



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



反思 · 凝聚

RETHINK

REFOCUS

RELEASE

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**RETHINK
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MESSAGE FROM THE DIRECTOR

Suicide is a major public health challenge not only in Hong Kong but globally. Each year, 800,000 people die of suicide. In 2022, the local death toll was about 1000 with excessive risk found amongst young people and older adults.

Youth mental health has been one of the top priorities. All our young people, whether they are in Tokyo, Beijing, New York, London or Hong Kong, have shared some of the common concerns, youth mobility, employment and poverty, insufficient social (family) support, and excessive use of social media; all have led to unfavourable outcomes. The sense of hopelessness has been quite prevalent among our young people. Indeed, the medical and health service gaps for young people suffering from undetected and untreated mental disorders need to be attended. However, sometimes the importance of social determinants factors has been overlooked. The voice of the young people has not been heard, even on issues of direct concern to them. Nothing about us without us. It is important to be able to co-create mental wellness programs with our younger generation. Also, we need to develop holistic support for our young and induce hope in the process. Likewise, the older adults have suffered much from loneliness. Anxiety is not uncommon. Certain life-events including retirement and separation from families due to migration have also caused considerable mental health strain to older adults. The isolation arising from the quarantine measures during covid has been found too much for some, especially the vulnerable ones.

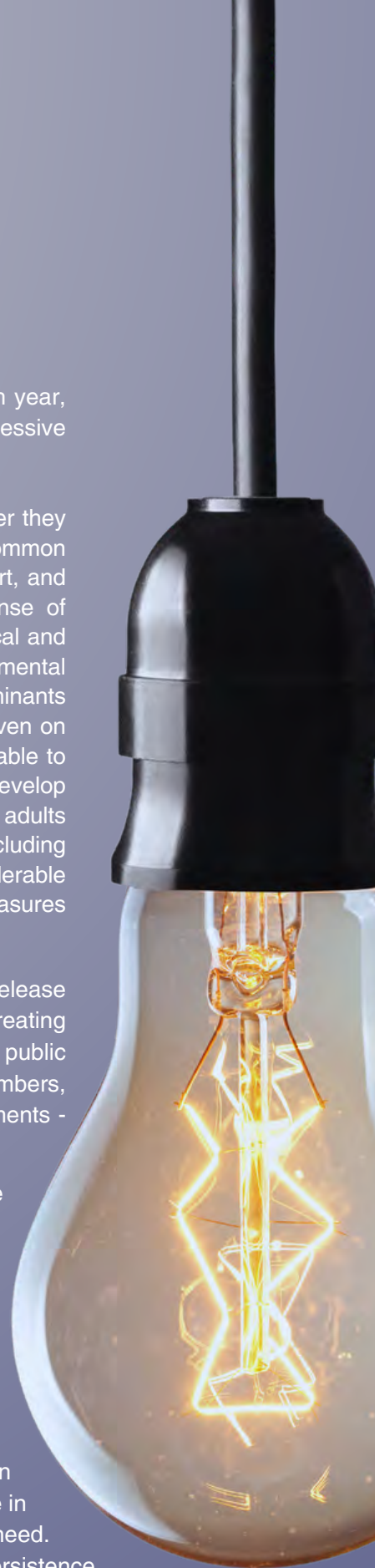
It is time for us to rethink the mental health challenge, refocus our priorities and release our community resources to tackle the challenge. The theme of WSPD 2023, "Creating hope through action," reflects the need for collective action to address this urgent public health issue. All of us - family members, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments - can act to prevent suicide in the region.

We aim to raise awareness about suicide prevention worldwide. We hope to facilitate open discussion on mental health at home, at school, in the workplace, etc. Those contemplating or affected by suicide are also encouraged to share their stories. In the end it can lead to behavioral change by self-help and/or seeking professional help.

We can all take time to reach out and start a conversation with those around us if we notice something is different. By stepping closer and connecting to others we can encourage those with suicidal thoughts to reach out. We can also take time to find out what help is available for both ourselves and for others. We never know when we may need this knowledge, and by being aware, we can be ready to support those in need. Every action, however simple, can connect someone to life and the help they need. To prevent suicides requires us to become a beacon of light to those in pain. With persistence and the maintenance of hope, we can ride through the storm and life challenges, and our society can be better tomorrow.



(PAUL YIP)



總監的話

自殺問題是現時全球公共衛生一大挑戰，香港亦不能倖免。每一年，世界各地死於自殺的總人數高達八十萬。而在二零二二年，香港就有大約一千人自殺身亡，其中分析發現年輕人與老年人自殺風險高於其他組別。

青少年精神健康一向備受重視。我們的年輕人，無論在東京、北京、紐約、倫敦還是香港，所關注的問題很多都相通：青年流動性低、就業與貧窮、社會支援（包括家庭）支援不足、過度使用社交媒體等等。種種問題疊加，令年輕一代間充斥着無望的感覺。無疑，我們必須正視醫療及衛生服務不足，以致不少患上情緒病的青少年未及診斷及治療的問題。可是，其他醫療以外的社會決定因素同樣重要，卻常常被忽視。我們有聆聽年輕人的聲音嗎？正所謂「我們的事，我們要參與」(NOTHING ABOUT US WITHOUT US) - 我們應該與青少年共同創造給他們的精神健康計劃。另外，我們要為他們設立更全面的支援，並在過程中幫助青少年建立希望。

同樣地，長者亦需要更多支援。部分老人家飽受孤單折磨，因此陷入焦慮的也為數不少。一些人生轉變，例如退休及與移民的家人分離等，都會導致老人家精神壓力增加。新冠疫情期間，因隔離措施而更多長者要「獨居」，這些情況對一般人而言都難以承受，更何況是脆弱的一群。

疫情退散，生活回復正常，面對當前的精神健康挑戰，我們是時候反思情況、重整策略優次、並聚合社區資源，以解決當務之急。2023 世界防止自殺日主題為「展現行動 創造希望」，反映這迫切的公共衛生問題必須靠大家協力以集體行動應對。我們所有人，包括家人、朋友、同事、社區人士；無論任何界別，如教育界、宗教界、醫療健康、政界以及政府，都可以在自己的社區為防止自殺出多一分力。

我們的目標是提升全球對防止自殺的關注，鼓勵大眾以更開放態度討論精神健康議題，無論在家中、學校或工作環境，大家都不會視之為忌諱；讓無論正思考自殺，或受自殺問題困擾的人，都可以分享自身的故事，從而令他們能夠通過自助或尋求專業協助，得到改變。

若發現身邊的人的狀態異於平常，我們可以主動關心他們，嘗試與他們傾談。有時只要踏近多一步，多一點聯繫，就足以鼓勵有自殺念頭的人敞開心扉。我們平日也可以用少許時間去了解社會上有哪些求助途徑或服務：說不定哪一天自己或身邊的人會有需要，而我們總可以預先準備好，同時要多留意自己和他人，隨時為有需要的人提供及時支援。每一個行動，即使看似簡單，都能將他人連接到生活、聯繫上他們所需的幫助。

身陷苦痛的人如在黑夜怒海中顛簸的小船，茫然失向，得靠我們為他們點亮和堅守希望的燈塔。預防自殺，要堅持相信和擁抱希望，讓我們在風雨中同航，越過挑戰，迎接晴朗的明天。

葉兆輝



BECOMING THE S.H.I.E.L.D.S. OF OTHERS: RETHINKING SUICIDE PREVENTION FOR YOUNG PEOPLE IN HONG KONG

When we think of suicide interventions, we typically think of ones that use an illness prevention approach, addressing risk factors to reduce the chance of suicidal behaviours. Such interventions are often designed by experts and disseminated to the community using a top-down approach. Today we invite readers and researchers to rethink their understanding of suicide interventions by focusing on a bottom-up, wellness promotion approach.

As leaders in the field of suicide research, our Centre believes that an ounce of prevention is worth a pound of cure. We also believe in empowering our community partners to design programs and interventions that best suit their specific needs.

“
an ounce of
prevention is worth
a pound of cure”

One such program, Suicide Help Intervention through Education and Leadership Development for Students (S.H.I.E.L.D.S.), recently completed two rounds of mental health gatekeeper training for local secondary school students. We believe that students can be effective peer leaders for promoting mental health within their school communities, while also supporting peers in distress or crisis.

The student leaders noted the importance of the bottom-up approach of their student-initiated projects. They reflected that compared to the mental health programs their schools typically ran, their projects were better attuned to the needs and interests of their peers.

School staff also recognised the students' insights and were surprised by how well-received the activities ended up being. Through their participation in S.H.I.E.L.D.S., our schools were able to rethink their mental health promotion efforts, allowing students to play a more active role.

The students also reflected on how the S.H.I.E.L.D.S. training encouraged them to rethink their roles as peer supporters. Some initially believed that there was not much they could do as non-professionals, and our training allowed them to understand that being a good listener and appropriately referring their peers to professional help is a powerful support for their communities.

Much like the S.H.I.E.L.D.S. student leaders, we must rethink and refocus our approach to suicide prevention interventions, particularly for the next generation. S.H.I.E.L.D.S. has shown that, by giving the power back to the young people, we can empower them to play a more active role in enhancing the mental wellness of their peers.





成為別人的守護者： 重新思考預防香港青少年自殺的措施

每當想起預防自殺的各種措施，我們通常會從病理學角度出發，針對處理風險因素以降低青少年有自殺行為的機會。這些措施大部份由專家設計，並以「由上而下」的模式執行。今天，我們誠邀讀者們重新思考：如何從一個關顧身心健康的角度，「由下而上」地有效預防自殺？

作為自殺研究領域的領袖，本中心一向認為「預防勝於治療」才是真正的關鍵。我們相信透過與社區夥伴合作，可以設計到更以人為本、切合社區需要的措施與計劃。

「S.H.I.E.L.D.S. 防止自殺學生領導培訓計劃」是我們中心其中一個以社區為本的計劃。這計劃共進行了兩輪活動，旨在培訓和裝備中學生成為精神健康守門人。我們相信學生可以成為推動精神健康的領袖，並為受情緒困擾的同伴提供支持。

學生領袖於計劃後指出，他們「由下而上」設計及實踐在校精神健康項目，比學校現有的相關計劃更能夠符合同學的需求和興趣。老師們也認同學生的見解，並驚訝由學生主導的活動竟如此受同學歡迎。這計劃讓參與學校重新反思，並讓學生在推動校本精神健康上扮演重要的角色。

學生也反思道，計劃令他們重新思考作為同伴的角色。有些學生最初認為自己非專業人士，能做的事情應該很有限，但我們的培訓讓他們明白，成為一位良好的聆聽者並適當地引導同伴尋求專業幫助，已經能為社區提供一種強大的支援。

就像 S.H.I.E.L.D.S. 的學生領袖一樣，我們必須重新反思、檢視預防自殺的現有措施，這對支援我們的下一代尤其重要。此外，通過把主導權交給年青人，我們相信他們能更主動關顧朋輩的精神健康，成為稱職的精神健康守門人。

COMMUNITY 社區篇

RETHINK
REFOCUS
RELEASE
反思・凝聚

嚟住嘅心

有無人可以喺呢刻
陪我傾偈？

開始聊天



24小時在線

不如 Open Up



HKJC ONLINE YOUTH EMOTIONAL SUPPORT “OPEN UP”: A ROUND-THE-CLOCK 24/7 SUPPORT SERVICE 香港賽馬會青少年情緒健康網上支援平台 – OPEN嚟

LATEST DEVELOPMENT

Launched in 2018 with support from the Hong Kong Jockey Club Charities Trust, HKJC Online Youth Emotional Support platform, Open Up has been in service for five consecutive years. The project is honoured to collaborate with five local NGOs, Caritas Hong Kong, Hong Kong Children and Youth Services, St. James' Settlement, The Boys' and Girls' Clubs Association of Hong Kong, and The Hong Kong Federation of Youth Groups, for the establishment and operation of this unique platform. As of June 2023, Open Up had served over 140,000 cases. More than 60% of the users with high risk level or at crisis reduced their risk level after receiving the service.

