面對自己的困擾，希望求助者情緒得到紓緩，並能重拾生存的勇氣和信心。在2022年，我們共處理了12,766的服務個案，比2021年的16,046宗減少3,280宗，當中求助個案為8,479個。

Our 24-Hour Emotional Support Hotline is developed from the Life Hotline, which was first established by a group of passionate volunteers in 1960, it 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 2022, we handled 12,766 cases. There was a decrease of 3,280 cases from 16,046 cases in 2021. Among these, 8,479 were help-seeking cases who were in need of emotional support.



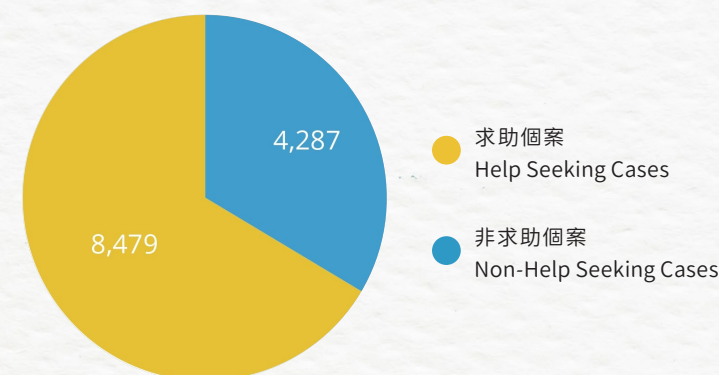
2022年熱線中心服務數據分佈

Hotline Centre Service 2022 Data Analysis

按個案類別分佈

By Types of Case Data Analysis

類別 Types of Case	個案數字 Number of Cases	百分比 %
非求助個案 Non-Help Seeking Cases	4,287	33.58
求助個案 Help Seeking Cases	8,479	66.42
總計 Total	12,766	100



求助者性別及年齡分佈

Gender and Age Distribution of Help-Seeking Cases

年份 Year	2022					2021	
年齡 Age	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0 - 9	3	3	0	6	0.07	24	0.22
10 - 19	178	117	4	299	3.53	451	4.21
20 - 29	614	466	8	1,088	12.83	1,417	13.21
30 - 39	720	636	6	1,362	16.06	1,683	15.69
40 - 49	616	893	4	1,513	17.84	1,831	17.07
50 - 59	651	966	15	1,632	19.25	2,125	19.82
60 / +	538	603	10	1,151	13.58	1,364	12.72
不詳 Unknown	617	760	51	1,428	16.84	1,829	17.06
總計 Total	3,937	4,444	98	8,479	100	10,724	100

求助者求助問題分佈

Presenting Problems Distribution of Help-Seeking Cases

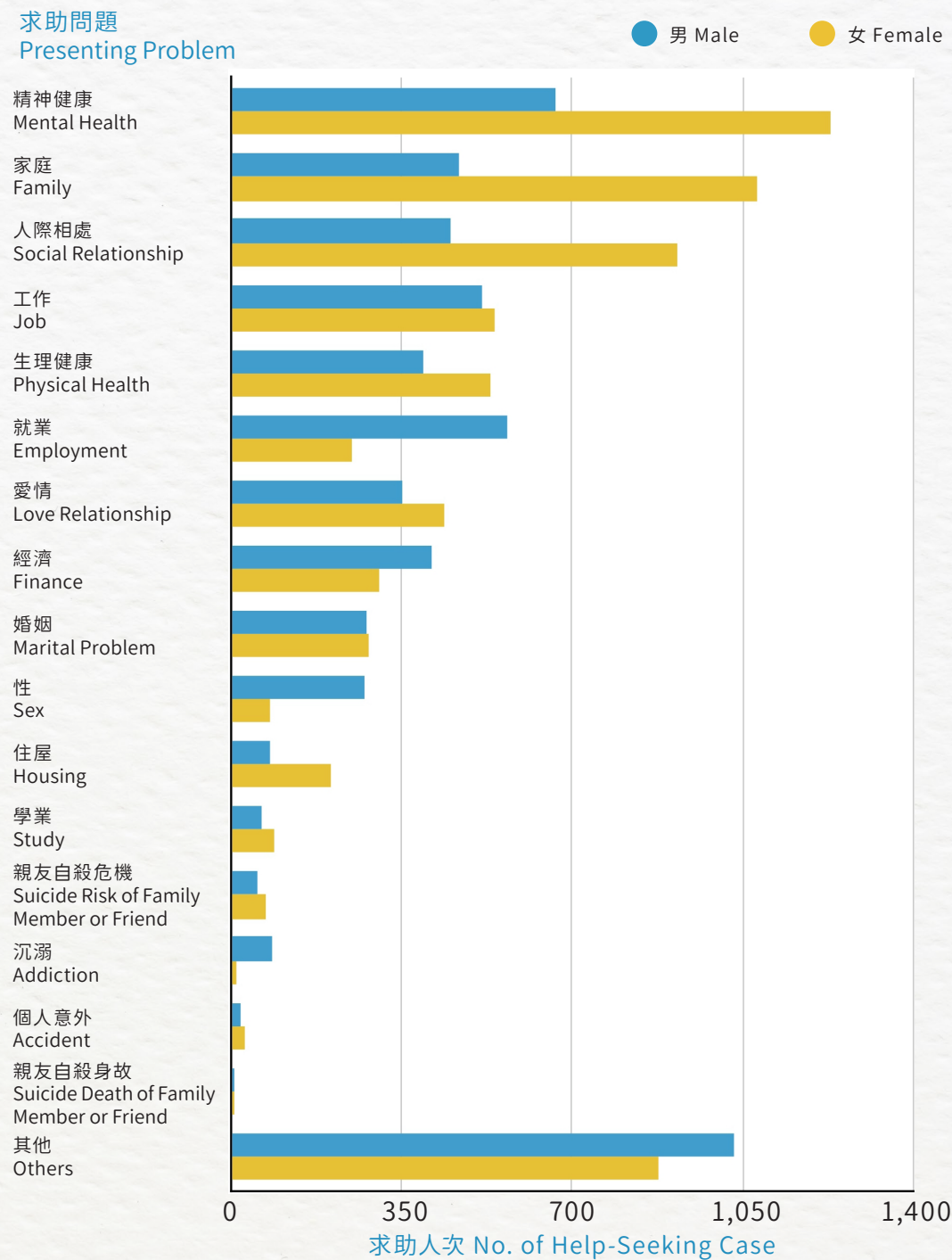
年份 Year	2022				
求助問題 Presenting Problem	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %
精神健康 Mental Health	664	1,229	19	1,912	14.98
家庭 Family	467	1,081	8	1,556	12.19
人際相處 Social Relationship	449	916	11	1,376	10.78
工作 Job	516	540	14	1,070	8.38
生理健康 Physical Health	395	531	1	927	7.26
就業 Employment	567	249	2	818	6.41
愛情 Love Relationship	352	436	3	791	6.20
經濟 Finance	412	305	0	717	5.62
婚姻 Marital Problem	278	280	1	559	4.38
性 Sex	274	80	8	362	2.83
住屋 Housing	80	203	0	283	2.22
學業 Study	61	88	3	152	1.19
親友自殺危機 Suicide Risk of Family Member or Friend	53	72	0	125	0.98
沉溺 Addiction	82	11	0	93	0.73
個人意外 Accident	20	27	1	48	0.38
親友自殺身故 Suicide Death of Family Member or Friend	8	7	0	15	0.12
其他 Others	1,031	878	50	1,959	15.35
總計 Total	5,709	6,933	121	12,763	100

在2022年求助個案類別中，主要困擾的問題為精神健康（14.98%）、家庭（12.19%）及人際相處（10.78%）。

In 2022, the major presenting problems for seeking help were: Mental Health (14.98%), Family (12.19%), and Social Relationship (10.78%).

求助者求助問題按性別分佈統計圖表

Statistical Chart of Presenting Problems Distribution by Gender of Help-Seeking Cases



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	24	35	163	156	91	143	100	279
家庭 Family	2	3	23	54	74	80	116	120	106	208
人際相處 Social Relationship	1	0	41	14	99	83	88	108	64	186
工作 Job	0	0	5	3	95	73	135	161	155	142
生理健康 Physical Health	1	0	26	4	19	39	28	61	49	89
就業 Employment	0	0	6	2	58	29	78	65	87	52
愛情 Love Relationship	1	0	22	18	98	115	93	131	50	66
經濟 Finance	0	0	1	6	32	17	57	38	62	44
婚姻 Marital Problem	0	0	0	0	8	14	122	61	54	60
性 Sex	0	0	18	18	71	8	64	15	33	10
住屋 Housing	0	0	2	2	3	5	16	13	16	37
學業 Study	1	0	20	20	27	22	4	7	5	16
親友自殺危機 Suicide Risk of Family Member or Friend	0	0	1	4	5	8	8	10	10	10
沉溺 Addiction	0	0	4	2	15	2	18	3	18	2
個人意外 Accident	0	0	2	1	2	1	1	3	1	3
親友自殺身故 Suicide Death of Family Member or Friend	0	0	0	0	1	1	1	2	3	2
其他 Others	0	0	46	10	146	44	119	77	118	172
總計 Total	7	3	241	193	916	697	1,039	1,018	931	1,378

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	123	262	81	152	81	202	664	1,229	19	1,912
家庭 Family	49	283	39	208	58	125	467	1,081	8	1,556
人際相處 Social Relationship	49	251	55	102	52	172	449	916	11	1,376
工作 Job	63	74	12	18	51	69	516	540	14	1,070
生理健康 Physical Health	67	190	156	90	49	58	395	531	1	927
就業 Employment	215	56	78	22	45	23	567	249	2	818
愛情 Love Relationship	34	37	10	19	44	50	352	436	3	791
經濟 Finance	136	65	74	104	50	31	412	305	0	717
婚姻 Marital Problem	21	51	8	54	65	40	278	280	1	559
性 Sex	11	18	1	1	76	10	274	80	8	362
住屋 Housing	12	46	15	73	16	27	80	203	0	283
學業 Study	0	19	0	1	4	3	61	88	3	152
親友自殺危機 Suicide Risk of Family Member or Friend	4	13	6	6	19	21	53	72	0	125
沉溺 Addiction	12	1	2	1	13	0	82	11	0	93
個人意外 Accident	0	7	10	7	4	5	20	27	1	48
親友自殺身故 Suicide Death of Family Member or Friend	0	0	2	1	1	1	8	7	0	15
其他 Others	207	250	204	116	191	209	1,031	878	50	1,959
總計 Total	1,003	1,623	753	975	819	1,046	5,709	6,933	121	12,763

