



讓世界
多一點微笑!
Bring Smiles to People's Faces



Charity listed on
Wise Giving
惠施·慈善機構

年報
Annual Report
2013-2014

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Mission 宗旨

Suicide Prevention Services serves people who are suicidal, despairing or distressed by means of befriending and other services supporting them to regain control of their emotions and the will to live on. We also aim at raising general awareness towards suicide and identifying ways in which suicide can be effectively addressed.

「生命熱線」致力向有自殺傾向、感到絕望及有情緒困擾人士提供益友及其他預防自殺的服務，使他們的情緒得以紓緩，從而積極面對人生。此外，我們希望提高公眾對自殺的認識，並尋求預防自殺的有效方法。

Overview of Services 服務概覽

Suicide Prevention Service for the Elderly 預防長者自殺服務

Telephone Contacts
電話慰問
Home Visit
家訪
Support Group
小組服務
Seasonal Visit
節日探訪

24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線

24-hour Hotline Operation
24小時熱線服務
2382 0000
Live Life! Hotline for Elderly
「珍愛生命」長者熱線
2382 0881

Volunteer Training & Support 義工訓練及支援

Regular Training Course
定期義工訓練課程
Ongoing Training Course
持續義工訓練課程

Vision 願景

With continuous efforts to improve our services in the light of meeting the needs of our community, we aim at becoming the best suicide prevention organisation in Hong Kong, making solid contributions towards the creation of a warm and caring community.

與時並進，不斷發展，致力成為香港盡善盡美的預防自殺機構，並努力締造一個充滿愛心及關懷的社會。

Values 理念

Our values are based on the practice of the Founder of the Befriending Movement, Dr. Chad Varah – to provide value-free, non-judgmental emotional support for suicidal people through active listening and caring.

「生命熱線」沿用「撒瑪利亞會」創辦人陳華樂博士的益友理念，以耐心聆聽、陪伴、關懷及不批判的精神，提供預防自殺的服務，讓服務使用者在感覺被瞭解和接受下抒發自己的困擾，藉此令情緒得以紓緩，積極面對人生。

Services for Survivors of Suicide Loss 自殺者親友支援服務

Case Support
個案支援
Mutual Support Group
「同路人」互助小組
Volunteer Training
「過來人」義工訓練

Community & Life Education 生命及社區教育

Public and School Talk
公開及學校講座
Corporate Training
機構培訓
Press Conference
新聞發佈會
Exhibitions and Educational Activity
展覽及教育活動

Highlights of the year 年度工作重點

One Life Lost to Suicide is one TOO MANY!

In the year 2013/2014, Suicide Prevention Services (SPS) continued to grow in various aspects of services and show significant achievements in community education. Here are data of our services during the year.

36,573 

calls were received and handled by our professionally trained volunteers from 24-hour Suicide Prevention Hotline Service
個來電由24小時預防自殺熱線並受專業訓練的義工接聽和處理

370 

elderly cases were served by volunteers from SPS and local agency partners, helping alleviate their emotional distress and suicidal risks

個長者個案是由本會義工和地區協作機構義工提供服務，並且協助他們舒緩情緒和減低自殺的危機

36,366 

service hours were contributed by our dedicated and talented volunteers to support SPS services as well as various community education programmes

小時是本會義工所作出的貢獻，他們各有所長並盡心盡力為本會服務及提供各類型社區教育活動

珍惜生命，一個都不能少!

2013/2014年度，「生命熱線」在各個服務領域均取得良好的進展，在社區教育方面的成效亦有目共睹，以下是本年度我們部份服務的數據。

98 

local secondary and primary schools, colleges and SPS jointly organised life education programmes, "Gatekeeper Training Project for Youth Suicide Prevention" and "Filling Lives with Joy" that appeal to students and teachers.

間本地中小學、大專院校與本會合作，為學生和教師舉辦生命教育活動「生命守門員」企劃及「Joy·種生命」計劃

156 

survivors of suicide loss were guided through their bereavement with the support of SPS
位自殺離世者親友與本會同行一起渡過哀傷

33,436 

elderly, students, survivors of suicide loss, teachers, parents, and the general public participated in SPS's community education programmes. Their participation enables SPS to develop a comprehensive network for suicide prevention in Hong Kong

長者、自殺離世者親友、學生、教師，家長和廣大市民參與本會社區教育活動，他們的參與有助本會在香港建立全面性預防自殺的網絡

Chairperson's Message

Bring Smiles to People's Faces

In the course of a day, do we ever take the time to consider the happiness of ourselves and those around us? Some people think they can deal with misfortune without becoming depressed or emotionally unstable, and when they see others suffering from depression or even considering suicide, they attribute it to weakness. That's not the case! Negative emotions may seem inconsequential at first, but if we disregard them and allow them to accumulate, they can burden our health in a way that will take much more time and effort to clear away. The risk of suicide is much higher among people suffering from depression. Such people often feel that no one understands their hardship, and that the only way to escape their lonely burden is to give up on life altogether. That's why it's essential for us to recognise emotional problems in ourselves and those around us, and to handle them in a way that will effectively prevent suicidal tendencies.

SPS will celebrate its 20th anniversary next year. Through our services, which include "24-hour Suicide Prevention Hotline", "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly", "Action for Happiness – Individual Activity Plan for Depressive Elderly", "Project BLESS", "Gatekeeper Training Project for Youth Suicide Prevention" and "Filling Lives with Joy", we give the emotional impetus people need to embrace happiness again. Adopting the approach of "togetherness" in our services, our professional social workers, volunteers and donors strive to help those in need to surmount emotional turmoil, and to empower them to develop positive attitude and regain the will to live on.

Since SPS does not receive financial support from the government, public donations are vital to sustain the agency's development. On behalf of SPS, I would like to express my sincere gratitude towards The Hong Kong Jockey Club Charities Trust, The Community Chest, Lee Hysan Foundation and HSBC for their unwavering support and invaluable insights. I am also most grateful to the Community Partner Foundation (CPF) for sponsoring "Project BLESS" since September 2013. With CPF's help, we have been able to reach out and offer timely support to many more people who have lost family members to suicide.

I am also thankful for the active participation of corporate and individual donors in our fundraising campaigns. Their backing has enabled us to enhance the quality of our suicide prevention services. My gratitude also goes to various groups and individuals for participating in our volunteer services, including preparation of key fundraising campaigns such as "SPS Charity Walk 2014," and for promoting the message that life is precious.

Lastly, I wish to thank our dedicated Executive Committee members, volunteers and our staff, who offer professional services to those in need; help relieve their distress and alleviate their risks of suicide. For the coming year, my team and I pledge to strive to build a caring society that cherishes each and every life. We hope to be able to bring a smile to distressed and suicidal people again.

Mrs. Wendy Kwok
Honorary Patron & Chairperson

主席的話

讓世界多一點微笑

一日24小時內，我們可有騰出時間關心自己和身邊人是否快樂呢？有些人認為遇上人生的低潮，自己不會容易出現情緒病或抑鬱症，甚至認為有情緒病或有自殺念頭的人是弱者。事實並非如此，負面情緒初時細如塵埃，我們會不以為意，若任由塵埃不斷累積便會影響我們的心靈健康，亦需要更多時間和氣力去清理它。抑鬱症患者的自殺風險會較一般人高，他們想到世界上沒有人明白自己當前的困局，只能獨自承受，更想到唯一的出路是放棄生命。因此，我們必需正視自己及身邊人的負面情緒，並且用正確的方法處理，才能有效地預防自殺。

「生命熱線」明年將慶祝成立20年，過去我們持續透過服務：「24小時預防自殺熱線」、「香港賽馬會社區資助計劃：生命共行——外展長者服務」、「抑鬱解讀——長者快樂生活行動計劃」、「釋心同行——自殺者親友支援計劃」、「生命守門員企劃」及「Joy·種生命計劃」，為有需要的人注入「情緒營養劑」，鼓勵他們再次擁抱快樂。從我們的服務或計劃名稱反映出「同行」的服務理念，我們專業的社工、義工、捐款者與有需要人士一起走過低谷，協助他們重拾信心，以正面的態度面對人生未來的挑戰。

「生命熱線」並沒有獲得政府的資助，因此本會服務的可持續發展全賴社會各界人士的捐助支持。我謹代表「生命熱線」衷心感謝香港賽馬會慈善信託基金、香港公益金、利希慎基金及滙豐銀行認同及支持本會的工作，並繼續為服務發展提供寶貴的意見。「社聯伙伴基金有限公司」於2013年9月開始捐助支持本會的「釋心同行——自殺者親友支援計劃」，本人感謝他們的支持，讓我們為更多有需要的自殺離世者家屬提供及時的支援。

此外，我亦感謝過去一年積極參與本會籌款活動的企業及個人捐款者，讓本會繼續完善服務。我亦感謝協作團體、機構及義工身體力行參與本會的義工活動和協助籌備大型籌款活動包括「『愛·喜·行』慈善步行籌款2014」，向更多社會人士推廣珍惜生命的訊息。

最後，我感謝「生命熱線」的執行委員會委員、義工和員工一直堅守崗位，抱持專業的態度為有需要人士紓緩情緒，減低他們自殺的風險。來年我繼續與他們一起堅守對生命的信念，致力建立一個愛惜生命和彼此關懷的社會，希望情緒受困擾或有自殺念頭的人士再現笑容。

郭炳湘夫人
名譽贊助人暨主席

Words from Honorary Patron & Executive Committee Member

Never Fight Alone

The world of suicide loss survivor falls apart from the day they lose their loved ones. Not only do they have to assume their roles in families and work, but they also have to manage the loneliness, depression, bewilderment and guilt induced and help their family members to cope with them. They suffer again whenever they reminisce about their lost beloved. Some survivors may think themselves guilty of not being able to save their beloved from distress, and find it difficult to explain to relatives and friends. Gradually they will lose motivation in life and resort to suicide.

Through the "Project BLESS", Suicide Prevention Services (SPS) has been offering professional counselling services for individuals and families, as well as organising mutual support groups and volunteer services. It is hoped that these could help the survivors to relieve their grief, provide them with mental support and regain the will to live on, so as to prevent such tragedies from happening again.

For example, our social workers encourage survivors not to shield away from the questions from their kids, relatives or friends. In addition, our social workers guide the children to draw pictures to express their feelings. Survivors and their families who receive counselling services and participate in mutual support groups together will have a better understanding of each other's emotional status and give mutual support to overcome the pain together. With better communications, the family bonds will be strengthened in the long run.

Suicide loss is a nightmare to the survivors which brings severe impact to their emotions. We are dedicated to providing professional counselling services, care and encouragement to people in need and help them move on in their lives.

Peter K.K. Lee
Honorary Patron & Executive Committee Member

名譽贊助人暨執行委員會委員獻辭

不再單打獨鬥

從至親自殺離世的那一刻開始，家屬會覺得世界已不再一樣，他們要兼顧家庭和工作，同時又要面對自己和身邊親人的情緒反應：孤單、消沉、迷茫、內疚.....，每當想起與至親相處的點滴，不無感觸。有些家屬甚至會怪責自己無法及時帶至親走出情緒的胡同，深感難以向親友解釋，以致一直無法走出陰霾，對生命漸漸失去盼望，並產生自殺的念頭。

「生命熱線」一直透過「釋心同行——自殺者親友支援計劃」，為家屬提供個人及家庭的專業輔導服務、同路人互助小組、義工發展服務等，我們希望這項服務能協助家屬釋放情緒，協助他們走出哀傷，重拾對生命的希望，避免悲劇重演。

例如社工會鼓勵自殺者家屬不用刻意迴避孩子或親友的追問，又會協助孩子畫出對至親離世的感受。自殺離世者親友一同接受輔導和參與「同路人小組活動」後，有助理解對方的情緒狀態，互相扶持，共同處理哀傷，長遠能促進溝通和拉近彼此的關係。

至親自殺離世的噩耗，會嚴重影響家庭成員的情緒，我們期望為有需要人士提供專業的輔導，為他們送上關心和鼓勵，在其傷心時給予溫暖的擁抱，協助他們走出困境，重新擁抱生命。

李家傑
名譽贊助人暨執行委員會委員

Words from Honorary Patron & Executive Committee Member

Strengthen Interpersonal Connections & Care for Distressed Elderly

Every day, we are busy with our work and with messaging our friends on our cell-phones. Gradually, we seem to forget that we human beings are emotional creatures. That is, our verbal and physical interactions with friends and relatives or even just someone on the street, might impact negatively on them, especially those with emotional problems and depression, with irrevocable consequences. When society is apathetic about emotional and suicidal problems, vulnerable groups such as the elderly will feel even more helpless and hopeless and prone to suicide.

Old folks were once young and energetic. But having worked very hard for their entire lives, many suffer deteriorating health and being abandoned by their children. They become upset and feel lonely. They complain about the tough times they've endured and think that life is meaningless. Emotionally distressed or depressed elderly people are inclined to possess suicidal thoughts. The high suicide rate of the elderly in Hong Kong, as compare to other age groups, suggests old people are determined to die by suicide.

For 19 years, SPS has been dedicated to providing suicide prevention services. We serve distressed elderlies through our projects, "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and "Action for Happiness – Individual Activity Plan for Depressive Elderly." We aim to recruit sympathetic volunteers and train them to visit distressed elderlies regularly, bringing them warmth and alleviating their sense of loneliness. They also help spread the love and care to their friends and relatives through participating in volunteer services.

Starting today, let's slow down and try to understand others' feelings in a heartfelt way. Let's greet our friends and relatives, neighbours, colleagues and others with a smile, a nod or just say 'Hi!'. Such simple actions can help relieve the plight of the distressed. I hope everyone will participate in SPS' volunteer services to care and to walk the needy out of their life's trials and tribulations.

Mrs. Linda Lau
Honorary Patron & Executive Committee Member

名譽贊助人暨執行委員會委員獻辭

加強人與人聯繫 關懷情緒受困長者

我們每天忙碌地處理工作、用智能電話與友人互傳短訊，久而久之我們容易忘記人亦是感情的動物，某天我們跟身邊人或陌生人所說的一句話、所做的動作可能牽動了對方的情緒，若對方受情緒困擾或患有抑鬱症等情緒病，結果可以帶來不可磨滅的傷害。社會上較大機會受情緒困擾的人士包括長者，他們看到其他人對情感變得麻木，漠視自殺的問題，只會令他們更覺無助、無望，最後或會選擇放棄寶貴的生命。

長者勞碌大半生，年輕時生活多姿多彩，但晚年面對身體機能日漸衰退、子女離開家庭等，他們會覺得失落、孤單、被人遺棄，埋怨生活為什麼這樣苦，生命對自己再沒有任何價值.....受情緒困擾或患有抑鬱症的長者更容易產生自殺的念頭，香港長者自殺率持續高於其他年齡組別，反映他們尋死的決心。

「生命熱線」19年前成立至今一直默默耕耘，現透過「香港賽馬會社區資助計劃：生命共行——外展長者服務」及「抑鬱解讀——長者快樂生活行動」提供預防長者自殺服務。我們服務的特色是培訓社會上有心人成為義工，並且由義工定期探訪有需要的長者，這樣不單可以讓長者感受別人的關懷，令他們不再感到孤單，亦可透過義工服務推動社會人士把關愛的精神延伸至身邊人。

我希望大家從今天起稍稍放慢腳步，從心出發理解別人的感受，多跟身邊人、鄰居、同事等微笑、點頭、甚至是一聲問好，因為這樣可以幫助有需要的人減輕當前的情緒負擔，希望大家亦參與「生命熱線」義工活動關心有需要的人，幫助他們渡過生命的難關。

劉鑾鴻夫人
名譽贊助人暨執行委員會委員

Director's Report

We are so excited that we are approaching 20 years of age. For the past 19 years, we've been operating a 24-hour Suicide Prevention Hotline, Suicide Prevention Service for the Elderly, Services for Survivors of Suicide Loss as well as Community & Life Education. This is a culmination and a continuation of many people's time, effort and funds, their sweat and tears, in response to society's needs.

