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Suicide Prevention Services Annual Report 生命熱線年報 2014-2015



好生命・愛常在
用心聆聽

二十載

年報
Annual Report
2014 - 2015

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Mission 宗旨

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

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

Overview of Services 服務概覽

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

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

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

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

Volunteer Training & Support 義工訓練及支援

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

Vision 願景

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

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

Values 理念

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

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

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

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

Community & Life Education 社區及生命教育

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

Chairperson's Message

Celebrating Life and Love is All Around

The emotional health of a society is at risk when suicide occurs. It shows some people are unable to relieve their distress resulting in diminished enthusiasm for life and a decision to end it. Twenty years ago, a few of us, enthusiasts gathered to establish Suicide Prevention Services (SPS). The agency aims to promote suicide prevention in Hong Kong and to gradually ease suicide's social stigma. We want people to be aware of their own and their peers' emotional health and rejoice in the beauty of life. SPS has been offering suicide prevention hotline service since its inception. Riding on social changes and society's demand, the agency gradually expanded its scope of services to suicide prevention service among the elderly, counselling service for survivors of suicide loss and life education programmes for teenagers. I am privileged to witness the continuous growth of SPS.

Both patience and perseverance are vital to prevent suicide in society. That's why I am dedicated to working in this field over the years. We incorporate in our services the principle of befriending. Our volunteers and supporters bring warmth and care to our service users and encourage them to explore the bounties of life. SPS' "24-hour Suicide Prevention Hotline Service" provides a safe platform for people of all ages and backgrounds to vent their grievances freely. We are concerned about elderly suicide and provide services through "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and "Action for Happiness – Individual Activity Plan for Depressive Elderly". These help old folks develop positive attitudes towards life to overcome emotional challenges in their twilight years. Our "Project BLESS" provides bereavement counselling to survivors of suicide loss to alleviate their grief and bewilderment. We offer diversified life education programmes for teenagers, including "Gatekeeper Training Project for Youth Suicide Prevention" and "Filling Lives with Joy" to boost their confidence in dealing with difficulties in life and inculcating positive life attitudes.

I am grateful for the active support of corporate and individual donors towards SPS. On behalf of SPS, I express my sincere gratitude to The Hong Kong Jockey Club Charities Trust, The Community Chest, Community Partner Foundation, Lee Hysan Foundation and HSBC for their magnanimity. A big thank you also goes to countless individual supporters and donors and also those from companies and agencies for participating in our fundraising campaigns as well as volunteers who assist in these campaigns. All their efforts enable SPS to continue to serve the distressed and to further develop our services.

I wish to thank my fellow Executive Committee members, volunteers and staff for their enthusiasm and professional attitude, bringing love and care to the needy and instilling hope in their lives. This year, SPS is celebrating its 20th anniversary. Our theme is "Celebrating Life". We use the Chinese word for "well" alongside the word "life". It has a dual meaning - "love" life and life is "good". We love life, rejoice it and live it to the fullest. Let's join hands and work hard to create a society that celebrates good life. Love is all around.

Mrs. Wendy Kwok
Honorary Patron & Chairperson

主席的話

好生命 讓愛常在



自殺問題是反映社會情緒健康的警號，表示有部份人無法紓緩負面的情緒，覺得生命失去了意義，最終選擇放棄生命。20年前，我與一群熱心人士創辦「生命熱線」推動香港的預防自殺工作，期望逐漸打破社會對自殺議題的忌諱，更多人關心自己和身邊人的情緒健康，享受美好的生命。「生命熱線」由最初提供預防自殺熱線服務，及後跟隨社會發展和服務的需要，逐步擴展到提供預防長者自殺服務、支援自殺離世者親友及青少年生命教育項目範疇，我慶幸能夠見證本會不斷的發展。

多年來我堅持參與預防自殺的工作，因為預防自殺的工作十分須要耐心和持之以恆。我們貫徹益友服務的理念，讓服務使用者感受到義工或其他社會人士的關懷，並鼓勵他們發掘生命的美好。我們的「24小時預防自殺熱線」為不同年齡、背景的朋友提供一個保密的平台，讓他們放心地抒發抑鬱的情緒。我們透過預防長者自殺服務，關注長者的自殺問題，分別有「香港賽馬會社區資助計劃：生命共行——外展長者服務」和「抑鬱解讀——長者快樂生活行動計劃」幫助長者建立正面積極的態度面對晚年情緒方面的挑戰。「釋心同行——自殺者親友支援計劃」為家屬提供哀傷輔導服務，陪伴他們慢慢走出喪親的陰霾。我們為青少年提供多元化的生命教育項目，包括「生命守員企劃」及「Joy·種生命計劃」，增強他們解決困難的信心和培養正面的人生態度。

「生命熱線」持續獲得機構和個人的捐款支持，我對此感到鼓舞。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、社聯伙伴基金、利希慎基金、及滙豐銀行對本會的支持。我亦感謝積極參與本會不同籌款活動的企業、機構、團體及各善長，與及參與活動支援的義工，本會全賴社會人士的支持，才能持續向情緒受困人士提供服務及推動服務的發展。

我亦特別感謝一直與「生命熱線」同行的執行委員會委會、義工和員工，他們積極投入預防自殺的工作，並且以專業的態度幫助有需要的人尋找生命的曙光，使他們感受到社會的愛常在，從而積極人生。今年是「生命熱線」二十周年，主題是「好生命」，當中的「好」字有兩個意思，包括愛好(動詞)及美好(形容詞)，能熱愛自己的生命才能讚好生命，有著精彩、美好的人生。盼望大家一起繼續努力，致力建設一個「好生命」和「愛常在」的社會。

郭炳湘夫人
名譽贊助人暨主席

Words from Honorary Patron & Executive Committee Member

Love Enshrines in Survivors' Hearts

Survivors of suicide loss often suffer from emotional turmoil with utter bewilderment. The grief can go on and on and there seems to be no way out. The love could endure, and remembrance of their lost beloved might linger in their mind. In our experience, it would be helpful if families and friends could show their understanding and support, helping the survivors to relieve their negative emotions and transform their reminiscence into motivation, so they can regain the will to live on.

Through the "Project BLESS", Suicide Prevention Services (SPS) provides counselling services to survivors to overcome their bereavement issues. Incorporating the approach of "togetherness" in service, families and peers give support and encourage them to move on. SPS invites survivors and their families to attend the commemorative activities of "International Survivors of Suicide Day". Through this, survivors perform ceremonies to reminisce about their lost beloved and offer blessings and positive messages to their peers, thus fostering a mutually supportive and caring environment on their healing journey.

Some loss survivors who received counselling services with SPS have risen above despair. They are willing to share their experiences with their peers and become volunteers of our organisation. By communicating with someone who lived through similar losses, survivors gain comfort and confidence to walk through their grief.

Upholding the mission and vision of SPS, we hope to create society filled with love and care. With the concerted efforts, we strive to protect the precious lives.

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

名譽贊助人暨 執行委員會委員獻辭

愛長留於家屬心內



至親自殺離世，親友會感到很迷茫，出現不同的情緒反應，覺得哀傷的道路太漫長，再看不到出口。從「生命熱線」的服務經驗，親友對逝者的愛不會因為死亡而結束，身邊的家人和朋友可以幫助他們把思念化成活著的動力，讓他們慢慢抒發哀痛的情緒，感受到身邊人的「愛常在」、接納和陪伴，重獲重新出發的動力。

「生命熱線」的「釋心同行——自殺者親友支援計劃」為自殺離世者的親友提供哀傷輔導服務，服務注重家人和同路人互相支援，以同行的力量來幫助痛失至親者走出生命的陰霾。「生命熱線」會邀請服務使用者及他們的家人一同參與「國際自殺者親友關懷日」紀念活動，親友與其他同路人一起進行一些紀念儀式來表達對至親的思念，同時鼓勵親友祝福其他同路人，使大家走在哀傷的道路上仍感到愛。

有曾接受「生命熱線」服務的自殺者親友，如今已走出傷痛，他們願意跟其他家屬分享箇中的經歷，並成為義工。家屬接受輔導的過程中與他們有相近經歷的人互相交流，可以加強他們的信心去走過哀傷的道路。

承「生命熱線」的願景，盼望能締造一個充滿「愛心」和「關懷」的社會，一起守護寶貴的生命。

李家傑
名譽贊助人暨執行委員會委員

Words from Honorary Patron & Executive Committee Member

Listen to the Hearts of the Elderly with Patience

Elderly people are overwhelmed by a gamut of emotional problems in their twilight years. Some of them suffer from deteriorating health or chronic diseases. They have to stay home most of the time. They are upset and feel abandoned. Others worry about their finances, having to survive on their savings or social welfare. They think they become a burden to society. Some old folks are abandoned by their families or neighbours and they feel lonely. They may resort to suicide as the only way out. On average, one elderly person commits suicide every day. Shall we take initiatives to save their lives through listening with patience?

Through “Suicide Prevention Service for the Elderly”, Suicide Prevention Services (SPS) serves distressed or suicidal old folks. Volunteers regularly pay home visits and make caring calls. Most of the old people shy away from sharing their feelings and thoughts with families or friends. They don't want to worry their loved ones or be ignored by them. Our volunteers bring the old folks warmth and care by encouraging them to express their negative feelings. SPS develops strong ties with local agencies and identify old people who possess high suicidal risks. Our volunteers listen to the elderly with patience, helping to alleviate their despair in their twilight years.

Elderly people suffering from poor health find it difficult to go out and have fun like young people do. We lower suicidal tendencies by relieving their depression, building social networks and developing assorted interests. To enliven their quotidian lives, the volunteers help the elderly people to develop their own plans based on their interests and needs. We also organise various mutual support groups for the elderly to help them develop supporting networks.

Through various means, we strive to prevent suicide among the elderly and develop protective shields in the community for distressed peers. Volunteers are our invaluable assets and they play a vital role in our service. I hope more people will become SPS volunteers to care for the elderly and listen to their hearts with patience. I hope our efforts will help the elderly enjoy warm and loving twilight years.

Mrs. Linda Lau
Honorary Patron & Executive Committee Member

名譽贊助人暨 執行委員會委員獻辭

用心聆聽長者心聲



步入晚年，長者承受不同程度的情緒負擔，有些因身體機能逐漸衰退或長期病患，大部份時間只能獨自留在家中而感到鬱悶、被遺棄；他們或會擔憂生活的開支，只能靠積蓄或社會福利維持，自覺成為別人的包袱。當家人或鄰居不關心自己，便感到十分孤單，有些人更會覺得自殺是唯一的解脫方法。長者自殺的個案平均每天都會發生，我們能「用心聆聽」長者的的心聲、踏出多一步來挽救長者的生命嗎？

「生命熱線」的預防長者自殺服務為有抑鬱情緒或有自殺念頭的長者提供定期的義工探訪服務及電話慰問服務。大部份長者往往不敢跟身邊的家人或朋友傾訴心事，怕親友擔心或者被拒絕，相反義工的身份可以鼓勵長者抒發負面的情緒，令他們感到關懷和被愛。「生命熱線」過去一直透過與不同地區機構的協作，發掘有自殺危機的長者，義工們「用心聆聽」長者的的心聲，助他們釋放心中的鬱結，與他們同行晚年的路。

長者的身體機能雖然逐漸衰退，難以像年青人般不時外出遊玩，但從我們的服務經驗，紓緩情緒、建立社交圈子和不同興趣，長者抑鬱的傾向和自殺風險會較低。因應服務使用者的需要及情況，義工會與他們定立快樂生活行動計劃，亦會舉辦不同的興趣小組，幫助他們建立支援網絡。

預防長者自殺的工作應從多方面著手，為情緒受困的長者建立社區的保護網絡。義工是我們服務十分重要的資源，我希望更多人加入義工的行列，主動關心長者的需要，「用心聆聽」他們的心聲，讓長者享受美好的晚年生活。

劉鑾鴻夫人
名譽贊助人暨執行委員會委員

好生命·愛常在
用心聆聽
二十載



Message from Ms. Carol Yip, JP
Director of Social Welfare Department
香港特別行政區社會福利署署長
葉文娟太平紳士 獻辭



生命熱線二十周年誌慶

明燈啟導
奮勇前行

社會福利署署長葉文娟



Message from Mr. Bernard Chan, GBS, JP
Chairperson of The Hong Kong Council of Social Service
香港社會服務聯會主席
陳智思GBS太平紳士 獻辭



生命熱線二十周年誌慶

情牽生命
專業助人

香港社會服務聯會主席
陳智思
致意

Message from Mr. Charles Yang, BBS, JP
Chairperson of Admissions, Budgets and Allocations Committee
The Community Chest of Hong Kong
香港公益金入會、預算及分配委員會主席
楊傳亮BBS太平紳士 獻辭



In its 20 years of services to prevent suicide and to create a caring community in Hong Kong, Suicide Prevention Services (SPS) has played an indispensable role in providing timely supportive services to people who are suicidal, in despair or in emotional distress. Since 2006, The Community Chest of Hong Kong has been a staunch supporter towards its meaningful services including 24-hour suicide prevention hotline, volunteer training and community education programmes. Besides, The Community Chest has funded two 3-year projects "Gatekeeper Training Project for Youth Suicide Prevention" and "Action for Happiness - Individual Activity Plan for Depressive Elderly" from 2012-2015 with a total of \$2.7 million. These projects strive to provide quality services to needy teenagers, elderlies and their peer supporters as well as to combat against suicide among youths and elderlies.

On behalf of The Community Chest of Hong Kong, I extend my warmest congratulations to SPS for the achievements that it has made and wish it continued success in future.

生命熱線在過去二十年致力為有自殺傾向、感到絕望及有情緒困擾的人士提供適時的預防自殺服務，並積極締造一個充滿關愛的社會。香港公益金自2006年撥款資助生命熱線推行不同形式的服務，包括24小時預防自殺熱線、義工訓練及社區教育活動。此外，香港公益金於2012-2015年度撥款合共270多萬資助兩項各為期三年的「生命守門員企劃」和「抑鬱解讀——長者快樂生活行動計劃」，提供優質服務予有需要的青少年、長者和他們的同行者，並努力改善青少年及長者的自殺問題。

機構過去多年來的努力實在有目共睹。在此，我謹代表香港公益金衷心祝賀生命熱線二十周年誌慶，未來發展更上一層樓。

Charles Yang, BBS, JP
楊傳亮BBS太平紳士
Admissions, Budgets and Allocations Committee Chairman
The Community Chest of Hong Kong
香港公益金入會、預算及分配委員會主席



Message from Mr. Cheung Leong
Executive Director, Charities and Community of
The Hong Kong Jockey Club
香港賽馬會慈善及社區事務執行總監
張亮先生 獻辭



生命熱線二十周年誌慶

廿載耕耘
關愛同行

香港賽馬會慈善及社區事務執行總監

張亮先生



致意

Message from Ms. Beatrice Mok
Founder of Community Partner Foundation
社聯伙伴基金創辦人
莫綺文女士 獻辭



生命熱線二十周年誌慶

迷霧明燈
釋心同行

社聯伙伴基金創辦人

莫綺文

敬題

Message from Ms. Liz Chamberlain

Chairman of The Samaritans

撒瑪利亞會主席

Liz Chamberlain女士 獻辭



The Samaritans congratulates the Suicide Prevention Services (SPS) on their 20th anniversary of suicide prevention in Hong Kong. We share a common goal of giving unconditional emotional support to people who are going through an emotional crisis which may lead to suicide. Our common goal for Hong Kong and the rest of the world is for fewer people to die from suicide.

SPS's loyal volunteers have been staunch supporters to those in distress and have committed themselves to alleviate their callers' misery. Equally The Samaritans appreciate the work of SPS in relieving the loneliness of the elderly, education services and support for the bereaved by suicide.

本人謹代表撒瑪利亞會祝賀「生命熱線」成立二十周年！「生命熱線」與我們擁有著同一個信念，無私地為社會上有自殺傾向及情緒受困的人士提供情緒紓緩服務，努力地推動為本港的預防自殺工作，減少全球的自殺數字。

「生命熱線」的義工熱誠認真，多年來堅守崗位為來電者分憂。同樣地，我們亦十分欣賞會方在推行預防長者自殺、生命教育工作及支援自殺離世者家屬的努力。

Liz Chamberlain

Message from Mr. Robert Wong

Chairman of The Samaritan Befrienders Hong Kong

香港撒瑪利亞防止自殺會主席

黃祐榮先生 獻辭



Suicide Prevention Services (SPS), established 20 years ago, is one of the NGOs offering suicide prevention service to the community. We are glad to have SPS walking with us to help the people who are lonely, helpless and desperate.

The commitment of SPS is well recognized by the general public. Apart from its hotline service, it has developed other suicide prevention services for the elderly and the survivors, as well as life education service.

Twenty years is not a short period of time. It surely involves a lot of persistence, patience, care and love which should be appreciated and well respected.

Not only shall we congratulate the 20th anniversary of SPS, we wish also that SPS will have many more 20 years to come so that we can work hand-in-hand to save lives at the frontline of suicide prevention.

生命熱線成立至今二十年，作為防止自殺服務的提供者之一，我們很高興有生命熱線與我們同行，幫助社會上孤獨、無助及絕望的一群。

生命熱線的服務熱誠是有目共睹的，除了熱線服務之外，更開展了預防長者自殺服務、自殺者親友支援計劃，及生命教育等工作。

二十年不是一個短的時間，當中更包含二十年的堅持、二十年的耐性、二十年的關懷，及二十年的愛心，這是值得我們欣賞及敬佩的。

在此除了恭賀生命熱線成立至今二十年外，更期望生命熱線在未來有更多的二十年，與我等站在防止自殺服務前線的人，並肩守護生命。

Robert Wong
黃祐榮

Retrospect & Prospects

20 Years of Suicide Prevention & Looking Forward

Overwhelmed by natural hazards such as earthquakes or public health issues such as the Middle East Respiratory Syndrome (MERS), we get weary about life, society and the world. In retrospect, Suicide Prevention Services (SPS)'s value - serving the needy with befriending attitude - originated from a volunteer service started by Dr. Chad Varah during an historical period of social instability.

In the early 1950s post World War II, many people found themselves in a predicament of having lost their loved ones and their home in battle. They suffered from depression and became suicidal. With no signs of respite, Dr. Varah initiated "The Samaritans Movement" to help the needy, regardless of age, gender, race, religion and political views, by active listening and relieve of emotional distress to regain the will to live on. From its base in the United Kingdom, the movement and its spirit of serving others were spread globally.

In the 1990s, with a rising number of suicide cases in Hong Kong, the then Secretary of Health and Welfare invited Befrienders International to discuss strategies of suicide prevention in Hong Kong. SPS was then established to provide suicide prevention hotline as well as suicide prevention services for elderly and youths.

In 1995, we set up a 12-hour hotline service supported by Mrs. Wendy Kwok and deceased Mr. Andrew Tu. We recruited volunteers and trained them to listen to the distressed with patience and care and with a non-judgmental approach. Three years later, operation hours of our hotline service was gradually extended to 18 hours and finally 24 hours. We handled over 470,000 calls in the past 20 years.

Leveraging on the agency's mission, we invited some renowned scholars to research into elderly and youth suicides in Hong Kong in order to provide services for the needy. Our research findings and our service experiences showed few elders seek help directly. The suicide rate of the elderly was twice the overall rate. Therefore, we debuted a pilot project "Outreach Service for Suicidal Elderly" and we trained volunteers to reach out to suicidal elderly. Moreover, depression is closely linked to suicide. In recent years, as more and more elderly are suffering from depression, we initiated services for distressed old folks to prevent them from committing suicide. SPS served over 3,300 elderly cases in the past 17 years.

There's a growing concern of self-inflicted harm and suicidal attempts among teenagers. To remedy the situation, in 2002, we implemented suicide prevention projects for youths and organised different training workshops, student activities and community education exhibitions. These days, we further engage in life education in year 2011, offering "gatekeeper" training for teachers and students to explore life. We also trained teenagers' peers to become gatekeepers to help protect their precious lives. Since the project launched, we have held over 1,000 sessions of life education activities with over 100,000 people attended.



When one person dies by suicide, at least six to ten friends and relatives are overwhelmed by negative emotions. Taking into account that 1,000 people die by suicide on average per year, about 10,000 of their friends and relatives are likely to suffer emotionally. In 2008, we launched Project BLESS to provide individual or family counselling service for survivors of suicide loss. We also held mutual support groups according to the relationships between the deceased and survivors as well as therapeutic programmes. Recently, we recruited survivors to become volunteers to share their stories of bereavement with their peers and support them during their healing processes. Since 2008, we have served more than 750 cases.

Currently, we are not inundated by war. We live better and have become more knowledgeable due to rapid technological development. Yet, people continue to suffer from negative emotions, such as insecurity in their present and their future. They feel helpless, in despair and lonely.

In Hong Kong, on average, about 1,000 people died by suicide every year. This number excludes those who attempt suicide or have suicidal thoughts or suffer from distress. There's a strong demand for suicide prevention services. The number of calls handled in our 24-hour hotline increases every year. We reach out to the needy through promoting our services via various channels and recruit more volunteers to meet the demand for service.

