



Annual Report

以 心 · 連 生

年報 2016-17

目錄

Content

2	宗旨、願景、理念 Mission, Vision & Values	25	自殺者親友支援服務 Services for Survivors of Suicide Loss
3	服務概覽 Overview of Services	32	社區教育及青少年生命教育 Community Education and Life Education for Youths
4	年度工作重點 Highlights of the Year	45	義工訓練及支援 Volunteer Training and Support
5	主席的話 Chairperson's Message	49	籌募及傳訊 Fundraising and Communications
6	名譽贊助人暨執行委員會委員獻辭 Words from Honorary Patron & Executive Committee Member	56	核數師及財政報告摘要 Summary of Auditor's and Financial Reports
8	總監報告 Director's Report	60	鳴謝 Acknowledgement
10	24小時預防自殺熱線 24-hour Suicide Prevention Hotline Service	64	執行委員會及職員 Executive Committee and Staff
14	預防長者自殺服務 Suicide Prevention Service for the Elderly		



「生命熱線」致力向有自殺傾向、感到絕望及有情緒困擾的人士提供益友及其他預防自殺服務，使他們情緒得以紓緩，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。

Suicide Prevention Services (SPS) serves people who are suicidal, despairing or distressed by means of befriending and other preventive services by 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.



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。

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



「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，提供預防自殺服務，讓服務使用者感覺到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。

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

服務概覽

Overview of Services

24小時預防自殺熱線

24-hour Suicide Prevention Hotline Service

24小時熱線服務 24-hour Hotline Service ☎ 2382 0000

「珍愛生命」長者熱線 Live Life! Hotline for the Elderly ☎ 2382 0881

青少年生命專線 Youth Link ☎ 2382 0777

預防長者自殺服務

Suicide Prevention Service for the Elderly

電話慰問 Caring Calls

家訪 Home Visits

小組服務 Support Groups

節日探訪 Seasonal Visits

自殺者親友支援服務

Services for Survivors of Suicide Loss

個案支援 Case Support

「同路人」互助小組 Mutual Support Groups

「過來人」義工訓練 Volunteer Training

社區教育及青少年生命教育

Community Education & Life Education for Youths

學生講座、工作坊及小組 Student Talks, Workshops and Support Groups

教師培訓 Teacher Training

家長講座 Parent Seminars

預防青少年自殺專業培訓 Professional Training for Youth Suicide Prevention

展覽及社區教育活動 Exhibitions and Community Educational Activities

義工訓練及支援

Volunteer Training & Support

定期義工訓練課程 Regular Training Courses

持續義工訓練課程 Ongoing Training Courses

年度工作重點 Highlights of the Year

2016/2017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。

In 2016/2017, Suicide Prevention Services (SPS) continued to grow in various aspects and showed significant achievements in community education. Here are some data of our services during the year.



35,894小時

是本會義工所作出的貢獻，他們各有所長，盡心盡力為本會服務，並提供各類型的社區教育活動

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



142位

自殺離世者親友與本會同行，一起走過哀傷的日子

Survivors of suicide loss guided through their bereavement by SPS



331個

長者個案由本會義工和地區協作機構的義工提供服務，並且協助他們紓緩情緒，減低自殺的危機

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



51,944位

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，有助本會在香港建立提供全面預防自殺服務的完善網絡

Number of elderlies, survivors of suicide loss, students, teachers, and general public citizens who participated in SPS' community education activities, fostering SPS' establishment of a comprehensive suicide prevention network in Hong Kong



43,338個來電

由受過專業訓練的義工透過24小時預防自殺熱線接聽處理

Calls received and handled by our professionally trained volunteers of our 24-hour Suicide Prevention Hotline Service



80+

間本地中小學、特殊學校與本會合作，為學生和教師舉辦生命教育活動

Local secondary and primary schools, special schools and SPS jointly organised life education programmes that appealed to students and teachers

主席的話

Chairperson's Message



以心· 連繫生命

Connecting People with Sincerity

郭炳湘夫人
Mrs. Wendy Kwok

名譽贊助人暨主席
Honorary Patron &
Chairperson

「追追趕趕，高高低低」，在繁盛都市中，大家都為工作和前程疲於奔命；冷冰冰的電子產品更佔據港人日常生活的大部分時間，但對身邊有血有肉的朋友和家人，反倒漫不經心。你有沒有想過，上次擁抱家人是什麼時候呢？一句簡單的問候，一份真摯的關懷，已可讓你和別人的生命連結起來；對情緒受困人士而言，更是荒漠甘泉。

「生命熱線」成立22年，從最初的12小時熱線服務，發展至今日的24小時預防自殺熱線服務，並積極拓展「外展預防長者自殺服務」、「自殺離世者親友支援服務」、「社區教育及青少年生命教育」，透過提供更多元化及全面的服務，以期回應社會需要。

本會屬非政府資助機構，一向以自負盈虧的方式營運，實有賴社會各界人士、企業和團體的熱心捐助，讓本會的預防自殺服務得以繼續推行。我謹此代表「生命熱線」，衷心感謝香港賽馬會慈善信託基金、香港公益金、社聯伙伴基金、利希慎基金、滙豐銀行、劉鑾雄慈善基金、崇光香港百貨、郭炳湘基金和任白慈善基金，對本會慷慨解囊及鼎力支持，與本會攜手合作，為拯救寶貴生命而共同努力。

此外，青少年自殺個案不斷發生，為社會亮起紅燈，本會對此極表關注。我們在2016年3月開展「青少年生命專線Youth Link 2382 0777」，亦於2016年9月推出兩個青少年相關的項目，包括由香港賽馬會慈善信託基金撥款捐助的「賽馬會『愛生命』計劃」以及由新鴻基地產透過香港公益金撥款資助的「『凝』相——支援青少年情緒健康計劃」。

最後，我謹此向「生命熱線」的執行委員會、義工和員工致以衷心謝意；他們在預防自殺的工作上竭盡心力，讓社會上情緒受困的人士重拾生命動力。我希望未來會獲得更多有心人的支持，讓「生命熱線」幫助更多有需要的人士。就讓我們邁步同行，繼續「以心·連繫生命」。

We are all exhausted by the stress of city life, with our time preoccupied with electronic gadgets. When was the last time you hugged your dear friends and family members? A simple greeting, a show of sincere concern can help others, in particular, people with emotional distress.

Since its inception in 1995, Suicide Prevention Services has evolved from an operator of a 12-hour suicide prevention hotline into a diversified provider of a 24-hour suicide prevention hotline, outreach services for the elderly, support services for survivors of suicide loss, as well as community education and life education for youths.

As a non-subsented agency, SPS has been self-financing. Our gratitude goes to businesses, organisations and society at large including the Hong Kong Jockey Club Charities Trust, The Community Chest of Hong Kong, Community Partner Foundation, Lee Hysan Foundation, HSBC, The Joseph Lau Luen Hung Charitable Trust, SOGO Hong Kong, Walter Kwok Foundation, and Yam Kim Fai & Pak Suet Sin Charitable Foundation for their generous donations.

To establish mutual support networks in the face of rising incidences of youth suicides in recent years, we launched "Youth Link 2382 0777" in March 2016. We have also started the Jockey Club "Life Cherishing" Project and the "Photography Link YOUTH" Programme subsidised by Sun Hung Kai Properties through the Community Chest.

Lastly, I am deeply indebted to our Executive Committee, volunteers and staff members for their relentless efforts to prevent suicide and rekindle the hope of life for those in distress. I hope we can garner greater support from others in future. Let's continue to connect people with sincerity.

名譽贊助人暨執行委員會委員獻辭

Words from Honorary Patron & Executive Committee Member

李家傑先生
Mr. Peter K.K. Lee

名譽贊助人暨
執行委員會委員
Honorary Patron &
Executive
Committee Member

放開鬱結 擁抱生命

Let Go of Grief and Embrace Life



人生不如意事十常八九，但若那不如意的事是你身邊至親選擇以自殺方式結束生命，你又能否輕易釋懷呢？至親驟然消逝，你再無法向他了解其結束生命的原因，內心夾雜著不捨、悲痛、自責、憤怒和內疚——這些複雜的感受未必能隨著時間的過去而淡化，甚至會在不經意的時候湧現。因此，自殺者親友需要我們的關注及支援，理解他們的情緒，與他們同行。

根據研究報告指出，若果有人因自殺離世，他身邊的親友會更容易產生自殺傾向。「生命熱線」除了積極推廣預防自殺的服務外，亦致力於為自殺者家屬提供專業的哀傷輔導。透過「釋心同行—自殺者親友支援計劃」，除個案輔導外，更設有同路人互助小組及活動，讓自殺者親友認識更多同路人，令他們感受到並非孤單一人在哀傷的道路上行走，透過互相分享經歷，共同成長，一起走出至親自殺帶來的傷痛。

將悲傷放下，絕對不等同於抹去自己對逝者的愛及懷念，過去一點一滴仍長存在心中，成為永久的記憶。我希望有了同行者的陪伴，自殺者親友有更多力量步出低谷，放開心鬱結，再一次擁抱你值得享有的精彩人生。

At times, unfortunate events happen and there are periods of adversity in life. But what if you are faced with the loss of a loved one who commits suicide? The pain and the grief might not be easily let go. Nor would it be possible to find out why it had happened. The intense feelings of nostalgia, despair, self-blame, anger and guilt, could linger, and some people might even continue to experience waves of painful emotion from time to time. That's why survivors of suicide loss need our support and empathy to help them through the grief.

Research has shown that friends and family of suicide loss are at higher risk to develop suicidal tendencies themselves. Hence, aside from widely promoting suicide prevention services, SPS is committed to providing professional bereavement counseling to survivors of suicide loss. In addition to casework service, "Project BLESS" offers mutual support groups and activities as a platform for survivors to meet friends who can relate to their experience, thus reducing their feelings of isolation and despair. Through sharing and supporting each other, these suicide survivors could work hand in hand to overcome the sorrow and pain of their loss.

Being able to resolve their emotions and let go of sorrow does not mean one has to forget all the love and histories they had with the deceased. There will be loving space within oneself for these memories to stay. I hope with the support from peers, survivors will be able to gradually get through the grief, let the heart be healed and start living your life to the fullest again.

名譽贊助人暨執行委員會委員獻辭

Words from Honorary Patron & Executive Committee Member

劉鑾鴻夫人
Mrs. Linda Lau

名譽贊助人暨
執行委員會委員
Honorary Patron &
Executive
Committee Member

側耳傾聽 了解長者內心世界

Listen to the Elderlies' Inner World



中國人有一句說話：「家有一老，如有一寶」，但試想想我們身邊的長者是否真的有作為「家中之寶」的感覺，還是有時候覺得不被重視呢？年幼時父母給我們無微不至的照顧，我們在小時候總會想著長大後如何報答他們，但是到了今天，在繁忙的都市生活中，大家又有沒有撥出時間給予長者真切的關愛呢？許多長者因為經濟、家庭關係、健康等問題產生負面情緒，甚至萌生自殺念頭，看到頻密的長者自殺新聞報導，有否令你在關心家中長者這個問題上反思呢？

根據2016年的死因裁判官報告，60歲以上自殺個案數目高達368宗，平均每日多於一名長者自殺身亡。為回應社會需要，「生命熱線」透過兩個計劃，包括：「香港賽馬會社區資助計劃：『生命共行——外展長者服務』」及「長者·家·多一點力量」，為長者及其家屬建立地區性支援，由完成訓練課程的義工，為長者提供電話慰問及定期上門探訪，希望令情緒受困的長者感受到溫暖、關懷和接納，釋放負面情緒，驅走寂寞。

長者雖然經過年月的洗滌，其實內心深處都是充滿童真，他們與各個年齡層一樣都需要親人、朋友的關心和陪伴，要挽救更多長者的生命，我們需要更多義工與我們攜手合作，盼望在未來的日子會有更多有心人加入「生命熱線」義工行列，令更多長者早日從負面情緒中找到出口。

A traditional Chinese saying goes, "Having an elderly at home is like having a great treasure". However, think about the elderlies around you. Do they truly feel like the "treasure" in your home, or are they often left feeling neglected? When we were young, our parents expended great efforts to take care of us. As a child, we often thought about how we could repay them someday. Yet, as we grow older and become consumed by the hustle and bustle of life, we might forget to devote time and care to the elderly. Some old folks experience negative emotions due to financial stress, poor family relationships, deteriorating health, and so on. Others even have suicidal tendencies. Have you thought about ways you can care for the elders in your family when you come across news of old folks committing suicide?

According to the 2016 Coroner's Report, 368 individuals aged 60 or above committed suicide during the year. In other words, more than 1 elderly person ends his or her life each day. In response to this societal need, SPS established local support for elderlies by training volunteers to provide caring calls and regular home visits through 2 projects, "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and "Family Support for Elderly Mental Health". The objectives of these projects are to provide distressed elderlies and their family members with warmth, care, and acceptance, to help alleviate their negative emotions and reduce their feelings of loneliness.

Old folks have experienced a great deal over their lifetime. Deep inside, however, they still possess childlike qualities – as with all other age groups, the elderly need care and companionship from family and friends. To continue saving the lives of the elderly, we need more enthusiastic individuals to volunteer at SPS. Together we can help old people escape from their distress.

社區教育及青少年生命教育

近年，青少年自殺事件不時發生，在社會上引起高度關注。為回應社會需要，本會進一步加強預防青少年自殺的服務。承蒙香港賽馬會慈善信託基金撥款資助，本會於2016年9月開展「賽馬會『愛生命』計劃」，從家庭、學校、義工及社會上不同群組着手，凝聚青少年身邊的力量，透過多元化的生命教育活動，以期在朋輩間建立正面人生觀及正確的抗逆精神，使之成為互助互勉的「生命守門員」。

此外，本會感謝新鴻基地產透過香港公益金撥款資助，於2016年9月開展「『凝』相——支援青少年情緒健康計劃」，透過攝影治療活動，讓年青人透過照片表達心中所想，亦希望透過攝影作品展覽，讓成年人深入了解年青人的想法，減少彼此的鴻溝。

能見證「生命熱線」的發展，是本人榮幸。年內，執行委員會、義工及職員熱心投入，努力不懈，本人謹此衷心致謝。在邁進第23個年頭之際，就讓我們繼續用心聆聽、真誠關懷，為社會上有需要人士提供多元化的預防自殺服務，攜手挽救更多寶貴的生命。

Community Education and Life Education for Youths

Another cause for grave public concern is the prevalence of youth suicides in recent years. To address social needs, SPS further enhanced our suicide prevention services for youths. Funded by the Hong Kong Jockey Club Charities Trust, we launched the Jockey Club "Life Cherishing" Project in September 2016 to garner support for young people from society, schools, volunteers and other stakeholders. Through diversified life education activities, we hope youths and their peers can establish a positive life attitude and resilience against adversity and transform into "Gatekeepers in Life" to help and encourage one another.

In addition, we are grateful to Sun Hung Kai Properties for funding the "Photography Link YOUTH" by donating through the Community Chest of Hong Kong. Young people are given opportunities, through photo therapy activities, to express themselves. Their photographic works will be exhibited, with a view to enhancing adults' understanding of youths, thereby narrowing the gap between them.

It has been my honour to witness the development of SPS. We would like to express our gratitude to our Executive Committee members, volunteers and staff members for their devotion and relentless effort. On the eve of the 23rd anniversary, we will continue to listen with patience, care with sincerity and provide diversified suicide prevention services to those in need in our society, in a bid to save more valuable lives.

「生命熱線」轉眼已走過22個寒暑，由當初的12小時預防自殺熱線，拓展到現時更多元化的預防自殺服務，當中包括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、社區教育及青少年生命教育，繼續在預防自殺的工作上走在最前線，關顧社會上有需要的人士。現謹列「生命熱線」於2016/2017年度在預防自殺方面的工作：

24小時預防自殺熱線服務

過去一年，感恩有462位經甄選及長時間訓練的義工，每天不辭勞苦地24小時輪值。在2016/2017年度，我們合共接聽了43,338個來電，平均每日處理接近120個來電。義工秉承「用心聆聽」的宗旨，細聽來電者的心聲；有75%來電者表示，使用熱線服務後，個人情緒得以紓緩。此外，全年義工服務時數高達25,750小時，是歷年之冠。

預防長者自殺服務

近年，長者自殺個案數字不斷上升，引起社會對長者自殺問題的莫大關注。承蒙「香港賽馬會慈善信託基金」的捐助，本會得以持續推行「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，我們合共服務了331個有情緒困擾或自殺傾向的長者個案；共有324名義工提供探訪服務，服務次數逾9,193次，當中包括我們的義工和地區協作義工。此服務計劃得以完滿推行，全賴各位義工、職員及團體的鼎力支持，讓受情緒困擾的長者重建正面積極的人生態度，有助其享受晚年生活。

In the blink of an eye, 22 years have lapsed since SPS was established. From an initial 12-hour suicide prevention hotline, we have evolved to a range of diversified services, including a 24-hour suicide prevention hotline, suicide prevention services for the elderly, support services for survivors of suicide loss, as well as community education and life education for youths. In the vanguard of suicide prevention work, we continue to care for the needy in society.

24-hour Suicide Prevention Hotline

Over the past year, we thankfully had 462 handpicked volunteers who have received gruelling hours of training. They rotated round-the-clock to man our hotline. In 2016-17, we handled 43,338 incoming calls, an average 120 calls daily. Our volunteers listened attentively and with admirable patience to the stories of the callers. 75% of them said their emotions were more stable after using the hotline service. The volunteers' total number of service hours was 25,750 in the past year.

Suicide Prevention Services for the Elderly

The number of elderly suicides rose in recent years, arousing grave public concern. Thanks to the Hong Kong Jockey Club Charities Trust, SPS continued to implement the Outreach Befriending Service for Suicidal Elderly (the Service) under the Hong Kong Jockey Club Community Project Grant. In the previous year, we handled 331 cases involving elderly people with emotional distress and high suicide risks, with 324 volunteers, from SPS and collaborating district agencies, sent on more than 9,193 home visits. The full support of all the volunteers, SPS staff and organisation ensured the Service was a huge success. They helped emotionally distressed elderlies re-establish a positive attitude to enjoy life.

A decorative illustration featuring a purple flower, a pink rose, and a red butterfly, positioned to the left of the main title.

24小時

預防自殺熱線

24-hour Suicide Prevention Hotline Service

香港人每日都很努力為自己、家人的生活打拼，對生活上遭逢的困厄，如至親的離開、人際關係的疏離、工作或學業的壓力，往往逆來順受，很少會關心自己的情緒，偶有需要才發現身邊能夠明白自己的人很少。難題愈來愈多，可以發洩的出口，卻愈來愈少，一些看似理所當然的事，如家人陪伴、朋友關心、身邊人的鼓勵，也變得十分奢侈。情緒得不到舒緩，積壓下來的結果，最終有人會認為已沒有任何出路，出現自殺念頭。

Hongkongers work hard to make a living every day. When they are faced with adversities in life, such as loss of loved ones, breakdown of interpersonal relationships, work or academic pressures, they often times just grin and bear them. In turn, they may overlook their emotions and when needs do arise, they may realize the difficulties in finding someone who can understand them. Getting care and encouragement from friends and family may seem like an easy way out when one gets trapped in despair, but this might not be a sure solution for some and one's negative feelings may somehow be left un-soothed while their problems continue to pile up. Not alleviating negative emotions effectively could lead to hopelessness, or suicidal ideation for some.