In view of the rapid development of technology and the gain in popularity of online platforms, Open Up aims to reach more youth in need and improve their help-seeking behaviour via this accessible platform. Simultaneously, Open Up strives to facilitate a smoother online-to-offline journey of help-seeking, in order to reduce the suicide risk amongst youth. With a mission to continuously enhance the service, we have been conducting evaluations and studies for Open Up, in order to understand the users through chat data analysis and to develop a good-practice model.

最新發展

香港賽馬會青少年情緒健康網上支援平台Open嚟於2018年正式開始營運，至今已踏入第五年。我們很榮幸能與五間社福機構合作，包括香港小童群益會、香港明愛、香港青年協會、香港青少年服務處、聖雅各福群會，並得到香港賽馬會慈善信託基金捐助，成立這獨一無二的平台。截至2023年6月，Open嚟已服務超過14萬個個案。其中超過60%屬高風險至危機組別的使用者在接受Open嚟服務後自殺風險已降至較低水平。

隨著網絡平台需求增加和技術快速發展，Open嚟期望能透過線上平台重點關注並改善使用者的求助行為；同時加強線上線下服務的聯繫，以及降低青少年自殺風險。

而本中心於這幾年間一直就Open嚟服務進行檢討及研究，例如分析對話數據了解用戶、建立最佳實踐方法等，以進一步提升服務。



SERVICE STATISTICS

服務統計



141,387

TOTAL VALID CHATS

有效對話總數



178,335

VALID CHAT HOURS

有效對話總時數

82%

OF USERS FIND THE SERVICE HELPFUL

使用者認為服務對他有幫助

86%

OF USERS THINK OPEN UP ENCOURAGES TO SEEK HELP WHEN THEY ARE IN NEED IN THE FUTURE

使用者認為OPEN UP能鼓勵他日後有需要時尋求協助

43%

OF USERS HAVE NEVER SOUGHT HELP FROM ANYONE FOR THE PROBLEMS MENTIONED TO OPEN UP

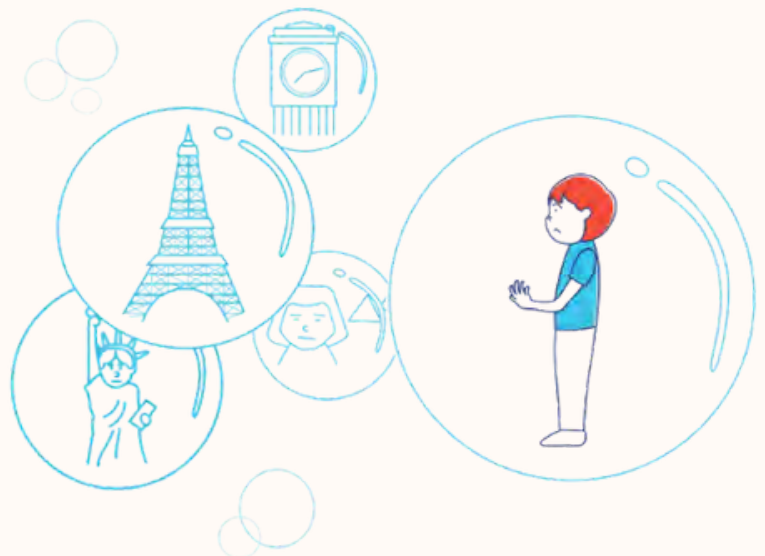
從未就在OPEN UP傾談的問題向任何人求助

FROM ONLINE TO OFFLINE SERVICES

One of the targets of Open Up is to connect users to suitable offline services. Up to June 2023, 66.45% of the users were successfully referred to different services such as Levelmind and ICCMW, according to their needs. In order to step up the support for schools, Open Up, invited by EDB, set up a “Back to School Hotline” when new school year started. We also piloted a chat widget with a few schools and strengthened the communication with school management, to form a safety net for the students in need. We will continue to go beyond a one-off online service to bridge the gap between the youths in need and the available support.

從線上到線下服務

Open 嘢的目標之一，是為青少年轉介合適的線下服務，讓他們得到持續支援，亦充分利用社區資源。截至2023年6月，66.45%的使用者已成功轉介至不同服務，例如平行心間及精神健康綜合社區中心。除此之外，Open 嘢亦不斷加強為學生提供的服務，除了應教育局邀請在新學年設「開學專線」外，還與幾間學校合作試行Open 嘢捷徑(widget)，同時與學校更緊密地聯繫，成為學生的一個保護網。Open 嘢期望成為有需要的青少年及精神健康服務間的一道橋樑，而不只是一次性的服務。

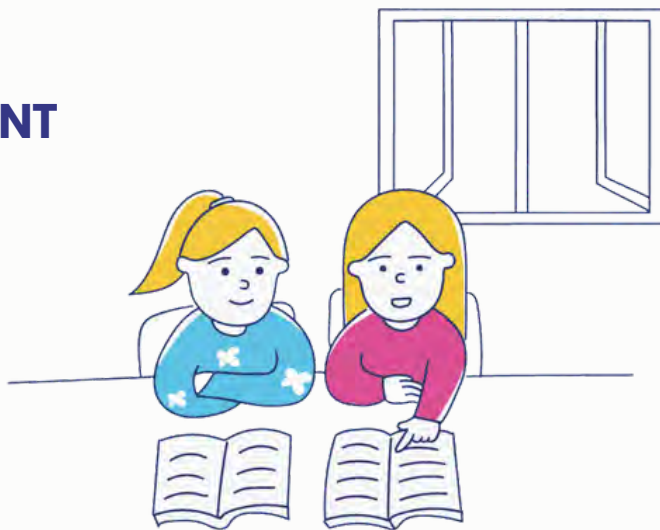


DEVELOPMENT OF A GOOD PRACTICE

建立良好做法

THE EFFECTIVENESS OF CONCURRENT ONLINE COUNSELLING SESSIONS

Unlike face-to-face counselling, text-based online counselling allows concurrent sessions, i.e., each counsellor attending to more than one client at a time, which can seem a good strategy to meet the service gap. Yet, there is no reported evidence supporting its rationality and effectiveness until our study. We analysed the transcript of more than 54,000 sessions from Open Up, measured the counsellor attention allocation and identified the optimal concurrent sessions, which is two to three sessions. Thus, we adopted the practice of conducting two concurrent session at Open Up. This is one of our many studies to help build an evidence-based and data driven practice for online counselling, in order to maximize efficiency and effectiveness, and maintain service quality and client satisfaction.



「一對二」同步進行輔導的最佳節數

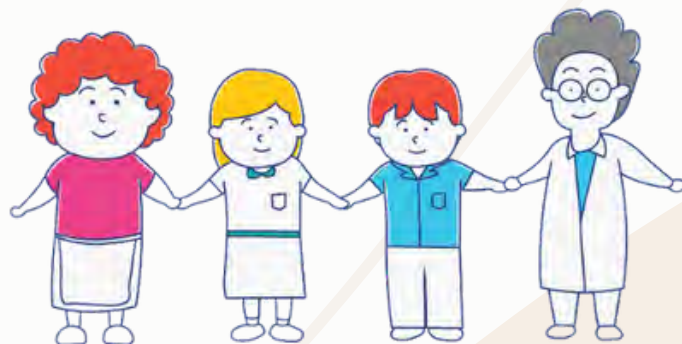
文字線上輔導與面對面輔導本質相似但亦有不少相異之處，其中一點是每位文字輔導員可以同時與多於一位使用者對談。這做法的好處是可以應對日益增加的服務需求，但一直未有報告證明是否有效。所以，我們分析了OPEN UP超過54,000個對話記錄，測量輔導員的注意力分配情況，發現了最可行的做法為同步進行兩至三個對話。因此，我們在OPEN UP隨之實踐了進行兩個對話的方案。這是我們各項有關「良好方法」(GOOD PRACTICES)的研究之一，目標為建立實證和以數據支持的線上輔導模式，提升效率，並維持服務質素和使用者體驗。



REFOCUSING ON REPEAT USERS

Online counselling services are growing rapidly due to their convenience and anonymous nature. However, one significant challenge faced by these services is repeat users, who make up a small percentage of total users but use up a significant amount of resources. While some platforms tried to reduce the use by this group of users, we decided to refocus and dig deeper into their needs. We compared the profile of repeat users and found that they have higher suicide risk levels. They have different concerns from one-time users, with more suffer from self-harm, medical issues, bullying and addictive behaviours. We also used a bottom-up method to divide the repeated users into groups. The most dependent users are found to have the highest risk levels.

This dataset and findings are able to help us reallocate the resources and devise a more suitable approach to help these repeat users in need in the future.



重新聚焦重複使用者問題

網上情緒支援服務既方便又可匿名使用，自然愈來愈多人使用。然而，一些人會經常重複使用服務，即使人數可能只佔總用戶的一小部分，但卻消耗了不少資源，而且情緒方面未見明顯的改善，成為了支援服務的一大挑戰。有些平台嘗試減少這些使用者的使用量，而我們則決定從了解他們的需求入手，尋找問題根源。我們發現重複使用者的自殺風險水平更高。他們的主要困擾與一次性使用者不同，更多涉及自我傷害、醫療問題、欺凌和成癮行為。我們再按數據將重複使用者分為幾組，發現使用程度最高的使用者風險水平最高。這些數據不但有助我們重新分配資源，更能讓我們制定更適合的方法來幫助這些重複使用者。

ONLINE HELP-SEEKING AMONGST AT-RISK YOUTH

To understand the mental health status and help-seeking behaviours of the youths, Open Up conducts a large-scale mobile phone survey every year, interviewing 1,500 adolescents aged 11 to 35. Comparing the data from 2020 to 2022, the number of adolescents with mental distress has increased year by year, but the proportion of those seeking help in 2022 is lower than in the previous two years, which is concerning. At the same time, the number of people expressing willingness to seek emotional support online has significantly increased compared to previous years, indicating the increasing importance of online support.

According to an Open Up study in 2021, those who have suicidal thoughts and are willing to seek help online have poorer mental health and a higher rate of self-harm behavior compared to those who have never sought help online. Interestingly, their level of social withdrawal is relatively low. Therefore, adolescents who seek help online definitely need attention.

In addition, we found that there are a larger proportion of high-risk individuals having conversations about certain topics, such as bullying, addiction, and abuse, with the highest number of high-risk cases reported from 7 p.m. to 2 a.m. These studies and data help us better understand the help-seeking tendencies of youth, improve existing services, and provide more suitable online and offline assistance for users with different needs and suicide risks in the future.

