



YOU ARE NOT ALONE
你並不孤單

ANNUAL REPORT 2012-13
2012-13 年度年報

撒瑪利亞會

The Samaritans 24 Hour Multi-Lingual
Suicide Prevention Services

24小時中文及多種語言防止自殺服務

**BEING A MEMBER OF
THE BEFRIENDERS WORLDWIDE,
THE SAMARITANS HONG KONG ADOPTS
THEIR MISSION, VISION AND VALUES.**

**作為全球益友會的屬會，
撒瑪利亞會有一致的使命、
願景和價值觀。**

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OUR MISSION IS TO

- to be a principal resource in emotional support delivered primarily by volunteers, and
- to share research which can lead to innovative service practices.

撒瑪利亞會的使命

- 義務為情緒遭受困擾或感到絕望人士提供情緒支援；以及
- 分享研究資訊，提供創新有效的服務。

OUR VISION IS FOR

A society where suicide is understood both locally and globally, leading to fewer deaths by suicide.

撒瑪利亞會的願景

- 社會能以本土和全球的視野了解自殺問題，自殺個案從而減少。

OUR VALUE IS ON

- giving a person the opportunity to explore feelings which can cause distress;
- the importance of being listened to, in confidence, anonymously, without prejudice;
- that a person has the fundamental decision about their own life.

撒瑪利亞會的價值觀

- 應把握機會了解他人的困擾；
- 有人願意真誠聆聽，不帶成見，並加以保密，確能舒緩絕望感和尋短見的意欲；
- 每個人都有對自己的生命有最基本的決定權。

KEY COMMON PRINCIPLES OF MEMBER CENTRES

- Centres provide emotional support to people who are suicidal, or in general distress
- Confidentiality is respected
- Centres are non-political and non-sectarian, and volunteers do not seek to impose their own convictions on anyone
- Where appropriate, callers may be invited to consider seeking professional help in addition to the emotional support offered by the Centre
- Centres are mainly resourced by volunteers
- Volunteers are selected, trained, mentored and supported by other experienced volunteers and any necessary relevant professional experts
- Centres are mutually supportive and committed to sharing information with other member Centres, and participating in processes and activities of the network

全球益友會屬會堅守的原則

- 屬會的基本目的是為情緒受困擾或有自殺傾向的人提供情緒支援；
- 尊重私隱和保密原則；
- 屬會沒有政治或宗教派別取向。義工不得將自己的信念灌輸給他人；
- 除提供情緒支援外，屬會可在適當的情況下提議來電者同時考慮尋求其他專業協助；
- 屬會的主要資源是義工；
- 義工必須經由屬會嚴格甄選和培訓，並由有經驗的義工或相關的專業人士帶領及支援；
- 屬會間承諾互相支持，分享資訊，並積極參與網絡的活動。

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Elsie Tu and her husband, Andrew Tu, founded the Samaritans in Hong Kong almost 40 years ago in Wan Chai upon the invitation by Chad Varah, the founder of the Samaritans in the UK. They were the first two Samaritans in Hong Kong. That their mission, vision and values remain so strong is testament to their foresight, their understanding of the needs of the local community and their strength of purpose.

杜葉錫恩女士和她的丈夫杜學魁先生獲英國撒瑪利亞會創始人Chad Varah牧師邀請，約在40年前於港島的灣仔區成立了撒瑪利亞會，並成為香港的創會會員。他們的使命、願景、價值觀和先見之明，印證了他們對香港社區及社會議題的認知和無私付出。

It was a very great privilege for us to be part of Elsie's Centenary Celebration at Kowloon International Trade and Exhibition Centre on 31st May, 2013.

我們有幸獲邀於2013年5月時出席她的百歲壽宴。



Carmen Ng
Chairman of Management Committee

In 2012-2013 the Samaritans witnessed some important changes. Following the directorship of Mrs. Liz Chamberlain, Ms. Deborah Crouch took up the role of Director in February 2013. We are thankful to both of them and all the Deputy Directors for their dedication and commitment. You will see in this report all the hard work they have done.

I would also like to take this opportunity to thank the Management Committee, which has been taking care of the financial, staffing and publicity matters of the Samaritans. It has been my honour to serve on the Committee for three years and to learn from all the team members. Special thanks go to Mr. Paul Day, Mrs. Tracy Dedman, and Mr. Alex Chan who joined the team last year, bringing their expertise to strengthen it. We are also grateful for the dedication of Mr. Peter Li who stepped down from the Treasurer role after 2012-2013 and welcome Ms. Aubrey Ho to take on the role. I am very happy that we have support and guidance from the senior members and that new members are bringing fresh momentum to the organisation.

Following years of discussion, The Samaritans will have a change of management structure with the setting up of the Board of Directors and Executive Committee. We envisage the change will improve governance and achieve greater organisational efficiency for the Samaritans. This however will require effort and time from the new management team.

The theme for the World Suicide Prevention Day in 2013 was about overcoming the stigma associated with suicide which becomes the barrier to its prevention. Indeed suicide has never been an easy topic. The Samaritans respond to it by continuing to provide confidential and non-judgmental emotional support to anyone in great distress or who is suicidal. This is not possible without the tireless effort and care of all our anonymous volunteers as well as supporters.

Fundraising is not easy for a volunteer-led organisation. We are grateful for all the support and donations we have received to achieve our mission. Our financial situation has improved a little but there is still a long way to go before we can get adequate funding to achieve what we aim to. I look forward to the leadership of the new management and to striving forward.

This report sets out how important your donations are to our work and we look forward to your comments and feedback. When you read this report, we hope you will continue your care for people in despair and distress.

伍嘉敏
管理委員會主席

撒瑪利亞會在2012-2013年間經歷一些重要的改變。首先，我們歡迎Deborah Crouch女士成為新任總監，與此同時也感謝Liz Chamberlain女士多年來所作的貢獻。在這份報告，您會看到兩人和其帶領的理事會的辛勤工作。

我亦希望藉此感謝管理委員會過去為撒瑪利亞會在財政、人事和宣傳籌募方面的工作。能參與其中並從各委員身上獲益良多，是我的榮幸。特別感謝Paul Day先生、Tracy Dedman女士和陳維良先生去年加入，他們的專業知識增強了團隊的效能。李潤青先生作為司庫期間的努力有目共睹，他在2012-2013年度後會退任，而何碧儀女士會接任，確保我們的財務運作正常以及經費用得其所。資深會員無間斷的支持和指引，以及新加入成員帶來的衝勁，都是彌足珍貴。

經過多年商討，我們的整體管理架構也將作出重要的變革，一個全新的董事會和執行委員會將會成立並取代現時的理事會和管理委員會，我們期望新的架構能有助提升我們在管治和組織效能的能力和效率，當然改變的成效都需要新領導層假以時日努力才能成功。

2013年世界預防自殺日提醒我們把自殺污名化是預防自殺的一大障礙，必須把它克服才可有效並全面地防止自殺。自殺確實不是一個容易應對的社會議題。為此撒瑪利亞會對感到絕望甚至想自殺的人提供保密和非批判的情緒支援，這都需要我們的無名義工日以繼夜的努力。

籌募工作對於一個主要由義工組成的機構來說並不容易，我們對所有捐助都心存感激，讓我們可繼續我們的使命。今年我們的財政狀況稍有改善，但要充足應付所有運作所需仍有一段距離。我期待在新管理層的領導下，撒瑪利亞會繼續奮發向前。

這份年報讓您認識我們的工作，以及您的捐助對我們有多重要，我們期待您的意見。當閱讀此報告時，希望您會繼續關顧身邊感到絕望困苦的人。

Deborah Crouch, Liz Chamberlain
Director

Last year nearly 30,000 people phoned the hotline, 30,000 people who needed to talk, and needed to talk at that moment. Operating 24 hours a day, every day of the year, including Chinese New Year and Christmas, the Samaritans hotline is there for everyone. It remains our core service, made possible by the commitment and dedication of our volunteers.