The suicidal rate of the elderly in Hong Kong remains high. One elderly person dies by suicide on average every day. Since our inception, we've focused on preventing suicide among the elderly. We will continue to identify those who are the needy and provide support for them. We also aim to raise awareness of elderly suicides in the society.

Survivors are suffering from disparate levels of emotional problems and most of them avoid seeking help. Last year, we established a referral system with public mortuaries to reach out to more survivors and give them support. Through various channels, we promoted public understanding of the needs of survivors and encourage them to seek help at an early stage of grief.

We also develop life education for preventing suicide among young people. We will further strengthen training for teachers, parents and teens' peers to equip them with knowledge and skills of handling distressed teens. Moreover, we will continue to organise various life education projects in schools in which students learn to appreciate lives through experiential learning.

SPS will continue to grow and initiate diversified suicide prevention services to meet the needs of our community and service users.

David Pong
Honorary Director

回顧與前瞻

回望廿載 展望未來

新沙士、大地震，不論是天災、民生的問題，都令人心惶惶，容易為自己、為社會，甚至整個世界而憂慮。回想「生命熱線」沿用的益友服務理念，正是當年陳華樂博士為回應社會動盪不安的狀況而開展的義工運動。

1950年代初，第二次世界大戰結束後，人們流離失所、失去摯愛的家人，負面的情緒令自殺的問題日漸嚴重，於是陳華樂博士便發動了撒瑪利亞運動，不分年齡、性別、種族、宗教、政治立場，去幫助有需要的人，耐心聆聽他們的心聲，紓緩情緒，重拾生命的動力，而這個服務精神更由英國推展到不同的地方。

1990年代的香港自殺問題越見嚴重，陳華樂博士成立的國際益友會應香港當時的衛生福利司之邀請，探討本港的預防自殺策略，最後建議成立「生命熱線」，除熱線服務外，更回應長者及青少年自殺的問題。

1995年「生命熱線」在創辦人郭炳湘夫人及已故杜學魁先生的支持下成立，由12小時的預防自殺熱線服務開始，招募及訓練義工，以關懷、聆聽、接納、陪伴的原則，聆聽來電者的困擾，首三年的服務由12小時逐漸延長至18小時及24小時全時間的服務。過去20年，本會已接聽過470,000個來電。

承本會創立的宗旨，本會邀請多位著名學者分別為香港長者自殺及青少年自殺進行研究，探討服務的需要。根據研究報告的分析及熱線服務的經驗，長者甚少主動求助，然而長者自殺率遠高於整體自殺率一倍，於是本會在1998年開展全港首創的「外展預防長者自殺」先導計劃，訓練義工上門主動接觸有自殺危機的長者。抑鬱症與自殺的關係密切，長者抑鬱更是普遍的現象，本會近年更開展服務予抑鬱長者，及早預防自殺。過去17年，本會已為超過3,300名長者個案提供服務。

青少年的自傷、自殘、自殺的情況令人擔心，2002年本會開展預防青少年自殺計劃，舉辦不同的訓練講座、學生活動、社區教育展覽。由2011年開始，本會更致力生命教育與及生命守門員的培訓工作，讓學生、老師探索生命，並訓練青少年身邊的人成為守門員，守護他們寶貴的生命。至今已舉辦超過1,000場活動，超過100,000人次參與。

一宗自殺的個案保守估計至少影響6至10名親友，平均每年約有1,000宗自殺個案，即估計約10,000人受影響。本會於2008年推行自殺者親友支援計劃，為家屬提供個人或家庭輔導服務，按家屬與自殺死者的關係而分組，開設同路人互助小組，並舉辦治療活動。近年，本會更招募已過渡哀傷的家屬成為過來人義工，與自殺者家屬分享，同行哀傷的路。2008年至今已服務超過750個個案。

現今的社會，雖然不受戰爭的影響，而且科技不斷發展，生活環境得到改善，知識亦不斷提升，但負面的情緒仍然存在，人們對現在、未來失去信心，感到無助、無望、強烈的孤獨感。

近年香港每年平均約有1,000宗自殺身亡個案，加上企圖自殺、有自殺念頭、情緒受困擾的個案數目，服務需求甚是龐大，單在本會的24小時預防自殺熱線，每年接聽的個案均不斷上升，本會將透過不同渠道宣傳，讓有需要人士得知服務資訊，亦會招募更多義工，加強人手以回應服務需求。

本港長者自殺比率偏高，平均每日約有一宗長者自殺個案，預防長者自殺是本會一直以來的重點工作，本會將發掘更多有需要的長者提供適切服務，並提升各界對長者自殺問題的關注。

自殺者親友承受複雜的情緒，較少主動求助，自去年開始，透過公眾殮房的轉介系統，本會能接觸更多自殺者親友，提供配合他們需要的服務，本會將透過宣傳，讓社會大眾了解自殺者親友的需要，鼓勵尋求協助，及早處理哀痛的情緒。

此外，生命教育及預防青少年自殺亦是本會重點的工作，本會將加強老師、家長、朋輩的培訓，裝備面對情緒受困學生的技巧；另外，本會將持續到學校舉辦生命教育項目，從活動中體驗、經歷中學習，盼望培養欣賞生命的態度。

「生命熱線」將不斷發展，推行不同類型的預防自殺服務，回應不斷轉變的社會現象及服務的需要。

龐俊怡
名譽總監

Loving Life for 20 years 愛生命 廿載情

Twenty years ago, some generous-hearted people who wanted to help distressed people established Suicide Prevention Services (SPS). SPS incorporates the principle of befriending by providing suicide prevention services in Hong Kong and promoting emotional health in the society. Riding on social changes, SPS not only strengthened its hotline service and suicide prevention service for elderly but also expanded its scope to include bereavement counselling for survivors of suicide loss and life education programmes for teenagers. SPS has become one of the key organisations in promoting the message of cherishing life in Hong Kong.

於20年前，一群關心情緒受困人士的有心人成立了「生命熱線」，以益友理念，為香港提供預防自殺服務，並提升社會對情緒健康的認識。我們跟隨社會發展的步伐，不單止深化預防自殺熱線服務及預防長者自殺服務，更擴展服務，為自殺者親友提供專業的哀傷輔導服務及青少年生命計劃項目，成為推動香港珍惜生命工作的主要機構之一。

1995

Establishment of The Samaritans (Cantonese Speaking Service) which provided 12-hour hotline service

「生命熱線」正式成立，提供12小時之預防自殺熱線服務

The Grand Opening
of SPS centre in Tung Tau Estate
東頭邨會址啟用



1996

1997

Hotline service was extended to 18-hour operation
熱線服務延長至18小時運作

Hotline service was extended to 24-hour operation.
About 120 volunteers operated round-the-clock and
handled about 1,000 calls per month

熱線服務擴展至24小時運作，約120名義工提供24小時服務，
平均每月處理約1,000個來電

Launch of pilot suicide prevention service for the elderly
with funding support from the Lotteries Fund
獲獎券基金資助，開展預防長者自殺服務試驗計劃

1998

1999

The first SPS Charity Walk was organised
舉行首次慈善步行籌款活動



Official name in English was changed to
「生命熱線」的英文名稱正式改為
"Suicide Prevention Services"

2000

2001

Launch of
"Suicide Prevention Hotline Service
for Elderly: 2382 0881"
增設「珍愛生命長者熱線」2382 0881



Launch of Suicide Prevention Service for Youths –
"SHKP Operation Sunshine"

展開預防青少年自殺服務「新地驕陽行動」



2002

2003

SPS Dragon Boat Team was formed by volunteers
義工組成「生命熱線龍舟隊」

The first SPS Flag Day was held
舉行首次賣旗籌款活動

2004

2005



SPS celebrated the 10th anniversary. In the past 10 years,
we handled over 170,000 calls on our suicide prevention
hotline service and 330 suicidal elderly cases
成立十年，累積處理超過170,000個預防自殺熱線服務來
電及330個有自殺危機的長者個案

Launch of “Outreach Befriending Service for Suicidal Elderly” with funding support from The Hong Kong Jockey Club Charities Trust. We identified distressed or suicidal elderly people through outreach services and cooperation with local agencies. We recruited and trained volunteers to visit distressed old folks

獲香港賽馬會慈善信託基金捐助，開展「生命共行 —— 外展長者服務」，以外展及地區機構協作模式，發掘有情緒困擾或有自殺危機的長者，並招募及訓練義工探訪有需要的個案

Became a member agency of The Community Chest of Hong Kong
成為香港公益金會員機構

2006

2007



The first large-scale seasonal volunteer service programme in Hong Kong, “‘Don’t Qua’ Elderly Visit Programme’, was organised before summer solstice. The event aimed to promote the message that life is precious to the elderly

舉辦全港首個大型節日義工探訪活動「消暑打氣(Don't) 冬瓜水 —— 外展長者探訪活動」，活動於大暑前舉行，鼓勵長者「Don't瓜」（不要死），要珍惜生命

2008

With the funding support from “Peter K.K. Lee Care for Life Foundation”, “Project BLESS - Services for Survivors of Suicide Loss” was launched to provide professional bereavement counselling services for survivors

獲「李家傑珍惜生命基金」資助「釋心同行 —— 自殺者親友支援計劃」，為家屬提供專業的哀傷輔導服務

The first “Candle Night for Survivors of Suicide” was held in Hong Kong, commemorating “International Survivors of Suicide Day” together with over 200 overseas cities

舉辦全港首個與海外200多個城市一起紀念「國際自殺者親友關懷日」的活動



The first “Virtual Memorial for Survivors of Suicide Loss” was set up in Hong Kong. Survivors reminisced about their loves ones in the online platform

設立全港首個「自殺者親友網上紀念館」，讓家屬透過網絡平台表達對逝者的思念



2009

Relocation of SPS centre to Ping Shek Estate with funding support from the Lotteries Fund and The Community Chest

獲獎券基金及香港公益金資助，中心喬遷至坪石邨現址



2010

We continued "The Hong Kong Jockey Club Community Project Grant : Outreach Befriending Service for Suicidal Elderly" with funding support from The Hong Kong Jockey Club Charities Trust

獲香港賽馬會慈善信託基金捐助，繼續發展「香港賽馬會社區資助計劃——『生命共行』外展長者服務」



Launch of "Revitalizing the Elders" project (2010-2012), instilled positive thinking in distressed old folks and those who lacked social support and helped them develop social networks. We also promoted positive life attitudes in the community.

開展「耆樂重燃計劃」（2010-2012），幫助情緒受困及缺乏社區支援的長者培養正向思維和建立社交網絡，並在社區推廣正向人生的訊息



2011



Launch of the first teenage life education programme "Filling Lives with Joy". We worked with local primary and secondary schools and held workshops and seminars for teachers and students, promoting the message that life is precious

開展首個青少年生命教育項目「Joy·種生命」計劃，與全港中小學合作舉辦學生及教師培訓工作坊及講座，推廣珍惜生命的訊息



Launch of "Emotional Health Support Service" (2011-2013) improved the emotional health of the distressed and their carers

開展「寬心——情緒健康支援服務」（2011-2013），照顧情緒受困人士及其家人及照顧者的身心需要



Launch of “Gatekeeper Training Project for Youth Suicide Prevention” project with the funding support from HSBC through a donation to The Community Chest. The three-year project offered professional training to parents, teachers, students and professionals in youth service fields. We helped them identify distressed teenagers so they can intervene at the teens’ primary stage of diagnosis and provide support

獲滙豐透過公益金撥款資助，開展為期三年的「生命守門員企劃」，為家長、學生、教師和從事青少年工作的人士提供專業的培訓，幫助他們及早識別、介入及支援情緒受困的青少年



2012



Launch of “Action for Happiness - Individual Activity Plan for Depressive Elderly” project with funding support from HSBC through a donation to The Community Chest. The three-year project aimed to promote positive life attitudes in the depressed elderly through tailoring activity plans

獲滙豐透過公益金撥款資助，開展為期三年的「抑鬱解讀——長者快樂生活行動計劃」，透過與長者度身設計的個人生活計劃，協助有抑鬱傾向的長者建立正面的人生觀。

With the funding support from Community Partner Foundation, “Project BLESS” developed professional bereavement counselling service for families

獲「社聯伙伴基金」資助「釋心同行——自殺者親友支援計劃」，發展家庭為本的专业哀傷輔導服務



2013

Collaborated with three public mortuaries in Hong Kong to launch the first referral system of survivor cases, offering timely support to survivors

全港首創與本港三間公眾殮房合作，建立自殺者親友個案轉介機制，及早提供適切支援

2014

In the past 20 years, SPS has served over 470,000 distressed people.

「生命熱線」在過去二十年已服務超過470,000名情緒困的人士。

In 2015, a total of 1,294 volunteers participated in suicide prevention services. They had been trained for 1,283 hours and they served for a total of 37,515 hours

2015年內，共有1,294名義工參與預防自殺工作，訓練時數達1,283小時，提供直接服務時數達37,515小時。

2015

Director's Report

Twenty years ago, Suicide Prevention Services (SPS) was established and operated 12-hour suicide prevention hotline service. Enforcing the agency's vision of improving our services with continuous efforts, we met the needs of our society by extending our hotline service to 24 hours operation and tailored our suicide prevention services to the needs of different service users. It is my pleasure as the SPS Honorary Director to report to you and to our community all of our achievements in 2014/2015.

24-hour Suicide Prevention Hotline

"Active listening" is the core value of our services. All SPS volunteers who have fulfilled selection criteria and undergone the training processes serve the callers in accordance with the agency's value. They answered a total of 38,099 calls, a 4.2% increase from the previous year. 86% of the callers said the service helped relieve their perplexity and galvanise their will to live on - a solid testament of volunteers' active listening and care for the needy with a non-judgmental approach. This year, our volunteers contributed 24,894 hours of service, 5.6% more than last year. We are so proud of their sincere and enthusiastic participation.

Suicide Prevention Service for the Elderly

On average, one elderly person commits suicide every day in Hong Kong. In view of ageing population, we have been offering professional suicide prevention services for the elderly in the past 17 years. With the support of "The Hong Kong Jockey Club Charities Trust", we continue to serve the needy through "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly". This year we reached out to 314 cases facing despair and suicidal risks and 293 volunteers served elderly people with regular home visits and making caring calls. Moreover, volunteers from various enterprises and organisations participated in our mass visit programmes during festive seasons, bringing warmth and care to our elderly service users. Near 1,000 volunteers took part in the programmes last year, joining our "Walking with the Elderly" in the spirit of brightening their twilight years.

Since 2007, we have been organising the, " 'Don't Qua' Charity Action " during summer solstice to promote suicide prevention and the message that life is precious. In August 2014, we held the " 'Don't Qua' Charity Luncheon ", inviting service users and volunteers to enjoy delicious winter melon dishes in the warm presence of celebrities and regaled by stage performances. In addition, over 230 corporate volunteers paid visits to over 200 elders, bringing them winter melon drinks with love and care.

Suffering from depressive moods is a common phenomenon among elderly people. It is found that depression is closely linked to suicide. With funding support from HSBC through a donation to The Community Chest, we implemented "Action for Happiness – Individual Activity Plan for Depressive Elderly" project. It targets depressed old folks to foster positive emotions, enhance their support network, and develop their individual activity plans.

Services for Survivors of Suicide Loss

Starting from April 2014, we developed a referral system with three local public mortuaries. And, in the first half year, the number of cases of survivors of suicide loss rose 2.8 times from the same period last year. In 2014, we served more than 200 survivors and helped alleviate their grief by organising mutual support groups. We express our gratitude to Community Partner Foundation for its generous provision of additional manpower last year to meet our service needs.

Community and Life Education

We believe education plays a vital role in suicide prevention. Due to a growing concern for self-inflicted harms and suicidal attempts among teenagers, we launched life education programmes to inculcate positive life attitudes in children. They also learn to appreciate life and feel grateful for what they have. Last year, under the project "Filling Lives with Joy", we worked with 100 schools to give talks and workshops on life education and held emotional support groups for over 25,000 attendees.

Families, schools and groups in the society can become 'gatekeepers' to help protect teens' precious lives. With funding support from HSBC through a donation to The Community Chest, we continue to implement "Gatekeeper Training Project for Youth Suicide Prevention". With gatekeepers' concerted efforts, we aim to help teenagers overcome perplexity and adversities when they grow up.

It is my pleasure to witness the development of SPS. I am so proud of the participation and dedication of our Executive Committee, volunteers and staff. SPS will persevere in our vital work and grow as a social agency with diversified and impeccable services, creating a warm and caring society in the days ahead.

David Pong
Honorary Director

總監報告

二十年，「生命熱線」由最初提供12小時的預防自殺熱線，及後延長服務至24小時，亦按服務需要為不同服務對象設計專門的預防自殺服務，實踐本會願景「與時並進，不斷發展」，回應社會需要。以下是2014/2015年度，「生命熱線」在預防自殺工作所作出的努力：

24小時預防自殺熱線服務

「讓我們用心聆聽」是本會服務的重要理念。每位經過輪選及訓練的義工均抱持這個理念去接聽每一個來電。過去一年我們共接聽了38,099個來電，較去年增加4.2%，當中86%來電者表示服務有助紓緩個人情緒，讓他們重拾生命動力，可見義工的關懷、聆聽及接納對來電者的重要性。全年義工服務時數更高達24,894小時，較去年增加5.6%，對義工熱誠的投入，我們深感驕傲。

預防長者自殺服務

平均一日約有一宗長者自殺的個案，隨著人口老化的問題，本會在過去17年一直竭力推行專業的預防長者自殺服務。承蒙香港賽馬會慈善信託基金的捐助，本會繼續推行「香港賽馬會社區資助計劃：生命共行——外展長者服務」。過去一年共服務314個有情緒困擾及自殺傾向的長者個案，由293名義工提供定期探訪及電話慰問。另外，本會亦動員企業、團體義工於節日進行大型探訪活動，讓服務使用者更感到社會人士之關懷。去年參與的企業、團體義工的人數超過1,000人次，實踐了「『生命共行』——與長者共行晚年之路」的精神。

由2007年開始，本會每年均在大暑期間舉辦「消暑打氣冬 (Don't) 瓜水」活動，透過冬瓜 (Don't 瓜，別死) 宣揚預防自殺、珍惜生命的訊息。去年八月，本會亦繼續舉辦「消暑打氣冬 (Don't) 瓜宴」，以冬瓜作為菜餚宴請長者和義工。除透過名人嘉賓分享及精彩表演，為長者們打氣之外，更安排了超過230名企業義工，探訪超過200位長者，送上消暑冬瓜水及真摯的慰問。

長者抑鬱的情況普遍，而抑鬱與自殺的關係密切，承蒙滙豐透過香港公益金撥款資助，本會繼續推行「抑鬱解讀——長者快樂生活行動計劃」，透過實踐生活行動計劃及建立社交支援，協助有抑鬱傾向的長者建立正面的人生觀。

自殺者親友支援服務

二零一四年四月開始，本會與衛生署轄下三間公眾殮房建立轉介系統，因而首半年自殺者親友的個案較去年同期升2.8倍。去年服務超過200名自殺離世者親友，並舉行同路人互相小組，支援親友渡過哀傷。感謝「社聯伙伴基金」之慷慨資助，讓本會於去年增聘人手，回應服務的需求。

社區及生命教育工作

本會相信預防自殺的一個重要的策略是由教育著手。青少年自殘、自傷行為問題令人關注，本會不斷積極推行生命教育，讓學生從小培養個人的正向思維、積極的人生觀、懂得欣賞、學習感恩。過去一年「Joy·種生命」計劃與超過100間學校合作進行生命教育講座、工作坊及學生支援小組，逾25,000人次參與。

此外，家庭、學校及社會上不同群組，能夠成為「生命守門員」，守護著青少年寶貴的生命。承蒙滙豐透過香港公益金撥款資助，本會繼續推行「生命守門員」企劃，期望集合青少年身邊的力量，陪伴他們成長，過渡困惑和逆境。

本人感到榮幸能見證「生命熱線」的發展，更為執行委員會、義工及職員的積極投入及無私的付出感到驕傲。盼望往後的日子，「生命熱線」能繼續回應社會的需要，發展各類型的預防自殺服務，締造一個充滿愛心及關懷的社會。

龐俊怡
名譽總監

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

Anytime, day or night, people suffer from various levels of distress, such as a relationship breakdown, financial problems, academic failure. Feeling trapped with no way out, helpless and hopeless, they contemplate ending their lives as their mind struggles with pain.

Our experience in hotline service suggests depressed people don't want materialistic support only or platitudes of encouragement. They need someone to listen and alleviate their fear and vexation, to enable them to confront their problems when they gradually calm down.

Our hotline service was inaugurated 20 years ago. It's manned by professionally trained volunteers who are willing to lend an attentive ear to callers from disparate social backgrounds. They listen to their distress with patience and understand their needs. During their conversations, volunteers don't judge callers' words. They show them care and acceptance instead. And callers feel safe to share their feelings freely. Thus, hotline service volunteers guide the callers through life predicaments and look for solutions together. They no longer suffer alone.

