



**SBHK**  
打開心扉65載

**2024**

年報 Annual Report

打開心扉  
Open Hearts  
For 65 years  
65載





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Open Hearts  
For 65 years

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2024

年報 Annual Report



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



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# 關於香港撒瑪利亞防止自殺會

## ABOUT THE SAMARITAN BEFRIENDERS HONG KONG

社團註冊編號 Society Reference No.:

C0468623

獲豁免繳稅編號 IR No. (Tax Exemption):

91/1498

「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 counseling 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

# 使命宣言

## MISSION STATEMENT



發揚人類善美的本質，以愛心、耐性及同情，建立人際間互助、互勉、互愛的精神

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

## 我們的使命

### OUR MISSION

基於人道立場，協助面臨各種困難、陷於孤獨與沮喪的人士，鼓勵他們重建求生信念。透過演說、講座、刊物、調查報告等方式，宣傳及推廣本會的服務精神。協助東南亞及香港鄰近地區，建立與本會性質及目標相同的組織。

To befriend, on humanitarian grounds, people who are facing difficulties or are lonely and depressed, by helping them to regain confidence in life. To publicise and promote the spirit of our service in the community through talks, seminars, research and other means of community service. To help in South East Asia and neighbouring areas to set up organisations with a nature and mission similar to ours.

# 我們的精神

## OUR ETHOS

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

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

我們讓求助者感到被接納和支持，從而克服情緒困擾、面對問題。

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

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

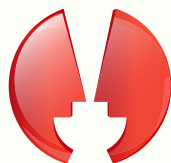
We establish ourselves as The Samaritan Befrienders Hong Kong to bring out in full the benevolence in human nature, and with love, patience and compassion, nurture the spirit of mutual aid, mutual support and mutual affection.

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

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

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

We respect the privacy of help seekers and will not disclose their personal information to any outside party. Such information would only be kept by us for the purpose of providing effective service. Our Chairman and supervisory officers have the right to get access to details of cases. No service shall be provided should a help seeker find this unacceptable.



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

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

香港撒瑪利亞防止自殺會會徽由三部份組成，分別是圖形、本會名稱及本會標語。

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 2023 - 2025 Executive Committee 2023 - 2025



主席 Chairman

黃瀚之先生  
Mr. Wong Hon Chi, Heymans



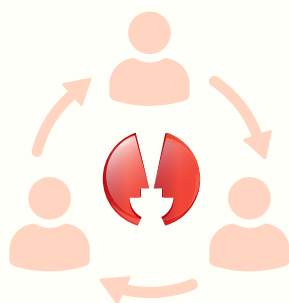
秘書 General Secretary

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



譚傑元先生  
Mr. Tam Kit Yuen



李彩霞女士  
Ms. Lee Choi Ha, Joyce



黃祐榮先生  
Mr. Wong Yao Wing, Robert



伍浩林先生  
Mr. Ng Ho Lam, Edmund



黃玉蘭女士  
Ms. Wong Yuk Lan

## 管理團隊 Management Team



韋賽姬女士  
Ms. Wai Choi Kei

署任總幹事  
Acting Executive Director  
自殺危機處理中心中心主任  
Centre-in-charge – Suicide Crisis Intervention Centre



曾小霞女士  
Ms. Tsang Siu Ha

服務總監  
Service Director



丘鴻生先生  
Mr. Yau Hung Sang

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



許翠萍女士  
Ms. Hui Chui Ping

行政部中央行政主任  
Central Administration Officer

# 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

簡家驄律師行

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)

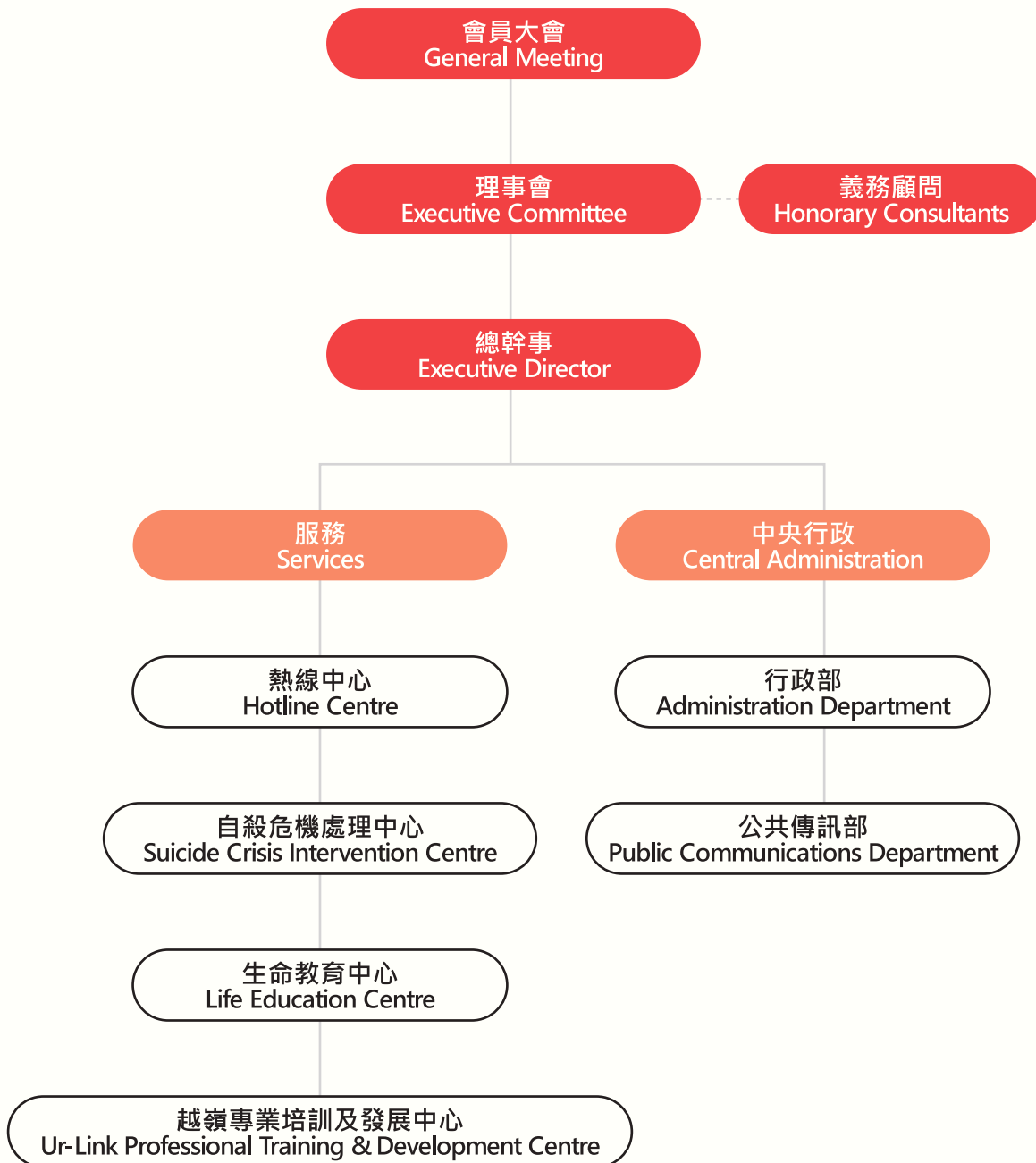
Mr. Ng Kwai Lu, Pasu (Founding President of HK Life and Death Studies Association)

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



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

### 「防止自殺會」成立

Establishment of Suicide Prevention Society



1960

1962

### 成為「國際防止自殺會」成員

Becoming a member of International Association of Suicide Prevention

### 在香港社團處正式註冊， 易名為「香港撒瑪利亞會」

Officially registered in Hong Kong Societies Registry named "The Hong Kong Samaritans"

1963

1976

### 機構名更改為 「香港撒瑪利亞防止自殺會」

Organisation name changed to "The Samaritan Befrienders Hong Kong"

### 成為「香港公益金會員機構」

Becoming a member of The Community Chest of Hong Kong

1977

1996

### 「熱線中心」於彩虹啟用

Hotline Centre moved to Choi Hung

### 「生命教育中心」成立

Establishment of Life Education Centre

2002



### 「自殺危機處理中心」成立

Establishment of Suicide Crisis Intervention Centre

2003

### 「賽馬會生命教育資源閣」啟用

Establishment of Jockey Club Life Education Resource Library



2004

### 「活出彩虹服務」開展

Launch of Live the Rainbow Service

2006

### 「越嶺專業培訓及發展中心」成立

Establishment of Ur-Link Professional Training & Development Centre



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



「網蹤人計劃」開展

Launch of Suicide Prevention on neT

2008

「自殺・自療・互助舍」開展

Launch of Help4Suicide

2010

「生命劇場」開展

Launch of Life Drama Programme

2012



「賽馬會生命偶遇計劃」開展

Launch of The Jockey Club Life-Connect Resource Network

2016

「Lifetube」網上生命教育平台開展

Launch of Lifetube (online life education resources network)

2018



「CHAT窿」網上聊天服務開展

Launch of ChatPoint (online chat service)

2019

英語情緒支援熱線成立

Launch of English Emotional Support Hotline



「Chat窿青年守望天使培訓計劃」開展

Launch of Crisis Angel

2023

賽馬會擁抱生命系列2.0：少年共「惜」計劃開展

Launch of Jockey Club Embrace Life Series 2.0: Working with You, Walking with Youth

2024

「青少年危機服務專線」開展

Launch of Youth Crisis Service Hotline



「同理frd·陪你聽」朋友專線開展

Launch of Here to Hear (peer hotline)



# 主席報告

## Chairman Report



### 香港撒瑪利亞防止自殺會2024年年報：打開心扉65載

#### 序言

#### 風雨同行六十五載，打開心扉共創希望

在本會迎來65周年的2025年，我們以「打開心扉65載」為主題，回顧過去，展望未來。過去一年，社會大眾面對個人、疾病、經濟乃至社會的重重考驗，縱使許多人咬緊牙關走過疫後復常，卻未能因此活得更好。事實上，面對無形的壓力，許多心靈仍在暗處掙扎。

根據死因裁判庭的報告，2024年香港共有1,138宗自殺死亡個案，較2023年的1,092宗上升了46宗。自殺率（每十萬計算）為15.10，比2023年的14.55上升了0.55。儘管香港人口於2024年輕微上升21,000人，這數字仍然意味著平均每天有3.12人死於自殺，自殺死亡個案及自殺率均創新高，亦為2003年以來最高。尤其令人痛心的是，60歲或以上群組的自殺數字為472宗，雖然輕微下降了1宗，但仍佔2024年整體自殺死亡人數的41.48%，是所有年齡組別中最高的。

更值得我們關注的是30至39歲及40至49歲男性自殺率的顯著上升，分別由2023年的19.05及22.06上升至2024年的24.38及27.46。這升幅不僅反映了正值壯年的香港男性在複雜的社會、經濟及心理挑戰下所承受的巨大壓力，更揭示了他們在缺乏主動求助意識，以及同儕、家庭以至社會未能提供足夠情感或實質支援的困境中，所面臨的孤單和無助。這些冰冷的數字，背後是一個個掙扎的生命與破碎的家庭，提醒著我們預防自殺的工作刻不容緩。

作為香港撒瑪利亞防止自殺會的主席，我深感責任重大。我們堅信，每一個生命都值得被珍惜，每一個受困的心靈都應得到溫暖的聆聽與專業的支援。在此，我謹代表本會，再次重申我們將一如既往地為香港社會服務，為身處情緒困擾的人士提供無間斷的支援，並以愛心與專業，為每一個「打開心扉」的瞬間，燃點希望。

### The Samaritan Befrienders Hong Kong Annual Report 2024: Open Hearts for 65 Years

#### Introduction

#### Walking Through Storms for 65 Years and Opening Hearts to Build Hope

In 2024, as The Samaritan Befrienders Hong Kong marks its 65th anniversary, we reflect on the past and look to the future with the theme "Open Hearts for 65 Years." Over the past year, our society has faced numerous challenges, including personal struggles, illness, economic difficulties, and broader societal issues. While many have gritted their teeth through the post-pandemic recovery, it has not necessarily led to a better life for everyone. Indeed, many souls continue to struggle in the shadows, burdened by unseen pressures.

According to the Coroner's Court report, Hong Kong recorded 1,138 suicide deaths in 2024, an increase of 46 cases from 1,092 in 2023. The suicide rate (per 100,000 population) rose to 15.10, up 0.55 from 14.55 in 2023. Despite a slight population increase of 21,000 in Hong Kong in 2024, these figures mean an average of 3.12 people died by suicide daily. Both the number of suicide deaths and the suicide rate reached new highs, the highest since 2003. Particularly distressing is that 472 suicide cases involved individuals aged 60 or above. While a slight decrease of 1 case, this group still accounts for 41.48% of all suicide deaths in 2024, remaining the highest among all age groups.

Even more concerning is the significant rise in suicide rates among men aged 30-39 and 40-49, which increased from 19.05 and 22.06 in 2023 to 24.38 and 27.46 in 2024, respectively. This increase not only reflects the immense pressure faced by Hong Kong men in their prime due to complex social, economic, and psychological challenges but also highlights their isolation and helplessness, often lacking the initiative to seek help and without sufficient emotional or practical support from peers, family, or society. Behind these cold statistics are struggling lives and broken families, serving as an urgent reminder that suicide prevention is more critical than ever. As Chairman of The Samaritan Befrienders Hong Kong, I feel a profound sense of responsibility. We firmly believe that every life is precious, and every distressed soul deserves warm listening and professional support.

On behalf of The Samaritan Befrienders Hong Kong (SBHK), I reiterate our unwavering commitment to serving the Hong Kong community, providing continuous support to those experiencing emotional distress, and igniting hope with love and professionalism in every moment of "Opening Hearts."

## 機構核心發展：承傳使命，共創里程碑

在服務社會的道路上，變遷與成長是常態。2024年8月，本會前總幹事曾展國先生在服務本會長達12載後正式離任。

曾先生在任期間，協助本會穩打穩紮，逐步發展，他所建立的信任與投入的付出，都是我們寶貴的財富。縱有萬般不捨，我們深信曾先生定會將「珍愛生命」的信念帶到他嶄新的生活中發光發熱。

本會將繼續承傳使命，在不斷變化的環境中堅守崗位，攜手走進65周年，為更多需要幫助的人提供適切的支援與服務，讓愛與希望的火炬永續相傳。

## Institutional core development: Upholding Our Mission and Achieving Milestones

Change and growth are inherent to our journey of serving society. In August 2024, Mr. Tsang Chin Kwok, our former Executive Director stepped down after 12 years of dedicated service.

During his tenure, Mr. Tsang helped SBHK establish a firm foundation and develop steadily. The trust he built, and his commitment are invaluable assets. While we reluctantly bid farewell, we are confident that Mr. Tsang will continue to embody the belief in cherishing life in his new endeavors.

SBHK will continue to uphold its mission, remain steadfast amidst evolving circumstances, and, as we enter our 65th year, provide appropriate support and services to more people in need, ensuring the torch of love and hope burns brightly for generations to come.

## 熱線中心：聆聽心聲，守護希望

熱線中心是本會服務的前線，是許多求助者打開心扉的第一道窗口。2024年，熱線中心的情緒支援服務共處理了17,342個個案，較2023年上升8.26%，顯示社會對此服務的需求日益增加。在所有個案中，11,939個為有情緒支援需要的求助個案，男女比例為1:1.01。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40.21%。令人關注的是，在所有求助個案當中，有13.23%（即1,580個）的個案在評估後有不同程度的自殺危機。

這些數字再次印證了熱線服務的重要性和急切性。我們深切感謝所有熱線義工的無私奉獻。截至2024年12月31日，本會的熱線義工共有252人，與去年相約。感謝職員與訓練員的努力，為新招募的義工提供專業訓練，熱線中心成功舉辦了兩期義工訓練班。為了不斷提升熱線服務的質素，加強義工的專業知識，2024年熱線中心共提供28節各項在職培訓，確保每一位義工都能以最專業、最溫暖的態度，成為生命線上的守護者。憑著耐心聆聽與真誠陪伴，為無數迷失的心靈點亮了希望。

## Hotline Centre: Listening to Hearts and Guarding Hope

The Hotline Centre serves as the frontline of our services, often the first point of contact for many who decide to open their hearts. In 2024, our emotional support hotline handled a total of 17,342 cases, marking an 8.26% increase from 2023, which clearly indicates a growing societal demand for this service. Among all cases, 11,939 were requests for emotional support, with a male-to-female ratio of 1:1.01. Consistent with previous years, the top three issues reported were mental health, family problems, and interpersonal relationships, collectively accounting for 40.21% of all concerns. Of particular concern is that 13.23% (1,580) of all help-seeking cases were assessed to have varying degrees of suicide risk.

These figures reconfirm the vital importance and urgent need for our hotline services. We extend our deepest gratitude to all our hotline volunteers for their selfless dedication. As of December 31, 2024, the Hotline Centre had 252 hotline volunteers, similar to last year's number. We thank our staff and trainers for their diligent efforts in providing professional training to newly recruited volunteers; the Hotline Centre successfully conducted two volunteer training sessions. To continuously enhance the quality of our hotline services and support volunteers' expertise, the Hotline Centre delivered a total of 28 in-service training sessions in 2024, ensuring every volunteer acts as a guardian on the lifeline with utmost professionalism and warmth. Through their patient listening and genuine companionship, they have lit up hope for countless lost souls.



回望香港撒瑪利亞防止自殺會自1960年創會至今的65載，即二萬三千七百多個日夜，我們始終如一毫不間斷地為香港市民提供情緒支援及防止自殺的服務。我們的每一分努力都充滿著熱情與溫暖，正如「打開心扉65載」的主題所示，我們致力於連結每一位求助者，成為他們在孤獨與痛苦中尋找出口的同行者。我們深信，透過「被聽見」，心扉將得以打開，希望之門亦將隨之開啟。我們將以這份深厚的歷史沉澱和周年里程碑為動力，繼續前行。

今年，我們將隆重舉辦「生命互聯：在變化中預防自殺」研討會，匯聚來自各地的專業人士、社會工作者、學者及公眾共同探討良好實踐方案，增強社會對自殺問題的認識，並鼓勵更多人參與預防自殺的工作，共築生命的防線。

展望未來，縱使前路有多少挑戰，我們仍然堅信人類善美的本質，並將繼續以愛心、耐心及同情，以不變的熱誠和專業守護每一個珍貴的生命。我們衷心冀望與您繼續同行，共同灌溉這份對生命的熱愛與尊重，攜手共建一個更關懷、更具韌性的香港社會。讓我們一同打開心扉，讓愛與希望的光芒普照每一個角落。

Looking back at the 65 years since The Samaritan Befrienders Hong Kong was founded in 1960—over 23,700 days and nights—we have consistently and tirelessly provided emotional support and suicide prevention services to the people of Hong Kong. Every effort we make is filled with passion and warmth. As encapsulated by our theme “Open Hearts for 65 Years,” we are committed to connecting with every person seeking help, walking alongside them as they search for an exit from loneliness and pain. We firmly believe that through ‘being heard,’ hearts will open, and the door to hope will be revealed. Driven by this rich historical legacy and our anniversary milestone, we will continue to move forward.

This year, we are proud to host the Interconnected Lives: Suicide Prevention in a Changing World symposium, bringing together professionals, social workers, academics, and the public from various regions to discuss best practices, enhance societal understanding of suicide, and encourage greater participation in suicide prevention efforts, thereby collectively building a lifeline for lives.

