



聆聽城市心聲  
♥  
連繫你我生命







# 目錄 Content



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





## 宗旨 Mission

「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.



## 願景 Vision

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.



## 理念 Values

「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

2382 0000

24-hour Hotline Service

「珍愛生命」長者熱線

2382 0881

Live Life! Hotline for Elderly

You<sup>th</sup> Link 青少年生命專線

2382 0777

You<sup>th</sup> Link

### 預防長者自殺服務

#### Suicide Prevention Service for the Elderly

電話慰問

小組服務

Caring Calls

Support Groups

家訪

節日探訪

Home Visits

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

# 珍惜生命一個都不能少！

One Life Lost to Suicide is One TOO MANY !

2017/2018年度，「生命熱線」在各個服務領域均取得良好進展，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 2017/2018, Suicide Prevention Services (SPS) continued to grow in various aspects and showed significant achievements in community education. Here are some figures of our services during the year.



33,894 小時  
Hours

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



304 個  
Cases

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

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



33,714 個來電  
Calls

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 professionally trained volunteers of our 24-hour Suicide Prevention Hotline Service



160 位  
No.

自殺離世者親友與本會同行，一起走過哀傷的日子

Number of survivors of suicide loss who walked side by side with SPS through their bereavement



41,777 位  
No.

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 of Hong Kong



60 間  
No.

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

Number of local secondary and primary schools, special schools that collaborated with SPS to organised life education programmes that targeted students and teachers

# 主席的話 Chairperson's Message

郭炳湘夫人  
Mrs. Wendy Kwok

名譽贊助人暨主席  
Honorary Patron & Chairperson

大都市繁忙如故。車流喧囂；街頭嘈雜；電子訊息流轉不止；都市人就是生活在容易令人窒息的空間。回頭一想，人的心聲，會有誰來細聽？傳媒不斷報道自殺新聞，有否令你反思與身邊家人的相處呢？可曾想過，有多久沒有坐下聆聽他們的心底話？

「生命熱線」正邁向第24個年頭；經持續壯大後，我們從最初僅提供12小時預防自殺熱線的義工組織，發展至今，已是提供24小時預防自殺熱線的預防自殺機構。同時，我們所提供的「預防長者自殺服務」、「自殺者親友支援服務」和「社區教育及青少年生命教育」，亦與時俱進，不斷有所拓展，希望緊貼時代步伐，冀能為社會提供更切合需要的多元化服務。

「生命熱線」屬非政府資助機構，多年來一直以自負盈虧模式營運；有幸取得豐碩成果，幫助有需要人士，實有賴社會各界善長、企業和團體的鼎力支持。我謹代表「生命熱線」，衷心感謝香港賽馬會慈善信託基金、香港公益金、利希慎基金、匯豐銀行、劉鑾雄慈善基金、香港崇光百貨、郭炳湘基金、新鴻基地產、西藏5100水資源有限公司、眾多愛心企業和善長，一直慷慨解囊，與本會攜手同行，在拯救生命的工作上出一分力。

最後，讓我藉此機會向「生命熱線」執行委員會、義工和員工衷心致謝。你們努力不懈地推廣預防自殺工作，惠及眾多有需要人士。我希望日後有更多有心人支持「生命熱線」。我們定會克盡己任，服務社群。就讓我們繼續同心協力，讓淹沒的心聲得以被聆聽，藉此連繫所有寶貴生命。

A day in a bustling metropolis: the cacophony of traffic, crowds and electronic hardware, noise drowning out cries from the heart. Who will listen? In recent years, news of suicides is depressingly ubiquitous. Does it evoke thoughts of your relationship with your family? Do you recall the last time you sat down and talked with your parents and siblings?

Suicide Prevention Services marks its 24<sup>th</sup> anniversary next year. From an initial 12-hour suicide prevention hotline, SPS has evolved to operate a 24-hour hotline service. SPS also provides Suicide Prevention Service for the Elderly, Services for Survivors of Suicide Loss, as well as Community Education and Life Education for Youths. Keeping pace with the times, SPS has developed a wide range of counselling services to help emotionally distressed people.

As a non-subsidized organisation, Suicide Prevention Services is self-financed, fully reliant on public donations and funding from corporations and other bodies. On behalf of SPS, I express my sincere gratitude to the Hong Kong Jockey Club Charities Trust, The Community Chest of Hong Kong, Lee Hysan Foundation, HSBC, The Joseph Lau Luen Hung Charitable Trust, SOGO Hong Kong, Walter Kwok Foundation, Sun Hung Kai Properties, Tibet 5100 Water Resources Limited, all corporate and individual donors for their generous support. With donors' aid, we have devoted ourselves to thwarting suicides and saving lives.

Last but not least, I deeply appreciate the continuous efforts of the SPS Executive Committee, volunteers and staff members to prevent suicide. I hope we can get more wide-ranging support in the future to help emotionally distressed people. Let's continue to patiently lend our ears to unheard voices and sincerely connect with all valuable lives.

# 名譽贊助人暨執行委員會委員獻辭

## Words from Honorary Patrons & Executive Committee Members

李家傑博士  
Dr. Peter K. K. Lee

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

至親離世的悲痛，往往已難以承受，而若然對方自殺身亡，更會令人自責內疚。接獲至親離世的噩耗後，接踵而來的，將會是揮之不去的切膚之痛，當中包括哀傷、悲慟、憤怒、內疚和自責；這些複雜情緒在內心糾結，對在世者而言又是一番折磨。有些人或可隨時間流逝而學懂放下悲傷，並將之轉化為對已逝者的思念，繼而成爲勇敢活下去的動力，但有些人卻因不想記起與已逝者的共同回憶而選擇逃避或壓抑傷痛，令應予釋放的負面情緒不能正確地獲得宣洩，輕生念頭或由此而生……

有研究指出，曾經歷至親自自殺離世的人，較沒有類似經歷的人更易產生自殺傾向。「生命熱線」的「釋心同行——自殺者親友支援計劃」自2008年起投入服務，當中的同路人互助小組及活動，在去年度曾為超過140宗新個案提供協助。這項服務透過自殺者親友的相關經歷分享，以及同路人之間的互相扶持和鼓勵，幫助當事人道出平時難以言喻的傷痛；靠著互相理解，為彼此的心靈補上因至親驟然離世而缺少的部分。

若非過來人，怎能明白因至親自自殺離世而帶來的種種傷痛？未經歷過的人，試問又怎能完全了解箇中感受？這是不少自殺者親友的心聲，但只要明白身邊其實有不少同路人，彼此一路上互相支持及相伴，便會知道自己永不孤單，繼而可逐步建立自信，走出這個看似別人進不來而自己也闖不出去的困境。請大家相信，與至親之間的精神連繫，並不會因親人離世而中斷，而藉著思念和祝福，離世者仍可長存心內。

The loss of a loved one is often woefully unbearable, and if suicide is the cause of death, the bereaved are very likely to suffer from inconsolable grief. A tremendous burden of anguish, despair, rage, guilt, and self-condemnation are only some of the many feelings that surface after the initial shock and feelings of denial. The intensity of these mixed emotions is definitely a sheer torment for the bereaved. Some people may learn to overcome the sorrow as time goes by and convert the negative emotions into positive motivation. However, some may choose to suppress their negative emotions for the fear of revisiting special memories with the deceased. Eventually, the overwhelming emotional pain might lead to thoughts of suicide for some...

Studies show that those who have experienced the pain of suicide loss are more likely to commit suicide themselves. "Project BLESS - Services for Survivors of Suicide Loss" was launched by Suicide Prevention Services (SPS) in 2008. In the past year, the "Mutual Support Groups" of BLESS had rendered healing assistance to more than 140 new cases. The service helps the bereaved to express their concealed pain through constant support and encouragement as well as the sharing by those who have also faced suicide loss. Their mutual understanding and support have helped greatly in alleviating the grief of the bereaved.

"One could never fully understand the overwhelming grief caused by suicide loss without experiencing it firsthand." This is the inner voice of many who have lost their loved ones to suicide. Hopefully, with the support and companionship of people who shared similar experiences, the bereaved will realise that they are not alone and have the strength to break the mental shackle that confined them to isolation. It is important to remember that the spiritual bond with our loved ones is always there. It will not be broken easily even our love ones have passed away, for love resides in our hearts forever.



# 名譽贊助人暨執行委員會委員獻辭

## Words from Honorary Patrons & Executive Committee Members

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

「青春已流逝一眨眼」，歲月不知不覺間逝去；也許在心底裡都害怕老去，但生、老、病、死都是人生必經的階段，「變老」是每個人不能逃避的現實。我們都會隨年月蛻變；從年少時被寄以厚望的社會棟樑，到壯年後身體機能慢慢衰退，以至晚年時成為他人眼中看似「不中用」的老人。看著自己老去，不單生理上可能會毛病叢生，心理上亦有機會出現問題，逐漸變得抑鬱且自卑，甚或不想因自己的「不中用」給別人徒添麻煩，繼而覺得生存再無意義。

據2017年「死因裁判官報告」所顯示，年齡組群60歲以上長者的自殺比率一直較其他年齡組群高，平均每日便有一名長者自殺身亡。隨著近年人口持續老化，長者的自殺比率或會持續上升。「生命熱線」一直致力推行預防長者自殺服務，當中包括「香港賽馬會社區資助計劃：『生命共行——外展長者服務』」和以家庭為本的「長者·家·多一點力量」計劃，透過提供社工和義工的上門探訪服務和舉辦家屬課程，冀令長者能感受社會對他們的重視和關心，藉以紓緩因年邁而帶來的各種負面情緒。

長者亦經歷過被寄以厚望的光輝歲月，為建設社會作出重大貢獻。「變老」並不可怕，可怕的是，當兒女成家立室之後，他們或因萬分孤獨而感到無助無奈。我們希望，藉著我們和各義工對他們的鼓勵、支持與陪伴，會有效減少長者的孤獨和無助感，而長者從中所體會到的溫暖和關心，將成為帶領其走出幽谷的動力。

"Youth passes in the blink of an eye". And we face our aging with foreboding. However, the process of birth, growth, decay and death is inevitable. As we get older, we may be forced to deal with our diminished status as a pillar of society, and the deterioration of our bodily functions. Besides physical problems, we also need to come to terms with deep psychological changes. One may become depressed, feel inferior and like a burden to others, and their will to live ebbs.

In 2017, Hong Kong's coroner registered a higher suicide rate for individuals over 60 years of age than their younger counterparts - this has been the case for years. Elderly suicides average one a day. As the our population keeps aging in the recent years, elderly suicides have also increased. Over the years, Suicide Prevention Services (SPS) has been committed to preventing elderly suicides, launching programmes such as the "Outreach Befriending Service for Suicidal Elderly" sponsored by the Hong Kong Jockey Club Community Project Grant and "Family Support for Elderly Mental Health". Through visits by social workers and volunteers, and family caregivers' training, the elderly can feel the society's care and concern and be relieved of negative emotions associated with aging.

The elderly has also had their glamorous times of being looked upon as the builders of and contributing to the society during their youth. Indeed, aging might not be the frightening part of old age - it is the loneliness and helplessness that one may experience when their children leave the family's nest that are the bleakest of all. We hope such emotions can subside as our staff and teams of volunteers keep them company and shower them with love and encouragement, motivating them to banish the dark shadows of desolation and death.

# 總監報告 Director's Report

吳志崑先生  
Mr. Vincent Ng

執行總監  
Executive Director

轉眼間，「生命熱線」已走過23個年頭。回想當年，本會只設有12小時預防自殺熱線，到了今天，已發展成提供24小時預防自殺熱線及其他多元化預防自殺服務的機構。有賴各界善長慷慨支持，本會才得以繼續在預防自殺工作方面為社會出一分力。現將「生命熱線」於2017/2018年度在預防自殺工作上所作的努力扼述如下：

Suicide Prevention Services (SPS) is 23 years old. How time flies! The magnanimity of all our supporters enabled us to evolve from a 12-hour Suicide Prevention Hotline to a 24-hour Hotline and diversify our suicide prevention services that we have now. We will persevere in our role to save lives. Here are our achievements in 2017/2018.

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

過去一年，有多達480位義工，願意24小時為我們輪值，我們為此感恩。他們經甄選及長時間訓練後，才可接聽來電。在2017/2018年度，我們合共接聽了33,714個電話，平均每天處理來電接近100個；義工用心聆聽，希望能為來電者提供傾訴渠道。有77%來電者表示，使用熱線服務後能使情緒得以舒緩。全年義工服務時數更高達21,406小時。

We are very grateful to have had 480 volunteers taking turns to serve us round the clock last year. Chosen after conscientious vetting, our volunteers underwent rigorous training before handling incoming calls on our hotline. In 2017/2018, we received a total of 33,714 incoming calls, a daily average of nearly 100. Our volunteers listened vicariously with their hearts and provided callers with a platform to express their feelings. 77% of hotline users indicate an easing of volatile emotions after using our hotline service. The total number of volunteering hours was 21,406, an astonishing figure.

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

長者自殺比率一直較其他年齡為高，令社會更關注長者自殺問題。承蒙「香港賽馬會慈善信託基金」慷慨捐助，令本會得以持續推行「香港賽馬會社區資助計劃：

『生命共行——外展長者服務』，提供家訪、小組支援服務和節日探訪等服務，支援情緒受困的長者。過去一年，我們合共接觸了304個情緒受困擾或有自殺傾向的長者；共有400名「生命熱線」及地區機構的義工提供了探訪服務，服務次數逾9,940次。此計劃能順利推行，全賴各位義工、職員及團體通力合作，讓受情緒困擾的長者得到愛與關懷，讓他們享受快樂的晚年。

The suicide rate among the elderly has been consistently higher than other age groups in the past years, arousing public concern. Sponsorship from the Hong Kong Jockey Club Charities Trust enabled SPS to continue its Outreach Befriending Service for Suicidal Elderly under the Hong Kong Jockey Club Community Project. The service provides home visits, especially on festive days, and support groups to help elderly people who are emotionally distressed or suicidal. Last year, we approached 304 such cases in total with 400 number of SPS or neighbourhood volunteers. The frequency of service exceeded 9,940 times, a success attributable to the cooperation of all volunteers, staff members and various organisations. Through this project, emotionally distressed elderly can be ensconced in the love and care they deserve in their twilight years.

---

## 自殺者親友支援服務

### Services for Survivors of Suicide Loss

---

承蒙香港公益金資助，本會「釋心同行——自殺者親友支援計劃」得以持續推行，為正經歷喪親哀痛的自殺者家屬即時提供支援。在2017/2018年度，我們共接獲超過163個新個案，就此提供專業的哀傷輔導服務，並透過定期舉辦的同路人小組、同行者活動和其他治療性活動，為他們提供合適渠道，以紓解心中鬱結。計劃另一個目標，就是培訓過來人義工，讓他們以自身經歷，向其他自殺者親友分享，冀能為一眾自殺者親友的生活重新添上姿彩。

Thanks to the Community Chest of Hong Kong, SPS can continue its Project BLESS to provide timely support for families experiencing the grief of suicide loss. In 2017/2018, we served a total of 163 new cases, providing them with professional grief counselling services through conducting regular mutual support groups and therapeutic activities. These serve to alleviate the despair experienced by survivors of suicide loss. Another objective of Project BLESS is to empower individuals with similar experiences to become volunteers and to share their own stories with other survivors. We hope that survivors of suicide loss can overcome their grief, and regain their joie de vivre.

---

## 社區教育及青少年生命教育

### Community Education and Life Education for Youths

---

青少年與學童自殺的個案接二連三地發生，令社會更多人關注年輕人自殺的課題。有見及此，本會近年已加強推行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捐助，本會於2016年9月開展了「賽馬會『愛生命』計劃」，透過學校、義工及社區三個不同層面，集合青年人身邊不同力量，以支援情緒受困的青少年，並鼓勵其在朋輩間宣揚積極人生觀和關愛文化，成為彼此的「生命守門員」。

Spates of youth suicides draw great public concern. To address the issue, SPS further enhanced its suicide prevention services for youths in recent years. Funded by the Hong Kong Jockey Club Charities Trust, we launched the Jockey Club "Life Cherishing" Project in September 2016 to garner support from schools, volunteers and community at large. Also, we hope youths and their peers can establish a positive life attitude and cultivate a caring culture to be the "Gatekeepers in Life" in helping and encouraging each another.

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」，讓年青人透過攝影表達所思所想。我們亦希望，透過展出年青人的攝影作品，讓社會人士能更深入地了解及體會青年人的獨有想法，以減少彼此之間的隔膜。

Moreover, SPS is thankful for the funding of Sun Hung Kai Properties through the Community Chest of Hong Kong. We launched the "Photography Link Youth" Project in September 2016. This project enables youths to express themselves through photography. Additionally, through their photo exhibitions, SPS hopes more people from the society can commiserate with the thoughts of youths, thus reducing misunderstanding.

能夠見證「生命熱線」歷年以來的重大發展，本人深感欣喜。謹此向各位努力付出的執行委員會成員、義工和同仁致以衷心謝意。在踏入第24個年頭之際，就讓我們繼續關心各界聲音，用心聆聽，為社會上更多有需要人士提供服務，以挽救更多寶貴生命。

I am always delighted to witness the ongoing development of Suicide Prevention Services. I would like to express my heartfelt gratitude to SPS' Executive Committee members, volunteers and staff for their diligence and devotion. In the 24th year, let us continue to listen wholeheartedly to the voices from all walks of life, serve more people in need in the society and save more precious lives.

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

## 城市心聲，由我們細聽！ Let us listen to the city's voices !

甚麼是城市心聲？香港人每日都為自己和家人的生活打拼，但在這個充滿競爭及壓力的城市，每當感到失落困惑時，有誰會願意聆聽大家的心聲？或許是為追求學業成就而苦苦作戰的莘莘學子，或許是為生活而奔波勞碌的打工一族，或許是孤苦無助的患病人士，又或許是無依無靠的獨居長者。不管是誰，大家都面對生命上的挑戰和難關，需要在急促而壓迫的生活步伐中抖抖氣，需要有人聆聽心聲，在人生路上找到歇息之處。

What is the voice of the city? Hong Kong people work very hard to make a living every single day. But in this competitive and stressful city, who would lend them an ear when they feel lost and confused? People in need of help may be students struggling to pursue academic achievements, workers striving to enhance their quality of life, those who suffer from illness with nowhere to turn to, or elderly people living alone. Confronting challenges and difficulties in life, they need to vent their grievances. They need someone to listen to their voices so they can get a respite along the precipitous journey of life.

「生命熱線」於過去23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，達致預防自殺的目的。受過訓練的義工以真誠、關懷、接納和不批判的態度，聆聽來電者面對的困難。我們認為，人人都有能力處理難題，但能力有時未及發揮，原因是情緒或受困擾，影響解難及判斷能力，待情緒舒緩後，他們便會看到問題癥結所在，積極面對。我們相信，以接納及真誠的態度關心當事人的情緒，使他們知道仍有人願意陪伴關懷，便可減低其自殺風險。有見及此，我們提供了保密的平台，讓受情緒困擾人士表達心聲及抒發情感，讓他們知道在茫茫人海中，仍有人支持相伴，毋需獨自承受。

In the past 23 years, SPS adhered to the mission of "Care, Listen, Accept and Accompany". Its 24-hour Hotline Service served to forestall suicide among emotionally distressed callers at risk of ending their own lives. Our trained volunteers listen to the callers' plight 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 distress affecting their ability to problem solving and judge. After releasing negative emotions, people can spot the crux of a problem and face it more positively. We also believe one's risk of suicide can be reduced by genuine, authentic care towards them. Therefore, we provide a confidential platform for those fraught with emotional problems to express their feelings and ventilate their emotions, to help them realise somebody still supports them and would not bear their sufferings alone.

