



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

同行
路

Walking with You
Working with You

同行
心

2023 年
Annual Report 報



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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 organisation 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 counselling service to those in need, we help them to help themselves.

會籍

Affiliation



International Association
for Suicide Prevention



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY

社團註冊編號

Society Reference No.

C0468623

獲豁免繳稅編號

IR No. (Tax Exemption)

91/1498

使命宣言

MISSION STATEMENT

發揚人類善美的本質，以愛心、耐心及同情，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。

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



圖形 Symbol

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

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

名稱 Name

本會中英文名稱全寫。

Chinese name and English name of our organisation.

標語 Tagline

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

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

理事會及管理團隊 EXECUTIVE COMMITTEE AND MANAGEMENT TEAM

理事會 Executive Committee 2023 - 2025

主席 Chairman



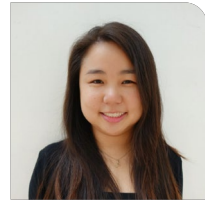
黃瀚之先生
Mr. Wong Hon Chi, Heymans

秘書 General Secretary



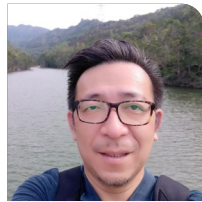
陳鳳明女士
Ms. Chan Fung Ming

財政 Treasurer



鄭潔儀女士
Ms. Cheng Kit Yee, Noel

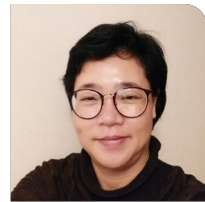
理事 Executive Committee Members



陳熾輝先生
Mr. Chan Chi Fai



趙儉豪先生
Mr. Chiu Kim Ho



李彩霞女士
Ms. Lee Choi Ha, Joyce



伍浩林先生
Mr. Ng Ho Lam, Edmund



譚傑元先生
Mr. Tam Kit Yuen



黃祐榮先生
Mr. Wong Yao Wing, Robert



黃玉蘭女士
Ms. Wong Yuk Lan

總幹事 Executive Director



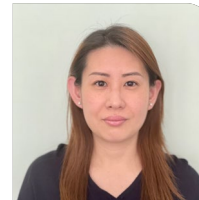
曾展國先生
Mr. Tsang Chin Kwok

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



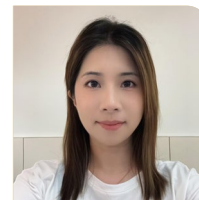
丘鴻生先生
Mr. Yau Hung Sang

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

公共傳訊經理 Public Communications Manager



楊淑鈴女士
Ms. Yeung Shuk Ling

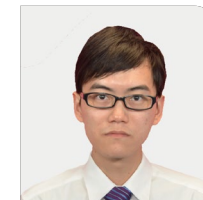
管理團隊 Management Team

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

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

行政部中央行政主任 Central Administration Officer



周志強先生
Mr. Chow Chi Keung

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

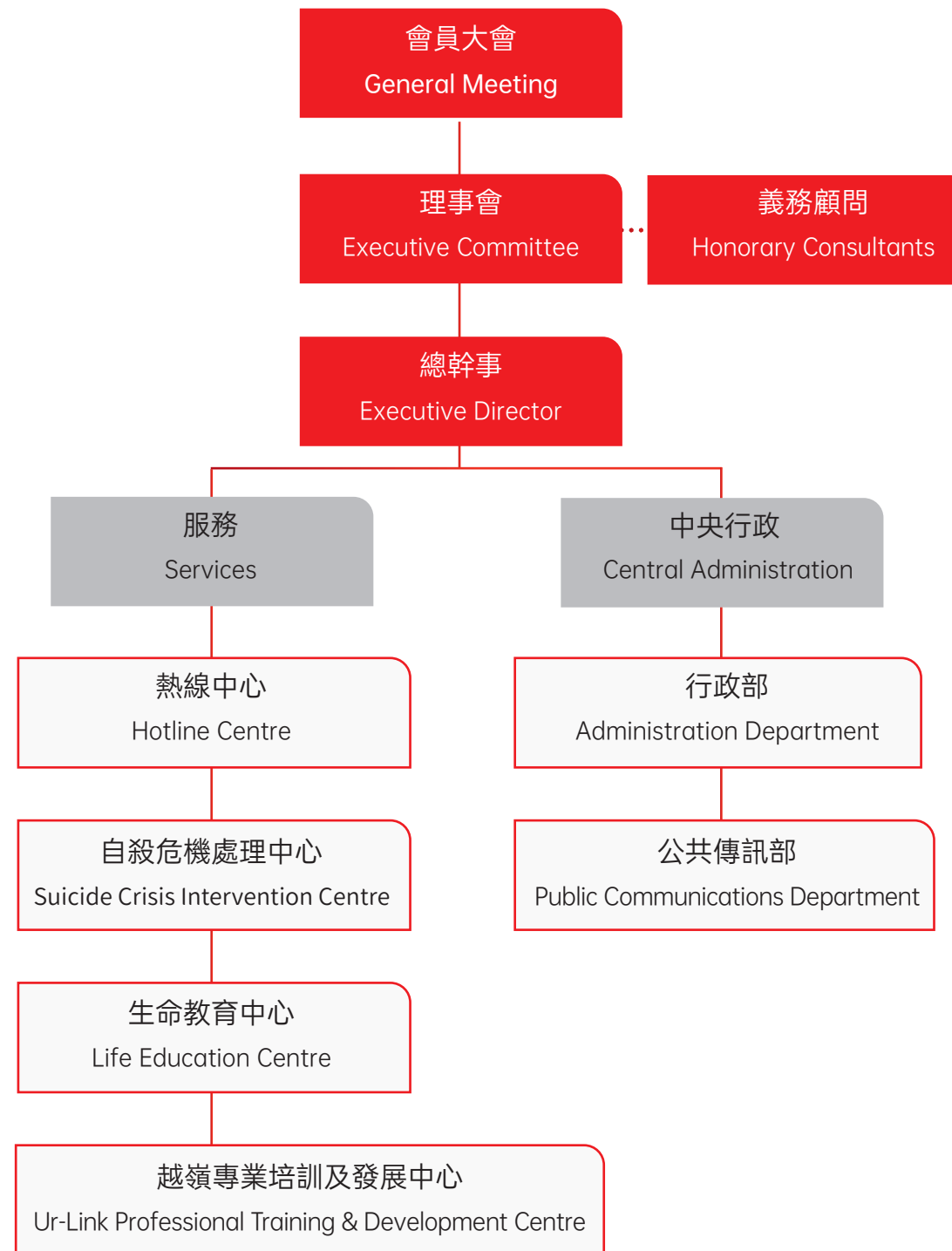
服務顧問 Service Consultants

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

伍桂麟先生（「香港生死學協會」創會會長）
Mr. Ng Kwai Lu, Pasu (Founding President of HK Life and Death Studies Association)

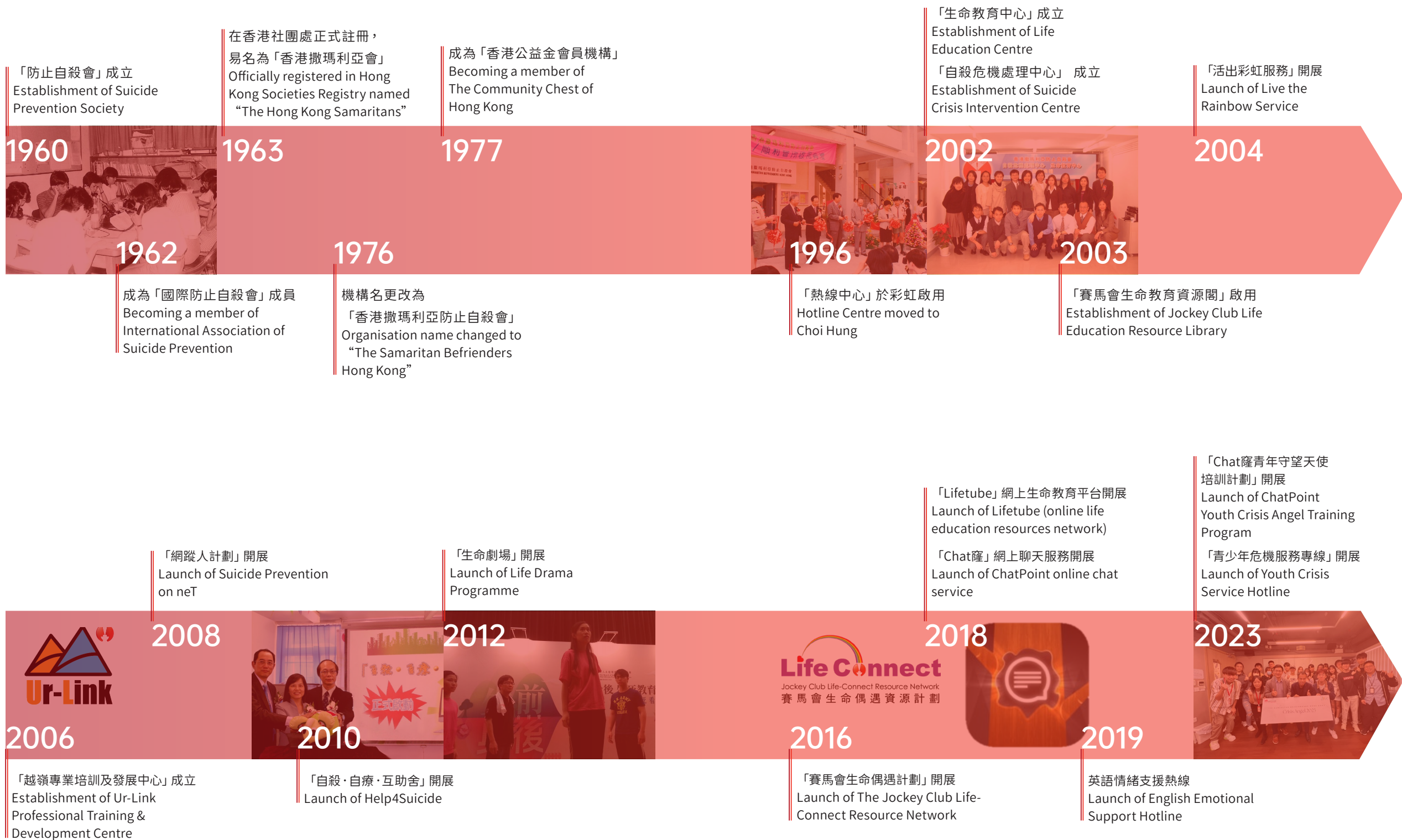
沈君豪醫生（精神科醫生）
Dr. Sham Kwan Ho, Adrian (Psychiatrist)

組織架構 ORGANISATION CHART



里程碑

OUR MILESTONES



主席報告

CHAIRMAN'S REPORT

導言

經過數年受疫情的影響，香港市民的精神健康及情緒狀況沒有因為復常而改善。死因裁判庭的報告顯示，2023年共有1,092宗自殺死亡個案，比起2022年上升了12宗，自殺率為14.55，因香港人口於2023年上升了169,900而下跌了0.18，平均每天有2.99人死於自殺。除了自殺率輕微下跌之外，其餘數字均為2007年以來最高，而60歲或以上群組的自殺數字雖然亦輕微下降了4宗，但仍然佔2023年整體自殺死亡人數的43.33%。20至49歲的男性更由359宗大增至400宗。

機構整體事項

2023年是本會的選舉年，共有10位會員被選為理事，並於9月1日履任。由於人手問題，我們的核數師在很急迫的情況下辭任，幸好前任核數師願意襄助，並於後來將所有核數費用捐贈予本會。

熱線中心

2023年，在疫情完結後，因義工能全力參與服務，熱線中心的情緒支援服務共處理了16,018個個案，比起2022年大幅上升了25.47%。在所有個案之中，11,358個為有情緒支援需要的求助個案，男女比例為1:1.13。跟往年一樣，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38.79%。而在所有求助個案當中，有13.93% (1,582) 的個案在評估後有不同程度的自殺危機。

Introduction

After several years of pandemic which has severely affected Hong Kong, the recovery seems not helping the mental health and emotional condition of the Hong Kong people. The report of the Coroner's Court shows that there were 1,092 suicide death cases this year, an increase of 12 cases compared with that in 2022. The suicide rate was 14.55, a decrease of 0.18 from 2022, which is because the population of Hong Kong in 2023 had an increase of 169,900 when compared with the population in 2022. On average, 2.99 persons died of suicide every day in Hong Kong. Except for the suicide rate which had a slight decrease, all the other figures were the highest since 2007. The number of suicide of people aged 60 or above had a slight decrease of 4 cases, but it was still very high, which accounted for 43.33% of the total number of suicide cases in 2023. The number of suicide death cases of male also has a significant increase from 359 to 400 for the age from 20 to 49.

Organisation Overview

In 2023, a new Executive Committee with 10 members was elected and was on board in September. Due to the manpower issue, our auditor resigned on extremely short notice. Fortunately, the former auditor was willing to take up the job and all the audit fee charged was later donated back to SBHK.