Looking ahead, no matter the challenges we face, we remain steadfast in our belief in the inherent goodness of humanity. We will continue to protect every precious life with unwavering love, patience, compassion, dedication, and professionalism. We sincerely hope to continue walking alongside you, nurturing this love and respect for life, and working hand-in-hand to build a more caring and resilient Hong Kong society. Let us all open our hearts and allow the light of love and hope to shine upon every corner.





# 服務重點概覽

## Service Highlights

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

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

預約與熱線中心中心義工面談  
Face-to-face Interview with Hotline Centre

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

## 熱線中心 Hotline Centre

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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 Volunteers

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

## 自殺危機處理中心 Suicide Crisis Intervention Centre

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同理frd·陪你聽(朋友專線)  
Here to Hear (Peer Hotline)

防止自殺教育計劃  
Suicide Prevention Education Project

## 生命教育中心 Life Education Centre

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賽馬會擁抱生命系列2.0：少年共「惜」計劃  
The Hong Kong Jockey Club Embrace Life Series 2.0:  
Working with You, Walking with YouthWorkers

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

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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” !

## 熱線中心回顧

Hotline Centre Review



**17,342** 個案  
Cases



**252** 位熱線中心義工  
Hotline Centre Volunteers



**1,745** 位社區活動受惠人次  
Beneficiaries of  
Community Activities







香港撒瑪利亞防止自殺會於1960年開展電話情緒支援服務，該服務是本會的首個服務，一直透過接聽求助者電話來推動防止自殺的工作；後於1995年因獲房屋署撥出彩虹邨金華樓地下一單位作為新會址，熱線中心因而正式成立，工作包括提供24小時情緒支援熱線、書信及電郵求助服務、面談服務、熱線中心義工招募及培訓及社區講座等活動。

The Samaritan Befrienders Hong Kong established its Fixed Line Emotional Support Service in 1960, which is the first service of the 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 2389 2222  
24-Hour Emotional Support Hotline 2389 2222

■ 書信及電郵求助  
Letters and Emails for Help

■ 預約與熱線中心中心義工面談  
Face-to-face Interview with Hotline Centre

■ 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：危機介入與創新支援，生命轉 向的橋樑

自殺危機處理中心肩負著拯救生命、化解危機的重任。2024年，中心共處理了1,600宗自殺危機個案，比起2023年大幅上升了300宗，這挑戰性的數字顯示出中心專業團隊的巨大付出和社會需求的迫切。中心亦為214宗個案提供了自殺危機者親友諮詢服務，協助他們理解與應對親人所面臨的困境。同時，「活出彩虹」服務也為131宗新的自殺身故者親友個案提供了輔導服務，並舉行了23節「未完成的小說」治療活動及69節支援小組活動（比起2023年多了5節），為受傷的心靈提供療癒與同行的空間。

隨著科技發展，本會的「Chat窿」服務為網絡使用者提供即時的情緒疏導。2024年「Chat窿」共提供了2,629小時的服務（比2023年增加了1,016小時），處理了2,920名有自殺危機或情緒困擾的網絡使用者（比2023年增加202名）。我們欣喜地見證第二屆「Chat窿青年守望天使培訓計劃」圓滿畢業，來自多間大學的50名學員，經過為期半年的專業培訓，不僅掌握了在線輔導的專業技能，更在「Chat窿」的網上聊天服務中進行實習，成為社區與網絡的守望天使，為年輕一代注入關懷的力量。

因應2024年學生自殺個案上升的嚴峻情況，中心除了延長「Chat窿」服務時間，亦增設了「同理frd，陪你聽」（朋友專線）。這條專線旨在為情緒受困擾及有自殺念頭人士身邊的親友提供支援，協助他們學習如何開解和陪伴摯愛，從而共同化解自殺危機。這項服務凸顯了我們對社會脈動的敏銳回應，以及對每位生命守護者的肯定。

## 生命教育中心：從源頭築起希望，培育心靈韌力

生命教育中心致力於從根源上預防自殺，透過教育提升大眾對精神健康的認識，並建立社會的心靈韌力。2024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成果豐碩，共舉行了46場講座、工作坊及小組活動，103次社區探訪/服務、4次生死教育活動、1次自殺身故者親友分享活動、2個學校展覽、1個社區探訪活動，以及12次情緒支援攤位，惠及約11,489人次。這些活動將關懷與知識帶到社區的每一個角落，點亮了無數的心靈。

此外，中心於香港賽馬會慈善信託基金「賽馬會擁抱生命系列2.0」中推出為期兩年的「少年共『惜』計劃」，計劃於2024年4月至2026年3月期間進行，更是教育局《4Rs 精神健康約章》的合作伙伴活動。中心透過臨床介入手法，針對「預防服務」及「事後支援」兩個方向，向學生、教師、社工、青年工作者及有需要的學校提供培訓、小組、諮詢及支援服務，以期及早介入，減低學生自殺危機。生命教育中心的工作，不僅是傳播知識，更是播撒希望的種，讓生命的光芒照耀未來。

## Suicide Crisis Intervention Centre: Crisis Intervention, Innovative Support and A Bridge to Life's Turning Point

The Suicide Crisis Intervention Centre bears the crucial responsibility of saving lives and mitigating crises. In 2024, the Centre handled 1,600 suicide crisis cases, a significant increase of 300 cases from 2023. This challenging figure underscores the immense efforts of our professional team and the urgent societal need. The Centre also provided consultation services to family and friends of individuals in suicidal crisis for 214 cases, helping them understand and cope with their loved ones' predicaments. Concurrently, The Live the Rainbow Programme offered counseling to 131 new cases of bereaved families after suicide and conducted 23 Unfinished Novel Therapeutic Group sessions and 69 support group activities (5 more than in 2023), providing a space for healing and companionship for wounded souls.

Leveraging technological advancements, our ChatPoint service provides immediate emotional support to online users. In 2024, ChatPoint service offered 2,629 hours of service (an increase of 1,016 hours from 2023), assisting 2,920 online users experiencing suicidal crisis or emotional distress (an increase of 202 users from 2023). We are delighted to announce the successful graduation of the second cohort of the ChatPoint Youth Crisis Angel Program. 50 university students after six months of professional training, not only mastered online counseling skills but also gained practical experience through ChatPoint service, becoming "Crisis Angels" for both the community and the online world, injecting a powerful wave of care into the younger generation.

Response to the severe increase in student suicide cases in 2024, the Centre extended ChatPoint service hours and launched "Here to Hear" (Peer Hotline), a dedicated hotline for friends and family members of individuals suffering from emotional distress or suicidal ideation. This specialized line aims to equip them with the skills to support and guide their loved ones, collectively defusing suicide crises. This service underscores our sensitive response to societal needs and our appreciation for every life protector.

## Life Education Centre: Building Hope at then Source and Cultivating Mental Resilience

The Life Education Centre is dedicated to preventing suicide at its roots, enhancing public understanding of mental health through education, and fostering mental resilience within the community. In 2024, under the suicide prevention education program funded by The Hong Kong Jockey Club Charities Trust, our Life Education Centre achieved significant outcomes. We conducted a total of 46 lectures, workshops, and group activities; 103 community visits/services; 4 life-and-death education events; 1 sharing session for bereaved families of suicide victims; 2 school exhibitions; 1 community outreach event; and 12 emotional support booths, benefiting approximately 11,489 participants. These activities brought care and knowledge to every corner of the community, illuminating countless minds.

Furthermore, the Centre launched the two-year "Working with You, Walking with Youth" as part of The Hong Kong Jockey Club Charities Trust's "Jockey Club Embrace Life Series 2.0." Running from April 2024 to March 2026, this initiative is also a partner activity under the Education Bureau's "4Rs Mental Health Charter." Through clinical intervention, the Centre focuses on both prevention services and postvention support, providing training, group sessions, consultation, and support services to students, teachers, social workers, youth workers, and schools in need, aiming for early intervention to reduce student suicide risks. The work of the Life Education Centre is not merely about disseminating knowledge; it is about sowing seeds of hope, allowing the light of life to illuminate the future.



## 越嶺專業發展及培訓中心：專業發展，提升同理，拓展服務深度

越嶺專業發展及培訓中心是本會專業服務的基石，致力於提升各界人士在情緒支援與自殺預防領域的專業能力。2024年，中心與3位專業夥伴及機構緊密合作，再加上本會經驗豐富的专业危機輔導員，合共就19個主題提供了36個公開課程，共有589名人士參加，涵蓋了情緒健康、危機處理等多個方面。

此外，中心亦為外間機構的160位職員或參加者，提供了3個專屬課程及講座，將專業知識與實踐經驗分享給更廣泛的群體。我們衷心感謝一眾合作夥伴及職員為應付相關服務需求所付出的努力與專業。你們的貢獻，不僅提升了本會服務的專業水準，更為整個香港社會的心理健康支援體系注入了強大動力。

## 公共傳訊活動：攜手推動，深化防止自殺意識

公共傳訊活動是我們連結社會、推動議題的橋樑，旨在提升大眾對防止自殺的意識，並鼓勵社會各界參與其中。2024年度的周年記者會於6月29日隆重舉行，以「同路·同行·同心·同工」為主題，強調防止自殺工作必須有賴各方協作，方能成功。

會上除了發佈最新的自殺數據，我們更與多間合作院校簽署合作意向書，積極推動「Chat齋青年守望天使培訓計劃」，期望能招募更多學生參與，並透過他們的力量擴展服務範圍，讓年輕一代成為希望的傳遞者。

這一年，我們更積極加強合作與宣傳，恢復了因疫情而受阻的機構交流，分別與社團法人台北市生命線協會及澳門明愛生命熱線深入討論工作進程及探討未來的運作與發展方向，汲取各地經驗，拓展視野。

在合作方面，我們與紙藝軒攜手推出慈善座檯曆，推動企業支持我們的服務。透過接受香港電台《鏗鏘集》的深入訪問，我們成功推廣了節目「自殺者家屬」系列，引發社會的廣泛關注與深刻回響，共同關注自殺問題及其對家庭的影響。

此外，我們亦與香港精神健康動力基金會協辦講座及工作坊。這些多元化的合作不僅顯著提升了我們的曝光率，更強化了社會各界對自殺預防工作的重視，共同推動我們的宣傳工作，讓更多人關注並投身於防止自殺的議題，為受困的心靈帶來溫暖和希望。

## Ur-Link Professional Training & Development Centre: Professional Development, Enhancing Empathy and Expanding Service Depth

Ur-Link Professional Training & Development Centre serves as the cornerstone of our professional services, dedicated to enhancing the expertise of various stakeholders in emotional support and suicide prevention. In 2024, the Centre collaborated closely with three professional partners and organizations, along with our experienced crisis counselors, to offer a total of 36 public courses across 19 themes, attended by 589 individuals. These courses covered various aspects, including emotional well-being and crisis management.

Furthermore, the Centre provided three specialized courses and lectures to 160 staff members or participants from external organizations, sharing professional knowledge and practical experience with a wider audience. We sincerely thank all our partners and staff for their diligent efforts and professionalism in meeting the demands of these services. Their contributions have not only elevated the professional standard of our services but also injected powerful momentum into Hong Kong's overall mental health support system.

## Public Communication Activities: Collaborative Promotion and Deepening Suicide Prevention Awareness

Public communication activities serve as our bridge to connect with society and advance our cause, aiming to raise public awareness of suicide prevention and encourage participation from all sectors. The 2024 Annual Press Conference was successfully held on June 29, under the theme "Walking with You, Working with You." This theme emphasized that successful suicide prevention requires collaboration from all parties.

At the conference, in addition to releasing the latest suicide statistics, we signed Letters of Intent with several collaborating educational institutions to actively promote the ChatPoint Youth Crisis Angel Program. Our goal is to recruit more students and leverage their collective strength to expand our service reach, empowering the younger generation to become messengers of hope.

Throughout the year, we actively strengthened our collaborations and promotional efforts. We resumed inter-organizational exchanges that were hampered by the pandemic, engaging in in-depth discussions with the Lifeline Association, Taipei and Life Hope Hotline, Caritas Macau to review progress and explore future operations and development directions, learning from their experiences and broadening our perspectives.

In terms of partnerships, we collaborated with Paperhouse Creations to launch a charity desk calendar, encouraging corporate support for our services. Through an in-depth interview with RTHK's "Hong Kong Connection," we successfully promoted the program series on "Suicide Survivors," generating widespread public attention and profound resonance, fostering a collective focus on suicide issues and their impact on families.

Additionally, we co-organized lectures and workshops with the Hong Kong Mental Health in Action Foundation. These diverse collaborations have not only significantly enhanced our visibility but also reinforced the importance placed by various sectors of society on suicide prevention. Together, they have propelled our outreach efforts, encouraging more people to engage with suicide prevention and bring warmth and hope to be distressed souls.

# 24小時情緒支援熱線

## 24-Hour Emotional Support Hotline

本會的24小時情緒支援熱線，是由1960年創辦時被外界稱為「生命線」的電話熱線發展而成，熱線由成立至今一直由一群熱心義工提供服務，全賴一群受過培訓的熱心義工提供服務。任何感到絕望無助、有情緒困擾或自殺意圖的人士都可致電2389 2222的24小時情緒支援熱線與義工傾訴；熱線中心義工們細心聆聽，獻上真誠關懷，陪伴求助者面對自己的困擾，希望求助者情緒得到紓緩，並能重拾生存的勇氣和信心。在2024年，我們共處理了17,342的服務個案，比2023年的16,018宗增加1,324宗，當中求助個案為11,939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 2024, we handled 17,342 cases. There was an increase of 1,324 cases from 16,018 cases in 2023. Among these 11,939 were help-seeking cases who were in need of emotional support.



**17,342** 個案  
Cases

增加 

**1324** 宗  
1,324 more cases



**11939** 求助個案  
help-seeking cases



生機處處  
**touch**

香港撒瑪利亞防止自殺會熱線

# 熱線中心服務數據分佈

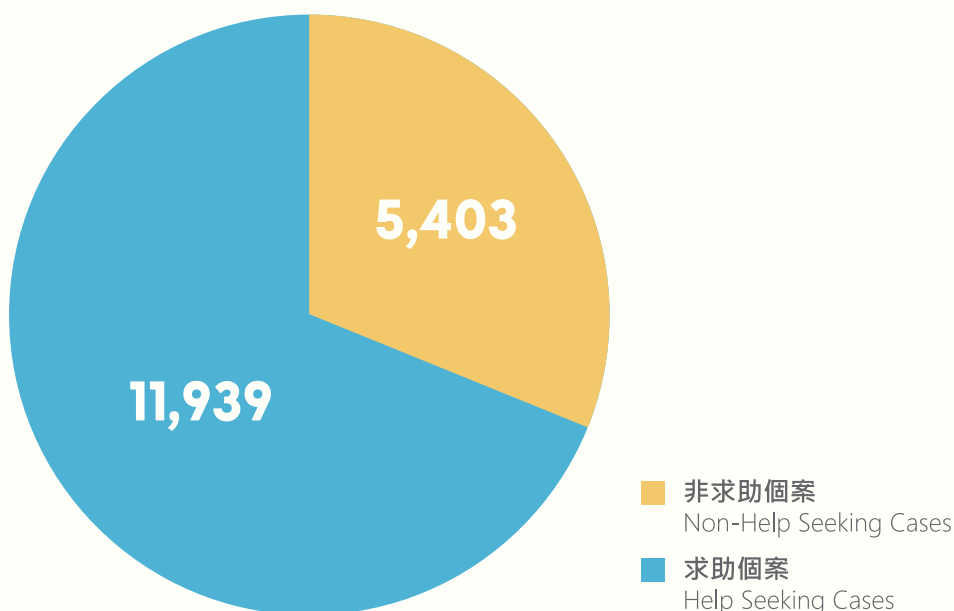
## HOTLINE CENTRE SERVICE DATA ANALYSIS



### 按個案類別分佈

By Types of Case Data Analysis

| 類別<br>Types of Case             | 個案數字<br>Number of Cases | 百分比<br>% |
|---------------------------------|-------------------------|----------|
| 非求助個案<br>Non-Help Seeking Cases | 5,403                   | 31.16    |
| 求助個案<br>Help Seeking Cases      | 11,939                  | 68.84    |
| 總計<br>Total                     | 17,342                  | 100      |





# 求助者性別及年齡分佈

## Gender and Age Distribution of Help-Seeking Cases

| 年份 Year    | 2024   |         |            |         |       | 2023    |       |
|------------|--------|---------|------------|---------|-------|---------|-------|
| 年齡 Age     | 男 Male | 女 Femal | 不詳 Unknown | 總計 Tota | 百分比 % | 總計 Tota | 百分比 % |
| 0 - 9      | 1      | 0       | 0          | 1       | 0.01  | 7       | 0.06  |
| 10 - 19    | 168    | 256     | 22         | 446     | 3.74  | 356     | 3.13  |
| 20 - 29    | 833    | 433     | 10         | 1,276   | 10.69 | 1,463   | 12.88 |
| 30 - 39    | 1,104  | 861     | 15         | 1,980   | 16.58 | 2,259   | 19.89 |
| 40 - 49    | 798    | 1,139   | 6          | 1,943   | 16.27 | 1,863   | 16.4  |
| 50 - 59    | 1,173  | 1,151   | 6          | 2,330   | 19.52 | 1,858   | 16.36 |
| 60 / +     | 918    | 808     | 4          | 1,730   | 14.49 | 1,699   | 14.96 |
| 不詳 Unknown | 919    | 1,215   | 99         | 2,233   | 18.7  | 1,853   | 16.32 |
| 總計 Total   | 5,914  | 5,863   | 162        | 11,939  | 100   | 11,358  | 100   |

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

| 年份 Year   | 2024      |            |               |            |          |
|---|-----------|------------|---------------|------------|----------|
| 求助問題<br>Presenting Problem                            | 男<br>Male | 女<br>Femal | 不詳<br>Unknown | 總計<br>Tota | 百分比<br>% |
| 精神健康 Mental Health                                    | 1,206     | 1,783      | 43            | 3,032      | 15.66    |
| 家庭 Family   | 1,066     | 1,620      | 24            | 2,710      | 14.00    |
| 人際相處 Social Relationship                              | 797       | 1,218      | 27            | 2,042      | 10.55    |
| 工作 Job  | 813       | 855        | 10            | 1,678      | 8.67     |
| 經濟 Finance  | 976       | 492        | 5             | 1,473      | 7.61     |
| 生理健康 Physical Health                                  | 587       | 860        | 10            | 1,457      | 7.52     |
| 就業 Employment   | 789       | 341        | 7             | 1,137      | 5.87     |
| 愛情 Love Relationship                                  | 581       | 543        | 6             | 1,130      | 5.83     |
| 婚姻 Marital Problem                                    | 465       | 363        | 4             | 832        | 4.30     |
| 住屋 Housing  | 219       | 234        | 1             | 454        | 2.34     |
| 性 Sex   | 163       | 144        | 8             | 315        | 1.63     |
| 學業 Study  | 98        | 153        | 12            | 263        | 1.36     |
| 沉溺 Addiction  | 202       | 28         | 4             | 234        | 1.21     |
| 親友自殺危機<br>Suicide Risk<br>of Family Member or Friend  | 60        | 113        | 3             | 176        | 0.91     |
| 個人意外 Accident   | 24        | 70         | 2             | 96         | 0.49     |
| 親友自殺身故<br>Suicide Death<br>of Family Member or Friend | 17        | 31         | 1             | 49         | 0.25     |
| 其他 Others   | 1,287     | 936        | 62            | 2,285      | 11.80    |
| 總計<br>Total   | 9,350     | 9,784      | 229           | 19,363     | 100      |

在2024年求助個案類別中，主要困擾的問題為精神健康（15.66%）、家庭（14.00%）及人際相處（10.55%）。

In 2024, the major presenting problems for seeking help were: Mental Health (15.66%), Family (14.00%), and Social Relationship (10.55%).