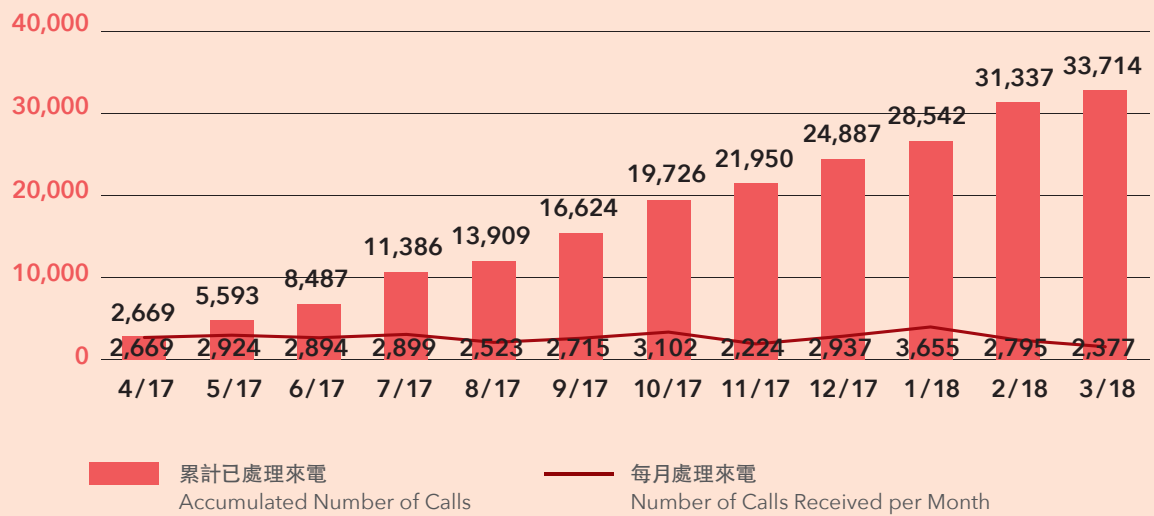
在2017至2018年度，本會的熱線服務由480名受過訓練的義工為大眾服務，合共接聽了33,714個來電，服務時數達21,406小時。感謝香港公益金基線撥款對本會的資助，也感謝香港公益金定期計劃資助「青少年生命專線」，以及優化為義工特設的持續培訓課程，使我們繼續「連繫你我生命」。

In 2017-18, our 24-hour Hotline Service was manned by 480 trained volunteers and received a total of 33,714 calls with 21,406 hours of services. We are grateful for the Baseline Allocations from the Community Chest of Hong Kong for supporting our hotline service, Youth Link service and continuous volunteers training courses. The Chest's support enables us to continuously serve our society and connect lives together.



## 已處理的來電數目

### Number of Calls Received

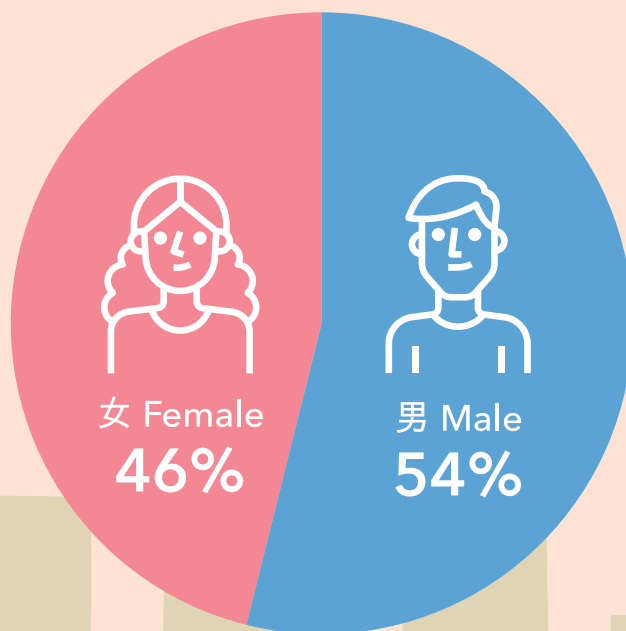


本年度，本會共處理33,714個來電，平均每月處理2,810個。  
During the year, the hotline centre handled a total of 33,714 calls, averaging 2,810 calls per month.

## 來電者性別分佈

### Gender Distribution of Callers

本年度，在知悉性別的來電者中，男性數字高於女性，有54%，而女性則佔46%。  
During the year, among callers whose gender was disclosed, 54% was male and 46%, female.

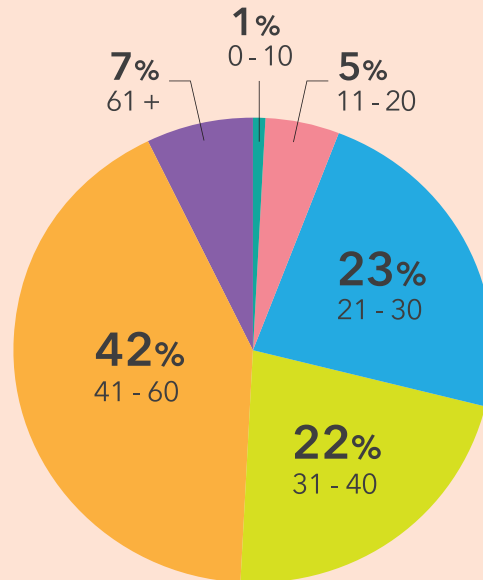


2017-2018年度來電者性別分佈  
Gender Distribution of Callers in 2017-2018

## 來電者年齡分佈

### Age Distribution of Callers

本年度，在知悉年齡的來電者中，三個年齡組別（21至30歲、31至40歲和41至60歲）的來電佔約九成，高達87%。  
Among callers whose ages were revealed, 87% were between 21 and 60 years old.



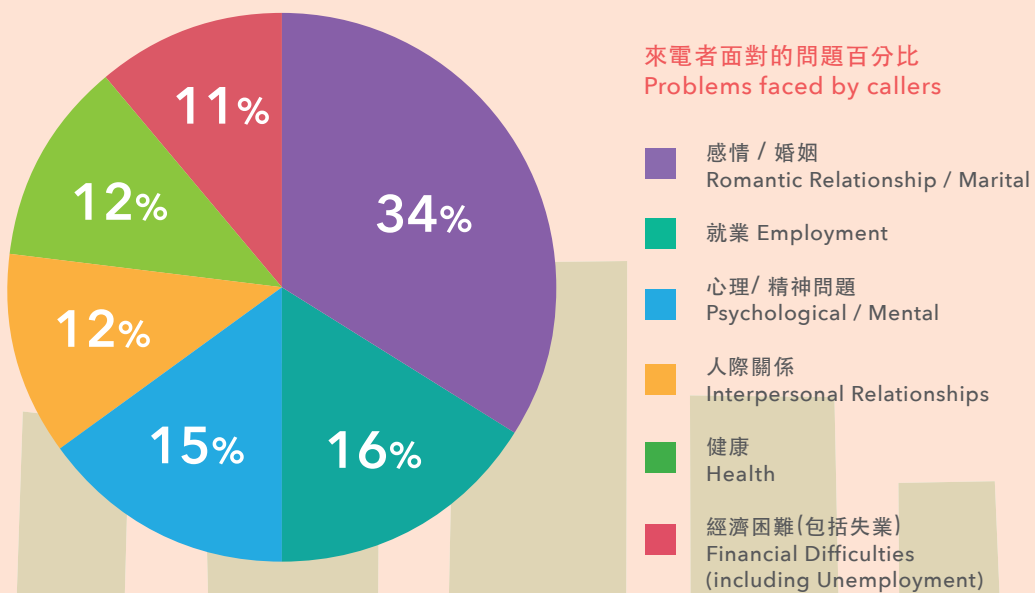
2017-2018年度來電者年齡分佈  
Age Distribution of Callers in 2017-2018

## 來電者面對的問題

### Problems Faced by Callers

本年度，在知悉面問題的來電者中，感情問題是來電者主要的困擾事項，佔34%。此外，就業問題佔16%，心理/精神問題佔15%，而人際關係困擾則佔12%。

This year, among callers whose problems they faced were revealed, 34% cited romance/marital woes. Employment issues accounted for 16%, psychological/mental issues took up 15%, and interpersonal relationships made up 12%.



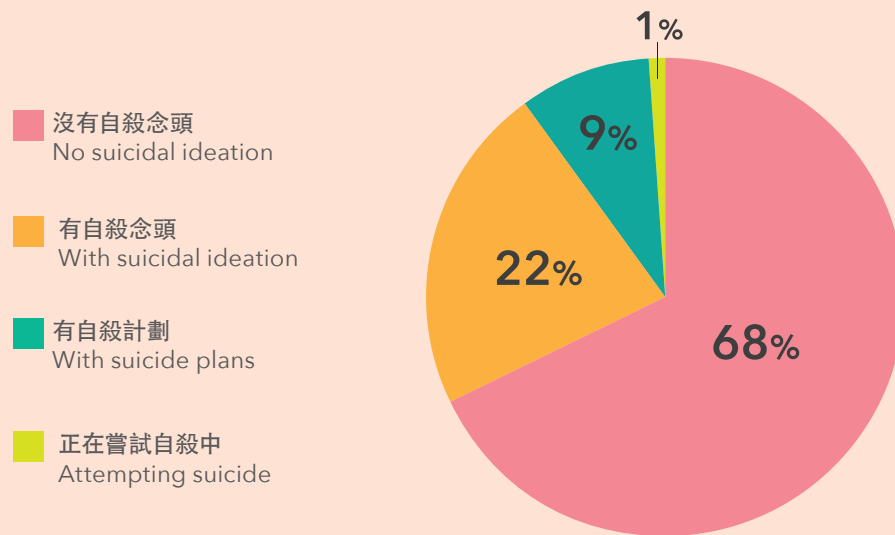
2017-2018年度來電者面對的問題  
Problems Faced by Callers in 2017-2018

## 來電者風險分佈

### Distribution of Callers' Risk Levels

本年度，在知悉自殺風險的來電者中，有68%的來電者表示受到不同程度的情緒困擾，當中有自殺念頭者，佔22%，而有自殺計劃或付諸實行者，亦有約10%。

Of those who were able to identify suicide risk, 68% of callers at risk of suicide said they were suffering from various emotional problems. Among them, those with suicidal ideation accounted for 22%, and 10% actually planned a suicide or even tried committing suicide.



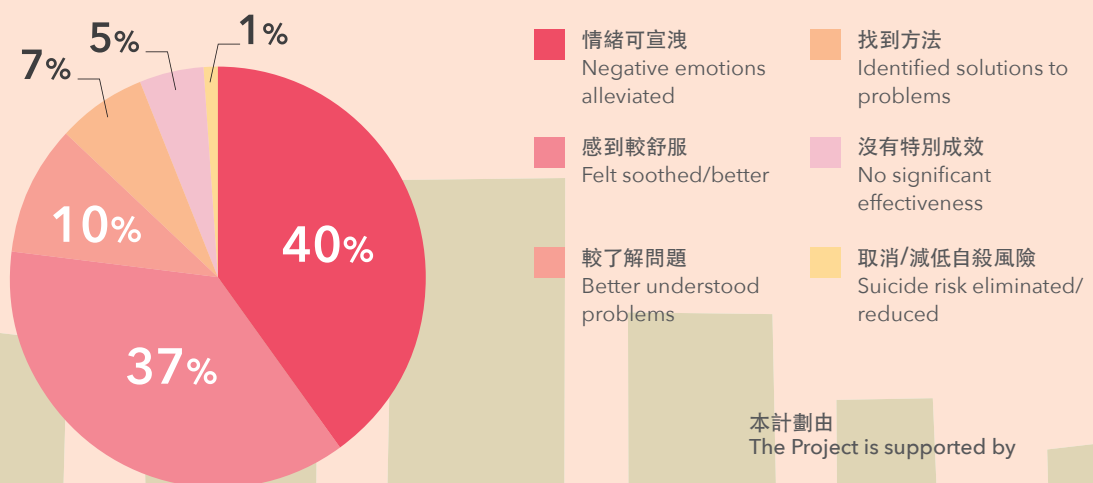
2017-2018年度來電者自殺風險  
Distribution of Callers' Risk Levels in 2017-2018

## 服務成效

### Service Effectiveness

本年度，在能記錄成效的來電者中，有77%的來電者在使用熱線後，感覺情緒得以舒緩，或感到較之前舒服。有10%的來電者經傾談後，表示已較了解所面對的問題，另有7%的來電者更表示找到方法應對。

During the year, 77% of callers whose calls were tracked-effective felt emotionally relieved or felt more comfortable after using the service. 10% of callers reported they had a better understanding of the problems they faced after talking on the hotline, and another 7% found means to solve their issues.



2017-2018年度服務成效  
Service Effectiveness in 2017-2018

本計劃由  
The Project is supported by



香港公益金  
THE COMMUNITY CHEST

資助

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

## 一起「聆聽城市心聲」• 義工「連繫長者生命」 Listening to the voice of city and connecting the lives of Elderlies

過去半世紀，長者一直努力奮鬥，走過多少光輝歲月，捱過了多少風浪波折。人到晚年，生命中起起跌跌的經驗積累，正正是寶貴的結晶，最需要社會及身邊人的珍惜。可惜，繁華城市的背後，核心家庭的瓦解，家庭關係變得疏離、薄弱，人與人之間的隔膜，往往讓長者的聲音埋沒在急促的城市節奏中。「不願聽」、「不想聽」、「沒時間聽」是長者在社會與人接觸時，最經常聽見或感受到的回應，長者們不但無法以對話去展示過去自豪或堅毅的生命，亦無法宣洩今天年老所面對的種種困難和壓力，就連面對未來的不安和憂慮，都未能得到別人的關心、關注。他們每日最艱難的是，要面對孤單及被社會忽視所帶來的負面感覺，既黑暗，又無助。若身邊人能多花時間陪伴和聆聽長者的故事，他們在黑暗裏就會好像見到一點曙光和希望；孤單的聲音得到回應，便能提供多一點生存的動力。「生命熱線」兩個不同的外展長者服務，正是希望透過專業社工和受訓義工的介入，藉著我們的耐心聆聽、關懷、接納及陪伴，讓有情緒或有自殺危機長者的聲音，得到別人的回應，透過聆聽以連繫彼此的生命，陪伴長者繼續走上晚年的道路。

In the past 50 years, elderly people fought hard through good and bad times. Their valuable experience deserves to be treasured by society, particularly those around them. However, behind the facade of our city's prosperity, families disintegrate leaving members estranged, sometimes erecting insurmountable barriers, muting the voices of the elderly. Many people do not want to or do not have the time to talk with elderly people so they have no channel to tell others of their past glories and grievances. It is gratifying just to spend a little spare time in the company of old people, to listen to their stories so they can see the light at the end of their tunnel, knowing that their voices are heard and giving them hope to live on. Suicide Prevention Services has two outreach programmes to meet the needs of the elderly through the intervention of professional social workers and well-trained volunteers. By listening, their lives intertwine and the elderly have someone to accompany them in their twilight years.





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

根據死因裁判官報告，在2017年有363位長者選擇自殺而了結自己生命，平均每日約有一名長者自殺身亡。雖然過去一年香港整體的自殺數字下降了，但長者自殺個案卻上升，並佔整體自殺人口的四成，情況讓人更為憂慮。長者之所以有自殺想法，長期病痛和家庭問題都是主要原因。若生活突有意料之外的變化，如一些影響自我照顧或行動能力的病痛增多、親人的突然離世等，而身邊卻無可以傾訴的對象，都會讓長者的無助和孤單感大增，因而或對生活感到絕望。「生命熱線」透過香港賽馬會社區資助計劃捐助的「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，分別為有抑鬱或自殺念頭長者及照顧有自殺想法長者的家屬提供服務。除了派出義工定期上門探訪及進行電話慰問外，亦會不時舉辦社區教育展覽和講座。本會也為家屬舉辦不同活動和課程，讓家人了解長者抑鬱心理，並學習如何舒緩自己的壓力，從而更能妥善照顧身邊長者。此兩個服務讓長者在面對不同壓力時，仍可感到社工、義工及身邊家人的支援。

In 2017, Hong Kong's coroner registered a total of 363 elderly persons who chose to end their lives. One old person commits suicide a day on average. Although the overall suicide rate for the elderly dropped during the past year, it is worrisome that the number increased to account for 40% of the total. Chronic illness and family problems are key reasons for elderly suicides. A worsening of their ailments affecting their mobility, or the sudden passing way of relatives can leave an old person with no one to talk to, aggravating their sense of helplessness, loneliness and hopelessness. Through two projects, the Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly and Family Support for Elderly Mental Health funded by the HSBC 150<sup>th</sup> Anniversary Charity Programme through the Community Chest of Hong Kong, SPS provides services to elderly who suffer from depression and suicidal ideation, as well as to families who take care of them. Services include home visits, consolation by phone, community exhibitions, seminars and events that help carers understand old folks in distress and learn to relieve their own stress so that they can better care for the elderly. These two services help the elderly feel supported by social workers, volunteers and families especially when they are distressed.



## 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 : Outreach Befriending Service for Suicidal Elderly

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

2017/2018年度，我們共有400名義工，包括「生命熱線」義工及地區協作的義工為304位長者個案提供探訪服務，服務次數逾9,940次。地區協作方面，去年是我們與最多協作機構合作的一年，共有16間機構之多，當中包括不同的地區長者服務機構、企業及義工團體，我們為各單位義工提供專業培訓，安排他們定期探訪長者個案。服務透過地區機構的合作，讓「生命熱線」所堅持的關懷、聆聽、接納及陪伴等信念，得以在社區廣為傳揚。憑着義工的耐心服務，了解長者的需要，讓長者感受社會人士的關懷，紓緩他們的情緒，減低他們自殺的風險。

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2018年3月17日舉辦活動，是次嘉許禮形式有別於過往，我們播放一套電影紀錄片《伴生》，電影講述長者晚年體弱多病，在面對死亡之時，他們及家人如何面對。我們當天亦邀請了該片的導演黃肇邦先生到場分享，與一眾參加者交流與長者相處的感受，以及面對長者生與死的歷程。每個人都會面對死亡，但對於生死一事，各有不同看法；有人盡力逃避死亡，有人卻認為死亡是解脫。黃導演聚焦三個家庭面對死亡的過程，站在將逝者與照顧者之間，探討兩代人對「生死」價值觀的差異與矛盾。在拍攝過程中，黃導演是一位聆聽者，戲中並無尖銳的批判，而是用誠實且開放的態度，令觀眾了解何謂尊重和接納。

During 2017/2018, we had in total 400 volunteers from SPS and other partnered volunteers to provide 9,940 visits, serving 304 elderly cases. Last year, we attained a new high in community collaborations and partnered with 16 organisations, including elderly community centres, corporations and volunteer bodies in various areas. We provided professional training to each volunteering unit and arranged for them to visit our elderly cases regularly. Through district level collaborations, our core values of "care, listen, accept, and accompany" can reach the community level effectively. And by dint of our volunteers' patience and understanding of the elderly's needs, old folks can feel others' care for them thus venting their distress and reducing the risk of suicide.

