



Charity listed on
WiseGiving
惠施·慈善機構

www.sps.org.hk



無論陰晴
伴你同行
In Misery and in Bliss,
We Walk with You.



年報 Annual
Report
2012-2013



CONTENT 目錄

P.2	Mission, Vision & Values 宗旨、願景、理念
P.3	Overview of Services 服務概覽
P.4	Highlights of the Year 年度大事表
P.6	Chairperson's Message 主席的話
P.8	Words from Honorary Patron & Executive Committee Member 名譽贊助人暨執行委員會委員獻辭
P.12	Director's Report 總監報告
P.16	24-hour Suicide Prevention Hotline Service 24 小時預防自殺熱線
P.20	Suicide Prevention Service for the Elderly 預防長者自殺服務
P.28	Services for Survivors of Suicide Loss 自殺者親友支援服務
P.32	Community & Life Education 社區及生命教育
P.40	Volunteer Training & Support 義工訓練及支援
P.43	Fundraising and Publicity 籌募及宣傳
P.46	Auditor's and Financial Report 核數師及財政報告
P.52	Acknowledgement 鳴謝
P.59	Executive Committee & Staff 執行委員會及職員

MISSION 宗旨

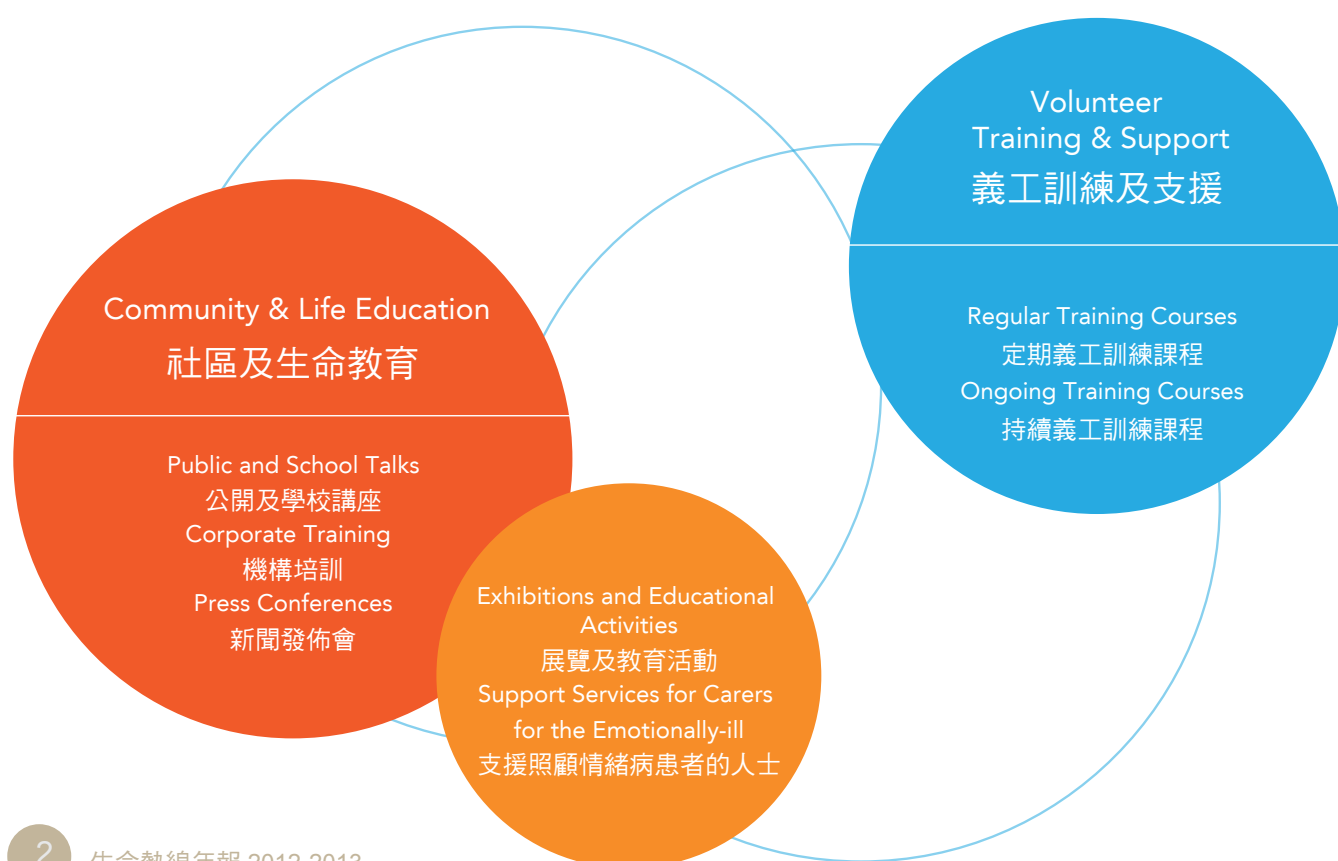
Suicide Prevention Services serves people who are suicidal, despairing or distressed by means of befriending and other services supporting them to regain control of their emotions and the will to live on. We also aim at raising general awareness towards suicide and identifying ways in which suicide can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

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。

OVERVIEW OF SERVICES 服務概覽



Highlights of the Year

One Life Lost to Suicide is one TOO MANY!

珍惜生命，一個都不能少！

In the year of 2012/2013, Suicide Prevention Services (SPS) continued to grow in various aspects of services and show significant achievements in community education. Here are data of our services during the year.

2012/2013年度，「生命熱線」在各個服務領域均取得良好的進展，在社區教育方面的成效亦有目共睹，以下是本年度我們部份服務的數據。

34,426 calls
個來電

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

55 local secondary and primary schools
間本地中小學

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

與本會合作，為學生和教師舉辦生命教育活動
「生命守門員」企劃及「Joy·種生命」計劃

33,230 service hours
小時

were contributed by our dedicated and talented volunteers to support SPS' services as well as various community education programmes
是本會義工所作出的貢獻，他們各有所長並盡心盡力為本會服務及提供各類型社區教育活動

354 elderly cases
個長者個案

were served by volunteers from SPS and local agency partners, helping alleviate their emotional distress and suicidal risks
是由本會義工和地區協作機構義工提供服務，並且協助他們紓緩情緒和減低自殺的危機

121 survivors of suicide loss
位自殺離世者親友

were guided through their bereavement with the support of SPS
與本會同行，一起渡過哀傷

25,915

elderlies, students, survivors of suicide loss, teachers, parents, and the general public participated in SPS's community education programmes. Their participation enables SPS to develop a comprehensive network for suicide prevention in Hong Kong
長者、自殺離世者親友、學生、教師，家長和廣大市民參與本會社區教育活動，他們的參與有助本會在香港建立全面性預防自殺的網絡

Chairperson's Message

In misery and in bliss, we walk with you

We have all been exposed to a sudden downpour of rain or gusts of wind. In life's journey, we too are confronted by vicissitudes that leave us floundering. Imagine being at a crossroads, soaked to the bone in heavy rain. We long for someone to come along, unfurl an umbrella and lead us to shelter. Even amidst calamity, there are those willing to extend us warmth and comfort, to succour our soul.

Over 18 years, Suicide Prevention Services (SPS) gave emotional support to people with varying needs. With an amalgam of strengths from donors, companies and agencies, as well as social work professionals and volunteers, we strive to alleviate the plight of desperate callers to our hotlines, distressed or suicidal elderlies and youths, and survivors of suicide loss. We can't spare anyone a battering of the elements, but we can help people weather the storm with fortitude through our understanding, patience, compassion and encouragement.

I would like to take this opportunity to express my sincere gratitude to the following project sponsors: The Hong Kong Jockey Club Charities Trust, The Community Chest, Lee Hysan Foundation, and BOCHK Caring Hong Kong – A Heart Warming Campaign. Their generous support and invaluable advice help us sustain and develop our services. This year, we are also very grateful to HSBC. Through a donation to The Community Chest, the bank supported our projects, "Action for Happiness – Individual Activity Plan for Depressive Elderly" and "Gatekeeper Training Project for Youth Suicide Prevention". Targeting depressed elderly people and youths respectively, these two schemes aim for early detection of tendencies and prevention of suicides.

As SPS is a non-subvented social service organisation, public donation is crucial to sustaining our operations and services. On behalf of SPS, my deepest gratitude goes to Actors' Family, Strategic Management Group, Mr. Iqbal Memon, Mr. David Yurman, Mr. Raymond Chak, Gaia Veggie Shop, PS Group, and countless other philanthropists including many individuals and organisations for the success of our fundraising events. We are also thankful to companies and organisations for recruiting their staff as volunteers and for participating in our services, Flag Day and Charity Walk this year.

Lastly, I wish to give thanks to my fellow enthusiastic and dedicated Executive Committee members, volunteers and staff who have joined me to achieve the goal of suicide prevention. In the coming year, we hope you will continue to support SPS in creating a warm and caring society. Let us hoist our umbrella to shelter and walk with people in need!

Mrs. Wendy Kwok
Honorary Patron & Chairperson



主席的話

無論陰晴 伴你同行

突如其來的暴雨，總教人措手不及。人生的旅途上，我們或會遭遇到前所未見的困局，並因此而感到徬徨無助，就像在十字路口徘徊，被大雨淋得又濕又冷。這時候，總期望有人走到我們身邊，撐起傘子，並陪伴我們到安全的地方暫避。儘管風雨無情，仍有人會願意保護我們，為我們帶來溫暖，慰藉我們的心靈。

「生命熱線」一直以來協助不同人士走出情緒的困局，並且在捐款者、企業和機構、專業社工和義工的支持下，為情緒受困的來電者、長者、自殺離世者親友、年青人和社會人士撐起傘子，讓他們得到喘息的空間，紓緩情緒和自殺的念頭。我們雖然無法去改變生命的「陰晴圓缺」，但我們抱持耐心、同理心和關懷的態度與服務使用者和社會人士同行，給予他們無限的支持，讓他們懷著自信和勇氣，走出困局。

在此，我謹代表「生命熱線」，衷心感激以下項目各贊助，包括香港賽馬會慈善信託基金、香港公益金、利希慎基金及中銀香港暖心愛港計劃於過去一年提供鼎力支持和給予寶貴的意見，讓我們持續發展各項服務，協助社會上有需要的人士。另外，本會感謝滙豐銀行於本年度透過香港公益金撥款資助，讓我們開展兩個新項目，包括「抑鬱解讀——長者快樂生活行動計劃」及「生命守門員」企劃，分別為有抑鬱徵兆的長者和青少年及早提供預防自殺的服務。

鑑於本會並沒有得到政府的資助，故需要倚賴公開籌款以維持運作及服務。在此，本人感謝演戲家族、SMG市場策劃有限公司、Mr. Iqbal Memon、Mr. David Yurman、翟文禮律師、大自然素食、PS Group，以及其他善長、協作機構及團體的支持，讓我們各個籌款活動得以圓滿舉行。此外，本會亦感謝各大企業及團體招募員工參與本年度舉行的義工探訪服務、賣旗日及步行籌款，身體力行支持我們的工作。

最後，感謝一直以來與我並肩同行的執行委員會委員、義工和員工。他們努力不懈，盡心盡力地推行預防自殺的工作和推廣珍惜生命的訊息。盼望來年我們繼續獲得您的支持，共同締造一個充滿愛心及關懷的社會，為有需要的人士撐開傘子，與他們風雨同行。

郭炳湘夫人
名譽贊助人暨主席

Words from Honorary Patron & Executive Committee Member

Eliminating stigma with love and forgiveness

Life is precious, yet transient. Sometimes, someone known to us – perhaps a relative or an acquaintance – can become devoid of hope and will contemplate suicide. Anyone who succeeds in taking their own life may have long teetered on the verge of emotional collapse, but their families and friends upon suddenly hearing the tragic tidings, will nonetheless be relegated to shock, disbelief and indescribable sadness. Wallowing in such grief and ultimately re-emerging from the abyss is exhausting for them, and is fraught with trials and tribulations. They are desperate to know why the tragedy happened and how to achieve closure. They need our care and compassion to help them cast off their pall of bereavement.

Suicide Prevention Services (SPS) has been playing a vital role in the succour of survivors of suicide loss, supporting them through their emotional ebb and flow. Through “Project Bless”, our professional counsellors provide opportunities for survivors to talk about their shock, loneliness, sadness, guilt and anger, and we encourage them to consider the future in a positive light. We have learned from the survivors that meeting in mutual support groups helps them share their grief as well as their gladness in reminiscing about their loved ones. With the shared commiseration of fellow sufferers, survivors are relieved of their emotional burden and can restart their life’s journeys with renewed strength and purpose, their tears of grief replaced by smiles of pleasures.

Unfortunately, suicide remains a social stigma. Amid their emotional turmoil, survivors are riled by misunderstanding and pressure from family, friends, and society. Many of them have withstood such adversities with much courage. They should be our paragon in honoring life. Only with empathy, love and forgiveness can we overcome this stigma.

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

名譽贊助人暨執行委員會委員獻辭

憑愛與包容消除偏見

生命既寶貴，亦無常。或許有一天，我們的家人或朋友之中，有人可能會感到走投無路，而選擇放棄自己的生命。選擇自殺的人可能早就已被自己的負面情緒所淹沒，但他們的家人和朋友面對突如其來的噩耗，發現自己突然被遺下，那震驚和痛苦實在不足為外人道。離世者的親友在經歷走出哀傷的道路上，充滿了不安和困惑，而且疲累不堪。他們很想知道親人釀成自殺悲劇的原因，亦想知道怎樣才能走出這個困局。他們很需要我們的關愛和包容，與他們同行，走出陰霾。

「生命熱線」與自殺離世者親友分擔苦與憂，陪伴他們走過情緒的低谷，並且明白他們的需要。透過「釋心同行 —— 自殺者親友支援計劃」，我們的專業輔導員讓親友說出他們的感受 —— 驚恐、孤獨、悲傷、內疚和憤怒，並且鼓勵他們積極面對人生。自殺離世者親友透過參加同路人互助小組，與擁有相似經驗的人一同懷緬至親在世時生活的點滴，分享美好回憶，助他們釋出哀痛，使他們少了悲傷的淚水，再展歡容，重拾對生命的意志。

可惜，社會人士對於自殺仍存有偏見。自殺離世者親友面對情緒的困局，同時要承受來自家人、朋友，甚至社會人士對他們的誤解和所構成的壓力，實在並不容易，他們其實相當勇敢。我們必須學會尊重生命，並且尊重失去摯愛親友的人。我們相信，只有靠著同理心、關愛與包容，才可以打破社會對自殺離世者家屬的偏見。

李家傑
名譽贊助人暨執行委員會委員

Words from Honorary Patron & Executive Committee Member

Care for your heart – love yourself, love others

People have disparate understanding of the concept of “caring”. We care for our loved ones or those who are in need as well as for the community at large, the nation, or even the world. This suggests the targets of our caring are typically outsiders. Sadly, we tend to forget to care for ourselves. We must learn how to care for ourselves before we know how to care for others. In our daily lives, we rejoice at our achievements but forget to appreciate our efforts. When we are in despair, we fear being psychologically weak and thus shy away from expressing our feelings and thoughts. Indeed, traditional Chinese philosophy values humility and disparages candidness.