高危青少年的網上求助傾向

為了解青少年的精神健康狀況及求助傾向，OPEN UP每年均會進行一次大型電話調查，訪問1,500名11 – 35歲青少年。比較過去三年數據，我們發現表示有精神困擾的青少年逐年增加，但於2022年有求助的比例卻比過往兩年低，令人憂慮。同時，表示會向網上情緒支援服務求助的人比過往大幅上升，可見網上支援比以前重要。

跟據2021年發表的一項OPEN UP研究，有自殺念頭而願意在網上求助的人比起不曾在網上求助的人精神健康較差，有自我傷害行為的比率亦相對高，反而社交退縮程度較低。可見在網上求助的青少年絕對需要關注。

從OPEN UP的對話數據中，我們發現對話中涉及某些主題的組別中，自殺風險高的青少年明顯較多，包括欺凌、從精神病房出院、上癮及虐待。而OPEN UP接獲高危個案最多的時間為晚上7時至清晨2時。這些研究及數據，有助我們更了解青少年的求助傾向，改善現有服務，希望未來能就不同需要、不同自殺風險的青少年提供更適合的線上以至線下協助。

Wong, K., Chan, C. S., Chan, M., Wong, C., Cheng, Q., Xiong, C., & Yip, P. (2021). Who seeks help online? Comparing online and offline help-seeking preferences amongst youths with suicidal ideation. *Journal of affective disorders*, 292, 21–29.

THE WAY FORWARD

After five years, during which Open Up has dealt with many suicide crises, we have a deep understanding of the importance of a 24-hour service and accompanying young people in difficult times. In addition to the service itself, Open Up's data provides more information and direction for youth services, hoping to assist organizations and platforms in developing online and offline services that meet the needs of today's young people.

Open Up is now working with many offline services and primary and secondary schools to strengthen our role as the first stop for young people seeking help, as well as a transit station, connecting young people in need to appropriate services. We would like to thank the HKJC Charities Trust and the HKSAR government for recognizing Open Up's work and providing support for our continued service and research. We hope to reach more young people in need and constantly improve our services through research and evidence, becoming a more comprehensive help-seeking platform and database.

未來發展方向

經歷五年時間，期間處理不少自殺危機，OPEN UP更深切感受24小時服務的重要性，陪伴有需要的青少年渡過困難的時刻。除卻服務本身，OPEN UP的數據亦為青少年服務提供更多資訊和方向，期望協助各機構和平台制定更切合時下青少年需要的線上線下服務。與此同時，OPEN UP現正和多家線下服務及中小學聯繫，未來會再加強橋樑角色，以成為青少年尋求協助的第一站，以及一個中轉站，把有需要的青少年帶到合適的服務。

我們特別感謝香港賽馬會慈善信託基金及香港特區政府認同OPEN UP的工作，未來將為我們提供支持，延續OPEN UP的服務和研究工作。期望OPEN UP能接觸更多有需要的青少年，並以研究和實證不斷改善服務，成為一個更全面的求助平台和數據庫。



DEVELOPMENT OF “HARD-TO-REACH ELDERLY SERVICE MANAGEMENT SYSTEM”

As life expectancy continues to rise, achieving longevity is no longer a rare feat. According to the 2021 Population Census, there were 11,575 centenarians in Hong Kong. As the ageing population became a worrying issue to the city, the government and society must address various practical concerns that demand prompt action and responses, such as elderly poverty, delayed medical treatment and long waiting times for elderly homes or care services. Moreover, there had been an increased number of news reports in recent years with heartbreaking stories of older adults taking their own life or killing their spouses before committing suicide. These cases precisely reflect the urgent necessity for improvement in elderly care policies and support services after their retirement.

Due to the lack of a robust support network, the elderly are more susceptible to experiencing a strong sense of loneliness or even feeling alienated from the community. In addition, many “hidden” elderly people are either reluctant to connect with the outside world, lack the knowledge for accessing support, or unwilling to accept assistance. As a result, many social services are unsuccessful in reaching these individuals. If these people in need can be identified early and referred to social centres that can meet their needs, while being encouraged to make full use of the community services and resources, it will undoubtedly lead to a reduction of unpleasant incidents.

Thanks to the support of the HKJC Charities Trust, our centre will implement a four-year research project, aiming to estimate the number and location of “hidden” elderly individuals living alone or with their partners. It will establish a service management system to collect data on the elderly population and service usage, to provide more targeted welfare support and referrals as well as improve home care services.



開發「隱蔽長者服務管理系統」

隨著人類預期壽命持續增長，長命百歲已非稀奇之事。根據《2021年人口普查》的數據顯示，在香港有11,575位長者年齡超過100歲。香港高齡化是一個令人擔憂的問題，它所帶來的各種現實考量，包括長者貧窮、長者遇到健康問題遲遲未能就醫、長者輪候安老院舍或照顧服務時間漫長等等，均是政府及社會大眾需要關注並回應的議題。在過去數年的新聞報導中，充斥著令人痛心的報導——長者因不同原因輕生，又或是先殺害老伴而後自殺。這些個案的發生，正正反映安老政策及長者退休後的支援服務尚有不少改進空間。

長者支援網絡薄弱，孤獨感較重，與社區脫節更是常有的事。然而「隱藏」在社區不願與外界連繫、不知道如何尋求幫助、不願意接受社會服務的長者亦為數不少。縱使社區提供了多種社會服務，但這些服務往往未能覆蓋到該群眾的需求。因此，本中心希望能及早識別社區中的隱蔽長者，將他們連繫到合適的服務中心，並鼓勵他們利用社區服務，望能有效減少不幸的事件發生。

承蒙香港賽馬會慈善信託基金支持，本中心將在未來四年推行一個隱蔽長者研究，旨在推算及識別隱蔽獨居及雙老的人數及位置。計劃將建立服務管理系統，收集和管理長者人口和服務使用情況的數據，以提供更針對性的福利服務支援和轉介，以及改善家居服務。

PROJECT “MIND – ME IN A NEW DAY”: EXHIBITION AT THE PLAZA HOLLYWOOD

The “MIND – Me In a New Day” project takes an innovative approach and applies concepts of oral history to the promotion of elderly mental wellness. Sponsored by the HKJC Charities Trust, the project has attained admirable results since launching in 2021. Over fifty older adults were interviewed, each of whom was gifted an audio booklet narrating their life stories and a tailor-made porcelain doll.

Celebrating the project’s achievements, an exhibition was held at the Star Atrium of Plaza Hollywood from 26 to 28 May 2023. Highlighting the project’s unique oral history approach, the exhibition was carried out in a “human library” setting, with former elderly participants as the main focus in sharing sessions, during which the public was not only able to listen to their life stories but also raise questions and interact with these fascinating human “books”. Booklets and porcelain dolls created by the project participants were also displayed during the exhibition.

The event was enthusiastically received by the public, with almost a thousand attendees participating. The sharing sessions were well attended, with feedback from participants finding the elderly volunteers’ life stories inspirational and their experiences eye-opening. The message board also garnered positive feedback from the public, such as how the event reminded them of their grandparents and motivated them to talk to them more often, or how the life stories made them realize they were so blessed to be born and bred in peaceful times and taught them to treasure what they have.

Honorable guests, including Dr Sunny Liu Kwong Sun, the Associate Director of the Centre for Suicide Prevention and Research; Ms Priscilla Leung Po King, the Service Supervisor of the Salvation Army; and Dr Wong Wai Ling, an experienced oral history researcher, shared their thoughts on elderly mental health and the project. Three volunteer groups also delivered amazing performances. The event concluded with an award presentation ceremony, during which former elderly participants of the project were invited on stage to receive their personal booklets.

The event instilled confidence and even a sense of pride in the elderly participants, which was manifested in their attitude and interaction with their family and the public, for example, when they explained to them the porcelain dolls were specially tailored for them; when they received their booklets and took pictures on stage; and most importantly, when they realized how their life stories could be an inspiration to others, in particular the younger generation.

We would like to express our profound gratitude to the Plaza Hollywood for having waived the venue fee for us to organize such a meaningful event for our elderly participants and the public.



Members of the public browsing the booklets and dolls



Former elderly participants going on stage to receive their booklets

「細說人生歲月 跨代同行計劃」荷里活廣場展覽



長者參加者手捧著故事書及人像公仔與家人合照

留言板也收到了公眾的積極反饋，比如這次活動如何讓他們想起祖父母，並鼓勵他們更常與他們交談；又或是長者的人生故事如何讓他們意識到自己生於和平年代是多麼幸運，並教會他們珍惜所擁有。

展覽出席嘉賓包括本中心副總監廖廣申醫生、救世軍竹園綜合服務高級主任梁寶琼姑娘，以及口述歷史學者王惠玲博士，他們皆分享了對長者心理健康和本計劃的看法。活動以頒獎典禮作結，曾參與此計劃的長者均被邀請上台領取他們的人生故事書冊。

這次活動讓參與的長者們在與家人和公眾互動中增加了自信心，甚至引起了一種自豪感。像是當他們解釋人像公仔是專門為他們定製；又或是當他們上臺領取自己的人生故事書；以及最重要的，當他們意識到自己的人生故事可以啟發他人，特別是年輕一輩。我們衷心感謝荷里活廣場贊助場地，讓我們得以為一眾長者加公眾舉辦如此有意義的活動。

廖廣申醫生就長者精神健康發表演講



「細說人生歲月 跨代同行計劃」採用創新方式，將口述歷史的概念應用於改善長者心理健康。承蒙香港賽馬會慈善信託基金贊助，計劃自2021年展開以來已取得矚目的成果。過去三期共訪問了超過五十位長者，並贈予每人一本敘述他們人生故事的有聲書和一隻定制的人像公仔。

計劃於2023年5月26至28日在荷里活廣場一樓明星廣場舉辦了一次展覽，以總結此計劃累積的成果。為了突出計劃獨特的口述歷史方法，展覽參考了「真人圖書館」的概念，邀請過去參與計劃的長者進行分享會。公眾不僅可以傾聽他們的人生故事，還能向他們提問，與這些引人入勝的「真人圖書」互動。展覽還展出了計劃製作的書冊和人像公仔。

展覽相當受公眾歡迎，吸引了近千人參與。分享會亦得到熱烈迴響，參加者紛紛表示長者的故事很具啟發性、他們的經歷令人大開眼界。



長者義工與公眾分享他們的人生故事





EXAMINING THE SIE FUND FROM AN ESG PERSPECTIVE

Since July 2020, the Hong Kong Stock Exchange has mandated all listed companies to disclose their Environmental, Social and Governance ('ESG') performance reports in accordance with guidelines. The mandatory disclosure of ESG performance by companies aims to emphasise that listed companies, as large-scale enterprises, should be accountable not only to shareholders in terms of governance but also to their environment and social stakeholders, treating their interests fairly. ESG performance disclosure requires listed companies to explain to investors their contributions to maintaining and improving the environment and society, thus using market pressure and investors' conscience to urge companies to take social responsibility.

In recent years, ESG performance evaluation has garnered increasing attention from the international investment market and academic circles, reflecting that the conflicts brought about by climate change and wealth distribution have brought more frequent crises to economic development. The government and investors have paid more and more attention to this issue. The Stock Exchange has also followed this trend by strengthening its requirements for ESG performance disclosure.

To examine the Social Innovation and Entrepreneurship Development Fund ('SIE Fund') from an ESG perspective, we can focus on the 'E', 'S' and 'G' aspects. In terms of corporate governance, the Stock Exchange has established standards, industry discussions are mostly focused on the environment, and there are already many detailed and specific standards. However, the 'Social' ('S') aspect has received less attention, and this article will focus on it.

Social Aspects

The establishment of the SIE Fund is an important step towards promoting the development of social ventures that align with ESG values. One of the objectives of the SIE Fund is to address poverty and social exclusion. The SIE Fund supports social ventures in different service scopes and at various stages of development for alleviating poverty and social exclusion, promoting social integration and enhancing people's well-being, as well as cohesion in the society. In addition, the SIE Fund encourages businesses to implement innovative business plans that create both business value and social impact. This approach shows a shared value to care for the community, support the socially disadvantaged, and create positive social change together.