It is my pleasure as the SPS Honorary Director to report to you and to our community all of our achievements in 2013/2014.

24-hour Suicide Prevention Hotline

More than 300 on-shift volunteers man this hotline service round-the-clock. They answered a total of 36,573 calls, a 6.2% increase from the previous year. Over 80% of the callers said the careful listening, genuine understanding, and the compassion demonstrated by our volunteers helped relieve their emotional distress and galvanise their will to live on. Our volunteers contributed 23,581 hours of service, 7% more than last years. We are so proud of their sincere and enthusiastic participation.

Suicide Prevention Service for the Elderly

With the support of The Hong Kong Jockey Club Charities Trust, we implemented "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and reached out to 370 cases facing despair and suicidal risks. Over 300 volunteers helped elderly people with regular home visits and telephone contact. More than 900 volunteers from various enterprises and organisations participated in our mass visit programmes on festival days to show care and concern for our elderly service users, joining our "Walking with the Elderly" in the spirit of brightening their twilight years.

In past summers, we have been organising a signature event, " 'Don't Qua' Charity Action" to further promote SPS services. In August 2013, we held a " 'Don't Qua' Charity Luncheon", inviting service users to enjoy delicious winter melon dishes in the warm presence of celebrities and regaled by stage performances. And 200 corporate volunteers paid visits to over 300 elders.

With funding from HSBC through a donation to The Community Chest, we implemented "Action for Happiness – Individual Activity Plan for Depressive Elderly". It targets depressed old folks to foster positive emotions, enhance their support network, and develop their individual activity plans.

Services for Survivors of Suicide Loss

Funds from Community Partner Foundation enabled us to continue to operate "Project BLESS – Support Service for Survivors of Suicide". We served more than 150 survivors of suicide loss and formed mutual support groups to help the suicide bereaved in their grieving process.

Community and Life Education

A recent resurgence of youth suicides causes great concern and we have put great effort into conducting Life Education programmes. It is crucial for us to inculcate in our youths an appreciation of life, and gratitude for blessing, big and small. Under the project "Filling Lives with Joy", we gave talks and workshops on life education, and held emotional support group sessions in 70 schools with nearly 18,000 attendants.

With funding support from HSBC through a donation to The Community Chest, we launched "Gatekeeper Training Project for Youth Suicide Prevention" aimed at mobilising 'gatekeepers' among families, schools and society at large to help preventing youth suicide. The goal of this service is to foster positive thinking in youths at risk, to prevent them from taking their own lives.

Complying with the vision to continue to improve our services to meet community needs, and with the guidance of our Executive Committee and the participation of volunteers and staff, I am confident SPS will persevere in our vital work and grow as a social agency with diversified and impeccable services in the days ahead.

David Pong
Honorary Director

總監報告

邁向二十週年，確實令人興奮。過去19年，「生命熱線」透過24小時預防自殺熱線、預防長者自殺服務、自殺者親友支援服務、社區及生命教育，回應社會需要，並開拓不同的服務計劃。以下是2013/2014年度，「生命熱線」在預防自殺工作所作出的努力：

24小時預防自殺熱線服務

透過逾300位義工每天24小時輪值，過去一年我們共接聽了36,573個來電，較去年增加6.2%，當中超過80%來電者表示服務有助紓緩個人情緒，讓他們重拾生命動力，可見義工的關懷、聆聽及接納對來電者的重要性。全年義工服務時數更高達23,581小時，較去年增加7%，對義工熱誠的投入，我們深感驕傲。

預防長者自殺服務

承蒙香港賽馬會慈善信託基金的捐助，本會繼續推行「香港賽馬會社區資助計劃：生命共行——外展長者服務」。過去一年共服務370個有情緒困擾及自殺傾向的長者個案，由300多名義工提供定期探訪及電話慰問。另外，本會亦動員企業、團體義工於節日進行大型探訪活動，讓服務使用者更感到社會人士之關懷。去年參與的企業、團體義工的人數超過900人次，實踐了「生命共行」——與長者共行晚年之路的精神。

過去每年大暑期間，本會舉辦「消暑打氣冬(Don't)瓜水」，透過冬瓜(Don't)瓜，別死)宣揚預防自殺、珍惜生命的訊息。二零一三年八月，本會繼續舉辦「消暑打氣冬(Don't)瓜宴」，以冬瓜作為菜餚宴請長者和義工。除透過名人嘉賓分享及精彩表演，為長者們打氣之外，更安排了超過200名企業義工，探訪約300位長者，送上消暑冬瓜水及真摯的慰問。

另外，承蒙滙豐透過香港公益金撥款資助，本會繼續推行「抑鬱解讀——長者快樂生活行動計劃」，透過實踐生活行動計劃及建立社交支援，協助有抑鬱傾向的長者建立正面的人生觀。

自殺者親友支援服務

在「社聯伙伴基金有限公司」之撥款下，本會於二零一三年九月繼續推行「釋心同行——自殺者親友支援計劃」，關注自殺者親友的身心需要。去年服務超過150名自殺離世者親友，並舉行同路人互相小組，支援親友渡過哀傷。

社區及生命教育工作

近年青少年自殺及自傷行為令人關注，故本會不斷積極推行生命教育。「生命熱線」深信從小培養個人的正向思維、積極的人生觀、懂得欣賞、學習感恩是十分重要。過去一年「Joy·種生命」計劃與70間學校合作進行生命教育講座、工作坊及學生支援小組，接近18,000人次參與。

另外，承蒙滙豐透過香港公益金撥款資助，本會繼續推行「生命守門員」企劃，期望以動員家庭、學校及社會上不同群組，集合青少年身邊的力量，一起陪伴他們成長，過渡困惑和逆境，守護著他們的寶貴生命。

遵從「與時並進，不斷發展」的願景，往後的日子，在執行委員會之領導、義工及職員之共同努力下，我相信我們會更有力量和幹勁，回應社會的需要，繼續發展貼近社會所需的預防自殺服務。

龐俊怡
名譽總監

24-hour Suicide Prevention Hotline Service

24小時預防自殺熱線服務

"Don't Disguise Your Distress; We Are Listening." This motto underlines the aims of SPS' "24-hour Suicide Prevention Hotline Service" which has been operating for 19 years. Volunteers are professionally trained to expect calls from people of any age or background. They encourage callers to freely speak their minds and share their problems in the hope that one day, the callers will smile again.

Every 10 hours, on average, a distressed person succumbs to suicide in Hong Kong. But it's not known how many attempt to kill themselves or are wallowing in misery. The current situation suggests that our society needs to make more effort to prevent suicide and save lives. Experts say many people with emotional problems tend to suppress their negative feelings. Their friends and families may not be aware of how desperate their loved ones are and even if they are, they don't know how to help them. Our volunteers can help callers alleviate emotional distress, preventing negative emotions from turning into suicidal actions.

Our hotline service plays a key role in our suicide prevention effort. Most of our callers agree that the service can help calm their emotions, relieve their perplexity and find solutions - a solid testament to meeting the needs of the distressed. Volunteers are professionally drilled to listen with patience and a caring and non-judgmental approach to assist callers out of their predicaments.

In 2013/2014, 363 professionally trained volunteers handled 36,573 calls in a total of 23,581 service hours.

We wish to extend our sincere gratitude to The Community Chest for its Baseline Allocations; the Walter Kwok Foundation for supporting overnight services, as well as the Lee Hysan Foundation for backing volunteer training.



「無須強顏歡笑，聆聽你心底困擾」這句帶出了「生命熱線」的「24小時預防自殺熱線服務」的宗旨。服務運作至今已達19年，並由受專業培訓的義工接聽每一個來電，不分年齡和背景，來電者可以毫無顧慮地傾訴內心的困擾，鼓勵他們能再次展現笑容。

香港平均每10小時便有一人自殺離世，但我們無法知道每天有多少人企圖自殺而自殺不遂，更無法知道每天有多少人受情緒困擾，可見社會仍要為預防自殺的工作努力，挽救寶貴的生命。大部份人面對困擾時會選擇壓抑負面的情緒，猶如為氣球不斷充氣，可是身邊人或許察覺不到情緒受困擾人士的需要，或者不懂得怎樣幫助他們。熱線服務義工會幫助每名來電者舒緩情緒，避免他們的情緒到達臨介點，並選擇放棄寶貴的生命。

熱線服務是我們預防自殺工作重要的一環，大部份來電者認同服務可幫助他們舒緩情緒，讓他們更認清當前的困擾，並尋求解決的方法，反映服務確實回應了情緒受困擾人士的需要。熱線服務的義工經過專業的訓練，他們耐心地「聆聽」來電者的困擾，讓他們感受別人的「關懷」，並且以「接納」、不批判的態度對待來電者，「陪伴」他們走出情緒的困局。

2013/2014年度，經過訓練為熱線提供服務的義工達363位，他們已接聽來電36,573個，服務時數共23,581小時。

我們分別感謝香港公益金資助服務的基線撥款、Walter Kwok Foundation資助強化對通宵服務時段支援，與及利希慎基金資助優化對義工的訓練。

The service is supported by
本服務由



Walter Kwok
Foundation

利希慎
LEE HYSAN
FOUNDATION

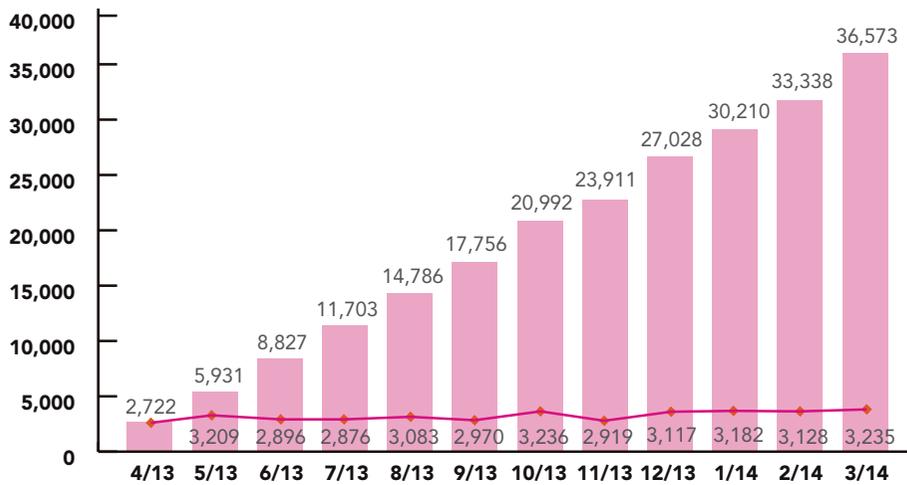
資助

Calls Handled 已處理之來電數目

This year, we handled 36,573 calls, an increase of 6.2% year-on-year. On average, 3,048 calls were handled per month.

本年度，我們共處理了36,573 個來電，較上年增長約6.2%，平均每月處理3,048個來電。

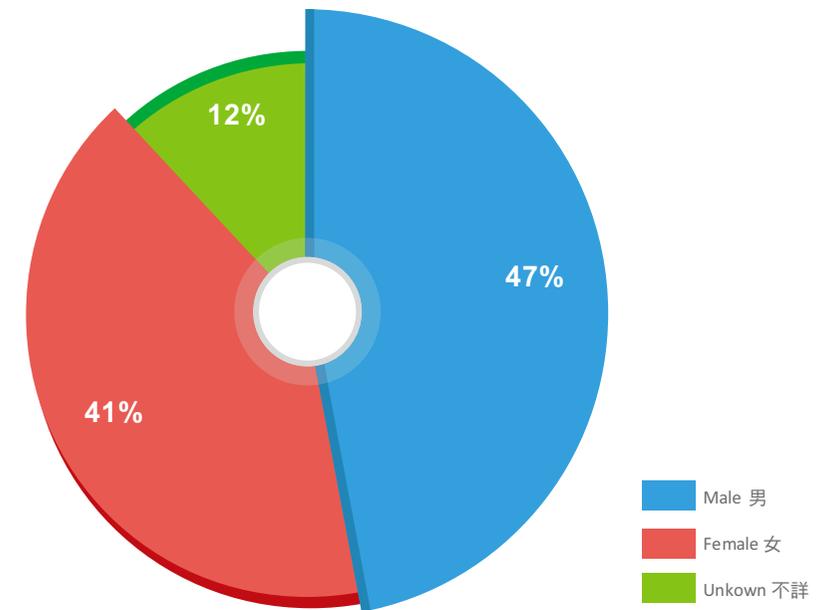
Accumulated no. of handled calls 累積已處理來電
No. of handled calls 已處理來電



Gender of Callers 來電者性別分佈

47% of callers were male and 41% were female this year, same as last year.

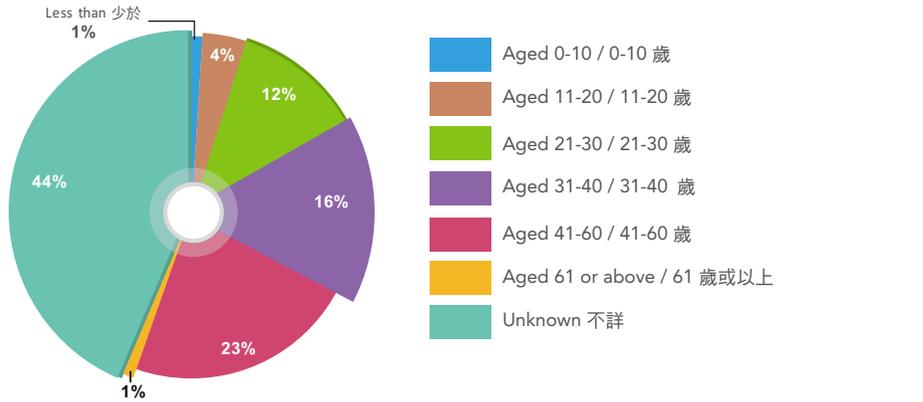
與上年度相若，本年度男性來電者比例仍高於女性來電者，男性佔47%，女性佔41%。



Age of Callers 來電者年齡分佈

This year, three groups of callers (aged 21-30; 31-40 and 41-60) constituted 51% of total calls. Among them, 39% were middle aged (aged 31-60). 16% of total calls were 31 to 40 years old whereas 23% were aged 41 to 60. Only 4% were young people (aged 11-20) and 1% were elderly (aged over 61). The age distribution mirrored those of the same period last year.

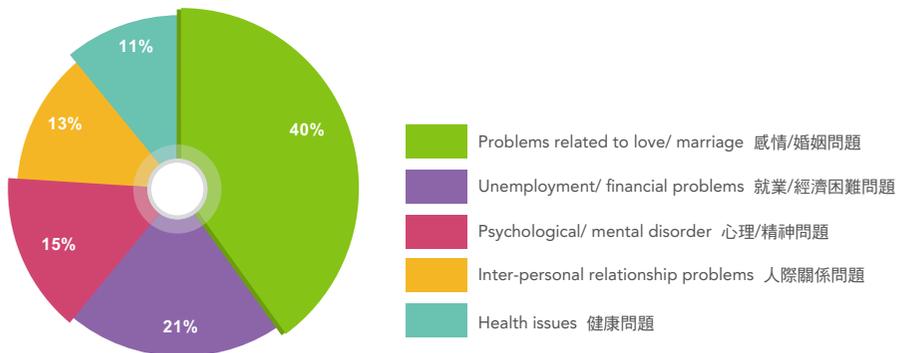
本年度，來電者中三個年齡組別（21至30歲、31至40歲及41至60歲）佔總人數比例達51%，31至60歲的中年人士佔當中39%。31至40歲的人士佔總人數比例達16%，41至60歲的人士佔23%。青少年（11至20歲）及長者（61歲以上）的比例較少，分別佔4%及1%。數據分佈與上年度相若。



Nature of Problems 來電者面對的問題及困擾

The majority of callers faced problems related to love and marriage (40%), a slight increase compared with the same period last year. This was followed by unemployment and financial problems (21%), psychological/ mental disorder (15%), inter-personal relationship (13%), and health issues (11%).