Hotline Centre

Our Emotional Support Services handled 16,018 cases in 2023, a sharp increase of 25.47% compared to that of 2022 due to the full throttle of our volunteers in serving the community after the end of the pandemic. Among all the cases, 11,358 were help-seeking cases which required emotional support. The male-to-female ratio was 1:1.13. The same as in 2022, the 3 highest presenting problems were mental health, family, and social relationship, covering 38.79% of all the presenting problems. 13.93% (1,582 cases) of all the cases were assessed with various levels of suicidal risk.

為響應世界防止自殺日，熱線中心於9月9日舉辦了一個名為「精神健康與自殺危機」的網上講座，並邀得本會的服務顧問沈君豪醫生為講座的講者，香港港台電視部更為此前來採訪。

於2023年12月31日，本會的熱線義工共有253人，比上一年多30人，上升達13.45%。感謝職員與訓練員於招募及提供訓練的努力。

新的電話系統於9月11日開始運作，此系統為網絡電話，能夠為服務使用者讓中心提供更多彈性的服務。

自殺危機處理中心

自殺危機處理中心於2023年共處理了1,300宗自殺危機個案，比起2022年上升了83宗。中心亦為219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93宗新的自殺身故者親友個案，並舉行了29節「未完成的小說」治療活動（比起2022年多了4節）及65節支援小組活動（比起2022年多了15節）予小組組員。所有服務數字均達到社會福利處定下的目標，感謝中心職員的努力及對服務的投入。

ChatPoint服務共提供了1,613小時的服務予2,718位服務使用者。於2023年12月，得到香港理工大學社會工作系的支持，ChatPoint服務開始訓練他們的部分學生成為我們的「守望天使」，於ChatPoint提供服務。「ChatPoint青年守望天使培訓計劃」將擴展至其他大學，以進一步擴大此服務的義工數目。另外，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。

Our Hotline Centre organised an online seminar named Mental Health and Suicide Crisis on the 9th of September to echo the World Suicide Prevention Day. Our Service Consultant, Dr. Adrian Sham, was invited to be our speaker in the event, and RTHK also came to interview us on this special occasion.

The number of hotline volunteers was reached 253 as at 31st December 2023, a significant increase of 13.45% (30 volunteers) from 2022. This was the result of the effort of our staff members and trainers in recruiting and training new volunteers.

A new telephone system was installed and started to operate on 11th September. The new system is a network telephone system which allows a higher flexibility in providing service to the help seekers.

Suicide Crisis Intervention Centre

In 2023, the Suicide Crisis Intervention Centre handled 1,300 suicide crisis cases, an increase of 83 cases compared to that in 2022. There were also 219 consultation cases of relatives and friends of suicidal people. There were also 93 new cases served in our Live the Rainbow Programme. 29 sessions of Unfinished Novel Therapeutic Group were provided in 2023 with an increase by 4 sessions compared to 2022. The Programme also organised 65 sessions of support groups for its members, with an increase of 15 sessions. All the service figures were above the targets set by the Social Welfare Department. Thanks to the SCIC team for their hard work and dedication to their services.

The ChatPoint Service provided 1,613 hours of service to 2,718 users. In December, the Service worked with the Social Work Department of the Hong Kong Polytechnic University to train their students to be our Crisis Angels and serve in the ChatPoint Service. The ChatPoint Youth Crisis Angel Training Program will be extended to other universities to enlarge our pool of volunteers for the Service. Our Suicide Prevention on neT Programme also reached out to 603 internet users with suicidal thoughts or emotional distress in the year 2023.

因應於2023年後期突然上升的學生自殺個案，中心舉辦了一系列的服務以作應對，包括為23所學校及機構的2,103位老師及青年服務社工提供了37場專業培訓、一條為青年而特別設立的青少年危機支援熱線，以及於11月14日舉行，有超過300位老師及青年服務社工參與的「關注青年自殺情況專業論壇」。

生命教育中心

於2023年，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，本會的生命教育中心共舉行了57場講座、工作坊及小組活動，4次生死教育活動、兩次自殺身故者親友分享活動、8個學校展覽、85個社區探訪活動，13次情緒支援攤位，惠及14,954人，比起2022年大幅上升了94.82%。

越嶺專業發展及培訓中心

越嶺專業及發展培訓中心與10位專業夥伴及機構合作，再加上我們的職員，合共就22個主題提供了49個公開課程予790名參加者，比起2022年上升了80.37%。另外，中心亦為外間機構的507位職員或參加者，提供了10個課程及講座。感謝一眾合作夥伴及職員，使我們能應付這急劇上升的服務需求。

公關及籌款活動

2023年度的周年記者會於7月29日舉行，以「為心賦能」作主題，我們將焦點放於香港整體市民的精神健康之上。另一個於10月27日舉行的記者會，則希望引起社會對突然上升的青年自殺情況的關注，我們於記者會中對不同持分者提供意見，以減低青年自殺的數字，及讓他們的情緒得到關心。

In view of the sudden increase of student suicide cases in late 2023, SCIC held a series of services to cope with the issue. 37 Professional training for teachers and social workers have been conducted for 23 schools and service units. There were 2,103 people attended this training. A special Youth Crisis Service Hotline was also set up to cater the emotional needs of young people. A conference was held on 14th November to concern the issue of youth suicide in Hong Kong in which over 300 teachers and youth social workers joined together to discuss the issue.

Life Education Centre

In 2023, our Life Education Centre organised 57 talks, workshops and group activities, 4 Life and Death Education Activities, 2 "Letter from Survivors" Sharing Activities, 8 school exhibitions, 85 Community Visits, 13 Emotional Support Counters under our Suicide Prevention Education Programme funded by Hong Kong Jockey Club Charities Trust. A total of 14,954 people, an increase of 94.82% than that in 2022, benefited from these activities.

Ur-Link Professional Training & Development Centre

The Centre worked with 10 professional partners and organisations. Together with our staff, it provided a total of 49 public courses and seminars on 22 topics for a total of 790 participants in 2023. There was an increase of 80.37% of participants in 2023 than that in 2022. 10 courses and seminars were also provided for organisations for their staff or participants which accounted for 507 participants. Thanks to our partners and staff members, we could cope with the drastic increase in demand for the service.

Public Relations Communications and Fundraising

The 2023 Annual Press Conference was held on 29th July, with the theme of "Empowering the Inner-self", focusing on the mental health condition of people of Hong Kong. On 27th October, another Press Conference was held

本會有幸成為電影「年少日記」慈善首映的受惠機構，其後又與香港精神健康動力基金會合辦電影分享會，及被邀參與不同機構的電影分享會，與公眾分享本會對青年自殺及預防的意見。

另外，我們亦邀得歐陽偉豪先生於11月11日於網上提供了一個直播分享，一同討論青年自殺的問題，網上參與的人數更打破我們歷來社交媒體的網上節目的收看紀錄。

楊嘉驪先生，一位患了末期癌症的年輕人，於11月特意为本會發起網上籌款活動，共籌得超過港幣20萬元。本年三月下旬，楊先生不幸離世，本會深切哀悼。

總結

2023本會的服務數字已經重拾正軌，然而，香港人的精神健康及情緒狀況並未有轉向正面。社會對本會會員、義工、職員及合作夥伴的需要比以往更加大，我們希望大家可以共同克服前面的挑戰，向絕望及受困的人施以援手。

to raise public awareness on the sudden increase of youth suicide cases. Suggestions were given to various stakeholders in the Press Conference, hoping that the number of youth suicide cases could be reduced and the emotions of the young people could be cared for.

SBHK was also granted as the beneficiary organisation in the charity premiere of the film "Time Still Turns the Pages". Together with the movie sharing session co-organised with the Mental Health in Action and other movie sharing sessions invited by other organisations, SBHK had a lot of chances to share with the public the issue of student suicide in Hong Kong and how we can work together to prevent more tragedies of this kind from happening again.

An online life program was also made on 11th November to discuss the problem of youth suicides with Mr. Benjamin Au Yeung Wai Ho (Ben Sir) being our guest speaker. The number of online participants broke our record of all our online programs and created much discussion on our social media page.

Mr. Gabriel Yeung, a young person in his terminal stage of cancer, created a fundraising program through our fundraising webpage in November and raised over HK\$200,000. Sadly, Mr. Yeung passed away in March this year.

Conclusion

Although in terms of figures our services were back to normal in 2023, we also see that the mental health and emotional condition of Hong Kong people did not make a positive turn. The efforts of our members, volunteers, staff members and partners are more needed than before. We hope that we can all work together to overcome the challenges ahead and provide our helping hand to those who are desperate and despaired.

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

教師及社工專業培訓
Professional Training for Teachers and Social Workers

青少年危機服務專線 2389 2227
Youth Crisis Service Hotline 2389 2227

生命教育中心 Life Education Centre

防止自殺教育計劃
Suicide Prevention Education Project

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”!

2023熱線中心回顧

2023 Hotline Centre Review

16,018



個案
Cases

253



位熱線中心義工
Hotline Centre Volunteers

1,845



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

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



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 organisation to provide suicide prevention service through answering calls of help seekers. Later, in 1995 the Hotline Centre was officially established with the support from the Hong Kong Housing Authority by providing a venue in Choi Hung Estate. The Centre services include our 24-Hour Emotional Support Hotline, 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2023年，我們共處理了16,018的服務個案，比2022年的12,766宗增加3,252宗，當中求助個案為11,358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 2023, we handled 16,018 cases. There was an increase of 3,252 cases from 12,766 cases in 2022. Among these 11,358 were help-seeking cases who were in need of emotional support.

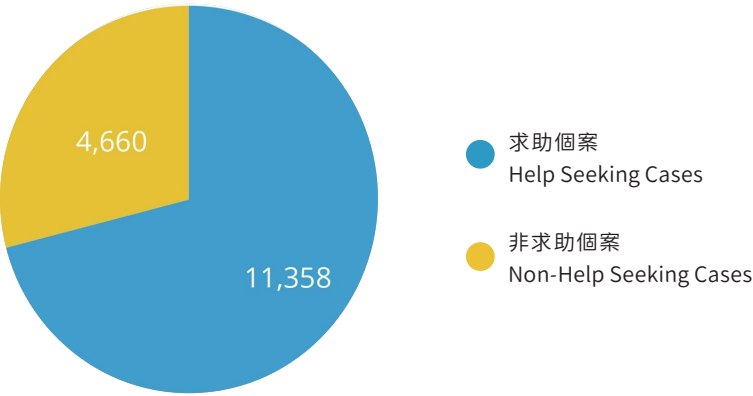
2023年熱線中心服務數據分佈

Hotline Centre Service 2023 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	4,660	29.09
求助個案 Help Seeking Cases	11,358	70.91
總計 Total	16,018	100



求助者性別及年齡分佈

Gender and Age Distribution of Help-Seeking Cases

年份 Year	2023					2022	
年齡 Age	男 Male	女 Female	不詳 Unknown	總計 Total	百分比 %	總計 Total	百分比 %
0 - 9	4	2	1	7	0.06	6	0.07
10 - 19	211	139	6	356	3.13	299	3.53
20 - 29	817	638	8	1,463	12.88	1,088	12.83
30 - 39	1,102	1,146	11	2,259	19.89	1,362	16.06
40 - 49	744	1,107	12	1,863	16.40	1,513	17.84
50 - 59	908	937	13	1,858	16.36	1,632	19.25
60 / +	851	845	3	1,699	14.96	1,151	13.58
不詳 Unknown	835	936	82	1,853	16.32	1,428	16.84
總計 Total	5,472	5,750	136	11,358	100	8,479	100



