



THE HONG KONG JOCKEY CLUB  
Centre for Suicide Research  
and Prevention  
THE UNIVERSITY OF HONG KONG  
香港大學香港賽馬會防止自殺研究中心



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Who cares wins 愛 才會贏

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## Message from the Director

### 總監的話

It is a common saying among Chaozhou people that “To win is to fight”, yet the pressure of competition in contemporary society is already enormous. Although we do not intend to add to that, there is a battle we must win – the fight against suicide. However, the key to victory lies in love and care from every stakeholder.

This is not a fanciful goal; it is what we are fighting for in our community every day. For this issue of the newsletter, we invited individuals from different backgrounds and age groups to share their experience in initiating actions to prevent suicide within their positions in the community, including Mr. Yeung Long Hang, Senior Station Officer of Fire Services Department; Mr. Peter Roderick Morgan, Former Assistant Commissioner of Police; Auman Yick, YouTuber; tertiary students; and suicide prevention hotline volunteers. Through their stories, we encourage you to be a part of suicide prevention no matter what you do.

### Curbing the spread of suicide using gas

A new method of suicide using gas was spreading quickly among teenagers two years ago. With the efforts of various stakeholders, the spread was curbed timely and effectively. Recently, we shared our experience in curbing the spread of suicide using gas through collaboration with different parties in an international journal. This newsletter will briefly introduce the project, and we have invited representatives from fire services and police force to share their experience in this project. <read more on P.4>

### “The Last Day”

The impact of social media on youth is stronger than ever. Earlier this year, we collaborated with the YouTuber, Auman, in producing a short film ‘The Last Day’. Through this film, we aim to encourage people in desperate situations to seek help, to say goodbye to ‘the last day’ of bitterness and to welcome a brand-new day with hope. This issue will cover this collaboration, followed by Auman’s sharing of his experience in making the film. <read more on P.12>

### WeCare Fund

In the second half of last year, we started a student-initiated youth suicide prevention project at 10 tertiary education institutions. Under the supervision of professional advisors, the students initiated, organized and implemented mental health related projects. Three funded projects were selected as the champion, first runner-up and second runner-up of the Best Practice Award. They have received further funding to expand their projects. <read more on P.16>

### Hong Kong Altruism Index

We conducted a territory-wide survey on altruism in late 2016. We held a press conference on 12 April, 2017 to present the latest survey findings on altruism and well-being, and officially launched a mobile application named ‘Helppiness’. Two volunteers, Allan and Shan, were invited to share their experiences of providing help. <read more on P.22>

### Developing Students’ Positive Attitudes and Values

Quality Education Fund Thematic Network on Developing Students’ Positive Attitudes and Values (QTN) aims at promoting evidence-based practice for students’ wellbeing in school setting and enhancing teachers’ competence in delivering mental health programmes. In the past two years, the QTN school network has been expanded to 94 schools. QTN is stepping into the third year in September 2017 and we expect to have more schools participating in our programmes. <read more on P.26>

**Paul YIP**

**Director, Hong Kong Jockey Club Centre for Suicide Research and Prevention**

**Chair Professor, Department of Social Work and Social Administration**



潮州人講「愛拼才會贏」，今日的社會競爭壓力已經夠大，我們無意繼續加碼。但有一場競爭，我們一定要贏，那就是與死神競賽的防止自殺工作。而贏得這場競爭的秘訣不在於「拼」，而在於每一位持份者的愛和關心。

這並不是離地的理想，而是每一日正在社區中發生的事情。這期通訊邀請到社區中不同背景、不同年紀的人分享，講述他們如何主動發起各樣行動，在自己的崗位上為防止自殺出一分力，當中包括：消防處高級消防隊長楊朗恒先生、前警務處助理處長孟義勤先生、YouTuber易卓邦、大專學生和防止自殺熱線義工。透過他們的經歷，我們鼓勵你，無論你身處何位，一同參與防止自殺的工作。

## 遏止吸氣自殺蔓延

早兩年曾有一種吸氣自殺的新方法在香港年輕人中快速擴散，但經過我們與各方持份者的協同努力，該方法的擴散得到有效遏止。我們近期在國際期刊發表論文，匯報跨部門合作遏止新自殺方法傳播的經驗。本期通訊將會簡介該項目，並邀請到曾參與該項目的消防、警察代表分享他們的切身經驗。〈P.4閱讀更多〉

## 《最後一天》

社交媒體對青少年的影響與日俱增。我們早前與YouTube紅人 Auman(易卓邦)合作製作了一部微電影《最後一天》，希望透過短片鼓勵更多身處困境的人尋求幫助，從痛苦的「最後一天」走向有希望的新一天。本期通訊將簡介該項目，並邀請Auman 分享他的創作心得。〈P.12閱讀更多〉

## 《與你同行》資助計劃

去年下半年我們在10所大專院校開展了由學生主導的防止青年自殺計劃，協助學生在專業人員指導下，於大學校園內發起、組織及開展與精神健康相關的活動。我們並於今年3月在獲得資助的計劃中，評選出冠、亞、季軍的「卓越實踐計劃獎」。獲獎項目已獲得額外資助用以擴大影響。〈P.16閱讀更多〉

## 香港助人指數

我們於2016年進行了全港助人指數調查，並於2017年4月12日舉行新聞發布會，公布最新調查結果，並為「好心地」手機應用程式舉行啟動禮。當日有兩位義工Allan和阿山分享他們的助人經歷。〈P.22閱讀更多〉

## 《培養學生正面態度和價值觀》

優質教育基金《培養學生正面態度和價值觀》主題網絡計劃旨於在學校推廣以實證為本、與學生心理健康相關的措施，同時期望提升老師對推行心理健康教育課程的信心。過去兩年參加本計劃的學校增加至94間，計劃將於2017年9月踏入第三年，我們期望更多學校的參與。〈P.26閱讀更多〉

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# Curbing the spread of suicide using gas

## 遏止吸氣自殺蔓延

Earlier this year, our colleagues, together with various stakeholders, published an article reporting how we handled the spread of gas inhaling suicide by using the public health approach on 'Crisis', the official journal of the International Association of Suicide Prevention. The current article will briefly introduce our work in this intervention project. For more details of our project, please refer to the following journal article:

Yip, P. S. F., Cheng, Q., Chang, S.-S., Lee, E. S. T., Lai, C.-s. C., Chen, F., Law, Y.-W. F., Cheng, T. M. E., Chiu, S. M., Tse, Y. L. J., Cheung, K.-w. R., Tse, M.-I., Morgan, P. R., & Beh, P. (2017, March 24). A Public Health Approach in Responding to the Spread of Helium Suicide in Hong Kong: A Case Report. *Crisis*. Advance online publication. <http://dx.doi.org/10.1027/0227-5910/a000449>

In 2014, we observed an increasing popularity of suicide using gas among teenagers in Hong Kong. This reminded us of how suicide using charcoal-burning, which used to be rare, has become one of the most common methods

of suicide in just a few years. The spread of suicide using charcoal-burning to Taiwan, Korea, Japan, Singapore and other places has taken more than 50,000 lives away. This was a painful lesson that we would never forget, and we sincerely hope that such an 'infection' will not happen again in Hong Kong. Therefore, our colleagues quickly informed different newspaper offices, and appealed to various stakeholders to remain alert and to take action to prevent the spread of the latest 'viruses'.

Our appeal has received prompt response from stakeholders. For the media, many newspaper offices accepted our recommendation to remove contents that described the method of suicide involving gas and to prevent detailed descriptions of it in subsequent news reporting. For online media, major search engines and social media platforms also agreed to delete information and messages that promote suicide, provide local hotline suicide prevention hotline to those who search for suicide using gas and encourage them to seek help.

Media outlets and SNS	Actions after receiving CSRP letter of concern	Potential effect size (no. of viewers from unique IP addresses on average)
Apple Daily	Removed problematic animation news from their official website	1,666,860 every day
Google	<ul style="list-style-type: none"> <li>- Removed a blog that contained detailed instructions on suicide using gas</li> <li>- Display local suicide prevention hotlines when people search suicide-related keywords in Hong Kong, Taiwan, and mainland China</li> </ul>	1.17 billion every month
Baidu	<ul style="list-style-type: none"> <li>- Removed a website archive that contained detailed instruction on suicide using gas from their search results</li> <li>- Removed topics relating to suicide using gas from their forums.</li> <li>- Display local suicide prevention hotlines when people search suicide-related keywords in mainland China.</li> </ul>	64,475,433 every day
YouTube	Removed problematic animation news about suicide using gas	Billions every day

■ Online media outlets and social network service (SNS) providers took actions in response to CSRP letter of concern.

# 勿讓吸氣自殺重蹈燒炭蔓延的覆轍

新年伊始，吸氣自殺的悲劇接連發生，令此種方法的危害性進入公共討論空間。本中心一直關注香港的自殺情況，從而發展有效的防止自殺方法。根據目前我們所能收集到的數據來看，自2012年9月至今年大約兩年的時間裏，吸氣自殺個案數量逐年上升，且愈來愈頻繁，擴散到不同年齡人群【圖】，令人憂慮。

本中心正努力防止此種方法重蹈1998年燒炭的覆轍。這記得1998年11月底，燒炭自殺首次由本港傳媒報導，對該種致死方法加以詳細描述，並配以死亡現場圖片，清楚顯示該種自殺方法。此後，燒炭自殺的悲劇便不斷見諸各家媒體。經媒體廣泛報導之後，該種自殺方法於一年之內，已由不為人知而躍升為當年第二流行的自殺方法。

## 自殺新聞 審慎報導

根據我們的統計，自1998至2013年，燒炭自殺已導致近三千名港人死亡。事件發生後，是成千上萬的家庭的悲劇經歷，實為血淚的教訓。這方法也已擴散到鄰近國家和地區，每年共有超過二千多

宗燒炭自殺的個案發生在台灣、日本和南韓。

在應對燒炭方法的蔓延過程中，我們累積了一些經驗——當一種自殺方法尚不為人知時，與傳媒合作，控制知識的擴散是必要之舉。但舊方法已經在社區廣泛傳播，相應的對策，便須轉變為增強社區成員對此種自殺的預防意識，形成聯防，並控制取得自殺工具的方法。因此，自2012年9月吸氣自殺首次經媒體大篇幅報導以來，我們已先與傳媒溝通，自2012年9月至今，我們已先後發出32封關注信予各大傳媒，指出他們的報導方式可能帶來模仿效應，並請他們轉達世界衛生組織的建議，審慎報導自殺新聞。不論，近兩年的悲劇受到全球媒體的集中報導，會否令此種方法再次吸引公眾關注，成為大範圍擴散的轉捩點？本中心將繼續觀察。

## 珍愛生命 共渡難關

對此同時，我們呼籲社會各持份者以樂觀為誠，及時準備，合作應對可能的擴散危機。目前的工作重點或須涉及幾方面的持份者：

一、政府部門：對此公共衛生的潛在危機，政府衛生部門應盡份擔當角色，制訂相應的對策，並協調各部門具體執行。這包括與媒體自律單位合作，改善媒體報導；考慮制定法規或指引，明確

指出在網上張貼、幫助自殺的訊息為損害公共利益或甚至違法；協調消防、海關等部門根據現行法例，加強管制壓縮氣體的銷售；儲存和運送、協同死因庭、勞工及福利局、警察機關等政府部門，將吸氣自殺納入監管範圍，密切留意可能的擴散趨勢。本中心去年曾邀請傳媒、警察、專科醫生、法醫等專業人士共同對策，為免事態進一步升級，我們呼籲政府可作出相應協調，讓更多資源參與合作。