The older generation often laments how hard they had worked to raise their families and preserve society. Yet, in their twilight years, some have been abandoned by their families, others suffer from chronic diseases. Their ordeals cause emotional distress or depression, and they may resort to suicide. Suicide Prevention Services (SPS) has been serving emotionally distressed or depressed elderly people for more than 15 years. SPS upholds “caring” as one of its service values, with our volunteers regularly visiting and telephoning our elderly service users. Most importantly, SPS strives to instill in the elderly the idea of “caring for oneself”, so that they will become more aware of their own emotional health and seek help if needed.

This year, SPS initiated the project “Action for Happiness – Individual Activity Plan for Depressive Elderly”, to encourage old people who are depressed or show signs of depression to devise plans to develop their interests. Elderly people engaged in handicraft or activities with volunteers will hopefully relinquish thoughts of suicide. The project is well received by the community at large. SPS will continue to strive to support more elderly people in need.

This year, I had great pleasure in being invited to become one of the Honorary Patrons for SPS. I am motivated by new responsibilities to promote SPS and the message that life is precious to everybody. Alongside SPS, I will walk with those who despair and need help.

Mrs. Linda Lau
Honorary Patron & Executive Committee Member

名譽贊助人暨執行委員會委員獻辭

關懷你的心——愛自己、愛別人

每個人對「關懷」有不同的定義，我們會「關懷」他人，包括親人及有需要幫助的人，或「關懷」我們的社區、國家、甚至是全世界，然而這樣只會把我們「關懷」的對象局限於外人而已。現實生活中，我們總是忘記關懷自己的心，能將心比己，才會懂得關懷別人。比方說，我們會因取得成就時感到高興，但往往忘記了欣賞自己所付出的努力。當我們感到絕望，心靈會變得脆弱，我們會害怕向別人表達自己的情緒和想法。中國人傳統的價值觀是對於謙遜推崇備至，但卻沒有重視坦率表達自己情感的重要。

長者年輕時為家庭和社會拼搏，可惜，有些長者走到生命盡頭時，被家人遺棄或患上長期疾病，以致情緒受到困擾或患上抑鬱症而選擇自殺。「生命熱線」擁有超過15年關顧情緒困擾或患抑鬱症的長者的經驗，「關懷」是我們重要的服務理念之一，透過義工定期進行家訪和電話慰問得以體現出來。然而，更重要的是，我們透過服務，向長者灌輸「關懷自己」的觀念，好使他們關注自己的情緒健康，並在有需要時尋求協助。本年度，「生命熱線」推行「抑鬱解讀——長者快樂生活行動計劃」，鼓勵情緒受困或有抑鬱徵狀的長者計劃和發展自己的興趣。當他們專注做手工或與義工進行活動，可幫助舒緩情緒和最終摒棄自殺的念頭。計劃受到社區人士的歡迎，「生命熱線」未來會繼續致力為更多有需要的長者提供服務。

最後，我十分榮幸獲得「生命熱線」的邀請成為名譽贊助人之一，承擔如此任重而道遠的崗位，我將繼續致力向更多社會人士推廣「生命熱線」預防自殺及珍惜生命的訊息，並攜手與有需要的人士同行，協助他們走出幽谷。

劉鑾鴻夫人
名譽贊助人暨執行委員會委員

Director's Report

18 years of age is a significant and vibrant milestone in a person's passage through life, filled with zest and promise. 18 years ago, Suicide Prevention Services (SPS) rang-in a 12-hour Suicide Prevention Hotline. 18 years on, it operates a 24-hour Suicide Prevention Hotline, Suicide Prevention Service for the Elderly, Services for Survivors of Suicide Loss as well as Community & Life Education. This is a culmination and a continuation of many people's time, effort and funds, their sweat and tears, in response to the need of society.

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

24-hour Suicide Prevention Hotline

More than 300 on-shift volunteers man this hotline service round-the-clock. They answered a total of 34,426 calls in 2012/2013. Over 80% of the callers said the careful listening, genuine understanding, and the compassion demonstrated by our volunteers helped relieve their emotional distress and galvanise their will to live on. Last year, our volunteers contributed 22,033 hours of service. We are so proud of their sincere and enthusiastic participation. In addition, our social workers intervened in their plight and followed up on 36 callers last year.

Suicide Prevention Service for the Elderly

With the support of The Hong Kong Jockey Club Charities Trust, we implemented "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and reached out in the past year to 316 old folks facing despair and suicidal risks. Over 300 volunteers helped elderly people with regular home visits and telephone contact. Moreover, we mobilized volunteers from various enterprises and organisations to join our mass visit programmes on festival days, aiming to share society's care and concern with our elderly service users. Last year, more than 900 volunteers from these enterprises and organisations joined our "Walking with the Elderly" in the spirit of sharing in their twilight years.

In past summers, we have been organising a public event, "Dong Qua – Service Promotion cum Volunteer Recognition Ceremony" to further promote the service. In July 2012, we initiated a "Dong Qua – Luncheon cum Volunteer Recognition Ceremony", inviting service users to enjoy delicious winter melon dishes in the warm presence of celebrities, regaled by stage performances. And last year, 200 corporate volunteers paid visits to over 300 elders.



With funding from HSBC through a donation to The Community Chest, we launched a new project, "Action for Happiness – Individual Activity Plan for Depressive Elderly" in August 2012. 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

With funding from BOCHK (Bank of China Hong Kong) "Caring Hong Kong – A Heart Warming Campaign", "BOC Mental Health Support Network" accomplished a 2-year project in December 2012 to care for survivors of suicide and emotionally distressed people. In the past year, we served more than 160 survivors of suicide loss and carers with emotionally distressed family members. The Project also promoted the importance of mental health and positive thinking through groups and community activities etc.

Community and Life Education

Life Education is the first step of suicide prevention. A recent resurgence of youth suicides causes great concern. It is therefore crucial for us to cultivate in our youths a sense of appreciation of life and gratitude for blessings, big and small. Last year, we gave talks and workshops on life education, and held emotional support group sessions in 55 schools with near 20,000 attendants.

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

Complying with the vision of "continuous efforts to improve our services in the light of meeting the needs of our community" and with the guidance of our Executive Committee and the participation of volunteers and staff, I am confident SPS will persevere in our vital work and grow as a social agency with diversified and impeccable services in the days beyond our 18th anniversary.

David Pong
Honorary Director

總監報告

十八歲是人生新的階段，充滿力量和幹勁。過去18年，「生命熱線」由12小時預防自殺熱線開始，發展至現在運作的24小時預防自殺熱線、預防長者自殺服務、自殺者親友支援服務、社區及生命教育，不斷努力回應社會需要，開拓不同的服務計劃。以下是2012/2013年度，「生命熱線」在預防自殺工作所作出的努力：

24小時預防自殺熱線服務

透過逾300位義工每天24小時輪值，過去一年我們共接聽了34,426個來電，當中超過80%來電者表示服務有助舒緩個人情緒，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22,033小時，對義工熱誠的投入，我們深感驕傲。另外，有需要的來電者會轉介予本會社工跟進，本年度共跟進36宗個案。

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316個有情緒困擾及自殺傾向的長者個案，由300多名義工提供定期探訪及電話慰問。另外，本會亦動員企業、團體義工於節日進行大型探訪活動，讓服務使用者更感到社會人士之關懷。去年參與的企業、團體義工的人數超過900人次，實踐了「生命共行」——與長者共行晚年之路的精神。

過去每年大暑期間，本會舉辦「消暑打氣冬(Don't)瓜水」，透過冬瓜(Don't瓜，別死)宣揚預防自殺、珍惜生命的訊息。二零一二年七月，本會首次舉辦「消暑打氣冬(Don't)瓜宴暨義工嘉許禮」，以冬瓜作為菜餚宴請長者和義工。除透過名人嘉賓分享及精彩表演，為長者們打氣之外，更安排了超過200名企業義工，探訪約300位長者，送上消暑冬瓜水及真摯的慰問。

另外，承蒙滙豐透過香港公益金撥款資助，本會於二零一二年八月推行「抑鬱解讀——長者快樂生活行動計劃」，透過實踐生活行動計劃及建立社交支援，協助有抑鬱傾向的長者建立正面的人生觀。

自殺者親友支援服務

在「中銀香港暖心愛港計劃」之撥款下，本會於二零一二年十二月完成「中銀情緒健康支援網絡」之兩年計劃，關注自殺者親友之同時，也關心社會上情緒受困擾人士及其家人的身心需要。去年服務超過160名自殺離世者親友及需要照顧患有情緒病的家人，並藉著小組、社區活動等，積極推動情緒健康、正向思維的重要性。

社區及生命教育工作

生命教育是預防自殺工作的第一步，近年青少年自殺及自傷行為令人關注，青少年是社會未來的主人翁，故此「生命熱線」深信從小培養個人的正向思維、積極的人生觀、懂得欣賞、學習感恩是十分重要。過去一年本會與55間學校合作進行生命教育講座、工作坊及學生支援小組，接近20,000人次參與。

另外，承蒙滙豐透過香港公益金撥款資助，本會於二零一二年八月推行「生命守門員」企劃，期望以動員家庭、學校及社會上不同群組，集合青少年身邊的力量，一起陪伴他們成長，過渡困惑和逆境，守護著他們的寶貴生命。

遵從「與時並進，不斷發展」的願景，18年往後的日子，在執行委員會之領導、義工及職員之共同努力下，我相信我們會更有力量和幹勁，回應社會的需要，繼續發展貼近社會所需的預防自殺服務。

龐俊怡
名譽總監

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

In Hong Kong, on average, one emotionally distressed person dies by suicide every 10 hours. One reason is mounting stress in our society which is causing an increasing number of people to suffer from a variety of emotional problems. Both suicidal and distressed people need a compassionate ear to vent their grievances and relieve their plight.

For the past 18 years, SPS' "24-hour Suicide Prevention Hotline Service" has continuously offered timely support to the emotionally distressed as well as suicidal people. Our professionally trained volunteers who answer the calls keep their conversations strictly confidential. The volunteers listen with patience and a caring and non-judgmental approach. With the volunteers' support, the callers can be more confident in sharing their feelings in a relaxed atmosphere which helps dispel suicidal thoughts.

In the year of 2012/2013, 334 professionally trained volunteers participated in the service, handling 34,426 calls over a total of 22,033 service hours.

香港平均每10小時便有一人自殺離世，但數字並不包括自殺不遂的個案，不少人的情緒因生活壓力而受到不同程度的影響。無論是有自殺念頭或情緒受困的人士，都十分需要別人耐心聆聽，紓解內心的鬱結，協助他們走出情緒的困局。

過去18年，「生命熱線」的「24小時預防自殺熱線服務」，讓情緒受困擾及有自殺念頭的人士得到及時的協助。我們的熱線電話由受過專業培訓的義工接聽，並確保談話內容絕對保密。義工耐心地「聆聽」，抱持「關懷」和「接納」、不批判的態度「陪伴」來電者，讓他們在沒有壓力下釋放內心的負面情緒，從而打消自殺的念頭。

2012/2013年度，經過訓練為熱線提供服務的義工達334位，他們已接聽來電34,426個，服務時數共22,033小時。

The service is supported by
本服務由



及

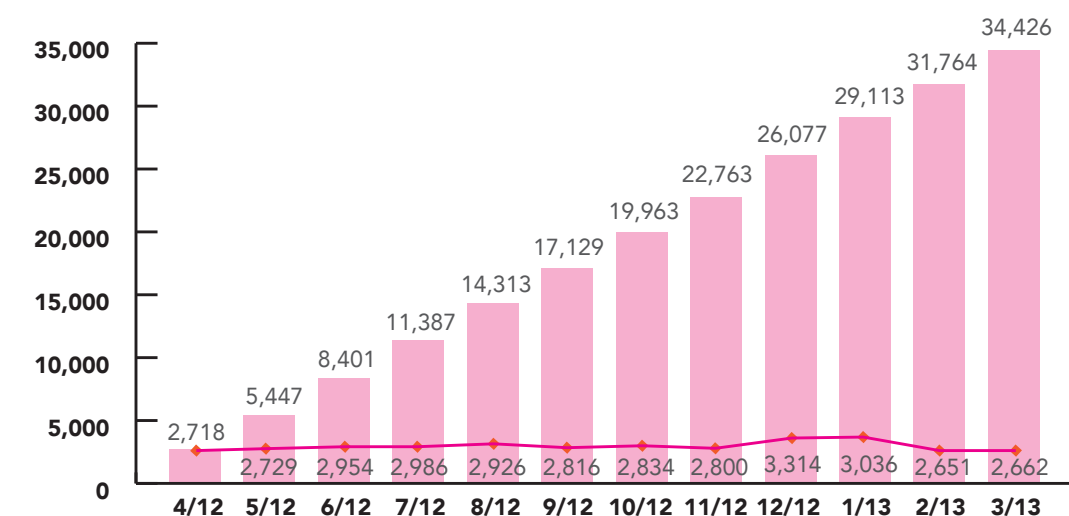


資助

Calls Handled 已處理之來電數目

This year, we handled 34,426 calls, an increase of 16% year-on-year. On average, 2,869 calls were handled every month.

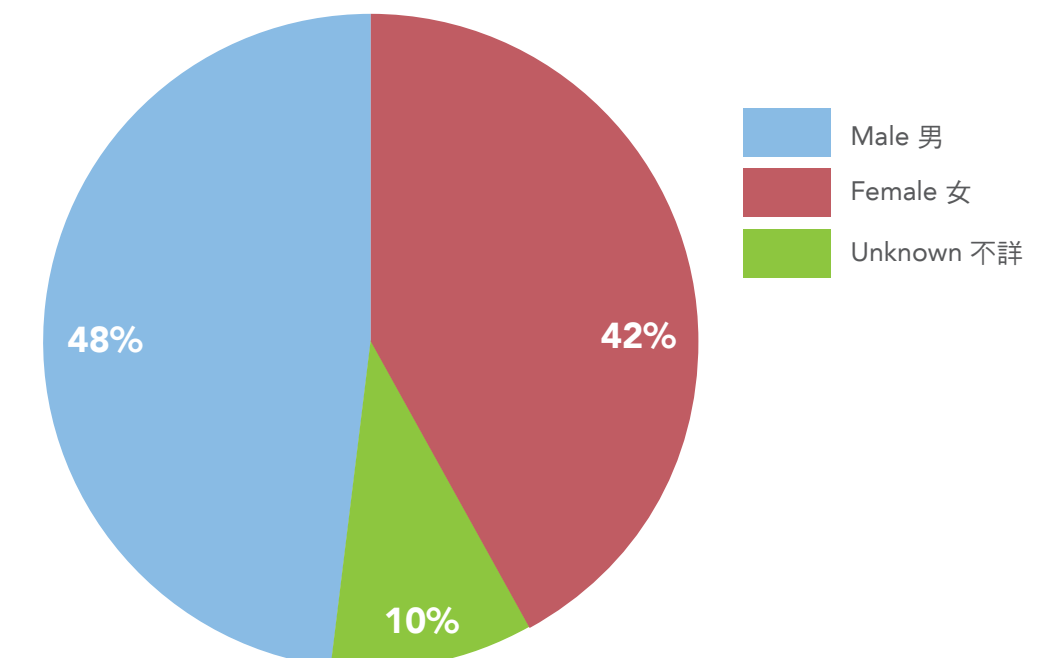
本年度，我們共處理了34,426個來電，較上年度增長約16%，平均每月處理2,869個來電。



Gender of Callers 來電者性別分佈

As in the same period last year, 48% of callers were male and 42% were female this year.