Conclusion

From the perspective of ESG, the SIE Fund can play a crucial role in promoting the development of social ventures with ESG value. At the same time, investors and companies are also encouraged to pay attention to ESG factors and incorporate them into investment decisions and business strategies to achieve sustainable development goals.

(This project is a consultancy project for SIE fund between HKU HKJC Centre for Suicide Research and Prevention and CUHK)

從ESG角度檢視社創基金

由2020年7月起，香港聯交所要求所有上市公司都必須根據指引，向公眾披露「環境、社會及管治」（Environmental, Social and Governance, ESG）績效報告。強制公司披露ESG績效，旨在強調上市公司作為有規模的企業，除了應該在管治上向股東負責之外，亦要對所處環境和社會上的持份者（stakeholders）負責，公平對待他們的利益，不能純粹追逐最大利潤。ESG績效披露令上市公司需向投資者交代自己在維護和改善環境和社會方面付出了多少。換言之，ESG不僅僅是利用市場壓力，而是通過投資者、政策和監管等多方面的影響，推動企業承擔更多的社會責任。

近年來，ESG績效評估愈來愈受到國際投資市場和學術界的重視，這反映了隨着氣候變遷和財富分配帶來的衝突，經濟發展出現愈來愈頻繁的危機，政府與投資者愈來愈重視企業的社會責任。聯交所順應潮流加強對ESG績效披露的要求，值得支持。

在ESG角度檢視社會創新及創業發展基金（簡稱社創基金），可以從以下幾個方面進行：「E」、「S」、「G」三項中，企業管治方面，聯交所有既定標準，業界討論亦多聚焦在環境範疇，已有不少詳盡具體的標準。相對而言，「社會」（S）較少受到注意，本文將聚焦這裏。

社會（Social）

社創基金的創立，可以促進具有ESG價值的社會創新和創業項目的發展。社創基金的目標之一是以創新的方案解決貧窮和社會孤立問題，提高社會福祉。社創基金會支持一些具有社會效益的創新項目，例如改善教育、醫療、扶貧、社會保障等方面的創新項目。通過這些社會投資，社創基金有助於縮小社會不平等，促進社會公平，提高民生福祉，為弱勢群體提供更多的支援和機會。此外，社創基金鼓勵企業善用其資產和技術推出具有社會價值的創新方案，藉由推動「共享價值」理念和「商社共贏」的概念，創造一個有利於商界和社會共同發展的環境，並激勵本地企業朝向商社共贏的目標邁進。

總結

從ESG角度看，社創基金有助於推動具有ESG價值的社創項目發展。同時，也鼓勵投資者和企業關注ESG因素，將其納入投資決策和業務策略，以實現可持續發展目標。

（這個項目是由香港大學賽馬會防止自殺研究中心與香港中文大學合辦的諮詢項目（SIE Fund））





Wellbeing Guardians Award Ceremony on June 17



KNOWLEDGE EXCHANGE PROJECT: WELLBEING GUARDIANS

Launched in 2022, the Wellbeing Guardians program has successfully entered its second consecutive year. Building upon the "Bio-Psycho-Social" model and utilizing the character strengths of Positive Psychology, the 24 parent-child activities were launched through an online platform during the Lunar New Year ("Year of the Rabbit Challenge @ Wellbeing Guardians") and Easter holidays ("Easter Egg Hunt @ Wellbeing Guardians").

Aiming to impart knowledge to primary school students on how to care for their mental wellbeing, strengthen family bonds, and enhance parent-child relationships, the program activities are carefully designed and calibrated to enhance children's abilities to deal with negative emotions and handle stress in their daily lives. The program has received over 6,000 entries through the website and online engagement from participants, with nearly 100 primary schools actively taking part.

知識交流項目：身心守護隊

身心守護隊已踏入第二年，此項目參考了「生-心-社」模型，以正向心理學的品格強項作骨幹，透過網上平台，設計出24個親子活動，分別在農曆新年和復活節假期推出，名為《身心守護隊@兔年任務》及《身心守護隊@尋找復活彩蛋》，旨在教導小學生從各方面照顧自己的心理健康，並提升家庭連繫和親子關係，以協助他們應對在日常生活中出現的負面情緒，以及提升抗壓能力。此活動吸引了許多家庭參與，收集到了來自100間不同小學的6000份作品。



Part of the activities during the Lunar New Year and Easter holidays 農曆新年和復活節假期的部份活動內容



RESPONSE TO COMMUNITY'S CRISIS

In response to the recent tragedies in the community, CSRP co-hosted three emergency emotional support sharing sessions with the District Commissioners in Sham Shui Po and Central and Western District, to provide encouragement and support during these challenging times. The Centre's presence was well received and greatly appreciated by the community, with District Commissioners expressing their gratitude for our unwavering support.

回應社區危機

近期社區發生了接二連三的悲劇，為支援社區，中心同工出席了三場分別在深水埗和中西區舉辦的緊急事故情緒支援分享會。深水埗和中西區的民政專員都深表感謝，我們盼望在艱難的時候能為市民大眾付出一點鼓勵。



UPCOMING PROJECT: PROJECT CONVOY FUNDED BY RC LEE CHARITABLE FOUNDATION

Starting in September 2023, Project Convoy will assist young offenders in reintegrating into society by offering them paid employment. The project seeks to alleviate anxiety and depression, boost self-esteem, and raise awareness about the challenges of reintegration. Ultimately, the initiative aims to decrease recidivism and foster stronger relationships between these individuals and their communities.

即將進行的項目：護航計劃 由利銘澤黃瑤璧慈善基金贊助

護航計劃的目標是通過為年輕更新人士提供就業機會來幫助他們重新融入社會，以減輕其焦慮和抑鬱症狀，並增強自尊，預備當事人重返社會的信心。總括而言，計劃旨在減少他們重犯的機會，並鞏固他們與其社區之間關係。



SCHOOLS

校園篇

RETHINK
REFOCUS
RELEASE
反思・凝聚

QUALITY EDUCATION FUND THEMATIC NETWORK (QTN) ON PROMOTING WELLNESS IN SCHOOL

優質教育基金主題網絡計劃《共建卓悅校園》

Thanks to the continuous support of the Quality Education Fund, we launched the "Promoting Wellness in School" thematic network program in the 2019/20 school year. The program was based on research theories and evidence, and adopted the best practical examples shared by schools to jointly develop and promote activities and curriculum that foster students' mental health with partner primary, secondary, and kindergarten schools in Hong Kong.

承蒙優質教育基金的持續支持，我們於2019/20學年開展《共建卓悅校園》主題網絡計劃，以研究理論為框架、實證為本及採納學校分享的實務範例，望能與本中心合作的中、小、幼學校共同發展，並推行促進學生精神健康的課程及活動。



PROMOTING CHARACTER DEVELOPMENT OF PRESCHOOLERS

We believe that cultivating children's character strengths from an early age, and establishing positive emotions and attitudes, can help improve their resilience and positively face difficulties and challenges in their growth process. To achieve this, the "Promoting Wellness in School" thematic network program is based on the "bio-psycho-social model" framework and combines elements of positive psychology to develop a character education curriculum that promotes the holistic health of young children, creating an "excellent campus" with a focus on happiness.

This "universal" curriculum covers three levels of kindergarten classes, including K1, K2 and K3 classes. Suitable character strengths are selected according to the developmental needs of each age group of children, and "child-centred" character education activities are designed accordingly. In addition to the curriculum for the K2 and K3 classes, the curriculum for the K1 was also completed in the 2021/22 school year and piloted in the 2022/23 school year.

The latest curriculum is based on four character strengths: self-regulation, curiosity, creativity, and love of learning, and has created two picture books, "The Magic Handkerchief" and "Never Late Again", aimed at inspiring students' learning potential and cultivating their self-discipline attitudes.

幼稚園學童的正向發展

我們相信從小培育孩子的品格優點，建立正面的情緒和態度，能有助提高他們的抗逆力，使他們積極面對成長過程中的困難和挑戰。為此，「共建卓悅校園」主題網絡計劃以「生理心理社會模型」為框架，結合正向心理學的元素，開展一套促進幼兒全人健康的品格教育課程，以創建幸福感為首的卓悅校園。

此普遍性課程涵蓋幼兒班、低班及高班三級，配合各年齡層幼兒的發展和需要，選取合適的品格優點，設計以幼兒為中心的品格教育活動。除高班及低班兩級的課程外，幼兒班的課程也於2021/22學年發展完成，並已於2022/23學年試行。

最新的課程以自我約束、好奇心、創造力和愛好學習四大品格優點為基礎，創作了《神奇的小手帕》及《再也不會遲到了》兩個繪本故事，旨在激發學童的學習潛能，同時培養他們的自律態度。



幼兒班

低班

高班

幼兒班 (K1) 課程

幼兒班課程旨在培養幼兒的自律態度，同時激發他們的學習潛能。課程中的2個故事包含好奇心、愛好學習、創造力，以及自我約束4個品格優點，各品格優點分別來自《智慧與知識》以及《節制》之大東傳記。

幼兒班故事 (一)：《再也不會遲到了》

- | 課節 | 故事一：《再也不會遲到了》 |
|-----|---------------|
| 1.1 | 自律態度 (一) |
| 1.2 | 自律態度 (二) |
| 1.3 | 自律態度 (三) |
| 1.4 | 自律態度 (四) |
| *Q1 | 自律態度 (一) |
| *Q2 | 自律態度 (二) |

* 自律態度



BOOST RESILIENCE & SELF-COMPASSION OF YOUTH

"Out of the Dark" represents a comprehensive mental health promotion initiative tailored for secondary school students, with a primary focus on junior students. The program follows a "universal" approach and comprises three distinct curriculum levels, all directed towards enhancing students' physical and mental well-being. A diverse range of crucial subjects are covered within the curriculum, including communication skills, emotion management, empathy, stress management, and self-care.

To enhance the program's effectiveness, we have developed and piloted the Level 3 curriculum in the 2022/23 school year, which includes eight lesson plans, incorporating new themes of interest, such as internet literacy, anti-cyberbullying and peer support, aided by corresponding videos, PowerPoint and a series of experiential learning activities to enable students to embark on a pleasant learning journey to learn more about mental health and how to put it into practice.

讓青少年提升心理韌性及自我關懷

《突破黑暗》是一套針對中學生（初中為主）的普遍性校本精神健康課程，涵蓋三個階段，旨在提升學生的社交能力、心理韌性、精神健康知識和整體身心健康。課程採用「生理-心理-社會」框架和正向心理學理念，涉及了溝通技巧、情緒管理、同理心、壓力管理和自我關懷等主題。為提升計劃成效，我們於這個學年推出了階段三課程，並已於2022/23學年試行。新課程包含八節課堂及一系列體驗式學習活動，當中更包含網絡素養和防止網絡欺凌，在了解心理健康知識同時亦更懂得如何回饋社會。試行大致順暢完成，師生反應不俗。



學習目標

- 學生將...
1. 認識情緒困擾的警號
 2. 提高辨識警號的覺察力
 3. 學習如何回應和協助受情緒困擾的朋輩



CARE FOR WELLBEING OF TEACHERS & PARENTS

In addition to the student curriculum, we also prioritize the physical, mental, and emotional well-being of our teachers and parents. Our aim is to encourage teachers and parents to prioritize self-care and equip them with relevant skills that can be applied both on campus and at home. This year's workshops offered various professional therapeutic interventions and experiential activities, including Mental Health First Aid certification courses, alcohol ink painting workshops, harmonious pastel workshops, horticultural therapy, music therapy, expressive arts therapy, sand art workshops, and an eight-week mindfulness-based cognitive therapy program.