二、傳媒：有部份傳媒不顧對自殺方法作出詳細描述，令此類訊息仍可透過網絡進一步擴散。此外，網絡傳媒的強大影響力不容忽視，本中心已與谷歌、百度等網絡公司聯繫，請他們避免提供吸氣自殺的訊息透過網絡平台擴散。但商業公司畢竟要顧慮商業利益，它們的一項建議是：如果沒有清晰的法規或指引，規範鼓吹與幫助自殺的網路訊息，將更有利於它們配合預防自殺的工作。

三、限制自殺工具：根據法例，各種壓縮氣體均屬於危險品，其實質、儲存、運送都應受到消防條例監管。消防、海關等部門可應對當下的問題，做進一步，限制此類氣體的經銷商，都會有效防止擴散。

四、增強公眾的警覺：如家人或朋友購買壓縮氣體，須及時詢問用途，並察覺其情緒狀態。如有需要，及時向專業人士

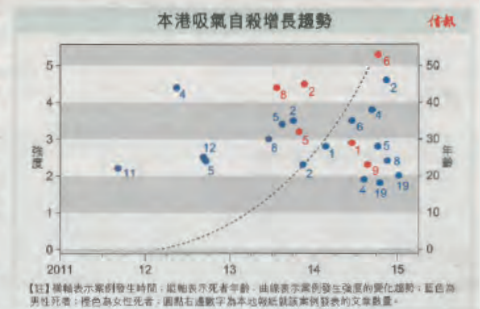
求助。此外，公眾均可盡監督義務，如發現無牌賣賣、運送、儲存壓縮氣體的個人或公司，及時向消防部門舉報。如發現傳媒或網絡平台有詳細描述自殺方法、轉載鼓吹自殺的訊息發布，可及時向傳媒公司或監察機構作出投訴。

五、公眾教育與推廣正確資訊：應澄清所謂「無痛自殺」的迷思，並鼓勵有困難的人及時求助。一些把自殺當作解決某些困難的方法的刻板印象（如「因為自殺」，「學業壓力自殺」，「情困」）也須破除。必須提醒大眾的是，無論在任何疾病

患中，或在何種困難中，自殺都是罕見行為，絕大多數的人都是珍愛生命，經過周圍人的支援度過難關。

每當有生命逝去，我們都難免心痛唏噓，但及時的干預可以避免事後的唏噓，且愈早防範越好。其功就遠勝於「守屍門」。若香港能發揮一貫的高效率特色，建立跨部門協調機制，及時應對新自殺方法的擴散，不僅造福香港，亦將為全球自殺預防樹立典範。

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■ 葉兆輝、張書森、程綺瑾（2015年1月12日）。勿讓吸氣自殺重蹈燒炭蔓延的覆轍。信報。來源：<http://www1.hkej.com/dailynews/commentary/article/969136/勿讓吸氣自殺重蹈燒炭蔓延的覆轍>

今年年初，中心同事聯合多方持份者共同在國際防止自殺協會的官方刊物《危機》(Crisis)上發表了論文，匯報我們如何以公共衛生的方法來應對最近在本港發生的吸氣自殺擴散的危機。本文將簡要介紹是次危機干預的工作，而詳細內容請參閱：

Yip, P. S. F., Cheng, Q., Chang, S.-S., Lee, E. S. T., Lai, C.-s. C., Chen, F., Law, Y.-W. F., Cheng, T. M. E., Chiu, S. M., Tse, Y. L. J., Cheung, K.-w. R., Tse, M.-l., Morgan, P. R., & Beh, P. (2017, March 24). A Public Health Approach in Responding to the Spread of Helium Suicide in Hong Kong: A Case Report. *Crisis*. Advance online publication. <http://dx.doi.org/10.1027/0227-5910/a000449>

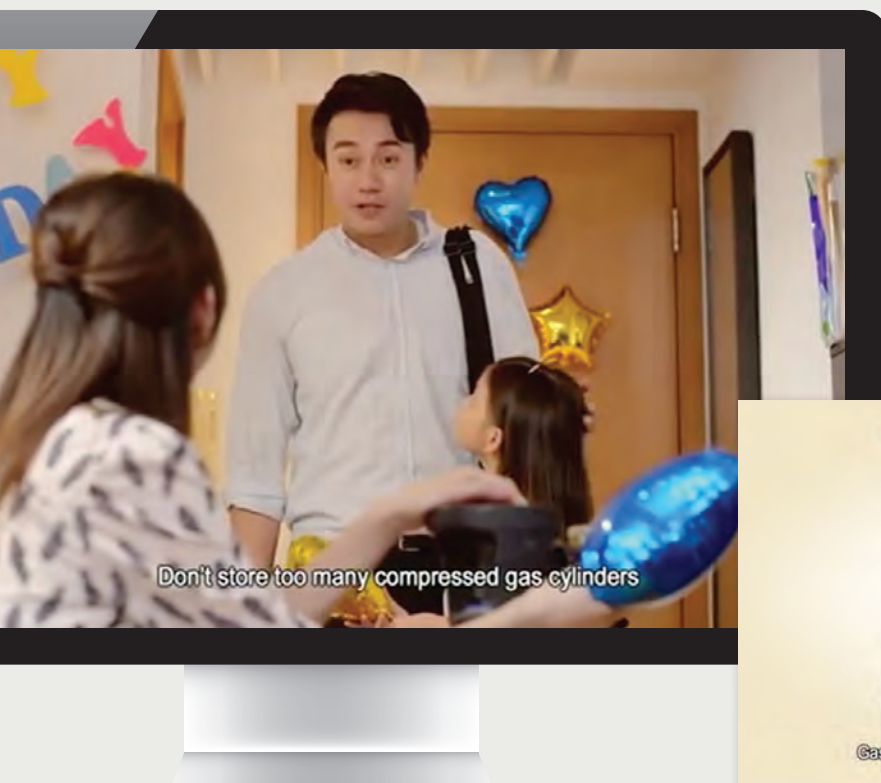
2014年，中心同事留意到一種吸氣自殺的新方法在香港年輕人

中快速擴散。當時的情形令我們不由得想起燒炭自殺如何由一個不為人知的方法在短短的幾年間變成香港最為流行的自殺方法之一。燒炭自殺方法還擴散至台灣、韓國、日本、新加坡等地，至今已奪走了超過5萬人的生命。這血淚的教訓讓我們銘記在心，並由衷希望不要再有類似的「傳染」在香港發生。中心同事很快投書報紙，呼籲社會各持份者提高警覺並積極行動，遏制新「病毒」的蔓延。

我們的呼籲得到各方持份者的積極響應。傳媒方面，多家報刊接受我們的建議，將描述新的吸氣自殺方法的新聞內容從網上移除，並在後續的報導中避免詳細描述該種方法。網絡媒體方面，主要的搜索引擎及社交媒體平台亦都配合移除鼓吹自殺的信息，並在人們搜索該自殺方法時自動提供當地的自殺預防熱線，鼓勵搜索者求助。

傳媒及社交媒體平台	響應防止自殺研究中心呼籲的行動	潛在影響力 (以獨立IP數位計算平均瀏覽人次)
蘋果日報	從官方網頁中移除不當的動新聞谷歌	每日1,666,860
谷歌	- 在搜尋結果中移除了一個詳細說明吸氣自殺的網誌 - 當香港、台灣和中國內地用戶搜尋與自殺有關的關鍵字眼時，搜尋結果顯示本地防止自殺熱線	每月11.7億
百度	- 在搜尋結果中移除了一個內含吸氣自殺的詳細指引的網站檔案 - 在討論區移除了所有有關吸氣自殺的主題 - 當中國內地用戶搜尋與自殺有關的關鍵字眼時，搜尋結果顯示本地防止自殺熱線	每日64,475,433
YouTube	移除了有關吸氣自殺的動畫片段	每日超過十億

■ 網上媒體和社交媒體平台響應研究中心呼籲後所採取的行動。



■ The Hong Kong Fire Services Department television announcement featuring safe use of party balloon gas and safe handling of compressed gas cylinders. Source: Hong Kong Fire Services Department <https://www.youtube.com/watch?v=mbV2JHcfwm0>, (2015).

香港消防處有關安全使用及貯存壓縮氣體的電視廣告。來源：香港消防處<https://www.youtube.com/watch?v=mbV2JHcfwm0>, (2015).



In terms of the government, the Chief Secretary for Administration at the time, Carrie Lam, had given great support to our work. The fire services, in accordance with our work in suicide prevention, tightened the control of the storage and transporting of compressed gas. The awareness of the potential danger of storing compressed gas was raised, and the reporting of illegal storage and transporting of compressed gas was encouraged through leaflets and television commercials. They also strengthened law enforcement preventing citizens from purchasing compressed gas easily by internet or phone.

In addition, the police paid close attention to how knowledge about suicide using gas was shared and how the gas was acquired, and would forward this information to our Centre and the Fire Services Department if they came across suicidal cases. The frontline officers would also remind compressed gas sellers to be mindful of the emotional state of their customers, so that early intervention could be carried out.

The Hong Kong Poison Information Centre of the Hospital Authority agreed to help as well by collecting information of those hospitalized due to suicide using gas and referring these cases to our Centre for follow-up. However, as the fatality rate is extremely high, we could not conduct any interview with survivors of suicide using gas so far.

Through the hard work of different stakeholders, the rate of suicide using gas did not seem to escalate as fast as suicide using charcoal-burning, and actually dropped in 2015/16. Yet, the urgency to prevent teenagers from learning about gas and its role in suicide is still great and we advise all stakeholders to remain vigilant of this matter, especially as suicidal ideation among adolescents has been increasing recently.

Adopting the public health approach, we have reached promising results in preventing the spread of suicide using gas in Hong Kong, and have gained international recognition. Such accomplishments could not be achieved without the active participation and support from different stakeholders. We also hope that there will be more articles adopting the public health approach to suicide prevention in the future.