Last year, volunteers put in untiring efforts in their work. To show recognition for the time and love they have devoted to the service, we organize the "Volunteer Exchange Forum cum Recognition Ceremony" annually. The novel element of this year's ceremony on March 17 was the showing of the documentary "Snuggle". The film depicts elderly persons who are fragile, weak, sick and facing death, and how they and their families coped. We also invited the movie director Mr. Wong Siu Pong to share with participants his personal encounters with the elderly and his views on the journey of life and death. Although everyone eventually has to come to terms with death, not everyone has the same thoughts about it. Some people want to evade it while others think it is the ultimate escape. Wong focused on the death journeys faced by three families, and explored life and death values expressed by two different generations - at times, they were at odds with one another. During filming, Wong took the role of a listener, free of any bias or critique whilst adopting a prudent and open attitude to help the audience understand what respect and acceptance mean.

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 捐助  
同心 同步 同進 RIDING HIGH TOGETHER

### 2017/2018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 2017/2018

年 齡 Age	性 別 Gender		總 數 Total
	男 Male	女 Female	
60-69	20	18	38
70-79	26	64	90
80-89	40	95	135
90 或以上 or above	16	25	41
總 數 Total	102	202	304

### 參與服務的受訓義工人數

#### Number of Participating Volunteers

「生命熱線」義工 SPS Volunteers	134
地區協作機構義工 Local Agency Volunteers	266
總 數 Total	400

## 社區教育活動 Community Education Programmes

對於提升公眾人士在預防長者自殺方面的意識，我們亦努力不懈，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之間的密切關係。我們希望在社區建立更完善的安全網，以期更有效地發揮預防自殺的功效。本年度，我們為各長者服務機構和院舍舉辦了「長者護心法」社區教育講座，並為「樂齡同行」計劃轄下四個不同區域的服務單位提供義工培訓，共有1,924名長者、公眾人士及義工參與其中。我們希望藉著講座，提醒大眾需要時常留意自己及身邊長者的情緒變化，如何與情緒受困及有自殺想法的長者溝通，以及如何靈巧地運用舒緩情緒的技巧，以便關懷社區上有需要的長者。

為回應日增的社會需要，我們繼續為長者前線服務的專業人士舉辦了18節工作坊，服務人數大增至710人次。這些工作坊深受業界歡迎，大部份同工都認為有助其識別長者的風險，從而可及早為他們提供支援。我們亦已籌備一本名為「生死角力——探索長者自殺的主觀世界」的書籍，內容主要從宏觀、中觀及微觀角度提供分析，以理解長者的成長經歷與其晚年自殺形態之間的關係；我們會從不同個案，分享實務介入的工作，並會總結我們多年提供預防長者自殺服務的經驗。期望此書能為前線長者服務的專業人士，在處理有自殺危機的長者個案時，能提供不同角度的有用參考，為本港預防長者自殺服務出一分力。

我們在本年度繼續聯同觀塘區多間社會服務機構，於2017年9月16日舉辦「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服務；其間設置攤位遊戲，並進行壓力指數問卷調查，以鼓勵他們關心個人和身邊人，特別是長者的情緒健康。我們其後亦與其他團體合作舉辦了一次街頭展覽及服務介紹攤位，合共為310名市民提供服務。

We continued to spare no effort to lift public awareness on elderly suicide prevention. Last year, we proactively organised seminars to help the elderly and society at large to gain a better understanding of the ties between emotional upheavals and suicidal behaviours. The goal is to effectively prevent suicides through raising awareness and thus establishing a safety net in the community. This year, we organised a "Mental Health Promotion" talk and provided training to volunteers of the 4 areas of elderly homes and centres in the Jockey Club Holistic Support Project for Elderly Mental Wellness. We hope these seminars can remind the public to pay attention to emotional changes of elderly people around us, and enhance communication skills necessary to relieve elderly people of their troubled emotions and suicidal thoughts.

In response to rising demand, last year we organised 18 workshops for frontline professionals serving the elderly. Attendance has increased to 710 persons as the workshops continued to gain recognition in the industry. Most workers agreed they have learned to catch the early signs and provide prompt support to the elderly. We are also preparing to publish a book aimed at providing macro, meso and micro perspectives on how elderly people grow to become inclined towards suicidal attempts. The book discusses various cases and practices of intervention that summarise our experience of elderly suicide prevention services. We hope this book can contribute to elderly suicide prevention and become a useful reference tool for frontline workers dealing with suicidal elderlies.

This year we partnered with several social service organisations in Kwun Tong to organise the "Cherishing Life Service Promotion" roadshow. This service targeted citizens living in Choi Wan Estate and its vicinity. It included game stalls and stress level polling to encourage them to care for their emotional health and of those around them, especially the elderly. Later last year, we also organised another street-wide exhibition and service counter catering to the needs of 310 citizens.

主要社區教育活動 Major Community Education Programmes	節數 Session(s)	服務受惠人次 No. of Beneficiaries
「珍愛生命聯合活動」街頭展覽 "Cherishing Life Service Promotion" Roadshow	1	310
「長者護心法」講座 Mental Health Promotion Talk	38	1,924
預防長者自殺服務實務分享： 專業同工訓練工作坊 Suicide Prevention Services for the Elderly Sharing for Professional Workers	18	710

## 節日探訪及長者體驗活動

### Seasonal Visits and Activities for the Elderly

中國傳統社會家庭觀念濃厚，節日總是一家團聚的好時機。時至今日，過節氣氛或節日聚會的重要性，在年輕人心目中已較往昔淡薄不少。對大部份長者而言，對節日團聚，還是滿有期待，特別是獨居及情緒受困的長者；每逢節日，便會倍感孤單寂寞。所以，我們在過去一年繼續於不同節日，舉辦了14次大型節日義工探訪活動，招募來自不同企業、學校、機構及團體的義工，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，讓長者可踏出社區，從而減少因獨留家中而產生的負面情緒。

長者在日常生活經常因擔心拖累別人而怯於接觸鄰舍。我們過去一直希望透過長者體驗活動，重新建立長者睦鄰關係，而在本年度，我們嘗試於中秋節和農曆新年分別舉辦冰皮月餅製作和切割水仙活動，從而使長者從活動體驗中接觸新事物，亦可把製成品贈予鄰居或心愛之人，協助建立施與受雙向的睦鄰關係。

以上不同類型的活動，過去一年共有超過1,000名義工參與，有超過930名長者受惠。

Chinese society honours the family and customarily holds gatherings during festive days, although the younger generation no longer seem to bide by such traditions. Elderly people, though, tend to retain a strong desire to be with family members. And those who live alone and are emotionally unstable feel particularly lonely and isolated during festivals. So in the past year, we arranged 14 large-scale visits on festive days by volunteers from corporations, schools and organisations to the elderly bearing heart-felt gifts. We also held 6 outings in cooperation with corporate bodies so the elderly can mingle with the community and ease their isolation from being home alone.

Elderly people tend to worry about being a burden on others and are inclined to avoid from neighbours. Therefore we organised activities that help them build harmonious neighbourly relationships. This year we arranged activities to make moon cakes for Mid-Autumn Festival and cut narcissus for the Lunar New Year. The old folks were given new experiences and the chance to make gifts for their neighbours to foster closer relations.

The various activities above were attended by over 1,000 volunteers benefiting more than 930 elderlies.





## 冬 (Don't) 瓜慈善愛心大行動 "Don't Qua" Charity Action

「生命熱線」每年都會藉傳統節氣「大暑」，舉辦「冬 (Don't) 瓜慈善愛心大行動」；透過大型義工活動「消暑打氣冬 (Don't) 瓜水」及「冬 (Don't) 瓜慈善愛心午宴」，希望向社會宣揚珍惜生命的訊息。我們於2017年7月9日及8月6日，繼續舉辦此富有意義的活動，為情緒受困的長者打氣，舒緩他們因炎熱天氣而出現的負面情緒。超過80名來自不同企業、團體及機構的義工前往80名長者的家中探訪，並向他們派發消暑的冬瓜飲品和健康食品，而部分義工更參加電話慰問服務，透過電話關心長者。「生命熱線」的慈善大使黎芷珊小姐、姜麗文小姐和秦沛先生亦參加探訪活動，身體力行，以表支持。

2017年8月22日，我們舉辦了「冬 (Don't) 瓜慈善愛心午宴」，邀請了超過300名長者與義工一起享用冬瓜菜式，寓意長者要珍惜生命。活動於九龍灣御苑皇宴舉行；除了邀請香港大學中國武術舊生會為我們表演外，「生命熱線」的慈善大使黎芷珊小姐亦上台分享過往探訪長者的點滴片段，而姜麗文小姐和 Joe Junior先生亦有獻唱流行金曲，為長者打氣加油。當日亦邀請了余陳鳳蓮女士、余慕蓮女士、吳香倫女士、鄧小慧女士、古李綺雯女士、謝燕雲女士、談慧詩女士(老虎)和徐張青薇女士為大家獻唱耳熟能詳的粵曲，最後夏春秋先生更為各長者壓軸表演棟篤笑，將歡樂傳遞給在場每位長者。

During the extremely hot summer every year, we arrange large scale deliveries of heat-relieving winter melon water as well as a charity luncheon to deliver a message of cherishing life to the community. On 9 July and 6 August 2017, over 80 individuals, corporate and SPS volunteers paid home visits to give away winter melon water and healthy food products. Other volunteers participated by consoling the elderly over the phone. Our charity ambassadors Miss Maria Luisa Leitão, Miss Lesley Chiang and Mr. Paul Chun paid separate visits to show their earnest support.

On 22 August 2017, we organised a charity luncheon for over 300 elderly people and volunteers. The event, held at Banqueting House in Kowloon Bay, served winter melon themed cuisine to symbolise the cherishing of life for the elderly. The event featured a live performance of martial arts by the alumni of the University of Hong Kong, sharing on her elderly home visits by our charity ambassador Miss Maria Luisa Leitão and pop songs from Miss Lesley Chiang & Mr. Joe Junior, as well as Cantonese opera renditions by Mrs. Sheh, Ms. Yu Mo Lin, Ms. Helen Ng, Ms. Tang, Mrs. Koo, Ms. Tse, Ms. Ruth Tam and Mrs. Tsui. Last but not least, Mr. Kenneth Ng performed a stand-up comedy to enliven the occasion.



## 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 Beneficiaries
9/4/2017	全城關懷渡復活 Easter Home Visit	80	67
21/5/2017	樓種愛心賀端陽 Dragon Boat Festival Home Visit	90	81
30/5/2017	小屏幕看世界 See the World with You	9	6
3/6/2017	星級廚神長者午餐 Star Chef Charity Luncheon	107	94
30/6/2017	樂聚一刻長者日 Happy Union Day Trip	28	17
5/7/2017	耆樂無窮長者探訪 Home Visit	15	8
9/7/2017 6/8/2017	消暑打氣冬瓜水 Don't Qua Summer Home Visit	49 37	41 38
22/8/2017	冬瓜慈善愛心午餐 Don't Qua Charity Luncheon	24	64
10/9/2017	AVS同心者十周年活動 AVS Companion 10th Anniversary Activity	23	20
16/9 & 17/9/2017	月餅製作慶中秋 Mooncake Workshop	7	8
24/9/2017	月滿佳節譜關懷 Mid-Autumn Festival Home Visit	131	104
19/11/2017	全城關懷長者日 “We Care!” Elderly Day	81	75
2/12/2017	關愛生命耆義同行 Love Life Volunteer Movement	16	28
10/12/2017	冬日情濃顯關懷 Winter Home Visit	60	59
11/12/2017	慧妍雅集長者一天遊 Day Tour Sponsored by Wai Yin Association	3	26
20/1 & 21/1/2018	新年水仙開 New Year Narcissus Cutting Workshop	23	14
27/1/2018	香港道教聯合會圓玄學院第三中學學生探訪 Home Visit by students from HKTA The Yuen Yuen Institute No.3 Secondary School	29	15
4/2/2018	歲晚送暖表愛心 New Year Eve Home Visit	82	78
25/2/2018	港鐵新春旅行 MTR presents: New Year Day Trip	10	9
24/3/2018	保良局姚連生中學學生探訪 Home Visit by Students from PLK Yao Lian Sun College	51	15
25/3/2018	全城關懷渡復活 Easter Home Visit	62	67
總人次 Total Attendance		1,017	934

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

承蒙滙豐150週年慈善計劃透過香港公益金資助，「生命熱線」自2016年8月起推行為期兩年的「長者·家·多一點力量」計劃。本計劃是以家庭為本的預防長者自殺服務。根據本地長者自殺的研究，接近68%的長者在自殺前曾向家人透露有輕生念頭。

With our deepest gratitude for the funding from the HSBC 150th Anniversary Programme through The Community Chest of Hong Kong, SPS implemented a 2-year "Family Support for Elderly Mental Health" project which commenced in August 2016. This project is a family-based elderly suicide prevention service. According to a local study on elderly suicides, nearly 68% of old folks had disclosed to family members their suicidal thoughts before taking their own lives.

有見及此，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，包括外展探訪、長者家屬課程、長者家庭活動、減壓工作坊及社區講座。透過強化其家庭功能，減少家屬的壓力及情緒，從而提升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。

Therefore, the project aims to support families and carers of elderlies with depression or suicidal tendencies through outreach visits, courses for family members, elderly family activities, stress reduction workshops and community talks. By strengthening family ties, we hope to better equip participants with care-taking and communication skills as well as disseminate constructive messages on the elderly mental health to the community.



此計劃由滙豐150週年慈善計劃透過香港公益金資助

The HSBC 150<sup>th</sup> Anniversary Programme has funded this project through the Community Chest of Hong Kong





## 宣傳推廣 Promotion

過往一年，我們主要以派發信箱單張方式，向九龍東36個公共屋邨及171,560住戶單位進行宣傳。此外，我們亦透過機構Facebook專頁和計劃網頁www.SPSfamily.org.hk在網絡上宣傳。

Last year, we promoted our project mainly via leaflets left in mailboxes in 36 public housing estates and 171,560 tenant flats in Kowloon East District. Besides, channels such as the SPS Facebook page and the website www.SPSfamily.org.hk also help to publicise the project.



網頁 Website

## 長者及家庭輔導 Elderly and Family Counselling

透過外展探訪，以長者為本的家庭輔導手法，支援長者及家人的需要，包括紓緩情緒、處理壓力、人際關係和資料轉介等等。在本年度，外展家訪有197次，中心面談125次，電話慰問141次。

Through outreach visits based on family counselling, the project supports the needs of the elderly and their families. This service includes relieving emotions, stress management, interpersonal relationships, case referrals and so on. This year, SPS conducted outreach visits 197 times, face to face consultations 125 times and consoling elderlies and their families by telephone 141 times.

### 參加者回應 Participant Feedback:

長者家屬 An elderly's family member:

「特別感謝社工對我們家庭的提點，非常貼心，並會提醒我們常常忽略的地方，謝謝你們。」

"Special thanks to the social workers who gave useful recommendations on our family matters. They are very caring and often tell us areas we have overlooked, thank you."

長者家屬 An elderly's family member:

「雖然屋企有事，令我心緒不寧，做什麼也會感到不妥，但很感謝你們的聆聽；與你們傾訴了，就好過一點，心情舒暢了。」

"Things had happened in my family and I felt unsettled no matter what I did. But thank you for listening. I feel much better and relieved after talking to SPS staff."



長者向職員分享年輕時在內地打工的工作證  
An elderly shared with our staff  
a work permit from her  
youthful days working in the Mainland



## 長者家屬課程 Courses for Elderly Carers

透過多元形式，以及個案討論，加深家屬對長者及抑鬱症的了解，從而建立良好溝通方法。本年度舉辦15次課程，共有155人參加。

With disparate formats and case discussions, SPS has deepened carers' understanding of both their elderly family members and of depression. An effective communication method was established. 15 courses were held this year, with a total of 155 participants.

### 參加者回應 Participant Feedback:

#### 第九期參加者：

Participant in the 9th course session:

「講解非常詳細，更能明白長者，識得如何處理情緒問題。知多了抑鬱，謝謝導師的細心指導。」

"The explanation was very detailed. I understand more about my elders and learned to handle emotional problems. I also know more about depression. Thank you for the thoughtful guidance of SPS staff."

#### 第十期參加者：

Participant in the 9th course session:

「能帶領我們反省與年長家人相處之道。」

"The course gave me an opportunity to reflect on my way of getting along with elders in my family."



參加者在家屬課程中用心練習  
Participants practice attentively in  
Elderly Carers Course

## 長者家庭活動 Elderly Family Activities

定期舉行以長者為中心的家庭活動，透過互動內容，增加家人與年長家人彼此溝通，累積良好的相處經驗。本年度，分別舉行「相聚一刻家庭樂」、「親親好煮意」、「秋意新界遊」及「迎春接福2018」，合共有156人(即61個家庭單位)參加。

We organised elderly-centered family activities regularly. Through interactive content of these activities, communication between the elderly and their families was fostered to facilitate positive experiences for them. This year, "Live in the Moment - Family Day", "Family Cooking Programme", "New Territories Autumn Day Tour" and "2018 Chinese New Year Festive Activity" were held. A total of 156 people (61 family units) participated.



參加者在長者家庭活動中用心練習  
Participants practice attentively in  
Elderly Family Activity

### 參加者回應 Participant Feedback:

#### 相聚一刻家庭樂參加者：

Participant of "Live in the Moment - Family Day":

「可製作小手工，與年長家人了解多點，增加相處時間。飯餸好好食，啱老人家口味。」

"We did handicrafts, learned more about my elderly family member, and had spent time together. The dishes were very tasty and was appetising for the elderly."

#### 秋意新界遊參加者：

Participant of "New Territories Autumn Day Tour":

「安排妥當，照顧週到，時間恰當，讓老人家有時間休息。最開心是可與家人一起體驗，此次活動值得讚賞。」

"Proper arrangements were made by caring and thoughtful SPS staff. The time for the event was also appropriate, allowing much time for the elderly to take a rest. I felt happy about this experience with my family elders. I appreciate this activity very much."

## 減壓工作坊 Stress Reduction Workshops

定期邀請專業導師，帶領參加者體驗各種身心靈減壓方法。於本年度，分別舉行「輕輕鬆鬆唱遊樂」、「人際關係」、「舞蹈動作治療」、「靜觀認知行為治療MBCT」、「帶氧運動」、「禪繞畫」及「音樂治療」，合共388人參加。

SPS regularly invited professional instructors to lead participants in experiencing various body, mind and spirit stress reduction methods. This year, "Have Fun and Relax with Rhymes", "Interpersonal Relationships", "Dance Movement Therapy", "Mindfulness-based Cognitive Therapy (MBCT)", "Aerobics", "Zentangle" and "Music Therapy" were held, serving 388 participants.

### 參加者回應 Participant Feedback :

「人際關係」參加者：

Participant of "Interpersonal Relationships":

「重新接觸及認識一些已遺忘的溝通技巧。」

"Some communication skills I had forgotten were discussed in the course. I have a new understanding of the concept."

「舞蹈動作治療」參加者：

Participant of "Dance Movement Therapy":

「動作簡單易學，好快找回童真好開心，希望多舉辦這課程。」

"The movements were easy to learn. I am delighted to have rediscovered my childhood innocence again. I hope SPS can organise more courses like this in the future."