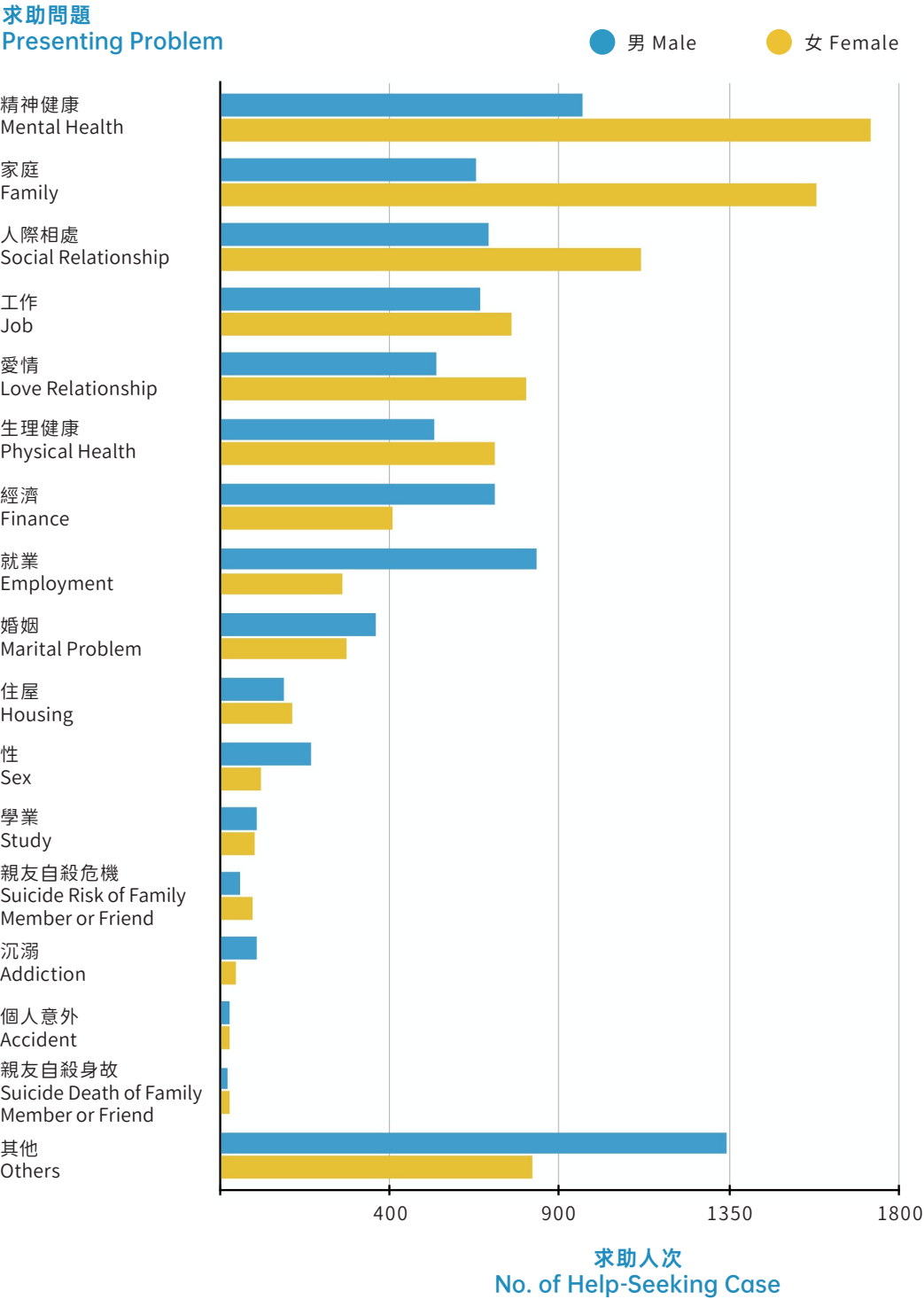
求助者求助問題分佈
Presenting Problems Distribution of Help-Seeking Cases

年份 Year	2023				
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	962	1,728	34	2,724	15.43
家庭 Family	680	1,582	20	2,282	12.93
人際相處 Social Relationship	712	1,117	11	1,840	10.43
工作 Job	691	774	5	1,470	8.33
愛情 Love Relationship	576	810	10	1,396	7.91
生理健康 Physical Health	568	727	14	1,309	7.42
經濟 Finance	726	455	7	1,188	6.73
就業 Employment	838	326	5	1,169	6.62
婚姻 Marital Problem	412	335	4	751	4.26
住屋 Housing	168	193	4	365	2.07
性 Sex	242	109	13	364	2.06
學業 Study	99	91	3	193	1.09
親友自殺危機 Suicide Risk of Family Member or Friend	54	87	6	147	0.83
沉溺 Addiction	97	42	1	140	0.79
個人意外 Accident	26	25	0	51	0.29
親友自殺身故 Suicide Death of Family Member or Friend	18	24	2	44	0.25
其他 Others	1,342	828	47	2,217	12.56
總計 Total	8,211	9,253	186	17,650	100

在2023年求助個案類別中，主要困擾的問題為精神健康（15.43%）、家庭（12.93%）及人際相處（10.43%）。

In 2023, the major presenting problems for seeking help were: Mental Health (15.43%), Family (12.93%), and Social Relationship (10.43%).

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	1	34	41	201	204	132	373	146	379
家庭 Family	1	2	39	52	128	120	150	267	116	309
人際相處 Social Relationship	0	0	50	32	138	148	159	191	98	217
工作 Job	0	0	6	0	91	116	223	194	172	223
愛情 Love Relationship	0	0	25	19	191	174	144	341	82	138
生理健康 Physical Health	0	0	57	3	44	31	55	61	54	128
經濟 Finance	0	0	5	2	36	40	108	52	93	123
就業 Employment	0	0	2	2	90	34	217	93	94	73
婚姻 Marital Problem	0	0	0	2	17	14	177	83	99	67
住屋 Housing	0	0	7	0	18	8	37	16	20	37
性 Sex	2	0	16	11	43	23	57	17	56	16
學業 Study	0	0	37	33	47	32	2	8	1	6
親友自殺危機 Suicide Risk of Family Member or Friend	0	0	0	2	12	13	6	14	8	13
沉溺 Addiction	0	0	2	2	20	6	29	12	15	11
個人意外 Accident	0	0	2	0	3	3	2	0	3	4
親友自殺身故 Suicide Death of Family Member or Friend	0	0	4	2	3	2	2	4	1	8
其他 Others	1	0	27	11	174	62	189	123	137	121
總計 Total	5	3	313	214	1,256	1,030	1,689	1,849	1,195	1,873

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	182	314	126	174	140	242	962	1,728	34	2,724
家庭 Family	61	288	132	367	53	177	680	1,582	20	2,282
人際相處 Social Relationship	63	201	126	154	78	174	712	1,117	11	1,840
工作 Job	98	125	16	17	85	99	691	774	5	1,470
愛情 Love Relationship	51	40	20	14	63	84	576	810	10	1,396
生理健康 Physical Health	83	201	217	201	58	102	568	727	14	1,309
經濟 Finance	218	68	177	109	89	61	726	455	7	1,188
就業 Employment	290	69	74	23	71	32	838	326	5	1,169
婚姻 Marital Problem	42	81	15	42	62	46	412	335	4	751
住屋 Housing	27	44	40	68	19	20	168	193	4	365
性 Sex	19	14	2	13	47	15	242	109	13	364
學業 Study	1	7	3	0	8	5	99	91	3	193
親友自殺危機 Suicide Risk of Family Member or Friend	6	18	1	11	21	16	54	87	6	147
沉溺 Addiction	17	7	3	2	11	2	97	42	1	140
個人意外 Accident	6	9	6	7	4	2	26	25	0	51
親友自殺身故 Suicide Death of Family Member or Friend	3	4	0	0	5	4	18	24	2	44
其他 Others	265	157	276	134	273	220	1,342	828	47	2,217
總計 Total	1,432	1,647	1,234	1,336	1,087	1,301	8,211	9,253	186	17,650

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	2023					2022	
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	427	756	24	1,207	10.63	831	9.80
中 Moderate	100	188	3	291	2.56	194	2.29
高 High	26	54	4	84	0.74	26	0.31
無 No	4,445	4,432	62	8,939	78.70	6,894	81.30
未及評估 Cannot Assess	474	320	43	837	7.37	534	6.30
總計 Total	5,472	5,750	136	11,358	100	8,479	100

在2023年的16,018宗服務個案中，求助個案為11,358宗。當中，有自殺危機者的求助個案共為13.93%（即1,582個）；其中的高、中危個案佔23.70%（即375個），當中的33.07%個案（即124個）被成功轉介至自殺危機處理中心跟進。

In 2023, among the 16,018 cases, 11,358 were help-seeking cases who were in need of emotional support. 13.93% (1,582 cases) of these cases were assessed with suicidal risk. 23.70% (375 cases) of the cases with suicidal risks was of high and medium risk, 33.07% (124 cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

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

機構於1960年創辦時，社會上缺少專業人士，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。

大部分的熱線中心義工並非社工、輔導員、臨床心理學家或精神科醫生，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253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。

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。

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.

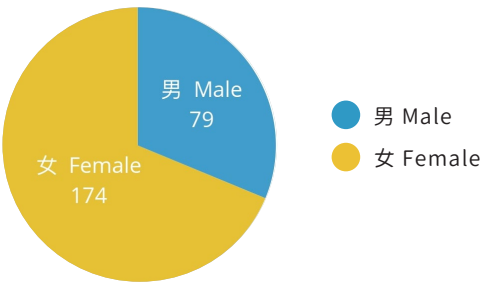
Most of our Hotline Centre volunteers are not professional social workers, counsellors, clinical psychologists, nor psychiatrists. They are just ordinary people from all walks of life who are willing to serve the community. There are about 253 volunteers in our centre. Many of them have served for over 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.

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.

2023年熱線中心義工資料
Profile of Hotline Centre Volunteers in 2023

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
79	174	253



服務年資 Serving Year	男 Male	女 Female	總計 Total	百分比 %
一年以下 Below 1 year	17	63	80	31.62
2-3 年 / years	0	1	1	0.40
4-5 年 / years	10	18	28	11.07
6-7 年 / years	5	9	14	5.53
8-9 年 / years	3	17	20	7.90
10年或以上 10 years or above	44	66	110	43.48
合共 Total	79	174	253	100

2023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 2023



2023年義工在職培訓總覽
Volunteers On-the-job Trainings Review in 2023

主題 Theme	節數 No. of Sessions	人數 No. of Participants
非暴力溝通 Workshop on Nonviolent Communication	2	43
走入社區認識精神康復者 Workshop of Knowing Ex-mentally Ill People	1	19
高、中危個案分享會 Medium and High Risk Cases Sharing	2	66
文字的意義 — Open 嚟服務交流分享 Online Text Platform - Open Up Sharing	1	21
呼！壓力全通了！ Seminar of Stress Management	1	13
準督導員分享會 Supervisor Sharing	1	9
為何欺凌偏偏選中我？ Workshop on Bullying	1	30
雲端懲人 — 展覽活動 Visit Cyberbully Exhibition	1	12
會員聯繫：會員 x 會友 zoom 遠 d 一年一會 Volunteers Online Sharing	1	14
精神健康急救證書課程 — 關懷青少年版 Mental Health First Aid and Breakaway Training	4	96
「賭」底發生過什麼事 Seminar of Gambling Disorders and Trauma	1	45
如何向性暴力說不 Workshop of Sexual Violence	1	26
思覺失調究竟是什麼一回事 Seminar of Bipolar Schizophrenia in Adolescents	1	53
智身耆境 — 體驗活動 Mind-friendly Home Experiential Tour	1	22
認識智力障礙人士及照顧者的精神健康 Mental Health of Mentally Handicapped Persons and Carers Training	1	22
面。談 Workshop of Face to Face Interview	1	29
督導員分享會 Supervisor Sharing	1	22
毒品的禍害 Visit the Hong Kong Jockey Club Drug InfoCentre	1	18
還未長大的照顧者 Workshop on Young Carer	1	22
生命體驗分享會 — 戰火下的義務工作 Volunteer Space Sharing	1	27
認識厭食症 Workshop on Eating Disorders	1	14
企跳、上吊、割脈極高危自殺個案分享會 High Risk Cases Sharing	1	17
改善失眠工作坊 Sleep Well Workshop	1	27
自殺危機介入培訓 Suicide Crisis Intervention Training	1	41
總數 Total	29	708



雲端戀人展覽活動
Visit Cyberbully Exhibition



改善失眠工作坊
Volunteers On-the-job Training:
Sleep Well Workshop



智身耆境 — 體驗活動
Mind-friendly Home Experiential Tour

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

- 金門建築有限公司

Gammon Construction Limited

講座次數
Number of Seminars 8

參加人數
Number of Participant 165

- 都會大學公開進修學院

Hong Kong Metropolitan University School of Open Learning

講座次數
Number of Seminars 1

參加人數
Number of Participant 20

- 浸信會愛群社會服務處

Baptist Oi Kwan Social Service

講座次數
Number of Seminars 1

參加人數
Number of Participant 28

- 香港進食失調康復會有限公司

Hong Kong Eating Disorders Association Limited

講座次數
Number of Seminars 1

參加人數
Number of Participant 15

社區講座 Community Seminar

11



個講座
Seminars

228



位參加者
Participants

社區活動 Community Activity

11



次社區活動
Community Activities

1,617



位參加者
Participants

活動名稱

Name of Programme

情緒關注服務站

Emotional Care Service Counter

對象及參加人數

Target and No. of Participant

1,000

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 Participant

617



世界防止自殺日分享會 - 精神健康與自殺危機
主講嘉賓沈君豪醫生 (精神科醫生) (左)
及本會總幹事曾展國先生 (右)
World Suicide Prevention Day Sharing Session -
Mental Health and Suicide Crisis
The Speaker Dr. Sham Kwan Ho (Psychiatrist) (left)
and our Executive Director Mr. Tsang Chin Kwok (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.

2023自殺危機處理中心回顧

2023 Suicide Crisis Intervention Centre Review

1,519



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

1,300



個具自殺危機者之個案
Suicidal Cases

219



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.

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.

