



Suicide Prevention: Understanding and not Blaming

1 April 2019

The Samaritans Hong Kong, as an organization providing 24 Hour Multi-Lingual Suicide Prevention Service to those who are in distress and depression, welcome the recent concerns from social leaders on the issue aroused by consecutive sad cases of suicide happened in our community. Suicide Prevention justly requires much more awareness from the society and persons in distress deserve more support and resources to assist recoveries from their difficult situations.

However, from our years' experience of listening to persons struggling to find hopes to live as well as existing research by numerous scholars, **we would like to reiterate that suicide does not reflect a person not being strong enough, but the person having suffered long enough without getting appropriate support.** The World Health Organization advocates a multi-sectorial approach in Suicide Prevention where concerted efforts and appropriate understandings of the issue, from all members of the society especially policy-makers, leading to improvement of mental health care and support for the vulnerable are essential.

Suicides truly take a heavy toll on the society and it's high time for all of us to recognize our important roles in Suicide Prevention instead of blaming the victims who deserve appropriate support and services.

The Samaritans Hong Kong 24/7 Hotline: 2896 0000