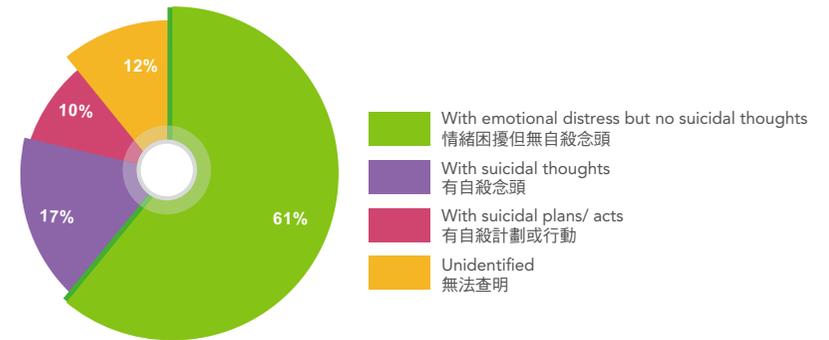
感情及婚姻問題仍然是來電者主要面對的問題，佔40%，比例略高於上年度。其他問題及困擾，依次為「就業/經濟困難問題」（21%）、「心理/精神問題」（15%）、「人際關係」（13%）、「健康問題」（11%）。



Suicidal Risk 來電風險分佈

Over 60% of callers suffered from emotional distress. 17% were assessed as having suicidal thoughts, and 10% were high risks with plans for suicidal acts, a slight increase from the same period last year.

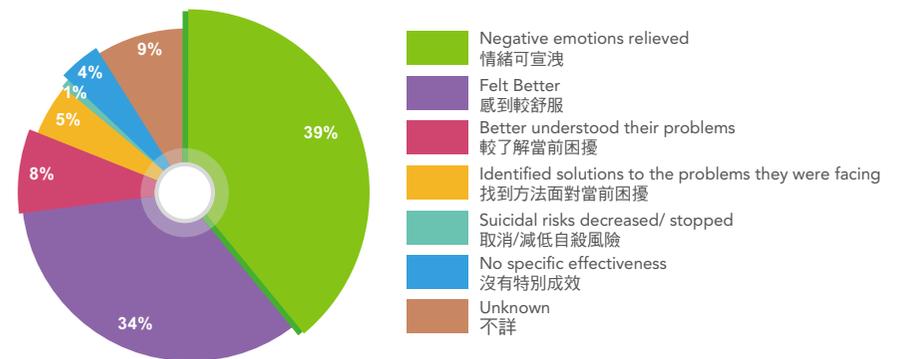
逾六成來電者表示他們目前受不同程度的情緒困擾，經評估後「有自殺念頭」的來電佔總來電17%，「高風險來電」，即有自殺計劃及行動佔10%，比例略高於上年度。



Effectiveness of Service 服務成效

Callers' feedbacks on our hotline were positive. 87% agreed the service was helpful. Among them, 39% said that they were relieved after talking to our volunteers, 34% felt better, 8% had better understanding of their problems, and 5% said the service helped them "identify solutions to the problems they were facing".

大部份來電者對熱線服務予以肯定，有87%來電者認同服務對他們有正面的幫助，當中39%來電者表示與義工傾訴後有助他們宣洩情緒，有34%表示傾訴後「感到較舒服」，有8%表示「較了解當前的困擾」，有5%表示從中找到方法「面對當前的困擾」。



Suicide Prevention Service For the Elderly 預防長者自殺服務



Statistics from The Coroners' Report revealed that over the years, there have been more suicides among old folks than any other age groups. On average, one elderly person commits suicide every day in Hong Kong. The elderly are more prone to health and family problems. They suffer from emotional problems including loneliness, despair and depression. Their high suicide risk is also due to a lack of understanding and care from society. SPS is the leading agency in Hong Kong offering professional suicide prevention services for the elderly. We serve suicidal elderly through our service, "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and depressed old people through "Action for Happiness – Individual Activity Plan for Depressive Elderly". In addition to our key service of regular visits by volunteers, we organise mutual care groups, community education exhibitions and talks to help the elderly to alleviate distress and thus suicide risks.

過去的「死因裁判官報告」均顯示，長者的自殺人口佔總人口比例較其他年齡人士高，平均每日便有一名長者自殺身亡。疾病和家庭問題容易令長者感到孤單、寂寞、甚至出現情緒困擾、嚴重的更患上抑鬱症。社會對情緒受困長者的需要缺乏理解及關注，亦增加了長者的自殺風險。「生命熱線」是香港一間提供專業預防長者自殺服務的機構，透過「香港賽馬會社區資助計劃：生命共行——外展長者服務」及「抑鬱解讀——長者快樂生活行動計劃」，分別為有自殺念頭及有抑鬱症徵兆的長者提供服務。服務以義工定期上門探訪長者個案為重點，同時舉辦互助關懷小組、社區教育展覽及講座等，協助紓緩長者內心鬱結的情緒，減低他們的自殺風險。

The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly 香港賽馬會社區資助計劃：「生命共行——外展長者服務」

We wish to express our gratitude towards "The Hong Kong Jockey Club Charities Trust" for its relentless support of "The Hong Kong Jockey Club Community Project Grant : Outreach Befriending Service for Suicidal Elderly" which supports the needy and sustains volunteer services.

This year, we continued to foster relations with local agencies and develop community networks for the suicidal elderly. With community support, we can better serve distressed and suicidal elderly by identifying suicide risks of the elderly, relieving their distress and seeking professional help. Besides individual volunteers, we began this year to recruit family members into our services. We hope this new strategy will promote a message to the public at large of caring for the elderly.

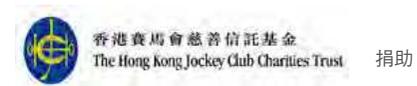
In addition to collaboration with local agencies, we strengthened ties with companies in our volunteer services. Corporate volunteers participated in our seasonal large-scale home visits, bringing warmth and blessings to distressed elderly people. We also joined hands with some companies to hold outdoor activities such as bus tour, tram rides, visits to famous tourist spots in Hong Kong. These activities helped the elderly suspend their problems, stretch their legs and enjoy precious moments with volunteers. The volunteers learnt to care for distressed old folks, and extend the love and care to their own families and friends, contributing to the suicide prevention for the elderly.

本會感謝「香港賽馬會慈善信託基金」認同我們的服務，繼續撥款資助「香港賽馬會社區資助計劃：生命共行——外展長者服務」，讓我們繼續支援有需要的長者及拓展社區的義工網絡。

本年度，我們繼續與不同地區機構建立支援網絡，以協作模式服務地區上情緒受困或有自殺危機的長者，讓社區人士及早識辨有自殺風險的長者，協助紓緩他們的情緒和尋求專業人士的協助。過往我們主力推動個人義工參與服務，本年度開始，我們嘗試招募家庭成員參與義工服務，藉著家庭義工的參與向更多社會人士宣揚關懷長者的訊息。

除了與地區機構保持緊密的聯繫，我們亦重點推動與本地不同的企業合作，發展義工服務。企業的義工積極參與本會於不同節日舉辦的大型探訪長者活動，為長者送上關懷和祝福，有部份企業更與我們合辦戶外活動，包括巴士及電車遊、遊覽香港著名景點等，長者有機會放下困擾，並伸展筋骨，與義工同樂。企業及員工亦可透過義工服務關心情緒受困的長者，並將愛心推廣至身邊人，一起參與預防長者自殺的工作。

This project is supported by
本計劃由



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust 捐助

Case Service and Trained Volunteers' Participation 個案服務及受訓義工參與

In the year 2013/2014, 326 trained volunteers from SPS and local organisations served 370 elders and provided over 9,700 service times. This year, we collaborated with 11 local agencies and offered professional training to the volunteers to visit the distressed elderly. Our volunteers were patient in listening to and understanding the needs of the elderly. They helped the elderly to alleviate their suicide risks.



We organise a "Project Sharing & Volunteer Recognition Ceremony" every year to honour our volunteers' selfless devotion to distressed elderly people. With the theme of "Mutual Support & Care for Distressed Elderly", this year's event was held on 15 March 2014. We invited Professor Alex Kwan as our keynote speaker. He is the Chairman of the Social Workers Registration Board and the Dean of the School of Social Work at The Gratia College. Professor Kwan, volunteers and service users shared their experiences and encouraged the volunteers from SPS and local agencies to enhance their knowledge of serving the needy and upgrade their service quality.

2013/2014年度，我們共有326名義工，包括「生命熱線」義工及社區協作的義工為370個長者個案提供探訪服務，服務次數逾9,700次。本年度，我們與11個地區長者服務機構合作，並為義工提供專業培訓，安排他們探訪長者個案。我們的義工耐心地聆聽，了解長者的需要，讓長者感受社會人士的關懷，紓緩他們的情緒，減低他們自殺的風險。

我們每年舉辦「義工交流會暨嘉許禮」，表揚義工無私地為情緒受困的長者付出時間和愛心，我們於二零一四年三月十五日舉辦活動，主題為《關愛同行·從絕望中活出新生》，我們邀請了社會工作者註冊局主席、宏恩書院社會工作學院院長關銳煊教授、義工和服務使用者與「生命熱線」義工及協作機構的義工分享經驗，鼓勵義工繼續增進相關的知識，提升服務的質素。

Distribution of Age and Gender of Service Users in the year 2013/2014
2013/2014年度服務使用者的年齡及性別分佈表

Age 年齡	Gender 性別		Total 總數
	Male 男	Female 女	
Below 60 以下	0	2	2
60 - 69	6	51	57
70 - 79	38	98	136
80 - 89	43	116	159
90 or above 或以上	6	10	16
Total 總數	93	277	370

No. of Trained Volunteers Who Served
參與服務的受訓義工人數

SPS Volunteers 「生命熱線」義工	126
Local Agency Volunteers 地區協作機構義工	200
Total 總數	326

Community Education Programme 社區教育活動

Our community education programmes aim to raise awareness of suicide prevention among elderly people and the public. Participants learn about the correlation between emotional problems and suicide. This year, we held more mental health talks for over 1,200 elders from different organisations and residential centres. We encouraged the elderly to be aware of their emotional ebb and flow, learn to calm their emotions and treasure their previous lives. We also organised four workshops for 163 frontline professions in elderly services. The workshops were well-received. The participants said they learnt to give support to the needy in the early stages.

On 18 May 2013, we joined several social service agencies to participate in a roadshow, "Cherish for Life Service Promotion". It promoted our services to the residents in Choi Wan Estate and its vicinity through games and a survey of people's stress index, etc. And we encouraged participants to take care of the emotional health of themselves and their families, especially the elderly. During the year, we organised two additional roadshows reaching a total of 1,043 participants.

We plan to launch a booklet about hands-on approaches to intervention in elderly suicidal cases. It will also be a summary of our sixteen years of experiences in the service. The booklet aims to serve as a reference for frontline professions and contribute to suicide prevention for the elderly in Hong Kong.

社區教育講座幫助長者及社會人士理解情緒困擾和自殺有密切的關係，提升他們對預防自殺的意識。本年度，我們繼續為不同的長者服務機構、院舍等舉辦「長者護心法」社區教育講座，超過1,200名長者參與，提醒他們需要時常留意自己的情緒變化，懂得紓緩情緒，學習珍惜寶貴的生命。此外，我們為163名長者前線服務的專業人士舉辦四次工作坊，並深受參加者歡迎，他們認為有助他們及早為有需要的長者提供支援。

我們聯同多間社會服務機構於二零一三年五月十八日參與「珍愛生命聯合活動服務推廣日」街頭展覽，向彩雲邨及附近社區的居民介紹本會的服務，並設置攤位遊戲、進行



壓力指數問卷調查等，鼓勵他們關心個人和身邊人特別是長者的情緒健康，我們其後亦舉辦了兩次街頭展覽，合共1,043名市民參與。

此外，我們正籌備一本實務手冊有關自殺念頭長者的個案介入，總結我們預防長者自殺服務達16年的經驗，期望手冊能供前線長者服務的專業人士參考，並為預防本港長者自殺服務作出貢獻。

Major Community Education Programmes 主要社區教育活動	Time 次數	No. of Beneficiaries 服務受惠人數
"Cherish for Life: Care for Elders' Emotional Health" Road Shows 「珍惜生命：關注長者情緒健康」街頭展覽	3	1,043
Mental Health Promotion Talks 「長者護心法」地區講座	28	1,253
Elderly Suicide Prevention Service Sharing for Professional Co-workers 預防長者自殺服務：專業同工訓練工作坊	4	163

Seasonal Visit 節日探訪活動

All traditional Chinese festivals emphasise family reunion. But such occasions often aggravate the despair and loneliness of elderly people living alone. So during festivals each year, we organise large-scale home visits, by volunteers from various companies, groups and organisations, to the elderly and deliver gift packs. The distressed elderly deeply appreciate the volunteers' care. This year, we had 18 seasonal visits and six outdoor activities involving over 950 volunteers and more than 1,100 elders.



中國傳統節日往往強調一家團聚，對於獨居及情緒受困的長者而言，在節日期間會倍感孤單和寂寞。我們每年藉著節日舉辦大型義工探訪活動，招募來自不同的企業、團體及機構的義工上門探訪及送禮物包給長者，長者對義工們的關心非常珍重。本年度，我們舉辦了18次節日長者探訪活動和六次戶外活動，超過950名義工參與，超過1,100名長者受惠。

"Don't Qua" Volunteer Service Programme 消暑打氣冬 (Don't) 瓜水義工活動



In July and August 2013, the period of the summer solstice in Chinese tradition, we organised our major flagship volunteer activities "Don't Qua' Volunteer Service Programme" and "Don't Qua' Charity Luncheon" to help cheer up the distressed elderly and alleviate their emotional trials caused by the hot weather. In July 2013, over 254 volunteers from different companies, groups and organisations visited the elderly in their homes or residential centres, bringing them winter melon drinks and healthy food. Some of the volunteers made caring phone calls to the elderly.

In August 2013, we organised the "Don't Qua' Charity Luncheon", inviting over 70 elderly service users to enjoy a winter melon meals with the volunteers. The dishes were carefully selected to deliver the message that life is precious. The event was held at a Chinese restaurant, Maxim's Palace, in Telford Plaza in Kowloon Bay. We invited renowned artistes Ms. Susanna Kwan, Mr. Wu Fung, Ms. Wu Junli, Mr. Joe Junior and renowned TV host Ms. Esther Wan to share tips with the elderly about staying healthy and happy. Mr. Wu Fung, Ms. Wu Junli and Mr. Joe Junior also regaled the old folks with great performances.