按求助者危機程度及性別分析
Help-Seeking Cases' Risk Level and Gender Data Analysis

年份 Year	2022					2021	
危機程度 Risk Level	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
低 Low	337	471	23	831	9.80	1,120	10.44
中 Moderate	83	109	2	194	2.29	305	2.85
高 High	7	19	0	26	0.31	63	0.59
無 No	3,239	3,607	48	6,894	81.30	8,412	78.44
未及評估 Cannot Assess	271	238	25	534	6.30	824	7.68
總計 Total	3,937	4,444	98	8,479	100	10,724	100

在2022年的12,766宗服務個案中，求助個案為8,479宗。當中，有自殺危機者的求助個案共為12.40%（即1,051個）；其中的高、中危個案佔20.93%（即220個），當中的23.64%個案（即52個）被成功轉介至自殺危機處理中心跟進。

In 2022, among the 12,766 cases, 8,479 were help-seeking cases who were in need of emotional support. 12.40% (1,051 cases) of these cases were assessed with suicidal risk. 20.93% (220 cases) of the cases with suicidal risks was of high and medium risk. 23.64% (52cases) 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

機構於1960年創辦時，社會上缺少專業人才，自此，電話熱線由熱心的義務工作者聆聽求助者電話。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。

When the organisation was founded in 1960 when there was a lack of professionals. Since then, the hotline service has been provided by our volunteers who were eager to listen to the help seekers. Thanks to a group of passionate and dedicated volunteers, they have been acting 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.

大部分的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223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。那份全情投入及貢獻社會的精神，實在是義工組織最珍視的資產。

Most of our Hotline Centre volunteers are not professional social workers, counsellors, clinical psychologists, nor psychiatrists. They are just ordinary people from all walks of life who are willing to serve the community. There are about 223 volunteers 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 in serving the community is one of the most valuable assets in a volunteer agency.

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

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



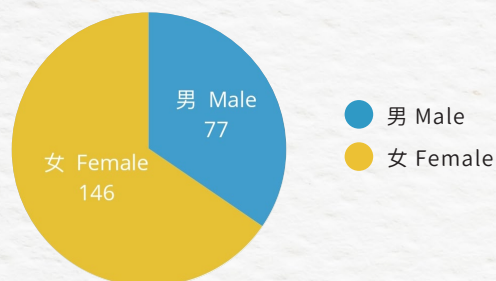
2022年熱線中心義工資料

Profile of Hotline Centre Volunteers in 2022

熱線中心義工服務年資分佈

Hotline Centre Volunteers' Years of Service Distribution

男 Male	女 Female	總計 Total
77	146	223



服務年資 Serving Year	男 Male	女 Female	總計 Total	百分比 %
一年以下 Below 1 year	10	23	33	14.8
2-3 年 / years	1	11	12	5.38
4-5 年 / years	13	19	32	14.35
6-7 年 / years	6	18	24	10.76
8-9 年 / years	4	11	15	6.73
10年或以上 10 years above	43	64	107	47.98
合共 Total	77	146	223	100

2022年義工職前訓練及在職培訓總覽

Volunteers Pre-service Trainings and On-the-Job Trainings Review in 2022



2

個義工職前訓練班
Number of Volunteer Pre-
service Trainings Provided



882

人次義工學員參與
義工職前訓練班
Volunteer Trainees
Attended Volunteer
Pre-service Trainings



17

個義工在職培訓
Volunteers On-the-Job
Trainings



548

人次義工參與
義工在職培訓
Volunteers Attended
On-the-Job Trainings

2022年義工在職培訓總覽

Volunteers On-the-job Trainings Review in 2022

主題 Theme	節數 No. of Sessions	人數 No. of Participants
男士的情緒解碼 Emotional Support for Men Training	1	56
義工網上分享會 Volunteers Online Sharing Sections	2	36
會員x會友網上分享會 Members & Friends of Society Online Sharing Sections	6	70
熱線義工「Chat隆網上服務」基礎當值訓練 ChatPoint Training Programme	1	14
離別的情緒 The Emotional Impacts of Migration Training	1	24
高、中危個案分享會 Medium and High Risk Cases Sharing	1	29
因為你，那些障礙不是苦，而是甜蜜的。 Workshop on Parents of the Mentally Handicapped	1	16
吸毒是源於創傷嗎？—認識Project BEAT服務 Workshop on Knowing Drug Addict	1	14
危難事故處理技巧工作坊 Seminar of Acute Stress Reaction	1	37
遺物的意義 Workshop on Relics	1	21
失寵之痛 Workshop on Knowing the Loss of Pet	1	44
年輕賭途 Seminar of Young People with Gambling Disorders	1	33
台灣防止自殺熱線分享講座 Life1995 Sharing Seminar	1	32
督導員訓練班 Supervisor Training Course	4	40
察覺到這青年那裡不對勁了嗎 Seminar of Bipolar Schizophrenia in Adolescents	1	44
我隱蔽在房間中，不要打擾我。 Workshop on Knowing the Socially Withdrawn	1	22
督導員分享會 Supervisor Sharing Sections	2	16
總數 Total	25	548



高、中危個案分享會
Medium and High Risk Cases Sharing



危難事故處理技巧工作坊
Seminar of Acute Stress Reaction

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、自殺的謬誤及基礎自殺危機評估，中心亦有安排社區活動和街站，以宣傳防止自殺的訊息。

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.

講座題目 Seminar Topic

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

明愛東頭綜合家庭服務中心（黃大仙西南）
Caritas Integrated Family Service Centre, Tung Tau (Wong Tai Sin Southwest)

講座次數
Number of Seminars **4**

參加人數
Number of Participants **48**

嶺南大學
Lingnan University

講座次數
Number of Seminars **1**

參加人數
Number of Participants **35**

社區講座 Community Seminar



5
講座
Seminars



83
參加者
Participants

社區活動 Community Activity



3
社區活動
Community Activities



670
參加者
Participants

活動名稱 Name of Programme

情緒關注服務站（彩虹站、彩虹邨）
Emotional Care Service Counter (Choi Hung Station, Choi Hung Estate)

對象及參加人數
Target and No. of Participants **200**

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

對象及參加人數
Target and No. of Participants **470**



世界防止自殺日分享會
圖中為本會理事會主席黃瀚之先生(左)及主講嘉賓陳鳳英醫生(右)
World Suicide Prevention Day Sharing Session - our Chairman Mr. Wong Hon Chi, Heymans (left) and the Speaker Dr. CHAN Fung Ying Dorothy(right)



情緒關注服務站
Emotional Care Service Counter



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
- 活出彩虹服務
Live the Rainbow Service
- 網上防止自殺
Online Suicide Prevention
- 英語情緒支援熱線 2389 2223
English Emotional Support Hotline 2389 2223
- 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)

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介入服務、活出彩虹服務、網上防止自殺服務及英語情緒支援熱線。中心致力為中度至高度身處自殺危機的人士、自殺危機人士的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所帶來的挑戰。

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, Online Suicide Prevention Service and English Emotional Support Hotline. 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.

2022 自殺危機處理中心回顧

2022 Suicide Crisis Intervention Centre Review



1,217
個自殺危機介入個案
Suicide Crisis Cases Intervened



983
個具自殺危機者之個案
Suicidal Cases



234
個自殺危機者親友之諮詢個案
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助，中心由2005年開始增設一條由專業社工接聽的親友自殺危機諮詢專線，為有自殺危機人士的親友提供專業意見，協助他們了解自殺警號及提升自殺危機處理能力，讓他們能幫助有自殺危機的親友渡過難關。

Since 2005, with subvention of Social Welfare Department, 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

本會於2002年成立自殺危機處理中心前，已提供自殺個案輔導，而透過社會福利署的津助，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。

Suicide Crisis Counselling had been provided before the Suicide Crisis Intervention Centre established in 2002. 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.

2022年自殺危機介入服務數據分佈 Suicide Crisis Intervention Service 2022 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	983	80.80
自殺危機者親友 Family or Friend of Suicidal People	234	19.20
總計 Total	1,217	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	653	66.43
男性 Male	330	33.57
總計 Total	983	100

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

年齡 Age	女性自殺危機者 Female Suicidal Users	男性自殺危機者 Male Suicidal Users	個案數字 No. of Cases	百分比 %
0-9	0	2	2	0.20
10-19	118	28	146	14.85
20-29	86	58	144	14.65
30-39	117	58	175	17.80
40-49	127	62	189	19.23
50-59	100	52	152	15.46
60-69	62	35	97	9.87
70-79	24	17	41	4.17
80/+	4	5	9	0.92
不詳 Unknown	15	13	28	2.85
總計 Total	653	330	983	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 %
自行求助 Suicidal Cases Themselves	195	19.84
熱線中心 Hotline Centre	181	18.41
綜合家庭服務 Intergated Family Service	176	17.90
醫務社會服務單位 Medical Social Service Units	92	9.36
親友求助 Relatives or Friends of Suicidal People	77	7.83
學校 Schools	73	7.43
危機介入服務 Crisis Intervention Service	66	6.71
警方 Police	45	4.58
心理輔導服務 Psychological / Counselling Service	30	3.05
網上防止自殺服務 Online Suicide Prevention Service	26	2.64
醫療及輔助醫療 Medical or Para-medical Service	10	1.02
長者服務 Eldery Service	6	0.61
其他 Others	6	0.61
總計 Total	983	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	164	28	192	19.53
經濟 Finance	62	71	133	13.53
精神健康 Mental Health	77	35	112	11.39
親友自殺身故 Suicide Death of Family Member or Friend	62	30	92	9.36
婚姻 Marital Problem	49	31	80	8.14
愛情 Love Relationship	52	28	80	8.14
生理健康 Physical Health	29	18	47	4.78
人際相處 Interpersonal Relationship	32	11	43	4.37
住屋 Housing	24	15	39	3.97
學業 Study	26	10	36	3.66
工作 Job	19	12	31	3.15
就業 Employment	6	13	19	1.93
親友的自殺危機 Suicide Risk of Family Member or Friend	11	1	12	1.22
沉溺 Addiction	1	7	8	0.81
性 Sex	5	0	5	0.51
個人意外 Accident	2	2	4	0.41
其他 Others	32	18	50	5.09
總計 Total	653	330	983	100

英語情緒支援熱線 2389 2223
English Emotional Support Hotline 2389 2223

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

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

活出彩虹服務

Live the Rainbow Service

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 organization was further funded by the Social Welfare Department to launch a one-stop shop “Live the Rainbow Service” for relatives and friends of the suicide deaths starting from November 2009.