Samaritans relies on approximately 110 volunteers to run the hotline, the Chinese and English e-mail services, the Young Samaritans Peer Support Programme, the People Bereaved by Suicide meetings and the Outreach activities. Supporting all volunteers are the Leaders, the Deputy Directors and the Management Committee whose help and guidance are inestimable. All are volunteers. That they give so many hours of their lives is a mark of their dedication, and accords my utmost respect and gratitude.

On 1 February, I took over as Director. Mrs. Liz Chamberlain, who had been Director for almost five years, had wanted to spend more time with her husband, friends and cats, and on personal pursuits and so stepped down. She has been the public voice of Samaritans for many years. Her devotion is unquestionable, her time exhaustive, and her sensitivity incomparable. Over the last months I have been so very grateful for her help and guidance, and for that of all the volunteers who have supported me throughout.

Whilst Samaritans is best known for its telephone hotline service, for some people in some circumstances communicating by e-mail is preferable. Running two e-mail services, one Chinese and one English, we guarantee a reply to all new contacts within 24 hours. For others, the People Bereaved by Suicide group, which meet once a month is invaluable. Mr Alastair Sharp's time and commitment in these areas are enormous.

Outreach continues to be a large part of our work. During the last year talks have focused on the specific needs of individual groups: Health, Taking Care of Oneself, Suicide, Adjusting to Life in Hong Kong, Stress Management, Self-Harm, Active Listening, the Elderly and Depression. We would like to thank Kowloon Technical School, Lingnan Institute of Further Education, Resource Counselling Services, Philippine Consulate General, HKUST, ARUP, the Cathedral Clares, Caritas, the Institute of Vocational Education at Shatin, and Yang Memorial Methodist Social Service for inviting us to talk to their employees, members or students.

2012-2013 saw the fourth and fifth YSPSP programmes recruit a total of 55 students from 22 secondary schools all over Hong Kong. At the end of June, we were delighted to welcome students from previous programmes and representatives from Lee Hysan Foundation, our sponsor, to the



Graduation Ceremony marking the close of the fifth programme. That past students attended and the Foundation sent representatives was a mark of their support and encouragement.

It is no small feat that over the last three years, six programmes involving a total of 188 students have been organised and run by volunteers from Samaritans in their own time, at weekends. In their immediate environment at school, YSPSP graduates will have reached out to more than ten thousand of their peers to talk about listening and giving emotional support. Feedback from the students, their peers, their parents and their teachers recognises the value the programme has added to their lives. I would like to thank all those who have been involved in this programme and made it such a success and, in particular, Ms. Serena Wong, Project Manager, and Ms. May Ly who have worked tirelessly. I would also like to thank the United Services Recreation Club for the use of their premises for the graduation ceremonies.

Three training programmes, each lasting 25 hours over five weeks, for Potential Volunteers have been completed this year. The latest programme saw some re-structuring to reflect the needs of our callers and to give PVs the opportunity to extend their experience in a way which might better serve them in their preparation for working on the hotline. Following a number of years as Deputy

Director for Training, Mr. Jasper Lee is now taking an advisory role in this area. I would like to take this opportunity to thank him for his commitment and dedication to Samaritans, and for his expertise and guidance. Mr. Paul Day has taken on the role of Training Manager, a position for which his time and professionalism are much appreciated.

After many years, Dr. W N Tang stepped down from his position as Psychological Consultant to Samaritans. I would like to thank him for his visits and talks which were always informative and closely focused on helping us understand our callers better. We give him our very best wishes. We are delighted that Dr. Paul Wong has agreed to take up the position of Honorary Psychological Consultant for the Samaritans.

In late August, we were especially pleased to welcome a delegation from Samaritans of Singapore. It was interesting to learn how their organisation has developed in the last decade, and look forward to more contact with them in the future.

During the past year, the quiet generosity of the people of Hong Kong has been remarkable: the St. Michaelmas Fair at St John's Cathedral raised HKD82,000; the Kassia Choir raised HKD8,000 one Saturday afternoon; Kowloon Rugby Football Club HKD6,150 one evening; a luncheon club, The Table, raised HK4,280. The charity Feeding Hong Kong Limited linked us up with Pret A Manger earlier this year, and so once a week the sandwiches and salads which have not been sold in the Lee Gardens Two branch are donated to our volunteers. Pacino Apparel Ltd of Kowloon kindly made the alterations to the linen donated by Shangri-La Group of Hotels to fit the beds at the Centre so overnight volunteers can rest for a while. Donations of office furniture and computer equipment were made by the Legislative Council Secretariat and Man Investment Ltd. A small group of scouts is painting some of the walls of the rooms at the Centre. In early August Dr. Yvette Poon, a psychiatrist practising in the mental health sector in Hong Kong, presented us with copies of the book she had written in collaboration with Dr. CL Chang, on psychosomatic disorder and suicide prevention. Other texts have been given to us by donors who wish to remain anonymous. Continuous Technologies donated seven new phone bases, headsets and adapters for our hotline. Grayling Hong Kong spent the whole of one Saturday helping us to understand the world of strategic positioning in the media. All of this is much appreciated.

Re-writing the constitution has been a long process. Mr. Henry Wheare, our pro bono lawyer at Hogan Lovells, and Mr. Spencer Wong deserve special recognition for the very many hours this has taken. Their attention to detail, to Hong Kong Law, and to the best interests of the Samaritans has always been foremost. The Samaritans also appreciates the efficiency and dedication of JFU CPA Consultants (Hong Kong) Limited which provides auditing services.

The Management Committee plays a vital role in Samaritans, and I would like to like to thank them for bringing their skills and expertise to the organisation. In particular, Ms. Carmen Ng

and Mrs. Liz Chamberlain have given enormously of their time and wisdom to to coordinate and consult with different people, as well as discuss the details with our pro bono lawyer during on the re-structuring process.

Whilst we are a volunteer organisation, we recognise that there are areas of expertise and some operational matters for which we need full time employees. In March we welcomed Mr. Edward Wong, who joined us from a strong NGO background, as Fundraising and Communications Manager. Ed immediately set about raising the profile of Samaritans in Hong Kong, liaising with charitable foundations and working with the relevant government sectors. Sadly, after fourteen months' excellent service, Ms. Pearl Law's family commitments meant she could no longer work for us. She was an excellent cleaner and ensured the Centre sparkled. We wish her well. The Administrative staff, Ms. Hedriun Fung and Ms. Suela Tang, are unquestionably invaluable to Samaritans. Mr. Thomas Wong, our part-time accountant, has been providing professional accounting service to us. It is their knowledge of the organisation, their support and loyalty, and their patience and warmth for which I thank them.

It is with utmost admiration that we express gratitude to all Samaritan volunteers, individuals from every walk of life, who give quietly and thoughtfully to listen on the phone, to read and answer the e-mails, to make the Outreach, Youth and PBS services happen, and to ensure there are volunteers there for the future.

