



Care for life

關愛生命
讓愛延續

Let love continue

2018-19 年報
Annual Report

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宗旨 | Mission

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

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

願景 | Vision

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

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

理念 | Values

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

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

服務概覽 | Overview of Services

24小時預防自殺熱線

24-hour Suicide Prevention Hotline Service

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

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

Youth Link青少年生命專線 / Youth Link 2382 0777

預防長者自殺服務

Suicide Prevention Service for the Elderly

電話慰問 / Caring Calls

小組服務 / Support Groups

家訪 / Home Visits

節日探訪 / Seasonal Visits

自殺者親友支援服務

Services for Survivors of Suicide Loss

個案支援 / Case Support

「同路人」互助小組 / Mutual Support Groups

「過來人」義工訓練 / Volunteer Training

社區教育及青少年生命教育

Community Education & Life Education for Youths

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

教師培訓 / Teacher Training

家長講座 / Parent Seminars

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

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

義工訓練及支援

Volunteer Training & Support

定期義工訓練課程 / Regular Training Courses

持續義工訓練課程 / Ongoing Training Courses

年度工作重點 | Highlights of the Year

2018/2019年度，「生命熱線」在各個服務領域均取得良好進展，在社區教育方面的成效亦有目共睹，以下是本年度我們部份服務的數據。

In 2018–2019, Suicide Prevention Services (SPS) continued to grow in various aspects and showed significant achievements in community education. Here are some figures of our services during the year.



37,169 小時/Hours

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

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



324 個/Cases

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

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



39,993 個來電/Calls

由受過專業訓練的義工透過24小時預防自殺熱線接聽處理。

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



160 位/No.

自殺離世者親友與本會同行，一起走過哀傷的日子。

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



48,892 位/No.

長者、自殺離世者親友、學生、教師、家長和廣大市民參與本會社區教育活動，有助本會在香港建立提供全面預防自殺服務的完善網絡。

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



50 間/No.

本地中小學、特殊學校與本會合作，為學生和教師舉辦生命教育活動。

local secondary and primary schools, special schools that collaborated with SPS to organise life education programmes that targeted students and teachers.

主席的話 | Chairperson's Message

用心聆聽 關愛生命

Listen with heart, Care for life!

人生起伏有時，而人可充分掌握的事情卻有限。偶爾失意之時，頓覺前方山遙路遠，舉步維艱！「行路難！行路難！多歧路，今安在？」確是教人垂頭喪氣。現今，人人在都市忙着追趕成績，彼此擦肩而過，而繁忙的生活令人窒息。在人群中孤獨而行，連希望獲得關心都成為奢望，試問人若在低處迷失，又有誰能夠並肩同行？撫心自問，你我上一次對身邊人噓寒問暖，傾談聆聽的時候，又是多久之前的事呢？

自1995年起至今，「生命熱線」在預防自殺方面一直不遺餘力。除了提供24小時預防自殺熱線服務，我們更把服務範疇擴至關懷自殺風險較高的人群，當中包括長者（「生命共行」——外展長者服務）、抑鬱或有自殺傾向長者的家屬及照顧者（「長者·家·多一點力量」計劃）、自殺者親友（「釋心同行」——自殺者親友支援計劃）及青少年（賽馬會「愛生命」計劃、「凝」相——支援青少年情緒健康計劃、「Joy·種生命」計劃），以期與他們風雨同路，走出絕望困境。

本會是非政府資助機構，多年來一直以自負盈虧方式運作至今。多蒙各界善長、企業及團體慷慨解囊，全力襄助，本會才能在預防自殺工作方面略盡棉力。我謹代表「生命熱線」，衷心感謝香港賽馬會慈善信託基金、香港公益金、利希慎基金、滙豐銀行、劉鑾雄慈善基金、香港崇光百貨、郭炳湘家族基金、新鴻基地產、任白慈善基金和西藏5100水資源有限公司的鼎力支持，與本會攜手合作，捍衛生命。

「生命熱線」的執行委員會、義工及員工致力關懷情緒受困人士，聆聽對方心聲，並在艱辛的人生路上同行奮進。各位從事預防自殺工作，一直盡心竭力，造福社群；我謹此向「生命熱線」同仁致敬。最後，我想把李白《行路難》其中一句送給身處逆境的朋友：「長風破浪會有時，直掛雲帆濟滄海。」希望大家有日能撥開雲霧見青天。

郭炳湘夫人
Mrs. Wendy Kwok

名譽贊助人暨主席

Honorary Patron & Chairperson

Life is full of vicissitudes and facing insurmountable obstacles along the way, we might feel like we can't continue on the long and challenging road ahead. In the fast-paced life style of this bustling metropolis, everyone is caught up in a whirlwind of routines, events and people, leaving us little time to care for others. So often, we feel lonely, even in a crowd. When was the last time you talked and listened deeply to someone else?

Suicide Prevention Services (SPS) strived to save lives for the past 24 years since 1995. Besides our 24-hour Suicide Prevention Hotline, we also provide "Outreach Befriending Service for Suicidal Elderly"; "Family Support for Elderly Mental Health" for families and carers of the depressed and suicidal elderly; "Project BLESS" for families bereaved by suicide loss; the Jockey Club "Life Cherishing" Project; the "Photography Link YOUTH" Project and the "Filling Lives with Joy" project for teenagers.

As a non-subsented, non-governmental organisation, we are fully reliant on public donations and funding from corporations and other bodies. On behalf of SPS, I hereby express my sincere gratitude to The Hong Kong Jockey Club Charities Trust, The Community Chest of Hong Kong, Lee Hysan Foundation, HSBC, The Joseph Lau Luen-Hung Charitable Trust, SOGO Hong Kong, Walter & Wendy Kwok Family Foundation, Sun Hung Kai Properties, Yam Kim Fai & Pak Suet Sin Charitable Foundation and Tibet 5100 Water Resources Limited for their generous support and commitment to our work in thwarting suicide and saving lives.

I would also like to express my appreciation to the SPS Executive Committee, all volunteers and staff members for their efforts in preventing suicide by lending emotionally distressed people their helping hands and ears. Lastly, I wish that everyone facing difficulties can overcome their challenges.

"One day, I'll brave the wind and crest the waves. Hoisting my sail to cross the deep blue sea!"

名譽贊助人暨執行委員會委員獻辭

Words from Honorary Patrons & Executive Committee Members

若得暖心泥 松柏亦彌堅

With Heartwarming Nourishment,
Pines and Oaks Stay Strong

劉鑾鴻夫人

Mrs. Linda Lau

名譽贊助人暨執行委員會委員

Honorary Patron &

Executive Committee Member

「今年花落顏色改，明年花開復誰在？已見松柏摧為薪，更聞桑田變成海。」短短四句，道盡時光飛逝且人生無常的道理。你我在同一個時代共舞，但誰都無法留住那飛快逝去的光陰。四季不斷更迭，無奈人轉眼老去。經歷過數十個寒暑的奮鬥，身心即使再健壯，都會有疲倦的一天；一旦身體毛病越發明顯、家庭關係有變，又或者經濟能力每下愈況，伴隨而來的巨大壓力及情緒困擾足令長者心力交瘁，甚至萌生自殺念頭。

香港長者一直是自殺的高危人群。根據「死因裁判官報告」引述的資料，60歲以上長者的自殺率比其他年齡組群為高，平均每日便有一位長者自殺身亡。這些不斷發生的悲劇，本來是可以採取積極的行動來預防的。「生命熱線」素來關注長者的自殺危機，多年來透過「生命共行」——外展長者服務及「長者·家·多一點力量」計劃，一方面為抑鬱或有自殺傾向長者的家屬及照顧者提供支援，減少壓力及負面情緒，另一方面持續安排社工和義工上門探訪及進行電話慰問，以期舒緩長者的不快感受，從而幫助其排除自殺念頭，為身心重新充電。

不論是誰，都無法停止變老。我深信，只要能獲到別人主動的陪伴、關心和支持，生命就自然能重拾頑強的適應力。「生命熱線」的義工服務一直需要各方支持；只要你願意多走一步，加入我們的行列，定能挽救更多寶貴的性命！謹祝各位「年年歲歲花相似，歲歲年年人依在」。

“This year, flowers wither and change color, who'll remain next year when flowers bloom? Pines and cypress felled for firewood, a sea of mulberry trees is planted.”

Seasons change and people age but no one can stop the passage of time. Inevitably, we grow old in spite of our strength and toughness. The elderly often feel pressured and depressed when their health and economic capability deteriorate and family falls apart. That's when suicidal thoughts invade.

Coroners' reports show the suicide rate for individuals over 60 years of age exceeds that for younger counterparts. On average, one old person dies by suicide every day. These tragedies can be prevented if we act positively. Over the years, elderly suicides are a major concern of SPS, spawning programmes such as the “Outreach Befriending Service for Suicidal Elderly” and “Family Support for Elderly Mental Health” to support families and carers of depressed and suicidal elderly, helping ease their pressure and negative emotions. Meanwhile, social workers and volunteers regularly visit and call the elderly to talk with them about negative emotions, to help them erase suicidal thoughts.

I believe everyone can adapt to the aging process if there is a companion, concern and support from others. SPS is in need of volunteers, I hope you can join us to help prevent suicide. I wish you all the best.

“Yearly, flowers remain the same; yearly people are still around.”

伴你同行 走出困境

Walking with you, moving beyond the dilemma

李家傑博士

Dr. Peter K. K. Lee

名譽贊助人暨執行委員會委員

Honorary Patron &

Executive Committee Member

至親輕生離世，難免會為在世的親人帶來切膚之痛，這種無法言喻的痛苦，周而復始地困擾著自殺者親友，要走出情緒困境，談何容易？

親友自殺離世，會令身邊人感到錯愕、悲傷、沒法接受，陷入哀思與自責，有研究指出，當一人自殺離世，平均會令身邊六至十位親友經歷不同程度的創傷，而他們輕生的風險亦較其他人高。然而，在眾多防止自殺的輔導服務之中，卻鮮有專門為自殺者親友而設的。有見及此，生命熱線於十多年前開展了「釋心同行」——自殺者親友支援計劃，除了提供個案輔導服務，本會亦舉辦同路人小組及活動，期望讓參加者同舟共濟，與同路人互相扶持，克服傷痛。

要走出傷痛，從來不易。讓心情回復平靜，並不代表要忘記對至親的愛意與思念。我們既要為自己留一點私人空間，同時也要找同路人結伴同行，沿途甘苦與共。我衷心希望每位自殺者親友最終都能走出哀傷，懷著勇氣、希望和愛，找到光明的出路。

Losing a loved one to suicide is one of life's most devastating experiences and has a far-reaching impact on surviving family members and friends, many of whom struggle with a bewildering clash of emotions and undergo indescribable pain. They can also feel that there is no way out of an endless cycle of mental torment.

Suicide can leave the bereaved in shock, disbelief, despair and overwhelmed by guilt. Studies have shown that every incidence of suicide causes an average of 6 to 10 relatives or friends of the deceased to experience varying degrees of emotional turmoil, while elevating the chances of them having suicidal thoughts or attempting suicide themselves. Currently, there is limited provision of bereavement care among the existing suicide prevention counseling services. It is for this reason that SPS launched 'Project BLESS' 10 years ago to provide psychological support for suicide survivors. The project offers not only individual counseling but also support group therapeutic activities, which encourage the bereaved to share their sorrow with those who have experienced similar loss and foster mutual support among group members.

It is hard to get over the tragic suicide of someone dear to us and move on with our lives. However, moving forward does not mean forgetting loved ones who have passed away. In the journey of recovery, we need to give ourselves some space to heal, and at the same time stand by others who are suffering from similar pain. I hope that anyone who has lost a loved one to suicide can cope with their loss and resume a fulfilling life with courage, hope and love.

執行總監報告

Executive Director's Report

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

「生命熱線」轉眼已走過24個年頭。由最初只提供12小時服務的預防自殺熱線，發展到現時提供全日24小時預防自殺熱線及其他多元化預防自殺服務的機構。全賴各善長人翁的熱心支持，本會才得以在預防自殺工作方面為社會出一分力。以下扼述「生命熱線」在2018至2019年度的工作：

In the blink of an eye, “Suicide Prevention Services” has reached 24 years of age. From initially offering a 12-hour suicide prevention hotline, to currently providing a round-the-clock suicide prevention hotline and diversified services. Thanks to the unanimous support of philanthropists, we have resources to prevent suicide. Here's a summary of our work in Year 2018/2019:

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

過去一年，有接近440位義工願意用心聆聽及24小時輪值，我們謹此致以衷心謝意。他們經甄選及長時間訓練後，才符合資格接聽來電。在2018至2019年度，我們合共接聽了39,993個來電，平均每天處理超過100個來電。義工用心聆聽，關懷來電者的情緒，希望為來電者提供渠道抒發情緒。有77%來電者表示，使用熱線服務後能使情緒得以舒緩，而全年義工服務時間更高達23,941個小時，較去年多11%。

In the past year, nearly 440 volunteers were willing to participate in a 24-hour duty roster of being attentive listeners. We wish to express our heartfelt thanks to them. In Year 2018/2019, we handled a total of 39,993 calls, handling an average of more than 100 calls per day. Volunteers listened carefully and cared about the mood of callers, hoping to provide a channel for callers to express themselves. 77% of callers said their mood was eased after using the hotline service, and the whole year's volunteer service hours reached 23,941 hours which is 11% higher than last year.

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

長者自殺比率一直高於其他年齡群組，值得社會高度關注。承蒙香港賽馬會慈善信託基金的慷慨支持，本會得以持續推行「香港賽馬會社區資助計劃：『生命共行——外展長者服務』」，提供家訪、小組支援服務和節日探訪等服務，以支援情緒受困的長者。過去一年，我們合共接觸了324位情緒受困或有自殺傾向的長者，344名義工之服務次數逾9,200次。此外，亦感謝滙豐150週年慈善計劃透過香港公益金資助本會推行「長者·家·多一點力量」計劃，支援有抑鬱或自殺傾向長者的家屬及照顧者。兩項計劃得以順利推行，全賴各位義工、同事及團體通力合作，讓受情緒困擾的長者感受愛與關懷，照顧者亦得到適切的支援。

Society should be aware the rate of suicide among the elderly is always higher than that of other ages. Thanks to the support of The Hong Kong Jockey Club Charities Trust, we have been able to continue to implement HKJCCPG: Outreach Befriending Service for Suicidal Elderly, in which we provide services such as home visits, group support services and festive visits, aiming to support elderly people with emotional distress. In the past year, we have contacted 324 elders with disturbed emotions or suicidal tendencies; 344 volunteers have provided more than 9,200 times of service. Besides, with the donations of HSBC 150th Anniversary Programme through The Community Chest of Hong Kong, we can implement “Family Support for Elderly Mental Health” to support the carers of elderlies with depression or suicidal tendencies. The successful implementation of these 2 projects depends on the co-operation of volunteers, colleagues and organisations to enable emotionally distressed elderlies to feel love and care, and the carers to receive appropriate support.

至親離世後，家屬不單忙於處理死者身後事，更要顧及自己和身邊家人的情緒反應。承蒙香港公益金資助，本會得以持續推行「釋心同行——自殺者親友支援計劃」，為自殺者家屬提供即時支援。去年，我們共接獲超過160宗新個案；一方面提供專業的哀傷輔導服務，另一方面則定期舉辦同路人互助小組、同行者活動和其他治療性活動，以便為其提供合適的渠道，以解開心結。計劃的另一個目標，就是培訓過來人義工，讓他們以自身經歷與其他自殺者親友分享，以收開導之效，冀能為自殺者親友重添姿彩，建立新的生活。

When a person passes away, family members have to deal with funeral arrangements as well as emotional reactions of all concerned. Thanks to a subsidy from The Community Chest of Hong Kong, we could continue “Project BLESS” to provide immediate support to suicide bereaved families. In Year 2018/2019, we received more than 160 new cases, for which we gave professional grief counseling services, and through mutual support group, peer activities and other therapeutic activities, provided them with appropriate channels to relieve their distress. Another goal of the project is to empower individuals with similar experiences to become volunteers and share their experience with other survivors of suicides, to ignite their hopes for a new life.

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

青少年與學童自殺問題有上升趨勢，令人憂心。有見及此，本會近年已加強推行預防青少年自殺服務。承蒙香港賽馬會慈善信託基金撥款捐助，本會於2016年9月開展了「賽馬會『愛生命』計劃」，透過學校、義工及社區三個不同層面，匯聚青年人身邊不同力量，以支援情緒受困的青少年，並鼓勵其在朋輩間宣揚正確的人生觀和正面的關愛文化，成為彼此的「生命守門員」。

A heartbreaking upward trend in suicide among young people and schoolchildren prompted us to boost our efforts to prevent youth suicide in recent years. Thanks to a donation from The Hong Kong Jockey Club Charities Trust, the Jockey Club “Life Cherishing” Project was launched in September 2016 to rally schools, volunteers and the community to support young people with emotional difficulties, to promote in them a correct outlook on life and a positive caring culture among peers and become each other’s “Gatekeepers”.