服務包括

Service Include

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

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

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

2022 服務回顧

2022 Service Review



82
個自殺身故者親友個案輔導
Counseling Cases of Relatives
& Friends of Suicide Deaths



25
節「未完的小說」自殺身故者
親友治療性小組
Sessions of The Unfinished Novel
Therapeutic Group for Relatives &
Friends of the Suicide Deaths



50
節「活出彩虹」自殺身故者
親友支援小組次數
Sessions of Live the Rainbow
Support Group for Relatives &
Friends of the Suicide Deaths

自殺身故者親友個案輔導

Counseling for Relatives and Friends of the Suicidal Deaths

自殺身故者親友個案輔導是一個為期6個月的跟進服務，讓他們得到陪伴及關懷。

We provide individual counselling for relatives and friends of the suicidal deaths (Survivors) for 6 months in which they will be accompanied and cared for.

「未完的小說」 自殺身故者親友治療性小組

The Unfinished Novel Therapeutic Group for Relatives and Friends of the Suicidal Deaths

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

The therapeutic group provides a trustful and 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 Suicidal Deaths

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

The Centre provides various activities to help members 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.

2022年自殺身故者親友個案關係分佈 2022 Relationship Distribution of Cases in “Live the Rainbow Service”

關係 Relationship	個案數字 No. of Cases	百分比 %
子女 Child	37	40.22
配偶 Spouse	19	20.65
父母 Parent	14	15.22
兄弟姊妹 Sibling	9	9.78
非親屬 Non-relative	7	7.61
其他親屬關係 Other Relative	6	6.52
總計 Total	92	100

網上防止自殺服務 Online Suicide Prevention

服務包括 Service Include

Chat 窿
ChatPoint

網蹤人計劃
Suicide Prevention on neT (SPOT)

自殺·自療·互助舍
Help4Suicide

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，包括自殺·自療·互助舍、網蹤人計劃及Chat 窿服務。

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 Help4Suicide and Suicide Prevention on neT (SPOT), and ChatPoint.

自殺·自療·互助舍 Help4Suicide

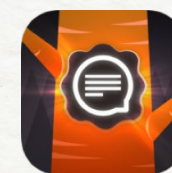
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In 2008 and 2009, given the popularity of the use of the internet, many people with suicidal risk vent their emotions on the internet. The Centre has been continuously developing different online suicide prevention services since 2010, including the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

Chat 窿 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 窿」，除了提供網站版本，更有手機iOS及安卓應用程式提供即時網上的情緒疏導。「Chat 窿」由義工提供服務，與有情緒困擾的人對話，提供抒發渠道。在這個空間裡，所有對話內容均會保密，求助者都可以安心與義工傾談。在2022年，「Chat 窿」提供了2,095小時的即時情緒疏導服務，並處理了2,037名有自殺危機或情緒困擾的網絡使用者。

In 2018, the long 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 2022, ChatPoint rendered 2,095 service hours and handled 2,037 cases with suicidal risk or emotional distress.



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



2022年Chat 窿回顧 2022 ChatPoint Review



2,095
小時服務
Service Hours



2,037
Chat 窿使用者
ChatPoint Users

2022年Chat隆求助問題分佈
2022 ChatPoint Data Analysis

自殺危機求助個案類別 Presenting Problems of Suicidal Cases	聊天個案 Chat Cases	百分比 %
精神健康 Mental Health	297	25.41
工作 Job	138	11.80
家庭 Family	137	11.72
愛情 Love Relationship	122	10.44
人際相處 Social Relationship	95	8.13
學業 Study	95	8.13
就業 Employment	86	7.36
生理健康 Physical Health	55	4.70
婚姻 Marital Problem	35	2.99
經濟 Finance	30	2.57
親友自殺危機 Suicide Risk of Family Member or Friend	27	2.31
性 Sex	22	1.88
沉溺 Addiction	18	1.54
親友自殺身故 Suicide Death of Family Member or Friend	6	0.51
住屋 Housing	3	0.26
個人意外 Accident	2	0.17
其他 Others	1	0.09
總計 Total	1,169	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2022年，我們在網上社交媒體共搜尋了72,940個留言，並且主動嘗試接觸其中603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 2022, we searched 72,940 suicide related messages in social media and reached out to 603 internet users with suicidal tendency or emotional distress to provide further counselling services to them.

自殺·自療·互助舍
Help4Suicide

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2022年，我們在網上社交媒體共搜尋了72,940個留言，並且主動嘗試接觸其中603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。

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

賽馬會生命偶遇資源計劃 (教師及社工培訓)

Jockey Club Life-Connect Resource Network

(Training for Teachers & Social Workers)

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.

2022 計劃回顧

Programme Review in 2022



29
個專業培訓
Professional Trainings



23
間參與學校及單位
Schools & Units Involved



1,238
參與人數
People Attended



27
指導人數 (教師、社工、
青少年工作者)
People Coached (Teachers,
Social Workers, Youth
Workers)



111
次指導服務
Times of Coaching

九龍總區隊目級人員三天進階談判技巧訓練課程 (自殺危機評估及介入)

3-day Advanced Negotiation Technique Training Workshop for Frontline Operational Members (Suicide Crisis Assessment & Intervention)

自殺危機處理中心應香港消防處邀請，於11至12月為九龍區的消防隊目提供三日的培訓，內容包括自殺危機評估、與企圖自殺人士展開對話的技巧，及自我照顧，讓消防員能即時處理有關企圖自殺的人士，與他們展開對話及游說的工作。是次培訓合共約60名消防員參與，並獲得正面的回應。

Suicide Crisis Intervention Centre was invited by the Hong Kong Fire Services Department to provide a three-day training for the senior firemen stationed in Kowloon District. The training took place between November and December 2022. During the training, the firemen were educated on suicide risk assessment, strategies to engage with individuals who are contemplating suicide, and self-care methods. The acquired knowledge will allow the firemen to swiftly and effectively intervene when encountering suicidal persons. The training program witnessed the participation of approximately 60 firemen, who responded positively towards the training.





生命教育中心 LIFE EDUCATION CENTRE

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

“Grow” means growth and implies that Life Education can help people grow. The symbolic brown logo represents soil, a major source of material for the growth of plants. The letter “r” signifies the growing sprout, meaning that the seeds of Life Education scatter on different soil and grow after sowing.

- 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

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.

2022 生命教育中心回顧 2022 Life Education Centre Review



111
活動
Activities



~12,251
受惠人次
Beneficiaries



2
出版
Publication



180
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 Education Activity

社區生命教育活動「心導同行」
Heartfelt Tour Group

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

學校展覽及街展
School Exhibition and Roadshow

本計劃於2002年由香港賽馬會慈善信託基金撥款開辦，透過外展服務、地區活動、義工培訓、生命教育資源閣及教材製作等範疇，用不同途徑向公眾人士推廣生命教育的四大訊息。第一是認識自己（自信做自己及為面對成長及困難作準備）、第二是認識他人（學懂互助互愛、包容及體諒他人之重要）、第三是認識環境（了解珍惜環境的迫切性）以及第四是認識宇宙（明白生死之意，並學會珍惜生命）。

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

2022 計劃回顧 2022 Programme Review



58

講座、工作坊及小組活動
Talks, Workshops and Group Activities



32

社區探訪 / 服務
Community Visits / Services



0

生死教育活動
Life and Death Education Activities



0

社區生命教育活動「心導同行」
Heartfelt Tour Groups



2

學校展覽及街展
School Exhibitions and Roadshows



~7,676

受惠人次
Beneficiaries

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

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

Our talks and workshops can be concluded as 4 major messages in the word "GROW", they are: Glow, Relationship, Overcome and Worthiness, which cover different aspects in life education.



社區探訪 / 服務 Community Visit / Service

義工們會透過家訪，關心獨居或兩老居住的長者近況，與他們閒話家常。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 suicide 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.

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

除直接面對公眾的服務外，我們亦提供了支援服務。我們的賽馬會生命教育資源閣內藏種類豐富，包括有關防止自殺、生命教育、生死學、輔導、心理學、及兒童繪本等書籍和光碟，我們亦儲存了歷年自殺新聞的剪報，讓公眾人士借閱。此外，我們亦定期印製機構通訊《生命交流》，讓大眾從中得到生命教育的資訊。

Other than direct services, we provide support services. Our Jockey Club Life Education Resource Library has a wide collection of books and CD-ROM on suicide prevention, life education, life and death education, counseling, as well as children picture books. We also have newspaper clippings of suicide cases for many years. All these are available for the general public. Apart from that, we regularly publish "Life Interflow", a newsletter to share updated life education information.

學校展覽及街展 School Exhibition and Roadshow

2018年開始，計劃新增了學校展覽服務，就不同主題設立攤位及放置相關資料的展架，讓學生們可於小息、午膳及放學時間，參加及體驗主題活動，社工亦同時會作出講解。此外，我們亦安排街頭展覽，向社區人士提供預防自殺及珍惜生命等資訊。

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



年度特別企劃 Special Project of the Year

「如果難·一齊行」WhatsApp 貼紙設計比賽 “Let's walk together” WhatsApp Sticker Design Competition

疫情下，人們難免會遇上各種轉變及難題。有見及此，我們希望藉著「如果難·一齊行」WhatsApp 貼紙設計比賽，喚起大眾對積極人生態度之關注，以作品將愛、關懷與鼓勵傳達給身邊人。

這次比賽有3個組別：中學組、大專組及公開組，共收到了211份參賽作品。大家可以下載這些得獎作品，為身邊人打打氣，讓他們感受到你的關愛與支持。

During the epidemic, people inevitably encounter various changes and difficulties. In light of this, we hope to raise public awareness of a positive attitude towards life through the 'Let's walk together' WhatsApp Sticker Design Competition. Through their works, participants are encouraged to convey love, care, and encouragement to those around them.

