

撒瑪利亞會

The Samaritans

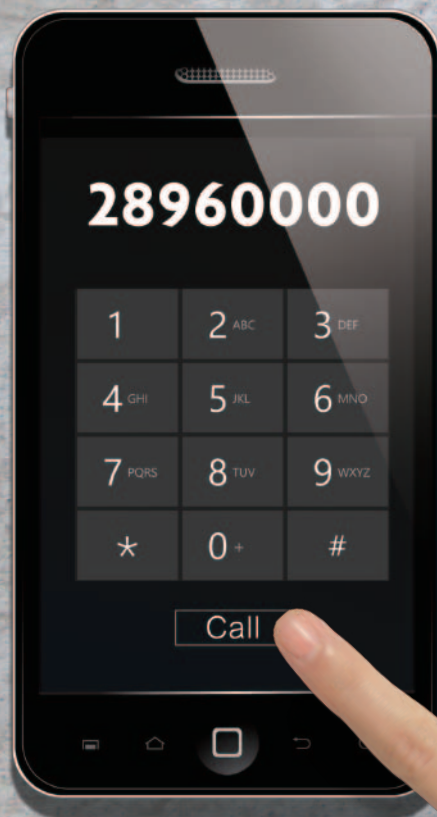
24 Hour Multi-Lingual
Suicide Prevention Services

24小時中文及多種語言防止自殺服務



2013-2014

ANNUAL REPORT 年報



We are just a phone call away
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Befrienders
worldwide



WITH SAMARITANS

Certificate of Membership

**Being a member of Befrienders Worldwide,
The Samaritans Hong Kong adopts their mission, vision and values.
作為全球益友會的屬會，香港撒瑪利亞會有一致的使命、願景和價值觀。**

MISSION

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

使命

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

VISION

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

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

VALUES

- 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

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，確能舒握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

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How the Hong Kong Samaritans Began 香港撒瑪利亞會的由來



Photo Courtesy of Centenary Birthday Celebration for Dr. Elsie Tu

Some of you may remember an elderly Chinese gentleman named Ma Man Fai, who always wore long Chinese gowns, and a grey beard. He used to speak in his office in Central where people went to report government injustices to him. I often attended his meetings. Strange to say, Mr Ma was the one who indirectly made the connection between the English and Hong Kong Samaritans, by advising me to connect with the Samaritans in London.

At that time, in the 1960s, I was extremely busy trying to set up a school for underprivileged students. I had to teach in other schools, attend meetings and organise groups, and take private pupils, to earn money to build a school for the hut dwellers in the area around Wong Tai Sin, I could not leave my work to go to England, but Mr Andrew Tu, offered to go to London to talk with Rev. Chad Varah who was well known for his work for people with suicidal tendencies. Andrew was qualified in psychology which was one of his studies at the war-time University of China.

Andrew made the three week journey by boat because airfares were too expensive. He had some fun getting lost because he had never been to England before. Once when lost he took a taxi and showed the driver Chad Varah's address. The taxi driver said, "Do you really want to go there by taxi, because that address is just across the road here."

When Andrew eventually met Chad Varah, they talked and became very good friends. This was the channel by which the Hong Kong Samaritans was set up. This is now the 40th Anniversary.

Congratulations and thanks for your great work.

一些人或許仍記得有一位長者叫馬文輝，他總是穿著中國長衫，一臉灰鬍子。他以前常常在中環的辦公室處理市民對政府不公的投訴，而我也常出席他的會議。很有趣的是，馬先生其實就是間接把香港和英國撒瑪利亞會連在一起的人，是他建議我聯絡倫敦撒瑪利亞會。

那是六十年代，我為了籌辦一所為貧困學生而設的學校而忙得不可開交。我要在不同學校任教，參加很多會議、小組，以及私人補習，就是為了籌集資金在黃大仙附近興建一所學校，給住在附近貧民區的基層市民。我不能離開我的工作到英國去，但杜學魁先生主動請纓，到英國與撒瑪利亞會創辦人 Chad Varah 牧師會面，了解他為有自殺傾向人士的工作；杜學魁在中國的大學曾修讀心理學，是很好的人選。

杜學魁坐了三星期船去英國，因為機票太貴了。他之前未到過英國，所以會迷路鬧笑話。有一次他向的士司機展示 Chad Varah 的地址，的士司機問：「你真的想坐的士去嗎？其實那地方就在對面。」

杜學魁終於見到 Chad Varah，他們很投契，並成為好朋友。香港撒瑪利亞會就是這樣成立了，而轉瞬間現在已是四十周年。

謹此祝賀和感謝你們的工作。

A handwritten signature in black ink, appearing to read 'Elsie'.

Elsie Tu 杜葉錫恩

Founder of the Hong Kong Samaritans 香港撒瑪利亞會創始人

Message from Patron 名譽贊助人 Mrs Regina Leung 梁唐青儀女士



Congratulations to The Samaritans on its 40th Anniversary.

Established in 1974, The Samaritans has been dedicated to suicide prevention by offering unconditional and non-judgmental emotional support to people in distress. Operated by trained and skilled volunteers, its 24-hour hotline and email services have helped numerous people alleviate their feelings of despair and saved them from the brink of self-destruction.

The Samaritans also takes a proactive approach to preventing suicide by reaching out to the community, in particular young people, through various programmes, talks and workshops. For people bereaved by suicide, The Samaritans offers a monthly support group for them to share their experiences and help each other tide over their difficult times.

I take this opportunity to thank The Samaritans for its good work in watching over people in need in our community. May its 40th Anniversary mark the beginning of further growth and greater success in the years to come.

A handwritten signature in black ink, appearing to read 'Regina Leung'.

Regina Leung
Patron

Congratulatory Messages 賀辭

Dr Ko Wing Man, BBS, JP
Secretary for Food and Health

高永文, BBS, JP
食物及衛生局局長



撒瑪利亞會四十周年會慶

勵以
志誠
勵以
人愛

食物及衛生局局長高永文



Mr Matthew Cheung Kin-chung, GBS, JP
Secretary for Labour and Welfare

張建宗，GBS, JP
勞工及福利局局長



撒瑪利亞會四十周年會慶

愛惜生命
撫慰心靈

勞工及福利局局長張建宗



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Report from Chair of Board of Directors

董事會主席報告



This is the first year the Board has been in existence and as such is still growing and developing.

As a Society dealing with the very sensitive issues of emotional health and potential suicide, we decided initially to draw our founding members for the Board from the organisation itself. It was felt that these volunteers could lay a solid foundation in line with the Samaritans' Mission, Vision and Values.

Our core service is the suicide prevention hotline. In addition we facilitate email services in Chinese and English, the People Bereaved By Suicide meetings, the Young Samaritans Peer Support Programme and Outreach work. We all care deeply about the people of Hong Kong and recognise there is so much more that could be done to support the community in suicide prevention, but with limited resources we need to make sure our time, effort and funding are put to the greatest value. The Board believes we need to complete a review of the Charity and set the strategic direction for the next 2, 5 and 10 years. The review will be an opportunity to identify enhancements, an open and honest assessment of how the charity is operating and where we can make improvements. It will also include a discussion on future developments and how these might impact the performance of the service, while staying true to our values and focusing our resources on the greatest needs and most effective use.

The Board recognises that professional skills and experience are required to manage the process, to ensure the review and development of a strategic plan is balanced, comprehensive, open and inclusive. To this end The Board is in discussion with experienced professional consultancies, on a volunteer or sponsorship basis, to guide us through the process. Our stakeholder community is complicated and includes the diverse community of Hong Kong, those in need of emotional support, some of whom may be contemplating suicide, our volunteers, employees, the government and our donors and sponsors. Including the views and opinions of this diverse group is important to ensure the strategic plan meets our values, the needs of the community and stakeholders, and sets measurable goals. In recognising the importance of this initiative, we are evaluating a number of alternative sources of professional support.

I am delighted that the Police Intervention Unit has offered to work with us and support us. I am also profoundly grateful for the support and encouragement from Professor Paul S F Yip of the HKJC Centre for Suicide Research and Prevention (CSR), HKU. I am

indebted too for the time, encouragement and support we have received from Dr Paul Wai-Ching Wong who has willingly and enthusiastically supported and assisted us, especially in the area of people bereaved by suicide.

I would like also to thank Mrs Regina Leung for her patronage and that she is very happy to give her support when she can.

Fundraising and Communications: whilst the Community Chest provides some funding, for which we are grateful, Samaritans continues to rely heavily on public donations. Mr Edward Wong, Fundraising and Communications' Manager, is responsible for overseeing proposals to potential donors to support outreach and other projects and to draw the community's awareness to the serious and delicate issue of taking one's own life. We need more support from government funders to secure larger funds.

Engaging with our PR agency, a Press Conference in March, TV and radio interviews aim to sustain awareness in Hong Kong of youth suicide prevention.

IT Systems and Social Media Working Group: we are in the process of forming a working group, comprising volunteers who have expertise in these areas. The group will review potential applications of feasible systems, technology and IT in areas of promotion, phone line management, statistics collection, acoustics, volunteer comfort and efficiency. The urgent and critical needs of our callers are our foremost concern.