本會亦非常感謝新鴻基地產透過香港公益金撥款資助「『凝』相——支援青少年情緒健康計劃」，讓年青人藉攝影表達所思所想。希望透過展出年青人的攝影作品，讓社會人士能更深入了解及體會青年人的獨有想法，以減少彼此之間的隔膜。

SPS is thankful for the funding of Sun Hung Kai Properties through The Community Chest of Hong Kong to support “Photography Link YOUTH”. This project enables youths to express themselves. Additionally, through the photography exhibitions, SPS hopes more people can commiserate with the thoughts of youths, thus reducing mutual misunderstanding.

本人衷心感謝各位執行委員會成員過去一年提供的鼎力支持、義工的無私付出和同事的不懈努力。本年報以『關愛生命·讓愛延續』為主題，藉此希望提醒大家關愛及珍惜每個生命，在生活中多關心及陪伴身邊的家人及朋友，讓這份愛充滿社會每個角落。這就正如今年年報封面設計，以長者、成年人、青年人及小孩的手承托著愛，他們雖然不同年紀，經歷人生不同的階段，但卻可以同心攜手，一起把這份愛延續下去。

Here, I sincerely thank all the members of the Executive Committee for their support, the selfless dedication of volunteers and the efforts of colleagues. “Care for life·Let love continue” is the main theme of this annual report, it aims to deliver a warm message that everyone could cherish lives and care for their family members and friends, in which love would fill up in our society. Our cover design consists of hands from elders, adults, youth and children. Even though they are at different stages and ages, they could also share the same mission to let love continue.

在邁向25個年頭之際，讓我們繼續用心聆聽，關心各界需要，為社會上有需要人士提供更多元化的預防自殺服務，從而挽救更多寶貴生命。

Stepping into our 25th year, let us continue to listen with heart, care about the needs of all from all walks of life, provide diversified suicide prevention services for society’s needy, and save more precious lives.

24小時預防自殺熱線

24-hour Suicide Prevention Hotline Service

香港人每日努力拼搏，不少人承受巨大壓力。有人在學業或工作上受挫；有人在感情上與家人或伴侶關係緊張；有人面對經濟壓迫，感到喘不過氣來。面對各種生活壓力，他們會感到無助、憤怒，甚至對前景絕望。在這個充滿壓力的城市，當我們感到失落困惑，面對生命上的挑戰及難關時，總需找到安靜地方歇息，或者需要有人聆聽心聲，並給予支持及陪伴。

Hong Kong people fight for life every day under different kinds of pressures, from studies or work, emotional relationships or economic setbacks. We feel helpless, angry, and even desperate. We feel lost and confused in this stressful city. We need a quiet place to rest, someone to listen to our voices and to give support and companionship.

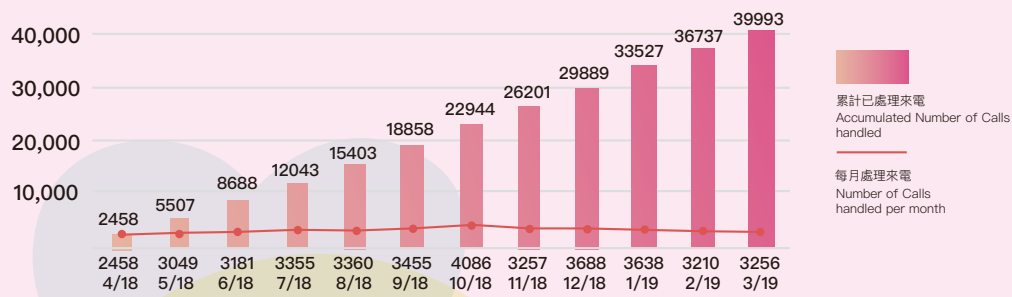
「生命熱線」於過去24年一直秉承「關懷、聆聽、接納、陪伴」的理念，服務受情緒困擾及有自殺風險的來電者，以達致預防自殺的目的。綜合提供熱線服務的經驗，受情緒困擾的人士往往需要別人關心，以及願意聆聽自己心底話，以求獲得心靈慰藉，從而走出傷痛困境。受過訓練的義工，會以真誠關懷且接納不批判的態度，聆聽來電者的心聲。我們深信，以接納真誠的態度關心來電者，使他們知道有人願意陪伴關懷，便可降低其自殺風險。因此，我們提供資料保密的平台，讓受情緒困擾的來電者能盡訴心聲及抒發情感，從而尋找出路。

In the past 24 years, SPS adhered to the mission of "Caring, Listening, Accepting and Accompanying". Its 24-hour Hotline Service served to prevent suicide among emotionally distressed callers at risk of ending their own lives. Our trained volunteers listen to the caller's plight sincerely and without judgment. We believe every person possesses the capacity to resolve his or her problems and emotional distress affects their ability to solve problem and to judge. After releasing negative emotions, people can spot the crux of a problem and face it more positively. We also believe showing genuine care for someone can reduce his/ her risk of suicide. Therefore, we provide a confidential platform for those fraught with emotional problems to express their feelings and vent their emotions, to help them realise somebody still cares so they are not alone.

在2018至2019年度，本會的熱線服務有440名受過專業訓練的義工，為有需要人士提供服務；我們合共接聽了39,993個來電，服務時數達23,941小時。我們非常感謝公益金基線撥款對本會提供資助，讓我們得以繼續招募及訓練義工，使服務延續下去，聆聽有情緒困擾的來電者心聲。

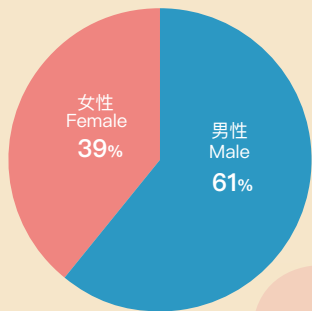
In 2018–2019, our 24-hour Hotline Service was manned by 440 trained volunteers and received a total of 39,993 calls with 23,941 hours of services. We are grateful for the Baseline Allocations from The Community Chest of Hong Kong for supporting our service and let us recruit and train up volunteers. Its support enables us to continue serving our society, and connecting lives together.

已處理的來電數目 Number of Calls Handled



本年度，中心共處理 39,993 個來電，平均每月處理 3,333 個。
This year, the hotline centre handled a total of 39,993 calls, averaging 3,333 calls per month.

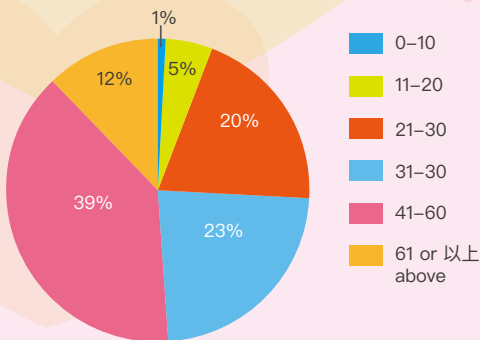
來電者性別分佈
Gender Distribution of Callers



本年度，在知悉性別的來電者中，男性數字高於女性，有61%，而女性來電則為39%。

This year, among callers whose gender was disclosed, 61% was male and 39% was female.

來電者年齡分佈
Age Distribution of Callers



本年度，在知悉年齡的來電者中，三個年齡組別 (21至30歲、31至40歲、41至60歲)的來電高達82%。

This year, among callers whose ages were revealed, 82% were between 21 and 60 years old.

來電者面對的問題 Problems Faced by Callers

本年度，在知悉面對什麼問題的來電者中，感情問題是來電者主要的困擾事項為40%、就業問題13%、心理/精神問題12%及人際關係困擾13%。

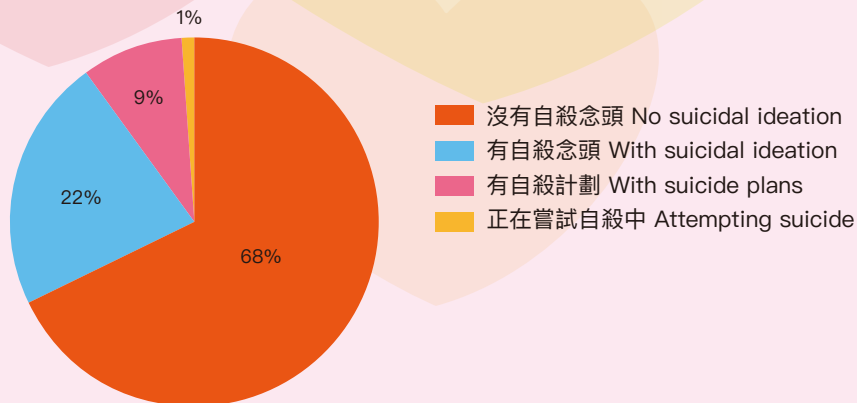
This year, among problems faced by callers, 40% were romantic relationship/marital problems; 13% were in employment; 12% were psychological/mental problems and 13% were interpersonal relationship problems.



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

本年度，在知悉自殺風險的來電者中，有68%的來電者表示受到不同情緒困擾，當中有自殺念頭者佔22%，而有自殺計劃甚至表示會付諸實行者佔約10%。

This year, for those who were able to identify suicide risk, 68% of the callers indicated they were emotionally disturbed, and among them, 22% had suicidal ideation and almost 10% had suicide plans and/or were even attempting suicide.



服務成效 Service Effectiveness

本年度，在能記錄成效的來電者中，77%的來電者在使用熱線後，感覺情緒得以紓緩，或感到較之前舒服。而9%的來電者經傾談後，表示比較了解所面對的問題，另外6%來電者更表示找到方法應對。

This year, 77% of callers whose calls were tracked–effective felt emotionally relieved or felt more comfortable after using our service; 9% of callers reported better understanding of the problems they faced after talking on the hotline and another 6% found means to solve their issues.



本計劃由
The Project is supported by



香港公益金
THE COMMUNITY CHEST

資助

預防長者自殺服務

Suicide Prevention Service for the Elderly

長者世代難自處 • 義工關懷渡晚年

Generations of elderlies find it hard to cope, Volunteers care for them in their dotage.

香港生活節奏急促，社會不停變遷，影響了人的生活習慣，以及人與人之間的相處方式和關係。這些轉變有時確實方便了我們的生活，但有時也會讓人喘不過氣來，特別是長者。他們雖然經歷戰亂、走難、飢荒、文革等難關，這麼困難的日子都沒有使他們放棄，但現代的改變卻無法讓他們適應下來。在過去數十年間，家庭結構有所變化，而倫理關係日漸瓦解，長者對與下一代的溝通和生活變得無所適從，往往有時因不滿、憤怒而產生衝突，因忍耐而自覺委屈。不論如何，如果缺乏正確渠道予以渲洩，難免會讓長者出現情緒問題；日子久了，更會演變成抑鬱狀態，甚至產生自殺意念。為免問題惡化，家人應對長者多加關心。然而，長者很多時不想成為子女的負累，或是根本與家人關係欠佳，甚或缺乏可提供支援的社交網絡，讓他們找不到可抒發情緒的對象。在這些情況下，我們的義工便成為合適的支援。義工透過耐心聆聽、關懷、接納和陪伴，定期探訪及電話慰問長者，讓長者們可向他們訴說心中鬱結。一些初時有自殺念頭的長者，由於得到義工的關心，並與其建立關係，便打消了自殺念頭，與義工一起同行人生路。

In Hong Kong's hustle and bustle, our ever changing society affects people's lives and relationships every day. That might mean improvements for many but our elderly community, who've not given up even experienced war, famine, and the Cultural Revolution, might find it hard to adapt to a disintegration of traditional family structures, relations and communication between disparate generations. Bewilderment often arouses anger, creates grievances and conflict. Without a suitable channel to vent their negative emotions, the elderly might be consumed by depression and even suicidal ideation. To avoid such problems worsening, caring support is vital to the elderly. Our outreach volunteers are just what they need. Through listening, caring, accepting and accompanying, regular visits and telephone conversations, our volunteers can help the elderly honestly express their hearts' yearnings. Old people can eliminate their early stage suicidal considerations through building up a relationship with our hotline volunteers.

根據「死因裁判官報告」的資料，在2018年有353位長者以自殺了結生命，平均每日便有一名長者自殺身亡。相比於2017年，香港長者自殺數字雖輕微下降，但隨著人口老化，長者人口增加，社會實應更關注他們的情緒，並正視自殺問題。其實，長者人生經歷了不少令人無法想像的苦難，但他們仍沒有放棄自己。今天，他們卻有自殺想法，而主要原因是長期病患和家庭問題。當然，社會急劇變化，加上因社會文化轉變而導致倫理關係變得薄弱，都讓長者在適應現代生活和與家人相處方面，較諸以往更感困難。若長者身邊沒有可傾訴的對象，都會讓長者感到無助孤單，對生活絕望。香港賽馬會慈善信託基金捐助「生命熱線」推行「香港賽馬會社區資助計劃：『生命共行——外展長者服務』」，而滙豐150週年慈善計劃亦透過香港公益金資助我們開展「長者·家·多一點力量」，分別為有抑鬱或自殺念頭的長者，以及照顧有自殺念頭長者的家屬提供服務。除派出義工定期上門探訪及透過電話慰問有自殺念頭的長者外，有關計劃亦會不時舉辦社區教育展覽及講座。本會也為家屬舉辦了不同活動及課程，讓家人了解長者抑鬱的心理及學習舒緩自己的壓力，從而更能妥善照顧身邊長者，讓長者深切感到社工、義工及身邊家人的支援及關心。

In 2018, Hong Kong's coroner registered a total of 353 suicides by elderly persons. Near one old person died by suicide a day on average. Although the overall suicide rate for the elderly dropped during the past year, it is worrisome the number increased to account for 40% of the total. Chronic illness and family problems are key reasons for elderlies taking their own lives. A worsening of their ailments affecting their

mobility, or the sudden passing way of relatives can leave an old person with no one to talk to, aggravating their sense of helplessness, loneliness and hopelessness. Through two projects, "The Hong Kong Jockey Club Community Project Grant: Outreach Befriending Service for Suicidal Elderly" and "Family Support for Elderly Mental Health" funded by the HSBC 150th Anniversary Charity Programme through The Community Chest of Hong Kong, SPS provides services to elderlies who suffer from depression and suicidal ideation, as well as to families who take care of them. Services include home visits, consolation by phone, community exhibitions, seminars and events that help carers understand old folks in distress and learn to relieve their own stress so that they can better care for the elderly. These two services help the elderly feel supported by social workers, volunteers and families especially when they are distressed.

香港賽馬會社區資助計劃：「生命共行——外展長者服務」

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

本會感謝香港賽馬會慈善信託基金自2006年一直鼎力支持我們的服務，並對計劃予以肯定及認同。在未來2019至2022年，香港賽馬會慈善信託基金將繼續撥款資助「生命共行——外展長者服務」，讓我們能持續支援情緒受困或有早期自殺徵兆的長者，以拓展社區的義工網絡，及積極提升專業服務發展。

Heartfelt thanks for funding support from "The Hong Kong Jockey Club Charities Trust" in recognition of the project since 2006. From 2019 to 2022, The Hong Kong Jockey Club Charities Trust will continue to support the "Outreach Befriending Service for Suicidal Elderly" to enable us to continue supporting elders with emotional distress or with early symptoms of suicide. We can build up our volunteer network and actively promote the development of professional services.

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

在2018至2019年度，我們共有344名義工，包括「生命熱線」義工及地區協作的義工，為324位長者個案提供探訪服務，服務次數逾9,200次。在地區協作方面，本會在過去一年與11間位於不同地區的長者服務機構、企業及義工團體合作，為各義工提供專業培訓，並安排他們定期探訪長者個案。透過與多個地區機構合作，將本會秉持的關懷、聆聽、接納及陪伴等信念在社區傳揚開來。有賴義工耐心聆聽，了解長者的真正需要，得以讓他們感受社會的關懷，大大紓緩其不安情緒，從而降低他們的自殺風險。

During 2018–2019, we had in total 344 volunteers from SPS and other cooperative organisations to provide 9,200 visits, serving 324 elderly cases. Last year, we attained a new high in community collaborations and partnered with 11 organisations, including elderly community centres, corporations and volunteer bodies in various areas. We provided professional training to each volunteering unit and arranged for them to visit our elderly cases regularly. Through district level collaborations, our core values of "Caring, Listening, Accepting and Accompanying" can reach the community level effectively. And by dint of our volunteers' patience and understanding of the elderly's needs, old folks can feel others' care for them thus relieving their distress and reducing the risk of suicide.