二零一三年七月至八月期間，適逢傳統節氣「大暑」，我們分別舉辦旗艦大型義工活動「消暑打氣冬 (Don't) 瓜水」及「冬 (Don't) 瓜慈善愛心午宴」，為情緒受困的長者打氣，舒緩他們因炎熱天氣而出現的負面情緒。二零一三年七月，超過254名來自不同企業、團體及機構的義工前往長者的家中及院舍探訪長者，並且向他們派發消暑的冬瓜飲品及健康食品，部份義工亦參與電話慰問服務，透過電話關心長者。

二零一三年八月，我們舉辦了「冬 (Don't) 瓜慈善愛心午宴」，邀請超過70位服務使用者與義工一起享用冬瓜菜式，喻意長者珍惜生命。活動於九龍灣德福商場美心皇宮大酒樓舉行，並邀請了特別嘉賓著名藝人關菊英小姐、胡楓先生、吳君麗女士和 Joe Junior 先生，以及電視節目主持人溫裕紅小姐擔任嘉賓司儀，他們與長者分享了健康人生的貼士，呼籲他們積極地面對人生。胡楓先生、吳君麗女士和 Joe Junior 先生更分別獻唱多首經典金曲，為長者帶來歡樂。

Seasonal Visits 節日探訪活動

Date 日期	Activities 節日探訪/戶外活動	No. of Volunteers 義工人數	Beneficiaries 服務受惠人數
12. 04. 2013	Hong Kong Taoist Association The Yuen Yuen Institute No. 3 Secondary School Students Elderly Visit 香港道教聯合會圓玄學院 第三中學學生探訪長者	20	10
05. 05. & 02. 06. 2013	Friends of KMB Elderly Visit 九巴之「友」你共行——探訪	68	53
09. 06. 2013	Tuen Ng Festival Programme 櫻種愛心賀端陽	35	60
16. 06. 2013	Bring Warmth to Elderly 愛心展關懷	48	60
07. 07. 2013	Friends of KMB Elderly Programme 九巴之「友」你共行——旅行	25	21
07. 07, 14. 07, 21. 07 & 11. 08. 2013	'Don't Qua' Volunteer Service Programme 消暑打氣冬(Don't)瓜水義工活動	254	401
11. 08. 2013	HSBC Share-to-Care Volunteer Campaign 愛心傳城義工大行動	31	42
12. 08. 2013	'Don't Qua' Charity Luncheon 冬(Don't)瓜慈善愛心午宴	10	59

Date 日期	Activities 節日探訪/戶外活動	No. of Volunteers 義工人數	Beneficiaries 服務受惠人數
07. 09. 2013	Chak & Associates, Solicitors Tram Ride 翟氏與您——叮叮遊	12	19
13. 09. & 15. 09. 2013	Mid-Autum Festival Visit Programme 月滿佳節譜關懷	108	107
30. 10. 2013	Standard Chartered Bank (Hong Kong) Tram Ride 渣打銀行叮叮之旅	17	16
09. 11. 2013	Standard Chartered Bank (Hong Kong) Visiting Stanley 渣打銀行愛心相伴赤柱行	26	20
17. 11. 2013	Care for Elderly Visit Programme 全城關懷長者日	42	36
15. 12. & 29. 12. 2013	Christmas Visit Programme 冬日情濃顯關懷	49	72
19. 01. 2014	Chinese New Year Visit Programme 歲晚送暖表愛心	45	58
15. 02. 2014	St Bonaventure Catholic Primary School Students & Family Visit 聖文德天主教小學親子探訪	44	52
23. 02. 2014	MTR New Year Elderly Programme 港鐵新春長者旅行	12	21
02. 03. 2014	Spring Visit Programme 春意暖暖展關懷	111	88
	Total Attendance 總人次	957	1,195

Action for Happiness

—— Individual Activity Plan for Depressive Elderly

抑鬱解讀 —— 長者快樂生活行動計劃

Studies reveal that 71% of suicide cases of elderly people suffer from emotional problems, mainly depression. And old folks are more prone to depression when they are bereaved by the loss of their spouses, fail to adapt to living alone as well as riddled with physical pain or chronic diseases. They fail to tell others about their psychological problems and negative feelings about their life changes so help is not forthcoming. Our service "Action for Happiness - Individual Activity Plan for Depressive Elderly" help old folks plan and develop their own activities to instill happiness in their daily lives. We also arrange for volunteers to regularly visit the elderly to ease their loneliness. We organise various community education talks, exhibitions and mutual support groups to encourage old folks to build on their social networks and maintain a positive lifestyle.



有研究指出，71%自殺長者個案患情緒病，主要是抑鬱症，而導致抑鬱症的原因包括：喪偶的哀傷未能釋懷、未能適應獨居生活、患上不同的痛症或長期疾病等，這些長者不大懂得表達心理的問題及因生活轉變而出現的負面想法導致不會主動尋求協助。我們的「抑鬱解讀 —— 長者快樂生活行動計劃」為有抑鬱症徵兆的長者定立個人化的快樂生活行動計劃，幫助他們從日常生活中尋找快樂，並且透過義工定期探訪，讓長者不再感到孤單。此外，我們積極在不同社區舉辦教育講座、展覽及互助關懷小組，鼓勵長者重新建立社交網絡，實踐正向的生活模式。

本計劃由  滙豐 透過  香港公益金 THE COMMUNITY CHEST 撥款資助

Individual Activity Plan for Depressive Elderly & Volunteer Service 抑鬱長者快樂生活行動計劃及義工服務



Depressed and distressed elderly people easily feel abandoned. They need public support to help them regain joy in life and develop positive attitudes in facing emotional problems. Through the project "Action for Happiness - Individual Activity Plan for Depressive Elderly", we tailor action plans and activities lasting about six months for distressed elderly people and those diagnosed with symptoms of depression. Based on the elders' emotional

status, preferences and lifestyle, our professional social workers initiate the plans and our volunteers visit the old folks regularly to implement them. The activities include handicraft making and dancing lessons led by corporate volunteers. The volunteers also helped the elderly make scrapbooks of photos telling stories of their lives and daily encounters. These activities help strengthen elders' social network and alleviate their feelings of loneliness. We aim to make existence more meaningful for the elderly by bringing about small changes in their lives. This year, we trained 108 volunteers to serve 85 elders and they provided 772 service times. About 75% of the participants said the activities help enhance their moods.

患抑鬱症或情緒受困的長者特別感到孤單，他們需要社會人士的鼓勵，幫助他們尋回生活的樂趣，建立積極的人生觀以抵禦負面情緒來襲。我們透過「抑鬱解讀 —— 長者快樂生活行動計劃」為有抑鬱症徵兆或情緒受困的長者定立個人化的「快樂生活行動」計劃及活動，為期約半年。我們的專業社工會按每位長者的情緒狀況、個人喜好和生活模式設定計劃內容，由義工定期探訪長者，並落實計劃。本年度，活動形式包羅萬有，包括製作手工藝、來自企業的義工教授長者舞蹈、義工與長者製作生命回顧或生活點滴的相簿等，長者透過活動加強人際網絡，有助減輕他們的孤獨感，並且為他們的生命帶來微小但具意義的改變。本年度，共有108名完成培訓的義工探訪85個長者個案，共772人次接受探訪及參與活動，約75%參加活動的長者表示情緒有改善。



"The volunteers and I go out together and do ordinary things such as strolling through the neighbourhood or drinking coffee. But I am very happy because I am afraid of loneliness and now I have people to accompany me. Now, I can regain joy in life." Lan, a participant of "Action for Happiness - Individual Activity Plan for Depressive Elderly".

參與「長者快樂生活行動計劃」的長者阿蘭：「...（義工）可能只是帶我到（家）附近走走，或者帶我去飲一杯很普通的咖啡，但我都已經好開心...我最想要的只不過是別人的陪伴，因為害怕自己一個人...現在我開始學會尋回生活中的快樂。」

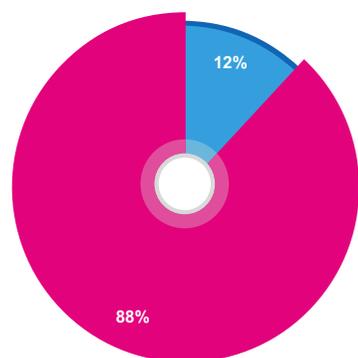
"I feel happy and lucky meeting Lan. I never imagined that we would develop a strong bond. Together, we've instilled happiness in both our daily lives. It's amazing. I hope more people can volunteer to become a companion to the elderly." Mei Heung, a volunteer of "Action for Happiness - Individual Activity Plan for Depressive Elderly"



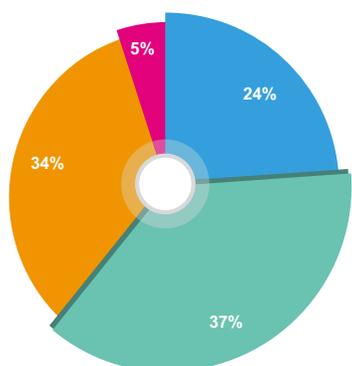
參與「長者快樂生活行動計劃」的義工美香：「與阿蘭的相遇，我覺得是快樂亦是幸運的...能夠與她一起重拾生活中的快樂更是我意想不到，這種滿足和快樂並不是我付出的時間所能媲美。希望有更多的人來參與這個計劃，與長者走出幽谷。」

Background of Service Users in the year 2013/2014 2013/2014 年度服務使用者背景

No. of Service Users 服務使用者數目	85
No. of Times the Elderly are Visited by Volunteers and Participated in Activities 接受探訪及參與活動(人次)	772



Male 男 12%
Female 女 88%



Aged 60-69 / 60-69 歲 24%
Aged 70-79 / 70-79 歲 37%
Aged 80-89 / 80-89 歲 34%
Aged 90 or above / 90 歲或以上 5%

Mutual Support Group 互助關懷小組

During the year, we held five mutual support groups for 64 elders from various elderly organisations. With the supervision of our professional social workers, the participants took part in interactive activities such as games, handicraft making, singing as well as watching movies and telling stories. The elderly and their counterparts shared their life stories and they explored different elements of positive psychology including gratitude, optimism, forgiveness, perseverance etc. With mutual support, the elderly strived to develop positive attitude towards life. About 80% of the participants said the activities helped alleviate their distress.

本年度，我們為不同的長者服務單位舉辦了五次「生命·喜樂」互助關懷小組，共64名長者參加，活動由專業社工帶領，長者透過不同互動性的活動，例如遊戲、手工藝、音樂、影片分享、小故事分享等，與其他組員一起經歷及分享他們生命中的悲與喜，並且發掘一些正向心理的元素，例如感恩、樂觀、寬恕、毅力等。組員之間互相支持和鼓勵，讓長者建立正向的人生觀，約80%參加活動的長者表示完成小組活動後情緒有改善。

Community Education 社區教育



We held community education talks with the theme: "Positive Attitudes towards Life" for 470 elders from 12 elderly organisations including those located in rural areas. During the talks, we encouraged the old folks to stay healthy and positive, develop social skills and participate in community education programmes.

Moreover, we held an experiential community education programme: "Discover & Live Life with Joy" in Central Plaza, Upper Ngau Tau Kok Estate on 29 June 2013. The event attracted 1,634 participants from the vicinity as well as the public at large. They participated in various activities such as horticulture, handicraft making, and writing caring cards and letters. There were also activities such as "laughing yoga", prevention of tendon injuries practised in Chinese medicine as well as mime performances by clowns. All this aimed to promote positive attitudes, focus, optimism, gratitude and healthy lifestyle.

我們分別為全港包括鄉郊地區共12間長者服務單位，舉辦以「正向生活模式」為主題的社區教育講座，共470位長者參與。我們從生活、人際關係至社區，向長者講解如何建立健康和積極的生活態度。

另外，我們於二零一三年六月二十九日在牛頭角上邨中央廣場舉辦「喜樂·尋找·生活體驗日」社區教育活動，活動吸引1,634名來自附近屋苑的居民及市民，並參與不同的活動包括園藝、手工藝、心意卡、感謝信等。我們還帶領參加者學習愛笑瑜伽、經筋治療法及觀賞小丑默劇表演等，向社會人士推廣專注、樂觀、感恩、健康等正向生活的訊息。





Services for Survivors of Suicide Loss 自殺者親友支援服務

Family of the survivors of suicide loss suffer the most when their loved ones die by suicide. The survivors feel perplexed and suffer from disparate levels of emotional problems due to the sudden demise of their loved ones. We are aware that the majority of them are overwhelmed with consternation, grief, guilt, distress and loneliness. Research has found that when one person dies by suicide, at least six to ten of his/her friends and relatives will suffer from emotional problems and their risk of suicide will be 4.5 times higher than that of ordinary people. Taking into account that 1,000 people die by suicide per year on average in Hong Kong, about 10,000 of their friends and relatives are likely to suffer from emotional problems or suicidal thoughts. The relationships between the survivors and their family will also be affected. In the year 2013/2014, our "Project BLESS" provided professional counselling services for survivors and organised mutual support groups, volunteer services and therapeutic programmes. Our services focused on giving support to the family and encouraging family members to cope with their grief together. In addition, we organise community education programmes, media interviews and news conferences to raise public awareness of survivors' needs and to encourage the needy to seek professional help.

自殺者對家庭成員帶來的影響極為深遠，面對至親突然自殺離世，自殺離世者親友會出現複雜的情緒和承受不同程度的困擾，「生命熱線」理解大部份親友會感到失喪或迷茫、痛別離、內疚、情緒低落及孤單。有研究指出，每名自殺者離世會令至少六至十名親友情緒受困，他們的自殺風險亦會較一般人高達四點五倍，以香港平均每年約1,000人自殺身亡數字推算，約10,000名親友有機會出現情緒困擾或有自殺的念頭，並會影響與家人的溝通。在2013/2014年度，我們的「釋心同行——自殺者親友支援計劃」服務，包括個案輔導、同路人互助小組活動、過來人參與義工服務及治療性質的活動。我們的發展著重於家庭為本，讓家庭成員彼此扶持，共同走過哀傷的道路。此外，我們透過社區教育活動、傳媒訪問、新聞發佈會等，讓社會人士理解自殺離世者親友的需要，並鼓勵有需要的人士尋求協助。

Project BLESS

釋心同行 —— 自殺者親友支援計劃

We proffer our sincere gratitude to Community Partner Foundation for sponsoring "Project BLESS" since September 2013. This year, we walked with more than 150 survivors in their healing process, as they shed their shroud of grief and loneliness to find closure.

自2013年9月開始，我們獲得「社聯伙伴基金有限公司」的資助，繼續推行「釋心同行——自殺者親友支援計劃」，我們感謝他們的支持，讓我們為超過150名親友提供服務，配合他們的步伐，讓他們走在哀傷的道路上不再感到孤單。

This project is supported by

本計劃由



資助



Case Service 個案服務

In the year 2013/2014, we served 156 cases of survivors of suicide loss. 81 of them were newcomers, 69% were female. Survivors aged 30 to 59 constituted 55%. 33% were below 30. Among all cases, 26% were parents who lost their children, 20% suffered from the loss of their spouses, 23% were children who lost their parents and 15% were bereaved by siblings.

During the year, 62% of the survivors turned to us for help within three months of losing loved ones to suicide. This indicates a strong demand from survivors for professional support. This is also a strong testament of our services.

This year, we initiated and developed a referral system with three local public mortuaries. From April 2014, survivors can reach us through the mortuaries and receive timely support.

2013/2014年度，我們已服務的個案共有156個，其中81個是新個案。個案當中，女性佔69%；以年齡層劃分，中年人士(30至59歲)佔55%，其次為兒童及青年(30歲以下)佔33%。此外，失去了子女的家長的個案佔26%，失去了配偶的親友個案佔20%，失去了父/母的孩子個案佔23%，失去了兄弟或姐妹的個案佔15%。

另外，有62%親友於至親自殺離世後三個月內尋求我們的協助，反映親友對專業的支援服務需要殷切，服務亦獲得親友及社會人士的認同。

本年度，我們主動與本地三間公眾殮房商討合作，共同建立一個自殺者親友個案轉介機制，讓親友及早獲得適切的支援，相關機制已於二零一四年四月正式運作。

Mutual Support Group 同路人互助小組

Time is necessary for the survivors of suicide loss to heal. Sharing the feelings with people with a common understanding of their grief also helps. During the year, we organised three mutual support groups for survivors suffering from the loss of their children, husbands, wives or partners. The survivors also expressed their feelings through painting, making clay ornaments and writing letters in the mutual support groups. Besides, we held a yoga session for the first time and invited a certified trainer who is a survivor to volunteer to teach yoga. The trainer tailored yoga exercise and shared her bereavement experiences. Through the yoga and the empathy, the survivors were able to develop a balanced mind and body and find a conduit for their grief.



親友的心靈創傷需要時間癒合，但更需要與有共同經歷的同路人傾訴感受，過程交織淚水和笑容，親友可藉此放下情緒的重擔，重新出發。本年度，我們分別舉辦了三個自殺者親友同路人互助小組，參加者分別為曾有子女因自殺而離世的家長及曾有配偶或親密伴侶因自殺而離世的親友。親友透過小組不同的活動，如畫畫、製作黏土、寫信等，抒發內心的感受。此外，我們更首次舉辦以瑜伽為主

題的同路人互助小組，並由過來人兼認可註冊專業瑜伽導師擔任義務導師，不單為親友設計合適的瑜伽運動，亦擔任分享員，親友可透過運動和分享調適身心、釋放哀傷的情緒。

Alice, a participant of the yoga mutual support group, said, "Practising yoga can help me keep fit and relax my mind. I feel a sense of satisfaction and became confident when I practiced some difficult yoga poses. The trainer is patient and willing to share her experiences, giving me courage to emerge from my bereavement."