「禪繞畫」參加者：

Participant of "Zentangle":

「非常好，可紓緩繁瑣的心情，可擴闊自己的眼界，相當有意思。」

"Nice. The workshop eased my disturbed mood and broadened my horizons. Excellent!"



參加者的禪繞畫作品  
Zentangle work pieces by participants

## 社區講座 Community Talks

定期舉辦公開講座，鼓勵家屬關注及認識長者情緒，及早察覺及預防抑鬱症。本年度，舉辦了16次社區講座，共392人出席，對象是九龍東居民。

SPS held regular community talks for the public to encourage carers to pay more attention to and know more about the elderlies' emotional health for early detection and prevention of depression. Throughout the year, 16 community talks were held with a total of 392 participants. The target was residents living in Kowloon East.



黃大仙社區講座  
Community talk in Wong Tai Sin

### 參加者回應 Participant Feedback :

第七期公開講座參加者：

Participant of the 7th community talk:

「有很多例子，感覺更真實。」

"Many examples were given, making the content more realistic and pragmatic to me."

第八期公開講座參加者：

Participant of the 8th community talk:

「內容很好，到題，簡單易明。」

"The content was excellent, relevant, simple and easy to understand."

## 網站及季刊 Website and Quarterly Publication

我們以手繪圖像作計劃網站(www.SPSfamily.org.hk)的主要設計意念,突顯人性化的設計,並配以家屬常遇到的境況和有用資料。在本年度,網站累計22,590次的瀏覽量,而在Google搜尋器,則達到1,118次點擊率。季刊方面,我們共完成了四期季刊,印刷8,000份,以供於社區派發。

SPS used hand-painted images as the primary design concept of the project website (www.SPSfamily.org.hk), to denote and highlight its humanistic elements. Moreover, typical situations encountered by family members and relevant, useful information were adopted as the content of the website. Throughout the year, the project website accumulated 22,590 views, and the hit rate in Google Search reached 1,118. We also completed four quarterly publications, printing and distributing 8,000 copies in the community.



第六期季刊 The 6<sup>th</sup> quarterly publication

## 服務統計 Service Statistics

總服務人數 Total no. of service users	789
總服務人次 Total no. of beneficiaries	1,939

## 家屬與長者關係 Relationship between the carers and the elderly

家屬與長者關係 Relationship between the carers and the elderly	百分比 Percentage
配偶 Spouse	29.6%
子女/媳婦/女婿 Children/ Son- or Daughter-in-law	63.9%
孫兒/孫女 Grandchildren	6.5%

# 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。在複雜的情緒下，家屬往往難以表達心中的感受，加上中國傳統禁忌，更令家屬無法獲得適當情緒支援，以致難以過渡哀傷。我們透過「釋心同行——自殺者親友支援計劃」，尋求及早接觸家屬的途徑。自2014/2015年度起，我們與衛生署轄下三間公眾殮房共同推行先導計劃，設立了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，以便及早提供專業的哀傷輔導服務，讓家屬得到及時支援。

After experiencing the suicide of a loved one, the bereaved have to not only handle the intricacies of a funeral but also deal with the emotional reactions of relatives, friends and those of their own. Such complex emotions might make it difficult for survivors of suicide loss to express their feelings. The incumbent Chinese taboos 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. Since 2014/2015, we have been running a pilot project collaborating with 3 public mortuaries under the Department of Health, which refer survivors to our organisation. The scheme facilitates prompt connection with the bereaved and provision of professional counselling services which provide survivors with timely support.



## 釋心同行——自殺者親友支援計劃 Project BLESS

我們感謝香港公益金定期計劃的支持，得以推行「釋心同行——自殺者親友支援計劃」，為有需要的自殺者親友提供服務。2017/2018年度，我們為超過160個新個案提供服務，服務以個案輔導為主，並按個別情況，鼓勵家屬參與不同活動，當中包括同路人互助小組及治療性質的活動，幫助他們以合適自己的步伐，走出情緒陰霾，重新出發。我們繼續鼓勵更多過來人成為義工，為家屬提供情緒支援。本年度，我們出版了新的資源手冊及接受傳媒訪問。我們積極透過不同渠道，鼓勵有需要的人士尋求協助，推動社會關心自殺者親友的需要。

We are grateful for the Community Chest of Hong Kong's ongoing support for Project BLESS. In 2017/2018, the project served more than 160 new cases primarily through professional counselling services. On top of that, upon assessing their individual circumstances, we encourage survivors to take part in different activities, such as mutual support groups or therapeutic activities to reduce their negative emotions and get back on track. Furthermore, we encouraged those with similar experiences to become volunteers and give peer support to other survivors. This year, we actively sought various channels to motivate people in need to seek help, such as publishing a new resource booklet and receiving media interviews. We hope to arouse the society's attention to these survivors' needs.



本計劃由  
The Project is supported by



香港公益金  
THE COMMUNITY CHEST

資助



---

## 個案服務 Case Service

---

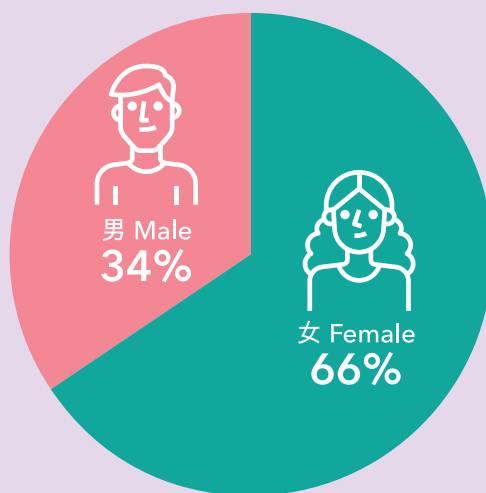
2017/2018年度，我們已服務的新個案共有163個。新個案當中，女性佔66%，男性佔34%。

In 2017/2018, we served 163 new cases in total. Among them, females accounted for 66% and males, 34%.

---

### 新個案性別分佈 Gender Distribution of New Case Users

---



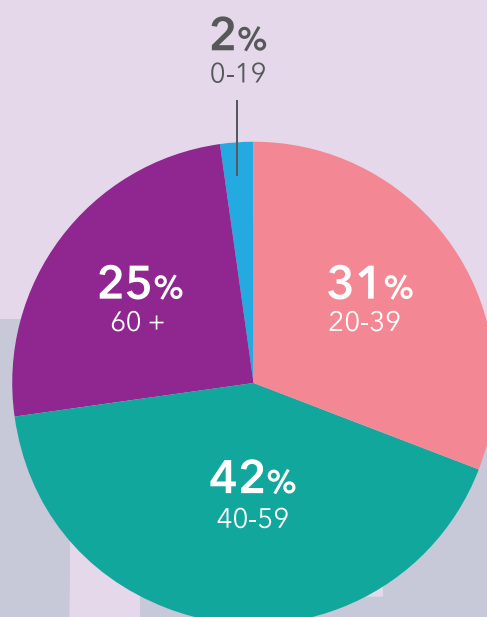
以年齡層劃分，中年人（40至59歲）佔最多，有42%，其次為青年人（20至39歲），佔31%，然後是長者（60歲或以上），佔25%，而介乎0-19歲人士，佔2%。

Middle-aged individuals (aged 40-59) made up the largest proportion of 42%, followed by younger adults (20-39 years of age): 31%; 25% were elderlies (over 60 years of age), individuals aged 0-19 made up 2%.

---

### 新個案年齡分佈 Age Distribution of New Case Users

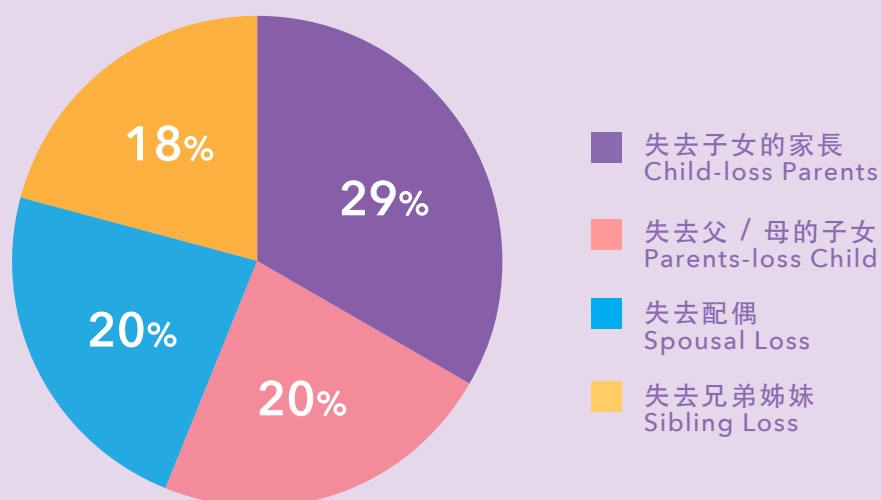
---



以喪親關係劃分，最常見是失去子女的家長個案，佔29%，其次是失去了父／母子女個案，以及失去了配偶的親友個案，同樣佔20%，而失去了兄弟或姐妹的個案，則佔18%。

As for the relationships between the deceased and the survivors, child-loss parents took up the largest number at 29%, followed by parent-loss children and spousal loss cases, each accounting for 20%. 18% were sibling loss cases.

喪親關係分佈 Distribution of the Relationship between the Deceased and the Survivors



自2014年4月起，我們與本地三間公眾殮房(即域多利公眾殮房、富山公眾殮房和葵涌公眾殮房)合作，設立自殺者親友個案轉介系統。2017/18年度的新個案，主要來自「公眾殮房轉介」，佔37%，其次是「自行申請」，佔36%。至於自行申請服務的人士中，有40%是透過公眾殮房介紹本服務而自行聯絡我們，申請接受服務。

Starting from April 2014, we have been collaborating with three local public mortuaries, including Victoria Public Mortuary, Fu Shan Public Mortuary and Kwai Chung Public Mortuary, to establish a case referral system. 37% of the new cases were referred by the mortuaries, while self-referral accounted for 36%. Among the self-referred cases, 40% of the help seekers 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，我們舉辦了五個自殺者家屬同路人互助小組，因應家屬關係而分為不同小組，分別為曾有子女因自殺而離世的家長小組、曾有配偶或親密伴侶因自殺而離世的親屬小組、曾有父母因自殺而離世的親屬小組、以及曾有兄弟姐妹因自殺而離世的親屬小組。過程中，我們鼓勵家屬彼此分享及支持；同路人互相分享，加上過來人提供支援，將有助建立自殺者家屬的互助網絡，凝聚彼此力量，讓家屬釋放內心鬱結，重整生活步伐。

This year, we conducted five mutual support groups. They comprise child-loss parents, spouse-loss wives or husbands, parent-loss children and sibling-loss bereaved. In these groups, we encouraged group members to share their feelings and support each other. This also aided survivors in building strong connections with others, ventilate their grief and redirect their lives.

哀傷情緒往往是強烈的，實在難以言喻，因此，我們鼓勵家屬以不同的形式抒發情緒，例如以多元化表達性藝術媒介，如畫畫、製作黏土及寫信等，幫助家屬連繫身心，安全地表述內心感受，同時提升自我的覺察力，整合自己情緒，以達到療癒哀傷的效果。

Grief has always been daunting and difficult to convey in words. Therefore, we encouraged survivors to express their negative emotions in various ways. We utilised diverse expressive art media including drawing, clay-crafting and letter-writing to help survivors access their feelings and ease their sorrow by enhancing their self-perception skills and emotional regulation capacities.

今年度，我們首次為自殺者家屬舉行「靜觀認知治療」小組，與兩位資深心理學家合作，以靜觀結合複雜性哀傷的知識，推出針對自殺者親友的八節靜觀認知治療小組。過程中，透過一系列靜觀練習，參加者修習如何專注當下此刻，使家屬更了解自我，明白情緒困擾的根源，以期能更有效地照顧自己身心，以更靈巧方式和態度，來回應生命中的各種挑戰。

This year, we collaborated with two seasoned volunteer psychologists to launch groups on "Mindfulness Based Cognitive Therapy" for those who have lost friends or families to suicide. We debuted 8 therapy groups, combining a series of mindfulness practices. Participants learned to focus more on the present, understand more about themselves as well as the root of their distress. As a result, they could not only take better care of their physical and mental well-being but also cope with challenges in life with a positive attitude.



### 參與「同路人互助小組」的家琪： Mutual Support Group Participant - 家琪：

「每次在小組分享，都需要很大心理準備，但小組活動令自己投入其中，很自然將一些自己不想提起的負面情緒分享出來。分享後發現會有人明白自己，很舒服。這是必經而相對舒服的抒發方法，分享過後，沉重感都會減少。我在小組可重新審視自己與離世者的關係，與同路人分享大家的故事，擴闊自己對自殺的理解，不用自己單方面思考。參與小組，讓我找到一班明白自己的朋友，令我喜出望外，知道在哀傷路上並不孤單，從而有勇氣面對日後的生活。」

"I have to be mentally prepared before each gathering but the sharing can really make me delve deeper and expose long-buried negative thoughts spontaneously. It's such a relief when someone truly understands you. The painful revelations are inevitable but the relief is most comforting. Each sharing helps to alleviate my burden. I can reassess my relationship with the deceased and deepen my understanding of suicide through mutual sharing. I'm surprised and delighted to find a group of friends who can truly understand me. This emboldens me to face my future knowing that I'm not alone on this road of grief."

### 參與「同路人互助小組」的Tony： Mutual Support Group Participant - Tony：

「大家互相分享心聲，很坦誠，而且極有共鳴。組員那份坦誠分享的勇氣，鼓勵自己分享內心諸般情況。一班同路人彼此了解和交流，大家有好多好建議，可以互相參考，令自己知道有些情況可如何面對（例如如何提前面對節日），也知道眼前的挑戰是有方法可面對的。身邊人有時錯用方法表達關心，令我不太舒服，但在同路人小組分享，令我能自在地抒發內心感受。」

"The sincere sharing of my group mates always strikes a sympathetic chord, and their candor motivates me to share more of my inner feelings. Suggestions from a group of empathetic people can better prepare me to face situations (such as mentally preparing for festivals or anniversaries). It also helps me realise that I can overcome challenges. I feel more comfortable sharing my suffering in the mutual support group than with some misguided yet warm-hearted friends."

### 參與「同路人互助小組」的阿儀： Mutual Support Group Participant - 阿儀：

「小組活動對我抒發情緒很有幫助。參加小組活動後，令我的情緒改善很多，較以前更為開懷，沒有了負面想法。在小組可訴說所有放在心裡的話，可放下不開心的事。在小組的互動中，感覺許多人留意關心自己，有同行力量，感受到有人幫助自己。同路人互相分享，很有共鳴感，令我感受到彼此心靈好接近。」

"The mutual support group is really helpful in venting my emotions. I have become more open-minded and less burdened with negativity. I can truly relinquish all my unhappy thoughts and share inner feelings freely with my group mates, knowing many of them are actually paying attention to me. The sense of belonging makes me feel I am being helped. Our mutual sharing has truly brought our hearts closer."

### 參與靜觀認知治療小組的Mary： Mindfulness Based Cognitive Therapy Groups - Mary：

「以前觸碰哀傷的感覺時，會感到恐懼及想逃避，負面想法不停出現及放大。參與『靜觀認知治療』小組後，對自己的狀況有更深理解；雖然辛苦，但可講出自己的感受和想法，學懂專注身體動作，有助減少負面思緒，也減少自責、胡思亂想、驚慌和憤怒等負面情緒，從而可承載更多哀痛，學懂更善待自己。」

"Before joining this group, I was often frightened and avoided being overwhelmed with sorrow. That only aroused and magnified negative thoughts. With the help of the mindfulness based cognitive therapy group, I have deeper understanding of my condition. That agonised me but also galvanised me to vocalise my feelings. I have learned to focused on bodily movements to help reduce negative thoughts and emotions such as fear, anger, self-doubt etc.. I have also learned how to pamper myself as well as to endure more pain and suffering."



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

我們於2017年11月19日舉辦了一年一度的「國際自殺者親友關懷日」紀念活動，凝聚自殺者親友的力量，讓家屬可減低孤單感，感受與人同行的力量，燃亮對前路的希望。活動在西貢的「園藝農場」舉行，主題定為「讓生命『留』動」，意指在起伏不定的哀傷過程中，有時候需要放慢步伐，才可以有力量再次起動。是次活動讓家屬透過與大自然和同路人接觸，重新調整步伐，多關注自己身心靈的需要。當日出席者有81人；大家在美麗的大自然環境下，互相認識，一同談天，燒烤聯誼，並完成了彩虹傘的祝福儀式。

On 19 November 2017, we held a commemorative event to echo the International Survivors of Suicide Loss Day. The event aimed to reduce loneliness and instill hope in suicide survivors by bringing them together. The event was held at the Hong Kong Garden Farm in Sai Kung with the theme of "Stay and Move On", essentially to highlight the importance of alternately slowing down at times so as to advance at other times in battling sorrow. This event allows family members to re-adjust their pace through interaction with nature and companions, and to heed their physical and mental needs. 81 family members took part in the event, got to know each other over a barbeque picnic, and ensconced in the blessings of a rainbow umbrella ceremony.

### 參與「國際自殺者親友關懷日」

紀念活動的張太：

International Survivors of Suicide Loss  
Day Participant - Mrs. Cheung:

「每年在關懷日可以和同路人互相支持，聯絡近況，在這分  
享互相支援的時刻，又能夠親親大自然，真是舒服自由。」

During the International Survivors of Suicide Loss Day every year, I not only communicate with other suicide survivors and receive mutual support but also comfortably indulge in nature and feel the freedom of

### 參與「國際自殺者親友關懷日」

紀念活動的阿朗：

International Survivors of Suicide Loss  
Day Participant - 阿朗：

「在彩虹傘祝福儀式上，大家合力將充氣球滾動，並將充氣  
球拋高拋低，都是大家一同參與的，因此有『同心』的感覺。  
最後，當大家一起放手鬆開彩虹傘，然後一同拍手致敬，令  
我很難忘。」

"In the Rainbow Umbrella Blessing Ceremony, everyone joined forces to roll and toss balloons up and down. Together, we fully engaged in the activities and experienced a feeling of "resonance". I will never forget when everyone let go of the rainbow umbrella and then clapped their hands in tribute."

## 自殺者親友支援活動 Therapeutic Programme for Survivors of Suicide Loss

面對喪親的家屬，特別需要身心靈的支援。有見及此，我們分別於2017年5月21日及2017年8月20日舉辦了兩次「隨心所畫——靜中得力之旅」的治療性活動。有關活動在粉嶺浸會園舉行，並邀請到亞洲認證禪繞教師 Ms. Catherine Choy 和美國認證禪繞導師Ms. Meko Ng，合共帶領了46名自殺者親友參與。大家透過「禪繞畫」(Zentangle) 此簡單易行的靜觀媒介，藉結構性的圖像，讓家屬放鬆身心及紓解情緒，並發揮創意，培養藝術素質，以幫助參加者提升對自身情緒的覺察及發掘資源，從而達致身心靈整合之效。我們邀請了多名過來人義工分享，他們的經歷引起共鳴，使參加者感受到別人的支持，從而減輕了孤獨感。

Family members who have just faced bereavement are particularly in need of physical and mental support. On May 21 and August 20 of 2017, we held two therapeutic treatment sessions on "Drawing with the Heart - The Journey of Gaining Power from Tranquility". The event was held at the Hong Kong Baptist Assembly in Fanling. Ms. Catherine Choy, Asian Certified Zentangle teacher, and Ms. Meko Ng, USA Certified Zentangle Teacher, were invited to lead 46 survivors. Zentangle is a simple and easy medium of observation to enable participants to ease their emotions, and develop creativity as well as cultivate artistic qualities through structured images. It can also help participants enhance their awareness of emotions and achieve integration of body and mind. We also invited a number of peer survivors to share their experiences. Participants said they felt the support of others and a soothing of their sense of loneliness.