In the year 2014/2015, 363 trained volunteers participated in the service, handling 38,099 calls over a total of 24,894 service hours.

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



二十載的日與夜，不少人承受不同程度的生活壓力，有些人遭遇感情的挫敗、人際關係的撕裂，有些人面對經濟問題等。他們會因此感到沮喪、無奈，甚至對人生感到絕望，覺得已走投無路，應否堅持下去或是放棄生命，他們的內心充滿掙扎。

從熱線服務的經驗所得，情緒受困的人並不只需要物質的援助，或者乏味的安慰說話，他們需要的是有人願意聽他們心底的話，幫助他們釋放內心的不安和恐懼，令情緒慢慢平伏，才能面對當前的困擾。

熱線服務二十年來由受專業培訓的義工提供服務，他們願意為不同背景的來電者借出一雙耳朵，耐心地聆聽他們的困擾，理解他們的需要。傾談的過程中，義工不會對來電者說批判的話，來電者會感受到義工對自己的關懷，相信有人會接納自己，在這個平台安全地抒發心中的感受。來電者透過服務亦明白無需要獨自承受困擾，因為熱線服務的義工會陪伴他們走過崎嶇的人生道路，一起尋求出路。

2014/2015年度，經過訓練為熱線提供服務的義工達363位，他們已接聽來電38,099個，服務時數共24,894小時。

我們分別感謝公益金資助服務的基線撥款、Walter Kwok Foundation資助強化對通宵服務時段的支援，與及利希慎基金資助優化對義工的培訓。

The service is supported by
本服務由



Walter Kwok
Foundation



資助

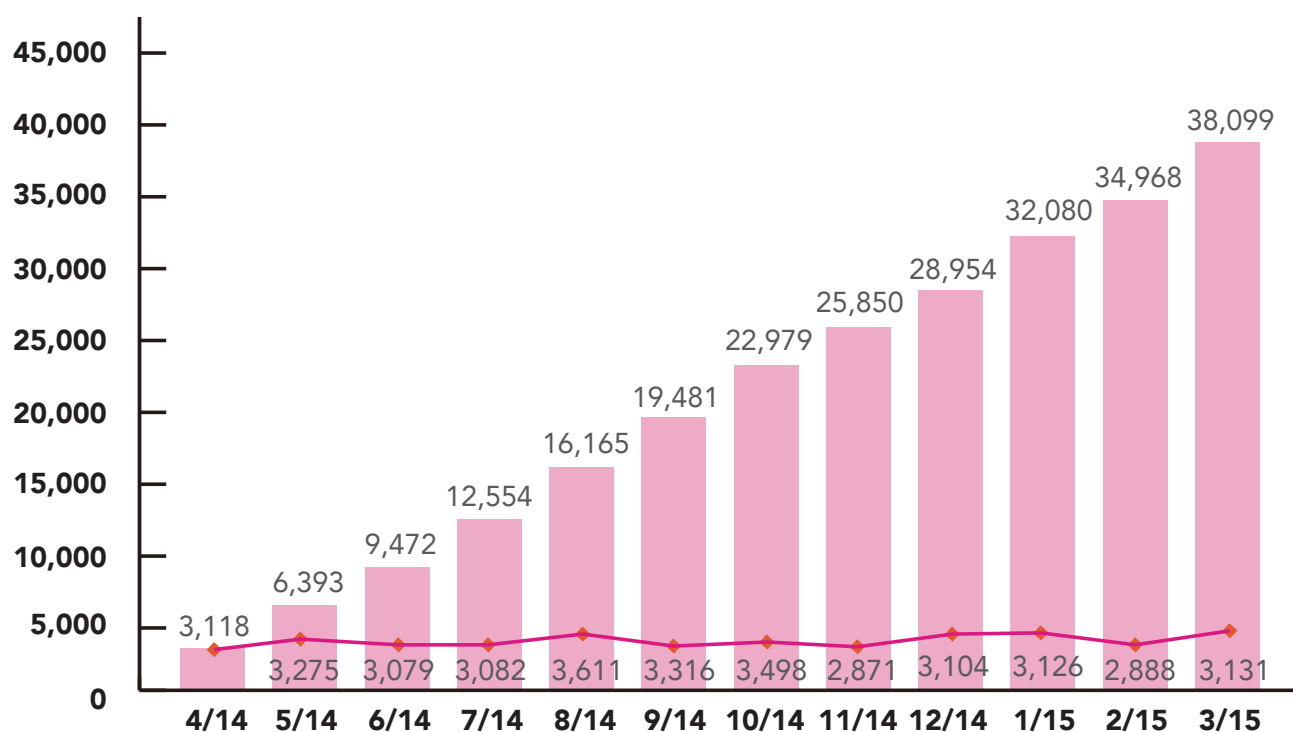


Calls Handled 已處理之來電數目

This year, we handled 38,099 calls, an increase of 4.2% year-on-year. On average, 3,175 calls were handled every month.

本年度，我們共處理了38,099個來電，較上年度增長4.2%，平均每月處理來電3,175個。

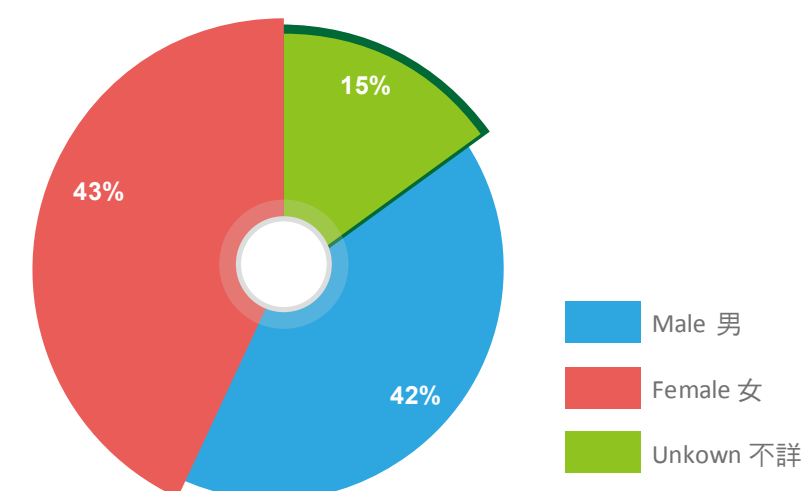
Accumulated no. of handled calls 累積已處理來電
No. of handled calls 已處理來電



Gender of Callers 來電者性別分佈

Slightly more female callers than male callers this year, compared with last year. 43% female, 42% male.

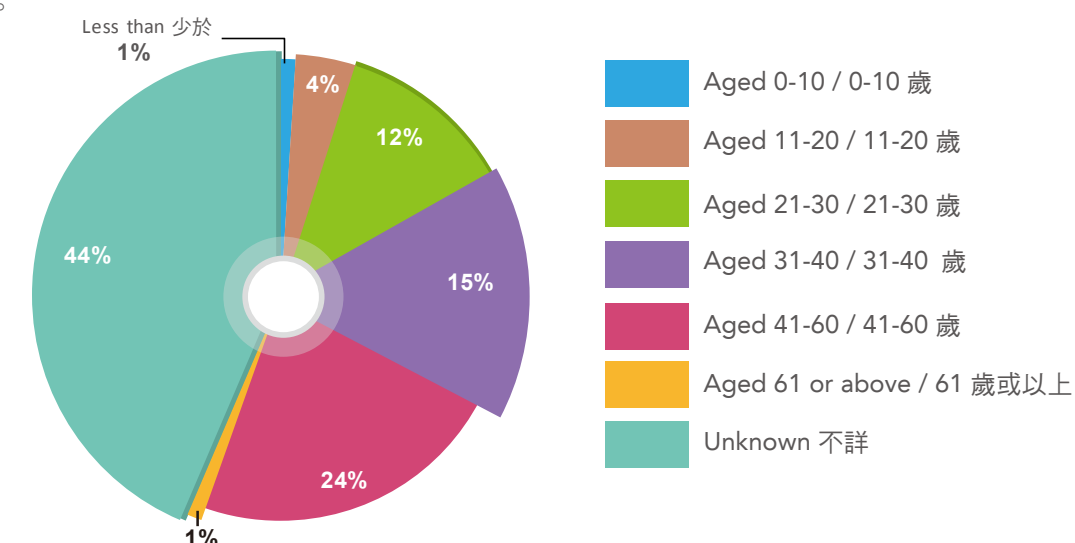
與上年度比較，女性來電者比例較男性來電者稍高，女性佔43%，男性佔42%。



Age of Callers 來電者年齡分佈

This year, three groups of callers (aged 21-30; 31-40 and 41-60) constituted 51% of total calls. Among them, 39% were middle aged (aged 31-60). 15% of total calls were aged 31 to 40 years whereas 24% were 41 to 60 years old, a slight rise over the same period last year. Only 4% were young people (aged 11-20) and 1% were elderly (aged over 61). The age distribution was similar to those of the same period last year.

本年度，來電者中三個年齡組別（21至30歲、31至40歲及41至60歲）佔總人數比例達51%，31至60歲的中年人士佔當中39%。31至40歲的人士佔總人數比例達15%，41至60歲的人士佔24%，較上年度輕微上升。青少年（11至20歲）及長者（61歲以上）的比例較少，分別佔4%及1%。整體年齡分佈與上年度相若。

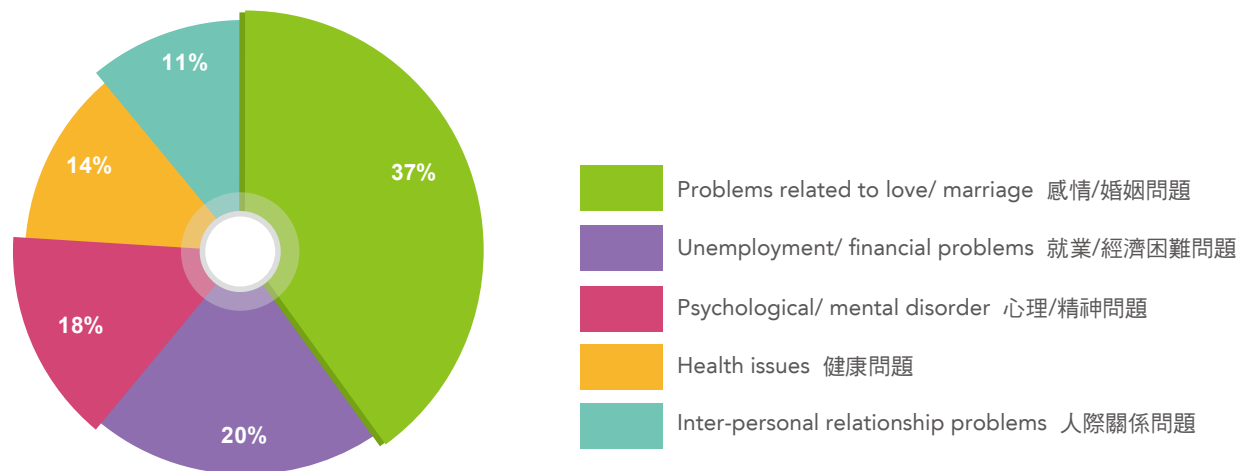




Nature of Problems 來電者面對的問題及困擾

Problems related to love and marriage were still the major issues among callers (37%). Some callers faced emotional problems related to the workplace such as stress. 20% of callers suffered from financial problems related to workplace. Others had psychological/ mental disorder (18%), health issues (14%) and inter-personal relationship (11%).

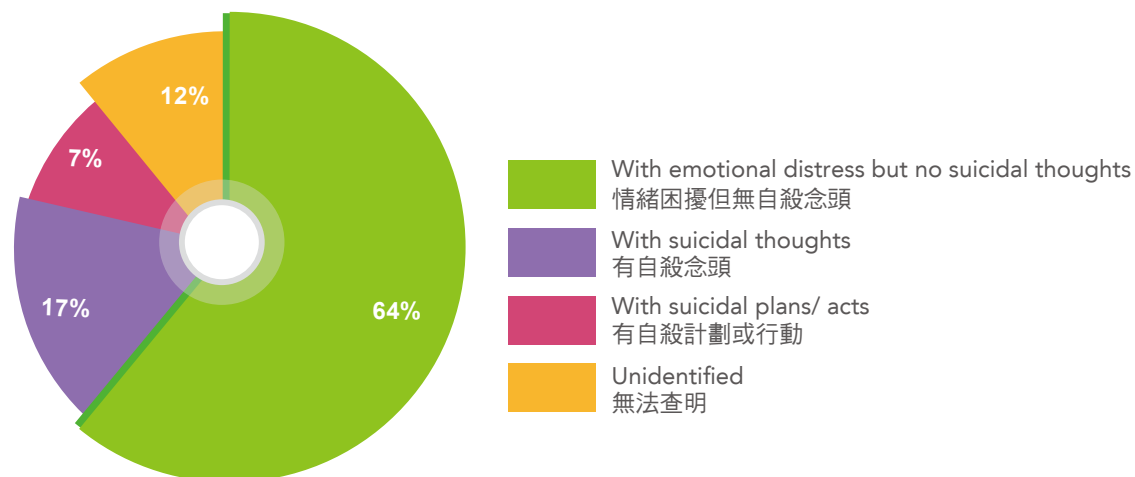
感情及婚姻問題仍然是來電者主要面對的問題，佔37%。不少來電者表示面對工作相關的困擾，例如工作壓力，「工作相關/經濟困難問題（包括失業）」佔20%。其他問題及困擾包括：「心理/精神問題」（18%）、「健康問題」（14%）及「人際關係問題」（11%）。



Suicidal Risk 來電風險分佈

This year, over 64% of callers suffered from emotional distress. 17% were assessed as having suicidal thoughts, and 7% were high risks with plans for suicidal acts.

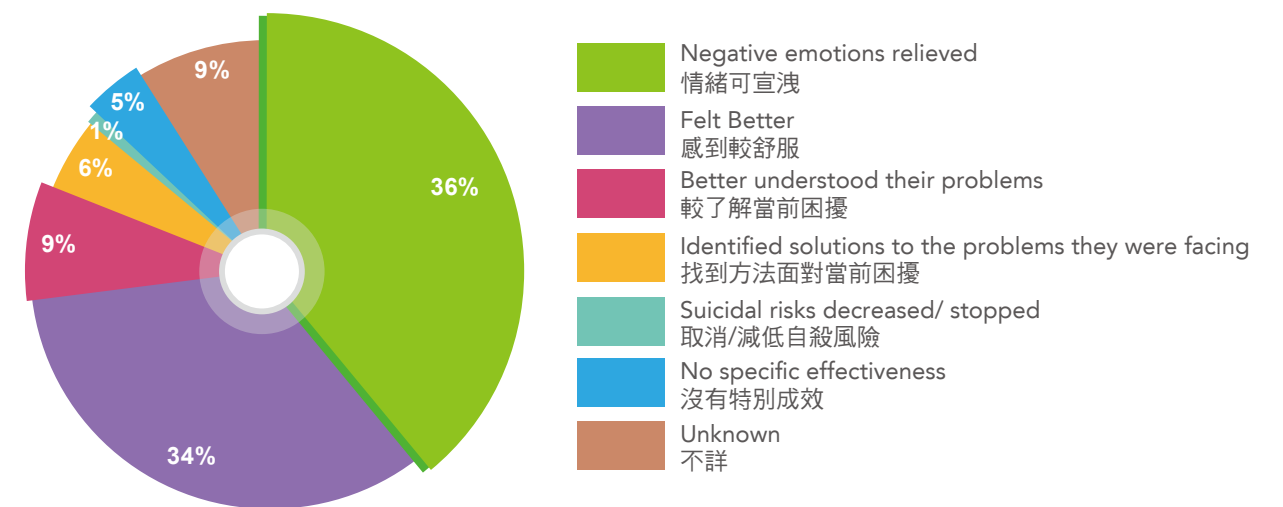
本年度，六成四來電者表示他們目前受不同程度的情緒困擾，經評估後「有自殺念頭」的來電佔總來電17%，「高風險來電」，即有自殺計劃及行動佔7%。



Effectiveness of Service 服務成效

Our hotline service can help alleviate callers' distress and emotional burden, resulting in suicide prevention. 86% of callers agreed the service was helpful. Among them, 36% said that they were relieved after talking to our volunteers, 34% felt better, 9% had better understanding of their problems, and 6% said the service helped them "identify solutions to the problems they were facing".

熱線服務可讓來電者抒發內心的鬱結，幫助他們減輕情緒負擔，預防自殺。有86%來電者認同服務對他們有正面的幫助，當中36%來電者表示服務能幫助他們宣洩情緒，有34%表示傾訴後「感到較舒服」，有9%表示「較了解當前的困擾」，有6%表示服務可幫助自己「找方法面對當前的困擾」。



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

Suicidal thoughts arise among old people as they suffer from challenges in their lives such as poor health and deteriorating family relationships as well as financial problems. They feel hopeless in their twilight years and end their lives by suicide. Some people may think that suicidal elderly are passive, weak and pessimistic. Yet, are we willing to listen to life stories of the elderly? SPS' suicide prevention services for the elderly include "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" & "Action for Happiness – Individual Activity Plan for Depressive Elderly". Through regular home visits and making caring calls, organising diversified mutual support groups and community education talks and activities, our social workers and volunteers help alleviate distress among the depressed and suicidal elderly and listen to their life stories with patience. We also find many elderly people suffering from life's vicissitudes had worked hard for their living for 60 or 70 years undaunted by hardships. In view of this, we should have a better understanding of the life challenges and emotional problems in their twilight years. By listening to the stories of "Celebrating Life" of the elderly, we help old folks appreciate their quotidian lives. Together with volunteers, we support them with care and walk with them in their twilight years.

不少長者因面對生活的種種困難，如疾病、家庭關係、經濟等而產生自殺的念頭，覺得餘生沒有希望，甚至想到以自殺來結束自己的生命。部份社會人士或會因此認定這些長者是消極、懦弱或悲觀，但我們願意聆聽長者的生命故事嗎？「生命熱線」的預防長者自殺服務：「香港賽馬會社區資助計劃：生命共行——外展長者服務」及「抑鬱解讀——長者快樂生活行動計劃」，透過社工和義工定期上門探訪及電話慰問服務、多元化的互助關懷小組活動、社區教育講座及活動等，紓緩有抑鬱傾向或有自殺念頭長者的情緒，並細心聆聽他們的故事。服務過程中，不難發現他們現在雖然要面對不同的挑戰，但過去六、七十年的歲月裏，他們曾為了生活不斷打拚，即使生活多艱難仍咬緊牙關，從沒有半點想放棄。社會人士更應該了解長者在晚年時所面對困難和情緒反應，並透過長者「好生命」的故事，與長者和義工一起，幫助長者用欣賞的角度看生命沿途的風光，用心地陪伴他們走過晚年的道路。

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

In the year 2014/2015, the project reached its eight years. We wish to thank "The Hong Kong Jockey Club Charities Trust" for supporting "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly". Their support enables us to expand our volunteer networks and to offer professional and timely support to the needy.

This year, we continued to foster relations with local agencies to develop community networks for supporting the distressed and suicidal elderly. Besides individual volunteers from local agencies, we also recruited 148 volunteers from 56 families during the year. Through volunteering, we instilled values of caring for elderly and their emotions among family members and promote the same message in the community at large.

Moreover, we continued to develop volunteer services for companies through activities such as large-scale seasonal visits, recruiting volunteers from different companies, organisations and groups to visit the elderly in their homes, take them to farms and museums with different themes or enjoy vegetarian meals with the old folks. Volunteers enjoyed precious moments with the elderly and understood their needs, bringing them warmth and blessings. Despite suffering from distress, old people can gradually regain their confidence in overcoming life challenges with the support and care from the society.

2014/2015年度是服務計劃第八年，我們感謝「香港賽馬會慈善信託基金」繼續撥款資助「生命共行 —— 外展長者服務」，支持我們擴展義工網絡，為有需要的長者提供專業和適切的支援。本年度，我們繼續與不同地區機構以協作模式服務地區上情緒受困或有自殺危機的長者，建立支援長者的網絡。地區義工方面，我們不單止推動個人義工參與服務，更擴展至家庭層面。本年度，我們共招募了56個家庭，當中有148名家庭成員參與義工服務。家庭義工藉著參與義工，讓關愛長者的的心滋潤家庭的成員，關心身邊長者的情緒變化，向更多社區人士推廣關懷長者的訊息。

此外，我們持續發展企業義工服務，包括舉辦不同節日的大型探訪長者活動，招募不同企業、機構和團體的義工參與上門探訪、陪同長者到農莊郊遊、參觀不同主題的博物館或與長者享用齋宴等。義工與長者同樂，了解長者的心路歷程，為他們送上關懷和祝福。長者雖然面對情緒困擾，但社會人士依然關心他們，慢慢重拾信心面對生命的挑戰。

This project is supported by
本計劃由



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



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

In the year 2014/2015, 293 trained volunteers from SPS and local agencies served 314 elders by home visits and caring calls and provided 9,936 service times. This year, we collaborated with 10 local agencies and offered professional training to volunteers including the skills of active listening and understanding the needs of the distressed or suicidal elderly. Our experience suggests that most of the elders are shy away from sharing their feelings with their families for fear they may put more burden on their loved ones. Although volunteers were not acquainted with elderly service users, they developed close ties with the old folks and brought warmth to them by regular home visits and caring phone calls. This helped the elderly relieve their negative feelings and emotions and ease suicidal risks.