義工不怕辛勞，也無懼風雨，堅持定期上門探望及以電話慰問有情緒困擾的長者。為表揚義工所付出的時間和愛心，每年我們都會舉辦「義工交流會暨嘉許禮」。今年於2019年3月16日舉行了以《被遺忘的時光——如何與腦退化長者同行》為題的嘉許禮，邀請香港中文大學社會工作學系副教授陳智豪博士與義工分享有關腦退化

病的基本認識，講解腦退化如何讓長者及家人帶來不同程度的情緒困擾，以及在與患腦退化病的長者溝通時應注意的事項。我們十分感謝香港賽馬會慈善信託基金慈善事務經理招智輝先生，撥冗擔任主禮嘉賓。嘉許禮共有158人出席；除了主題演講及向義工頒發嘉許狀外，亦邀請了服務使用者及義工分享在服務過程中的經歷，藉此鼓勵義工日後繼續努力。

Last year, volunteers put in untiring efforts in their work. To show recognition for the time and love they have devoted to the service, we organise a “Volunteer Exchange Forum cum Recognition Ceremony” annually. This year, on March 16, 2019, Dr. Wallace Chan, Associate Professor of the Department of Social Work at The Chinese University of Hong Kong, was invited to share with volunteers on the topic of "Forgotten Time – How to Go with the Elderly with Brain Degeneration". The basic understanding of degeneration and how brain degeneration can bring different levels of emotional distress to the elderly and their families, and what points should be in focus when communicating with elders with degeneration. We thank Mr. William Chiu, Charities Manager of The Hong Kong Jockey Club for being our officiating guest. A total of 158 people attended the ceremony. Apart from keynote speeches and awards to volunteers, service users and volunteers were invited to share their experience in the service, thereby encouraging volunteers to keep it up.



本計劃由
The Project is supported by



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

2018/2019年度服務使用者的年齡及性別分佈表

Table of Gender and Age Distribution of Service Users in 2018/2019

年齡 Age	性別 Gender		總數 Total
	男 Male	女 Female	
60-69	21	24	45
70-79	28	72	100
80-89	45	92	137
90 或以上 or above	11	26	37
不詳 Unknown	0	5	5
總數 Total	105	219	324

參與服務的受訓義工人數

Number of Participating Volunteers

「生命熱線」義工 SPS Volunteers	150
地區協作機構義工 Local Agency Volunteers	194
總數 Total	344

社區教育活動 Community Education Programmes

有說預防勝於治療。長者的情緒問題，若待出現自殺念頭，才交由社工跟進，往往需要花更多時間、人力及資源處理。若長者剛出現負面情緒之時，身邊人便關心及提供協助，可收事半功倍之效。因此，提升公眾人士對預防長者自殺的意識，尤為重要。在過去一年，我們積極舉辦社區教育講座，旨在讓長者及社會人士理解情緒困擾與誘發自殺的密切關係，透過提升大眾認知，建立社區安全網，以期更有效發揮預防自殺的功效。在本年度，本會為多個長者服務中心、長者日間護理中心和院舍等舉辦「長者護心法」講座，亦再次為「樂齡同行」計劃兩個區域的服務單位提供義工培訓，共有1,442名長者、公眾人士及義工參與。有關講座提醒大眾需時刻留意身邊長者的情緒變化，並會講解如何與情緒受困及有自殺念頭的長者有效溝通，以及運用舒緩情緒的技巧，以關懷社區上有情緒需要的長者。

Prevention is better than cure. It often takes tremendous effort and resources for social workers to follow up when a suicidal thought has already formed in an elderly with emotional problems. If people around them can start to care for and assist them in the early stages of negative emotions, they will have a better chance of survival. We continued to arouse public awareness in elderly suicide prevention. Last year, we actively organised seminars with the aim to help the elderly and society at large to gain a better understanding of the ties between emotional upheavals and suicidal behaviours. The goal is to effectively prevent suicides through raising awareness and establishing a safety net in the community. The "Elderly Care" seminar was held for different elderly service centres, elderly day care centres and residential homes. A volunteers' training was also provided for two service units in

the Jockey Club Holistic Support Project for Elderly Mental Wellness. Among them, a total of 1,442 old people, other citizens and volunteers participated. Through the talks, the public is reminded of the changes in the mood of the elderly, how to communicate with embarrassed, elderly people who have suicidal thoughts, the use of techniques to relieve the emotions, and care for needy elders in the community.



本會繼續與多個社會服務機構合作。我們於2019年1月3日及2月22日兩度舉辦街頭展覽，向寶達邨及附近社區的居民介紹本會服務，並設置攤位遊戲，以及進行壓力問卷調查等，以鼓勵他們多加關心長者的情緒健康。兩次街展活動合共為190名市民提供服務。

This year we partnered with several social service organisations in Kwun Tong to hold a street-wide exhibition with service counters twice, on January 3 and on February 22, 2019. This service targeted citizens living in Po Tat Estate and its vicinity. It included game stalls and stress level polling to encourage them to care for themselves and people around them, especially the elderly. The street-wide exhibition catered to the needs of 190 citizens.

專業同工訓練 Professional Staff Training

社會有所變化，加上家庭倫理觀念日趨淡薄，令致長者獲得家庭支援的機會較以往大大減少，而且情緒和自殺問題亦越見複雜。有見及此，本會在過去一年積極為長者服務前線及專業同工加強培訓，合共舉辦了15節工作坊，服務人數達678人次。這些工作坊深受業界歡迎，大部份同工都認為有助其識別長者的自殺風險，並及早為他們提供支援。



With changes in society, ethical family relationships have become weaker and family support for the elderly has decreased. Emotional and suicidal problems have become more and more complicated. In view of this, SPS has actively trained front line workers and professional staff to serve the elderly. In the past year, 15 workshops were held with service targeting 678. Many workshop participants think they'll be able to identify the risk of suicide among the elderly and provide them with early support.



另外，透過慧妍雅集的贊助，我們於2018年12月20日舉辦了主題為「悲歡離合中的焦慮與跨越」實務工作坊。活動邀請了明愛專上學院研究教授葉錦成教授擔任講者；葉教授在精神健康工作方面積累了深厚經驗，在席間向同工詳細講解長者因晚年遭遺棄、與親人分離及喪偶等因素而引發焦慮問題。若未能適當疏導壓力及情緒，便會誘發出不同抑鬱及邊緣性格異常等問題，甚或有自殺危機。工作坊共有90位參加者出席，當中大部分為專業社工，而九成以上的參加者均表示工作坊合乎期望；八成半以上的參加者整體對工作坊表示滿意，認為大大有助前線社會工作者理解長者個案的難處。

Through the sponsorship of Wai Yin Association, a practical workshop entitled "Anxiety and Leap in Tragedy and Clutch" was held on December 20, 2018. Professor YIP Kam Shing, a Research Professor of Caritas Institution of Higher Education, was invited as a guest speaker. Sharing his mental health clinical experience, he explained the anxiety caused by the elderly's abandonment, separation and loss in their later years, the process of managing the stress and emotions, and how different conditions such as depression, marginal personality abnormalities, and even the consequences of suicide crisis develop. 90 participants attended the workshop, most of them were professional social workers. More than 90% of them said that the workshops could meet the expectations. And more than 85% were satisfied the workshops can substantially help social workers understand more about elderly cases.



預防長者自殺服務專題分享及新書發佈

Seminar on Elderly Suicide Prevention cum New Book Launch

香港長者自殺問題嚴重，但社會少有研究相關問題，又或者向前線同工提供參考書籍。本會一直希望可綜合服務多年所得的經驗、觀察和研究，出版有關預防長者自殺服務的書籍。在2018年，本會成功出版「生死角力——探索長者自殺的主觀世界」一書，從長者宏觀、中觀及微觀角度，描述長者的成長與晚年自殺形態的關係，當中亦載有不同個案，以分享實務介入的工作，從而總結我們提供預防長者自殺服務多年所得的經驗。我們殷切期望，此書能為提供前線長者服務的專業人士，在面對有自殺危機的長者個案時，提供不同角度的參考資料，為本港預防長者自殺服務作出貢獻。我們並於2018年6月12日舉辦了專題分享講座，其間有幸邀請到安老事務委員會主席林正財醫生擔任主禮嘉賓，亦感謝香港賽馬會慈善事務高級經理鍾惠敏女士撥冗出席。當天，除了發佈「生死角力——探索長者自殺的主觀世界」一書外，我們亦邀請到明愛專上學院研究教授葉錦成教授擔任專題分享的講者，向參加者簡介書中概念，而「生命熱線」程序策劃經理梁永棠先生亦就個別個案進行分析，分享如何運用書中所述的概念理解長者的主觀世界。當日，活動反應熱烈，共有274位參加者出席，當中包括社工、社工學生和長者服務義工。

The suicide problem among the elderly in Hong Kong is serious, however related study for frontline workers is rare. SPS always hoped to publish a book gathering years of experience, observation and research on prevention of elderly suicides. In 2018, we successfully published a book entitled "Wrestling between Life & Death – Exploring the Subjective World of Elderly Suicide". The content of the book mainly covers the life stages of the elderly and the suicide patterns in their later stages from the macro, meso and micro perspectives of the elderly. In addition, we shared our experience in the prevention of elderly suicide services. We hoped professional front line workers would provide different perspectives on how to prevent suicide ideation among elderly suicidal cases. A special sharing seminar was held on June 12, 2018. We invited the Chairman of the Elderly Commission, Dr. LAM Ching-choi, SBS, JP as officiating guest and Ms. Jasmine Chung, Executive Manager, Charities (Grant Making – Rehabilitation and Medical) of The Hong Kong Jockey Club. In addition to launching the book "Wrestling between Life & Death – Exploring the Subjective World of Elderly Suicide", we also invited Dr. YIP Kam Shing, a research professor at Caritas Institution of Higher Education, to explain some concepts about the book and SPS Programme Manager, Mr. Justin Leung to share case analyses and the subjective world of the elderly. Response was overwhelming. A total of 274 participants attended the event, including registered social workers, students of social work and elderly service volunteers.



主要社區教育活動 Major Community Education Programmes	節數 Session	服務受惠人次 No. of Beneficiaries
「長者護心法」講座 Mental Health Promotion Talk	33	1,442
「關注長者情緒健康」& 預防長者自殺服務宣傳 Roadshow of Elderly Mental Health and Promotion of Elderly Suicide Prevention Service	2	190
預防長者自殺服務實務分享專業同工訓練工作坊 Elderly Suicide Prevention Service Sharing for Professional Workers	15	678

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

華人有「每逢佳節倍思親」之說，傳統上，中國社會家庭觀念濃厚，長者總是希望在佳節和家人共聚。可惜，時至今日，年輕一代對在節日與家人歡聚的觀念日漸淡薄。在這種情況下，一些單身、獨居或平日較少家人探望的長者，於節日便會倍感孤單寂寞。有見及此，在過去不同節日，本會舉辦了16次大型節日義工探訪活動，招募企業、學校、機構及團體的義工上門探訪及贈送禮物包給長者。此外，我們亦舉辦了5次長者外出活動，希望透過與企業團體合作，讓長者可踏出社區，減少因獨留家中而產生的負面情緒。

Chinese society honours the family and customarily holds gatherings during festive days, although the younger generation not longer seem to bide by such traditions. Elderly people, though, tend to retain a strong desire to be with family members. And those who live alone and are emotionally unstable feel particularly lonely and isolated during festivals. So in the past year, we arranged 16 mass visits on festive days, volunteers from corporations, schools and organisations visited to the elderly with thoughtful gifts. We also held 5 outings in cooperation with corporate bodies so the elderly can mingle with the community and ease their isolation from being home alone.

長者在日常生活中經常因擔心成為他人負擔而怯於接觸鄰舍。本會希望透過長者體驗活動，重新建立長者的睦鄰關係。在本年度，我們嘗試在不同的日子與長者一起製作毛巾小狗，協助長者從活動體驗中接觸新事物，亦會安排義工陪伴，把製成品贈送鄰居或家人，以期建立施與受的雙向關係。以上不同類型的活動，過去一年共有1,117名義工參與，惠及超過1,363名長者。

Elderly people tend to worry about being a burden on others and are inclined to avoid neighbours. Therefore we organised activities that help them build harmonious neighbourly relationships. This year, we arranged “Creative Towel Puppy Making Programme.” The old folks were given new experiences and the chance to make gifts for their neighbours to foster closer relations. The various activities above were attended by over 1,117 volunteers benefiting more than 1,363 elders.



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

「生命熱線」每年都藉傳統節氣「大暑」，舉辦「冬(Don't)瓜慈善愛心大行動」。透過大型義工活動「消暑打氣冬(Don't)瓜水」及「冬(Don't)瓜慈善愛心午宴」，向社會宣揚珍惜生命的訊息。我們已於2018年7月8日及7月22日舉辦此別有意義的探訪活動，為情緒受困的長者打氣，舒緩他們因炎熱天氣而出現的負面情緒。超過200名來自14間企業、團體及機構的義工探訪了190名長者，向其派發消暑的冬瓜飲品及健康食品。「生命熱線」的慈善大使黎芷珊小姐亦參與其中，以表對長者的關愛。

During the extremely hot summers every year, we arrange large scale deliveries of heat-relieving winter melon water as well as a charity luncheon to deliver to the community a message of cherishing life. On July 8 and 22, 2018, over 200 volunteers from 14 corporations, organisations and the SPS paid home visits to give away winter melon water and healthy food products to 190 elders. Our charity ambassador, Miss Maria Luisa Leitão, paid separate visits to show earnest support.

2018年7月17日，我們更於尖沙咀彩福皇宴舉辦了「冬(Don't)瓜慈善愛心午宴」。活動邀請了超過300名長者與義工一起享用冬瓜菜式的午宴，寄意長者要珍惜生命。活動邀請了多位表演嘉賓，包括黎芷珊小姐、譚玉瑛小姐、朱咪咪小姐及 Joe Junior 先生獻唱經典金曲。本會也邀請了東華三院鼓躍飛鷹隊的視障長者及智障人士進行序幕表演，其表現出色，實是激動人心。今年，我們更為在場各機構最年長的長者頒發「長青獎」，並將由年輕書法家「青山筆墨」親手提寫的祝福語畫筆送給長者，祝願他們福壽康寧。當日活動氣氛非常熱鬧，人人滿載而歸。

On July 17, 2018, we hosted the "Don't Qua Charity Luncheon" at the Choi Fook Royal Banquet in Tsim Sha Tsui. The event gathered more than 300 elders to join hands with volunteers to enjoy a luncheon featuring winter melon as a dish, meaning that the elders cherish life. In addition to inviting different performers, including Miss Maria Luisa Leitão, Miss Helen Tam, Miss Mimi Choo and Mr. Joe Junior to sing classic songs, we also invited a visually impaired and mentally handicapped group from Tung Wah Group of Hospitals to kick start the event with an impressive performance. This year, the "Oldest Age Award" was presented to the elders who were the most senior in different groups. The Contemporary Calligraphy Artist, Ms. Packy Lai, presented her hand-written blessings to deliver the message of health and peace.



節日探訪活動 Seasonal Visits

日期 Date	節日探訪/ 戶外活動 Activity	義工參與人數 No. of volunteers	服務受惠人數 Beneficiaries
11/4/2018	生命共聚Ocean Park Ocean Park x SPS Travel	10	33
14/4/2018	保良局姚連生中學探訪 Home Visit by students from PLK Yao Ling Sun College	55	13
12/5/2018	天主教郭德勝中學探訪 (院舍) Residential Care Services Visit by students from Kwok Tak Seng Catholic Secondary School	17	80
21/5/2018	天主教郭德勝中學探訪 (家訪) Home Visit by students from Kwok Tak Seng Catholic Secondary School	17	11
10/6/2018	糉種愛心賀端陽 Dragon Boat Festival Home Visit	103	106
23/6/2018	圓玄學院第三中學探訪 Home Visit by students from YY3 Secondary School	22	11
8/7/2018	消暑打氣冬瓜水	87	93
22/7/2018	Don't Qua Charity Home Visit	123	97
17/7/2018	冬(Don't)瓜慈善愛心午宴 Don't Qua Charity Luncheon	28	284
22/9/2018	2018慶中秋長者歡聚千人宴 Celebrating Mid-Autumn Festival Thousand Elders Gathering	8	25
23/9/2018	月滿佳節譜關懷 Mid-Autumn Festival Home Visit	87	88
18/11/2018	全城關懷長者日 “We Care!” Senior Citizens' Day	98	120

日期 Date	節日探訪/ 戶外活動 Activity	義工參與人數 No. of volunteers	服務受惠人數 Beneficiaries
9/12/2018	創意DIY • 毛巾小狗製作活動 Creative Towel Puppy Making Programme	13	8
16/12/2018	冬日情濃顯關懷 Winter Home Visit	76	88
19/1/2019	圓玄學院第三中學探訪 Home Visit by students from YY3 Secondary School	18	10
27/1/2019	歲晚送暖表愛心 New Year Eve Home Visit	106	105
12/2/2019	姚連生中學探訪 Home Visit by students from PLK Yao Ling Sun College	22	7
20/2/2019	新春暖暖表愛心 (沙田崇真中學) New Year Home Visit by students from Shatin Tsung Tsin Secondary School	158	59
23/2/2019	港鐵長者之旅 MTR presents: Elders' Day Trip	14	27
27/2/2019	新春敬老樂膳宴 New Year Luncheon	3	25
9/3/2019	坪石邨洗樓活動 Visitation of Ping Shek Estate	25	32
9/3/2019	創意DIY毛巾小狗製作活動 Creative Towel Puppy Making Programme	12	4
30/3/2019	頌恩護理院(德田)探訪 Home Visit of Grace Nursing Home (Tak Tin)	15	37
總人次 Total Attendance		1,117	1,363

長者·家·多一點力量

Family Support for Elderly Mental Health

承蒙滙豐銀行150週年慈善計劃透過香港公益金資助，本會自2016年8月開始推行「長者·家·多一點力量」計劃。本計劃是一項以家庭為本的預防長者自殺服務。根據一項本地長者自殺的研究，接近68%的長者在自殺前曾向家人透露有輕生念頭。

With our deepest gratitude for the funding from the HSBC 150th Anniversary Programme through The Community Chest of Hong Kong, SPS started the “Family Support for Elderly Mental Health” project which commenced in August 2016. This is a family-based elderly suicide prevention service. According to local research into elderly suicides, nearly 68% of the elderlies disclosed their suicidal thoughts to their family before tragedy happened.