Deborah Crouch, Liz Chamberlain

總監

去 年近30,000人次致電我們的電話熱線，30,000名市民就在那一剎那間需要找人傾訴，需要有人耐心傾聽他們的故事。包括農曆新年和聖誕節等節日期間，透過我們義工的承諾和奉獻，撒瑪利亞會電話熱線得以每天24小時不停運作，接聽來電者的求助電話。

撒瑪利亞會全賴約110名熱心義工去接聽求助電話，回覆中、英文的求助電郵訊息，籌劃並開展「友伴同行」生命互勉訓練計劃，主持及推廣為自殺者遺屬及親友而設的分享會和其他外展工作。我對每位署理總監，管理委員會成員及一眾資深的義工領袖，致以無限感激，在他們的幫助和指導下，我們才得以茁壯成長。他們不辭勞苦地捨棄工餘、課餘甚至是私人時間為我們的求助者提供幫助，是多麼的值得表揚和讚許。

我於2月1日自Mrs. Liz Chamberlain手上接任總監一職。Liz多年來是撒瑪利亞會對外喉舌，為撒瑪利亞會發言，她的投入感、使命感及她的貢獻是毋庸置疑的。在初上任這數月中，我有幸一直得到她的協助和指導，並獲得其他義工們的支持，我在此再向他們每一位表達我由衷謝意。

撒瑪利亞會的熱線服務或許是最為人熟悉，但對於一些人來說或在某些特殊情況下，求助者會選擇透過我們的中英文雙語電郵服務求助。對首次以電郵聯絡我們的求助人士，我們保證在24小時內回覆。我們非常感謝日以繼夜地為支持防止自殺工作而努力的義工團隊成員。而Mr. Alastair Sharp領導為自殺者遺屬及親友而設的互助小組所付出的時間及心血亦是有目共睹。

外展仍然是我們的工作的很大一部分。在過去的一年間我們講座較集中於個別的幾個主題包括：健康、自我照料、自殺、新來港人士如何調節及適應香港生活、壓力處理、自殘、積極傾聽技巧、老人和抑鬱症。我們亦藉此感謝九龍工業學校、嶺南大學持續進修學院、資源輔導服務、菲律賓總領事館、香港科技大學、奧雅納香港公司、聖約翰座堂關愛服務組、香港明愛，香港專業教育學院(沙田)及循道衛理楊震社會服務邀請我們與他們的員工、會員或學生分享上述的資訊從而幫助減低自殺個案。

不經不覺，「友伴同行」生命互勉訓練計劃在2012-2013年度中完成了第四和第五屆課程，為55名港九各處22所中學的學生提供了生命教育活動。六月底我們為第五屆畢業同學舉辦了本計劃的畢業禮，並很榮幸地邀請到本計劃的贊助人利希慎基金的代表出席，標誌著他們對撒瑪利亞會及本計劃的支持和鼓勵。

這是一個不小的壯舉，在過去三年間，六次課程，188名學生已透過由我們的義工籌劃和帶領的活動完成了本課程，並在他們的校園中，將「友伴同行」生命互勉訓練計劃中所學有關聆聽技巧與超過一萬名的師友們分享及提供情緒支援。

有參與計劃的同學們學生、他們的朋輩、家長、校長，老師和其他人，均毫無保留地指出及認同本計劃為同學們的生命加添色彩和意義。我想借此感謝所有一直不遺餘力地參與籌劃並推

動本計劃的義工朋友們，特別是本計劃的項目經理黃思詩女士，和計劃的領導人賴美芳女士的努力不懈。我還想感謝三軍會為我們提供場地作畢業典禮。

今年內我們已完成了三次為新加入的義工而設為期五週的培訓課程。務求為求助者提供更有效的情緒支援，我們在最新的課程中作了相應的調整，並給予準義工們擴展自己經驗的機會，以便更全面的裝備他們去開展聆聽熱線工作。擔任培訓總監一職多時的Mr. Jasper Lee雖則卸下前線的訓練工作，但將仍繼續為本會的培訓計劃提供諮詢及顧問意見。我想藉此機會感謝他為本會的承諾和指導。而培訓經理一職現由Mr. Paul Day接任。我衷心地感謝所有的義工們放棄他們的空閒時間在服務撒瑪利亞會及一眾尋求協助人士。

經多年盡心為撒瑪利亞會提供專業的心理學上的顧問服務，鄧偉能醫生辭任我們的顧問一職。我想感謝他多年來的的探訪及為我們提供相關的講座，好使我們能更好地了解我們的來電者心理狀態。除了向鄧醫生致謝，我們很高興黃蔚澄博士已同意成為撒瑪利亞會的名譽心理學顧問。

新加坡撒瑪利亞會代表團在8月下旬到訪本會交流，從而了解及分享他們過去十年中的發展經驗，在可見的將來我倆機構理應有更緊密的聯繫。

過去一年間，撒瑪利亞會有幸獲得社會上不少熱心及慷慨人士及機構捐助。聖約翰座堂為我們籌募了82,000元，Kassia合唱團在一個週六下午便替我們籌集了8,000港元，九龍橄欖球總會於



單一個晚上就為撒瑪利亞會籌得3,400元，The Table則捐獻了4,280港元。樂餉社替我們聯繫上 Pret a Manger 為我們的義工們提供免費三文治及沙律。柏仙奴服裝有限公司義助我們把由香格里拉酒店集團捐贈的布料修改成合適的床單被鋪，以便要通宵接聽電話的義工可以休息一會兒。立法會秘書處及英仕曼投資（香港）有限公司則分別捐贈了的辦公室家具和電腦設備。一小隊的童軍義務為我們中心的部分房間牆壁從新油漆。此外，執業精神科醫生潘雲凌醫生在八月時贈與本會她與鄭志樂醫生合著有關心身障礙和自殺預防的著作。而其他捐贈者亦先後送與我們不同的相關文本。鯤領公關安排了整整一個星期六幫助我們解構我們的市場定位及制定策略性的訊息。對上列的所有及其他支持者，我們致以衷心的謝意。

撒瑪利亞會的義務法律顧問霍金路偉律師行的韋恆理律師及黃彥詮律師值得特別表揚，我們深明要從新草擬本會的憲章是個漫長且殊不簡單的過程。兩位律師為此投入的時間，對本港法例的專業知識及對撒瑪利亞會整體利益的維護加上他們對細節的考究，是我們非常珍惜的。我們也同樣地感謝另一重要合作伙伴傅子剛會計師事務所為我們提供所需的義務審計服務。

現在的管理委員會對撒瑪利亞會的發展有著不可或缺的重要角色，我希望可藉此向他們表達我的謝意。尤其甚者，Ms. Carmen Ng和Mrs. Liz Chamberlain在統籌整個架構重組過程中花了不少時間諮詢不同義工以及與義務律師商討和草擬細節。即使撒瑪利亞會是一所以義工為骨幹的非牟利團體，我們亦深明需要尋求全職專才的重要。黃展康先生在三月時加入撒瑪利亞會成為我們的籌募及傳訊經理，黃先生擁有豐富的非牟利團體管理經驗，入職後他立即著手提升撒瑪利亞會在港的知名度，並致力強化與不同的慈善基金會合作，及與相關政府部門的聯繫。

經過14個月的共事，羅明珠女士決定辭去在撒瑪利亞會的工作，羅女士實在是個稱職的好員工，在她悉心照料下，中心總是被打理得井然有序，一塵不染。藉此我想感謝她的服務，並祝愿她一切安好。馮淑儀女士和鄧玉琼女士的行政工作，對本會的貢獻更是無庸置疑的。黃志威先生一直為本會提供專業的會計服務。憑藉他們的熱誠、對本會運作的深切了解以及他們的耐心，本會得以運作暢順。

對於來自社會不同背景的撒瑪利亞會義工我都深感欽佩，他們透過電話和電郵，默默而關懷地為有需要的求助者提供情緒支援，也令外展服務，青少年培訓以及支援自殺者遺屬的工作得以成功，更確保這些不斷有新的義工培訓使這些義務工作得以延續。



OVERVIEW 總覽

Samaritans listened to 28,906 callers between April 2012 and March 2013, which averages 2,408 a month, 79 a day. In addition, 798 befriending e-mails were received and answered. For the first time since its launch, there were marginally more e-mails written in Chinese than English.