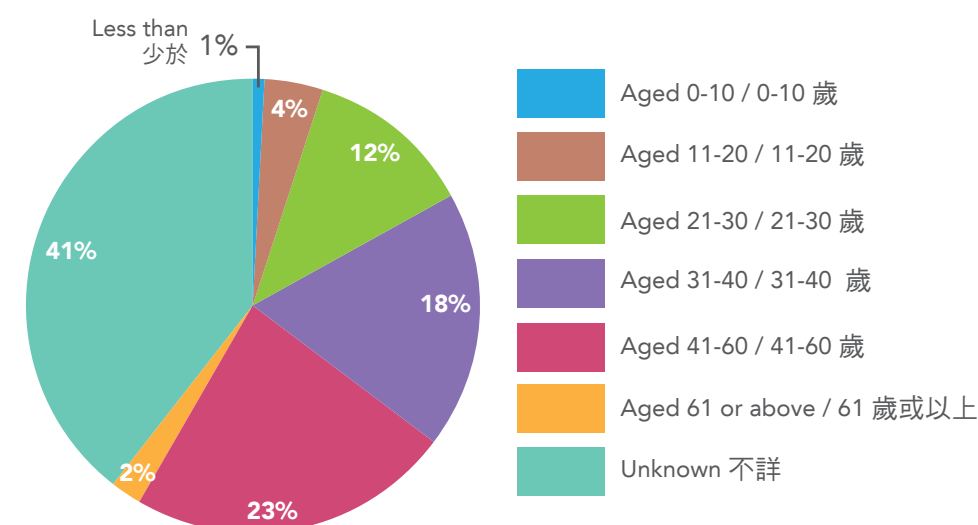
與上年度相若，本年度男性的來電者比例略高於女性來電者，男性佔48%，女性佔42%。



Age of Callers 來電者年齡分佈

This year, three groups of callers (aged 21 to 30, aged 31 to 40, aged 41 to 60) constituted 53% of the total calls. Middle-aged (aged 31 to 60) constituted 41% of total calls. Among them, 18% were 31 to 40 years old whereas 23% were 41 to 60 years old. Only 4% were young people (aged 11 to 20) and 2% were elderly (aged 60 or above). The age distribution was similar to those of the same period last year.

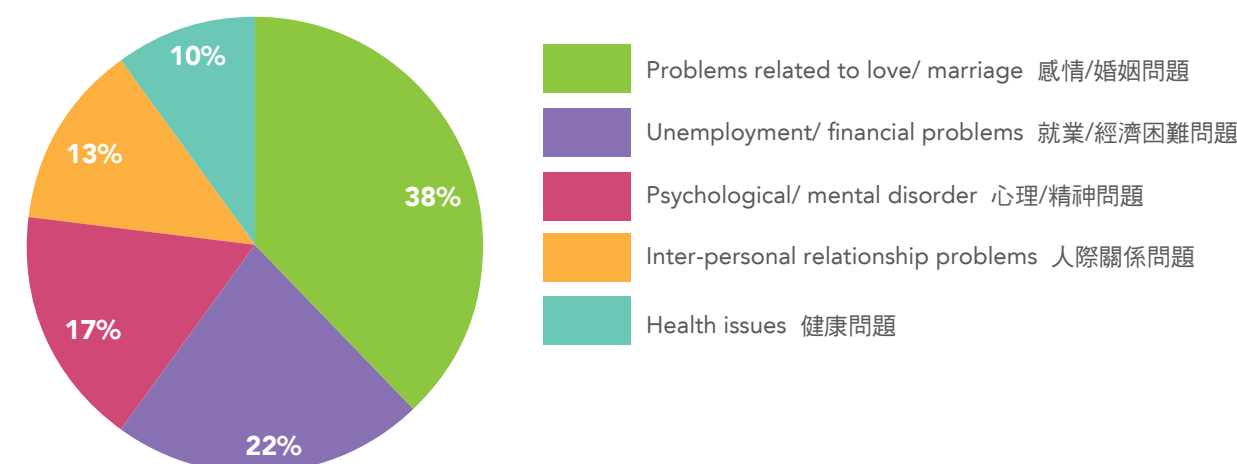
本年度，來電者中三個年齡組別（21至30歲、31至40歲及41至60歲）佔總人數比例達53%，31至60歲的中年人士佔當中41%，其中31至40歲的人士佔18%，41至60歲的人士佔23%。青少年（11至20歲）及長者（61歲以上）的比例較少，分別佔4%及2%。數據分佈與上年度相若。



Nature of Problems 來電者面對的問題及困擾

Experience, and statistics from our hotline service, show problems related to love and marriage encountered by callers were paramount at 38%. This was followed by unemployment and financial problems at 22%, psychological mental disorder, 17%, inter-personal relationship, 13%, and health issues, 10%.

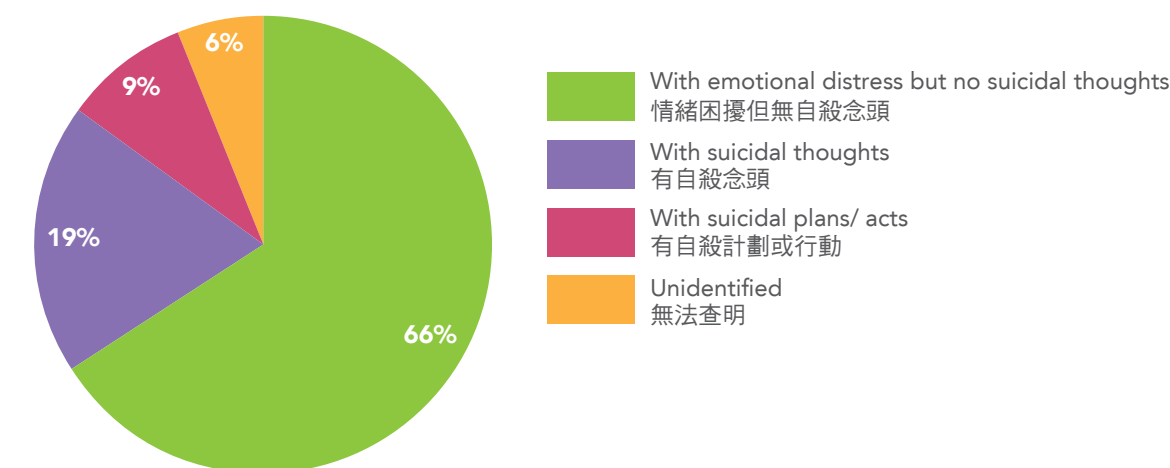
從過往熱線服務的經驗及數據顯示，來電者最主要面對的問題及困擾仍然是感情及婚姻問題（38%），其他問題及困擾，依次為「就業/經濟困難問題」（22%）、「心理/精神問題」（17%）、「人際關係問題」（13%）、以及「健康問題」（10%）。



Suicidal Risk 來電風險分佈

Among all the calls handled, nearly 70% reflected emotional distress, 19% of calls were assessed as the result of suicidal thoughts, and 9% were from high risk individuals with plans for suicidal acts. The statistics were similar to those from the same period last year.

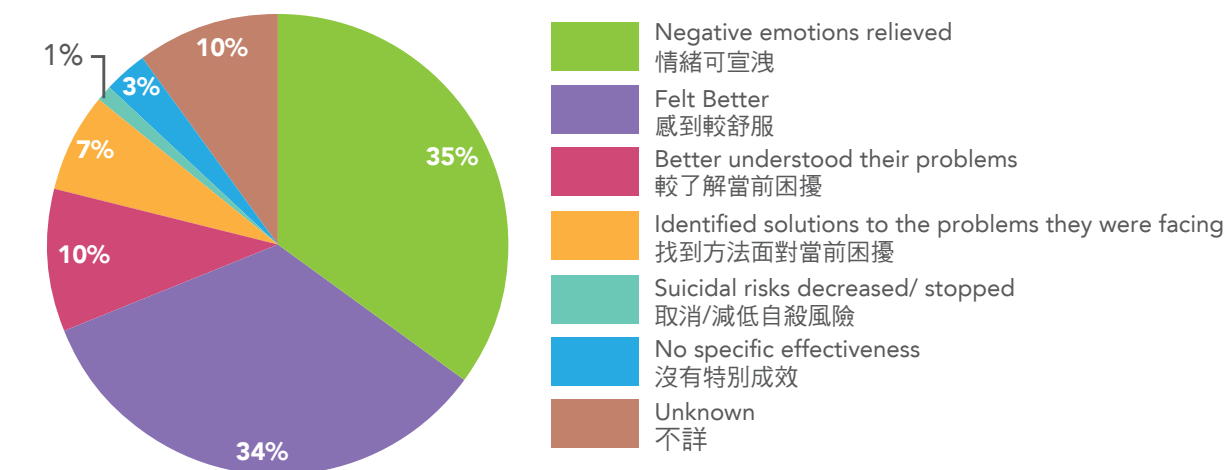
近七成來電者表示他們受不同程度的情緒困擾，經評估後有「有自殺念頭」的來電佔總來電19%，「高風險來電」，即有自殺計劃或行動佔9%。數據分佈與上年度相若。



Effectiveness of Service 服務成效

Caller feedbacks on our hotline service were very positive. 86% agreed the service was helpful. Among them, 35% said they were relieved after talking to our volunteers, 34% felt better, 10% had better understanding of their problems, and 7% said the service helped them "identify solutions to the problems they were facing".

大部份來電者對熱線服務的評價非常正面，有86%來電者認同服務對他們有幫助，當中35%的來電者表示與義工傾談後有助他們宣洩情緒，有34%表示「感到較舒服」，有10%表示「較了解當前的困擾」，有7%表示他們從中找到方法「面對當前的困擾」。



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

In recent years in Hong Kong, one in three suicide cases is committed by elderly people. The rate of elderly suicide is, in general, higher than the overall suicide rate. Loneliness, physical suffering and family problems are key reasons for elderly suicide. Moreover, the suicidal risk of elderly people with depression is much higher than their untroubled counterparts. Hence, elderly suicide is a pernicious social problem that will only become aggravated by our aging population. Through "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" & "Action for Happiness – Individual Activity Plan for Depressive Elderly", we organised various programmes, such as individual cases service, community education exhibitions and talks, as well as customised mutual support groups for old folks diagnosed with depression. We aim to ease the elders' emotional turmoil, reduce the risk of suicide, and raise public awareness about elderly suicide.

近年，香港平均每三個自殺的個案便有一位是長者，長者的自殺率一般較整體自殺率高。孤獨、病患和家庭問題均是長者自殺的主要原因，其中患上抑鬱症的長者的自殺風險高於非患者。隨著本港人口持續老化，長者的自殺率有機會隨之而有所上升。本會透過「香港賽馬會社區資助計劃：生命共行——外展長者服務」及「抑鬱解讀——長者快樂生活行動計劃」提供不同類型的服務，包括長者個案服務、社區教育展覽及講座、為出現了抑鬱症徵兆的長者而設的互助關懷小組等，協助舒緩情緒受困的長者的情緒，從而減低自殺風險，並且加強社會人士對長者自殺問題的關注。



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」

Aiming to decrease the number of elderly suicides in Hong Kong, we initiated a three-year project, from April 2010 to March 2013, "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly". Through outreach services and cooperation with other local organisations, we identified distressed and suicidal elderlies across Hong Kong, and helped alleviate their feelings of despair and thoughts of suicide through regular visits by well-trained volunteers.



We are dedicated to developing a community network to prevent elderly suicide. We recruited and trained volunteers from the community as well as organised their visits to elderly people. Moreover, we continued to foster relationships with other local elderly organisations through a series of community education exhibitions and talks.

In festive seasons, we arranged large-scale home visits by volunteers recruited from various companies and organisations. Replete with our volunteers' blessings and warmth, the elderly no longer felt abandoned and lonely during festivals.

Our gratitude goes to the invaluable support from "The Hong Kong Jockey Club Charities Trust", which enables us to continue to serve needy elderlies in the coming three years from April 2013.

我們積極回應本港長者自殺的問題，在二零一零年四月至二零一三年三月過去這三年，我們推行了「香港賽馬會社區資助計劃：生命共行——外展長者服務」。透過外展及與地區機構協作的模式進行，我們在全港各區發掘有情緒困擾或有自殺危機的長者，並向他們提供定期義工探訪服務，協助舒緩長者的情緒和減低自殺風險。

我們著力建立地區支援網絡，除了安排義工探訪服務外，我們亦從地區招募和培訓義工，並透過舉辦一系列社區教育展覽及講座，以加強與地區長者服務機構的聯繫和合作，並為預防長者自殺奠下重要基礎。

此外，我們與本地不同企業合作，在不同節日舉辦大型長者探訪活動，義工在佳節期間為長者送上溫暖和祝福，讓他們不再感到孤寂。

我們感謝「香港賽馬會慈善信託基金」再次撥款讓計劃服務得以延續，由二零一三年四月開始，我們於未來三年繼續為有需要的長者提供服務。

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 of 2012/2013, we worked with 11 local elderly organisations, offered training to volunteers recruited from the community, and organised home visits. Our volunteers are patient and attentive and helped the emotionally distressed elderly feel relief and turn away from suicidal thoughts. This year, 360 volunteers served 316 elderly cases and provided over 10,000 service time.



2012/2013年度，我們與11個地區長者服務機構合作，並為來自地區的義工提供培訓，安排他們探訪長者個案。義工耐心聆聽並給予長者關懷，讓長者的情緒得以舒緩，協助他們打消尋死的念頭。本年度，共360名義工為316個長者個案提供探訪服務，服務次數逾10,000次。

Distribution of Age and Sex of Service Users in the year of 2012/2013 2012/2013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	
Below 60 以下	0	2	2
60 - 69	11	38	49
70 - 79	34	68	102
80 - 89	38	106	144
90 or above 或以上	5	14	19
Total 總數	88	228	316

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	120
Local Agency Volunteers 地區協作機構義工	240
Total 總數	360

Community Education Programmes 社區教育活動

This year, we published a booklet called "We Walk Elders through Darkness". With writings and graphics in the booklet, we presented the feelings of distressed elderly people and those who have early signs of suicidal risks in a direct yet simple way. We hope to raise public awareness of elderly people suicide in Hong Kong and enhance the knowledge of preventing elderly people suicide. We call for the public support of walking with the elderly people through life's challenges during their later stage of life.

We continue to promote the emotional health of elderly people by organising education programmes in communities. In October and November 2012, we organised road shows "Cherish for Life: Care for the Elders' Emotional Health" at Wong Tai Sin and Shun On Estate respectively. We also organised community education talks about mental health in 20 districts in Hong Kong. Over 1,000 people from the communities attended the programmes and they were encouraged to care for and support the elderly as often as possible. Participants also learned about different organisations within the community which may offer help to suicidal elderly.

Besides, we organised eight workshops "Practice on Elderly Suicide Prevention Service for Professional Co-workers" with about 260 social workers and professional from local elderly organisations attending. The participants welcomed the workshops and they learned how to identify suicidal elderly people and the skills to support them.