### 參與「隨心所畫——靜中得力之旅」的Fiona：

Participant of "Drawing with the Heart - The Journey of Gaining Power from Tranquility" - Fiona：

「當專注在畫禪繞畫時，不覺得時間過得那麼快，很享受箇中過程，能令自己慢慢平靜，並且越來越發現尚有可供發揮的細節，實在樂在其中。」

"When I was focused on painting Zentangle, I didn't feel time pass. I enjoyed the process very much and found it to be calming. The more I painted, the more details I could spot and play out my creativity."

---

## 過來人義工支援 Peer 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，協助其走出哀傷。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，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支援。在2017/18年度，我們培訓了10位自殺者親友成為過來人義工；而在本年度，我們的過來人義工共提供了138次服務，義工服務合共321人次，受惠人數達509人次。

Over the years, we have trained many survivors who have suffered suicide loss to become peer survivor volunteers. They shared their own experiences with their peers in professional counselling, mutual support groups and activities run by the project.

Our volunteers are also actively involved in public education activities and media interviews, so that the general public can better understand the needs of suicide survivors and encourage those in need to seek professional assistance. In 2017/18, we trained 10 survivors to become volunteers. In the current year, our peer survivor volunteer team provided services 138 times to 321 people, with 509 beneficiaries.

為加強義工支援服務，自2015年起，我們新增了「同行者支援」服務。在2017/18年度，共有13位過來人義工，為12個缺乏資源且身心及社交狀況較弱的個案，提供定期探訪和陪伴服務。透過一同活動及互相分享，給予對方有關情緒和實務的支援，重建其能力和自信心，從而使其能面對哀傷，適應生活轉變。同行者個案支援合共提供了59次同行服務，義工服務共75人次。

Additionally, to enhance our volunteer support service, we developed a "Companion Support Service" since 2015. In 2017/18, a total of 13 companion volunteers provided regular visits and companionship to 12 cases under poor physical, mental and social conditions. Through various activities and sharing, they provided emotional and practical support to reinforce their ability and boost their confidence in facing grief and adapting to life transitions. Our companion volunteer team provided 59 service sessions by 75 volunteers.

此外，「同行者支援」透過運用過來人義工的專長及技能，由他們帶領小組活動；一方面提升自殺者家屬的學習能力及自信，加強復原能力，另一方面則希望家屬之間有更多交流和接觸。在2017/18年度已進行的同行小組活動，包括「DIY皮革用品」、「實用手機拍攝小貼士」、「齊齊鬆一鬆：伸展運動」、「親親大自然之遠足」、「寫揮春·送祝福」、「滋味餃子齊分享」和「簡易DIY吊飾製作」。合共進行了18次同行活動，出席過來人義工共81人次，出席的家屬共98人次。

Furthermore, "Companion Volunteer Support" uses the expertise and skills of peer survivor volunteers to lead group activities to enhance the learning ability, resilience and self-confidence of families bereaved by suicide. Also, it is hoped that there will be more communication and contact among the bereaved. Group activities held in 2017/18 are as follows: "DIY leather crafts", "Practical mobile phone shooting tips", "Let's do stretches together: stretching exercise", "Get close to the nature - hiking", "Write Red Couplets for blessings", "Share tasty dumplings" and "Easy crafts DIY". We organised a total of 18 peer activities with a total of 81 volunteers and 98 attendances.



「同行者支援個案」的過來人義工Bowie：  
Volunteer of "Companion Support"  
service - Bowie：

「陪伴個案一同自製潤手霜，即使大家默默無聲，都感受到我們是在一起的，而那種陪伴的感覺，不單是我陪伴她，她亦陪伴我；大家很專心和細心去做，令我安靜下來。製作完成後，個案表示首次和他人合作做自己喜歡的事情，感到很开心，見到對方流露出快樂滿足的笑容，表現自信一面，我也感到快慰呢！」

"I accompanied a service user and made homemade hand cream with her. Even though everyone was silent, I had a feeling we were together. The feeling of companionship was poignant - not only was I with her, she kept my company too. I felt calm when I saw the service user being very focused and careful in doing handicrafts. After finishing the product, the participant expressed happiness in cooperating with others for the first time in doing something she liked. I was overjoyed to see her smiling with confidence and satisfaction."

「同行者支援個案」的服務使用者華仔：  
User of "Companion Support" service - 華仔：

「親人離世後，只剩下我一人，每天面對生活壓力，真是很孤單無助。最近搬遷時，我感到既混亂，又徬徨，幸得幾位過來人義工，多次幫助及指導我，大大減輕了壓力。他們的陪伴和支持，令我感到有人同行，那份溫暖感覺，令我動容。」

"After my loved one passed away, I was left alone. Every day I was faced with the pressure of life. I was really lonely and helpless. Recently, when I was faced with relocation, I was confused. Fortunately, several peer survivor volunteers came over many times to help and guide me, greatly reducing my stress. Their companionship and support made me feel someone was walking beside me, and that warm feeling moved me greatly."

「同行者支援個案」的服務使用者阿清：  
User of "Companion Support" service - 阿清：

「學做皮革，沒想過是那麼艱難的一件事。不過，我也盡力完成作品，因為起碼會完成一件事。做皮革的過程中，有些人做得慢，有些人做得輕鬆，每個人的過程都不一樣，但一齊學及一齊經歷，總勝過自己獨自去試，因為獨自前行，會更困難。就好像經歷哀傷的過程，有些人較其他人行得快些，有些人就行得慢些，慢的不打緊，只要肯去理解，去找方法，讓自己不去執著，總能看開一些。」

"I didn't foresee learning to make leather goods can be so difficult but I tried my best to finish the work, then I can at least get one thing done. When making leather goods, some people do it slowly, others can finish it pretty easily. The process for each person is different, but learning it together is better than doing "trial-and-error" alone. The latter is much harder. It's the same for overcoming grief. Some people can get over it faster than others, some take more time. It's okay to be slow. You can let go as long as you are willing to understand and willing to find a way to free your mind from it."



## 社區教育及支援 Community Education & Support

本年度，我們為本地社福機構及大學舉辦支援自殺者親友的講座，包括「聖公會麥理浩夫人中心」的同工及「香港大學」的學生，介紹了本服務。此外，也為有需要的公司，提供意見及資訊，為他們的員工舉行解說會，支援他們面對自殺離世事件的情緒反應，以及提供舒緩壓力的方法。

In 2017/2018, we gave several talks and introduced our services at local welfare institutions and universities, including to the staff at HSKSH Lady MacLehose Centre as well as students at the University of Hong Kong. Moreover, we also provided information, consultation and briefing sessions to corporate staff which helped soothing their mental tension and reduce pressure in the face of suicide loss.

## 出版刊物 Publication

我們出版《釋懷·從心——給自殺者親友的關懷手冊》，是希望藉文字讓自殺者親友，深入瞭解發生在他們身上的事情和各種哀傷反應，並獲得相關的資訊，以面對各種轉變，並作出調適。最新一版的手冊已推出，內容增加了多篇自殺者家屬的故事，讓我們看見生命遇到艱難時，是可如何逐步走過、轉化及成長。手冊不單於公眾殮房免費派發；亦歡迎公眾向本會索取，費用全免。



Our publication, "Relieving Distress and Caring in Your Hearts: A Booklet for Survivors of Suicide Loss" aims to help the bereaved by suicide acknowledge the root of their sorrow through words, as well as how to adapt to changes in life. The latest edition of the booklet has been released. It includes more personal stories of survivors and illustrate how to gradually overcome life atrocities. The booklets are distributed at public mortuaries for free. Please feel free to contact us for free copies.

服務項目 Service	數目 Total No.	受惠人數 Total No. of Beneficiaries
服務新個案 New Cases Served	163	163
同路人互助小組 Mutual Support Group	5	40
自殺者親友支援活動 Therapeutic Programme for Survivors of Suicide Loss	3	128
過來人義工訓練 Peer Volunteer Training	1	10
過來人義工支援 Peer Volunteer Support	138	509
媒體宣傳 Media Promotion	2	—





## 社區教育及青少年生命教育 Community Education & Life Education for Youths



遇有青少年或學童自殺，社會大眾都會為之惋惜，並嘗試去分析及討論肇因或經過，以免其他人重蹈覆轍。然而，最有效的預防工作，其實是在青年人自殺前關心及陪伴他們。「生命熱線」秉持耐心聆聽、陪伴、關懷及不批判的精神，並以「及早識別、適切介入」為原則，推行不同類型服務，包括賽馬會「愛生命」計劃、「凝」相——支援青少年情緒健康計劃和「Joy·種生命」計劃，為本地中小學生、大專生、教師及家長提供多元化支援。

Youth and child suicides are especially heartbreaking. It sparks public analyses and discussions on the causes or process of the suicide as everyone wants to prevent a recurrence. In fact, showing care, love, and support to young people before they commit suicide are the most effective preventive methods. Suicide Prevention Services (SPS) adheres to the values of listening with patience, companionship, care and nonjudgmental acceptance. SPS recognises that potential youth suicides should be detected preemptively and forestalled with proper, timely intervention. Therefore, we provide a wide variety of support services for local primary, secondary and tertiary school students, teachers and parents. Our services include the Jockey Club "Life Cherishing" Project, the "Photography Link YOUTH" Project and the "Filling Lives with Joy" Project.

## 賽馬會「愛生命」計劃 Jockey Club "Life Cherishing" Project

在「贏在起跑線」的理論下，成長的壓力、人際關係的不如意及對前景的憂心，都會使青少年面對極大壓力。當他們不能承受過大壓力時，可能會有所退縮，不懂表達自我，結果被標籤為「廢青」，不容在社會上佔一位置。其實，每位少年人都有自己的步伐，只需要多一點溝通、多一點耐性、多一點機會，他們便可活得不再「頹廢」。

有見及此，本會承蒙香港賽馬會慈善信託基金撥款捐助，於2016年9月開展賽馬會「愛生命」計劃，匯集關顧青少年成長的一群，陪伴有需要的青少年渡過逆境及成長的困惑，讓他們在成長路上得到幫助，從而締造安全網，以守護他們寶貴的生命。計劃透過校園、家庭及社會三個層面支援學生。在「校園」層面，有朋輩「生命守門員」及教師培訓，使青少年得到老師及同儕的支援；在「家庭」層面，有家長講座及工作坊，使青少年在家庭中獲得情緒照顧；在「社會」層面，招募關愛青少年成長的義工與青少年同行，以發展校園及家庭以外的支援網絡。

"Winning at the starting line" has been considered a guiding principle in the Hong Kong society in recent years. Growth-related stress, dissatisfaction with interpersonal relationships and anxiety about the future puts great pressure on youths. They may feel awkward about or withdraw from expressing themselves when they are overloaded with stress. Some young people are then labelled as "losers" and it becomes difficult for them to secure a social standing in the society. It is easy for us to overlook the fact that each youth has his/her own pace of development. If we try to communicate with young people patiently and give them more opportunities and patience, they might not be "losers" after all.

In September 2016, SPS launched the Jockey Club "Life Cherishing" Project with funding from the Hong Kong Jockey Club Charities Trust, bringing together people concerned about youths. Youths in need are accompanied and assisted to better handle adversities and the frustration of growing up. A safety net is created to guard the precious lives of youths. In schools, students and teachers are trained to become "Life Gatekeepers" to help students in need. Talks and workshops are held for parents to cope with the emotional needs of youths. Additionally, SPS trained volunteers to participate in community visits with youths to expand their social support network.



## 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 in School: Peer "Life Gatekeepers" Training Groups and School-based Life Education Activities

全日制的上課模式，令同校同學成為青年人每天相處最久的群體，因此校內朋輩間的互相照顧及支持，對其身心發展有莫大影響。本計劃於校內開展小組培訓，透過體驗式小組活動，讓學生了解自己的特質，學會察覺身邊有情緒困擾的同學，並學會如何提供適時的支援，從而成為朋輩間的生命守門員；同時亦就其所知所學，透過生命教育活動，如情緒急救攤位遊戲、主題講座、自製短片及校園安慰留言比賽等，向同校師生宣揚珍愛生命、關愛自己及注意他人負面情緒的訊息，以喚起大家對彼此的關注。

Teenagers spend much of their time with their schoolmates due to the whole-day schooling in Hong Kong. Therefore, obtaining support and care from peers in school would benefit the growth of youths both physically and mentally. This programme educates students to understand their own qualities and to learn to detect emotionally distressed schoolmates through experiential training groups. Students are trained to become Peer Life Gatekeepers and offer prompt help to their schoolmates if needed. Life education activities such as emotion first-aid game booths, thematic talks, short film making and comforting message contests were organised in schools. They help to spread the messages of cherishing life and combating negative emotions among teachers and students.



**學生的話：**  
**Words from a student**

「生命守門員小組活動令我印象最深刻的部分，就是大家一起經歷了很多日子，有很多共同回憶，更學懂如何支持身邊有情緒困擾的同學。」

"The most memorable parts of Life Gatekeeper Training are the common memories we shared and the various skills we learned to offer help to emotional distressed peers."

形式 Programme 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	中二至四學生 F.2 - F.4 students	115	1,232
校本生命教育活動 School-based Life Education Activities	全校學生 All students	19	4,560
生命教育講座及 工作坊 Life Education Talks and Workshops	全校學生 All students	33	6,647
總數 Total		167	12,439

**教師、家長及社工培訓**  
**Training for Teachers, Parents and Social Workers**

青少年的情感需要甚為複雜，為人父母者或會慨嘆不明箇中奧妙，因此難以與子女建立親密關係，甚至為之深感無奈；為人師表者或會慨嘆難以吸引學生投入學習，不禁為之茫然。在講求果效的社會和複雜多變的教育制度中，不單學生要掙扎求存，連教師、家長和社工每天都要在不能控制的環境下角力，患得患失，身心俱疲，因此更難支援青少年成長。有見及此，本計劃希望透過培訓講座和個案諮詢等形式，讓教育工作者、家長及學校社工學會及早識別及支援情緒受困的青少年，同時亦懂得關顧自身需要，從而使自己更有力量與青少年同行。

The emotional needs of youths are complex. Parents may feel at a loss at how to handle the mystery of it all and may experience difficulty building a good relationship with their children. Teachers may feel dismal when they cannot sustain students' attention in class. In this performance-based society with a fickle education system, students, teachers, parents and social workers all wrestle with an environment beyond their control, making them exhausted both physically and mentally. To invigorate this fatigued society, SPS provides training and case consultation services to teachers, parents and social workers in schools on ways to detect and offer help to emotionally distressed youths. Participants are encouraged to recognise their own emotional needs and equip themselves to be guardians for youths.



形式 Programme mode	對象 Target group	節數 No. of sessions	出席人次 No. of attendance
教師及社工培訓 Training for Teachers & Social Workers	老師/學校社工 Teacher and School Social Worker	14	679
個案諮詢 Case Consultation	老師及社工 Teachers and Social Workers	113	157
家長講座 Parent Talks	家長 Parents	15	575
家長工作坊 Parent Workshops	家長 Parents	8	189
總數 Total		150	1,600



**社工的話：**  
Words from a social worker

「了解到由出現負面情緒至自殺的過程，也認識到助人者因應不同青少年要有不同的角色或處理方式。」  
"I learned the evolution process from negative emotions to suicide. It also made me know that I had to take different roles or approaches to help the youth in various situations."

**家長的話：**  
Words from a parent

「讓我學會要先照顧好自己，才有力量與子女同行。」  
"I learned to take care of myself emotionally before I can have the strength to be with my children."

## 公眾教育活動 Public Education Activities

眾所周知，人與所身處的環境有密切的互動關係，當中規模最大者，就是社會。從社會而來的價值觀、生活節奏和流行文化都在影響青少年的思考方式和身心狀況。當大家慢慢長大，脫離青春期，並在社會繁忙工作時，有多少人仍記得自己當初如何捱過挑燈夜讀的日子、如何克服對前路感到迷惘及擔心的心情、以及如何看待自己與父母愛恨交纏的關係呢？我們期望透過跨領域的講座和座談會，讓大家接觸現今青少年的世界，並從多角度深入了解青少年的情感需要。

Most people interact closely with their communal systems, the largest of which is the society. The thinking, the physical and mental status of youths are shaped by social values, pace of life and pop cultures. As one grows up and gets accustomed to their busy adult life, it is easy to forget the struggles from their adolescent years. Do you remember the loneliness of studying overnight? How did you tackle the confusion and worries about your future? How did you handle the often ambivalent relationship with your parents? Through multi-disciplinary talks and forums, we aimed to facilitate the public to get in touch with youths' inner worlds and to thereby understand their emotional needs.



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： 父母與子女的情感互動——從深情交流到 愛恨交纏 “Walk with Youths” Public Talk： Emotional Interaction Between Parents & Children — From Affection to a Tangle of Love & Hate	08/04/2017	葉錦成教授 Prof. Yip Kam Shing	97
《與青少年同行》公開講座： 《少年滋味》電影欣賞暨座談會 “Walk with Youths” Public Talk： “The Taste of Youth” — Film Appreciation & Forum	12/05/2017	張經緯導演 Mr. King Cheung, Director of “The Taste of Youth”	70
《與青少年同行》公開講座： 處理憤怒及焦慮 “Walk with Youths” Public Talk： Dealing with Anger & Anxiety	21/10/2017	崔永豪醫生 Dr. William Chui	117
《與青少年同行》公開講座： 《子非魚》電影欣賞暨座談會 “Walk with Youths” Public Talk： “Fish Story” — Film Appreciation & Forum	03/12/2017	黃肇邦導演 Mr. Wong Siu Pong, Director of “Fish Story”	65
關注青少年自殺專題第三講： 看青年人所看，愛青年人所愛 Youth Suicide Thematic Talk 3： Watch What the Youth Watches, Love What the Youth Loves	02/02/2018	機構同工 SPS Social Workers	24
		<b>總數 Total</b>	<b>373</b>

街展主題 Topic of roadside exhibitions	日期 Date	節數 No. of sessions	出席人數 No. of attendance
「愛生命」支援資訊服務站 “Life Cherishing” Project Information Station	22/08/2017 24/08/2017	2	68
響噹噹計劃——打開・心扉——健康生活 Grand Plan — Open Your Heart to Live a Healthy Life	12/09/2017 14/09/2017	2	300
「快樂拼圖」開心家庭建社區計劃 2017 快樂流動森林——生命禮讚巡禮 “Happy Puzzles” Happy Family & Community Programme 2017 Happy Flowing Forest — Gift of Life Tour	11/11/2017	1	266
秀茂坪區少年警訊小學支會嘉年華 Carnival of Sau Mau Ping Junior Police Call	16/12/2017	1	220
	<b>總數 Total</b>	<b>6</b>	<b>854</b>

## 青少年支援：義工及青少年同行活動

### Support for Youths: Volunteer & Youth Engagement Activities

遇有學童缺課、自殘甚或自殺，總會有人問原因所在。如果想真正了解現今的青年人，直接與他們認識相處，或是最有效的方法。本計劃招募有志參與青少年工作的義工加入計劃，為其提供培訓，旨在使之成為青少年的生命同行者，讓義工和學生有機會一起參與各類型的活動，當中包括社區探訪、音樂、藝術和體育等興趣發展活動，讓義工與青少年一起探索更多元化的興趣，從中建立亦師亦友的關係。在活動過程中，義工可以自身經驗和資源來擴闊青少年的人際網路和思考空間，而學生又可與義工分享生活中的喜怒哀樂及分擔煩惱；期望藉此讓青少年知道，社會上尚有人願意成為他們生命中的支援力量。



When we encounter news on school dropouts, youth self-harm or suicide, we usually want to find out the reasons behind. Getting to know and being with youths may be the most effective way to learn more about them. This project provides training courses for interested volunteers to equip them as life companions for youths. Volunteers and youths participate together in a wide range of activities such as community visits, music, arts and sports workshops. Exploring their diverse talents together, volunteers become both friends and mentors to the youths. Resourceful and seasoned volunteers can help extend these youths' horizons and youths could have another means to share their joys and sorrows with the volunteers and get support they need. This helps to convey the message to youths that there are people in the society who care about their voice and are willing to support them through their journey to adulthood.