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

| 年份 Year  | 2024      |            |
|--|-----------|------------|
| 求助問題<br>Presenting Problem                         | 男<br>Male | 女<br>Femal |
| 精神健康 Mental Health                                 | 1,206     | 1,783      |
| 家庭 Family  | 1,066     | 1,620      |
| 人際相處 Social Relationship                           | 797       | 1,218      |
| 工作 Job   | 813       | 855        |
| 經濟 Finance   | 976       | 492        |
| 生理健康 Physical Health                               | 587       | 860        |
| 就業 Employment                                      | 789       | 341        |
| 愛情 Love Relationship                               | 581       | 543        |
| 婚姻 Marital Problem                                 | 465       | 363        |
| 住屋 Housing   | 219       | 234        |
| 性 Sex  | 163       | 144        |
| 學業 Study   | 98        | 153        |
| 沉溺 Addiction                                       | 202       | 28         |
| 親友自殺危機 Suicide Risk<br>of Family Member or Friend  | 60        | 113        |
| 個人意外 Accident                                      | 24        | 70         |
| 親友自殺身故 Suicide Death<br>of Family Member or Friend | 17        | 31         |
| 其他 Others  | 1,287     | 936        |
| 總計<br>Total  | 9,350     | 9,784      |

# 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<br>Presenting Problem                         | 男<br>M | 女<br>F | 男<br>M | 女<br>F | 男<br>M | 女<br>F | 男<br>M | 女<br>F | 男<br>M | 女<br>F |
| 精神健康 Mental Health                                 | 0      | 0      | 20     | 92     | 259    | 156    | 240    | 287    | 137    | 340    |
| 家庭 Family  | 0      | 0      | 39     | 100    | 196    | 99     | 261    | 299    | 185    | 286    |
| 人際相處 Social Relationship                           | 0      | 0      | 53     | 69     | 154    | 91     | 181    | 148    | 149    | 262    |
| 工作 Job   | 0      | 0      | 1      | 2      | 98     | 88     | 232    | 172    | 227    | 268    |
| 經濟 Finance   | 0      | 0      | 1      | 0      | 46     | 33     | 115    | 59     | 97     | 113    |
| 生理健康 Physical Health                               | 0      | 0      | 57     | 6      | 53     | 22     | 40     | 71     | 57     | 125    |
| 就業 Employment                                      | 0      | 0      | 1      | 1      | 81     | 34     | 123    | 66     | 137    | 93     |
| 愛情 Love Relationship                               | 0      | 0      | 15     | 36     | 132    | 101    | 119    | 156    | 80     | 124    |
| 婚姻 Marital Problem                                 | 0      | 0      | 0      | 1      | 9      | 16     | 181    | 84     | 85     | 75     |
| 住屋 Housing   | 0      | 0      | 1      | 2      | 9      | 5      | 41     | 18     | 56     | 38     |
| 性 Sex  | 0      | 0      | 18     | 25     | 24     | 11     | 39     | 30     | 20     | 20     |
| 學業 Study   | 1      | 0      | 30     | 86     | 52     | 28     | 6      | 4      | 4      | 11     |
| 沉溺 Addiction                                       | 0      | 0      | 5      | 0      | 66     | 2      | 47     | 5      | 21     | 7      |
| 親友自殺危機<br>Suicide Risk of Family Member or Friend  | 0      | 0      | 2      | 4      | 6      | 12     | 9      | 11     | 10     | 15     |
| 個人意外 Accident                                      | 0      | 0      | 1      | 0      | 4      | 1      | 2      | 6      | 1      | 7      |
| 親友自殺身故<br>Suicide Death of Family Member or Friend | 0      | 0      | 0      | 0      | 3      | 2      | 2      | 4      | 6      | 10     |
| 其他 Others  | 0      | 0      | 19     | 23     | 158    | 44     | 196    | 83     | 112    | 131    |
| 總計<br>Total  | 1      | 0      | 263    | 447    | 1,350  | 745    | 1,834  | 1,503  | 1,384  | 1,925  |



## 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  | 50-59 |       | 60/+  |       | 不詳 Unknown |       | 個案類別總計<br>Total No. of Cases in Category |       |            |          |
|---|-------|-------|-------|-------|------------|-------|--|-------|------------|----------|
| 求助問題<br>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                              | 215   | 450   | 172   | 196   | 163        | 262   | 1,206                                    | 1,783 | 43         | 3,032    |
| 家庭 Family                                       | 118   | 315   | 147   | 262   | 120        | 259   | 1,066                                    | 1,620 | 24         | 2,710    |
| 人際相處 Social Relationship                        | 89    | 241   | 61    | 172   | 110        | 235   | 797                                      | 1,218 | 27         | 2,042    |
| 工作 Job  | 149   | 158   | 14    | 17    | 92         | 150   | 813                                      | 855   | 10         | 1,678    |
| 經濟 Finance                                      | 331   | 126   | 305   | 93    | 81         | 68    | 976                                      | 492   | 5          | 1,473    |
| 生理健康 Physical Health                            | 110   | 292   | 196   | 196   | 74         | 148   | 587                                      | 860   | 10         | 1,457    |
| 就業 Employment                                   | 317   | 97    | 63    | 11    | 67         | 39    | 789                                      | 341   | 7          | 1,137    |
| 愛情 Love Relationship                            | 151   | 39    | 29    | 20    | 55         | 67    | 581                                      | 543   | 6          | 1,130    |
| 婚姻 Marital Problem                              | 57    | 72    | 43    | 66    | 90         | 49    | 465                                      | 363   | 4          | 832      |
| 住屋 Housing                                      | 61    | 44    | 32    | 80    | 19         | 47    | 219                                      | 234   | 1          | 454      |
| 性 Sex   | 10    | 23    | 5     | 8     | 47         | 27    | 163                                      | 144   | 8          | 315      |
| 學業 Study  | 1     | 12    | 1     | 0     | 3          | 12    | 98                                       | 153   | 12         | 263      |
| 沉溺 Addiction                                    | 21    | 6     | 15    | 5     | 27         | 3     | 202                                      | 28    | 4          | 234      |
| 親友自殺危機 Suicide Risk of Family Member or Friend  | 4     | 15    | 8     | 10    | 21         | 46    | 60                                       | 113   | 3          | 176      |
| 個人意外 Accident                                   | 6     | 22    | 7     | 12    | 3          | 22    | 24                                       | 70    | 2          | 96       |
| 親友自殺身故 Suicide Death of Family Member or Friend | 2     | 7     | 2     | 5     | 2          | 3     | 17                                       | 31    | 1          | 49       |
| 其他 Others                                       | 294   | 182   | 269   | 185   | 256        | 296   | 1,304                                    | 944   | 62         | 2,310    |
| 總計 Total  | 1,936 | 2,101 | 1,369 | 1,338 | 1,230      | 1,733 | 9,367                                    | 9,792 | 229        | 19,388   |

# 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               | 2024      |            |               |            |          | 2023       |          |
|-----------------------|-----------|------------|---------------|------------|----------|------------|----------|
| 危機程度<br>Risk Level    | 男<br>Male | 女<br>Femal | 不詳<br>Unknown | 總計<br>Tota | 百分比<br>% | 總計<br>Tota | 百分比<br>% |
| 低 Low                 | 497       | 636        | 22            | 1,155      | 9.67     | 1,207      | 10.63    |
| 中 Moderate            | 115       | 203        | 5             | 323        | 2.71     | 291        | 2.56     |
| 高 High                | 45        | 56         | 1             | 102        | 0.85     | 84         | 0.74     |
| 無 No                  | 4,819     | 4,525      | 92            | 9,436      | 79.04    | 8,939      | 78.70    |
| 未及評估<br>Cannot Assess | 438       | 443        | 42            | 923        | 7.73     | 837        | 7.37     |
| 總計<br>Total           | 5,914     | 5,863      | 162           | 11,939     | 100      | 11,358     | 100      |

在2024年的17,342宗服務個案中，求助個案為11,939宗。當中，有自殺危機者的求助個案共為13.23%（即1,530個）；其中的高、中危個案佔27.78%（即425個），當中的31.29%個案（即133個）被成功轉介至自殺危機處理中心跟進。

In 2024, among the 17,342 cases, 11,939 were help-seeking cases who were in need of emotional support. 13.23% (1,530 cases) of these cases were assessed with suicidal risk. 27.78% (425 cases) of the cases with suicidal risks was of high and medium risk, 31.29% (133cases) of them were successfully referred to our Suicide Crisis Intervention Centre for further follow up.

# 熱線中心義工招募及培訓

## HOTLINE CENTRE VOLUNTEER RECRUITMENT AND TRAINING

機構於1960年創辦時，社會上缺少專業人才，自此，電話熱線由熱心的義務工作者聆聽求助者電話。熱線中心多年來全憑一群富熱誠、默默耕耘的義工，擔當一個好的聆聽者及陪伴者，接聽每個求助電話，明白求助者的痛苦，紓緩他們的情緒，同行步過黑暗。

大部分的熱線中心義工並非社工、輔導員、臨床心理學家或其他精神科醫生，他們來自社會各階層，抱持助人自助的精神去服務社群。現時，熱線中心約有252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 252 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.

# 熱線中心義工資料

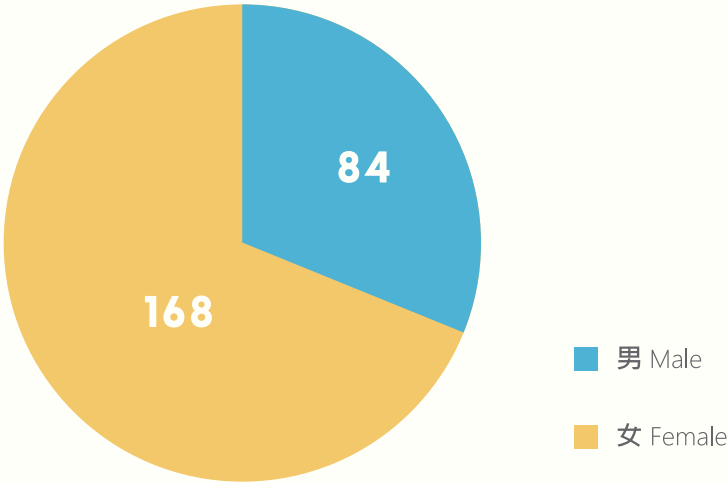
## PROFILE OF HOTLINE CENTRE VOLUNTEERS

### 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 |
|--------|----------|----------|
| 84     | 168      | 252      |

| 服務年資<br>Serving Year        | 男<br>Male | 女<br>Female | 總計<br>Total | 百份比<br>% |
|-----------------------------|-----------|-------------|-------------|----------|
| 一年以下<br>Below 1 year        | 13        | 27          | 40          | 15.87    |
| 2-3 年 / years               | 7         | 33          | 40          | 15.87    |
| 4-5 年 / years               | 2         | 9           | 11          | 4.37     |
| 6-7 年 / years               | 12        | 15          | 27          | 10.72    |
| 8-9年 / years                | 5         | 13          | 18          | 7.14     |
| 10年或以上<br>10 years or above | 45        | 71          | 116         | 46.03    |
| 總計<br>Total                 | 84        | 168         | 252         | 100      |



## 義工職前訓練及在職培訓總覽

### Volunteers Pre-service Trainings and On-the-Job Trainings Review



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



**1,524** 人次義工學員參與義工職前訓練班  
Volunteer Trainees Attended Volunteer  
Pre-service Trainings



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



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

# 義工在職培訓總覽

## Volunteers On-the-job Trainings Review

| 主題<br>Theme   | 節數<br>No. of Sessions | 人數<br>No. of Participants |
|---|-----------------------|---------------------------|
| 參觀精神健康體驗館<br>Visit Mind Space   | 1                     | 23                        |
| 生命體驗分享會_災後的義務工作<br>Volunteer Space Sharing                              | 1                     | 31                        |
| 組長訓練:「咖啡x 敘事實踐」<br>《生命風味輪》對話卡工作坊<br>Narrative practice card Workshop    | 1                     | 20                        |
| 拼發小組<br>Training Programme for Junior Volunteers                        | 4                     | 49                        |
| 撐起生死意義的支柱<br>Workshop of Life-and-Death Education                       | 1                     | 44                        |
| 慈山寺-參學去<br>Visit Tsz Shan Monastery                                     | 1                     | 26                        |
| 欠債的出口?<br>Seminar of Debt dealing methods                               | 2                     | 98                        |
| 在生命的盡頭，不捨得，怎放手？<br>Seminar of Home End of Life Care Services            | 2                     | 82                        |
| 高、中危個案分享會—我地都<br>傾咗一段時間！不如係度講聲88！<br>Medium and High Risk Cases Sharing | 1                     | 15                        |
| 與談判專家對話<br>Police Negotiation Cadre Sharing                             | 1                     | 39                        |



| 主題<br>Theme  | 節數<br>No. of Sessions | 人數<br>No. of Participants |
|--|-----------------------|---------------------------|
| 思覺失調的迷思<br>Seminar of Bipolar Schizophrenia in Adolescents                         | 1                     | 54                        |
| 高、中危個案分享會—你個故仔好特別！<br>Medium and High Risk Cases Sharing                           | 1                     | 25                        |
| 從中醫角度去看精神健康<br>Seminar of Chinese Medicine and Mental Health                       | 1                     | 39                        |
| 組長訓練：極高危個案分享會<br>Medium and High Risk Cases Sharing For Group Leaders              | 1                     | 10                        |
| 急症・危機<br>Accident & Emergency Service Sharing                                      | 1                     | 41                        |
| 新會員分享會：新新地,打個底-<br>極高危自殺個案分享會<br>Medium and High Risk Cases Sharing For New member | 1                     | 27                        |
| 小組帶領員培訓<br>Group Leaders Training  | 6                     | 42                        |
| 總數 Total   | 28                    | 724                       |



與談判專家對話  
Police Negotiation Cadre Sharing



急症・危機  
Accident & Emergency Service Sharing



# 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.

### 社區講座

#### Community Seminar



**22** 講座  
Seminars



**508** 參加者  
Participants

### 講座題目

#### Seminar Topic

##### 長者自殺危機訊號辨識分享會

Basic Elderly Suicidal Risk Assessment Sharing Session

|   | 講座次數<br>Number of Seminars | 參加人數<br>Number of Participant |
|---|----------------------------|-------------------------------|
| 社會工作服務聯會<br>The Hong Kong Council of Social Service         | 1                          | 70                            |
| 香港聖公會樂民郭鳳軒綜合服務中心<br>The Hong Kong Council of Social Service | 1                          | 18                            |
| 香港明愛長者中心<br>Caritas Elderly Centre                          | 2                          | 55                            |
| 路德會采頤長者中心<br>Rhythm Garden Lutheran Centre for the Elderly  | 1                          | 13                            |
| 長者安居協會<br>Senior Citizen Home Safety Association            | 3                          | 98                            |

自殺危機訊號辨識分享會

Basic Suicide Risk Assessment Sharing Session

講座次數  
Number of Seminars

參加人數  
Number of Participant

香港房屋協會  
The Hong Kong Housing Society

14

254

社區活動

Community Activity



5 社區活動  
Community Activities



1,237 參加者  
Participants

活動名稱

Name of Programme

參加人數  
Number of Participant

情緒關注服務站（彩虹邨、啟業邨、新蒲崗）  
Emotional Care Service Counter  
(Choi Hung Estate, Kai Yip Estate, San Po Kong)

700

香港房屋委員會 彩虹邨嘉年華  
Choi Hung Estate Carnival

400

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

137



世界防止自殺日分享會  
主講嘉賓萬嘉輝博士（臨床心理學家）（左）及本會熱線中心中心主任丘鴻生先生（右）

World Suicide Prevention Day Sharing Session The Speaker Dr. Stephen Mann (Clinical Psychologist) (left) and our former Centre-in-charge of the Hotline Centre Mr. Yau Hung Sang (right)



情緒關注服務站

Emotional Care Service Counter



香港房屋委員會 彩虹邨嘉年華

Choi Hung Estate Carnival

# 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 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 clients can overcome difficulties. The yellow “i” represents a person who can stand still even in a crisis and it also signifies a burning candle which emits light and warmth in life.

## 自殺危機處理中心回顧

### Suicide Crisis Intervention Centre Review



**1,600** 個自殺危機介入個案  
Suicide Crisis Cases Intervened



**1,386** 個具自殺危機者之個案  
Suicidal Cases



**214** 個自殺危機者親友之諮詢個案  
Consultation Cases of Family or Friends 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 with the support of the 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 form of counselling, consultation, and group service directly for people with medium to high suicidal risk, their concerners and relatives of 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
- 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

# 自殺危機介入服務

## SUICIDE CRISIS INTERVENTION SERVICE

### 服務包括 Service Includes

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

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。

- ◆ 自殺危機個案輔導  
Suicide Crisis Counselling

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 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 the subvention of the Social Welfare Department, the Centre has established a consultation hotline for relatives and friends of suicidal people to help them understand the symptoms of suicide and enhance their ability to deal with suicide crises 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 was established in 2002. Since 2005, with the subvention of the 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 services such as home visits, interviews, telephone counselling, and service referrals, we aim to help our clients rebuild their living faith and enhance their ability to deal with future crises.