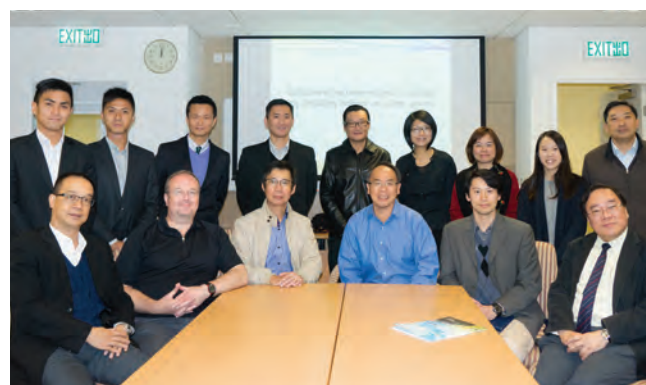
政府方面，時任政務司司長林鄭月娥女士對我們的工作給予了大力支持。消防處配合自殺預防工作，加強了對壓縮氣體的存儲及運送的監管。通過發放傳單、在電視台播放公益廣告的方式，提醒市民注意存儲壓縮氣體的風險，鼓勵市民舉報違法存儲、運送壓縮氣體的行為。他們亦加強了執法力度，避免本港市民通過網絡、電話等方式輕易購買到壓縮氣體。

警方則會在遇到相關個案時留意收集個案如何得知、獲取這種新的自殺方法，並將信息及時反饋給本中心及消防部門。警方亦會在前線提醒售賣壓縮氣體的店家，請他們售賣此類氣體時留意購買者的情緒狀態，以提供及早干預的機會。

醫管局中毒諮詢中心亦同意協助我們收集企圖用此方法自殺而入院的個案，並轉介相關個案給本中心跟進。但由於這種方法致命率非常高，我們至今未能成功訪問生還者。

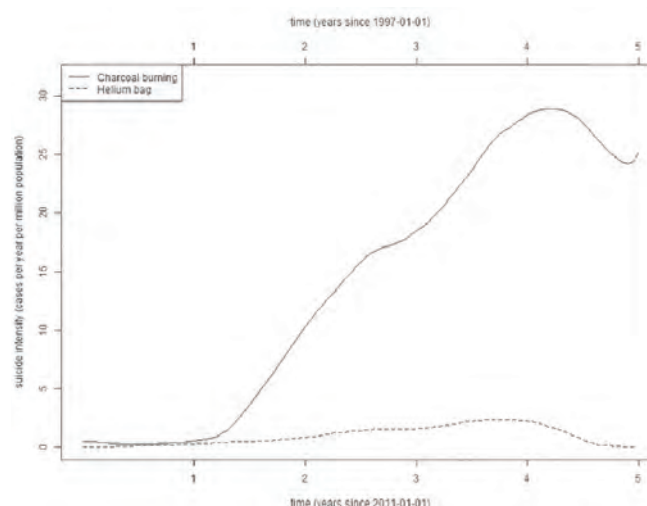
經過各方持份者的共同努力，我們見到吸氣自殺率並未如燒炭自殺般快速攀升，到2015/16年甚至開始下降。但我們未有因此而鬆懈，並呼籲各方持份者持續保持警惕。尤其是在青少年自殺意念有所增加的情況下，我們更需要防止更多年輕人學到這種新方法，阻止他們採取自殺的行動。

透過採用公共衛生的方法，我們在遏止吸氣自殺上的努力在本港取得了重要的成果，也獲得了國際同行的認可和讚賞。有賴各方持份者的積極參與和響應，我們才能合力制止吸氣自殺在本港蔓延，亦盼望未來會有更多有關的文章能採納公共衛生的方法，竭力阻止自殺的蔓延。



CSRP meeting with the Hong Kong Fire Services Department, Hong Kong Police Force, Hong Kong Poison Information Centre of Hospital Authority, pathologists, social workers, and clinical psychologist (Feb 3, 2015).

會見香港消防處、香港警務處、醫院管理局香港中毒諮詢中心、病理學家、社工和臨床心理學家（攝於2015年2月3日）。



Comparison between the first 5-year spreading trends of suicide using charcoal-burning and suicide using gas in Hong Kong. (Data of suicide deaths using charcoal-burning were provided by the Hong Kong Coroner's Court.)

香港燒炭自殺和吸氣自殺首五年蔓延的對比。（燒炭自殺的數據由香港司法機構提供。）



## Message from the Senior Station Officer of Fire Services Department

Suicide occurs nearly every day. It takes hundreds of lives in Hong Kong every year, leaving broken hearts and shattered families in the wake. It is an issue that needs to be proactively addressed, yet is often brushed aside in our society. Whilst it might seem distant and irrelevant to many, for members of the Fire Services Department (FSD), suicide is a tragic reality we face from day to day as one of our duties is to prevent and stop suicide attempts.

The Dangerous Goods Division of the FSD has worked closely with the Centre for Suicide Research and Prevention (CSRP) to curb the spread of suicides using gas in recent years. As the gas is classified as a compressed and permanent gas (Category 2, Class 1), its manufacture, storage, conveyance and usage are regulated by the Dangerous Goods Ordinance (Cap. 295), which is enforced by the FSD. Since the first report of suicide using gas in Hong Kong in 2012, the FSD has collaborated with the CSRP to educate the public on the safe handling of and legal liability related to compressed gas cylinders. Major efforts included publishing a public education poster, producing and broadcasting a television announcement of public interest and issuing advisory letters to the operators of courier companies. Furthermore, law enforcement operations were conducted on illegal storage and conveyance of gas cylinders without license, which have made it more difficult for people contemplating suicide to obtain gas cylinders. Thanks to the collaborative efforts of members of the FSD and various stakeholders in the community, the number of suicides using gas has not increased as much as anticipated.

Preventive measures aside, members of the FSD often have to intervene at a rather late stage of a suicide attempt. As firefighters and paramedics, members of the FSD are dedicated to conducting rescue operations in various scenarios and providing patients with the best paramedic treatment. Having served in the operational commands of the FSD, I have responded to numerous incidents involving suicide attempts.

Suicidal persons were often found in precarious situations. They might sit on the rooftop of a high-rise building with an attempt to jump off whilst others might threaten to inflict self-harm by various means. With the assistance of police negotiators, we were often able to persuade suicidal persons into returning to a place of safety and help them to do so with the professional training we have received. Though it is very rewarding to effect a successful rescue, I believe that our work as rescuers cannot effectively prevent suicide. One of the most valuable lessons I have learnt from discharging duties on the frontline is that most of the people did not attempt suicide with an intention to die. With this in mind, I consider our success in helping them physically return to a place of safety is only half the battle. Healing them psychologically and helping them resolve their issues through peaceful means are far more important. Indeed, I take pride in our work as firefighters and paramedics because our intervention give individuals a second chance in which they can step back and reconsider their decisions from a different perspective. More importantly, I believe that our efforts also give the community a second chance to provide support and assistance to individuals who are vulnerable to suicide and self-harm.

On that note, I urge you to stay vigilant for suicide warning signs in the people around you; be caring and supportive to those who are vulnerable; and seek professional help if necessary, so that suicide can be dealt with before it is too late. Everyone from all disciplines can indeed be part of the efforts to prevent suicide.

**Senior Station Officer**  
**YEUNG Long Hang**  
**Fire Services Department**



## 消防處高級消防隊長的話

自殺事件時常發生，每年奪取數百生命。它不單令人痛心，更令無數的家庭因此而破碎。自殺是一個必須積極處理的議題，卻常常被社會置之不理。雖然對很多人來說自殺不是「埋身」的問題，但阻止企圖自殺卻實實在在是消防處同事每天都要面對的工作之一。

近年，我們的危險品課與香港大學香港賽馬會防止自殺研究中心（研究中心）密切合作，遏止吸氣自殺成為新趨勢。用於該種自殺的氣體是永久壓縮氣體，屬於第2類危險品。根據香港法例第295章《危險品條例》，有關氣體的製造、貯存、運送或使用皆由本處管制。自2012年發生了第一宗吸氣自殺個案，本處一直與研究中心積極協作，教育公眾有關壓縮氣體的安全守則及法律責任，包括以海報、電視宣傳，並去信物流及貨運公司營運者，提醒業界在日常營運中須注意的安全要點。此外，本處亦針對無牌貯存及運送壓縮氣體的問題採取執法行動，限制獲取該類氣體作自殺的工具。因著本處同事及不同持份者付出的努力，吸氣自殺的個案數字並沒有像原本擔心的那樣快速增長。

除了預防工作，本處的同事經常需要處理企圖自殺的個案。消防員及救護員在不同處境下盡心盡力的進行拯救行動，以及提供適當的急救護理。我過往在前線的崗位中，曾接獲不少有關企圖自殺的個案。企圖自殺者身處的險境，可能是危坐於高樓大廈的天台上，亦可能是以不同方式傷害自己的身體。在警方談判專家的協助下，消防員游說當事人返回安全的位置，並以專業的方式協助他們脫離險境。雖然每次成功的拯救都是一個很大的鼓勵，但單靠救援人員並不能有效地防止自殺。在前線工作的這段時間，我明白到大部分企圖自殺者都不想死。我深信將他們帶回安全的位置，只是成功的一半。最重要的是去醫治他們的心，幫助他們以和平的方法解決問題。的確，我為我們消防救護人員的工作感到驕傲，因為我們的工作給予企圖自殺者第二次機會，讓他們可以退一步，以另一角度去重新考慮他們的決定。更重要的是，我們的努力讓社會有機會給予容易自我傷害的人士支持及幫助。

最後，我鼓勵大家對身邊的親友保持警惕，留意在他們身上有否出現自殺徵兆，關心及支持有需要的人，並在適當的時候尋求專業人士的協助，以及早阻止悲劇的發生。不論你來自怎樣的背景，都可以為防止自殺出一分力。

香港消防處  
高級消防隊長  
楊朗恒



## Message from the Former Assistant Commissioner of Police

In addition to the participation in our project about suicide using gas, Mr. Peter Roderick Morgan, the Former Assistant Commissioner of Police, has been collaborating with our Centre in preventing suicide for a long time. In 2008, we partnered with the police force and successfully launched a community project in the Eastern District. The following is his sharing of his experience in suicide prevention.

*Mr. Peter Roderick Morgan, Police Distinguished Service Medal*

I joined the Hong Kong Police Force in 1981 and first became involved in suicide prevention when I joined the Police Negotiation Cadre (PNC) in 1986. The unit was initially set-up in 1975 to respond to international terrorist incidents such as hijackings and hostage sieges but as these, fortunately, never took place, the unit instead began responding to domestic and criminal incidents, such as bank robberies, barricaded situations and suicide attempts. After responding to numerous incidents and situations over the years, I was eventually made the commander of the unit in 1998 and was given the opportunity to take the PNC into new directions.

It was during this time that I met Professor Yip from the Centre for Suicide Research and Prevention (CSRP) and realized that we both shared a very real passion for suicide prevention and intervention within the community.

When I became the District Commander of Eastern Police District in 2006, I found that there was an alarming number of suicides or suicide attempts and realized that here was an opportunity to collaborate with CSRP to see what community programs and initiatives we could put in place to address this issue.

As Chairman of the Working Group on the Prevention of Deliberate Self Harm (DSH), we adopted a multi-agency approach and actively encouraged a community-wide interest in the program. With very little funding or support in the early stages, we worked very hard to put in place effective measures and support services to raise awareness and understanding of the issues and to encourage community-wide interest in helping to reduce DSH incidents.

With considerable determination and commitment from all the multi-agency stakeholders, including Police, Housing Department, Social Welfare Department, Hospital Authority, CSRP as well as a number of dedicated NGOs operating in the District, we were able to provide training and awareness programs throughout the community, including to schools, general practitioners, and even building security guards. With funding and support from the District Fight Crime Committee (Eastern District), the program was successfully rolled out in 2008.

Although I stood-down from my post as the PNC Commander in 2010 and retired from the Hong Kong Police in 2015, the recent very tragic increase in suicides within the student community reminds us all that suicide prevention and intervention really is everyone's business and I continue to seek ways in which I can proactively contribute in my capacity as either a parent, as a Special Advisor to the Police Negotiation Cadre, or as an Honorary Associate of CSRP.

In all my years as both a police officer and a hostage negotiator, I very much believed in the unit's motto: "Who Cares Wins" and I hope that the Hong Kong community will also continue to care about this deeply important issue and do everything possible to promote mutual concern and support for all those in need. After all, suicide prevention and intervention really is everyone's business.