Mental Health First Aid (MHFA) Certificate Course

關注教師和家長的身心靈健康

除了學生課程外，我們也非常關注教師和家長的身心靈健康。因此，提升教師和家長的正面情緒、營造讓他們放鬆的空間也是我們計畫的一個重要一環。今年的工作坊涵蓋不同主題，包括一些專業的治療介入手法和體驗活動，例如精神健康急救證書課程、酒精畫體驗班、和諧粉彩體驗班、園藝治療、音樂治療、表達藝術治療、沙畫體驗班、八周靜觀認知治療等等。這些工作坊鼓勵教師和家長關心自己的身心健康，並學習相關的技巧，以便在學校或家庭中加以應用。

CSRP PARTNERED WITH OCEAN PARK HONG KONG IN PROMOTING CHARACTER STRENGTH IN STUDENTS 本中心與香港海洋公園合作 致力推動學童的品格發展

PROMOTING WELLNESS IN SCHOOL

Our center is committed to integrating key elements such as positive emotions, positive relationships, and character strengths into the mental health curriculum supported by the Quality Education Fund promotion program.

To promote public awareness of positive character traits and encourage positive parent-child relationships, we partnered with Ocean Park to organize the "Exploration of Character Strengths" journey. Through school promotion, young students who participated in our center's program were required to watch videos of animals at the Ocean Park and identify the character strengths exhibited by the animals in the videos. 3,000 Ocean Park tickets were awarded to families as prizes for mutual appreciation and interaction during parent-child activities. The event was well-received, with participants actively demonstrating their observation skills and creativity by engaging in various parent-child activities and identifying each other's character strengths.



共建卓悅校園

現時已有多項研究顯示正向教育對於學生的情緒、行為和態度大有裨益，因此本中心致力把正向情緒、正向關係、以及性格強項等關鍵元素融入由優質教育基金支持的精神健康課程推廣計劃。

為促進公眾對正向品格的認識，鼓勵正面的親子關係，我們與海洋公園共同舉辦「品格優點」探索之旅。透過學校推廣，參加本中心計畫的幼小學生需觀看海洋公園的影片並從中點出片中動物的品格優點。本活動共送出 3000 張海洋公園入場票與得獎家庭，作為親子互動和交流時互相欣賞的獎品。是次活動反應熱烈，家長與學生們都積極發揮觀察力和創意，善用影片和工作紙進行不同的親子活動和發掘彼此的性格強項。



WELLBEING GUARDIANS

Wellbeing Guardians joined forces with Ocean Park Hong Kong in the "Easter Egg Hunt Challenge" to include two exciting challenges for families. Thanks to Ocean Park's sponsorship of 1000 tickets, participants and families took on a variety of tasks within the park, including observing and interacting with exotic animals, and were able to gain a deeper understanding of their personalities and virtues. These challenges helped families foster a stronger parent-child relationship and learned the importance of mental wellbeing. Upon completing the tasks, participants were required to upload their photos, with Ocean Park Hong Kong presenting prizes to ten exceptional families during the award ceremony.

身心守護隊

《身心守護隊@尋找復活彩蛋》與海洋公園合作，在其中兩天的挑戰，海洋公園特別贊助超過1000張門票，讓參加挑戰的家庭成員進入園內，進行各種任務。透過近距離觀察或接觸各種奇珍動物，這些家庭能夠深入了解這些動物的品格和優點，同時在活動中建立更緊密的親子關係，鞏固家庭間的情感聯繫，並促進身心健康。參加者紛紛表示，通過完成不同的活動和體驗，有效地加強了親子關係。完成任務後，參加者需將照片上傳，海洋公園將從眾多作品中選出十個表現優異的家庭，在活動結束後的頒獎典禮上頒發獎品以示表揚。

DEVELOPING STUDENT LEADERSHIP IN SCHOOL MENTAL HEALTH PROMOTION AND SUICIDE PREVENTION

With support from the “Mental Health Initiatives Funding Scheme” by the HKSAR Health Bureau, the S.H.I.E.L.D.S.* program was launched in 2022, aiming to educate and empower secondary school students to become proactive gatekeepers and lay leaders in mental health for their school communities through comprehensive mental health education and training, and practical experience in developing student-led projects within their own schools.



During the 2022-2023 school year, a total of 90 student leaders and 37 school staff members from 8 local secondary schools participated in two rounds of the program. Students participated in several inter-school activities, including foundational education workshops and expert training day camps, where they gained valuable knowledge on mental health and suicide, as well as practical skills in responding to and referring peers to professional help, the role of peer supporters, and the importance of self-care.

The training by HKU allowed us to learn how to assess our peers' conditions. Now when I encounter peers with negative emotions, I won't be that scared.

I think the best activity from the training was the Detective Game in the Day Camp. There were cases that simulated our peers' emotions, and we could apply the response skills that we learned to each case. This left the deepest impression on me.

After the program, the students shared that they found the training exercise to be a valuable learning experience, where they were able to enhance their skills in assessing and providing emotional support to peers in distress. Additionally, the students reflected that not only was the student-led project an opportunity to share their newfound knowledge and enhance their peers' awareness of mental health, it was also a valuable experience in planning and implementing activities for their school communities!

*Suicide Help Intervention through Education and Leadership Development for Students (S.H.I.E.L.D.S.)

培養學生在校促進精神健康和預防自殺的領導力

承蒙香港特別行政區政府醫務衛生局「精神健康項目資助計劃」的支持，我們於2022年開展了「S.H.I.E.L.D.S. 防止自殺學生領導培訓計劃」，旨在培訓及裝備中學生成為精神健康守門人和學生領袖，為他們的學校社區提供支持。計劃內容包括提供全面的精神健康教育及培訓，以及給予學生主導及實踐在校精神健康項目的體驗。

在2022-2023學年，共有來自8所本地中學的90名學生領袖和37名教職員參加了此計劃的兩輪活動。學生領袖參加了多項跨校活動，包括由專家帶領的工作坊和日營。他們從這些活動中獲得了有關精神健康和自殺議題的知識，並學習如何響應和引薦同伴尋求專業幫助。

學生領袖於計劃後分享到，培訓能讓他們學習評估及支援受情緒困擾的朋輩，是一個寶貴的學習經驗。此外，學生們還反思到，這個學生主導計劃，不僅是一個機會來分享他們所學，提高朋輩對精神健康的認識，也是一個有價值的經驗，讓他們學習如何在校園內策劃並執行活動。



港大的培訓令我們學到怎樣評估朋輩的狀況。現在當遇到朋輩情緒差的情況，我不會那麼害怕。

我明白到在朋輩支援前，最重要是自我關懷。

我覺得這個培訓最好的活動是日營裏的偵探遊戲。當中有很多模擬朋輩情緒的情況，可以把我們學會的回應技巧應用到個案上，對我來說是最深刻的。

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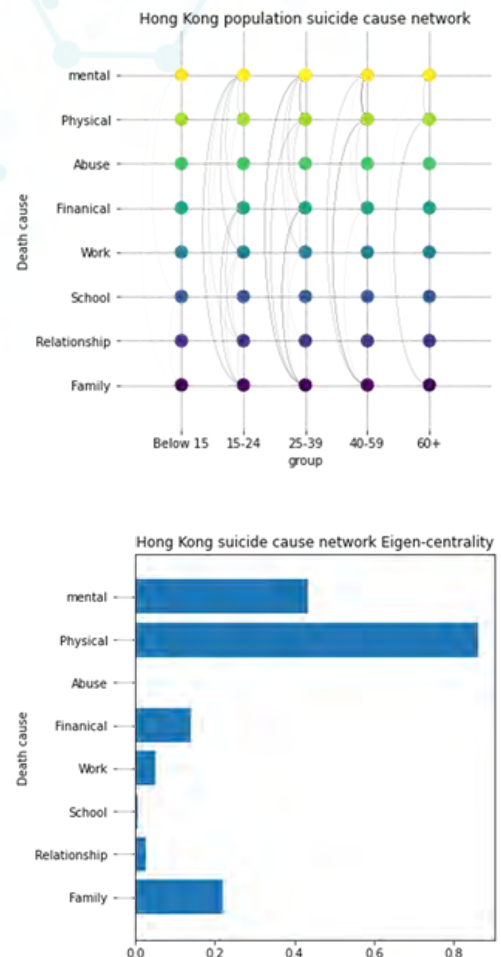


A NETWORK APPROACH TO UNDERSTAND CO-OCCURRENCE AND RELATIVE IMPORTANCE OF DIFFERENT REASONS FOR SUICIDE: A TERRITORY-WIDE STUDY USING 2002–2019 HONG KONG CORONER'S COURT REPORTS

Suicide is a complex issue that is often driven by multiple factors. Identifying the reasons behind suicide has been a challenging task using traditional scientific methodologies. This study analyzed cases investigated by the Hong Kong Coroner's Court from 2002 to 2019 and modelled the identified reasons for 13,001 suicide cases as a co-occurrence network. The researchers calculated the eigencentality of each reason to determine their relative importance and analyzed the temporal and demographic changes in the structure of the network.

The findings of the study showed that school-related issues were the highest contributor to suicide among individuals younger than 20 years of age, while financial issues were crucial for adults aged 20–59 years. Physical illness was the core concern for adults over 60 years. The reasons for suicide in the overall population of Hong Kong have shifted from financial issues in the early 2000s to issues related to physical illnesses since 2011. The simulation findings predict that, by 2050, most suicides in Hong Kong will be due to physical illness-related issues due to the rapidly ageing population.

The study's novel network analysis approach provides important data-driven information to develop effective proactive public health suicide prevention strategies and interventions. Given the projected increasing age of the Hong Kong population over the next decades, older adults with physical illnesses appear to be the highest contributors to suicide cases. This research highlights the importance of addressing the underlying co-occurrence reasons for suicide and the need for targeted interventions to prevent suicide in different age and demographic groups.



透過網絡科學角度研究自殺原因： 從2002-2019死因庭數據分析香港自殺原因的時空與人口變化

自殺是一個複雜的問題，通常受到多種原因的影響，而現有的分析方法很難辨識自殺背後的原因。本研究分析了香港死因庭自2002年至2019年調查的案例，並將13,001件自殺案例的原因建構為一個共生網絡。研究計算了每個原因的中心性，以確定每個自殺原因之間的相對重要性，並分析了網絡結構的時間和人口結構的變化。

研究結果顯示，學校相關問題是年齡在20歲以下的人自殺的最大因素，而財務問題對20-59歲的成年人至關重要。身體疾病是60歲以上成年人的核心問題。香港整體人口自殺的原因從2000年代初期的財務問題轉變為2011年至今與身體疾病有關的問題。模擬結果亦預測，到2050年，由於人口快速老化，香港的大多數自殺案件將是與身體疾病有關。

本研究提供創新的網絡分析方法，協助制定有效的公共健康自殺預防策略和干預措施。考慮到未來幾十年香港人口的預計增長，患有身體疾病的老年人將在自殺案例中占最大部份。本研究強調了解共同出現的自殺潛在原因的重要性，以及需要針對不同年齡和人口結構群體制定有針對性的干預措施以預防自殺。

Hsu, Y. C., Junus, A., Zhang, Q., Wong, C., Lam, T. M., Cheung, F., ... & Yip, P. S. (2023). A network approach to understand co-occurrence and relative importance of different reasons for suicide: a territory-wide study using 2002–2019 Hong Kong Coroner's Court reports. *The Lancet Regional Health–Western Pacific*.