## 自殺危機介入服務數據分佈 Suicide Crisis Intervention Service 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 Protential Suicidal People            | 1,386             | 86.63 |
| 自殺危機者親友 Family or Friend of Suicidal People | 214               | 13.37 |
| 總計 Total                                    | 1,600             | 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                          | 899                    | 64.86 |
| 男性 Male                            | 487                    | 35.14 |
| 總計 Total                           | 1,386                  | 100   |



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

| 年齡<br>Age  | 女性自殺危機者<br>Female Suicidal Users | 男性自殺危機者<br>Male Suicidal Users | 個案數字<br>No. of Cases | 百分比<br>% |
|------------|----------------------------------|--------------------------------|----------------------|----------|
| 0-9        | 10                               | 16                             | 26                   | 1.88     |
| 10-19      | 199                              | 82                             | 281                  | 20.27    |
| 20-29      | 116                              | 69                             | 185                  | 13.35    |
| 30-39      | 145                              | 86                             | 231                  | 16.67    |
| 40-49      | 139                              | 75                             | 214                  | 15.44    |
| 50-59      | 139                              | 56                             | 195                  | 14.07    |
| 60-69      | 71                               | 55                             | 126                  | 9.09     |
| 70-79      | 31                               | 24                             | 55                   | 3.97     |
| 80/+       | 5                                | 6                              | 11                   | 0.79     |
| 不詳 Unknown | 44                               | 18                             | 62                   | 4.47     |
| 總計 Total   | 899                              | 487                            | 1,386                | 100      |

## 自殺危機個案來源分佈 Source of Suicidal Cases

| 自殺危機個案來源<br>Source of Suicide Cases          | 個案數字<br>No. of Cases | 百分比<br>% |
|--|----------------------|----------|
| 熱線中心 Hotline Centre                          | 350                  | 25.25    |
| 自行求助 Suicidal Cases Themselves               | 183                  | 13.20    |
| 綜合家庭服務 Intergated Family Service             | 179                  | 12.91    |
| 學校 Schools                                   | 148                  | 10.68    |
| 親友求助 Relatives or Friends of Suicidal People | 121                  | 8.73     |
| 危機介入服務 Crisis Intervention Service           | 107                  | 7.72     |
| 醫務社會服務單位 Medical Social Service Units        | 70                   | 5.05     |
| 其他 Others                                    | 69                   | 4.98     |
| 網上防止自殺服務 Online Suicide Prevention Service   | 54                   | 3.90     |
| 警方 Police                                    | 53                   | 3.82     |
| 心理輔導服務 Psychological / Counselling Service   | 26                   | 1.88     |
| 醫療及輔助醫療 Medical or Para-medical Service      | 19                   | 1.37     |
| 長者服務 Eldery Service                          | 7                    | 0.51     |
| 總計 Total                                     | 1,386                | 100      |

依自殺危機個案及求助問題分佈  
Presenting Problem Distribution of Suicidal Cases

| 自殺危機個案性別<br>Gender of Suicidal People           | 女性<br>Female | 男性<br>Male | 求助個案<br>Cases of Reques | 百分比 % |
|---|--------------|------------|-------------------------|-------|
| 家庭 Family                                       | 208          | 64         | 272                     | 19.64 |
| 經濟 Finance                                      | 90           | 107        | 197                     | 14.21 |
| 精神健康 Mental Health                              | 125          | 43         | 168                     | 12.12 |
| 親友自殺身故 Suicide Death of Family Member or Friend | 94           | 32         | 126                     | 9.09  |
| 婚姻 Marital Problem                              | 75           | 32         | 107                     | 7.72  |
| 愛情 Love Relationship                            | 62           | 43         | 105                     | 7.58  |
| 人際相處<br>Interpersonal Relationship              | 62           | 33         | 95                      | 6.85  |
| 學業 Study  | 46           | 21         | 67                      | 4.83  |
| 其他 Others                                       | 31           | 34         | 65                      | 4.69  |
| 生理健康 Physical Health                            | 30           | 25         | 55                      | 3.97  |
| 工作 Job  | 24           | 13         | 37                      | 2.67  |
| 住屋 Housing                                      | 24           | 12         | 36                      | 2.60  |
| 就業 Employment                                   | 10           | 19         | 29                      | 2.09  |
| 性 Sex   | 10           | 1          | 11                      | 0.79  |
| 親友的自殺危機Suicide Risk of Family Member or Friend  | 5            | 3          | 8                       | 0.58  |
| 沉溺 Addiction                                    | 2            | 4          | 6                       | 0.43  |
| 個人意外 Accident                                   | 1            | 1          | 2                       | 0.14  |
| 總計 Total  | 899          | 487        | 1,386                   | 100   |

# 英語情緒支援熱線 2389 2223

## ENGLISH EMOTIONAL SUPPORT HOTLINE 2389 2223

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

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

### 英語情緒支援熱線個案性別及年齡分佈

Age and Gender Distribution of English Emotional Support Hotline

| 年齡<br>Age  | 女性自殺危機者<br>Female Suicidal Users | 男性自殺危機者<br>Male Suicidal Users | 個案數字<br>No. of Cases | 百分比<br>% |
|------------|----------------------------------|--------------------------------|----------------------|----------|
| 0-9        | 0                                | 0                              | 0                    | 0        |
| 10-19      | 12                               | 2                              | 14                   | 5.28     |
| 20-29      | 52                               | 89                             | 141                  | 53.21    |
| 30-39      | 4                                | 0                              | 4                    | 1.51     |
| 40-49      | 21                               | 1                              | 22                   | 8.30     |
| 50-59      | 37                               | 4                              | 41                   | 15.47    |
| 60-69      | 14                               | 3                              | 17                   | 6.42     |
| 70/+       | 0                                | 0                              | 0                    | 0.00     |
| 不詳 Unknown | 14                               | 12                             | 26                   | 9.81     |
| 總計Total    | 154                              | 111                            | 265                  | 100      |

# 依求助者求助問題分佈

Presenting Problem Distribution of Help-Seeking Cases

| 自殺危機個案性別<br>Gender of Suicidal People           | 求助個案<br>Cases of Reques | 百分比 % |
|---|-------------------------|-------|
| 家庭 Family                                       | 58                      | 21.89 |
| 經濟 Finance                                      | 33                      | 12.45 |
| 精神健康 Mental Health                              | 25                      | 9.43  |
| 親友自殺身故 Suicide Death of Family Member or Friend | 23                      | 8.68  |
| 婚姻 Marital Problem                              | 23                      | 8.68  |
| 愛情 Love Relationship                            | 18                      | 6.79  |
| 人際相處 Interpersonal Relationship                 | 18                      | 6.79  |
| 學業 Study  | 16                      | 6.04  |
| 其他 Others                                       | 15                      | 5.66  |
| 生理健康 Physical Health                            | 9                       | 3.40  |
| 工作 Job  | 8                       | 3.02  |
| 住屋 Housing                                      | 5                       | 1.89  |
| 就業 Employment                                   | 5                       | 1.89  |
| 性 Sex   | 4                       | 1.51  |
| 親友的自殺危機Suicide Risk of Family Member or Friend  | 2                       | 0.75  |
| 沉溺 Addiction                                    | 2                       | 0.75  |
| 個人意外 Accident                                   | 1                       | 0.38  |
| 總計 Total  | 265                     | 100   |



# 活出彩虹服務

LIVE THE RAINBOW SERVICE

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

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

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

Relatives and friends often feel guilty and can be self-blaming when a relative or friend commits 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 live a colourful life. Due to the remarkable results of the "Live the Rainbow Group", our organization was further funded by the Social Welfare Department to launch a one-stop shop "Live the Rainbow Service" for relatives and friends of suicide deaths starting from November 2009.

## 服務包括 Service Include

- ◆ 自殺身故者親友個案輔導  
Counseling for Relatives and Friends  
of Suicidal Deaths
- ◆ 自殺身故者親友治療性小組  
Therapeutic Group for Relatives and  
Friends of 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 Suicidal  
Deaths

## 服務回顧 Service Review

**131**

個自殺身故者親友個案輔導

Counseling Cases of Relatives &amp; Friends of Suicide Deaths

**23**

節自殺身故者親友治療性小組

Sessions of Therapeutic Group for Relatives &  
Friends of Suicide Deaths**69**

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 Suicide Deaths

## 自殺身故者親友個案輔導

Counseling for Relatives and Friends of the Suicidal Deaths

自殺身故者親友個案輔導是一個為期6個月的跟進服務，讓他們得到陪伴及關懷。

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



## 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度傷痛。

The therapeutic group provides a trustworthy and serene environment for Survivors to share their stories and feelings and learn from others the ways to deal with emotions and overcome their pain.

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

The Centre provides various activities to help members of the group in relieving their emotions and building up their own mutual support network to overcome their grief. The Centre also equips potential group members as volunteers to visit and render continuous support to other members.

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

| 關係 Relationship       | 個案數字 No. of Cases | 百分比 %      |
|-----------------------|-------------------|------------|
| 子女 Child              | 44                | 33.59      |
| 配偶 Spouse             | 32                | 24.43      |
| 父母 Parent             | 19                | 14.50      |
| 兄弟姊妹 Sibling          | 19                | 14.50      |
| 朋友 Friend             | 12                | 9.16       |
| 其他親屬關係 Other Relative | 5                 | 3.82       |
| <b>總計 Total</b>       | <b>131</b>        | <b>100</b> |

今年是「活出彩虹」的20周年，我們非常榮幸能夠與香港大學社會工作及社會行政學系的黃蔚澄教授及其團隊合作，參與香港電台的「鏗鏘集」拍攝，聚焦於自殺身故家屬的身心狀況及參加小組後的改變。節目播出後，點擊率超過30萬次，並且我們收到了大量的轉介和求助個案。

In its 20th year, Live the Rainbow continues to serve as a meaningful platform for healing and support. We are deeply honored to have collaborated with Professor Paul Wong and his team from the Department of Social Work and Social Administration at the University of Hong Kong in the production of the RTHK programme Hong Kong Connection. The episode focused on the physical and emotional well-being of family members who had lost loved ones to suicide, and the changes they experienced after joining our support group. Following its broadcast, the programme received over 300,000 views and resulted in a significant increase in referrals and requests for support services.

隨後，我們與團隊共同開展了一項研究，邀請了10位喪親超過10年的親友進行深入訪談，旨在了解他們在失去至親後的心路歷程，以及這段經歷所帶來的成長與變化。我們期望明年能將這些故事編輯成書，進一步讓社會大眾理解這些家屬的處境，並引發對生命意義的反思與珍惜。

Building on this momentum, we partnered with Professor Wong's team to conduct an in-depth study involving ten survivors who had experienced the loss of a relative to suicide more than a decade ago. Through intensive interviews, the participants shared their personal journeys of grief, adaptation, and transformation. We are currently working to compile these stories into a publication planned for release next year. We hope that this book will foster greater public understanding of the long-term impact of suicide loss, promote empathy toward bereaved families, and encourage reflection on the value and meaning of life.

# 網上防止自殺服務

## ONLINE SUICIDE PREVENTION

### 服務包括 Service Include

#### Chat隆 ChatPoint

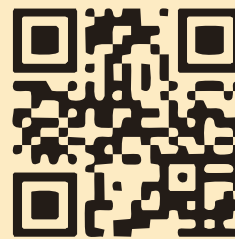
於2018年，網上聊天服務由本會開展多年的「真心話室」，發展成為「Chat 隆」提供網站即時網上的情緒疏導。「Chat隆」由義工提供服務，與有情緒困擾的人對話，提供抒發渠道。在這個空間裡，所有對話內容均會保密，求助者都可以安心與義工傾談。在2024年，「Chat隆」提供了2,629小時的即時情緒疏導服務，並處理了2,920名有自殺危機或情緒困擾的網絡使用者。

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 2024, ChatPoint rendered 2,629 service hours and handled 2,920 cases with suicidal risk or emotional distress.

#### Chat隆回顧 ChatPoint Review

 **2,629** 小時服務  
Service Hours

 **2,920** Chat隆使用者  
ChatPoint Users



<https://chatpoint.org.hk>

# Chat隆求助問題分佈

## ChatPoint Data Analysis

| 求助問題<br>Presenting Problems                        | 聊天個案<br>Chat Cases | 百分比 % |
|--|--------------------|-------|
| 精神健康 Mental Health                                 | 640                | 25.83 |
| 愛情 Love Relationship                               | 336                | 13.57 |
| 工作 Job   | 262                | 10.57 |
| 家庭 Family  | 257                | 10.37 |
| 人際相處 Interpersonal Relationship                    | 198                | 7.99  |
| 學業 Study   | 160                | 6.46  |
| 就業 Employment                                      | 111                | 4.48  |
| 經濟 Finance   | 83                 | 3.35  |
| 婚姻 Marital Problem                                 | 73                 | 2.95  |
| 生理健康 Physical Health                               | 70                 | 2.82  |
| 親友自殺危機<br>Suicide Risk of Family Member or Friend  | 54                 | 2.18  |
| 性 Sex  | 21                 | 0.85  |
| 沉溺 Addiction                                       | 11                 | 0.44  |
| 住屋 Housing   | 11                 | 0.44  |
| 個人意外 Accident                                      | 9                  | 0.36  |
| 親友自殺身故<br>Suicide Death of Family Member or Friend | 8                  | 0.32  |
| 其他 Others  | 174                | 7.02  |
| 總計 Total   | 2,478              | 100   |



## Chat薩青年守望天使培訓計劃

### ChatPoint Youth Crisis Angel Training Program

第二屆「Chat薩青年守望天使培訓計劃」已圓滿結束。此次計劃的50名學員來自多間大學，經過為期半年的培訓，他們掌握了在線輔導的專業技能，並在「Chat薩」的網上聊天服務中進行了實習，成為社區與網絡的守望天使。

在這段寶貴的學習旅程中，學員們不僅學會了與人建立連結的技巧，還深入理解了面對自殺念頭者所經歷的痛苦。他們掌握了危機處理的方法，並學會如何提供持續的情感支持。

一些學員分享了他們的感受，強調這些技能讓他們能夠在生活中幫助更多有需要的人。他們的努力不僅提升了社區輔導服務的質量和效率，還為那些需要幫助的人帶來了希望和支持。

The second ChatPoint Youth Crisis Angel Training Program was completed. The program brought together 50 participants from various universities, who, over six months of intensive training, developed professional skills in online counseling. They also gained practical experience by providing support through ChatPoint online chat service, becoming Crisis Angels for both the community and the digital space.

Throughout this invaluable learning journey, the participants not only learned essential skills for building meaningful connections but also gained a deeper understanding of the struggles faced by individuals experiencing suicidal thoughts. They mastered crisis intervention techniques and learned how to provide sustained emotional support.

Some participants shared their reflections, emphasizing how these skills enabled them to assist more people in need in their daily lives. Their dedication not only enhanced the quality and efficiency of community counseling services but also brought hope and support to those in need of help.

  
Chat薩青年守望天使培訓計劃  
學員分享

「我之前沒有與有自殺念頭的人接觸過，而透過培訓，我學會如何與求助者建立關係，以及評估他們的自殺危機，從而了解更多年青人的困擾和壓力，對將來工作有一定幫助，令我不害怕接觸類似的個案。」

學員張雅雯

  
Chat薩青年守望天使培訓計劃  
學員分享

「培訓中，我學到最深刻的是溝通技巧，了解到如何接納求助者的情緒和處境，避免加入個人的價值觀及批判，同時鼓勵求助者尋找解決的辦法。我認為，這是難得的機會去接觸面對危機的青年人，期望與他們的對話能給予心理關懷。」

學員王梓豪

  
Chat薩青年守望天使培訓計劃  
學員分享

「實習時接觸到的個案，給我最大感受的是，求助者聊天時所表達自己的矛盾或絕望，背後可見求助者希望有人聆聽他/她的想法，明白他/她的感受，『Chat薩』就是一個好的網上聊天平台去滿足求助者情緒支援的需要。」

學員劉曉彤



## 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。期望透過個案分享、討論及引導，把我們的知識、臨床經驗和技巧，分享予前線教師及社工，協助他們應對青少年自殺問題所帶來的挑戰。

This programme provides professional training and coaching services to teachers and social workers in schools and youth service units. The content of the training includes but not limited to the overview of student suicides in Hong Kong, signs of suicide crisis, identification of high risk cases, initial intervention of suicide crisis, and coaching them to handle youth suicidal cases. 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.

### 計劃回顧 Programme Review



**29** 個專業培訓  
Professional Trainings



**25** 間參與學校及單位  
Schools & Units Involved



**1,490** 參與人數  
People Attended

# 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.

## 生命教育中心 回顧

### Life Education Centre Review



**168** 活動  
Activities



**11,489** 受惠人次  
Beneficiaries



**2** 出版  
Publications



**103** 義工人次  
Volunteers







生命教育中心於2002年因獲香港賽馬會慈善信託基金撥款開辦「防止自殺教育計劃」而成 立，及後有不同的贊助及計劃加入，不斷豐富中心服務及資源，為防止自殺擔當及早預防的角色。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 is 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 played an important role in early suicide prevention. The services include outreach and community activities, volunteer training, Jockey Club Life Education Resource Library and educational publications. All these help the general public understand the meaning of lives, and raise their awareness and support for others with negative emotions. The presence of more "Community Gate Keepers" and thus fewer suicide cases can be realised.



防止自殺教育計劃  
Suicide Prevention Education Project



賽馬會擁抱生命系列2.0：少年共「惜」計劃  
The Hong Kong Jockey Club Embrace Life Series  
2.0: Working with You, Walking with Youth

# 防止自殺教育計劃

## SUICIDE PREVENTION EDUCATION PROJECT



### 服務包括 Service Includes

- 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
- 同理frd·陪你聽 (朋友專線)  
Here to Hear (Peer Hotline)

### 計劃回顧 Programme Review

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

 **1** 「家·紓」自殺者親友分享  
"Letter from Survivors" Sharings

 **103** 社區探訪 / 服務  
Community Visits / Services

 **2** 校園展覽及體驗  
School Exhibitions and Experience

 **4** 生死教育活動  
Life and Death Education Activities

 **12** 情緒急救站  
Emotional Supporting Counters

 **1** 社區生命教育活動「心導同行」  
Heartfelt Tour Group

 **~11, 489** 受惠人次  
Beneficiaries

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

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

## 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

配以不同範疇的體驗及活動，希望令各參加者對自己的生命有所反思，重新認識及調整自我，達至 Life RE-freshing 的效果，認清、掌控及實踐自己希望過的生活。

Through various experiences and activities, we hope to encourage participants to reflect on their own lives, reacquaint themselves with who they are, and make adjustments to achieve a refreshing effect on their lives. The goal is to gain clarity, take control, and live the life they desire.



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

Suicide survivors may have deeper reflections on suicide with diverse perspectives after their traumatic experience. We invited them to share their thoughts, feelings and reflections with the general public so as to educate the public about suicide prevention 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.



## 小組 Group

「同路行」支援大使培訓小組以小組活動形式，培訓學生成為支援大使，覺察自己情緒之餘亦更主動支援有需要同學。

In the form of group activities, students are trained to become ambassadors, who are not only aware of their own emotions but also actively support people in need.



## 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。

During 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.



## 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，推動互相互望、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.



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

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

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



## 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 since 2015, we have set up "Emotional Supporting Counters" in the East Rail Line. Information boards showing the symptoms of suicide and handling skills, as well as the message of life cherishment, were exhibited to the general public. In order to enhance the passersby's awareness of their emotional status, they were invited to have an assessment. Also, some leaflets were distributed to the passersby.



## 「同理FRd, 陪你聽」專線 "Here to Hear" Hotline

因應學生自殺情況嚴重，我們由24/10/2024開始提供「同理FRD，陪你聽」專線及WhatsApp服務，撐學生開學，截止至31/12/2024接觸到68個求助人士

In light of the alarming rates of student suicides, we have launched the "Here to Hear" hotline and WhatsApp service starting from October 24, 2024, to support students as they return to school. By December 31, 2024, we have reached 68 individuals seeking help.



# 賽馬會擁抱生命系列2.0：少年共「惜」計劃

## THE HONG KONG JOCKEY CLUB EMBRACE LIFE SERIES 2.0: WORKING WITH YOU, WALKING WITH YOUTH

香港撒瑪利亞防止自殺會於香港賽馬會慈善信託基金「賽馬會擁抱生命系列2.0」中推出為期兩年的少年共「惜」計劃，計劃於2024年4月至2026年3月期間進行。

此計劃是教育局《4Rs 精神健康約章》的合作伙伴活動。本會透過臨床介入手法，針對「預防服務」及「事後支援」兩個方向，向學生、教師、社工、青年工作者及有需要的學校提供培訓、小組、諮詢及支援服務，以減低學生自殺危機。

The Samaritan Befrienders Hong Kong has launched a two-year youth support program titled "Working with You, Walking with Youth," funded by The Hong Kong Jockey Club Charities Trust as part of the Jockey Club Embrace Life Series 2.0. This program runs from April 2024 to March 2026 and is a partner initiative under the Education Bureau's "4Rs Mental Health Charter."

Our Life Education Centre provides comprehensive training, group sessions, consultation, and support services tailored for students, teachers, social workers, youth workers, and schools in need. The program emphasizes both "prevention services" and "post intervention service", effectively aiming to mitigate the risk of student suicides.