There were three categories: Secondary School Group, Tertiary School Group and Open Group. 211 entries in total were received. You are encouraged to download the award-winning works to cheer up the people around you and let them feel your care and support.



賽馬會生命偶遇資源計劃

Jockey Club Life-Connect Resource Network

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。是項計劃已於本年9月完結。

我們亦設立了「Lifetube」網上生命教育平台，將有關生命教育的短片及資源上載予公眾人士瀏覽，以達至預防自殺及支援情緒困擾人士。

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. This project was completed in September 2022.

The Samaritan Befrienders Hong Kong has built an online resources platform “Lifetube” 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.

家長小組及支援服務 Parent Workshop and Support Group

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，2022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 2022. Although parents were busy at home, they made time to join the workshops in order to enhance their parent-child relationships.



30

家長小組
Parent Workshops



319

受惠人次
Beneficiaries

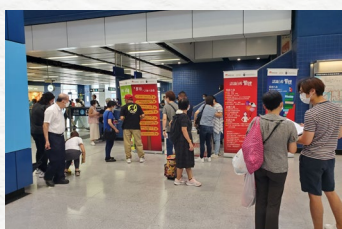


社區教育 Community Education

情緒急救站 Emotional Supporting Counters

香港撒瑪利亞防止自殺會應港鐵公司邀請合作，於2015年開始東鐵沿線站內擺放「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, from 2015 we set up “Emotional Supporting Counters” in the East Rail Line. 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.



30
社區教育
Community Education



4,950
受惠人次
Beneficiaries

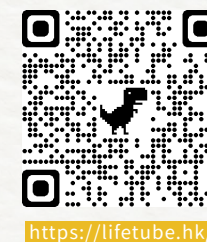
Lifetube

「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。因疫情持續，2022年除繼續邀請嘉賓參與《總幹事·多事幹》討論不同的生命教育題目外，我們增加了以四格漫畫形式去帶出自省及對「正能量」的反思。

“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.

In 2020, due to the prolonged impact of the pandemic which prevented the provision of offline services, the Life Education Center strengthened the promotion of life education through the Lifetube online platform. In 2022, in addition to continuing to invite guests to participate in “Executive Director’s Next Guest” to discuss various life education topics, we increased the use of four-frame comics to bring out self-reflection and reflection on ‘positive energy’.



<https://lifetube.hk/>



105
帖子
Posts

生命劇場

Life Drama Programme

服務包括
Service Include

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

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

生命劇場於2011年12月由香港鐵路有限公司提供資助而成立，2015年開始為機構自負盈虧項目，主要對象是青少年及公眾，希望透過劇場宣揚珍惜生命等正面訊息，鼓勵大眾以積極態度尋求可行方法來解決生活中的困境。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開展，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.

2022 劇場回顧
2022 Drama Programme Review



5
演出
Shows



1,170
觀眾
Audiences



5
伙伴機構或學校
Partnered Organisations or Schools



101
義工人次
Volunteers

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

「你的生命·你的選擇」生命劇場適合中學生及公眾，這個劇場以論壇形式，讓觀眾能對劇中的場景作出回應；訪問劇中人物，甚至替代角色，改寫劇本，從而創造不一樣的結局。過程中，觀眾或多或少把自己投射到角色當中，反思人生的抉擇，從討論中，亦得以更多角度剖析問題，在絕處中，化危為機，領略生命可貴。

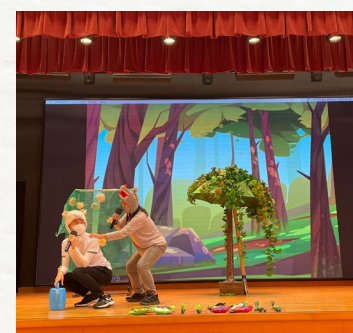
“Your Life · Your Choice” Life Drama is suitable for secondary school students and the general public, the drama is in the form of interactive theatre where audiences are allowed to try themselves in the characters’ shoes by replacing any character in the performance. They could interview and question 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 schools, 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
Professional Training & Development Centre

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 symbolises 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。

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.

為加強本會專業培訓方面的發展，中心於2014年冠以新名稱「越嶺專業培訓及發展中心」（Ur-Link），提供更多專業課程予助人專業的人士及公眾報讀。中心邀請資深導師開辦或與團體合辦證書課程及培訓，為期由一個月至半年不等。我們亦不定期舉辦講座，致力提升社會大眾的情緒管理技巧及助人能力，加強各界對防止自殺方面的知識及技巧，鼓勵大眾實踐我們的使命——一同以愛心、耐性及同理心，建設互助、互勉、互愛的社會。

In 2014, the Centre was officially renamed as “Ur-Link Professional Training & Development Centre” so as to strengthen the development of our professional training to the helping-professions and the general public. The Centre invites or co-organizes with qualified tutors and external parties to conduct courses and training programmes lasting from 1 to 6 months. We also hold seminars irregularly to enhance people’s emotional management skills as well as skills on helping others; so as to strengthen public’s understanding of suicide prevention and to encourage them to practise the skills with our mission - “building a helpful, supportive and loving society with love, patience and empathy”

2022 越嶺專業培訓及發展中心回顧

2022 Ur-Link Professional Training & Development Centre Review



22
課程、培訓及講座類別
Categories of Courses,
Training, and Seminars



34
個課程及講座
Courses and Seminars



607
人參與
Participants



5
個參與機構及企業
Organisations & Corporates
Participated



11
個專業合作伙伴及機構
Partnered Professional Individuals
and Organisations

公開課程 Public Courses



17
題目
Topics



29
個課程
Courses



438
入讀人數
People Attended

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

「兒童及青少年」輔導技巧證書課程
Certificate in Children and Youth Counselling

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

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

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

投射繪畫心理分析證書課程
Certificate in Projective Drawing

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

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

沙維雅模式初探工作坊
Workshop on Satir Model

兒童為本遊戲治療基礎理論與實務應用課程
Certificate in Basic Concepts and Skills of Child-Centered Play Therapy

青少年重性壓力與創傷：
臨床註釋與介入證書課程 (Level 1)
Certificate Course in Clinical Practice for Adolescents Severe Stress and Traumas (Level 1)

客體關係理論基礎理論與技巧證書課程
Certificate in Basic Concepts and Skills of Object Relations Theory

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

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

處理哀傷囤物工作坊
Workshop of Decluttering After a Death

與自己和好——做個快樂自在的女人
Personal Growth Workshop on Satir Model for Women

機構及企業培訓 Organisation and Corporate Training



5
個課程
Courses



169
入讀人數
People Attended

處理哀傷囤物工作坊
Workshop of Decluttering After a Death

接受與承諾治療工作坊
Acceptance and Commitment Therapy Training

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

唔__俾死危機介入分享
Workshop on Suicide Prevention and Intervention

與學生情緒路上同行
Accompany with Students



1
投射繪畫心理分析證書課程導師蔡嘉欣女士指導參加者以畫作認識一個人的內心世界。
The instructor, Ms. Carol Choy, of the Certificate Course in Projective Drawing, guided participants to use artwork to gain insight into a person's inner world.

2
投射繪畫心理分析證書課程中參加者的畫作。
The artworks of the participants in the Certificate Course in Projective Drawing.

3
接受與承諾治療基礎理論與技巧證書課程導師萬家輝博士正在解釋接受與承諾治療的概念。
Dr. Mann Ka Fai, Stephen, the instructor of the Certificate Course in Basic Concepts and Skills of Acceptance and Commitment Therapy (ACT), is currently explaining the concept of Acceptance and Commitment Therapy.

4
處理哀傷囤物工作坊導師郭澤恩先生正指導參加者體驗不同心理狀況。
Mr. Kwok Chak Yan, Isaac, the instructor of the Workshop of Decluttering (RESET approach), was guiding participants to experience different psychological states.



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.

記者招待會 Press Conference



2022年度記者招待會於8月27日以「以行動創造希望，與你們一起努力」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。

記者招待會當日，本會主席黃瀚之先生在會上公佈2021年全港自殺死亡統計數據分析及本會服務數字。60歲或以上這個年齡組別於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%）以「由高處墮下」的方式自殺。



The 2022 Annual Press Conference was held on the 27th of August, 2022 with the theme of “Creating Hope Through Action, Work with You”, 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 chairman Mr. Wong Hon Chi, Heymans announced the analysis of the suicide statistics provided by the Coroner’s Court (Provisional figures in 2021) and the service figures of SBHK in 2021. Individuals aged 60 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, and the consistently high number of suicides among the elderly is indeed worrying. Elderly individuals in Hong Kong tend to use more violent and lethal methods to end their lives, with 247 cases (55.38%) in this age group using the method of “falling from a height” to commit suicide.



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。

此外，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。我們亦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」。



In 2021, Hong Kong continued to face the challenge of the COVID-19 virus. The need to maintain social distance to prevent infection has hindered the social lives of citizens, and vulnerable elderly individuals have been particularly affected due to poorer mental health. People in this age group need more mental health care and emotional support. Children have also been affected by school suspension and have had less contact with friends and classmates. Some have worried about their academic performance due to difficulties adapting to online learning, which has affected their emotions.

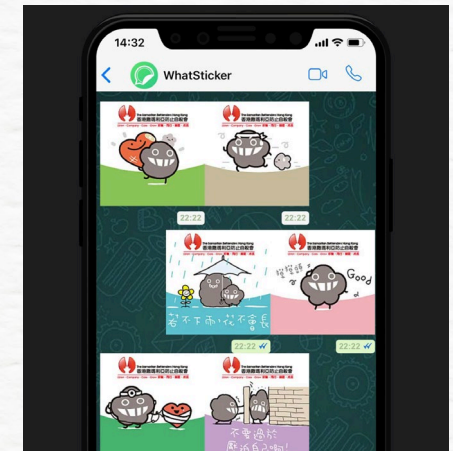
Moreover, the theme of World Suicide Prevention Day is "Creating Hope Through Action" (IASP, 2021). The aim of this theme is to inspire people to have confidence and invest in suicide prevention from a new perspective - equipping and empowering individuals with skills and confidence to connect with those who are struggling. We also encourage all sectors of society to join hands as protectors and care for those who may be experiencing emotional distress in our workplaces, schools, neighborhoods, and families. The Samaritans Befrienders Hong Kong promises to provide assistance and "Work with You".