本年度，我們出版了一本小冊子《與長者走出幽谷》，藉著文字和圖畫，深入淺出地表達出情緒受困或有早期自殺徵兆的長者的感受。我們希望藉此小冊子讓社會人士更加關注本港長者自殺問題的嚴重性，進一步了解預防長者自殺的方法。我們呼籲社會人士與長者同行晚年的路，並給予他們力量面對人生各種的挑戰，一起實踐「生命共行」的精神。



我們持續關注長者的精神健康，並在各區舉辦教育活動。在二零一二年十月及十一月，我們分別於黃大仙及順安邨舉辦了「珍惜生命：關注長者情緒健康」街頭展覽，並分別在20個地區舉辦了「長者護心法」講座，逾1,000名社區人士參加了街頭展覽和講座。參加者不僅明白在日常生活中要持續關心及支持情緒受困的長者，更掌握社區資訊，一旦察覺有長者出現自殺風險，他們可盡快找到合適的機構協助跟進。

此外，我們舉辦了八次「預防長者自殺服務：專業同工訓練工作坊」，約260名地區長者服務機構的社工及相關專業人士參加，工作坊深受參加者的歡迎，他們透過工作坊學會辨識有自殺風險的長者及相關的服務技巧。

Major Community Education Programmes 主要社區教育活動	Time 次數	No. of Beneficiaries 服務受惠人數
"Cherish for Life: Care for Elders' Emotional Health" Road Shows 「珍惜生命：關注長者情緒健康」街頭展覽	2	1,000
Mental Health Promotion Talks 「長者護心法」地區講座	21	807
Practice on Elderly Suicide Prevention Service for Professional Co-workers 預防長者自殺服務：專業同工訓練工作坊	8	261

Seasonal Visits 節日探訪活動

Elderly who live alone often feel abandoned and lonely in particular in festive seasons. During the year, we organised a number of large-scale visits and joined hands with different companies and organisations for volunteer recruitment. Over 940 volunteers participated and served over 1,100 elders.

我們明白獨居長者在節日期間倍感孤單和寂寞，因此，於節日期間舉辦了多個大型探訪長者個案服務，並與本地不同的企業或機構合作，招募義工提供服務。本年度，企業義工數目逾940人，逾1,100名長者受惠。

“Dong Qua” – Elderly Visit Programme 消暑打氣冬瓜水

In Chinese tradition, the summer solstice is the hottest period of the year. People easily feel stress and annoyed under this hot and humid weather. Despite the summer heat, we organised various activities under the theme of “Dong Qua” with an aim to promote the message that life is precious to the elderly. “Dong Qua” or winter melon is a pun of “Don’t Die” as “Qua” is a Cantonese homophonic of ‘Die’.



In July 2012, more than 200 volunteers recruited from various companies and organisations visited over 300 elderly at their homes and brought them winter melon soup and gifts. Located in Metroplaza in Kwai Fong, we organised “Dong Qua - Luncheon cum Volunteer Recognition Ceremony” at a Chinese restaurant China Fragrance. We would express our heartfelt thanks to our special guests, renowned artistes Mr. Wu Fung, Ms. Wu Junli and Mr. Joe Junior. During the event, they shared with the participants how they stayed happy and healthy when they faced with life’s challenges. They also helped cheer up the emotionally distressed elderly with their great performances. Through this event, we would like to show our appreciation of the dedication from the volunteers. Also, we hope the public will care for their elderly and support our work in suicide prevention.

按照中國傳統，「大暑」是全年天氣最炎熱的節氣，並會容易使人感到焦慮和急躁。本年度，我們特意在「大暑」期間舉辦了多個以冬瓜為主題的活動，「冬瓜」乃取自廣東話的諧音「Don't『瓜』」，意思是「不要死」，我們藉此向長者推廣珍惜生命的訊息。

二零一二年七月，我們招募了超過200名來自不同機構及企業的義工探訪超過300名長者，向他們派發消暑的冬瓜水及其他禮品。此外，我們在葵芳新都會廣場內中式酒樓中國芳舉辦了「消暑打氣冬 (Don't) 瓜宴暨義工嘉許禮」，並以冬瓜作為菜餚宴請長者和義工。我們十分感謝演藝界名人胡楓先生、吳君麗女士及Joe Junior先生支持是次活動，並且與參加者分享心得，他們如何面對生活挫折仍可成為快樂健康長者。他們即場獻唱多首耳熟能詳的金曲，身體力行為長者加油打氣。我們希望藉此活動感謝義工無私的付出，並且呼籲社會人士多關心身邊的長者，支持我們預防長者自殺的工作。

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
23. 04. 2012	Our Joyous Moment in Disneyland 歡樂時刻在迪士尼	5	19
06. 05. 2012	Rice Pack Distribution 生命共享平安米	95	82
20. 05. 2012	KMB Bus Depot Programme 九巴之旅	25	19
15. 05. 2012	Smile at the sky 向天際微笑	24	38
20. 05. 2012	Tuen Ng Festival Programme 摜種愛心賀端陽	120	98
15. 05. 2012 & 22. 07. 2012	Dong Qua – Elderly Visit Programme 消暑打氣冬瓜水	157 56	231 50
19.07.2012	Dong Qua - Luncheon cum Volunteer Recognition Ceremony 消暑打氣冬瓜宴暨義工嘉許禮	20	67
02. 09. 2012	Rice Pack Distribution 生命共享平安米	48	52
23. 09. 2012	Mid-Autumn Festival Visit Programme 月滿佳節譜關懷	134	160
11. 11. 2012	Rice Pack Distribution 生命共享平安米	64	66
13. 11. 2012	Visiting Disneyland in Autumn 秋遊迪士尼	8	21
16. 12. 2012	Christmas Programme 冬日情濃顯關懷	38	46
12. 2012	GAP Brings Warmth GAP心意傳溫情	27	60
06. 01. 2013	Visiting Disneyland in Chinese New Year 新春暢遊迪士尼	33	11
03. 02. 2013	Chinese New Year Programme 歲晚送暖表愛心	84	99
24. 02. 2013	MTR New Year Elderly Programme 港鐵新春長者旅行	11	30
Total Attendance 總人次		949	1,149

Action for Happiness — Individual Activity Plan for Depressive Elderly

抑鬱解讀 —— 長者快樂生活行動計劃

Research finds elderly people suffering from depression are less enthusiastic about life, and their suicide rate is 60 times more than other old folks. Hence, promoting mental health among the elderly is one of the key strategies for suicide prevention. In August 2012, we launched a three-year project called "Action for Happiness – Individual Activity Plan for Depressive Elderly". The project promotes a positive life attitude for senior citizens aged 60 or above who show signs of depression. We organised community education talks and mutual support groups for the elderly to help them grasp the essence of happiness in life and enhance their community network. In addition, our tailor-made "individual activity plan" and regular home visits by our volunteers are fuelling elderly people with positive energy in their lives.



研究指出，抑鬱是導致長者產生自殺念頭的主要心理因素，當中患有抑鬱症的長者的自殺風險較其他長者高出近60倍。因此，關注長者的精神健康狀況是預防長者自殺的重點策略之一。自二零一二年八月開始，我們推行「抑鬱解讀 —— 長者快樂生活行動計劃」，計劃為期三年，協助60歲或以上有抑鬱傾向的長者建立正面的人生觀。我們透過舉辦社區教育講座及互助關懷小組，讓長者尋回快樂的秘訣，並加強他們的社區支援網絡。此外，我們亦推行「長者快樂生活行動計劃」，為長者度身訂做個人的生活計劃，並安排經專業培訓的義工定期探訪他們，為長者增添正面的能量。

This project is supported by
本計劃由

HSBC 滙豐

through a donation to
透過

香港公益金
THE COMMUNITY CHEST

撥款資助

Anchoring Happiness — Community Education Talks

喜錨 —— 社區教育講座

This year, we organised seven sessions of "Anchoring Happiness – Community Education Talks", with nearly 400 old folks participating. They learned how to have fun by paying attention to and exploring their five senses - sight, hearing, smell, taste, and touch, particularly with their hands and legs. Through constant practice, the elderly can develop positive and optimistic approaches toward life.

本年度，我們共舉辦了七次「喜錨 —— 社區教育講座」，有近400名長者參與。講座內容包括鼓勵有抑鬱傾向的長者細心留意及發掘五官，即眼、耳、口、鼻及觸覺尤其是手腳在生活上的樂趣。我們鼓勵長者通過練習和實踐，為自己日常的生活增添樂趣，協助他們建立正面和樂觀的生活態度。

Mutual Support Group

互助關懷小組

We also organised two mutual support groups with a total of 14 sessions and 17 elderly people participating. Our social work professionals were responsible for the group. The participants experienced and learned to share joy with their peers through different activities such as handicraft, games and sharing sessions. With the support of their peers, the participants not only developed positive life attitudes but also built up their social network.

本年度，我們成立了兩個長者互助關懷小組，並舉辦了14次聚會，共17名長者參加。小組由專業社工負責帶領，參加者透過不同的活動，包括手工藝、遊戲和組員分享，體驗及與其他長者分享喜樂。在友伴的支持下，他們不僅建立正面的人生觀，還協助擴闊生活圈子和建立人際網絡。

Individual Activity Plan

生活行動計劃

To help the elderly explore their interests, our social work professionals tailor-made "individual activity plans" according to the interests and preferences of the old people. The volunteers who were selected and matched with the elderly, visit their homes regularly and bring them joy and fun. The volunteers also help keep track of the progress of the activity plans, in the hope of mitigating the elderly people's distress. Since the project has been started for six months, 36 elderly participants and 54 volunteers completed the training successfully.

為了協助長者發掘生活上的興趣，我們專業的社工會按長者的興趣及意願度身設計「生活行動計劃」。我們會因應長者所需而挑選合適的義工進行定期家訪，義工會陪伴他們實踐興趣計劃。長者透過義工支持和鼓勵持之以恆地實踐計劃，並藉此逐步走出情緒的幽谷。在整個計劃開展至今半年內，共有36名長者參與計劃，成功完成培訓並獲配對提供服務的義工共54人。

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

Every survivor of suicide loss wallows in incomparable bewilderment and grief. Research shows every suicide leaves behind 6 to 10 loved ones overwhelmed with loneliness, pain, grief, anger, sadness and guilt. They are three times more likely to commit suicide than normal people. SPS understands the path towards closure is difficult. In the year 2012/2013, through Project BLESS, we continued to provide professional counselling services and support to survivors by organising mutual support groups, volunteer training and online "virtual memorial". In addition, we raised public awareness of bereaved survivors through community education programmes, publications and the media.

自殺離世者親友承受無比的困惑及傷痛，有研究指出，每名自殺者死後，至少6至10名親友會感到孤獨、痛苦、悲痛、憤怒、哀傷和內疚，他們的自殺危機率較一般人高出三倍。「生命熱線」明白親友走出哀傷的道路並不容易。2012/2013年度，我們透過「釋心同行——自殺者親友支援計劃」繼續為自殺離世者親友提供專業的輔導服務，並舉辦同路人互助小組、過來人義工培訓及自殺者親友網上紀念館。此外，我們亦透過社區教育活動、刊物和傳媒訪問，提升社會人士對自殺離世者親友的關注。



Project BLESS 釋心同行——自殺者親友支援計劃

Survivors of suicide loss need someone who is compassionate and caring to talk to. This year, we walked more than 120 survivors along their journey of healing with professional counselling services and mutual support groups.

自殺離世者親友需要向關懷他們的人傾訴內心的感受。本年度，我們獲得「中銀香港暖心愛港計劃」的資助，推行「釋心同行——自殺者親友支援計劃」，包括提供專業的輔導服務及舉辦同路人互助小組，與超過120名自殺離世者的親友一同經歷低谷，走出哀傷。

This project was supported by

本計劃由



資助 至2012年12月
till December 2012

Case Service 個案服務

During the year of 2012/2013, we served a total of 121 cases of survivors of suicide loss in which 52 of them were new cases. Among these cases, 78% were female. 73% were aged from 31 to 60 and 18%, below 30. Among all the cases, 31% were parents who had lost their children, 32% suffered the loss of their spouse and 17% were children who lost their parents.

As in the same period last year, 52% of the survivors turned to us for help within three months of losing loved ones to suicide. This indicates to us not only the demand for our professional counselling service remains strong, but also our efforts are recognised by survivors. It also shows more bereaved families are aware of seeking professional help.

2012/2013年度，我們已服務的個案共有121個，當中52個是新個案。個案當中，女性佔78%；以年齡層劃分，中年人士(31-60歲)佔73%，其次為兒童及青年(30歲以下)佔18%。此外，失去子女的家長個案佔31%，失去了配偶的親友個案佔32%，失去父／母的孩子個案佔17%。

另外，與上年度一樣，有52%親友於至親自殺離世後三個月內尋求我們的協助。由此可見，自殺離世者親友對我們專業的輔導需求殷切，同時我們的服務亦獲得親友的認同，從而提升他們尋求專業支援服務的自覺性。

Mutual Support Group 同路人互助小組

Survivors who have lost their loved ones heal at a different pace. Sharing the burden with people who have a common understanding of their grief can help them emerge from bereavement. This year, we organised three mutual support groups for survivors. Participants were encouraged to express their feelings freely via various activities, such as painting and writing. The survivors said they felt comforted by the empathy of support group members and strengthened in their resolve to regain their will to live on.

每位親友經歷哀傷路時的步伐並不一致，他們與曾經歷喪親的同路人分享他們內心的負面情緒，將有助他們逐步渡過哀傷。本年度，我們分別舉辦了三個自殺者親友同路人互助小組。我們為這群親友設計不同的活動，包括畫畫、寫作等，讓他們可以自由地抒發感受。參加者表示，他們透過小組與同路人傾談，得以在經歷哀傷期間獲得安慰和共鳴，重拾生命動力。

Linda, a survivor of suicide loss in a mutual support group, said, "Each of us told of our sad experiences. From our first meeting, each of us were heartbroken. By the last session, we all felt great changes. When I saw my peers' tears turned into smiles, my emotions were gradually assuaged."

參與互助小組的Linda：「我們各人有不同的不幸經歷。從第一次見面，每人都痛苦傷心；到最後一節，大家都有很大的改變。看見一個跟一個親友他們的轉變 - 從哭到笑，我的心情也漸漸平伏下來。」

"We shared mutual understanding of each other's feelings. It made me realise my reaction to grief was normal and that I was not alone. Being understood by others made me more relaxed." said another survivor, Mr Mak.

參與互助小組的麥先生：「同路人彼此分享，讓我知道自己哀傷時的反應是正常的，更發現自己原來並不孤單，並且能夠被別人明白，我感覺輕鬆些！」

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

This year, we continued to support "International Survivors of Suicide Day" alongside more than 300 overseas cities. We commemorated the special day with an event themed "Stay Strong by Togetherness" for survivors on 18th November, 2012. 50 survivors created sand sculptures in various motifs to express the will to walk together through lives' tragedies. They also filled bottles with coloured sand for their partners to bestow each other with blessings and the power to move on.

本年度，我們繼續與海外逾300多個城市一起響應支持「國際自殺者親友關懷日」，在2012年11月18日我們舉辦了一個紀念活動，主題為「同行的力量」，有50名自殺離世者親友參與。他們在沙灘上堆砌出不同的圖案，表達彼此同行，一起渡過哀傷的訊息。此外，參加者彼此為對方的沙樽注入彩沙，喻意獲得彼此的祝福和力量，支持他們繼續前行。

Community Education 社區教育

This year, we held media interviews and public sharing sessions by bereaved families and friends to raise public awareness of survivors of suicide loss and their attitudes towards life and death issues. We also hoped to promote the messages of cherishing life and preventing suicide.