## 預防服務

### PREVENTION SERVICES

學童自殺已不再是宣之於口的忌諱，不少案例發現自殺學童於小學階段已有自殺想法，如把握自殺意念未牢固的時機進行教育工作，相信能降低學童自殺風險。

Student suicide is no longer a taboo subject that is merely spoken about. Numerous cases have revealed that some students have experienced suicidal thoughts as early as elementary school. By seizing the opportunity to provide educational interventions while these suicidal ideations are not yet firmly established, we believe that we can significantly reduce the risk of suicide among students, effectively aiming to mitigate the risk of student suicides.

### 學生自殺危機評估服務 Student Suicide Crisis Assessment Service

透過影片分享，與學生進行防止自殺教育工作坊，並附加篩查問卷，以評估學生自殺風險。

Through video presentations, we conduct suicide prevention educational workshops for students, accompanied by screening questionnaires to assess their risk of suicide.

跟進內容：評估結果達中至高危之學生可接受危機輔導員輔導跟進服務。

Follow-Up Actions: Based on the assessment results, students identified as being at medium to high risk will be offered follow-up counseling services by a crisis counselor.



11

間中小學接受篩查

11 Primary and Secondary Schools Participated in the Assessment



1,497

名學生接受篩查

1,497 Students Underwent Screening

## 危機介入指導服務 Crisis Intervention Guidance Service

以電話指導形式，提昇前線工作人員應對有自殺危機的青少年的跟進技巧。

指導對象包括專業界別（包括教師、社工、輔導員、教牧等），他們都是與自殺危機處理中心共同跟進25歲或以下的自殺危機個案人士。

Through telephone guidance, we enhance the follow-up skills of frontline staff in responding to adolescents experiencing suicidal crises.

The target audience includes professionals from various sectors (such as teachers, social workers, counselors, and clergy) who collaborate with the suicide crisis intervention center to follow up on cases involving individuals aged 25 or younger.



**28** 個危機介入指導個案  
28 Crisis Intervention Guidance Cases

## 入校支援家長服務 On-Site Parent Support Service

為有情緒困擾學生的家長提供教育工作坊及家長支援服務。希望從家庭角度入手，讓家長能：

Offer educational workshops and support services for parents of students experiencing emotional distress. The objective is to address the issue from a familial perspective, empowering parents to,

- 1 及早識別子女的自殺危機  
Identify their children's suicidal crises at an early stage.
- 2 提升處理子女情緒困擾的技巧  
Enhance their skills in managing their children's emotional challenges.
- 3 社區資源分享  
Share information about community resources.
- 4 利用親子小組，增強親子關係  
Utilize parent-child groups to strengthen familial relationships.



**1** 個學校家長講座  
1 School Parent Talk



**99** 位家長參與講座  
99 Parents Participated in the Talk

## 專業培訓 Professional Training

我們為學校及青少年服務機構提供專業培訓，內容涵蓋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的初步介入策略，以協助他們有效處理青年自殺危機個案。

透過個案分享、討論及引導，我們將知識、臨床經驗和技巧傳授給前線教師及社工，幫助他們應對青少年自殺問題所帶來的挑戰。

We provide professional training for schools and youth service organizations, covering topics such as an overview of student suicide trends in Hong Kong, signs of suicidal crises, identification of high-risk cases, and preliminary intervention strategies for suicide crises. This training aims to equip participants with the skills necessary to address youth suicide cases effectively.

Through case sharing, discussions, and guided activities, we share our knowledge, clinical experience, and techniques with frontline teachers and social workers, helping them navigate the challenges posed by adolescent suicide issues.



**32**

場青少年自殺危機評估及初步介入講座

32 Sessions of Youth Suicide Crisis Assessment and Preliminary Intervention Talks



**1,540**

位教師或社工參與

1,540 Teachers or Social Workers Participated

## 危機事故支援服務 Crisis Support Services

為了向學校提供更深入的情緒支援服務，計劃特別關注事件發生後教師及社工面臨的情緒支援不足的情況。因此，計劃將成立專門團隊，獨立跟進並輔導在事件後受到情緒困擾的教師、社工及學生。

In order to provide more comprehensive emotional support services to schools, the programme specifically addresses the insufficient emotional support faced by teachers and social workers following a crisis. Therefore, the programme established a specialized team to independently follow up and counsel teachers, social workers, and students who are experiencing emotional distress after the crisis.

### 形式 Format:

- 計劃將派出服務專隊，評估服務需求並進行事後解釋  
Deploy a specialized service team to assess service needs and provide post-incident explanations.
- 以小組或個別跟進的方式，輔導事後受到情緒困擾的教職員、學生及社工。  
Offer counseling through group or individual follow-ups for teachers, students, and social workers experiencing emotional distress after the incident.



對象：學校中任何受影響的工作人員。

Target Audience: Any affected staff members within the school.



58

人接受跟進

58 Individuals Received Follow-up



27

節小組或獨立跟進

27 Sessions of Group or Individual Follow-up

# 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.

## 越嶺專業培訓及發展中心回顧

### Ur-Link Professional Training & Development Centre Review



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



**39** 個課程及講座  
Courses and Seminars



**749** 人參與  
Participants



**3** 個參與機構及企業  
Organisations & Corporates Participated



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





## 越嶺專業培訓及發展中心 Professional Training & Development Centre

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-organizes with qualified tutors and external parties to conduct courses and training programmes lasting from 1 to 6 months. We also hold seminars irregularly to enhance people's emotional management skills as well as skills on helping others; so as to strengthen public's understanding of suicide prevention and to encourage them to practise the skills with our mission - "building a helpful, supportive and loving society with love, patience and empathy"



公開課程  
Public Course



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

## 公開課程

PUBLIC COURSE



19 題目  
Topics



36 個課程  
Courses



589 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)
- 囤積症解構 - 認知行為治療工作坊(12小時)  
Workshop on Understanding Hoarding Disorder (CBT 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 Counseling
- 沙維雅模式在個案輔導中的應用工作坊(Level 2)  
Workshop on Application of Satir Model in Counseling (Level 2)
- 沙維雅模式在個案輔導中的應用工作坊(Level 3)  
Workshop on Application of Satir Model in Counseling (Level 3)
- 沙維雅模式初探工作坊  
Introductory Workshop on Satir Model
- 支持-表達連續體治療基礎課程  
Foundation course of supportive – expressive therapy
- 「家庭創傷」與身心靈療癒證書課程  
Certificate Course in Family Trauma and Body-mind Healing
- 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)
- 焦慮與壓力管理：  
流行心理治療模式的深入檢視 (第一階段)  
Anxiety and Stress Management: A Critical and Comprehensive Review of Popular Interventions (Level 1)
- 學童自殺的辨識、預防與介入  
Identification, Prevention and Intervention of Suicide Among Students
- 驚恐症的臨床註釋與介入  
Panic Disorder: Psychosocial Interpretation and Intervention
- 敘事治療基礎理論與技巧證書課程  
Certificate in Basic Concept and Skills of Narrative Therapy



  
**3** 課程  
Classes

  
**160** 入讀人數  
People Attended

- 防止自殺及危機介入工作坊  
Workshop on Suicide Prevention and Crisis Intervention
- 教師發展日培訓~年少日記電影分享  
Training for teacher development day - Times still turns the pages movie sharing
- 自殺危機評估及介入工作坊  
Workshop on Suicide Crisis Assessment and Intervention



沙維雅模式在個案輔導中的應用工作坊導師陳少玲女士正在解釋沙維雅模式的概念。

Mrs. Chan Siu Ling, Amelia, the instructor of the Workshop on Application of Satir Model in Counselling, was explaining the concept of Satir Model in Counseling.



敘事治療基礎理論與技巧證書課程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.



接受與承諾治療基礎理論與技巧證書課程導師萬家輝博士正在解釋接受與承諾治療的概念。

Dr. Mann Ka Fai, Stephen, the instructor of the Certificate in Basic Concepts and Skills of Acceptance and Commitment Therapy, was explaining the concept of Acceptance and Commitment Therapy.



「哀傷遺物整理RESET工作坊」導師郭澤恩先生正在解釋哀傷遺物整理的概念。

Mr. Kwok Chak Yan, Isaac, the instructor of the Workshop of decluttering after a death (RESET approach), was explaining the concept of decluttering after a death.

# 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2024年6月29日（星期六）舉行以「同路・同行・同心・同工」為主題的記者招待會。會上分析死因裁判法庭的數據，並發佈2023年全港自殺死亡統計數據、本會的防止自殺服務數字，以及Chat墮青年守望天使培訓計劃的最新進展。

隨著2023年的來臨，經歷數年疫情影響後，香港市民的精神健康和情緒狀況並未因復常而改善。根據死因裁判庭的報告，2023年共錄得1,092宗自殺死亡個案，比2022年增加12宗，創下10年新高。自殺率為14.55，由於人口上升微跌0.18，推算平均每日約有3人自殺。主席黃瀚之指出，自殺數字的上升可能與社會氣氛有關。前總幹事曾展國表示，儘管本港失業率保持低位，但因加息和樓價下跌，中年人士面臨的經濟壓力也是輕生的原因之一。

The Samaritans Befrienders Hong Kong convened a press conference on June 29, 2024 (Saturday), under the theme "Walking with You, Working with You." The conference presented a comprehensive analysis of data from the Coroner's Court, detailing the 2023 suicide statistics for Hong Kong, updates on our suicide prevention services, and the latest developments in the ChatPoint Youth Crisis Angel Training Program.

As 2023 progressed, the mental health and emotional well-being of Hong Kong citizens showed minimal improvement despite a return to normalcy following several years of pandemic-related challenges. According to the Coroner's Court report, a total of 1,092 suicide cases were recorded in 2023, representing an increase of 12 cases from 2022 and marking a ten-year high. The suicide rate was calculated at 14.55, reflecting a slight decrease of 0.18 due to population growth, indicating that approximately three individuals succumbed to suicide each day. Chairman Mr. Wong Hon Chi, Heymans, highlighted that the increase in suicide rates may be associated with the prevailing social climate. Former Executive Director Mr. Tsang Chin Kwok, Clarence, noted that despite a low unemployment rate in Hong Kong, middle-aged individuals faced significant economic pressures stemming from interest rate hikes and declining property prices, which contributed to suicidal ideation.



在自殺個案中，男性佔711人，超過60%，這是近10年來的最高紀錄。主席黃瀚之提到，最近男性求助的數字有所上升，但由於社會對求助的污名，男性的求助率仍低於女性。總幹事曾展國解釋，男性在經濟環境不佳時壓力較大，加上習慣壓抑情感，因此更易輕生。

此外，60歲以上的自殺個案佔逾43%。前總幹事曾展國估計，長者自殺可能與伴侶去世和子女移民有關，並指出長者較少透過熱線或網上求助，因此自殺比例較其他年齡層高。青少年自殺數字持續上升，從2021年的130宗增至2022年的159宗。前總幹事曾展國解釋，除了社會氣氛，對青少年的期望過高也是輕生的原因之一。主席黃瀚之補充，近三年求助個案中，精神健康和家庭問題經常位居前三，期望大眾能夠正視這些問題。



Among the recorded suicide cases, males accounted for 711 individuals, representing over 60%, the highest figure observed in the past decade. Wong remarked that while there has been a recent increase in the number of males seeking assistance, the stigma surrounding help-seeking behavior has resulted in a lower rate of engagement among men compared to women. Tsang elaborated that men typically experience heightened stress during adverse economic conditions, and their propensity to suppress emotions renders them more vulnerable to suicidal thoughts.

Additionally, individuals aged 60 and above constituted over 43% of suicide cases. Tsang estimated that elder suicides may be linked to the loss of partners and the emigration of children, noting that older adults are less likely to seek support through hotlines or online resources, contributing to a higher suicide rate relative to other age groups. The incidence of youth suicides continued to rise, increasing from 130 cases in 2021 to 159 cases in 2022. Tsang indicated that, in addition to the broader social context, the high expectations placed upon youth are significant contributing factors to suicidal ideation. Wong emphasized that over the past three years, mental health and family-related issues have frequently ranked among the top three reasons for seeking help, urging the public to address these pressing concerns with the seriousness they warrant.

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

針對青少年自殺數字的上升，我們於2023年10月啟動「Chat隆青年守望天使培訓計劃」，為修讀社工或心理學的學生提供為期半年的專業培訓，裝備他們網上聊天室輔導等技巧，成為社區及網絡的守望天使。

In response to the increasing incidence of youth suicide, we initiated the ChatPoint Youth Crisis Angel Training Program in October 2023. This program offers a six-month professional training course for students pursuing degrees in social work or psychology, equipping them with essential skills for online chat counseling and empowering them to serve as Youth Crisis Angels within both the community and digital environments.



## 學員簡短分享 ChatPoint Youth Crisis Angels' Testimonials

在記者會上，第一屆「Chat窿青年守望天使培訓計劃」的畢業學員將分享他們的難忘回憶和寶貴心得。他們表示，這次培訓不僅教會了專業的危機評估技巧，也讓他們對心理健康有了更深的理解和尊重。

During the press conference, ChatPoint Youth Crisis Angels from the inaugural cohort of the ChatPoint Youth Crisis Angel Training Program shared their memorable experiences and invaluable insights. They noted that the training not only imparted critical crisis assessment techniques but also fostered a deeper understanding and respect for mental health issues.

## 合作意向書簽署儀式 Letter of Intent Signing Ceremony

「Chat窿青年守望天使培訓計劃」獲得香港大學、香港中文大學、香港理工大學、香港城市大學及宏恩基督教學院五間院校的支持，將於2024年至2027年期間合作，將計劃帶入學校，招募更多學生參與計劃，並共同為學系學生提供義工訓練，為青年人提供情緒支援。記者會上，本會主席及五間參與院校的四間院校教職員將出席意向書簽署儀式，旨在延續和深化第一屆的教學理念和方法，裝備更多青年成為心理健康領域的專業守護者。

The ChatPoint Youth Crisis Angel Training Program has garnered support from five esteemed institutions: The University of Hong Kong, The Chinese University of Hong Kong, The Hong Kong Polytechnic University, the City University of Hong Kong, and the Gratia Christian College. From 2024 to 2027, these institutions will collaborate to incorporate the program into their curricula, recruit additional students for participation, and jointly provide volunteer training to support young individuals emotionally. During the press conference, our Chairman, Mr. Wong Hon Chi, Heymans, and faculty representatives from four of the five participating institutions attended the Letter of Intent Signing Ceremony. This initiative aims to perpetuate and enhance the educational philosophy and methodologies established in the inaugural cohort, thereby equipping more youth to become ChatPoint Youth Crisis Angels in the mental health field.



# 籌款及跨界別合作回顧

## FUNDRAISING EVENT

### 慈善座檯月曆合作 Charity Desk Calendar Collaboration

香港撒瑪利亞防止自殺會榮幸地獲得紙藝軒的合作邀請，共同推出2025年慈善座檯月曆。此月曆以「與心同行」為主題，搭配富有意義的短句，透過正向訊息鼓勵大家積極面對人生。每本座檯月曆的批量售價為\$18，首4,000本的全部收益將全數捐贈給本會，其後每售出一個將撥捐\$8，是項合作最後籌得約港幣6萬元以支持本會。

The Samaritan Befrienders Hong Kong was honored to collaborate with Paper Art Studio in launching the 2025 Charity Desk Calendar. Themed "Walking with Heart," this calendar features meaningful quotes that inspire individuals to embrace life positively through uplifting messages. Each desk calendar is HK\$18 in bulk sale price, with all proceeds from the initial 4,000 copies being fully donated to our organization. For each additional calendar sold thereafter, HK\$8 will be allocated as a donation, ultimately raising approximately HK\$60,000 to support our initiatives.



## 香港電台《鏗鏘集》節目訪問：自殺者家屬

RTHK's Hong Kong Connection: Families of Suicide Victims Families of Suicide Victims

香港電台《鏗鏘集》訪問了本會的「活出彩虹服務」組員，他們都是因親友自殺而受到影響的人。這些遺屬面臨著情感創傷、社會孤立和心理健康問題等挑戰，常常需要重新適應失去的生活角色。

為了提供支持，「活出彩虹服務」設有個案輔導和支援小組，幫助他們分享經歷，互相扶持，並關注自殺者親友的需求，這能有效減輕他們的痛苦，讓他們感受到被理解和支持。

在節目中，三位組員分享了他們的心路歷程。其中一位組員坦言：「不可能與鄰居分享這些事，他聽了只會說別想太多。」然而，當他與同路人一起面對情緒和困擾時，發現「連這些事都可以談，心裡便很舒服。」透過參加「活出彩虹服務」的各種活動，自殺者親友能夠互相支持，分享自己的故事，從而更好地適應新生活，走出困境，重拾正常生活。

Hong Kong Radio's program Hong Kong Connection featured an interview with members of our Live the Rainbow Service, who are individuals profoundly affected by the suicide of friends or family members. These survivors encounter significant challenges, including emotional trauma, social isolation, and mental health issues, often necessitating a readjustment to the loss of their previous life roles.

In response to these challenges, the Live the Rainbow Service provides comprehensive case counseling and support groups designed to facilitate the sharing of experiences and mutual support among participants. By addressing the specific needs of suicide survivors, this service effectively alleviates their suffering and fosters a sense of understanding and support.

During the program, three members shared their personal journeys of grief and recovery. One member poignantly remarked, "It's impossible to share these feelings with neighbors; they would merely advise me not to think too much." However, through engaging with others who face similar emotional struggles, he discovered that "being able to discuss these issues brings me significant comfort." By participating in various activities organized by the Live the Rainbow Service, suicide survivors can provide mutual support, share their narratives, and better navigate their new realities, ultimately overcoming challenges and reclaiming a sense of normalcy in their lives.



重溫節目網址  
Replay program link:

<https://podcast.rthk.hk/podcast/item.php?pid=244&eid=238419>



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



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。2024年有8位善長承諾進一步支持我們的使命和工作。直至2024年底，我們共有24位善長，訂立了遺囑將其遺產捐贈予本會，總額約達港幣980萬。

The Samaritan Befrienders Hong Kong (SBHK) has collaborated with the legacy giving platform Forevergift.hk to provide a complimentary will-making service for individuals interested in leaving charitable gifts to the community. Every contribution, regardless of its size, has the potential to create a meaningful impact and support those in need. Forevergift.hk has developed a free will service platform that partners with various charities and law firms in Hong Kong, encouraging individuals to express their philanthropic intentions through bequests in their wills. In 2024, 8 donors committed to further supporting our mission and work. As of the end of 2024, 24 donors have designated SBHK in their wills, resulting in a total legacy of HK\$9.8 million.

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？

I HAVE SEEN DEPRESSION & MENTAL ILLNESS  
TAKEN A LOVED ONE AWAY. I ALSO HAVE HAD  
SUICIDAL THOUGHTS IN MY YOUNGER DAYS.  
I HOPE TO SUPPORT ORGANIZATIONS THAT  
CAN HELP THOSE IN NEED TO FIND THE  
RIGHT PATH. 9.

您希望將以上心聲分享給哪間慈善機構？

SAMARITAN BEFRIENDERS HONG KONG



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

## 與防止自殺機構交流

### Suicide Prevention Organizations Exchanges

在2024年，社團法人台北市生命線協會及澳門明愛生命熱線分別來到香港撒瑪利亞防止自殺會進行交流。台北市生命線協會的代表在與香港機構的首次交流中，距上一次互動已經八年，雙方分享了各自的新項目及服務經驗，並探討未來的運作與發展方向。而澳門明愛生命熱線的代表則在七年後再次與香港機構會面，積極交流服務經驗，深入討論工作進程及面臨的挑戰。這兩次交流不僅促進了機構之間的合作，也共同探索了防止自殺及危機介入領域的有效解決方案，期望能為社會福祉做出貢獻。

In 2024, the Lifeline Association, Taipei, and Caritas Macau - Lifeline Hotline separately visited The Samaritan Befrienders Hong Kong for an exchange. The Lifeline Association, Taipei representatives, participated in their first exchange with The Samaritan Befrienders Hong Kong after an eight-year gap, sharing their new projects and service experiences while discussing future operations and development directions. The representatives from Caritas Macau - Lifeline Hotline met with us again after seven years, actively exchanging service experiences and engaging in discussions about work processes and the challenges they face. These two exchanges promoted cooperation between the agencies and explored effective solutions in suicide prevention and crisis intervention, with the hope of contributing to social welfare.