## 前警務處助理處長的話

前警務處助理處長孟義勤先生不僅參與了我們的遏止吸氣自殺項目，更長期與本中心一起致力於預防自殺，在2008年我們就曾成功推出一個社區預防自殺計劃，以下是他的分享。

孟義勤先生 香港警察卓越獎章

我於1981加入香港警隊，隨後在1986年加入警察談判組，並開始參與防止自殺的工作。警察談判組在1975年成立時，主要處理有關國際恐怖活動的人質挾持事件。幸好，談判組一直以來並未需要執行這方面的職務，漸漸亦轉為處理本地的家庭或犯罪案件，例如銀行械劫、自困對峙及企圖自殺個案。經過多年在談判組累積了處理大小案件的經驗，我由1998年起擔任警察談判組主管，並藉此機會帶領談判組邁向新的方向。

就在那時候，我認識了香港大學香港賽馬會防止自殺研究中心（研究中心）的葉兆輝教授，發現我們彼此對預防自殺都抱有相同的熱誠。

當我在2006擔任東區指揮官時，發現該區的自殺與企圖自殺的個案數目令人憂慮。這正好是與研究中心合作的良機去透過社區活動和相應措施以改善東區的自殺問題。

作為防止自殺行為工作小組的主席，我們聯同多個部門和機構，主動提倡以社區為本的計劃。初期我們只得到有限的資金和支援，但憑藉各方努力，我們制定了有效的方法及支援服務，提升社區對防止自殺的意識和瞭解，鼓勵以社區為本的方法遏止自殺行為。

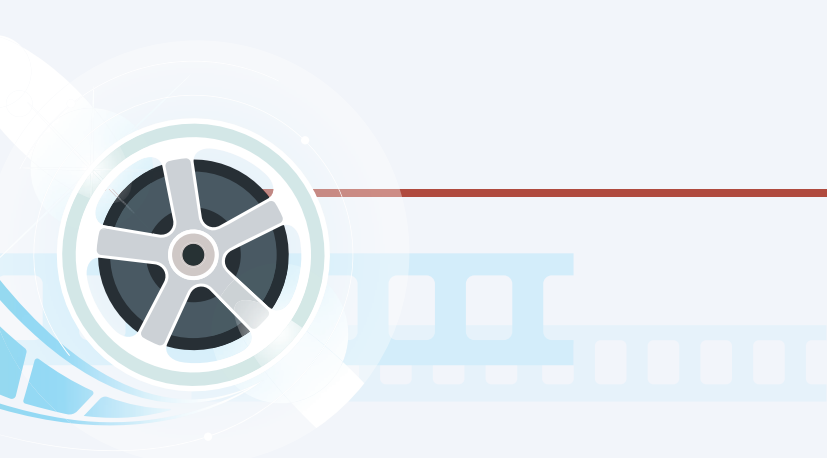


不同部門和持份者，包括警務處、房屋署、社會福利署、醫院管理局、研究中心，以及不少區內非政府組織，都表現出對防止自殺的決心。我們在社區推行了不同的培訓課程和提高大眾對防止自殺意識的活動，對象包括學校教職員、家庭醫生，及大廈保安員。在東區撲滅罪行委員會的資助及支持下，有關計劃在2008年成功推出。

雖然我在2010卸任警察談判組主管一職，並在2015退休，但近年學生自殺的上升趨勢，提醒了我們預防自殺是關乎每一個人的事。我繼續以家長、談判組顧問，及研究中心榮譽附屬研究員的身份，積極地推動相關的防止自殺的工作。



在多年的警務及談判專家生涯中，我很認同談判組的格言「Who Cares Wins」。希望香港各界繼續關注自殺這個重要的議題，盡可能去關心他人，提倡互助互愛的精神，因為預防自殺是關乎每一個人的事。



## ‘The Last Day’ 《最後一天》

“A university student (Neo Yau Hawk Sau) was planning to commit suicide on the hill, but was trapped with the taxi driver (Ai Wai) as the taxi stalled midway. The taxi driver Leung Wai consoled the adolescent by sharing his personal experience, and accompanied him till dawn, spending the sleepless night with him...”

Earlier this year, we collaborated with the YouTuber, Auman, in producing a short film called ‘The Last Day’. Through this film, we aim to encourage people in desperate situations to seek help, to say goodbye to ‘the last day’ of bitterness and to welcome a brand-new day with hope.

The number of views has already reached 98,000 and we have received plenty of comments as of June 13, 2017, after first releasing the film on social media platforms such as YouTube and Facebook on May 4. Moreover, our online survey received 108 responses in total. More than half of the respondents were adolescents under 25 years old. We find it alarming that nearly half of the respondents indicated that they have had suicidal thoughts in the past 12 months. Regardless of having suicidal thoughts or not, the majority of respondents agreed the film raised their awareness of help-seeking and improved their attitudes towards suicide prevention.

Questions in the survey	Percentage of respondents choosing ‘agree’ or ‘strongly agree’
1. Raise my awareness of suicide prevention	83.0%
2. Enhance my understanding of people with suicidal thoughts	85.8%
3. Allow me to pay more attention to people around me showing any signs of suicide	75.9%
4. Allow me to be more accepting towards people with suicidal tendencies and mental health issues	88.7%
5. Encourage me to share my thoughts and feelings with others or to seek help more willingly when emotionally distressed or suicidal	75.2%
6. Encourage me to actively seek help from professionals or community service organizations more willingly when emotionally distressed or suicidal	61.0%
7. Encourage me to accept help from others more willingly when emotionally distressed or suicidal	74.3%
8. Allow me to know more about mental health and suicide prevention	83.2%

### **Some of the respondents expressed their appreciation towards the film in the survey:**

*“The film mentioned that many suicidal people felt they did not belong to this world, nor the world needed them. I have experienced all these personally, and I am glad that I made it through with the support from my family. Without them, I may have already pushed myself into a dead-end.”*

*“There aren’t many local films on this topic. I really appreciate the producer’s hard work and sincerity. The narrator can engage the audience, and the production team did a wonderful job in casting.”*

*“Able to portray the suicidal thoughts and feelings.”*

*“I would personally recommend this to school teachers as teaching material. Thank you very much for the hard work. It is difficult to put my appreciation of this video into words. A good piece should be made known to the public. Nice script and great actors!”*

To watch our film ‘The Last Day’,  
click the following link:  
[www.youtube.com/user/csrphku](http://www.youtube.com/user/csrphku),  
or scan the QR code on the right.



We sincerely invite you to give us your opinion on this short film. All the information and comments you provide will be used for academic research purposes only. Please spend some time to fill in our survey at <http://bit.ly/2pEW4dd>. Thank you for your participation.

<b>Cast</b>	Ai Wai, Neo Yau Hawk Sau
<b>Narrator</b>	Timothy Cheng Tse Sing
<b>Writer and Director</b>	Auman Yick
<b>Theme Song</b>	Chintung Tse – One More Day
<b>Producer</b>	The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong
<b>Special thanks</b>	WeCare Fund
<b>主演</b>	艾威 游學修
<b>聲演</b>	鄭子誠
<b>導演 編劇</b>	易卓邦 (Auman)
<b>片尾曲</b>	謝芊彤 - 等多一天
<b>出品</b>	香港大學 香港賽馬會防止自殺研究中心
<b>鳴謝</b>	《與你同行》資助計劃



「一位想自殺的大學生（游學修飾）打算上山自殺，途中的士突然死火，導致的士司機梁威（艾威飾）與他被困山中。的士司機梁威以自身經歷安撫年青人，並陪伴他至清晨，渡過了一個無眠的晚上……」

我們早前與YouTube紅人Auman(易卓邦)合作製作了一部微電影《最後一天》，希望透過此套短片，鼓勵更多身處困境的人尋求幫助，從痛苦的「最後一天」走向有希望的新一天。

微電影於5月4日在YouTube和Facebook等社交平台推出後，截至6月13日的瀏覽次數共達98,000，並收到眾多積極的留言評論。此外，我們的線上問卷調查收到108份回應。問卷受訪者絕大部分為25歲以下的青少年。值得注意的是，有將近一半

的受訪者表示自己在過去的12個月裡曾有自殺念頭。而無論是否曾有自殺念頭，問卷回應者都普遍認同這微電影於他們對防止自殺相關的意識和態度有所幫助。

#### 部分受訪者還特意在問卷調查中表達欣賞：

「短片中曾提及有自殺傾向的人會覺得自己不屬於這個世界，世界亦不需再我。我亦曾經歷過這樣的事，身同感受，我亦很慶幸我撐下來，家人亦支持我的決定。若無家人的支持，可能我已把自己逼入絕路了。」

「在香港好少有這個題材的影視作品，很欣賞出品者嘅用心及誠意，旁白能帶起觀眾嘅思緒繼續睇落去，製作團隊選角也十分好。」

#### 「能貼切形容想自殺者人士的心聲」

「本人會推薦予日校老師作教育材料，感謝你們的努力。以及感謝你們，使我壓力減少了很多很多，感受實在難以三言兩語形容。好作品必須廣為人知，好劇本好演員」

意見調查問題	選取同意及極同意的受訪者百分比
1. 有助提升我對防止自殺的意識	83.0%
2. 有助增強我對有自殺念頭的人的瞭解	85.8%
3. 讓我更留意身邊的人是否有發出自殺警號	75.9%
4. 讓我更接納有自殺傾向或有精神健康問題的人	88.7%
5. 讓我在情緒困擾或出現自殺念頭時更願意主動向身邊的人分享或求助	75.2%
6. 讓我在情緒困擾或出現自殺念頭時更願意主動向專業人士或社區服務機構求助	61.0%
7. 讓我在情緒困擾或出現自殺念頭時更願意接受別人的幫助	74.3%
8. 讓我想瞭解更多關於精神健康或防止自殺的信息	83.2%

你可以到以下網站觀看微電影《最後一天》：  
<https://www.youtube.com/user/csrphku>，  
 或掃描右方的QR碼。



我們希望瞭解您對這套短片的一些意見。您所提供的資料和意見，我們只會作學術研究之用，請花少許時間到  
<http://bit.ly/2pEW4dd> 填寫問卷，謝謝。



**Message from YouTuber  
'Auman'  
易卓邦分享**

As the term implies, a YouTuber is someone who takes and uploads videos to YouTube. Taking me as an example, I started filming six years ago simply for the sake of my own interest, as I wanted to record my daily life and share my views on different subjects through this platform. As time went on, I gained some popularity among young people as my main viewers. Probably due to the similarity of our lifestyles, my videos resonated with them. Upon university graduation last year, I decided to become a full-time YouTuber and wanted to see how far I could go down this path.

Last November, I met Professor Paul Yip of The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong. Professor Yip was very interested in my job, and asked if I would like to make a short video to encourage my peers. We hit it off right from the start! I have always thought that YouTubers should not only be entertainers, but they also have the responsibility of improving society as many teenagers look up to us. Hence, our production 'The Last Day' was born. The film was about a university student (Neo Yau Hawk Sau) who planned to commit suicide on a hill, but was trapped with a taxi driver Leung Wai (Ai Wai) as the taxi stalled midway. Leung Wai consoled the adolescent by sharing his personal experience, and accompanied him till dawn, spending a sleepless night with him.

It was a great honour to have Mr. Ai Wai, Mr. Neo Yau Hawk Sau and Mr. Timothy Cheng Tse Sing star in our film, who agreed to join our project without any hesitation, as they wanted to do something to help prevent youth suicide, too. In the last two years, adolescents seem to be shrouded in a haze of frustration and confusion that they cannot get rid of. Every time I hear news of student suicide, the sense of powerlessness overwhelms me. These people, like you and I, were young and could've lived a life with countless possibilities, yet they chose to leave this world. What we hear the most in university is no longer about academic achievement or finally leaving the 'pool of single people'. Instead, what people mention the most is how difficult life is, how everyone has a pile of problems to deal with, how stressful university is, how the family and society are getting worse, and how clouded

the future seems to be... Are we too 'weak', too 'soft'? Probably. In the past, our parents planned our route to 'success'. But as we went further, we realized the kind of success people look for became unreachable. We even found this endless chasing of personal achievements, just to fulfil others' expectations, meaningless and tiring. What is the point of all these? I believe every adolescent has experienced such discrepancy between ideals and reality.