本年度，我們透過媒體訪問及自殺者親友分享公開講座，讓社會大眾明白及關注自殺者親友的處境及需要，並對生命教育的課題進行反思。我們亦同時推廣珍惜生命和預防自殺的訊息。

Publication 出版刊物

We published a picture book "No More Secrets – Healing Journey for Child Survivors of Suicide Loss". The book is a collection of writings and artwork, including sand sculptures, paintings, lyrics and songs etc by bereaved children who lost their loved ones to suicide. Furthermore, parents wrote about their experiences of supporting family members during the bereavement process and ways to rebuild family relationships. Through the book, the public can have a better understanding of the children's grief and witness their journey of healing and closure. It bestowed blessings and encouraged bereaved children. We hope the public will continue to support our work and take part in suicide prevention. We distributed the books to survivors, social service agencies and libraries etc. in the hope of garnering continued support of our work and participation in suicide prevention.



我們出版了一本畫冊《說得出的秘密——自殺者年幼親友的哀傷歷程》，畫冊結集了一群喪親孩子的文字和藝術作品，包括沙堆、圖畫、歌詞、音樂等。家長亦有撰文道出他們和孩子如何互相扶持渡過哀傷，重新建立正常的家庭生活。我們希望透過畫冊讓社會人士明白親友對至親離世的感受，並了解他們逐步平伏情緒的過程。我們藉此勉勵那些經歷至親自殺離世的人士，並鼓勵大眾為這些孩子打氣和向他們送上祝福。我們把畫冊贈予受助者、社會服務機構、本港大學、中小學、公共圖書館等，期望更多社會人士支持及參與預防自殺的工作。

Service 服務項目	Total No. 數目	Total Attendance / Beneficiaries 出席/受惠人數
No. of Cases Served 服務個案	121	121
Mutual Support Groups 同路人互助小組	3	20
Therapeutic Programmes for Survivors of Suicide Loss 自殺者親友支援活動	1	49
Volunteer Training 過來人義工培訓	1	6
Community Education Programmes 社區教育活動	2	140
Media Promotion 媒體宣傳	4	/
Virtual Memorial for Survivors of Suicide Loss 自殺者親友網上紀念館	/	2,050 (No. of visitors 瀏覽人次)

Community & Life Education 社區及生命教育

Suicide is the leading cause of death for Hong Kong teenagers aged 15-24. Young people who are suffering from depression and emotional disorder are more prone to deliberate self-harm or even suicidal attempts. SPS aims to raise teenagers' awareness of emotional health and inculcate in them positive attitudes towards life. In the year 2012/2013, our two life education programmes "Gatekeeper Training Project for Youth Suicide Prevention" and "Filling Lives with Joy" were welcomed by local primary and secondary schools. The programmes are also designed for "Other Learning Experiences" (OLE) under "The New Senior Secondary (NSS) Curriculum". We also care for the emotional health of the depressed and their families through our "Emotional Health Support Service". During the year, we organised a series of workshops, seminars, support groups and community education programmes/exhibitions.

自殺是15-24歲本港青少年死亡的主要成因，患上抑鬱和受情緒困擾的青少年較容易出現自殺或自傷的行為。「生命熱線」致力提升社會對青少年情緒健康的關注，並協助他們建立正面的人生觀。本會兩個生命教育項目——「生命守門員」企劃及「Joy·種生命」計劃，受到本地中小學的歡迎，並且可作為學校的新高中課程中「其他學習經歷」的其中之一部份。此外，我們透過「寬心——情緒健康支援服務」關注情緒受困人士及其家人的身心需要，我們於本年度舉辦了一連串講座、工作坊、互助小組及社區教育/展覽。



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

Teachers, parents and peers play vital roles in helping teenagers confront life's dilemmas as they grow up. Launched in August 2012, our "Gatekeeper Training Project for Youth Suicide Prevention" offers a series of professional training to "gatekeepers" in families, schools and the community at large on identifying distressed teenagers, intervening at the primary stage of diagnosis and providing support.

青少年在成長的歷程中或會感到困惑，因此，老師、家長和朋輩當中的角色十分重要。我們於二零一二年八月開展了「生命守門員」企劃，透過向來自「家」（家庭）、「校」（學校）、「社」（社會）三個層面的「生命守門員」進行一系列專業的培訓，教導他們如何及早識別、介入及支援情緒受困的青少年。



This project is
supported by
本計劃由



through a
donation to
透過



香港公益金
THE COMMUNITY CHEST

撥款資助

Gatekeeper Training Seminars/Workshops 「生命守門員」培訓講座/工作坊

This year, we conducted 10 elementary and intensive training seminars/workshops for over 600 teachers, parents and social workers. They were well-received. About 80% of participants of the elementary training seminars said their knowledge of youth suicide was enhanced. All the participants said the intensive training workshops were helpful in the intervention and support of suicidal teens.

本年度，我們共舉辦了10次培訓講座及專業培訓工作坊，逾600位教師、家長及社工參加，深受他們的歡迎。約80%參加者表示，培訓講座有助他們深入了解青少年自殺的情況。此外，全部參加者表示，專業培訓工作坊能讓他們協助出現自殺念頭或行為的青少年。

Peer Leader Training Groups 朋輩「生命守門員」培訓小組

We integrate experiential learning into the training programmes. Through fun and interactive role plays, games and discussions, the peer leaders experience emotions under different circumstances and gain insights into how they and their peers cope with distress. After the training, the peer leaders are committed to planning and implementing interesting life education programmes in schools such as dramas and campus radio programmes. 80% of participating students were pleased with the training and said they learned how to help depressed or suicidal peers.

我們把培訓活動和體驗式學習模式互相融合，活動兼具遊戲和互動性。學生通過角色扮演、遊戲及講解，親身體驗面對不同情景及出現的情緒，讓他們反思自己和其他人面對情緒困擾時的反應。完成培訓後，學生在校內負責籌備和推行富趣味的生命教育活動，包括戲劇、校園電台節目等。當中80%完成培訓活動的學生表示滿意，他們透過活動學會如何幫助情緒低落或出現自殺危機的同學。

"Through playing the role of an emotionally distressed student in the seminar, I experienced the challenges students are facing. It helps me review, throughout my course of teaching, skills in handling and attitudes toward the students who had suffered emotional distress," Mr. Lau, a participant of an elementary training talk.

曾參與「生命守門員」基礎培訓講座的劉老師：
「我在培訓中扮演情緒受困的學生，因此令我感受到他們的困境，並反思自己的教學生涯中曾經處理這些學生的態度及技巧。」



Wong, a trained peer leader studying in Form Four, shared her experience. "I am confident to face life's challenges now. With the knowledge and my past experience of depression, I have a better understanding of my at-risk counterparts! I hope I can make use of my experience to help them as soon as possible."

成為朋輩「生命守門員」中四學生黃同學：
「培訓令我更有信心面對生命中的挑戰，並學懂如何辨識抑鬱症，明白身邊高危青少年的處境。我希望在日常生活可以運用課堂所學的技巧，及早幫助我的同學。」

Ms. Tsang, a social worker who joined an intensive training workshop, deemed it successful. "The workshop helped enhance my knowledge of depression, suicidal behaviours and self-inflicted harm," She said.

曾參與「生命守門員」專業培訓工作坊的社工曾小姐：「培訓幫助我明白更多關於抑鬱症、自殺和自傷行為。對我來說，課堂很成功。」

Service 服務項目	Total No. 數目	No. of Sessions 節數	Total Attendance 出席人數
Elementary Gatekeeper Training Seminars 「生命守門員」培訓講座	9	9	558
Intensive Gatekeeper Training Workshops 「生命守門員」專業培訓工作坊	1	3	91
Peer Leader Training Groups 朋輩「生命守門員」培訓小組	9	96	730
School-based Life Education Programmes 校本生命教育活動	4	21	2,052



Filling Lives with Joy 「Joy · 種生命」計劃

Education is an effective means for our younger generations to learn to appreciate and respect life. In the year of 2012/2013, SPS collaborated with local primary and secondary schools to organise life education programmes, through our "Filling Lives with Joy" scheme aimed at nipping suicidal thoughts in the bud. The programmes focus on three areas: "Appreciating Life", "Respecting Life" and "Exploring Life". We also offer comprehensive training for teachers to gain practical skills in planning life education programmes and discussing life and death issues with their students.

教育是其中一個途徑有效地讓我們的下一代學習欣賞及尊重生命。為及早預防青少年出現自殺的念頭，在2012/2013年度，我們與本地中小學合作舉辦生命教育「Joy · 種生命」計劃。



內容涵蓋三大範疇：「欣賞生命」、「尊重生命」及「探索生命」。我們亦舉辦全面性培訓，教導教師設計生命教育課程及教導他們向學生講解生死教育的技巧。

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

This year, we offered interactive seminars, workshops and peer support groups to more than 17,000 students from over 40 secondary and primary schools. The themes of the programmes ranged from "Love Ourselves", "Respecting Life", to "Exploring Life", "Emotions Management" and "Understanding Bullying Behaviour". Participants found the programmes practical. 80% of them think the programmes' various themes inspired them to deeply reflect on life's meaning and erect a positive attitude towards life.

In addition, we worked with two secondary schools in Wong Tai Sin, giving life education lessons to students in Form One and Form Two aimed at minimising suicidal risks among the teens by early intervention. The lessons focused on preventing youth suicide by enhancing skills in handling life's challenges, stress and emotions management, understanding bullying at schools and deliberate self-harm/suicide. Over 75% of participating students said they learnt the importance of cherishing their lives. 80% of them feel said they are now more confident to face life's challenges.

本年度，我們為超過40間中小學逾17,000名學生提供富互動性的生命教育項目，包括講座、工作坊及朋輩支援小組。活動主題圍繞「愛自己」、「尊重生命」、「探索生命」、「情緒處理」及「探討欺凌行為」，參加者認為活動具實用性，而80%參加者認為講座及工作坊的主題，讓他們深入反思生命的意義，並有助他們建立積極的人生觀。

此外，我們亦與黃大仙區的兩間中學合作，為其中一及中二的學生教授生命教育課，並藉此以及早介入的方式，減低學生自殺的風險。課堂內容主要與青少年自殺的題材有關，包括面對逆境的方法、壓力處理、情緒管理、校園欺凌及自殺/自傷的行為。超過75%參加課堂的學生表示，課堂讓他們明白珍惜生命的重要性；80%學生表示，課堂有助他們面對逆境。

Programmes for Teachers 教師支援項目

Our life education programmes for teachers from primary schools in Wong Tai Sin continued for the second year. This year, we extended our partnership into four primary schools, organising workshops for the teachers. They learned not only to plan life education lessons but also practical skills in explaining life and death issues to students in order to effectively promote life education in schools.



踏入第二年，我們繼續為黃大仙區的小學教師舉辦生命教育項目。本年度，我們的合作伙伴小學增加至四間。我們不單協助教師設計生命教育課堂的教材，並且為教師進行培訓，教導他們向學生講解生死教育的技巧，使他們更有效地在校內推展生命教育。

Lam, a Form Five student, said the life education seminar was inspiring.
"I learn to think about issues I normally am not aware of and to courageously and positively face life's challenges."

中五學生林同學：「講座令我思考到平時不會去留意的事，讓我明白生命中總會有挑戰，要勇敢面對，積極人生。」

Service 服務項目	Contents 內容	Format 形式	No. of Sessions 節數	Total Attendance 出席人數
Life Education Programmes for Students 學生生命教育項目	Love Ourselves 愛自己	Seminars 講座	37	14,024*
	Respecting Life 尊重生命			
	Exploring Life 探索生命	Workshops 工作坊	78	2,949
	Emotions Management 情緒處理	Peer Support Groups 朋輩支援小組	4	44
Programmes for Teachers 教師支援項目	Understanding Bullying Behaviour 探討欺凌行為			
	Life & Death Experiential Activities 生死教育體驗活動	Workshops 工作坊	5	202
	Debriefing Skills Training 活動解說技巧培訓			
		Total 總數	124	17,219
		Total No. of Collaborated Schools 合作學校總數		43**

*including 2 sessions of seminars for 670 primary school students studying P.1 to P.6. 包括2節講座共670名小一至小六學生參加。

**37 secondary schools and 6 primary schools. 分別為37間中學及6間小學。

Emotional Health Support Service 寬心 —— 情緒健康支援服務

Our service motto:

To have a broad mind and a big heart to meet the pressures and challenges in life.

「寬心」意謂以寬容、寬闊的心靈空間，盛載生活上種種的壓力與挑戰。

In the year 2012/2013, we continued to support the depressed and their carers including family members through our "Emotional Health Support Service" under the "BOC Mental Health Support Network". We organised informative seminars, workshops, support groups and emotional health exhibitions for them, enhancing their knowledge of emotional health to inculcate resilience in facing adversities. We also organised exhibitions to raise public awareness of the needs of the emotionally distressed and their carers.



本年度，我們透過「中銀情緒健康支援網絡」的「寬心 —— 情緒健康支援服務」，繼續照顧情緒受困人士及其照顧者包括家人的身心需要，藉著舉辦具實用性的工作坊、講座及互助小組，提升他們對精神健康的認識，幫助他們面對逆境。我們亦透過舉辦社區教育展覽，讓市民大眾關注情緒受困人士及其照顧者的需要。

This project was
supported by

本計劃由



資助

till December 2012
至2012年12月

Mental Health Workshops/Seminars 情緒健康工作坊/講座

We conducted three series of mental health workshops during the year of 2012/2013. The first series, "When Someone You Love is Depressed", introduced cognitive behaviour therapy for depressed individuals and their carers to cope with depression. The second series, "An Experiential Journey of Mindfulness", aimed at enhancing carers' emotional health by practising "mindfulness therapy". The third series, "Understanding Teen Depression", offered parents, teachers and youth workers useful tips to support depressed teens.

The workshops were well received by participants. 84% of them said the workshops helped enhance their knowledge and skills to support depressed people. 81% said they learnt how to cope with life's pressures and how to adjust their own emotions as carers.

本年度，我們分別舉辦了三個情緒健康工作坊系列，第一個系列是「當至愛的人有抑鬱症」讓情緒受困人士及其照顧者運用認知治療來處理抑鬱症；第二個系列是「靜觀之體驗」，讓抑鬱症患者的照顧者透過修習靜觀來提升他們的情緒健康；第三個系列的主題是「不一樣的青蔥歲月 —— 『與抑鬱探戈』」，目的是向家長、老師及青少年工作者提供資訊，以助照顧有抑鬱症狀的青少年。

工作坊深受參加者歡迎，84%認為工作坊加深他們照顧情緒受困人士的知識及進一步掌握相關的技巧；81%認為工作坊有助他們認識所生活上所面對的壓力，並掌握身為照顧者調適個人情緒的秘訣。

Emotions Mutual Support Groups 情緒管理小組

This year, we organised three mutual support groups for carers with family members suffering from depression. Through interactive activities and the stories of other carers, participants gained support and strength to deal with their own families. Some participants were delighted that the mutual support groups could help relieve their stress and adjust their attitudes in order to better care for depressed family members. In addition, we provided individual counselling services to 44 carers with emotionally distressed family members.