## 世界防止自殺日 World Suicide Prevention Day

為響應每年的9月10日世界防止自殺日，2024年本會舉辦了不同活動，旨在提升大眾對自殺議題的認識與關注，並促進社會對精神健康的理解。

To respond to the annual World Suicide Prevention Day on September 10, 2024, we held various activities aimed at raising public awareness and concern about suicide issues, as well as promoting societal understanding of mental health.

### 「精神健康 X 自殺危機 = ?」講座

“Mental Health X Suicide Crisis = ?” Talk

講座特別邀請臨床心理學家萬家輝先生作為嘉賓講者，與參加者，特別是社工和教師一起探討精神健康問題與自殺危機之間的密切關係。面對這兩種複雜情況，我們需了解在處理求助者及自殺不遂者時應注意的介入方法。此次，並邀請曾經企圖自殺的過來人分享他們的心路歷程，讓大家更深入了解當事人的需求與感受，旨在提升專業人士在相關領域的認識和能力。

The talk featured clinical psychologist Dr. Mann Ka Fai, Stephen as a distinguished guest speaker, who shared the intricate relationship between mental health issues and suicide crises with participants, particularly social workers and educators. In addressing these two complex phenomena, it was essential to understand the intervention strategies necessary when engaging with help-seekers and individuals who had previously attempted suicide. Furthermore, we invited individuals with lived experiences of suicide attempts to share their narratives, providing attendees with deeper insights into the needs and emotions of those affected. The overarching goal was to enhance the knowledge and competencies of professionals in related fields.





## 心「聆」加油站情緒健康工作坊

### Emotional Health Workshop

不同人士在生活中難免會遇到各種壓力及困難，情緒也容易受其困擾，嚴重時甚至會產生輕生念頭。香港撒瑪利亞防止自殺會與香港精神健康動力基金會協辦9月8日心「聆」加油站情緒健康工作坊，由自殺危機處理中心韋賽姬社工與鄭柏榮精神科專科醫生為受情緒困擾人士提供輔導及講解，幫助參加者更有效地管理自己的情緒健康。

Individuals from various backgrounds inevitably face different pressures and challenges in life, which can significantly impact their emotional well-being and, in severe cases, lead to suicidal thoughts. In collaboration with the Mental Health in Action Foundation, the Samaritan Befrienders Hong Kong organized the Emotional Health Workshop on September 8. The workshop featured Ms. Wai Choi Kei, a social worker from the Suicide Crisis Intervention Centre, and Dr. Cheng Pak Wing Calvin, a specialist in psychiatry, who provided counseling and insights for individuals experiencing emotional distress. Their goal was to help participants effectively manage their emotional health.



## 電台節目分享

### Radio Program Sharing

主席黃瀚之先生亦錄製了香港電台第三台節目 Hashtag Hong Kong，於世界防止自殺日當天播出，就長者自殺數字高企的誘因包括配偶離世、子女移民等；青少年自殺個案上升則或許跟社會氛圍、對年青人期望高等有關。然而，主席強調，自殺絕對可以預防。

藉著2024至2026年世界防止自殺日的主題「改變自殺的敘述」，希望可以改變大眾對自殺的看法，從忌諱自殺一詞，變成可以就自殺議題公開討論，關注自殺問題。

Chairman Mr. Wong Hon-chi recorded a segment for RTHK Radio 3's program Hashtag Hong Kong, which aired on World Suicide Prevention Day. In his discussion, he highlighted the concerning suicide rates among the elderly, attributing factors such as the loss of a spouse and the emigration of children. He noted that the rising incidence of suicide among teenagers may be linked to societal pressures and high expectations placed on youth. However, the chairman emphasized that suicide is entirely preventable.

With the theme "Changing the Narrative on Suicide" for World Suicide Prevention Days from 2024 to 2026, he aims to transform public perceptions of suicide from a taboo subject to one that can be openly discussed, thereby increasing awareness of suicide-related issues.



網址 Website:  
<https://bit.ly/3QDt8gf>



## 生命同行者培訓工作坊

### Life Companion Training Workshop

照顧者不易為，若照顧對象受情緒困擾甚至有輕生念頭，壓力必定百上加斤。「生命同行者培訓工作坊」透過傅子健精神科專科醫生及前總幹事曾展國先生的分享，為受情緒困擾人士的親朋，尤其照顧者提供培訓及輔導，多方位支援照顧者及其照顧對象。

Caring for others is not easy, especially when the person being cared for is experiencing emotional distress or even having thoughts of self-harm, which can significantly increase the caregiver's stress. The Life Companion Training Workshop provides training and counseling for the friends and family of individuals facing emotional challenges, particularly caregivers. Through insights shared by Dr. Fu Tsz Kin, a psychiatrist and our former executive director, Mr. Tsang Chin Kwok, the workshop offers multifaceted support to caregivers and their care recipients.





# 2024年香港 自殺統計數字分析報告

## Analysis Report on Suicide Statistics in Hong Kong 2024

撰寫：黃遠青先生

Authored by: Mr. Jonathan Wong Yuen-ching

根據政府統計處的臨時數字顯示，截至2024年12月31日，香港人口增至7,534,200人。其中3,417,200人為男性45.36%。4,117,000人為女性54.64%。死因裁判庭報告於2024年共有1,138宗自殺死亡個案，包括978宗無須進行死因研究。

2024年的自殺率為每十萬人有15.10宗自殺死亡個案，比起2023年的14.55宗上升了0.55。平均自殺死亡數字為每日3.12人，自殺數字是自2003年以來最高的。

(資料來源:中華人民共和國香港特別行政區政府統計處2024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2024死因研究報告)。

According to provisional figures from the Census and Statistics Department, as of December 31, 2024, Hong Kong's population increased to 7,534,200. This comprises 3,417,200 males (45.36%) and 4,117,000 females (54.64%). The Coroner's Court reported a total of 1,138 suicide deaths in 2024, including 978 cases that did not require a Coroner's inquiry.

The suicide rate in 2024 was 15.10 deaths per 100,000 population, an increase of 0.55 from 14.55 in 2023. The average number of suicide deaths was 3.12 per day, marking the highest number of suicides since 2003.

(Source: Hong Kong Census and Statistics Department's Full-Year Population Statistics 2024. Statistical figures provided by the Coroner's Court in this report are provisional. Official statistics will be based on the Coroner's Court's 2024 Coroner's Inquiry Report.)



# 2024年香港自殺現象總覽

## OVERVIEW OF SUICIDE PHENOMENON IN HONG KONG 2024

2024年，香港共錄得1,138宗自殺死亡個案。其中，有978宗自殺死亡案件無須進行死因調查（見表八），這佔總數的85.94%，遠高於2023年的80.04%。這類案件的缺乏詳細調查，對進行精確的數據分析和深入理解自殺背後原因構成了顯著挑戰。

In 2024, Hong Kong recorded a total of 1,138 suicide deaths. Among these, 978 suicide cases did not require a Coroner's inquiry (see Table 8), accounting for 85.94% of the total, significantly higher than 80.04% in 2023. The lack of detailed investigation in these cases poses a significant challenge for precise data analysis and a deeper understanding of the underlying causes of suicide.

- **自殺死亡總數**：2024年錄得1,138宗自殺死亡個案，相較於2023年的1,092宗，增加了46宗，上升了約4.21%。這是自2003年以來錄得的最高數字，反映出香港社會仍面臨嚴峻的心理健康挑戰。
- **Total Suicide Deaths**：1,138 suicide deaths were recorded in 2024, an increase of 46 cases, or approximately 4.21%, compared to 1,092 cases in 2023. This is the highest number recorded since 2003, reflecting the severe mental health challenges still faced by Hong Kong society.
- **性別分佈**：男性自殺死亡個案共762宗 (66.96%)，女性為376宗 (33.04%)。男性自殺死亡個案數仍遠超女性，男女性別比例約為 (2.4:1)，與2023年的2.2:1相比略有上升，男性仍是自殺高風險群體。
- **Gender Distribution**：There were 762 male suicide deaths (66.96%) and 376 female suicide deaths (33.04%). Male suicide deaths continue to significantly outnumber female deaths, with a male-to-female ratio of approximately 2.4:1, a slight increase from 2.2:1 in 2023, indicating that males remain a high-risk group for suicide.
- **自殺率**：2024年香港的整體自殺率為15.10 (每100,000人)。相較於2023年的14.55，上升了0.55。這表示每十萬人口中，自殺死亡人數有所增加。平均每日約有3.12宗自殺個案發生。
- **Suicide Rate**：Hong Kong's overall suicide rate in 2024 was 15.10 per 100,000 population. This is an increase of 0.55 compared to 14.55 in 2023, indicating a rise in the number of suicide deaths per 100,000 population. An average of approximately 3.12 suicide cases occurred daily.

## 按自殺方式分組的統計數字 (見表一)

### STATISTICS BY SUICIDE METHOD (SEE TABLE 1)

於2024年，592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52.02%，較2023年的571宗增加了21宗。採用此方式的男性自殺死亡者為390名，女性的是202名，顯示男性自殺者比較決絕。

In 2024, 592 suicide deaths occurred by "Jumping from height," which continues to be the leading method among all suicide methods, accounting for 52.02% of the total. This is an increase of 21 cases from 571 in 2023. There were 390 male suicide victims and 202 female victims who used this method, indicating that male suicide victims may be more resolute.

「吊死」為第二常見方式，共錄得244宗個案（男性166宗，女性78宗），佔總數的21.44%。與2023年的246宗（22.53%）相比，個案數和佔比均略有下降。

"Hanging" was the second most common method, with 244 cases recorded (166 males, 78 females), accounting for 21.44% of the total. Compared to 246 cases (22.53%) in 2023, both the number and proportion of cases decreased slightly.

「一氧化碳中毒」成為第三常見方式，錄得166宗個案（男性128宗，女性38宗），佔總數的14.59%。相較於2023年的137宗（12.55%），個案數和佔比均有所增加，這是一個值得關注的上升趨勢。

"Carbon monoxide" poisoning became the third most common method, with 166 cases recorded (128 males, 38 females), accounting for 14.59% of the total. Compared to 137 cases (12.55%) in 2023, both the number and proportion of cases increased, representing a concerning upward trend.

## 按職業方式分組的統計數字 (見表三)

### STATISTICS BY OCCUPATION (SEE TABLE 3)

在排除978宗未能分類的個案後（此類案件多為無需進行詳細調查的個案，其職業分佈可能無法獲取），餘下的160宗個案中：

- 「**沒有職業**」人士的自殺個案錄得60宗，是各職業類別中最高的，佔已分類個案的37.5%。然而，與2023年的74宗相比，此類別的自殺個案減少了14宗。
- 「**藍領階層**」錄得45宗，位居第二。與2023年的47宗相比，略有下降。
- 「**退休人士**」錄得21宗，位居第三。與2023年的48宗相比，個案數顯著減少了27宗。

儘管2024年香港的失業率和就業不足率（見表四和表五）（2024年3.0%對2023年2.9%）和就業不足率（2024年1.2%對2023年1.1%）整體略有上升，但某些職業類別的自殺個案數卻有所下降。這表明自殺行為與經濟因素之間的關係可能更為複雜，需要結合其他社會心理因素進行綜合分析。

Excluding the 978 unclassified cases (which are primarily those not requiring detailed investigation, where occupational distribution may not be available), among the remaining 160 classified cases:

- Person with "Not Employed" recorded 60 suicide cases, the highest among all occupational categories, accounting for 37.5% of the classified cases. However, compared to 74 cases in 2023, suicide cases in this category decreased by 14.
- "Blue collars" recorded 45 cases, ranking second. This represents a slight decrease compared to 47 cases in 2023.
- "Retired person" recorded 21 cases, ranking third. This is a significant decrease of 27 cases compared to 48 cases in 2023.

Despite a slight overall increase in Hong Kong's unemployment rate (3.0% in 2024 vs. 2.9% in 2023) and underemployment rate (1.2% in 2024 vs. 1.1% in 2023) (see Tables Four and Five), suicide cases in certain occupational categories decreased. This suggests that the relationship between suicidal behaviour and economic factors may be more complex, requiring a comprehensive analysis that incorporates other socio-psychological factors.

## 按年齡及性別分組的統計數字 (見表一及表二)

### STATISTICS BY AGE AND GENDER (SEE TABLES 1 AND 2)

#### 年齡組別：0-19歲

於2024年，此年齡組別共有35宗自殺死亡個案，相較於2023年的43宗，減少了8宗（下降約18.6%）。

- 自殺率為3.40，相比2023年的4.07下降了0.67，儘管個案數減少，但由於人口基數變化，自殺率反而上升。
- 男女性別比例為1.1:1（男性自殺3.57，女性自殺率3.22），相比2023年的1.2:1更趨於平衡，這與2022年的2.1:1相比則有顯著差異。
- 在此年齡組別中，「由高處墮下」仍是最主要的自殺方式，佔此組別總數的80%(28宗)，這再次突顯了青少年群體在絕望時可能展現出的極端決心。

#### Age Group: 0-19 years old

In 2024, this age group had 35 suicide deaths, a decrease of 8 cases (approximately 18.6%) compared to 43 cases in 2023.

- The suicide rate was 3.40, a decrease of 0.67 compared to 4.07 in 2023. Although the number of cases decreased, the suicide rate increased due to changes in the population base.
- The male-to-female ratio was 1.1:1 (male suicide rate 3.57, female suicide rate 3.22), showing a move towards greater balance compared to 1.2:1 in 2023, and a significant difference from 2.1:1 in 2022.
- In this age group, "Jumping from height" remained the primary suicide method, accounting for 80% (28 cases) of the total for this group. This once again highlights the extreme determination that young people may exhibit when in despair.

## 年齡組別：20-59歲

於2024年，此年齡組別共有628宗自殺死亡個案，佔所有自殺宗數的55.18%。相較於2023年的573宗，增加了55宗（上升約9.6%）。

- 此年齡層的自殺率為15.30，相比2023年的13.90上升了1.40。
- 男女性別比例為2.8:1（男性自殺率24.23，女性自殺率8.55），相較2023年的2.4:1有所上升，顯示男性在此年齡段的自殺風險仍顯著高於女性。
- 此組別中，最常見的自殺方式仍是「由高處墮下」，佔50.64%（318宗）。值得注意的是，「一氧化碳中毒」個案數（131宗，佔20.86%）在此年齡組別中超越了「吊死」個案數（101宗，佔16.08%），成為第二常見的自殺方式，這與整體趨勢（吊死第二、一氧化碳第三）有所不同，值得進一步探討。
- 這個年齡組別值得關注的是，30至39歲及40至49歲男性自殺率的上升，分別由2023年的19.05及22.06上升至2024年的24.38及27.46（每10萬人）反映了該群體面臨的複雜社會、經濟及心理挑戰。香港男性，尤其是高學歷及職場中的男性，對微妙的心理健康症狀（如輕微焦慮或抑鬱）覺察不足，這是阻礙早日尋求專業幫助的主要障礙。香港的文化環境強調男性應堅強及自立，這可能阻止他們承認或討論心理健康問題。傳統的性別角色期望使得男性更傾向隱藏情緒問題，而不是主動求助。同時，中年男性可能因工作壓力及家庭責任而感到社會孤立，缺乏情感支援。這種孤立感可能加劇心理健康問題，特別是在缺乏社區或同儕支援的情況下。因此，社會值得關注開發專為中年男性設計的心理健康服務，加強社區資源及家庭支援網絡，減少社會孤立和鼓勵求助行為。

## Age Group: 20-59 years old

In 2024, this age group had 628 suicide deaths, accounting for 55.18% of all suicide cases. This is an increase of 55 cases (approximately 9.6%) compared to 573 cases in 2023.

- The suicide rate for this age group was 15.30, an increase of 1.40 compared to 13.90 in 2023.
- The male-to-female ratio was 2.8:1 (male suicide rate 24.23, female suicide rate 8.55), an increase from 2.4:1 in 2023, indicating that males in this age range continue to face significantly higher suicide risk than females.
- In this group, the most common suicide method was still "Jumping from height," accounting for 50.64% (318 cases). Notably, carbon monoxide poisoning cases (131 cases, accounting for 20.86%) surpassed hanging cases (101 cases, accounting for 16.08%) in this age group, becoming the second most common suicide method. This differs from the overall trend (Hanging second, Carbon monoxide third) and warrants further investigation.
- A concerning trend in this age group is the rise in suicide rates for men aged 30-39 and 40-49, which increased from 19.05 and 22.06 in 2023 to 24.38 and 27.46 per 100,000 population respectively in 2024. This reflects the complex social, economic, and psychological challenges faced by this demographic. Hong Kong men, especially those who are highly educated and in professional careers, often have insufficient awareness of subtle mental health symptoms (such as mild anxiety or depression), which is a major barrier to seeking early professional help. Hong Kong's cultural environment emphasizes that men should be strong and self-reliant, which may prevent them from acknowledging or discussing mental health issues. Traditional gender role expectations make men more likely to hide emotional problems rather than actively seek help. Simultaneously, middle-aged men may experience social isolation due to work pressure and family responsibilities, lacking emotional support. This sense of isolation can exacerbate mental health problems, particularly in the absence of community or peer support. Therefore, society should focus on developing mental health services specifically designed for middle-aged men, strengthening community resources and family support networks, reducing social isolation, and encouraging help-seeking behaviour.

年齡組別：60歲或以上

於2024年，此年齡組別共有472宗自殺死亡個案，佔自殺總數的41.48%。相較於2023年的473宗，數量略有下降。

- 此年齡組別的自殺率為19.67，仍是所有年齡組別中最高的，但相比2023年的20.36，輕微下降了0.69。
- 男女性別比例為2.3:1，與2023年的2.2:1相近，男性在此高齡組別的自殺風險仍較高。
- 此年齡組別中最常見的自殺方式仍是「由高處墮下」，佔此組別總數的52.12% (246宗)。

Age Group: 60 years old or above

In 2024, this age group had 472 suicide deaths, accounting for 41.48% of the total suicides. This represents a slight decrease compared to 473 cases in 2023.

- The suicide rate for this age group was 19.67, which remains the highest among all age groups, though it slightly decreased by 0.69 compared to 20.36 in 2023.
- The male-to-female ratio was 2.3:1, similar to 2.2:1 in 2023, indicating that males in this older age group still face a higher suicide risk.
- The most common suicide method in this age group remained "Jumping from height," accounting for 52.12% (246 cases) of the total for this group.

精神病患相關的自殺統計數字 (見表六)

SUICIDE STATISTICS RELATED TO MENTAL ILLNESS (SEE TABLE 6)

在2024年所有經死因調查的自殺個案中（即1138宗總數減去978宗無須調查個案，共160宗），有60宗自殺個案被判斷與精神疾病相關聯，佔已調查個案的37.5%。這相較於2023年的71宗（佔32.57%）個案，精神疾病相關自殺個案的佔比有所上升。

Among all suicide cases that underwent a Coroner's inquiry in 2024 (i.e., 160 cases, calculated as 1,138 total cases minus 978 cases not requiring inquiry), 60 cases were determined to be associated with mental illness, accounting for 37.5% of the investigated cases. This marks an increase in the proportion of mental illness-related suicide cases compared to 71 cases (32.57%) in 2023.