To honour our volunteers' selfless devotion to the distressed elderly, we organised "Project Sharing & Volunteer Recognition Ceremony" with the theme: "Emerging from Distress; Bring Smiles & Care to the Elderly" on 28 March 2015. We invited Dr. Edwin Yu, a senior geriatric psychiatrist, to share his experience and knowledge of elderly depression with our volunteers. We also invited volunteers and service users to share their experiences. Through sharing, volunteers from SPS and local agencies shared the significance of our service for the elderly. They were encouraged to enhance their knowledge of serving the needy and to strive to improve service quality.

2014/2015年度，我們共有293名「生命熱線」義工及協作機構的義工，他們完成受訓並為314個長者個案提供探訪服務及電話慰問服務，服務次數共9,936次。本年度，我們與10個地區長者服務機構合作，並為義工提供專業培訓，包括聆聽技巧、了解情緒受困或有自殺念頭長者的情況等。從我們的服務經驗，發現大部份長者不願主動跟身邊的親友吐露心事，擔心成為其他人的負擔。雖然義工與長者並不相識，但他們定期探訪和致電慰問他們，與他們建立緊密的聯繫，令長者感受別人的關懷。義工鼓勵長者慢慢地說出內心的不安，幫助紓緩他們的情緒，減低他們自殺的風險。

我們於二零一五年三月二十八日舉辦「義工交流會暨嘉許禮」，表揚義工無私地為情緒受困的長者付出時間和愛心，活動主題為《同行步出抑鬱路·齊心關懷展笑顏》。我們邀請了資深老齡精神科醫生余枝勝醫生，與義工分享他有關長者抑鬱症豐富的知識及經驗。此外，活動亦透過義工和服務使用者的分享，讓「生命熱線」義工及協作機構的義工明白服務對長者的幫助及其重要性，鼓勵義工繼續自我增值，為提升服務的質素而努力。

Distribution of Age and Sex of Service Users in the year 2014/2015
2014/2015 年度服務使用者的年齡及性別分佈表

Age 年齡	Sex 性別		Total 總數
	Male 男	Female 女	
60 - 69	7	29	36
70 - 79	39	90	129
80 - 89	43	88	131
90 or above 或以上	4	14	18
Total 總數	93	221	314

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

SPS Volunteers 「生命熱線」義工	109
Local Agency Volunteers 地區協作機構義工	184
Total 總數	293

Community Education Programme 社區教育活動

We organised community education talks for the elderly and the public to raise awareness of suicide prevention. This year, we held mental health talks for over 1,000 elders from different organisations and residential centres. We encouraged the old people to be aware of their emotional ebb and flow and seek help if needed. We were invited by a local Care and Attention Home for the Elderly and Social Welfare Department to hold four workshops for 204 frontline professionals in elderly services. The participants said they had a better understanding of the needs of elderly people, allowing them to give timely support.

We joined some social service agencies to participate in roadshows, "Cherish for Life" on 29 May, 5 July and 12 December 2014. We promoted our services to residents in Choi Wan Estate and its vicinity through games. We also participated in roadshows organised by other agencies to promote our services, appealing to a total of 1,087 participants.

We plan to launch a booklet about hands-on approaches to intervention in suicidal cases and we are collating case information. The booklet is expected to get published in 2016.



我們為長者及社會人士舉辦社區教育講座，提升他們預防長者自殺的意識。本年度，我們在不同的長者服務機構、院舍等舉辦「長者護心法」社區教育講座，超過1,000名長者參與，鼓勵長者注意自己的情緒變化，有需要便立即尋求支援。此外，我們獲本地一間長者護理安老院及社會福利署的邀請，為204名長者服務的前線專業人士舉辦了四次工作坊，參加人士認為工作坊幫助他們了解長者的情況，及早為有需要的長者提供支援。

我們與多間社會服務機構於二零一四年五月二十九日、七月五日及十二月十二日參與「珍愛生命聯合活動」及服務推廣日街頭展覽，向彩雲邨及附近社區的居民介紹我們的服務和設置攤位遊戲。此外，我們參與其他團體舉辦的街頭展覽及設置攤位介紹，共1,087名市民參與。

此外，我們正籌備一本實務手冊有關自殺念頭長者的個案介入，目前正在整理個案資料，預計於2016年推出。

Major Community Education Programmes 主要社區教育活動	Time 次數	No. of Beneficiaries 服務受惠人數
"Cherish for Life Service Promotion" Roadshow 「珍愛生命聯合活動」街頭展覽	3	707
"Calling for Love" Service Promotion Booth 「愛的呼喚大行動」服務介紹攤位	1	300
Roadshow by Richmond Fellowship of Hong Kong 「利民會友樂坊」街頭展覽	1	80
Mental Health Promotion Talk 「長者護心法」講座	27	1,066
Elderly Suicide Prevention Service Sharing for Professional Co-workers 預防長者自殺服務實務分享 ——專業同工訓練工作坊	4	204

Seasonal Visit 節日探訪活動

Festive seasons often aggravate the despair and loneliness among the distressed elderly and those who are home alone, triggering off their bad moods. Each year during festive seasons, we organise large-scale home visits by volunteers. This year, we held 14 seasonal visits and five outdoor activities, involving over 990 volunteers from different companies, groups and organisations and more than 1,000 elders. Our enthusiastic volunteers delivered gift packs to the old people during home visits, bringing them warmth and care.



對獨居及情緒受困的長者而言，節日期間會更加感到孤單和寂寞感，容易牽動他們負面的情緒。我們每年於大小不同的節日舉辦大型義工探訪活動，本年度，我們舉辦了14次探訪活動及五次戶外活動，超過990名來自不同的企業、團體及機構的義工參與，超過1,000名長者受惠。義工懷著對長者無比的愛心，真誠地關心長者，於探訪時送給他們禮物包，令長者的內心加添暖意。

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

In July and August 2014, we continued to organise our flagship volunteer activities "'Don't Qua' Volunteer Service Programme" and "'Don't Qua' Charity Luncheon". We organised the events during the summer solstice in Chinese tradition to help cheer up the distressed elderly and promote the message of cherishing life. In July 2014, 237 volunteers from different companies, groups and organisations visited the elderly in their homes or residential centres, bringing them winter melon drinks and healthy food. Some volunteers participated in making caring phone calls to the elderly.



In August 2014, we organised the "'Don't Qua' Charity Luncheon" and invited our elderly service users to enjoy winter melon meals with the volunteers. The event was held at a Chinese restaurant, Maxim's Palace, in Telford Plaza in Kowloon Bay. We invited renowned artistes Mr. Adam Cheng Siu Chau, Mr. Joe Junior and Mr. John Lee Ping Man to cheer up the elderly and encourage them to cherish life. Mr. Joe Junior and Mr. John Lee also regaled the old folks with great performances. We shared touching moments with our guests when our elderly service users performed together with Mr. John Lee.



二零一四年七月至八月期間，我們繼續舉辦旗艦大型義工活動「消暑打氣冬 (Don't) 瓜水」及「冬 (Don't) 瓜慈善愛心午宴」，於「大暑」期間鼓勵情緒受困的長者，並向社會宣揚珍惜生命的訊息。二零一四年七月，237名來自不同企業、團體及機構的義工帶同消暑的冬瓜飲品及健康食品，上門探訪或到院舍探訪長者。有些義工參與了電話慰問義工服務，致電關心長者。



二零一四年八月，我們舉辦了「冬 (Don't) 瓜慈善愛心午宴」，邀請長者與義工一起享用特色冬瓜菜餚。活動於九龍灣德福廣場美心皇宮大酒樓舉行，並邀請了特別嘉賓，包括著名藝人鄭少秋先生、Joe Junior先生和李炳文先生，為長者打氣，呼籲他們珍惜生命。活動中Joe Junior先生和李炳文先生分別獻唱經典金曲，我們亦邀請了一眾長者與李炳文先生同台合唱，場面溫馨感人。

Seasonal Visits 節日探訪活動

Date 日期	Activities 節日探訪/戶外活動	No. of Corporate Volunteers 企業義工人數	Beneficiaries 服務受惠人數
12. 04. 2014	St. Bonaventure Catholic Primary School Students Residential Centre Visit 院舍探訪(聖文德天主教小學)	45	88
13.04.2014	Easter Visit Programme 全城關懷渡復活	15	17
29.04.2014	The Hong Kong Institute of Education Students Elderly Visit 長者探訪(香港教育學院)	7	4
10.05.2014	Standard Chartered Bank (Hong Kong) Volunteer Team Residential Centre Visit 渣打銀行義工隊 —— 院舍探訪	10	16
16.05.2014	"Love Nature, Love Smile" by Goldman Sachs 高盛義工 —— 戶外活動	15	19
17.05.2014	Hong Kong Taoist Association The Yuen Yuen Institute No.3 Secondary School Students Elderly Visit 長者探訪 (香港道教聯合會圓玄學院第三中學)	15	9
25.05.2014	Tuen Ng Festival Programme 糴種愛心賀端陽	87	94

Date 日期	Activities 節日探訪/戶外活動	No. of Corporate Volunteers 企業義工人數	Beneficiaries 服務受惠人數
29.06.2014	KMB Visit Programme 九巴之旅	25	19
13.07. & 20.07.2014	'Don't Qua' Volunteer Service Programme 消暑打氣冬(Don't)瓜水	76 161	68 140
28.08.2014	'Don't Qua' Charity Luncheon 冬(Don't)瓜慈善愛心午宴	16	52
09.08, 05.09, 06. 09 & 07.09.2014	Mid-Autumn Festival Visit Programme 月滿佳節譜關懷	60	72
18.10.2014	Standard Chartered Bank (Hong Kong) Volunteer Team Prosperous Garden Visit Programme 渣打銀行義工隊—— 駿發花園「洗樓」活動	15	54
15.11.2014	St. Bonaventure Catholic Primary School Students & Family Visit 親子探訪之長者獻關懷 (聖文德天主教小學)	40	18
16.11.2014	Care for Elderly Visit Programme 全城關懷長者日	60	60
14.12.2014	Christmas Visit Programme 冬日情濃顯關懷	50	78
10.01.2015	Standard Chartered Bank (Hong Kong) Railway Ride 渣打銀行——懷舊鐵路遊	24	23
25.01.2015	Chinese New Year Visit Programme 歲晚送暖表愛心	146	109
28.02.2015	MTR New Year Elderly Programme 港鐵新春旅行	12	22
22.03.2015	Spring Visit Programme 春意暖暖展關懷	119	98
	Total Attendance 總人次	998	1,060

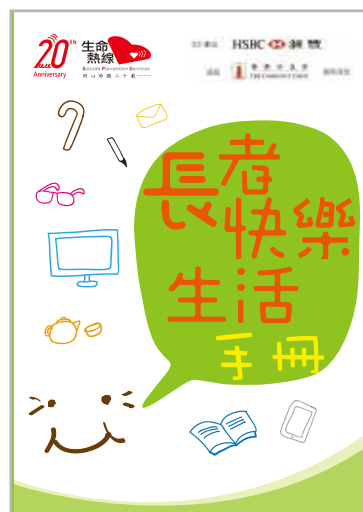


Action for Happiness – Individual Activity Plan for Depressive Elderly

「抑鬱解讀——長者快樂生活行動計劃」

We often draw an analogy between elderly people and old trees because they both possess valuable life experiences. Old trees bring shelters for animals in the wild and nurture them by blossoming and bearing fruits. Old folks have worked hard to create fruitful lives for their families and society. Unfortunately, some old people are prone to bad moods and suffer from depression due to poor health, retirement and changing roles in society. The World Health Organisation says 350 million people worldwide are suffering from depression.

This common illness is the result of intricate social, psychological and biological factors. Being less actively engaged in society, old folks tend to withdraw into themselves and develop depressive moods. They might even have suicidal thoughts and behaviours.



長者的生命好比老樹，兩者的共通點是有豐富的閱歷。老樹一直守護大自然的生物，開花結果，長者亦為社會和家庭創造豐碩果實。但有部份長者因為身體功能逐漸衰退，罹患各種疾病，再加上退休以及社會角色的改變，情緒上容易受影響而處於低落狀態，最常見的是形成抑鬱症。世界衛生組織指出現時全球有3.5億人口患有抑鬱症，抑鬱症的成因複雜，它是社會、心理和生理因素相互影響的結果。當長者與社會互動的機會減少，會更容易引起退縮和出現抑鬱的情緒，嚴重的會出現自殺念頭及自殺行為。

2014/2015年度，「抑鬱解讀——長者快樂生活行動計劃」踏入了第三年，我們承接過往兩年的工作成果，並以「生命的果子」為服務的主題，鼓勵情緒低落或患有抑鬱症的長者為生命添上各種「正向」的「果子」，在晚年仍能展現生命的力量。服務透過社工不同方面的介入及義工的定期探訪及陪伴，與他們一起制訂「快樂生活行動計劃」，並鼓勵他們參與多元化的小組活動、社區教育服務等，讓參加服務的長者從生活中尋找樂趣及亮點，逐漸建立一個正向的晚年生活。義工與長者的接觸人性化，更讓他們感受社會的關懷。

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

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

This year, a total of 77 volunteers completed the training to serve depressed and distressed elderly people. With selfless attitudes “to influence life with life”, volunteers bring warmth to the elderly and show respect for them. They also encourage the old folks to develop their own action plans to find happiness in life and regain positive energy in their twilight years.



We have analysed our service data and found that 37% of our elderly cases felt lonely and 31% of them suffered from interpersonal problems. This shows that elderly have to develop their own social network through participating in group activities and developing their interests. We organised a series of group activities, “Gathering for a



The year 2014/2015 marked the third year of the “Action for Happiness – Individual Activity Plan for Depressive Elderly” project. We leveraged on service experiences in the past two years to create a theme of “The Fruits of Life” this year. Through different levels of intervention by our social workers and regular visits by volunteers, we encouraged distressed and

depressed old folks to stay positive in their twilight years by implanting “fruits of positive energy” in their lives. We help old folks plan and develop their own activities and encourage them to join our diversified interest groups and community education programmes. As a result, our service users are able to regain the joy of live and gradually develop positive lifestyles in their twilight years. With our personalised volunteer service, we bring warmth to the needy.



Moment”, for the elderly, including playing chess, sharing general knowledge of quotidian life and outdoor activities such as visiting new communities and exhibitions. All these allow old folks and their peers to support each other to surmount from emotional turmoil.

During the year, we collaborated with different companies to hold a variety of volunteer activities such as Mid-Autumn Festival meals for the elderly, sharing healthy eating tips, hairdressing, magic performances as well as organic farming. Through these activities, old folks strengthened their connections with the community as they interacted with people. Meanwhile, volunteers also have a better understanding of the needs of the depressed elderly and the public is encouraged to care for elderly. We are grateful to corporate volunteers for their active support.

本年度，共有77位完成培訓的義工關懷和陪伴有抑鬱徵兆或情緒受困的長者，義工以「生命影響生命」的理念，讓94位參與計劃的長者感受到溫暖及尊重。長者在義工的鼓勵下訂定具「個人化」的幸福生活模式，幫助他們尋找生活的樂趣，為晚年的生活增添力量。



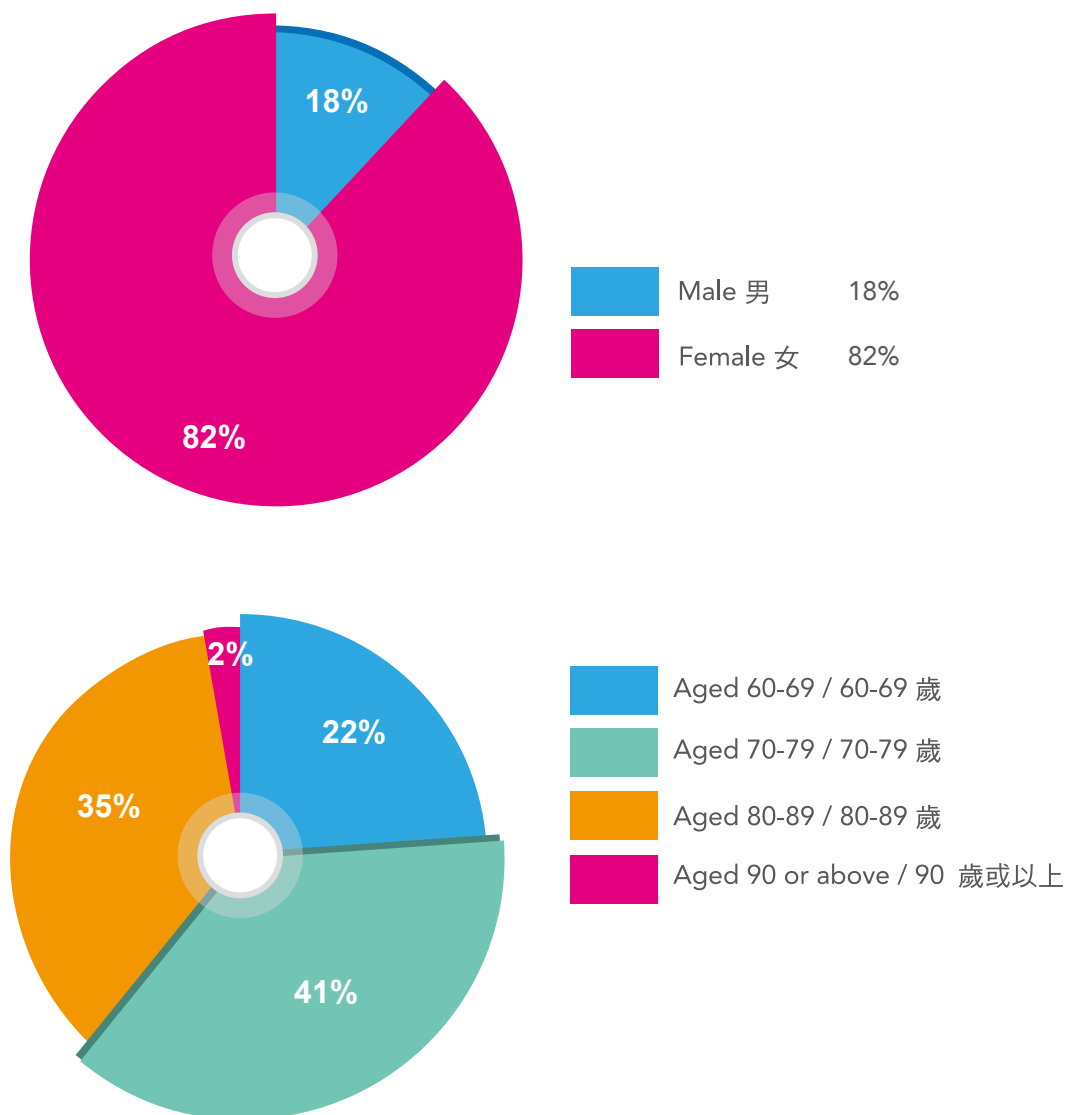
我們分析了服務數據，37%的長者表示在生活上有「孤寂感」及31%表示受「人際關係」困擾，反映長者須要參與群體活動，發揮所長，建立人際網絡。我們舉辦了一系列名為「相聚一刻」的長者小組活動，例如棋藝活動、日常生活知識分享、戶外活動包括探訪新社區、觀賞展覽等，長者可以與其他同路人互相扶持，一起渡過情緒的低谷。

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本年度，我們與不同的企業籌辦了多元化的義工活動，例如中秋節宴請長者、分享健康飲食資訊、替長者美髮、魔術表演活動、有機田園耕作等，讓長者接觸社會人士，加強與社會的聯繫，同時義工亦透過活動了解抑鬱情緒長者和他們的需要，鼓勵更多社會人士關心身邊的長者，我們感謝企業義工的積極參與。

Background of Service Users in the year 2014/2015 2014/2015年度服務使用者背景

No. of Service Users 服務使用者數目	94
No. of Times the Elderly are Visited by Volunteers and Participated in Activities 接受探訪及參與活動（人次）	917





Mutual Support Group 互助關懷小組

This year, we worked with service agencies for the elderly in various locations and organised three mutual support groups for 29 old people. Group activities included positive thinking training, sharing spiritual stories and discussions. We talked of ways to live happily with old folks and to help them discover elements of positive energy such as gratitude, optimism, carpe diem, good character and interpersonal relationships, and encourage them to develop positive life attitudes. 89% of the participants said the activities helped alleviate their distress.