The Future: as an organisation we are looking to the future, to sectors of the population which are often overlooked. The increase in suicidal ideation in the elderly population - an area that needs our resources, empathy and compassion - is of great concern. Similarly, ethnic minorities in Hong Kong often feel isolated and lonely, have language problems and sometimes suffer from mental and physical abuse.

It remains for me to give my heartfelt thanks to all Board Members, the Chief Executive, the members of the Executive Committee, Leaders and Trainers in their supporting and mentoring roles, and to all volunteers for their commitment often across many areas of the organisation. I would like to thank our small dedicated band of paid staff without whom the Centre could not function.

Liz Chamberlain

我

們的董事會成立剛好一年，在這期間我們仍茁壯成長。

撒瑪利亞會的工作重點是支援情緒健康和自殺危機，這些都是敏感問題，因此我們決定先從內部邀請現任的義工成為創始董事會成員。這樣可為我們定下更堅實穩固的基礎，並更有效維護撒瑪利亞會的使命、願景和價值觀。

預防自殺電話熱線是我們的核⼼服務，除此以外我們還有了中英雙語的電郵求助服務、為自殺者遺屬及親友而設的互助小組、針對青少年而設的「友伴同行」生命互勉計劃和其他一連串的外展項目。我們心繫香港，亦深明其實還須投入更多工作才可以在社區預防自殺，但礙於資源所限，我們需要確保我們的時間、精力和資金的投放會為整體社會帶來最大的社會效益。我們的董事會相信，我們需要對機構本身作完整的檢視並確立未來2年、5年和10年的策略性方向。這將有助我們認清潛在的改進空間，並釐定相應的方案，以達致在堅守我們的價值觀的同時，資源得以為社區發揮最大的社會效用。

要令整個檢討和策略發展過程得以平衡和全面，開放和包容，董事會明白我們必須具備有關的專業技能和經驗。為此董事會現正與富經驗的義務專業顧問團隊商討，邀請他們協助指導我們完成這個過程。我們組織的相關持份者多樣化，包括社會中不同的群組、深受情緒困擾甚至自殺念頭的人士、我們的義工們、員工，政府和我們的捐助者和贊助機構。要讓我們的發展計劃可持續符合我們的價值觀，切合社區和持份者的需要，以及設定可衡量的目標，我們必須並容不同群體的意見和看法。為此，我們正在評估不同的專業支援。

我很慶幸得到香港警務處警察談判組的合作和支持。我也很感謝香港大學賽馬會防止自殺預防中心葉兆輝教授的支持與鼓勵。黃蔚澄博士對我們的幫助十分寶貴，尤其是在支援自殺者親友方面為我們付出的時間和意見。

我還要感謝梁唐青儀女士貴為我們的名譽贊助人樂意為我們提供不同的幫助。

籌募及機構傳訊：香港公益金一直給予我們資助，我們對此表示感謝，但同時間，在很大程度上我們仍需依賴公眾捐款。黃展康先生努力發掘和接觸潛在的捐助者，以支持我們的外展項目，並提升公眾對自殺問題的認知和意識。此外，我們亦需要尋求政府的資助。

得到公關公司的義務協助，我們在三月底安排了一次新聞發佈會，藉此提升公眾對預防青少年自殺問題的了解，並參與了一系列的電台和電視的專訪。

資訊科技及社交媒體：我們正在籌組一個工作小組，成員包括具資訊科技專長的義工。該小組將審視可行的系統、技術及在用於推廣、電話熱線管理、統計信息收集、加強熱線系統聲效、提升義工服務時舒適性和效率方面潛在應用方案。當然推行任何措施時求助者的迫切性和重要性皆為我們的首要考慮。

未來動向：作為一個機構，我們期待可於未來日子開展更多項目。我們尤其擔心日漸嚴重老人自殺問題，他們正急需我們的資源和關懷。在香港的少數族裔人士因為經常會感到被孤立和寂寞，加上語言的障礙，有時甚至有著身心受虐之苦，亦為另一使我們感到擔憂的社區群組。

在此我忘要答謝我們所有的董事會成員、總監、執行委員會成員、組長和義務的義工培訓導師所給予我們的支持和指導，當然還有我們一眾的義工朋友們的無私付出及在不同範疇的貢獻。我們只有少數員工，他們都熱誠投入工作，沒有他們我們中心就難以運作。

Liz Chamberlain

Report from Chief Executive

總監報告



Holding the position of Chief Executive is a very great privilege, particularly as we celebrate 40 years in Hong Kong, 40 years of running the hotline. This year saw the Youth Suicide Press Conference in March, a real push to raise awareness in this area. That so many from the Press, parents and other groups came together suggests that the need for our services is as great now as in the beginning.

Reading though the draft of the Annual Report, through the statistics, the financial accounts and the reports, brought home to me that figures and words say something about the organisation, but it is the volunteers and staff who say much more. Since Andrew and Elsie Tu founded Samaritans in Hong Kong over 1,400 have given their time, respect and trust as volunteers.

I continue to be enormously grateful to all volunteers: regularly giving over twenty hours a month to listen to callers is no easy commitment. That many arrive quietly after work, endure inclement weather and traffic on route, and then go home to prepare for the next day's commitments is not unusual. Many take on other duties and responsibilities: e-mail duties may be done from home but never knowing how many will arrive may mean hours of one's day is devoted to ensuring that every e-mail is answered; the hours of planning PBS, Outreach talks, and the YSPSP programme are impossible to measure. Training takes extra hours, evenings and weekends, but without the volunteers, and in particular the Training Manager who organises these sessions, we would be lost. Many give up Sundays and public holidays, write letters to the press and deal with other documentation. I also value tremendously the work of the Leaders and of the members of the Executive Committee.

I am indebted to the staff at the Centre: to Ed, who spends hours working on proposals and funding, to Suela whose efficiency is commendable, and to Hedriun whose devotion to making everything work is beyond words. Without Serena's effort and coordination, the Young Samaritans Peer Support Programme would not have been possible. I would also like to thank Auntie Choi who keeps the Centre clean.

I am frequently touched by the generosity of donors and supporters. Many support us on a regular basis and some have done so for many years. In addition, during the last year, Feeding Hong Kong arranges for some unsold food items to be made available to our volunteers; the Kassia Choir donated the profits of their late summer concert and collected for us at Christmas; the Cathedral Clares donated to us; Kowloon Rugby Club and St John's Cathedral placed donation boxes on their premises; Simon Dedman's efforts at fundraising are impressive; Heitman HK Ltd; Grayling; Maxvoice and Continuous Technologies all give us valuable support. There are many others to whom we are most grateful. Some prefer to remain anonymous - they give us goods or services because they care and believe in what we do.

The last year has seen changes with the establishment of the Board. Their support of major projects will be invaluable to moving the organisation forward and ensuring it serves all the people of Hong Kong.

Thank you.

Deborah Crouch



能 作為撒瑪利亞會的總監是我的榮幸，尤其今年我們慶祝四十週年，我們的防止自殺熱線已在香港四十年。今年三月底我們舉行有關青少年自殺問題新聞發佈會，推動大眾提高對這社會議題的認知和重視。發佈會有不同的新聞媒體、家長及其他團體參加，現今社會對我們所提供的支援服務的殷切需求，仍與我們四十年前成立時不遑多讓。

在檢閱本年報的草稿時，通過所展示的數據，賬目及報告，讓我想到了數字和文字能反映機構的一些情況，但我們無私的義工和敬業的同事才是撒瑪利亞會最珍貴的資產。自杜葉錫恩女士及其夫婿杜學魁先生於本港成立撒瑪利亞會至今，已有 1400 多名義工向我們奉獻他們的時間，給予他們的信任和重視。

我對所有義工總是心存感激，他們承諾每月為我們服務超過二十小時，為求助者提供無償的情緒支援。不論風吹雨打，長途跋涉，經過一整天辛勞工作後亦準時到來完成服務，回家後可能還有準備其他事務。部分義工亦肩負起其他的義務工作，回覆求助電郵雖然可以在家處理，但由於事前不可能預知當天會收到多少電郵，這意味著他們每一位都須時刻準備，確保每個求助電郵都得到回覆。有些義工幫助籌劃及安排自殺者遺屬及親友的互助小組、外展服務、以及「友伴同行」生命互勉計劃，當中的時間和心力都是難以衡量的。許多義工們亦獻出他們的週末或假日休息時間為我們處理文書及著手傳媒聯絡工作。培訓工作亦需投放大量的額外時間，包括週日晚上和週末，要是沒有義務的培訓經理和其他的義工幫助安排和組織這些培訓課程，我們再好的構思也只會是流於空談。在此我對我們的執行委員會及義工組長委員會的一眾成員致以萬分謝意。

我要感謝全體員工：黃展康先生為我們的籌募工作投入大量的時間和精力，鄧玉琮女士展示她的高效工作效率，而馮淑儀女士對工作的投入和奉獻，使中心得以順暢地運作更是無以言表，黃思詩女士對青少年工作的投入，令「友伴同行」生命互勉計劃能順利完成。我還要感謝黃彩琮女士悉心料理中心的大小庶務。