### 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 New Volunteer Recruitment & Service Briefing Session	10	259
義工基本訓練 Volunteer Elementary Training	17	433
義工進階訓練 Volunteer Advanced Training	8	157
義工分享會 Volunteer Sharing Session	8	181
<b>總數 Total</b>	<b>43</b>	<b>1,030</b>



## 同行活動 Engagement Activities

項目 Item	節數 No. of 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
興趣發展活動 Interest Development Workshops for Youths	8	67	80	147
青少年及義工同行活動 Engagement Activities	23	250	310	560
社區探訪 Community Visits	9	56	76	132
<b>總數 Total</b>	<b>40</b>	<b>373</b>	<b>466</b>	<b>839</b>



### 義工的話： Words from a volunteer

「不少人認為現今青少年問題多多，人們要不用自以為合適的方法跟青少年相處，就是對他們（尤其是有較多需要的青少年）敬而遠之，不願意深入接觸，更遑論與其同行。參加義工服務和訓練，讓我有機會接收及學習『貼地』的資訊和技巧，實在獲益良多。」

"Some say today's youths problematic. Some adopt what they think is the 'proper' way to treat youths; others simply avoid them altogether. Through volunteer training and service, I was able to learn useful information and skills – it really was invaluable."

## 「凝」相 —— 支援青少年情緒健康計劃 “Photography Link YOUTH” Project

過往有研究顯示，青少年如果處於孤單狀態，缺乏朋友和家庭的支援，或會增加其自殺風險。近年亦有調查顯示，香港的青少年感孤獨的情況有惡化趨勢，而在調查中被確認屬「高度孤獨」的受訪者，有超過五成半並不能說出感到孤獨的原因。

承蒙新鴻基地產透過香港公益金撥款資助，本會於2016年9月開展「凝」相 —— 支援青少年情緒健康計劃，目標對象為孤獨感較強、較離群或較少表達自己的青年人，為其提供一系列攝影訓練，當中包括小組、個別輔導和社區活動。透過一系列與攝影相關的活動，讓參加者從中探索自我感覺和想法，並輔以攝影，從而表達自己觀感，藉此聯繫他人與環境，從而減輕其因不能表達自我或感到不被接納而產生的孤獨感。參加者的作品會於校園和社區展出，讓朋輩和社會大眾有機會了解他們的所思所想和內心世界。透過參與籌備相展，參加者有更多表達及發揮的機會；同時，部分校園相展設有回饋互動環節，鼓勵學校其他學生向參加者的作品表達欣賞，以期提升參加者的自信和能力的感。

Research has shown the probability of suicide might be higher for lonely youngsters lacking a support network of friends and families. Another recent study revealed that Hong Kong youths are feeling increasingly lonely. Over 55% of the participants categorised as “highly lonely” in the study could not name the reasons of their extreme loneliness.

With funding from Sun Hung Kai Properties through the Community Chest of Hong Kong, SPS launched the “Photography Link YOUTH” Project in September 2016. It targets youths whose sense of loneliness are relatively higher than those of their counterparts, are more isolated and less expressive. This project uses photography as therapy and includes group training, individual counselling and community activities. Participants explore their own feelings and thoughts, and express themselves through photography. Photography helps participants connect with others and their environment to alleviate the loneliness resulting from their difficulty of self-expression or not feeling accepted. Their work are exhibited in schools and public areas so that peers and the general public can have a glimpse of the inner worlds of these lonesome youths. Additionally, participants can further express themselves and expand their talents while organising photo exhibitions. In some of the school exhibitions, there are interactive feedback sessions to encourage peer appreciation to further boost the participating photographers’ confidence and self-efficacy.

本計劃由  
The project is supported by



透過  
through a donation to



香港公益金  
THE COMMUNITY CHEST

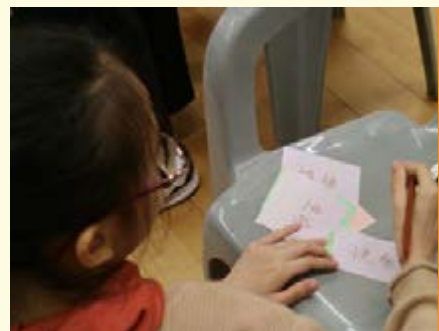
資助



學生評估活動  
Assessment for students



學生攝影練習——感覺攝影  
Photography practice - photography with feelings



「凝」相培訓活動  
Photography therapy training



戶外攝影訓練  
Outdoor photography training



校本相片展覽  
Photo exhibition in school



社區相展  
Photo exhibition in community

本年度有110位青年人參與本計劃，內容包括評估、培訓小組、個別輔導和社區活動。參加者先從闡述圖像入手，然後了解觀感與攝影之間的聯繫，隨後再嘗試練習拍出帶有特定感覺的照片；拍攝的場景由他們熟悉的學校開始，其後會涉足郊區，並於活動中學習用攝影將自己與朋輩，以及環境和社區連繫起來。普遍而言，參加者對外出拍攝活動的印象十分深刻，而對於能接觸到平日少見的事物，並透過鏡頭去捕捉，均表示滿足。活動過後，部分參加者指自己較以前會多留意身邊美麗景物，提升了其與環境的連繫。

在小組及活動的過程中，部分參加者表現出與平日不同的一面：他們平日或沉靜寡言，但於小組中則踴躍地表達自己的意念，反映了他們在小組中建立了安全感，因此可放心說出自己所思所想。同時，他們在培訓中掌握了後期製作的技巧，並知道如何表達相應的感覺，因此不時將經後期加工製作的相片，上載至社交媒體，並願意以此渠道表達自己。由此可見，參加者不再隱藏自己，並有能力有效地表達自己，亦願意踏出與他人聯繫溝通的一步。

校內展覽相片  
A photo exhibited in school



110 youths received services of this project through assessment, training groups, individual counselling and community activities. They first learned to describe pictures, then the relationship between perception and photography, before they practiced capturing photos that portray specific feelings. They started initially at their school where it is familiar to them, then to the countryside. Through photography, they learned to link up themselves and their peers with the natural environment and the larger community. The outdoor photography activities generally left a deep impression on the participants, and they expressed satisfaction in looking at the world through a camera lens, especially at things they previously seldom paid attention to in their daily lives. Some participants said they were inspired to pay more attention to the beauty around them and to better connect with their surroundings.

Some students revealed different personas in the training groups and activities. For those who are normally reticent, they actively expressed their ideas in the training groups. This was attributed to a sense of security instilled by the groups. In training, they also learned post-production skills. Some of them frequently posted their work on social media platforms as a way to express themselves. It was apparent that they no longer hid themselves and was better equipped to express their thoughts and feelings, as well as became more willing to communicate with others.

#### 相片題目 Topic : 光 Light

#### 相片簡介 Description :

困在籠中之獸，籠子裡就如同一個伸手不見五指地方一般，束縛、痛苦、恐懼，但只要有一絲光芒，那就是最溫暖的地方。人也是一樣，被事業、學業、愛情、家庭、友情種種事情困擾著，若放下這些事情，去擁抱自由，就像那光一般，溫暖而又明亮。

For a caged animal, the cage is dark, full of constraints, pain and fear. But a silver lining is the warmest place. It's the same for people. We worry about career, studies, romance, family and friendship. If you can let go of these worries and embrace freedom, you will find that light, warm and bright in your life.

#### 2017-2018年度 Year of 2017/18

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	12	47	453
個別評估 Individual Counselling	112	10	112
相片展覽籌備會議 Photo Exhibition Meeting	12	19	206
校本相片展覽 Photo Exhibition in school	9	/	5769
社區相片展覽 Photo Exhibition in community	2	/	3,688



---

## 「Joy・種生命」計劃 “ Filling Lives with Joy ”

---

成長需經歷不斷嘗試和磨練，而失敗及挫折亦會隨之產生；人或會產生不同情緒，有些是正面，有些則是負面。正面情緒能推動我們更進步，而負面情緒則提醒我們內在情感的需要。可是，倘若負面情緒累積過多，便有機會使人膽怯及擔心挫敗，更有可能向消極方向變化。本會透過「Joy・種生命」計劃，於全港約60間中小學、特殊學校和大專院校舉行了120場生命教育活動，主題圍繞生命課題、情緒處理、朋輩相處(欺凌行為)和生涯規劃等，旨在推廣珍惜生命的訊息。本年度合共有超過16,000人次參與。

Youngsters experience trials and tribulations as they grow up. Both positive and negative emotions are generated. Positive emotions can push us to make further progress while negative ones remind us to pay attention to our inner emotional needs. When too much negative emotions are accumulated, one may tend to withdraw due to a fear of failure. Through the “Filling Lives with Joy” Project, SPS collaborated with about 60 local primary, secondary and special needs schools, as well as tertiary institutions to organise 120 life education activities this year. The themes included life education, emotional management, peer relationships (bullying) and life planning, aiming to promote the message of cherishing life. Total number of attendance exceeded 16,000 this year.





項目 Item	內容 Content	形式 Programme mode	節數 No. of sessions	出席人次 No. of attendance
小學生生命教育 Life Education Program for Primary School Students	愛自己 Love Ourselves  愛他人 Love Others  愛生命 Love Life  情緒管理 Emotion Management	講座 Talks	27	6,840
中學生生命教育 Life Education Program for Secondary School Students	愛挑戰 Love Challenge  愛壓力 Love Stress  愛生命 Love Life  情緒管理 Emotional Management  探討欺凌行為 Bullying Studies  生涯規劃 Life Planning	講座 Talks   工作坊 Workshops   小組 Groups	35   51   4	7,557   1,852   49
大專生命教育 Life Education Program for Tertiary Institution / University Students	精神健康 Mental Health  生死教育體驗 Life & Death Edu- cation Experiential Workshop	工作坊 Workshops	2	60
家長講座 Parent Talks	「及早解困」家長培訓講座 Parent Training Seminar	講座 Talks	1	20
總數 Total			120	16,378

## 義工訓練及支援 Volunteer Training and Support

在過去23年，「生命熱線」每一位義工共同堅守關懷、聆聽、接納及陪伴的態度，以電話服務或親身探訪的模式，為每一位服務使用者提供適切的益友服務，舒緩情緒困擾，從而減低其自殺念頭，重燃生命動力，達致預防自殺的目的。

在2017至2018年度，有接近900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。為確保服務質素，每位義工須接受超過40小時的培訓，並要通過選取，以確保義工已掌握服務技巧及認同本會的服務理念，提供一致的益友服務。雖然義工來自不同階層，背景和年齡不一，但透過嚴謹的訓練，每位義工最終都能發揮所長，秉持相同的服務信念及精神，盡心為全港市民服務。

Over the past 23 years, SPS volunteers embraced the principles of "care, listen, accept and accompany" in their work with individuals with suicide risks through our hotline service and home visits. These helped soothe the service users' troubled emotions, reducing their suicidal thoughts and re-igniting their passion in life.

In 2017/2018, nearly 900 volunteers provided services under the two programmes: 24-hour Suicide Prevention Hotline and "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly". To ensure the volunteers adopt a consistent befriending approach and abide by SPS' principles, every volunteer has to undergo 40 hours of training and be shortlisted. Although they come from different backgrounds and age groups, rigorous training unleashes their potentials and coaches them to hold the same beliefs, stances and dedication while serving citizens of Hong Kong.





要做好助人服務，我們相信義工也需要自我照顧，並在有需要時能獲得情緒支援。本會按照義工的不同需要，提供各類支援小組和持續培訓，讓義工能洗滌心靈，擴闊視野，認識社會上不同人士的需要，並與社會同步成長，冀能更有效地協助情緒受困人士走出情緒谷底。

We believe that in order to help others, volunteers themselves need adequate self-care and emotional support too. SPS organised various support groups based on our volunteers' needs and helping with continued education in order to meet the ever-changing needs of the society and help emotionally troubled people to release their sufferings more effectively.

### 2017/2018年度義工提供之直接服務時數與服務受惠人數總覽 Summary of Volunteer Service Hours and Beneficiaries in 2017/2018

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	21,406	33,714
「生命共行 —— 外展長者服務」 Outreach Befriending Service for Suicidal Elderly	10,404	7,164
「釋心同行 —— 自殺者親友支援計劃」 Project BLESS	985	509
預防自殺社區教育活動 Community Education Activity	1,099	390
<b>總數 Total</b>	<b>33,894</b>	<b>41,777</b>

# 2017/2018年度義工訓練及支援活動總覽

## Summary of Volunteers Training & Support Programmes in 2017/2018

項目 Items	義工參與人次 No. of Volunteer Participation				訓練時數 (hr/小時) Training Hours			
	熱線 Hotline	長者 Elderly	自殺者 親友 Project BLESS	青少年 生命教育 Youth	熱線 Hotline	長者 Elderly	自殺者 親友 Project BLESS	青少年 生命教育 Youth
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	406	147	-	250	16	14	-	7
義工培訓 Preparatory Courses	1416	602	10	245	108	125	10	36
工作坊 Workshops	257	186	-	-	40	18	-	-
義工持續訓練 Ongoing Training	309	96	-	165	108	14.5	-	34
新組長及分享員訓練 Leadership Training	0	0	-	-	0	0	-	-
個案分享會 Case Conferences	7	28	-	95	5	6	-	19
義工支援活動 Volunteer Recognition/ Support Programmes	376	200	31	90	62	9.5	9	123.5
Subtotal	2,771	1,259	41	845	339	187	19	220
總數 Total	4,916				765			



2017/2018年度參與「生命熱線」服務之義工人數  
Total number of SPS Volunteers in 2017/2018

服務種類 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	480
「生命共行 —— 外展長者服務」 Outreach Befriending Service for Suicidal Elderly	400
「釋心同行 —— 自殺者親友支援計劃」 Project BLESS	35
社區教育及青少年生命教育 Community & Life Education for Youths	168
籌款活動 Fundraising Activities	1,405
行政工作及其他 Administrative Work & Others	25
<b>總數 Total</b>	<b>2,513</b>



## 籌募及傳訊 Fundraising and Communications



談到「自殺」這個課題，會否感到很沉重？覺得事不關己？還是避而不談？

現今社會，縱然思想日漸開放，但「自殺」這個話題在社會和媒體上，大家從來都不容易從容討論。事實上，「預防自殺」是需要社會關注和重視，並急待尋求解決之道的重要課題。

**Do you find “suicide” an onerous issue? Do you think it is someone else’s problem? Or do you simply avoid it altogether?** Even though society is becoming more open-minded, there is still little room for discussion of suicides whether in general conversations or in the media. Yet “suicide prevention” is in fact a subject that undoubtedly warrants our concern, attention and collective solution.

「生命熱線」積極透過各類型公眾活動、傳媒和宣傳平台，一方面喚起市民對預防自殺議題的關注；另一方面則希望向社會宣揚珍惜生命和關心情緒受困人士的正面訊息。

Suicide Prevention Services actively promotes public awareness of suicide prevention through public activities and forums including the media in hopes of developing a positive message of cherishing life and caring for emotionally distressed people.

本年度，籌募及傳訊部籌辦了多項大型公眾活動，配合各式各樣的宣傳及推廣工作，將預防自殺此重要課題的訊息，傳揚至社會各階層。本會為非政府資助的慈善機構，素來以自負盈虧方式營運；在此衷心感謝所有贊助企業、公司、機構和善長多年來的無私捐獻，與我們一起在預防自殺工作共同努力。

Throughout the year, our Fundraising and Communications department organised many large-scale public events with wide-ranging promotional work, inculcating all sectors of the society with the vital issue of suicide prevention. As a non-governmental, self-subsided charitable organisation, SPS relies heavily on support from our generous donors. We hereby express our deepest gratitude to all supporting corporations, organisations and individual donors for contributing their time, effort and resources in enabling SPS to carry on with our work.

## 2017/2018 年度籌募及傳訊工作總覽

### Summary of Fundraising and Communications Activities in 2017/2018

日期 Date	活動 Activity
4 四月 April	  <p>4.22港島區賣旗日 SPS Flag Day (HK Island)</p>
7 七月 July	 <p>冬(Don't)瓜慈善愛心大行動 2017 Don't Qua Charity Action 2017</p>
8 八月 August	  <p>冬(Don't)瓜慈善愛心午宴 2017 Don't Qua Charity Luncheon 2017</p>
10 十月 October	  <p>賽馬會「愛生命」計劃 X 死神休假企劃2017 Jockey Club Life Cherishing Project x Actions For Love 2017</p>
12 十二月 December	  <p>It's OK – Life is Good ! 拉闊生命慈善音樂會 "It's OK – Life is Good !" Charity Concert</p>
3 三月 March	  <p>「愛·喜·行」 慈善步行籌款 2018 SPS Charity Walk 2018</p> <p>崇光慈善跑2018 之受惠機構 Beneficiary of SOGO Charity Run 2018</p>
全年 Throughout the Year	<p>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)</p> <p>《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 Sales (since October 2016)</p> <p>「生命之友」每月捐款計劃 “Friends of SPS” Monthly Donation Scheme</p> <p>於商場及百貨公司擺放捐款箱 Placement of Donation Boxes in Shopping Malls and Retail Stores</p> <p>定期電子通訊 Regular e-Newsletters</p> <p>節日電子通訊 Festive Greetings</p> <p>媒體訪問及報導 Media Interviews and Press Coverage</p>

## 籌款活動 Fundraising Activities

### 「愛·喜·行」慈善步行籌款 SPS Charity Walk 2018

「行出一步，給生命一個擁抱」是本年度「愛·喜·行」慈善步行籌款的大會主題。是次籌款盛事已於2018年3月3日在大潭郊野公園圓滿結束，吸引了超過800位善長到場支持，包括各慈善大使，計有樂隊ToNick、關菊英小姐和黎芷珊小姐、生命大使王者匡先生(Harry哥哥)，以及各特別嘉賓，江若琳小姐和蕭潤邦先生。一眾星級嘉賓為我們主持起步禮開幕儀式，鼓勵社會各界與我們攜手向前，挽救無數寶貴生命！

"Take a Step, Save a Life" is the theme of this year's SPS Charity Walk. The annual fundraising event in Tai Tam Country Park on March 3, 2018, drew with more than 800 donors. They included Charity Ambassador Band Musician: ToNick, Miss Susanna Kwan, Miss Maria Luisa Leitão; Life Ambassador Mr. Harry Wong; Special Guest Miss Elanne Kong and Mr. Oscar Siu. A host of star guests officiated the kick-off ceremony for SPS Charity Walk 2018, encouraging society to take a step forward together with SPS in saving more precious lives.