Samaritan volunteers have contributed a total of 11,758 hours to the hotline service. Three training courses for new volunteers have been completed. 36 new volunteers are now working on the hotline.

撒瑪利亞會在2012年4月至2013年3月期間接獲28,906次求助電話，平均約每月2,408次或每天大概79次之多。此外，同一期間有798個求助電子郵件發送至撒瑪利亞會。自推出以來，這是第一次，我們收到較多以中文書寫的求助電子郵件。

同一年間，單就接聽求助熱線撒瑪利亞會的義工就無私的貢獻了11,758小時的服務時間。同年，透過3次的培訓課程，36名新加入的義工完成了培訓陸續開始接聽求助來電。

Hotline Services

熱線服務

TOTAL CALLS

全年來電總數

28,906

MONTHLY AVERAGE

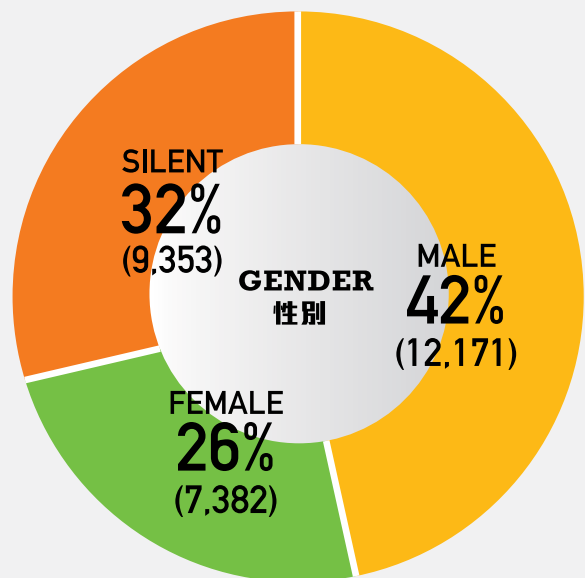
每月平均來電次數

2,408

DAILY AVERAGE

每日平均來電次數

79



The total number of calls, along with the gender split is similar to that of recent years.
單年的求助來電數目，性別分佈皆與近年的數字相約。

Language of calls

來電語言

ENGLISH 英語

3,896

CHINESE 中文

15,642

OTHERS 其他

47

Befriending Email Service

求助電郵服務

54%

EMAILS IN CHINESE

中文電郵

 428

46%

EMAILS IN ENGLISH

英文電郵

 370

Face to Face Interviews and Telephone Befriending

面談和預約電話傾談

From time to time, a face to face meeting may be offered to a caller or someone who e-mails. Similarly telephone befriending may be offered.

視乎情況我們或會與求助者安排面談，或安排電話跟進。

Support Group for People Bereaved by Suicide (PBS)

為自殺者遺屬及親友而設的互助小組

We run a support group that meets on the first Wednesday of each month in Tsim Sha Tsui. Those attending can share their experiences and feelings with others who are in a similar situation, giving and receiving support from each other. We are grateful to the Mariners' Club for continuing to provide a venue for this meeting free of charge. This year the group met 10 times, with a total of 33 people attending.

In addition, The Samaritans sponsored Hong Kong's first 'International Survivors of Suicide Day' conference on November 17th, 2012. This event is organized internationally under the auspices of the American Foundation for Suicide Prevention. The day is marked in more than 20 countries around the world and continues to grow as an occasion where people who have lost a family member, friend or colleague come together to support each other in times of emotional turmoil and grief.

The conference in 2012 welcomed Dr. Paul Wong Wai Ching, a clinical psychologist from The University of Hong Kong as a speaker. Dr. Wong is now a psychological consultant for the Samaritans.

撒瑪利亞會在每月第一個星期三於尖沙咀安排一個為自殺者遺屬及親友而設的分享會。出席者在保密的情況下分享他們的經歷和感受，在與他人有類似的情況下，彼此給予支持和鼓勵。我們非常感謝海員俱樂部持續為本活動免費提供場地。本年度內，我們舉行了10次分享會，共有33人次參與。除了這個定期的分享會，撒瑪利亞會於2012年11月17日協辦了由美國防止自殺基金會主辦及贊助，香港首個「國際自殺倖存者年會」會議。

在「自殺者親友國際互助日」當日全球20多個國家一同鼓勵失去了家人、朋友或同事的人士走到一起，相互提供悲痛中的情緒支持。參與「自殺者親友國際互助日」的國家和地區亦按年增加。是次香港的會議，我們邀得香港大學臨床心理學家暨撒瑪利亞會的心理學顧問黃蔚澄博士出席作主講嘉賓。

NO. OF MEETINGS 分享會次數 / 10
NO. OF ATTENDANCE 參與人次 / 33

Young Samaritans Peer Support Programme (YSPSP)

「友伴同行」生命互勉訓練計劃

YSPSP is the outreach programme targeting senior secondary school students. With two programmes this year, 55 students from 22 schools have taken part. Since students share their learning and experience with their peers at school, an estimated 10,000 students have benefited as an indirect result.

以本地高中學生為服務對象的「友伴同行」生命互勉訓練計劃，在本年間推出了兩次培訓計劃，55名學生來自22所學校參加並成功完成計劃。由於這些校友需與他們的師友分享他們的在本計劃中的所學，因此為數約10,000多名學生也間接受益於本計劃的課程。

NO. OF STUDENTS (YOUNG SAMARITANS) TRAINED
參與計劃的受訓同學人數 / 55

NO. OF SCHOOL ACTIVITIES ORGANISED BY YOUNG SAMARITANS
受訓同學所自行安排的活動總數 / 22

NO. OF STUDENTS REACHED BY YOUNG SAMARITANS
透過受訓同學所接觸的同學人數 / 1,0160



Outreach 外展服務

The Samaritans has also worked with corporations, schools and community centres to provide seminars, workshops and training programmes on depression and stress, and to encourage the development of the listening skills necessary for emotional support.

除了培訓我們的義工外，撒瑪利亞會亦與不同的機構，學校和社區中心合作提供與抑鬱症和壓力相關的研討會、工作坊和培訓計劃，以幫助參加者學習聆聽技巧並能夠更有效地提供情緒支援。

NO. OF OUTREACH ACTIVITIES
外展活動數目 / 9

NUMBER OF PEOPLE REACHED
外展活動所接觸的人數 / 860





Suicide is one of the leading causes of death in Hong Kong amongst the youth. Young people tend to reveal their problems to their peers rather than adults or professionals. Peer support is the foundation of youth work. The Young Samaritans Peer Support Programme (YSPSP) aims to train students aged between 16-19 to provide support to peers in distress. The programme consists of a wild camp and a series of workshops about listening skills, depression, deliberate self-harm and suicide issues. Students will spread the word in their own schools by organizing school-based awareness programmes. Below are the thoughts of some of the participants.