我經常深受我們的捐贈者和支持者的慷慨而感動。很多會定期作出捐獻，有些已支持了我們多年。此外，在過去一年中下列的工商機構亦為我們提供不同形式的支持和捐獻，當中包括樂餉社為我們的義工安排膳食、Kassia Choir 捐出了他們仲夏音樂會的收益，並在聖誕節時為我們收集善款、Cathedral Clares 給予我們的捐款、九龍欖球總會和聖約翰座堂容許我們放置籌款箱、Mr Simon Dedman 協助我們籌款；還有 Heitman Hong Kong Ltd、Grayling、宏聲科技有限公司和匯卓科技有限公司都給予寶貴的支持。其實還有其他數之不盡的人士及機構我們希望道謝的，只是他們選擇保持匿名。他們給我們的支持、資助和捐獻，因為他們都關注也信任我們的工作。

在過去的一年見證了我們重要的架構重組並成立了新的董事會。他們對我們重大的項目給予無限的支持，這有助我們繼續向前邁進，並確保撒瑪利亞會可以持續地服務全港市民。

謝謝。

Deborah Crouch

We are just a phone call away

一電之隔

Services

服務



Overview

總覽

In the fiscal year ending 31st March 2014, The Samaritans received a total of 31,018 calls, which is about 7.3 percent higher than the same period in the previous year. This is approximately 2,585 calls a month, almost 85 every twenty-four hours. The remaining portion are silent callers. The Chinese and English e-mail services received 1,104 emails and replied to all of them.

During the reporting period, 108 volunteers contributed 11,948 hours to the hotline services, which is 190 hours more than 2012-2013. Two training sessions were organised, with 29 new volunteers having completed their training. They are now working on the hotline.

Number of Calls 求助電話

Total 總計

31,018

Monthly Average 每月平均

2,585

Daily Average 每日平均

85

Language 語言

ENGLISH 英語

3,843

CHINESE 中文

16,302

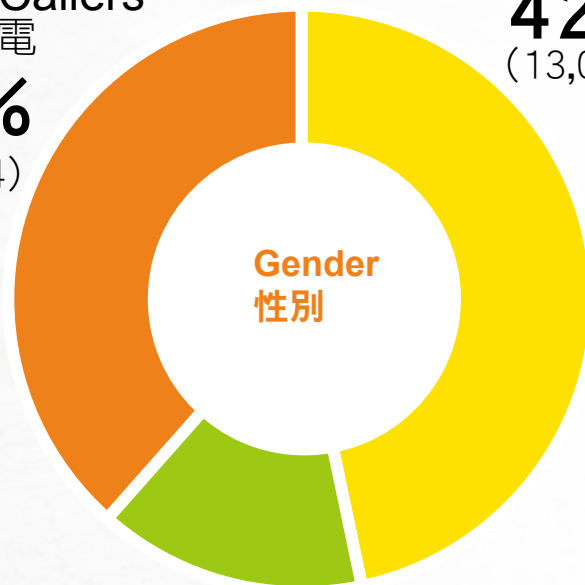
OTHERS 其他

41

Silent Callers 沉默來電

35%

(10,854)



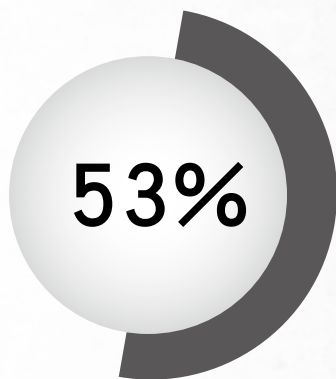
Male 男
42%
(13,036)

Female 女
23%
(7,128)

在 截至 2014 年 3 月 31 日的財政年度內，撒瑪利亞會共接到 31,018 個求助電話，比上一個年度高出約 7.3%，亦即平均每月約 2,585 個來電，或每 24 小時便收到大概 85 個來電。同時，我們接到並回覆了 1,104 個求助電子郵件。

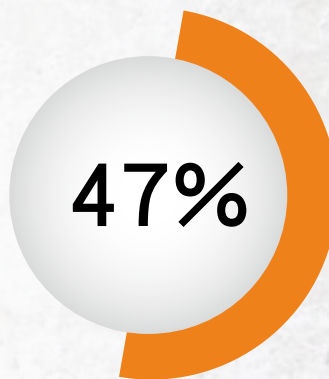
在這同一財政年度內，108 名義工共貢獻了 11,948 小時給求助者，在最迫切時為他們提供適時的情緒支援，這比 2012 至 2013 年同期多出了 190 個小時。2013 年內我們開辦了兩次的義工培訓班並訓練了 29 個新的義工朋友。

Email Service 求助電郵服務



Emails in Chinese
中文電郵

 582



Emails in English
英文電郵

 522

Face to Face Interviews and Assigned Befriending 面談和預約電話傾談

Although in special circumstances, we sometimes offer a face to face meeting to a caller or someone who emails, no such service was arranged this year.

在特殊情況下我們可以提供面談支援，但在過去一年並沒有提供這服務。

一電之隔

We are just a phone call away



24-hour multi-lingual suicide prevention hotline

24 小時中文及多種語言防止自殺熱線



Chinese & 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 (PBS) (conducted in English)

為自殺者親屬及親友而設的分享會（以英語進行）



Young Samaritans Peer Support Programme (YSPSP), 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（以粵語進行）



Outreach work, including talks and seminars to promote 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預防自殺

Report from People Bereaved by Suicide (PBS) Group

自殺者遺屬及親友互助小組

Alastair Sharp

Voluntary Facilitator

義務自殺者遺屬及親友的互助小組主持

The People Bereaved by Suicide (PBS) support group has continued to meet on the first Wednesday of each month.

The group's purpose is to allow members to 'tell their stories' to those who are in the same situation as themselves. There is a feeling that others do not understand, and cannot understand, the different nature of the grief experienced by those bereaved by suicide. The group also provides resources in the form of web-sites, leaflets and books to members. These are brought to each meeting so that a 'library' is available for browsing.

During the last 12 months, 23 people have attended. They are of varying ages and nationalities, and all have been affected by the suicide of a close relative or friend. As the facilitator of the group, I email all of those who have attended in the past before each monthly meeting. Actual attendance at meetings has varied, 6 has been the largest at any one meeting. Average attendance has been lower this year, sometimes with only 2-3 attending each meeting. Some group members have been to most meetings and some have attended only once. As always we have difficulty getting in touch with people who might be helped by this group; constant and improved publicity is essential. The group follows the 'code of ethics' suggested by the WHO and a summarized version of this is read at the start of each meeting.

The group has had the support of Ms Elizabeth Chin, during the past year. She has facilitated group meetings in my absence. We also have had the support of Ms Rebecca Price, who has agreed to take over from me as the facilitator of the group from June 2014. Both ladies do this without any kind of payment.

The Hong Kong PBS group is listed internationally with the American Foundation for Suicide Prevention (AFSP) in New York, USA.

AFSP has coordinated an 'International Survivors of Suicide Day' each year since 1999. On November 23rd, 2013 The Samaritans and the People Bereaved by Suicide group organized the second local Hong Kong conference where Ms Rona Ross, a Hong Kong based bereavement counsellor, spoke and led the discussion.

Publicity is essential to the continuing existence of the group. As noted above, the numbers attending has fallen this year. The suicide rate in Hong Kong has not fallen however. Reaching out to people in Hong Kong who do not realize that such a group exists is not easy. Under our new facilitator, Rebecca Price, I hope that publicity for the group can be increased and more people can be helped.

自 殺者遺屬及親友而設的互助小組 (PBS) 繼續於每月的第一個星期三舉行。

沒有經歷過親友自殺的人，難以也無從明白那份獨有的傷痛。此小組的目的便正是讓那些曾經有過相同經歷的與會人士講述自己的親身故事，互相扶持。聚會中，我們也會為組員給予有用的資訊如網站、傳單和書籍，以助他們過度此悲痛的經歷。

在過去 12 個月，23 名來自不同背景，有著不同年齡和國籍，但同樣遭遇過親友自殺之痛的人士參與了這個互助小組。作為小組主持，每次聚會前我也會發電郵給所有以往的參加者。每次的參加人次不盡相同，今年最多人參加的一次有六人，今年的平均參加人次較去年同期低，有時只有 2-3 人。當中部分參與人士出席了大多數聚會，而另外一些只參加了一次。與往常一樣，我們難以接觸到其他的自殺者遺屬或親友以提供協助，因此定期和加強宣傳很重要。本互助小組嚴格遵循世界衛生組織所建議的「實務守則」，並於每次聚會開始時宣讀守則的撮要。

本互助小組承蒙 Ms Elizabeth Chin 過去一年的支持，在本人未能出席時替我主持小組聚會。我們也同樣地得到 Ms Rebecca Price 無私的支持，並同意於 2014 年 6 月開始接替我作為小組的主持人。

本互助小組亦被設於美國紐約的美國預防自殺基金會列表於他們的名錄之中。

自 1999 年，美國預防自殺基金會皆協調統籌「國際自殺倖存者日」。2013 年 11 月 23 日的撒瑪利亞會及本小組在港主辦了第二屆的香港「國際自殺倖存者日」會議，並邀得對自殺喪親輔導富有經驗的輔導員 Ms Rona Ross 出席作為演講嘉賓並引領討論。

香港的整體自殺數字仍然高企，但如上所述，今年的出席人數有所下調，有見及此加強宣傳是必不可少。深入群眾接觸到更多的自殺倖存者並不容易，我們期盼在 Ms. Rebecca Price 的領導下，我們可加強本小組的宣傳工作，從而讓更多的自殺者遺屬或親友得到幫助。



Report from Outreach Programme 外展工作報告

HON May Ly
Voluntary Coordinator for Outreach Programme
義務外展工作統籌

During the last year, thirteen outreach activities - most commonly workshops and seminars for community centres and companies - focusing on different issues relevant to the specific audiences, have been organised in Hong Kong. In total, almost 600 individuals have attended one of these programmes.