有見及此，本計劃將透過各類服務支援有抑鬱或自殺傾向長者的家屬及照顧者。包括外展探訪、長者家屬課程、長者家庭活動、減壓工作坊及社區講座。透過強化家庭功能，減少家屬的壓力及情緒，從而協助家屬和照顧者提升照顧長者的技巧及溝通能力，並向社會人士推廣關注長者精神健康的訊息。

Therefore, the project aims to support depressed or suicidal elderly, their families and carers through outreach visits, training for the family members, activities for the whole family, distressing workshops and community talks. Through strengthening family ties, family members and carers experience less stress while taking care of the elderly, hence are able to communicate and interact well with them. We hope to better equip participants with care-taking and communication skills as well as disseminate constructive messages on elderly mental health to the community.

長者 ♥ 家 多一點力量

此計劃由滙豐150週年慈善計劃透過香港公益金資助

The HSBC 150th Anniversary Programme has funded this project through The Community Chest of Hong Kong

宣傳推廣 Promotion

過往一年，我們主要透過派發信箱單張方式宣傳，向深水埗、將軍澳和秀茂坪等區域共23個公共屋邨及89,459個住戶單位進行宣傳。此外，我們亦透過本會Facebook專頁及計劃網頁www.SPSfamily.org.hk進行宣傳。

Last year, we promoted our project through delivering leaflets in mailboxes in 23 public housing estates, including Sham Shui Po, Tseung Kwan O and Sau Mau Ping, in total of 89,459 tenant flats. Besides, we also used our Facebook page and the website www.SPSfamily.org.hk to promote the project online.

長者及家庭輔導 Elderly and Family Counselling

透過外展探訪，及以長者為本的家庭輔導手法，支援長者及家人的需要，包括紓緩情緒、處理壓力、人際關係、資料轉介等。本年度新增35個個案，累計有61個個案，涉及30個家庭。此外，外展服務進行了237次家訪、中心面談80次及電話慰問151次。

Through outreach visits and family-based counselling services, we support the needs of the elderly and their family members, which include relieving emotions and stress management, dealing with interpersonal relationships and case referrals and so on. This year, we have 35 new cases, making total number of 61 cases with 30 families involved. We conducted 237 times of outreach family visits, 80 times of face to face consultations and 151 times of consoling elderlies and their families by telephone.



被訪夫婦細心欣賞「留住這時光」的家庭相簿

The couple is looking through the 'Let This Moment Stay' family album.

長者家屬課程 Courses for Elderly Carers

有關課程透過多元形式及個案討論，有助加深家屬對長者及抑鬱症的了解，從而建立良好溝通方法，以深入了解長者的需要。本年度舉辦了15次課程，參加者共142人，有485人次出席。

Through case discussions and disparate format, we have deepened carers' understanding of both of their elderly family members and of depression, hence finding a way to empathise and communicate with the elderly. SPS held 15 courses this year, with a total of 142 participants, and 485 attendances.

參加者回應 Participants' Feedback

第14期長者家屬課程參加者 Participant in the 14th Course

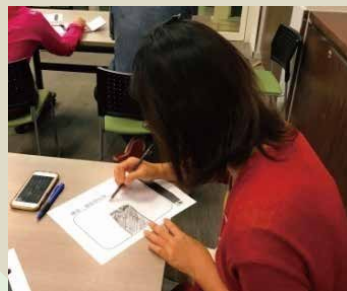
「欣賞導師預備充足，內容非常實用，對其他照顧者感受有所共鳴，並予以支持。」

“The teacher is well prepared with practical content, enabling me to empathise with the carers and support them.”

第17期長者家屬課程參加者 Participant of the 17th Course

「導師態度良好，會樂意詳盡解答我們的問題，並分享個人的自身經驗，令我在照顧長者方面獲益良多。」

“The teacher has a great attitude, willing to answer our queries in detail and to share personal experience in caring for the elderly, allowing me to learn more on this topic.”



參加者用圖畫表達情緒受困擾長者的內心感受

Participant expresses how emotionally distressed elderly feel through a painting

長者家庭活動 Elderly Family Activities

本會定期舉辦各類以長者為中心的家庭活動，透過不同主題及互動內容，以期增進家人與長者之間的溝通，帶來美好的相處經驗。本年度舉辦了7次活動，122個家庭單位參加，合共358人出席。內容包括遊覽海洋公園、新生互動農場、家庭室內攝影、小型音樂會、燒烤樂、健腦操日營、割水仙球活動等。

We organised elderly-centered family activities regularly. Through interactive content of these activities, communication between the elderlies and their families was fostered to facilitate positive experience for them. This year, we held 7 activities with a total of 358 participants in 122 family units. Activities included an one-day trip to Ocean Park, New Life Interactive Farm, indoor photography sessions, concerts, barbecues, a brain gym day camp, cutting narcissus bulbs etc.

參加者回應 Participants' Feedback

留住這時光參加者

Participant of “Let This Moment Stay”

「生命熱線舉辦這些活動，令我可跟家人有機會透過活動交流，增進彼此溝通，令關係更為美好。希望以後也能多參加這樣的活動，因為要全家出動參加這些理想活動，實非易事。感謝生命熱線對我們的關心。」

“These activities from SPS allowed me to communicate more with my family, benefiting our relationship. I hope that similar programmes can be held more often, as it is rare for us to commit to such ideal family activities together. Thank you, SPS, for caring about us.”



長者及家屬一起合作玩遊戲
(秋高氣爽燒烤樂)

Elderly and family members playing games together at “Autumn Barbecue Day Tour”

「秋高氣爽燒烤樂」參加者

Participant of “Autumn Barbecue Day Tour” activity

「職員細心照顧，令我大受感動；參加者亦能互相幫助，值得一讚！」

“The meticulous staff of the SPS moved me. The participants helped one another was also impressive!”

社區講座 Community Talks

本年度舉辦了19次社區講座，共492人出席。其中兩個講座題目分別是「陪著你走 —— 憂與愁」，主要以家屬角度出發，讓參加者及早辨識及了解長者情緒困擾的徵兆及需要。另一題目為「陪著你走 —— 痛與苦」，是鼓勵家屬從生死角度出發，認識如何陪伴長者面對日常生活，重新探索生命意義。

This year, 19 community talks were held with a total of 492 participants. The topics of our talks are “Walking with you – Grief and Worries” and “Walking with you – Pain and Bitterness” respectively. The former talk focuses on the emotional needs of the vulnerable elderly, of how to recognize the symptoms at an early stage; the latter one is to encourage family members to stay by the elderlies' side, reconstructing the meaning of their lives.

參加者回應Participants' Feedback

第11場社區講座參加者

Participant of the 11th Community Talk

「講者能夠清楚到題，令我明白長者情緒問題因由，同時了解到長者也需要家人的愛和關懷。」

“The speaker made it clear and let me understand the mental problems that elderlies face, and they also need our love and care.”

第12場社區講座參加者

Participant of the 12th Community Talk

「感到有盼望，生命有意義，情緒得以抒發」

“With hope, life becomes more meaningful, feelings can be expressed.”



於長者服務單位舉行社區講座
Community talks held in elderly centre

減壓工作坊 Stress Reduction Workshops

定期邀請各項專長的專業導師，帶領家屬體驗各種身心靈的減壓方法。本年度舉行了「陶藝」、「健腦操」、「瑜伽I&II」、「體適能」、「園藝治療」、「八段錦」、「靜觀」、「禪繞畫」、「壓力調適」和「舞動治療」等11個工作坊，216位家屬參加，合共485人次出席。

SPS regularly invited professional coaches to lead family members in experiencing various body mind and spirit stress reduction methods. This year, 11 different types of workshops including “Pottery”, “Brain Gyms”, “Yoga Workshop I&II”, “Physical fitness trainings”, “Horticultural Therapies”, “Eight-sectioned Silk Brocade exercises”, “Mindfulness trainings”, “Zentangle”, “Pressure adjustment guidance” and “Dancing therapies” were held, serving 216 family members with a total of 485 participants.

參加者回應 Participants' Feedback

「瑜伽體驗工作坊」參加者

Participant of “Yoga Workshop”

「導師清晰講解每個動作的原因及功效。」

“The teacher explained thoroughly the reason behind each movement and the consequential effects.”

「舞動治療工作坊」參加者

Participant of “Dancing therapies”

「創作、放鬆、關心自己、舞動可以在生活上運用」

“Creating, relaxing, caring about myself... dancing skills are applicable to daily life.”



參加者一起參與瑜伽體驗工作坊舒展身體
Participants stretching at Yoga Workshop

家屬同行小組 Family Members Self-help Groups

本會自2018年8月起舉辦家屬同行小組，定期為家屬舉行聚會，主題包括分享照顧長者的經驗、感受及心得。至今已舉行6次小組，共有54人次出席。

Starting in August 2018, regular sessions of self-help groups for the family members were held. They are encouraged to share their feelings and reflections on taking care of their elderly. So far, 6 meetings were held with a total of 54 attendances.

參加者回應 Participants' feedback

電影「伴生」分享會

Participants of Movie sharing session

「感謝你們以不同方法，讓我們得以學習、分享及交流，我獲益良多。」

“Thank you for letting us learn and communicate through unusual methods. I have benefited from this experience a lot.”

「對照顧者來說，其他人的經驗，令我很有共鳴。電影結束後，安排時段讓大家抒發情感及分享經歷。」

“For a carer, I can empathise with it to a great extent. The time for us all to share and talk after the film was also a great touch.”



參加者分享電影「伴生」的感受
Participants sharing their feelings for the movie

街展 Local Exhibition

本會自2018年8月起以街展形式深入社區宣傳及了解家屬需要，至今已於坪石邨、彩虹邨、彩雲邨及安達邨進行10次街展，接觸街坊逾1,284人。

Starting in August 2018, we promoted the needs of family members and carers through local exhibitions. 10 exhibitions in Ping Shek Estate, Choi Hung Estate, Choi Wan Estate and On Tat Estate were held, attended by an estimated 1,284 nearby residents.



坪石邨平台街展
Exhibition in Ping Shek Estate

網站及季刊 Website and Quarterly Publication

我們以手繪圖畫作為網站(www.spsfamily.org.hk)的主要設計概念，來突顯人性化特點，配以長者抑鬱為主題，以家屬常見情景及提供社區資訊為主要內容。在本年度，網站瀏覽量共20,910次，在Google Search點擊達769次。我們完成了四期季刊，印刷了8,000份在社區派發。

SPS used hand-painted images as our main logo of the project website (www.spsfamily.org.hk) to denote and highlight its humanistic elements and focus on the concept of elderlies being depressed as they face daily problems. We also provide community information as part of our content. During the year, the project website accumulated 20,910 views and Google Search hit rate reached 769. We also completed four quarterly publications, printing and distributing 8,000 copies in the community.

服務統計 Service Statistics

總服務人數 Total no. of service users	872
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總服務人次 Total no. of beneficiaries	2,342
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家屬與長者關係 Relationship between the carers and the elderly

家屬與長者關係 Relationship between the carers and the elderly	百分比 Percentage
配偶 Spouse	27%
子女/媳婦/女婿 Children/ Son-or Daughter-in-law	67%
孫仔/孫女 Grandchildren	6%

自殺者親友支援計劃

Services for Survivors of Suicide Loss

至親自殺離世，家屬不單要處理死者身後事等實際事務，更要承受自己、身邊的家人和朋友的情緒反應。在複雜的情緒下，家屬往往難以表達心中感受，加上中國傳統的禁忌，更令家屬難以獲得適當的情緒支援，以過渡哀傷難關。我們透過「釋心同行——自殺者親友支援計劃」，尋求及早接觸家屬的途徑。自2014年起，我們便與衛生署轄下三間公眾殮房共同推行先導計劃，設立自殺者親友個案轉介系統，讓我們在自殺者離世初期接觸其家屬，以便及早提供專業的哀傷輔導服務，讓走在哀傷道路上的家屬獲得及時支援。

After loved ones died by suicide, the bereaved have not only to handle the intricacies of a funeral but also their own emotional reactions and those of relatives and friends. That might make it difficult for survivors of suicide loss to vent their sadness. Chinese taboos might further hinder proper emotional support to cope with their grief. Our Befriending service for Lighting up and Empowering Survivors of Suicide loss, Project BLESS, explores means to reach survivors of suicide loss and provide early intervention. In 2014, we launched a pilot scheme, collaborating with three public mortuaries under the Department of Health, to refer survivors to our organisation. The scheme facilitates prompt connection with the bereaved and provision of professional counselling services which can help the survivors access timely support.



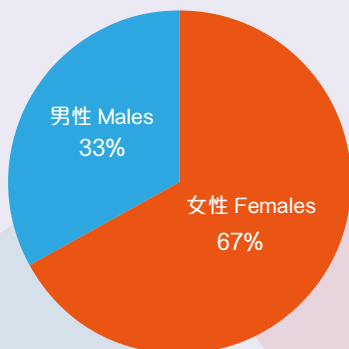
釋心同行——自殺者親友支援計劃 Project BLESS

我們感謝「香港公益金」支持推行「釋心同行——自殺者親友支援計劃」，為有需要的自殺者親友提供服務。在2018至2019年度，我們為超過160個新個案提供服務，當中以輔導為主，並按個別情況，鼓勵家屬參與不同活動，包括同路人互助小組活動及具治療性質的活動，幫助他們以自己步伐走出情緒陰霾。我們繼續鼓勵更多過來人成為義工，為家屬提供實務及情緒支援。本年度，我們推出了全新資訊網頁、繼續出版資源手冊、進行學術研究及舉辦新聞發佈會，以期積極透過不同渠道，鼓勵有需要的人士尋求協助，並推動社會關心自殺者親友的需要。

We are grateful for The Community Chest of Hong Kong's support for Project BLESS. In 2018–2019, the project served more than 160 new cases. According to individual circumstances, we encourage survivors to take part in different activities, such as mutual support groups or therapeutic activities to reduce their negative emotions and get back on track. Furthermore, we encouraged those with similar experiences to become volunteers and give peer support to other survivors. This year, we actively sought various channels to motivate people in need to seek help, such as creating a new webpage, continue publishing a new resource booklet, commencing academic research and receiving media interviews. We hope to arouse society's attention to these survivors' needs.

新個案性別分佈

Gender Distribution of New Service Users

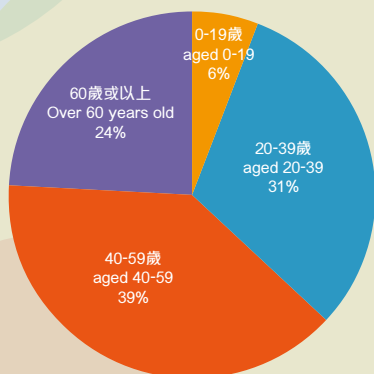


2018/2019年度，我們已服務的新個案共有165個。新個案當中，女性佔67%，男性佔33%。

In 2018/2019, we served 165 new cases in total. Among them, females accounted for 67% and males, 33%.

新個案年齡分佈

Age Distribution of New Service Users

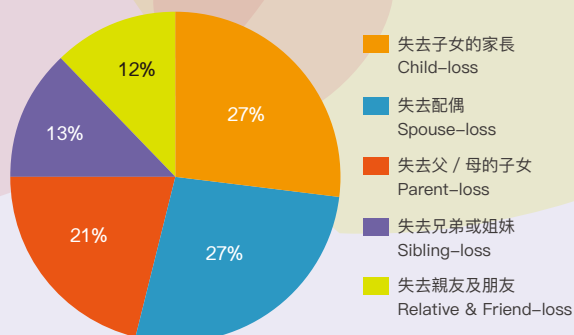


以年齡層劃分，中年人（40至59歲）佔最多，有39%，其次為青年人（20至39歲）佔31%，然後是長者（60歲或以上）佔24%，而介乎0-19歲人士佔6%。

Middle-aged individuals (aged 40–59) made up the largest proportion of 39%, followed by young adults (20–39 years of age) of 31%; 24% were elderlies (over 60 years of age), individuals aged 0–19 made up of 6%.