本年度，我們為有需要照顧患上抑鬱症的家人的照顧者，舉辦了三個「與鬱同行——同路人互助小組」活動。參加者可透過參與互動性的活動及同路人的分享，彼此獲得支持和力量去照顧家人。有小組成員表示小組活動可幫助他們紓緩情緒及調適心態去照顧患有抑鬱症的家人。此外，我們為44名需要照顧患有情緒病的家人提供個別輔導。

Community Education 社區教育

This year, SPS joined hands with the Rotaract Club of New Asia College at The Chinese University of Hong Kong and the Student Development Office of City University of Hong Kong to organise on campus emotional health exhibitions. The events aimed to raise public awareness of the emotional health of the depressed and their carers. They also helped promote the messages that life is precious and that one should be positive when facing life’s adversities.

本年度，我們與香港中文大學新亞書院扶輪青年服務團及香港城市大學學生發展處合作，分別在兩所大學的校園內舉辦「譜出生命力」情緒健康展覽。我們透過展覽呼籲社會大眾關注抑鬱症患者及其照顧者的身心需要，並鼓勵珍惜生命和積極面對人生各種逆境。

Service 服務項目	Total No. 數目	Total Attendances 出席人數
Mental Health Talks/Workshops 情緒健康講座/工作坊	6	516
Emotions Support/Mutual Support Groups 情緒管理小組/「與鬱同行-同路人互助小組」	3	25
No. of Cases Served 服務個案	44	44
Community Education Programmes/Exhibitions 社區教育/展覽	2	850

Summary of Community & Life Education in the year of 2012/2013 2012/2013 年度社區及生命教育項目總覽



Type of Service 服務類別	Items 項目	Number 節數	No. of Beneficiaries 受惠人數
Suicide Prevention Community Education 預防自殺社區教育	Mental Health Talk/Workshop 情緒健康講座/工作坊	6	516
	“Offering Lifeline” Emotional Health Exhibition (last for 17 days) 「譜出生命力」情緒健康展覽（為期17日）	2	850
	Agency Briefing 服務簡介	8	436
	Suicide Prevention Workshop 預防自殺工作坊	17	765
Suicide Prevention Service for the Elderly 預防長者自殺服務	“Cherish for Life: Care for Elders’ Emotional Health: Road Show 「珍惜生命：關注長者情緒健康」街頭展覽	2	1,000
	Practice on Elderly Suicide Prevention Service for Professional Co-workers 預防長者自殺服務：專業同工訓練工作坊	8	261
	Mental Health Promotion Talk 「長者護心法」講座	21	807
	Anchoring Happiness – Community Education Seminar 喜錨——社區教育講座	7	387
Befriending Service for Survivors of Suicide 自殺者親友支援服務	Survivors Public Sharing Session 自殺者親友分享公開講座	2	140
	International Survivors of Suicide Day – “Stay Strong by Togetherness” 國際自殺者親友關懷日——「同行的力量」	1	50
Youth Life Education 青少年生命教育	Elementary Gatekeeper Training Seminar 「生命守門員」培訓講座	9	558
	Intensive Gatekeeper Training Workshop 「生命守門員」專業培訓工作坊	3	91
	Peer Leader Training Group 朋輩「生命守門員」培訓小組	96	730
	School-based Life Education Programme 校本生命教育活動	21	2,052
	Life Education Seminar 生命教育講座	9	14,024
	Life Education Workshop 生命教育工作坊	78	2,949
	Peer Support Program 朋輩支援計劃	4	44
Corporate Training 企業培訓	Teachers Training Workshop 教師支援工作坊	5	202
	Life & Death Education Workshop 生死教育工作坊	2	53
Total 總數		301	25,915

Volunteers Training and Support 義工訓練及支援

Volunteers are invaluable assets of SPS. We greatly appreciate the enthusiastic support from our volunteers in our "24-hour Suicide Prevention Hotline Service" and suicide prevention service for the elderly. Without the volunteers' outstanding performance, we will not be able to provide high quality services for those in need. Thus, "Volunteers Training and Support" is exceptionally important. The sustainable development and quality of our services highly depend on the support of our volunteers who have received the necessary and sufficient training.

In the year 2012/2013, we organised five batches of training programmes for volunteer recruitment alongside our selection process. Since our volunteers have to offer emotional support to distressed or suicidal people, they are required to understand the concept of befriending, to equip themselves with listening and communications techniques as well as specific skills for serving specific target groups, such as the elderly. After being successfully trained and selected, the new volunteers can choose to man our suicide prevention hotline or to serve the elderly in suicide prevention.

Volunteers already working with us are given retraining. They join in sharing sessions to shore up their frontline skills, enhance their psychological wellbeing and to be updated on the needs of service users. This year, volunteers who served in the "24-hour Suicide Prevention Hotline Service" learnt a variety of issues such as men's domestic violence, and were trained by professionals on how to communicate with mentally ill people. During training sessions for the "Outreach Befriending Service for Suicidal Elderly", volunteers were encouraged to reflect on elderly people facing death issues. They also learned the skills for giving emotional support to distressed elderlies as well as handling after service personal emotions.

Furthermore, we organised gatherings and various activities to promote synergy among volunteers. Those sessions strengthened volunteers' dedication to serving those in need and their sense of belonging towards SPS.

義工是「生命熱線」十分重要的資源，本會感激他們的熱心參與，為「24小時預防自殺熱線」、預防長者自殺服務等服務提供前線支援，他們優秀的表現讓服務使用者獲得適切的幫助。因此，本會相當重視「義工訓練及支援」工作，為義工提供合適和充足的培訓及支援，以確保服務可達至可持續發展和更臻完善的目標。

本年度，本會共舉辦了五期新義工招募培訓課程及進行遴選。由於義工經常接觸情緒受困或有自殺傾向的人士，協助他們紓緩不安的情緒，因此本會要求義工不僅了解益友服務的理念，更需要學習聆聽和溝通技巧，與及以服務對象為主例如長者的前線服務技巧等。義工完成培訓課程及通過遴選後，便可參與熱線服務或外展預防長者自殺服務。

本會為已投入服務的義工提供持續培訓及分享會，鞏固他們前線服務的技巧、提升個人心理質素及掌握服務使用者的最新資訊。本年度，「24小時預防自殺熱線」服務的義工透過專門人士的講解，進一步了解男士家庭暴力、與精神病患者溝通的技巧等。此外，「生命共行——外展長者服務」的義工參與分享會，內容包括對長者晚年面對死亡的反思、紓緩長者情緒及處理他們於提供服務後的情緒等。

我們亦舉辦了聚會及不同類型的活動，以促進義工之間的凝聚力，令他們更投入提供服務及提升對本會的歸屬感。



Summary of volunteer service hours and beneficiaries in the year of 2012/2013 2012/2013 年度義工提供之直接服務時數與服務受惠人數總覽

Service 服務內容	Volunteer Service Hours 義工提供直接服務時數	No. of Beneficiaries 服務受惠人數
24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線服務	22,033	34,426
Outreach Befriending Service for Suicidal Elderly 「生命共行——外展長者服務」	11,149	630
Project BLESS 「釋心同行——自殺者親友支援計劃」	48	32
Total 總數	33,230	35,088

Summary of volunteers training & support programmes in the year of 2012/2013 2012/2013 年度義工訓練及支援活動總覽

Items 項目	No. of Volunteers 義工參與人數	Training Hours 訓練時數 (hr/小時)
Volunteers Briefing Session and Community Education Talks 義工招募簡介會暨預防自殺社區教育講座	484	17.5
Preparatory Courses 義工培訓	437	162.5
Workshops 工作坊	594	40
On-going Training 義工持續訓練	455	147.5
Leadership Training 新組長及分享員訓練	69	20
Case Conferences 個案分享會	180	10
Volunteer Recognition/Support Programmes 義工支援活動	692	87.5
Total 總數	2,911	485

Total number of SPS volunteers in the year of 2012/2013
2012/2013 年度參與「生命熱線」服務之義工人數

Service 服務內容	No. of Volunteers 義工人數
24-hour Suicide Prevention Hotline Service 24小時預防自殺熱線服務	334
Outreach Befriending Service for Suicidal Elderly 「生命共行 - 外展長者服務」	360
Project BLESS 「釋心同行 - 自殺者親友支援計劃」	6
Fund-raising Activities 籌款活動	171
Administrative Work & Others 行政工作及其他	13
Total 總數	884



Fundraising and Publicity 籌款及宣傳工作

SPS, a social service agency without government funding support, relies on contributions from the general public and organisations to enhance and develop our services for distressed and suicidal people. In 2012/2013, we organised various fundraising events. And we continued to convey the message of "Cherishing Life" through disparate channels. We are grateful to the unwavering support of companies, organisations and individuals over the years.

「生命熱線」是一間非政府資助的慈善團體，我們有賴公眾和團體熱心的支持，讓本會持續提升和發展，為受情緒困擾及絕望的人士服務。本年度，我們舉辦了不同的籌款活動，同時透過各種渠道向大眾宣傳「珍惜生命」的訊息。在此，我們感謝企業、團體和社會各界人士一直以來對本會的鼎力支持。

Fundraising Highlights 籌款活動

"The Passage Beyond" Charity Musical was successfully staged in August 2012 with the support of a local theatre company "Actors' Family". The musical was hailed for its poignant storyline of a young girl's life journey, promoting the theme of cherishing one's beloved. The audience enjoyed a relaxing evening with an outstanding performance, dreamy music and lyrical songs, raising over \$2.2 million.



"SPS Charity Walk" is our signature fundraising event. In January 2013, about 400 supporters from the public and corporations joined the event and raised a record of over HK\$1 million. Along with their families and friends, walkers spent an enjoyable Sunday afternoon in Mt. Austin Playground on the Peak where a carnival was held.

「一屋寶貝」慈善音樂劇獲得本地劇團「演戲家族」的支持，並於2012年8月舉行。該劇講述一名小女孩的生死歷程，從而帶出珍惜眼前人的訊息，獲得一致好評。此外，演員精彩的演出、優美的旋律和出色的曲詞為觀眾留下深刻的印象，並且為本會籌得逾220萬港元善款。



「愛·喜·行」慈善步行籌款是本會最具代表性的籌款活動，來自公眾和企業約400名參加者於2013年1月參與活動，並為本會籌得逾100萬港元善款。參加者與親友參與在山頂柯士甸山遊樂場舉行的園遊會，一起渡過了一個輕鬆的週日下午。

Publicity Highlights 宣傳

This year, we continued to raise awareness of suicide prevention and emotional health, and promote our volunteers' recruitment via the media including articles in newspaper, Facebook, SPS' website, and quarterly e-newsletters.

Media interviews featuring "International Survivors of Suicide Day" and the recently published picture book about young survivors of suicide loss helped create awareness of families bereaved by suicide.

Donors, volunteers and the public can get updates of our services and events through SPS' website (www.sps.org.hk) and our quarterly, bilingual e-newsletters. The website record has recorded about 400,000 visits to date.

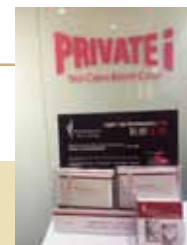
本年度，我們繼續透過傳媒、報刊專欄、Facebook、「生命熱線」網站及季度電子通訊，讓社會人士更關注預防自殺工作和情緒健康，與及招募義工。

我們亦安排傳媒採訪，以配合「國際自殺者親友關懷日」和本會最新出版之畫冊《說得出的秘密——自殺者年幼親友的哀傷歷程》，提升公眾對自殺離世者親友的關注。

善長、義工和關注預防自殺工作的人士可透過「生命熱線」網站（www.sps.org.hk）、季度中文及英文電子通訊報道，了解本會的最新動向。目前為止，已錄得約40萬人次瀏覽本會網站。



Date 日期	Events 活動
May - Jun 2012 5月- 6月	PS Group Mother's & Father's Day Charity Sales PS Group 母親節及父親節慈善義賣
Jun 2012 6月	Fundraising by Mr Raymond Chak in Gobi Desert, March 2012 翟文禮律師參與「橫越戈壁沙漠」為「生命熱線」籌款
Aug 2012 8月	"The Passage Beyond" Charity Musical 「一屋寶貝」慈善音樂劇
Nov 2012 11月	Fundraising by Gaia Veggie New Restaurant Grand Opening 大自然素食新店開幕籌款 Dance Marathon 2012 舞動馬拉松2012
Dec 2012 12月	Hutchison Telecommunications Hong Kong Holdings Limited cheque presentation and centre visit 和黃電訊香港控股有限公司贈予捐款支票及參觀中心 Charity Sales of Pashmina Shawls Pashmina圍巾慈善義賣 Play Day 2012 on HK Island 港島區賣旗日
Jan 2013 1月	SPS Charity Walk 2013 「愛·喜·行」慈善步行籌款
Throughout the year 全月	"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



Auditor's and Financial Report 核數師及財政報告

SUICIDE PREVENTION SERVICES LIMITED REPORT OF THE DIRECTORS

The directors have pleasure in presenting the report together with the audited financial statements of the Company for the year ended 31st March, 2013.

PRINCIPAL ACTIVITY

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

RESULTS AND STATE OF AFFAIRS

The results of the Company for the year ended 31st March, 2013 and the state of the Company's affairs at that date are set out in the financial statements on pages 5 to 25.

PROPERTY, PLANT AND EQUIPMENT

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

DIRECTORS

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

KWOK LEE Tin Wing Wendy
LEE Ka Kit
HUNG Man Yin Linda
PONG David Chun Yee
LEE Sheung Fu Patric
WONG Hoi Jen Rebecca
LAU Shun Yunn (appointed on 1st September, 2012)
NG Pui Wah
CHUNG San San Susanna
LAI Wai Kuen
CHAN David Pui Wai
CHOI Hau Ki
CHOW Yin Man Amy
CHUEN Man Tuen
LI Mei Sheung Michelle
SO Stephen Hon Cheung
SZETO Fong Fong Helen
WONG Luen Cheung Andrew
WONG Siu Lit
YIP Siu Fai Paul
SIA Tina (resigned on 4th August, 2012)
CHAN Ka Wai (resigned on 1st September, 2012)
TAM Tsui Lin (resigned on 1st September, 2012)
CHING Kam Wing (resigned on 6th July, 2013)

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

SUICIDE PREVENTION SERVICES LIMITED REPORT OF THE DIRECTORS

DIRECTORS' INTEREST

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

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

AUDITORS

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

On behalf of the Executive Committee


Chairperson

Hong Kong, 2 August, 2013

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

CHAN CHAK CHUNG & CO.

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

陳澤仲會計師事務所
香港上環干諾道中122-124號
電話：(八五二)二五五五九
傳真：(八五二)二五五五九
網電：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, 2013 and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

Directors' Responsibility for the Financial Statements

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

Auditor's Responsibility

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

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

CHAN CHAK CHUNG & CO. CERTIFIED PUBLIC ACCOUNTANTS

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

Opinion

In our opinion, the financial statements give a true and fair view of the state of the Company's affairs as at 31st March, 2013 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards and have been properly prepared in accordance with the Hong Kong Companies Ordinance.