In addition, during the year, we concentrated on establishing a strong relationship with tertiary institutions by initiating discussions on providing assistance in preventing suicide among students. As a result, we were interviewed by the student radio station at HKUST, video interviewed by students at Hong Kong Polytechnic University, and were featured in the students' news programme at Chinese University of Hong Kong. We have also launched a series of ongoing talks at Hong Kong Community College.

在本財政年度中，我們進行了 13 次不同形式和主題的外展活動，大部份都是工作坊或講座。平均每項活動有 600 人參與。



此外，我們亦開始更積極地與大專院校合作，針對性地向學生們提供預防自殺和情緒支援的外展服務。我們被香港科技大學的學生電台邀請進行訪問、與香港專上學院攜手推出一系列跨越本財政年度的講座和工作坊、接受了香港理工大學學生的錄影專訪及香港中文大學的學生報章的採訪。通過這些途徑我們得以接觸整個校園群組。

三月中，兩個經驗豐富的資深義工獲數碼廣播電台「義人世界」邀請正接受現場直播訪問分享撒瑪利亞會的故事，以及他們的體會。



Meanwhile, a territory-wide outreach exercises came to fruition in March: two experienced volunteers were interviewed by "Volunteer Network" from Digital Broadcasting Corporation to share the story of The Samaritans.

Date 日期	Organisation 機構
6/5/2013	HKUST 香港科技大學
15/5/2013	The Yang Memorial Methodist Social Service - Choi Hung Community Centre for Senior Citizens 彩虹長者綜合服務中心
28/6/2013	ARUP 奧雅納
15/7/2013	Hong Kong Polytechnic University 香港理工大學
11/2013	Robert Walters 華德士
11/11/2013	Hong Kong Community College 香港專上學院
24/11/2013	Rotary Club presentation 扶輪社演講
8/12/2013	Kely Support Group 啟勵扶青會
21/12/2013	Choi Ming Court 將軍澳 彩明苑
16/1/2014	Association of Rehabilitation Macau 澳門康復協會
18/1/2014	Caritas Elderly Center - Lai Kwok Estate 麗閣邨長者綜合服務中心
16/3/2014	DBC radio 數碼廣播電台
26/3/2014	The Chinese University of Hong Kong 香港中文大學

Report from Young Samaritans Peer Support Programme (YSPSP)

「友伴同行」生命互勉計劃報告

Serena Wong
Project Manager
項目經理

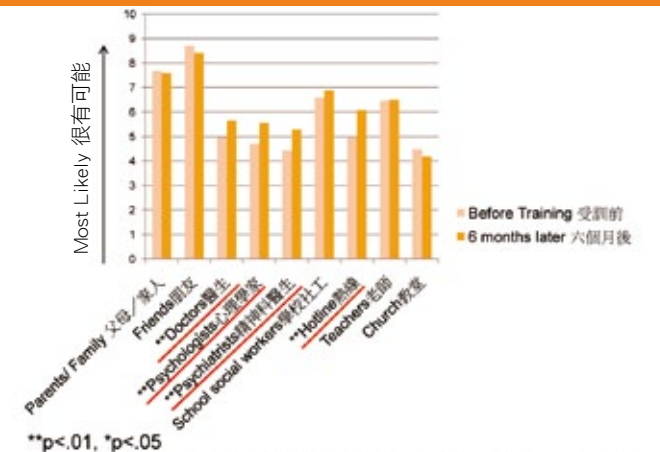
Young Samaritans Peer Support Programme I-VI
第一至第六期友伴同行生命互勉計劃

	2010	2011	2011	2012	2012	2013	Total
	Winter	Summer	Winter	Summer	Winter	Summer	
	1 st Class	2 nd Class	3 rd Class	4 th Class	5 th Class	6 th Class	
Participants 參加者	26	32	32	39	21	39	189
Schools 學校	15	10	6	13	10	12	47
Activities held in schools 在學校舉行的活動	14	12	8	10	6	12	62
Peers reached 接觸到的朋輩	6,700	4,000	2,700	5,250	2,740	5,250	26,640



We concluded the last cohort of the Young Samaritans Peer Support Programme (YSPSP) in February 2014, with a total of 39 secondary school students. As with the previous cohorts, in addition to providing a platform for students to build self-confidence, strengthen self-esteem and increase their knowledge on suicide prevention and emotional support, it is also a ‘train the trainer’ exercise. Participants are requested to spread the message at their schools in a structured way, possibly through sharing during school assembly, games etc. With 12 schools participating in this cohort, more than five thousand students have benefited indirectly from the students’ activities in their own schools.

More willing to seek help from professionals in case of mental illness
如遇到精神困擾時向專業人士求助意向增加



In our own evaluation, the programme proved to be effective in strengthening participants’ coping skills and willingness to seek help, as well as transforming their attitude towards mental illness, self-harm behaviours and suicide.

The graduation ceremony was held on 22nd February, 2014 to which graduates, their parents and guests were invited.

We would also like to take this opportunity to express our most sincere gratitude to Lee Hysan Foundation, which funded these six cohorts of YSPSP. The United Services Recreation Club has also been a generous venue sponsor for most of the graduation ceremonies. We are currently looking for new funding to continue this meaningful programme.

一電之隔

We are just a phone call away

Reduce maladaptive coping
減少不良的處理壓力方法

	Mean Score (SD)							
	非常同意		非常不同意					
	①	②	③	④	⑤	Before Training	After Training	6 Months Later
People should be able to handle their own problems without outside help. 人應該可以處理自己的問題，不需要外來的幫助。(0.84)						3.43	3.9** (0.78)	3.83** (0.96)
If you are depressed, it is a good idea to keep these feelings to yourself. 如果你感到抑鬱，最後把這些感覺留給自己。(0.93)						3.67	4.26** (0.76)	4.13** (0.92)

**p<.01

Note: Scale 1-5 (1: Very much agree, 5: Very much disagree)



在 這個報告年度中我們完成了「友伴同行」生命互勉計劃 (YSPSP) 最後一期課程，總共有 39 名高中學生成功完成培訓計劃畢業。跟以往的五期一樣，本計劃除了協助參與的學生建立自己的自信心，增強他們的自尊以及為他們提供有關預防自殺和情緒支援的知識外，它更是一個小導師培訓工作。畢業學員須透過不同模式將他們在計劃中所學的傳遍校園，例如透過在學校早會上的分享，或在校內以攤位或遊戲形式加深同學的了解。共有來自 12 間學校的學生參加了這期計劃，有多於五千同學透過這些朋輩分享而間接受益於這個計劃。

第六期畢業典禮於 2014 年 2 月 22 日舉行，除畢業同學之外，他們的父母和嘉賓亦獲邀出席以分享他們的喜悅和他們的集體學習成果。我們也檢討了這個計劃過去三年的成效。這個計劃能有效增強參加者處理壓力的方法、求助意欲，以及改變他們對精神病、自毀行為和自殺的態度。

我們也想藉此對利希慎基金表達我們最真誠的感謝，全賴他們的資助「友伴同行大使」計劃才得以落實推行並取得美滿的成績。三軍會在這個計劃中也多次為畢業禮提供場地贊助。我們正尋求新的資助以延續這個有意義的計劃。

Enhance knowledge about suicide
增強對自殺問題的認識

	Mean Score (SD)							
	非常同意		非常不同意					
	①	②	③	④	⑤	Before Training	After Training	6 Months Later
Most young people who kill themselves are normal, but they have had a lot of bad things happen to them. 大部分自殺的青少年都是正常的，但他們有太多不如意的事情發生在他們身上。(1.07)						4.05	3.56** (1.22)	3.61** (1.17)
Any young people is capable of killing themselves if their problems get bad enough. 如果問題變得很糟糕，任何青少年都可以自殺。(0.89)						4.48	3.99** (1.28)	4.06** (1.28)
People who talk about suicide do not commit suicide. 說會自殺的人並不會自殺。(0.90)						3.64	4.13** (0.87)	4.14** (0.79)

**p<.01

Note: Scale 1-5 (1: Very much agree, 5: Very much disagree)