參與同路人互助小組的Alice：「瑜伽能鍛鍊身體，舒緩壓力。從學習瑜伽動作的過程中發覺自己原來都可以做到難做的事，心境開朗了，有滿足感，信心大增。導師耐心教導，又分享自己的哀傷歷程，這些都對我有很大的鼓勵。」



Lok, a participant of a mutual support group said his friends didn't understand his feelings. "Fortunately, I can express my thoughts and feelings freely with my counterparts in the group. I am no longer afraid to speak my mind. I meet the survivors and we share our feelings and experiences. I feel close to them. I've gained the courage to move on."

參與同路人互助小組的阿樂，覺得身邊的朋友都不能體會他的感受：「在小組內，我能盡情地表達自己的一切想法和心事。我想說便說，不用保留，不用鬱在心內...認識同路人，他們的經歷與我產生共鳴，我與同路人互相了解，令我減輕了孤單感，有力向前走。」

"The survivors and I share the grieving feelings with each other freely. I am getting more relieved and I find my back pain has been eased," Ken, a participant of a mutual support group said.

參與同路人互助小組的阿Ken：「認識一群同路人，我可以講出自己的心底話，能互相傾訴，感覺整個人變得輕鬆，背部的痛楚也減輕了。」

International Survivors of Suicide Day 國際自殺者親友關懷日

Each November, we commemorate "International Survivors of Suicide Day" together with over 300 overseas cities. On 23 November 2013, we organised the event themed "Moving Forward". Our 45 survivors participated and decorated their bamboo containers in which they planted seedlings. The gesture signified the perpetuation of the strong bond between survivors and loved ones. The survivors and their peers also gave blessings to each other and strengthened their will to move on via activities such as farming, cooking veggie dishes, singing country music and sharing.

我們每年在十一月「國際自殺者親友關懷日」期間，與海外逾300多個城市響應紀念。我們於二零一三年十一月二十三日舉辦了紀念活動，主題為「讓愛走動」，約45名出席活動的親友親自裝飾竹筒，將幼苗放置在竹筒，喻意死亡雖然帶走了至親的身軀，但卻不會帶走他們對逝者的愛。親友和過來人投入參與其他活動，凝聚生命的力量，包括農莊活動、烹調田園晚餐、民歌晚會、同路人分享等。





"We decorated the bamboo containers and planted the seedlings to celebrate the uniqueness of life. We also extended our love to the deceased and gave blessings to our peers. It was such a great experience. The highlight of the day was cooking veggie dishes together. I am grateful to SPS for organising the event. My peers and I were joined together as one family." Cindy, a participant of SPS commemoration of "International Survivors of Suicide Day".

參與「國際自殺者親友關懷日」的Cindy：「薑竹筒種盆栽更顯生命的獨特性，將愛延續，互相祝福，這樣很美。同路人能團結在田園烹飪，讓各人同心合作完成晚餐，更是高潮，感謝「生命熱線」的安排，我們猶如一家人。」

Volunteer Service 過來人義工服務

We have trained a total of 26 volunteers who are survivors of suicide loss. They give support to other survivors to cope with their grief through various means such as sharing their bereavement stories in professional counselling services, mutual support groups and media interviews. This year, the volunteers served 123 survivors in 34 sessions.



我們至今共培訓了26名自殺離世者親友成為義工，他們以過來人的身份為同路人提供不同的支援，包括分別在專業個案輔導或同路人互助小組及活動中擔任分享員、接受傳媒訪問等，藉此支持同路人過渡哀傷。本年度，義工提供服務達34次，受惠人數達123人。

Community Education 社區教育

During the year, we participated in seminars and interviews conducted by local newspapers, magazines and the electronic media. Through survivors' mournful experiences, we aim to raise awareness of the needs of survivors and care for them. We also want to encourage bereaved survivors to seek help.

We analysed the data of users of our service, "Project BLESS" in the past three years and held a press conference on 19 November 2013. We reported the emotional problems that the survivors suffered and the support they needed as well as new developments in our services. Our services will focus on helping survivor's families and encouraging family members to receive professional counselling to support each other in their healing process.

In the coming year, we will put more effort in community education, such as publishing a resource booklet and producing videos about survivors of suicide loss. We hope these materials will help the public gain a better understanding about survivors' emotional problems and promote the message of suicide prevention.

本年度，我們參與講座、接受本地報章、雜誌及電子傳媒的訪問，由自殺者離世者親友分享他們的心路歷程，致力提升社會大眾關注親友的需要並關心他們，並鼓勵正過渡哀傷的親友尋求支援。



我們於二零一三年十一月十九日舉行新聞發佈會，公佈「釋心同行——自殺者親友支援計劃」過去三年已服務的個案資料，剖析親友承受不同的情緒反應和他們需要的支援，並提出服務發展的新方向。我們的服務發展將朝向以家庭為本支援服務，鼓勵家人共同接受專業輔導，互相扶持，重整生命的意義。

來年，我們將加強社區教育的工作，包括製作一本實務資源手冊及影片，社會人士可藉此了解自殺離世者親友所面對的困擾，預防自殺。

Service 服務項目	Total No. 數目	Total Attendance / Beneficiaries 出席/受惠人數
No. of Cases Served 服務個案	156	156
Mutual Support Groups 同路人互助小組	3	25
Therapeutic Programmes for Survivors of Suicide Loss 自殺者親友支援活動	2	102
Volunteer Service 過來人義工服務	34	123
Media Promotion 媒體宣傳	6	/

Community & Life Education 社區及生命教育



If sunlight and water are essential for plants to live and grow, life education is the key to healthy emotions and development of our children. Through the two life education programmes, "Gatekeeper Training Project for Youth Suicide Prevention" and "Fillings Lives with Joy", we held seminars, professional training workshops and group activities for teenagers and their peers, parents and teachers. Participants learn about emotional problems of teenagers and effective ways to support them. Our life education programmes complemented the "Other Learning Experiences (OLE) under "The New Senior Secondary (NSS) Curriculum". The students were encouraged to think about life's meaning and express their feelings. We hope the students will manage their negative emotions in a positive way and grow up happily and healthily.

陽光和水令植物茁壯成長，那麼生命教育就是孩子成長的養料，情緒健康的必需品。「生命熱線」透過兩項生命教育項目：「生命守門員」企劃和「Joy·種生命」計劃，分別為青少年、朋輩、老師和家長舉辦生命教育講座、專業培訓工作坊、小組活動等，讓他們更了解青少年面對的情緒困擾，為有需要的青少年提供有效的支援。本會的生命教育項目內容配合新高中課程中「其他學習經歷」，我們運用體驗式學習模式，鼓勵青少年思考生命的意義，並學習表達情緒和感受，以正面積極的態度處理負面的情緒，讓他們可以健康愉快地成長。



Gatekeeper Training Project for Youth Suicide Prevention 「生命守門員」企劃

We organised various activities under the "Gatekeeper Training Project for Youth Suicide Prevention" for families, schools as well as the public who care for teens' emotional health. That was a concerted effort to support distressed teenagers. We aim to walk the teens out of their life predicaments and prevent suicide.

Riding on the development of information technology, our "Gatekeeper Training Project for Youth Suicide Prevention" launched a new multi-media website (www.sps.org.hk/gatekeeper) this year. Peers of the teens, parents and teachers can learn about the needs of the distressed and depressed teens and know how to support them via the website. Video clippings, recorded by students and teachers who had participated in the project, as well as social workers, were posted on the website. They shared their experiences and promoted suicide prevention. Besides, we designed a calendar card of the year 2014 especially for distressed teens, incorporating a QR code in the card. With a smart phone application with scanning functions, we can listen to the audio archives of some celebrities and SPS volunteers. The recordings were updated every month and they delivered messages that would give support to those suffering from emotional turmoil or insomnia. We hope the recordings will help to relieve troubled teens.



我們為「家」（家庭）、「校」（學校）的成員，以及「社」（社會）上關心青少年情緒健康的人士舉辦不同形式的「生命守門員」企劃活動。透過活動我們集合社會不同層面的人士的「力量」以支援情緒受困的青少年，陪伴他們走過情緒的困境，同心協力預防青少年自殺。

我們配合資訊科技的發展，本年度「生命守門員」企劃推出一個全新多媒體網站 (www.sps.org.hk/gatekeeper)，讓青少年身邊的朋輩、家長及老師透過網站理解情緒受困或患抑鬱症的青少年的需要、求助資訊等，而曾參與企劃的學生及老師、社工透過短片分享他們的經驗和心聲，呼籲大眾人士預防青少年自殺。我們亦製作了附有 QR code 的2014年曆卡，為情緒受困的青少年打氣。我們可利用智能手機的掃描器裝置，開啟網站播放由影視紅星及「生命熱線」義工等錄製的聲音檔案，內容每月更新，主題包括「給情緒繃緊的你」、「給訓唔著覺的你」等，期望有需要的青少年不再獨自承受困擾。

本計劃由  滙豐 透過  香港公益金 撥款資助

Gatekeeper Training Seminar/Workshop 「生命守門員」培訓講座/工作坊

In the year 2013/2014, we organised 30 training seminars, professional training workshops and other life education talks for parents, teachers and workers from youth service fields. Due to public concern about teenagers' emotional health and deliberate self-harm, our seminars and workshops focused on ways to alleviate early stage depression. About 88% of the participants, including parents and teachers, said they learnt some effective ways to support distressed children and students. Some of the participants said they will share the messages with their friends.



2013/2014年度，我們為家長、教師及其他青少年服務工作者共舉辦了30次培訓講座、專業培訓工作坊及其他生命教育講座。鑑於社會愈來愈關注青少年的情緒健康、自殘、自傷等議題，本年度培訓講座、專業培訓工作坊的主題亦強調及早為有需要的青少年「解困」。約88%參加者包括家長和老師認為培訓講座有助他們為情緒受困的學生和孩子提供合適的支援，有參加者更表示願意轉發相關資訊予身邊的朋友。

"My son and I had experienced what the video displayed in the seminar. Then I realised that some children are suffering from emotional distress just like my son did. I learnt some techniques for handling teens' emotional problems and I will try to practise them at home," Mrs Chan, a participant of a seminar said.



曾參與「生命守門員」家長培訓講座的老陳太：「我仿佛從講座的片段看到自己與兒子的身影，發現有些家庭像我的兒子一樣受情緒困擾，回家後我會嘗試運用講者提供的實務技巧處理孩子的情緒。」

Peer Leader Training Group & School-based Life Education Programme 朋輩「生命守門員」培訓小組及校本生命教育活動

In the "Peer Leader Training Group", we aim to help students handle their own and their peers' emotions in a positive way, and improve their communications and organisational skills. The training involves about nine hours. Before the training commences, our social workers will conduct a one-on-one meeting with students to learn about their family background and emotional status. We tailor some experiential learning activities that are interactive and informative. For example, students are asked to express their feelings through writing, drawing or participating in group discussions if they have ever lost the most important people or things in their lives. In addition, students learn different emotions, gain knowledge of depression as well as discuss deliberate

self-harm and suicidal attempts with teammates. During discussion sessions, our social workers adopt a non-judgemental approach and encourage the students to express their opinions, and reflect on all reactions.

When students complete the training, they will plan and develop at school some interesting life education activities such as exhibitions, short films, song dedication sessions, "room escape" activities. Their aim is to raise awareness in supporting distressed peers and suicide prevention, developing a caring culture on campuses. About 81% students say the training helps enhance their confidence or improve their emotional status.

我們期望參與朋輩「生命守門員」培訓小組的學生學懂正面地處理個人及朋輩的情緒，同時提升學習能力，尤其是溝通技巧和組織能力。朋輩「生命守門員」培訓小組活動每期約九小時，學生先與社工進行個別面談，了解他們的家庭情況及情緒狀況。培訓方面，我們為學生設計體驗式活動，內容資訊和互動性兼備，例如要求學生想像失去生命中最重要的人或事，並利用文字、圖畫或小組討論等形式表達他們的情緒反應。學生亦會透過活動認識情緒、抑鬱症及與組員探討青少年自傷或自殘行為，甚至是自殺的議題。社工以不批判的原則鼓勵學生對議題發表意見，並反思其他組員的回應。



完成小組活動後，學生擬定各式各樣、富趣味性的「校本生命教育活動」，例如展覽、短片製作、歌曲點唱活動、「逃出房間」活動等，呼籲朋輩協助處理情緒困擾及提供預防自殺的意識，在校園內建立互相關懷的文化，約81%學生表示培訓有助提升自信心或改善情緒狀況。

Ng, a trained peer leader studying in Form Five shares his experience. "I've learnt the meaning of 'life is precious' and gained much emotions-related knowledge. Thanks to the training, I am more aware of my own and my peers' emotional ebbs and flows. In short, the activities are meaningful and valuable."

成為朋輩「生命守門員」中五學生吳同學：「活動讓我學懂『人生有價』這個道理，亦知道很多與情緒相關的知識，我亦因為參與這個計劃才開始留意自己和身邊人的情緒變化。總括而言，活動很有意義，令我獲益良多。」

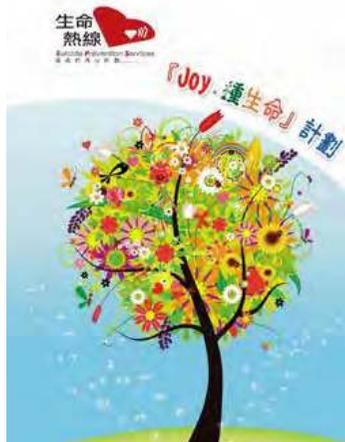
Service 服務項目	Total No. 數目	No. of Sessions 節數	Total Attendance 出席人次
Elementary Gatekeeper Training Seminar 「生命守門員」培訓講座	26	26	1,524
Intensive Gatekeeper Training Workshop 「生命守門員」專業培訓工作坊	1	3	143
Peer Leader Training Group 朋輩「生命守門員」培訓小組	11	104	780
School-based Life Education Programme 校本生命教育活動	8	30	6,213
Other Life Education Talk 其他生命教育講座	3	3	1,220
Total 總數	49	166	9,880

Filling Lives with Joy

「Joy·種生命」計劃

For teenagers, studying, love and family are likely to be their main sources of pressure. Yet, some teenagers might not aware of the negative impact on their emotions and some resort to deliberate self-harm, bullying or even suicidal attempts. In the year 2013/2014, a number of youth suicides were reported. Some were primary school students. We believe that developing life education programmes at schools are a necessary means to remedy the situation.

青少年面對來自學業、感情、家庭等壓力，有部份青少年未意識因種種問題帶來負面的情緒，有部份更會做出自傷、自殘、欺凌等行為、甚至以自殺的方式處理情緒。在2013/2014年度，我們關注本地接連發生多宗青少年特別是小學生的自殺個案，因此學校為主導的預防青少年自殺工作實在刻不容緩。



Life Education Programme for Students 學生生命教育項目

Primary and Secondary school students 中小學生

Through our “Filling Lives with Joy” project, we continue to organise life education training programmes for suicide prevention in local primary and secondary schools. This year, we held over 130 sessions of talks, workshops and experiential learning activities for over 17,700 students and teachers from 68 primary and secondary schools. Through participating in interesting and inspiring games and other activities, students were encouraged to think about life’s values and meaning, to manage their emotions and understand the impact of bullying. They were free to express their opinions and by doing so, they learnt to manage their own emotions and their responses to their peers.



This year, we joined the “Student Life Ambassador – Experiential Learning & Training Programme for the first time. It’s organised by UNESCO Hong Kong Association and jointly with The Hong Kong Institute of Education (HKIEd). With the theme “Doing something to make the world a better place”, we held workshops and day camps for 80 students from 40 local primary schools to promote the message that life is precious. The students also took the opportunity to improve their leadership skills through organising life education activities on campuses.