在這些與精神疾病相關的自殺個案中：

- 28宗個案採取「由高處墮下」方式（男性18宗，女性10宗）。
- 9宗個案採取「藥物」方式（男性4宗，女性5宗）。
- 8宗個案採取「吊死」方式（男性5宗，女性3宗）。
- 5宗個案採取「一氧化碳中毒」方式（男性3宗，女性2宗）。
- 4宗個案採取「淹死」方式（男性2宗，女性2宗）。
- 4宗個案採取「毒藥」方式（男性1宗，女性3宗）。
- 1宗個案採取「利器」方式（男性1宗，女性0宗）。

Among these suicide cases related to mental illness:

- 28 cases involved "Jumping from height" (18 males, 10 females).
- 9 cases involved "Drug overdose" (4 males, 5 females).
- 8 cases involved "Hanging" (5 males, 3 females).
- 5 cases involved "Carbon monoxide" poisoning (3 males, 2 females).
- 4 cases involved "Drowning" (2 males, 2 females).
- 4 cases involved "Poisons" (1 male, 3 females).
- 1 case involved a "Sharp instrument" (1 male, 0 females).

## 總結與展望

### SUMMARY AND OUTLOOK

2024年香港的自殺死亡總數錄得1,138宗，其中762宗(66.96%)為男性，376宗(33.04%)為女性，自殺率為每十萬人有15.10宗。相較於2023年呈現上升趨勢，且整體自殺率亦有所增加。男性仍是自殺高風險群體，高齡組別的自殺率最高。雖然「由高處墮下」仍然是最常見的自殺方式，但「一氧化碳中毒」的佔比有所上升，尤其是在20-59歲年齡組別中。

在2024年，國際防止自殺協會 (IASP) 將世界防止自殺日的主題定為「改變自殺的敘述」(Changing the Narrative on Suicide)，旨在破除社會對自殺議題的忌諱，鼓勵公開且誠實的討論，從而提升大眾的關注與預防意識。與此不謀而合的是，香港撒瑪利亞防止自殺會今年迎來65周年，我們亦呼應這一全球倡議，以「打開心扉65載」為主題，強調在個人層面「打開心扉」與「心聲被聽見」的重要性，這正是推動社會「改變自殺敘述」的基石。

透過這個主題，我們想表達：「65年傾聽，讓心聲被聽見」65年來，對我們來說每一通熱線都是生命的連結，一起同行為孤獨與痛苦的情緒尋找出路，讓「被聽見」作為打開心扉的鑰匙，打開希望的大門。

面對日益嚴峻的自殺數字，社會各界應持續關注市民的精神健康，加強預防與支援服務，特別是針對高風險群體和面臨生活挑戰的人士。透過跨部門、跨專業的合作，共同構建一個關愛、有希望的社會，是我們當前最重要的任務。

In 2024, Hong Kong recorded a total of 1,138 suicide deaths, with 762 cases (66.96%) being male and 376 cases (33.04%) being female, and a suicide rate of 15.10 per 100,000 population. This shows an upward trend compared to 2023, with an overall increase in the suicide rate. Males remain the predominant group in suicide deaths, and the elderly age group has the highest suicide rate. Although "Jumping from height" remains the most common suicide method, the proportion of "Carbon monoxide" poisoning has increased, especially in the 20-59 age group.

In 2024, the International Association for Suicide Prevention (IASP) has designated "Changing the Narrative on Suicide" as the theme for World Suicide Prevention Day. This initiative aims to break down societal taboos surrounding the issue of suicide, encourage open and honest discussion, and thereby raise public awareness and prevention efforts. Coinciding with this global initiative, Samaritan Befrienders Hong Kong (SBHK) celebrates its 65th anniversary this year. We echo this call by adopting the theme "Open Hearts for 65 Years," emphasizing the vital importance of "opening one's heart" and "having one's voice heard" at the individual level – a cornerstone for driving society's "changing the narrative on suicide."

Through this theme, we wish to convey: "65 Years of Listening, Letting Voices Be Heard." For 65 years, every hotline call has been a lifeline for us. We walk alongside individuals to find an outlet for feelings of loneliness and pain, making "being heard" the key to unlocking hearts and opening the door to hope.

Given the escalating suicide rates, all sectors of society should continue to pay close attention to the mental well-being of citizens, strengthening prevention and support services, especially for high-risk groups and those facing life challenges. Our most important task at present is to collectively build a caring and hopeful society through inter-departmental and multi-disciplinary collaboration.

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表 1 香港自殺死亡數字(按自殺方式、年齡及性別分組)  
Table The Number of Suicide Death in Hong Kong (By Type, Age & Sex)

| 年份 Year |                              | 2024            |     |       |       |       |       |       |       |      |                   |                    | 2023               |             | 2022               |             |
|---------|------------------------------|-----------------|-----|-------|-------|-------|-------|-------|-------|------|-------------------|--------------------|--------------------|-------------|--------------------|-------------|
|         | 自殺類別<br>Type of Suicide      | 年齡組別 Age Groups |     |       |       |       |       |       |       |      |                   |                    | 小計<br>Subt<br>otal | 總計<br>Total | 小計<br>Subt<br>otal | 總計<br>Total |
|         |                              | 性別<br>Sex       | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70/+ | 不詳<br>Unkn<br>own | 小計<br>Subt<br>otal |                    |             |                    |             |
| 2024    | 火器<br>Firearms               | 男M              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 1    | 0                 | 1                  | 1                  | 0           | 0                  | 1           |
|         |                              | 女F              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    |             |                    |             |
|         | 藥物<br>Drugs                  | 男M              | 0   | 0     | 3     | 1     | 2     | 2     | 1     | 2    | 0                 | 11                 | 28                 | 14          | 31                 | 6           |
|         |                              | 女F              | 0   | 1     | 5     | 3     | 1     | 3     | 1     | 3    | 0                 | 17                 |                    |             |                    |             |
|         | 毒藥<br>Poisons                | 男M              | 0   | 0     | 1     | 0     | 2     | 1     | 0     | 2    | 0                 | 6                  | 12                 | 2           | 8                  | 2           |
|         |                              | 女F              | 0   | 0     | 1     | 0     | 2     | 0     | 1     | 2    | 0                 | 6                  |                    |             |                    |             |
|         | 吊死<br>Hanging                | 男M              | 0   | 2     | 12    | 15    | 21    | 22    | 42    | 52   | 0                 | 166                | 244                | 162         | 246                | 134         |
|         |                              | 女F              | 0   | 1     | 3     | 8     | 13    | 7     | 16    | 30   | 0                 | 78                 |                    |             |                    |             |
|         | 由高處墮下<br>Jumping from Height | 男M              | 1   | 15    | 41    | 61    | 62    | 41    | 74    | 95   | 0                 | 390                | 592                | 369         | 571                | 403         |
|         |                              | 女F              | 0   | 12    | 15    | 32    | 29    | 37    | 30    | 47   | 0                 | 202                |                    |             |                    |             |
|         | 一氧化碳<br>Carbon Monoxide      | 男M              | 0   | 1     | 12    | 27    | 35    | 30    | 16    | 7    | 0                 | 128                | 166                | 104         | 137                | 80          |
|         |                              | 女F              | 0   | 0     | 7     | 6     | 7     | 7     | 6     | 5    | 0                 | 38                 |                    |             |                    |             |
|         | 淹死<br>Drowning               | 男M              | 0   | 0     | 2     | 3     | 6     | 11    | 7     | 10   | 2                 | 41                 | 68                 | 40          | 71                 | 28          |
|         |                              | 女F              | 0   | 1     | 2     | 0     | 4     | 5     | 5     | 9    | 1                 | 27                 |                    |             |                    |             |
|         | 利器<br>Sharp Instruments      | 男M              | 0   | 0     | 2     | 4     | 1     | 2     | 0     | 2    | 0                 | 11                 | 16                 | 8           | 13                 | 13          |
|         |                              | 女F              | 0   | 0     | 1     | 1     | 1     | 0     | 0     | 2    | 0                 | 5                  |                    |             |                    |             |
|         | 其他<br>Others                 | 男M              | 0   | 0     | 2     | 1     | 0     | 3     | 1     | 1    | 0                 | 8                  | 11                 | 12          | 15                 | 9           |
|         |                              | 女F              | 0   | 1     | 0     | 0     | 0     | 0     | 0     | 2    | 0                 | 3                  |                    |             |                    |             |
| 2024    | 小計<br>Subtotal               | 男M              | 1   | 18    | 75    | 112   | 129   | 112   | 141   | 172  | 2                 | 762                |                    |             |                    |             |
|         |                              | 女F              | 0   | 16    | 34    | 50    | 57    | 59    | 59    | 100  | 1                 | 376                |                    |             |                    |             |
|         | 總計<br>Total                  |                 | 1   | 34    | 109   | 162   | 186   | 171   | 200   | 272  | 3                 |                    | 1,138              |             |                    |             |
| 2023    | 小計<br>Subtotal               | 男M              | 0   | 24    | 76    | 87    | 104   | 105   | 125   | 189  | 1                 |                    |                    | 711         |                    |             |
|         |                              | 女F              | 0   | 19    | 40    | 34    | 59    | 68    | 58    | 101  | 2                 |                    |                    |             |                    |             |
|         | 總計<br>Total                  |                 | 0   | 43    | 116   | 121   | 163   | 173   | 183   | 290  | 3                 |                    |                    | 1,092       |                    |             |
| 2022    | 小計<br>Subtotal               | 男M              | 0   | 27    | 67    | 75    | 84    | 135   | 119   | 168  | 1                 |                    |                    |             | 676                |             |
|         |                              | 女F              | 0   | 12    | 30    | 45    | 58    | 69    | 76    | 114  | 0                 |                    |                    |             |                    |             |
|         | 總計<br>Total                  |                 | 0   | 39    | 97    | 120   | 142   | 204   | 195   | 282  | 1                 |                    |                    |             |                    | 1,080       |

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



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

|                            | 年齡組別<br>Age Group           | 2024  |       |             |             | 2023  |       |             |             | 2022  |       |             |             |
|----------------------------|-----------------------------|-------|-------|-------------|-------------|-------|-------|-------------|-------------|-------|-------|-------------|-------------|
|                            |                             | 男 M   | 女 F   | 比例<br>Ratio | 總數<br>Total | 男 M   | 女 F   | 比例<br>Ratio | 總數<br>Total | 男 M   | 女 F   | 比例<br>Ratio | 總數<br>Total |
| 0-19                       | 0-9                         | 0.44  | 0.00  | 0:0         | 0.00        | 0.00  | 0.00  | 0:0         | 0.00        | 0.00  | 0.00  | 0:0         | 0.00        |
|                            | 10-19                       | 5.92  | 5.64  | 1.1:1       | 5.79        | 7.76  | 6.61  | 1.2:1       | 7.20        | 9.08  | 4.31  | 2.1:1       | 6.78        |
|                            | 整體人口<br>Subtotal Population | 3.57  | 3.22  | 1.1:1       | 3.40        | 4.40  | 3.72  | 1.2:1       | 4.07        | 5.07  | 2.39  | 2.1:1       | 3.77        |
|                            |                             |       |       |             |             |       |       |             |             |       |       |             |             |
| 20-59                      | 20-29                       | 21.78 | 9.33  | 2.3:1       | 15.38       | 21.70 | 10.79 | 2.0:1       | 16.09       | 19.14 | 8.11  | 2.4:1       | 13.47       |
|                            | 30-39                       | 24.38 | 8.19  | 3.0:1       | 15.14       | 19.05 | 5.55  | 3.4:1       | 11.31       | 16.60 | 7.33  | 2.3:1       | 11.26       |
|                            | 40-49                       | 27.46 | 8.16  | 3.4:1       | 15.92       | 22.06 | 8.51  | 2.6:1       | 14.00       | 18.04 | 8.49  | 2.1:1       | 12.37       |
|                            | 50-59                       | 22.72 | 8.87  | 2.6:1       | 14.77       | 20.92 | 10.21 | 2.0:1       | 14.81       | 26.75 | 10.40 | 2.6:1       | 17.47       |
|                            | 整體人口<br>Subtotal Population | 24.23 | 8.55  | 2.8:1       | 15.30       | 20.90 | 8.58  | 2.4:1       | 13.90       | 20.37 | 8.67  | 2.4:1       | 13.72       |
| 60/+                       | 60-69                       | 24.23 | 9.05  | 2.7:1       | 16.21       | 21.47 | 9.08  | 2.4:1       | 14.99       | 21.19 | 12.59 | 1.7:1       | 16.73       |
|                            | 70/+                        | 32.07 | 15.88 | 2.0:1       | 23.33       | 37.20 | 16.99 | 2.2:1       | 26.31       | 35.37 | 20.53 | 1.7:1       | 27.37       |
|                            | 整體人口<br>Subtotal Population | 27.99 | 12.41 | 2.3:1       | 19.67       | 28.80 | 12.89 | 2.2:1       | 20.36       | 27.69 | 16.39 | 1.7:1       | 21.73       |
| 全年整體人口<br>Total Population |                             | 22.30 | 9.13  | 2.4:1       | #15.10      | 20.81 | 9.32  | 2.2:1       | #14.55      | 20.23 | 10.12 | 2.0:1       | #14.73      |

\* 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 2024 (按職業分組)  
Table The Number of Suicide Death in Hong Kong 2024 (By Occupation)

| 年份 Year              | 2024            |     |       |       |       |       |       |       |      |             |              |          | 2023 |       | 2022 |       |
|----------------------|-----------------|-----|-------|-------|-------|-------|-------|-------|------|-------------|--------------|----------|------|-------|------|-------|
| 職業 Occupation        | 年齡組別 Age Groups |     |       |       |       |       |       |       |      |             |              |          | 2023 |       | 2022 |       |
|                      | 性別 Sex          | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70/+ | 不詳 Unkn own | 小計 Subt otal | 總計 Total |      |       |      |       |
| 學生 Student           | 男 M             | 1   | 3     | 0     | 1     | 0     | 0     | 0     | 0    | 0           | 5            | 10       | 6    | 11    | 8    | 10    |
|                      | 女 F             | 0   | 2     | 3     | 0     | 0     | 0     | 0     | 0    | 0           | 5            |          | 5    |       | 2    |       |
| 教師 Teacher           | 男 M             | 0   | 0     | 1     | 0     | 0     | 0     | 0     | 0    | 0           | 1            | 1        | 3    | 3     | 0    | 0     |
|                      | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            |          | 0    |       | 0    |       |
| 沒有職業 Not Employed    | 男 M             | 0   | 0     | 5     | 6     | 8     | 9     | 10    | 4    | 0           | 42           | 60       | 45   | 74    | 42   | 62    |
|                      | 女 F             | 0   | 1     | 2     | 7     | 6     | 2     | 0     | 0    | 0           | 18           |          | 29   |       | 20   |       |
| 家庭主婦 Housewife       | 男 M             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            | 8        | 0    | 10    | 0    | 11    |
|                      | 女 F             | 0   | 0     | 0     | 0     | 3     | 2     | 1     | 2    | 0           | 8            |          | 10   |       | 11   |       |
| 藍領階層 Blue Collars    | 男 M             | 0   | 0     | 7     | 5     | 15    | 5     | 3     | 1    | 0           | 36           | 45       | 33   | 47    | 32   | 44    |
|                      | 女 F             | 0   | 0     | 2     | 3     | 3     | 1     | 0     | 0    | 0           | 9            |          | 14   |       | 12   |       |
| 白領階層 White Collars   | 男 M             | 0   | 0     | 0     | 1     | 3     | 1     | 0     | 0    | 0           | 5            | 11       | 4    | 11    | 11   | 21    |
|                      | 女 F             | 0   | 0     | 2     | 2     | 0     | 2     | 0     | 0    | 0           | 6            |          | 7    |       | 10   |       |
| 病人 Patient           | 男 M             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            | 0        | 0    | 0     | 0    | 0     |
|                      | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            |          | 0    |       | 0    |       |
| 紀律部隊 Disciplin aries | 男 M             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            | 0        | 0    | 0     | 1    | 1     |
|                      | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            |          | 0    |       | 0    |       |
| 商人 Business Man      | 男 M             | 0   | 0     | 1     | 0     | 0     | 1     | 0     | 0    | 0           | 2            | 2        | 7    | 9     | 8    | 10    |
|                      | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0           | 0            |          | 2    |       | 2    |       |
| 退休人士 Retired Person  | 男 M             | 0   | 0     | 0     | 0     | 0     | 2     | 5     | 10   | 0           | 17           | 21       | 36   | 48    | 34   | 49    |
|                      | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 1     | 3    | 0           | 4            |          | 12   |       | 15   |       |
| 未能分類* Unclassified   | 男 M             | 0   | 15    | 61    | 99    | 103   | 94    | 123   | 157  | 1           | 653          | **978    | 574  | 874   | 540  | 872   |
|                      | 女 F             | 0   | 13    | 25    | 38    | 45    | 51    | 57    | 95   | 1           | 325          |          | 300  |       | 332  |       |
| 其他 Other             | 男 M             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 1           | 1            | 2        | 3    | 5     | 0    | 0     |
|                      | 女 F             | 0   | 0     | 0     | 0     | 0     | 1     | 0     | 0    | 0           | 1            |          | 2    |       | 0    |       |
| 小計 Subtotal          | 男 M             | 1   | 18    | 75    | 112   | 129   | 112   | 141   | 172  | 2           | 762          |          | 711  |       | 676  |       |
|                      | 女 F             | 0   | 16    | 34    | 50    | 57    | 59    | 59    | 100  | 1           | 376          |          | 381  |       | 404  |       |
| 總計 Total             |                 | 1   | 34    | 109   | 162   | 186   | 171   | 200   | 272  | 3           |              | 1,138    |      | 1,092 |      | 1,080 |

▲ 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

★★ 2024年共有1138人死於自殺，當中包括978人毋須進行死因研究而裁判為死於自殺  
The total number of suicide cases in 2024 were 1138 which included 978 suicide cases without death investigation report.