I barely knew anything about suicide and depression before writing the story of 'The Last Day'. The most difficult part was that I am not an expert in this field and even if I were, I could not intervene in anyone's life anyway. It is impossible for me to explain how people's life problems could be solved. Would saying "don't give up" and "life is precious" help? That's not the case. Then, what should you say when your friend with suicidal thoughts comes to you? Maybe you shouldn't say anything. Instead of telling him/her to be positive, what he/she needs the most is someone who listens and understands with empathy and sympathy.

With this mindset, I started writing the script of 'The Last Day' and researching about suicide. I would like to thank the Centre for Suicide Research and Prevention for their help in this. Sometimes it is neither suicide nor depression that is the scariest, but the labels given to them. We refuse to talk about them because of the stigma attached. Consequently, people with depression hide and are trapped in their universe of negative emotions. We ask them to be strong, and tell them every problem comes with a solution. They therefore try to pull themselves together, as if these emotions are hideous. In fact, no one wants depression or loneliness. These people are not weak; they were confronted with obstacles and sorrow that life could not bear. Feeling that no one understands them can lead to hopelessness, driving them towards the path of suicide. What they want to take away is the bitterness, but not their lives. If someone listened and acknowledged their pain, they wouldn't have felt lonely and isolated.

It is the consolation that it gives to those in need that defines 'The Last Day', not the number of views or anything. If you feel that it is the end of the world, I beg

that you wait and wait for one more day. Although I cannot tell you how to make all the pain go away, I hope you can give your life one more chance. Talk to a friend. Seek help from a doctor, social worker or a psychologist. Endure just one more day. Maybe life gives you lemons and living requires so much courage, but remember that you are not alone. Life is tough, yet please have faith in yourself. Maybe you will find hope only if you stay for one more day. If you sense people around you with suicidal intentions, feeling depressed, anxious continuously or showing loss of interest in everything, please take the initiative to offer help. Talk to him/her sincerely and patiently, let him know that you will always be there for him/her. We can all contribute to make this world a better place.

YouTuber這個職業，顧名思義，就是拍片上YouTube的人。以我為例，大概六年前開始拍片，當時以興趣為主，很想借用平台記錄生活和表達自己對不同事物的看法。幾年間儲下一班觀眾，多以年青人為主，可能大家生活方式比較貼近，我的短片對他們來說也有共鳴。上年大學畢業決定嘗試以此為職業，看看拍片的路可以走得有多遠。

還記得上年11月時，我在某個活動中認識了香港大學香港賽馬會防止自殺研究中心的葉兆輝教授。葉教授對於「YouTuber」這個新興行業很有興趣，並問及我是否有興趣拍攝一條網絡短片以鼓勵同輩。我們一拍即合，因為我一直也認為作為一個YouTuber，除了是為觀眾提供娛樂外，正因為我們有著很多年青的觀眾，我們也有責任在能力範圍內令這個地方變得更好。結果促成了《最後一天》這部短片，內容講述一位想自殺的大學生（游學修飾）打算上山自殺，途中的士突然死火，導致的士司機梁威（艾威飾）與他被困山中。的士司機梁威以自身經歷安撫年青人，並陪伴他至清晨，渡過了一個無眠的晚上。

這短片有幸能夠邀請到艾威先生、游學修先生及鄭子誠先生演出，他們看過劇本後便一口答應幫忙，大概是因為大家都想為學生自殺的問題做點什麼。這兩年間，年青人都仿佛被一股陰霾籠罩著。每當看見學生自殺的新聞，都有一種強烈的無力感。這些人，跟你和我一樣，都是年青的、充滿可能性的生命，但他們卻選擇了離開世界。在大學期間最常聽到的不是什麼學業進步或早日出pool，而是朋輩間都會苦訴著人生很難，身邊每個人都是問題成堆，學業壓力、家庭關係、社會每況愈下、未來前路茫茫。是我們「不夠堅強，不夠硬淨」嗎？也許。以往社會、父母

都為我們制定了一條成功的路。但走著走著，才發現所謂成功在現今社會越來越遙不可及。更甚，我們想不明白這種所謂成功的意義，窮盡一生心血，就是為了滿足別人和社會的期望，意義何在？這種理想與現實的落差，相信每一位年青人都感受過。

在發展《最後一天》這個故事前，我對於自殺及抑鬱症僅是一知半解。最苦惱的是，我既不是專家，就算是專家，我也沒法子介入誰的人生。我不能夠告訴任何人，他們面前的痛苦能夠怎樣解決，我根本沒可能做這件事。難道一句「加油」或手拋下一句「生命誠可貴」，眼前的痛苦就會立刻消失？顯然不是的。情況就像一個有自殺念頭的朋友前來跟你傾訴，你該說些什麼？也許你根本不必說什麼。與其隨意拋下一些正面說話，可能他更需要的，是你願意真誠地聆聽他、明白他，真真正正走進他的世界。

依照著這個思路，我開始編寫《最後一天》的劇本和研讀不同的資料。這方面防止自殺研究中心的職員提供了不少協助，在此感謝他們。有時候最可怕的不是自殺這回事，或是抑鬱症本身，而是社會給予他們的標籤。這些標籤讓自殺或抑鬱症變得像禁忌一樣，我們都不願意談及。結果抑鬱病患者只能把負面情緒收起來，重重複複地陷入這個情緒裡面。我們告訴他們要堅強起來，一切都有解決辦法，別再小題大做了。所以他們強逼自己振作起來，彷彿這些情緒是魔鬼。其實，沒有人選擇抑鬱，也沒有人選擇孤獨。這些人絕對不是懦弱，而是面對著生命不能承受的痛苦。他們感到沒人能夠理解自己的痛苦，覺得很絕望，最終選擇了自殺這條不歸路。其實他們想殺死的，不是他們的生命，而是那些痛苦與絕望。若果有人願意理解他們、識別他們的痛楚，也許他們就不用感到這麼孤獨無助。

《最後一天》這部短片的價值不在於點擊率或是什麼，而是真的希望能夠為有需要幫助的人帶來一點點安慰。若果你感到世界已經走到盡頭，我懇請你多等一天。雖然我不能夠告訴你怎樣才能解決眼前的痛苦，但我希望你仍然能夠給自己的生命多一個機會；去找一個朋友傾訴、去找醫生、社工或心理學家，為了你自己，多堅持一天。也許人生本來就滿是無奈，也許活著需要無比勇氣，但你不是孤獨的，這個世界上還是會有人願意與你同行。我知道這很不容易，但請你相信自己，等多一天，也許就會遇到。若果你察覺到身邊的朋友有自殺意圖、或持續感到憂傷、焦慮，或對身邊事物都失去興趣，請你主動伸出援手，並真誠地、耐心地與他溝通，並讓他知道，這世界還有你在啊。我們都能盡自己所能令這個地方變得美好一點。

Auman 易卓邦

## WeCare Fund 《與你同行》資助計劃

In the second half of last year, we started a student-initiated youth suicide prevention project at 10 tertiary education institutions. Under the supervision of professional advisors, the students initiated, organized and implemented mental health related projects. Through this project, we hope to nurture positive emotions at campuses and to enhance awareness of mental health issues among youths. These student-initiated projects were supported by WeCare Fund, which was under the sponsorship of Mr. Lau Ming Wai, the Chairman of Commission on Youth. A total of 14 projects were funded and completed. For more information on WeCare Fund, please browse: <http://csr.p.hku.hk/project/wecare-fund-projects/>

All projects were given a maximum of HK\$50,000 to implement mental health related workshops and campaigns. These included but not limited to:

- Drama production
- Peer counselling and Mental Health First-Aid training
- Online out-reach mobile app
- A tailor-made superhero icon to promote mental health in campus
- Mental health related booths and stress management workshops
- Mass production of souvenirs with help seeking resources

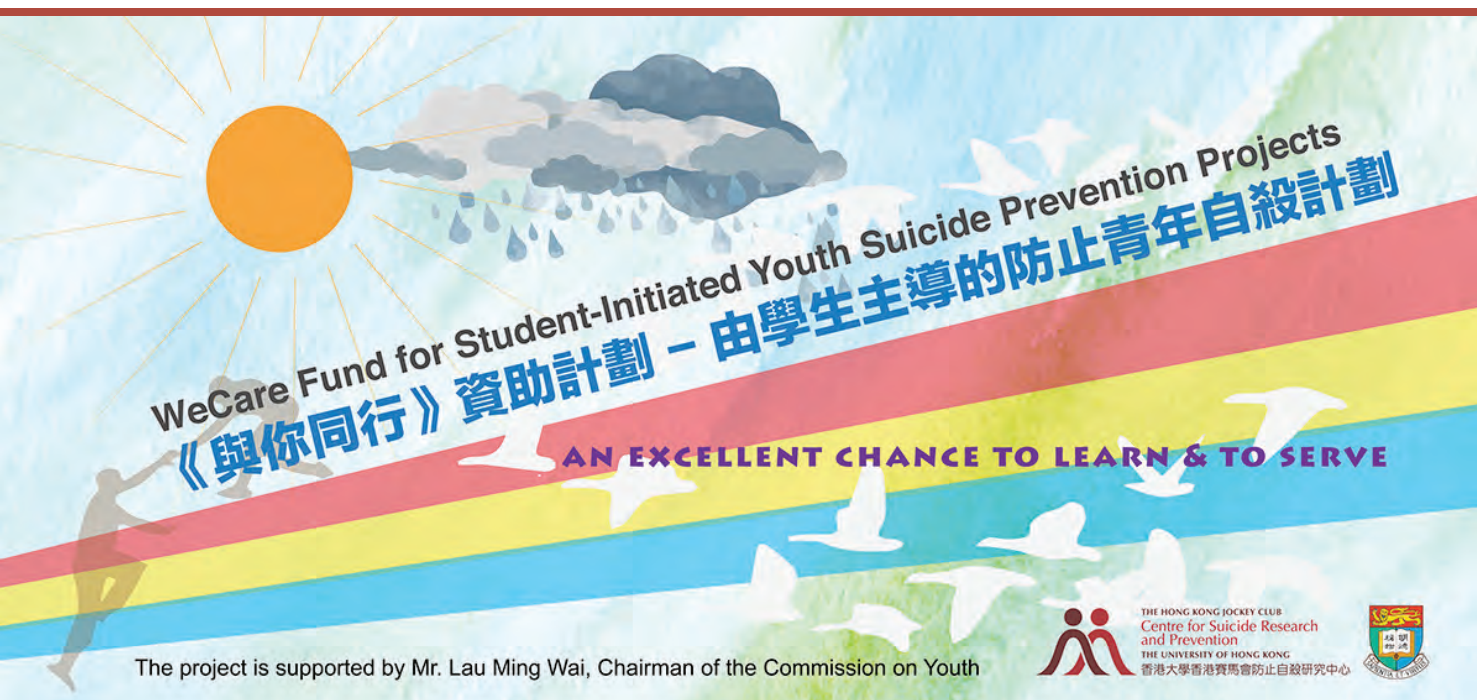
All projects were completed in December 2016. Three projects were selected as the champion, first runner-up and second runner-up of the Best Practice Award. They have received HK\$50,000, HK\$30,000, and HK\$20,000 respectively to sustain and expand their projects. Detailed descriptions on each project can be viewed at: <http://csr.p.hku.hk/wecare-fund-project-2016/>

With the success of previous project implementation, we would like to show our gratitude to Mr. Lau Ming Wai for his generous support in 2016. Based on previous encouraging experiences and results of student-initiated youth suicide prevention projects, we are delighted to announce there will be a new round of WeCare Fund in 2017. With a kind donation by Community Partner Foundation, Founder, Ms Beatrice Mok, WeCare Fund Student- Initiated Youth Suicide Prevention Projects will take place again this year. Initial application will start in June, 2017.