我們繼續透過「Joy·種生命」計劃在本地中小學推行生命教育培訓，預防青少年自殺。本年度，我們成功為68間中小學舉辦超過130節培訓講座、工作坊及體驗式小組活動，超過17,700名學生及教師參與。我們設計具趣味性和啟發性遊戲和體驗式活動，讓學生思考生命的價值和意義、處理情緒、探討欺凌行為的影響等，鼓勵他們發表意見，並且學習處理自己和別人的情緒反應。

本年度，我們首次參與由香港聯合國教科文組織協會主辦、香港教育學院協辦的「生命小領袖」體驗教育及培訓計劃，主題為「一件讓世界變得更美的事」，我們為本地四間小學共80名學生舉辦生命教育工作坊及日營活動，向他們推廣珍惜生命的價值觀。計劃亦鼓勵學生在校內推行生命教育活動，藉此培養他們的領導才能。

College students 大專生

We initiated life education training programmes for college students in 2014 including the “Life & Death Experiential Learning & Training Programme” for 27 students from Tung Wah College. They participated in various experiential learning activities and reflected on the meaning of life and death. We also held “Suicide Prevention for Youth Training Programme” for students from HKIEd. To prepare for their future roles, these “teachers-to-be” learnt to recognise signs of suicidal behaviour and basic skills of communicating with the distressed, through group discussions, role plays, visiting the Garden of Remembrance, meeting distressed old folks etc.



我們於2014年開展本地大專生命教育培訓工作，包括為東華學院舉辦「生死教育體驗及培訓」，共27名學生參與，他們透過不同的體驗式活動反思生命和死亡的意義。此外，我們為香港教育學院的學生即「準教師」舉行「認識與預防青少年自殺」訓練工作坊，活動包括小組討論、角色扮演、參觀骨灰紀念花園、探訪情緒受困的長者個案等，學生從中學習辨識自殺徵兆和與情緒受困人士溝通的基本技巧，為擔任教師的職務做好準備。



Life Education Programme for Teachers 教師生命教育項目

Trainings and life and death experiential learning activities were also on the cards for teachers to help them handle distressed and suicidal teens. This year, we joined with HKIED to organise a life education talk for teachers, "Suicide Prevention for Youth". The talk offered hands-on information about identifying symptoms of depression and signs of teenage suicidal behaviour. It was well received. Over 90% of the participants said they learnt some basic techniques of handling youth suicide and they were able to relieve early stages of distress among their students.

我們為教師提供培訓及體驗式生死教育活動，幫助他們處理情緒困擾或有自殺念頭的青少年的技巧。本年度我們與香港教育學院合辦名為「如何預防青少年自殺」教師專題講座，為前線在職教師提供有關辨識青少年抑鬱症及自殺徵兆的資訊，講座深受前線教師歡迎，超過90%參加者認為講座有助他們初步處理青少年自殺情況，及早為受情緒受困擾的學生提供支援。

"The speaker drew an analogy between suicidal students' mental status and 'the tripping of washing machines' and I found it a valid description. The speaker's comments were clear and succinct and he gave hands-on information." Lee, a participant of the life education talk for teachers said.

參與教師專題講座的李老師：「講者用『洗衣機跳掣狀態』來形容有自殺傾向學生的精神狀態，我覺得很貼切，講者能精簡地帶出主題的要點，並提供實用的建議。」

Community Education 社區教育

The International Association for Suicide Prevention (IASP) and the World Health Organisation (WHO) mark World Suicide Prevention Day on 10 September every year. In September 2013, we organised a series of community life education programmes in Hong Kong to raise awareness of suicide and mental health of individuals and their friends and relatives. This was to rally people to prevent suicide. We also held roadshows of "Don't Fight Alone" in Wong Tai Sin, Kwun Tong and Sham Shui Po. Local secondary school student volunteers distributed SPS promotion materials for suicide prevention. We want to get students involved in community education programmes so that they will know more about their neighbourhood and promote the message that life is precious.



Teenagers participated in "Life Teen Angels Training Camp" after joining the volunteer services. In the camp, they took part in various experiential learning and group activities, such as writing letters to their future self, making sky lanterns and having discussions and sharing sessions with SPS volunteers. We aim to help the teens to develop positive attitudes when coping with distress and to give support to their distressed peers.

We also conducted a survey: "Hong Kong People's Attitude Towards Distress and Suicidal Thoughts". 624 public individuals were interviewed on streets or on the internet. Over 50% of the interviewees said they would like to talk to others when they were in distress and they expected their friends and relatives to listen with patience (86%) and give them support (77%) when they are suffering from emotional turmoil. However, only half of them said others would listen with patience and give them support (35%). The result showed the difference in behaviour of the interviewees handling distress and suggested the distressed will easily feel lonely and desperate and more prone to suicidal attempts. Over 20% of the interviewees said their suicidal peers were "Irresponsible"; "Just suicidal nonsense"; "Selfish" etc. With such negative perceptions, suicidal people might not seek help or even end up committing suicide. In our opinion, the society needs to give more support to the distressed.



每年9月10日為「世界預防自殺日」，該日由世界衛生組織（WHO）及國際自殺預防協會（IASP）共同定立。2013年9月我們舉辦了一連串社區生命教育活動，呼籲社會人士關注香港自殺情況，鼓勵他們關心自己和身邊人的情緒健康，一起參與預防的工作。我們推動青少年參與社區生命教育活動，他們有機會了解不同的社區，向社區人士推廣珍惜生命的訊息。我們在黃大仙區、觀塘區及深水埗區舉辦「別再單打獨鬥·Don't Fight Alone」街頭展覽，並由本地中學的青少年義工於街頭派發本會製作的預防自殺宣傳品。

青少年完成義工服務後隨即參與由本會舉辦的「生命Teen使」兩日一夜培訓營，他們在培訓營參與不同的體驗式活動和小組活動，包括「寫給自己的信」、製作天燈、與本會義工分享及討論等，鼓勵青少年學習以正面和積極的態度處理個人和其他人的情緒困擾。





另外，我們透過街頭訪問和網上問卷形式進行「香港市民處理情緒困擾及自殺問題調查」，成功訪問了624名市民，調查結果顯示超過半成受訪者遇到困擾時會找別人傾訴，86%受訪者期望別人會耐心聆聽自己的困擾，77%表示希望別人陪伴他們，但只有半成受訪者表示別人會聆聽他們的困擾，僅35%表示別人會陪伴自己，反映受訪者對別人的期望與實際反應有落差，我們認為情緒受困人士會因此容易感到孤獨和無助，增加

他們的自殺風險。另外，有超過兩成受訪者認為有自殺念頭人士「不負責任」、「愚蠢」或者認為他們「自私」等，我們認為社會的負面評價會降低有自殺念頭人士尋求協助的意欲，因此社會大眾應為這群情緒受困者給予更多的支援。

Service 服務項目	Contents 內容	Format 形式	No. of Sessions 節數	Total Attendance 出席人次
Life Education Programme for Primary School Students 小學生生命教育項目	Love Ourselves 愛自己	Talk 講座	34	6,537
	Love Our Lives 愛生命	Visiting Elderly 長者探訪	1	22
	Understanding Bullying Behaviour 探討欺凌行為		4	80
	Student Life Ambassador – Experiential Learning & Training Programme 「生命小領袖」體驗教育及培訓計劃	Workshop & Day Camp 工作坊及日營		
Life Education Programme for Secondary School Students 中學生生命教育項目	Love Ourselves 愛自己	Talk 講座	29	8,885
	Respecting Life 尊重生命	Workshop 工作坊	47	1,902
	Emotions Management 情緒處理	Peer Support Group 朋輩支援小組	6	70
	Love Our Lives 愛生命	Visiting Elderly 長者探訪	1	15
	Understanding Bullying Behaviour 探討欺凌行為			
Life Planning 生涯規劃				

Service 服務項目	Contents 內容	Format 形式	No. of Sessions 節數	Total Attendance 出席人次
Life Education Programme for Tertiary Students 大專生生命教育項目	Suicide Prevention for Youth Training Programme 「認識與預防青少年自殺」訓練工作坊	Talk 講座	3	24
	Life & Death Experiential Learning & Training Programme 生死教育體驗及培訓	Workshop 工作坊	1	27
Programme for Teachers 教師支援項目	Life & Death Experiential Learning & Training Programme 生死教育體驗及培訓	Talk 講座	1	38
	Suicide Prevention for Youth Training Programme 預防青少年自殺培訓	Workshop 工作坊	1	26
Programme for the Professionals 專業同工訓練工作坊	Life & Death Experiential Learning & Training Programme 生死教育體驗及培訓	Workshop 工作坊	3	170
Total 總數			131	17,796
Total No. of Collaborated Schools 合作學校總數				70*

*32 primary schools, 36 secondary schools and 2 tertiary institutes. 分別為32間小學、36間中學及2間大專院校。

Summary of Community & Life Education in 2013/2014
2013/2014年度社區及生命教育項目總覽

Type of Services 服務類別	Items 項目	No. of Sessions 節數	No. of Beneficiaries 受惠人次
Suicide Prevention Community Education 預防自殺社區教育	Agency Briefing 服務簡介	19	730
	Suicide Prevention Workshop 預防自殺工作坊	23	422
Suicide Prevention Service for Elderly 預防長者自殺服務	"Cherish for Life Service Promotion" Roadshow 「珍愛生命聯合活動服務」 街頭展覽	3	1,043
	Mental Health Promotion Talks 「長者護心法」講座	28	1,253
	Elderly Suicide Prevention Service Sharing for Professional Co-workers 預防長者自殺服務 實務分享—— 專業同工訓練工作坊	4	163
	"Positive Attitude Towards Life" Community Education Talk 「正向生活模式」 社區教育講座	12	470
	"Discover & Live Life with Joy" Community Education Programme 「喜樂·尋找·生活體驗日」 社區教育活動	1	1,634
	Services for Survivors of Suicide Loss 自殺者親友支援服務	International Survivors of Suicide Day – "Moving Forward" 國際自殺者親友關懷日 ——「讓愛走動」	1

Type of Services 服務類別	Items 項目	No. of Sessions 節數	No. of Beneficiaries 受惠人次
Youth Life Education 青少年生命教育	Elementary Gatekeeper Training Seminar 「生命守門員」培訓講座	26	1,524
	Intensive Gatekeeper Training Workshop 「生命守門員」專業培訓工作坊	3	143
	Peer Leader Training Group 朋輩「生命守門員」培訓小組	104	780
	School-based Life Education Programme 校本生命教育活動	30	6,213
	Life Education Talk 生命教育講座	70	16,704
	Life Education Workshop & Other Activities 生命教育工作坊及其他活動	54	2,046
	Peer Support Program 朋輩支援計劃	6	70
	Teacher & Profession Training Workshop 教師及專業同工支援工作坊	4	196
Total 總數		388	33,436

Volunteer Training and Support 義工訓練及支援

Volunteers in the 24-hour Suicide Prevention Hotline and the Outreach Befriending Service for Suicidal Elderly are in the frontlines of SPS. Through their work, they can gain a better understanding of service users' needs and together with professional social workers, provide appropriate support. Our volunteers are dedicated and resonate with the agency's values. They are willing to devote their private time to help the distressed regain their will to live on. We appreciate the volunteers' selfless attitude towards SPS: to influence life with life.

We organise volunteer recruitment and training regularly to encourage public participation in suicide prevention and to achieve sustainable development of our services. This year, we held nine volunteer training sessions and recruited 122 new volunteers. They are required to attend training sessions to learn and practise the skills to communicate with specific groups of service users. They also need to pass screening procedures and fulfill a specific number of service hours. We also arranged various professional training sessions including for middle age depression and on the psychology of gambling addiction for experienced volunteers in our hotline service and organised some outreach programmes for them. With enhanced service techniques and updated knowledge of the needs of the service users, our volunteers will be able to serve them better. We express our sincere gratitude towards the Lee Hysan Foundation for its continuous support to provide professional training for volunteers and volunteer leaders.

Moreover, we hold gatherings for volunteers and create interest groups for them on a regular basis in order to promote their team spirit and sense of belonging towards SPS. Together with the volunteers, we strive to develop a protective shield for society against suicide.



讓世界
11多一點微笑!
More Smiles to Brighten a World!

「24小時預防自殺熱線」及「生命共行——外展長者服務」的義工在服務上擔當最前線的角色，並透過參與服務親身了解服務使用者的需要。憑著對生命的執著和認同本會預防自殺的服務理念，義工願意犧牲私人時間關懷情緒受困擾的人士，與專業社工共同為有需要人士提供適切的支援，協助他們重整對生命意義。義工無私的付出和抱持「生命影響生命」的服務態度十分值得嘉許和學習。

為讓預防自殺服務得以持續地發展，我們定期舉辦義工培訓課程，讓更多社會人士能參與其中。本年度，本會共舉辦了九期新義工招募培訓課程，共有122名義工通過選取及訓練。「生命熱線」的義工需要參與課程預習所需的技巧，並成功通過遴選及完成指定的服務時數。現正服務的義工亦須持續提升服務技巧和了解不同社會階層人士的需要，才能有效地支援服務使用者，例如為熱線義工舉辦有關中年抑鬱症患者、理解沉溺賭博的心態等專業培訓講座及舉辦探訪活動等。本會感謝利希慎基金延續對本會的資助，為義工及義工組長提供專業培訓。

此外，我們亦定期舉辦義工聚會及為義工而設的興趣小組，期望活動能促進義工的團隊精神，提升他們對本會的歸屬感，繼續與我們一起在社會上建設預防自殺的防護網。



Summary of Volunteer Service Hours and Beneficiaries in 2013/2014
2013/2014 年度義工提供之直接服務時數與服務受惠人次總覽

Service 服務內容	Volunteer Service Hours 義工提供直接服務時數	No. of Beneficiaries 服務受惠人次
24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線服務	23,581	36,573
The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly 「香港賽馬會社區資助計劃：生命共行 —— 外展長者服務」	10,525	7,236
Action for Happiness - Individual Activity Plan for Depressive Elderly 「抑鬱解讀 —— 長者快樂生活行動計劃」	1,812	772
Project BLESS 「釋心同行 —— 自殺者親友支援計劃」	68	123
Community Education 社區教育	380	2,074
Total 總數	36,366	46,778

Summary of Volunteers Training & Support Programmes in 2013/2014
2013/2014 年度義工訓練及支援活動總覽

Service 服務內容	Volunteer Participation (Times) 義工參與人次	Training Hour's (Hr) 訓練時數 (小時)
Volunteers Briefing Session 義工招募簡介會	730	33.5
Workshops 工作坊	422	45
Preparatory Courses 義工培訓	1,158	279
On-going Training 義工持續訓練	460	125.5
Leadership Training 新組長及分享員訓練	41	45
Case Conferences 個案分享會	1,183	315.5
Volunteer Recognition/ Support Programme 義工支援活動	745	103.5
Total 總數	4,739	947

Total Number of SPS Volunteers in 2013/2014
2013/2014 年度參與「生命熱線」服務之義工人數

Types of Service 服務總類	No. of Volunteers 義工人數
24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線服務	363
The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly 「香港賽馬會社區資助計劃：生命共行 —— 外展長者服務」	326
Action for Happiness - Individual Activity Plan for Depressive Elderly 「抑鬱解讀 —— 長者快樂生活行動計劃」	108
Project BLESS 「釋心同行 —— 自殺者親友支援計劃」	19
Community Education 社區教育	80
Fund-raising Activities 籌款活動	515
Administrative Work 行政工作	15
Total 總數	1,426

Fundraising & Publicity 籌款及宣傳工作



This year, we organised various fundraising and publicity campaigns, instilling fresh impetus to the activities by complementing them with SPS volunteer services. Through participating in the activities, the companies and employees gained a better knowledge of our work and our values. We aimed to motivate the public to care for the needy and to achieve sustainability in our services.

