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香港賽馬會慈善信託基金

The Samaritans

Jockey Club Embrace Life Series 2.0 Navigating a Positive Life Project

30/5/2024

To Principal/ Guidance Director/ School Social Worker:

A startling revelation was made by the Hong Kong Jockey Club Suicide Prevention Research Center of the University of Hong Kong in their recently released report. It states that the number of student suicides within the first two months of the school year has doubled in 2023. It now stands at 22.

To combat such incidences from occurring again, we, The Samaritans, offer free comprehensive crisis intervention and suicide prevention services to schools on Hong Kong island through our *Jockey Club Embrace Life Series 2.0 Navigating a Positive Life Project*. We serve all stakeholders: students, teachers and parents.

As part of this project we will provide crisis case consultation services, on-campus case counselling services and student mental health education. We will organize seminars to help your teachers and parents develop skills necessary to identify student mental health issues and competency in providing emotional support.

Our team of experts includes psychiatrists, clinical psychologists, occupational therapists, physiotherapists, social workers and counsellors. We had been serving people of Hong Kong for past 50 years and we look forward to helping your school.

Kindly return the registration reply slip via fax (2898 4463) or email (coun5@samaritans.org.hk) or call Mr. Mak on 2515 1183. Thank you!

Yours Sincerely,
Matthew Yip

Chief Operating Officer
The Samaritans



Service Details

Crisis intervention service

1. Crisis Intervention Workshop for Teachers

This workshop will focus on enhancing teachers' understanding of crisis identification and intervention.

2. Crisis Consultation

This is an eight-hour consultation conducted in two sessions of four hours each. The multi-disciplinary mental health professional team will provide professional advice specifically catered to your school's needs. In schools where students with high risk of suicide, self-harm or low level of mental wellness are identified, we will provide individual and group counselling services. These counselling sessions will be arranged either at your school or in our office.

*(The Samaritans multi-disciplinary mental health professional team comprises a psychiatrist, clinical psychologist, counsellor, occupational therapist, physiotherapist, social worker, and project leader.)

3. Case Counselling

For each crisis:

a) 8 sessions of individual counselling would be offered to the students/teachers (10 individuals per crisis), and two additional consultations would be provided to the students' parents if necessary (5 groups of parents per crisis).

b) Students would be offered 4 sessions of group counselling (2 groups per crisis).

c) 4 sessions of counselling sessions would be offered to the parents involved with the crisis, and subsequent follow-up individual counselling sessions would be provided when necessary.

4. Psychoeducation Talk for Students

A mental health workshop/debriefing session will be held. These talks will focus on the importance of self-care, self-compassion and peer support.

5. Psychoeducation Talk for Parents

To help parents in giving emotional support to their children, we will organize two seminars of 1.5 hours duration each on the topics of suicide, self-harm, emotions, stress and mental disorders.

Navigating a Positive Life Project



OBJECTIVES

To provide suicide prevention support for youth and to engage all stakeholders in the school to join hands in achieving youth suicide prevention and betterment of mental well-being in the Hong Kong community.

CONTENT

Crisis Intervention Service

1. Crisis Intervention Workshop for Teachers

The Samaritans will provide a workshop for teachers, enhancing their crisis identification and intervention ability.

2. Crisis Consultation

The Samaritans multi-disciplinary team* will provide consultation services and professional advice on crisis situations in schools.

*(The team includes psychiatrist, clinical psychologist, occupational therapists, physiotherapist, social worker and counsellor)

3. Case Counselling

The Samaritans will provide on-site individual and group counselling services for students, teachers, and parents involved in the crisis.

4. Psychoeducation Talk for Students

Our counsellors will provide mental health talks or debriefing workshops to general students to enhance their understanding of mental well-being and promote self-care, self-compassion and peer .

5. Psychoeducation Talk for Parents

Our counsellors will provide a seminar to train parents to increase mental health awareness and crisis identification.

APPLICATION

Fill-in the application form and fax it to 2898 4463 or email to coun5@samaritans.org.hk .

Should you have any enquiries, please contact Mr.Mak by 2515 1183 or 5324 7413

JOCKY CLUB EMBRACE LIFE SERIES 2.0

NAVIGATING A POSITIVE LIFE PROJECT

Reply Slip

School Name: _____

Address: _____

Name of Contact Person: _____ Position: _____

Phone: _____ Fax: _____

Email: _____

Submission Date: _____

Expected Date of Start: _____

In the months of July and August, before the new school year starts, we will organize a special crisis intervention workshop for schools. Please nominate three of your staff members to participate. Time and Venue will be announced in the future.

School Stamp:

Please submit this reply slip by fax (2898 4463) or email to coun5@samaritans.org.hk .