本年度，我們與不同地區的長者服務單位合作，並舉辦了三次「生命·喜樂」互助關懷小組，共29名長者參加。活動包括正向心理練習、心靈故事分享及討論。我們與長者討論尋找方法去建立一個喜樂的生命，發掘一些正向生命的果子，例如感恩、樂觀、活在當下、良好品格、良好人際關係等，鼓勵他們在生活中實踐正向的態度。89%參加的長者於完成小組後表示活動能幫助他們的情緒有正面改善。



Community Education 社區教育

Our major community education activity, "Celebrating Life Concert", was held on 15 July 2014 at the Multi-media Theatre of HKICC Lee Shau Kee School of Creativity, the event attracted over 300 old folks. The show had three themes, "Life", "Support" and "Bestowal". We kicked off each theme by video interviews of elderly people, followed by performances of popular inspirational songs praising the elderly for their perseverance in lives. While reminiscing on fond memories, old folks learnt to develop life attitudes by discovering the joy in their lives. We thank our guests and groups for their support,



including Mr. Joe Junior, Mr. Terence Chui, Mr. John Lee, Dr. Alvin Chan, Sandy, Pok Pok, African Band AFO, our elderly service users as well as Djembe Band from HKLSS Harmony Garden Lutheran Centre for the Elderly.

We also held community education talks with the theme: "Happy Lifestyle" for 515 elders from nine old folks centres. Our topics related to daily lives such as family relationships to promote positive life attitudes.

本年度重點社區教育活動「生命喝采音樂會」於二零一四年七月十五日舉行，活動於香港兆基創意書院藝術中心多媒體劇場舉行，逾300位長者出席。音樂會分三大主題：「生命篇」、「勉勵篇」及「互勉篇」，每個主題由長者的錄影訪問為開首，並以長者耳熟能詳的勵志歌曲配合，歌頌長者的對生命的毅力。長者藉著回味



人生不同階段，明白在日常生活也可以尋找樂趣，建立正面的生活態度。我們感謝表演嘉賓及團體的支持，包括影視紅星Joe Junior、歌手小肥、歌手李炳文、陳以誠醫生、歌手Sandy、歌手博博、非洲樂隊AFO、「生命熱線」服務的長者個案及路德會富欣花園長者中心非洲鼓樂隊。

另外，我們於本年度到訪九間長者服務單位，並舉行「快樂生活模式」講座，共515名長者受惠。講座內容與日常生活有關，例如與家人的關係等，鼓勵長者建立一個積極的生活態度。

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

Losing their loved ones, survivors of suicide loss make posthumous arrangements for the deceased even as they are overwhelmed by grief. Suffering from disparate levels of emotional problems, survivors feel perplexed, and find it hard to express their feelings. Moreover, in Chinese tradition, family members are forbidden to visit others' homes or join in celebrations during the 100-day period of mourning. Survivors fail to get emotional support from others and find closure. Through Project BLESS, we strive to give timely support to survivors. Starting from the year 2014/2015, we, together with three local public mortuaries, have initiated a pilot system of referring survivors of suicide loss. This enables us to reach out to bereaved families at an early stage and provide them with timely and professional bereavement services. We hope we can thus support survivors on their healing journey, filling their lives with love.

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，加上中國傳統的禁忌，喪親首一百天內不宜到別人的家、不宜辦喜事等，更加令家屬無法獲得適當的情緒支援，難以過渡哀傷。我們透過「釋心同行——自殺者親友支援計劃」，尋求及早接觸家屬的途徑。由2014/2015年度開始，我們與衛生署轄下三間公眾殮房共同推行先導計劃，建立一個自殺者親友個案轉介系統，讓我們在自殺者離世初期接觸其家屬，及早提供專業的哀傷輔導服務，讓走在哀傷道路上的家屬感受「愛常在」。

Project BLESS

釋心同行 —— 自殺者親友支援計劃

We are grateful to Community Partner Foundation for their continuous support in sponsoring "Project BLESS". In the year 2014/2015, we walked more than 200 survivors through their healing journey. Our counselling service focused on individuals' needs, we encouraged survivors to participate in various activities such as mutual support groups and therapeutic programmes to help them overcome their grief at their own pace. We also encourage survivors to become volunteers to give emotional support to their peers. This year, we organised diverse community education programmes, participated in media interviews and held press conferences. We also published a resource booklet for survivors, "Relieving Distress and Caring in Your Hearts: A Booklet for Survivors of Suicide Loss". Through various means, we want to encourage survivors to seek help and raise social awareness of their needs.

我們感謝「社聯伙伴基金」繼續支持推行「釋心同行——自殺者親友支援計劃」。2014/2015年度，我們為超過200名家屬提供服務，服務以個案輔導為主，並按照個人情況，我們鼓勵家屬參與不同的活動，包括同路人互助小組活動及治療性質的活動，幫助他們以自己的步伐走出情緒的陰霾，重新出發。我們亦鼓勵更多過來人成為義工，為家屬提供情緒支援。本年度，我們舉辦了不同社區教育活動、接受傳媒訪問、舉辦新聞發佈會及出版了一本為自殺者離世者親友而設的實務手冊《釋懷·從心——給自殺者親友的關懷手冊》。我們積極透過不同的渠道，鼓勵有需要的人士尋求協助，推動社會關心自殺者家屬的需要。

This project is supported by
本計劃由



資助



Case Service 個案服務

In the year 2014/2015, we served 229 cases of survivors of suicide loss. Since April 2014, we have developed a referral system of survivors of suicide loss with three local public mortuaries including Victoria Public Mortuary, Fu Shan Public Mortuary and Kwai Chung Public Mortuary. When survivors go to public mortuaries to collect bodies and apply for documents, forensic pathologists will meet them and introduce SPS' "Project BLESS" service to them. If survivors ask for the service and agree to receive it, forensic pathologists will refer them to us. Our professional social workers will contact the survivors within three working days upon referral and offer them services according to their needs. After the referral system was launched, 88% of new cases turned to us for help within three months of losing loved ones to suicide. This indicates a strong demand from survivors for professional support in early stage of grief.

This year, 55% of cases were referred by public mortuaries while 25% were applications by survivors. Among these applications, nearly two-thirds of them turned to us for help when they learnt about our service in public mortuaries.

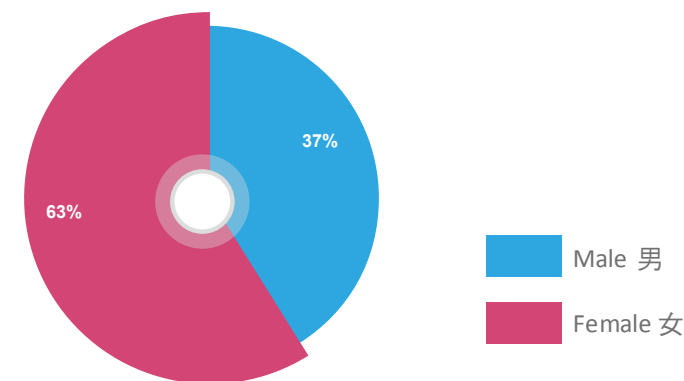
2014/2015年度，我們已服務的新個案共有229個。由2014年4月開始，我們與本地三間公眾殮房包括域多利公眾殮房、富山公眾殮房、葵涌公眾殮房合作，建立一個自殺者親友個案轉介系統。當自殺者親友到公眾殮房認屍及辦理手續時，法醫會向家屬介紹「生命熱線」之「自殺者親友支援計劃」的服務，如家屬需要及願意接受服務，法醫便會轉介至「生命熱線」，本會專業社工會於收到轉介後三個工作天內與家屬聯絡，安排適切的服務。轉介系統推出後，有88%的新個案於至親自自殺離世後三個月內接受服務，顯示家屬於事發初期急切需要專業的情緒支援服務。

本年度，我們的個案主要來自公眾殮房轉介。「公眾殮房轉介」個案佔55%，其次是「自行申請」佔25%。而自行申請服務的人士中，有接近三分之二的求助者是透過公眾殮房介紹服務而自行聯繫我們，要求安排服務。

New Cases Served in the year 2014/2015 2014/2015年度服務使用者資料

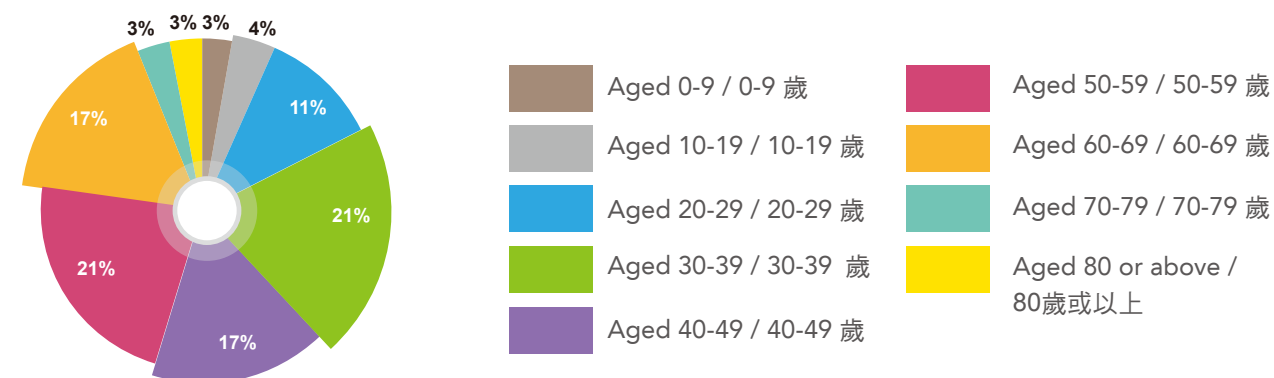
Among all new cases, 63% were female and 37% were male.

新個案當中，女性佔63%，男性佔37%。



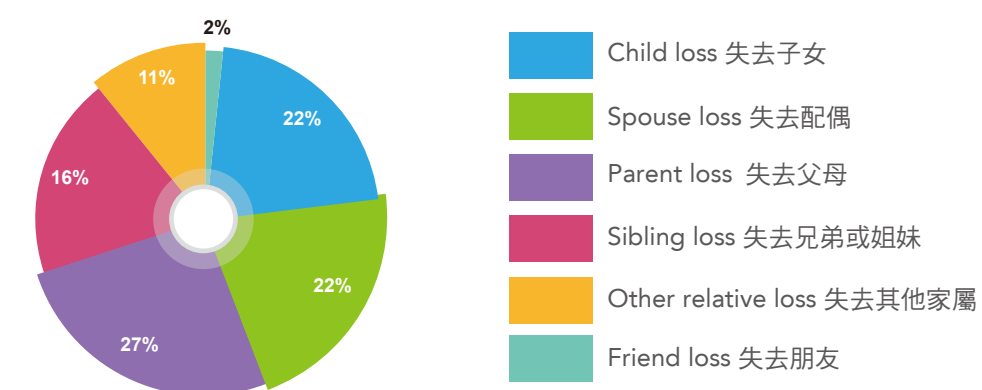
Middle-aged survivors (aged 30 -59) constituted 59%, while elderly people (aged 60 or above) made up 23%.

以年齡層劃分，中年人士（30至59歲）佔59%，其次為長者（60歲或以上）佔23%。



27% were children who lost their parents, 22% were parents who lost their children, 22% suffered from the loss of their spouses and 16% were bereaved by siblings.

失去了父／母的子／女個案佔27%，其次是失去了子女的家長個案佔22%，及失去了配偶的親友個案佔22%，失去了兄弟或姐妹的個案佔16%。





Mutual Support Group

同路人互助小組

During the year, we organised five mutual support groups for survivors suffering from the loss of their children, husbands, wives or partners. Besides ordinary group activities, we also encouraged survivors to relieve their distress through joining groups with different themes such as yoga and body-mind-spirit groups for women. Group activities included peer sharing, yoga exercises for stretching, as well as various kinds of body-mind-spirit sessions for emotional control and stress relief.

Survivors are overwhelmed by grief and found verbal expression difficult. As the result, we used diverse expressive art forms such as painting, making clay ornaments and writing letters to help survivors to enhance their bodies and minds. This also allowed them to safely express their feelings become more aware of their emotions and ultimately achieve closure.

本年度，我們舉辦了五個自殺者親友同路人互助小組，對象包括分別為曾有子女因自殺而離世的家長及曾有配偶或親密伴侶因自殺而離世的親友。我們亦鼓勵家屬以不同的形式來抒發情緒，例如舉辦以瑜伽為主題的同路人互助小組及婦女身心靈小組。活動包括同路人分享、瑜伽運動幫助舒展筋骨及各種身心靈活動來調整情緒，抒發內心的鬱結。



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

"I might have isolated myself if I hadn't joined a group. I no longer feel afraid of meeting new friends after joining one. I feel more confident about adjusting to a new life and moving on. Through peers sharing, I have gained the courage to overcome life's vicissitudes," said April, a survivor of suicide loss in a mutual support group.

參與同路人互助小組的April：「如果不是參加小組，我可能會封閉自己……參加小組後，覺得自己不像以前一樣害怕見人，有更多信心和勇氣，去適應新的生活和有目標向前走。從組員的分享中，我有多一份力量去面對自己的處境。」



Ah Chi, a participant of a mutual support group, felt really guilty about his loved one's death. "I regained control of my life after I joined the group. I feel happier. I suffer less from emotional ebbs and flows. I moved on. I learnt from peers' sharing that suicide and emotional problems are related. I shouldn't blame myself for causing the death of my beloved. I also become aware of the limitations of accepting others' behaviours."

參與同路人互助小組的阿智，一直感到強烈的自責：「（參與小組活動）覺得自己有重生的感覺，多了開心，少了負面感覺，可以向前行，少了情緒波動。從同路人的分享，認識自殺是跟情緒病有關，明白到這件事的發生，自己並不需要負上所有的責任，同時，我學會接納別人是有限制的。」



"I met a group of survivors and expanded my social network. We support each other and share our feelings. My peers won't ridicule me and the deceased. I realise there's no single reason for suicide after I've joined the group. I refrained from asking "why did it happen?". I feel relieved as I don't need to seek for reasons of death" said Sammy, a survivor of suicide loss in a mutual support group.

參與同路人互助小組的Sammy：「認識了一群同路人朋友，擴闊了生活圈子，大家互相支持，互相明白，他們不會評論我或我離世的親人。參與小組，我明白自殺背後原因並非單一問題，我不會再去不停地問『點解』，無需再去探求原因，減少困擾。」





International Survivors of Suicide Day

國際自殺者親友關懷日

On 23 November 2014, we commemorated "International Survivors of Suicide Day" and organised an event with the theme "Blessings with Sincerity". Our 53 survivors made sky lanterns and released them. The ritual allowed survivors to express their love, to reminisce about the deceased and to bestow blessings, wishing themselves, as well as families and peers, a good life.

我們於二零一四年十一月二十三日舉辦了「國際自殺者親友關懷日」紀念活動，活動主題為「真摯的祝福」，有53名家屬出席活動並製作及放孔明燈，表達對離世至親的愛與思念，以及為未來生活的期盼許願，為自己、家人和同路人送上真摯的祝願。



"I felt great when making sky lanterns with my peers. We worked together, sorted things out and complemented with each other well. Before releasing sky lanterns, survivors formed a circle, patting each other's shoulders. I was touched by this and burst into tears. I felt the power of peer support - a sense of togetherness and encouragement." said Ka Yan, a participant of SPS commemoration of "International Survivors of Suicide Day".

參與「國際自殺者親友關懷日」紀念活動的嘉欣：「能夠與一組同路人合作完成孔明燈，一同經歷，一同合作，互補長短，感覺很好。放燈前，同路人圍圈互相拍膊頭，很感動，我不其然流下淚來，感受到同路人的力量，有一種同在、互相鼓勵的感覺。」

Therapeutic Programme for Survivors of Suicide Loss

自殺者親友支援活動

Survivors whose loved ones recently passed away need special care for their mind, body and spirit. On 18 May 2014, we held a therapeutic programme, "Caring in your Hearts: A Journey of Body-Mind-Spirit" and invited a trainer specialising in "body-mind-spirit intervention approach". The trainer taught body-mind-spirit exercises to 35 survivors, strengthening their physical and spiritual health and helping them regain positive energy to overcome emotional turmoil. We also invited some survivors to share their experiences with their peers to inspire them and help alleviate their loneliness.



剛面對喪親的家屬特別需要身心靈的支援，我們於二零一四年五月十八日舉辦了「從心出發——洗滌身心靈之旅」的治療性活動，並邀請了「身心靈介入模式」的導師，帶領35名家屬學習身心靈運動，促進他們的身體和心靈的健康，使他們重新獲得能量面對當前的情緒負擔。我們更邀請了多名過來人分享，他們的經歷引起家屬共鳴，並感受別人的支持，減輕孤獨感。

Ah Fai, a participant of "Caring in your Hearts: A Journey of Body-Mind-Spirit", said, "The body-mind-spirit exercises were good. Some of them were not common in our daily lives but I found them interesting. For example, exercises in clapping hands, stretching arms. They helped strengthen my physical and mental health. I gained support from my peers through sharing with them and felt relieved."

參與「從心出發——洗滌身心靈之旅」的阿輝：「身心靈練習很好，很有趣，如拍手功及甩手操於日常生活較少見，亦能令身心健康。……（我）有機會和其他同路人分享，能釋放情緒及感到被支持。」



Volunteer Service 過來人義工支援

Some survivors become volunteers and they share their experiences of bereavement, giving support to their peers to cope with their emotional ebbs and flows. This year, the volunteers served 182 survivors in 51 sessions. They also eased other survivors' emotions by sharing their bereavement stories in professional counselling services and mutual support groups. Our volunteers also actively participated in community education and media interviews to raise awareness of survivors' needs and encourage them to seek professional help.



自殺者親友擔任過來人義工，分享他們面對至親離世的經歷，並與同路人同行，走出哀傷。本年度義工服務達51次，受惠家屬達182人。過來人義工在專業個案輔導或同路人互助小組及活動中擔任分享員，關心家屬的情緒。義工亦積極參與公眾教育活動，接受傳媒訪問等，讓社會理解自殺者親友的需要，並鼓勵有需要人士尋求專業的支援。

Community Education 社區教育



This year, we held talks about supporting bereaved families for social workers and volunteers from various local welfare organisations. We also explained survivors' needs and introduced our service to front line police officers in the Tsuen Wan Police Station.

Two survivors and Mr. Vincent Ng, our Executive Director, gave interviews to the local broadcast media including a TV programme "The Pearl Report" on TVB Pearl. Survivors shared their experiences of bereavement while Mr. Ng promoted "Project BLESS" service. Through media interviews and reports, we aim to raise awareness of caring for survivors and promote the message that life is precious.

On 25 November 2014, we held a press conference about our collaboration with local public mortuaries and the referral system of survivor cases. We also shared data analysis on the effectiveness of the system since its inception. We talked about the trauma and challenges faced by survivors 100 days after the death of their loved ones

and invited a service user who was referred by the system to share his experiences of bereavement and the support we gave him and his family.

Moreover, we will enhance our community education to promote understanding of survivors' distress and raise awareness of suicide prevention. Production of three community education video clippings is completed and will be launched in 2015.

本年度，我們為本地社福機構的社工及義工舉辦支援自殺者親友的講座。此外，我們為荃灣警署的前線警員講解自殺者親友的需要，並介紹支援服務。



兩名家屬及「生命熱線」執行總監吳志崑先生接受本地電子傳媒訪問，包括接受無綫電視明珠台節目「明珠檔案」，家屬分享他們的心路歷程，並由吳先生介紹「釋心同行——自殺者親友支援計劃」服務。我們藉著傳媒報道推動社會人士關心身邊有需要的親友，推廣珍惜生命的訊息。

我們於二零一四年十一月二十五日舉行新聞發佈會，介紹我們與公眾殮房合作的自殺者親友個案轉介系統及系統推出後服務成效及數據分析，並提出家屬喪親後一百天面對情緒上的創傷和挑戰。我們邀請其中一名透過轉介系統而接觸服務的家屬分享面對至親離世的經歷及服務對自己和家人的支援。

此外，我們將加強社區教育的工作，讓社會人士加深了解自殺者親友面對的困擾，提高預防自殺的意識。我們完成製作三段教育宣傳影片，並將於2015年內推出。



Publication 出版刊物

We published a booklet “Relieving Distress and Caring in Your Hearts: A Booklet for Survivors of Suicide Loss”. The booklet, containing practical information and accounts of survivors’ feeling, helped their peers understand what had happened to them, their reactions to grief and regain the will to adjust to changes in their lives and manage their emotions. The booklet is available free-of-charge in public mortuaries and from SPS’s centre.

Electronic copies are available in “Project BLESS” website (www.sps.org.hk/bless.php).