Chan Chak Chung

Chan Chak Chung & Co.
Certified Public Accountants
Hong Kong

Hong Kong Dated, 2 August, 2013

**SUICIDE PREVENTION SERVICES LIMITED
STATEMENT OF COMPREHENSIVE INCOME
FOR THE YEAR ENDED 31ST MARCH, 2013**


	Note	1/4/2012- 31/3/2013 HK\$	4/8/2011- 31/3/2012 HK\$
INCOME			
Donations received		4,116,416.75	2,546,349.96
Donations collected from donation boxes		47,842.80	59,237.00
Donation received from The Hong Kong Jockey Club Charities Trust	5	1,577,200.00	-
Other designated donations		1,073,750.00	-
Allocation from Community Chest	6	682,160.00	-
Allocation from the Lotteries Fund		1,678,869.70	-
Proceeds from flag day functions	7	465,695.70	-
	8	9,641,934.95	2,605,586.96
OTHER REVENUE			
Function income		306,555.00	98,291.40
Bank interest income		244,029.08	80,787.42
Sundry income		121,132.43	4,190.00
	8	671,716.51	183,268.82
EXPENDITURE			
Accounting fee		19,350.00	7,500.00
Advertising and promotion		165,013.70	9,362.00
Auditor's remuneration		11,000.00	11,000.00
Bank charges		2,593.80	940.00
Cleaning		10,400.00	300.00
Depreciation		1,494,572.00	120,800.00
Entertainment		9,626.20	1,166.30
Function expenses		863,870.70	605,552.42
I.T. development		11,589.00	6,445.00
Insurance		73,308.32	30,365.00
Mandatory provident fund		209,344.35	84,794.15
Newspapers and periodicals		3,412.50	1,931.00
Pager and mobile phone		3,590.40	1,638.00
Postage		21,935.40	7,281.30
Printing and stationery		52,831.15	24,202.51
Rent and rates		185,072.00	59,784.00
Repairs and maintenance		30,090.00	6,300.00
Salaries and allowances		4,486,402.00	1,848,352.00
Souvenirs		33,439.40	10,867.00
Subscription fees		8,842.38	4,839.88
Sundry expenses		22,733.11	11,995.90
Telephone and fax		18,752.00	1,866.00
Training, recruitment and development		158,792.50	38,781.80
Travelling		73,807.90	23,028.90
Utilities		81,434.34	24,827.60
Volunteers messing		43,479.15	13,310.96
		8,095,282.30	2,957,231.72
SURPLUS/ (DEFICIT) BEFORE TAXATION	9	2,218,369.16	(168,375.94)
INCOME TAX EXPENSE	10	-	-
SURPLUS/ (DEFICIT) FOR THE YEAR/ PERIOD		2,218,369.16	(168,375.94)
OTHER COMPREHENSIVE INCOME		-	-
TOTAL COMPREHENSIVE INCOME/ (EXPENSE)		2,218,369.16	(168,375.94)


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

**SUICIDE PREVENTION SERVICES LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31ST MARCH, 2013**

	Note	2013 HK\$	2012 HK\$
NON-CURRENT ASSETS			
Property, plant and equipment	12	1.00	1.00
CURRENT ASSETS			
Account receivables	13	20,700.00	331,180.00
Deposits		14,900.00	13,400.00
Prepayment		14,824.00	-
Cash and cash equivalents	14	14,445,321.17	12,099,609.03
		14,495,745.17	12,444,189.03
LESS : CURRENT LIABILITIES			
Amount due to a related party	15	-	12,439,925.45
Accrued expenses		5,827.50	172,640.52
		5,827.50	12,612,565.97
NET CURRENT ASSETS/ (LIABILITIES)		14,489,917.67	(168,376.94)
NET ASSETS/ (LIABILITIES)		14,489,918.67	(168,375.94)
RESERVES			
CONTINGENCY RESERVE		1,577,194.05	-
GENERAL FUND		9,912,724.62	(168,375.94)
DEVELOPMENT FUND		3,000,000.00	-
		14,489,918.67	(168,375.94)

Approved by the Executive Committee 2 August, 2013


Chairperson


Treasurer

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

Acknowledgement 鳴謝

Major Sponsor 主要贊助

BOCHK "Caring Hong Kong – A Heart Warming Campaign"
Lee Hysan Foundation
The Community Chest
The Hong Kong Jockey Club Charities Trust
The Hongkong and Shanghai Banking Corporation Limited

Ongoing Sponsors 長期贊助及支持

Goldman Sachs (Asia) L.L.C.
Henderson (China) Investment Co., Ltd
Henderson Land Development Company Limited
Hong Kong Parkview
Kai Shing Management Services Limited
MTR Corporation Limited
PCCW Limited
Shiu Wing Steel Ltd.
SmarTone-Vodafone
SOGO Hong Kong Co. Ltd.
Sun Hung Kai Properties Limited
The Kowloon Motor Bus Co.(1933) Ltd.
The Royal Garden

Project Sponsors 項目贊助及支持

Actors' Family Ltd
Apple Daily Charitable Foundation
Art Spring Limited
Ball Watch (Asia) Co. Ltd
Bamboos Professional Nursing Services Limited
Bank of China (Hong Kong) Limited
Beauti-Most Limited
Biz Office Limited
BNP Paribas Wealth Management
Brahma Kumaris Raja Yoga Centre
Buddhist Compassion Bi-Weekly
C & Y Company Limited
C.C. Wu International Co. Ltd.
Chak & Associates, Solicitors
Chan Chak Chung & Co.
Che San Group
Chevalier International Holdings Limited
Chinalink Express Holdings Limited
City Landmark I
CLSA Limited
Culture Homes (Outlet Stores Wholesale Centre) Limited
David Yurman Retail Hong Kong Limited
Debbie Deco Limited
DKSH Hong Kong Limited
Dynamic Network Alliances Ltd
e-print

中銀香港暖心愛港計劃
利希慎基金
香港公益金
香港賽馬會慈善信託基金
香港上海滙豐銀行有限公司

高盛(亞洲)有限責任公司
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
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

演戲家族有限公司
蘋果日報慈善基金

波爾錶(亞洲)有限公司
百本專業護理服務有限公司
中國銀行(香港)有限公司

商舖王有限公司
法國巴黎財富管理銀行
香港博思皇道瑜伽中心
溫暖人間

伍集成國際有限公司
翟氏律師行
陳澤仲會計師事務所
致生集團
其士國際集團有限公司
中港通集團有限公司
荃灣城市中心I期
里昂證券有限公司
文化村長者用品專門店

大昌華嘉香港有限公司
動力網絡聯盟有限公司

Project Sponsors 項目贊助及支持

Equinox (Mercury) Limited
Fanling Centre
Fantastic Natural Cosmetics Limited (FANCL)
Fly Up Carnival (HK) Co Ltd
Friends Marketing Limited
Futurestep
Gaia Veggie Shop
Gap International Sourcing (Holdings) Ltd.
Good Earth Fashion Ltd
Google Inc. Charitable Giving Fund of Tides Foundation
Gracious Glory (Buddhism) Foundation Limited
Guangzhou R&F Properties Co., Ltd.
Health Works (Herbal Tea) Co. Ltd.
Hai Sang Hong Marine Foodstuffs Ltd.
High Fashion International Limited
Hong Kong Commercial Broadcasting Co., Ltd.
Hong Kong Dance Marathon (Int'l) Co Ltd
Hong Kong Disneyland Resort
Hornington Computers Company
Hung Kee Worldwide Group
Hutchison Telecommunications Hong Kong Holdings Limited
HVS Global Hospitality Services
IDC Interiors Ltd
iSignage Limited
ITE Smartcard Solutions Limited
Joseph Lau Luen Hung Charitable Foundation
Kai Shing Management Services Limited - East Point City
(Commercial) Management Services Office
Kee Wah Bakery
Korn/Ferry International
Large Billion Investment Ltd
LHGroup
Luen Tai International Mould Ltd.
Luminus
Luxe Travel
Mad Head Limited
Maxim's Caterers Limited
MBA Accounting & Taxation Services Limited
Media Savvy Marketing Limited
MENCE Skin Care & Body Toning Authority
Metro City Plaza II & III
Metro Harbour Plaza
Milk Magazine
National Australia Bank Limited
Neway Entertainment Limited
Nin Jiom Medicine Mfy.(H.K.) Ltd.
Organic Beauty
Pearl Gear Investment
Pico International (HK) Ltd

粉嶺中心
無添加化粧品有限公司
飛升嘉年華(香港)有限公司
泛思市場推廣有限公司

大自然素食
傑普採購(控股)有限公司

慈輝(佛教)基金會有限公司
廣州富力地產股份有限公司
健康工房
海生行海產食品有限公司
達利國際集團有限公司
香港商業廣播有限公司
香港舞動馬拉松(國際)有限公司
香港迪士尼樂園度假區
漢科電腦公司
鴻基環球集團
和記電訊香港控股有限公司

智控系統有限公司
劉鑾雄慈善基金
啟勝管理服務有限公司 - 東港城商場服務處

奇華餅家

叙福樓集團
聯大國際模具有限公司

美心食品有限公司

傳廣通媒體推廣有限公司
MENCE男士護膚纖體權威
新都城中心II期及III期
港灣豪庭廣場

澳洲銀行
Neway Entertainment 集團
京都念慈庵總廠有限公司

筆克(香港)有限公司

Individual Donors and Supporters 個人贊助及支持者

Mr. Au Ka Keung	區家強先生	Mr. Chan Ka Wai	
Ms. Pappy Au		Mr. Chan Kim Shing	
Mr. Paul William Boltz		Ms Chan Lai Sze	
Mr. Raymond Chak	翟文禮先生	Ms. Chan Sau Wah,	
Mrs. Anita Chan		Ms. Wong Sim Chi &	
Mr. Antony Chan		Ms. Wong Sim Fai	
Mr. Benny Chan		Ms. Silver Chan	
Dr. Bernard Chan	陳百里博士	Mr. Stanley Chan Kam Chung	陳鑑忠先生
Professor Cecilia L.W. Chan	陳麗雲教授	Mr. Stephen C.W. Chan	陳志雲先生
Ms. Chan Cho Ying		Ms. Vanessa Chan	
Ms. Chan Choi Wan		Mrs. Vivienne Chan Fung	
Ms. Claire Chan		Ms. Yvonne Chan	
Dr. George Chan			陳素琴女士



	陳誠國先生 陳天雄先生 陳逸小姐 陳福娣小姐	Mr. Joe Junior	
Mr. Chang Chung Kwong		Mr. Ko Chi Sum	顧淬英女士
Mr. Peter Chang		Mr. Leo Kung Lin Cheng	高志森先生
Miss Liby Cheng Lai Ming		Ms. Julie Kuok	
Ms. Maggie Cheng		Ms. Sharon Kuok	
Ms. Nairong Cheng		Ms. Joyce Kwan Shuk Han	
Ms. Helen Cheung Kit Mai		Ms. Susanna Kwan	關菊英小姐
	張美容女士及 呂梁劍芬女士	Mr. Richard Kwang	鄭迪熙先生
	張敏慧女士	Ms. Daisy Kwok	
Miss Elsie Chien Man Hung	錢文紅小姐 趙鄭秀明女士	Mr. Kwok Lit Tung	
		Ms. Imelda Kwong	鄭肖卿女士
Miss Cindy Choi		Ms. Kwong Siu Hing	
Mr. & Mrs. Vicky Choi		Mr. Bobby Lam Po Wang	
Ms. Yvonne Choi		Ms. Japan Lam Xching	林政小姐
Ms. Eva Chow		Ms. Joyce Lam Wai Kwan	
Miss Chow Wing		Mr. & Mrs. Matthew Lam	
Ms. Chow Wong Siu	周旺笑女士	Mrs. Nina Lam	
Ms. Sharon Choy Suet Lun		Mr. Lam Wai Hing	林偉慶先生
Ms. Loletta Chu	羅朱玲玲女士	Ms. Lam Wai Yu	
Mr. Winston Chu	徐嘉慎先生 朱慧明小姐 莊友堅先生	Ms. Lau King Yu	
		Ms. Teresa Lau	
		Mr. Lau Yee Keung	劉以強先生 劉志文先生 羅志遠先生 李天慧女士
Mr. Eugene Chuang		Ms. Bettina Lee Tin Wei	
Ms. Chui Man Wai		Ms. Ginny Lee	
Dr. William Chui	崔永豪醫生	Ms. Grace Lee Pui Wah	
Ms. Winnie Chui Wing Yi		Miss Lee Man Yee	李敏兒小姐
Ms. Carrie Chung Siu Ling		Mr. Martin Lee & Mrs. Cathy Lee	李家誠李徐子淇伉儷
Mr. Chung Shu Sum		Ms. Lee Ngai Ming	
Dr. Jimmy Dong	童粵生醫生	Miss Lee Yuen Man	李婉文小姐
Miss Fan Yuet Hing		Ms. Connie Leong	
Ms. Pat Fok	霍麗萍女士	Mr. Leung Chin Keung	
Ms. Julisa Fong Man		Ms. Leung Chit Ying	
Mr. Patrick Fung		Mr. Leung Chung Chuen	梁宗存先生
Mr. Wu Fung	胡楓先生 馮銀萍女士	Ms. Dorothy Leung	
		Ms. Jacqueline Leung	
Mr. Garrett Gao		Dr. Norman Leung Nai Pang	梁乃鵬博士
Ms. Daisy Ho	何超鳳女士	Mr. Roland Leung	
Mr. Eddie Ho		Dr. Leung Wai Ching	梁偉正醫生 梁啟森先生
Ms. Helen Ho Man Yee			
Ms. Margaret Ho		Mr. Albert Li	
Ms. Pansy Ho	何超瓊女士	Ms. Becky Lee Pui Ki	
Ms. Diane Huang Hai Yen		Mr. Cecil Li	
Ms. Paris Hui Siu King		Mr. Simon Li	
Mr. Hui Woo Bun		Mr. Li Siu Hung	
Mr. Hui Yiu Pun	許耀賓先生	Mr. Li Wah Fai	
Mr. Edward Hung Shiu Chung		Ms. Li Wing Yi	李詠兒女士
Ms. Judy Hung		Mr. Kevin Liem	
Mr. Hung Kwan Yeung	洪君洋先生	Ms. Grace Lim	
Mr. Ip Cheuk Hung		Ms. Lo Tsui Sim	
Mr. Iqbal Memon			盧芳惠小姐
Mr. Crezee Jacco			盧瑋鑾女士