籌款及跨界別合作回顧 Fundraising Event

九龍區賣旗日 2022 Kowloon Flag Day 2022

香港撒瑪利亞防止自殺會九龍區賣旗日2022原定於2022年2月26日(星期六)舉行，籌備多月的活動在最後一個月遇上新冠病毒第五波疫情肆虐。義工及大眾的健康均為本會的大前提考慮，故本會最後取消街頭賣旗活動，並邀請各界響應網上認捐金旗、電子旗或直接捐助，集腋成裘以支援本會的生命教育的公作。最終，在沒有街頭賣旗的情況下，籌款額亦達到港幣\$174,147。

The Samaritans Befrienders Hong Kong Kowloon District Flag Day 2022 was scheduled on February 26, 2022 (Saturday). However, the event that has been planned for months was hit by the fifth wave of the COVID-19 pandemic in the last month before the event date. Considering the health of volunteers and the public, we had to cancel the street flag-selling activity and invited people to donate online through virtual flags or direct donations to support our life education programme. A total of HK\$174,147 was raised even without street flag-selling.



OK便利店「捐贈e印仔」計劃 E-Stamp Donation Campaign by Circle K



香港撒瑪利亞防止自殺會獲邀成為OK便利店「捐贈e印仔」計劃的受惠機構之一，於2022年1月至12月期間，每位OK會員可經「OK齊齊印」應用程式捐贈e印仔。每捐出一個e印仔給本會，OK便利店便代為捐款港幣1元。全部捐款用以支持本會各項服務。是項合作共籌得港幣\$25,703。

The Samaritans Befrienders Hong Kong had been invited to be one of the beneficiary organizations of the "E-Stamp Donation Campaign" by Circle K Convenience Stores (HK) Limited (Circle K). From January to December 2022, every Circle K member can donate e-stamps through the "OK Stamp It" application. For every e-stamp donated to the organization, Circle K will donate HK\$1 on behalf of the donor. All donations will be used to support the organization's various services. A total of HK\$25,703 was raised through this campaign.

Sophi's World 慈善演唱會 Sophi's World Charity Concert

2022年5月7日舉辦的Sophi's World 慈善演唱會，主題與情緒及心理健康有關，希望為聽眾帶來一個喘息平台，透過音樂同歌詞為聽眾帶來鼓勵和正能量，並找到一絲慰藉。是次演唱會所得收益扣除成本後捐出善款予香港撒瑪利亞防止自殺會。演唱會為本會籌得港幣\$25,000。

The Sophi's World Charity Concert held on May 7, 2022 had a theme related to emotions and mental health. It aimed to provide the audience with a breathing space and bring encouragement and positive energy through music and lyrics, offering some comfort to the listeners. After deducting the costs, the proceeds from the concert will be donated to The Samaritans Befrienders Hong Kong. The Concert has raised HK\$25,000 for SBHK.

【軒·引力】展覽紀念品義賣 “Hins' Gravity” Exhibition Commemorative Item Charity Sale

歌手張敬軒向來積極行善，不時呼籲大眾多做善事，以生命影響生命。2022年正值是張敬軒來港發展20週年，一眾軒迷（張敬軒歌迷）於11月26及27日舉辦了【軒·引力】展覽，透過相片紀錄張敬軒的點滴，也進行紀念品義賣，並將籌得之善款扣除紀念品製作成本後，以「軒·引力」及「張敬軒歌迷」名義平均捐予「香港撒瑪利亞防止自殺會」及「毛守救援」，以響應偶像一向關注精神健康，並心繫毛孩的善心。活動為本會籌得港幣\$30,333。

張敬軒曾分享在創作歌曲《笑忘書》一曲時，是患上抑鬱症最嚴重時的時候，坦言更一度產生過輕生的念頭，只能靠寫歌，繼續走下去，他借自己的經歷勉勵歌迷，「記住要咬緊牙關」。最終，他以樂觀積極的態度面對一切，捱過低潮期。感謝張敬軒促成生命影響生命，以及軒迷們以行善應援偶像，一起同行。

Singer Hins Cheung has always been actively involved in charitable activities and frequently encourages the public to do good deeds to influence others. In 2022, which marked his 20th year of development in Hong Kong, his fans organized the “Hins' Gravity” exhibition on November 26 and 27, showcasing photos documenting Hins Cheung's journey and selling commemorative items. After deducting the production cost of the merchandise, the proceeds were donated equally to The Samaritans Befrienders Hong Kong and the Paws Guardian Rescue Shelter, in response to Hins' concern for mental health and his love for animals. The activity has raised HK\$30,333 for SBHK.

Hins once shared that his song “The Book of Laughter and Forgetting” was written during the most severe period of his depression when he even had suicidal thoughts. He could only continue to persevere by writing songs. He encouraged his fans to “remember to grit their teeth” when facing difficulties. In the end, he faced everything with optimism and positivity and overcame his hardship. We appreciate his influence on others to cherish life and his fans' support for his charitable causes.



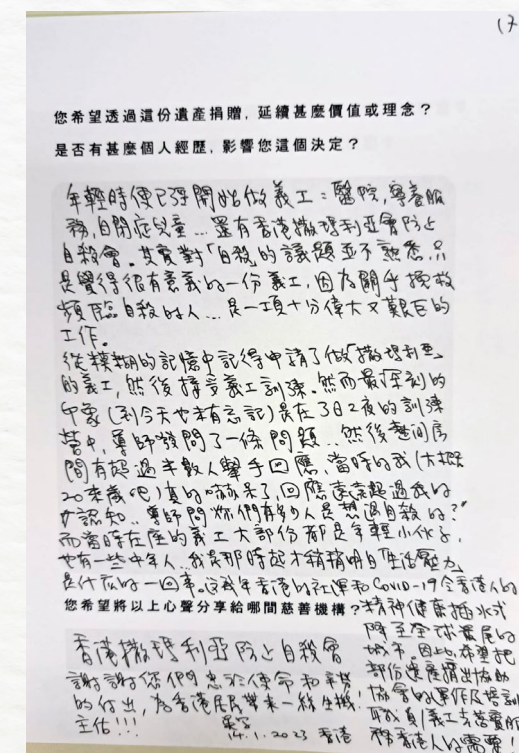
遺產捐贈延續價值和理念 Legacy Giving Sustains Value and Believe

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。直至2022年底，我們共有8位善長，訂立了遺囑將其遺產捐贈予本會，總額約達港幣\$5百萬。

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. Till the end of 2022, there were 8 donors who have made their wills to give their legacy to SBHK, which sums up to HK\$5 million.



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



自殺危機處理中心及生命教育中心 20周年紀念活動

CEREMONY OF THE 20TH YEAR ANNIVERSARY OF
SUICIDE CRISIS INTERVENTION CENTRE
AND LIFE EDUCATION CENTRE

日期 Date： 2022.12.12 (星期一 Monday)

地點 Venue：香港新界沙田石門安睦街30號鄉議局大樓
Heung Yee Kuk Building, 30 On Muk St, Sha Tin



2022年是自殺危機處理中心及生命教育中心成立20周年，香港撒瑪利亞防止自殺會邀請到社會福利署署長李佩詩女士，JP、香港賽馬會慈善事務部主管王兼揚先生及本會主席黃瀚之先生擔任主禮嘉賓。

The year 2022 marked the 20th anniversary of the establishment of Suicide Crisis Intervention Centre and Life Education Centre. The Samaritans Befrienders Hong Kong invited Miss Lee Pui Sze, Charmaine, JP, the Director of Social Welfare; Mr. Bryan Wong, Head of Charities (Grant Making), The Hong Kong Jockey Club and Mr. Wong Hon Chi, Heymans, the Chairman of The Samaritans Befrienders Hong Kong to be the officiating guests at the event.



李署長在致辭中肯定本會敢於創新推行服務，並表示全球新冠疫情令自殺行為相關風險因素增加，防止自殺需多管齊下，鼓勵社會共同協作，發揮互助互勉互愛的精神，締造一個關愛的社會。王兼揚先生亦在致辭中感謝本會同工及義工以「愛」分享生命的意義，講解生命的道理。主席黃瀚之先生感謝社會福利署及香港賽馬會慈善信託基金一直對本會之自殺危機處理中心及生命教育中心的支持，讓有自殺危機的人士得到適切的幫助，及讓社會大眾從不同項目中，明白生命的意義及防止自殺的信息。當日設有由自殺危機處理中心提供的座談會和生命教育中心設計的體驗活動，讓大眾深入了解更多自殺危機的資訊。

In the speech of Ms. Law, she praised The Samaritans Befrienders Hong Kong for their innovative approach to providing services and highlighted the increased risk of suicide due to the global COVID-19 pandemic. She emphasized the need for collaborative efforts and encouraged the community to come together to create a caring society. Mr. Wong expressed his gratitude to the staff and volunteers of The Samaritans Befrienders Hong Kong for sharing the meaning of life through love and educating the public on the importance of life. Mr. Heymans Wong thanked the Social Welfare Department and the Hong Kong Jockey Club Charities Trust for their continuous support in providing appropriate assistance to those in crisis and promoting suicide prevention messages to the general public through various programs. The event also included a panel discussion provided by the Suicide Crisis Intervention Centre and experiential activities designed by the Life Education Centre to help the public gain a deeper understanding of suicide crisis.