CECI /

Because of my religious and family background, I thought emotional problems were related to ghost spirits. After the training at YSPSP, I understand what emotional disorders are about, and I have learnt to accept classmates in distress and am more able to recognize changes in friends' emotion. The role-plays in the workshops to imitate scenarios when facing a person with self-harm behaviour helped me face it calmly. I find this training very important in real life. After training, I came across a classmate with depressive symptoms. So I talked to her to show my care. It turned out to be very positive and I have made a huge difference from the past when I didn't know how to care.

KATHERINE /

I joined YSPSP because I wanted to learn listening skills and how to help people. However, it turned out that I kept wearing a mask during training and was unable to talk to others heart to heart. Influenced by the other Young Samaritans' honest sharing, at last I could give up my mask to face myself and change. Indeed genuinely expressing your emotions, whether the strong or the weak side, is a huge relief. In addition, after learning listening skills, I am more able to care about others. For example, when some talkative friends suddenly become very silent on Whatsapp, I will try to ask them what has happened. Asking more, caring appropriately - after breaking the ice, we can understand each other more.

KK /

Perhaps because I am more talkative, many friends often come to me when they face anything unhappy. But I used to wonder if there was any problem with my skills. I found that I could not help my friends. The more we talked, the more distressed they became. That's why I joined the programme. I wanted to "add value" to myself.

I didn't know there could be skills for chatting. I have learnt to be patient and talk with friends using my skills. I find that friends are more willing to share the problems. When you can understand the problems, it is easier to give your support.

Also, after the workshop, I notice my misconception with my friends who are self-harming: I always thought they are "stupid" and wanted to keep a distance from them. After training, I understand that we should try to understand them with empathy and talk with them to understand their hidden stories and feelings.



SIU HUNG /

I have many friends who feel very low. Some told me their sorrow and told me they have thought of suicide. I used to feel very sad and helpless. After joining the programme, I am not scared anymore. I understand that friends with negative thoughts may have certain problems that they cannot resolve. Rather than sharing my own thoughts and opinions all the time, I should try to understand and leave space for them to speak.

NGAN CHING /

As a member of my school's Big Brother and Big Sister Scheme, very often I hear the troubles of the Form 1 students. Actually junior form students trust you easily and are willing to share their problems with you.

Some have told me their experience in wrist cutting but they are not willing to share that with teachers, parents or social workers. In the past, I could only preach to them to care about themselves. Now I am more able to listen and ask, exploring the reason patiently and encouraging them to talk and seek help.

In the programme, I also realize that I often suppress my own emotions, as I have been trained since I was very young that I should only show my strong side. Now I understand that everyone has their own weakness. The side effects will come out if you keep suppressing your weak side or negative emotions. I also have learned to ask for help, telling friends of my difficulties and feeling the joy of being helped and sharing the burden.



自殺是香港青少年死亡的主要原因之一。青少年感到困擾時傾向與朋輩傾訴而不願意找成人或專業人士求助，因此增強友伴間互相支援是青少年工作的重點。友伴同行計劃旨在訓練青少年成為在朋輩間發揮互助互勉的生命大使，通過戶外訓練營和一系列工作坊，讓他們能辨識抑鬱症、自毀和自殺傾向的徵兆，學習聆聽技巧，主動關心身邊的朋友。大使於學校舉辦活動及分享，把珍惜生命、互相支持的訊息散播給身邊的朋友。以下是一些完成這個活動的同學的感想。

CECI /

其實，初時因宗教及家庭背景，覺得情緒病是與靈界有關。但接受「友伴同行」訓練後，明白情緒病是什麼一會事，也懂得接受情緒困擾的同學及容易察覺朋友的情緒變化。在堂上，有「角色扮演」去模擬面對自殘朋友，並學會鎮定面對。返到現實校園，發覺這個練習很重要。訓練後，我初見一位同學有抑鬱徵兆，便主動去問候和關懷，原來得到很正面效果。相比以往不懂得去關心，有很大分別。

KATHERINE /

報各參加「友伴同行」計劃，本是想來學溝通聆聽技巧，去幫助別人。怎料，在受訓中，察覺自己仍帶著一副「面具」對人，令人沒法與自己交心。

在其他友伴坦誠的分享及學習感染下，我終於開放了面具，面對自己，改變過來。原來真誠把自己的情緒表達，不論是強或弱的一面，對自己有很大釋放！另外，學習聆聽技巧後，我更會關心同學。如在Whatapp見平時愛用長長回覆的同學，變得冷淡時，我會主動去問多一句。多點問候，適切的關懷，原來可打開話題，了解彼此更多。

KK /

可能我比較善談，不少朋友遇到不開心的事，也會找我傾訴。但我懷疑自己的技巧出現問題，因覺得自己不單幫不到朋友解開心鎖，反而愈傾愈令大家苦惱。所以我主動參加計劃，希望能「增值」自己。

原來「傾計」是有技巧的。我學會有耐性的

聽並有技巧和朋友傾談，發覺朋友更願意把心事講出，了解到問題，就容易作出支援。

另外，上workshop後察覺自己一直對自己的朋友是有誤解的。我覺得他們傷害自己的身體好「蠢」，並和他們保持距離。上完訓練後，我明白要以同理心去了解他們，以「聆聽技巧」從傾談了解背後的故事和感受，讓對方說出心結。

小紅 /

我身邊不少朋友有情緒低落，有些曾向我訴苦，更會提及有自殺念頭。我只覺得很灰，很無助。參加計劃後，不再覺得這是可怕的。我知道有負面思想的朋友，他們是背著一些未解決的問題，我要諒解他們，並留「聆聽空間」讓朋友自己傾訴，而不是自己滔滔不絕說出自己的想法和意見。

銀靜 /

我身為校內「大哥哥大姐姐計劃」的成員，很多時候都會聽到中一同學，因不同事情而感到煩惱。其實低年級同學容易信任你，同你分享他們的煩惱。曾有同學仔和我分享界手的經歷，但他們卻不願意和老師、家長甚至社工講。受訓之前，我只懂得向他們說教，叫他們愛惜身體。現在就更懂得運用聆聽技巧去聆聽、去問，細心了解行為背後原因，鼓勵他們傾訴和尋求幫助。

在活動中，我亦反省到自己，原來也常抑壓自己情緒，因自小就受訓導要表現自己強的一面。現在明白每人都有弱項，常抑壓自己弱處或情緒會有反效果。我也學會了求助，和友伴訴說自己的困難和難處，亦感到被幫助和共同分擔的快樂。



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Leaders Committee 義工組長委員會

Approximately 20 members

約20名成員

Volunteers 義工團隊

Approximately 110 volunteers

約110名成員

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Mr. Henry J H Wheare (Hogan Lovells) 韋恒埋先生 (霍金律偉律師行)

AUDITOR 核數師

JFU CPA 傅子剛會計事務所

PSYCHOLOGICAL CONSULTANCY 心理學顧問

Dr. W.N. Tang 鄧偉能醫生 (Until 23 February 2013)

Dr. Paul Wong 黃蔚澄博士 (From March 2013)