### 「生命熱線」港島區賣旗日 SPS Flag Day (HK Island)

我們於2017年4月22日舉辦了港島區賣旗日，共有接近1,000位分別來自學校、企業和社會各界的賣旗義工支持。旗紙上印有能量小姐阿ME(Miss Energy)四款可愛造型，象徵以「生命熱線」的四大理念，即關懷、聆聽、接納和陪伴，為社會上情緒受困人士打氣，向全城發放正能量。

On April 22, 2017, SPS held a Flag Day on Hong Kong Island. Nearly 1,000 flagship volunteers from schools, enterprises and the general public supported this event. The flags were printed with four cute shapes of Miss Energy, symbolising the four concepts of SPS - caring, listening, accepting, and accompanying, cheering up emotionally distressed people in society and spreading positive energy around the city.





## 賽馬會「愛生命」計劃 x 死神休假企劃2017 Jockey Club Life Cherishing Project x Actions For Love 2017

「生命熱線」由2011年萬聖節開始舉辦「死神休假企劃」，旨在透多元化的社區活動，鼓勵社會各界為年青人集氣，支援情緒受困或有自殺念頭的青少年，寓意送走死神，使其放大假，從而降低青少年自殺率。

本年度活動於2017年10月29日在灣仔合和中心的地下露天廣場舉行，今年更特別聯同「賽馬會『愛生命』計劃」，與一眾年青人設計了一系列精彩節目，包括樂隊表演、創意工作坊、互動攤位遊戲等。活動慈善大使樂隊ToNick、唱作歌手姜麗文小姐及黎曉陽先生更到場支持及演出，吸引過2,000名公眾人士參與，場面熱鬧。



### It's OK - Life is Good! 拉闊生命慈善音樂會 "It's OK - Life is Good!" Charity Concert

青少年自殺個案持續上升，反映年輕人面對的壓力問題越趨複雜，但未能為負面情緒找到出口。今年，「生命熱線」首次集合年青偶像，包括姜麗文小姐、陳柏宇先生、鍾舒漫小姐和林德信先生，並特別邀請了黎芷珊小姐及王者匡先生，在2017年12月14日於九龍灣國際展貿中心地下 Music Zone 音樂廳舉行了「It's OK - Life is Good! 拉闊生命慈善音樂會」。一眾歌手大唱年青人熱愛的流行歌曲之餘，更分享人生路上的高低起跌，希望以親身經歷啟迪年青人，為全城年輕人打氣！

SPS began in 2011 to hold "Actions For Love" on every Halloween Day aiming to garner energy for young people from different sectors of society and to support emotionally distressed or suicidal youths. The implication of the event is to let the death demon take a break and to reduce the suicide rate of young people.

The event was held on October 29, 2017 at the ground floor piazza of the Hopewell Centre in Wan Chai. SPS collaborated with the Jockey Club Life Cherishing Project and a team of youths in designing a series of wonderful programmes. They include band performances, creative workshops, interactive booth games and more. Our Charity Ambassador band musician ToNick, singer-songwriter Miss Lesley Chiang and Mr. Michael Lai performed in support of the lively event, drawing an enthusiastic audience of over 2,000.

The rising number of youth suicides reflects the increasing complexity of pressures faced by young people who are unable to alleviate their negative emotions. In an unprecedented move, SPS gathered a group of young idols this year for a show. They included Miss Lesley Chiang, Mr. Jason Chan, Miss Sherman Chung and Mr. Alex Lam; with special guests Mr. Harry Wong and Miss Maria Luisa Leitão. The "It's OK - Life is Good!" Charity Concert was held at the Music Zone of the Kowloon Bay International Trade and Exhibition Center on December 14, 2017. They not only sang hit songs that appealed to youngsters but also shared with them the vicissitudes of their own life journeys. The singers hoped telling their personal life stories would enlighten the young people and support all youthful lives.



### 傳媒關係 Media Relations

我們與各大媒體緊密合作，冀能借助媒體力量，讓公眾掌握我們所提供的多元服務和與時並進的發展，同時提高對預防自殺的意識。

We work closely with major media. With the help of the power of the media, we hope to disseminate information on SPS' diverse services and developments that keep abreast of the times while raising awareness of suicide prevention to the public.

### 宣傳及推廣 Promotion and Marketing



我們力求突破，不斷創新，適時地運用不同媒介，迎合社會上不同年齡階層。過去一年，我們得到各大善心企業、藝人和插畫家支持，推出各類型的宣傳刊物，致力向大眾呈現嶄新的機構形象，務求將預防自殺的重要訊息帶到社會每個角落。

We strive to break through, innovate, and utilise disparate media platforms whenever necessary to cater to different age groups. Last year, we were supported by various kind-hearted corporations, artists and illustrators. We also launched an assortment of publicity publications and are committed to presenting a new corporate image to the public, so as to deliver vital messages on suicide prevention.

### 傳訊 Publications



除了定期向善長及義工發布季度電子通訊，我們亦重視與市民大眾緊密聯繫，在中秋節、聖誕節和農曆新年等重要節日，透過社交平台向大眾傳達祝福訊息，同時鼓勵大家在佳節主動關心身邊人，共同建立充滿愛心和關懷的社會。

In addition to publishing and distributing quarterly e-newsletters to benefactors and volunteers regularly, we pay much attention to sustaining close contact with the general public. On festive days such as Mid-Autumn Festival, Christmas and Lunar New Year, we deliver our blessings to the public through social media platforms. This serves as a way of encouraging everyone to care about the people around them and to build a society that is filled with love and care.

# 核數師報告及財務報告

## Summary of Auditor's and Financial Reports

### **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, 2018.

#### **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, 2018 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

LAU Shun Yunn

CHAN Ka Wai

LAI Wai Kuen

MAK Kit Lin

CHAN David Pui Wai

CHEUNG Nap Kai

CHOI Hau Ki

CHOW Yin Man Amy

CHUNG San San Susanna

LI Mei Sheung Michelle

MOK Beatrice

SO Stephen Hon Cheung

WONG Luen Cheung Andrew

YIP Siu Fai Paul

PONG David Chun Yee (resigned on 17th June, 2017)

LIU Shun On Antony (resigned on 30th June, 2017)

In accordance with Article 46 of 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 September, 2018



Sole Practitioner:  
**Chan Chak Chung**  
M.B.A., A.H.K.S.A., A.C.C.A., C.P.A.

## **CHAN CHAK CHUNG & CO.**

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

陳澤仲會計師事務所  
香港上環千禧道122-124號  
香港商業大廈13樓(全層)  
電話：(八五二)二八五一五九  
傳真：(八五二)二五五五九  
網電：cccpcpa@netvigator.com  
址：http://www.ccccpa.hk

### 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, 2018 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, 2018, 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 ("HKSAs") 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, 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 HKSAAs 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.

**CHAN CHAK CHUNG & CO.**  
**CERTIFIED PUBLIC ACCOUNTANTS**

As part of an audit in accordance with HKSAAs, we exercise professional judgement and maintain professional skepticism throughout the audit. We also:

- a) 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.
- b) 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.
- c) Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- d) 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.
- e) 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.  
Certified Public Accountants  
Hong Kong

Hong Kong, 14 September, 2018



生命熱線有限公司  
 SUICIDE PREVENTION SERVICES LIMITED  
 損益及其他全面收益表  
 STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME  
 截至二零一八年三月三十一日  
 FOR THE YEAR ENDED 31ST MARCH, 2018

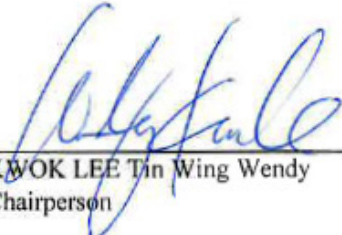
		Note	2018 HK\$	2017 HK\$
<b>INCOME</b>	<b>收入</b>			
Donations received	捐款		6,703,591.54	9,975,987.65
Donations collected from donation boxes	捐款箱		62,279.10	121,570.80
Donation received from The Hong Kong Jockey Club Charities Trust	香港賽馬會津助	5	5,358,003.55	2,112,400.00
Other designated donations	其他指定捐款		-	1,691,386.70
Allocation from Community Chest	公益金津助	6	721,000.00	700,000.00
Donations from Community Chest				
- Family Support for Elderly Mental Health	長者·家·多一點力量	7	635,600.00	337,050.00
- Project BLESS	「禪心同行」自殺者親友支援計劃	7	1,422,931.55	-
- Photography Link YOUTH	「凝」相·支援青少年情緒健康計劃	7	502,344.70	-
- Youth Link	青少年生命專線	7	556,191.31	-
Proceeds from flag day functions	賣旗籌款	8	467,255.85	452,791.90
		9	16,429,197.60	15,391,187.05
<b>OTHER REVENUES</b>	<b>其他收入</b>			
Function income	活動籌辦費收入		447,920.00	594,795.00
Unrealized exchange gain	未兌現匯率收入		72,838.71	-
Bank interest income	銀行利息收入		131,583.51	235,589.62
Sundry income	雜項收入		6,890.00	58,924.40
		9	659,232.22	889,309.02
<b>EXPENDITURE</b>	<b>支出</b>			
Accounting fee	會計費		21,600.00	21,600.00
Advertising and promotion	推廣及廣告費		376,361.32	173,066.70
Auditor's remuneration	核數師酬金		11,000.00	-
Bank charges	銀行費用		4,654.21	3,894.70
Cleaning	清潔費		12,450.00	13,040.00
Depreciation	折舊		29,254.60	135,193.80
Entertainment	應酬費		9,102.20	7,687.00
Function expenses	活動籌辦費		1,738,991.26	2,635,547.39
I.T. development	資訊科技費		36,482.22	25,530.81
Insurance	保險費		106,858.13	94,024.50
Mandatory provident fund	強積金		369,476.35	334,001.05
Mobile phone	手提電話費		19,903.00	14,279.00
Newspapers and periodicals	報紙及雜誌費		3,262.00	2,755.00
Postage	郵費		36,057.80	30,772.20
Printing and stationery	印刷及文具費		97,644.86	73,613.96
Rent and rates	租金及差餉		302,480.80	245,999.00
Repairs and maintenance	保養及維修費		55,880.00	66,149.00
Salaries and allowances	薪金		7,948,152.00	7,123,146.00
Souvenirs	紀念品		9,000.00	-
Subscription fees	會員年費		10,136.00	13,855.00
Sundry expenses	雜費		44,965.20	45,469.10
Telephone and fax	電話費		29,581.00	25,789.00
Training, recruitment and development	訓練及發展費		228,863.80	259,382.80
Travelling	車費		125,526.30	105,160.20
Unrealized exchange difference	未兌現匯兌虧損		-	281,390.49
Utilities	水電費		99,560.30	109,836.00
Volunteers messing	義工伙食費		32,848.67	36,025.34
			11,760,092.02	11,877,208.04
<b>SURPLUS BEFORE TAXATION</b>	<b>稅前盈餘</b>	10	5,328,337.80	4,403,288.03
<b>INCOME TAX EXPENSE</b>	<b>稅項開支</b>	11	-	-
<b>SURPLUS FOR THE YEAR</b>	<b>本年度盈餘</b>		5,328,337.80	4,403,288.03
<b>OTHER COMPREHENSIVE INCOME</b>	<b>其他全面收益</b>		-	-
<b>TOTAL COMPREHENSIVE INCOME</b>	<b>全面收益總額</b>		5,328,337.80	4,403,288.03



生命熱線有限公司  
**SUICIDE PREVENTION SERVICES LIMITED**  
 財務狀況表  
**STATEMENT OF FINANCIAL POSITION**  
 於二零一八年三月三十一日  
**AS AT 31ST MARCH, 2018**

		Note	2018 HK\$	2017 HK\$
<b>NON-CURRENT ASSETS</b>	<b>非流動資產</b>			
Property, plant and equipment	物業、廠房及設備	13	1.00	1.00
<b>CURRENT ASSETS</b>	<b>流動資產</b>			
Account receivables	應收賬款	14	2,428,792.11	238,927.95
Deposits	按金		32,388.00	32,388.00
Prepayment	預付款項		26,122.20	31,962.60
Cash and cash equivalents	現金及現金等價物	15	23,663,299.39	20,488,117.85
			<u>26,150,601.70</u>	<u>20,791,396.40</u>
<b>LESS: CURRENT LIABILITIES</b>	<b>減：流動負債</b>			
Receipts in advance	預收款項		69,625.40	33,430.00
Accrued expenses	應付費用		21,072.10	26,400.00
			<u>90,697.50</u>	<u>59,830.00</u>
<b>NET CURRENT ASSETS</b>	<b>淨流動資產</b>		<u>26,059,904.20</u>	<u>20,731,566.40</u>
<b>NET ASSETS</b>	<b>淨資產</b>		<u>26,059,905.20</u>	<u>20,731,567.40</u>
<b>RESERVES</b>	<b>儲備</b>			
CONTINGENCY RESERVE	儲備基金		1,577,194.05	1,577,194.05
GENERAL FUND	普通基金		21,482,711.15	16,154,373.35
DEVELOPMENT FUND	發展基金		3,000,000.00	3,000,000.00
			<u>26,059,905.20</u>	<u>20,731,567.40</u>

Approved by the Executive Committee on 14 September, 2018

  
 KWOK LEE Tin Wing Wendy  
 Chairperson

  
 LEE Sheung Fu Patric  
 Treasurer

# 鳴謝 Acknowledgement

---

## 主要贊助 Main Sponsors

---

香港公益金

The Community Chest of Hong Kong

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

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.

利希慎基金

Lee Hysan Foundation

香港鐵路有限公司

MTR Corporation Ltd.

電訊盈科有限公司

PCCW 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

Albright Trading Ltd.	大自然素食 Gaia Veggie Shop	新都城中心二期及三期 Metro City Plaza II & III
快意汽車有限公司 Auto Italia Ltd.	傑普採購(控股)有限公司 Gap International Sourcing (Holdings) Ltd.	港灣豪庭 Metro Harbour View
Baltoji varnele	灝天金融集團有限公司 Glory Sky Group	新都會廣場 Metroplaza
聯兆投資有限公司 Best Sheen Investment Ltd.	慈輝(佛教)基金會有限公司 Gracious Glory (Buddhism) Foundation Ltd.	新都廣場服務處 Metropolis Plaza Management Services Office
Best Shield Ltd.	海生行海產食品有限公司 Hai Sang Hong Marine Foodstuffs Ltd.	Milk Magazine
商舖王有限公司 Biz Office Ltd.	健康工房(涼茶)有限公司 HealthWorks (Herbal Tea) Co. Ltd.	三菱電機(香港)有限公司 Mitsubishi Electric (Hong Kong) Ltd.
溫暖人間 Buddhist Compassion Bi-Weekly Magazine	達利慈善基金 High Fashion Charitable Foundation	南旋控股有限公司 Nameson Holdings Ltd.
C.C. Wu International Co., Ltd.	港澳台灣慈善基金會有限公司 HK & Macau Taiwanese Charity Fund Ltd.	新城廣場三期 New Town Plaza Phase III
Café BIG	HomeSquare	新城市廣場III期住宅 New Town Plaza Phase III (Residential)
嘉甦企業有限公司 Castlespring Enterprises Ltd.	香港商業廣播有限公司 Hong Kong Commercial Broadcasting Co. Ltd.	新世界發展有限公司 New World Development Company Limited
Caviar House	康業服務有限公司 Hong Yip Service Co. Ltd.	五華國際發展有限公司 Ng Wah International Development Ltd.
世紀21香港有限公司 Century 21 Hong Kong Ltd.	香港電燈有限公司 The Hongkong Electric Company Ltd.	天機公關及推廣顧問有限公司 Occasions PR & Marketing Ltd.
陳澤仲會計師事務所 Chan Chak Chung & Co.	合和中心 Hopewell Centre	香港海洋公園 Ocean Park Corporation
其士集團 Chevalier Group	Innoplay	將軍澳中心 Park Central
中港通旅運有限公司 Chinalink Bus Co. Ltd.	Integrate Media & Communications Group Ltd.	美國輝瑞科研製藥有限公司 Pfizer Corporation HK Ltd.
翠華閣珠寶 Chui Wah Jewellery	智控系統有限公司 ITE Smartcard Solutions Ltd.	PRIVATE i SALON
躍馬實業有限公司 Clear Round Industrial Ltd.	奇華餅家有限公司 Kee Wah Bakery Ltd.	PS Group
CLSA Ltd.	啟榮遠東有限公司 Kelvin Far East Ltd.	黑麥 Pumpernickel
康世國際投資有限公司 Cornes World Company Ltd.	嘉里中心 Kerry Centre	瑞年國際有限公司 Real Nutriceutical Group Ltd.
資本策略地產有限公司 CSI Properties Ltd.	九龍灣國際展貿中心 KITEC	麗晶出版社有限公司 Regent Publishing Services Ltd.
大昌行集團有限公司 Dah Chong Hong Holdings Ltd.	Koloman Production	Richberg International Ltd.
大昌行義工隊 Dah Chong Hong Volunteer Team	荃灣千色匯 KOLOUR • Tsuen Wan	Rocas Jewellery
動力網絡聯盟有限公司 Dynamic Network Alliances Ltd.	KPMG Foundation Ltd.	Rolling Productions Ltd.
東港城商場服務處 East Point City (Commercial) Management Services Office	上水廣場服務處 Landmark North Management Service Office	暉日資本有限公司 RSI Capital Ltd.
毅力營造有限公司 Elegant Interiors Contracting Co. Ltd.	藍悅傳訊 Lea Communications	中南資源控股有限公司 Satinu Resources Group Ltd.
帝國集團控股有限公司 Empire Group Holdings Ltd.	Leighton Textiles Co. Ltd.	信興教育及慈善基金 Shun Hing Education and Charity Fund
Empire Hotels	Lemon101 (HK) Ltd.	聰明伙伴有限公司 Smart Partner Ltd.
Epicurean Management Ltd.	LGT Bank (Hong Kong)	渣打銀行(香港)有限公司 Standard Chartered Bank (Hong Kong) Ltd.
粉嶺中心 Fanling Centre	敘福樓飲食集團 LHGroup	SMG市場策劃有限公司 Strategic Management Group
無添加化粧品有限公司 Fantastic Natural Cosmetics Ltd.	Luen Tai International Mould Ltd.	實德環球有限公司 Success Universe Group Ltd.
膳心連基金 Foodlink Foundation Ltd.	明晶品店 Luminus	新鴻基地產郭氏基金有限公司 Sun Hung Kai Properties - Kwok's Foundation Ltd.
富昌金融集團 Fulbright Financial Group	張金菱慈善基金有限公司 Margaret Cheung Charitable Foundation Ltd.	新鴻基地產慈善基金有限公司 Sun Hung Kai Properties Charitable Fund Ltd.
富昌金融集團控股有限公司 Fulbright Financial Group Holdings Ltd.	傳廣通媒體推廣有限公司 Media Savvy Marketing Ltd.	