For more details on the application Procedures of WeCare Fund 2017, please refer to P.31.



WeCare Fund for Student-Initiated Youth Suicide Prevention Projects-Best Practice Award Presentation Ceremony  
《與你同行》資助計劃 - 由學生主導的防止青年自殺計劃頒獎典禮



去年下半年我們在10所大專院校開展了由學生主導的防止青年自殺計劃，協助學生在專業人員指導下，於大學校園內發起、組織及開展與精神健康相關的活動，培養校園內的積極情緒，以及加強青年大眾對精神健康的關注。該項目獲得由青年事務委員會主席劉鳴煒先生贊助的《與你同行》計劃資助，共計14個計劃獲得資助。如欲了解更多有關《與你同行》計劃資助的資訊，請瀏覽 <http://csrp.hku.hk/project/wecare-fund-projects>

所有計劃最多可獲港幣五萬元去推行與精神健康有關的活動及工作坊，這些包括但不限於：

- 戲劇製作
- 朋輩輔導和心理健康急救培訓
- 手機應用程式
- 製作標誌性人物，以宣傳校園心理健康
- 精神健康相關展覽和壓力管理培訓班
- 印有尋求協助資源的紀念品

所有計劃已於2016年12月圓滿結束。3個得獎計劃獲頒發冠軍、亞軍及季軍的「卓越實踐計劃獎」，分別獲港幣5萬元、3萬元及2萬元的額外資金用作維持和擴展其計劃。計劃詳情可瀏覽以下網址：<http://csrp.hku.hk/wecare-fundproject-2016/>

我們非常感謝劉鳴煒先生在2016年的慷慨支持，《與你同行》資助計劃才能成功完成。根據我們往年在學生主導防止青年自殺計劃的經驗和成果，新一輪的《與你同行》資助計劃將於2017年6月開始接受申請。今年，我們非常榮幸獲得社聯夥伴基金創辦人莫綺文女士慷慨贊助這次學生主導計劃。

如有興趣參加《與你同行》資助計劃2017，請參閱第31頁。



■ Mr. Lau Ming Wai's sharing on Best Practice Award Presentation Ceremony  
劉鳴煒先生於頒獎典禮上分享。



■ All participating teams were presented with a gratitude jar in the Best Practice Award Presentation Ceremony.  
在頒獎禮上，所有參與的隊伍都獲得一個感恩瓶子。

## Champion – Shall We Talk 冠軍 - Shall We Talk

The Champion was the “Shall we talk” team, a group of youngsters passionate in drama from Hong Kong Baptist University. They showed their concerns over issues regarding suicide through a self-directed play, written with an aim to inspire audience to reflect on their roles in suicide prevention, to deliver the message of treasuring life and to emphasize the importance of communication.

The whole drama consisted of three stories: the first story explored the causes of suicide and the roles of different stakeholders in society in suicide prevention; the second story highlighted the need to seize the opportunity to care for people around them and not to miss signs that they need help; the third story encouraged open and honest communication among people and spread hope for the future. After each performance, the actors and scriptwriter engaged the audience in a dialogue to exchange views and feelings.

### Sharing from team members

*“Students shared that there are a lot of homework and tests and they are not sure what to do. Then I asked a parent how she thought about current university students. They said students are very lucky nowadays as they have good resources from society. This is exactly what we would like to address throughout the play – a message about the importance of communication, as I realized that we, students, are facing lots of stress, but parents have no idea what their kids are facing.”*

*“It is very rare that we can gather around to talk about mental wellness, or be candid in discussing suicide. One of our actors shared her experience of having suicidal thoughts that no one knew except her family. Thus, one of the benefits that we have gained as a team, not only as audiences, is that we get to be honest with each other about our feelings through the project.”*

**Year 4 student  
Hong Kong Baptist University**



Drama stills: A story about the relationship between a patient who survived from a suicide attempt and a patient who has cancer.

《幸會明天》劇照：一名自殺倖存者與一名癌症病人之間的故事。



The team photo.

團隊合照

冠軍的得主為香港浸會大學的Shall we talk團隊，他們都是一群熱愛戲劇的年青人，透過表演自行編寫的劇目，表達對自殺議題的想法，讓觀眾反思個人在預防自殺的角色，並想帶出珍惜生命及溝通的重要性。

整個劇由三個故事組成，第一個故事探討自殺的成因及社會上不同持份者在自殺事件中擔當的角色；第二個故事提出要把握關心身邊人的機會，別錯過他們的求助訊號；第三個故事鼓勵人與人之間互相溝通、坦誠表達及要對明天抱有希望。每場表演完結後，演員及編劇都會與觀眾互動，解釋創作理念及共同探討對故事的感受。亞軍的得獎者為香港教育大學的「心晴」團隊，他們的

### 活動團隊的分享

「啲學生都有講話學業啦，功課壓力多，好多test呀唔知點算咁。咁我個陣時就問左個家長，就問…你點樣睇而家嘅大學生？咁佢就話覺得而家啲大學生都好幸福㗎，物資好豐裕呀呢個社會……呢個都係我地想要帶出嚟嘅message就係溝通真係好重要囉真係。因為我發現，當我地作為大學生面對好多壓力嘅時候，原來家長佢地可能唔知道原來自己小朋友可能面對緊呢啲嘢嘅。」

「我地好少會有呢個機會大家坐埋一齊去傾精神健康，或者坦白咁樣大家坐低傾自殺呢個議題。咁我地個時其中有個演員都share過原來以前都有過一啲咁嘅諗法嗰咁樣，但佢就話其實一路佢都無同人講過，除左屋企人知，其實佢都無同身邊嘅朋友講過……我覺得呢個唔單止對觀眾，對我地自己參加嘅演員當其實係一個好難得嘅機會俾我地條當中…可以透過呢個project大家坦誠分享。」

## The first runner-up 亞軍 - 「心晴」

The first runner-up was the 「心晴」 team ("shining heart") from the Education University of Hong Kong. Their project targeted students living in residence halls. According to the team's observation, students at the university have been busy with academic work, lectures and placements. Around one-third of the students are staying in residence halls. Hence, reaching out to this group will be the most effective way to promote suicide prevention. They gave out greeting cards, stationeries and souvenirs printed with words of encouragement and contact information for counselling services at the Student Affairs Office. In addition, a stress relief workshop utilizing the expressive arts was held for hall students. It was scheduled in the evening after classes to allow more students to attend.

活動主要針對住在學生宿舍的同學。教育大學的學生課業繁重，上課及實習時間長，校園很多時都較為冷清。有三分之一的同學住在學生宿舍，所以在宿舍接觸同學會是較為有效的方法。此計劃製作了不同的心意卡、紀念品及文具在宿舍及校園內派發給同學，除了印上鼓勵性語句外，還加上了學生事務處學生輔導服務的聯絡方法，讓同學更清楚有關服務及尋求協助的方法。另外，團隊又安排了以表達藝術 (expressive art) 的方式於晚間在宿舍舉行減壓工作坊，配合同學的日程表，增加同學參與的機會。

### Sharing from team members 活動團隊的分享

"What inspired us to hand out goodies and souvenirs to hall students was the suicide of a hall mate of ours several years ago. We hope our products will let students know they can always seek help when in need instead of keeping hard feelings and facing problems alone."

「其實最主要我地派一啲嘢係後面我地都有counseling center個電話，因為最主要係...前幾年我地突然之間有同學喺hall度自殺，即係希望佢地知道有個途徑可以幫佢地，而唔係收埋埋最尾發生左先就咩野都挽回唔到喇。」

Year 5 student

The Education University of Hong Kong

"One of our aims is to let students know, there is no right or wrong when it comes to emotions; it is a sense of feeling. Yet, students might still have a tendency to think that we should not be unhappy. .... We would like to tell students that maybe they should seek help if they feel sad and down continuously."

「其中一個目標係話你知，情緒其實無一定嘅對錯，係一種感受，但可能我地學生都有一種心理覺得唔應該唔開心..... 咁要話俾佢地知當你持續都係咁嘅時候sense到你自己可能都要搵人幫幫忙...」

Year 5 student

The Education University of Hong Kong

"Your friends made this for you!" Yes, hearing this should make the students very happy knowing that their classmates designed it. Cardcase souvenir are all created by their classmates... Three words – share, support and strive.

「『同學搞左呢樣野派俾你地呀！』係喇，咁佢都好開心囉，即係聽到係自己嘅同學設計個感覺係會唔同。Card case souvenir都係佢地同學整嘅...三個字眼啦，一個係分擔，一個係支持，一個係奮鬥。」

Counsellor

The Education University of Hong Kong



Greeting cards, stationeries and souvenirs produced by the team.  
團隊製作員心意卡、紀念品及文具。



Team members distributing greeting cards, stationeries and souvenirs.  
隊員派發心意卡、紀念品及文具。



A stress relief workshop utilizing expressive art.  
表達藝術減壓工作坊。

## The second runner-up 季軍 - Game of Tones

The second runner-up was the “Game of Tones: You matter, we care” team from Hong Kong Polytechnic University. They are a group of non-local research postgraduate students at the university. They formed the team out of a sad experience in the past regarding a hall student suicide case, and hoped to promote mental health awareness, reduce stigma around mental illness and encourage those in need to seek help. Their work can also fill the gaps in existing services by helping non-local students to adapt to the new environment in Hong Kong and to cope with academic stress. Activities held included “Rap in the dark” rapping workshop, “Kick it out” boxing experience, and progressive muscle relaxation training and meditation. Participants could relieve their emotions and stress through music, exercises, and different relaxation techniques.

季軍的得獎者為香港理工大學的Game of tones: You matter, we care團隊。團隊成員都是香港理工大學的非本地研究生，他們參與計劃的起因是過去有宿生在他們所居住的學生宿舍自殺身亡，故此希望透過此計劃出一分力，提高同學對精神健康的關注、減低對精神病的負面標籤及鼓勵有需要的同學尋求協助。計劃更填補了校園輔導服務上的空缺，留意到非本地研究生要適應香港的生活及應付學業的壓力。他們的活動內容包括舉辦饒舌工作坊(Rap in the dark)、拳擊體驗(Kick it out)、漸進式肌肉放鬆法(Progressive muscle relaxation)及冥想(meditation)訓練，讓參加者可以透過音樂、運動及不同的放鬆技巧舒緩自己的情緒、減輕壓力。

### Sharing from team members 活動團隊的分享

*“I realized I am capable of doing something besides my PhD work. I can actually do something meaningful to help others and at the same time learn about emotions.”*

「讓我發現我有能力做一些除了修讀PhD作之外的事情，我可以實際上做一些有意義嘅事情，可以幫助其他人，同時自己都可以學習了解情緒。」

*“We struggle a lot (at first), they (students) refused to join our activities and said they didn't understand them or they didn't have time... Despite that we remained patient. We kept on working for the first workshop and since then, many students started coming.”*

「(初時)我們掙扎很多，同學們多數都拒絕參加，說不明白，沒有時間。雖然如此，我們仍然非常有耐心，繼續做好第一個workshop，那時候就有許多同學來參加。」

*“I personally realized that every student faces their own difficulties, and the thing is... if I have a friend or a colleague who we only have casual conversations with, we feel that everything is fine even when it is not... But while participating in this workshop and while reading the feedbacks, we discovered that deep inside they encountered many problems, and I think in this workshop I got the opportunity to reach out to classmates around me...”*

「我個人意識到，每個學生都有自己獨特的困難，情況就是...如果我有一個朋友或同事，平時聊天說話，我們可能覺得一切都很好，即使他們其實有些困難...但是在參加這個workshop時，在閱讀意見回應時，我們發現在他們心中有很多困難。我認為在這個workshop上我有好好的機會接觸到周圍的同學...」

PhD student  
The Hong Kong Polytechnic University



Kick it out workshop  
拳擊體驗工作坊



Rap in the dark workshop  
黑暗饒舌工作坊

# Hong Kong Altruism Index

## 香港助人指數

### 2016 Hong Kong Altruism Index Press Conference

We conducted a territory-wide survey on altruism in late 2016. We held a press conference on 12 April, 2017 to present the latest survey findings on altruism and well-being, and officially launched a mobile application named 'Helppiness'. On that day, Professor Paul Yip, the director of the Centre, presented the latest survey findings (please visit <http://csr.p.hku.hk/altruismindex-2016/> for more details of the report). We have invited Mr Tsang On Yip, a representative from the funder of the project – Chow Tai Fook Charity Foundation, to give a speech. Two volunteers, Allan and Shan, were invited to share their experiences of providing help. After the sharing session, the four guests of honour held the launching ceremony of mobile app "Helppiness".