生命熱線於過去22年秉承「關懷、聆聽、接納、陪伴」的服務理念，服務受情緒困擾及有自殺風險的來電者。受訓練的義工以真誠的關懷、不批判的態度去聆聽來電者所面對的問題。我們認為人人也有能力去處理難題，未能處理是由於情緒困擾而影響解難能力，待情緒舒緩後便重新出發，面對當前問題；我們相信，透過真摯地關心當事人的情緒，使他們知道仍有人願意陪伴關懷，便可減低自殺風險。因此，我們提供一個保密的平台，讓受情緒困擾者表達困擾、抒發情感，讓他們知道在茫茫人海中仍有人支持陪伴，毋需獨自承受。

The service principles of Suicide Prevention Services are to care, listen, accept and offer company to individuals in need. Over the past 22 years, we have provided services to callers who are emotionally disturbed and those who may be at risk of committing suicide. Our trained volunteers listen to callers' issues with sincerity and a non-judgmental stance. We believe that every person possesses the capacity to resolve his or her problems and that it is their emotional disturbances that are interfering with their problem solving ability. Hence, they are better equipped to face their issues when their emotions are soothed. We also believe one's risk of suicide can be reduced by genuine, authentic care towards them. Therefore, we offer a safe and confidential platform for those who are emotionally disturbed to express their distress and ventilate their emotions, to let them know somebody still cares and supports them among the crowd and that they are not alone.

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

在2016至2017年度，「生命熱線」電話服務由462名受訓練的義工為大眾服務，合共接聽43,338個來電及服務達25,750小時。感謝公益金資助服務的基線撥款，也感謝利希慎基金資助優化為義工特設的持續培訓課程，使我們繼續「以心·連生」。

During the year of 2016 to 2017, SPS hotline was served by 462 trained volunteers, and received 43,338 calls with 25,750 service hours in total. We are grateful for the Community Chest's support on our hotline service and Lee Hysan Foundation's support on the enhancement of our volunteers' continuous training programmes. Their support enables us to continuously serve the society and to connect lives together.

已處理的來電數目
Number of Calls Received

本年度，中心共處理43,338個來電，平均每月處理3,612個。
This year, the hotline centre handled a total of 43,338 calls, averaging 3,612 calls per month.



來電者性別分佈
Gender Distribution of Callers

本年度，在知悉性別的「生命熱線」來電者中，女性來電者數字高於男性，有58%，而男性來電則佔42%。

Of the callers who we were able to identify, there were more female callers than male this year. 58% were female, while 42% were male.



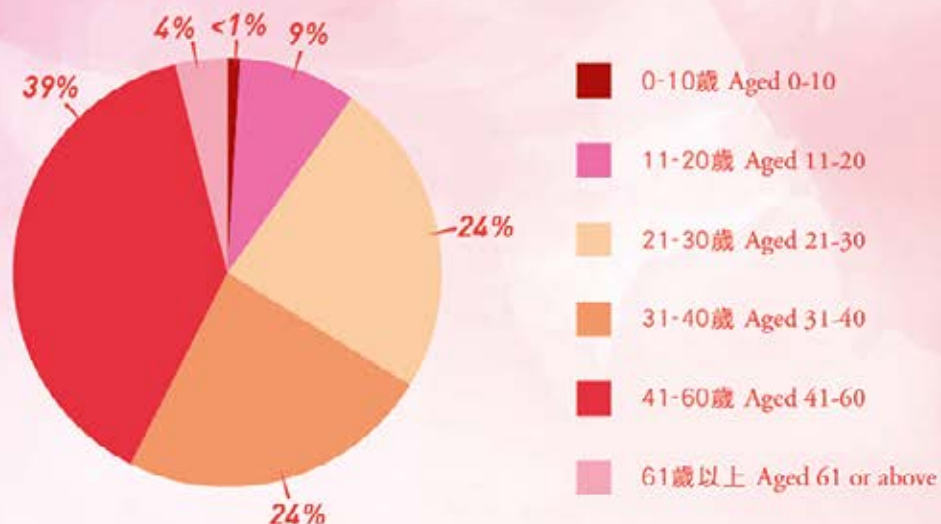
24小時預防自殺熱線
24-hour Suicide Prevention Hotline Service



來電者年齡分佈
Age Distribution of Callers

本年度，在知悉年齡的「生命熱線」來電者中，三個年齡組別（21至30歲、31至40歲、41至60歲）的來電佔約九成，達87%。

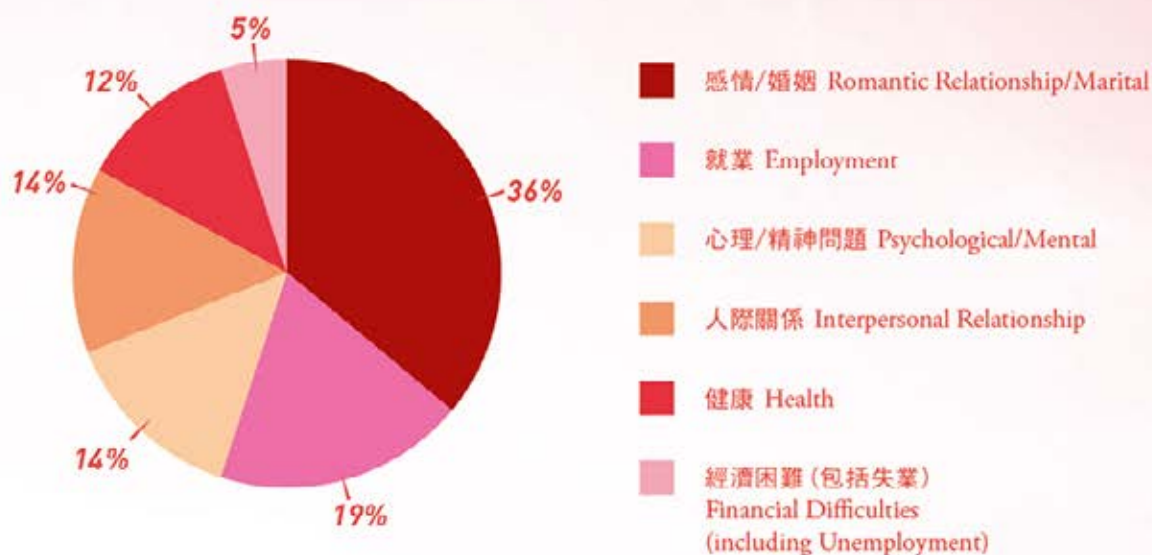
This year, of those who disclosed their ages, callers from 3 age groups (age 21-30, 31-40 and 41-60) made up 87% of the calls.



來電者面對的問題
Problems Faced by Callers

本年度，在知悉面對什麼問題的「生命熱線」來電者中，感情問題是來電者主要的困擾，佔36%。此外，就業問題佔19%，心理/精神問題及人際關係困擾各佔14%。

This year, of those who we were able to identify problems faced, romantic relationship and marital issues were the most prominent sources of distress among callers this year (36%), 19% were affected by employment issues, while psychological / mental issues and interpersonal issues each contributed 14%.



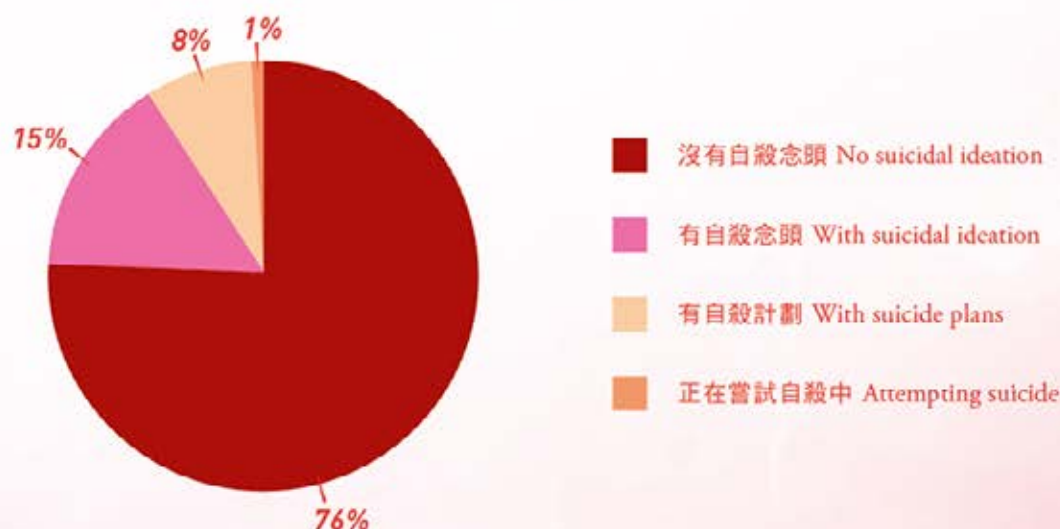
24小時預防自殺熱線
24-hour Suicide Prevention Hotline Service



來電者風險分佈
Distribution of Callers' Risk Levels

本年度，在知悉自殺風險的「生命熱線」來電者中，有76%的來電者表示受到不同情緒困擾，當中有自殺念頭者，佔15%，而有自殺計劃甚至付諸實行者，亦有約9%。

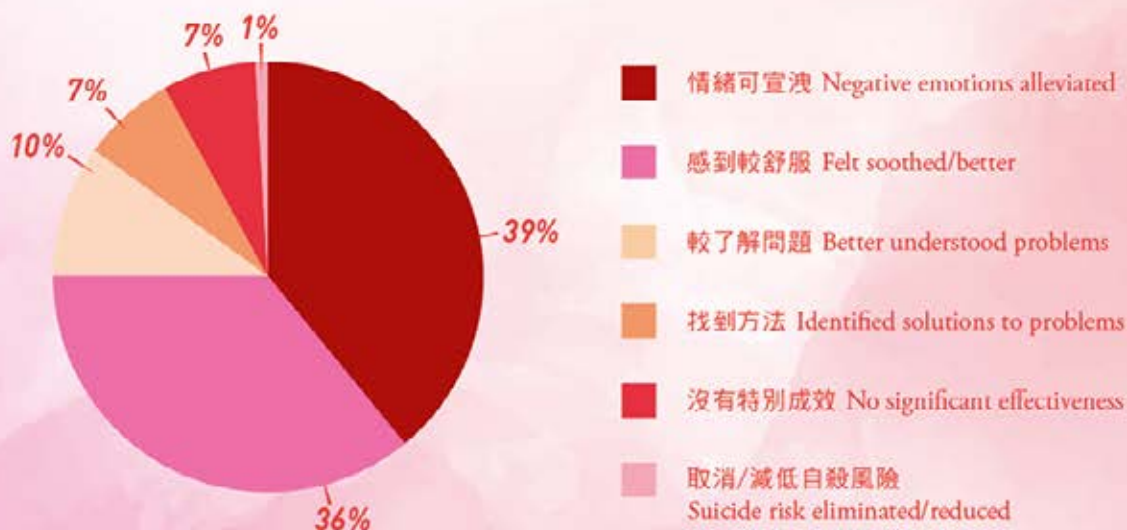
Of those who were able to identify suicide risk, 76% of the callers this year indicated that they were emotionally disturbed, and among them, 15% had suicidal ideation and 9% had suicide plans and/or were even attempting suicide.



服務成效
Service Effectiveness

本年度，在能記錄成效的「生命熱線」來電者中有75%的來電者使用熱線後，感覺情緒得以舒緩，或感到較舒服。有10%的來電者經傾談後，表示較之前了解所面對的問題，另外有7%更找到方法面對。

This year, of those who we were able to record service effectiveness, 75% of the callers expressed that their negative emotions were alleviated, or they felt soothed after using our hotline service; 10% stated that they gained a clearer perspective of the problems they were facing; 7% found means to solve their issues.





預防 長者自殺服務

Suicide Prevention Service for the Elderly

「義工關愛伴長者，「以心·連生」對抗孤單與困境」 Care from Volunteers Help Elderlies Fend off Isolation and Despair

五光十色的燈光，襯托出繁華富庶的香港。在經濟發展和科技進步的同時，人與人之間的心靈卻沒有因此而拉近，相反傳統的人倫關係卻變得疏離、薄弱。現代人透過智能手機發展，溝通看似變得頻繁，但冷冰冰的訊息，反而更讓人感到更冷漠。面對這些變化，上了年紀的長者們，更是難以明瞭，既不明白年輕一輩所為何事，急促的發展有如洪水猛獸，讓他們喘不過氣，慢慢感到自己不容於世、被淘汰，在家庭中、社會上，長者們變了孤獨在角落、被冷落的一群。這些長者還要每日面對種種經濟、疾病、家庭關係、經濟等困難，他們早已乾涸的心靈，實在難以招架，有時萌生不如早日離世、甚至以自殺結束自己餘生的想法。「生命熱線」2個不同的外展長者服務，正希望透過專業社工和受訓義工的適時介入，透過我們的耐心聆聽、關懷、接納及陪伴，重燃長者孤單的心靈，「以心·連生」，再次聯繫長者的生命，繼續一起走下他們晚年的路。

Hong Kong is flourishing, its economy, science and technology advancing at a steady pace but people's minds seem polarised, their relationships weak and estranged. Smartphones expedite human interaction but the warmth in sharing is frozen in emojis. The elderly are hard pressed to adapt to these changes among the young. They feel left out. At the same time, they have to deal with their own family, health and financial problems. As a result, some of them may develop negative thoughts, and even contemplate suicide.

In view of this situation, SPS introduced 2 outreach services in which professional social workers and trained volunteers are recruited to render acceptance and caring support to elderlies to light up their hearts, minds and souls.

據「死因裁判官報告」顯示，在2016年整年間便有368位長者選擇自殺而了結自己生命，平均每日便有一名長者自殺身亡。綜合過去數年的統計，長者自殺比例已上升至三成半以上，可見長者自殺的情況越趨嚴重，極需要社會正視。有自殺想法的長者，主要都受到疾病和家庭問題困擾，隨著家庭的關係變得疏離，倫理關係越趨薄弱，長者越容易感到孤單、寂寞。有時候，除了長者自身感到生活難以堅持下去外，一些照顧他們的家人，經常要面對家人自殺想法的恐懼，又無法改變情況，都會感到無助、乏力，有時甚至出現一些社會悲劇的發生。「生命熱線」透過香港賽馬會社區資助計劃資助的「生命共行——外展長者服務」及滙豐150週年慈善計劃透過香港公益金資助的「長者·家·多一點力量」兩個計劃，分別為有自殺念頭長者及照顧有自殺想法長者的家屬提供服務。服務除了以義工定期上門探訪及電話慰問外，亦會不時舉辦社區教育展覽及講座等。中心也會為家屬舉辦不同的活動及課程，讓家人了解長者抑鬱的心理及學習紓緩自己的壓力，從而更能妥善照顧身邊長者。

Based on the Coroner's Report, 368 elderlies committed suicide in 2016. That is on average one elderly person committing suicide a day, a rise of some 35% over the past few years. This is a serious situation crying out for society's attention.

Old folks who have suicidal thoughts are often suffering from illnesses. They also often feel lonely and abandoned by their families. Besides the elders in need, their families are also stressed and consumed with helplessness, signaling potential tragedy for the whole family.

With support from Hong Kong Jockey Club Charities Trust and the HSBC 150th Anniversary Charity Programme, we introduced 2 projects: "Outreach Befriending Service for Suicidal Elderly" for old folks with suicidal ideation, and "Family Support for Elderly Mental Health" for family caregivers. They include regular visits and caring calls by volunteers, educational exhibitions and talks. In addition, we organised various activities and courses for participants to gain a better understanding of needy elderlies and learn means to relieve stress from caregiving.

香港賽馬會社區資助計劃：「生命共行——外展長者服務」

The Hong Kong Jockey Club Community Project Grant:
Befriending Service for Suicidal Elderly

本會感謝「香港賽馬會慈善信託基金」認同我們的服務，在未來2016至2019三年，繼續撥款資助「生命共行——外展長者服務」，讓我們繼續支援情緒受困或有早期自殺徵兆長者、拓展社區的義工網絡及積極提升專業服務發展。

We are thankful to the Hong Kong Jockey Club Charities Trust for recognising our services and its continuation of funding for our project, "Outreach Befriending Service for Suicidal Elderly" from 2016 to 2019. The Trust's generous support enables us to keep aiding elderlies who are emotionally disturbed and/or show early warning signs of suicide, as well as expanded our volunteer network and improve our professional services.

新計劃的首年，我們繼續擴展與不同地區機構合作，在不同地區上為情緒受困或有自殺危機的長者提供服務。中心透過社區教育講座，讓公眾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。不同的節日探訪，企業和義務團體的個人義工與家庭義工，一起把關心和溫暖送到長者家中，讓他們明白，社會並沒有遺忘他們。義工們透過長者的故事、經歷，亦從中學習老一輩面對生活所有着的努力和堅毅，這是生命經驗的承傳。

In the first year of the new project, we extended our services to different districts and collaborated with various organisations to serve emotional distressed elderlies. Through community talks and visits, we hoped to educate the public on early recognition of old folks' suicidal signs and thus enhance their chances to get professional support. Visits during festive seasons by volunteers from partnering corporate groups or on a family/individual basis brought warmth and care to the elderly, letting them know they are not being neglected by society. Volunteers also benefited from the project as they learned perseverance from the elders' stories.



當然，如何鼓勵長者踏出家門，也是協助他們對抗負面情緒重要的一環，我們仍不時與企業團體合作，舉辦不同形式戶外活動，包括不同主題樂園的參觀及午餐活動等，希望讓長者有機會放下困擾，並伸展筋骨。過去一年，我們更積極安排不同的長者體驗活動，透過義工的協助，除了讓他們從家中走出戶外的環境局限外，也讓他們接觸不同的新事物，與義工們一起開闊眼界，突破思想框框。服務透過種種不同的媒介、手法，希望把義工的熱誠、關懷連繫長者冷卻、孤單的心，希望「生命共行——外展長者服務」能真切地做到一個「以心·連生」的服務。

We believe encouraging the elderly to stay connected with the outside world is vital in helping them combat negative emotions. As a result, we solicited support from various corporate partners and held a series of outdoor activities such as visiting theme parks and having lunch gathering to help alleviate the old folk's loneliness and despair. Besides, we arranged a wide scope of workshops for the elderlies not only to invite them to leave their comfort zone but also to obtain exposure to new things even as they age. Through an array of new activities in "Outreach Befriending Service for Suicidal Elderly", we hope that the elderlies that we served could establish a stronger bonding with volunteers and feel that they were, in fact, surrounded by love and care.

本計劃由
The Project is supported by



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust
同心同德 RIDING HIGH TOGETHER

捐助



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

2016/2017年度，我們共有324名義工，包括「生命熱線」義工及地區協作的義工為331位長者個案提供探訪服務，服務次數逾9,193次。本年度，我們繼續與不同的地區長者服務機構、企業及義工團體合作，為各單位義工提供專業培訓，安排他們定期探訪長者個案，過去一年，與我們的合作的單位已增加至14間，合作的範圍除了市區及新界外，更遠至服務離島的長者。我們憑着義工的耐心聆聽，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，減低他們的自殺風險。

In 2016/17, we had 324 volunteers in total; some were from SPS while others were from partnering district organizations. They provided 9,193 visiting services to 331 elders. This year, we continued to work with various organizations, corporations and voluntary groups and give professional training to their volunteers. After that, they paid regular visits to the elderlies in need. During the past year, our collaborating units had increased to 14 and elderlies served had been expanded to the outlying islands. Every visit meant a great deal to the elderlies as they would no longer think that they are left out and isolated. Their risk for committing suicide was also thereby lowered.