我們出版了一本《釋懷·從心 —— 給自殺者親友的關懷手冊》，手冊讓家屬面對傷痛時一方面瞭解發生在自己身上的事情以及會出現的哀傷反應，另一方面可以獲得一些適切的資訊來處理實際事務。我們邀請過來人撰寫文章，分享心聲，藉著文字讓自殺者親友有力量去面對各樣的轉變和作出調適。我們不單止於公眾殮房免費派發手冊，市民更可向我們免費索取或於「釋心同行——自殺者親友支援計劃」的網站閱讀電子版 (www.sps.org.hk/bless.php)。

Service 服務項目	Total No. 數目	Total Attendance / Beneficiaries 出席/受惠人數
No. of New Cases Served 服務新個案	229	229
Mutual Support Groups 同路人互助小組	5	38
Therapeutic Programmes for Survivors of Suicide Loss 自殺者親友支援活動	3	99
Volunteer Support 過來人義工支援	51	182
Community Education Talk 社區教育講座	7	249
Media Promotion 媒體宣傳	5	/

Community & Life Education 社區及生命教育

It's a common aspiration among Hong Kong parents to raise their children to be top of the class and leaders in their chosen fields. They strive to boost their kids' "competitiveness" by arranging many tutorial and extracurricular classes for them. Children are forced to believe that achieving good academic results is their life goal, ignoring the stress and other negative impact. In fact, parents, schools and the community should work together to help children appreciate the beauty of life by inculcating positive attitudes and emotions. They will stay "competitive" in long run and win in the marathon of life. Unfortunately, Hong Kong teenagers' attitudes towards life are worrisome. The Coroners' Report shows the suicide rate of teens aged 10-19 is increasing in the past three years. SPS offers two life education projects for teenagers: "Gatekeeper Training Project for Youth Suicide Prevention" and "Filling Lives with Joy". They follow the principle of "Early Prevention and Intervention". We tailor programmes with different themes for local primary and secondary students and organise workshops for parents and teachers to offer support to distressed and suicidal youngsters and those inflict harm upon themselves.

「贏在起跑線上」是不少香港家長培育孩子的心態，認為催谷孩子的學業和課外活動，與朋輩之間互相比較，便能確保孩子的「競爭力」，孩子或會因此相信獲得好成績便是一切，但似乎忘記了「揠苗助長」帶來的反效果。孩子長遠的「競爭力」需要家長、學校和社會互相合作，讓孩子從小懂得生命的美好，培養他們用正面的態度面對逆境，並且用正確的方法去處理負面的情緒，才能令他們在人生的長跑贏得終極的勝利。可惜，香港青少年對生命的價值觀令人擔憂，根據死因裁判處報告數據，10至19歲的青少年自殺個案數目於過去三年持續上升。「生命熱線」的青少年生命教育項目：「生命守門員」企劃及「Joy·種生命」計劃，以「及早預防，適切介入」為原則，為本地中小學生設計不同主題的生命教育活動，並舉辦家長和教師工作坊，為有情緒困擾、有自殺念頭或自傷、自殘行為的青少年提供支援。

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

Year 2014/2015 was the third year of our "Gatekeeper Training Project for Youth Suicide Prevention" project. We continued to train "gatekeepers" from families, schools and the community to walk teenagers out of their life predicaments and help them cope with the challenges of growing up. We strived to protect the precious lives of teenagers. Through our multi-media website (www.sps.org.hk/gatekeeper), we provide information on the project and how to support teenagers. The website recorded a total of 18,085 visits since its commencement. We also promoted our project through advertisements in the mainstream media and social media. These aimed to raise awareness of the needs of distressed teens, to alleviate their feelings of loneliness and to bring them warmth.



「生命守門員」企劃已踏入了第三年，本年度我們繼續在「家」（家庭）、「校」（學校）及「社」（社會）三個層面培訓「生命守門員」，陪伴有需要的青少年渡過逆境和面對成長的困惑，協力守護青少年寶貴的生命。我們透過多媒體網站(www.sps.org.hk/gatekeeper)提供計劃簡介及支援青少年的資訊，本年度網站至今共錄得18,085人次瀏覽。此外，我們在不同宣傳平台，包括傳媒、社交平台等推出宣傳廣告，讓大眾理解情緒受困的青少年的需要，同時讓青少年感受社會的關心，不再感到孤單。

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Gatekeeper Training Seminar/ Professional Workshop

「生命守門員」基礎培訓講座/專業培訓工作坊

Parents, teachers, peers and professionals from youth service fields are identified as “gatekeepers”. In the year 2014/2015, we held elementary and intensive training seminars/workshops for about 1,400 “gatekeepers” including parents, teachers and college students, in 21 local primary and secondary schools, tertiary institutions as well as youth centres.



We invited experienced professionals to speak at training workshops aimed to equip participants with practical knowledge of comprehensive support for distressed teens, such as learning the Satir Model to understand teenagers’ emotional problems. Participants also learnt skills to handle distressed teens and took part in case studies etc. We helped participants cope with their emotions when handling high-risk teenagers. We also taught them methods to strengthen their psychological competency. About 94% of workshop participants said they learnt some effective ways to support high risk teenagers and their families.

與青少年有緊密接觸的家長、教師、同學及青少年工作相關的專業人士等都是青少年的「生命守門員」。2014/2015年度，為配合不同「生命守門員」的需要，我們舉辦了基礎培訓講座及專業培訓工作坊。我們於21間本地中小學、大專學院及青少年中心舉辦基礎培訓講座，近1,400名家長、教師及大專生參加。

專業培訓工作坊方面，我們邀請具豐富資歷的講者主講，工作坊注重實務性質，為受不同情緒困擾的青少年提供更全面的支援，包括透過「沙維雅模式」幫助參加者了解青少年出現情緒困擾的原因、學習處理情緒受困的青少年的技巧、個案討論等。我們亦教導參加者提升心理質素的方法，幫助他們處理高危青少年個案時照顧自己的情緒反應，約94%參加者認為工作坊能幫助他們為高危青少年或其家人提供有效的支援。

Mr Wong, a participant of professional training workshop, said, “The speaker’s lecture content was comprehensive and well delivered. Through role playing and relaxation exercises, we became more confident in giving support to teenagers who inflict harm on themselves and attempt to commit suicide.”
參加專業培訓工作坊的黃老師：「講者的內容充實，表達方式很好。其中，角色扮演及一些放鬆練習，能夠令我們更有心有力去支援這一群有自我傷害或企圖自殺的學生。」

Peer Leader Training Group & School-based Life Education Programme

朋輩「生命守門員」培訓小組及校本生命教育活動

Emotions are dynamic and complicated. Most people tend to react passively to negative emotions. We instill positive attitudes towards emotional problems in teenagers through experiential learning activities. This helped teenagers understand emotions and empower them to face life challenges. Before the training group commenced, our social worker conducted one-on-one meetings with students to learn about their family background and emotional status. We tailored activities of “Peer Leader Training Group” and “School-based Life Education Programme” based on the needs of students and schools.



We incorporated experiential learning in our training group activities, simulating different life challenges. Participants were aware of their emotions when they experienced loss and failure. During the activities, they learnt about negative emotions such as sadness, depression and discontent. They reviewed their reactions towards predicaments such as



giving in or resistance. We encouraged students to express their feelings and opinions through reflections and discussions about youth suicide. Upon the completion of training, our social worker held one-on-one meetings with students. About 92% of the participants said they knew more about different characters of emotions and

they tried to be aware of their peers’ emotional ebbs and flows.

Students who participated in the training created the activities of the “School-based Life Education Programme”. They promoted the message that life is precious through creative media and they tried to make the activities sound interesting and appealing to their peers such as pop song dedication sessions during lunch, inspirational song performances, short films and drama, “room escape” activities etc. About 85% of the participants enjoyed the activities. Teachers who were in charge of life education activities said they were willing to organise such activities again.



情緒是多變和複雜的，很多人面對負面情緒容易採取消極的態度去處理，我們透過體驗式活動讓青少年認識情緒，培養他們以正面的態度面對當前的困擾，裝備他們迎接生命各種的挑戰。社工會於培訓小組開始前與學生個別面談，了解他們的家庭背景和情緒狀況，並按學生及學校的情況分別設計朋輩「生命守門員」培訓小組活動及校本生命教育活動。



培訓小組活動以體驗為主，模擬人生的不同挑戰，讓學生體驗包括失去、挫敗，從而認識自我，並從活動的過程中感受不同的負面情緒，例如悲傷、沮喪、不忿，學習調整面對挑戰的態度，例如認命、反抗等。我們鼓勵他們一起反思，表達自己的感受和看法，與及探討現今青少年自殺的情況，小組活動完結後社工會與學生再次個別傾談，92%的參加者都表示活動能幫助他們認識更多情緒反應的特徵，會嘗試多觀察身邊同學的情緒變化。

校本生命教育活動由參與培訓小組的學生設計，他們把珍惜生命的理念與媒體創作結合，務求提升活動的趣味性，吸引同學參與活動，例如於午膳期間進行流行曲點唱活動、勵志歌曲表演、短片及話劇製作、「逃出房間」遊戲等，85%參與活動的同學對活動表示滿意踴躍，負責活動的老師亦表示願意舉辦更多類似的生命教育活動。

Service 服務項目	Total No. 數目	No. of Sessions 節數	Total Attendance 出席人次
Elementary Gatekeeper Training Seminar 「生命守門員」培訓講座	23	23	1,067
Intensive Gatekeeper Training Workshop 「生命守門員」專業培訓工作坊	3	18	331
Peer Leader Training Group 朋輩「生命守門員」培訓小組	11	128	1,062
School-based Life Education Programme 校本生命教育活動	12	40	6,457
Other Life Education Talk 其他生命教育講座	4	4	1,460
Total 總數	53	213	10,377

Ms Chan, a teacher from one of the schools joining the "Gatekeeper Training Project for Youth Suicide Prevention", said, "I notice that students understand more about themselves and they are aware of their emotional ebbs and flows through participating in training activities. They also shared what they've learnt with their peers by performing interactive drama, an activity of 'School-based Life Education Programme'."

「生命守門員」協作學校的陳老師：「我見到學生從訓練活動中，更認識自己，察覺自己情緒的變化，並透過校本活動（互動話劇）把所學到的有關生命的知識與其他同學分享。」





Filling Lives with Joy 「Joy·種生命」計劃

In the year 2014/2015, the “Filling Lives with Joy” project had over 160 sessions of life education in more than 100 local primary and secondary schools, special schools and tertiary institutions. Over 25,000 students and teachers joined our talks, workshops and training activities with various themes based on their needs. This year, we continued to collaborate with St. Bonaventure Catholic Primary School to incorporate life education in moral and life education lessons. Students were encouraged to learn about life education in a comprehensive way, conveying the messages of “Love Ourselves”, “Love Others” and “Love Our Lives” in schools.



2014/2015年度，我們透過「Joy·種生命」計劃與超過100間本地中小學校、特殊學校及大專院校合作舉辦超過160節生命教育活動，我們按學生及教師的需要，設計不同主題的講座、工作坊及培訓活動，逾25,000人次參與。本年度，我們繼續與聖文德天主教小學合作，嘗試將生命教育的活動元素融入其學校的德育及生命教育課堂，目的是讓學生更能全面地學習生命教育，將「愛自己」、「愛他人」及「愛生命」的訊息帶進校園。

Understanding Distress & Suicide Prevention for Youths - Teaching Profession Development Scheme

「認識及預防學生情緒困擾與自殺」教師專業發展計劃

With the generous support of the Quality Education Fund, we will launch “Understanding Distress & Suicide Prevention for Youths – Teaching Profession Development Scheme” in July 2015. We collaborated with the Centre for Religious and Spirituality Education of The Hong Kong Institute of Education and Chung Ying Theatre Company to offer drama-based training to local secondary school teachers. We hope the scheme will help prevent youth suicide by enhancing teachers’ techniques for identifying and handling teenagers’ suicidal behaviours.



我們獲得了優質教育基金資助，籌備「認識及預防學生情緒困擾與自殺」教師專業發展計劃。計劃將與香港教育學院宗教教育與心靈教育中心及香港中英劇團合作，於二零一五年七月開始，為本地的中學教師提供以戲劇體驗為主的培訓活動。我們期望計劃能加強教師於識別及認識處理青少年自殺行為，以預防青少年自殺。

Joint Life Education Programmes with IVE

香港專業教育學院生命教育合作計劃

This year, we worked with nine colleges of the Hong Kong Institute of Vocational Education (IVE) and organised exhibitions and set up booths on campuses to promote mental health and alleviate stress. In one of the booth activities, student wrote letters for their future selves. They also chose picture props and took instant photos generating positive energy among themselves and their peers. We also held training workshops in IVE (Tsing Yi) and IVE (Shatin) for over 1,600 participants on mental health and self understanding skills. Students learnt to appreciate life and “Enneagram of Personality” in the workshops.

本年度，我們與九間香港專業教育學院的分校合作，於校內舉行展覽和攤位活動，向學生推廣精神健康及提供減壓的資訊。其中一個攤位活動是參加者寫一封信給「未來的我」藉此勉勵自己，並用道具相框拍攝即影即有相片，傳遞正能量的訊息。我們更於青衣及沙田的香港專業教育學院分校舉辦培訓工作坊，向學生講解欣賞生命及認識「九型人格」，提升學生的精神健康水平，認識自我，超過1,600人次出席。

“Youth, I See” Photography Workshop & Photo Exhibition

「從新·看見」攝影培訓及展覽

When teenagers gradually grow up, they develop personal values about people and surroundings. Sometimes our society, particularly the adults, is not able to understand them. Teens will easily feel lonely because of the lack of communication. They tend to deal with their bad moods in negative ways. In April 2014, we held a series of training workshops to encourage participants to express their feelings via photography and expressive arts. Participants including secondary schools students who have become SPS “Life Teen Angels” and volunteers joined the 5-month workshops. They also helped to make props for photography.





In September, during "World Suicide Prevention Day", we organised the "Youth, I see" Photo Exhibition at Hong Kong Cultural Centre, displaying an array of photography from the workshops. They reflected three themes: "Ways of Living", "Thoughts" and "Feelings". About 400 visitors attended the exhibition and they saw the world through the eyes of

teenagers. They also joined some interactive activities set up in the exhibition area. For example, visitors wrote their feelings about the exhibition or their blessings on Post-Its stuck them on a "Wish Tree". Such activities are geared to motivate the visitors to interact with teenagers and volunteers. With joint efforts, we can create a safety net to prevent youth suicide.

Peers are vital in the healthy development of teenagers' mind. This year, we started to recruit teenagers to become "Life Teen Angels". We organised training activities and volunteer opportunities, such as making cookies for distressed elderly people in July and August. We hope these activities can help "Life Teen Angels" understand their own emotions and help their peers become healthy, both physically and mentally, by developing positive attitudes towards vicissitudes of life.



青少年在成長的過程中對身邊的人和事有不同的想法，但社會尤其是成年人卻未必能完全理解他們。當雙方缺乏聯繫，青少年會容易感到孤單，甚至以負面的態度處理情緒。我們於二零一四年四月舉辦了攝影和培訓工作坊，以攝影及表達藝術形式鼓勵參加者表達他們的想法。活動招募了一群中學生，並

成為「生命Teen使」與義工一起接受了五個月的培訓，並且協助製作拍攝道具。

我們於九月「世界預防自殺日」期間，於香港文化中心舉辦了「從新·看見」攝影展覽，展示攝影作品，作品環繞「生活」、「想法」和「感受」三個主題，展覽活動的出席人次達400人。參觀展覽的公眾人士不單止可透過相片了解青少年眼中的世界，更可以參加不同的互動活動，例如在字條上寫觀賞展覽後的感想或祝福語句，把它貼在「感受樹」上。活動鼓勵參觀人士與青少年及義工之間加強聯繫，共同建立預防青少年自殺的防護網。

朋輩對於青少年心靈的成長擔當了重要的角色，我們於本年度開始招募青少年成為「生命Teen使」，為他們舉辦多元化的培訓活動及提供義工服務的機會，例如他們於七至八月製作曲奇食品，送給情緒受困的長者等。我們期望透過不同的活動幫助他們了解自己的情緒，並期望他們善用其影響力，與身邊的朋友一起建立正面態度面對逆境，成為身心靈健康的青年。

Jason, one of our "Life Teen Angels", shared his experience: "The theme of my work is "Connection". The photo comprises a stamp and some pieces of threads and is divided into two halves. The left of the photo shows a lone stamp. It's just like me in the past. But on the right, I added two strings of thread and joined them with the stamp showing they are connected. I feel I am now connected with people and communicate with them. I no longer feel lonely."

「生命Teen使」中五學生Jason：「我的作品主題是「接觸線」，構圖由一個圖章和線組成，左面相中的圖章感覺孤單，像從前的自己，右面相中除了圖章，亦加了兩條線，意思是兩者互相連繫，感覺自己與別人有聯繫、互相溝通，不再感到孤單。」





Service 服務項目	Contents 內容	Format 形式	No. of Sessions 節數	Total Attendance 出席人次
Life Education Programme for Primary School Students 小學生 生命教育項目	Love Ourselves 愛自己	Talk 講座	39	9,285
	Love Our Lives 愛生命	Visiting Elderly 長者探訪	3	180
	Understanding Bullying Behaviour 探討欺凌行為	Workshop & Day Camp 工作坊及日營	3	59
Life Education Programme for Secondary School Students 中學生 生命教育項目	Love Ourselves 愛自己	Talk 講座	43	12,532
	Emotions Management 情緒處理			
	Love Our Lives 愛生命	Workshop 工作坊	53	1,830
	Understanding Bullying Behaviour 探討欺凌行為			
	Life Planning 生涯規劃			

Service 服務項目	Contents 內容	Format 形式	No. of Sessions 節數	Total Attendance 出席人次
Life Education Programme for Tertiary Students 大專生 生命教育項目	Suicide Prevention for Youth Training 預防青少年自殺培訓	Workshop 工作坊	4	43
	SPS Service Briefing 「生命熱線」服務簡介			
	Enneagram of Personality Training 「九型人格」培訓	On-campus Exhibition &Booth 校園展覽及攤位	20	1,560
	Mental Health 精神健康			
Programme for Teachers 教師支援項目	Life Education Experiential Learning & Training 生命教育體驗及培訓	Workshop 工作坊	3	206
	Mind, Body & Soul and Stress Relief Training 身心靈減壓培訓			
			168	25,695
Total No. of Collaborated Schools 合作學校總數				103*

* 36 primary schools, 51 secondary schools, 12 tertiary institutions and 4 special schools
分別為36間小學、51間中學、12間大專院校及4間特殊學校



Summary of Community & Life Education in 2014/2015 2014/2015年度社區及生命教育項目總覽

Type of Services 服務類別	Items 項目	No. of Sessions 節數	Total Attendance 出席人次
Suicide Prevention Community Education 預防自殺社區教育	Agency Briefing 服務簡介	14	406
	Suicide Prevention Workshop 預防自殺工作坊	27	1,258
Suicide Prevention Service for Elderly 預防長者自殺服務	"Cherish for Life Service Promotion" Roadshow 「珍愛生命聯合活動服務」 街頭展覽	3	707
	"Calling for Love" Service Promotion Booth 「愛的呼喚大行動」攤位介紹	1	300
	Roadshow by Richmond Fellowship of Hong Kong 「利民會友樂坊」街頭展覽	1	80
	Mental Health Promotion Talks 「長者護心法」講座	27	1,066
	Elderly Suicide Prevention Service Sharing for Professional Co-workers 預防長者自殺服務實務分享 ——專業同工訓練工作坊	4	204
	"Happiness in Life" Community Education Talk 「快樂生活模式」社區教育講座	9	515
	Community Education Roadshow 社區教育街頭展覽	3	733
	"Celebrating Life Concert" 「生命喝采音樂會」	1	333

Type of Services 服務類別	Items 項目	No. of Sessions 節數	Total Attendance 出席人次
Services for Survivors of Suicide Loss 自殺者親友支援服務	International Survivors of Suicide Day – "Blessings with Sincerity" 國際自殺者親友關懷日 ——「真摯的祝福」	1	53
	Community Education Talk 社區教育講座	8	269
Youth Life Education 青少年生命教育	Elementary Gatekeeper Training Seminar 「生命守門員」培訓講座	23	1,067
	Intensive Gatekeeper Training Workshop 「生命守門員」專業培訓工作坊	18	331
	Peer Leader Training Group 朋輩「生命守門員」培訓小組	128	1,062
	School-based Life Education Programme 校本生命教育活動	40	6,427
	Life Education Talk 生命教育講座	86	23,277
	Life Education Workshop & Other Activities 生命教育工作坊及其他活動	60	2,053
	Peer Support Program 朋輩支援計劃	20	1,560
	Teacher & Profession Training Workshop & Talk 教師及專業同工支援工作坊及講座	3	206
Total 總數		477	41,907

Volunteer Training and Support 義工訓練及支援

SPS volunteers reach out to distressed and suicidal people through actively listening and bringing warmth to them. Volunteers help the needy vent their grievances and instill positive energy and love in their lives.