CHANGE IN MENTAL HEALTH STATUS AMONG ADOLESCENTS SINCE COVID-19 PANDEMIC IN HONG KONG

The COVID-19 pandemic has affected nearly everyone in the world. Although young people infected with the disease generally suffered from milder symptoms and better prognosis, their mental health was of greater concern. This might be related to the disruption of daily routines and social networks due to different policies implemented such as large-scale lockdowns and social distancing restrictions.

We conducted a study to explore the prevalence of changes in mental health status among young people in Hong Kong (age 10-16) and the factors related to the changes. Using data from the Youth Sexuality Survey conducted by the Family Planning Association of Hong Kong from May to July 2021 (between the fourth and fifth waves of the pandemic in the community), the survey is representative of the Hong Kong youth population and included 6,665 respondents. Our study showed that about half of the adolescents reported changes in mental health status since the pandemic, in which about 30% reported deterioration in mental health status, while another 20% reported improvements. We further discovered that females and those who reported dissatisfaction with their academic performance were more likely to report poorer mental health; while those who reported satisfaction with family life were more likely to have improved mental health.

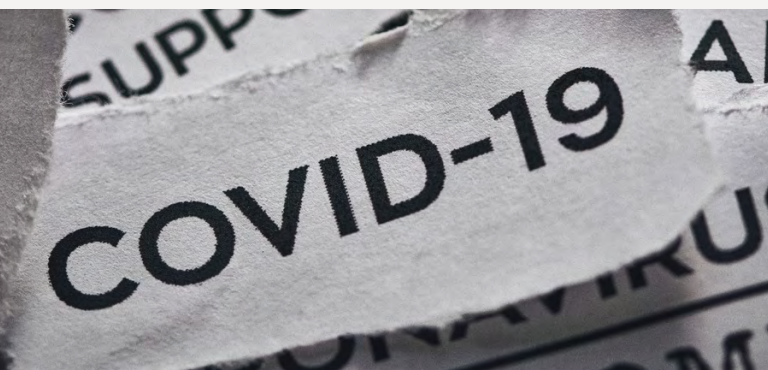
Providing adequate support to students and promoting harmonious family relationships are crucial towards the mental well-being of teenagers, especially during societal challenges such as the COVID-19 pandemic. With society returning to normalcy, the mental health of teenagers should be closely monitored.



新冠疫情下香港青少年心理健康的變化

新冠疫情以及相應的防控措施影響社會上每一個人。當中，社交距離措施、暫停面授課程等都改變了青少年的日常和社交生活。因此，新冠疫情後，除了年輕人的身體健康狀況，他們的心理和社交健康亦備受關注。

我們利用香港家庭計劃指導會進行的《2021青少年與性研究》的數據，分析10至16歲青少年在新冠疫情發生後心理健康的變化。結果顯示，在6,665名受訪者中，大約一半表示沒有變化，三成表示有所惡化，而其餘兩成則表示有所改善。研究進一步發現女性和不滿意自己學業表現的青少年更容易表示心理健康變差；而滿意自己家庭關係的青少年則更傾向表示心理健康有所改善。研究結果反映推動家庭和諧或是改善青少年心理健康的關鍵。



REFINING RISK ASSESSMENT: A NOVEL APPROACH TO PREDICTING REOFFENDING AMONG INCARCERATED INDIVIDUALS IN HONG KONG

A recent collaborative study conducted in partnership with the Correctional Services Department in Hong Kong aimed to examine and enhance the existing system used to predict the likelihood of reoffending among individuals in custody.

The study revealed that while the current methods generally succeed in predicting varying levels of reoffending risk, there is scope for refinement. In addition to the existing predictors employed, the research uncovered several novel risk factors, such as the frequency of visits during imprisonment, which could enhance the accuracy of the prediction process.

To forecast reoffending risk, the research team developed two distinct models: the static model, which utilizes pre-incarceration information, and the full model, which incorporates data from both before and during incarceration. The static model considers factors such as age, gender, marital status, drug dependency, religion, previous convictions, and the nature of the committed crime as significant indicators for reoffending. In the full model, additional factors including work readiness, medical evaluations, disciplinary actions, training, participation in group activities, and visitation records were found to be influential.

Using a nomogram, the research team formulated an updated risk assessment model that more accurately predicts the likelihood of reoffending among individuals in custody. The study's findings hold significant value for the improvement of the current risk assessment system, as well as for integrating it with the evaluation and addressing of the rehabilitation needs of individuals at different stages.

This research represents a substantial contribution to our understanding of how to effectively support and manage the risks and needs of offenders in Hong Kong. It lays the groundwork for enhancing the overall approach to offender rehabilitation.

優化風險評估： 預測在囚人士再犯風險的新方法

本研究中心與香港懲教署共同進行了一項研究，目標是對評估在囚人士再犯風險的系統進行審視和優化。研究發現，雖然現行的評估在評估在囚人士的再犯風險已有一定成效，但仍然有進一步提升的空間。除了現有的風險評估因素，研究還識別出了一些新的風險指標，例如在服刑期間的探訪頻率等，能進一步提高預測的準確性。

為了更準確地預測再犯風險，研究團隊創建了兩種不同的模型：「靜態模型 (static model)」和「全面模型 (full model)」。「靜態模型」主要利用在囚人士入獄前的資料，包括年齡、性別、婚姻狀態、藥物依賴程度、宗教信仰、過去的定罪記錄，以及犯罪行為的性質等。而「全面模型」則融入了在囚期間的數據，如職業訓練、健康評估、紀律行為、參與的培訓課程和團體活動，以及探訪記錄等。

研究團隊運用諾謨圖 (nomogram) 結合這些要素，建立了一個全新的風險評估模型，以更精確地預測在囚人士的再犯風險。這項研究的成果將對現有風險評估系統的優化以及滿足在囚人士復康需求提供關鍵的參考。整體而言，這項研究提升了我們對於管理在囚人士的理解，並為優化復康系統建立了新的基礎。



PREVENTING COMORBIDITY BETWEEN DISTRESS AND SUICIDALITY: A NETWORK ANALYSIS

Early prevention of suicide is crucial. While recent research has shown that episodes of psychological distress can lead to suicidality, the pathway to suicide involves complex interplays between intermediate psychiatric symptoms and external stimuli that are not easily delineated through conventional means.

Our study used a network approach to psychopathology to better understand this complexity. Our team analyzed comorbidity between psychological distress and suicidality in 1968 community-dwelling individuals, using regularized partial correlation networks to identify bridge symptoms and links. We also analyzed temporal relationships between symptoms using a temporal symptom network formed from 453 individuals who completed subsequent follow-up surveys.

The results of the study showed that feelings of hopelessness and the presence of suicidal ideation were the strongest bridge symptoms in the comorbidity symptom network, and formed the only prominent link that bridges psychological distress and suicidality. The effects of sleep troubles, anxiety, and poor social relationships on suicidal ideation appeared to be mediated by hopelessness in young people from 10-35 with and without diagnoses of psychiatric disorders.

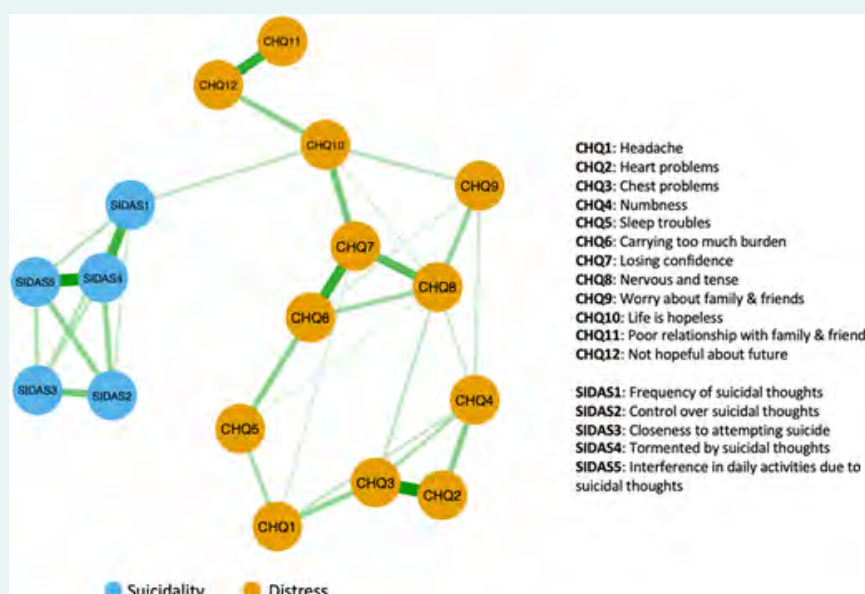
The research findings provided an evidence base for both professional training in caregiving professions and gatekeeper training for community members to emphasize the importance of recognizing hopelessness and instilling hope in young people and young adults experiencing different types of distress.

This study highlights the importance of early intervention to prevent suicidality among young people, and the need for a targeted approach to addressing bridge symptoms, such as hopelessness, that can lead to suicidal ideation. By addressing these early warning signs, we can work to prevent the devastating effects of suicide as a whole.

用網絡分析預防焦慮合併發生自殺

預防自殺是至關重要的。雖然現有研究顯示心理焦慮可能導致自殺傾向，但實際上，導致自殺的過程相當複雜，中間涉及到精神病徵和外部刺激之間的相互作用，而這亦難以用現有的框架界定。

為了理解這種錯綜複雜的關係，我們最近的研究採用了網絡分析 (NETWORK ANALYSIS)，分析了1968名社區居民在心理困擾和自殺傾向之間的共病症 (COMORBIDITY)，使用相關網絡來識別症狀和鏈接。我們在後續跟蹤、調查，分析了453名受試者，探討他們形成不同症狀之間的時間關係。



這研究發現，無論他們是否患有精神疾病，在10-35歲的年輕人中，感到絕望和有自殺傾向等症狀都連接不同心理健康問題，亦是他們唯一明確的聯繫。另外，研究顯示，睡眠問題、焦慮和社交關係問題似乎會增加自殺想法的風險，這種風險主要是由絕望感引起的。

研究的結果建議，與年輕人一起工作的專業人士以及可能提供支持的社區成員，需要了解年輕人絕望感的跡象，並協助在經歷情緒困擾的年輕人，以識別和解決這些問題。

我們的研究揭示了早期介入對於預防年輕人自殺的重要性，以及需要採用針對性的方法處理可能導致自殺傾向的症狀，例如絕望感。透過及早發現和處理這些警訊，我們可以努力預防自殺對個人和家庭帶來的影響。

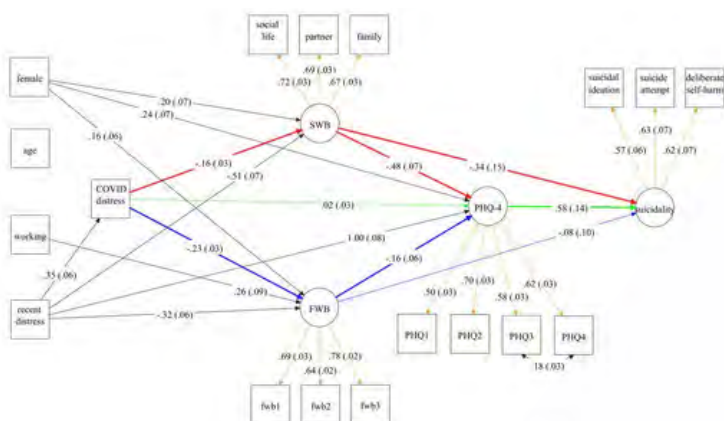
PSYCHOSOCIAL AND FINANCIAL WELL-BEING MEDIATED THE EFFECTS OF COVID-19 DISTRESS ON SUICIDALITY: A SERIAL MEDIATION MODEL AMONG HONG KONG YOUNG ADULTS

The COVID-19 pandemic has raised concerns about its impact on suicidality, with studies showing increased rates of suicide ideation, attempts, and self-harm during the pandemic. However, there is still uncertainty regarding the effects of COVID-19 on suicidality in young adults. The deterioration of psychosocial and financial well-being associated with the pandemic may contribute to increased suicide risks. Factors such as loneliness, lack of social support, anxiety, depression, and financial strain have been linked to suicidal ideation and behavior during the pandemic.