義工們在過去一年不辭勞苦，風雨不改堅持探訪情緒受困的長者。我們為表揚他們所付出的時間和愛心，每年都會舉辦「義工交流會暨嘉許禮」。我們於2017年3月11日舉辦活動，主題為《善別的準備》，我們邀請了白普理寧養中心醫務社工李泓女士，分享她在善別服務的經驗，讓義工了解在陪伴臨終長者時的心態與技巧。活動亦邀請了服務使用者及「生命熱線」義工分享過去經驗，希望讓在場義工明白服務的意義和成效，鼓勵他們繼續為長者和服務努力。

Volunteers, whether it rains or shines, provided services and visited elderlies who suffered from emotional disturbances. In order to express our gratitude for their selfless giving, we hold the "Volunteers Sharing Session and Recognition Ceremony" every year. This year's theme was "Ready for Goodbye" and was organized on 11 March 2017. Ms. Li Wang, a medical social worker from Bradbury Hospice, was invited to share her experience on bereavement care, enabling volunteers to get to know the proper attitude and techniques to be employed while serving elderlies with terminal illness. Moreover, we also invited the service users and SPS volunteers to share their past experiences, so that participants could fully grasp the purpose and effectiveness of the services, which was as well an encouragement for them to keep exerting efforts to serve the elderlies.

2016/2017年度服務使用者的年齡及性別分佈表
Table of Gender and Age Distribution of Service Users in 2016/17

年齡 Age	男 Male	女 Female	總數 Total
60-69	19	22	41
70-79	26	63	89
80-89	50	107	157
90或以上 or above	16	24	40
不詳 Unknown	1	3	4
總數 Total	112	219	331

參與服務的受訓義工人數
Number of Volunteers Participated

「生命熱線」義工 SPS Volunteers	100
地區協作機構義工 Local Agency Volunteers	224
總數 Total	324



社區教育活動 Educational Activities in the Community

談及如何最有效預防長者自殺，莫過於提升公眾人士對這方面的意識。我們在過去一年繼續積極舉辦社區教育講座，目的讓長者及社會人士理解情緒困擾和自殺當中的密切關係。本年度我們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，提醒他們需要時常留意自己及身邊長者的情緒變化，學習如何舒緩情緒、珍惜寶貴的生命，超過1,415名長者及公眾人士參與。此外，回應日漸上升的社會需要，我們繼續為長者前線服務的专业人士舉辦了9節工作坊，服務人數大幅提升至422人次，這些工作坊深受業界歡迎，大部份同工認為有助他們如何識別長者的風險，並及早為他們提供支援。我們亦正籌備一本有關自殺念頭長者的個案介入的實務，總結我們預防長者自殺服務達多年的經驗，期望手冊能供前線長者服務的专业人士參考，並為預防本港長者自殺服務作出貢獻。

Arousing the public's awareness is probably the best way to prevent elderly suicide. Hence, we continued to organise educational talks in the community, with the aim of revealing the intricate relationship between emotional disturbances and suicide. This year, we held community educational talks on "Mental Health Promotion" for many organizations that served old people in Hong Kong, to remind them to pay greater attention to the emotional changes of old people. Over 1,415 elders and other individuals attended the talks. Besides, in response to the increasing needs from the society, 9 workshops were organised especially for frontline professionals who serve elderlies, with a total attendance of 422. Professionals responded that the workshops helped them better recognize the risk of suicidal elderlies and felt better equipped to render timely support if needed upon attending the workshops. We are planning to publish a book which summarizes our experiences and offers practical guides on handling elderlies with high suicide risk. We hope this can contribute to preventing elderly suicide in years to come and be of reference value to frontline elderly service providers.



我們聯同多間社會服務機構於2016年4月15日、6月25日及12月9日參與「珍愛生命聯合活動」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，合共為395名市民提供服務。

SPS worked hand in hand with a number of social service organizations to launch the "Cherish Life Service Promotion" roadshows, promoting our services to residents of Choi Wan Estate and neighbouring areas. There were game booths and stress index survey to encourage participants to take care of their own mental health, that of others around them, and especially that of the elderlies they encounter. The total attendance of the event was 395.

主要社區教育活動 Major Community Education Programmes

	節數 No. of Sessions	服務受惠人次 No. of Beneficiaries
「珍愛生命聯合活動」街頭展覽 "Cherish Life Service Promotion" Roadshow	3	395
「長者護心法」講座 Mental Health Promotion Talk	30	1,415
「預防長者自殺服務實務分享 專業同工訓練工作坊 Elderly Suicide Prevention Service Sharing for Professional Workers	9	422
總數 Total	42	2,232



節日探訪及長者體驗活動 Seasonal Visits for the Elderly

中國傳統社會家庭觀念濃厚，人們藉著一些節日與家人團聚，時至今日，雖然一家人過節聚餐氣氛淡薄了不少，但這些想法仍存在不少長者的中心。可惜，不少獨居及情緒受困的長者而言，每逢在這些節日，便會倍感孤單和寂寞。我們過去一年繼續藉著不同節日，舉辦了11次大型節日義工探訪活動，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。此外，我們亦舉辦了6次長者外出活動，希望透過與企業團體合作，讓長者們可以踏出社區，減少獨留家中的負面情緒。

In the past, Chinese families commonly reunited during the festive seasons. Nowadays, the festive atmosphere seems lessened. However, the expectation to celebrate festivals with loved ones remains in elderlies' hearts. Therefore, festive times often increase the feeling of loneliness among old people who live alone. In light of this, we recruited volunteers from various organizations and corporations to provide large-scale visiting services and giving gift packs to elderlies in festive seasons on 11 occasions. On top of that, we also held 6 outdoor activities with the elderly alleviate their feelings of loneliness during festive seasons.



為了加強長者融入社群，重新建立睦鄰關係，本年度開展了一連串的長者體驗活動，當中包括化粧體驗、貝殼蛋糕、賀年盆桔及彩布袋製作，希望長者從體驗中接觸新事物，亦可把一些製成品贈送予鄰居或心愛之人，建立一個施與受的睦鄰關係。

以上不同類型的活動，過去一年共有超過902名義工參與，當中超過825名長者受惠。

In order to help elderlies could fit in the community and develop harmonious relationships with their neighbours, we organized a series of activities for them, including makeup workshops, pastry workshops and handicrafts workshops. Besides gaining exposure to a greater variety of interests, elderlies could give the finished products they made to their loved ones or neighbors as presents to foster better relationships.

There were over 902 volunteers involved in the activities mentioned above, and the total elderlies benefited exceeded 825.



全城愛心冬(Don't)瓜大行動

"Don't Qua" Charity Action

生命熱線每年都會藉傳統節氣「大暑」的日子，舉辦「全城愛心冬(Don't)瓜大行動」，透過大型義工活動「消暑打氣冬(Don't)瓜水」及「冬(Don't)瓜慈善愛心午餐」，希望向社會宣揚珍惜生命的訊息。我們於2016年7月至8月期間，繼續舉辦這有意義的活動，為情緒受困的長者打氣，紓緩他們因炎熱天氣而出現的負面情緒。2016年7月，超過109名來自不同企業、團體及機構的義工前往155名長者的家中探訪長者，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義工服務，透過電話關心長者。

SPS celebrates the Summer Solstice through "Don't Qua Charity Action" each year. Through large-scale volunteer activities, "Don't Qua Summer Home Visits", and the "Don't Qua Luncheon", we aim to spread the message that life is precious. In 2016, we continued to launch these 2 meaningful events during July and August, to provide emotional support to elderlies and to soothe their negative emotions that may arise from the extremely hot summer weather. In July 2016, over 109 volunteers from different corporations, groups and organizations visited 155 elderlies' homes and presented the old folks with winter melon drinks and healthy foods. Other volunteers showed their care towards the elderly over the phone.

二零一六年八月，我們舉辦了「冬(Don't)瓜慈善愛心午餐」，邀請超過300名長者與義工一起享用以冬瓜作主題的菜式，喻意長者珍惜生命。活動於尖沙咀彩福皇宴舉行，活動除了邀請樂隊一舖清唱、歌手Joe Junior先生、香港演藝青年粵劇團王志良先生及林穎施小姐為長者獻唱金曲及粵曲外，當日本地著名插畫師芝麻糕先生更即席繪畫人像插畫，贈送予在場最年長長者，歡樂的氣氛感染在場每位長者。

In August 2016, we held the "Don't Qua Luncheon". Over 300 elderlies and volunteers attended the luncheon and shared the winter melon themed dishes together at Choi Fook Royal Banquet in Tsim Sha Tsui. We invited the Yat Po Singers, Mr. Joe Junior, as well as Mr. Wong Chi Leung and Ms. Lam Wing Sze from the Young Academy Chinese Opera Troupe to sing and perform. Dreamergo, a well-known local illustrator, drew a portrait on the spot for the eldest attendee of the event. The atmosphere was full of joy and fun.



節日探訪活動 Seasonal Visits

日期 Date	節日探訪/戶外活動 Activity	義工參與人數 No. of Volunteers	服務受惠人數 No. of Beneficiaries
5/6/16	櫓種愛心賀端陽 Dragon Boat Festival Home Visit	120	128
24/7/16	消暑打氣冬瓜水 Don't Qua Summer Home Visit	109	155
23/8/16	消暑打氣冬瓜宴 Don't Qua Charity Luncheon	50	15
9/9/16	月滿佳節譜關懷 Mid-autumn Festival Home Visit	6	9
10/9/16		14	25
11/9/16		83	129
10/9/16	慶中秋長者歡聚千人宴 Happy Mid-autumn: Thousand People Feast	28	4
22/10/16	綻放光彩美顏日 Unleashing Colour – Make-up for the Elderlies	16	20
29/10/16	煮·多一點心意 Cook a Little More with Your Heart	9	10
5/11/16	平安祈福新界遊 A Day of Blessing in New Territories	26	13
13/11/16	全城關懷長者日 Care for Elderly Day	91	101
11/12/16	冬日情濃顯關懷 Winter Home Visit	78	48
7/1/17	開心同遊迪士尼 Magical Day @ Disneyland	58	18
15/1/17	歲晚送暖表愛心 Year-end Reunion Home Visit	24	22
21/1/17		8	20
21/1/17	新春「迷你盆桔」製作 New Year Tangerine Potted Plant Workshop	9	7
15/2/17	慧妍雅集新春耆樂日海洋公園之旅 Wai Yin Association X SPS Ocean Park Charity Tour 2017	31	24
19/2/17	港鐵新春旅行 MTR X SPS New Year Travel	16	13
18/3/17	彩福社區探訪 Choi Fook Community Home Visit	35	26
26/3/17	全心傳愛展關懷 Happy Easter Home Visit	74	54
30/3/17	樂華「彩布袋」製作活動 Lok Wah Recycle Bag Production	17	9
總數 Total		902	850



長者·家·多一點力量
Family Support for Elderly Mental Health

根據一項本地長者自殺的研究，接近68%的長者在自殺身亡前曾向家人透露有輕生之念頭。承蒙滙豐銀行150週年慈善計劃透過香港公益金資助，由2016年8月開始，生命熱線推行為期兩年，以家庭為本的「長者·家·多一點力量」計劃，為社區提供預防長者自殺服務。

According to a study on Hong Kong's elderly suicide cases, nearly 68% of elderlies who died by killing themselves had disclosed their suicide ideation to their family members prior to the act. With the sponsorship from the HSBC 150th Anniversary Charity Programme through the Hong Kong Community Chest, SPS started a 2-year project, "Family Support for Elderly Mental Health" since August 2016, providing suicide prevention services to elderlies in the community.

本計劃透過各類服務支援有抑鬱或自殺傾向長者的家屬及照顧者。透過強化其家庭功能，減少家屬的壓力及情緒，從而提昇照顧長者的技巧及溝通能力，並向社會人士推廣關注長者精神健康的訊息。

This project provide support to family members who are currently taking care of elderlies who may be suffering from depression or may be at risk of committing suicide. By enhancing their family functions, we aim to relieve their stress and negative emotions and strengthen their skills on taking care of or communicating with the elderly. They could then help promote the importance of taking care of elderlies' mental health to the society as a whole.

此計劃由滙豐150週年慈善計劃透過香港公益金資助
The HSBC 150th Anniversary Charity Programme has funded this project through the Community Chest of Hong Kong





宣傳推廣

Promotion

我們透過不同渠道及方法，將本計劃訊息推廣至九龍東居民。本年度我們舉行了14次街展，接觸2,429人；透過張貼海報49次，接觸19條屋邨；亦透過2次信箱單張宣傳，接觸2條屋邨及10,600住戶。此外我們分別兩期季刊，合共派發4,000份。與此同時我們將於2017年6月底完成計劃專用網頁www.SPSfamily.org.hk作進一步推廣及發放訊息。

This year, we spread the messages of this project to East Kowloon residents by different methods: holding 14 roadside exhibitions (2,429 people attended), putting up posters for 49 times in 19 public estates, sending promotional leaflets for two times in 2 public estates (10,600 residents reached) as well as distributing 4,000 prints of 2 quarterly publications. Besides, a website, www.SPSfamily.org.hk, was particularly made for promoting this meaningful project.



長者及家庭輔導

Counselling for the Elderly and Their Families

透過外展手法，以長者為核心的家庭輔導計劃，全面支援長者及家人的需要。本年度外展家訪144次、中心面談46次、電話慰問77次。

We provided outreaching and counselling services to the elderly and their families so as to address directly to their needs. This year, we conducted 144 home visits, 46 face-to-face interviews, and 77 phone counselling sessions.

參加者回應 Response from participant

面談中讓我能夠自我反省，讓我明白更多媽媽的心態...我學懂和媽媽原來可以一起去學一起去『玩』，現在多咗好多歡笑，最重要是多了很多共同話題及回憶。

I had a self-reflection when I was having the interview, which enabled me to stand in my mum's shoes. I realized that I could have fun with her. We are both happier than before. More importantly we can now share so many common topics and memories.

家屬 思 Sze, family member

長者家屬課程

Courses for Family Members

強化家屬對長者及抑鬱症的了解，從而建立良好的溝通方法。本年度舉辦4次課程，共32人參加。參加者中以子女為主，佔84.3%。

In order to deepen the understanding on elderly depression and to establish better communication method among family members, we organized 4 courses this year and there were 32 participants in total. Most of the participants were the sons or daughters in the families, occupying 84.3% of the total attendance.



參加者回應 Response from participants

「透過角色扮演，從中學習，透過分享及討論，加深認識主題。」

I learned from role plays. My knowledge on this topic extended through discussion and sharing.

長者家屬課程參加者 Participant of caregiver course

「很詳細，很多例子/互動；也很喜歡介紹一些書籍，謝謝。」

The courses provided information in detail. There were ample examples and interactions. I felt great as the instructor also recommended books to us. Thank you so much!

長者家屬課程參加者 Participant of caregiver course

長者家庭活動

Family Activities for the Elderly

定期推行各種長者家庭活動，透過互動內容，增加長者與家人良好的相處經驗。本年度，分別舉行「迎春接福水仙花」及「健康活力農場遊」，合共94人，43個家庭單位參加。

We held family activities for the elderly regularly which helped foster stronger bonding between the family members and them. This year, we had "Happiness in Family – Narcissus Cutting" and "Healthy Family - Organic Farm Programme" while 94 people from 43 families attended.



參加者回應 Response from participants

「謝謝安排是次充滿節日氣氛的活動！」

Thank you for organising this event for us, which was full of festive atmosphere!

迎春接福水仙花參加者
Participant of "Happiness in Family – Narcissus Cutting"

「好，整體非常好。」

The activity was good and well organised.

健康活力農場遊參加者
Participant of "Healthy Family – Organic Farm Programme"

減壓工作坊

Workshops on Stress Relief

定期邀請專業導師，帶領各種身、心、靈減壓方法。於本年度，分別舉行「中式穴位按摩」、「愛笑瑜珈」、「呼吸、鬆弛及靜觀練習」，合共111人參加。

Professional instructors were invited from time to time to guide the participants to relieve their stress in physical, mental as well as spiritual ways. We had "Chinese Acupressure", "Laughter Yoga" and "Breathing, Relaxation and Mindfulness Exercises" this year, and the total attendance was 111.



參加者回應 Response from participant

“師傅教得很仔細、體貼，多謝！”

The teacher was kind, understanding, and she taught us in great details.

「中式穴位按摩」參加者 Participant of "Chinese Acupressure" ”

“導師有感染力。”

The instructor was appealing.

「愛笑瑜珈」參加者 Participant of "Laughter Yoga" ”

“第一次學習上述之放鬆運動，非常實用，多謝導師清楚教導。”

It was my first time learning this exercise. It was useful and relaxing. Thank you for showing us the gestures clearly.

「呼吸、鬆弛及靜觀」練習參加者
Participant of "Breathing, Relaxation and Mindfulness Exercises" ”

社區講座

Community Talks

從家庭開始認識長者情緒，及早察覺及預防抑鬱症。本年度，舉辦了4次社區講座，共44人出席，對象是九龍東居民。

Getting to know more about the emotions of the elderly from their families, so we could recognise and prevent elderly depression at an earlier stage. We held 4 talks in the community, targeting at the East Kowloon residents. The total attendance was 44.

參加者回應 Response from participant

“講者很用心去表達，今天的主題內容令人容易明白。”

The talk was well delivered. Today's content was easy to understand.

社區講座參加者
Participant of Community Talks ”

“講者對理論、實踐、藥物/社區輔助的意見持平，例子切身。”

The speaker had balanced opinions on the theory and its application. The examples he gave were applicable to my personal experience.

社區講座參加者
Participant of Community Talks ”

自殺者親友 支援計劃

Services for Survivors of Suicide Loss



至親自殺離世，家屬不單要處理死者身後事等實際事務，更要承受自己、身邊的家人和朋友的情緒反應。在複雜的情緒影響下，家屬往往難以表達心中的感受，加上中國傳統的禁忌，更加令家屬無法獲得適當的情緒支援，難以過渡哀傷。我們透過「釋心同行——自殺者親友支援計劃」服務，尋求及早接觸自殺死者家屬的途徑。由2014/2015年度開始，我們與衛生署轄下3間公眾殮房共同推行先導計劃，建立一個自殺者親友個案轉介系統，讓我們在自殺者離世初期接觸其家屬，及早提供專業的哀傷輔導服務，讓走在哀傷道路上的家屬得到及時的支援。

When a family member commits suicide, other members not only have to make arrangements for the deceased, but also have to deal with the emotional reactions of relatives, friends and of themselves. Such complex emotions might make it difficult for survivors of suicide loss to express their feelings. Traditional Chinese superstitions and practices might further prevent them from receiving proper emotional support to cope with their grief. Through Project BLESS, we have explored means to reach survivors of suicide loss and provide early intervention. In the year 2014/2015, we launched a pilot scheme collaborating with 3 public mortuaries under the Department of Health, which refer survivors to our organization. The scheme enabled us to reach bereaved families at an early stage and to provide them with timely and professional counselling services.

