



撒瑪利亞會於香港提供24小時中文及多種語言防止自殺熱線已有40年之久。機構的宗旨是讓情緒受困擾、孤獨無援或有自殺傾向的人仕提供即時的情緒支援服務。本會亦經常透過講座、工作坊或活動，宣傳聆聽技巧、認識情緒病和其他防止自殺的知識。

The Samaritans provides 24-hour multilingual hotline services to people who are suicidal or are in general distress. We also work hand in hand with the community to raise awareness of emotional health, effective communication and suicide prevention.

**計劃理念 Programme Objective:**

透過不同形式的講座及工作坊提升社會各階層對情緒健康，溝通技巧及預防自殺的知識

To raise awareness of emotional health, effective communication and suicide prevention through seminars and workshops to the community.

**形式 Format:**

按照各機構及團體的情況，需要及期望設計合適的內容

We provide seminars and workshops that meet the needs and expectations of the participants.

**費用 Fee:**

你的捐助能延續我們的心繫社區外展計劃

Donations are The Samaritans' life blood. Any amount of donation is appreciated. It will ensure the continuance of our Community Outreach Programme.

查詢

Enquiry

遞交申請表

Submit seminar/workshop request form

本會提供講座/工作坊大綱

Outline prepared by The Samaritans

確定講座/工作坊細節

Confirm Seminar/Workshop details

講座/工作坊

Seminar/Workshop

**主題 Topics**

關於撒瑪利亞會  
About The Samaritans

情緒認知  
Understanding Emotions

聆聽與溝通  
Listening & Communication

欺凌/網上欺凌  
Bullying / Cyber Bullying

壓力的處理  
Stress management

抑鬱症  
Depression

防止自傷與自殺  
Self-harm & Suicide Prevention

離別之後 — 善別輔導  
Bereavement

**服務對象 Target Clients**

小學  
Primary School

中學  
Secondary School

大學  
University

家長  
Parents

教師  
Teachers

長者  
Elderly

外傭及少數族裔  
Domestic Helpers & Ethnic Groups

其他機構及團體  
Company & Organization

Official Use Only  
 Received Date: \_\_\_\_\_  
 Accept/Reject: \_\_\_\_\_  
 Confirmation: \_\_\_\_\_

# 講座/工作坊申請表 Seminar & Workshop Request Form

填妥後請電郵至kate@samaritans.org.hk或傳真至29750393。如有任何查詢可致電 25150423 或電郵至kate@samaritans.org.hk  
 Please submit this form to kate@samaritans.org.hk or fax to 29750393. For any enquiry, please call 25150423 or email kate@samaritans.org.hk

機構名稱 Name of Organization	
地點 Venue	
講座/工作坊節數 No. of Sessions	
語言(廣東話或英語) Language (Chi/Eng)	
建議日期 Proposed Date	
建議時間 Proposed Time	
參與人數 Estimated no. of participants	
聯絡人 Contact Person	
機構蓋章 Organization Chop	

講座/工作坊的目的與期望 Seminar/Workshop Objectives & Expectations:

Please put a ✓ in the chart below to indicate the topics you wish to cover and the target group:  
 請以✓號表示你希望講座及工作坊能涵蓋的主題及服務對象:

主題 Topics	✓	服務對象 Target Clients	✓
關於撒瑪利亞會 About The Samaritans		小學 Primary School	
情緒認知 Understanding Emotions		中學 Secondary School	
聆聽與溝通 Listening & Communication		大學 University	
欺凌/網上欺凌 Bullying / Cyber Bullying		家長 Parents	
壓力的處理 Stress management		教師 Teachers	
抑鬱症 Depression		長者 Elderly	
防止自傷與自殺 Self-harm & Suicide Prevention		外傭及少數族裔 Domestic Helpers & Ethnic Groups	
離別之後 — 善別輔導 Bereavement		其他機構及團體 Company & Organization	