The present study aimed to examine the relationship between COVID-19 distress and suicidality in young adults in Hong Kong. It also sought to explore the mediating role of social well-being, financial well-being, and psychological distress in this relationship. The study used structural equation modelling to analyze the complex inter-relationships among these variables.

The findings revealed that COVID-19 distress was negatively associated with social and financial well-being and positively associated with psychological distress. However, there was no direct link between COVID-19 distress and suicidality. Instead, the study identified that social well-being, financial well-being, and psychological distress acted as mediators between COVID-19 distress and suicidality.

The study emphasized the significance of enhancing social and financial well-being as a means to reduce psychological distress and prevent suicidality among young adults. These findings underscore the importance of proactive measures to safeguard the well-being of young adults and promote mental health in the face of crises like the COVID-19 pandemic.



新冠病毒壓力對年輕人自殺行為的影響： 從社會幸福感與財務健康的角度深入探討

新冠病毒疫情的爆發令全球對自殺問題深感憂慮，研究資料顯示在疫情期間，人們的自殺想法、自殺企圖和自傷行為的比例有所提升。然而，這場疫情對年輕人自殺行為的影響尚未明確。同時，疫情對我們的社交生活和經濟狀況帶來不少影響，進一步提高了自殺的風險。在疫情的考驗下，孤獨感、缺乏社交支援、焦慮、抑鬱以及經濟壓力等因素，都與人們的自殺觀念和行為有密切關係。

本研究旨在探討疫情為香港年輕人帶來的困擾與及自殺行為之間的關聯性。我們也試圖了解在這種關係中，社會幸福感、財務健康以及心理壓力帶來的間接影響。我們透過分析多種因素之間的相互影響，以更深入了解這些問題。研究結果顯示，疫情的困擾與我們的社會幸福感和財務健康呈現負相關 (negative correlation)，與心理壓力則呈現正相關 (positive correlation)。然而，數據顯示，自殺行為並非由疫情壓力直接引發，而是由社會幸福感、財務健康以及心理壓力這些因素在其中扮演了間接的催化角色 (mediators)。

這項研究強調在面對自殺問題時，我們必須提高對社會幸福感和財務健康的重視，以降低年輕人的心理壓力和自殺傾向。這些研究結果強調了在面對如新冠病毒疫情等危機時，我們需要積極採取措施保障年輕人的福祉，並推廣心理健康的重要性。

So, W. W. Y., Fong, T. C. T., Woo, B. P. Y., & Yip, P. S. F. (2023). Psychosocial and financial well-being mediated the effects of COVID-19 distress on suicidality: a serial mediation model among Hong Kong young adults. *Social Psychiatry and Psychiatric Epidemiology*, 1–10. <https://doi.org/10.1007/s00127-023-02501-4>

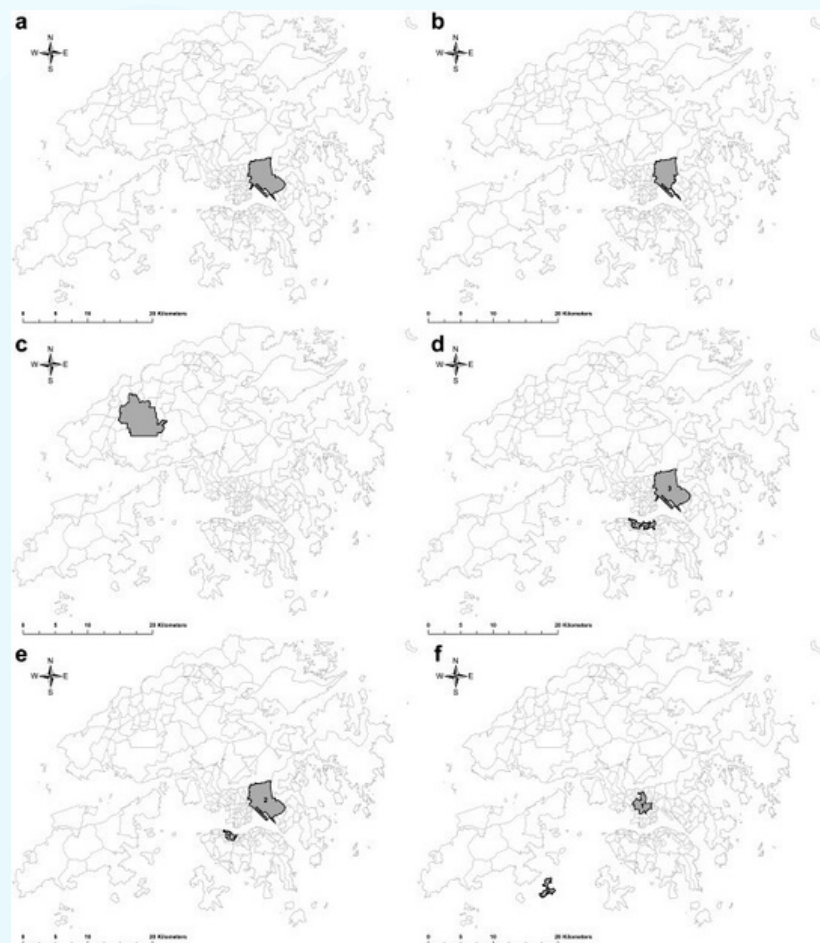
SPATIAL-TEMPORAL SUICIDE CLUSTERS BY DIFFERENT METHODS IN HONG KONG

Suicide risk was not evenly distributed in the community. Identifying the area(s) with elevated suicide risk (suicide cluster(s)) can inform subsequent strategies for suicide prevention. In our study, we aimed to identify spatial-temporal suicide cluster(s) in Hong Kong, regarding overall suicide and by methods (jumping, hanging and charcoal burning), between 2014 and 2018 based on both locations of residence and suicide incidence using Hong Kong Coroner's Court records.

We observed overall and jumping suicide clusters in Wong Tai Sin and Kwun Tong Districts considering both locations of residence and suicide incidence. For suicide by charcoal burning, a cluster was identified in Yuen Long District regarding the location of residence, and two clusters were identified in Cheung Chau, Yau Tsim Mong, and Sham Shui Po Districts considering the location of suicide incidence. No clusters were identified regarding suicide by hanging.

This study provided important evidence and insights for suicide prevention and resource allocation. It suggested that both high-risk and public health approaches should be adopted. Regarding the identified clusters, community-based interventions should be considered with reference to the characteristics of people who killed themselves in these areas.

We also observed some of the areas, particularly the suicide clusters of charcoal burning, were communities where interventions have been adopted and found effective previously. The strategies should be evaluated, and interventions should be rebooted. Apart from high-risk prevention, considering no hanging clusters were identified, public health approach should be adopted to improve awareness and overall mental well-being in the community.



Spatial-temporal clusters of suicide locations in Hong Kong


香港不同自殺方式的時空集群

自殺的風險在社區中存在差異。自殺行為的時空集群 (SPATIAL-TEMPORAL SUICIDE CLUSTER)指某些地區在空間和時間上比預期更有機會發生自殺行為。識別出社會中自殺風險較高的地區，能夠更有效地促進社會資源的分配，及相應預防措施的制定。

在研究中，我們利用死因裁判庭的數據，嘗試檢測2014-2018年香港總體自殺，以及不同自殺方式(跳樓、上吊及燒炭)的時空集群。我們發現總體及跳樓自殺在觀塘及黃大仙區存在時空集群聚；而燒炭自殺的集群則發生在元朗區、油尖旺區及長洲。我們並未發現上吊自殺的集群。

研究結果揭示了防治自殺需要雙軌並行。除了針對高風險地區並依據這些地區自殺者的特點而提出相關防治措施外，同時亦需要制定公共衛生政策，提升香港社會對於自殺防治的認知以及精神健康的水平。

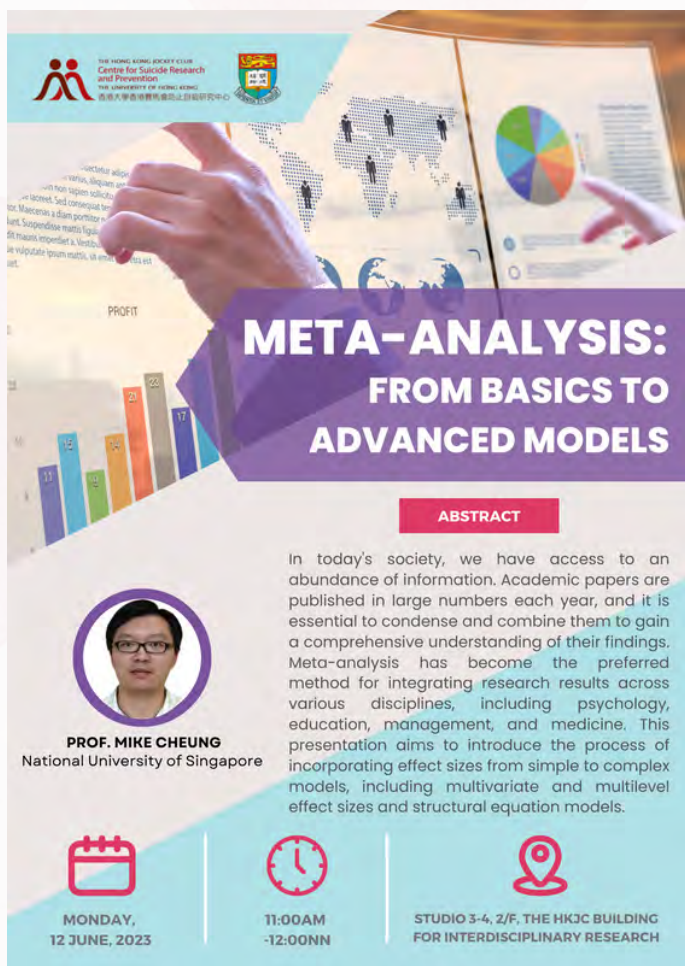
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CENTRE SEMINARS

中心研討會



**META-ANALYSIS:
FROM BASICS TO
ADVANCED MODELS**

ABSTRACT

In today's society, we have access to an abundance of information. Academic papers are published in large numbers each year, and it is essential to condense and combine them to gain a comprehensive understanding of their findings. Meta-analysis has become the preferred method for integrating research results across various disciplines, including psychology, education, management, and medicine. This presentation aims to introduce the process of incorporating effect sizes from simple to complex models, including multivariate and multilevel effect sizes and structural equation models.

PROF. MIKE CHEUNG
National University of Singapore

**MONDAY,
12 JUNE, 2023**

**11:00AM
-12:00NN**

**STUDIO 3-4, 2/F, THE HKJC BUILDING
FOR INTERDISCIPLINARY RESEARCH**

REALIZING THE POTENTIAL OF SOCIAL DETERMINANTS OF HEALTH TO REDUCE YOUTH SUICIDE AND IMPROVE MENTAL HEALTH EQUITY

Speaker & Discussant:

Dr. Yunyu Xiao (Weill Cornell Medicine)
Prof. Terrence Hill (The University of Texas)

Abstract:

Suicide is a major public health issue that disproportionately affects marginalized populations. This talk will explore the epidemiological trends of health disparities and suicide, present models of Social Determinants of Health (SDoH) from the social sciences, and discuss why integrating the SDoH framework into marketing and biomedical research is essential for improving mental health equity. Different methods for identifying, studying, and addressing SDoH, and present results from interdisciplinary teamwork using electronic health records and large population-based studies to unlock the potential of SDoH to enhance mental health equity.