SPS is a non-government-subsidised social service agency. We would like to express our sincere thanks to all companies, organisations and the public who have supported our fundraising campaigns over the years. Only with their backing are we able to organise concerted efforts to prevent suicide and promote the message that life is precious.

本年度，「生命熱線」的籌款活動及宣傳工作與本會的義工活動互相配合，令活動愈趨多元化。我們透過嶄新的模式不但讓參與活動的企業和員工更認識我們的服務理念及工作，更鼓勵社會人士更主動關心身邊有需要的人，令服務達到可持續發展的目標。

由於本會未有獲得政府資助，我們衷心感謝曾參與籌款活動的企業、團體和社會各界人士，繼續參與我們預防自殺的工作，共同推廣珍惜生命的訊息。

Fundraising Highlights 籌款活動



This year, our flagship fundraising campaign "SPS Charity Walk 2014", with the theme of "In Misery and in Bliss, We Walk with You", was held on 12 January 2014. The event was a great success and we thank Ms. Luisa Maria Leitão for being the Charity Ambassador of the event. We achieved a record both in the amount of funds raised and the number of participants. Over 590 individuals and corporations raised more than HK\$2.1 million to support the sustainable development of SPS.

In addition to fundraising, employees of corporate sponsors are encouraged to join our volunteer services, through which they can understand the needs of the distressed and suicidal people. We organised a campaign called the "Don't Qua' Charity Action 2013" spanning July to August. Sponsors, organisations and other groups volunteered to visit old folks suffering from emotional distress. Together, they joined the "Don't Qua' Charity Luncheon" to enjoy some winter melon-based dishes.

Halloween is a festival enthusiastically celebrated by teenagers. To inculcate in them the message that life is precious, and encourage them to care for the needy while having fun, we organised a fundraising campaign, "Actions for Love 2013", in late October. For a week in the evenings, over 290 volunteers flocked the streets in Central and Causeway Bay to raise funds for SPS. Our volunteers creatively donned "Deathie" costumes to promote the message that life is precious. The campaign was well supported by companies and organisations through product sales promotion, event materials sponsorship as well as organising volunteers for fundraising. We thank a local band C AllStar for being the Charity Ambassador of the event.





本年度，我們的旗艦籌款活動「『愛·喜·行』慈善步行籌款2014」於二零一四年一月十二日舉行，活動的主題為「無論陰晴 伴你同行」，活動順利完成，我們感謝黎芷珊小姐擔任活動的慈善大使，是次活動的善款金額及參加人數均創新高，超過590名來自公眾及企業的參加者為本會籌得逾210萬港元善款，支持「生命熱線」的預防自殺服務持續地發展。

除了參與籌款活動外，我們鼓勵贊助企業的員工投入參與義工服務，讓他們透過活動了解情緒受困擾或有自殺念頭人士的需要。二零一三年七月至八月，本會舉辦「冬(Don't)瓜慈善愛心大行動2013」，贊助企業、機構及團體的義工探訪情緒受困的長者，並與長者參與「冬(Don't)瓜慈善愛心午宴」品嚐冬瓜菜式。

萬聖節是深受年輕人歡迎的節日之一，我們於十月底舉辦「死神休假企劃2013」向青少年宣揚珍惜生命、鼓勵他們慶祝節日時亦不忘關心有需要的人。活動連續一星期於晚間舉行，超過290名義工分別於中環及銅鑼灣多個地點進行街頭募捐，義工發揮創意，他們打扮成為「死神」協助「生命熱線」籌款及宣傳愛惜生命的訊息。活動獲得企業、團體等大力支持，包括進行銷售推廣活動、贊助物資、派出員工參與街頭募捐活動等，我們亦感謝樂壇組合 C AllStar 擔任活動的慈善大使。



Publicity Highlights

宣傳

Publicity and promotion are vital to raising awareness of suicide and to helping the public understand the needs of suicidal people. In September 2013, we participated in the "Volunteer Expo" held at the ground floor of HSBC's headquarters. Our aim was to promote our agency's values to working adults in and around Central and to encourage them to join our volunteer services in their spare time to save lives of the suicidal.

We promoted our fundraising events and volunteer services through advertisements at facilities of local public transport, such as KMB, MTR, tram stations and minibuses. We also organised press conferences with different themes in 2013, including, in September, the "Survey of Hong Kong People's Attitude Towards Distress and Suicidal Thoughts" and the "Services for Survivors of Suicide Loss" in November. Moreover, SPS professional social workers and service users participated in various media interviews organised by television stations, radio stations, newspapers and magazines. We hope that the stories will enlighten the needy about overcoming life's challenges and encourage them to seek help.

We have also established close ties with our donors, volunteers and the public who are concerned about suicide prevention. The latest news about SPS can be accessed via various channels, such as regular columns in newspapers, a Chinese and English bilingual quarterly digital newsletter, and the website (www.sps.org.hk).



宣傳及推廣工作能有效提升社會人士關注自殺議題及理解有自殺念頭人士的需要。本年度，我們透過不同的宣傳渠道，幫助市民了解我們的預防自殺工作，我們於二零一三年九月參與「義工博覽」活動，活動於香港上海滙豐銀行大廈的地面公眾廣場舉行，讓中環的上班族認識本會的理念及義工服務，善用工餘時間與我們一起挽救寶貴的生命。

此外，我們於九巴、港鐵、電車、小巴等公共交通的宣傳平台推出本會籌款活動及義工服務的廣告。我們於二零一三年舉辦不同主題的新聞發佈會，包括於九月舉行「香港市民處理情緒困擾及自殺問題調查」新聞發佈會及十一月舉行「自殺者親友支援計劃」新聞發佈會；本會專業的社工及服務使用者亦接受電視台、電台、報章及雜誌等訪問，我們期望過來人的分享能鼓勵有需要的人士積極面對當前的困難，及時尋求支援。



我們亦與善長、義工及關注預防自殺工作的人士保持聯繫，透過不同形式獲得本會的最新資訊，包括定期於報章發佈專欄文章、推出中文及英文季度電子通訊及於生命熱線網頁 (www.sps.org.hk) 發佈最新活動消息。

Summary of Fundraising & Publicity Campaigns in 2013/2014
2013/2014 年度籌款及宣傳工作總覽

Date 日期	Events 活動
Mar 2013 3月	Distribution of SPS Appeal Leaflets via HK Electric's Billing Cycle 透過香港電燈附寄生命熱線宣傳資訊
Jun 2013 6月	Distribution of SPS Appeal Leaflets via Wharf T&T's Billing Cycle 透過九倉電訊附寄生命熱線宣傳資訊
Jul 2013 7月	"Don't Qua" Charity Action 冬(Don't)瓜慈善愛心大行動
Aug 2013 8月	"Don't Qua" Charity Luncheon 冬(Don't)瓜慈善愛心午宴
Sep 2013 9月	Distribution of SPS Appeal Leaflets via Towngas' Billing Cycle 透過煤氣公司附寄生命熱線宣傳資訊 Exhibitor of HSBC Volunteer Expo 參與滙豐義工博覽 "Survey of Hong Kong People's Attitude Towards Distress and Suicidal Thoughts" Press Conference 「香港市民處理情緒困擾及自殺問題調查」新聞發佈會
Oct 2013 10月	Actions for Love 2013 死神休假企劃2013
Nov 2013 11月	"Services of Suicide Loss" Press Conference 「自殺者親友支援計劃」新聞發佈會

Date 日期	Events 活動
Dec 2013 12月	Charity Sales of Pashmina Shawls Pashmina 圍巾慈善義賣 SOGO Hong Kong Charity Sales 崇光百貨香港義賣
Jan 2014 1月	SPS Charity Walk 2014 「愛·喜·行」慈善步行籌款 Distribution of SPS Appeal Leaflets via HK Electric's Billing Cycle 透過香港電燈附寄生命熱線宣傳資訊
Throughout the year 全年	"Friends of SPS" Monthly Donation Scheme 「生命之友」每月捐款計劃 Placement of donation boxes in shopping malls and retail stores 於商場及百貨公司擺放捐款箱 Newspaper columns 報刊專欄 Quarterly, bilingual e-newsletter 季度中文及英文電子通訊

Summary of Auditor's and Financial Report 核數師及財政報告摘要

SUICIDE PREVENTION SERVICES LIMITED REPORT OF THE DIRECTORS

The directors have pleasure in presenting the report together with the audited financial statements of the Company for the year ended 31st March, 2014.

PRINCIPAL ACTIVITY

The principal activity of the Company during the year was to provide befriending and other non-profit making services for all people in Hong Kong and the surrounding geographic regions who are suicidal, despairing or in emotional distress thus preventing them from suicide and helping them to regain a balanced perspective of life and the will to live, such befriending services include but are not limited to providing hotline services, developing volunteer action and conducting outreach services.

RESULTS AND STATE OF AFFAIRS

The results of the Company for the year ended 31st March, 2014 and the state of the Company's affairs at that date are set out in the financial statements on pages 5 to 23.

PROPERTY, PLANT AND EQUIPMENT

Particulars of the movements in property, plant and equipment are set out in note 12 to the financial statements.

DIRECTORS

The directors of the Company during the financial year and up to the date of this report were:

KWOK LEE Tin Wing Wendy	
LEE Ka Kit	
HUNG Man Yin Linda	
PONG David Chun Yee	
LEE Sheung Fu Patric	
WONG Hoi Jen Rebecca	
LAU Shun Yunn	
LAU Cheuk Wing Prinporn	(appointed on 24th August, 2013)
LAI Wai Kuen	
SZETO Fong Fong Helen	
CHAN David Pui Wai	
CHOI Hau Ki	
CHOW Yin Man Amy	
CHUEN Man Tuen	
CHUNG San San Susanna	
LI Mei Sheung Michelle	
MAK Kit Lin	(appointed on 24th August, 2013)
SO Stephen Hon Cheung	
WONG Luen Cheung Andrew	
WONG Ka Yuk	(appointed on 24th August, 2013)
YIP Sing Wai	(appointed on 24th August, 2013)
YIP Siu Fai Paul	
NG Pui Wah	(resigned on 24th August, 2013)
WONG Siu Lit	(resigned on 24th August, 2013)

In accordance with the Company's Articles of Association, the members of the Executive Committee shall be eligible for re-election when they shall retire.

SUICIDE PREVENTION SERVICES LIMITED REPORT OF THE DIRECTORS

DIRECTORS' INTEREST

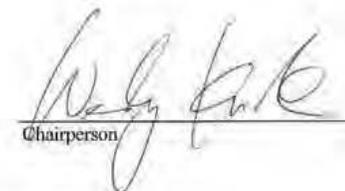
No contract of significance to which the Company was a party and in which a director had a material interest subsisted at the end of the year or at any time during the year.

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

AUDITORS

The financial statements have been audited by Messrs. Chan Chak Chung & Co., Certified Public Accountants, who retire and being eligible, offer themselves for re-appointment.

On behalf of the Executive Committee


Chairperson

Hong Kong, 8th August, 2014

Sole Practitioner:
Chan Chak Chung
MBA, A.H.K.S.A., A.C.C.A., C.P.A.

CHAN CHAK CHUNG & CO.

CERTIFIED PUBLIC ACCOUNTANTS
13/F., HARBOUR COMMERCIAL BUILDING,
122-124 CONNAUGHT ROAD CENTRAL,
SHEUNG WAN, HONG KONG.
TEL: (852) 2815 2881
FAX: (852) 2545 4459
E-mail: ccccpa@netvigator.com
Website: http://www.ccccpa.hk

陳澤仲會計師事務所
香港上環干諾道中122-124號
電話：(八五二)二八二五二八
傳真：(八五二)二五四五四六
網址：http://www.ccccpa.hk

CHAN CHAK CHUNG & CO.
CERTIFIED PUBLIC ACCOUNTANTS

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial statements give a true and fair view of the state of the Company's affairs as at 31st March, 2014 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance.

INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF

SUICIDE PREVENTION SERVICES LIMITED
(Incorporated in Hong Kong and limited by guarantee)

We have audited the financial statements of Suicide Prevention Services Limited set out on pages 5 to 23 which comprise the statement of financial position as at 31st March, 2014 and the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Directors' Responsibility for the Financial Statements

The directors are responsible for the preparation of financial statements that give a true and fair view in accordance with Hong Kong Financial Reporting Standards issued by the Hong Kong Institute of Certified Public Accountants and the Hong Kong Companies Ordinance, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with Section 141 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility forwards or accept liability to any other person for the contents of this report. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of financial statements that give a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial statements.



Chan Chak Chung & Co.
Certified Public Accountants
Hong Kong

Hong Kong Dated, 8 August, 2014

SUICIDE PREVENTION SERVICES LIMITED
STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31ST MARCH, 2014

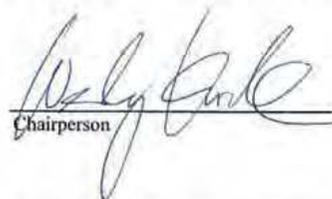
SUICIDE PREVENTION SERVICES LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31ST MARCH, 2014

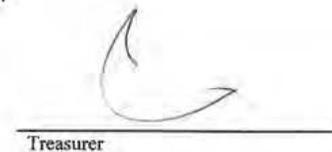
	Note	2014 HK\$	2013 HK\$
INCOME			
Donations received		2,737,261.98	4,116,416.75
Donations collected from donation boxes		102,829.60	47,842.80
Donation received from The Hong Kong Jockey Club Charities Trust	5	1,779,600.00	1,577,200.00
Other designated donations		1,071,126.00	1,073,750.00
Allocation from Community Chest	6	640,500.00	682,160.00
Allocation from the Lotteries Fund		-	1,678,869.70
Proceeds from flag day functions		-	465,695.70
Donations from Community Chest - Time Limited Project	7	1,152,768.85	-
	8	7,484,086.43	9,641,934.95
OTHER REVENUES			
Function income		241,785.40	306,555.00
Bank interest income		264,272.90	244,029.08
Sundry income		5,414.00	121,132.43
	8	511,472.30	671,716.51
EXPENDITURE			
Accounting fee		19,800.00	19,350.00
Advertising and promotion		142,526.80	165,013.70
Auditor's remuneration		-	11,000.00
Bank charges		3,020.00	2,593.80
Cleaning		760.00	10,400.00
Depreciation		26,134.00	1,494,572.00
Entertainment		11,018.80	9,626.20
Function expenses		750,243.70	863,870.70
I.T. development		17,108.00	11,589.00
Insurance		63,727.72	73,308.32
Mandatory provident fund		228,985.85	209,344.35
Newspapers and periodicals		3,524.00	3,412.50
Pager and mobile phone		7,045.00	3,590.40
Postage		19,885.70	21,935.40
Printing and stationery		73,754.79	52,831.15
Rent and rates		174,288.00	185,072.00
Repairs and maintenance		31,728.00	30,090.00
Salaries and allowances		4,803,087.00	4,486,402.00
Souvenirs		20,955.00	33,439.40
Subscription fees		13,059.87	8,842.38
Sundry expenses		35,582.70	22,733.11
Telephone and fax		20,424.00	18,752.00
Training, recruitment and development		155,295.20	158,792.50
Travelling		107,957.50	73,807.90
Unrealised exchange difference		812,729.73	-
Utilities		89,474.70	81,434.34
Volunteers messing		52,589.94	43,479.15
		7,684,706.00	8,095,282.30
SURPLUS BEFORE TAXATION	9	310,852.73	2,218,369.16
INCOME TAX EXPENSE	10	-	-
SURPLUS FOR THE YEAR		310,852.73	2,218,369.16
OTHER COMPREHENSIVE INCOME		-	-
TOTAL COMPREHENSIVE INCOME		310,852.73	2,218,369.16

The notes on pages 9 to 23 form an integral part of these financial statements.