Allan, a retiree, has been an enthusiastic volunteer in the past 18 years. He first worked as a volunteer through his company. After joining, he learnt to treat others with a loving heart and empathy. He was once a shy person but has become more confident in himself, more positive and happier. In addition, volunteering can reduce the sense of loss and depression from retirement. Senior volunteers have an advantage over young people in elderly services because they can understand the needs of older people better, so he encouraged retiree to join their volunteer services.

Shan, a tertiary student, shared how he had provided emotional support to his friends. He recalled his anxiousness and helplessness when his friend first told him of his suicidal intent. Shan managed to remain calm and accompanied his friend to seek professional help from the school counsellor. After the incident, he joined a mental first-aid course to learn more about how to offer help to those emotionally distressed. He encouraged people to reach out to care for friends in need and said, "A simple greeting like 'how are you?' is all you need to express your care."



Allan, a retiree, who shared his experience in providing help.  
退休人士Allan分享他的助人經歷。



Shan, a tertiary student, who shared his experience in providing help.  
大專學生阿山分享他的助人經歷。



■ Mr Tsang On Yip, a representative from the funder of the project – Chow Tai Fook Charity Foundation; two volunteers, Shan and Allan; and Professor Paul Yip, the director of the Centre.  
周大福慈善基金代表曾安業理事、兩位義工阿山和Allan、中心總監葉兆輝教授。

## 2016助人指數發布會

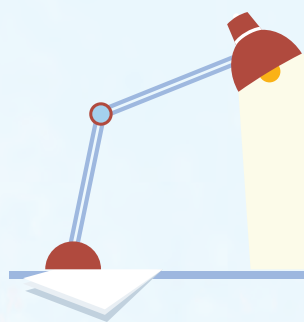
我們於2016年進行了全港助人指數調查，並於2017年4月12日舉行新聞發布會，公布最新調查結果（關於調查報告的詳細結果，請訪問本中心網站：<http://csrp.hku.hk/altruismindex-2016/>），並為「好心地」手機應用程式舉行啟動禮。當日，由中心總監葉兆輝教授公布最新調查結果，我們邀請到資助研究的周大福慈善基金代表曾安業理事致總結陳詞，亦有兩位義工Allan和阿山分享他們的助人經歷。分享過後，四位嘉賓共同主持簡單而隆重的「好心地」手機應用程式啟動禮。

退休人士Allan，過去18年來一直積極參與義工服務。他從公司義工隊開始接觸義務工作，他分享從義務工作學會對身邊的人更有愛心和同理心，他更由比較內斂的人，變得更有自信、更正面、更開心。另外，參加義工亦減輕退休時容易出現的失落感或抑鬱，保持身心健康。相比年青人，年長的人向長者提供義工服務更為見效，因此鼓勵退休人士加入義工行列。

大專學生阿山，分享他經常關心及照顧他人情緒需要的經驗。曾經有身邊的人向他表達自殺念頭，他因不知道如何能幫助對方而感到焦慮和無助。冷靜過後，阿山陪伴對方尋求學校社工的協助。及後，阿山參加了精神急救課程，更了解如何幫助受情緒困擾的朋友。他鼓勵大家踏出一步去關心身邊的朋友，只是一句『你點呀？』的問候都很足夠。



■ Launching ceremony of a mobile application named 'Helpiness'  
「好心地」手機應用程式啟動禮。



## 與自殺熱線義工的訪問 Interview with a Suicide Prevention Hotline Volunteer

The phone on the table rang again tonight. A volunteer picked up the call and greeted gently, "Hello..."

As a volunteer of the suicide hotline, Clarice spends a few nights on duty at the centre every month. Clarice graduated from the psychology department, and is currently a masters student in occupational therapy. Two years ago, she applied for a training course for hotline volunteers of a suicide prevention centre, and has already accumulated over 270 hours of hotline volunteering.

When asked why she became a hotline volunteer, Clarice said, "The major reason is that I want to help others!" She elaborated that she first encountered the topic of suicide when studying psychology at university. She realized those with suicidal intent go through a series of complicated emotions and are overwhelmed by hopelessness, yet often hope others will understand their desperation. She thinks that sometimes, all it takes for them to regain hope is simply finding someone who is willing to step forward and listen to them. That's why she wanted to become a hotline volunteer of suicide prevention to listen, apply the knowledge and skills she learnt from her studies and volunteer trainings, and empathize with them.

She explained, "In fact, people who call are having a really hard life. There was once a caller who was a chronic patient. Every day, he lived in extreme pain and was on his last legs." This case is an unforgettable one for Clarice. After assessment, she categorised him as having high risk of suicide. After their conversation in over an hour, with patience and reflection on the caller's feelings, she finally persuaded him to let go of his suicidal thoughts. Looking back at this case, Clarice said, "After this call, I was very happy knowing that I could really help others. I accompanied him when he needed support and care the most."

When she was asked how being a volunteer influenced her life, she answered, "Both my counselling skills and my daily life improved." She clarified that the counselling skills she learnt from volunteering are not limited to hotline service. Empathy and active listening are very

crucial in everyday conversations too. She continued saying that in helping others, she learnt more about her strength, and her self-awareness was heightened as well. "I feel a strong sense of accomplishment every time I aid someone in need. I am very glad that I could help when they needed it the most. I find it very meaningful as it motivates me to pursue professional knowledge to help the others. It splashes my life with new colours!"

Clarice always stresses that helping others is not that complicated at all. In fact, we do not have to be doctors to save people from despair, nor billionaires to be generous. We can all be like Claire, who tries her best with all she has to help others by volunteering. You can explore your own strengths, learn something new, and make some friends! Live a life that makes you happy and gives you purpose!

抬面上的電話今夜又再響起，一名義工把聽筒放在耳邊，以溫柔的聲線說道：「你好…」

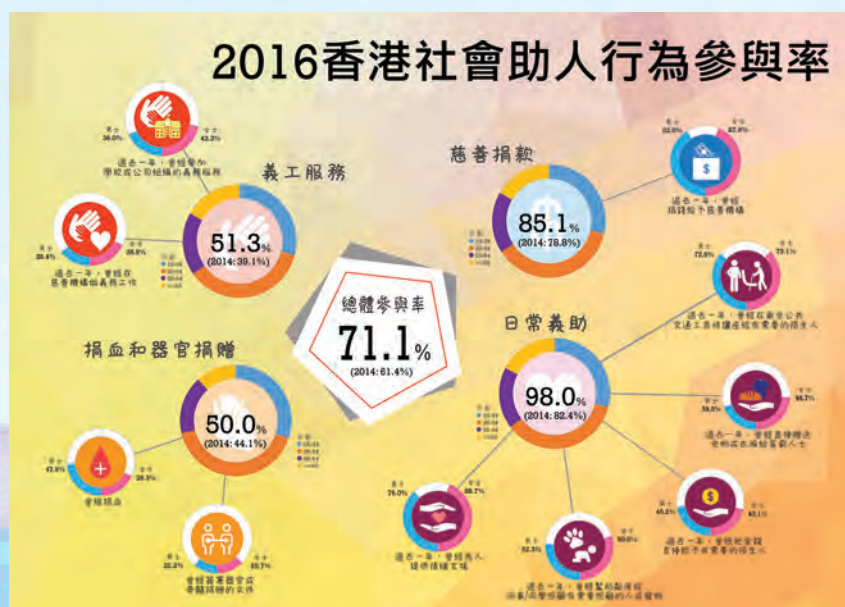
Clarice作為防止自殺熱線義工，每個月總有幾天晚上會到中心當值。Clarice本身於心理學系畢業，現為職業治療碩士生。兩年前她報考了香港一間防止自殺機構的熱線義工訓練，到現在已累積參與超過270小時的熱線服務。

當問到她當初為何選擇成為防止自殺熱線義工時，Clarice說：「其實主要因為我好鍾意幫人！」她解釋，大學讀心理學時開始接觸到自殺這個課題，了解到很多時候自殺者心情非常複雜，內心充滿無助感，同時又希望身邊人明白他們的困境。她認為有時候只需要有人踏前一步，關心他們，已經令有自殺念頭的人士重拾希望。正因如此，她希望成為防止自殺熱線義工，實踐以一對耳朵去傾聽，再運用心理學及義工訓練時的知識和技巧，對一班需要幫助的人士表達同理心。

她分享：「其實打來救助的人生活真是很艱苦。有次有一位求助者來電，言談中得知他是長期病患者，每天都生活在極度痛楚及垂死邊緣。」這個個案令她十分深刻。Clarice當時經過評估後把他定為高危人士，在超過一小時的傾談中，她不斷細心傾聽和反映求助者當時的感受，最後成功令求助者當刻放棄自殺的念頭。Clarice回想起更說：「聽完電話後我真的好開心自己有能力可以幫到人，在他最需要支持和關心的時候陪伴他。」

問到作為義工為她帶來什麼改變，Clarice想了一想便說：「輔導技巧上及我的生活上都改善了。」她解釋道義工學到的輔導技巧不單可以在熱線服務時運用，同理心及傾聽在日常社交中同樣重要。她更說幫助別人時更能幫助發掘自己的長處，從而意識到自己的想法和感受。「每次幫到別人後，我會有一種成就感。我很榮幸自己能在別人需要的時候幫助他們，對我來說十分有意義，更因這樣驅使我繼續學習，將來以專業的身份幫助別人，令生命中添上一重意義！」

Clarice常常強調幫助別人不需要很複雜。其實，我們不需要成為醫生才能救急扶危；我們不需要成為富豪才能慷慨解囊。我們可以像Clarice一樣，在自己的能力範圍內參與義務工作，加入助人行列。在助人的期間學習新知識，結交新朋友，發掘自己所長。這樣或會建立一個身心愉快、意義充實的人生呢！



# Developing Students' Positive Attitudes and Values

## 《培養學生正面態度和價值觀》

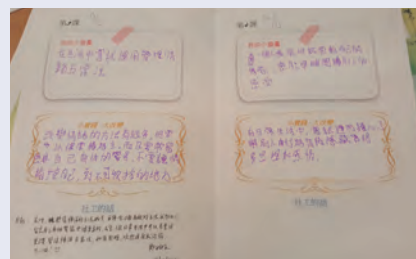
Quality Education Fund Thematic Network on Developing Students' Positive Attitudes and Values (QTN) is stepping into the third year in September 2017. Since its start in April 2015, the project aims at promoting evidence-based practice for students' wellbeing in school setting and enhancing teachers' competence in delivering mental health programmes. In the past two years, the QTN school network has been expanded from 51 schools in the first year to 94 schools in the second year.