自殺危機的預防和介入方向座談會

Symposium on Prevention and Intervention Strategies for Suicide Crisis

活動當日十分榮幸邀請到三位業內專家：黃蔚澄博士、沈君豪醫生、萬家輝博士以及自殺危機處理中心主任韋賽姬女士，以預防、危機介入、精神健康以及後續處理，多角度剖析自殺危機及介入方向，當日超過170位參加者到場參與，反應熱烈，再次感謝當日出席的每一位嘉賓和參加者，期望能讓大家更有效掌握處理自殺危機的知識和技巧。是次活動得以成功，實有賴各位同事的努力和付出！

We were honored to have invited three industry experts, Dr. Wong Wai Ching Paul, Dr. Sham Kwan Ho Adrian and Dr. Mann Ka Fai Stephen as well as Ms. Wai Choi Kei Maggie, the Centre-in-charge of Suicide Crisis Intervention Centre, to analyze the prevention, crisis intervention, mental health, and follow-up handling of suicide crisis from multiple perspectives. On that day, over 170 participants attended the symposium and the response was enthusiastic. We would like to thank every guest and participant who attended and contributed to the success of the event. It is hoped that this event will enable everyone to effectively grasp the knowledge and skills to handle suicide crisis. The success of this event is due to the hard work and dedication of all colleagues involved!



「她的·生前·死後」瞭解自殺者體驗

“Her Life Before and After Death” Experiential Activity

另一方面，生命教育中心為自殺危機處理中心及生命教育中心20周年紀念活動設計出「她的·生前·死後」瞭解自殺者體驗。

目的為了讓老師、社工及相關人士以體驗方式反思從自己的角色身份上，可以如何協助有自殺念頭人士走出難關，減低自殺的機會，我們設計了一位虛擬人物——十五歲的阿琪，她於生活中面對不少難關，可惜沒有人明白她及作出支援。我們模擬了她生前的房間，房間內放滿了她的物品，參加者可透過這些物品，親自尋找當中的線索以了解一下阿琪生前的種種經歷、發掘她與身邊人的關係，感受一下阿琪的困境與掙扎，從而知道她踏上自殺之路的原因。部份房間內的物品連結了擴增實境 (Augmented Reality, AR)，讓參加者能更全面地瞭解阿琪的生前點滴。

On the other hand, the Life Education Centre designed the ‘Her Life Before and After Death’ Experiential Activity for the ceremony, aimed at allowing teachers, social workers, and related personnel to reflect through an experiential approach on how they can assist individuals with suicidal ideation to overcome difficulties and reduce the risk of suicide from their roles and identities. We created a virtual character - 15-year-old Ah Kei, who faced many difficulties in life but unfortunately had no one to understand her and provide support. We had simulated her pre-suicide room, filled with her belongings, and participants can search for clues through these items to understand Ah Kei’s experiences, discover her relationships with those around her, and feel her struggles and dilemmas, thereby understanding the reasons why she embarked on the path to suicide. Some items in the room were linked to augmented reality (AR), allowing participants to have a more comprehensive understanding of Ah Kei’s life experiences.



2022年香港自殺統計數字分析

ANALYSIS ON SUICIDE STATISTICS HONG KONG 2022

根據政府統計處（2022年臨時數據）資料顯示，截至2022年12月31日，香港人口為7,333,200人，3,341,800 (45.57%) 人為男性，3,991,400 (54.43%) 為女性。死因裁判庭報告於2022年共有1,080宗自殺死亡個案，包括872宗無須進行死因研究。

2022年的自殺率為14.73，即每十萬人有14.73宗自殺死亡個案，2021年的13.70上升了1.03，即每日有接近三人自殺死亡，自殺數字及自殺率均自2007年以來最高。

（資料來源：中華人民共和國香港特別行政區政府統計處2022年全年人口統計。本文內有死因裁判法庭所提供的統計數字只是作臨時數據，正式的官方統計數字需根據死因裁判庭公佈的2022死因研究報告。）

以下是2022年香港自殺現象的總結：

- 自殺死亡總數為1080宗；
- 男性自殺死亡數字共676宗 (62.59%)，女士為404宗 (37.41%)；
- 自殺率為14.73 (每100,000人有14.73自殺死亡個案)，比起2021年的13.7上升了1.03；
- 「由高處墮下」是最多自殺死亡者採取的自殺方式 (58.89%)；
- 「吊死」是第二種較多自殺死亡者採取的自殺方式 (21.20%)；
- 第三種較多自殺死亡者採取的自殺方式為「一氧化碳中毒」(燒炭) (10.46%)

除去872宗未能分類的個案，剩下的個案中，

- 62宗為無業人士，比起2021年下跌了17宗；
- 49宗為退休人士，比起2021年上升了10宗；
- 44宗為藍領階層人士，比起2021年下跌了16宗；

According to the statistics from the Census and Statistics Department (Provisional figures in 2022), the population of Hong Kong stood at 7,333,200 as of 31st December 2022, with 3,341,800 male (45.57%) and 3,991,400 female (54.43%). The Coroner's Court reported that there were 1,080 cases of suicide deaths in 2022, which included 872 cases required no death investigation.

The suicide rate in 2022 was 14.73 which meant that there were 14.73 suicide death cases per 100,000 people. There is an increase of 1.03 from that of 13.70 in 2021. The average number of suicide deaths in 2022 was 2.96 per day, a figure which very close to 3 per day. The number of suicide deaths and suicide rate were the highest since 2007.

(Source: Census and Statistics Department 2022 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 2022 is issued).

The following is a summary of the suicide phenomenon of Hong Kong in 2022:

- The total number of suicide was 1,080;
- The number of suicide deaths of male was 676 (62.59%) and of female was 404 (37.41%);
- The suicide rate was 14.73 (14.73 suicide death cases per 100,000 people), up by 1.03 from 13.70 in 2021;
- "Jumping from Height" was the commonest suicide means (58.89%);
- "Hanging" was the second highest suicide means (21.20%);
- "Carbon Monoxide" poisoning (charcoal burning) came in the third place (10.46%);

Apart from the 872 unclassified cases,

- 62 cases were not employed, down by 17 compared with that in 2021;
- 49 cases were retired persons, up by 10 compared with that in 2021;

- 21宗為白領階層人士，比起2021年下跌了7宗；
- 最高自殺率的年齡層為60歲或以上人士，自殺率為21.73

以下按自殺死亡者的年齡、性別、自殺方式、自殺者職業及精神病患來作進一步的分析：

按年齡及性別分組之自殺死亡統計數字

年齡：0-19歲

於2022年，有39宗自殺死亡個案屬於這個年齡群組，自殺率為3.77，比起2021年上升了0.04，男女比例為2.1:1（見表二），與2021年的1.3:1分別很大。自殺死亡宗數輕微下降了1個，即2.5%。其中29宗個案選擇以高處墮下結束生命（見表一），佔此群組的74.36%，顯示他們有強烈的尋死決心。

年齡：20-59歲

於2022年，有563宗自殺死亡個案屬於此年齡群組，佔所有自殺宗數的52.13%，比起2021年上升了7.44%（見表一）。此年齡層的自殺率為13.72，男女比例為2.4:1（見表二）。其中，325宗 (57.73%) 個案選擇以「高處墮下」自殺，105宗 (18.65%) 選擇「吊死」，84宗以「一氧化碳中毒」(燒炭) 輕生。

年齡：60歲或以上

於2022年，有477宗自殺死亡個案是出於此年齡群組，佔自殺死亡總數的44.17%，比起2021年上升了6.95%。自殺率為21.73，上升了0.61。男女比例為1.7:1（見表二）。數據顯示，此年齡群組於2022年的自殺死亡數字為自1973年以來最高，有不斷上升及破紀錄的趨勢。此群組的自殺死亡者最多以「由高處墮下」來自殺，佔282宗 (59.12%)（見表一）。

雖然防疫措施於2022年9月下旬開始放寬，但疫情於2022年仍對香港帶來影響，經濟需要時間復甦，社會氣氛相對暗淡，再加上人口老化，整體自殺數字及自殺率達到2007年以來的最高點。

- 44 cases were blue collars, down by 16 compared with that in 2021;
- 21 cases were white collars, down by 7 compared with that in 2021;
- The age group with the highest suicide rate was 60 years or above, which was 21.73 per 100,000 people in that age group.

Suicide statistics are presented according to age group, gender, the means of committing suicide, the occupation, and any mental disorders the cases may have suffered as below:

Suicide statistics according to age group and gender

Age: 0 to 19 years old

In 2022, there were 39 suicide death cases in this age group. The suicide rate was 3.77 up by 0.04 from 2021. The male to female ratio was 2.1:1 (see table 2), which was very different from that in 2021 when the ratio was 1.3:1. The number of suicides decreased by 1 case and 2.5% when compared with that in 2021 for this age group. Among all these cases, in terms of the means of suicide, 29 ended their lives by "Jumping from Height" (see table 1). This was the commonest means of suicide and accounted for 74.36% of all the cases in this age group. This reflected that the suicide death cases in this age group had a strong determination to end their lives.

Age: 20 to 59 years old

In 2022, there were 563 suicide death cases in this age group, accounting for 52.13% of the total number of suicide death cases and up by 7.44% from 2021 (see table 1). The suicide rate of this age group was 13.72, and the male to female ratio was 2.4:1 (see table 2). Among all these cases, 325 people (57.73%) ended their lives by "Jumping from Height", while 105 (18.65%) died of "Hanging" and 84 (14.92%) died of "Carbon Monoxide" poisoning.