In the year 2014/2015, a total of 600 volunteers served in the “24-hour Suicide Prevention Hotline” and “The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly”. Some of our volunteers have served the needy for years while new ones sign up every year. They both share similar traits: perseverance, a passion for life as well as selfless attitudes. Every volunteer has to undergo about 30 hours of training in service techniques to understand our values. To be qualified, a volunteer also needs to be vetted by fulfilling a specific number of service hours. Volunteers can also develop their potentials while serving others. We have a variety of ongoing training programmes for volunteers, such as visiting the homeless, sharing movies and organising workshops with speakers from different professions, based on volunteers’ experience and service needs. They help volunteers improve their understanding of and communication with service users from different social backgrounds. We are sincerely grateful to Lee Hysan Foundation for providing support in professional training for volunteers and volunteer leaders.

We also train volunteers for life education programmes for teens and for “Services for Survivors of Suicide Loss”. Some survivors become volunteers. They understand their peers’ needs and can help alleviate their loneliness by walking with them on the road towards closure. We also encourage teenagers to join our volunteer services to get to know themselves better. Through interacting with people in the community, teenagers can also gain different perspectives on the meaning of life.

We thank SPS volunteers for supporting our services and programmes during the year. Their efforts enable us to continue to care for distressed and suicidal people in the society.



「生命熱線」的義工親身接觸情緒受困的人士或有自殺念頭的人士，透過真誠的關懷、耐心的聆聽，幫助他們抒解心中的鬱結，讓他們的生命重新注入動力，令生命再次充滿愛。

2014/2015年度，「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」共有超過600名義工提供服務，有些義工多年來堅持服務，每年亦有不少新義工加入，資深和年青的義工有共通的地方，就是擁有堅毅的精神，對生命充滿熱誠，願意風雨不改，為有需要的人士服務。義工不單止經歷近30小時的培訓，還要成功通過選取及完成指定的服務時數，確保他們掌握服務技巧及認同機構的服務理念，才能正式成為義工。義工服務別人的同時，亦發展個人潛能。我們會按義工的年資及服務需要，向他們提供不同的持續培訓，例如探訪無家者、電影分享會、邀請不同界別的專業人士舉辦講座等，讓義工認識社會不同階層人士的需要，令溝通技巧不斷提升，為服務增值。

此外，我們更推動「自殺者親友支援計劃」及青少年生命教育項目發展義工服務。「自殺者親友支援計劃」的「過來人義工服務」，過來人義工可更了解家屬的需要，陪伴家屬走過哀傷的道路，不再感到孤單。我們亦鼓勵青少年參與我們的義工服務學習認識自己，透過接觸社會人士，嘗試多角度思考生命的意義。

我們感謝「生命熱線」的義工於本年度在服務及其他活動提供不同方面的支援，支持「生命熱線」的預防自殺服務，推動社會繼續關心情緒受困及有自殺念頭的人。



Summary of Volunteer Service Hour and Beneficiaries in 2014/2015 2014/2015年度義工提供之直接服務時數與服務受惠人次總覽

Service 服務內容	Volunteer Service Hours 義工提供直接服務時數	No. of Beneficiaries 服務受惠人次
24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線服務	24,894	38,099
The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly 「香港賽馬會社區資助計劃：生命共行——外展長者服務」	10,424	7,045
Action for Happiness – Individual Activity Plan for Depressive Elderly 「抑鬱解讀 —— 長者快樂生活行動計劃」	2,005	917
Project BLESS 「釋心同行 —— 自殺者親友支援計劃」	106	273
Community Education 社區教育	86	1,573
Total 總數	37,515	47,907

Summary of Volunteers Training & Support Programmes in 2014/2015 2014/2015年度義工訓練及支援活動總覽

Service 服務內容	Volunteer Participation Time 義工參與人次	Training Hour's (Hr) 訓練時數 (小時)
Volunteers Briefing Session 義工招募簡介會	424	25
Workshops 工作坊	1,258	128
Preparatory Courses 義工培訓	1,547	329.5
On-going Training 義工持續訓練	460	115
Leadership Training 新組長及分享員訓練	48	37.5
Case Conferences 個案分享會	721	519
Volunteer Recognition/ Support Programme 義工支援活動	835	129
Total 總數	5,293	1,283

Total Number of SPS Volunteers in 2014/2015 2014/2015年度參與「生命熱線」服務之義工人數

Types of Service 服務總類	No. of Volunteers 義工人數
24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線服務	363
The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly 「香港賽馬會社區資助計劃：生命共行 —— 外展長者服務」	293
Action for Happiness - Individual Activity Plan for Depressive Elderly 「抑鬱解讀 —— 長者快樂生活行動計劃」	77
Project BLESS 「釋心同行 —— 自殺者親友支援計劃」	23
Community Education 社區教育	46
Fund-raising Activities 籌款活動	476
Administrative Work 行政工作	16
Total 總數	1,294

Fundraising & Publicity 籌款及宣傳工作

Fundraising campaigns are ideal channels for simultaneously publicising our services, appealing to the general public and companies, through promotional materials and events, to participate in our activities and volunteer services.

This year, SPS strengthened our ties with the community at large. We are deeply grateful to companies, organisations and individuals whose unwavering support of our events not only help sustain our services but also promote the message of “Celebrating Life” in our society.

籌款活動和宣傳工作是相輔相承，舉辦籌款活動配合有效的宣傳推廣策略可讓更多人認識我們的預防自殺工作，從而招募更多企業及社會大眾參與活動及義工服務。

「生命熱線」於本年度加強與社會各界的聯繫，我們感謝不同企業、機構及市民過去一年支持我們，讓服務得以持續發展，有效地傳遞「好生命」的訊息至社會每一個角落。

Fundraising Highlights 籌款活動

Our flagship fundraising campaign “SPS Charity Walk 2015”, with the theme of “Bring Smiles to People’s Faces”, was held on 8 February 2015. It was a great success. We thank Ms. Luisa Maria Leitão and Mr. Terence Chui for being the Charity Ambassadors of the event. Over 800 people joined the event. We injected fresh impetus to the carnival by having fun games and activities for parents and children. The funds raised will be used to sustain our suicide prevention services for distressed and suicidal people.

We organised SPS Flag Day on 31 May 2014 on Hong Kong Island. Over 1,200 volunteers including staff from corporations, students, parents and children enthusiastically sold flags on streets to raise funds, promoting the spirit of “Celebrating Life” and “Love is All Around”. Through participating in volunteer service, parents can instill positive attitude in their children.

We continued to organise fundraising activities to complement volunteer services during festive seasons. In July and August 2014, we held the “‘Don’t Qua’ Charity Action 2014”, which included volunteers visiting distressed elderlies and “‘Don’t Qua’ Charity



Luncheon”, where elderly service users, sponsors and corporate volunteers enjoyed winter melon meals. We wish to express our heartiest thanks to our special guests, Mr. Adam Cheng Siu Chow, Mr. Joe Junior and Mr. John Lee. We also held a fundraising campaign, “Actions for Love 2014”, in October, promoting the message that life is precious. It was held on Saturday afternoons and on two evenings over Halloween. The campaign was a success, with companies sponsoring and their staff volunteering as well. We want to thank Mr. Terence Chui for being the Charity Ambassador of the event.

旗艦籌款活動「『愛·喜·行』慈善步行籌款2015」於二零一五年二月八日順利舉行，活動的主題為「讓世界多一點微笑」，我們感謝黎芷珊小姐及小肥先生擔任活動的慈善大使。是次活動成功吸引了超過800人參與，其中園遊會活動增添了適合家長和孩子一起參與遊戲及活動，藉此感受快樂的元素。活動為本會所籌得的善款將用於支持「生命熱線」的預防自殺服務，關懷有自殺傾向及情緒受困的人。

我們於二零一四年五月三十一日於港島區舉行賣旗日，逾1,200名義工參與，當中包括企業、學生及家長和孩子義工。義工身體力行，落力地向途人募捐。我們尤其看到家長與孩子一同參與，體現了「好生命 愛常在」，相信義工服務能幫助孩子培養正向的人生觀。

此外，我們繼續在節日期間舉辦結合籌款和義工元素的活動。二零一四年七至八月，我們分別舉辦「冬(Don't)瓜慈善愛心大行動2014」活動，探訪情緒受困的長者及「冬(Don't)瓜慈善愛心午宴」，企業義工與長者一起品嚐冬瓜菜式。我們感謝午宴的表演嘉賓包括鄭少秋先生、Joe Junior 先生及李炳文先生。我們亦於十月舉辦「死神休假企劃2014」，向市民宣揚珍惜生命的訊息。活動連續於該月的周六下午、萬聖節前夕及當日的晚間舉行。活動成功吸引不少青少年成為義工，不同企業贊助及派出員工參與義工服務。我們感謝小肥先生擔任活動的慈善大使。



Publicity Highlights 宣傳

This year, we promoted SPS through various channels to raise awareness of suicide prevention and promote caring in the society. We are keen on strengthening ties with corporations. On 25 March 2015, we made our maiden foray as an exhibitor in the "Caring Company Partnership Expo 2015". During the event, we introduced our services and upcoming events with our corporate partners and reached out to different company representatives for joining us to care for distressed and depressed people.



We kept abreast of developments in society and actively responded to news about suicide or self-inflicted harms. This helped raise awareness of suicide prevention and caring for suicidal people and also encourage the needy to seek help early. We also advertised our services in local public transport, held press conferences including for "Services for Survivors of Suicide Loss" in November 2014, and was interviewed on television and radio, in newspapers and magazines. We also updated our activities in regular columns in newspapers, websites and online forums etc.



Leveraging on information technology, we established close ties with our donors, volunteers and the public who are concerned about suicide prevention. The latest news about SPS can be accessed via various channels, such as a Chinese and English bilingual, quarterly, digital newsletter, our website (www.sps.org.hk), and SPS Facebook (www.facebook.com/spshongkong).

本年度，我們繼續透過不同的宣傳渠道，提高社會人士對預防自殺工作的關注，加強關懷社會的力量。我們十分重視與企業合作，二零一五年三月二十五日，我們首次於「『商界展關懷』社區伙伴合作展2015活動」參展，展覽活動讓我們與企業伙伴商討合作方案，並主動接觸不同的企業代表，共同關心情緒受困人士。

我們緊貼社會的步伐，主動向傳媒發佈或回應即日有關自殺或自殘行為的新聞，幫助市民提高預防自殺的意識，關心有自殺念頭的人，並鼓勵有需要人士及早求助。我們亦透過不同平台宣傳及推廣我們的服務，讓更多社會人士認識我們的預防自殺工作，包括於公共交通工具提供的宣傳平台推出廣告、舉辦新聞發佈會，包括於二零一四年十一月舉行「自殺者親友支援服務」新聞發佈會、接受電視台、電台、報章及雜誌等訪問、於報章發佈專欄文章、網站、網上討論區等發佈最新活動訊息等。

我們運用資訊科技加強與善長、義工及關注預防自殺工作的人士聯繫，包括發佈中文及英文季度電子通訊、於生命熱線網頁 (www.sps.org.hk) 及生命熱線Facebook (www.facebook.com/spshongkong) 發佈最新的活動消息。





Summary of Fundraising & Publicity Campaigns in 2014/2015
 2014/2015年度籌款及宣傳工作總覽

Date 日期	Events 活動
May 2014 5月	Flag Day 2014 on Hong Kong Island 港島區賣旗日2014
Jul 2014 7月	"Don't Qua" Charity Action 冬(Don't)瓜慈善愛心大行動
Aug 2014 8月	"Don't Qua" Charity Luncheon 冬"Don't"瓜慈善愛心午宴
Oct 2014 10月	Actions for Love 2014 死神休假企劃2014
Nov 2014 11月	"Services for Survivors of Suicide Loss" Press Conference 「自殺者親友支援計劃」新聞發佈會
Jan 2015 1月	Distribution of SPS Appeal Leaflets via HK Towngas' Billing Cycle 透過煤氣公司附寄生命熱線宣傳資訊
Feb 2015 2月	SPS Charity Walk 2015 「愛·喜·行」慈善步行籌款2015

Date 日期	Events 活動
Mar 2015 3月	Beneficiary of SOGO Charity Run 崇光30周年慈善跑活動之受惠機構
	Exhibitor of "Caring Company Partnership Expo 2015" 「商界展關懷」社區伙伴合作展2015參展商
Throughout the year 全年	Beneficiary of Butterfly Cookies Charity Sales organised by Royal Garden (since November 2014) 帝苑酒店舉辦 蝴蝶酥義賣活動之受惠機構 (由二零一四年十一月起) "Friends of SPS" Monthly Donation Scheme 「生命之友」每月捐款計劃 Placement of donation boxes in shopping malls and retail stores 於商場及百貨公司擺放捐款箱 Newspaper columns 報刊專欄 Quarterly, bilingual e-newsletter 季度中文及英文電子通訊

Summary of Auditor's and Financial Report

核數師及財政報告摘要

SUICIDE PREVENTION SERVICES LIMITED REPORT OF THE DIRECTORS

The directors have pleasure in submitting their annual report together with the audited financial statements for the year ended 31st March, 2015.

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, 2015 and the state of the Company's affairs at that date are set out in the financial statements on pages 5 to 25.

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
 PONG David Chun Yee
 LEE Sheung Fu Patric
 WONG Hoi Jen Rebecca
 LAU Shun Yunn
 LAU Cheuk Wing Prinporn
 LAI Wai Kuen
 CHAN David Pui Wai
 CHOI Hau Ki
 CHOW Yin Man Amy
 CHUEN Man Tuen
 CHUNG San San Susanna
 LI Mei Sheung Michelle
 MAK Kit Lin
 SO Stephen Hon Cheung
 WONG Luen Cheung Andrew
 WONG Ka Yuk
 YIP Sing Wai
 YIP Siu Fai Paul
 SZETO Fong Fong Helen (resigned on 23rd August, 2014)

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

SUICIDE PREVENTION SERVICES LIMITED REPORT OF THE DIRECTORS

DIRECTORS' INTERESTS

No transactions, arrangements and contracts of significance to which the Company was a party and in which a director had a material interest, whether directly or indirectly, subsisted at the end of the year or at any time during the year.

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

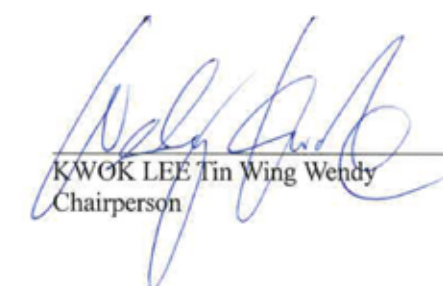
MANAGEMENT CONTRACTS

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

AUDITORS

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

On behalf of the Executive Committee


 KWOK LEE Tin Wing Wendy
 Chairperson

Hong Kong, 29 July, 2015

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

香港上環干諾道中122-124號
陳澤仲會計師事務所
電話：(八五二)二五八二八八
傳真：(八五二)二五八二八八
地址：http://www.ccccpa.hk

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

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

We have audited the financial statements of Suicide Prevention Services Limited set out on pages 5 to 25 which comprise the statement of financial position as at 31st March, 2015 and the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Directors' responsibility for the financial statements

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

Auditor's responsibility

Our responsibility is to express an opinion on these financial statements based on our audit and to report our opinion solely to you, as a body, in accordance with section 405 of the Hong Kong Companies Ordinance and for no other purpose. We do not assume responsibility forwards or accept liability to any other person for the contents of this report. We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

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

CHAN CHAK CHUNG & CO.

CERTIFIED PUBLIC ACCOUNTANTS

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

Opinion

In our opinion, the financial statements give a true and fair view of the financial position of the Company as at 31st March, 2015, and of its financial performance and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in compliance with the Hong Kong Companies Ordinance.



Chan Chak Chung & Co.
Certified Public Accountants
Hong Kong

Hong Kong, 29 July, 2015

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
截至二零一五年三月三十一日
FOR THE YEAR ENDED 31ST MARCH, 2015

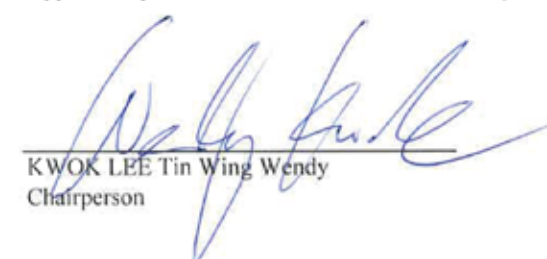
		Note	2015 HK\$	2014 HK\$
INCOME	收入			
Donations received	捐款		4,741,052.27	2,737,261.98
Donations collected from donation boxes	捐款箱		94,036.10	102,829.60
Donation received from The Hong Kong Jockey Club Charities Trust	香港賽馬會津助	5	1,779,600.00	1,779,600.00
Other designated donations	其他指定捐款		901,206.05	1,071,126.00
Allocation from Community Chest	公益金津助	6	659,800.00	640,500.00
Donations from Community Chest - Time Limited Project	公益金津助-定期計劃	7	862,502.60	1,152,768.85
Proceeds from flag day functions	賣旗籌款	8	440,251.32	-
		9	9,478,448.34	7,484,086.43
OTHER REVENUES	其他收入			
Function income	活動籌辦費收入		324,338.50	241,785.40
Bank interest income	銀行利息收入		288,942.23	264,272.90
Sundry income	雜項收入		41,156.20	5,414.00
		9	654,436.93	511,472.30
EXPENDITURE	支出			
Accounting fee	會計費		19,800.00	19,800.00
Advertising and promotion	推廣及廣告費		218,801.50	142,526.80
Bank charges	銀行費用		2,309.30	3,020.00
Cleaning	清潔費		43,795.00	760.00
Depreciation	折舊		112,377.00	26,134.00
Entertainment	應酬費		10,120.00	11,018.80
Function expenses	活動籌辦費		921,922.80	750,243.70
I.T. development	資訊科技費		11,847.00	17,108.00
Insurance	保險費		78,411.40	63,727.72
Mandatory provident fund	強積金		267,881.65	228,985.85
Newspapers and periodicals	報紙及雜誌費		3,726.50	3,524.00
Mobile phone	手提電話費		7,636.00	7,045.00
Postage	郵費		15,951.70	19,885.70
Printing and stationery	印刷及文具費		68,012.59	73,754.79
Rent and rates	租金及差餉		179,208.00	174,288.00
Repairs and maintenance	保養及維修費		100,430.00	31,728.00
Salaries and allowances	薪金		5,534,913.00	4,803,087.00
Souvenirs	紀念品		9,520.00	20,955.00
Subscription fees	會員年費		11,004.24	13,059.87
Sundry expenses	雜費		49,480.00	35,582.70
Telephone and fax	電話費		31,191.00	20,424.00
Training, recruitment and development	訓練及發展費		343,429.75	155,295.20
Travelling	車費		125,598.10	107,957.50
Unrealised exchange difference	未變現匯兌虧損		997,286.82	812,729.73
Utilities	水電費		100,774.10	89,474.70
Volunteers messing	義工食物費		47,781.93	52,589.94
			9,313,209.38	7,684,706.00
SURPLUS BEFORE TAXATION	除稅前盈餘	10	819,675.89	310,852.73
INCOME TAX EXPENSE	稅項	11	-	-
SURPLUS FOR THE YEAR	本年度盈餘		819,675.89	310,852.73
OTHER COMPREHENSIVE INCOME	其他全面收益		-	-
TOTAL COMPREHENSIVE INCOME	全面收益總額		819,675.89	310,852.73


The notes on pages 9 to 25 form an integral part of these financial statements.

生命熱線有限公司
SUICIDE PREVENTION SERVICES LIMITED
財務狀況表
STATEMENT OF FINANCIAL POSITION
於二零一五年三月三十一日
AS AT 31ST MARCH, 2015

	Note	2015 HK\$	2014 HK\$
NON-CURRENT ASSETS			
Property, plant and equipment	13	1.00	1.00
CURRENT ASSETS			
Account receivables	14	833,000.02	539,704.35
Deposits		14,900.00	14,900.00
Prepayment		21,931.50	50,080.10
Cash and cash equivalents	15	14,819,347.77	14,320,859.15
		15,689,179.29	14,925,543.60
LESS: CURRENT LIABILITIES			
Receipts in advance		33,771.00	103,000.00
Accrued expenses		34,962.00	21,773.20
		68,733.00	124,773.20
NET CURRENT ASSETS		15,620,446.29	14,800,770.40
NET ASSETS		15,620,447.29	14,800,771.40
RESERVES			
CONTINGENCY RESERVE		1,577,194.05	1,577,194.05
GENERAL FUND		11,043,253.24	10,223,577.35
DEVELOPMENT FUND		3,000,000.00	3,000,000.00
		15,620,447.29	14,800,771.40

Approved by the Executive Committee on 29 July, 2015


KWOK LEE Tin Wing Wendy
Chairperson


LEE Sheung Fu Patric
Treasurer

The notes on pages 9 to 25 form an integral part of these financial statements.