2023年自殺危機介入服務數據分佈 Suicide Crisis Intervention Service 2023 Data Analysis

服務使用者分類 Type of Service Users

服務使用者分類 Types of Service Users	個案數字 No. of Cases	百分比 %
自殺危機者 Potential Suicidal People	1,300	85.58
自殺危機者親友 Family or Friend of Suicidal People	219	14.42
總計 Total	1,519	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	859	66.08
男性 Male	441	33.92
總計 Total	1,300	100

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

年齡 Age	女性自殺危機者 Female Suicidal Users	男性自殺危機者 Male Suicidal Users	個案數字 No. of Cases	百分比 %
0-9	2	2	4	0.31
10-19	137	48	185	14.23
20-29	121	68	189	14.54
30-39	162	68	230	17.69
40-49	143	84	227	17.46
50-59	142	72	214	16.46
60-69	72	49	121	9.31
70-79	34	24	58	4.46
80/+	11	9	20	1.54
不詳 Unknown	35	17	52	4.00
總計 Total	859	441	1,300	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	277	21.31
熱線中心 Hotline Centre	274	21.08
綜合家庭服務 Intergated Family Service	245	18.85
親友求助 Relatives or Friends of Suicidal People	113	8.69
學校 Schools	97	7.46
危機介入服務 Crisis Intervention Service	72	5.54
醫務社會服務單位 Medical Social Service Units	70	5.38
網上防止自殺服務 Online Suicide Prevention Service	42	3.23
警方 Police	40	3.08
其他 Others	30	2.31
心理輔導服務 Psychological / Counselling Service	28	2.15
醫療及輔助醫療 Medical or Para-medical Service	10	0.77
長者服務 Eldery Service	2	0.15
總計 Total	1,300	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	183	51	234	18.00
經濟 Finance	89	91	180	13.85
精神健康 Mental Health	117	48	165	12.69
婚姻 Marital Problem	83	37	120	9.23
親友自殺身故 Suicide Death of Family Member or Friend	78	40	118	9.08
愛情 Love Relationship	52	31	83	6.38
人際相處 Interpersonal Relationship	51	16	67	5.15
學業 Study	42	21	63	4.85
生理健康 Physical Health	28	32	60	4.62
住屋 Housing	39	14	53	4.08
工作 Job	18	11	29	2.23
就業 Employment	11	7	18	1.38
親友的自殺危機 Suicide Risk of Family Member or Friend	8	2	10	0.77
性 Sex	8	2	10	0.77
個人意外 Accident	5	4	9	0.69
沉溺 Addiction	4	5	9	0.69
其他 Others	43	29	72	5.54
總計 Total	859	441	1,300	100

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

從2020年1月開始，本會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。

An English Emotional Support Hotline was set up since January 2020 to provide emotional support to English speakers.

活出彩虹服務

Live the Rainbow Service

服務包括 Service Include

- ▶ 自殺身故者親友個案輔導
Counselling for Relatives and Friends of the Suicidal Deaths
- ▶ 自殺身故者親友治療性小組
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

2023年服務回顧 2023 Service Review

93



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

29



節自殺身故者親友治療性小組
Sessions of Therapeutic Group for Relatives & Friends of the Suicide Deaths

65



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。這些負面情緒若不受善處理，不但會影響他們面對日後的生活，更可能導致他們患上抑鬱症，甚至傷害自己，再次令身邊人承受更深的傷害。

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

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

Relatives and friends often feel guilty and can be self-blaming when their relatives and friends committed suicide. It is 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 life and ultimately achieve the goal of “helping others to help themselves”.

The “Relatives and Friends of the Suicidal People Self-help Group” was later renamed as the “Live the Rainbow Group”, implying that the group members can overcome the pain and to live a colourful life. Due to the remarkable results of the “Live the Rainbow Group”, our organisation was further funded by the Social Welfare Department to launch a one-stop shop “Live the Rainbow Service” for relatives and friends of the suicide deaths starting from November 2009.

自殺身故者親友個案輔導

Counselling for Relatives and Friends of the 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.

自殺身故者親友治療性小組

Therapeutic Group for Relatives and Friends of the Suicidal Deaths

未完的小說

The Unfinished Novel

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.



心靈種籽

Soul Seed

以植物為媒介，讓自殺者親友透過接觸大自然及照顧植物，經歷植物的生長週期，從中反思生命的意義，從而紓緩喪親的哀痛，放鬆身心，回歸內心的平靜。

Using plants as medium, survivors experienced the life cycle of plants and reflected on the meaning of life. The group facilitated the relief of grief, relaxation of the body and mind, and a return to inner peace.



「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，協助組員紓緩壓力，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.

2023年自殺身故者親友個案關係分佈 2023 Relationship Distribution of Cases in "Live the Rainbow Service"

關係 Relationship	個案數字 No. of Cases	百分比 %
配偶 Spouse	32	34.4
子女 Child	27	29.0
父母 Parent	11	11.8
兄弟姊妹 Sibling	11	11.8
其他親屬關係 Other Relative	12	12.9
總計 Total	93	100

網上防止自殺服務 Online Suicide Prevention

服務包括 Service Include

- ▶ Chat隆
ChatPoint
- ▶ 網蹤人計劃
Suicide Prevention on neT (SPOT)
- ▶ 自殺·自療·互助舍
Help4Suicide

Chat隆 ChatPoint

於2018年，網上聊天服務由本會開展多年的「真心話室」，發展成為「Chat隆」提供網站即時網上的情緒疏導。「Chat隆」由義工提供服務，與有情緒困擾的人對話，提供抒發渠道。在這個空間裡，所有對話內容均會保密，求助者都可以安心與義工傾談。在2023年，「Chat隆」提供了1,613小時的即時情緒疏導服務，並處理了2,718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, a website version where volunteers provide a channel for people to ventilate their emotions and can rest assured that their privacy can be protected. In 2023, ChatPoint rendered 1,613 service hours and handled 2,718 cases with suicidal risk or emotional distress.



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

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隆服務。

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

2023年Chat隆回顧 2023 ChatPoint Review

1,613



小時服務
Service Hours

2,718



位Chat隆使用者
ChatPoint Users

2023年Chat點求助問題分佈
2023 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	442	24.02
愛情 Love Relationship	228	12.39
家庭 Family	210	11.41
人際相處 Social Relationship	185	10.05
工作 Job	166	9.02
其他 Others	139	7.55
學業 Study	132	7.17
生理健康 Physical Health	91	4.95
經濟 Finance	60	3.26
就業 Employment	49	2.66
婚姻 Marital Problem	47	2.55
親友自殺危機 Suicide Risk of Family Member or Friend	37	2.01
性 Sex	35	1.90
沉溺 Addiction	6	0.33
住屋 Housing	6	0.33
個人意外 Accident	5	0.27
親友自殺身故 Suicide Death of Family Member or Friend	2	0.11
總計 Total	1,840	100

Chat點青年守望天使培訓計劃
ChatPoint Youth Crisis Angel Training Program

根據警方的數字，由2023年1月至11月，已錄得306宗學童輕生個案，其中37人死亡，其餘列為企圖自殺。面對青少年自殺急升，香港撒瑪利亞防止自殺會於2023年10月27日召開記者招待會，同日宣佈開展「Chat點青年守望天使培訓計劃」，期望與各大院校合作，為社工或心理學系學生進行為期半年的專業訓練，裝備參加者的網上聊天室輔導技巧、自殺危機評估技巧、初步危機介入技巧等；目標是培訓院校學生掌握在線輔導的技能，成為社區及網絡的守望天使；以提供持續的情緒支援服務給需要的年青人、提升社區的輔導服務質量和效率、提供給學生實踐機會等。

計劃首階段已與香港理工大學合作，於2023年12月開展培訓計劃，並有20位香港理工大學社工學系的學生完成培訓，現時已在「Chat點」（網上聊天服務）進行實習。

In 2023, according to police figures, 306 suicide cases among school children have been recorded from January to November, of which 37 died and the rest are classified as attempted suicide. Faced with the sharp rise in youth suicide, The Samaritan Befrienders Hong Kong held a press conference on October 27, 2023, and announced the launch of the “ChatPoint Youth Crisis Angel Training Program” on the same day, hoping to cooperate with major tertiary education institutions to provide a six-month professional training programme to students in social work or psychology. The programme equipped them with online chat room counselling skills, suicide crisis assessment skills, preliminary crisis intervention skills, etc.; The goal was to train the students to master the online counselling skills and become community and network Crisis Angels; provide continuous emotional support services to those in need, improve the quality and efficiency of community counselling services, and provide students with practical opportunities.

In the first phase of the project, we have cooperated with the Hong Kong Polytechnic University to launch a training program in December 2023. 20 students from the Faculty of Social Sciences of the Hong Kong Polytechnic University have completed the training and are now having their practicum in ChatPoint (online chat service).



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2023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 2023, 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

有見網上不少錯誤及誤導的自殺資訊，在不知不覺間強化了意圖自殺人士的自殺意欲，中心於2010年開展全港首個網上防止自殺網頁「自殺·自療·互助舍」，透過這個專門探討自殺的網站，帶出珍惜生命的訊息，以抗衡網上有關自殺的不良及失實資訊。

Realising the numerous wrong and misleading suicide information on the internet, which can indirectly reinforce suicide intention of the suicidal persons, the Centre launched the first suicide prevention website in Hong Kong – Help4Suicide in 2010, to bring out the message of cherishing life and counter the false and inaccurate suicide information on the internet.



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

教師及社工培訓

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。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. 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.

2023計劃回顧
2023 Programme Review

37



個專業培訓
Professional Trainings

23



間參與學校及單位
Schools & Units Involved

2,103



位參與人數
People Attended

青少年危機服務專線 2389 2227

Youth Crisis Service Hotline 2389 2227

因應2023年尾青少年自殺及企圖自殺個案增加的情況，本會針對性地為年青人加強服務，聆聽他們的心事及困難，亦讓家中有子女自殺危機的家長，可以向本中心諮詢如何處理，幫助他們應對，最終讓青年人得到適切的支援及介入，陪伴他們走出困境。

In response to the increase in suicide and attempted suicide cases among teenagers at the end of 2023, the centre has strengthened its services for young people. The Hotline listened to their concerns and difficulties, and also allowed the parents whose children are at risk of suicide to get advice from us, so that young people could receive appropriate support and intervention and walk out from difficulties.



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.

2023生命教育中心回顧 2023 Life Education Centre Review

162



次活動
Activities

~14,954



位受惠人次
Beneficiaries

2



次出版
Publications

85



位義工人次
Volunteers

- 防止自殺教育計劃
Suicide Prevention Education Project



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

Life Education Centre was established in 2002 to 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. The services include outreach and community activities, volunteer training, Jockey Club Life Education Resource Library and educational publication. All these help the general public understand the meaning of lives, and raise their awareness and support to others with negative emotions. The presence of more “Community Gate Keepers” and thus less suicide cases can be realised.

防止自殺教育計劃

Suicide Prevention Education Project

服務包括 Service Include

- ▶ 講座
Talk
- ▶ 生死教育工作坊
“Life and Death” Workshop
- ▶ 「家·紓」自殺者親友分享
“Letter from Survivors” Sharing
- ▶ 小組
Group
- ▶ 校園展覽及體驗
School Exhibition and Experience
- ▶ 社區生命教育活動「心導同行」
Heartfelt Tour Group
- ▶ 社區探訪 / 服務
Community Visit / Service
- ▶ 賽馬會生命教育資源閣
Jockey Club Life Education Resource Library
- ▶ 情緒急救站
Emotional Supporting Counters

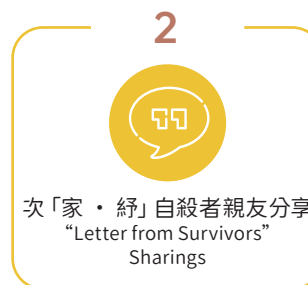
本計劃於2002年由香港賽馬會慈善信託基金撥款開辦，透過外展服務、地區活動、義工培訓、生命教育資源閣及教材製作等範疇，用不同途徑向公眾人士推廣生命教育的四大訊息。第一是認識自己（自信做自己及為面對成長及困難作準備）、第二是認識他人（學懂互助互愛、包容及體諒他人之重要）、第三是認識環境（了解珍惜環境的迫切性）以及第四是認識宇宙（明白生死之意，並學會珍惜生命）。

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.

本計劃2023-2026年度以「5-RE」為目標
This project from 2023 to 2026 targets to achieve “5-RE”

- Reflect** 檢視及反思自己的能力及價值觀
- Respect** 尊重自己及他人的生命
- Reconnect** 與他人及身邊資源的連繫
- React** 以不同方式應對生命中的各樣事情
- Resolve** 找到解決各種困難的方向

2023 計劃回顧 2023 Programme Review



講座 Talk

成長，並不只是年齡數字的增加，更是於生命中各個階段裡不同的接觸、學習、體驗及獲取，對自身更多的覺察與改變。我們期望透過講座，廣泛地接觸不同層面的人士，讓他們都能接觸到生命教育，從而對自己的生命有所反思及成長，並學會如何如自己及他人相處。現時講座題目分別涵蓋不同主題，有學生篇及家長篇以供各機構及學校選擇合適的服務方向。

Growth is not just about an increase in age, but also about the different contacts, learning experiences, and acquisitions that occur at different stages of life, leading to greater self-awareness and change. Through the talks, we hope to reach people from different backgrounds, allowing them to be exposed to life education and reflect on their own lives, leading to personal growth and learning how to interact with themselves and others. The talk cover different topics, including students' and parents', allowing organisations and schools to choose the appropriate service direction.