Dr. Nia Pryde

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The Cathedral Clares / The Table / Tsang Chi Lai Cecilia / Tsang Yiu Keung, Paul
Tsang Yuen Kwan Eva / Tsui Sin Chai / Vienna King / Vivienne Fung / Wang Kwok Leung
Wong Ching Lam / Wong Mei Yuk / Wong Po Kim / Wong Wai Yin Pauline
Woo Lan Fan Janet / Yang Memorial Methodist Social Service / Yeung Man Hin
Yeung Wing Keung / Yeung Yin Ming Linda / Yim Kwai Mei / Yiu Chun Shing
Yuen Hau Ming / Yung Pik Shan Betty

SUPPORTERS

Asian Charity Services / Bank of East Asia / British Airways / Connected Group
 Continuous Technologies / Dr. Yvette Poon / Eva Chen / Feeding Hong Kong
 Government Property Agency / Grayling Hong Kong / Hogan Lovells / Hong Kong Electric
 Hong Kong Trade Development Council / Legislative Council Secretariat / Mike Newby
 Man Investments (HK) Ltd. / Mariners' Club / Max Chan / Pacino Apparel Limited
 Pret A Manger / South China Morning Post / Towngas / Winnie Leung
 Wharf T&T Limited / Yahoo! Hong Kong Ltd.

MONTHLY DONORS

Alan Hon Lam Choi / Andrew Sheard / Au Shiu Kong / Becky Cheung / Chan Yuen Na
 Cheng Kwan Hing / Choi Yip Sang / Chow Chi Yeung / Chow Wing Tuen / Hui Yee Nar
 Hung Ka Ki / Lau Sun Youi / Lawrence King Lun Lin / Ng Yee Kong / Pang Hok On
 Serin Lo Tsz Kit / Sing Gek Huang Elvies / Yuen Hau Ming

SCHOOLS PARTICIPATING IN THE YOUNG SAMARITANS PEER SUPPORT PROGRAMME (IV – V)

Buddhist Sin Tak College / Caritas St. Joseph Secondary School / CCC Kei Long College
 CNEC Christian College / Concordia Lutheran School / Fanling Lutheran Secondary School
 HKWMA Chu Shek Lun Secondary School / Holy Trinity College / Pentecostal School
 Po On Commercial Association Wong Siu Ching Secondary School / Pui Ching Middle School
 Queen Elizabeth School / Shun Tak Fraternal Association Tam Pak Yu College
 St. Mary's Canossian College / STFA Lee Shau Kee College / Tin Shui Wai Methodist College
 Yan Oi Tong Tin Ka Ping Secondary School / Yu Chun Keung Memorial College

*We would also like to thank all Friends of Samaritans
and all those who would like to remain anonymous.*







- There were 845 suicide deaths in Hong Kong in 2012 according to the Coroner's Report. ¹
- The overall suicide rate in Hong Kong in 2012 was 11.8 per 100,000 population (tentative). The suicide rate for elderly was the highest amongst all age groups: 20.9. ⁶
- A higher suicide prevalence was noted in males, with a gender ratio (M:F) of 1.55:1 in 2011. ²
- A study shows that almost 14% of adolescents in Hong Kong have exhibited non-suicidal self-injury behaviour and almost 24% have had suicidal thoughts and / or attempts. ³
- Suicide is the top leading causes of death for young people worldwide. In 2012 alone suicide accounted for 14% of deaths in children under the age of 19. ¹
- According to the World Health Organisation, suicide rates have increased by 60% worldwide in the past 45 years. These figures do not include suicide attempts which are up to 20 times more frequent than completed suicide. ⁴
- A large proportion of people who die by suicide suffer from mental illness, a significant number of whom do not contact health or social services near the time of their death. In many instances, there are insufficient services available to assist those in need at times of crisis. ⁵
- Unless stigma is confronted and challenged, it will continue to be a major barrier to the treatment of mental illnesses and to the prevention of suicide. ⁵

- 根據死因庭報告，在2012年全港有845宗自殺死亡個案。¹
- 香港2012年的暫定自殺死亡率為11.8（每100,000人口計算），長者的自殺率是所有年齡組別中最高的，為20.9（每100,000人口計算）。⁶
- 在香港男性的自殺率較高，在2011年男女比例為1.55對1。²
- 一項研究顯示香港接近14%的青少年曾作出非自殺性的自殘行為，差不多24%曾有自殺念頭或曾嘗試自殺。³
- 自殺是全世界青少年的頭號致命原因，在2012年死因庭的報告中，香港19歲以下兒童自殺個案佔兒童及青少年死亡總數的14%。¹
- 根據世界衛生組織，全世界的自殺率在過去45年上升了60%。這些數字並未包括企圖自殺的個案，其數字估計可比自殺率多至20倍。⁴
- 很多自殺死者都受到精神困擾，其中有不少在臨近死亡時並沒有接觸到醫療或社會服務。有很多時候，在危急的關頭並沒有足夠的服務幫助有需要的人。⁵
- 唯有我們勇敢面對和抗衡對自殺的污名，否則它會繼續成為預防自殺的一大障礙。⁵

REFERENCE 參考資料

1. Judiciary. (2013). Coroner's Report 2012. Hong Kong SAR Government. Retrieved from http://www.judiciary.gov.hk/en/publications/coroner_report_april2013.pdf.
2. Centre for Suicide Research and Prevention. (2013). Statistics. Retrieved from <http://csrp.hku.hk/WEB/eng/statistics.asp>.
3. Cheung, Y. T. D., Wong, P. W. C., Lee, A. M., Lam, T. H., Fan, Y. S. S., & Yip, P. S. F. (2012). Non-suicidal self-injury and suicidal behavior: prevalence, co-occurrence, and correlates of suicide among adolescents in Hong Kong. *Social psychiatry and psychiatric epidemiology*, 1-12.
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Re-structuring

After reviewing our existing position and looking at the operational effectiveness of Samaritans, we have made the decision to re-structure the management team. The most visible change is the creation of a Board of Directors along with the position of Chief Executive. The re-structured organisation enables us to streamline our management and decision-making process while increasing our operational effectiveness and efficiency.

Plan for the coming year

The Samaritans is aiming to do more in the coming year, particularly in the following areas:

- Reaching out to more young people through the YSPSP programme
- Fine-tuning of YSPSP to develop a more intensive version for selected secondary schools
- Working with higher education institutions and student bodies to spread the message of suicide prevention and emotional support
- Establishing a People Bereaved by Suicide group in Chinese
- Extensive promotion of the Hotline and Befriending e-mail services
- Organising the 'International Survivors of Suicide Day' conference for the second time on 23rd November 2013.