Acknowledgement 鳴謝

Major Sponsors 主要贊助

Community Partner Foundation
Lee Hysan Foundation
Quality Education Fund (QEF)
The Community Chest
The Hong Kong Jockey Club Charities Trust
The Hongkong and Shanghai Banking Corporation Limited

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

Ongoing Sponsors 長期贊助及支持

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

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

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

Project Sponsors 項目贊助及支持

Agency for Volunteer Service
Art Spring Limited
Asia Standard International Group Limited
Auto Italia Ltd
Baring Private Equity Asia Limited
Bibby Financial Services (Asia) Ltd
Biz Office Limited
Black Nova Media Limited
Buddhist Compassion Bi-Weekly
Calvin Klein
Canopy
C.C. Wu International Co. Ltd.
Century 21 Hong Kong Limited
Chak & Associates
Chan Chak Chung & Co.
Chinalink Express Holdings Limited
Chung Yung Cycle Co.
Chuntao Foundation Limited
City Landmark I
CLSA Limited
Consulate of The Kingdom of Tonga
Cornes World Co. Ltd
CSI Properties Ltd
Dah Chong Hong Holdings Limited

義務工作發展局

泛海國際集團有限公司
快意汽車有限公司

畢爾比金融(亞洲)有限公司
商舖王有限公司

溫暖人間

伍集成國際有限公司
世紀21香港有限公司
翟氏律師行
陳澤仲會計師事務所
中港通集團有限公司
鎮洋兄弟單車公司
春桃基金有限公司
荃灣城市中心I期
里昂證券有限公司

康世國際投資有限公司
資本策略地產有限公司
大昌行集團有限公司

Project Sponsors 項目贊助及支持

Dynamic Network Alliances Ltd.
Eastern Dreams
Everything2
Fanling Centre
First Asia Merchants Bullion Limited
Fly Up Carnival (HK) Co Ltd
Friends Marketing Limited
Fulbright Financial Group
Gaia Veggie Shop
Gap International Sourcing (Holdings) Ltd.
German Speaking Ladies Group
Glory Sky Group
Gracious Glory (Buddhism) Foundation Limited
Grand Century Plaza
Hai Sang Hong Marine Foodstuffs Ltd.
HealthWorks (Herbal Tea) Co. Ltd
HK & Macau Taiwanese Charity Fund Limited
Hong Kong Commercial Broadcasting Co., Ltd.
Hong Kong Exchanges and Clearing Limited
Hong Kong Institute of Vocational Education (Tsing Yi)
Hong Kong Metropolitan Sports Events Association Limtied
Hong Kong Tramways, Limited
IBC Solutions Limited
Infinity Cargo Express Co
ITE Smartcard Solutions Limited
Joseph Lau Luen Hung Charitable Foundation
Joyce M Kuok Foundation
Kai Shing Management Services Limited
- Metroplaza
Kai Shing Management Services Ltd
- East Point City (Commercial) Management Services Office
Kai Shing Management Services Ltd
- Landmark North Management Services
Kai Shing Management Services Ltd
- Metropolis Plaza
Kai Shing Management Services Ltd
- New Town Plaza Phase III Residential
Kai Shing Management Services Ltd
- Celeste Court
Kee Wah Bakery Limited
Kitchen Ltd.
Leighton Textiles Co. Ltd.
LHGroup
Luen Tai International Mould Ltd
LUXE Travel
M88
Maxim's Caterers Limited
Mayfair Pacific Financial Group Ltd
Media Savvy Marketing Limited
MENCE Skin Care & Body Toning Authority

動力網絡聯盟有限公司

任意空間畫室
粉嶺中心
第一亞洲商人金銀業有限公司
飛升嘉年華(香港)有限公司
泛思市場推廣有限公司
富昌金融集團
大自然素食
傑普採購(控股)有限公司

灝天金融集團
慈輝(佛教)基金會有限公司
旺角新世紀廣場
海生行海產食品有限公司
健康工房(涼茶)有限公司
港澳台灣慈善基金會有限公司
香港商業廣播有限公司
香港交易及結算所有有限公司
專業教育學院(青衣)
香港活力都會協會有限公司
香港電車有限公司
保仕國際諮詢有限公司
華建物流有限公司
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Agriculture, Fisheries and Conservation Department	漁農自然護理署
Family and Child Welfare Services, Social Welfare Department	社會福利署家庭及兒童福利服務
Hong Hong Housing Authority	香港房屋委員會
Hong Kong Housing Society	香港房屋協會
Hong Kong Police Force	香港警務署
Hong Kong Police Force, Tsuen Wan Division	荃灣警署
Leisure and Cultural Services Department	康樂及文化事務處
Forensic Pathology Service, Department of Health	衛生署法醫科
RTHK	香港電台
Social Welfare Department	社會福利署
Transport Department	運輸署
Water Supplies Department	水務署

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

A.D.&F.D. of Pok Oi Hospital	Mrs. Cheng Yam On Millennium School	博愛醫院歷屆總理聯誼會鄭任安夫人千禧小學
Aberdeen Baptist Lui Ming Choi College		香港仔浸信會呂明才書院
Agency for Volunteer Service		義務工作發展局
Agnes b. HK Limited		
Alliance Primary School, Sheung Shui		上水宣道小學
Alliance Primary School, Whampoa		黃埔宣道小學
American International School (AIS)		美國國際學校
Association of Hong Kong Nursing Staff		香港護士協會
Autodesk Far East Ltd.		歐特克遠東有限公司
Bank Consortium Trust Company Ltd		銀聯信託有限公司
Baptist Lui Ming Choi Secondary School		浸信會呂明才中學
Belilios Public School		庇理羅士女子中學
BGCA Ma On Shan ISC		香港小童群益會賽馬會青少年綜合服務中心
Bishop Hall Jubilee School		何明華會督銀禧中學
Brahma Kumaris Raja Yoga Centre		博思皇道瑜珈中心
Buddhist Tai Kwong Chi Hong College		佛教大光慈航中學
Buddhist Wong Fung Ling College		佛教黃鳳翎中學
Buddhistcompassion Volunteers		溫暖人間義工隊
Buildings Department Volunteer Team		屋宇署義工隊
C.C.C. Kei Wa Primary School		中華基督教會基華小學
C.P.C. Yao Dao Primary School		金巴崙長老會耀道小學
Canossa Primary School		嘉諾撒小學
Caritas Wu Cheng-chung Secondary School		明愛胡振中中學
Carmel Bunnan Tong Memorial Secondary School		迦密唐賓南紀念中學
Carmel Leung Sing Tak School		迦密梁省德學校
CCC Tam Lee Lai Fun Memorial Secondary School		中華基督教會譚李麗芬紀念中學
Central & Western District St. Anthony's School		中西區聖安多尼學校
Centre for Religious and Spirituality Education (CRSE), HKIEd		香港教育學院宗教教育與心靈教育中心
Chinese Methodist School, Tanner Hill		丹拿山循道學校
Chinese Y.M.C.A. Primary School		中華基督教青年會小學
Chinese YMCA of Hong Kong Chai Wan Centre		香港中華基督教青年會柴灣會所
Chiu Lut Sau Memorial Secondary School		趙聿修紀念中學
Chiu Yang Primary School of Hong Kong		香港潮陽小學
Christian & Missionary Alliance Sun Kei Primary School		基督教宣道會宣基小學
CMA Choi Cheung Kok Secondary School		廠商會蔡章閣中學
Confucian Tai Shing Primary School		孔教學院大成小學
Dah Chong Hong Volunteer Team		大昌行義工隊
Delia School of Canada		地利亞加拿大學校
Diocesan Boys' School (Boarding School)		拔萃男書院
Drainage Services Department Volunteer Team		渠務署義工隊
Dunn's Education Ltd		梓峰教育
Evangelical Free Church of China - Glorious Grace Church		中華基督教播道會顯恩堂
Fanling Government Secondary School		粉嶺官立中學
Flying		
Four Seasons Hotel Hong Kong		
Friends of KMB		九巴之友
Fukien Secondary School Affiliated School		福建中學附屬學校
GAP Volunteers		GAP義工隊
Golden Age Band		
Good Hope School		德望學校

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

Green Hill Anglo-Chinese Arts Performance Troupe	青苗中西樂藝術表演團
H.K.T.A.The Yuen Yuen Institute Shek Wai Kok Primary School	香港道教聯合會圓玄學院石圍角小學
Hang Seng Bank Limited	恒生銀行
Happy Valley and Canal Road Strict Kai Fong Welfare Association	跑馬地鵝頸橋街坊福利會
HHCKLA Buddhist Ching Kok Secondary School	香海正覺蓮社佛教正覺中學
HKBU Affiliated School Wong Kam Fai Secondary and Primary School (Primary School)	香港浸會大學附屬學校王錦輝小學
HKKKWA Sun Fong Chung Primary School	
HKMA David Li Kwok Po College	港九街坊婦女會孫方中小學
HKSYC & IA Wong Tai Shan Memorial College	香港管理專業協會李國寶中學
HKTA The Yuen Yuen Institute No.3 Secondary School	香港四邑商工總會黃棣珊紀念中學
Ho Yu College And Primary School (Sponsored by Sik Sik Yuen)	香港道教聯合會圓玄學院第三中學
HOCC Charity Fund	薈色園主辦可譽中學暨可譽小學
Hoi Pa Street Government Primary School	何韻詩慈善基金
Hong Kong & Kowloon Chiu Chow Public Association Secoundary School	海壩街官立小學
Hong Kong Care Club	港九潮洲公會中學
Hong Kong Clerical and Professional Employees General Union	香港關愛會
Hong Kong College of Technology	香港文職及專業人員總會
Hong Kong Design Institute (HKDI)	香港專業進修學校
Hong Kong Institute of Vocational Education (Sha Tin)	香港知專設計學院
Hong Kong Institute of Vocational Education (Chai Wan)	香港專業教育學院 沙田分校
Hong Kong Institute of Vocational Education (Haking Wong)	香港專業教育學院 柴灣分校
Hong Kong Institute of Vocational Education (Kwai Chung)	香港專業教育學院 黃克競分校
Hong Kong Institute of Vocational Education (Kwun Tong)	香港專業教育學院 葵涌分校
Hong Kong Institute of Vocational Education (Morrison Hill)	香港專業教育學院 觀塘分校
Hong Kong Institute of Vocational Education (Tsing Yi)	香港專業教育學院 摩理臣山分校
Hong Kong Institute of Vocational Education (Tuen Mun)	香港專業教育學院 青衣分校
Hong Kong Ladies Dynamic Association	香港專業教育學院 屯門分校
Hong Kong Sheng Kung Hui Lok Man Alice Kwok Integrated Service Centre	香港婦女動力協會
Hong Kong Shue Yan University	聖公會樂民郭鳳軒綜合服務中心
Hong Kong Society for The Aged (SAGE) Tsuen Kwai Tsing Integrated Elderly Service	
Hong Kong Taoist Association	香港樹仁大學
The Yuen Yuen Institute No. 2 Secondary School	香港耆康老人福利會荃葵青區長者綜合服務
Housing Department Ping Shek Estate Office	
Immgration Department Volunteers	香港道教聯合會圓玄學院第二中學
Intimex Business Solution Co. Ltd	
Island School	房屋署坪石邨屋邨辦事處
Jockey Club Elaine Field Schoo	入境事務處義工隊
Kado Studio	泰美商業科技有限公司
Kiangsu-chekiang College	港島中學
Kiangsu-Chekiang College (Shatin)	賽馬會田綺玲學校
King Lam Catholic Primary School	花道館
King Ling College	蘇浙公學
King's College	沙田蘇浙公學
Ko Fook lu Memorial School	景林天主教小學
Kowloon City Baptist Church Hay Nien Primary School	景嶺書院
Kowloon Sam Yuk Secondary School	英皇書院
Kowloon Tong School (Primary Section)	高福耀紀念學校
	九龍城浸信會禧年小學
	九龍三育中學
	九龍塘學校(小學部)

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

Kwok Tak Seng Catholic Secondary School	天主教郭得勝中學
Kwong Ming Ying Loi School	光明英來學校
Lai Chack Middle School	麗澤中學
L'hotel elan	如心艾朗酒店
Lok Sin Tong Wong Chung Ming Secondary School	樂善堂王仲銘中學
MCA Lai & Co	
Mother Hong Kong Arts Centre	家燕媽媽藝術中心
MTR Corporation Limited Volunteer Team	香港鐵路有限公司義工隊
NLSI Peace Evangelical Secondary School	新生命教育協會平安福音中學
Oasis Volunteers	Oasis 義工團
OGCIO Volunteer Team	政府資訊科技總監辦公室義工小組
Our Lady Of China Catholic Primary School	天主教佑華小學
Our Lady's Primary School	聖母小學
P.L.K. Riverain Primary School	保良局雨川小學
PAOC Ka Chi Secondary School	加拿大神召會嘉智中學
Pentecostal Church of Hong Kong Choi Wan Neighbourhood Elderly Centre	竹園區神召會彩雲長者鄰舍中心
Pentecostal Gin Mao Sheng Primary School	
Pentecostal Lam Hon Kwong School	五旬節靳茂生小學
PHC Wing Kwong College	五旬節林漢光中學
Phoenix Charitable Foundation Ltd	五旬節聖潔會永光書院
PLK Dr. Jimmy Wong Chi-Ho (Tin Sum Valley) Primary School	鳳凰慈善基金會
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Po Leung Kuk Tang Yuk Tien College	保良局朱正賢小學
Po Leung Kuk Yao Ling Sun College	保良局董玉娣中學
Police Civilian Staff Club	保良局姚連生中學
Precious Blood Primary School	警務處文職人員會
Precious Blood Primary School (South Horizons)	寶血小學
Raimondi College	海怡寶血小學
Regal Hong Kong Hotel Volunteers	高主教書院
S.K.H. Ching Shan Primary School	富豪酒店義工隊
S.K.H. Chu Yan Primary School	聖公會靜山小學
S.K.H. Kei Hau Secondary School	聖公會主恩小學
S.K.H. Kei Yan Primary School	聖公會基孝中學
S.K.H. Mung Yan Primary School	聖公會基恩小學
S.K.H. St. Andrew's Primary School	聖公會蒙恩小學
S.K.H. St. Simon's Lui Ming Choi Secondary School	聖公會聖安德烈小學
S.K.H. Wei Lun Primary School	聖公會聖西門呂明才中學
Sacred Heart Canossian School	聖公會偉倫小學
SAHK B M Kotewall Memorial School	嘉諾撒聖心學校
Salesians of Don Bosco Ng Siu Mui Secondary School	羅怡基紀念學校
San Wai Commercial Society School	天主教慈幼會伍少梅中學
Sara Beattie College	新會商會學校
School of Professional Education and Executive Development, The Hong Kong Polytechnic University	
Shau Kei Wan East Government Secondary School	香港理工大學專業進修學院
Shun Tak Fraternal Association Lee Shau Kee College	
Shung Tak Catholic English College	筲箕灣東官立中學
Sik Sik Yuen Ho Wing Neighbourhood Centre for Senior Citizens	順德聯誼總會李兆基中學
SKH Leung Kwai Yee Secondary School	天主教崇德英文書院
	薈色園主辦可榮耆英鄰舍中心
	聖公會梁季彝中學

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

SKH Lui Ming Choi Secondary School	聖公會呂明才中學
Sky E Holiday Ltd	千億假期
South Island School	南島中學
St. Bonaventure College & High School	聖文德書院
St. Bonventure Catholic Primary School	聖文德天主教小學
St. Catherine's School For Girls K.T.	聖傑靈女子中學
St. Francis of Assisi's College	聖芳濟各書院
St. James's Settlement C & W District Elderly Community Centre	聖雅各福群會中西區長者地區中心
St. Paul's Co-educational College	聖保羅男女中學
St. Paul's Secondary School	聖保祿中學
St. Rose of Lima's College	聖羅撒書院
St. Stephen's Girls' College	聖士提反女子中學
St. Teresa's Hospital	九龍聖德肋撒醫院
Standard Chartered Bank Volunteers	渣打銀行義工隊
Stewards Pooi Tun Secondary School	香港神託會培敦中學
STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學
SUKYO MAHIKARI	崇教真光
T.W.G.Hs. Tang Shiu Kin Primary School	東華三院鄧肇堅小學
Tak Oi Secondary School	德愛中學
Technological and Higher Education Institute of Hong Kong (THEi)	香港高等科技教育學院
The 21st Rotaract Club of City University	香港城市大學學生會第二十一屆
Hong Kong Student's Union	扶輪青年服務團幹事會
The Association of Evangelical Free Churches of Hong Kong - Evangelical Free Church of China - Fook On Church Elderly Centre	香港基督教播道會聯合會 中國基督教播道會福安堂長者中心
The Bank of East Asia	東亞銀行
The Chinese Foundation Secondary School	中華基金中學
The Chinese University of Hong Kong	香港中文大學
The HK Buddhist Assn., C & Y Centre	香港佛教聯合會青少年中心
The Salvation Army Tai Po Integrated Service for Young People	救世軍大埔青少年綜合服務
Tung Koon District Society Fong Shu Chuen School	東莞同鄉會方樹泉學校
Tung Wah College	東華學院
TWGHs Kwok Yat Wai College	東華三院郭一葦中學
TWGHs Lui Yun Choy Memorial College	東華三院呂潤財紀念中學
Water Supplies Department Volunteer Team	水務署義工隊
Wayfoong Volunteers	匯豐義工
West Island School	西島中學
Y.L. Long Ping Estate Tung Koon Primary School	元朗朗屏邨東莞學校
Yan Chai Hospital Mrs Tsang Wing Neighbourhood Elderly Centre	仁濟醫院曾榮長者鄰舍中心
Yan Oi Tong Tin Ka Ping Secondary School	仁愛堂田家炳中學
Yan Tak Catholic Primary School	仁德天主教小學
Yaumati Catholic Primary School	油蔴地天主教小學
Zhongke Health International Ltd	中科健康國際
	C AllFans 豐人院
	活水基金會
	陌密送義工隊
	香港最愛言承旭家族
	警察南極星義工隊

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Donation Form 捐款表格

Charity listed on
WiseGiving
惠施·慈善機構

我樂意支持「生命熱線」！ I would like to support “Suicide Prevention Services”!

我願意作 I wish to commit

☐ 一次過捐款 One-off donation ☐ 每月捐款 Monthly donation

捐款金額 Donation Amount

☐ HK\$200 ☐ HK\$500 ☐ HK\$1,000 ☐ HK\$2,000 ☐ 其他 Others HK\$ _____

捐款方法 Payment Methods

☐ 信用卡 By Credit Card

☐ VISA ☐ MASTER

持卡人姓名 Cardholder's Name: _____

信用卡號碼 Credit Card No: _____

有效日期至 Expiry Date: ____月 MM / ____年 YY (須於三個月內有效 should be valid for the next three months)

持卡人簽署 Cardholder's Signature _____

授權生命熱線有限公司於上述信用卡戶口轉賬上述指定的金額作每月定期捐款。

此授權於該信用卡有效期過後及獲發新卡後仍繼續生效，直至另行通知。(只適用於每月定期捐款)

Authorisation for Suicide Prevention Services Limited to debit the specified amount monthly from the above credit card account will continue after the expiry date of the credit card and with the issuance of a new card until further notice. (Applicable to monthly donation only)

☐ 劃線支票 By Crossed Cheque

抬頭請填寫「生命熱線有限公司」並連同此表格一併寄回本會，以便本會發出正式收據

Please make cheque payable to “**Suicide Prevention Services Limited**” and mail it together with a completed donation form for an official receipt.

☐ 直接存入銀行賬戶 Direct Transfer

匯豐銀行銀行戶口 HSBC Account : 078-303005-838

請將存款收條連同此表格一併寄回本會，以便本會發出正式收據

Please mail us the bank-in slip together with a completed donation form for an official receipt.

☐ 便利店 By 7-Eleven

請帶同以上條碼到全港各分店以現金捐款，

並將收條連同此表格一併寄回本會，以便本會發出正式收據

Please take this barcode to make the donation with the minimum amount of HK\$100 at any outlets in HK and mail us the original receipt together with a completed donation form for an official receipt.

7-11(HSBC)



404997891234520

捐款者資料 Donor's Information

☐ 個人捐款 Individual Donation ☐ 機構捐款 Corporate Donation

姓名 Name (先生 Mr/ 女士 Mrs/ 小姐 Ms): _____

機構 Organisation (如適用 if applicable): _____

地址 Address: _____

電話 Telephone: _____

電郵 Email Address: _____

捐款 HK\$100 或以上可獲發收據以申請扣稅 Donation of HK\$100 or above are tax deductible with official receipt

本會將會用上述資料與閣下保持聯絡，定期介紹「生命熱線」的活動和發收據之用。一切資料，絕對保密。如閣下不願繼續收到生命熱線的活動資料，請於方格內加上 ✓ 號。 ☐ Data collected will be treated strictly confidential and will be used for issuing receipt and sending information on the SPS's future activities purpose only. If you do not want to receive information on the SPS's future activities, please tick the box. ☐

24-hour Suicide Prevention Hotline Service

24小時預防自殺熱線服務

2382 0000

Live Life! Hotline for Elderly

珍愛生命長者熱線

2382 0881

Suicide Prevention Service for the Elderly

預防長者自殺服務

2382 2007

Services for Survivors of Suicide Loss

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