喪親關係分佈

Distribution of the Relationship between the Deceased and the Survivor



以喪親關係劃分，失去子女的家長及失去配偶的家屬個案較多，兩者同樣佔27%；其次是失去父母的子女個案，佔21%；而失去兄弟或姐妹的家屬個案佔13%；失去親友及朋友佔12%。

As for the relationships between the deceased and the survivors, child-loss cases and spouse-loss case took up the same ratio at 27%, followed by parent-loss cases accounting for 21%. While 13% were sibling-loss cases and 12% were relative and friend-loss cases.

自2014年4月起，我們與本地三間公眾殮房(即域多利公眾殮房、富山公眾殮房和葵涌公眾殮房)合作，建立自殺者親友個案轉介系統。在2018至2019年度的新個案中，主要來自「公眾殮房轉介」佔44%，其次是「自行申請」佔32%。就自行申請服務的人士當中，有41%的求助者是透過公眾殮房介紹我們的服務而自行聯繫我們，並申請接受服務；其次有36%是透過親友介紹來尋求服務。

Starting from April 2014, we have been collaborating with three local public mortuaries, including Victoria Public Mortuary, Fu Shan Public Mortuary and Kwai Chung Public Mortuary, to establish a case referral system. In 2018–2019, 44% of the new cases were referred by the mortuaries, while self-referral accounted for 32%. Among the self-referred cases, 41% of the help seekers learnt of our services through information given by the public mortuaries and subsequently approached us proactively. 36% of the help seekers learnt of our services through referral by relatives.

同路人互助小組 Mutual Support Groups

本年度，我們舉辦了四個自殺者家屬同路人互助小組，因應家屬關係而分組，分別有子女因自殺而離世的家長小組、曾有配偶或親密伴侶因自殺而離世的親屬小組、曾有父母因自殺而離世的親屬小組，以及曾有兄弟姐妹因自殺而離世的親屬小組。在小組活動過程中，我們鼓勵家屬彼此分享及支持；同路人互相分享和過來人提供支援，這樣能有助建立自殺者家屬的互助網絡，凝聚彼此的力量，讓家屬釋放內心的鬱結，重整生活方向。

This year, we conducted four mutual support groups. They comprise child-loss parents, parent-loss adults, spouse-loss wives or husbands, and sibling-loss bereaved. In these groups, we encouraged members to share their feelings and support each other. This also helped the survivors build strong connections with others, ventilate their grief and redirect their lives.

深重的哀傷情緒，往往難以用言語來表達，故我們鼓勵家屬以不同形式抒發情緒，如畫畫、製作黏土、寫信等多元化的藝術媒介，來幫助家屬連繫身心，安全地表達內心感受，同時提升自我的覺察力，整合自己的情緒，以達到療癒哀傷的效果。

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

另外，我們以想改善睡眠質素的自殺者家屬為對象，舉行了「有教好瞓——改善睡眠小組」；有關小組活動透過失眠認知行為治療等各種方法，改善組員主觀的失眠情況，以及提升組員對改善失眠問題的自信心。我們更舉行「瑜伽X身心調適」小組，透過不同的身心療癒活動，讓組員學習調適個人身心健康。

In addition, for survivors who want to improve sleeping quality, we organised a "Have an Improved Good Sleep" group. By using various insomnia cognitive behaviour treatment methods not only to improve the subjective insomnia of members, but also improve members' self-confidence in healing insomnia. We also organized the "Yoga X Body-Mind Regulation" group to enable members to learn how to improve their health through various physical and mental healing activities.

參與「同路人互助小組」的 Dickson :
Mutual Support Group Participant – Dickson

「大家在小組內分享感受，聽到同路人分享心情，很有共鳴。我明白到，自己並不孤單，而且可瞭解到不同人面對哀傷的不同表現，可以從中參考解決方法，並引為己用，而這經驗是在其他群體活動中無法取得的。參與小組後，明白面對離世者的自殺，其實不用自責，亦無需強求答案；剎那間，感到自己胸口鬆了，擔子亦輕省了，最後更有空間去講去聽，感到釋懷。」

"Everyone shares their feelings in the group. Hearing fellow participants share their feelings resonates with me. Not only because I understand I am not alone but also knowing other people facing grief are manifesting themselves. I learn it is a resource which has no other means. After participating in the group, I understand that faced with the suicide of the deceased, the bereaved do not need to blame themselves, and they do not need to seek answers. There is a room to talk, listen, and feel relieved."

參與「同路人互助小組」的阿靜：
Mutual Support Group Participant – 阿靜

「很開心有同路人的分享，因為大家的心情和處境相若，而且過來人的經驗分享很實用。過程中，大家互相抒發心情，很有啟發作用。由於大家心情差不多，感到同聲同氣，互相提醒，這是同事和朋友不大理解的地方。聽到大家分享，不再覺得是個人問題，而在小組的過程中，一步一步確實認清自己的心情狀態，會多加留意讓身體放鬆，從而慢慢走出哀傷，也重拾動力參加社交活動。」

"I am very delighted to share with my peers who have experienced similar situations and feelings. It is very practical and the process are bursts and inspiring. Since everyone is in the same situation, we can share and inspire with each other. Other friends and colleagues may not understand that. When you hear everyone's sharing, you don't feel you are facing such problems alone. In the group, you can clearly recognise your emotional state step by step, pay more attention to relax your body and slowly let your grief dissipate. All this can help develop motivation and participation in social activities."

參與「同路人互助小組」的 Nancy :
Mutual Support Group Participant – Nancy

「小組的主題活動，如畫面譜、寫心意卡給已離世的親人、悲傷療癒卡等，可幫助抒發情緒。每次聚會都有筆記派發，當中的分享文章很有用。在每次小組分享活動，同路人都会找方法走出幽谷，見到大家都好堅強。過程中，我漸漸懂得如何面對自己本來慌亂的心情，因為知道身邊有一群同路人一起邁步向前走，覺得比較有力量。」

"Thematic group activities, such as mask painting, writing a card to the deceased, healing cards, etc., can help to express one's emotions. At every gathering, we receive handouts and the articles are very useful. At every gathering, each survivor is looking for ways to emerge from their low trough with a brave heart. During the process, I gradually realised I was originally flustered, but my fellow bereaved give me strength to walk together."

參與「同路人互助小組」的 Louisa :
Mutual Support Group Participant – Louisa

「同路人之間的分享，有鼓勵作用，亦令人有共鳴感；感到有人明白我，好包容，沒有挑戰的說話，感到自己的情況亦屬尋常。小組內有互信基礎，能讓我坦誠分享，釋放情感。小組分享，能觸及哀傷話題，提供渠道供我們表達及抒發情感。眼見同路人有進步，對自己也有鼓勵作用。分享後感到舒服，也帶來若干的安慰作用。」

"Sharing with peers are encouraging, having resonance, feeling of being understood and accepted, no challenging word, I can feel that it is normal to be in my situation. In the group, we have mutual trust, honest sharing so emotions can be released. We share the facts of our bereavement and find ways to express our grief. It is so encouraging to see improvement among our peers. Sharing is so comforting."

我們於2018年11月18日舉辦了一年一度的「國際自殺者親友關懷日」活動，凝聚自殺者親友的力量，讓家屬打破孤單感，感受同行力量，使其對前路重燃希望。當日活動在上水「假日農場」舉行，主題是「讓我們重新感受」，意思是在哀傷復原歷程中，豈止只得哀傷，其實仍有其他可能的範疇，例如與人接觸和互相扶持等，希望參加者透過此活動重新認識自己的需要，以及保持與逝去者的聯繫。全日活動運用音律、拍子、律動、發聲等元素，帶動參加者進入活動，令參加者感受到大家同步同感。當日出席者有70名家屬，在美麗的大自然環境下，互相認識，一同活動及燒烤聯誼，並領受祝福。

On 18 November 2018, we held a commemorative event to echo the International Survivors of Suicide Loss Day. The event aimed to reduce loneliness and instill hope in suicide survivors by bringing them together. The event was held at the Holiday Farm in Sheung Shui with the theme of “Refeel, Reconnect, Restart”, essentially to highlight the importance of the balance between facing the reality of loss and learning to reengage with the life after loss. In particular for the bereaved, to restart their social connection and support so as to refeel their needs, and to remain connected with the deceased thorough maintaining a continuing bond. The design of the program was using the concepts of music and movement with the elements included temperament, beat, rhythm and voice to facilitate the participants joining in the activities. Music and movement helped the participants synchronize with others as well as synchronize their body and mind. 70 participants took part in the event, got to know each other over a barbeque picnic, and ensconced in the blessing ceremony.

參與「國際自殺者親友關懷日」活動的陳太：

Participant of “International Survivors of Suicide Loss Day Program” – Mrs. Chan :

「每年的關懷日集合所有同路人的力量，真是很難得的經驗。與同路人互道近況，互相交流，抒發情緒，亦有機會思念及紀念已離世的親人，可讓自己放鬆心情，感到舒服自在。」

“During the International Survivors of Suicide Loss Day each year, I am not only communicate with other suicide survivors and receive mutual support but also feel comfortable to indulge in memories of deceased relatives, freeing me from the burden of grief.”

參與「國際自殺者親友關懷日」活動的嘉嘉：

Participant of “International Survivors of Suicide Loss Day Program” – 嘉嘉：

「在『齊聲傳祝(竹)福』的祝福儀式，大家用竹製樂器，一同隨音樂整齊打拍子，有同心『一齊行』的感覺。大家一齊打拍子的聲音，我會用心記住，原來自己並不孤單，有很多人與自己同行。此外，大家祝願時，也讓我與離世親人再次連繫起來，感覺舒服。」

"In the blessing ceremony of "Passing the Bamboo Wish", everyone takes the bamboo musical instruments, sing and share in the feeling. Everyone makes the beating sound. Deep in my heart, I don't feel alone and I connect with my deceased relatives and feel comfortable."



自殺者親友支援活動

Therapeutic Programme for Survivors of Suicide Loss

對剛喪親的家屬而言，特別需要身心靈的支援。為此，我們分別於2018年5月6日在「粉嶺宣道園」及2018年7月8日在「粉嶺浸會園」舉辦了兩次「源自我心——探索心靈資源之旅」的治療性活動。5月6日的活動邀請了「圓圈繪畫」(Circle Painting) 認證導師Mr. Calvin Cheung，帶領參加者圓圈繪畫，透過創作圖案及運用不同色彩，讓每位參加者發揮創意、想像力、觀察力及合作性，也讓大家減壓放鬆及加強與他人的互動和連繫。除了個別創作外，全體參加者更集體創作了三幅大型畫作。7月8日的活動則邀請了註冊園藝治療導師賴瑞琮姑娘，帶領參加者進行園藝治療活動，內容包括認識主題植物、五感欣賞、栽種植物、寫心意卡、認識植物護理、花茶品茗和分享製作感受。在活動過程中，透過與植物的連繫，讓參加者得到身心靈的療癒，從而放鬆精神及舒緩緊張壓力，及提升正向情緒。該兩次活動共有41名自殺者親友參與，並邀請了多名過來人義工分享經歷，引起家屬很大共鳴，從中感受到別人的支持，減輕個人的孤獨感。

Recently bereaved family members are particularly in need of body, mind and spirit support. We held two therapeutic sessions of "A Journey of Exploring Resources — from Body, Mind and Spirit" on May 6, 2018 in the "Suen Douh Camp at Fanling" and on July 8, 2018 in the "Hong Kong Baptist Assembly at Fanling". On May 6, a certified Circle Painting instructor Mr. Calvin Cheung was invited to lead the Circle Painting. Through the creation of patterns and the use of different colours, each participant was encouraged to be creative, imaginative, observational and cooperative. Everyone decompressed and the interaction and connection with others was strengthened. Besides individual creations, everyone was also collaborated on three large paintings. On July 8, a registered Horticultural Therapist Ms. Lai Sui King was invited to lead horticultural treatment activities, including understanding theme plants, five senses, planting plants, writing mind cards, understanding plant care, tea products and sharing production feelings. Through connection with the plants, participants received healing of body and mind, relaxation of the spirit, relief of stress, and enhancement of positive emotions. 41 survivors of suicides participated in the two events. We also invited a number of peer survivors to share their experiences. Participants said they felt the support of others and an easing of their sense of loneliness.



參與「源自我心——探索心靈資源之旅」的阿傑：

Participant of "A Journey of Exploring Resources — from Body, Mind and Spirit"—阿傑

「圓圈繪畫很有趣，很好玩，將自己當作畫家，專注地用畫筆將各種鮮艷的色彩，在畫布上畫上大小不同的圓圈。見到大家越來越投入，做集體創作畫時，彼此連繫感更強，活動期間明顯感覺自己開心多了。」

"Circle painting is very interesting and the process is full of fun. I think of myself as a painter, focus on using the brush to paint a variety of bright colours, draw circles of different sizes on the canvas, see everyone getting more and more immersed, doing collective creation. They get more connected to each other and obviously feel happier during the event."

參與「源自我心——探索心靈資源之旅」的Joel：

Participant of "A Journey of Exploring Resources — from Body, Mind and Spirit"—Joel

「透過栽種植物，在很自然的情況下，可以談生論死。植物的生命與人的生命其實很相似，並非你想怎樣就可以怎樣，因為有很多事情是難以預計的。透過參與今次活動，讓我深入反思生命的本質。」

"Planting plants, in a natural situation, you can talk about life and death. The life of a plant is very similar to human life. It is not what you want, because many things are difficult to predict. By participating in this event, my life is full of reflection."

過來人義工支援 Peer Volunteer Support

多年來，我們培訓了不少自殺者的親友，成為過來人義工；他們在專業個案輔導、同路人互助小組及多項活動中積極參與，分享其面對至親離世的經歷，與同路人同行，協助對方走出哀傷。這一群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支援。在2018至2019年度，我們培訓了10位自殺者親友，成為過來人義工；而在本年度，我們的過來人義工提供了237次服務，義工參與服務達639人次，受惠人數達823人次。

Over the years, we have trained many survivors who have suffered suicide loss to become peer survivor volunteers. They shared their own experiences with their peers in professional counselling, mutual support groups and activities under this project. Our volunteers are also actively involved in public education activities and media interviews, to enhance society's understanding of the needs of suicide survivors and encourage those in need to seek professional assistance. In 2018–19, we trained 10 survivors to become volunteers. In the current year, our peer survivor volunteer team provided services 237 times with 639 volunteer attendances for 823 beneficiaries.

為加強義工支援服務，自2015年起，我們推出了「同行者支援」計劃。在2018至2019年度，共有16位過來人義工，以19個缺乏資源且身心及社交狀況不理想的個案為對象，提供定期探訪和陪伴服務，透過一同活動和分享，向對方提供情緒和實務支援，重建他們的能力和信心，協助他們面對哀傷，容易適應生活轉變。同行者支援計劃共提供了89次服務，義工服務共127次，接受服務人次共99次。

Additionally, to enhance our volunteer support service, we've developed "Companion Volunteer Support" since 2015. In 2018–19, a total of 16 companion volunteers provided regular visits and companionship to 19 cases in poor physical, mental and social conditions. Through various means, they provided emotional and practical support to reinforce their ability and boost their confidence in facing grief and adapting to life transitions. Our companion volunteer team provided 89 services with 127 volunteer attendances for 99 beneficiaries.

此外，「同行者支援」計劃透過運用過來人義工的專長及技能，由他們帶領小組活動，一方面提升自殺者家屬的學習能力及自信，加強復原能力；另一方面則希望家屬之間有更多交流和接觸機會。在2018至2019年度已進行的同行小組活動，包括「郊遊行山系列」、「身心鬆弛系列」、「滋味廚房系列」、「多元藝術系列」、「手工創作系列」、「資訊分享系列」、「青少年活動系列」等多類活動。合共進行了共53次同行活動，出席過來人義工共223人次，出席的服務使用者共268人次。

Furthermore, "Companion Support" utilizes the expertise and skills of volunteers to lead group activities to enhance the learning ability, resilience and self-confidence of families bereaved by suicide. Also, it is hoped there will be more communication and contact among the bereaved. Group activities held in 2018–19 are as follows: "Picnic & Hiking activities", "Body-mind Relaxing exercises", "Tasty Cookery classes", "Multiple Art Programmes", "Creative Arts and Craft activities", "Information Sharing activities" and "Youth Activities". We organised a total of 53 peer activities with a total of 223 volunteer attendances and 268 beneficiaries.

「同行者支援個案」的過來人義工惠芬：

Volunteer of “Companion Support” service – 惠芬：

「在最後一次探訪，看到服務對象有所轉變，令人眼前一亮。她對義工心存感激之情，為我們準備了水果享用。她多說輕鬆的話，對煮食產生了濃厚興趣，也懂得靈活運用調味品，對生活有期盼，重拾自信，積極面對將來；很高興看到她由情緒低谷的焦慮心情，轉化為現在的平靜心境。在這段陪伴她一同經歷情緒起伏的日子，真心為她的改變感到鼓舞，令我們更相信同行的力量。」

“I saw changes in the last visitation. She was more relaxed. She was grateful to the volunteers and prepared fruit for us. What she showed keen interest in cooking. She was consumed by emotional worries and now she has hope in life; confidence and is facing the future positively. Having accompanied her to experience her emotional ups and downs, it is so encouraging to see her improvement. I certainly believe in the power of peer.”