「釋心同行——自殺者親友支援計劃」 Project BLESS

我們感謝「社聯伙伴基金」繼續支持推行「釋心同行——自殺者親友支援計劃」。2016/2017年度，我們為超過140個新個案提供服務，服務以個案輔導為主，並按照個別情況，鼓勵家屬參與不同的活動，包括「同路人互助小組」及治療性質的活動，幫助他們以自己的步伐走出情緒的陰霾，重新出發。我們並鼓勵過來人成為義工，為其他遭逢不幸的家屬提供情緒支援。本年度，我們舉辦了新聞發佈會、接受傳媒訪問，積極透過不同的渠道，鼓勵有需要的人士尋求協助，推動社會關心這些家屬的需要。

We are grateful for the continuous support from Community Partner Foundation for Project BLESS. Based on individual circumstances, we encouraged survivors to take part in different activities, such as mutual support groups or therapeutic activities to help them escape the bleakness engendered by suicide and get back on track. We also encouraged individuals with similar experiences to become volunteers and give emotional support to other survivors. This year, we actively sought various platforms to motivate people in need to seek help, such as holding press conferences and receiving media interviews. We hope to arouse society's attention to these survivors' needs.

本計劃由
This project is supported by



資助

個案服務

Case Service

2016/2017年度，我們已服務的新個案共有142個。新個案當中，女性佔70%，男性佔30%；以年齡層劃分，中年人士(30至59歲)佔67%，其次為長者(60歲或以上)佔19%；失去了子女的家長個案佔32%，其次是失去了兄弟或姐妹的個案佔23%，失去了父/母的子女個案佔20%，失去了配偶的親友個案佔16%。

In 2016/2017, we served a total of 142 new cases. 70% of the new cases were female and 30% were male. Among them, survivors aged 30-59 constituted 67%, while 19% were elderly survivors (aged 60 or above). 32% of the new cases were parents who lost their children, 23% were bereaved siblings, 20% were children who lost their parents, and 16% had lost their spouses.

由2014年4月開始，我們與本地3間公眾殮房包括域多利公眾殮房、富山公眾殮房、葵涌公眾殮房合作，建立一個自殺者親友個案轉介系統。2016/2017年度新個案的主要來源，正是由「公眾殮房轉介」，佔41%，其次是「自行申請」，佔35%。而自行申請服務的人士中，有67%的求助者是透過公眾殮房介紹我們的服務而自行聯繫我們，申請此服務。

Since April 2014, we collaborated with 3 local public mortuaries, including Victoria Public Mortuary, Fu Shan Public Mortuary and Kwai Chung Public Mortuary and established a case referral system. 41% of the new cases in 2016/2017 were referred by the mortuaries, while self-referral constituted 35%. Additionally, among the self-referred cases, 67% had got to know our services through information given by the public mortuaries, and subsequently approached us proactively.



同路人互助小組
Mutual Support Groups

本年度，我們舉辦了5個自殺者親友同路人互助小組，對象分別為曾有子女、配偶或親密伴侶、父母及兄弟姐妹因自殺而離世的親屬。透過這些小組，我們鼓勵家屬彼此分享和支持，亦鼓勵家屬以不同的形式來抒發情緒。活動中有同路人和過來人與參加者分享，及參與各種身心靈活動來調整情緒，抒發內心的鬱結。

We conducted 5 mutual support groups this year, targeting the bereaved who had lost their children, spouses or intimate partners, parents, and siblings to suicide. In these groups, we encouraged survivors to share their experience and feelings and support each other to help soothe their emotions, with peer sharing, mind-body-spirit exercises, and so on.



哀傷的情緒往往是強烈、難以用言語來表達的，因此我們運用多種表達性藝術媒介，如畫畫、製作黏土、寫信等，幫助家屬連繫身心，安全地觸及其內心感受，同時提升自我的覺察力，整合自己的情緒，達到療癒哀傷的效果。

Grief is not only a strong feeling, but one that is often difficult to convey in words. Hence, survivors utilised various expressive means such as drawing, clay-molding and letter-writing to connect their bodies and minds, to access their inner feelings, and to enhance their self-awareness in order to integrate their emotions more fully to help alleviate their despair.



參加者回應 Response from participant

“之前覺得自己好可憐，無人依靠。當在小組聽到過來人的分享後，感到被安慰，他們明白我們的感受，不會否定我們的感覺，心因而定下來，多了安全感。參與小組後，明白自己不是最孤單的人，心靈上有支持，也明白多了精神病和自殺的關係。欣賞其他組員的努力和堅強，還有他們對伴侶的懷念和愛。

I thought I was all alone and had no one to turn to. However, I took great comfort from the peer survivors' sharing. They did not dismiss our feelings and in turn, I felt understood, more settled and secure. After joining the mutual support groups, I realised that I am not alone, I got more psychological support, and gained greater understanding of the relationship between mental illness and suicide. I really appreciate other group members' perseverance and strength, as well as their love for their partners.

Lisa”

參加者回應 Response from participant

“過來人的分享給予了我一個可作為參考的時間表，有一種「走出去」的盼望；同時，讓自己知道自已的情況是正常的。與同路人組員互相分享時，一齊哭、一齊笑，很有共鳴。由初時經歷的沉重、好驚、好倦，逐漸覺得自己舒服一些、放鬆一些、精神一些，好像有種力量讓自己可以繼續「撐下去」。

Peer survivors' sharing gave me a timetable for reference, bringing me the hope that I can overcome the sadness one day. At the same time, I now know that what I am going through is normal. When group members shared their experiences, we all resonated with one another, crying and laughing together. My initial heaviness, fear, and exhaustion were gradually lifted. I felt more at ease, relaxed and energised, as if I had regained the energy to "go on".

Jason”

參加者回應 Responses from participants

“大家的分享和故事對我來說都很重要，大家在每節之間的微小改變/進步，給我鼓舞。參與小組，讓我更有條理整理自己的思緒，因為有同路人的陪伴，不會覺得自己很孤單，對自己認識多了，得到同路人的鼓勵和支持，自己的想法變得更多角度，得到向前行的支持和力量。

Every story means so much to me. It was exciting for me to witness each member's small changes and improvement. Participating in the groups gave me the opportunity to systematically manage my thoughts and feelings. With the presence of peer survivors, I no longer felt alone and got to know myself better. Having my peers' encouragement and support, I have gained more perspective in terms of my thinking, as well as the energy to move forward.

阿俊 Chun ”

“之前我常問『點解』，令我很困擾、鬱結，直至在小組聽了一位曾自殺的過來人分享後，幫助我和大家很多，讓我們明白自殺者的心態。我學懂要放下悲哀、同理逝者、告別和祝福逝者，逝者即使走了，在宇宙中，我會一直為他祝福，相信他會以不同的形態出現。

I was perplexed and kept wanting an answer as to why it happened, until I heard the story of a peer volunteer who had attempted suicide in the past. The sharing helped me better understand the mindset of a suicidal person. I learned to let go of my grief, empathise and say goodbye to the deceased. Even though he may be gone, I will continue to wish him well, and know that he would appear in many different forms in my life.

Rhoda ”

“小組附設之「預設活動」對我十分有幫助，可以透過寫信或繪畫，去表達心情(有時言語不一定可以表達到)。過來人的分享讓我明白，不一定是自己有問題才發生此事，我比之前能夠釋懷，少了一些內疚、自責，同路人組員可以互相分享、互相安慰。

The “set activities” in groups helped me a great deal. I could express my feelings that were sometimes hard to convey verbally, through writing and drawing. Peer survivors' sharing allowed me to understand it was not necessarily because of me that this happened. With mutual sharing and support, I engaged in less self-blame and self-chastise, and was better able to let go of my frustrations.

小慧 Wai ”

國際自殺者親友關懷日

International Survivors of Suicide Loss Day

我們於2016年11月20日舉辦了「國際自殺者親友關懷日」紀念活動，活動主題為「有您同行」，在「香港青年協會大屋督戶外活動中心」舉行，有59名家屬出席並一同參與放水燈的紀念儀式，表達對離世至親的愛與思念。透過主題活動及同路人分享，參加者得以減低孤單感，感受同行的力量，對前路感到有希望。

On 20 November 2016, we held a commemorative event, "Walk with Me", to echo the International Survivors of Suicide Loss Day at the Hong Kong Federation of Youth Groups Tai Mei Tuk Outdoor Activities Centre. A total of 59 survivors attended the event and took part in the lantern floating memorial ceremony to express love and reminisce on their deceased loved ones. Various activities and sharing from peer survivors helped lower participants' feelings of isolation, gave them a sense of companionship, and instilled hope for the future.

參加者回應 Response from participant

“可以和同路人互相祝福和傾談、互相支持和鼓勵，活動中彼此合作、共融，讓我放鬆身心、抒發感受。有機會跟同路人溝通，聽說彼此的經驗，同路人的支援，釋放大量的正能量。

I felt comforted to have the means to express my feelings through peer sharing, support, and mutual encouragement. Having the chance to communicate with others with similar experiences empowered us and released a lot of positive energy.

Samuel ”

“放水燈的活動很有意思，令我可以懷念逝去的親人，在水燈上可以寫上思念祝福的字句，文字是好好的表達渠道，加上這裡環境優美，可以在美景中懷念親人。

The lantern floating ceremony was very meaningful. I got a chance to recall my loving memories of my lost loved one and wrote my blessings for them on the lantern. The ambience was also calming and peaceful, which enabled me to process my memories of my lost love.

李太 Mrs. Li ”

自殺者親友支援活動

Therapeutic Programme for Survivors of Suicide Loss

剛面對喪親的家屬特別需要在身心靈各方面的支援，我們於2016年5月22日舉辦了「以身連心——舞動心靈之旅」的治療性活動，在「香港青年協會賽馬會西貢戶外訓練營」舉行，邀請了舞蹈治療師吳卓然先生，帶領38名家屬，揉合運動、創意藝術及舞蹈動作於身心靈健康治療，讓參加者連繫個人身心，及與他人和環境連繫。我們更邀請了多名過來人來分享，他們的經歷引起家屬的共鳴，感受別人對他們的支持，減輕孤獨感。

Survivors faced with suicide loss often require support in the physical, mental and spiritual aspects. Hence, we organised a therapeutic programme, "Body-mind Connection – Dancing with Your Soul" for survivors of suicide loss at the Hong Kong Federation of Youth Groups – Jockey Club Sai Kung Outdoor Training Camp on 22 May 2016. Mr. Joseph Ng, Dance/Movement Therapist, was invited to lead 38 survivors to blend sports, creative arts and dance movements in therapeutic, mind-body-spirit exercises to connect their body and mind in a holistic manner, and to link with others and their environment. Additionally, the stories shared by many peer survivors resonated with participants, reducing their sense of isolation.

參加者回應 Response from participant

“雖然大家不認識，但跟同路人一起時，大家都願意分享，並願意互相鼓勵和支持。在分享的過程中，藉著別人的故事，鼓勵自己努力前進，同時，了解自己跟其他人一樣，有類同的哀傷反應，而不是病態。

Everyone was willing to share even though we didn't initially know each other, and gave mutual encouragement and support. I was able to encourage myself to sail forward with others' stories. What's more, I realised that my grief was part of the journey, just like what others might experience when faced with a loss.

John ”

“是一個難得的機會，讓一大群人一起律動，在『玩』當中借助外物與人互相接觸，大家一起手牽手去舞動身體時，可以暫時忘掉自己的悲哀和傷痛。

This was a rare opportunity. Through dancing hand in hand as a group and having 'fun' while connecting with external things and people, I could have a moment to escape from sadness and grief.

Mabel ”

過來人義工支援

Volunteer Support

多年來，我們培訓了不少自殺者親友成為過來人義工，在專業個案輔導、同路人互助小組及活動中擔任分享員，分享他們面對至親離世的經歷，與同路人同行，協助他人走出哀傷。我們的過來人義工亦積極參與公眾教育活動，接受傳媒訪問等，讓社會理解自殺者親友的需要，並鼓勵有需要人士尋求專業的支援。本年度，我們的過來人義工合共提供了103次服務，受惠人次共369。

Over the years, we have trained a number of survivors to become peer survivor volunteers. They share their own experiences with their peers, as they suffer the sorrow and pain wrought by suicide loss, with professional counselling, mutual support groups and activities run by the Project. Volunteers also actively participated in public educational events and media interviews to heighten society's awareness of the needs of the bereaved as well as to encourage those in need to seek professional assistance. This year, our peer survivor volunteer team held 103 activities in total, with 369 beneficiaries.

為了加強義工支援服務，上一年度開始，我們新增了「同行者義工支援計劃」，在我們的過來人義工當中，有11名成為了同行者義工，定期探訪個別有需要家屬，透過活動、陪伴和分享，給予情緒及實務支援，重建家屬身心、自我和與他人的連繫，讓他們能面對哀傷，適應轉變，重新投入生活。

Additionally, to enhance our volunteer support service, we added the "Companion Support Service". 11 of our volunteers became companion volunteers and they have been regularly visiting bereaved families in need. They provided emotional and practical support through their presence, sharing, and various activities to help re-establish survivors' connections with their mind and body, with themselves, and others. This in turn helped them overcome their grief and make a smoother transition back into their everyday lives.

參加者回應 Responses from participants

有過來人義工和我傾談，陪伴著我，真的很好。當有人陪伴時，因為大家都是失去兒女，所以他們很明白我，會勸導我、開解我。見到她們很積極地生活，積極地幫助他人走出困局，我會感到開心，也被她們帶動，鼓勵自己積極地生活下去。

It was so nice to have companion volunteers to talk and stay with me. As we shared a similar experience – losing our children, I felt like they really understood me and they gave great advice and emotional support. Seeing them enthusiastically living their lives and helping others to do the same really moved me and encouraged me to do so as well.

阿盈 Ying

父母離世後，我完全不懂為自己煮食，而且一個人在家時會感到很孤獨。我的兩位同行者義工，很有耐性地指導我如何煮食，又指導我如何選購食材。她們的陪伴，令我感到溫暖，她們的熱心和投入，令我很開心和感動。

When my parents were gone, I had no idea how to cook and felt really lonely at home all by myself. The 2 companion volunteers who came to visit me not only patiently taught me how to cook, they even taught me to buy groceries. With their company, I felt so warm. I was also very happy and touched by their passion and enthusiasm.

杰仔 Kit



新聞發佈會

Press Conference

為回應「國際自殺者親友關懷日」，我們於2016年11月15日舉行新聞發佈會，介紹「釋心同行——自殺者親友支援計劃」服務，特別是由我們製作的「與自殺者親友同行系列」的3段短片，並由周燕雯博士講解自殺者親友的哀傷歷程和創傷反應，分享外地研究顯示年青自殺離世者的父母患上情緒病比一般父母分別高11.1及9.9倍。另外，我們邀請了一名喪失年青子女的服務使用者即場接受訪問，分享她的喪親經歷及接受服務的經驗。

In response to the International Survivors of Suicide Loss Day, we held a press conference on 15 November 2016 to introduce "Project BLESS" services, emphasising our 3 short films of the "Walk with Survivors of Suicide Loss Series". We invited Dr. Amy Chow to give her expert knowledge on survivors' grief processes and post-trauma responses. She shared international research findings showing that fathers and mothers whose children died by suicide were 11.1 and 9.9 times more likely than other parents to suffer from mood disorders. We also invited a survivor who had lost her child to share her experience of her loss and of the services that she had received.





社區教育 及青少年生命教育

Community Education & Life Education for Youths

「明明用盡了努力，明明事事都不計，為什麼萬般痴心都等於枉費」這三句來自《心債》一曲的歌詞，也許於今天以「競爭力」先決的社會之中道出不少學生、老師、家長的情懷。用盡了努力於學業之中，卻又找不到人生意義的學生；事事都不計地投放生命於教學，卻又無法理解學生心聲的老師；萬般痴心般疼愛子女，卻又無法與子女建立良好關係的家長；各人都懷著為對方好的心，卻因種種逆境或情緒影響，以致未能有效發揮角色的功效，事與願違的氣氛充斥於社會之中。「生命熱線」透過三項生命教育項目：「賽馬會『愛生命』計劃」、「『凝』·相——支持青少年情緒健康計劃」計劃、「Joy·種生命」計劃，為本地中小學生設計不同主題的生命教育活動，並舉辦家長和教師工作坊，為青少年、教師及家長提供不同情緒壓力的分享平台，並作出情緒支援，推動他們正面、有效的發揮角色的功效。

The lyrics of the Canto-pop song "Debt of Heart" reflect students, teachers and parents' feelings towards today's competitive, achievement-driven society. Students spend much time studying but cannot seem to figure out the meaning of life; teachers seem dedicated to their calling but still do not know their students on a deeper level; parents love their children mightily but are frustrated in their attempts to build a better relationship with them. The seeming futility of life fills society with a counter-productive atmosphere. To tackle this phenomenon, SPS designed life education for local primary and secondary students, and workshops for parents and teachers in 3 projects: "Jockey Club 'Life Cherishing' Project", "Photography Link YOUTH" and "Filling Lives with Joy". We aim to relieve stress for youths, parents, and teachers, as well as offer emotional support so they can positively, effectively, and more fully realise their roles in life.

賽馬會「愛生命」計劃

Jockey Club "Life Cherishing" Project

青少年是社會未來的棟樑，社會對青少年群體都有一定的期望。因此，每逢有關青少年的負面新聞，總會出現「一代不如一代」、「抗逆力低」等的批評及嘆嘆。然而，有誰願意嘗試理解現今青少年的生活，去想想他們面對來自家庭、學業、人際關係、感情、社會、前路及家人、校方、自我的期望等擔子，漸漸已超過他們所能承擔呢？得不到他人的理解及體諒，令青少年感到孤單及無助，不知不覺間失去對生命的熱情及動力。

有見及此，本會承蒙香港賽馬會慈善信託基金撥款資助，於2016年9月開展賽馬會「愛生命」計劃，旨在聚集家庭、學校、義工及社會上不同群組，集合青少年身邊的力量，陪伴有需要的青少年渡過逆境及面對成長的困惑，協力支援及守護青少年的成長。計劃期望透過在「校園」層面的朋輩「生命守門員」培訓及教師培訓，在「家庭」層面的家長培訓及工作坊等，及在「社會」層面的公眾講座及義工與青少年同行活動，重塑青少年對生命的盼望，擴闊青少年的支援網絡，締造一個校園安全網，守護著他們寶貴的生命。

The public has certain expectations of youths as society's future pillars. So young people are often criticised for a lack of resilience when there is negative news about them. But do we really bother to comprehend the pressures they are facing from family, peers, school, romantic relationships, society, and perhaps most of all, from their own future? Without anybody showing empathy and understanding, youths might feel lonely and helpless, their passion for life fading unconsciously. Consequently, with support from the Hong Kong Jockey Club Charities Trust, SPS launched the Jockey Club "Life Cherishing" Project in September 2016. This project brings together schools, families and other social groups to help youths better handle the adversities of growing up. Schools would help train students to become "Gatekeepers" and provide peer support. At the "family" level, teachers would give training programmes and workshops for parents, and at the "societal" level, hold public talks and other activities to encourage volunteers to help young people. Hopefully, this multi-faceted approach would help youths regain their zest for life, expand their social network as well as create a safety net at school.