新奇毛織廠有限公司  
Sun Kee Woollen Knitting Fty. Ltd.  
新港城中心  
Sunshine City Plaza  
THANN  
東亞銀行有限公司  
The Bank of East Asia Ltd.  
陳廷驊基金會  
The D. H. Chen Foundation  
西藏5100水資源有限公司  
Tibet 5100 Water Resources Ltd.

Timax Resources Ltd.  
三星菜食堂  
Tristar Kitchen  
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  
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.  
鼎珮投資集團(香港)有限公司  
VMS Investment Group (HK) Ltd.  
慧妍雅集  
Wai Yin Association  
恩達集團控股有限公司  
Yan Tat Group Holdings Ltd.  
瑜是觀  
Yoga It Be  
鄭和資本管理有限公司  
Zheng He Capital Management Ltd.

## 個人贊助及支持者 Individual Donors and Supporters

Ms. Vanessa Chan 陳維汶女士  
Mrs. Elizabeth Ko 高王玉琮女士  
Mr. K. H. Li 李光興先生  
Mrs. Alice Maier 伍金枝女士  
Ms. Kit lu Vong 黃潔如女士  
Mr. Stephen C. W. Chan 陳志雲先生  
Dreamergo 芝麻羔  
Bigsoil 大泥  
Celine Yeung 楊鎧凝  
Mr. & Mrs. Joe Junior  
Mr. Lin Cheng, Leo Kung 孔令成先生  
Miss Luisa Maria Leitao 黎芷珊小姐  
Mr. Harry Wong 王者匡先生  
Mrs. Myna Wu 伍蔡勉儂女士  
Prof. Kam-shing Yip 葉錦成教授  
Ms. Christina Wong  
Miss Viola Mak 麥少嫻小姐  
Mr. Peter & Kathy Wang  
Mr. & Mrs. Martin & Cathy Lee 李家誠李徐子淇伉儷  
Mr. Thomas J. Wu, JP 胡文新太平紳士  
Mr. Jason Chan 陳柏宇先生  
Mr. Alex Lam 林德信先生  
Miss Sherman Chung 鍾舒漫小姐  
Miss Lesley Chiang 姜麗文小姐  
Mr. Paul Chun Pui 秦沛先生  
Mr. Michael Lai 黎曉陽先生  
ToNick  
Mr. Oscar Siu 蕭潤邦先生  
Miss Elanne Kong 江若琳小姐  
Ms. Susanna Kwan 關菊英小姐  
Dr. William Chui 崔永豪醫生  
Mrs. Cecilia Cheung  
Ms. Mary Lau  
Ms. Pat Fok  
Mrs. Eliza Fok  
蔡黃玲玲女士  
Mr. Richard Kwang  
余陳鳳蓮女士  
吳香倫女士  
古李綺雯女士  
談慧詩女士  
夏春秋先生  
余慕蓮女士  
鄧小慧女士  
謝燕雲女士  
徐張青薇女士  
Dr. Charles Chan Kwok Keung  
Lincoln So  
Dr. Yau Ting Tai  
Mr. Winston Chu  
Ms. Ko Yuet Wah Corinna 高月華女士  
Helen Cheung

Miss Sin Hung, Amy Cheung 張倩紅小姐  
Mr. Ian Justin Hui  
Mr. Kin Yee Pong  
Mr. Nai Pang Norman Leung  
2 fight six 「二打六」 樂隊  
Marie Sze  
Man Tuen Ma  
Sai Cheong Wan  
Yuk Ming Chung  
Ho Lam Yip  
Kwok Yin Cho  
Yui Fai Choi  
Ka Lai Cheng  
Tom Leung  
Mr. Wesley Soo  
Yuk Fan Wong  
Ka Wai Chan  
Sau Wan Tsang  
陳維靜  
King Chun Chan  
Chak Sum Wong  
Wai Kwan Queby Wong  
Chit Ying Leung  
Fung Man Tse  
Lai Yan Tsang  
Ping Ho Feros Wong  
Ka Yu Lee  
Shui Fan Yung  
Mr. Kazy Chan  
Mr. Ho Yuen Yu  
Mr. Justin Cheung  
Po Yee Belinda So  
Mr. Lui Yiu Wah, Alexander & Mrs. Lui, Lee Tin Wei, Bettina  
Dr. Francis Yu 俞慧根醫生  
Ms. Jacqueline Leung  
Mr. Kwan Yeung Hung  
Tak Wa Debbie Cheung  
Dr. Gerald Siu  
Mrs. Ella Wong  
Mrs. Helen Fong  
Yuet Ying Grace Wong  
Shu Ying Lai  
Tze Fong, Juliana Wong 黃芷方  
Desmond & Kevin Chan  
Nancy C. Lee  
Po Wan Ivy Lam  
Po Yee Lam  
Teresa Yau  
Chi Kin Ho  
Kwok Ching Jamee Wong  
Grace and Kendall Oei  
Mrs. Anna Suen

Lo Fung Yee Daphne  
Mr. & Mrs. George & Peggy Tong  
Mr. Sean Coxall  
Simon Wai Pang Cheung  
Dr. Wai Ying Lok  
Lai Wa, Pauline Cheung  
Wai Yin Elizabeth Chan  
Jeny Lau  
Ms. Yuk Wah Ho  
Andrew Yuen  
Chung Muk Walter Loh  
Ms. Elizabeth Lee  
Hieu Man Renee Chow  
Pui King Leung  
Wai Lim Joan Chan  
Po Wing Yung  
Wing Yee Ho  
陳艷芳  
Yuk Nga Chim  
Siu Hing Kwong  
Suk Han Rosaline Chan  
Suet Fung Pang  
Ching Wun Chan  
Hazel Chiu  
開心三人組  
伍兆駒  
廖登峰  
Ka Pik Lau  
Wai Ling Ku  
施佩蓮  
Yuen Ming Fiona Li  
Wai Sing Keung  
Wai Ying Ho  
Hoi Ying Li  
Candy 梁順鈴  
Yee Kiu Leung 梁鎧橋  
Yuet Yin Pun 潘悅妍  
李曼萍  
李雪芬  
Ling Fung Liu  
吳翠芳  
Lai Yee Chu  
Kalam Tsoi  
Li Nan Tsai  
Mr. Kwok Wai Ho 何國偉  
Wa Kit Kwan  
Ms. Tjhin Sioe Jan  
Mr. Gary Kar Ho Wong  
Tsz Yan Emily Leung  
Kai Chung Tam  
Yat Tung Fok  
Justin Cheung



Mrs. Lily Ma  
Donna Luk  
Mai Tak Lim  
Tin Yan Lau 劉天因  
Wendy Ma

Barry CY Chan  
劉偉霞, 劉偉萍  
Ms. Ying Kum Jennifer Ho  
吳華儀  
Mr. Bhanusak Asvaintra & Miss Lo Wai Che Marina  
Mr. Alex Mo

Mr. Kenneth Ip  
Mr. Eric Yeung  
張經緯導演  
許棉文先生  
黃肇邦導演

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

香港房屋委員會  
Hong Kong Housing Authority

香港房屋協會  
Hong Kong Housing Society

香港警務署  
Hong Kong Police Force

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

地政總署  
Lands Department

香港海關  
Customs and Excise Department

入境事務處  
Immigration Department

政府新聞處  
Information Services Department

青山醫院  
Castle Peak Hospital

## 協作機構及義工團體 Supportive Organisations & Volunteers Helpers

排名不分先後 Listed in no particular

義務工作發展局  
Agency for Volunteer Service

聖雅各福群會中西區長者地區中心  
St. James' Settlement C & W  
District Elderly Community Centre

香港耆康老人福利會  
Hong Kong Society for the Aged (SAGE)  
Tuen Kwai Tsing Integrated Elderly Service

基督教聖約翰教會耀安長者鄰舍中心

仁濟醫院曾榮夫人長者鄰舍中心

保良局劉陳小寶耆暉中心  
Po Leung Kuk Lau Chan Siu Po  
Neighbourhood Elderly Centre

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

香港關愛會  
Hong Kong Care Club

中華基督教會長洲堂  
The Church of Christ in China Cheung Chau Church

九巴之友  
Friends of KMB

香港文職及專業人員總會  
Hong Kong Clerical and Professional  
Employees General Union

基督教聖約翰教會耀安長者鄰舍中心

靚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

香港上海滙豐銀行有限公司義工隊  
The Hongkong and Shanghai Banking  
Corporation Ltd. Volunteer Team

渣打銀行義工隊  
Standard Chartered Bank (HK) Volunteer Team

香港專業教育學院(青衣分校)  
Hong Kong Institute of  
Vocational Education (Tsing Yi)

香港工程師學會  
The Civil Division of the Hong Kong  
Institution of Engineers

PVH Corp

GAP義工隊  
GAP Volunteers

大昌行集團(車主會)

政府部門義工隊

香港護士協會  
Association of Hong Kong Nursing Staff

駿景園  
Royal Ascot

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

仁愛堂香港台山商會長者鄰舍中心

藍田街坊福利會長者鄰舍中心

香港基督教服務處樂暉長者地區中心

傳達愛

青島

臚明會

信興集團  
Shun Hing Group

公益青年服務團  
Senior Members Service Group

不列顛英屬哥倫比亞大學香港畢業生會  
Alumni UBC Hong Kong

青年廣場  
Youth Square

生·動歷香港中心  
LifeXplore HK Centre

笑出健康協會  
Healthy Laughters Association

敦豪全球貨運物流(香港)有限公司  
DHL Global Forwarding (Hong Kong) Limited

中華基金中學  
The Chinese Foundation Secondary School

Kerry Property Management Services Ltd.

徐子見區議員辦事處

九龍塘宣道小學  
Alliance Primary School, Kowloon Tong

耆康會  
The Hong Kong Society for the Aged

新會商會陳白沙紀念中學  
San Wui Commercial Society Chan Pak Sha School

鄧肇堅維多利亞官立中學  
Tang Shiu Kin Victoria Government Secondary School

基督教家庭服務中心

King George V School

明愛柴灣馬登基金中學  
Caritas Chai Wan Marden Foundation Secondary School

寶覺小學  
Po Kok Primary School

基督教宣道會興華堂

香港中華基督教青年會康怡會所

清徑先鋒  
Trailsweeper

香港大學中國武術舊生會  
HKU Chinese Martial Arts Alumni Association

## 學校及單位 Schools & Other Supporters

### 小 學 Primary Schools

九龍灣聖若翰天主教小學  
Kowloon Bay  
St. John The Baptist Catholic Primary School  
樂善堂楊仲明學校  
Lok Sin Tong  
Yeung Chung Ming Primary School  
沙田官立小學  
Shatin Government Primary School  
樂善堂劉德學校  
Lok Sin Tong Lau Tak Primary School  
彩雲聖若瑟小學  
Choi Wan Saint Joseph's Primary School  
樂善堂小學  
Lok Sin Tong Primary School  
香港仔聖伯多祿天主教小學  
Aberdeen Saint Peter's Catholic Primary School  
保良局黃永樹小學  
Po Leung Kuk Wong Wing Shu Primary School

### 中 學 Secondary Schools

慕光英文書院  
Mu Kuang English School  
喬色園主辦可譽中學暨可譽小學  
Ho Yu College and Primary School  
(Sponsored By Sik Sik Yuen)  
順利天主教中學  
Shun Lee Catholic Secondary School  
佛教沈香林中學  
Buddhist Sum Heung Lam Memorial College  
元朗天主教中學  
Yuen Long Catholic Secondary School  
天主教郭得勝中學  
Kwok Tak Seng Catholic Secondary School  
香港道教聯合會圓玄學院第三中學  
HKTA. The Yuen Yuen Institute  
No.3 Secondary School  
英皇書院  
King's College  
聖公會李炳中學  
S.K.H. Li Ping Secondary School

保良局姚連生中學  
Po Leung Kuk Yao Ling Sun College  
加拿大神召會嘉智中學  
Paoc Ka Chi Secondary School  
東華三院郭一葦中學  
T.W.G.Hs. Kwok Yat Wai College  
宣道會陳瑞芝紀念中學  
Christian Alliance S C Chan Memorial College  
中華基督教會基智中學  
CCC Kei Chi Secondary School  
天水圍香島中學  
Heung To Middle School (Tin Shui Wai)  
台山商會中學  
Toi Shan Association College  
余振強紀念第二中學  
Yu Chun Keung Memorial College No.2  
東華三院伍若瑜夫人紀念中學  
Tung Wah Group of Hospitals  
Mrs. Wu York Yu Memorial College  
基督書院  
Christ College  
嶺南中學  
Lingnan Secondary School  
大埔三育中學  
Tai Po Sam Yuk Secondary School  
中華基督教會全完中學  
CCC Chuen Yuen College  
聖芳濟各書院  
St. Francis of Assisi's College  
中華基督教青年會中學  
Chinese YMCA Secondary School  
香港道教聯合會青松中學  
The Hong Kong Taoist Association  
Ching Chung Secondary School  
循道衛理聯合教會李惠利中學  
The Methodist Lee Wai Lee College  
神召會康樂中學  
Assembly of God Hebron Secondary School

### 大 專 Universities & Tertiary Institutions

香港教育大學  
The Education University of Hong Kong  
香港專業進修學校  
Hong Kong College of Technology  
香港專業教育學院  
Hong Kong Institute of Vocational Education  
香港中文大學  
The Chinese University of Hong Kong  
香港理工大學  
The Hong Kong Polytechnic University  
香港科技大學  
The Hong Kong University of  
Science and Technology

### 社會服務中心 Social Service Units

東華三院賽馬會利東綜合服務中心  
Jockey Club Lei Tung  
Integrated Services Centre  
救世軍竹園綜合服務  
The Salvation Army  
Chuk Yuen Integrated Service  
聖公會聖匠堂社區中心  
SKH Holy Carpenter Church Community Centre  
鄰舍輔導會東涌綜合服務中心  
The Neighbourhood Advice-Action Council  
Tung Chung Intergrated Service Centre

### 其 他 Others

秀茂坪區少年警訊  
Sau Mau Ping Junior Police Call  
香港社會工作人員協會  
Hong Kong Social Workers Association

## 執行委員會及職員 (2017/18) Executive Committee Members and Staff (2017/18)

### 名譽贊助人 Honorary Patrons

郭炳湘夫人 Mrs. Wendy Kwok

李家傑博士 Dr. Peter K.K. Lee

劉鑾鴻夫人 Mrs. Linda Lau

### 名譽顧問 Honorary Advisers

Mr. Nigel Binnerley

熊思方醫生 Dr. S. F. Hung

梁可君女士 Ms. Karin Liang

曾憲文律師 Mr. Terence Tsang

齊鉞教授 Prof. Iris Chi

黃林碧瑤女士 Mrs. Vanessa Hwang

林達瑩女士 Ms. Diana Lin

伍淑清小姐 Miss Annie Wu

許宗盛律師 Mr. Herman Hui

李德誠醫生 Dr. Dominic Lee

龐俊怡先生 Mr. David Pong

### 執行委員會委員 Executive Committee Members

主席 Chairperson 郭炳湘夫人 Mrs. Wendy Kwok

秘書 Secretary 黃愷瑾女士 Ms. Rebecca Wong

會議秘書 Meeting Secretary 劉汎昕先生 Mr. Martin Lau

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

陳培偉醫生 Dr. David Chan

周燕雯博士 Dr. Amy Chow

李家傑博士 Dr. Peter K.K. Lee

蘇漢章先生 Mr. Stephen So

名譽總監 Hon Director 龐俊怡先生 Mr. David Pong (至2017年6月17日 Up to 17 Jun 2017)

廖順安先生 Mr. Antony Liu (至2017年6月30日 Up to 30 Jun 2017)

司庫 Treasurer 李常富先生 Mr. Patric Lee

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

宣傳主任 Publicity Officer 陳嘉偉先生 Mr. K.W. Chan

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

蔡巧奇女士 Ms. Kammi Choi

劉鑾鴻夫人 Mrs. Linda Lau

莫綺文女士 Ms. Beatrice Mok

葉兆輝教授 Prof. Paul Yip

### 職員 Staff

執行總監 Executive Director 吳志崑先生 Mr. Vincent Ng

助理執行總監 Assistant Executive Director 夏淑儀小姐 Miss Peggy Ha

助理執行總監 Assistant Executive Director 戴嘉文女士 Ms. Catherine Tai

程序策劃經理 Program Manager 蔡秀玲小姐 Miss Candice Choy

程序策劃經理 Program Manager 梁永棠先生 Mr. Justin Leung

助理行政經理 Assistant Administrative Manager 方嘉麗女士 Ms. Polly Fong

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

程序策劃主任 Program Officer 章淑雲小姐 Miss Joyce Cheung

程序策劃主任 Program Officer 劉紹恒先生 Mr. Jason Lau

程序策劃主任 Program Officer 羅瑞勤小姐 Miss Kit Law

程序策劃主任 Program Officer 吳洛儀小姐 Miss Ng Lok Yee

程序策劃主任 Program Officer 秦維德先生 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 陳潔靈小姐 Miss Kitling Chan

高級活動工作員 Senior Program Worker 潘妙娟女士 Ms. Ada Poon

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

服務助理 Operation Assistant 元文茵女士 Ms. Yuen Man Yan

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

兼職熱線工作員 Part-time Hotline Officer 龔浩霖先生 Mr. Lucas Gong

兼職活動工作員 Part-time Program Worker 朱煜權先生 Mr. Chu Yuk Kuen

兼職清潔員 Part-time Cleaner 周年鳳女士 Ms. Chau Nin Fung

兼職清潔員 Part-time Cleaner 孔艷芳女士 Ms. Hung Yim Fong

程序策劃經理 Program Manager 張穎珊女士 Ms. Christine Chang (至2017年8月31日 Up to 31 Aug 2017)

程序策劃主任 Program Officer 江紫紅小姐 Miss Kong Tsz Hung (至2017年9月15日 Up to 15 Sep 2017)

程序策劃主任 Program Officer 鄭穎琳小姐 Miss Maggie Cheng (至2017年12月29日 Up to 29 Dec 2017)

程序策劃主任 Program Officer 陳鎮滔先生 Mr. C.T. Chan (至2018年1月11日 Up to 11 Jan 2018)

程序策劃主任 Program Officer 劉俊希先生 Mr. Donald Lau (至2018年2月28日 Up to 28 Feb 2018)

程序策劃經理 Program Manager 郭佩盈小姐 Miss Dolphin Kwok

程序策劃經理 Program Manager 余利安先生 Mr. Leon Yue

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

程序策劃主任 Program Officer 林青慧小姐 Miss Hebe Lam

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

程序策劃主任 Program Officer 文雪明小姐 Miss Man Suet Ming

程序策劃主任 Program Officer 彭雪明小姐 Miss Miranda Pang

熱線工作員 Hotline Officer 古苑詩小姐 Miss Sandy Ku

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

活動工作員 Program Worker 吳淇涓小姐 Miss Demi Ng

### 編輯小組 Editorial Group

鍾嫻嫻女士 Ms. Susanna Chung

李美嫦女士 Ms. Michelle Li

戴嘉文女士 Ms. Catherine Tai

馮子晴小姐 Miss Camille Fung

林達瑩女士 Ms. Diana Lin

黃詩穎小姐 Miss Zoe Wong

李常富先生 Mr. Patric Lee

吳志崑先生 Mr. Vincent Ng



讓我們用心聆聽





Charity listed on  
**WiseGiving**  
惠施·慈善機構

## 生命熱線有限公司 Suicide Prevention Services Limited

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**