「同行者支援個案」的服務使用者碩仔：

User of “Companion Support” service – 碩仔：

「難忘過來人義工叔叔為我安裝層架，他很耐心教導我，讓我找回久違了的安全感。我的自信或許仍欠奉，但會繼續努力改善。此外，過來人義工姨姨在元宵節為我準備家鄉的鹹湯圓。在搓湯圓的時候，往昔的回憶又湧上心頭，是幸福、溫暖、滿足，還有那久違了的快樂和窩心，遠勝體己語。義工的默默關懷，就是我努力復原的最大動力。謝謝他們讓我相信愛，讓我不再自我冰封。」

“It is unforgettable that an experienced volunteer helped me to install shelves and patiently taught me, I feel fully secure. Although I am not confident to do it, I will strive to improve. At the Lantern Festival, another experienced volunteer prepared dumplings for me. During the process of making dumplings, I was filled with past memories of love, warmth, satisfaction. Such feelings of care and happiness are the biggest motivation for me to recover. Thank you for their love.”

「同行者支援小組活動」的服務使用者小盈：

User of “Companion Support” service – 小盈：

「在插花活動中，當我聽到剪刀修剪的聲音時，其實很害怕，但見其他人一直在做，就挑戰自己再試一次吧。到一直做下去之時，只有專注於如何將手上的花插好，就這樣，慢慢地完成了我的作品。我發現原來自己也能跟其他人一樣做到，順利克服了心理關口！」

“In the flower arrangement programme, I was so frightened when I heard the sound of scissor trimming. But when I saw other people doing it, I challenged myself to try again and continue focusing on how to insert the flowers in my hand. In the end, I successfully finished it and overcame my own psychological barriers.”





全新的「釋心同行——自殺者親友支援計劃」網頁(www.spsbless.org.hk)已於2018年11月18日「國際自殺者親友關懷日」正式推出，是本港唯一以自殺者親友為對象提供有關資訊及支援的網頁。網頁資訊包括服務內容、最新服務消息、同路人分享、出版書刊網上版和實用資源推介等。有需要的人士更可在網上聯絡我們申請服務。

The new website www.spsbless.org.hk for the Project BLESS was officially launched on November 18, 2018 – "International Survivors of Suicide Loss Day". It is the only online portal providing information to friends and relatives of suicide loss in Hong Kong. It includes service content, latest service news, sharing with peers, online editions of books and magazines, promotion of practical resources, etc. Surviving families of suicide loss who need services can contact us directly to apply for services online.

新聞發佈會 Press Conference

本計劃與香港大學合作，自2018年7月起進行一項關於「自殺者親友社交支援的學術研究」，向超過100名本計劃的服務使用者進行問卷調查，並於2019年1月17日召開新聞發佈會。在發佈會上，生命熱線執行委員會委員暨香港大學社會工作及社會行政學系副教授周燕雯博士及香港大學社會工作碩士生黃嘉朗先生發表其研究結果，整理出十大「自殺者親友最想聽和最不想聽的說話」，並列舉六大因素綜合分析，當中包括最受被訪者歡迎的「同行派」，以及最不受歡迎的「質問派」，藉此希望提高公眾對自殺者親友的關注，了解其哀傷所在、個人感受和心路歷程，以期為他們提供適切支援。當日有十多個傳媒單位出席採訪並作出報道。



SPS in collaboration with The University of Hong Kong conducted an academic study from July 2018. A questionnaire was sent to more than 100 service users of our project to gauge the level of social support for survivors of suicide loss. A press conference was held on 17 January, 2019 with Dr. Amy Chow, SPS Executive Committee member and HKU Associate Professor of Social Work & Social Administration and Mr. Kelvin Wong, HKU Master of Social Work student. They presented findings on what survivors of suicide loss prefer and dislike to hear. Also who the respondents rate as the most popular "being by the side group" 「同行派」 and the most unpopular "questioning group" 「質問派」. This study aimed to arouse public awareness of friends and relatives surviving suicide loss, understanding their grief, and providing them with appropriate support. More than a dozen media units attended the press conference and reported on the day.

為讓公眾明白及支援自殺者親友，及介紹本會的服務，我們與本港社福機構及大學舉辦講座。在本年度，我們應慈善機構大銀出版的《大人》雜誌的邀請，於2019年3月16日在他們每月定期舉辦的「生死學堂」上，向40名公眾人士分享「當身邊人自殺」此課題，內容包括自殺者家屬的處境和哀傷反應、「自殺者親友最想聽和最不想聽的說話」，以及如何支援自殺者家屬，並向其介紹自殺者親友支援計劃等服務。



To let the public understand and support the survivors of suicide loss and SPS' services, we have organised seminars with local social welfare organisations and universities. This year we were invited by the charity institution of Great Silver to publish the "BIG MAC" magazine on March 16, 2019. The "Life and Death School", which is held regularly every month, shares the topic "When you lost someone to suicide" with 40 members of the public. The content includes the situation of family members of suicides and the reaction of grief, "the words relatives most want to hear and the most unwanted words" and how to support family members in suicide, and to introduce supporting services.

出版刊物 Publication

我們出版《釋懷·從心 —— 給自殺者親友的關懷手冊》，希望讓自殺者親友瞭解發生在他們身上的事情和各種可能出現的哀傷反應，以提供相關資訊，協助其面對各種各樣的轉變，並作出相應調適。手冊內載有多篇自殺者家屬的個人故事，讓讀者了解到一旦生命遇到艱險，其他過來人是如何一步一步走過、轉化及成長。最新版手冊於公眾殮房免費派發，亦歡迎公眾向本會免費索取。

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

服務項目 Service	數目 Total No.	受惠人數 Total No. of Beneficiaries
服務新個案 New Cases Served	165	165
同路人互助小組 Mutual Support Group	5	44
自殺者親友支援活動 Therapeutic Programme for Survivors of Suicide Loss	3	111
過來人義工訓練 Peer Volunteer Training	1	10
過來人義工支援 Peer Volunteer Support	237	823
公眾教育講座 Public education talk	1	40
資訊網頁(瀏覽人次) Webpage (per visit)	--	3,826



社區教育及青少年生命教育

Community Education & Life Education for Youths

青少年本應生機勃勃，充滿成長驚喜，並以積極態度迎接人生路上的重重挑戰。然而，在2014至2017年期間，10–19歲的青少年自殺數字卻由19宗激增至36宗。雖然自殺數字較諸其他年齡組群為低，但呈現上升趨勢，實在令人嘆惜。「生命熱線」一如既往，本着「耐心聆聽、陪伴、關懷及不批判」的精神，並以「及早識別、適切介入」為原則，推行多項本地預防青少年自殺的工作。有關計劃包括「賽馬會『愛生命』計劃」、「『凝』相——支援青少年情緒健康計劃」、「Joy·種生命」計劃，為本地中小學生、教師及家長提供多元化的支援。

Teenage is a time that should be filled with pleasant surprises and adventures, and to prepare for upcoming challenges in life. However, between 2014 and 2017, the number of suicide cases, for teenagers aged 10 to 19, climbed from 19 to 36. Although the number was smaller compared to other age groups, it raised concerns that it reflected an ongoing upward trend. With patient listening, companionship, care and nonjudgmental acceptance, as well as the principles of early recognition and suitable intervention, Suicide Prevention Services (SPS) introduced a wide variety of suicide prevention schemes for local primary and secondary school students, teachers and parents. These programmes included the Jockey Club “Life Cherishing” Project, the “Photography Link YOUTH” and the “Filling Lives with Joy” Project.

賽馬會「愛生命」計劃 Jockey Club “Life Cherishing” Project

根據發展心理學家艾力克艾力遜的人生八階理論，青少年期是尋找自我認同的時期；在此時期發展順利，可讓青少年有更明確的自我觀念及方向；反之，則使生活喪失目標和方向，甚或徬徨迷失。一旦承受過大壓力，恐怕會變得退縮不前，不能表達真我，對成長造成極大不利影響。其實青少年需予認同、關心及尊重；只要我們願意多花一點時間耐心，並給予更多機會，絕對可以健康成長。

According to Eric H.’s Erickson’s 8 stages of psychosocial development, teenage is the stage which individuals develop self-recognition. Teenagers are able to acquire better self-identities and find their own direction in life if their development is smooth. However, if crises or obstacles emerges at this stage, teenagers would feel lost and baffled, unable to discover and express their true selves, thus affecting their future mental growth. Every teenager should be recognised, loved and respected. With just more patience and opportunities, their lives could be better.

有見及此，本會承蒙香港賽馬會慈善信託基金撥款資助，於2016年9月開展賽馬會「愛生命」計劃。計劃滙聚關顧青少年成長的一群市民，以陪伴有需要的青少年渡過逆境及克服成長困惑，從而在成長路上陪伴、關心及幫助他們。有關計劃建立了不同形式的支援網絡，以守護青少年的寶貴生命。我們透過校園、家庭及社會三方面支援學生。工作員會於校園籌辦朋輩「生命守門員」訓練、校本生命教育活動、教師培訓、家



長講座及工作坊，亦會推行義工培訓、義工及青少年同行活動，以及社區教育活動，以發展青年人校園及家庭以外的支援網絡。

In light of this and thanks to funding from The Hong Kong Jockey Club Charities Trust, SPS launched the Jockey Club “Life Cherishing” Project in September 2016, bringing together people concerned about teenagers and willing to accompany them when they face difficulties and frustrations as they mature. This programme supported students in 3 aspects: school, family and society. Students and teachers in schools were trained to be “Gatekeepers” to help students in need, and to promote positive influences and an optimistic atmosphere within schools. “Gatekeepers” also helped carry out school-based life education and we conducted teacher training, parent talks and workshops. We also provided volunteer drills, volunteer and youth peer activities, and community education, as a support network to teenagers outside school and home.



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The Hong Kong Jockey Club Charities Trust

捐助

同心 同步 同進 RIDING HIGH TOGETHER

學校支援：朋輩「生命守門員」培訓小組及校本生命教育活動 Support in School: Peer “Life Gatekeepers” Training Groups and School-based Life Education Activities

自我認同是青少年成長的重要課題，而中學生往往會在校內自我定位，故校內氣氛及朋輩相處，都會對青少年造成很大影響。因此，本計劃把焦點放在校內朋輩間的互相照顧及支持，透過校內體驗式小組培訓，讓學生更認識自我特質，並學習如何察覺及支援身邊情緒受困的同學，成為朋輩間的生命守門員，以期加強校內朋輩間的正面影響力。此外，本計劃亦會與各「生命守門員」一起在校內推行生命教育活動，例如創作廣播劇及籌辦減壓攤位遊戲、慢活茶會、校園點歌鼓勵活動及精神健康工作坊等。此舉一方面可透過正面經驗，提升參加者的滿足感，亦可向同校師生宣揚珍愛生命的訊息，以關愛自己及他人，並喚起同學朋輩間多關心及守護他人的意識。

Self-identity is an important topic for teenage development. Secondary school students usually look for their self-identities in schools, therefore, a school's atmosphere and peers have an important influence on them. In view of this, the programme was to emphasis mutual care and support among peers in school. Through experiential group training, students could better recognise their own traits as well as to learn detecting and supporting others suffering from emotional distress. Trained students could then become “Gatekeepers” to their peers and positively influence them. “Gatekeepers” also helped to carry out other in-school educational activities, such as radio dramas, pressure-reducing booth games, slow-living tea-time, encouraging song dedication and mental health workshops, etc. These activities allowed participants recognize to their own abilities, and concurrently, could deliver the message of cherishing life, love and care for themselves and others, arousing respect and support between peers.

學生的話：

Words from a student:

「印象最深者，是飾演安慰想自殺的人的角色，從中體會到守護生命之道。」

“The most unforgettable experience for me was when I role played a person who tried to comfort someone had suicidal thoughts. I learnt how to protect lives.”



教師、家長及社工培訓

Training for Teachers, Parents and Social Workers

青少年的精神健康備受關注。他們的身邊人——教師、家長及青少年工作者，更要裝備自己，以保護此群孩子。本計劃因應身邊人所關注的課題，設計主題培訓、講座及工作坊，當中包括提供支援青少年自殺知識及技巧的「及早解困」課程、提醒身邊人自我照顧的「躍動心靈」課程，以及協助家庭和學校提升青少年逆境能力的「抗逆同行」課程。此外，我們綜合了多年來預防青少年自殺服務的經驗，為老師提供專業個案諮詢服務，以期透過多角度討論及緊密的合作關係，更全面支援有自殺想法或情緒受困的青年人，以收「及早預防」之效。

Society is now increasingly concerned about teenage mental health. Being people around them such as teachers, parents and social workers have to prepare themselves to better protect teenagers. SPS has designed training, talks and workshops on different topics, including themes on teaching skills to support suicidal teenagers, reminding people to care for the ones around them, and aiming to boost resilience of teenagers through family and school support. Apart from these, we have gathered our experience in teenage suicide prevention over the years to provide professional consultation on specific cases for teachers, hoping to create a closely cooperative relationship, and support to our suicidal or emotionally distressed teenagers, aiming to succeed through early prevention.



老師的話：

Words from a teacher:

「愛的缺欠需要愛的填補。」

“Neglect of love needs to be made up by love.”

家長的話：

Words from a parent:

「親子關係很重要，陪伴也很重要，還有支持小朋友。」

“Relationship between parents and children is significant, companionship and support are important.”

公眾教育活動

Public Education Activities

社會轉變急速，現今青少年需面對的問題亦日漸複雜。有見不少香港青少年因學習壓力、朋輩關係及家庭轉變等因素而受情緒困擾，以致損及精神健康，嚴重者更會有自傷及自殺行為，故我們特別在本年度舉行了7次公開講座。除了本會主辦的主題性講座外，亦應不同團體之邀請擔任分享嘉賓。透過這些跨領域的講座及座談會，我們希望讓更多成年人有機會了解青少年的內心世界，從不同角度感受青少年的真實情感需要，務求與他們並肩同行。媒體積極參與，更能使服務推展得更成功，我們於2018年5月聯同「斐劇場」及「影話戲」，製作了以學童自殺為題的「生命教育劇場」——《誰又缺席了？》。是次演出由「影話戲」藝術總監羅靜雯女士執導，帶領觀眾遊走不同場景，零距離窺探學生、家長及老師的內心世界。透過戲劇及座談會討論，讓大家一起感受青少年的情感需要，並反思其面對的難題。活動引來不少社會回響，更有不少媒體訪問報道，亦有觀眾及分享嘉賓於社交網絡平台上分享觀後感，讓更多人了解到青少年的看法及心聲。



Teenagers are facing more challenging and complicated problems nowadays. Many Hong Kong teenagers experience emotional conflicts due to academic pressure, social relationships and family matters.



These factors do not only affect their mental health, in some serious cases, suicidal tendencies and self-harming acts are also observed. Therefore, SPS held 7 public talks this year, including self generated and by invitation from other organisations, aiming to convey the teenage world to adults. Adults were able to understand teenagers' emotional needs from different perspectives, encouraging for further support. Media had a positive influence on the service in widening the sphere of promotion. We cooperated with Fei's Performance and Cinematic Theatre in May 2018 to produce the play "Who is Absent?", directed by the Artistic Director of Cinematic Theatre, Ms. Ching-man Lo. Focusing on the issue of student suicides, the inner thoughts and worlds of students, parents and teachers were presented vividly to the audience. Through the play and discussion forums, people were encouraged to reflect on the emotional needs of teenagers and the challenges they face. With interviews by the media and online feedbacks shared by the audience, more people could learn more about teenagers' lives and struggles.