學校支援：朋輩生命守門員培訓小組及校本生命教育活動

Support for Schools: Peer Leader Training and
School-based Life Education Activities

面對正值青春期的青少年，老師家長都不禁感到「朋友一句勝過家長老師十句」。朋輩的影響似乎成為了青少年成長中的重要角色，這也是青少年在建立自我形象的關鍵。因此，本計劃以學年的入校小組培訓介入，透過體驗式的小組活動，一方面讓青少年認識情緒及疏導情緒的方法，另一方面他們將成為生命守門員，將所知所學透過校本活動，如攤位遊戲、將話劇拍成短片及校園點唱，將珍愛生命及面對負面情緒的訊息宣揚至全校學生。這種「自助助人」的精神就如漣漪般蕩漾開來，珍愛生命的訊息透過朋輩間互相影響得以正面的發揮。

Compared with teachers and parents, peers almost always tend to exert greater influence on youths in shaping their growth and self-image. During the academic year, we took an experiential training approach to educate youths on emotions and stress management. They would then become gatekeepers and disseminate their newly acquired knowledge to their peers through school-based activities such as game booths, making short films, and song dedication. These helped spread the messages of cherishing life and combating negative emotions.



學生的話 Words from a student

生命守門員令我地最大的得著，是懂得如何把握時機支援身邊有需要的同學。
The greatest thing I learned as a gatekeeper was how to lend a timely hand to a friend in need.

老師的話 Words from a teacher

小組學生完成培訓後，本來不多說話的學生都有明顯轉變，連同組學生都主動分享，覺得同學轉變大，這正是因為他的情感被抒發出來了。可能平日他仍很害羞，但他在復活節那天願意出來，跟其他同學一起參與計劃舉辦的義工同行活動，這是最深刻的一刻。另外，校本拍片活動令學生助人又自助，總的來說，計劃令我與學生的連繫都增多了。

After the group training, I saw apparent changes in a few quieter students. They had become more proactive in sharing. These changes were so obvious that other students from the same group could spot them. I think it is because their emotions were relieved in the process of training. They remained somewhat shy but were willing to come out during Easter to join others in volunteer activities. That impressed me the most. Also, the video shooting activity enabled students to develop themselves and to overcome difficulties in their path. All in all, the project increased my connections with the students as well.

形式 Program Mode	對象 Target Group	節數 No. of Sessions	出席人次 No. of Attendance
「朋輩生命守門員培訓小組」 Peer Leader Training	中三及中四學生 F.3 & F.4 students	118	1,184
校本生命教育活動 School-based Life Education Activities	全校學生 All students	6	2,830
生命教育講座及工作坊 Life Educational Talks and Workshops	中一至中六級學生 F.1 – F.6 students	34	6,004
個案研討 Case Studies	老師及社工 Teachers and Social Workers	41	42
總數 Total		199	10,060

教師、家長及社工培訓

Training for Teachers, Parents and Social Workers

常聽說三字經中的「養不教，父之過，教不嚴，師之情」，自古以來，傳統觀念及社會對作為父母及老師的期望及要求甚殷，因家長、老師與學生日夕相見，在青少年的成長中，其角色比任何人都更具地位。時至今天，大家為了迎合教育制度的發展及締造「最優等」的成長環境予子女及學生，不知不覺間忽略了對青少年的能力、獨特性，更無奈的是，父母及老師在繁重的公務及照顧家庭等各種角色及責任的催逼，也無視了自身的情緒及需要，使其在支援青少年的路上更舉步維艱。故此，本會期望透過教師及家長的培訓講座，讓大家懂得洞悉自己及青少年的情緒需要，在健康的環境下進而成為青少年的後盾，與此同時照顧自己的精神健康，陪伴他們成長。

Conventional thinking has always placed extremely high expectations on both parents and teachers as nurturers of youths. At present, to help children or students fit into the current education system and provide them with the best learning environment, teachers and parents might also suffer from considerable pressure. They might neglect the uniqueness and abilities of youths as well as their own feelings and needs, further complicating their ability to provide support for youths. In light of this, SPS organised training workshops for teachers and parents to better enable them to explore youths' as well as their own emotional needs, restoring their effectiveness as guardians for youths in a healthier environment.

老師的話 Words from a teacher

與青少年同行，作為老師也需要關注自身的身心照顧，才更能聆聽到青少年的內心需要。
It is necessary for teachers to take care of their own emotional state before understanding the needs of youths.

家長的話 Words from a parent

參與了幾次的講座及家長工作坊，令我開闊了視野，可以更明白目前青少年的成長需要及困惑，也助我重新反思自己與他們相處的狀況。
Having attended a few talks and parental workshops broadened my perspective as I got to know more of youths' developmental needs and problems. It also enabled me to reflect on how I interact with my own children.

形式 Program Mode	主題 Topic	對象 Target Group	節數 No. of Sessions	出席人次 No. of Attendance
家長講座 Parent Seminars	如何培養孩子抗逆力和支援情緒受困的孩子 How to foster children's resilience and support emotionally distressed children	中學生家長 Parents of Secondary School Students	9	276
教師及或社工培訓 Training for Teachers & Social Workers	及早識別及介入情緒受困的學生 Early detection of emotionally distressed students and its intervention	老師及/或學校社工 Teachers and/or School Social Workers	12	486
總數 Total			21	762



公眾教育活動

Public Educational Activities

「生命熱線」一直抱持的其中一個宗旨：希望提高公眾對自殺的認識，今天，我們將此宗旨延伸至關注青少年自殺議題之上，期望提高公眾對青少年群體的認識。即使我們並非老師、家長或社工，未必經常接觸青少年，也絕不能忽視他們的困境及需要。生活在香港的青少年，似乎物質豐富，生活無憂，有夢想可追求，但隨著社會風氣、生活環境、家庭結構的改變，青少年所承擔的壓力及已非如外界所想像。因此，我們期望透過邀請來自社福界、醫學界、電影界、教育界等的專業人士向大眾作講座及分享會，多角度引發大家走進青少年的世界，感同身受他們的喜怒。

Raising the public's awareness of suicide is one of the core principles of SPS. We have now extended this principle for youth suicides. Even for groups that might not normally interact with youths, it is essential that we all familiarise ourselves with their needs and their challenges. Hong Kong youths appear to be well pampered and full of dreams; however, changes in social atmosphere, living environment and family structure could be difficult for them, entrapping them in overwhelming pressure. As a result, we invited multidisciplinary professionals from social services, medical and educational fields, and the film industry to lectures and sharing sessions to stimulate the public's understanding of the world of youths.



講座主題 Topic of Talk	日期 Date	講者 Speaker	出席人數 No. of Attendance
《與青少年同行》公開講座1: 跨過情緒困擾的醫治歷程及支援需要 "Walk with Youths" Public Talk 1: Overcoming Emotional Distress – Therapeutic Process & Needs Support	18/2/2017	崔永豪醫生 Dr. William Chui	103
東華三院「存為愛—生死博覽」2017之死亡告白—談青少年自殺 TWGHs "Live to Love" Life and Death Exposition 2017: On Youth Suicides	12/3/2017	機構執行總監吳志熹先生 Mr. Vincent Ng, Executive Director of SPS	80
《與青少年同行》公開講座2: 照顧情緒困擾青少年的壓力及支援 "Walk with Youths" Public Talk 2: Stress Associated with Caring for Emotionally Distressed Youths & Related Support	18/3/2017	黃慧蘭博士 Dr. Eve Wong, Clinical Social Worker of Queen Elizabeth Hospital	50
總出席人數 Total Attendance			233

街展主題 Topic of Roadside Exhibitions	日期 Date	節數 No. of Sessions	出席人數 No. of Attendance
回歸自然 生生不息 齊來活動日 Back to Nature Activity Day	3/12/2016	1	300
「愛生命」支援資訊服務站 "Life Cherishing" Project Information Station	19/2/2017	1	87
	25/2/2017	1	60
東華三院 圓滿人生「存為愛 生死博覽」 TWGHs: Living Fully "Live to Love" Life and Death Exposition 2017	10/3/2017	2	230
	11/3/2017	2	140
	12/3/2017	2	120
總數 Total		9	937

青少年支援：義工及青少年同行活動

Support for Youths: Community Visit and Engagement Activities by Volunteers

看新聞，嘆息「青少年因學業不如理想而自殺是很傻的事」的評語很多，但當學業便等於他們的全部時，那又如何呢？為了讓青少年看到世界是如此之大，除了校園為本的支援外，本計劃更舉辦一系列的義工與青少年同行活動，如有動態的室內攻防箭，或作曲作詞的靜態活動，讓青少年探索更大的世界。另外一班充滿熱誠的在職義工以亦師亦友的身份織成安全網，與青少年一同玩樂外，更一同成長。在職義工本身的經驗及資源更可以給予青少年更大的人際網絡及思考空間，為他們在日後成長路途上，增添良朋益友。

義工培訓課程 Volunteer Training Courses

項目 Item	節數 No. of Sessions	出席人次 No. of Attendance
義工招募及計劃簡介會 Volunteer Recruitment & Service Briefing Session	4	90
義工基本訓練 Volunteer Basic Training	9	184
義工進階訓練 Volunteer Advanced Training	1	31
總數 Total	14	305

同行活動 Engagement Activities

項目 Item	節數 Sessions	義工出席人次 No. of Volunteer Attendance	學生出席人次 No. of Student Attendance	出席人次 No. of Attendance
全心傳愛展關懷——探訪長者 Happy Easter Home Visit	4	10	17	27

Youths who end their lives due to academic pressures have often been criticised for being naive. But what if academia is all they have? To show youths their worlds are larger than this, the project offers not only the school-based activities mentioned above, but also dynamic activities involving both volunteers and students in the likes of indoor archery games, and composing music and lyrics so that youths can extend their horizons. Our resourceful and seasoned volunteers gave useful advice to the youths, helped expand their social network, and even established life-long friendships with them.



義工的話 Words from volunteers

第一個印象是整個計劃比我想像中更大型及認真，有系統，期待同其他義工合作，大家都好有心，又有經驗，我覺得會有所得益。

My first impression of the project was that it really exceeded my expectations. It was on a larger scale than I originally thought, and was systematic and well organized. I look forward to working with other volunteers in upcoming events as they are all enthusiastic and experienced. I think I can learn a lot from them.

每位青少年的個性都很獨特，總的來說各有各可愛。

Every youth possesses their unique personality, they were all lovely in their own way.

「凝」相 —— 支援青少年情緒健康計劃

"Photography Link YOUTH" Project

在很多人眼中，青少年常常擁有好多「想」，包括夢想、理想、幻想……但隨著競爭文化日漸激烈，考試及功課壓力、不明朗的升學或就業概況、望子/女成龍的父母，青年人開始變得不再談任何的「想」，甚至不敢再「想」。這群沒有「想」的青年人，往往會被人標籤為沒有希望，沒有目標，結果漸漸地會感到不被明白和孤獨，甚至失去人生意義。本會為了回應這一群青年人的需要，於2016年9月開展「『凝』相——支援青少年情緒健康計劃」（此計劃承蒙新鴻基地產透過香港公益金撥款資助）。計劃為青年人提供一系列攝影治療服務，包括小組訓練、個別輔導及社區活動，旨在透過攝影活動，讓參加者學會透過相片表達自己，並有機會在校園及社區作相片展覽，一方面讓他們表達所想，同時亦讓大眾看到青年人的內心世界，提昇其生命意義及價值。

Most young people have their hopes and wishes. Sadly, as society becomes increasingly competitive, youths can be overwhelmed by academic pressures, employment uncertainties, and authoritarian parents, and stop dreaming. Ironically, such youths are often labelled as "hopeless", and without ambition. As a result, some might choose to take their own lives. In response to these youths' needs, we launched "Photography Link YOUTH" (supported by Sun Hung Kai Properties through the Hong Kong Community Chest) in September 2016, providing a wide range of photography therapy services including group training, individual counselling and community activities to give youths the chance to express themselves through photographs. Some of their works have been exhibited at schools or in the community, giving the public a glimpse of their inner emotional world, enhancing understanding of the younger generation as a whole.



本年度，有107位青年人參與計劃內不同程度的培訓、評估及輔導服務。我們會帶他們由選擇圖片學到拍攝相片，再由學校影到郊外，更有機會由拍攝者變為被拍攝者，最後一起與相片對話，嘗試把他們與相片連繫一起。大部份參加者均表示活動有新鮮感，尤其是外出拍攝活動帶他們走出日常生活的世界，用鏡頭去看其他世界。透過拍攝亦可以見到青年人不同的面向，有參加者於外出活動不停用手機拍照；有參加者表示活動時被拍感到尷尬；有參加者會害怕照片內主觀的美醜概念；有參加者表示其中一張相令他想起逝去的爸爸。透過相片青年人可以分享著平常較少談論的事情，包括獨特的價值觀、憤怒的情緒……這些正面分享經驗讓76%參加者表示活動能提昇其建立關係的能力。

This year, a total of 107 youths participated in various training sessions, assessment and counselling services. They learned from selecting photos, independently taking photos, to eventually leaving school premises and bringing their skills to the countryside. They got a taste of taking photos as well as posing for them. They were able to connect with the images to enhance their understanding of themselves and the world. To most of the participants, the activities were new and refreshing, enabling them to take a respite from their quotidian lives and explore the world through a camera lens. Through photo-taking, individual personalities also played out. Some enthusiastically snapped away with their mobile phones. Others felt self-conscious appearing in photos. Yet others expressed greater aesthetic appreciation. One youth said a photo was reminiscent of a deceased parent. With the help of photography, the teens were more willing to vent their pent up feelings, their resentments and their assessments of values in their daily lives. 76% of participants said these positive sharing sessions enhanced their ability to establish relationships with others.

2016-2017年度 Year of 2016/17

服務項目 Service	數目 Total No.	節數 No. of Sessions	出席人次 No. of Attendance
「凝」相培訓 Photography Therapy Training	9	49	412
個別評估及輔導 Individual Counselling	93	35	124
相片展覽籌備會議 Photo Exhibition Preparation Meeting	3	4	29
校本相片展覽 School-based Photo Exhibitions	2	5	1,414
總數 Total	107	93	1,979



校內展覽相片 A photo exhibited in a school

相片題目 Topic : 故事 Story

相片的簡介 Brief description of photo :

每一樣事物也在一個故事。
或許你看到的只是一張椅子，
但你有沒有想過它的故事？
是有趣的？是悲慘的？
是豐富的？還是單調的？
人也一樣，背後有很多無人問津的故事。
大家不妨去多關心身邊的人和事，
發掘當中的小故事。

Everything has its own story, even if that is just a chair. Have you ever thought of its story? Is it interesting, tragic, abundant or mundane? People are very much the same and we each have our own story. Let's pay attention to people and things around us, and to explore their unique stories.

「童」行過關
"Don't Fight Alone" Project

在2015-16學年(8/2015至7/2016)，承蒙「攜手扶弱基金」的資助，於2015年8月份開展「童」行過關 Don't Fight Alone 計劃，為2間小學提供不同形式的活動及小組，支援受情緒困擾的學生及家長。計劃旨在及早識別出受情緒困擾的學生，提供個案輔導介入，期望藉此改善參加學生的情緒管理能力，並教授學校教師及家長處理受情緒困擾的學生的原則及技巧，識別及處理受情緒困擾的學生。兩間伙伴學校為聖文德天主教小學及九龍灣天主教聖若翰小學，活動包括：學生個案跟進、學生情緒小組、學生正向情緒體驗活動及講座、親子體驗活動、情緒管理家長小組及教師培訓工作坊。

During the academic year of 2015/16 (August 2015 to July 2016), subsidised by the Partnership Fund for the Disadvantaged, SPS started, in August 2015, the project "Don't Fight Alone". It comprised various activities and groups for 2 primary schools, providing support to students and parents suffering from emotional turmoil. This project aimed at early recognition of students in need to offering them timely intervention, in hope of raising students' emotional management skills. We also conducted courses for teachers and parents to coach them on principles and techniques for handling students with emotional distress. The 2 collaborating schools were St. Bonaventure Catholic Primary School and Kowloon Bay Saint John the Baptist Catholic Primary School. Activities included case follow-up, emotion groups for students, parent experiential activities, parent stress management groups and teacher training workshops.

除了小學的到校服務外，本計劃有幸與本港著名治癒系漫畫家大泥合作，共同創作繪本「生命的寶藏」，故事內容關於一個小男孩面對成長路上的失去時，如何與朋友同行，一起發現生命中的寶藏。繪本已印刷2000本，並郵寄至全港小學、兒童及青少年綜合服務中心、綜合家庭服務中心、九龍區幼稚園、有關青少年精神健康服務中心及圖書館。為了讓更多社區人有機會獲得繪本，本會更於12月推出繪本慈善義賣特別版，每本定價為\$100，並可以透過「愛心捐書」計劃贈書給有需要的機構或學校，截至現時，已有4間學校受惠。

In addition to on-site services, we were also very fortunate to work with local therapeutic comic artist, BigSoil, for the duration of the project and to publish a picture book called "My Treasure Map". The story portrays a boy who discovered life's treasures along his path of loss and growth, with support from his peers. 2,000 copies were printed and distributed to all of Hong Kong's primary schools, Integrated Children and Youth Services Centres (ICYSCs), Integrated Family Services Centres (IFSCs), kindergartens in Kowloon District, mental health service centres related to youths, as well as public libraries. We also published a special charity edition in December 2016 priced at HK\$100. Through the "My Treasure Map - Book Donation with Love" scheme, one can donate copies of the book to organisations and schools that would benefit from them. To date, 4 schools benefited from this scheme, thanks to generous donors.

項目 Item	內容 Content	形式 Programme Mode	出席人次 No. of Attendance	節數 No. of Sessions
「童」行過關 "Don't Fight Alone" Project	情緒管理 Emotion Management	個案跟進 Cases	61	61
	親子管教 Parenting Workshop	學生情緒小組 Groups for Students	92	13
	教師培訓 Teachers Training	教師培訓 Experiential Activities for Students	29	1
	體驗活動 Experiential Learning	學生講座 Talks for Students	375	3
		親子體驗活動 Parent-child Activities	77	3
		教師培訓 Teacher Training	47	1
		總數 Total	681	82

Joy·種生命計劃

"Filling Lives with Joy" Project

青少年在成長的階段都會有不同的挑戰，無論是面對學業、感情、朋輩相處或家庭等壓力，有時候會感到無人明白或不知道如何處理，而負面的情緒亦會影響自己的情緒健康。而在2016/2017年度，本港亦接連發生多宗青少年自殺的個案，而事發的年齡亦有下降的趨勢，實在令人惋惜關注。

Youths face different challenges at different stages of their growth, challenges from school, relationships, peers or family. Sometimes they might feel no one really understands them or they might be at a loss how to cope. When negative emotions accumulate, mental health suffers. A spate of youth suicides in 2016/2017, showed a decrease in age, a tragic phenomenon that deserves our attention.

2016/2017年度，我們透過「Joy·種生命」計劃與超過80間本地中小學、特殊學校及大專院校合作舉辦超過138場生命教育活動，當中分別為37間小學、46間中學、2間大專院校及1間社會服務中心。從「欣賞生命」、「尊重生命」及「探索生命」等課題，設計不同的講座及工作坊，藉此與青少年共同探討生命的價值。本年度共超過28,000人次參與。

Through "Filling Lives with Joy", we collaborated with some 80 local secondary, primary, special needs schools, and tertiary institutions in 2016/2017 to hold more than 138 life education activities. They include 37 primary, 46 secondary, 2 tertiary institutions and 1 social service centre. We arranged lectures and workshops with themes such as "appreciating life", "respecting life", and "exploring life", to encourage youths to value life. Total attendance this year exceeded 28,000.