Individual Donors and Supporters 個人贊助及支持者

Ms. Angel Lok		Ms. Kristy Tsui	
Mr. Benny Lok Tze Bong		Mr. Peter Tsui	
Mr. Lui King Siu			徐家穎小姐
Ms. Ma Man Tuen		Ms. Jenneifer Wai Yuen Chong	
Ms. Mona Ma Suk Ping		Ms. Veronica Wai Chi Man	韋智敏小姐
Mrs. Alice Maier		Mr. Wan Sai Cheong	
Mr. Kenneth Mak Kam Hung	麥錦雄先生		溫善鑫先生
Mr. Marcu Mak Siu Keung		Mr. Anthony Wang	
Miss Viola Mak	麥少嫻小姐	Mrs. Cissy Pao Watari	
Ms. Mak Wai Sum		Miss Winnie	
Dr. Stephen Mann Ka Fai	萬家輝博士	Ms. Cindy Wong	
Ms. Mo Mei Fong		Prof. Daniel Wong Fu Keung	黃富強教授
Ms. Judy Mok Lau Mee		Mrs. Ella Wong	
	莫崔佩賢女士	Ms. Eve Wong	黃慧蘭女士
	梅雪詩小姐	Mr. Feras Wong Ping Ho	
Ms. Ivy Ng		Mr. Jeffery Wong	
Ms. Louisa Ng		Ms. Joanne Wong	
Mrs. Grace Fung Oei	黃馮慧芷女士	Ms. Juliana Wong	
Mr. Peter Pan		Mrs. Wong Lee Kwok She	
Ms. Priscilla Pang		Mr. Manuel Wong	
Dr. Poon Mak Sui Man		Ms. Queby Wong Wai Kwan	
Mr. Timothy Poon Fuk Hay		Dr. & Mrs. Wong Wai Kwong	
Ms. Maria Sham		Ms. Wong Yuk Fan	
Mr. Shiu Chi Kin	小貪		王玉琮女士
			黃潔如女士
			黃秀梅小姐
Mr. Ivan So Chi Ho			
Mr. Lincoln Soo		Mrs. Sharina Woo	
Mrs. Carrie Sze	譚文丞先生	Mrs. Myna Wu	伍蔡勉儂女士
		Mr. Victor Wu	
Mr. Andy Tang		Ms. Wu Jin Li	吳君麗女士
Ms. Cherry Tang Pik Kam			邱慧怡小姐
Mr Tang Kai Hau	鄧啟考先生		邱麗娟小姐
Mr. Keven Tang		Ms. Yeung Guiyan	
Mr. Ting Ka Tsun	丁家浚先生	Mr. Sunny Yeung	
Mr. To Chun Yuen	杜振源先生	Ms. Queenie Yim Fung Hi	
Mr. George Tong & Mrs. Peggy Tong		Mr. Kitterick Yiu	姚浩政先生
Ms. Mavis Tong		Mr. Dexter Young	楊天經先生
Ms. Fifi Tsai		Mrs. Celeste Yu	
Mr. Danny Tsang	曾章雄先生	Ms. Diana Yu	
Mr. Chris Tse		Mr. Jacky Yu	
Mr. Ocean Tsoi Hoi Yeung		Ms. Yue Kar Lai	
Mr. Albert Tsui		Mr. Kevin Yuen	翁愛華女士

Government Departments 政府部門

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
Leisure and Cultural Services Department	康樂及文化事務處
RTHK	香港電台
Social Welfare Department	社會福利署
Transport Department	運輸署
Water Supplies Department	水務署

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

Agency for Volunteer Service	義務工作發展局
Buddhist Tai Hung College	佛教大雄中學
Buddhist Yip Kei Nam Memorial College	佛教葉紀南紀念中學
Caritas Yuen Long Chan Chun Ha Secondary School	明愛元朗陳麗夏中學
Carmel Divine Grace Foundation Secondary School	迦密主恩中學
Carson & Friends Volunteer Group	家友站義工團
CCC Chuen Yuen College	中華基督教會全完中學
CCC Kei Heep Secondary School	中華基督教會基協中學
CCC Rotary Secondary School	中華基督教會扶輪中學
Celeste Court Volunteer Team	蔚雲閣義工隊
Chan's Creative School (H.K. Island)	啟基學校(港島)
Community & Construction Professionals' Development Centre	社區建造及工程專業發展中心
Diocesan Boy's School Boarding School	拔萃男書院寄宿學校
District Rotaract Committee, Rotary International District 3450 (Hong Kong, Macao & Mongolia)	國際扶輪3450 地區(香港、澳門及蒙古國)
Electrical and Mechanical Services Department	地區扶輪青年服務團委員會
Flying	機電工程署
Free Methodist Church of Hong Kong Bradury	
Chuk Yuen Social Service Centre for the Senior	循理會白普理竹園長者服務中心
Friends of KMB	
Fung Kai Liu Man Shek Tong Secondary School	九巴之友
GCC&ITKD Lau Pak Lok Secondary School	鳳溪廖萬石堂中學
Global Investigation and Security Consultancy Ltd.	東莞工商總會劉百樂中學
H2H Volunteer Group	宏智國際調查顧問有限公司
HHCKLA Buddhist Leung Chik Wai College	心連心義工團
HKTA The Yuen Yuen Institute No.3 Secondary School	香海正覺蓮覺社佛教梁植偉中學
HKUGA College	香港道教聯合會圓玄學院第三中學
HKWMA Chu Shek Lun Secondary School	港大同學會書院
Ho Dao College (Sponsored by Sik Sik Yuen)	香港布廠商朱石麟中學
Ho Lap Primary School (Sponsored by Sik Sik Yuen)	可道中學
Hong Kong & Kowloon Chiu Chow Public Association Secondary School	薈色園主辦可立小學
Hong Kong Blind Union	港九潮州公會中學
Hong Kong Clerical and Professional Employees General Union	香港失明人協進會
Hong Kong Communication Art Centre	香港文職及專業人員總會
Hong Kong Housing Society Kwun Tong Gargen Estate	香港傳藝中心
Hong Kong Institute of Vocational Education (Tsing Yi)	香港房屋協會觀塘花園大廈
Hong Kong Public Libraries & Society for Life & Death Education	香港專業教育學院(青衣分校)
Hong Kong Red Cross	香港公共圖書及生死教育學會
Hong Kong Saxophone Choir	香港紅十字會
Hong Kong Sheng Kung Hui Lok Man	香港色士風合唱團
Alice Kwok Integrated Service Centre	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	香港耆康老人福利會
Hong Kong True Light College	荃葵青區長者綜合服務
Hutchison Telecommunications (Hong Kong) Limited	香港真光書院
Jones Lang LaSalle	和記電訊有限公司
Joy Academy	仲量聯行
KABU Club	炯樂舍
Kau Yan College	株式康體會
KCRA Community Education Enhancement Center	救恩書院
Kiangsu-Chekiang College	葵協社區教育拓展中心
King Ling College	蘇浙公學
Leo District 303	景嶺書院
Lions College	青年獅子區會
Madam Lau Kam Lung Secondary School of Miu Fat Buddhist Monastery	獅子會中學
Metropolitan Life Insurance Company of Hong Kong Limited	妙法寺劉金龍中學
	大都會人壽保險有限公司

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

MTR Corporation Limited Volunteer Team	香港鐵路有限公司義工隊
Multilingual Translation Services	語文翻譯服務
NA Rotaract, The Chinese University of Hong Kong	香港中文大學新亞扶青團
NLSI Peace Evangelical Secondary School	新生命教育協會平安福音中學
Oasis Nursing Home	紫雲閣沁怡護老院
Oasis Volunteers	Oasis 義工團
Office of Yolanda NG,Wanchai District Councilor	伍婉婷議員辦事處
Pak Kau College	伯裘書院
Po Leung Kuk C W Chu College	保良局朱敬文中學
Po Leung Kuk Lau Chan Siu Po Neighbourhood Elderly Centre	保良局劉陳小寶長者地區中心
Po Leung Kuk Lo Kit Sing (1983) College	保良局羅傑承(一九八三)中學
Pui Kiu College	培僑書院
Pui Kiu Middle School	培僑中學
Red Stone Global Investment Limited	紅石環球投資有限公司
Salesians of Don Bosco Ng Siu Mui Secondary School	天主教慈幼會伍少梅中學
Shauiwan Baptist Church	筲箕灣浸信會
St. Bonaventure Catholic Primary School	聖文德天主教小學
St. Bonaventure College & High School	聖文德書院
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. Mark's School	聖馬可中學
St. Paul's Co-Educational College	聖保羅男女中學
St. Paul's Convent School	聖保祿學校
Standard Chartered Bank (Hong Kong) Limited	渣打銀行(香港)有限公司
Student Development Services, City University of Hong Kong	香港城市大學學生發展處
T.W.G.Hs. Fong Shu Chuen Social Service Building	方樹泉社會服務大樓
Tai Po Sam Yuk Secondary School	大埔三育中學
The Association of Evangelical Free Churches of Hong Kong -	香港基督教播道會聯會
Evangelical Free Church of China - Fook On Church Elderly Centre	中國基督教播道會福安堂長者中心
The Chinese Foundation Secondary School	中華基金中學
The HKHMC Yan Oi Kindergarten (Nursery)	基督教海面傳道會仁愛幼稚園
The Hong Kong Polytechnic University	香港理工大學
TIACC Woo Hon Fai Secondary School	紡織學會美國商會胡漢輝中學
Tseung Kwan O Government Secondary School	將軍澳官立中學
Tsung Tsin College	崇真書院
Tung Wah College	東華學院
Tung Wah Group of Hospitals Mrs. Wu York Yu Memorial College	東華三院伍若瑜夫人紀念中學
TWGHs Kwok Yat Wai College	東華三院郭一葦中學
TWS ST. Bonaventure Catholic Primary School	慈雲山聖文德天主教小學
Union Philharmonic Orchestra, HKUSU	
V5 Volunteers	V5義工團
Wah Yan College, Hong Kong	香港華仁書院
Wong Tai Sin Catholic Primary School	黃大仙天主教小學
Wong Tai Sin District Community Centres For Senior Citizens (Sponsored By Sik Sik Yuen)	薈色園黃大仙區長者中心
Yan Chai Hospital Lan Chi Pat Memorial Secondary School	仁濟醫院靚次伯紀念中學
Yan Chai Hospital Mrs Tsang Wing Neighbourhood Elderly Centre	仁濟醫院曾榮長者鄰舍中心
Yan Chai Hospital Ng Wong Yee Man Neighbourhood Elderly Centre	仁濟醫院吳王依雯長者鄰舍中心
Yan Oi Tong Tin Ka Ping Secondary School	仁愛堂田家炳中學
Ying Wa College	英華書院
Yuen Long Catholic Secondary School	元朗天主教中學
	培僑中學幼童軍A團
	中大新亞扶輪社(扶青團)
	張錫容議員辦事處
	香港愛心魔術團
	葵協之友
	香港民眾安全服務隊員佐級總工會義工隊
	何韻詩慈善基金義工團
	香港最愛言承旭家族
	香港理工大學
	香港善導會



Executive Committee and Staff (2012/13)
執行委員會及職員 (2012/13)

Honorary Patrons 名譽贊助人

Mrs. Wendy Kwok 郭炳湘夫人	Mr. Peter K.K. Lee 李家傑先生	Mrs. Linda Lau 劉鑾鴻夫人
Mrs. Selina Tsang (Up to 30 Jun 2012)曾鮑笑薇女士 (至2012年6月30日)		

Honorary Advisers 名譽顧問

Professor Iris Chi 齊鉞教授	Mr. Herman Hui 許宗盛律師	Dr. S F Hung 熊思方醫生
Mrs. Vanessa Hwang 黃林碧瑤女士	Dr. Dominic Lee 李德誠醫生	Miss Karin Liang 梁可君小姐
Ms. Diana Lin 林達瑩女士	Mr. Terence Tsang 曾憲文律師	Miss Annie Wu 伍淑清小姐

Executive Committee Members 執行委員會委員

Chairperson	主席	Mrs. Wendy Kwok	郭炳湘夫人
Hon Director	名譽總監	Mr. David Pong	龐俊怡先生
Treasurer	司庫	Mr. Patric Lee	李常富先生
Secretary	秘書	Ms. Rebecca Wong	黃愷瑾女士
Meeting Secretary	會議秘書	Mr. Martin Lau	劉汎昕先生
		Miss Meko Ng	伍佩華小姐
		Ms. Susanna Chung	鍾嫻嫻女士
		Mr. Woodas Lai	賴偉權先生
Publicity Officer	宣傳主任	Dr. David Chan	陳培偉醫生
		Mr. Joe Ching	程錦榮先生
Members	委員	Ms. Kammi Choi	蔡巧奇女士
		Dr. Amy Chow	周燕雯博士
		Ms. Carmen Chuen	全敏端女士
		Mrs. Linda Lau	劉鑾鴻夫人
		Mr. Peter K.K. Lee	李家傑先生

Staff 職員

Mr. Vincent Ng 吳志崑先生 Senior Manager 高級經理	Ms. Lee Sze Man 李思敏女士 Assistant Senior Manager (Service and Administration) 助理高級經理 (服務及行政)	Miss Elbe Lam 林潔珩小姐 Fundraising and Communications Manager 籌募及傳訊經理
Miss Daphne Ho 何廷之小姐 Senior Fundraising and Communications Officer 高級籌募及傳訊主任	Miss Peggy Ha 夏淑儀小姐 Program Manager 程序策劃經理	Miss Jess Cheung 張展敏小姐 Assistant Program Manager 助理程序策劃經理
Mr. Justin Leung 梁永棠先生 Assistant Program Manager 助理程序策劃經理	Ms. Polly Fong 方嘉麗女士 Assistant Administrative Manager 助理行政經理	Miss Lok Cheung 張樂怡小姐 Program Officer 程序策劃主任
Miss Candice Choy 蔡秀玲小姐 Program Officer 程序策劃主任	Miss Dolphin Kwok 郭佩盈小姐 Program Officer 程序策劃主任	Miss Tome Lam 林明燕小姐 Program Officer 程序策劃主任
Ms. Yuki Li 李苑霖女士 Program Officer 程序策劃主任	Mr. K. K. Tam 譚家健先生 Program Officer 程序策劃主任	Ms. Sharon Tam 譚可嫻女士 Program Officer 程序策劃主任
Ms. Kam Tse 謝綺琴女士 Program Officer 程序策劃主任	Mr. Eagle Chong 莊偉傑先生 Administrative Assistant 行政助理	Miss Tracy Fung 馮翠珊小姐 Program Worker 活動工作員
Miss Carol Mak 麥浩盈小姐 Program Worker 活動工作員	Ms. Ada Poon 潘妙娟女士 Program Worker 活動工作員	Ms. Yuen Man Yan 元文茵女士 Operation Assistant 服務助理
Ms. Lo Siu To 盧小桃女士 Part-time Cleaner 兼職清潔員	Miss Rita Lau 劉少賢小姐 Senior Manager (Fundraising and Communications) (Up to 14 Sep 2012) 高級經理 (籌募及傳訊) (至2012年9月14日)	Miss Grace Yew 姚穎恩小姐 Program Officer (Up to 17 Mar 2013) 程序策劃主任 (至2013年3月17日)

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

Outreach Befriending Service for Suicidal Elderly

生命共行 — 外展長者服務

2382 2007

Project BLESS

釋心同行 — 自殺者親友支援計劃

2382 2737

Volunteers Recruitment Enquiries

義工招募查詢

2382 2007

Editorial Group

編輯小組

Ms. Susanna Chung 鍾嫻嫻女士
Miss Daphne Ho 何廷之小姐
Miss Elbe Lam 林潔珩小姐
Mr. Patric Lee 李常富先生
Ms. Michelle Li 李美嫦女士
Ms. Diana Lin 林達瑩女士
Mr. Vincent Ng 吳志崑先生
Miss Helen Szeto 司徒芳芳小姐
in alphabetical order (以英文姓氏排列)

Suicide Prevention Services Limited 生命熱線有限公司
P.O. Box 83350, San Po Kong Post Office, Kowloon, Hong Kong

香港九龍新蒲崗郵政信箱 83350 號

Tel 電話: (852) 2382 2007

Fax 傳真: (852) 2382 2004

Website 網頁: www.sps.org.hk