Improve in listening style
改善聆聽取向

	Mean Score (SD)							
	經常	常常	有時	甚少	從不	Before Training	After Training	6 Months Later
	①	②	③	④	⑤			
I keep control of my biases and attitudes when listening to others speak so that these factors won't affect my interpretation of the message. 當聆聽別人說話時，我會控制自己的偏見和態度，使這些因素不會影響我對訊息的詮釋。(0.70)						2.40	2.15** (0.71)	2.03** (0.73)
I analyze my listening errors so as not to make them again. 我會分析自己的聆聽誤點以免再犯。(0.85)						2.62	2.21** (0.77)	2.33** (0.79)
I listen to the complete message before making judgments about what the speaker has said. 我會聽取整個訊息，然後才判斷對方所說的話。(0.71)						2.23	2.04* (0.70)	2.09* (0.74)
I ask questions when I don't fully understand a speaker's message. 當我不完全明白對方的訊息時，我會問問題。(0.74)						2.06	1.90* (0.74)	1.94* (0.63)

**p<.01; *p<.05

Note: Scale 1-5 (1: Always, 5: Never)

Press Conference on Youth Suicide Prevention

關於預防青少年自殺的新聞發佈會

The Samaritans press conference on Friday 21st March, 2014 on 'Combating Youth Suicide through Peer to Peer Support' saw journalists from six local media and student reporters attending. Six newspapers carried reports, including SCMP, Apple Daily, Wen Wei Po, Oriental Daily, HKET and Hong Kong Commercial Daily along with student news of The Chinese University of Hong Kong and Hong Kong Shue Yan University.

The press conference provided the public with an overview of youth suicide in Hong Kong and outlined some societal and structural obstacles to youth suicide prevention. The core information pointing to the benefits of peer support in preventing youth suicide came from our internal studies based on participants of the Young Samaritans Peer Support Programme. In addition, alumni of the programme and parents who have lost a child from suicide spoke of their experiences and of the need for a support programme in schools as a preventive measure.



The media attention following the press conference was pleasing. In particular Knowledge Magazine, a local publication targeting secondary school students, asked for an interview and two of our experienced volunteers were interviewed by "Love the Earth" from Creation TV.

撒瑪利亞會於2014年3月21日舉行了以「通過友伴支援減少青少年自殺」為題的新聞發佈會。來自六間本地傳媒的記者及兩所大學新聞系同學出席了該發佈會並於翌與作出相關的報導，包括南華早報、蘋果日報、文匯報、東方日報、香港經濟日報及香港商報及香港樹仁大學和香港中文大學的學生報刊，此外有關的訊息亦得到一個網上論壇報導。

在發佈會上我們向公眾展述了香港青少年自殺問題的情況，並概述了一些足以局限預防青少年自殺工作的社會和結構性障礙。除了透過分析我們的青少年外展培訓活動「友伴同行」生活互勉訓練計劃（YSPSP）的數據及總結經驗，鉤劃出有效的校內預防自殺培訓及朋輩間的支持和幫助是預防青少年自殺的其一重要及可行方法，我們亦邀請到曾參與「友伴同行」生命互勉計劃的同學及曾因子女自殺而經歷喪子之痛的家長分享他們的親身體會和感受，指出在學校提供預防青少年自殺教育的迫切需要。

緊隨著新聞發佈會及相關的媒體報導後，我們亦獲邀接受不同的傳媒訪問，當中包括以中學生為主要讀者群的知識雜誌，以及創世電視「愛地球觀察站」有關青少年情緒健康的專題報導。

一電之隔 We are just a phone call away

40 Year Milestones

40 年大事回顧



Year 年份

Event 事件

Year 年份

Event 事件

1974 The Samaritans was established in Hong Kong by Mrs Elsie Tu and Mr Andrew Tu. They also established the Mu Kuang English School and a school teacher (an ex-Samaritan from the UK), Mr Dave Tredrea, played a critical role in shaping the local suicide prevention activities similar to those in UK.



Photo Courtesy of Centenary Birthday Celebration for Dr. Elsie Tu

杜學魁先生和杜葉錫恩女士在香港成立撒瑪利亞會。在他們創立的慕光英文學校，其中一名教師崔迪雅先生曾為英國撒瑪利亞會義工，他參照英國模式為香港撒瑪利亞會建立雛形。

1976 The group moved to an office in the Sailors and Soldiers Home in Wan Chai and provided a 24-hour hotline service 365 days a year.



撒瑪利亞會喬遷灣仔海陸軍人之家，提供全年無休的廿四小時熱線服務。

1982 The Samaritans (English-Speaking Service) was registered and became the first overseas branch of Befrienders International.



撒瑪利亞會（英語服務）正式註冊，成為國際益友會（全球撒瑪利亞會的母組織）首個認可的海外成員。

1983 The Samaritans became a member organization of Community Chest.

撒瑪利亞會成為香港公益金會員機構。

1987 The Samaritans moved to an office in Wan Chai MTR station.

撒瑪利亞會遷至灣仔地鐵站內。

1991 The Samaritans hosted an International Conference in April. It was well attended by fellow Samaritans throughout the world.

是年四月舉行國際會議，獲世界各地撒瑪利亞會同工踴躍支持。

1993 The Samaritans moved to their new Centre in Chai Wan.

撒瑪利亞會搬遷到柴灣新址。

1994 Founder of the Samaritans in London, Dr Chad Varah visited Hong Kong for a fundraising concert. He also conducted a workshop at the Centre. We were renamed The Samaritans, 24 Hour Multilingual Suicide Prevention Hotline.



倫敦撒瑪利亞會創辦人陳華樂牧師為籌款活動訪港，並於中心舉行工作坊。撒瑪利亞會正式改名為「撒瑪利亞會 - 24 小時中文及多種語言防止自殺服務」。

1997 SKO, a Youth Life Skills Programme, was introduced. The full name was given to recognise the collaboration between The Samaritans, KELY and Outward Bound.



撒瑪利亞會聯同啟勵扶青會和香港外展訓練學校，開展「積極人生計劃」。

Year 年份

Event 事件

2000 ESKO, an English version of the programme was also introduced.

英語版「積極人生計劃」展開。

2001



Conference on Youth Suicide Prevention was held in Hong Kong.

舉辦了探討青少年自殺問題的會議。

2003

Local befriending email service in English was launched.

開始提供本地英語電郵服務。

2004

Youth Suicide Prevention Project (YSPP) - a further development of the former SKO and ESKO programme was introduced.

中英語版的「積極人生計劃」被重新整理為「防止青少年自殺計劃」。



2007

Local email service in Chinese was introduced.

開始提供本地中文電郵服務。

The English Speaking Support Group for People Bereaved by Suicide (PBS) was launched.

為自殺者家屬及親友而設的英語支援小組正式成立。



The Samaritans became a full member of Befrienders Worldwide (formerly called Befrienders International).

成為 Befrienders Worldwide 的正式成員（組織前身名為 Befrienders International）。

Year 年份

Event 事件

2010

"Love for Life Concerts" were held to raise public awareness of The Samaritans.

舉行「延續生命色彩 (Love for Life)」音樂會，提升大眾對撒瑪利亞會工作的關注。



The Young Samaritans Peer Support Programme (YSPSP) in Chinese was launched with the aim of educating and giving support to local secondary school students.



以粵語進行的「友伴同行」生命互勉訓練計劃正式展開，為本地中學生提供教育及支援。

2011

The evaluation of the Young Samaritans Peer Support Programme was presented at the 26th International Association for Suicide Prevention World Congress in Beijing.

「友伴同行」生命互勉訓練計劃第一、二期的評估報告獲邀於國際預防自殺協會的第 26 屆世界大會發表。



2012

The Samaritans Hong Kong organised the first local conference for survivors of suicide as part of the "International Survivors of Suicide Day"

籌辦本地首個大行支援自殺遺屬及親友的會議。

2013

The management structure of The Samaritans Hong Kong was reorganised with the newly created Board of Directors as the governing body of the organisation.

撒瑪利亞會管理架構重組，以新成立的董事會為管治單位。



Mr Charles Yang, BBS, JP
Admissions, Budgets and Allocations Committee Chairman
The Community Chest of Hong Kong
Celebration of the 40th Anniversary of The Samaritans

On behalf of the Community Chest, it is my great pleasure to extend our congratulations to The Samaritans on the celebration of its 40th Anniversary.

Since 1983, the Community Chest has been subventing The Samaritans to provide hotline service, befriending email service and support group to people who are in despair or suicidal. The service aims at helping them alleviate despair and suicidal feelings, as well as inducing hope. Moreover, The Samaritans is proactive in promoting emotional health and suicide prevention through their youth and outreaching services. It is indeed the Chest's great privilege to have been a part of the Agency's development and growth.

We wish to express our heartfelt gratitude to The Samaritans and we sincerely believe that The Samaritans will further develop quality and diversified services to benefit more people in need.