Age: 60 years old or above

In 2022, there were 477 suicide death cases in this age group, which accounted for 44.17% of the total number of suicide death cases and up by 6.95% from 2021. The suicide rate was 21.73 in this age group, an increase by 0.61 from 2021. The male to female ratio was 1.7:1 (see table 2). Our records show that the number of suicide deaths in this age group in 2022 was

按自殺方式分組之自殺死亡統計數字

於2022年，636宗自殺死亡個案採取「由高處墮下」來了結生命，此方式一直在眾多自殺方式中居首位，佔總數的58.89%，比起2021年上升了2.45%。採用此方式的男性自殺死亡者為403名，女性的是233名，顯示男性自殺者比較決絕及難於表達情緒，面對逆境及情緒困擾，尤其在疫情影響下，他們亦較脆弱。社會大眾接受人的情緒，將對有強烈自殺念頭的男性有正面的幫助。

「吊死」是第二高的自殺方式，有229宗，佔總數的21.2%，第三位是「一氧化碳中毒」，有113宗，佔總數的10.46%。（見表一）

按職業分組之自殺死亡統計數字

剔除未能分類個案，自殺死亡數字中，62宗為無業人士，於職業分類中為最高；其次是退休人士，共有49宗；第三是藍領階層人士，佔44宗。（見表三）。由於失業率與就業不足率於2022年均有所下降，我們未能確定自殺死亡數字於失業率有關。

按精神病患分組的自殺統計數字

於2022年，有67宗自殺死亡個案於精神病有關，其中，27宗採取「由高處墮下」來自殺，11為「淹死」個案，9宗死於「一氧化碳中毒」（見表六）。由於有872宗自殺死亡個案未經調查，故我們難於為自殺於精神病的關係下結論。可是，根據世界衛生組織的報告（2023），抑鬱症是常見的精神病，全球人口的3.8%患有此病，是一個可導致自殺的主要疾病。

毋須進行死因調查的死亡數字

2022年的1,080宗死亡數字當中，有872宗毋須作死因調查（見表八），這些未能歸類的個案佔了80.74%，使我們難於在自殺死亡數字中作一個準確的分析。

the highest since 1973. The trend shows that it keeps increasing and breaking the records. The most taken means of committing suicide of this age group was “Jumping from Height”, which accounted for 282 cases (59.12%) (see table 1). The pandemic still affected Hong Kong for in 2022, although epidemic prevention measures gradually loosened since the end of September. The economy needed time to recover and the atmosphere of the society was gloomy. Together with the aging population, the overall suicide rate and number of cases increased to the highest level since 2007.

Suicide statistics according to suicide means

In 2022, 636 suicide cases died of “Jumping from Height”, which was still the highest among all other suicide means. This accounted for 58.89% of all the suicide death cases, up by 2.45% from that of 2021. The number of deaths for male was 403 while for female was 233. This shows that male is often more determined in committing suicide and less expressive on their emotions. They could be more vulnerable to adversities and emotions, especially under the pandemic in Hong Kong. Acceptance of emotions in the society as a whole is necessary to face the problem of much determined suicide ideation of male.

The second highest was “Hanging”, accounting for 21.20% of the total number of suicide deaths, with 229 cases. The third place was “Carbon Monoxide” poisoning with 113 cases and accounted for 10.46% of all the cases. (See table 1)

Suicide statistics: grouped by occupation

Excluding the unclassified cases, 62 cases were not employed which was the highest category in all suicide death cases. The second highest was retired person which accounted for 49 cases. The third was blue collars with 44 cases. (See table 3). With the decrease of unemployment rate and underemployment rate in 2022, it cannot be concluded that there was a relationship between the suicide rate and unemployment rate in 2022.

總結

2022年共有1,080宗自殺死亡個案，676宗（62.59%）為男性，404宗（37.41%）為女性，自殺率為每100,000人14.73。世界防止自殺日於2021-23年之主題為「以行動創造希望」，以提醒人們自殺以外還有其他選擇，啟發我們的信心（IASP,2021）。為回應世界防止自殺日的主題，香港撒瑪利亞防止自殺會以「為心賦能」作為本年度的主題，透過我們的行動，以啟發人們自信心。經過這幾年困難的時期，現在是香港人前行及「為心賦能」的時候，以預備我們能對抗將來的逆境及挑戰。

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Suicide Statistics: grouped by mental disorder

In 2022, 67 cases were associated with mental disorder. 27 of these cases committed suicide by “Jumping from Height”. Another 11 cases died of “Drowning”, 9 died of “Carbon Monoxide” poisoning (see table 6). As death investigation was not ordered for 872 cases, we cannot draw the conclusion that there is a direct relationship between mental disorder and suicide in 2022. However, according to the World Health Organization (WHO, 2023), depression was a common mental disorder and approximately 3.8% of the world population suffered from it. Depression is known to be a major disease which can lead to suicide.

Suicide cases without investigation

The total number of suicide deaths was 1,080 in 2022, in which 872 cases required no death investigation (see table 8). These uncategorized suicide death cases lead to difficulties in making accurate analysis as the figure represents 80.74% of all the cases in 2022.

Conclusion

In 2022, there were 1,080 suicide death cases, with 676 male (62.59%) and 404 female (37.41%). The suicide rate was 14.73 per 100,000 people. The theme of World Suicide Prevention Day for 2021-23 is “Creating Hope Through Action”. This theme is a reminder that there is an alternative to suicide and aims to inspire confidence and light in all of us (IASP, 2021). The Samaritan Befrienders Hong Kong announces that the theme for this year is “Empowering the Inner-self”. This is to echo the theme of World Suicide Prevention Day by inspiring confidence in oneself through the actions we are taking. After all the difficulties the people of Hong Kong have gone through in these few years, it is time that we all step forward and empower our inner-selves, so that we can be resilient to any adversities and challenges ahead.

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		2022											2021		2020			
年份 Year	自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups									不詳 Un-known	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
			0-9	10-19	20-29	30-39	40-49	50-59	60-69	70/+								
2022	由高處墮下 Jumping from Height	男 M	0	22	45	48	52	64	74	98	0	403	636	352	570	335	517	
		女 F	0	7	14	29	27	46	48	62	0	233		218		182		
	吊死 Hanging	男 M	0	2	6	8	13	32	25	48	0	134	229	149	237	152	260	
		女 F	0	4	9	10	19	8	16	29	0	95		88		108		
	一氧化碳 Carbon Monoxide	男 M	0	2	8	13	13	26	13	5	0	80	113	74	95	82	117	
		女 F	0	1	4	3	8	9	6	2	0	33		21		35		
	淹死 Drowning	男 M	0	1	3	4	3	5	2	9	1	28	46	34	59	30	58	
		女 F	0	0	1	1	3	3	0	10	0	18		25		28		
	藥物 Drugs	男 M	0	0	0	0	1	0	3	2	0	6	21	12	27	13	36	
		女 F	0	0	2	2	1	2	3	5	0	15		15		23		
	利器 Sharp Instruments	男 M	0	0	3	1	1	5	1	2	0	13	21	4	4	9	14	
		女 F	0	0	0	0	0	1	2	5	0	8		0		5		
	毒藥 Poisons	男 M	0	0	0	0	0	1	0	1	0	2	4	2	5	5	9	
		女 F	0	0	0	0	0	0	1	1	0	2		3		4		
	火器 Firearms	男 M	0	0	0	1	0	0	0	0	0	1	1	1	1	0	0	
		女 F	0	0	0	0	0	0	0	0	0	0		0		0		
	其他 Others	男 M	0	0	2	0	1	2	1	3	0	9	9	8	12	7	8	
		女 F	0	0	0	0	0	0	0	0	0	0		4		1		
	小計 Sub-total	男 M	0	27	67	75	84	135	119	168	1	676	-	-	-	-	-	
		女 F	0	12	30	45	58	69	76	114	0	404	-	-	-	-	-	
	總計 Total	-	0	39	97	120	142	204	195	282	1	-	1,080	-	-	-	-	
2021	小計 Sub-total	男 M	1	22	67	78	97	96	129	146	0	-	-	636	-	-	-	
		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	

根據自殺死亡數字以顏色由淺色至深色顯示數據趨勢 (不包括類別「其他」) Shows data trends by number of suicide deaths in color from light to dark (excluding category "Other")

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		2022				2021				2020			
年齡組別 Age Groups		男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total
0-19	0-9	0.00	0.00	0:0	0.00	0.39	0.00	0:0	0.20	0.00	0.00	0:0	0.00
	10-19	9.08	4.31	2.1:1	6.78	7.52	6.15	1.2:1	6.85	6.09	5.26	1.2:1	5.68
	整體人口 Subtotal Population	5.07	2.39	2.1:1	3.77	4.17	3.26	1.3:1	3.73	3.10	2.72	1.1:1	2.91
20-59	20-29	19.14	8.11	2.4:1	13.47	17.95	6.02	3.0:1	11.79	15.30	7.39	2.1:1	11.21
	30-39	16.60	7.33	2.3:1	11.26	17.04	7.07	2.4:1	11.24	17.63	5.90	3.0:1	10.67
	40-49	18.04	8.49	2.1:1	12.37	20.53	8.58	2.4:1	13.44	18.90	8.34	2.3:1	12.62
	50-59	26.75	10.40	2.6:1	17.47	18.47	8.64	2.1:1	12.93	20.75	10.76	1.9:1	15.21
	整體人口 Subtotal Population	20.37	8.67	2.4:1	13.72	18.54	7.77	2.4:1	12.42	18.33	8.15	2.3:1	12.55
60/+	60-69	21.19	12.59	1.7:1	16.73	23.65	12.31	1.9:1	17.82	21.52	11.83	1.8:1	16.60
	70/+	35.37	20.53	1.7:1	27.37	31.93	18.79	1.7:1	24.86	35.66	20.30	1.8:1	27.34
	整體人口 Subtotal Population	27.69	16.39	1.7:1	21.73	27.43	15.42	1.8:1	21.12	27.94	15.97	1.8:1	21.67
全年整體人口 Total Population		20.23	10.12	2.0:1	14.73	18.86	9.29	2.0:1	13.70	18.48	9.45	2.0:1	13.61

*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 2022 (按職業分組)
The Number of Suicide Death in Hong Kong 2022 (By Occupation)