	Note	2014 HK\$	2013 HK\$
NON-CURRENT ASSETS			
Property, plant and equipment	12	1.00	1.00
CURRENT ASSETS			
Account receivables	13	539,704.35	20,700.00
Deposits		14,900.00	14,900.00
Prepayment		50,080.10	14,824.00
Cash and cash equivalents	14	14,320,859.15	14,445,321.17
		14,925,543.60	14,495,745.17
LESS: CURRENT LIABILITIES			
Receipts in advance		103,000.00	-
Accrued expenses		21,773.20	5,827.50
		124,773.20	5,827.50
NET CURRENT ASSETS		14,800,770.40	14,489,917.67
NET ASSETS		14,800,771.40	14,489,918.67
RESERVES			
CONTINGENCY RESERVE		1,577,194.05	1,577,194.05
GENERAL FUND		10,223,577.35	9,912,724.62
DEVELOPMENT FUND		3,000,000.00	3,000,000.00
		14,800,771.40	14,489,918.67

Approved by the Executive Committee on 8th August, 2014


Chairperson


Treasurer

The notes on pages 9 to 23 form an integral part of these financial statements.

Acknowledgement 鳴謝

Major Sponsors 主要贊助

Community Partner Foundation
Lee Hysan Foundation
The Community Chest
The Hong Kong Jockey Club Charities Trust
The Hongkong and Shanghai Banking Corporation Limited

社聯伙伴基金有限公司
利希慎基金
香港公益金
香港賽馬會慈善信託基金
香港上海滙豐銀行有限公司

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Henderson Land Development Company Limited
Hong Kong Parkview
Kai Shing Management Services Limited
MTR Corporation Limited
PCCW Limited
RoadShow Holdings Ltd.
Shiu Wing Steel Ltd.
SmarTone
SOGO Hong Kong Co. Ltd.
Sun Hung Kai Properties Limited
The Kowloon Motor Bus Co.(1933)Ltd.
The Royal Garden
Walter Kwok Foundation

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恒基兆業地產有限公司
陽明山莊
啟勝管理服務有限公司
香港鐵路有限公司
電訊盈科有限公司
路訊通控股有限公司
紹榮鋼鐵有限公司

崇光香港百貨有限公司
新鴻基地產發展有限公司
九龍巴士(一九三三)有限公司
帝苑酒店

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C.C. Wu International Co. Ltd.
Calvin Klein
Chak & Associates
Chan Chak Chung & Co.
China Global Lines Ltd
Chinalink Express Holdings Limited
Chuntao Foundation Limited
City Landmark I
CLSA Limited
Cornes World Co. Ltd
Credit Suisse AG. Hong Kong Branch
Crocs Hong Kong Limited
CSI Properties Ltd
Dah Chong Hong Holdings Limited
Dynamic Network Alliances Ltd.

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翟氏律師行
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大昌行集團有限公司
動力網絡聯盟有限公司

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Fulbright Financial Group
Gaia Veggie Shop
Gap International Sourcing (Holdings) Ltd.
Glory Sky Precious Metals Limited
Gracious Glory (Buddhism) Foundation Limited
Grand Century Plaza
Hai Sang Hong Marine Foodstuffs Ltd.
Handmoremore Limited
HealthWorks (Herbal Tea) Co. Ltd
High Fashion International Limited
Hong Kong Commercial Broadcasting Co., Ltd.
Hong Kong Institute of Vocational Education (Tsing Yi)
Hong Kong Tramways, Limited
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I Love Limited
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Management Services Office
Kai Shing Management Services Limited -
Landmark North Management Services
Kai Shing Management Services Ltd
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Kelvin Far East Limited
Kitchen Ltd.
Lalique Asia Ltd
Large Billion Investment Ltd
Leighton Textiles Co. Ltd
LHGroup
L'hotel élan
L'hotel Island South
Lladro Asia Pacific Ltd
LUXE Travel
M88
Maxim's Caterers Limited
Media Savvy Marketing Limited
MENCE Skin Care & Body Toning Authority

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粉嶺中心
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香港電車有限公司
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智控系統有限公司
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東港城商場服務處

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啟勝管理服務有限公司
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Smart Partner Ltd.
Spring-Time Experimental Theatre
Squina International Group
Standard Chartered Bank (Hong Kong) Limited
Strategic Management Group
Sun Hung Kai Properties - Kwok's Foundation Ltd
Sun Hung Kai Properties Charitable Fund Limited
Sun Hung Kai Real Estate Agency Ltd.
Sunshine City Plaza
Tai San Enterprise & Trading Company
The Bank of East Asia
The Hong Kong and China Gas Company Limited
The Hongkong Bank Foundation District Community Programme
The Hongkong Electric Company Limited
The World-Wide Investment Co Ltd
Thomas and Linda Lau Family Foundation
Thong Sia Watch Co., Ltd
True Light Middle School of Hong Kong
Unilever Hong Kong Limited
Union Batteries Co. Ltd
V. TEAM CARE & DYNAMIC
Vica Moda Ltd.
VMS Investment Group (HK) Limited
Wai Yin Association

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港灣豪庭廣場
葵芳新都會廣場
大都會人壽保險有限公司

茂豐有限公司
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澳大利亞國民銀行

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Ms. Mindy Tagliente			
Mr. Tam Hau Lun		Mr. Raymond Zhang	
	譚瑞珍女士		
Ms. Tang Sin Ting			

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Agriculture, Fisheries and Conservation Department	漁農自然護理署
Family and Child Welfare Services, Social Welfare Department	社會福利署家庭及兒童福利服務
Forensic Pathology Service, Department of Health	衛生署法醫科
Hong Kong Police Force	香港警務署
Leisure and Cultural Services Department	康樂及文化事務處
RTHK	香港電台
Social Welfare Department	社會福利署
Transport Department	運輸署
Water Supplies Department	水務署

Supportive Organisations/Volunteer Helpers 協作機構及義工團體

Baptist Lui Ming Choi Secondary School	浸信會呂明才中學
Brahma Kumaris Raja Yoga Centre	博思皇道瑜伽中心
Buddhist Tai Kwong Chi Hong College	佛教大光慈航中學
C.P.C. Yao Dao Primary School	金巴崙長老會耀道小學
Caritas Wu Cheng-chung Secondary School	明愛胡振中中學
Carmel Leung Sing Tak School	迦密梁省德學校
CCC Kei Heep Secondary School	中華基督教會基協中學
CCC Mong Man Wai College	中華基督教會蒙民偉書院
CCC Rotary Secondary School	中華基督教會扶輪中學
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Chiu Lut Sau Memorial Secondary School	趙聿修紀念中學
Cho Yiu Catholic Primary School	祖堯天主教小學
Choi Wan Rhenish Integrated Children & Youth Services Centre	禮賢會彩雲綜合青少年服務中心
Choi Wan St Joseph's Primary School	彩雲聖若瑟小學
Chun Tok School	真鐸學校
Dancefloor	
Drainage Services Department Volunteer Team	渠務署義工隊
Flying	
Friends of KMB	九巴之友
Fung Kai Liu Man Shek Tong Secondary School	鳳溪廖萬石堂中學
GCC&ITKD Lau Pak Lok Secondary School	東莞工商總會劉百樂中學
HHCKLA Buddhist Ching Kok Secondary School	香海正覺蓮社佛教正覺中學
HKBU Affiliated School Wong Kam Fai Secondary and Primary School (Primary School)	香港浸會大學附屬學校王錦輝小學
HKIEd Social Service Society	
HKTA The Yuen Yuen Institute No.3 Secondary School	香港教育學院學生會屬會社會服務團
Ho Dao College (Sponsored by Sik Sik Yuen)	香港道教聯合會圓玄學院第三中學
Ho Lap Primary School (Sponsored by Sik Sik Yuen)	可道中學
Ho Yu College And Primary School (Sponsored by Sik Sik Yuen)	薈色園主辦可立小學
HOCC Charity Fund	薈色園主辦可譽中學暨可譽小學
Hong Kong & Kowloon Chiu Chow Public Association Secondary School	何韻詩慈善基金
Hong Kong Care Club	港九潮州公會中學
Hong Kong Clerical and Professional Employees General Union	香港關愛會
Hong Kong Housing Society Kwun Tong Garden Estate	香港文職及專業人員總會
Hong Kong Red Swastika Society Tai Po Secondary School	香港房屋協會觀塘花園大廈
Hong Kong Saxophone Choir	香港紅卍字會大埔卍慈中學
	香港色土風合唱團

Supportive Organisations/Volunteer Helpers 協作機構及義工團體

Hong Kong Sheng Kung Hui Lok Man Alice Kwok Integrated Service Centre
 Hong Kong Sheng Kung Hui Tai Wo Neighbourhood Elderly Centre
 Hong Kong Shue Yan University
 Hong Kong Society for The Aged (SAGE)
 Tsuen Kwai Tsing Integrated Elderly Service
 Immaculate Heart of Mary College
 Immaculate Heart of Mary School
 Kado Studio
 Kau Yan College
 King Ling College
 Kowloon Bay St. John The Baptist Catholic Primary School
 Kowloon City Baptist Church Hay Nien Primary School
 Kwok Tak Seng Catholic Secondary School
 Lai Chack Middle School
 Lok Sin Tong Leung Chik Wai Memorial School
 Lok Sin Tong Leung Wong Wai Fong Memorial School
 Lui Cheung Kwong Lutheran College
 Madam Lau Kam Lung Secondary School of Miu Fat Buddhist Monastery
 Mary of Providence Primary School (W.D.)
 Mother Hong Kong Arts Centre
 MTR Corporation Limited Volunteer Team
 NLSI Peace Evangelical Secondary School
 NTWJWAL Leung Sing Tak Primary School
 Oasis Volunteers
 OGCIO Volunteer Team
 Our Lady Of China Catholic Primary School
 P.L.K. Riverain Primary School
 PAOC Ka Chi Secondary School
 Pentecostal Lam Hon Kwong School
 PLK HKTA Yuen Yuen Primary School
 PLK Mrs Chan Nam Chong Memorial Primary School
 Po Kok Secondary School
 Po Leung Kuk C W Chu College
 Po Leung Kuk Chee Jing Yin Primary School
 Po Leung Kuk Lo Kit Sing (1983) College
 Police Civilian Staff Club
 PolyU Hong Kong Community College
 Precious Blood Primary School (Wah Fu Estate)
 Psychology Society SSS HKUSU
 Pui Kiu College
 Pui Kiu Middle School
 Pui Tak Canossian College
 Queen's College
 Raimondi College
 RVD Volunteer Service Team
 S.K.H. Good Shepherd Primary School
 S.K.H. Kam Tin St. Joseph's Primary School
 S.K.H. Kei Tak Primary School
 S.K.H. Yuen Chen Maun Chen Jubilee Primary School
 S.K.H. Yuen Chen Maun Chen Primary School
 聖公會樂民郭鳳軒綜合服務中心
 聖公會太和長者鄰舍中心
 香港樹仁大學
 香港耆康老人福利會葵葵青區長者綜合服務
 聖母無玷聖心書院
 聖母無玷聖心學校
 花道館
 救恩書院
 景嶺書院
 九龍灣聖若翰天主教小學
 九龍城浸信會禧年小學
 天主教郭得勝中學
 麗澤中學
 樂善堂梁植偉紀念中學
 樂善堂黃蕙芳紀念學校
 路德會呂祥光中學
 妙法寺劉金龍中學
 天佑小學
 家燕媽媽藝術中心
 香港鐵路有限公司義工隊
 新生命教育協會平安福音中學
 新界婦孺福利會梁省德學校
 Oasis義工團
 政府資訊科技總監辦公室義工小組
 天主教佑華小學
 保良局雨川小學
 加拿大神召會嘉智中學
 五旬節林漢光中學
 保良局香港道教聯合會圓玄小學
 保良局陳南昌夫人小學
 寶覺中學
 保良局朱敬文中學
 保良局朱正賢小學
 保良局羅傑承(一九八三)中學
 警務處文職人員會
 理大香港專上學院
 華富邨寶血小學
 香港大學學生會社會科學學會心理學學會
 培僑書院
 培僑中學
 嘉諾撒培德書院
 皇仁書院
 高主教書院
 差餉物業估價處義工隊
 聖公會牧愛小學
 聖公會錦田聖約瑟小學
 聖公會基德小學
 聖公會阮鄭夢芹銀禧小學
 聖公會阮鄭夢芹小學

Supportive Organisations/Volunteers Helper 協作機構及義工團體

S.T.F.A. Wu Siu Kui Memorial Primary School
 Sacred Heart Canossian School
 Salesians of Don Bosco Ng Siu Mui Secondary School
 Salvation Army Chuk Yuen Centre for Senior Citizens
 Shung Tak Catholic English College
 Sik Sik Yuen Ho Chui District Community Centre for Senior Citizens
 SKH Lui Ming Choi Secondary School
 St. Bonaventure Catholic Primary School
 St. Bonaventure College & High School
 St. James's Settlement C & W District Elderly Community Centre
 St. Joseph's Anglo-Chinese School
 St. Mary's Canossian College
 St. Rose of Lima's College
 SUKYO MAHIKARI
 The Association of Evangelical Free Churches of Hong Kong -
 Evangelical Free Church of China - Fook On Church Elderly Centre
 The Church of Christ in China Kei Tsz Primary School
 The ELCHK Wo Che Lutheran School
 The Salvation Army Tai Po Integrated Service for Young People
 Tin Shui Wai Catholic Primary School
 Tong Mei Road Government Primary School
 Tsz Wan Shan Catholic Primary School
 Tuen Mun Government Primary School
 Tung Wah College
 TWGHs Kwok Yat Wai College
 TWGHs Lo Yu Chik Primary School
 TWGHs Yiu Dak Chi Memorial Primary School
 TWGHs Yow Kam Yuen College
 TWS ST. Bonaventure Catholic Primary School
 Union Philharmonic Orchestra, HKUSU
 V5 Volunteers
 Water Supplies Department Volunteer Team
 Wayfoong Volunteers
 Y.C.H. Chan Lu Seng Primary School
 Yan Chai Hospital Mrs Tsang Wing Neighbourhood Elderly Centre
 Yan Chai Hospital Ng Wong Yee Man Neighbourhood Elderly Centre
 Yan Chai Hospital No. 2 Secondary School
 Yan Oi Tong Tin Ka Ping Secondary School
 Ying Wa College
 Yuen Long Catholic Secondary School
 順德聯誼總會胡少渠紀念小學
 嘉諾撒聖心學校
 天主教慈幼會伍少梅中學
 救世軍竹園長者中心
 天主教崇德英文書院
 晉色園可聚長者地區中心
 聖公會呂明才中學
 聖文德天主教小學
 聖文德書院
 聖雅各福群會中西區長者地區中心
 聖若瑟英文中學
 嘉諾撒聖瑪利書院
 聖羅撒書院
 崇教真光
 香港基督教播道會聯會
 中國基督教播道會福安堂長者中心
 中華基督教會基慈小學
 基督教香港信義會禾葦信義學校
 救世軍大埔青少年綜合服務
 天水圍天主教小學
 塘尾道官立小學
 慈雲山天主教小學
 屯門官立小學
 東華學院
 東華三院郭一葦中學
 東華三院羅裕積小學
 東華三院姚達之紀念小學
 東華三院邱金元中學
 慈雲山聖文德天主教小學
 V5義工團
 水務署義工隊
 匯豐義工
 仁濟醫院陳耀星小學
 仁濟醫院曾榮長者鄰舍中心
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24小時預防自殺熱線服務

2382 0000

Live Life! Hotline for Elderly

珍愛生命長者熱線

2382 0881

Suicide Prevention Service for the Elderly

預防長者自殺服務

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Services for Survivors of Suicide Loss

自殺者親友支援服務

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Volunteers Recruitment Enquiries

義工招募查詢

2382 2007

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Miss Helen Szeto 司徒芳芳小姐
in alphabetical order (以英文姓氏排列)

Suicide Prevention Services Limited 生命熱線有限公司
P.O. Box 83350, San Po Kong Post Office, Kowloon, Hong Kong
香港九龍新蒲崗郵政信箱 83350 號
Tel 電話: (852) 2382 2007
Fax 傳真: (852) 2382 2004
Website 網頁: www.sps.org.hk