香港社會服務聯會行政總裁 蔡海偉先生



撒瑪利亞會 40 年來與情緒困擾者同行，不單耐心聆聽，同時為都市人提供情緒支援服務，適時化解個人危機。這些年來，撒瑪利亞會致力發展不同服務，受惠者眾，其擁抱的積極人生態度，更為社會注入正能量。



Mrs Wendy Kwok 郭炳湘夫人
Honorary Patron and Chairperson 名譽贊助人暨主席

The Samaritans has dedicated the past forty years to providing emotional support services for suicidal and distressed people in Hong Kong. In addition to its flagship 24-hour multilingual hotline service, The Samaritans has been diversifying its scope of services, successfully developing the “Young Samaritans Peer Support Programme” as well as support groups for people bereaved by suicide. On behalf of myself and Suicide Prevention Services, we congratulate The Samaritans on its 40th Anniversary and wish it every success in its future endeavours to serve the community. Together, I know we can create a more caring and loving society.

「撒瑪利亞會」過去四十年致力在香港為有自殺念頭或受困擾的人士提供情緒支援服務。除了提供 24 小時多種語言熱線服務外，經過不斷努力，服務範疇趨向多元化，包括提供青少年服務友伴同行計劃、自殺離世者親友的服務。本人謹此祝賀「撒瑪利亞會」四十週年慶典，與及未來的服務發展百尺竿頭，更進一步，共同締造一個關愛的社會。



Ms Christine Wong
Executive Director

On behalf of the Samaritans of Singapore (SOS), I would like to express my sincere congratulations to The Samaritans, Hong Kong on its 40th Anniversary.

When a group of us visited you in August 2013, we were impressed by the dedication and commitment of all the volunteers.

The volunteers – in Hong Kong/Singapore or in many other parts of the world are the core of the Samaritans as they gave their precious time and so much of themselves to provide the emotional support to the distressed and the suicidal.

Congratulations once again and I wish The Samaritans Hong Kong can continue the excellent work for many more years.



**Ms Cecilia Ho
President**

Congratulations to The Samaritans on their 40th Anniversary. As the pioneer organisation dedicated to suicide prevention in Hong Kong, The Samaritans has never wavered in its mission to provide emotional support for the needy. They have not rested on their laurels either, changing with the times to offer new avenues of support such as the Young Samaritans Peer Support Programme funded by Lee Hysan Foundation. On behalf of the Foundation, I wish The Samaritans all the best as they continue to lend an ear to Hong Kong for the next 40 years and beyond.



**Professor Paul Yip
Director**

I would like to express my sincere gratitude and admiration for the work done by The Samaritans which has been serving the vulnerable in the community for the past forty years. The

dedication of the volunteers is a fine example of others. The service to non-cantonese speaking people has filled a gap in the existing services. I hope they can continue to strive for its excellence and further enhancement of the service to make a difference.



**The Samaritan Befrienders Hong Kong
香港撒瑪利亞防止自殺會**

**Mr Clarence Tsang
Executive Director**

It is our honour to write this congratulatory message for the 40th Anniversary of The Samaritans. As a partner in providing suicide prevention services to the community in Hong Kong, we see that

The Samaritans has been whole-heartedly providing a top quality emotional support service to those in need over the past 40 years. We especially admire the hotline volunteers for their selfless contribution to the community by giving their time and love to the people at the other end of the telephone line. In congratulating the 40th Anniversary of The Samaritans, we wish that they will have another 40 years of prosperity and more people who are in need can benefit from the services provided by The Samaritans.



**Mr Martin Taylor
Chair of Trustees, Befrienders Worldwide**

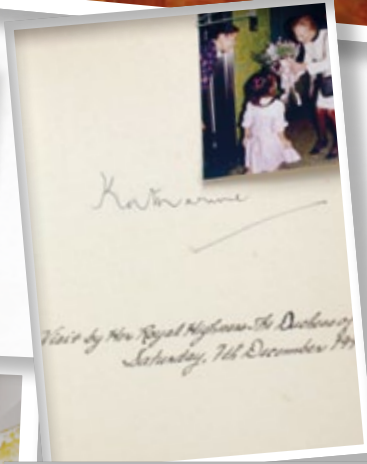
The Befrienders Worldwide, on behalf of all of its members, congratulates Samaritans Hong Kong on 40 years of continuous service to the community. It is truly an impressive achievement. Your team of

dedicated staff and volunteers, both past and present, have shown great commitment, providing a much needed service to more than 40,000 people a year. You deserve to feel proud. We wish you all the very best for your celebrations and look forward to your continued association with Befrienders Worldwide as we grow and develop in the future.

一電之隔

We are just a phone call away

Support from Society



Joining Hands in Suicide Prevention



Reaching out to Youth and Communities



away

Voices from Samaritans and Supporters 義工和支持者心聲



Mr Cheng Tak Fu
Principal, CNEC Lau Wing Sang Secondary School
中華傳導會劉永生中學鄭德富校長
Participating School of YSPSP
「友伴同行」生命互勉計劃參與學校

I am very supportive of the Young Samaritans Peer Support Programme. I am convinced that students learn a great deal from the programme.

Our school is willing to offer a variety of activities for students, due to the needs of students. In fact, life is full of challenges and difficulties. This training goes beyond academic training to focus on EQ, emotional management, and life and death education. I hope more students can participate in it.

Different schools have various approaches towards suicide prevention work due to their respective students' profile and the different types of pressure they encountered. But regardless of each school's banding, suicide prevention and life education are equally important.

校長十分支持「友伴同行」計劃，學生參加計劃後有很大得著。

學校本身願意提供多元化活動給學生，因見到學生的需要。青少年自殺、自毀的行為背後有一籃子問題，其實人生是滿有挑戰和困難，學校的訓練不僅在學術上，也需要顧及各方面，包括 EQ 情緒智商，情緒管理和生死教育。「友伴同行」計劃成效不錯，希望有更多學生參加。

不同學校看防止自殺工作有不同，因學生的背景和面對的壓力不同，但無論是甚麼程度的學校和學生，預防自殺和生命教育工作也是同樣重要。



Mrs T
Parent of a YSPSP participant
「友伴同行」生命互勉計劃參加者家長

Mrs T is keen to see more in-school programmes of a similar nature, to equip students with knowledge on suicide prevention and the consequences of suicide. She is convinced that talking about suicide in this way would not 'encourage' young people to take that path. In fact, she feels that it helps them to be more aware of their own emotions, understand more about depression and its consequences. This is extremely important to young people.

Mrs T hadn't imagined that Young Samaritans Peer Support Programme - delivered through a range of training and knowledge sharing sessions - would cover the issue in such depth.

The sharing by a person who has recovered from depression had a lot of impact on her daughter and made her aware of the difficulties faced when suffering from emotional disorders.

Mrs T 希望學校可安排更多類似的活動、講座讓學生了解更多防止自殺的知識，和自殺會帶來的後果。我不覺得和青少年談自殺，會令他們更想去自殺，反是更幫助他們認識自己，認識情緒病和其後果。這點是很重要的！

Mrs T 沒想過「友伴同行」計劃的課程是這樣深入，有各方面訓練和知識分享。

更令女兒深刻的，是在工作坊上聽到一位抑鬱症康復者的分享。親身的述說令女兒明白抑鬱症病人所面對各種困難，包括求醫的困難。

Herman
Graduate of YSPSP VI
第六屆「友伴同行」生命互勉計劃參加者

I have been most amazed by some changes in my views and attitudes. Recently there is a student in my class who is often bullied by others. In the past I would try not to be involved as it is none of my business. But after joining this programme, I could not help but think about the severity of such a problem. If the situation continues the student suffering from bullying may have depression or even commit suicide. So now I would approach the classmate to talk with him and try to seek help from the social worker with him. I used to be indifferent when I saw people talking about cutting themselves on facebook. Now I may send them a private message to understand more about the person. If they are willing, I also hope I could offer some channels to seek help.

我發覺自己一些看法和態度的轉變，是我意想不到的。最近班裡有個同學常常被人欺凌，以前的我只會作旁觀者，希望事不關己，己不勞心。但參加完計劃後，我會想到問題的嚴重性，長此下去抑鬱症甚至自殺這些嚴重後果，因此覺得不可袖手旁觀，會主動和他聊天，了解多點他的情況，以及陪他找社工幫忙。以往我在 facebook 見到有人講割手，我不會在乎，只會當他們傻，與我無關。現在則可能會私下找當事人，了解事情，如果對方願意也希望可以為他提供一些求助方法。

I feel blessed that nine of my years converge with the 40-year history of The Samaritans.

Thank you for allowing me to be among the SAMs. My life embarked on a very different course since I became a SAM in 2005.

The first miracle was being accepted for Samaritans training. Nine years ago, I did not say a word when I underwent training. I was worried that I would do awful things in saving lives, it is SAMs that changed my view. It turns out that being willing to listen, that someone is willing to listen to your heart, is indeed such a wonderful thing. It is SAMs which extended my horizons, in letting me get to know Samaritan representatives from around the globe. I became aware that there are so many like-minded people around the world who are committed to suicide prevention, to lending a hand in helping to provide unconditional emotional support.