架構重組

經 檢討現有管理結構並審視我們的運營效率後，我們決定改變我們管理架構。新的架構中將有一全新的董事會及行政總裁一職。我們的目標是通過這些改動去精簡我們的管理和決策過程，從而提升整體的營運效能和效率。

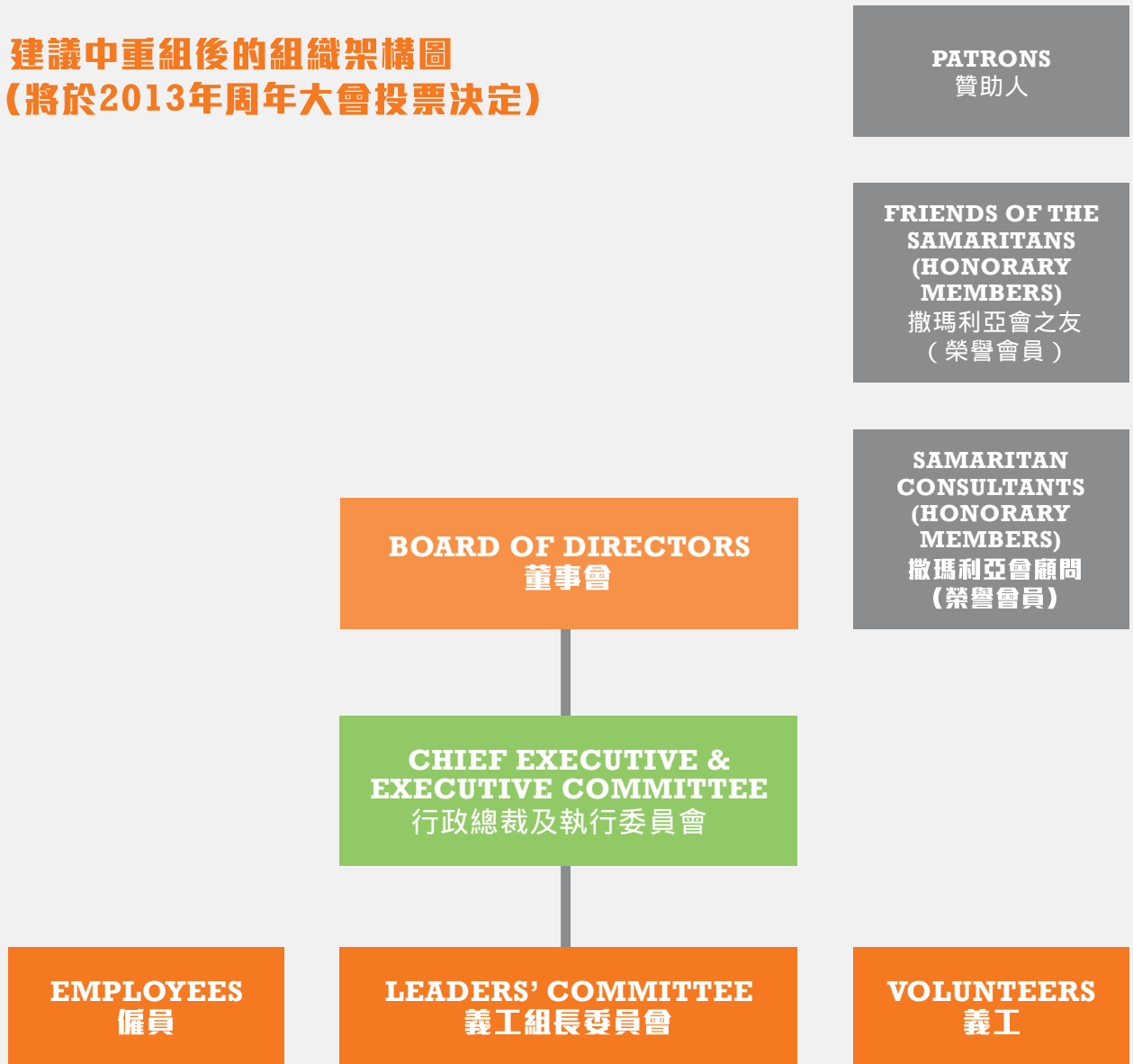
來年計劃

撒瑪利亞會在來年加強以下幾個方面的工作：

- 通過「友伴同行」生命互勉訓練計劃去接觸更多的青少年
- 為個別的中學微調現有的「友伴同行」生命互勉訓練計劃去發展出一個更緊湊，更奏效的計劃課程
- 我們將與本地高等教育院校和學生會合作，傳播預防自殺的消息，並為他們提供情緒支援服務
- 替為自殺者遺屬及親友而設的分享會開發一個廣東話版本
- 加強推廣我們的防止自殺及情緒支援電話熱線和電郵
- 於2013年11月23日(星期六)在中環舉行第二次「自殺者親友國際互助日」會議。

**Proposed Organisation Chart
after Re-structuring
(To be adopted in the
Annual General Meeting
Election in 2013)**

**建議中重組後的組織架構圖
(將於2013年周年大會投票決定)**



Independent Auditor's Report to the Members of the Samaritans

核數師報告

MANAGEMENT COMMITTEE'S RESPONSIBILITY FOR THE FINANCIAL STATEMENTS

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

AUDITOR'S RESPONSIBILITY

Our responsibility is to express an opinion on these financial statements based on our audit. Our report is made solely to you, as a body, and for no other purpose. We do not assume responsibility towards or accept liability to any other person for the contents of this report.

We conducted our audit in accordance with Hong Kong Standards on Auditing issued by the Hong Kong Institute of Certified Public Accountants. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance as to whether the financial statements are free from material misstatement.

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

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

OPINION

In our opinion, the financial statements give a true and fair view of the state of The Samaritans' affairs as at 31 March 2013 and of its surplus and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards.

A handwritten signature in black ink, appearing to read 'J. M. M.', followed by a long horizontal line extending to the right.

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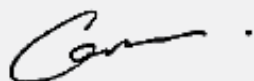
Hong Kong

Date: 7 AUG 2013

Statement of Financial Position 財務狀況表
31 March 2013 *

	<u>2013</u> HK\$	<u>2012</u> HK\$
NON-CURRENT ASSETS		
Financial assets at fair value through profit or loss	6,197,980	5,397,188
Equipment	<u>91,094</u>	<u>127,650</u>
	<u>6,289,074</u>	<u>5,524,838</u>
CURRENT ASSETS		
Cash and cash equivalents		
- Fixed deposits	811,479	803,342
- Cash in banks and on hand	<u>477,775</u>	<u>693,077</u>
	<u>1,289,254</u>	<u>1,496,419</u>
Utility deposits	2,500	2,500
Dividends receivable	26,876	20,904
Prepayments	-	13,363
	<u>1,318,630</u>	<u>1,533,186</u>
TOTAL ASSETS	<u>7,607,704</u>	<u>7,058,024</u>
FUNDS		
Accumulated Fund	270,214	(261,919)
Capital Fund	<u>7,273,502</u>	<u>7,273,502</u>
TOTAL FUNDS	<u>7,543,716</u>	<u>7,011,583</u>
CURRENT LIABILITIES		
Accrued charges	11,420	17,492
Receipts in advance	<u>10,000</u>	<u>9,600</u>
	<u>21,420</u>	<u>27,092</u>
NON-CURRENT LIABILITIES		
Provision for long service payment	<u>42,568</u>	<u>19,349</u>
TOTAL FUNDS AND LIABILITIES	<u>7,607,704</u>	<u>7,058,024</u>

Approved and authorised by the Management Committee on 07 AUG 2013



Chairman



Honorary Treasurer

* Information extracted from audited financial statements for the year ended 31 March 2013.