講座主題 Topic of Talk	日期 Date	講者 Speaker	出席人數 No. of Attendance
《與青少年同行》公開講座： 焦慮恐慌冇冇怕！ "Walking with Teenagers" Public Talk: No Fears of Worries!	28/04/2018	麥永接醫生 Dr. Mak Wing Chit, Ivan	128
《與青少年同行》公開講座： 看得見的求助訊息—— 青少年情緒困擾與自傷行為初探 "Walking with Teenagers" Public Talk: Detected SOS signal: Initial Exploration of Teenage Emotional Distress and Self-harm	20/10/2018	崔永豪醫生 Dr. Chui Wing Ho, William	125
TEFO 戲劇教育研討會 2018 參與式劇場的社區實踐劇場展演及個案 分享《誰又缺席了？》 TEFO Play Education Seminar 2018 Interactive Theatre for Community Practice Play & Case Sharing, "Who is Absent?"	02/12/2018	機構同工 SPS Social Workers	32

聖雅各福群會 天比高創作伙伴			
《誰又缺席了？》生命教育劇場		機構同工	45
三度重演	09/12/2018	SPS Social Workers	
St. James' Settlement Creative Partner Life Educational Drama, "Who is Absent?" 3rd performance			

聖雅各福群會 天比高創作伙伴			
《誰又缺席了？》生命教育劇場		機構同工	36
三度重演	15/12/2018	SPS Social Workers	
St. James' Settlement Creative Partner Life Educational Drama, "Who is Absent?" 3rd performance			

宗教教育中心		吳志崑先生	
生命有涯亦無涯：談談青少年自殺防治		執行總監	20
Religious Education Centre	21/01/2019	Mr. Vincent Ng,	
"Lives can be Long or Short : Talk on Teenage Suicide Prevention"		SPS Executive Director	

《與青少年同行》公開講座：			
「光暗共生」——		鵝王	63
從了解到與抑鬱青少年結伴同行		Cliffy	
"Walking with Teenagers"	23/01/2019		
Public Talk:			
"Living in Light and Darkness: from Understanding to Walking with Depressed Teenagers"			

總數 Total 449

參加者的話：

Words from a participant:

「謝謝講者的分享，讓我更有力量日後與青年人繼續同行。」

"Thanks to the speaker's sharing for encouraging me to continue to walk with teenagers."

觀眾的話：

Words from an audience:

「我們常說成人的世界很複雜，其實年輕人的世界也不簡單。Good Show.」

"We always say that grown-ups live in a complicated world, but that doesn't make Youths any less sophisticated. Good show! "

青少年支援: 義工及青少年同行活動

Support for Youths: Volunteer & Youth Engagement Activities

在成長路上，青少年面對多方挑戰，例如社會期望、學業壓力、家庭張力、成長煩惱，甚至自我要求等。這些挑戰會帶來不同程度的壓力，而長期受壓會使人患上不同程度的情緒病，甚或是精神病，影響成長。有效的支援系統能協助其建立更強的抗逆力及自我效能感，以面對不同挑戰。除了傳統支援系統如家庭、學校、朋輩等之外，社會人士也可提供其他支援。

On the path to adulthood, teenagers will face numerous challenges: social expectations, academic pressure, family tension, worries, high self standards, etc. Such challenges evoke stress at different levels. Long-term stress could cause emotional disorders and even mental illnesses, influencing their lives and mental health. However, an effective support system can encourage them to strengthen their resilience when having crisis.

在社會上，不同人士都十分樂意與青年人分享他們的成長經歷，並提供不同形式的支援，以陪伴青年人成長。有見及此，本計劃招募有興趣參與青少年工作的義工加入計劃，並安排培訓及分享會，旨在動員社區義工，成為青少年的生命同行者。透過一系列體驗活動、興趣工作坊及義工服務，讓義工和學生互相認識，成為師友，一起參與及發掘新興趣，從而建立全新支援網絡，以支援青少年應對成長路上的不同挑戰。在活動中，義工與青少年分享其經驗，並運用自身資源，可令學生擴闊眼界，提升其自我效能感。同時，學生又會與義工分享生活點滴，以分擔煩憂，使青少年感到社會有人接納，從而找到他們生命中的美好拍檔。

Apart from traditional support from family, school and friends, people from the society could be another supportive network while they are willing to share their experiences and provide a variety of supports to teenagers. SPS recruited volunteers for the project in setting up training and sharing sessions, and providing wider support for teenagers in our community. Through a series of experimental activities and interest workshops, volunteers and students could get to know one another, develop new interests together and become friends. This would allow them to form a new supporting network to help teenagers face challenges. During the activities, volunteers shared their own experiences with teenagers. With their own resources, they helped teenagers to broaden their horizons and enhance their self-worth and confidence. On the other hand, teenagers could share their everyday lives and life burdens with volunteers, so they could feel acceptance from the society and form their own life supporting teams.

義工的話：

Words from a volunteer:

「講關心人的說話，其實極需技巧，並非所有說話都能關心人。」

“Saying comforting words is a skillful task, not all words can comfort others”



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

現今家庭結構較以往複雜，教育制度亦為青少年帶來壓力，朋輩間競爭比較的風氣日盛，以致青少年在各個層面均失去保護網。面臨各種挑戰，青少年需面對各種壓力，卻未有合適渠道抒發情緒，再加上人際關係疏離，部分青少年難免會感到孤立無援。

Complicated family structures, competitive education system are causing teenagers to be under stress. Peer competition, also imposed lots of pressure to teenagers, causing them to lose emotional and safety net. Without a suitable environment to express themselves and weak relationships with others, some will feel alone and abandoned at times.

承蒙新鴻基地產透過香港公益金撥款資助，本會於2016年9月開展「『凝』相——支援青少年情緒健康計劃」。計劃的目標對象是孤獨感較強、較離群、或較少表達自己的青年人，為他們提供一系列攝影訓練，當中包括小組、個別輔導及社區活動。透過參與攝影相關活動，參加者可探索自己的感覺及想法，並以攝影作為表達自我的工具，從而聯繫自己與他人和外在環境，以減輕因未能表達自我及感到不予接納而產生的孤獨感。參加者的作品會在其所屬學校及社區展出，成為年輕人表達自我的平台，向朋輩以至大眾表達他們所思所想，同時亦讓其他人能聆聽其聲音和想法。

Thanks to funding from Sun Hung Kai Properties through The Community Chest of Hong Kong, project “Photography Link YOUTH” was launched in September 2016. Targeting teenagers who felt isolated and were generally less expressive, we provided a series of photography classes, and activities, either individually or in groups, where participants could explore and express their own minds and thoughts through photography. They could use it as a tool to connect with people around them, to alleviate loneliness and spur acceptance. Their work was exhibited in their schools and local communities, allowing them to convey their emotions for others to hear their voices and understand them through visual presentation.

本年度有142位青年人參與本計劃，他們透過體驗攝影活動及分享，體會圖像、攝影與個人情緒和感覺之間的關聯，並學會以攝影、影像及相片後製技巧呈現不同感覺。不論是青年人熟悉的校園，或是未曾踏足的郊區及社區，都會成為攝影場地；一方面可讓參加者與朋輩、環境和社區互相連繫，亦可讓他們在繁忙緊張的校園生活中偷閒放鬆。不少參加者格外珍惜與組員一同經歷及分享感受的時光。至於在學校生活中甚少成功經驗的參加者，則在小組活動中探索自己感受和想法，製作出不少出色的攝影作品。這些作品廣受接納，而當參加者發現有其他人肯定自己的付出，便會獲取並累積到更多寶貴的正面經驗。小部分參加者在校一向乏人支援，小組攝影練習正好為他們提供與人溝通及合作的機會。在聯校的外出攝影活動中，參加者更有機會結識來自其他學校的參加者，從而擴闊人際網絡。



社區相展培訓
Community photography training

This year, 142 teenagers joined this project, explored the inseparable connection between photography and personal sensations, learning how to portray their feelings through video and photography skills. They shot images at familiar venues such as school grounds and unfamiliar districts, bonding with peers and the community, allowing them to relax from busy school schedules. Many of them cherished the chance to communicate and work together with group members. The underachievers were able to recognise their own values and contributions, boosting their self-confidence. Some who felt particularly isolated at school met students from other schools and eventually became friends, developing a wider personal support network.

除了校內相展外，本計劃亦會舉辦社區相展，本年度分別在香港文化中心及柴灣青年廣場舉行。我們在展覽中安排了參加者與參觀的公眾人士當面交流，而參觀者亦可留言給參展學生。透過這些交流機會，參加者能直接獲得觀眾的回應和肯定，有助提升其個人成就感及存在感。

Exhibitions were held both inside schools and in public areas such as the Hong Kong Cultural Centre and Youth Square this year. We arranged interactions between the participating teenagers and the public, encouraging visitors to leave comments for the students. Through the exhibitions and positive reassuring feedbacks, the teenagers felt being recognised and accepted in their social communities.



「凝」相培訓活動
Photography therapy training



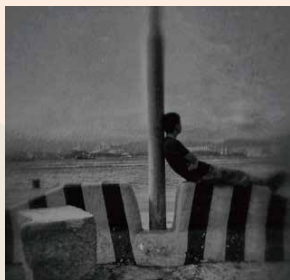
社區相展
Photo exhibition in community



社區相展
Photo exhibition in community



校本相展製作
Photo exhibition in school



相片題目 Topic：冷靜Calm

相片簡介 Description：

人生常遇煩惱和壓力，然後產生情緒，青少年需要自己獨自冷靜下來。

Frustrations and pressure in life arouse emotions.
Teenagers need to have their own quiet time.



相片題目 Topic：前路 The future

相片簡介 Description：

我認為青少年都應按自己所嚮往的事繼續做，無論前路是怎麼樣，我相信通過了這個後巷，夢想一定可以成真。

I think all teenagers should follow their hearts.
Continue to strive for what they dream of.
No matter what the future might hold,
I believe what you dream of is just around the corner.

本計劃由
The Project is
supported by



透過
through a
donation to



香港公益金
THE COMMUNITY CHEST

資助

「Joy·種生命」計劃 “Filling Lives with Joy”

在本年度，有關計劃與全港約50間中小學合作舉辦了約100場的生命教育活動，共有超過17,000人次參與。綜合多年來的生命教育經驗，我們更特別推行了不少合作項目，包括小學校本精神健康服務、中五級際的「重整·探索·計劃」和中三級際的長者探訪服務等，希望可為學界提供更多各種各樣的生命教育機會，透過正面的體驗經驗，以擴闊兒童及青少年的生命視野。

About 50 primary and secondary schools in Hong Kong joined this project this year, holding in total around 100 life education activities, with over 17,000 participants. We launched special cooperation this year, including mental health services for primary schools, schemes for F.5 students and elderly visiting services for F.3 students. We aim to provide a wide range of life education activities, to promote the message of cherishing lives through positive experiences.



義工訓練及支援

Volunteer Training and Support

本會義工在提供服務方面擔當最前線角色，並透過積極參與服務親身了解使用者的真正需要。由於義工對益友服務理念有所認同，故願意犧牲私人時間，關懷情緒受困擾的人士，並與社工緊密合作，為有需要人士提供適切支援，協助他們重燃對生命的希望。義工無私付出，秉持「關懷、聆聽、接納、陪伴」的精神，實在十分值得嘉許和學習。

Volunteers are in the vanguard of our effort to provide services. They gain first-hand understanding of the genuine needs of our service users by actively taking part in the provision of the services. They recognise the visionary benefits of befriending and are willing to sacrifice their private time to care for those in emotional stress. In addition, they cooperate closely with social workers to provide appropriate support to those in need, to help them rekindle the desire to live. The volunteers' selfless sacrifice, together with the spirit of "Caring, Listening, Accepting and Accompanying", are highly commendable and worth learning.

為讓預防自殺服務得以持續發展，我們定期舉辦義工培訓課程，讓更多市民能參與其中。在2018至2019年度，本會共有962名義工參與不同類型的義工訓練課程。「生命熱線」的義工須參與有關課程並熟習所傳授的技巧，通過遴選及完成指定服務時數後，才會獲指派工作。義工亦需要持續提升服務技巧，深入了解不同社會人士的需要，並與社會同步，以協助情緒受困人士走出谷底。除此之外，我們亦會定期舉辦義工聚會及興趣小組，以期提升義工之間的團隊精神和對本會的歸屬感。期望他們繼續與我們一起同行，致力為社會締造關愛環境。

For the sustainable development of suicide prevention services, we organise regular volunteer training programmes to facilitate greater public engagement. In 2018–19, we conducted various mandatory training courses for our 962 volunteers. They will be assigned work only upon selection and completion of a specified number of service hours. Volunteers must enhance their service skills; fully realise the needs of members of the public and keep abreast of societal developments, to help those in emotional distress recover from their lowest ebbs. On another front, we regularly hold gatherings and interest groups for our volunteers to enhance their teamwork and sense of belonging. We hope they will, as in the past, march forward with us and strive for a caring social environment.





2018/2019年度義工提供之直接服務時數與服務受惠人數總覽

Summary of Volunteer Service Hours and Beneficiaries in 2018/2019

服務內容 Service	義工提供直接服務時數 Volunteer Service Hours	服務受惠人次 No. of Beneficiaries
24小時預防自殺熱線服務 24-hour Suicide Prevention Hotline Service	23,941	39,993
「生命共行 —— 外展長者服務」 Outreach Befriending Service for Suicidal Elderly	9,982	6,424
「釋心同行 —— 自殺者親友支援計劃」 Project BLESS	2,081	823
預防自殺社區教育活動 Community Education Activity	1,165	1,652
總數 Total	37,169	48,892

籌募及傳訊

Fundraising and Communications

「生命熱線」為非政府直接資助的慈善機構，以自負盈虧的方式營運。在此衷心感謝所有贊助企業、公司、機構及善長人翁慷慨解囊，與我們一同在預防自殺的工作上努力。本年度，我們舉辦了不同類型的籌款活動，目的是希望提昇大眾對預防自殺工作的關注，呼籲大眾關心自己及留意身邊人的情緒。各活動所籌得的善款讓我們得以繼續運作及發展預防自殺的工作。

Suicide Prevention Services is a self financed Non-Governmental Organization. We hereby express our heartfelt gratitude to all corporations, companies, organizations and individual donors for their generous sponsorships and contributions supporting the work of SPS on suicide prevention over the years. This year, we arranged various fundraising events, aimed at enhancing public's awareness of suicide prevention and promoting a message of caring yourself and others' emotions. Fund raised have enabled SPS to continue to develop its work on suicide prevention.

2018/2019年度籌募及傳訊工作總覽

Summary of Fundraising and Communications Activities in 2018/2019

日期 Date

活動 Activities

2018年

5月
May



5.19港島區賣旗日2018
5.19 Flag Day 2018 on Hong Kong Island



「賽馬會『愛生命』計劃」X 生命教育劇場 —— 《誰又缺席了？》
Jockey Club "Life Cherishing" Project X Life Educational Drama "Who is Absent?"

6月
June

生命熱線全新電視廣告New SPS TV Advertisement

7月
July



冬(Don't)瓜慈善愛心大行動2018
Don't Qua Charity Action 2018

7月
July



冬(Don't)瓜慈善愛心午宴2018
Don't Qua Charity Luncheon 2018

太平人壽杯第二屆全港校際棋盤遊戲大賽之受惠機構
Beneficiary of the China Taiping Cup –
2nd annual Hong Kong Inter-school Board Game Competition

9月
September

粵語原創音樂劇《奮青樂與路Sing Out》之受惠機構
Beneficiary of 'Sing Out' Musical



10月
October



「賽馬會『愛生命』計劃」X 死神休假企劃2018
Jockey Club "Life Cherishing" Project X
Actions For Love 2018

2019年
3月
March

「愛·喜·行」慈善步行籌款2019
SPS Charity Walk 2019



崇光慈善跑2019之受惠機構
Beneficiary of SOGO Charity Run 2019



帝苑酒店舉辦蝴蝶酥義賣活動之受惠機構(2014年11月起)
Beneficiary of Palmiers Charity Sales organized by The Royal Garden (since November 2014)

《生命的寶藏》慈善義賣及愛心捐書計劃(2016年10月起)
My Treasure Map Charity Sale (since October 2016)

「生命之友」每月捐款計劃
"Friends of SPS" Monthly Donation Scheme

於商場及百貨公司擺放捐款箱
Placement of Donation Boxes in Shopping Malls and Retail Stores

定期電子通訊 Regular e-Newsletters

節日電子通訊 Festive Greetings

媒體訪問及報導 Media Interviews and Press Coverage

全年
Throughout
the Year

籌款活動 Fundraising Activities

「愛·喜·行」慈善步行籌款暨園遊會2019 SPS Charity Walk and Carnival 2019

「邁步向前，生命共行 Take a step, Save a life」是本年度「愛·喜·行」慈善步行籌款暨園遊會的大會主題。是次籌款盛事已於2019年3月2日在大潭郊野公園圓滿結束，吸引了超過1,000名善長到場支持，當中包括陳志雲先生、黎芷珊小姐、王者匡先生（Harry 哥哥），以及各特別嘉賓。一眾嘉賓主持起步禮開幕儀式，鼓勵社會各界與我們攜手向前，挽救寶貴生命！

「Take a Step, Save a Life」is the theme of this year's SPS Charity Walk and Carnival. The annual fundraising event in Tai Tam Country Park was conducted on March 2, 2019 with more than 1,000 participants. They included Mr. Stephen C.W. Chan, Miss Maria Luisa Leitão and Mr. Harry Wong. A host of guests officiated the kick-off ceremony for SPS Charity Walk 2019, encouraging society to take a step forward together with SPS in saving more precious lives.