生死教育工作坊 "Life and Death" Workshop

工作坊透過活動、討論及分享，我們透過生死教育活動與參加者從「生」看「死」，反思生存及生命的意義。

Workshops in the form of activities, discussions, and sharings, participants are encouraged to reflect on the meaning of life by viewing "life" from the perspective of "death".

Through life and death education activities, we reflect on the meaning of survival and life by looking at death from the perspective of life with the participants.

「家·紓」自殺者家屬親友分享 "Letter from Survivors" Sharing

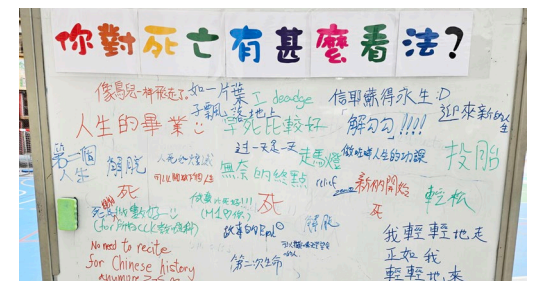
「家·紓」自殺者家屬親友分享講座期望藉着自殺者親友的親身經歷，分享他們面對親友自殺後的感受、遭遇及反思，讓參加者多角度及深層地思考「自殺」這課題、破解自殺的迷思。我們亦希望子女與家長互相明白大家身份不同背後的想法及難處，讓子女及家長彼此成為更堅固的保護網。

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 in "Letter from Survivors" Sharing Talk. By doing this, parents and children can also understand the difficulties of others so that they can form the best mutual supporting network themselves.

校園展覽及體驗 School Exhibition and Experience

以生命教育為主題，把微型展覽館搬進校園中，配合即場體驗活動，讓參與學生透過自發性的「觀察」及親身「嘗試」，有更深刻的體驗及學習。

The exhibition uses an interactive approach for students to experience certain activities. We hope that these activities can enhance students' better learning on how to cherish life, how to care for people, and how to release pressure to understand more about life.



社區生命教育活動「心導同行」 Heartfelt Tour Group

活動中，參加者將走進社區接觸不同群體，透過他們生命故事的分享，反思自己生命的價值。

社區探訪 / 服務 Community Visit / Service

本會定期舉辦義工訓練課程，完成指定要求的人士能夠成為「珍惜生命大使」。珍惜生命大使一直協助生命教育中心進行社區探訪活動，籌備和舉辦學校及社區展覽等，推動互相守望、彼此關愛之精神。

The Centre organises volunteer training – Life Ambassador Program, where trained volunteer members will be named as Life Ambassadors, they are trained with skills and knowledge to do home visits, to help to operate in exhibitions and community activities, and to enhance the environment of mutual help and mutual love.

In the activity, participants will walk into the community to interact with different groups, and through sharing their life stories, reflect on the value of their own lives.



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

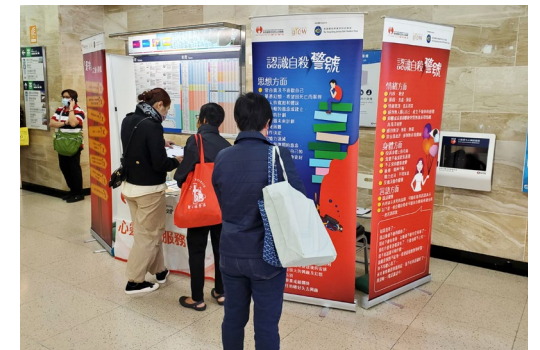
除直接面對公眾的服務外，我們亦提供了支援服務。我們的賽馬會生命教育資源閣內藏種類豐富，包括有關防止自殺、生命教育、生死學、輔導、心理學、及兒童繪本等書籍和光碟，我們亦儲存了歷年自殺新聞的剪報，讓公眾人士借閱。此外，我們亦定期印製機構通訊《生命交流》，讓大眾從中得到生命教育的資訊。

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, counselling, as well as children picture books. We also have newspaper clippings of suicide cases for many years. All these are available for the general public. Apart from that, we regularly publish “Life Interflow”, a newsletter to share updated life education information.

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’ awareness of their emotional status, they were invited to have an assessment. Also, some leaflets were distributed to the passersby.





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.

2023越嶺專業培訓及發展中心回顧

2023 Ur-Link Professional Training & Development Centre Review

10



個參與機構及企業
Organisations & Corporates Participated

59



個課程及講座
Courses and Seminars

1,267



人參與
Participants

32



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

10



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

公開課程

Public Course

機構及企業培訓及講座

Organisation & Corporate Training & Seminar



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

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

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

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

公開課程 Public Course

22



個題目
Topics

49



個課程
Courses

790



位入讀人數
People Attended

- 「內在小孩」心靈治療證書課程
Certificate Course in Body-Mind Healing with Inner Child Therapy
- 投射繪畫心理分析證書課程
Certificate Course in Projective Drawing
- 「兒童及青少年」輔導技巧證書課程
Certificate Course in Children and Youth Counselling
- 零囤積全整理RESET工作坊
Workshop of Decluttering (RESET Approach)
- RESET整理收納遊戲工作坊
Workshop of Decluttering and Organising Games (RESET Approach)
- 沙維雅模式在個案輔導中的應用工作坊
Workshop on Application of Satir Model in Counselling
- 沙維雅模式在個案輔導中的應用工作坊 (Level 2)
Workshop on Application of Satir Model in Counselling (Level 2)
- 沙維雅模式在個案輔導中的應用工作坊 (Level 3)
Workshop on Application of Satir Model in Counselling (Level 3)
- 沙維雅模式初探工作坊
Introductory 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
- 「家庭創傷」與身心靈療癒證書課程
Certificate Course in Family Trauma and Body-mind Healing
- 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
- 哀傷遺物整理RESET工作坊
Workshop of Decluttering After A Death (RESET Approach)
- 與自己和好——做個快樂自在的女人
Personal Growth Workshop on Satir Model for Women
- 與自己和好——做個快樂自在的人
Personal Growth Workshop on Satir Model
- 「觀心、聽心，與心同行」督導工作坊
Supervision Workshop on Satir Model
- 敘事治療基礎理論與技巧證書課程
Certificate in Basic Concept and Skills of Narrative Therapy
- 焦慮症的臨床註釋與介入初階證書課程
Certificate Course in Anxiety Disorders: Psychosocial Interpretation and Intervention
- 輔導工具應用與「解說」技巧實務證書課程
Certificate Course in Counselling Tool Application and Debriefing Skill Training

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

Organisation & Corporate Training & Seminar

507



位入讀人數
People Attended

10



個課程
Courses

- 自殺危機識別及初步介入
Suicide Crisis Identification and Initial Intervention
- 家長講座 - 遊戲對家庭及兒童成長的重要性
Parent Seminar - The Importance of Play for Family and Child Development
- 義工訓練 (自殺危機)
Volunteer Training (Suicide Crisis)
- 防止自殺及危機介入工作坊
Workshop on Suicide Prevention and Crisis Intervention
- 年青人的情緒就是難明白嗎?
Are Young People's Emotions Hard to Understand?
- 自殺預防培訓
Suicide Prevention Training
- 防止自殺及危機介入工作坊
Workshop on Suicide Prevention and Crisis Intervention
- 自殺危機評估及介入工作坊
Workshop on Suicide Crisis Assessment and Intervention
- 管教的樂與怒 (內容與親子溝通相關)
Joy and Anger in Parenting (Related to Parent-child Communication)
- 防止自殺培訓
Suicide Prevention Training



1/兒童為本遊戲治療基礎理論與實務應用課程導師與參加者合照。
A group photo of the instructor, Ms. Sharon Chau, and participants of the Certificate in Basic Concepts and Skills of Child-centered Play Therapy.

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



3/客體關係理論基礎理論與技巧證書課程導師萬家輝博士正在解釋客體關係理論的概念。
Dr. Mann Ka Fai, Stephen, the instructor of the Certificate in Basic Concepts and Skills of Object Relations Theory, was explaining the concept of Object Relations Theory.

4/零囤積全整理RESET工作坊導師郭澤恩先生透過活動讓參加者體驗擠迫的生活環境。
Mr. Kwok Chak Yan, Isaac, the instructor of the Workshop of Decluttering (RESET approach), was guiding participants to experience a crowded living environment.



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.

年度記者招待會 Annual Press Conference

香港撒瑪利亞防止自殺會於2023年7月29日（星期六）舉行以「為心賦能」主題的「2023年記者招待會」，希望透過機構的行動，以啟發他人的自信心；特別是經過前幾年疫情的困難時期，提醒香港人前行及「為心賦能」，以預備我們能對抗將來的逆境及挑戰。

本會就死因裁判法庭之數據進行分析、發佈2022年全港自殺死亡統計數據及本會各類防止自殺服務數字。主席黃瀚之先生指出就死因裁判庭的報告，顯示2022年共1,080宗自殺死亡個案，較2021年的1,010宗增加70宗，按年升6.95%；以每10萬人自殺率計，2022年較2021年升1.03，平均每天約2.96人自殺身亡。2022年的自殺率更是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。



The Samaritan Befrienders Hong Kong held the 2023 Press Conference with the theme of “Empowering the Inner-self” on July 29, 2023 (Saturday), hoping to inspire others’ self-confidence through our actions; especially after the epidemic difficult period in the past few years, to remind Hong Kong people to move forward and “empower their inner-selves” to prepare themselves to face future adversities and challenges.

We analyzed data from the Coroner’s Court and published statistics on suicide deaths in Hong Kong in 2022 as well as figures on SBHK’s various suicide prevention services. Chairman Mr. Wong Hon Chi, Heymans pointed out that the coroner’s report showed that there were 1,080 suicide deaths in 2022, an increase of 70 cases compared with 1,010 cases in 2021, and a year-on-year increase of 6.95%; in terms of suicide rate per 100,000 people, there were 1,080 suicide deaths in 2022 compared with 2021. The annual increase was 1.03, and an average of about 2.96 people committed suicide every day. The suicide rate in 2022 is the highest since 2007, and the number of suicides among people aged 60 or above has once again broken the record since 1973.

記者招待會相近時期有不少惡意傷人事件以及鑽石山荷里活廣場斬人命案，令社會關注精神健康問題，市民同時擔心精神病患在社區的傷人風險。本會安排了一位患有躁鬱症的服務使用者當日接受傳媒訪問，以自身經歷讓大眾關注精神健康及自殺的問題。

主席黃瀚之先生指出，研究顯示，超過6成自殺身故的人患有情緒病，而約9成自殺死亡者至少有一種精神障礙。總幹事曾展國先生更表示，精神健康是本會多個情緒支援服務排名頭三位的求助原因，但精神病患傷害他人的比例並不高，惡意傷人事件與是否精神病患沒有必然關係。而自殺危機處理中心主任韋賽姬女士表示，曾有精神病患個案經輔導後已恢復平穩，但由於社會給這類人士的固有標籤，導致該個案康復後仍擔心自己可能傷害他人，因此不敢出門與社會接觸。機構呼籲社會不應給精神病患加固有標籤。



機構建議有情緒問題的市民應及時向身邊人或相關機構求助，不要將負面情緒堆積，而社會亦不應給精神病患者貼上負面標籤。如果發現身邊人經常提及死亡字眼，或上網搜查關於自殺資訊，突然疏離社交圈子，將一些珍貴物件贈送他人或與朋友道別，均可能是有自殺傾向的舉動，可協助尋求適切幫助。

There were some assault cases and a homicide case at the Hollywood Plaza in Diamond Hill the moment before the press conference, which had raised the society concern on mental health issues. Citizens were also worried about the risk of psychiatric patients attacking people in the community. SBHK arranged a service user who was suffering from bipolar disorder to be interviewed by the media, using her own experience to draw public attention to the issues of mental health and suicide.

Chairman Mr. Wong Hon Chi, Heymans responded that according to various studies and research, more than 60% of people who died by suicide suffered from emotional illness, and about 90% of those who died of suicide had at least one kind of mental disorder. Executive Director Mr. Tsang Chin Kwok also said that mental health was the top three presenting problems of our help-seekers in all our emotional support services. However, the proportion of mentally ill patients who harm others was not high, and there was no direct relationship between assault cases and mentally ill illness. Ms. Wai Choi Kei, Centre-in-charge of the Suicide Crisis Intervention Centre, said that there had been cases of mental patients who had returned to normal after counselling. However, due to the inherent label given to them, they still worried that they might harm others after recovery, which kept them at home to avoid interact with others. The organisation called for the public not to label psychiatric patients.

SBHK recommended that citizens with emotional problems should seek help from people around them or relevant institutions in a timely manner and not accumulate negative emotions. The society should not label psychiatric patients. If anyone find that people around often mention the word death, or search for information about suicide on the internet, suddenly alienate social circle, give some precious items to others, or say goodbye to friends, help them to seek professional help as all these are suicide symptoms.