We are really grateful to have the support from Quality Education Fund and the time and effort of 200 school teachers and social workers to receive training and deliver the programmes to students. Over 2,500 students from 28 schools (16 primary and 12 secondary schools) have been benefitted from the programmes in the last 2 years. They were equipped with emotional management, problem-solving and communication skills, identified their character strengths and cultivated an empathetic and grateful attitude. The impact of the programmes were encouraging, students who joined the programme got improved in their knowledge, anxiety level, positive thoughts, self-esteem and empathy.

The coming school year is the dissemination stage of the QTN project, it is expected that over 100 schools will be in the QTN network and 32 schools will implement the mental health promotion programmes. An e-learning platform to complement the school-based programme for secondary schools will also be introduced and the project team will start the development of multi-grade mental health programmes. By sharing more good practices to different schools, it is hoping that schools' capacity building can be enhanced and students' mental health will be improved. For details of the QTN project, please browse <http://qtn.csrp.hku.hk>.



Empathy training programme for secondary school students  
《讀心術》同理心培訓小組（中學）



Student's work in an empathy training programme for secondary school  
《讀心術》同理心培訓小組學生習作（中學）



Sharing by Ms. Sarah Garner, Olympic Bronze Medalist (lightweight double rowing) in Kwong Ming School, 20 June 2017  
奧運女子輕量級雙人雙槳艇項目銅牌得主，Sarah Garner女士於光明學校分享（2017年6月20日）



"Let Me Shine" programme about character strengths and goal setting for primary school students.  
《讓我閃耀》小組（小學）- 有關品格優點及訂立目標



■ The 3rd QTN Executive Committee meeting  
第三次QTN執行委員會會議

優質教育基金《培養學生正面態度和價值觀》主題網絡計劃（下稱「本計劃」）將於2017年9月踏入第三年。本計劃自2015年4月開展以來，都以在學校推廣以實證為本、與學生心理健康相關的措施為目的，同時期望提升老師對推行心理健康教育課程的信心。過去兩年，本計劃的參與學校已由第一年的51間增加至第二年的94間。

我們十分感激優質教育基金一直以來的支持及200位老師與學校社工所付出的時間去接受培訓及用心教授本計劃的課程。現時已有來自28間學校（16間小學、12間中學），超過2,500名學生接受了本計劃的課程。他們學到了情緒管理、解難及溝通技巧、識別自己的品格優點與及培養同理心及感恩之心。課程的成效令人鼓舞，學生的知識提升以外，焦慮情緒、正面想法、自尊心及同理心都有改善。

下一個學年屬於本計劃的擴展期，預期有超過100間學校成為本計劃的成員，當中32間更會推行心理健康教育課程。來年更會試行一個配合中學校本課程的網上學習平台，並開始設計適用於多年級的心理健康教育課程。通過與不同學校分享優良的課程和活動，期望提升學校的能力及學生的心理健康。有關本計劃詳情，可瀏覽<http://qtn.csrp.hku.hk>。

## Research Updates 研究動態

### Published Journal Articles in Jan to Jun 2017 在2017年1月至6月期間出版的學術文章

#### Suicide-related Articles 與自殺有關的學術文章

Charara, R., Forouzanfar, M., Naghavi, M., Moradi-Lakeh, M., Afshin, A., Vos, T., ... Mokdad, A. H. (2017). The Burden of Mental Disorders in the Eastern Mediterranean Region, 1990-2013. *PLOS ONE*, 12(1), e0169575. <https://doi.org/10.1371/journal.pone.0169575>

Cheng, Q., Chen, F., & Yip, P. S. F. (2017). Media effects on suicide methods: A case study on Hong Kong 1998-2005. *PLOS ONE*, 12(4), e0175580. <https://doi.org/10.1371/journal.pone.0175580>

Kwok, C.-L., & Yip, P. S. F. (2017). Diminishing seasonality of self-harm: Temporal trends in Hong Kong SAR. *Journal of Affective Disorders*, 207, 63-68. <https://doi.org/10.1016/j.jad.2016.09.025>

Yip, P. S. F., Cheng, Q., Chang, S.-S., Lee, E. S. T., Lai, C.-S. C., Chen, F., ... Beh, P. (2017). A Public Health Approach in Responding to the Spread of Helium Suicide in Hong Kong. *Crisis*, 1-9. <https://doi.org/10.1027/0227-5910/a000449>

#### Other Articles 其他學術文章

Chan, C. H., Wong, H. K., & Yip, P. S. F. (2017). Associations of relative income deprivation with perceived happiness and self-rated health among the Hong Kong Chinese population. *International Journal of Public Health*. <https://doi.org/10.1007/s00038-017-0953-x>

Cheng, Q., Kwok, C.-L., Cheung, F. T. W., & Yip, P. S. F. (2017). Construction and validation of the Hong Kong Altruism Index (A-Index). *Personality and Individual Differences*, 113, 201-208. <https://doi.org/10.1016/j.paid.2017.03.042>

### Published Newspaper Articles in Jan to Jun 2017 在2017年1月至6月出版的報章撰文

Date 日期	Authors 作者	Title 標題	Newspaper 報章
07/01/2017	許麗澤、葉兆輝	重檢家長教育 鑄造未來棟樑	信報
10/01/2017	許嘉月、張書森、葉兆輝	香港人幸福快樂嗎？個人、家戶及社區因素的影響	明報
13/01/2017	Paul Yip	Put an end to stereotypes for students' sake	South China Morning Post
21/01/2017	黎淑怡、程綺瑾、葉兆輝	你會選擇如何守護孩子的生命？	明報
03/02/2017	Paul Yip	Provide more public housing to make Hong Kong people happier	South China Morning Post
27/02/2017	葉兆輝、單海玥	從貧窮問題 看香港社會的利益共享	明報
12/04/2017	程綺瑾、張天蔚、葉兆輝	香港整體的助人指數反思：為何被低估？	明報
26/04/2017	Paul Yip, Forrest Cheung	Promote altruism for a happier, more harmonious Hong Kong	South China Morning Post
13/05/2017	Paul Yip	How to keep teenagers safe from online suicide 'games'	South China Morning Post
13/05/2017	Paul Yip	Preventing student suicide is not just about reforming	South China Morning Post
13/05/2017	葉兆輝、程綺瑾	如何應對藍鯨挑戰	信報
24/05/2017	Chenhong Peng, Paul Yip	How to break the cycle of child poverty in Hong Kong, where one in five children are poor	South China Morning Post
22/06/2017	羅亦華、伍寶雪、葉兆輝	保護長者生命是社會每個人的責任	明報



## Upcoming Events 活動預告

### “Take a Minute, Change a Life” One-Minute Video Competition

We are now inviting one-minute video submissions on the theme of “Take a Minute, Change a Life” for the World Suicide Prevention Day (WSPD) on 10th September, 2017. The champion, 1st runner-up and 2nd runner-up will receive HKD\$5,000, HKD\$3,000 and HKD\$2,000 in prizes. Voters will have the chance to win HKD\$1,000. We are inviting your one-minute video submission before 9th August 2017.

Share personal experiences of a life-changing moment or event to encourage or inspire the others! You may share stories about how your life was transformed or how you have changed someone's life. You may also share messages to support those who are facing a hard time in life. For more details, please visit: <http://csrp.hku.hk/wspd-1min-video>.

Enquires: Miss. Christine Yeung

Tel: 2831-5220 Email: [tlyeung1@hku.hk](mailto:tlyeung1@hku.hk)

### 以一分鐘，改變一生 一分鐘短片比賽

為響應今年9月10日的世界防止自殺日，我們正在徵集以「以一分鐘，改變一生」為主題的一分鐘短片。冠軍、亞軍和季軍得主將分別獲得港幣五千、三千和二千元的獎金，投票人士也有機會獲得港幣一千元的獎金。我們誠意邀請你於2017年8月9日或之前提交你的短片！

來分享你的個人經驗，例如：改變生命的時刻或事情，以鼓勵他人吧！你可以分享有關你的生命如何被改變，或是你曾經如何改變他人的生命的故事。你亦可以分享一些信息，支持正在面對困難的人。詳情請瀏覽：<http://csrp.hku.hk/wspd-1min-video>.

查詢：楊小姐

電話：2831-5220 電郵：[tlyeung1@hku.hk](mailto:tlyeung1@hku.hk)

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## Upcoming Events 活動預告

### Consultancy Study on the Long-term Development of Child Care Services

The Social Welfare Department (SWD) of the Hong Kong Government commissioned the Department of Social Work and Social Administration, The University of Hong Kong to conduct a consultancy study which investigates the overall provision of child care services in Hong Kong. The aim is to explore how childcare services influence various aspects of users' lives, and their opinions about the existing scheme, in order to propose valuable suggestions to the government for the benefit of parents and children in need.

We would like to invite the following people to participate in our online survey:

- Aged 18 or above
- Father/Mother/Guardian of child/Pregnant woman/Couple expecting a baby

Date of collection for the online survey will be published in the childcare project website:

<http://www.wellbeing.hku.hk/childcare/>

### 幼兒照顧服務的長遠發展研究

社會福利署委託香港大學社會工作及社會行政學系進行幼兒照顧服務的長遠發展研究，是項研究旨在以深入了解香港的幼兒照顧服務為目標。透過研究，了解幼兒照顧服務怎樣在不同生活層面上影響服務使用者，及他們對此類服務的意見，以協助研究員提出合適的政策建議，惠及更多有需要家長及兒童。

我們誠邀下列人士填寫網上問卷：

- 年齡18歲或以上的
- 父親 / 母親 / 小孩監護人 / 懷孕中的婦女 / 計劃懷孕的夫婦

問卷開始收集日期可參照是項研究專頁：<http://www.wellbeing.hku.hk/childcare/>

## WeCare Fund 2017 Student-Initiated Youth Suicide Prevention Projects

With the generous support of the Community Partner Foundation, a new round of WeCare Fund is open for application from June to Aug 2017. The project aims at empowering and facilitating post-secondary students to organize self-help and/or mutual help projects for preventing youth suicide. All full-time and part-time students of the listed post-secondary institutions in Hong Kong are welcome to design and implement projects for youth suicide prevention and mental health promotion. Successful applicants will be required to implement their projects between Sept 2017 and July 2018, with a maximum grant of HK\$50,000 per project. For more details, please visit: <http://csrp.hku.hk/wecare-fund-projects-2017-guideline>

Enquires: Miss. Michelle Leung

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### 《與你同行》資助計劃 2017 學生主導的防止青年自殺計劃

本中心非常榮幸得到社聯夥伴基金創辦人莫綺文女士慷慨的贊助，舉辦新一輪的《與你同行》資助計劃——由學生主導的防止青年自殺計劃 2017，並已於六月開始接受申請。本計劃的目的是協助學生於大學校園內發起、組織及開展與精神健康相關的活動，以及加強青年大眾對精神健康的關注。所有在名單上的大專院校就讀之全職及兼讀制學生都可以參加。成功獲選的計劃必須在2017年9月至2018年7月推行。每個選出的計劃將會獲取不多於港幣50,000元的資助。詳情請瀏覽：<http://csrp.hku.hk/wecare-fund-projects-2017-guideline>

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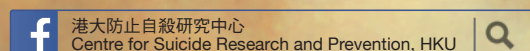
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