步行籌款完結後，大會設有園遊會，為參加者提供食物及飲品外，更邀請本會之服務使用者及其他慈善團體到場舉辦手作工作坊及進行慈善義賣，而由星級排舞師Sunny Wong領軍的Dance Union，亦帶同小朋友到場表演。樂隊Golden Age及SOS更為大家獻唱懷舊金曲，令人聽出耳油。至於壓軸表演，則由實力派歌手「威利」演唱，令全場氣氛升溫，人人樂在其中，滿載而歸。

After the completion of the walkathon, a carnival was arranged. Apart from providing food & drink for participants, we invited our service users and different charities to hold handicraft workshops and charity bazaars, participants had an enjoyable time. At the carnival, led by star choreographer Sunny Wong, Dance Union gave a live performance with a group of children. Golden Age Band and SOS sang nostalgic oldies, and the finale song was sung by veteran singer "Willie Fung", which brought the atmosphere to a climax. Everyone joined hands to contribute to charity.



「生命熱線」港島區賣旗日 SPS Flag Day (HK Island)

本會於2018年5月19日舉辦了港島區賣旗日，共有接近1,000名來自學校、企業及社會各界的賣旗義工支持。各義工在港島各區為本中心的預防自殺工作籌款，攜手宣揚珍惜生命的訊息。

On May 19, 2018, SPS held a Flag Day on Hong Kong Island. Nearly 1,000 flagship volunteers from schools, enterprises, the general public, parents with their children supported this event. They helped raised funds to sustain our services on suicide prevention in several districts on Hong Kong Island that day, in addition to spreading and promoting the message that life is precious.



賽馬會「愛生命」計劃 X 死神休假企劃2018 Jockey Club "Life Cherishing" Project X Actions For Love 2018

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

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

本年度活動於2018年10月27日在灣仔合和中心地下露天廣場舉行。今年，我們更特別與「賽馬會『愛生命』計劃」合作，與一眾年青人設計及籌辦了一系列精彩節目，包括樂隊表演、創意工作坊、互動攤位遊戲等。活動慈善大使樂隊ToNick、唱作Hip-hop歌手Heyo及跳唱歌手劉敬雯(奶茶)更鼎力支持，落力演出，吸引了過千名市民參與，場面十分熱鬧。



The event was held on October 27, 2018 at the ground floor piazza of the Hopewell Centre in Wan Chai. SPS collaborated with the Jockey Club "Life Cherishing" Project and a team of youths in designing a series of wonderful programmes. They include band performances, creative workshops, interactive booth games and more. Our Charity Ambassador band musician ToNick, singer-songwriter Heyo and Miss Lydia Lau performed in support of the lively event, drawing an enthusiastic audience of over a thousand.

《奮青樂與路》音樂劇 載譽重演 A Musical Sing Out, Rerun

由利希慎基金全力支持，榮獲第二十七屆香港舞台劇獎「最佳製作」、「最佳導演（喜劇／鬧劇）」、「最佳原創曲詞」、「最佳配樂」、「最佳音響設計」及「年度優秀製作」六個獎項的粵語原創音樂劇《奮青樂與路Sing Out》，於2018年9月7日及8日於香港文化中心大劇院載譽重演，特設兩場「生命熱線」慈善專場。所有門票收入將不扣除成本，全數撥捐「生命熱線」，以支持其預防自殺服務。

With the support of Lee Hysan Foundation, "Sing Out" musical was rerun on September 7 & 8, 2018 for charity. This musical won 6 awards in "The 27th Hong Kong Drama Awards". SPS was the beneficiary of the first 2 shows. These income was used to support services to prevent suicide.



傳訊工作 Public Relations and Communications

傳媒關係 Media Relations

為提升市民對預防自殺的意識，我們積極與各大媒體緊密合作，冀能借助媒體力量，讓公眾多認識我們所提供的多元服務和與時並進的發展，並鼓勵有需要人士使用本會之熱線服務。

To raise awareness of suicide prevention among the public, we are dedicated to work closely with major media and we hope to disseminate information on SPS' diverse services and the latest developments.

宣傳及推廣 Promotion and marketing

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

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



於2018年6月，本會推出全新的電視廣告，希望把預防自殺的信息廣泛宣傳，並鼓勵有需要人士使用本會之熱線服務。

In June 2018, a new SPS TV commercial was launched, hoping to publicize the suicide prevention message, and encourage the needy to use our hotline service.



傳訊 Publications

除了定期向善長及義工發布電子通訊，我們亦重視與市民大眾緊密聯繫。在端午節、聖誕節、農曆新年等重要節日，我們透過社交平台向大眾傳達祝福訊息，同時鼓勵大家在佳節主動關心身邊人，共同建立關愛社會。

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

親愛的「生命熱線」之友：
新年快樂！

在此敬祝 閣下豬年身體健康、生活順遂！
讓我們在佳節期間繼續用心聆聽

誠邀你參與「愛・喜・行」慈善步行籌款籌款籌款
日期：2019年3月2日(六)
時間：上午9:30-下午3:00
地點：大潭壙中心
詳情請瀏覽：<http://www.sps.org.hk>

感謝你與我們一起踏出拯救生命的一步！
生命熱線 謹啟

粵語生命熱線 2382 0000
Local Helpline for Cantonese 2382 0000
粵語生命熱線 2382 0000
Local Helpline for Cantonese 2382 0000
粵語生命熱線 2382 0000
Local Helpline for Cantonese 2382 0000

HAVE A Merry Christmas & HAPPY NEW YEAR

讓我們在佳節期間繼續用心聆聽
We are here to listen during the festive holidays

粵語生命熱線 2382 0000
Local Helpline for Cantonese 2382 0000
24小時熱線 2382 0000
24-hour Helpline 2382 0000
粵語生命熱線 2382 0000
Local Helpline for Cantonese 2382 0000
粵語生命熱線 2382 0000
Local Helpline for Cantonese 2382 0000

HAPPY Father's DAY

不如就趁父親節，一齊放開懷抱
主動嚮爸爸表達愛意吧！

爸爸 I LOVE U
爸爸 爸爸 爸爸 爸爸
爸爸 爸爸 爸爸 爸爸
爸爸 爸爸 爸爸 爸爸

母親節小錦囊

每天行路一步多，多一點點和媽媽

媽媽辛苦一點點，多一點點和媽媽
媽媽辛苦一點點，多一點點和媽媽
媽媽辛苦一點點，多一點點和媽媽
媽媽辛苦一點點，多一點點和媽媽

核數師及財政報告摘要

Summary of Auditor's and Financial Reports

SUICIDE PREVENTION SERVICES LIMITED **REPORT OF THE DIRECTORS**

The directors have pleasure in submitting their annual report together with the audited financial statements for the year ended 31st March, 2019.

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, 2019 and the state of the Company's affairs at that date are set out in the financial statements on pages 6 to 30.

DIRECTORS

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

KWOK LEE Tin Wing Wendy

LEE Ka Kit

HUNG Man Yin Linda

LEE Sheung Fu Patric

WONG Hoi Jen Rebecca

LAU Po Shan

LAU Shun Yunn (resigned on 7th October, 2018)

CHAN Ka Wai

LAI Wai Kuen

MAK Kit Lin

CHAN David Pui Wai

CHEUNG Nap Kai

CHOI Hau Ki (resigned on 7th October, 2018)

CHOW Yin Man Amy

CHUNG San San Susanna

LI Mei Sheung Michelle

MOK Beatrice

SO Stephen Hon Cheung

WONG Luen Cheung Andrew

YIP Siu Fai Paul

In accordance with Article 46 of the Company's Articles of Association, the members of the Executive Committee shall be eligible for re-election when they shall retire.

SUICIDE PREVENTION SERVICES LIMITED
REPORT OF THE DIRECTORS

DIRECTORS' INTERESTS

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

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

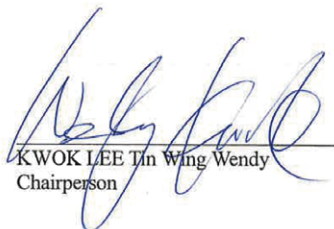
MANAGEMENT CONTRACTS

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

AUDITORS

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

On behalf of the Executive Committee


KWOK LEE Tin Wing Wendy
Chairperson

Hong Kong, 17 September, 2019

CHAN CHAK CHUNG & CO.
CERTIFIED PUBLIC ACCOUNTANTS

Other information

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

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

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

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

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

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

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

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

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

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

CHAN CHAK CHUNG & CO.
CERTIFIED PUBLIC ACCOUNTANTS

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

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

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



Chan Chak Chung & Co.
Certified Public Accountants
Hong Kong

Hong Kong, 17 September, 2019

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
截至二零一九年三月三十一日
FOR THE YEAR ENDED 31ST MARCH, 2019


		Note	2019 HK\$	2018 HK\$
INCOME	收入			
Donations received	捐款		8,877,728.71	6,703,591.54
Donations collected from donation boxes	捐款箱	9	58,623.80	62,279.10
Donation received from The Hong Kong Jockey Club Charities Trust	香港賽馬會津助	5	4,405,715.20	5,358,003.55
Allocation from Community Chest	公益金津助	6	742,700.00	721,000.00
Donations from Community Chest				
- Family Support for Elderly Mental Health	長者・家・多一點力量	7	712,712.40	635,600.00
- Project BLESS	「釋心同行」自殺者親友支援計劃	7	1,538,735.75	1,422,931.55
- Photography Link YOUTH	「凝」相・支援青少年情緒健康計劃	7	341,757.95	502,344.70
- You ⁰ Link	青少年生命專線	7	486,727.42	556,191.31
Proceeds from flag day functions	賣旗籌款	8	423,801.80	467,255.85
		10	17,588,503.03	16,429,197.60
OTHER REVENUES	其他收入			
Function income	活動籌辦費收入		517,814.00	447,920.00
Unrealized exchange gain	未兌現匯率收入		-	72,838.71
Bank interest income	銀行利息收入		190,847.31	131,583.51
Sundry income	雜項收入		28,335.80	6,890.00
		10	736,997.11	659,232.22
EXPENDITURE	支出			
Accounting fee	會計費		21,600.00	21,600.00
Advertising and promotion	推廣及廣告費		236,898.04	376,361.32
Auditor's remuneration	核數師酬金		5,000.00	11,000.00
Bank charges	銀行費用		3,926.38	4,654.21
Cleaning	清潔費		9,630.00	12,450.00
Depreciation	折舊		79,070.60	29,254.60
Entertainment	應酬費		10,092.90	9,102.20
Function expenses	活動籌辦費		2,149,782.04	1,738,991.26
I.T. development	資訊科技費		32,685.00	36,482.22
Insurance	保險費		136,439.34	106,858.13
Mandatory provident fund	強積金		408,243.85	369,476.35
Mobile phone	手提電話費		23,913.50	19,903.00
Newspapers and periodicals	報紙及雜誌費		3,544.00	3,262.00
Postage	郵費		21,172.50	36,057.80
Printing and stationery	印刷及文具費		96,711.88	97,644.86
Rent and rates	租金及差餉		303,141.40	302,480.80
Repairs and maintenance	保養及維修費		72,215.00	55,880.00
Salaries and allowances	薪金		8,921,876.00	7,948,152.00
Souvenirs	紀念品		13,735.00	9,000.00
Subscription fees	會員年費		7,900.00	10,136.00
Sundry expenses	雜費		34,138.30	44,965.20
Telephone and fax	電話費		24,642.00	29,581.00
Training, recruitment and development	訓練及發展費		321,352.77	228,863.80
Travelling	車費		147,703.30	125,526.30
Unrealized exchange difference	未兌現匯率虧損		390,534.40	-
Utilities	水電費		107,970.90	99,560.30
Volunteers messing	義工伙食費		32,906.00	32,848.67
			13,616,825.10	11,760,092.02
SURPLUS BEFORE TAXATION	稅前盈餘	11	4,708,675.04	5,328,337.80
INCOME TAX EXPENSE	稅項開支	12	-	-
SURPLUS FOR THE YEAR	本年度盈餘		4,708,675.04	5,328,337.80
OTHER COMPREHENSIVE INCOME	其他全面收益		-	-
TOTAL COMPREHENSIVE INCOME	全面收益總額		4,708,675.04	5,328,337.80

生命熱線有限公司
SUICIDE PREVENTION SERVICES LIMITED
 財務狀況表
STATEMENT OF FINANCIAL POSITION
 於二零一九年三月三十一日
AS AT 31ST MARCH, 2019

		Note	2019 HK\$	2018 HK\$
NON-CURRENT ASSETS	非流動資產			
Property, plant and equipment	物業、廠房及設備	14	1.00	1.00
CURRENT ASSETS	流動資產			
Account receivables	應收賬款	15	2,602,892.36	2,428,792.11
Deposits	按金		33,188.00	32,388.00
Prepayment	預付款項		24,410.80	26,122.20
Cash and cash equivalents	現金及現金等價物	16	28,237,538.08	23,663,299.39
			30,898,029.24	26,150,601.70
LESS: CURRENT LIABILITIES	減: 流動負債			
Receipts in advance	預收款項		100,000.00	69,625.40
Accrued expenses	應付費用		29,450.00	21,072.10
			129,450.00	90,697.50
NET CURRENT ASSETS	淨流動資產		30,768,579.24	26,059,904.20
NET ASSETS	淨資產		30,768,580.24	26,059,905.20
RESERVES	儲備			
CONTINGENCY RESERVE	儲備基金		7,000,000.00	1,577,194.05
GENERAL FUND	普通基金		10,768,580.24	21,482,711.15
DEVELOPMENT FUND	發展基金		13,000,000.00	3,000,000.00
			30,768,580.24	26,059,905.20

Approved by the Executive Committee on 17 September, 2019


 KWOK LEE Tin Wing Wendy
 Chairperson


 LEE Sheung Fu Patric
 Treasurer

鳴謝 | Acknowledgement

主要贊助 Main Sponsors

香港公益金

The Community Chest of Hong Kong

香港賽馬會慈善信託基金

The Hong Kong Jockey Club Charities Trust

香港上海滙豐銀行有限公司

The Hongkong and Shanghai Banking Corporation Ltd.

劉鑾雄慈善基金

The Joseph Lau Luen Hung Charitable Trust

崇光香港百貨有限公司

SOGO Hong Kong Co. Ltd.

新鴻基地產發展有限公司

Sun Hung Kai Properties Ltd.

鴻文慈善基金

Thomas and Linda Lau Family Foundation

郭炳湘家族基金

Walter & Wendy Kwok Family Foundation

任白慈善基金

Yam Kim Fai & Pak Suet Sin Charitable Foundation

長期贊助及支持 Ongoing Sponsors

恒基兆業地產有限公司

Henderson Land Development Co. Ltd.

啟勝管理服務有限公司

Kai Shing Management Services Ltd.

九龍巴士(一九三三)有限公司

The Kowloon Motor Bus Co.(1933) Ltd.

利希慎基金

Lee Hysan Foundation

香港鐵路有限公司

MTR Corporation Ltd.

電訊盈科有限公司

PCCW Ltd.

帝苑酒店

The Royal Garden

紹榮鋼鐵有限公司

Shiu Wing Steel Ltd.

數碼通

SmarTone

社聯伙伴基金

Community Partner Foundation

項目贊助及支持 Project Sponsors

毅力機電工程有限公司
Aires Engineering Co Ltd

第一電業有限公司
Alpha Appliances Ltd

凱聯國際酒店有限公司
Associated International Hotels Limited

安樂工程集團
ATAL Engineering Group

快意汽車有限公司
Auto Italia (Hong Kong) Limited

波爾錶(BALL Watch)公司
Ball Watch Asia Limited

香泰貿易有限公司
Bangkok Mercantile (HK) Co. Ltd.

新加坡銀行
Bank of Singapore

聯兆投資有限公司
Best Sheen Investment Limited

Best Shield Limited

Best Success Triumph Holdings Ltd.

商鋪王有限公司
Biz Office Ltd.

法國巴黎銀行
BNP Paribas Bank

Bodymind Yoga & Fitness Center

溫暖人間
Buddhist Compassion Bi-Weekly Magazine

中渝置地控股有限公司
C C Land Holdings Limited

伍集成國際有限公司
C.C. Wu International Co., Ltd

資達有限公司
Capital Prosperous Limited

嘉甦企業有限公司
Castlespring Enterprises Ltd.

Caviar House & Prunier (HK) LTD.

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TWGHs Jockey Club Lei Tung Integrated Services Centre

仁濟醫院吳王依雲長者鄰舍中心
Yan Chai Hospital Ng Wong Yee Man Neighbourhood
Elderly Centre

其他 Others

香港教育大學宗教教育與心靈教育中心
Centre for Religious and Spirituality Education

影話戲
Cinematic Theatre

香港中文大學陳慧慧基金身心認知運動中心
CUHK CWWVF Therapeutic Physical Mental Exercise
Centre

斐劇場
Fei's Performance

香港教育劇場論壇
Hong Kong Drama/ Theatre and Education Forum

松山府邸
Longevity Palace

博愛醫院中醫服務
Pok Oi Hospital Chinese Medicine Community Clinic

宗教教育中心
Religious Education Resource Centre

秀茂坪區少年警訊
Sau Mau Ping Junior Police Call

天比高創作伙伴
Skyhigh Creative Partners

聖雅各福群會
St. James' Settlement

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會員機構 MEMBER AGENCY

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