年份 Year	2022												2021		20202	
	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-know	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
沒有職業 Not Employed	男 M	0	0	3	5	4	16	10	3	1	42	62	52	79	81	127
	女 F	0	0	4	6	4	5	0	1	0	20		27		46	
退休人士 Retired Person	男 M	0	1	0	0	0	1	8	24	0	34	49	25	39	32	44
	女 F	0	0	0	0	0	0	6	9	0	15		14		12	
藍領階層 Blue Collars	男 M	0	2	2	6	7	14	1	0	0	32	44	47	60	39	51
	女 F	0	1	4	1	3	2	1	0	0	12		13		12	
白領階層 White Collars	男 M	0	0	3	1	5	2	0	0	0	11	21	17	28	20	30
	女 F	0	0	0	2	5	2	1	0	0	10		11		10	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	11	0	5	0	5
	女 F	0	0	0	2	1	2	4	2	0	11		5		5	
商人 Business Man	男 M	0	0	1	1	0	3	2	1	0	8	10	9	14	5	5
	女 F	0	0	0	0	0	2	0	0	0	2		5		0	
學生 Student	男 M	0	7	1	0	0	0	0	0	0	8	10	7	11	3	6
	女 F	0	1	1	0	0	0	0	0	0	2		4		3	
紀律部隊 Disciplinaries	男 M	0	0	0	1	0	0	0	0	0	1	1	1	1	1	1
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
教師 Teacher	男 M	0	0	0	0	0	0	0	0	0	0	0	0	6	1	3
	女 F	0	0	0	0	0	0	0	0	0	0		6		2	
病人 Patient	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
未能分類 * Unclassified *	男 M	0	17	57	61	68	99	98	140	0	540	**872	477	766	451	747
	女 F	0	10	21	34	45	56	64	102	0	332		289		296	
其他 Others	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
小計 Sub-total	男 M	0	27	67	75	84	135	119	168	1	676	-	636	-	633	-
	女 F	0	12	30	45	58	69	76	114	0	404	-	374	-	386	-
總計 Total	-	0	39	97	120	142	204	195	282	1	-	1,080	-	1,010	-	1,019

根據自殺死亡數字以顏色由淺色至深色顯示數據趨勢（不包括類別「未能分類」及「其他」） Shows data trends by number of suicide deaths in color from light to dark (excluding category "Unclassified" & "Other")

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

**2022年共有1,080人死於自殺，當中包括872人毋須進行死因研究而裁判為死於自殺 The total number of suicide cases in 2022 were 1,080 which included 872 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/+	
2022	男 M	##	2.8	2.3	2.4	3.7	2.8	2.8
	女 F	2.5	1.9	1.4	1.7	2.3	2.7	1.9
	合計 Overall	2.4	2.3	1.8	2.0	3.0	2.7	2.3
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

##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/+	
2022	男 M	17.2	8.4	4.1	4.1	5.3	4.4	5.1
	女 F	14.4	6.0	2.6	2.9	3.7	3.0	3.5
	合計 Overall	15.7	7.2	3.3	3.5	4.5	3.9	4.3
2021	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
2020	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

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		2022											2021		2020	
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
		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				
火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0			
藥物 Drugs	男 M	0	0	0	0	0	0	1	0	0	1	4	3	10	3	14
	女 F	0	0	0	1	0	0	2	0	0	3		7		11	
毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		1		0	
吊死 Hanging	男 M	0	0	0	0	0	2	2	3	0	7	8	4	8	8	12
	女 F	0	0	0	1	0	0	0	0	0	1		4		4	
由高處墮下 Jumping from Height	男 M	0	3	3	0	2	1	1	3	0	13	27	26	44	27	45
	女 F	0	1	1	4	2	1	3	2	0	14		18		18	
一氧化碳 Carbon Monoxide	男 M	0	1	0	0	0	3	1	0	0	5	9	2	6	1	2
	女 F	0	0	2	0	1	1	0	0	0	4		4		1	
淹死 Drowning	男 M	0	0	1	1	1	2	1	2	0	8	11	10	14	6	12
	女 F	0	0	0	0	2	1	0	0	0	3		4		6	
利器 Sharp Instruments	男 M	0	0	0	0	1	1	0	0	0	2	6	0	0	1	1
	女 F	0	0	0	0	0	1	1	2	0	4		0		0	
其他 Others	男 M	0	0	0	0	1	1	0	0	0	2	2	1	1	2	2
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
小計 Sub-Total	男 M	0	4	4	1	5	10	6	8	0	38	-	48	-	-	-
	女 F	0	1	3	6	5	4	6	4	0	29	-	40	-	-	-
總計 Total	-	0	5	7	7	10	14	12	12	0	-	*67	-	-	-	-
小計 Sub-Total	男 M	0	2	5	8	12	8	6	5	0	-	-	46	-	-	-
	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	-	-
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	-	-	-	-	40	-
總計 Total	-	0	2	9	22	21	17	13	4	0	-	-	-	-	***88	-

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

* 當中有872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 872 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

表
Table
7

未確定是意外或故意造成的損傷 (按自殺方式、年齡及性別分組)
Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)

年份 Year		2022											2021		2020	
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
		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				
火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
藥物 Drugs	男 M	0	0	0	0	0	0	1	0	0	1	2	1	1	3	10
	女 F	0	0	0	0	0	0	2	0	0	3		0		7	
毒藥 Poisons	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	
吊死 Hanging	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0
	女 F	0	0	0	1	0	0	0	0	0	1		0		0	
由高處墮下 Jumping from Height	男 M	0	0	0	0	0	0	0	1	0	1	1	7	8	4	5
	女 F	0	0	0	0	0	0	0	0	0	0		1		1	
一氧化碳 Carbon Monoxide	男 M	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
	女 F	0	0	0	0	0	0	0	1	0	1		0		0	
淹死 Drowning	男 M	0	0	0	1	0	0	0	1	1	3	3	1	1	9	11
	女 F	0	0	0	0	2	1	0	0	0	3		0		2	
利器 Sharp Instruments	男 M	0	0	0	0	1	1	0	0	0	2	0	0	0	0	0
	女 F	0	0	0	0	0	1	1	2	0	4		0		0	
其他 Others	男 M	0	0	0	0	1	1	0	0	0	2	1	1	1	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
小計 Sub-total	男 M	0	0	0	1	1	0	0	0	0	2	1	1	1	2	2
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
小計 Sub-total	男 M	0	4	4	1	5	10	6	8	0	38	-	48	-	-	-
	女 F	0	1	3	6	5	4	6	4	0	29	-	40	-	-	-
總計 Total	-	0	5	7	7	10	14	12	12	0	-	*8	-	-	-	-
小計 Sub-total	男 M	0	2	5	8	12	8	6	5	0	-	-	11	-	-	-
	女 F	0	1	5	4	9	9	4	6	0	-	-	1	-	-	-
總計 Total	-	0	3	10	12	21	17	10	11	0	-	-	-	**12	-	-
小計 Sub-total	男 M	0	1	4	13	11	9	9	1	0	-	-	-	-	16	-
	女 F	0	1	5	9	10	8	4	3	0	-	-	-	-	10	-
總計 Total	-	0	2	9	22	21	17	13	4	0	-	-	-	-	-	***26

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

* 當中有872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 872 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

表
Table
8

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		2022											2021		2020	
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
		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				
火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
藥物 Drugs	男 M	0	0	0	0	0	0	1	1	0	2	11	5	10	8	17
	女 F	0	0	2	0	1	2	0	4	0	9		5		9	
毒藥 Poisons	男 M	0	0	0	0	0	0	0	1	0	1	3	2	4	2	5
	女 F	0	0	0	0	0	0	1	1	0	2		2		3	
吊死 Hanging	男 M	0	1	6	7	11	22	17	37	0	101	183	121	198	113	205
	女 F	0	3	7	9	15	6	14	28	0	82		77		92	
由高處墮下 Jumping from Height	男 M	0	15	37	42	46	56	67	89	0	352	557	268	444	252	400
	女 F	0	6	10	23	22	41	43	60	0	205		176		148	
一氧化碳 Carbon Monoxide	男 M	0	1	7	11	10	17	10	3	0	59	83	55	67	57	85
	女 F	0	1	2	2	6	6	6	1	0	24		12		28	
淹死 Drowning	男 M	0	0	2	1	1	1	1	5	0	11	19	19	33	14	27
	女 F	0	0	0	0	1	1	0	6	0	8		14		13	
利器 Sharp Instruments	男 M	0	0	3	0	0	3	1	1	0	8	10	4	4	3	5
	女 F	0	0	0	0	0	0	0	2	0	2		0		2	
其他 Others	男 M	0	0	2	0	0	0	1	3	0	6	6	3	6	2	3
	女 F	0	0	0	0	0	0	0	0	0	0		3		1	
小計 Sub-total	男 M	0	17	57	61	68	99	98	140	0	540	-	-	-	-	-
	女 F	0	10	21	34	45	56	64	102	0	332	-	-	-	-	-
總計 Total	-	0	27	78	95	113	155	162	242	0	-	872	-	-	-	-
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	-	-
小計 Sub-total	男 M	0	13	58	60	68	84	89	124	0	-	-	-	-	451	-
	女 F	0	10	21	34	40	62	48	52	0	-	-	-	-	296	-
總計 Total	-	0	27	64	84	98	133	126	215	0	-	-	-	-	-	747

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

鳴謝

ACKNOWLEDGEMENT

衷心感謝以下人士、團體及機構在2022年對本會的慷慨支持。

These are the individuals, groups and organizations to whom in 2022 we would like to express our cordial thanks.

親子王國	Baby Kingdom
生機源（香港）有限公司	Biocycle (Hong Kong) Limited
微風創作室有限公司	微風創作室有限公司
-	Charitable Choice Hong Kong
-	Clover Integrity Corporate Services 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.
【軒·引力】展覽籌劃團隊	-
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
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
紀恩基金有限公司	Remad Foundation Limited
盛華服務有限公司	Shing Wah Services Limited
新恆基國際物業管理有限公司	Sunbase International Properties Management Ltd.
-	The Hong Kong Blue Tie Ball
天星小輪	The "Star" Ferry
蔡文昌先生	Mr. Tsoi Man Cheong

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



999900610294121

☐ 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.

聯絡資料

CONTACT INFORMATION

一般查詢

General Enquiry

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

熱線中心

Hotline Centre

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

自殺危機處理中心

Suicide Crisis Intervention Centre

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

生命教育中心

Life Education Centre

九龍白田邨瑞田樓B座3樓1室
Unit 1, Block B, 3/F, Shui Tin House,
Pak Tin Estate, Kln
電話 Tel: 2319 1269
傳真 Fax: 2319 0778
電郵 Email: grow@sbhk.org.hk

越嶺專業培訓及發展中心

Ur-Link Professional Training & Development Centre

九龍白田邨瑞田樓B座3樓1室
Unit 1, Block B, 3/F, Shui Tin House,
Pak Tin Estate, Kln
電話 Tel: 2790 9022
傳真 Fax: 3013 8599
電郵 Email: ur-link@sbhk.org.hk



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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