關注青少年自殺情況記者招待會 Concern about Youth Suicide Press Conference

青少年輕生悲劇於2023年接二連三，根據媒體報導，2023年7月至10月全港19歲或以下自殺死亡或企圖自殺個案有22宗，死亡人數為17人。2022年19歲或以下自殺死亡人數為39人，而2023年短短4個月自殺死亡人數已達去年整體的43.6%，情況值得令人關注。這只是冰山一角的數字，因為沒有報導的個案，並不計算在其中。

有見及此香港撒瑪利亞防止自殺會於2023年10月27日（星期五）舉行「關注青少年自殺情況記者招待會」，就青少年自殺情況、求助及服務之數據進行分析及建議。

本會就不同持份者，即政府、學校、家長和同學及朋友作出不同的建議；以及針對青少年自殺的嚴峻情況，加強服務，當中有即日增設「青少年危機服務專線」2389 2227、增加「Chat窿」網上聊天服務時間、開展《Chat窿青年守望天使培訓計劃》以及舉行業界研討會。

Tragedies of teenage suicide occurred one after another in 2023. According to media reports, from July to October 2023, there were 22 cases of suicide or attempted suicide cases of people aged 19 or younger in Hong Kong, with the death toll being 17. The number of suicide deaths of people aged 19 or younger in 2022 was 39, and the number of suicide deaths in just 4 months in 2023 reached 43.6% of last year's total. The situation deserves attention as unreported cases were not included.

In view of this, SBHK held a Concern about Youth Suicide Press Conference on October 27, 2023 (Friday) to analyze the figures of service provision and youth suicide, from which suggestions were given.

SBHK made different suggestions for different stakeholders, namely the government, schools, parents, classmates and friends. In response to the serious situation of youth suicide, SBHK announced to strengthen its services, including the addition of Youth Crisis Service Hotline 2389 2227 and the lengthening of ChatPoint online service hours, launching the ChatPoint Youth Crisis Angel Training Program and organising a forum for related professionals.



關注青年自殺問題專業論壇 Forum of Concern about Youth Suicide

「關注青年自殺情況專業論壇」得到社會服務聯會支持，於2023年11月14日由香港撒瑪利亞防止自殺會邀請精神科醫生、學者、心理學家及本會代表，舉辦給教師、社工及為青少年提供服務的專業人員參加。

With the support of the Council of Social Service, The Samaritan Befrienders Hong Kong held a forum to on November 14, 2023 concern the issue of youth suicide. We invited psychiatrists, scholars, psychologists and SBHK representatives to be the speaker. The forum was held for teachers, social workers and professional participants who provide services to young people.



籌款及跨界別合作回顧 Fundraising Event

「年少日記」慈善首映

"Time Still Turns the Page" Charity Premiere

電影《年少日記》是2023年香港劇情電影，為香港第5屆「首部劇情電影計劃」大專組得獎作品，更創下大專組得獎作品首次入圍金馬獎最佳影片，堪稱是一大成就。電影由卓亦謙先生執導，由爾冬陞先生監製，並於11月16日正式上映。

電影講述中學課室中發現一封沒有署名的遺書，為找出班上企圖輕生的學生，阻止悲劇發生，讓中學老師鄭Sir（盧鎮業飾）想起充滿暴力與遺憾的童年往事。電影觸及自殺的問題及自殺身故者家屬的哀傷有深入的描述。

本會很榮幸成為此電影慈善首映之受惠機構，慈善首映除了為香港撒瑪利亞防止自殺會的防止自殺及生命教育工作籌募經費外，更讓公眾明白青年自殺的議題，對於公眾教育有莫大的裨益。

Time Still Turns the Page is a 2023 Hong Kong drama film, it's the winning film of the 5th First Feature Film Initiative (FFFI) in the Higher Education Institution Group and the Professional Group; it was also the first time winning film of the Higher Education Institution Group and the Professional Group shortlisted for the Golden Horse Award for Best Film. The film was directed by Nick Cheuk and produced by Derek Yee, officially released on November 16th.

The film told the story of an unsigned suicide note found in a middle school classroom. In order to find the student in the class who attempted suicide and prevent the tragedy from happening, the middle school teacher Mr. Cheng (played by Lo Chun Yip) was reminded of a childhood full of violence and regret. The film touched on the issue of suicide and the grief of family members of those who have died by suicide, with an in-depth description.



感謝MM2電影發行商、卓亦謙導演、眾多友好及捐贈戲票的朋友支持，電影「年少日記」的慈善首映順利完成，本會的三個戲院均滿座。電影觸動人心，電影亦帶來對自殺問題的反思。雖然影後分享會只得短短的15分鐘，但感謝導演親身與觀眾對話，也讓觀眾可以分享感受。



合辦「年少日記」電影分享會

Co-organised "Time Still Turns the Page" Movie Sharing Session

本會於2023年12月10日與香港精神健康動力基金會合辦「年少日記」電影分享會，費用由香港精神健康動力基金會全數贊助，優先全免予年青人及父母。當日更有導演卓亦謙先生、基金會的精神科醫生及本會的資深同工於電影放映後與觀眾分享感受。

SBHK co-organised the "Time Still Turns the Page" movie sharing session with the Mental Health in Action Foundation on December 10, 2023. All the cost was fully sponsored by the Mental Health in Action Foundation, with priority given to young people and parents. On that day after the film screening, director Mr. Nick Cheuk, the foundation's psychiatrists and SBHK's senior staff together shared their feelings with the audience.

SBHK was honoured to be the beneficiary organisation of the charity premiere of the film. In addition to raising funds for the suicide prevention services and life education work of SBHK, it also allowed the public to understand more about the youth suicide issue. It was indeed of great benefit to the general public in terms of public education.

Thanks to the support of MM2 Film Distributor, Director Nick Cheuk, and many friendly parties who donated movie tickets, the charity premiere of Time Still Turns the Page was successfully completed. The movie touched people's hearts and moved some viewers to tears. The movie also brought reflection on the issue of suicide. Although there was only 15 minutes for post-film sharing session, we would like to thank the director for having a personal conversation with the audience and allowing the audience to share their feelings.



香港電台《鏗鏘集》節目訪問：生命誠可貴 RTHK's Hong Kong Connection: Life is Precious

香港電台《鏗鏘集》訪問本會，介紹本會向大眾提供之情緒支援服務，探討自殺個案上升原因，以及防止自殺的方法。

Radio Television Hong Kong's Hong Kong Connection introduce SBHK's emotional support services to the public, as well as to explore the reasons for the increase in suicide cases, and introduce ways to prevent suicide.

該節目已經於2023年11月16日晚上7時30分於無線翡翠台首播，晚上9時半於港台電視31重播。

The program premiered on TVB Jade at 7:30 pm on November 16, 2023 and was re-broadcast on RTHK TV 31 at 9:30 pm.



網址 Website:
<https://bit.ly/3Tu7DRD>



「輕」生的重擔 - 直播分享 Live Broadcast Sharing

本會總幹事曾展國先生與嘉賓歐陽偉豪先生 (Ben Sir) 於2023年11月11日合作進行直播「輕」生的重擔，內容包括現時青年自殺分析、親子溝通的重要、家長的難處和子女的需要。

Our Executive Director Mr. Tsang Chin Kwok and the guest Mr. Benjamin Au Yeung Wai Hoo (Ben Sir) collaborated on a live broadcast sharing on November 11, 2023. The content included the current youth suicide analysis, the importance of parent-child communication, parents' difficulties and their children needs.



網址 Website:
<https://bit.ly/3Tu7DRD>



楊嘉驪先生成立籌款專頁，為本會籌款 Mr. Gabriel Yeung established a fundraising page to raise funds for SBHK

楊嘉驪先生，一位28歲患上末期胃癌年青人，生命在倒數之時，卻想念患癌小朋友及有自殺危機的年青人的需要。

他知道香港撒瑪利亞防止自殺會有情緒支援熱線，幫助有自殺念頭的人，所以希望藉著成立籌款專頁，為機構籌款。

感謝楊嘉驪先生，於自己困難的時候，仍然竭力為本會籌款，幫助有情緒困擾及自殺危機的人。最終為本會籌得超過港幣二十萬元。

Mr. Gabriel Yeung, a 28-year-old young man who has been suffering from terminal gastric cancer, while counting down his life, he thought of the needs of children with cancer and the youth with suicide risk.

He knew that SBHK's emotional support hotline helps people with suicidal thoughts, so he hoped to set up a fundraising page to raise funds for the organisation.

Thanks to Mr. Yeung, even when he was in difficulty, he still tried his best to raise funds for SBHK to help people with emotional distress and suicide crisis. The campaign finally has raised over \$200,000 for SBHK.



籌款專頁

建立籌款專頁

- 立即建立
- 建立籌款專頁方法
- 會員條款及細則
- 個人資料收集聲明

搜尋

籌款項目

- 全部
- 60th Anniversary "Stay Alive, Greet a Live"
- Birthday, Wedding, Memorial Ceremony etc.
- 910 World Suicide Prevention Day Campaign

Gabriel Yeung 楊嘉驪 籌款專頁

參加者和籌款專頁簡介

大家好，我是Gabriel 楊嘉驪。近日多名青少年輕生，我希望為香港撒瑪利亞防止自殺會籌款，希望大家多多支持，萬分感謝。
為答謝大家支持，12月9號或之前捐款\$100或以上，我會自資印刷費及郵費(只限本地郵寄)，將印上我手繪圖案的明信片寄到你手上。(鳴謝好友設計)
Hello, this is Gabriel Yeung. Since teenager suicide rate has been rising, I would like to raise fund for The Samaritan Befrienders Hong Kong. Your support is much appreciated. Thank you so much!
To express my gratitude for your support, if you make a donation of \$100 or more before 9th December, I will cover the printing and postage costs (local postage only) to send you a postcard featuring my hand-drawn graphic. (Special thanks to my friend for the design)

籌款項目

Replace gifts for birthdays, wedding banquets, memorial ceremony etc. with donations to The Samaritan Befrienders Hong Kong.

關於香港撒瑪利亞防止自殺會

於1960年成立，為一所植根於香港的志願服務機構(慈善機構編號：91/1498)，一直以聖經中好撒瑪利亞人的友善博愛和助人為樂的精神作模範，向經緯及瀕臨困境人士伸出同懷之手，予以扶持及積極輔導，達到助人自助的目標。



322 捐款者

\$ 209808

正邁向: \$10000 目標

尚有0日籌款

這籌款項目已於Jan 31, 2024 完結，捐款已發送到有需要人士，想捐款? 你可以直接捐款給香港撒瑪利亞防止自殺會。

捐款

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2023年底，我們共有18位善長，訂立了遺囑將其遺產捐贈予本會，總額約達港幣\$700萬。

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 2023, there were 18 donors who have made their wills to give their legacy to SBHK, which sums up to HK\$7 million.



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



遺善最樂
forevergift.hk

您希望透過這份遺產捐贈，延續甚麼價值或理念？
是否有甚麼個人經歷，影響您這個決定？

社會上其實需要心理/精神關心的人
有好多，但有好多人因為不同原因收收埋埋
埋/無特別去處理/尋求協助/支最最後
陷入無底的黑暗絕望之中 撒瑪利亞防
止自殺會對世界講你香港比較廣為人知
的機構，我相信你，好多人係，一以無望
的淪落決定了結自己生命的時候，會有一
刻憶起你地，或者就咁樣代為拋
棄到佢也生命外一點光，所以想藉由
少少的捐贈答謝你們一直扮演角色。

您希望將以上心聲分享給哪間慈善機構？

香港撒瑪利亞防止自殺會

2023年香港自殺統計數字分析

ANALYSIS ON SUICIDE STATISTICS IN HONG KONG 2023

根據政府統計處（2023年臨時數據）資料顯示，截至2023年12月31日，香港人口為7,503,100人，3,416,200（45.53%）人為男性，4,086,900（54.47%）為女性。死因裁判庭報告於2023年共有1,092宗自殺死亡個案，包括874宗無須進行死因研究。

2023年的自殺率為14.55，即每十萬人有14.55宗自殺死亡個案，比起2022年的14.73輕微下降了0.18。平均自殺死亡數字為每日2.99人，極之接近每日3人自殺死亡，自殺數字是自2003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2023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2023死因研究報告。）

以下是2023年香港自殺現象的總結：

- 自殺死亡總數為1,092宗；
- 男性自殺死亡數字共711宗（65.11%），女士為381宗（34.89%），男女比例為2.2:1；
- 自殺率為14.55（每100,000人有14.55自殺死亡個案），比起2022年的14.73下降了0.18；
- 「由高處墮下」是最多自殺死亡者採取的自殺方式（52.29%）；
- 「吊死」是第二種較多自殺死亡者採取的自殺方式（22.53%）；
- 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）（12.55%）

除去874宗未能分類的個案，剩下的個案中，

- 74宗為無業人士，比起2022年上升了12宗；
- 48宗為退休人士，比起2022年下跌了1宗；
- 47宗為藍領階層人士，比起2022年上升了3宗；

According to the statistics from the Census and Statistics Department (provisional figures for 2023), the population of Hong Kong increased to 7,503,100 as of December 31, 2023, an increase of 2.32% compared to last year, with 3,416,200 males (45.53%) and 4,086,900 females (54.47%). The Coroner's Court reported that there were 1,092 cases of suicide deaths in 2023, which included 874 cases requiring no death investigation.