項目 Item	內容 Content	形式 Programme Mode	出席人次 No. of Attendance	節數 No. of Session
小學生生命教育 Life Education Programmes for Primary School Students	愛自己 Love Ourselves	講座 Talks	12,094	53
	愛他人 Love Others	工作坊 Workshops	10	1
	愛生命 Love Life	小組 Support Groups	40	2
	情緒處理 Emotion Management	家長講座 Parent Talks	60	1
中學生生命教育 Life Education Programmes for Secondary School Students	愛挑戰 Love Challenges	講座 Talks	14,643	54
	愛成長 Love Growth	工作坊 Workshops	1304	16
	愛壓力 Love Growth	朋輩支援小組(初中) Peer Support Group (F.1 to F.3)	38	5
	愛生命 Love Life	朋輩生命守門員培訓小組(高中) Peer Leader Training Groups (F.4 to F.6)	24	2
	情緒處理 Emotion Management 探討欺凌行為 Stop Bullying			
大專生命教育 Life Education Programmes for Tertiary Institution / University Students	精神健康 Mental Health	工作坊 Workshops	76	2
	生死教育體驗 Life & Death Education Experiential Workshop			
教師支援 Teacher Support	生死教育體驗及培訓 Life and Death Education Experiential Workshop & Training	工作坊 Workshops	76	2
總數 Total			28,398	138

2016/2017 年度社區及生命教育項目總覽

Summary of Community & Life Education in 2016/2017

服務類別 Type of Service	項目 Item	節數 No. of Sessions	受惠人次 No. of Beneficiaries
預防自殺社區教育 Suicide Prevention Community Education	服務簡介 Agency Briefing	11	217
	預防自殺工作坊 Suicide Prevention Workshop	28	655
預防長者自殺服務 Suicide Prevention Service for Elderly	「珍愛生命聯合活動」街頭展覽 "Cherish for Life Service Promotion" Roadshow	3	395
	「長者護心法」講座/長者精神健康活動 Mental Health Promotion Talk	29	1,055
	預防長者自殺服務實務分享 – 專業同工訓練工作坊 Elderly Suicide Prevention Service Sharing for Professional Co-workers	9	422
	消暑打氣冬瓜宴 "Don't Qua" Charity Luncheon	1	360
	「長者・家・多一點力量」講座 Family Support for Elderly Mental Health Community Talk	4	44
自殺者親友支援服務 Services for Survivors of Suicide Loss	國際自殺者親友關懷日 —— 「讓愛相連」 International Survivors of Suicide Loss Day	1	68
	社區教育講座/服務支援 Community Education Talk & Service	3	70
青少年生命教育 Youth Life Education	小學生生命教育講座 Life Education Talks for Primary School Students	56	12,469
	中學生生命教育講座及工作坊 Life Education Talks and Workshops for Secondary School Students	104	21,951
	大專生生命教育講座及工作坊 Life Education Talks and Workshops for Tertiary Institution/University Students	2	76
	朋輩「生命守門員」Peer Leaders Training Groups	125	1,246
	校本生命教育 School-based Programmes	6	2,830
	教師培訓工作坊 Teacher Training	15	642
	家長講座及工作坊 Parent Seminars and Workshops	11	346
	公眾教育活動 Public Educational Activities	3	233
	小學生生命教育小組 Life Education Groups for Primary School Students	15	132
企業培訓 Corporate Training	「60分鐘情緒健康與你」免費員工工作坊 60-minutes Free Mental Health Workshop	9	131
總數 Total		435	43,342



義工訓練 及支援

Volunteer Training and Support



關懷、聆聽、接納及陪伴是每位「生命熱線」的義工在過去22年共同持守的信念。他們以電話服務或親身探訪與情緒受困或有自殺風險人士同行，為他們紓緩情緒，使他們感到人間的溫暖，重燃生命動力。

Over the past 22 years, volunteers of SPS have embraced the principles of "care, listen, accept, and accompany" in their work with hotline services, home visits, and individuals with suicide risks. Through these means, they alleviate the emotional distress of those in need and help re-ignite their passion for life.

2016至2017年度，有接近700名義工為「24小時預防自殺熱線」及「香港賽馬會社區資助計劃：生命共行——外展長者服務」提供服務。每位義工皆需要接受超過40小時的培訓及通過選取，以確保每位都能掌握服務技巧及認同本熱線理念，提供一致的益友服務。縱然義工來自不同階層及年齡組別，每人各有自己的人生經驗、背景及專長，但透過義工訓練，每位義工均抱有相同的信念及精神，盡心為全港市民服務。

In the year 2016/2017, nearly 700 volunteers helped with our 24-hour Suicide Prevention Hotline and "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly". To ensure volunteers adopt a consistent befriending approach and abide by SPS' principles, every volunteer is required to pass a selection process and subsequently undergo more than 40 hours of training. Although our volunteers are from different social backgrounds, age groups, and with varying life experiences, history, and expertise, volunteer training coaches them to hold the same beliefs, stances, and dedication while serving the citizens of Hong Kong.

助人先要自助，本會相信義工也需要適當的自我照顧及情緒紓緩。本會按義工需要提供不同的支援小組，例如「談生論死咖啡弄」、「義工回顧工作坊」等。此外，為配合服務需要，本會亦會舉不同類型的持續訓練活動，提升義工服務技巧，例如不同類型的講座、認識調解及表達藝術體驗等使義工能擴闊眼界，認識不同人士的需要，提高自己的感同身受技巧，與社會同步，提升服務質素。

We believe that in order to help others, volunteers themselves need to engage in adequate self-care and emotional relief. We organised a number of support groups based on our volunteers' needs, such as "Life & Death Café" and "Voluntary Work Review Workshop". Furthermore, to meet ongoing service needs, we also conduct regular ongoing training activities to help volunteers enhance their skills, including lectures, basic negotiation workshops and expressive arts experiential workshops. These are intended to help broaden volunteers' horizon, foster better understanding of the needs of different individuals, and to heighten volunteers' empathy skills, in order to meet the ever-changing needs of the society and enhance overall service quality.



10,000小時義工服務獎
Award of 10,000 Hours for Volunteer Service

「生命熱線」義工於2016年服務社會超越35,000小時，獲得由社會福利署推廣義工服務督導委員會頒發之「10,000小時義工服務獎」，對他們的努力予以充分肯定。

在此特別感謝「生命熱線」的每一位義工，他們積極投入預防自殺的工作，幫助有需要的人尋找生命的曙光，使他們感受到社會的愛常在，從而積極面對人生。

SPS volunteers dedicated over 35,000 service hours in serving the community in 2016. Their untiring effort was recognised by the Steering Committee on Promotion of Volunteer Service of the Social Welfare Department and given an Award of 10,000 Hours for Volunteer Service.

We would like to express our sincere thanks and appreciation to all volunteers for getting involved in the cause of suicide prevention and helping individuals in need to find a glimmer of hope in their lives and continue to live with enthusiasm.



2016/2017年度義工提供之直接服務時數與服務受惠人次總覽

Summary of Volunteer Service Hours and Beneficiaries in the Year of 2016/2017

服務內容 Service	義工提供直接服務時數 Volunteer Service Hours	服務受惠人次 No. of Beneficiaries
24小時預防自殺熱線服務 24-hour Suicide Prevention Hotline Service	25,750	43,338
「生命共行—外展長者服務」 Outreach Befriending Service for Suicidal Elderly	9,481	6,695
「釋心同行—自殺者親友支援計劃」 Project BLESS	212	369
預防自殺教育社區活動 Community Education Activities	451	1,542
總數 Total	35,894	51,944

2016/2017年度義工訓練及支援活動總覽

Summary of Volunteer Training & Support Programmes in the Year of 2016/2017

服務內容 Service	義工參與人次 No. of Volunteer Participation				訓練時數 (hr/小時) Training Hours			
	熱線 Hotline	外展 Outreach	Project BLESS	青少年生命教育 Youth Life Ed.	熱線 Hotline	外展 Outreach	Project BLESS	青少年生命教育 Youth Life Ed.
義工招募簡介會暨預防自殺社區教育講座 Volunteers Briefing Session and Community Education Talk	338	97	-	90	20	10	-	11.5
義工培訓 Preparatory Courses	348	614	-	184	108	135	-	26.5
工作坊 Workshops	246	114	-	-	40	15	-	-
義工持續訓練 On-going Training	262	134	-	31	93	27.5	-	2.5
新組長及分享員訓練 Leadership Training	19	24	-	-	39	12	-	-
個案分享會 Case Conferences	14	1,168	30	-	3	163.5	6	-
義工支援活動 Volunteer Recognition/Support Programmes	426	146	-	-	-	3	-	-
Sub-total	1,653	2,297	30	305	303	366	6	41
總數 Total	4,285				716			

2016/2017年度參與「生命熱線」服務之義工人數

Total Number of SPS Volunteers in the Year of 2016/2017

服務總類 Type of Service	義工人數 No. of Volunteers
24小時預防自殺熱線服務 24-hour Suicide Prevention Hotline Service	462
「生命共行—外展長者服務」 Outreach Befriending Service for Suicidal Elderly	324
「釋心同行—自殺者親友支援計劃」 Project BLESS	33
社區教育及青少年生命教育 Community Education & Life Education for Youths	88
籌款活動 Fundraising Activities	1,996
行政工作及其他 Administrative Work & Others	25
總數 Total	2,928



A decorative illustration featuring a purple flower, a pink rose, a pink butterfly, and a pink flower with green leaves, positioned around the title text.

籌募 及傳訊

Fundraising and Communications

「生命熱線」自1995年成立以來，已為超過56萬人提供服務，致力服務有自殺傾向、感到絕望及有情緒困擾人士。本會為非政府資助慈善機構，以自負盈虧方式營運，在此衷心感謝所有贊助企業、公司、機構以及無私捐獻的善長，與我們一起在預防自殺工作努力。

Since its establishment in 1995, Suicide Prevention Services has served over 560,000 people in Hong Kong, targeting those who have suicidal ideation, are in despair and suffering from emotional distress. As a non-governmental, self-subsided charitable organisation, SPS relies heavily on support from our generous donors. We hereby express our sincere gratitude to all corporations, companies, organisations and donors for their magnanimous contributions and sponsorships supporting the work of SPS on suicide prevention over the years.

本年度，我們籌辦了一連串多元化的籌款活動，與不同單位合作進行慈善義賣，配合各式各樣的宣傳及推廣工作，令我們得以籌募善款持續地拓展預防自殺工作。

This year, we not only organised a series of diversified fundraising events but also collaborated with various units to hold charity sales, along with wide ranging publicity and promotional initiatives. Altogether, these have enabled SPS to continually sustain and develop its work on suicide prevention.

2016/2017年度籌募及傳訊工作總覽

Calendar of Fundraising and Communications Activities in 2016/2017

日期 Date	節日探訪/戶外活動 Activity	
五月 May 2016	「生命熱線」廿載愛——慈善兒童粵劇飄香江 SPS 20th Anniversary Charity Show – Children Cantopera to Share Love 大自然素食新店開幕籌款 Gaia Veggie New Restaurant Grand Opening Fundraising Event	
七月 July 2016	九龍區賣旗日 SPS Kowloon Flag Day 2016 2016 冬(Don't)瓜慈善愛心大行動 "Don't Qua" Charity Action 2016 「一分鐘·一份情」短片 "One Minute, One Emotion" short film	
八月 Aug 2016	冬(Don't)瓜慈善愛心午宴 "Don't Qua" Charity Luncheon	
九月 Sep 2016	BGC慈善日之受惠機構 Beneficiary of BGC Charity Day 「生命熱線」計劃及《生命的寶藏》繪本發佈會 Press Conference on SPS Scheme and My Treasure Map Book Release	
十月 Oct 2016	死神休假企劃2016 Actions for Love 2016 香港賽馬會社區資助計劃：「生命共行——外展長者服務」2013-2016年度服務成效報告發布會 Service Report Conference on 2013-2016 "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly"	
十一月 Nov 2016	「生命熱線」參與Clockenflap香港音樂及藝術節 Collaboration with Clockenflap Music & Arts Festival 「國際自殺者親友關懷日」記者會 Press Conference on "International Survivors of Suicide Loss Day"	
三月 Mar 2017	「愛·喜·行」慈善步行籌款2017 SPS Charity Walk 2017 崇光慈善跑2017之受惠機構 Beneficiary of SOGO Charity Run 2017	
全年 Throughout the Year	帝苑酒店舉辦蝴蝶酥義賣活動之受惠機構(2014年11月起) Beneficiary of Palmiers Charity Sales organised by The Royal Garden (since November 2014) 《生命的寶藏》慈善義賣及愛心捐書計劃(2016年10月起) "My Treasure Map" Charity Sale (since October 2016) 「生命之友」每月捐款計劃 "Friends of SPS" Monthly Donation Scheme 於商場及百貨公司擺放捐款箱 Placement of Donation Boxes in Shopping Malls and Retail Stores 季度電子通訊 Quarterly e-Newsletters 媒體訪問及報導 Media Interviews and Press Coverage	





籌款活動

Fundraising Activities

「愛·喜·行」慈善步行籌款

SPS Charity Walk

「生命熱線」的年度籌款盛事「愛·喜·行」慈善步行籌款於2017年3月5日假香港仔郊野公園圓滿結束。本年度以「Cheer Up! 為您加油」作為大會主題，有幸邀請到著名樂隊 Supper Moment 及小演員 Celine 楊鎧凝作為慈善大使，與一眾贊助嘉賓主持起步禮，整個郊野公園都充斥著輕鬆、熱鬧的氣氛。不論大人或小朋友都非常投入，樂也融融，一起享受天倫之樂，同時也為預防自殺出一分力。

The annual fundraising event, SPS Charity Walk concluded successfully at the Aberdeen Country Park on 5 March 2017. This year's theme was "Walk with Us and Cheer the City Up!". We invited the famous band Supper Moment as well as child star Celine Yeung to be our charity ambassadors to kick off the event with sponsors and guests. The overall atmosphere at the park was joyful and relaxing as participants of all ages embraced each other's company, while supporting SPS' cause on suicide prevention.



「生命熱線」九龍區賣旗日

SPS Kowloon Flag Day

在2016年7月30日共有接近1,000位義工參與「生命熱線」九龍區賣旗日，來自不同界別的義工包括學生、企業員工、家長及其子女，在九龍各個地區為本中心的預防自殺工作籌款，攜手宣揚珍惜生命的訊息。

On 30 July 2016, nearly 1,000 volunteers from various sectors including students, corporate staff, parents and their children participated in the SPS Kowloon Flag Day. They helped raised funds to sustain our services on suicide prevention in several districts in Kowloon that day, in addition to spreading and promoting the message that life is precious.



生命熱線
2382 0000



生命熱線
2382 0000



生命熱線
2382 0000



生命熱線
2382 0000

「死神休假企劃2016」

Actions for Love 2016

我們關注到近年青少年受到情緒困擾及自殺問題日益嚴重，為積極回應青少年需要，「生命熱線」於2016年10月8日舉辦「死神休假企劃2016」，藉著萬聖節歡欣的氣氛呼籲大家關注珍惜生命的訊息。本年度我們為企劃注入新元素，除了首次將活動移師觀塘反轉天橋底一號場，更包括一連串精彩節目如充氣競技遊戲、青少年生命教育相片展覽、樂隊表演、破格話劇演出、手作工作坊等，在這個熱鬧的嘉年華會中，將正能量散播，讓死神放大假！

With the growing prevalence of youth suicides in recent years and emotional turmoil faced by the younger population, we held "Actions for Love 2016" on 8 October, 2016 in response to youths' needs and in hope of arousing public awareness to cherish life. New elements were added this year, including moving the location to the Flyover in Kwun Tong, holding inflatable game contests, photo exhibition of youth life education, band and drama performances, hand-crafting workshops to create an energetic and positive vibe throughout for this cheerful carnival.





傳訊工作

Public Relations and Communications

要有效地推行預防自殺服務，宣傳及推廣絕對是有唇齒相依的關係。在過去一年，我們加強在各個範疇的宣傳策略，繼續與各大媒體合作，包括：明報、東方日報、The Standard、香港01、成報、星島日報、晴報、無線電視及香港電台等，希望透過各大媒體的力量，將預防自殺訊息帶到更遠的角落，讓市民提高關懷身邊人的意識。

Publicity and promotion are a must for effective implementation of our suicide prevention services. Last year, we strengthened our promotional strategies across different areas and continued to work with the mass media, including: Ming Pao, Oriental Daily, The Standard, HK01, Sing Pao, Sing Tao Daily, Sky Post, TVB and RTHK. Through the power of the press, we hope to further disseminate our messages of suicide prevention so that the community would gain greater awareness to show concern for those around them.

一分鐘·一份情

"One Minute, One Emotion"

香港人經常在高壓環境下急促工作，各樣健康及情緒問題都在大家的身心蘊釀。「生命熱線」與無線電視合作拍攝「一分鐘·一份情」短片，透過單元短劇向各位觀眾呈現出關注自己壓力及情緒的重要性，亦透過前線社工的分享，讓市民更了解產生情緒問題的成因。

Constantly under a stressful, fast paced environment, Hongkongers may suffer from both physical and mental health problems. Therefore, we collaborated with TVB to produce a short film for their "One Minute, One Emotion" series. By showcasing a short drama in each episode together with frontline volunteers' sharing, viewers could gain a better understanding of the importance of relieving their own stress and negative feelings regularly and more fully understanding the causes of emotional problems.





新聞發佈會
Press Conferences

我們於本年度透過不同主題的新聞發佈會，以回應與預防自殺相關的議題，並提高公眾的意識。

為回應「世界預防自殺日」，本會於2016年9月舉行新聞發佈會，以「用心，擁抱生命」為主題，此亦是本會一直堅持的信念，希望透過對自殺邊緣者提供持續的關懷、懂得聆聽的耳朵，讓他們的情緒得以紓緩，重拾對生命的動力。發佈會上分享了最新的香港自殺趨向，並公佈「生命熱線」一系列服務與計劃。此外，亦推出「生命熱線」與漫畫家大泥合作出版的繪本《生命的寶藏》，希望此書能讓兒童對世界建立新的欣賞和發現，在面對困難時帶來多一點希望和勇氣，從小為兒童建立正確的價值觀。

This year, we held press conferences with various themes to respond to suicide prevention related issues and to raise public awareness of these topics.

In September 2016, a press conference themed "Embracing Life with Love" (also a principle we have always abided by) was held to echo the World Suicide Prevention Day. We hoped to alleviate negative emotions of individuals teetering on suicide and instill hope in them by providing continued care and a pair of listening ears.

Latest data and trends of suicide in Hong Kong were presented during the press conference, and GPS' services and upcoming plans were also announced. Additionally, we released the book "My Treasure Map", a collaborative project with the illustrator Bigsoil on the same occasion. The aims of the book are to enhance children's knowledge and appreciation of the world, to give them more courage and hope when faced with adversities, and most importantly to help them develop positive values and attitude towards life.