Looking back on the years of 2005, 06, 07, 08...another miracle arose in 2009 with the arrival of a new project, Young Samaritans Peer Support Programme (YSPSP). Starting the service was not easy; we started everything from scratch. Four years later, we are lucky to have assembled a team of highly-dedicated volunteers who have helped over 200 young ambassadors to widen their understanding of suicide prevention and emotional difficulties, the 'Listening Wheel', the concept of empathy, nonjudgmental stances, and taking the initiative to care for others. Student Ambassadors are tasked to publicize the message of YSPSP at their own schools.

In retrospect, there is so much to treasure. I am happy that we helped these young people appreciate a little kindness, a little care could mean so much.

"No one has ever hugged me." One of the YSPSP alumni told me.

"Friends, the driving force for me to live on." another one left this message on her Instagram message board.

"I will surely make a donation to YSPSP with my money in the future." another moving message from yet another graduate.

My team and I hope, through suicide prevention outreach efforts, we could help young people to learn to respect every life because we cherish every one's life.



撒瑪利亞會四十年路，也走過了我九年的人生。

謝謝 SAMs 你容許我加入。從 2005 年起，開始走上不一樣的人生。

回想 9 年前受訓時，我一句話也沒有說，但奇蹟地被取錄。滿以為我可以拯救生命，是 SAMs 改變了我的看法，原來願意去聽，或有人願意聽你心底的事，已是一件美好的事。是 SAMs 開拓我人生的眼界，讓我去認識全世界各地撒瑪利亞會代表，原來這世上有這麼多人致力為預防自殺，協助處理情緒危機，向其他人伸出援助之手。

回望 2005 過去，06、07、08、09... 新任務到來：我們的「友伴同行」生命互勉預防青少年自殺外展計劃。前線工作從來不易，在完全沒有經驗下，計劃展開，又是奇蹟的第二次，4 年過去，我們有了一班老中青義工團隊，也使 200 多個年青大使認識預防自殺，情緒問題，學會用聆聽之輪，同理心，不批判，幫自己，主動關心別人。親愛的學生大使，完成課程後回去自己的學校，宣傳在友伴同行的訊息。

回顧過去，要記得下的經歷何其多。原來淡淡的關懷，像種子一樣散播於心田。

一個「友伴同行」的學員曾跟我說過這樣的一句話：「從來沒有人擁抱過我。」

另一個畢業同學亦在其 Instagram 寫下一個感動留言：「有著友伴們，是生存的理由。」

還有另一句觸動心靈的留言「將來我有錢，我會贊助友伴同行」。

我與我的團隊，希望透過預防自殺的外展工作，讓年青人學懂尊重每個生命的承擔，因我們愛惜每一位的生命！

Sherry Samaritans between 1977-2005

When first approached to join Samaritans, Sherry almost dismissed the invitation, feeling that she was not of the right temperament, but Sister Rose, Director, felt otherwise and was certainly proved right. At the time, Samaritans being a largely expatriate organisation, Sherry was one of the few who spoke Chinese and admits to being wary about the location of the Centre. She recalls writing minutes by hand, having them checked and then typing them, and the fact that calls were not limited in any way so some calls went on for a very long time, Asked what was special about The Samaritans, Sherry replied "I enjoyed meeting the people. I felt the kindness."

當 Sherry 剛被邀請加入撒瑪利亞會時，她差點就拒絕了，因為她不覺得自己是適合的人。但當時的總監 Sister Rose 則覺得相反，而最終當時的總監是對的。在那時候，撒瑪利亞的義工多是外籍人士，Sherry 是當中少數會說粵語的義工，也發覺機構舊址四周環境的問題。她記得當時的會議紀錄首先要用手謄寫，校對過後再打字，有些來電可以沒完沒了。當被問及撒瑪利亞會有甚麼特別之處，她說「我喜歡那裡的人，那裡讓我感到窩心。」



Matt Samaritans since 2014

Have you thought about suicide?" This is not the kind of question which we usually ask but this is the question that every Samaritan must ask every time he/she takes a call. Hardly can one realize how difficult it is to ask a question with just 5 words, until one has to ask the question with genuine care.

「你可曾有過輕生的念頭？」這當然不是我們日常會觸及的問題但卻是每名撒瑪利亞會義工每次接聽求助來電時必問的問題。外人或會難以想像若非認真誠意的關心著別人，要提出這樣的問題是何等的困難。

Tracy Samaritans since 2008

I'm extremely passionate about the work of The Samaritans and I am honoured to be able to be part of the Board, supporting their efforts in Hong Kong.

Being a part of The Samaritans has highlighted to me the very real importance of truly listening to one another and the real lack of it in our hectic society. To be able to contribute to this amazing organisation, made up entirely of volunteers, is very rewarding.

I'm inspired to work with the PR and fundraising channels to communicate the very fundamental message of The Samaritans: if you need someone to talk to, we are always here.

我對撒瑪利亞會的工作十分支持，我很榮幸能透過成為其董事會的成員，協助他們在香港的工作。

作為撒瑪利亞會的一份子，提醒我真心彼此聆聽的重要性，以及在日常生活繁忙中這是如何缺乏。我深信能夠為這樣一個無私的義工組織服務，是別具意義的。

我有幸能參與撒瑪利亞會的籌募及傳訊工作，幫助傳遞撒瑪利亞會的預防自殺信息：如果你需要找人傾訴，我們只是一電之隔。



Organisational Structure

組織架構



Board of Directors 董事會

Mrs Liz Chamberlain (Chair)
Mr Jason Bailey (Secretary)
Mr Lento Yip
Mr Martin Sabine
Mrs Tracy Dedman

Executive Committee 執行委員會

Chief Executive 總監

Ms Deborah Crouch

Treasurer 司庫

M Aubrey Ho

Mr Alastair Sharp
Ms Christine Klitsie
Mrs Jackie Fletcher
Ms Jane Fong
Mrs Sarah Holden

Leaders Committee 義工組長委員會

Approximately 20 members
約有 20 名會員

Volunteers 義工團隊

Approximately 110 members
約有 110 名會員

Employees 僱員

Administration Manager 行政經理

Ms Hedriun Fung

Fundraising and Communications Manager

籌募及傳訊經理

Mr Edward Wong

Project Manager 項目經理

Ms Serena Wong

Administrative Officer 行政主任

Ms Suela Tang

Patron, Consultants, Affiliations and Membership 贊助人、顧問、資助及會員機構

Honorary Patron 名譽贊助人

Mrs Regina Leung 梁唐青儀女士

Legal Consultant 法律顧問

Mr Henry J. H. Wheare (Hogan Lovells) 韋恒理先生 (霍金路偉律師行)

Auditor 核數師

JFU CPA 傅子剛會計師事務所

Medical and Psychological Consultant 醫學及心理顧問

Dr Paul Wong 黃蔚澄博士

Affiliations and Membership 會員機構



Major Supporter 主要贊助機構



Hotline Sponsor 熱線贊助



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INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE SAMARITANS

We have audited the financial statements of The Samaritans set out on pages 3 to 16, which comprise the statement of financial position as at 31 March 2014, and the statement of comprehensive income and expenditure, statement of changes in funds and statement of cash flows for the year then ended, and a summary of significant accounting policies and other explanatory information.

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. This 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.

**INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF THE SAMARITANS**

Auditor's responsibility (continued)

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 2014 and of its deficit and cash flows for the year then ended in accordance with Hong Kong Financial Reporting Standards.



JFU CPA
Certified Public Accountants

Hong Kong
Date: 11 SEP. 2014

**STATEMENT OF COMPREHENSIVE INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31 MARCH 2014**

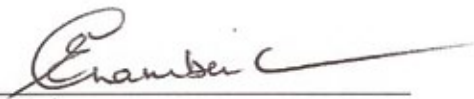
	<u>Notes</u>	<u>2014</u> HK\$	<u>2013</u> HK\$
<u>Income</u>			
Donations		438,779	578,916
Outreach donations		1,210	3,146
Institutional grants		4,060	448,210
Allocation from Community Chest		345,600	368,070
Membership income		820	830
Sundry income		500	2,200
		<u>790,969</u>	<u>1,401,372</u>
Income from the Capital Fund	5	225,339	207,949
(Loss) / Gain from the Capital Fund	5	<u>(44,902)</u>	<u>401,392</u>
		<u>180,437</u>	<u>609,341</u>
		<u>971,406</u>	<u>2,010,713</u>
<u>Expenditure</u>			
Employee benefit expenses			
- Salaries		916,990	880,293
- Contributions to a mandatory provident fund scheme		43,515	40,048
- Long service payment	8	809	23,219
		<u>961,314</u>	<u>943,560</u>
Depreciation	4	45,655	43,336
Office supplies		1,012	2,172
Printing, stationery and postage		57,836	51,894
Publicity and advertising		19,570	36,969
Rent, rates and electricity		61,216	68,262
Repairs and maintenance		36,289	55,393
Staff training		42,745	32,171
Sundry expenses		88,773	76,152
Telephone		13,232	15,588
Insurance		14,853	17,011
Youth Suicide Prevention Programme project expenses		86,318	136,072
		<u>1,428,813</u>	<u>1,478,580</u>
(Deficit) / Surplus for the year		(457,407)	532,133
Other comprehensive income		-	-
Total comprehensive income for the year		<u>(457,407)</u>	<u>532,133</u>


**STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2014**

	<u>Notes</u>	<u>2014</u> HK\$	<u>2013</u> HK\$
NON-CURRENT ASSETS			
Financial assets at fair value through profit or loss	3	6,153,078	6,197,980
Equipment	4	57,031	91,094
		<u>6,210,109</u>	<u>6,289,074</u>
CURRENT ASSETS			
Cash and cash equivalents			
- Fixed deposits	3	821,653	811,479
- Cash in banks and on hand		78,966	477,775
		<u>900,619</u>	<u>1,289,254</u>
Utility deposits		2,500	2,500
Prepayment		1,560	-
Dividends receivable		28,379	26,876
Donation receivable		750	-
		<u>933,808</u>	<u>1,318,630</u>
TOTAL ASSETS		<u>7,143,917</u>	<u>7,607,704</u>
FUNDS			
Accumulated Fund		(187,193)	270,214
Capital Fund	3	7,273,502	7,273,502
TOTAL FUNDS		<u>7,086,309</u>	<u>7,543,716</u>
CURRENT LIABILITIES			
Accrued charges		14,231	11,420
Receipts-in-advance		-	10,000
		<u>14,231</u>	<u>21,420</u>
NON-CURRENT LIABILITIES			
Provision for long service payment	8	43,377	42,568
TOTAL FUNDS AND LIABILITIES		<u>7,143,917</u>	<u>7,607,704</u>

The accompanying notes form part of the financial statements.

Approved and authorised by the Management Committee on 11 SEP. 2014


Chairman


Honorary Treasurer

Looking Forward

展望

Suicide is a prominent global public health problem. For the first time the World Health Organisation has released a global report on suicide prevention in 2014 and it shows that each year more than 800,000 people take their own lives — about one person every 40 seconds. Suicide accounted for 1.4% of all deaths worldwide, making it the 15th leading cause of death. Notably, among young persons 15-29 years of age, suicide is the second leading cause of death globally.¹

In Hong Kong, suicide claimed about 900 lives in 2013. Overall, we observed a slight reduction in the suicide rate from 12.8 in 2012 to 12.3 per 100,000 in 2013 (from 17.0 to 16.4 for males and from 9.2 to 8.8 for females). However, further analysis shows an increasing trend for certain groups. The suicide rate of young women significantly increased by 32.1% (15-24 years, from 5.3 to 7.0), and 12% (25-39 years, from 7.4 to 8.3). Young boys' suicide rate has doubled (from 0.2 to 0.5). A significant increase in suicide rate was also found in middle aged men of 55-64 years by 38.3% from 14.9 to 17.8 over the period. Older adults aged 60 or above still show a relatively high suicide rate (around 21.6 per 100,000 in 2013), creating crucial challenges to our aging society.²

Worryingly, the suicide figures remain high. Hence the importance of the organisation remains essential to those who are suicidal, to those who are lonely, confused, upset, and to those who simply have no one else. We need to look to understanding more about the problems our callers face and to engaging others to help. The World Health Organisation calls for action from different stakeholders for the intervention and prevention of suicide. For our work to continue and develop we need to garner support on a wider basis.

For 40 years The Samaritans has existed for the people of Hong Kong. Anyone can phone us at any time. We have developed e-mail services, youth projects, support groups and outreach activities, and will continue to do so. As an organisation, we do not stand still though and with the changing demographics of Hong Kong, The Samaritans has to be prepared to respond as well to the callers of the future - to the aging population, to a wider number of minority groups, to whatever the coming years presents.

¹ World Health Organisation. (2014). Preventing suicide: A global imperative. Retrieved from http://www.who.int/mental_health/suicide-prevention/world_report_2014/en/.

² Centre for Suicide Research and Prevention. (2014). Statistics. Retrieved from <http://csr.p.hku.hk/WEB/eng/customized.asp>.

自殺是一個全球公共健康問題。世界衛生組織在 2014 年發表了首份以全球預防自殺問題為題的研究報告，顯示每年超過 80 萬人因自殺身亡，亦即平均每 40 秒在世界某一角落便有一人因而喪命。自殺佔全球死亡人數的 1.4%，這比率令自殺成為全球第十五位的致命原因。值得注意的是，在 15-29 歲的年輕人組別中，自殺更是位處第二位的主要死因¹。

在香港，單是 2013 年間自殺便奪去了約 900 條生命。雖然從 2012 年到 2013 年期間的自殺率整體有輕微減少，從 12.8 下降至 12.3（每十萬人口計算），男性自殺率由 17.0 降至 16.4，女性則自 9.2 下降到 8.8。然而，進一步的分析顯示，某些群體的自殺率卻有增加的趨勢。當年輕女性自殺率的增加最為顯著，15 至 24 歲組別中，比率上升了 32.1%，從 5.3 升到 7.0，而 25 至 39 歲群組則增加了 12%，從 7.4 增至 8.3。年輕男性的自殺率亦增加了一倍，從 0.2 到 0.5。同時，中年男性的自殺率也見顯著上升，年屆 55 至 64 歲的中年男性自殺率增多了 38.3%，從 14.9 上調至 17.8。60 歲或以上的長者依舊錄得相對較高的自殺率，在 2013 年平均每 100,000 長者便有 21.6 人自殺而亡，這為我們老齡化的社會帶來嚴峻挑戰²。

令人擔憂的是，自殺數字居高不下。因此，撒瑪利亞會的工作重點仍然放於支援那些有自殺傾向的人士，那些感到孤獨，迷茫，不安，和那些沒有其他傾訴對象的人士。我們需要加深了解求助者面對的問題和處境，以及與不同的機構和人士合作。世界衛生組織呼籲不同持分者要伸出援手，積極參與預防自殺的工作。對於我們而言，撒瑪利亞會極需要各方的鼎力相助和支持以繼續和發展我們的預防自殺工作。

四十年來撒瑪利亞會致力服務香港市民，任何人都可以隨時致電尋求協助。與此同時，我們亦已經開始了電郵求助服務、針對青少年的外展項目、不同的支援小組和及其他外展服務，並會繼續努力。撒瑪利亞會深明我們絕不可以固步自封，因此我們已因應不斷轉變的人口結構著手準備，以求更有效服務未來的求助者，當中預計在未來幾年將陸續呈現的挑戰包括人口老齡化，日漸擴大的少數族裔人口等等。



Anson Chan

A recent tragedy in my own family has reinforced my belief that people in emotional distress badly need help. If even one suicide can be prevented, it would be worth the effort. The Samaritans, largely staffed by volunteers, provide empathic listening and emotional support. Last year, over 30,000 phoned the hotline which is operated round the clock. In addition, the Organisation provides out-reach services and training programmes for potential volunteers.

I support whole-heartedly The Samaritans' mission and vision and I look forward to working with everyone involved in achieving our aims.

Acknowledgements

鳴謝



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

我們也希望藉此感謝所有撒瑪利亞會之友以及希望以不具名形式支持我們的各人士。

Please Support Us 請支持我們

Dear Friends,

From relying solely on our telephone hotline when The Samaritans started in Hong Kong, to developing email services, projects especially for young people and meetings for those bereaved by suicide, to shaping outreach programmes, we aim to be there for everyone in Hong Kong of all ages, backgrounds, and circumstances at all times.

Receiving more calls and e-mails every year, we are highly conscious of the need to develop and expand our service. And we need your support. As a non-profit organisation your generosity means we are able to serve the people of Hong Kong.

Making a donation is easy. Simply fill out and return the donation form on the following page.

Thank you.

Sincerely,

各位朋友：

從單一提供熱線求助服務，撒瑪利亞會積極在香港開闢新的服務範疇，包括求助電郵、青少年訓練以及自殺者親友互助小組，我們致力為香港不同階層背景的人提供適切服務。

每年日益增多的求助電郵和電話，讓我們意識到服務擴展的急切需要，正因如此我們需要您們的支持。

閣下只需填寫並寄回下頁的捐款表格，一分一毫也能有助我們持續和加強我們在香港的工作。

謹此先行感謝您的慷慨支持。

Liz Chamberlain Deborah Crouch

Liz Chamberlain and Deborah Crouch
Chairman of the Board and Chief Executive
The Samaritans
撒瑪利亞會主席和總監

Donation Form

捐助表格



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

- 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：
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can help support our volunteers to answer 4 calls
- HK\$500 訓練一名義工並維持一名義工接聽求助電話一年
can help us recruit and maintain the service of a volunteer for a year
- HK\$2,100 能有效地支持撒瑪利亞會維持全年無休的預防自殺及情緒支援服務
can help keep our service running 24 hours a day, 365 days a year
- 其他 Your choice HK\$ _____
- 本人願意一次過捐款，以支持撒瑪利亞會的工作：
I want to make a one-off donation to support the work of The Samaritans:
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By crossed cheque, payable to THE SAMARITANS. Please write the name and phone number of the donor on the back of the cheque
- 直接存入滙豐銀行 : 404-228553-001 (請連同存款收據正本寄回)
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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。

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