The suicide rate in 2023 was 14.55, which meant that there were 14.55 suicide death cases per 100,000 people. There was a slight decrease of 0.18 from the rate of 14.73 in 2022. The average number of suicide deaths in 2023 was 2.99 per day, nearly reaching 3 per day. The number of suicide deaths was the highest since 2003.

(Source: Census and Statistics Department 2023 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 2023 is issued).

The following is a summary of the suicide phenomenon in Hong Kong in 2023:

- The total number of suicides was 1,092.
- The number of suicide deaths of males was 711 (65.11%) and among females was 381 (34.89%). The male-to-female ratio was 2.2:1.
- The suicide rate was 14.55 (14.55 suicide death cases per 100,000 people), down by 0.18 from 14.73 in 2022.
- "Jumping from Height" was the most common means of suicide (52.29%).
- "Hanging" was the second most common means of suicide (22.53%);
- "Carbon Monoxide" poisoning (charcoal burning) was the third most common means of suicide (12.55%);

- 最高自殺率的年齡層為60歲或以上人士，自殺率為20.36。
- 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：

按年齡及性別分組的自殺死亡統計數字

年齡：0-19歲

於2023年，有43宗自殺死亡個案屬於這個年齡群組，自殺率為4.07，比起2022年上升了0.3，男女比例為1.2:1（見表二），比例與2022年相同，與2022年的2.1:1分別很大。自殺死亡宗數上升了4個，即10.26%。其中34宗個案選擇以高處墮下結束生命（見表一），佔此群組的79.07%，顯示他們比起其他年齡群組在自殺時有更強烈的決心。

年齡：20-59歲

於2023年，有573宗自殺死亡個案屬於此年齡群組，佔所有自殺宗數的52.47%，比起2022年上升了1.78%（見表一）。此年齡層的自殺率為13.90，男女比例為2.4:1（見表二），比例與2022年相同。明顯地，此年齡群組的男性的自殺風險比起女性高出不少。其中，280宗（48.87%）個案選擇以「高處墮下」自殺，163宗（28.45%）選擇「吊死」，109（19.02）宗以「一氧化碳中毒」（燒炭）輕生。

年齡：60歲或以上

於2023年，有473宗自殺死亡個案是出於此年齡群組，佔自殺死亡總數的43.32%，自殺率為20.36，比起2022年輕微下降了1.37。相對於2022年的1.7:1，男女比例為2.2:1（見表二），數據顯示，此年齡群組中的男性比起女性更容易出現自殺行為。此群組的自殺死亡者最多以「由高處墮下」來自殺，佔256宗（54.12%）（見表一）。

Apart from the 874 unclassified cases,

- 74 cases were unemployed, up by 12 compared to 2022;
- 48 cases were retired persons, down by 1 compared to 2022;
- 47 cases were blue-collar workers, up by 3 compared to 2022;
- The age group with the highest suicide rate was 60 years or above, with a rate of 20.36 per 100,000 people in that age group.
- Suicide statistics are presented according to age group, gender, the means of committing suicide, occupation, and any mental disorders the cases may have suffered from, as follows:

Suicide statistics according to age group and gender

Age: 0-19 years old

In 2023, there were 43 suicide death cases in this age group. The suicide rate was 4.07, up by 0.3 from 2022. The male-to-female ratio was 1.2:1 (see Table 2), which was very different from that in 2022 when the ratio was 2.1:1. The number of suicides increased by 4 cases, a 10.26% increase compared to 2022 for this age group. Among all these cases, 34 ended their lives by "Jumping from Height" (see Table 1). This was the most common means of suicide and accounted for 79.07% of all the cases in this age group. This reflects a much higher determination than other age groups when committing suicide.

Age: 20-59 years old

In 2023, there were 573 suicide death cases in this age group, accounting for 52.47% of the total number of suicide death cases, up by 1.78% from 2022 (see Table 1). The suicide rate of this age group was 13.90, and the male-to-female ratio was 2.4:1 (see Table 2), the same as in 2022. The suicide risk for men was much higher than for women in this age group. Among all these cases, 280 people (48.87%) ended their lives by "Jumping from Height", while 163 (28.45%) died by "Hanging" and 109 (19.02%) died by "Carbon Monoxide" poisoning.

雖然疫情完結，但香港社會氣氛仍然沉重，於2023年，香港的整體自殺數字繼續攀升，下降了的自殺率只是因為人口上升導致。

按自殺方式分組的自殺死亡統計數字

於2023年，571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高踞首位，佔總數的52.29%，比起2022年下跌了6.6%。採用此方式的男性自殺死亡者為369名，女性的是202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，他們亦較脆弱。

「吊死」是第二高的自殺方式，有246宗，佔總數的22.53%，第三位是「一氧化碳中毒」，有137宗，佔總數的12.55%。（見表一）

按職業方式分組的自殺死亡統計數字

剔除未能分類個案，自殺死亡數字中，74宗為無業人士，於職業分類中為最高；其次是退休人士，共有48宗；第三是藍領階層人士，佔47宗。（見表三）。由於失業率與就業不足率於2023年均有所下降，我們未能確定自殺死亡數字與失業率有關。

按精神病患分組的自殺死亡統計數字

剔除未能分類個案，於2023年，有71宗自殺死亡個案於精神病有關，其中，28宗採取「由高處墮下」來自殺，19宗為「淹死」個案，7宗死於「一氧化碳中毒」（見表六）。根據世界衛生組織的報告（2023），抑鬱症是常見的精神病，

Age: 60 years old or above

In 2023, there were 473 suicide cases in this age group, accounting for 43.32% of the total number of suicide deaths. The suicide rate was 20.36 per 100,000 people in this age group, a slight decrease of 1.37 from 2022. The male-to-female ratio was 2.2:1 (see Table 2) compared to 1.7:1 in 2022. This indicates that men in this age group were more vulnerable to suicide in 2023. The most common method of suicide in this age group was “Jumping from Height”, which accounted for 256 cases (54.12%) (see Table 1).

Although the pandemic was over, Hong Kong still experienced a heavy atmosphere in society. The number of suicide cases in 2023 climbed to a new high. The lower suicide rate was due to the increased population.

Suicide Statistics by Means

In 2023, 571 suicides were due to “Jumping from Height”, which remained the most common method among all suicide means. This accounted for 52.29% of all suicide cases, down by 6.6% from 2022. The number of male deaths was 369, while female deaths were 202. This shows that males are still more determined in committing suicide and are more vulnerable to adversities and emotions.

The second most common method was “Hanging”, accounting for 22.53% of the total number of suicides, with 246 cases. The third was “Carbon Monoxide” poisoning, with 137 cases, accounting for 12.55% of all cases (see Table 1).

Suicide Statistics by Occupation

Excluding unclassified cases, 74 suicides were among the unemployed, the highest category among all suicide cases. The second highest were retired persons, accounting for 48 cases. The third were blue-collar workers, with 47 cases (see Table 3). Despite the decrease in the unemployment and underemployment rates in 2023, it cannot be concluded that there was a relationship between the suicide rate and the unemployment rate in 2023.

全球成年人口的5%患有此病，是一個可導致自殺的主要疾病。雖然很大部分的自殺死亡個案沒有經過調查，精神病與這些自殺死亡個案的關係不容忽視。

毋須進行死因調查的自殺死亡數字

2023年的1,092宗死亡數字當中，有874宗毋須作死因調查（見表8），這些未能歸類的個案佔了80.04%，使我們難於在自殺死亡數字中作一個準確的分析。

總結

2023年共有1,092宗自殺死亡個案，711宗（65.11%）為男性，381宗（34.89%）為女性，自殺率為每100,000人14.55。世界防止自殺日於2021-23年之主題為「以行動創造希望」，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「同路、同行、同心、同工」作為本年度的主題，帶出防止自殺的工作在沒有各方的參與及行動之下，是沒法成功的。

Suicide Statistics by Mental Disorder

Excluding unclassified cases, in 2023, 71 suicides were associated with mental disorders, 32.57% of all investigated cases. Of these, 28 cases were suicides by “Jumping from Height”. 19 cases were suicides by “Drowning”, and 7 cases each were suicides by “Carbon Monoxide” poisoning and drug overdose (see Table 6). According to the World Health Organisation (WHO, 2023), depression is a common mental disorder affecting approximately 5% of adults worldwide. Depression is known to be a major condition that can lead to suicide. Although a large number of cases in 2023 did not undergo investigation, the relationship between mental disorders and suicide cannot be neglected.

Suicide Cases Without Investigation

The total number of suicides was 1,092 in 2023, of which 874 cases required no death investigation (see Table 8). These uncategorized suicide cases create difficulties in making accurate analyses, as they represent 80.04% of all cases in 2023.

Conclusion

In 2023, there were 1,092 suicide cases, with 711 males (65.11%) and 381 females (34.89%). The suicide rate was 14.55 per 100,000 people. The theme of World Suicide Prevention Day for 2021-23 is “Creating Hope Through Action”. The Samaritan Befrienders Hong Kong announced that the theme for this year is “Walking with You, Working with You”. This echoes the theme of World Suicide Prevention Day, emphasising that successful suicide prevention requires all parties in Hong Kong to work together and take action to care for the lonely and depressed.

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		2023											2022		2021	
年份 Year	自殺類別 Type of Suicide	性別 Sex	年齡組別 Age Groups										小計 Sub-Total	總計 Total	小計 Sub-Total	總計 Total
2023	由高處墮下 Jumping from Height	男 M	0	18	46	49	33	44	63	116	0	369	571	403	352	570
		女 F	0	16	21	24	27	36	30	47	1	202		233	218	
	吊死 Hanging	男 M	0	4	13	15	27	22	36	45	0	162	246	134	149	237
		女 F	0	0	5	4	10	11	20	34	0	84		95	88	
	一氧化碳 Carbon Monoxide	男 M	0	1	8	18	27	28	15	7	0	104	137	80	74	95
		女 F	0	1	4	4	14	6	2	2	0	33		33	21	
	淹死 Drowning	男 M	0	1	5	2	7	5	7	12	1	40	71	28	34	59
		女 F	0	0	4	2	4	7	6	7	1	31		18	25	
	藥物 Drugs	男 M	0	0	0	3	5	2	1	3	0	14	31	6	12	27
		女 F	0	2	5	0	1	5	0	4	0	17		15	15	
	利器 Sharp Instruments	男 M	0	0	1	0	2	2	2	1	0	8	13	13	4	4
		女 F	0	0	0	0	1	3	0	1	0	5		8	0	
	毒藥 Poisons	男 M	0	0	0	0	0	1	0	1	0	2	8	2	2	5
		女 F	0	0	0	0	2	0	0	4	0	6		2	3	
	火器 Firearms	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	1
		女 F	0	0	0	0	0	0	0	0	0	0		0	0	
	其他 Others	男 M	0	0	3	0	3	1	1	4	0	12	15	9	8	12
		女 F	0	0	1	0	0	0	0	2	0	3		0	4	
	小計 Sub-total	男 M	0	24	76	87	104	105	125	189	1	711	-	-	-	-
		女 F	0	19	40	34	59	68	58	101	2	381	-	-	-	-
	總計 Total	-	0	43	116	121	163	173	183	290	3	-	1,092	-	-	-
2022	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

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)

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		2023				2022				2021			
		男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total	男 M	女 F	比例 Ratio	總數 Total
0-19	0-9	0.00	0.00	0:0	0.00	0.00	0.00	0:0	0.00	0.39	0.00	0:0	0.20
	10-19	7.76	6.61	1.2:1	7.20	9.08	4.31	2.1:1	6.78	7.52	6.15	1.2:1	6.85
	整體人口 Subtotal Population	4.40	3.72	1.2:1	4.07	5.07	2.39	2.1:1	3.77	4.17	3.26	1.3:1	3.73
20-59	20-29	21.70	10.79	2.0:1	16.09	19.14	8.11	2.4:1	13.47	17.95	6.02	3.0:1	11.79
	30-39	19.05	5.55	3.4:1	11.31	16.60	7.33	2.3:1	11.26	17.04	7.07	2.4:1	11.24
	40-49	22.06	8.51	2.6:1	14.00	18.04	8.49	2.1:1	12.37	20.53	8.58	2.4:1	13.44
	50-59	20.92	10.21	2.0:1	14.81	26.75	10.40	2.6:1	17.47	18.47	8.64	2.1:1	12.93
	整體人口 Subtotal Population	20.90	8.58	2.4:1	13.90	20.37	8.67	2.4:1	13.72	18.54	7.77	2.4:1	12.42
60/+	60-69	21.47	9.08	2.4:1	14.99	21.19	12.59	1.7:1	16.73	23.65	12.31	1.9:1	17.82
	70/+	37.20	16.99	2.2:1	26.31	35.37	20.53	1.7:1	27.37	31.93	18.79	1.7:1	24.86
	整體人口 Subtotal Population	28.80	12.89	2.2:1	20.36	27.69	16.39	1.7:1	21.73	27.43	15.42	1.8:1	21.12
全年整體人口 Total Population		20.81	9.32	2.2:1	#14.55	20.23	10.12	2.0:1	#14.73	#18.86	#9.29	2.0:1	#13.70