此外，我們於2016年10月25日舉行了「香港賽馬會社區資助計劃：『生命共行——外展長者服務』2013-2016年度服務成效報告發布會」。是次發布會公布由2006年開展的「生命共行——外展長者服務」的服務成效，活動更有幸邀請葉錦成教授，探討長者不同的自殺形態及風險因素，加上資深社工分析個案及義工現場分享，全面剖析長者的心路歷程及情感變化與自殺風險的關係。

Furthermore, we held a press conference reporting the service effectiveness of "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly", established on 25 October 2016. We were glad to have Dr. Kam-shing Yip to share the risk factors and different forms of suicide of the elderly. Dr. Yip's sharing was complemented by case studies and analyses by experienced social workers and volunteers to comprehensively explore the relationship between suicide risks and emotional states and changes among the elderly.



為響應國際自殺者親友關懷日，以及回應香港社會對年輕人士自殺率上升的關注，本會於2016年11月15日舉行了「國際自殺者親友關懷日」新聞發佈會。近年香港年輕自殺者俱增，作為自殺者的親友，他們面對沉重的壓力和情緒轉變，實在需要得到社會關注和專業的支援。本會邀得香港大學社會工作及社會行政學系副教授周燕雯博士分析家屬在親人離世後不同階段面對的困擾及所需的支援。除外亦邀得「釋心同行——自殺者親友支援計劃」的服務使用者親身到場分享，希望喚起社會大眾對自殺者親友之關懷。

To echo the International Survivors of Suicide Loss Day and in response to rising suicide rates observed among Hong Kong's youths, another press conference was held on 15 November 2016. Family members and friends of those who committed suicide suffer from considerable distress and emotional changes, calling for attention from society and professional support.

We invited Dr. Amy Chow, Associate Professor of Social Work and Social Administration at the University of Hong Kong to give an analysis of survivors' responses and needs at different stages subsequent to their loved ones' deaths. In addition, a service user of "Project BLESS – Services for Survivors of Suicide Loss" gave a sharing session to help arouse concern for survivors of suicide loss on a wider, societal level.

研究指出，年輕子女自殺離世後，對父母及兄弟姐妹的身心健康都帶來深遠的影響，其中主要包括抑鬱症及焦慮症，因此對逝者家庭的全面支援及哀傷輔導是影響他們能否走出陰霾的關鍵因素。透過服務使用者的分享，在計劃中得到背景相若的同路人支持及專業社工的開解，學懂如何重新振作。藉此呼籲各位更加用心聆聽逝者家屬內心的聲音，與他們同行，令他們有動力繼續尋找生命的意義。

Research shows when a young member in a family commits suicide, the consequences for the rest of the family, specifically his or her parents and siblings, could be far-reaching, both mentally and physically. These include depression and anxiety disorders. Holistic support and grief counselling are the key factors in determining whether they could walk away from deep, debilitating grief. Through Project BLESS, survivors could learn ways to get back on track by receiving support from peer survivor volunteers and receiving timely emotional support from professional social workers. We hope everybody can learn to listen to survivors' inner voices and walk with them in their journey of grief, to inculcate in them the motivation to search for the meaning of life once again.



SUICIDE PREVENTION SERVICES LIMITED
REPORT OF THE DIRECTORS

The directors have pleasure in submitting their annual report together with the audited financial statements for the year ended 31st March, 2017.

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 financial year ended 31st March, 2017 and the state of the Company's affairs at that date are set out in the financial statements on pages 6 to 26.

DIRECTORS

The directors during the financial year and at the date of this report were:

KWOK LEE Tin Wing Wendy	
LEE Ka Kit	
HUNG Man Yin Linda	
LEE Sheung Fu Patric	
WONG Hoi Jen Rebecca	
LAU Po Shan	(appointed on 24th September, 2016)
LAU Shun Yunn	
CHAN Ka Wai	(appointed on 24th September, 2016)
LAI Wai Kuen	
MAK Kit Lin	
CHAN David Pui Wai	
CHEUNG Nap Kai	(appointed on 24th September, 2016)
CHOI Hau Ki	
CHOW Yin Man Amy	
CHUNG San San Susanna	
LI Mei Sheung Michelle	
MOK Beatrice	(appointed on 18th March, 2017)
SO Stephen Hon Cheung	
WONG Tuen Cheung Andrew	
YIP Siu Fai Paul	
LAU Cheuk Wing Prinport	(resigned on 24th September, 2016)
WONG Ka Yuk	(resigned on 24th September, 2016)
YIP Sing Wai	(resigned on 24th September, 2016)
PONG David Chun Yee	(resigned on 17th June, 2017)
LIU Shan On Antony	(resigned on 30th June, 2017)

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' INTERESTS

No transactions, arrangements and contracts of significance to which the Company was a party and in which a director had a material interest, whether directly or indirectly, 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 or debentures of the Company or any other body corporate.


MANAGEMENT CONTRACTS

No contracts concerning the management and administration of the whole or any substantial part of the business of the Company were entered into or existed during the year.

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


KWOK LEE Tin Wing Wendy
Chairperson

Hong Kong,

14 AUG 2017

**INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF**

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

Opinion

We have audited the financial statements of Suicide Prevention Services Limited set out on pages 6 to 26 which comprise the statement of financial position as at 31st March, 2017 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 notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the financial statements give a true and fair view of the financial position of the Company as at 31st March, 2017, and of its financial performance and its cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards ("HKFRSs") issued by the Hong Kong Institute of Certified Public Accountants ("HKICPA") and have been properly prepared in compliance with the Hong Kong Companies Ordinance.

Basis for opinion

We conducted our audit in accordance with Hong Kong Standards on Auditing ("HKSA") issued by the HKICPA. Our responsibilities under those standards are further described in the "Independent auditor's responsibilities for the audit of the financial statements" section of our report. We are independent of the Company in accordance with the HKICPA's Code of Ethics for Professional Accountants ("the Code"), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CHAN CHAK CHUNG & CO.
CERTIFIED PUBLIC ACCOUNTANTS

Other information

The directors are responsible for the other information. The other information comprises the information included in the directors' report and the detailed statement of profit or loss, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of directors and those charged with governance for the financial statements

The directors are responsible for the preparation of the financial statements that give a true and fair view in accordance with HKFRSs issued by the HKICPA 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.

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

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

Independent auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. We report our opinion solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

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

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

CERTIFIED PUBLIC ACCOUNTANTS

As part of an audit in accordance with HKSA's, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

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

Chan Chak Chung & Co.

Chan Chak Chung & Co.
Certified Public Accountants
Hong Kong

Hong Kong,

14 AUG 2017

SUICIDE PREVENTION SERVICES LIMITED
自殺及其他全面服務處
STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME
截至二零一七年三月三十一日
FOR THE YEAR ENDED 31ST MARCH 2017


	Note	2017 HK\$	2016 HK\$
INCOME			
Donations received			
Donations collected from donation boxes		9,975,987.65	3,252,157.54
Donation received from The Hong Kong Jockey Club Charities Trust		121,570.80	87,714.90
Other designated donations	5	2,112,400.00	1,779,600.00
Allocation from Community Chest		1,691,386.70	2,480,825.10
Donations from Community Chest - Time Limited Project	6	700,000.00	747,560.09
Proceeds from flag day functions	7	337,050.00	491,349.46
	8	452,791.90	480,319.10
	9	15,391,187.05	9,319,546.10
OTHER REVENUES			
Function income		594,795.00	687,090.00
Bank interest income		235,589.62	244,481.16
Sundry income		58,924.40	19,005.00
	9	889,309.02	950,576.16
EXPENDITURE			
Accounting fee		21,600.00	21,150.00
Advertising and promotion		173,066.70	206,653.10
Bank charges		3,894.70	2,254.67
Cleaning		13,040.00	3,360.00
Depreciation		135,193.80	81,594.00
Entertainment		7,687.00	8,603.70
Function expenses		2,635,547.39	1,592,862.54
I.T. development		25,530.81	14,408.00
Insurance		94,024.50	106,168.20
Mandatory provident fund		334,801.05	285,502.35
Mobile phone		14,279.00	9,619.00
Newspapers and periodicals		2,755.00	3,697.00
Postage		30,772.20	34,146.40
Printing and stationery		73,613.95	85,535.47
Rent and rates		245,999.00	178,648.00
Repair and maintenance		66,149.00	69,910.00
Salaries and allowances		7,123,146.00	5,942,176.00
Souvenirs		-	55,728.00
Subscription fees		13,855.00	8,173.63
Sundry expenses		45,460.10	44,010.20
Telephone and fax		25,789.00	16,623.61
Training, recruitment and development		259,382.80	361,894.10
Travelling		105,160.20	114,877.00
Unrealized exchange difference		281,350.49	155,782.91
Utilities		109,836.00	113,260.80
Volunteers messing		36,025.34	43,651.50
		11,877,208.04	9,562,290.18
SURPLUS BEFORE TAXATION	10	4,403,288.03	707,832.08
INCOME TAX EXPENSE	11	-	-
SURPLUS FOR THE YEAR		4,403,288.03	707,832.08
OTHER COMPREHENSIVE INCOME		-	-


生命熱線有限公司
SUICIDE PREVENTION SERVICES LIMITED
財務狀況表
STATEMENT OF FINANCIAL POSITION
於二零一七年三月三十一日
AS AT 31ST MARCH, 2017

		Note	2017 HK\$	2016 HK\$
NON-CURRENT ASSETS	非流動資產			
Property, plant and equipment	物業、廠房及設備	13	1.00	1.00
CURRENT ASSETS	流動資產			
Account receivables	應收賬款	14	238,927.95	261,011.05
Deposits	按金		32,388.00	14,900.00
Prepayment	預付款項		31,962.60	821.00
Cash and cash equivalents	現金及現金等價物	15	20,488,117.85	16,196,226.26
			20,791,396.40	16,472,958.31
LESS: CURRENT LIABILITIES	減：流動負債			
Receipts in advance	預收款項		33,430.00	9,966.40
Accrued expenses	應付費用		26,400.00	134,713.34
			59,830.00	144,679.94
NET CURRENT ASSETS	淨流動資產		20,731,566.40	16,328,278.37
NET ASSETS	淨資產		20,731,567.40	16,328,279.37
RESERVES	儲備			
CONTINGENCY RESERVE	儲備基金		1,577,194.05	1,577,194.05
GENERAL FUND	普通基金		16,154,373.35	11,751,085.32
DEVELOPMENT FUND	發展基金		3,000,000.00	3,000,000.00
			20,731,567.40	16,328,279.37

Approved by the Executive Committee on

14 AUG 2017


KWOK LEE Tin Wing/Wendy
Chairperson


LEE Shung Fu/Patric
Treasurer

鳴謝

Acknowledgement

主要贊助 Main Sponsors

香港公益金
The Community Chest

社聯伙伴基金
Community Partner Foundation

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

香港上海滙豐銀行有限公司
The Hongkong and Shanghai Banking Corporation Ltd.

劉鑾雄慈善基金
The Joseph Lau Luen Hung Charitable Trust

利希慎基金
Lee Hysan Foundation

攜手扶弱基金
Partnership Fund for the Disadvantaged

崇光香港百貨有限公司
SOGO Hong Kong Co. Ltd.

新鴻基地產發展有限公司
Sun Hung Kai Properties Ltd.

鴻文慈善基金
Thomas and Linda Lau Family Foundation

郭炳湘基金
Walter Kwok Foundation

任白慈善基金
Yam Kim Fai & Pak Suet Sin Charitable Foundation

長期贊助及支持 Ongoing Sponsors

恒基兆業地產有限公司
Henderson Land Development Co. Ltd.

啟勝管理服務有限公司
Kai Shing Management Services Ltd.

九龍巴士(一九三三)有限公司
The Kowloon Motor Bus Co. (1933) Ltd.

香港鐵路有限公司
MTR Corporation Ltd.

電訊盈科有限公司
PCCW Ltd.

路訊通控股有限公司
RoadShow Holdings Ltd.

帝苑酒店
The Royal Garden

紹榮鋼鐵有限公司
Shiu Wing Steel Ltd.

數碼通
SmarTone

項目贊助及支持 Project Sponsors

義務工作發展局
Agency for Volunteer Service

伍威權慈善基金
Albert Wu Charitable Trust

泛海國際集團有限公司
Asia Standard International Group Ltd.

安樂機電工程有限公司
ATAL Building Services Engineering Ltd.

快意汽車有限公司
Auto Italia Ltd.

東亞銀行有限公司
The Bank of East Asia Ltd.

聯兆投資有限公司
Best Sheen Investment Ltd.

-
Best Shield Ltd.

-
BGC Partners

商舖王有限公司
Biz Office Ltd.

-
Bond Apparels International Ltd.

-
Brune Blonde Ltd.

溫暖人間
Buddhist Compassion Bi-Weekly Magazine

-
Caviar House

世紀21香港有限公司
Century 21 Hong Kong Ltd.

陳澤仲會計師事務所
Chan Chak Chung & Co.

其士集團
Chevalier Group

中港通旅遊有限公司
Chinalink Bus Co. Ltd.

周大福慈善基金
Chow Tai Fook Charity Foundation Ltd.

翠華閣珠寶
Chui Wah Jewellery

富啟投資有限公司
City First Investment Ltd.

-
Clockenflap

-
CLSA Ltd.

康世國際投資有限公司
Comes World Company Ltd.

資本策地產有限公司
CSI Properties Ltd.

大慶企業有限公司
Dachang Enterprises Ltd.

大昌行集團有限公司
Dah Chong Hong Holdings Ltd.

大昌行義工隊
Dah Chong Hong Volunteer Team

與抑鬱共舞協會
Dance With Depression Association

陳廷輝基金會
The D. H. Chen Foundation

動力網絡聯盟有限公司
Dynamic Network Alliances Ltd.

東港城商場服務處
East Point City (Commercial) Management Services Office

毅力營造有限公司
Elegant Interiors Contracting Co. Ltd.

誠品香港
eslite@hk

基督教粉嶺神召會有限公司
Fanling Assembly of God Church

粉嶺中心
Fanling Centre

飛升嘉年華(香港)有限公司
Fly Up Carnival (HK) Co. Ltd.

膳心連基金
Foodlink Foundation Ltd.

富昌金融集團
Fubright Financial Group

大自然素食
Gaia Veggie Shop

傑普採購(控股)有限公司
Gap International Sourcing (Holdings) Ltd.

耀天金融集團有限公司
Glory Sky Group

金榜集團控股有限公司
Goldbond Group Holdings Ltd.

慈輝(佛教)基金會有限公司
Gracious Glory (Buddhism) Foundation Ltd.

海生行海產食品有限公司
Hai Sang Hong Marine Foodstuffs Ltd.

健康工房(涼茶)有限公司
HealthWorks (Herbal Tea) Co. Ltd.

達利慈善基金
High Fashion Charitable Foundation

港澳台灣慈善基金會有限公司
HK & Macau Taiwanese Charity Fund Ltd.

-
HomeSquare

香港商業廣播有限公司
Hong Kong Commercial Broadcasting Co. Ltd.

香港社會服務聯會
The Hong Kong Council of Social Service

香港迪桑特貿易有限公司
Hong Kong Descente Trading Ltd.

香港調解仲裁中心
Hong Kong Mediation and Arbitration Centre

香港電燈有限公司
The Hongkong Electric Company Ltd.

智控系統有限公司
ITE Smartcard Solutions Ltd.

增輝工程有限公司
Junefair Engineering Co. Ltd.

奇華餅家有限公司
Kee Wah Bakery Ltd.

殷榮遠東有限公司
Kelvin Far East Ltd.

嘉里中心
Kerry Centre

-
Kitchen Ltd.

臺灣千色匯
KOLOUR · Tsuen Wan

公和玻璃有限公司
Kung Wo Glass Co. Ltd.

上水廣場服務處
Landmark North Management Service Office

-
Leighton Textiles Co. Ltd.

-
Lemon101 (HK) Ltd.

-
LGT Bank (Hong Kong)

紋福禧飲食集團
LHG Group

丹麥靈北大藥廠
Lundbeck Hong Kong

-
M88

張金葵慈善基金有限公司
Margaret Cheung Charitable Foundation Ltd.

傳廣通媒體推廣有限公司
Media Savvy Marketing Ltd.

MENCE 男士護膚纖體權威
MENCE Skin Care & Body Toning Authority

新都城中心二期及三期
Metro City Plaza II & III

港灣豪庭
Metro Harbour View

新都會廣場
Metroplaza

新都廣場服務處
Metropolis Plaza Management Services Office

-
Mix Magazine

三菱電機(香港)有限公司
Mitsubishi Electric (Hong Kong) Ltd.

康世國際投資有限公司
Mr. Shin & Mrs. Cissy Watan Comes World Co. Ltd.

語文翻譯服務
Multilingual Translation Services

南旋控股有限公司
Nameson Holdings Ltd.

澳大利亞國民銀行
National Australia Bank Ltd.

天然寶有限公司
Naturalmart Ltd.

新城市廣場三期
New Town Plaza Phase III

新城市廣場三期住宅
New Town Plaza Phase III (Residential)

香港新葡萄酒督使工
New Wine Ministries Hong Kong Ltd.

-
Neway Entertainment Ltd.

五華國際發展有限公司
Ng Wah International Development Ltd.

昂坪360
Ngong Ping 360 Ltd.

西江國際有限公司
Nishie International Ltd.

香港海洋公園
Ocean Park Corporation

將軍澳中心
Park Central

陽明山莊
Parkview (T16) Ltd.

焦媛實驗劇團
Perry Chiu Experimental Theatre

華克(香港)有限公司
Pico International (HK) Ltd.

-
PRIVATE | SALON

-
PS Group

果麥
Pumpemickel

瑞年國際有限公司
Real Nutritional Group Limited

-
Reebok

-
Rinberg Intl Ltd.

緯日資本有限公司
RSI Capital Limited

瑞安集團有限公司
Shui On Holdings Limited

信興教育及慈善基金
Shun Hing Education and Charity Fund

信德集團有限公司
Shun Tak Holdings Limited

華昇企業有限公司
Sino Orient Enterprises Ltd.

聰明伙伴有限公司
Smart Partner Ltd.

雪湖資本(香港)有限公司
Snow Lake Capital Ltd.

蘇富比
Sotbey's

雪肌蘭國際集團有限公司
Squina International Group

渣打銀行(香港)有限公司
Standard Chartered Bank (Hong Kong) Ltd.

SMG市場策劃有限公司
Strategic Management Group

實德環球有限公司
Success Universe Group Ltd.

SUGAR 糖果手機
SUGAR Mobile.

新鴻基地產郭氏基金有限公司
Sun Hung Kai Properties - Kwok's Foundation Ltd.

新鴻基地產代理有限公司
Sun Hung Kai Real Estate Agency Ltd.

新鴻基地產慈善基金有限公司
Sun Hung Kai Properties Charitable Fund Ltd.

新嘉網科技服務有限公司
SuneVision Super e-Technology Services Ltd.

輝揚發展有限公司
Sunny Fair Development Ltd.

新港城中心
Sunshine City Plaza

泰山企業貿易公司
Tai San Enterprise & Trading Company

西藏水資源有限公司
Tibet Water Resources Limited

同得仕(集團)有限公司
Tungtex (Holdings) Co. Ltd.

United Asia Co. Ltd.

大埔新達廣場
Uptown Plaza

香港絲綢時裝有限公司
Vica Moda Ltd.