表 4 香港就業不足率(按性別及年齡分組)  
Table The Underemployment Rate of Hong Kong (By Sex and Age)

| 年份<br>Year | 性別<br>Sex  | 年齡組別 Age Groups |         |         |         |         |      | 合計<br>Overall |
|------------|------------|-----------------|---------|---------|---------|---------|------|---------------|
|            |            | 15 - 19         | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60/+ |               |
| 2024       | 男 M        | ##              | 1.7     | 1.2     | 1.4     | 2.1     | 1.6  | 1.6           |
|            | 女 F        | ##              | 1.0     | 0.5     | 0.6     | 0.9     | 0.8  | 0.7           |
|            | 合計 Overall | 1.9             | 1.3     | 0.8     | 1.0     | 1.5     | 1.3  | 1.2           |
| 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           |

## 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)  
Table The Unemployment Rate of Hong Kong (By Sex and Age)

| 年份<br>Year | 性別<br>Sex  | 年齡組別 Age Groups |         |         |         |         |      | 合計<br>Overall |
|------------|------------|-----------------|---------|---------|---------|---------|------|---------------|
|            |            | 15 - 19         | 20 - 29 | 30 - 39 | 40 - 49 | 50 - 59 | 60/+ |               |
| 2024       | 男 M        | 11.9            | 6.9     | 2.7     | 3.1     | 3.6     | 2.8  | 3.6           |
|            | 女 F        | 9.1             | 5.1     | 1.8     | 1.8     | 2.2     | 1.7  | 2.4           |
|            | 合計 Overall | 10.5            | 6.0     | 2.3     | 2.4     | 2.9     | 2.4  | 3.0           |
| 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           |

▲ 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 The Number of Mental Suicide in Hong Kong (By Type Age & Sex)

| 年份 Year |                                 | 2024            |     |       |       |       |       |       |       |      |                   |                    | 2023               |             | 2022               |             |
|---------|---------------------------------|-----------------|-----|-------|-------|-------|-------|-------|-------|------|-------------------|--------------------|--------------------|-------------|--------------------|-------------|
|         | 自殺類別<br>Type of Suicide         | 年齡組別 Age Groups |     |       |       |       |       |       |       |      |                   |                    | 小計<br>Subt<br>otal | 總計<br>Total | 小計<br>Subt<br>otal | 總計<br>Total |
|         |                                 | 性別<br>Sex       | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70/+ | 不詳<br>Unkn<br>own | 小計<br>Subt<br>otal |                    |             |                    |             |
| 2024    | 火器<br>Firearms                  | 男M              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 0           | 0                  | 0           |
|         |                                 | 女F              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    |             |                    |             |
|         | 藥物<br>Drugs                     | 男M              | 0   | 0     | 0     | 1     | 1     | 1     | 0     | 1    | 0                 | 4                  | 9                  | 3           | 7                  | 1           |
|         |                                 | 女F              | 0   | 0     | 1     | 2     | 0     | 1     | 0     | 1    | 0                 | 5                  |                    |             |                    |             |
|         | 毒藥<br>Poisons                   | 男M              | 0   | 0     | 1     | 0     | 0     | 0     | 0     | 0    | 0                 | 1                  | 4                  | 2           | 2                  | 0           |
|         |                                 | 女F              | 0   | 0     | 1     | 0     | 2     | 0     | 0     | 0    | 0                 | 3                  |                    |             |                    |             |
|         | 吊死<br>Hanging                   | 男M              | 0   | 0     | 0     | 1     | 0     | 0     | 3     | 1    | 0                 | 5                  | 8                  | 4           | 7                  | 7           |
|         |                                 | 女F              | 0   | 0     | 0     | 1     | 2     | 0     | 0     | 0    | 0                 | 3                  |                    |             |                    |             |
|         | 由高處墮下<br>Jumping<br>from Height | 男M              | 0   | 0     | 6     | 2     | 5     | 1     | 3     | 1    | 0                 | 18                 | 28                 | 17          | 28                 | 13          |
|         |                                 | 女F              | 0   | 0     | 1     | 2     | 2     | 2     | 1     | 2    | 0                 | 10                 |                    |             |                    |             |
|         | 一氧化碳<br>Carbon<br>Monoxide      | 男M              | 0   | 0     | 0     | 2     | 0     | 0     | 1     | 0    | 0                 | 3                  | 5                  | 3           | 4                  | 5           |
|         |                                 | 女F              | 0   | 0     | 0     | 1     | 0     | 1     | 0     | 0    | 0                 | 2                  |                    |             |                    |             |
|         | 淹死<br>Drowning                  | 男M              | 0   | 0     | 0     | 1     | 0     | 0     | 1     | 0    | 0                 | 2                  | 4                  | 6           | 19                 | 8           |
|         |                                 | 女F              | 0   | 0     | 2     | 0     | 0     | 0     | 0     | 0    | 0                 | 2                  |                    |             |                    |             |
|         | 利器<br>Sharp<br>Instruments      | 男M              | 0   | 0     | 0     | 1     | 0     | 0     | 0     | 0    | 0                 | 1                  | 1                  | 1           | 2                  | 2           |
|         |                                 | 女F              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    |             |                    |             |
|         | 其他<br>Others                    | 男M              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 1                  | 1           | 2                  | 2           |
|         |                                 | 女F              | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 1    | 0                 | 1                  |                    |             |                    |             |
| 2024    | 小計<br>Subtotal                  | 男M              | 0   | 0     | 7     | 8     | 6     | 2     | 8     | 3    | 0                 | 34                 |                    |             |                    |             |
|         |                                 | 女F              | 0   | 0     | 5     | 6     | 6     | 4     | 1     | 4    | 0                 | 26                 |                    |             |                    |             |
|         | 總計<br>Total                     |                 | 0   | 0     | 12    | 14    | 12    | 6     | 9     | 7    | 0                 |                    | *60                |             |                    |             |
| 2023    | 小計<br>Subtotal                  | 男M              | 0   | 2     | 3     | 7     | 6     | 9     | 3     | 7    | 0                 |                    |                    | 37          |                    |             |
|         |                                 | 女F              | 0   | 0     | 4     | 4     | 5     | 8     | 7     | 6    | 0                 |                    |                    |             |                    |             |
|         | 總計<br>Total                     |                 | 0   | 2     | 7     | 11    | 11    | 17    | 10    | 13   | 0                 |                    |                    | **71        |                    |             |
| 2022    | 小計<br>Subtotal                  | 男M              | 0   | 4     | 4     | 1     | 5     | 10    | 6     | 8    | 0                 |                    |                    |             | 38                 |             |
|         |                                 | 女F              | 0   | 1     | 3     | 6     | 5     | 4     | 6     | 4    | 0                 |                    |                    |             |                    |             |
|         | 總計<br>Total                     |                 | 0   | 5     | 7     | 7     | 10    | 14    | 12    | 12   | 0                 |                    |                    |             |                    | ***67       |

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

\* 當中有978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 978 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

\*\* 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.

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

| 年份 Year |                                 | 2024      |                 |       |       |       |       |       |       |      |                   |                    | 2023               |             | 2022               |             |
|---------|---------------------------------|-----------|-----------------|-------|-------|-------|-------|-------|-------|------|-------------------|--------------------|--------------------|-------------|--------------------|-------------|
|         | 自殺類別<br>Type of Suicide         | 性別<br>Sex | 年齡組別 Age Groups |       |       |       |       |       |       |      |                   |                    | 小計<br>Subt<br>otal | 總計<br>Total | 小計<br>Subt<br>otal | 總計<br>Total |
|         |                                 |           | 0-9             | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70/+ | 不詳<br>Unkn<br>own | 小計<br>Subt<br>otal |                    |             |                    |             |
| 2024    | 火器                              | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 0           | 0                  | 0           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 0                  | 0           |
|         | 藥物<br>Drugs                     | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 0           | 1                  | 2           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 2           | 1                  | 2           |
|         | 毒藥<br>Poisons                   | 男M        | 0               | 0     | 0     | 0     | 1     | 0     | 0     | 0    | 0                 | 1                  | 1                  | 0           | 0                  | 0           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 0                  | 0           |
|         | 吊死<br>Hanging                   | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 1           | 0                  | 0           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 0                  | 0           |
|         | 由高處墮下<br>Jumping<br>from Height | 男M        | 0               | 0     | 0     | 1     | 0     | 0     | 1     | 0    | 0                 | 2                  | 2                  | 6           | 1                  | 1           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 0                  | 0           |
|         | 一氧化碳<br>Carbon<br>Monoxide      | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 0           | 0                  | 1           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 1                  | 0           |
|         | 淹死<br>Drowning                  | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 1     | 1    | 1                 | 3                  | 3                  | 2           | 3                  | 3           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 4           | 0                  | 0           |
|         | 利器<br>Sharp<br>Instruments      | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 0           | 0                  | 0           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 0                  | 0           |
|         | 其他<br>Others                    | 男M        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  | 0                  | 0           | 1                  | 1           |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    | 0           | 0                  | 0           |
| 2024    | 小計<br>Subtotal                  | 男M        | 0               | 0     | 0     | 1     | 1     | 0     | 2     | 1    | 1                 | 6                  |                    |             |                    |             |
|         |                                 | 女F        | 0               | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    |             |                    |             |
|         | 總計<br>Total                     |           | 0               | 0     | 0     | 1     | 1     | 0     | 2     | 1    | 1                 |                    | *6                 |             |                    |             |
| 2023    | 小計<br>Subtotal                  | 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<br>Total                     |           | 0               | 0     | 1     | 4     | 2     | 3     | 1     | 2    | 2                 |                    |                    | **15        |                    |             |
| 2022    | 小計<br>Subtotal                  | 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<br>Total                     |           | 0               | 0     | 0     | 1     | 1     | 0     | 2     | 3    | 1                 |                    |                    |             |                    | ***8        |

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

\* 當中有978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 978 of suicide cases without death investigation report ordered that excluded the number of Mental Suicide.

\*\* 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.

表 8 無須要求死亡調查報告的自殺案件之附加資料分組)  
Table The Number of Suicide Cases without death investigation reported order in Hong Kong (By Type, Age & Sex)

| 年份 Year |                              | 2024            |     |       |       |       |       |       |       |      |                   |                    | 2023               |             | 2022               |             |
|---------|------------------------------|-----------------|-----|-------|-------|-------|-------|-------|-------|------|-------------------|--------------------|--------------------|-------------|--------------------|-------------|
|         | 自殺類別<br>Type of Suicide      | 年齡組別 Age Groups |     |       |       |       |       |       |       |      |                   |                    | 小計<br>Subt<br>otal | 總計<br>Total | 小計<br>Subt<br>otal | 總計<br>Total |
|         |                              | 性別<br>Sex       | 0-9 | 10-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70/+ | 不詳<br>Unkn<br>own | 小計<br>Subt<br>otal |                    |             |                    |             |
| 2024    | 火器<br>Firearms               | 男 M             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 1    | 0                 | 1                  | 1                  | 0           | 0                  | 0           |
|         |                              | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 0                  |                    |             |                    |             |
|         | 藥物<br>Drugs                  | 男 M             | 0   | 0     | 3     | 0     | 1     | 1     | 1     | 1    | 0                 | 7                  | 14                 | 8           | 17                 | 2           |
|         |                              | 女 F             | 0   | 1     | 1     | 0     | 1     | 2     | 0     | 2    | 0                 | 7                  |                    |             |                    |             |
|         | 毒藥<br>Poisons                | 男 M             | 0   | 0     | 0     | 0     | 0     | 0     | 0     | 2    | 0                 | 2                  | 5                  | 0           | 5                  | 1           |
|         |                              | 女 F             | 0   | 0     | 0     | 0     | 0     | 0     | 1     | 2    | 0                 | 3                  |                    |             |                    |             |
|         | 吊死<br>Hanging                | 男 M             | 0   | 2     | 11    | 12    | 17    | 19    | 35    | 48   | 0                 | 144                | 215                | 133         | 204                | 101         |
|         |                              | 女 F             | 0   | 1     | 3     | 3     | 11    | 7     | 16    | 30   | 0                 | 71                 |                    |             |                    |             |
|         | 由高處墮下<br>Jumping from Height | 男 M             | 0   | 12    | 33    | 59    | 52    | 33    | 68    | 90   | 0                 | 347                | 532                | 318         | 494                | 352         |
|         |                              | 女 F             | 0   | 9     | 13    | 30    | 25    | 34    | 29    | 45   | 0                 | 185                |                    |             |                    |             |
|         | 一氧化碳<br>Carbon Monoxide      | 男 M             | 0   | 1     | 10    | 24    | 30    | 28    | 13    | 6    | 0                 | 112                | 146                | 84          | 107                | 59          |
|         |                              | 女 F             | 0   | 0     | 7     | 4     | 6     | 6     | 6     | 5    | 0                 | 34                 |                    |             |                    |             |
|         | 淹死<br>Drowning               | 男 M             | 0   | 0     | 2     | 1     | 3     | 10    | 5     | 7    | 1                 | 29                 | 49                 | 18          | 30                 | 11          |
|         |                              | 女 F             | 0   | 1     | 0     | 0     | 2     | 2     | 5     | 9    | 1                 | 20                 |                    |             |                    |             |
|         | 利器<br>Sharp Instruments      | 男 M             | 0   | 0     | 0     | 2     | 0     | 1     | 0     | 1    | 0                 | 4                  | 8                  | 3           | 6                  | 8           |
|         |                              | 女 F             | 0   | 0     | 1     | 1     | 0     | 0     | 0     | 2    | 0                 | 4                  |                    |             |                    |             |
|         | 其他<br>Others                 | 男 M             | 0   | 0     | 2     | 1     | 0     | 2     | 1     | 1    | 0                 | 7                  | 8                  | 10          | 11                 | 6           |
|         |                              | 女 F             | 0   | 1     | 0     | 0     | 0     | 0     | 0     | 0    | 0                 | 1                  |                    |             |                    |             |
| 2024    | 小計<br>Subtotal               | 男 M             | 0   | 15    | 61    | 99    | 103   | 94    | 123   | 157  | 1                 | 653                |                    |             |                    |             |
|         |                              | 女 F             | 0   | 13    | 25    | 38    | 45    | 51    | 57    | 95   | 1                 | 325                |                    |             |                    |             |
|         | 總計<br>Total                  |                 | 0   | 28    | 86    | 137   | 148   | 145   | 180   | 252  | 2                 |                    | 978                |             |                    |             |
| 2023    | 小計<br>Subtotal               | 男 M             | 0   | 18    | 67    | 63    | 82    | 76    | 110   | 158  | 0                 |                    |                    | 574         |                    |             |
|         |                              | 女 F             | 0   | 15    | 31    | 29    | 41    | 53    | 48    | 83   | 0                 |                    |                    |             |                    |             |
|         | 總計<br>Total                  |                 | 0   | 33    | 98    | 92    | 123   | 129   | 158   | 241  | 0                 |                    |                    | 874         |                    |             |
| 2022    | 小計<br>Subtotal               | 男 M             | 0   | 17    | 57    | 61    | 68    | 99    | 98    | 140  | 0                 |                    |                    |             | 540                |             |
|         |                              | 女 F             | 0   | 10    | 21    | 34    | 45    | 56    | 64    | 102  | 0                 |                    |                    |             |                    |             |
|         | 總計<br>Total                  |                 | 0   | 27    | 78    | 95    | 113   | 155   | 162   | 242  | 0                 |                    |                    |             |                    | 872         |

▲ 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 organizations to whom in 2024 we would like to express our cordial thanks.

### 機構 Organizations

|                 |   |                              |  |
|-----------------|---|------------------------------|--|
| 親子王國            | Baby Kingdom                                | 紀恩基金有限公司                     | Remad Foundation Limited                         |
| 生機源 ( 香港 ) 有限公司 | Biocycle (Hong Kong) Limited                | 盛華服務有限公司                     | Shing Wah Services Limited                       |
| 微風創作室有限公司       | Breeze Factory Limited                      | 社會福利署                        | Social Welfare Department                        |
| -               | Charitable Choice Hong Kong                 | 新恆基國際物業管理有限公司                | Sunbase International Properties Management Ltd. |
| 城巴有限公司          | Citybus Limited                             | 香港公益金                        | The Community Chest of Hong Kong                 |
| -               | Clover Integrity Corporate Services Limited | 嘉頓有限公司                       | The Garden Company Limited                       |
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| 英皇集團            | Emperor Group                               | 香港賽馬會                        | The Hong Kong Jockey Club                        |
| 生活易             | ESDlife                                     | 香港賽馬會慈善信託基金                  | The Hong Kong Jockey Club Charities Trust        |
| 親子遊             | FamilyGo                                    | 天星小輪                         | The "Star" Ferry                                 |
| 智叻網             | Gnet Group Ltd.                             | 雙妹嘜                          | TWO GIRLS  |
| 民政事務總署          | Home Affairs Department                     | 電訊盈科                         | PCCW Limited                                     |
| 香港討論區           | Hong Kong Discuss Forum                     |                              |  |
| 香港房屋委員會         | Hong Kong Housing Authority                 |                              |  |
| 鴻福堂             | Hung Fook Tong                              | 蔡文昌先生                        | Mr. Tsoi Man Cheong                              |
| 和記旅遊有限公司        | Hutchison Travel Limited                    | 方文麗女士                        | Ms. Fong Man Lee, Lila                           |
| 香港愛玩生網          | iPlayHK                                     | 溫國良先生                        | -  |
| 香港鐵路有限公司        | MTR Corporation Limited                     | 林澤壕先生                        | -  |
| 南北行參茸海味有限公司     | Nam Pei Hong Sum Yung Drugs Company Limited | 蘇雅琳 Ivy So Official Fan Club | 蘇雅琳 Ivy So Official Fan Club                     |
| -               | NOC Coffee Co.                              |                              |  |
| 香港海洋公園          | Ocean Park Hong Kong                        |                              |  |

### 個別人士及團體 Individuals and Groups



# 聯絡資料

## CONTACT INFORMATION

### 一般查詢

#### General Enquiry

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☎ 2319 2688

☎ 3016 9970

✉ sbhkinfo@sbhk.org.hk

### 熱線中心

#### Hotline Centre

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☎ 2790 8844

☎ 2343 6359

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### 自殺危機處理中心

#### Suicide Crisis Intervention Centre

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☎ 2341 7007

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### 生命教育中心

#### Life Education Centre

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Pak Tin Estate, Kln

☎ 2319 1269

☎ 2319 0778

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### 越嶺專業培訓及發展中心

#### Ur-Link Professional Training & Development Centre

九龍白田邨瑞田樓B座3樓1室

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

Pak Tin Estate, Kln

☎ 2790 9022

☎ 3013 8599

✉ ur-link@sbhk.org.hk

# 香港撒瑪利亞防止自殺會捐款表格

## The Samaritan Befrienders Hong Kong Donation Form



請以正楷填妥此表格，連同支票、銀行入數紙或其他匯款證明一併寄回本會，

信封面寫「香港撒瑪利亞防止自殺會簡便回郵51號CSW」（免郵票），或傳真至3016 9970 / 電郵至care@sbhk.org.hk。  
Please complete this form in BLOCK letter and return with cheque/ bank-in slip/ transaction record to us by mail to "The Samaritan Befrienders Hong Kong Freepost No.51 CSW" (no stamp required if posted in HK) by fax to 3016 9970/ by email to care@sbhk.org.hk.

### (1) 捐款金額（請在適當口內填上✓） Donation Amount (Please tick □ as appropriate)

☐ 我願意作每月定額捐款，以支持防止自殺及宣揚珍惜生命的工作。

I would like to make a monthly donation to support suicide prevention and life education works.

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

☐ 我願意作出單次捐款，支持防止自殺及宣揚珍惜生命的工作。

I would like to make a one-off donation to support suicide prevention and life education works.

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

### (2) 捐款者資料 Donor Information

姓名 Name (☐ 先生 Mr. / ☐ 女士 Mrs. / ☐ 小姐 Ms.) \_\_\_\_\_

團體 / 公司名稱 Organisation/ Company Name \_\_\_\_\_

地址 Address \_\_\_\_\_

聯絡電話 Contact Number \_\_\_\_\_ 電郵 Email \_\_\_\_\_

### (3) 捐款方法 Donation Methods

☐ 網上捐款 Online Donation

<https://donation.sbhk.org.hk>

☐ PayMe By PayMe

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

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



☐ 轉數快 By Fast Payment System (FPS)

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

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



☐ 支付寶香港 By AlipayHK

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

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



☐ 便利店 By Donation in Convenience Stores

☐ 7-Eleven 7-11(HSBC)



3529 9000 0000 0012 5



90900610294121

☐ 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.







24 小時情緒支援熱線 24-Hour Emotional Support Hotline  
☎ 2389 2222

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