*自殺率等於每100,000人口每年自殺死亡的人數 Suicide Rate equals to number of suicide death per 100,000 population per year

#包括年齡不詳自殺個案 Including unknown age suicide cases

資料計算：香港撒瑪利亞防止自殺會 Calculation: The Samaritan Befrienders Hong Kong

表 3 香港自殺死亡數字 2023 (按職業分組)
The Number of Suicide Death in Hong Kong 2023 (By Occupation)

年份 Year	2023												2022		2021	
	年齡組別 Age Groups															
職業 Occupation	性別 Sex	0-9	10-19	20-29	30-39	40-49	50-59	60-69	70/+	不詳 Un-known	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total	小計 Sub-Total	總數 Total
沒有職業 Not Employed	男 M	0	1	4	11	8	13	2	6	0	45	74	42	62	52	79
	女 F	0	1	3	4	8	4	6	3	0	29		20		27	
退休人士 Retired Person	男 M	0	0	0	0	0	3	9	24	0	36	48	34	49	25	39
	女 F	0	0	0	0	0	0	1	11	0	12		15		14	
藍領階層 Blue Collars	男 M	0	0	3	8	10	8	3	1	0	33	47	32	44	47	60
	女 F	0	0	2	0	6	3	2	1	0	14		12		13	
白領階層 White Collars	男 M	0	0	0	2	0	2	0	0	0	4	11	11	21	17	28
	女 F	0	0	0	1	3	3	0	0	0	7		10		11	
學生 Student	男 M	0	5	1	0	0	0	0	0	0	6	11	8	10	7	11
	女 F	0	3	2	0	0	0	0	0	0	5		2		4	
家庭主婦 Housewife	男 M	0	0	0	0	0	0	0	0	0	0	10	0	11	0	5
	女 F	0	0	1	0	0	5	1	3	0	10		11		5	
商人 Business Man	男 M	0	0	0	1	2	3	1	0	0	7	9	8	10	9	14
	女 F	0	0	1	0	1	0	0	0	0	2		2		5	
教師 Teacher	男 M	0	0	0	2	1	0	0	0	0	3	3	0	0	0	6
	女 F	0	0	0	0	0	0	0	0	0	0		0		6	
紀律部隊 Disciplinaries	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1
	女 F	0	0	0	0	0	0	0	0	0	0		0		0	
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	18	67	63	82	76	110	158	0	574	**	540	872	477	766
	女 F	0	15	31	29	41	53	48	83	0	300	874	332		289	
其他 Others	男 M	0	0	1	0	1	0	0	0	1	3	5	0	0	1	1
	女 F	0	0	0	0	0	0	0	0	2	2		0		0	
小計 Sub-total	男 M	0	24	76	87	104	105	125	189	1	711	-	676	-	636	-
	女 F	0	19	40	34	59	68	58	101	2	381		404		374	
總計 Total	-	0	43	116	121	163	173	183	290	3	-	1,092	-	1,080	-	1,010

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

**2023年共有1,092人死於自殺，當中包括874人毋須進行死因研究而裁判為死於自殺
The total number of suicide cases in 2023 were 1,092 which included 874 suicide cases without death investigation report.

表 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/+	
2023	男 M	2.3	1.6	1.1	1.5	1.9	1.4	1.5
	女 F	##	0.9	0.4	0.6	0.8	0.8	0.7
	合計 Overall	1.6	1.2	0.7	1.0	1.4	1.2	1.1
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

##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 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/+	
2023	男 M	11.5	6.6	2.9	2.8	3.5	2.5	3.5
	女 F	7.6	5.1	1.7	2.0	2.2	1.8	2.4
	合計 Overall	9.6	5.8	2.3	2.3	2.8	2.2	2.9
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

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

年份 Year		2023												2022		2021	
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					
2023	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	2	0	1	0	0	0	3	7	1	4	3	10
		女 F	0	0	1	0	1	1	0	1	0	4		3		7	
	毒藥 Poisons	男 M	0	0	0	0	0	1	0	1	0	2	2	0	0	0	1
		女 F	0	0	0	0	0	0	0	0	0	0		0		1	
	吊死 Hanging	男 M	0	0	0	2	0	1	1	0	0	4	7	7	8	4	8
		女 F	0	0	1	0	0	0	1	1	0	3		1		4	
	由高處墮下 Jumping from Height	男 M	0	0	3	3	1	5	0	5	0	17	28	13	27	26	44
		女 F	0	0	1	3	3	1	2	1	0	11		14		18	
	一氧化碳 Carbon Monoxide	男 M	0	1	0	0	0	0	1	1	0	3	4	5	9	2	6
		女 F	0	0	0	0	0	1	0	0	0	1		4		4	
	淹死 Drowning	男 M	0	1	0	0	3	1	1	0	0	6	19	8	11	10	14
		女 F	0	0	1	1	1	4	4	2	0	13		3		4	
	利器 Sharp Instruments	男 M	0	0	0	0	1	0	0	0	0	1	2	2	6	0	0
		女 F	0	0	0	0	0	1	0	0	0	1		4		0	
	其他 Others	男 M	0	0	0	0	1	0	0	0	0	1	2	2	2	1	1
		女 F	0	0	0	0	0	0	0	1	0	1		0		0	
小計 Sub-Total	男 M	0	2	3	7	6	9	3	7	0	37	-	-	-	-	-	
	女 F	0	0	4	4	5	8	7	6	0	34	-	-	-	-	-	
總計 Total	-	0	2	7	11	11	17	10	13	0	-	*71	-	-	-	-	
2022	小計 Sub-Total	男 M	0	4	4	1	5	10	6	8	0	-	-	38	-	-	-
		女 F	0	1	3	6	5	4	6	4	0	-	-	29	-	-	-
	總計 Total	-	0	5	7	7	10	14	12	12	0	-	-	-	**67	-	-
2021	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

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

* 當中有874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 874 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

** 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.

表 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)
Table 7 Injury undetermined whether accidentally or purposely inflicted (By Type, Age & Sex)

年份 Year		2023												2022		2021	
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					
2023	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	0	0	0	0	2	1	2	1	1
		女 F	0	0	0	0	1	1	0	0	0	2		1		0	
	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	1	0	1	1	0	0	1	1
		女 F	0	0	0	0	0	0	0	0	0	0		0		0	
	由高處墮下 Jumping from Height	男 M	0	0	1	3	0	1	0	1	0	6	6	1	1	7	8
		女 F	0	0	0	0	0	0	0	0	0	0		0		1	
	一氧化碳 Carbon Monoxide	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	
	淹死 Drowning	男 M	0	0	0	0	0	0	1	0	1	2	6	3	3	1	1
		女 F	0	0	0	1	1	1	0	0	1	4		0		0	
	利器 Sharp Instruments	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	
	其他 Others	男 M	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1
		女 F	0	0	0	0	0	0	0	0	0	0		0		0	
	小計 Sub-total	男 M	0	0	1	3	0	1	1	2	1	9	-	-	-	-	-
		女 F	0	0	0	1	2	2	0	0	1	6	-	-	-	-	-
總計 Total	-	0	0	1	4	2	3	1	2	2	-	*15	-	-	-	-	
2022	小計 Sub-total	男 M	0	0	0	1	1	0	1	2	1	-	-	6	-	-	-
		女 F	0	0	0	0	0	0	1	1	0	-	-	2	-	-	-
總計 Total	-	0	0	0	1	1	0	2	3	1	-	-	-	**8	-	-	
2021	小計 Sub-total	男 M	0	0	2	2	4	1	1	1	0	-	-	-	-	11	-
		女 F	0	0	1	0	0	0	0	0	0	-	-	-	-	1	-
總計 Total	-	0	0	3	2	4	1	1	1	0	-	-	-	-	-	***12	

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

* 當中有874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 874 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

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*** 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.

Table 8 無須要求死亡調查報告的自殺案件之附加資料(按自殺方式、年齡及性別分組)
The Number of Suicide Cases without death investigation reported order in Hong Kong (By Type, Age & Sex)

年份 Year		2023											2022		2021	
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	0	0	0
藥物 Drugs	男 M	0	0	0	1	5	0	1	1	0	8	17	2	11	5	10
	女 F	0	1	4	0	0	3	0	1	0	9	9	9	5	5	5
毒藥 Poisons	男 M	0	0	0	0	0	0	0	0	0	0	5	1	3	2	4
	女 F	0	0	0	0	2	0	0	3	0	5	2	2	2	2	2
吊死 Hanging	男 M	0	3	11	10	20	15	32	42	0	133	204	101	183	121	198
	女 F	0	0	3	4	7	10	18	29	0	71	82	82	77	77	77
由高處墮下 Jumping from Height	男 M	0	15	41	37	29	36	61	99	0	318	494	352	557	268	444
	女 F	0	13	18	20	19	34	27	45	0	176	205	205	176	176	176
一氧化碳 Carbon Monoxide	男 M	0	0	8	14	23	23	12	4	0	84	107	59	83	55	67
	女 F	0	1	3	4	10	2	2	1	0	23	24	24	12	12	12
淹死 Drowning	男 M	0	0	3	1	3	1	2	8	0	18	30	11	19	19	33
	女 F	0	0	2	1	2	2	1	4	0	12	8	8	14	14	14
利器 Sharp Instruments	男 M	0	0	1	0	0	1	1	0	0	3	6	8	10	4	4
	女 F	0	0	0	0	1	2	0	0	0	3	2	2	0	0	0
其他 Others	男 M	0	0	3	0	2	0	1	4	0	10	11	6	6	3	6
	女 F	0	0	1	0	0	0	0	0	0	1	0	0	3	3	3
小計 Sub-total	男 M	0	18	67	63	82	76	110	158	0	574	-	-	-	-	-
	女 F	0	15	31	29	41	53	48	83	0	300	-	-	-	-	-
總計 Total	-	0	33	98	92	123	129	158	241	0	-	874	-	-	-	-
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

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

鳴謝
ACKNOWLEDGEMENT

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These are the individuals, groups and organisations to whom in 2023 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	Breeze Factory Limited
-	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.
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
海景嘉福洲際酒店	InterContinental Grand Stanford Hong Kong
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.
-	T8
-	The Hong Kong Blue Tie Ball
天星小輪	The "Star" Ferry
電訊盈科	PCCW Limited
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（請在適當口內填上✓） Donation Amount (Please tick □ as appropriate)
- ☐ 我願意作每月定額捐款，以支持防止自殺及宣揚珍惜生命的工作。
I would like to make a monthly donation to support suicide prevention and life education works.
☐ \$1,000 ☐ \$500 ☐ \$300 ☐ \$200 ☐ 其他 Other \$ _____
- ☐ 我願意作出單次捐款，支持防止自殺及宣揚珍惜生命的工作。
I would like to make a one-off donation to support suicide prevention and life education works.
☐ \$3,000 ☐ \$2,000 ☐ \$1,000 ☐ \$500 ☐ 其他 Other \$ _____

- (2) 捐款者資料 Donor Information
- 姓名 Name (☐ 先生 Mr. / ☐ 女士 Mrs. / ☐ 小姐 Ms.) _____
- 團體 / 公司名稱 Organisation/ Company Name _____
- 地址 Address _____
- 聯絡電話 Contact Number _____ 電郵 Email _____

- (3) 捐款方法 Donation Methods
- ☐ 網上捐款 Online Donation
https://donation.sbhk.org.hk
- ☐ PayMe By PayMe
用 PayMe 掃碼二維碼，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 或掃碼二維碼，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
用支付寶香港掃碼二維碼，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



99990610294121

- ☐ 繳費靈 By PPS
捐款者可致電 18033，輸入商戶編號 9412。Please call PPS Hotline at 18031 and enter merchant code of SBHK at 9412.
每個繳費靈戶口每天捐款上限為港幣 5,000元。Daily donation upper limit per PPS account is HK\$5,000.
- ☐ 自動轉賬（只適用於每月捐款）By Autopay (For monthly donation ONLY)
請填寫第二頁「直接付款授權書」。Please complete page 2 "Direct Debit Authorization".
- ☐ 直接存入銀行戶口 By Bank-in
銀行名稱 Name of Bank: 中國銀行 Bank of China (Hong Kong) Ltd.
戶口號碼 Account Number: 012-758-100-14680
- ☐ 信用卡（適用於每月 / 單次捐款）By Credit Card (For monthly and one-off donation)
- ☐ VISA ☐ MasterCard
- 持卡人姓名 Cardholder's Name _____ 信用卡號碼 Credit Card No. _____
- 到期日 Expiry Date (月 Month / 年 Year) _____ 持卡人簽署 Cardholder's Signature _____
- 備註 Remark: 最少2個月有效期。Expiry date is valid for at least 2 months.
- ☐ 支票 By Cheque
支票抬頭為「香港撒瑪利亞防止自殺會」 Payable to "The Samaritan Befrienders Hong Kong".

- (4) 捐款港幣100元或以上，可憑收據申請扣稅。Donations of HK\$100 or above are tax deductible with official receipt.
- ☐ 不需要捐款收據 No donation receipt required
- ☐ 需要捐款收據，收據抬頭 Receipt required, name on receipt _____

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

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





一般查詢

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Ur-Link Professional Training & Development Centre

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