維他奶國際集團有限公司
Vitasoy International Holdings Ltd.

順成投資集團(香港)有限公司
VMS Investment Group (HK) Ltd.

銳領投資有限公司
Wah Link Investment Ltd.

唯一製衣廠
Wearbest Garment Manufacturing Co. Ltd.

永安貿易公司
Wing On Trading Co.

滙港電訊有限公司
WTT HK Ltd.

恩達集團控股有限公司
Yan Tai Group Holdings Ltd.

裕生海味有限公司
Yue Sang Seaproduct Ltd.

鄭和資本管理有限公司
Zheng He Capital Management Ltd.

愛、善、永行

Yau Chung Fai

Prof. Yip Kam-shing 葉錦成教授

Mr. & Mrs. Peter & Kathy Wang

Wong Leung, Sally

Mr. & Mrs. David Lo

Lam Yuen Yee

Mrs. Choi Wong Ling Ling 蘇黃玲女士

汪曼玲/曾麗群

黃潔如、王玉珍

廖李寶琴

Thomas & Grace Chan

Lee Yeh Kwong, Charles 李業廣

Lau Yuk Wai, Amy 劉玉慧

Dr. Jimmy Dong 董壽生醫生

Marie Sze

Chung Yuk Ming

Choi Yui Fai

Mr. Wesley Soo

Tsang Sau Wan

Wong Chak Sum

劉志豪

李雪芬

Mabel 劉寶珊

Lau Yee Keung 劉以強

So Hei Ming 蘇喜明

梁家安

鄧麗娟

潘偉明

Ms. Wong Wai Chong, Christina

Miss Vicia Mak 麥少嫻小姐

Ma Ka Hei, Flora

梁少霞

林郭綺梅/羅志洪

吳崔佩賢女士

馮銀萍

趙鄭秀明

鄭曉

Mrs. Helen Fong

Dr. Barbara Tam 譚秀雯醫生

Ms. Tjhin Sioe Jan 陳秀揚女士

Dr. Paul Wong 黃蔚濤博士

Ma Man Tuen

Yip Ho Lam

Cheng Ka Lai

Wong Yuk Fan

陳維靜

Leung Chit Ying

王佩君

梁家寶

Mr. Lau Tze Leung

Grace 譚沛珍

Wong Pui Fong

周淑嫻

梁燕群

Tse Fung Man

余愛曼

戴基華

Ms. Yeung Bo Chun, Teresa

Lau King Fai 劉景輝

顧泮英女士

潘桂玲

呂潔明芬、張美蓉

陳素琴、林麗冰

Gloria Cheung

Kevin Ching

陳麗寶靈女士

Mrs. Janet Chan

Wang Ah Yung

Wan Sai Cheong

Cho Kwok Yin

Tom Leung

Chan Ka Wai

Chan King Chun

Wong Wai Kwan, Queby

吳嘉儀

劉卓穎

Sir Nga Sin

Tse Wai Yum 謝惠音

林鳳英

個人贊助及支持者 Individual Donors and Supporters

Ms. Vanessa Chan 陳麗英女士

Mr. Lau Chin Shek, JP 劉千石先生

Ms. Pansy Ho 何超瓊女士

Mr. Stephen C. W. Chan 陳志雲先生

Dreamergo 芝蔴燕

Mr. & Mrs. Martin & Cathy Lee 李家誠李徐子淇伉儷

Ms. Chu Chow Wai

Mrs. Lau Yuk Chun, Mary 劉玉珍女士

Mr. Ko Chi Sum 高志森先生

Dr. Francis Yu

Mr. Richard Kwang 鄺迪熙先生

Leung Wing Ning

Mr. Kung Lin Cheng, Leo 孔令成先生

Miss Luisa Maria Leitão 黎芷珊小姐

Ms. Jacqueline Leung

Helen Fong

Cheung Tak Ying, Katherine

Mr. Leung Nai Pang, Norman 梁乃國博士

Mr. Fok Chun Wan, Ian 霍震寰先生

Liang Karin

Mo Mei Fong 馮美芳

Herrick Tsang

Mrs. Myna Wu 伍慕雅女士

Dr. Chan Wan Tung, Therese 陳允彤醫生

Mrs. Elizabeth Ko 高玉玉琬女士

Mrs. Alice Maier 伍金枝女士

Miss Josephine Lau

林穎施小姐

Digsoil 大泥

Mr. Chan Kwok Keung, Charles

Miss Fok Lai Ping, Patricia

Oei Fung, Grace

Mr. Soo Hung Leung, Lincoln

Ms. Cheung Kit Mai, Helen

Gloria Cheung

Mr. Desmond Chan

Mr. Chu Ka Sun, Winston

Ms. Vanessa Chan's Team

Maisy Ho

Cheung Sin Hung, Amy

Lo Fung Yee, Daphne

Irene Lok

Yung Man Keung 翁文強

Ms. Leung Oi-Sie, Elsie, GMB, JP

Dr. William Chui 崔永豪醫生

Ms. Chan Kwai Lan 陳桂蘭女士

Mr. K. H. Li 李光興先生

Ms. Vong Kit Lu 黃潔如女士

王志良先生

Yat Po Singers 一舖清唱

Celine Yeung 楊楚凝小姐

Mrs. Lau Chan Hoi Wan

Mrs. Doris Lau

李國能先生

Dr. Siu Chi Shing, Gerald

Ms. Amy Or

Ms. Ivy Lam

Hung Kwan Yeung

Mr. Kevin Chan

Balinda So

Wong Yuet Ying, Grace

Wong Hiu Fung 黃曉峰

John Shaw

Ms. Cheung Lai Wa

Hui Ian, Justin

Yung So Ha 翁素霞

鄭嘉敏

Wong Suet Yi

Lai Man Chi

林永杰

排名不分先後
Listed in no particular order

由於篇幅有限，恕不能盡錄所有善長芳名，敬請見諒。
Due to limited space, we regretfully cannot print the names of all donors and supporters on this report.

政府部門 Government Departments

漁農自然護理署
Agriculture, Fisheries and Conservation Department

社會福利署家庭及兒童福利服務
Family and Child Welfare Services, Social Welfare Department

香港房屋委員會
Hong Kong Housing Authority

香港房屋協會
Hong Kong Housing Society

香港金融管理局
Hong Kong Monetary Authority

香港警務署
Hong Kong Police Force

地政總署
Lands Department

康樂及文化事務處
Leisure and Cultural Services Department

衛生署公眾殮房
Public Mortuaries, Department of Health

香港電台
RTHK

社會福利署
Social Welfare Department

運輸署
Transport Department

水務署
Water Supplies Department

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

香港護士協會

Association of Hong Kong Nursing Staff

屋宇署義工隊

Buildings Department Volunteer Team

香港工程師學會

The Civil Division of the Hong Kong Institution of Engineers

-

Christ's Hospital School

基督教家庭服務中心順安長者地區中心

Christian Family Services Centre Shun On District Elderly Community Centre

鍾錦熙長洲安老院有限公司

Chung Shik Hei (Cheung Chau) Home for the Aged Ltd.

中華基督教會長洲堂

The Church of Christ in China Cheung Chau Church

大昌行集團(車主會)

DCH Motor Club

平等機會委員會

Equal Opportunities Commission

九巴之友

Friends of KMB

富昌金融集團

Fubright Financial Group

GAP義工隊

GAP Volunteers

健康工房

HealthWorks (Herbal Tea) Co. Ltd.

香港聖公會麥理浩夫人中心

HKSKH Lady MacLehose Centre

香港上海滙豐銀行有限公司義工隊

The Hongkong and Shanghai Banking Corporation Ltd. Volunteer Team

香港關愛會

Hong Kong Care Club

香港文職及專業人員總會

Hong Kong Clerical and Professional Employees General Union

香港專業教育學院(青衣分校)

Hong Kong Institute of Vocational Education (Tsing Yi)

香港工程測量師學會

The Hong Kong Institution of Engineering Surveyors

香港調解仲裁中心

Hong Kong Mediation and Arbitration Centre

香港耆康老人福利會

Hong Kong Society for The Aged (SAGE) Tsuen Kwai Tsing Integrated Elderly Service

上水廣場服務處

Landmark North Management Service Office

新都廣場服務處

Metropolis Plaza Management Services Office

三菱電機(香港)有限公司

Mitsubishi Electric (Hong Kong) Limited

香港鐵路有限公司

MTR Corporation Ltd.

新城市廣場三期

New Town Plaza Phase III

保良局劉陳小寶耆暉中心

Po Leung Kuk Lau Chan Siu Po Neighbourhood Elderly Centre

-

PS Group

-

PVH Corp

瑞年國際有限公司

Real Nutraceutical Group Limited

駿景園

Royal Ascot

-

Sabre Travel Network Hong Kong

聖雅各福群會中西區長者地區中心

St. James's Settlement C & W District Elderly Community Centre

聖德肋撒醫院學校

St. Teresa's Hospital - School of Nursing

渣打銀行義工隊

Standard Chartered Bank (HK)

同得仕集團有限公司

Tungtex (Holdings) Co Ltd

慧妍雅集

Wai Yin Association

基督教聖約教會耀安長者鄰舍中心

-

仁濟醫院曾榮夫人長者鄰舍中心

-

基督教聖約教會耀安長者鄰舍中心

-

晉色園主辦可泰耆英鄰舍中心

-

循道衛理灣仔長者服務中心

-

Oasis義工隊

-

五華國際發展有限公司

-

新達化工有限公司

-

康樂及文化事務署義工隊

-

九龍城浸信會

-

救世軍竹園綜合服務中心

-

政府部門義工隊

-

Beyond Love 義工隊

-

德田書樂會所

-

King's 香港藝術體操芭蕾舞學院

-

安信信貸有限公司

-

職業訓練局中華廚藝學院

-

宏德慈善基金深水埗社會服務處

-

新創建集團義工隊愛心聯盟

-

陳凱彤歌迷會

-

明愛明天計劃

-

五感教育劇場(開拓者:黃育德先生)

-

性格透視訓練(訓練員:黃凱珊小姐)

-

基督教得生團契有限公司

-

長屋設計

學校及單位 Schools and Other Units

小學 Primary Schools

九龍灣聖若翰天主教小學
Kowloon Bay St. John The Baptist Catholic Primary School

九龍禮賢學校
Kowloon Rhenish School

九龍塘學校(小學部)
Kowloon Tong School (Primary Section)

聖安當小學
St. Antonius Primary School

聖文德天主教小學
St. Bonaventure Catholic Primary School

元朗朗屏邨東莞學校
Yuen Long Long Ping Estate Tung Koon Primary School

中學 Secondary Schools

佛教沈香林紀念中學
Buddhist Sun Heung Lam Memorial College

宣道會陳瑞芝紀念中學
Christian Alliance S C Chan Memorial College

香港道教聯合會圓玄學院第三中學
HKTA The Yuen Yuen Institute No.3 Secondary School

香港道教聯合會青松中學
The Hong Kong Taoist Association Ching Chung Secondary School

雷色園主辦可譽中學暨可譽小學
Ho Yu College and Primary School (Sponsored by Sik Sik Yuen)

英皇書院
King's College

九龍塘學校(中學部)
Kowloon Tong School (Secondary Section)

天主教鄧得勝中學
Kwok Tak Seng Catholic Secondary School

慕光英文書院
Mu Kuang English School

天主教新民書院
Newman Catholic College

加拿大神召會嘉智中學
PAOC Ka Chi Secondary School

天主教普照中學
Po Chiu Catholic Secondary School

保良局姚連生中學
Po Leung Kuk Yao Ling Sun College

救世軍卜維廉中學
The Salvation Army William Booth Secondary School

順利天主教中學
Shun Lee Catholic Secondary School

藍田聖保祿中學
St. Paul's School (Lam Tin)

聖公會梁季彝中學
S.K.H. Leung Kwai Yee Secondary School

聖公會李炳中學
S.K.H. Li Ping Secondary School

東華三院郭一葦中學
Tung Wah Group of Hospitals Kwok Yat Wai College

元朗天主教中學
Yuen Long Catholic Secondary School

社會服務 Social Service Organisations

香港小童群益會
The Boys' & Girls' Clubs Association of Hong Kong

家事社會服務中心
Family Links Social Services

香港特別行政區政府食物環境衛生署
Food and Environmental Hygiene Department

樂善堂青少年服務單位
Lok Sin Tong

東華三院
Tung Wah Group of Hospitals

執行委員會及職員(2016/17)

Executive Committee Members and Staff (2016/17)

名譽贊助人 Honorary Patrons

郭婉珊夫人 Mrs. Wendy Kwok

李家傑先生 Mr. Peter K.K. Lee

劉雪濤夫人 Mrs. Linda Lau

名譽顧問 Honorary Advisers

齊諾教授 Prof. Iris Chi

許宗雄律師 Mr. Herman Hui

簡思方醫生 Dr. S. F. Hung

黃林碧瑩女士 Mrs. Vanessa Hwang

李德誠醫生 Dr. Dominic Lee

梁可君女士 Ms. Karin Liang

林達榮女士 Ms. Diana Lin

曾憲文律師 Mr. Terence Tsang

伍淑清小姐 Miss Annie Wu

執行委員會委員 Executive Committee Members

主席 Chairperson | 郭婉珊夫人 Mrs. Wendy Kwok

名譽總監 Hon. Director | 龐俊怡先生 Mr. David Pong

司庫 Treasurer | 李常富先生 Mr. Patric Lee

秘書 Secretary | 黃恒理女士 Ms. Rebecca Wong

會議秘書 Meeting Secretary | 劉寶珊女士 Ms. Mabel Lau

會議秘書 Meeting Secretary | 劉凱昕先生 Mr. Martin Lau

宣傳主任 Publicity Officer | 陳基偉先生 Mr. K.W. Chan

宣傳主任 Publicity Officer | 賴偉權先生 Mr. Woodas Lai

宣傳主任 Publicity Officer | 麥潔蓮女士 Ms. Anita Mak

陳維偉醫生 Dr. David Chan

張立基先生 Mr. N.K. Cheung

蘇巧玲女士 Ms. Kammi Choi

周燕雯博士 Dr. Amy Chow

鍾耀雄女士 Ms. Susanna Chung

劉雪濤夫人 Mrs. Linda Lau

李家傑先生 Mr. Peter K.K. Lee

李美蓮女士 Ms. Michelle Li

廖國安先生 Mr. Antony Liu

黃綺文女士 Ms. Beatrice Mok

蘇漢章先生 Mr. Stephen So

王聯章先生 Mr. Andrew Wong

葉兆輝教授 Prof. Paul Yip

劉卓穎小姐 Miss Prinora Lau (至2016年9月24日 Up to 24 Sep 2016)

黃家玉小姐 Miss K.Y. Wong (至2016年9月24日 Up to 24 Sep 2016)

葉成慧小姐 Miss Alice Yip (至2016年9月24日 Up to 24 Sep 2016)

職員 Staff

執行總監 Executive Director | 吳志真先生 Mr. Vincent Ng

籌募及傳訊總監 Director of Fundraising and Communications | 陳慧珊小姐 Miss Winona Chan

高級經理 Senior Manager | 夏淑儀小姐 Miss Peggy Ha

程序策劃經理 Program Manager | 張穎珊女士 Ms. Christine Chang 程序策劃經理 Program Manager | 梁永富先生 Mr. Justin Leung

助理程序策劃經理 Assistant Program Manager | 張潔敏小姐 Miss Jess Cheung

助理程序策劃經理 Assistant Program Manager | 蔡秀玲小姐 Miss Candice Choy

助理行政經理 Assistant Administrative Manager | 方嘉慧女士 Ms. Polly Fong

高級程序策劃主任 Senior Program Officer | 郭佩盈小姐 Miss Dolphin Kwok

程序策劃主任 Program Officer | 陳鎮滔先生 Mr. C.T. Chan

程序策劃主任 Program Officer | 鄭穎珊小姐 Miss Maggie Chong

程序策劃主任 Program Officer | 張樂怡小姐 Miss Lok Cheung

程序策劃主任 Program Officer | 張美鳳女士 Ms. May Cheung

程序策劃主任 Program Officer | 卓潔霞小姐 Miss Joyce Cheung

程序策劃主任 Program Officer | 江紫紅小姐 Miss Kong Toz Hung

程序策劃主任 Program Officer | 劉俊希先生 Mr. Donald Lau

程序策劃主任 Program Officer | 劉惠敏小姐 Miss Jenny Lau

程序策劃主任 Program Officer | 梁偉達先生 Mr. Rayton Leung

程序策劃主任 Program Officer | 吳維德先生 Mr. W.T. Tsun

籌募及傳訊主任 Fundraising and Communications Officer | 黃詩穎小姐 Miss Zoe Wong

籌募及傳訊助理 Fundraising and Communications Assistant | 馮子晴小姐 Miss Camille Fung

行政助理 Administrative Assistant | 陳潔豐小姐 Miss Killing Chan

行政助理 Administrative Assistant | 梁潔瑩小姐 Miss Penny Leung

高級活動工作員 Senior Program Worker | 潘鈺娟女士 Ms. Ada Poon

活動工作員 Program Worker | 陳嘉軒先生 Mr. Kelvin Chan

活動工作員 Program Worker | 麥潔蓮小姐 Miss Demi Ng

層務助理 Operation Assistant | 袁文英女士 Ms. Yuan Man Yan

兼職程序策劃主任 Part-time Program Officer | 陳健德女士 Ms. Isabella Chan

兼職活動工作員 Part-time Program Worker | 馮耀榮先生 Mr. Sunny Fung

兼職清潔員 Part-time Cleaner | 孔燕芳女士 Ms. Hung Yim Fong

高級程序策劃主任 Senior Program Officer | 譚家健先生 Mr. K.K. Tam (至2016年7月31日 Up to 31 Jul 2016)

程序策劃主任 Program Officer | 林寶慧小姐 Miss Hebe Lam (至2016年9月30日 Up to 30 Sep 2016)

程序策劃主任 Program Officer | 周健龍先生 Mr. Alan Chau (至2017年3月8日 Up to 8 Mar 2017)

籌募及傳訊主任 Fundraising and Communications Officer | 陳綺珊小姐 Miss Kelly Chan (至2017年3月28日 Up to 28 Mar 2017)

籌募及傳訊助理 Fundraising and Communications Assistant | 陳美儀小姐 Miss Maggie Chan (至2016年8月23日 Up to 23 Aug 2016)

編輯小組 Editorial Group

鍾耀雄女士 Ms. Susanna Chung

馮子晴小姐 Miss Camille Fung

李美蓮女士 Ms. Michelle Li

林達榮女士 Ms. Diana Lin

戴嘉文女士 Ms. Catherine Tai

黃詩穎小姐 Miss Zoe Wong

李常富先生 Mr. Patric Lee

吳志真先生 Mr. Vincent Ng

(以英文姓氏排列 in alphabetical order)



Charity listed on
WiseGiving
惠施·慈善機構

生命熱線有限公司

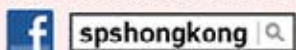
Suicide Prevention Services Limited

香港九龍協調道郵政信箱83350號

P.O. Box 83350, Concorde Road Post Office, Kowloon, HK

Tel 電話: (852) 2382 2007 | Fax 傳真: (852) 2382 2004

Website 網頁: www.sps.org.hk



24小時預防自殺熱線

24-hour Suicide Prevention Hotline

2382 0000