Statement of Comprehensive Income & Expenditure 全面收支表

31 March 2013 *

	<u>2013</u> HK\$	<u>2012</u> HK\$
<u>Income</u>		
Donations	578,916	222,076
Outreach donations	3,146	23,000
Institutional grants	448,210	242,051
Allocation from Community Chest	368,070	357,780
Membership income	830	640
Sundry income	2,200	901
	<u>1,401,372</u>	<u>846,448</u>
Income from the Capital Fund	207,949	194,602
Gain / (loss) from the Capital Fund	401,392	(836,595)
	<u>609,341</u>	<u>(641,993)</u>
	<u>2,010,713</u>	<u>204,455</u>
<u>Expenditure</u>		
Employee benefit expenses		
- Salaries	880,293	767,993
- Contributions to a mandatory provident fund scheme	40,048	35,575
- Long service payment	23,219	19,349
	<u>943,560</u>	<u>822,917</u>
Depreciation	43,336	41,123
Office supplies	2,172	308
Printing, stationery and postage	51,894	47,521
Publicity and advertising	36,969	22,313
Rent, rates and electricity	68,262	73,466
Repairs and maintenance	55,393	26,794
Staff training	32,171	26,450
Loss on disposal of equipment	-	8,159
Sundry expenses	76,152	121,326
Telephone	15,588	15,826
Insurance	17,011	19,417
Youth Suicide Prevention Programme project expenses	136,072	151,197
	<u>1,478,580</u>	<u>1,376,817</u>
Surplus / (deficit) for the year	532,133	(1,172,362)
Other comprehensive income	-	-
Total comprehensive income for the year	<u>532,133</u>	<u>(1,172,362)</u>

* Information extracted from audited financial statements for the year ended 31 March 2013.

Services 服務



24-hour multi-lingual suicide prevention hotline
24小時多種語言防止自殺熱線



Chinese and English email service offering emotional support
提供情緒支援服務的中文及英文電郵服務



Support Group for People Bereaved by Suicide (conducted in English)
為自殺者遺屬及親友而設的互助小組 (以英語進行)



Young Samaritans Peer Support Programme, offering emotional support training to teenagers and promoting suicide prevention in schools (conducted in Chinese)
「友伴同行」生命互勉訓練計劃 –
提供情緒支援訓練予年青人以及在學校宣揚防止自殺 (以中文進行)



Outreach work, including delivering talks and conducting seminars for promotion of emotional health and suicide prevention
外展服務，包括舉辦講座及座談會以推廣情緒健康及宣傳防止自殺



Dear Friends,

A few months ago when a group of university students visited, one of them told us of her saddest moment, when one of her school friends killed herself. Had she known then of the danger signs, the skills in providing emotional support and of the Samaritans, the tragedy may have been avoided.

The Samaritans, celebrating its 40th anniversary in the year 2014, is dedicated to finding ways to prevent suicide and to providing emotional support. We hope to challenge the stigma of suicide, to reach out to the community in Hong Kong, to continue to train volunteers, and to organize workshops to help individuals in all walks of life develop the listening skills necessary for emotional support.

Please consider making a donation. Visit our website at www.samaritans.org.hk or use the donation form on the following page.

Thank you in advance for your generosity.

Sincerely,
Carmen Ng and Deborah Crouch
Chairman and Director, The Samaritans

各位朋友：

數月前一群大學生探訪我們，其中一位與我們分享了她生命中最難受的一刻：她的同學自殺去世了。她說，如果她早點知道自殺原來有徵兆可尋，如果她早點知道如何聆聽朋友的困擾，如果她早點知道撒瑪利亞會的工作，慘劇或可避免。

撒瑪利亞會在香港將踏入40周年，我們致力尋求有效防止自殺的方法和提供情緒支援。我們希望能克服自殺這個負面標籤，接觸香港不同的社群，繼續訓練義工，以及舉辦不同的工作坊去幫助不同階層的人，建立情緒支援所需的聆聽技巧。

您的捐助能支持我們的工作，請到我們的網站www.samaritans.org.hk或使用下頁的捐款表格。

感謝您的慷慨支持。

撒瑪利亞會主席和總監
伍嘉敏，Deborah Crouch

DONATION FORM 捐助表格

Please tick the appropriated box 請在合適的方格填上 ✓

- I want to help The Samaritans continue its service, with a monthly donation of:
本人願意支持撒瑪利亞會繼續提供防止自殺服務，每月捐款：
- HK\$150 HK\$300 HK\$500 Your choice 其他 HK\$ _____
- I want to make a one-off donation to support the work of The Samaritans:
本人願意一次過捐款，以支持撒瑪利亞會的工作：
- HK\$300 HK\$500 HK\$1,000 Your choice 其他 HK\$ _____

For Official Use only
此欄由本會填寫

AUTH. CODE
AUTH. DATE

Donor Information 捐款者資料

- Individual Donor 個人捐款 Corporate Donor 機構捐款

NAME 姓名 _____ (Mr. 先生 / Ms. 女士 / Mrs. 太太)

ORGANIZATION 機構名稱 _____ (For Corporate Donation 機構捐款者適用)

ADDRESS 地址 _____

PHONE NO. 電話 _____

EMAIL 電郵地址 _____

Donation Methods 捐款方法

- By Credit Card 信用卡 VISA MASTER AMERICAN EXPRESS

CARDHOLDER'S NAME 持卡人姓名 _____

CARD NO. 信用卡號碼 _____ EXPIRY DATE 有效期至 _____ (MM 月 / YY 年)

CARDHOLDER'S SIGNATURE 持卡人簽名 _____ DATE 日期 _____

(Should be the same as signature of credit card 簽署式樣須與信用卡上簽署相符)

- By crossed cheque, payable to THE SAMARITANS (Please write the name and phone no. of the donor on the back of the cheque)
郵寄劃線支票，抬頭請寫「撒瑪利亞會」（支票背面請寫上捐助者姓名及電話號碼）
- By direct transfer to HSBC A/C: 404-228553-001 (Please send this form together with the original bank receipt)
直接存入滙豐銀行戶口：404-228553-001（請連同存款收據正本寄回）

Please send completed form to The Samaritans, Shaukeiwan P.O. Box 44277, Hong Kong.

Credit card donation can be made by faxing the completed form to 2898 4463 or email to comm@samaritans.org.hk

請將填妥之表格郵寄至：香港筲箕灣郵政信箱44277號，撒瑪利亞會。如以信用卡捐款，可將表格傳真至2898 4463或電郵至comm@samaritans.org.hk

- The personal data collected will be treated as strictly confidential and will be used only for receipting and donor communication purposes only. If you would not like to receive any mailings (including e-newsletter) from us, please tick the box.
本表格所收集的個人資料將保密處理，只作為寄發收據及通訊用途。若不欲收到本會郵寄或電郵的定期通訊，請在圓格內加上剔號。

Would you like your name to appear in the donor acknowledgement section of our website?

閣下是否願意本會的網站捐助者鳴謝的欄目上顯示閣下的姓名，以答謝閣下的捐助？

- Yes, please use the above name 願意，請用表格上寫上的姓名。
- Yes, but please use another name. The name I prefer to be shown is: _____
願意，但請用另一名稱；該名稱為 _____。
- No, thank you. 不用，謝謝。

All donations of HK\$100 or above are tax deductible.
捐款\$100或以上捐款可申請免稅。

SIGNATURE 簽名 _____

YOU ARE NOT ALONE
你並不孤單



撒瑪利亞會

The Samaritans 24 Hour Multi-Lingual
Suicide Prevention Services

24小時中文及多種語言防止自殺服務



24 Hour Hotline 24 小時熱線 2896-0000
Befriending Email 友助電郵服務 jo@samaritans.org.hk
Postal Address 通訊地址
P.O. Box 44277, Shaukeiwan Post Office, Hong Kong
香港筲箕灣郵政局郵政信箱44277號

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