META-ANALYSIS: FROM BASICS TO ADVANCED MODELS

Speaker:

Prof. Mike Cheung
National University of Singapore

Abstract:

In today's society, we have access to an abundance of information. Academic papers are published in large numbers each year, and it is essential to condense and combine them to gain a comprehensive understanding of their findings. Meta-analysis has become the preferred method for integrating research results across various disciplines, including psychology, education, management, and medicine. This presentation aims to introduce the process of incorporating effect sizes from simple to complex models, including multivariate and multilevel effect sizes and structural equation models.



**REALIZING THE POTENTIAL
OF SOCIAL DETERMINANTS
OF HEALTH TO REDUCE
YOUTH SUICIDE AND
IMPROVE MENTAL HEALTH
EQUITY**

**MONDAY,
10 JULY 2023**

**DURATION
3:00PM - 4:30PM**

**SOCIAL SCIENCES CHAMBER, 11/F,
THE JOCKEY CLUB TOWER,
CENTENNIAL CAMPUS, HKU**

SPEAKER

Dr. Yunyu Xiao
WEILL CORNELL MEDICINE

DISCUSSANT

Prof. Terrence Hill
THE UNIVERSITY OF TEXAS

ABOUT THE TALK

Suicide is a major public health issue that disproportionately affects marginalized populations. This talk will explore the epidemiological trends of health disparities and suicide, present models of Social Determinants of Health (SDoH) from the social sciences, and discuss why integrating the SDoH framework into marketing and biomedical research is essential for improving mental health equity. Different methods for identifying, studying, and addressing SDoH, and present results from interdisciplinary teamwork using electronic health records and large population-based studies to unlock the potential of SDoH to enhance mental health equity.

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SYMPOSIUM ON ONLINE COUNSELLING SERVICE IN HONG KONG: OPPORTUNITIES AND CHALLENGES

Symposium on Online Counselling Service in Hong Kong: Opportunities and Challenges” was held on 29 July 2023. The event featured representation from six services, including Jockey Club Online Youth Emotional Support “Open Up”, “Say Something” of Suicide Prevention Services, “JUSTONE” of Richmond Fellowship of Hong Kong, “Counseline@MHAHK” of The Mental Health Association of Hong Kong, “RainLily” of Association Concerning Sexual Violence Against Women, “Heartline HK” of Heartline Hong Kong, and Professors from The Hong Kong University of Science and Technology. The symposium aimed to facilitate valuable knowledge exchanged among these services.

Over 100 in-person and zoom participants attended the event. During the symposium, representatives from the different services joined in a discussion panel where they shared their expertise and knowledge on volunteer retention, burn-out prevention, and techniques for handling repeated users.

網上情緒輔導支援服務研討會 - 機遇與挑戰

「網上情緒輔導支援服務研討會 - 機遇與挑戰」已於2023年7月29日順利舉行。是次研討會邀請了賽馬會青少年情緒健康網上支援平台「Open 嚟」、心命熱線「講心情」、利民會「即時通」、香港心理衛生會「輔負得正」、香港科技大學教授、關注婦女暴力協會「風雨蘭」、以及「Heartline HK」，旨在促進服務之間連繫並交換寶貴知識。超過100名現場參與者和網上直播參與者參加了是次研討會。於研討會討論小組中，不同服務機構代表分享了在義工培訓、處理輔導員過勞情況以及管理重覆使用者方面的技巧和處理方法。



DISSEMINATION SEMINAR OF QTN 2022-2023

In the 2022/23 school year, a total of 8 core and 29 partner primary and secondary schools, as well as kindergartens, were jointly supported by the excellent campus support network. The program was implemented for students of different ages, allowing them to exchange experiences and share knowledge. In addition, we also collected opinions, and gathered good examples from participating school education colleagues and students to develop a practical guide for "campus with a priority on happiness". The seminar invited the following schools to share their good practices, Kowloon True Light School, Immaculate Heart of Mary College, Kwong Ming School, S.K.H. Yautong Kei Hin Primary School, Anani Kindergarten, and POH Chan Hsu Fong Lam Kindergarten Day Nursery.

2022 -2023 《共建卓悅校園》成果分享會

於2022/23學年，共建卓悅校園支援網絡中的八間核心和二十九間夥伴學校，一同落實為不同中小幼學生推行本計劃課程，彼此交流經驗及分享知識。除了繼續改善現有課程，我們亦正搜集參與學校教育同工及學生的意見、經驗分享、良好實務範例等，以研究及發展「幸福感為先的校園」實務指南，期望與廣大教育同工分享本計劃所得的成果。分享會邀請了九龍真光中學、聖母無玷聖心書院、光明學校、聖公會油塘基顯小學、主蔭幼稚園和博愛醫院陳徐鳳蘭幼稚園幼兒中心。



ACADEMIC PAPERS (FROM AUGUST 2022 TO JULY 2023)

學術論文 (2022 年 8 月至 2023 年 7 月)

- Bi, K., Chan, C. S., Xiao, Y., Yip, P. S. F. (2023). The Indirect Effect of Sleep on the Association Between Protracted Social Stressors and Psychological Distress Among Hong Kong Young People. *Journal of Adolescent Health*. doi: 10.1016/j.jadohealth.2022.11.243
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本地報章撰文

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26/01/2023	葉兆輝	中國人口負增長的挑戰	明報
24/01/2023	Paul Yip	With China unlikely to see a baby boom, boosting population quality should be the focus	SCMP
21/01/2023	葉兆輝	長者青年自殺率 復常下不降反升	經濟日報
03/01/2023	葉兆輝	Boxing Day的最佳禮物	信報
29/12/2022	葉兆輝、劉欣樺、陳俊佑	為年輕人燃起希望火種	信報
28/12/2022	Paul Yip, Joyce Liu	Remember Hong Kong youths' mental health when making blueprint for their future	SCMP
09/12/2022	梁佩宜、葉兆輝	全日復課需要什麼準備？	信報
22/11/2022	葉兆輝	促進和維繫全球80億人口福祉的挑戰	明報
19/11/2022	Paul Yip	World population passing 8 billion people is a cry to rebalance global development	SCMP
01/11/2022	張鳳儀、黃朗軒、葉兆輝	投資有風險 生命誠可貴	信報
19/10/2022	葉兆輝、劉欣樺	關心年輕人——「世界精神衛生日」的反思	信報
13/10/2022	Paul Yip	Making mental health and well-being for all has now become a global priority	China Daily
27/09/2022	Paul Yip, Joyce Liu	More empathy, understanding needed before euthanasia conversation can start in Hong Kong	SCMP
17/09/2022	葉兆輝、劉欣樺	抗疫之餘 也要關注學童心理健康	經濟日報
10/09/2022	Paul Yip	To prevent suicides, we must all become beacons of light for those suffering during the Covid-19 pandemic	SCMP
09/09/2022	葉兆輝	用行動創造希望	明報
05/09/2022	葉兆輝、張鳳儀	守護學童 家校合作	信報
01/09/2022	Paul Yip	Hong Kong schools must remain open, despite surge in Covid-19 cases, to protect young people's mental well-being	SCMP
15/08/2022	葉兆輝	寻找帮助，是强者的行为 专访叶兆辉	鳳凰衛視
11/08/2022	Paul Yip	Hong Kong schools must focus on mental health to produce resilient adults	SCMP
06/08/2022	葉兆輝、梁佩宜	精神健康課程促進學生共通能力	經濟日報
05/08/2022	Paul Yip, Sunny Liu	Effective solutions needed to curb young people's overborrowing	China Daily
03/08/2022	葉兆輝、張鳳儀	倡議把精神健康加入常規課程	信報
17/07/2022	Paul Yip	Five areas where John Lee can improve the lives of Hong Kong youth	SCMP
08/07/2022	葉兆輝、黃朗軒、林子美	香港貧窮困境的反思和出路	明報
05/07/2022	葉兆輝	青年有未來 則香港有未來	信報

CENTRE UPDATE 最新動向



RETHINK
REFOCUS
RELEASE
反思・凝聚

I HAVE SOMETHING TO SAY 分享點滴



RAY HSU
Post-doctoral Fellow of CSRP

I got my Ph.D. in Data Science from the City University of Hong Kong. My research focus is on elderly healthcare and mental health analytics through a data-driven approach, which enables me to understand a wide range of mental health-related issues, such as schizophrenia and suicide. My research interests include developing and applying advanced statistical and machine learning methods to analyze large-scale datasets to identify the demographical and temporal changes of suicide and its protective factors.

Leveraging our online youth support platform, OpenUp, we have studied the behaviours of help-seekers during counselling sessions through their usage patterns and chats using the natural language processing (NLP) approach. Our data-driven approach provides quantitative evidence of temporal and demographical change in Hong Kong and creates useful dashboards and information for front-line workers to enable better counselling outcomes and create the best practice of counselling. In CSRP, I am excited to contribute my skills and knowledge to this important health issue and to learn from my colleagues and peers.



WENDY SO
Research Officer of CSRP

Recent event involving Coco Lee has cast a spotlight on the significant impact of depression in celebrities. Taking early action is imperative, given the weight of societal expectations that affect their self-acceptance, personal growth, and mental well-being.

While we often perceive celebrities as invincible during their performances, they grapple with mental health challenges just like everyone else. The pursuit of fame and perfection creates a paradox: enhancing their public image while constraining their ability to display vulnerability. The demands imposed by society on popstars can jeopardize their mental health. Frequently, they avoid seeking help due to the pressure of maintaining a particular image. Swift support and the promotion of acceptance are vital.

In this context, it's crucial to normalize discussions about mental health within the industry. Additionally, showing greater care towards this group of individuals is essential. Recent struggles faced by celebrities serve as a reminder of our shared humanity. Beyond the glamour of performances, their authentic battles should resonate with all of us. Recognizing their vulnerabilities fosters a more supportive environment, enabling celebrities to embrace their imperfections and demonstrate that they can be both inspiring artists and authentic individuals.



IVAN WONG
Chief Executive of Ocean Park Corporation

海洋公園是以保育和教育為基石的世界級度假勝地，作為非牟利機構，公園除了為訪客提供寓教於樂的難忘體驗，更一直透過多方面的保育及教育工作為香港創造價值，以及為地球帶來正面影響。海洋公園與香港大學香港賽馬會防止自殺研究中心合作開展了不同活動，讓學生和家長透過園內的親子活動，提升精神健康和培養正向思維，散發開心正能量。



顏汶羽
立法會議員

防止自殺需要從精神健康著手 - 近期本港發生兩宗社會轟動的致命慘劇，引起社會對精神健康問題的關注。事實上，精神健康和自殺有密切關係，前者可能導致後者，而自殺行為本身也會對精神健康造成傷害。因此，防止自殺需要從改善精神健康著手，提供心理支持、治療和急救等。仿效消防處推出「任何仁」宣傳急救信息的做法，建立精神健康急救上的「任何仁」文化。不論是18區關愛隊，還是其他社區、教育工作者，政府都應該增撥資源為他們提供精神健康相關培訓。



廖珈奇
香港警察談判組主管

您說我聽 - 從2006年加入警察談判組，我一直參與防止自殺的工作。新加入的談判組成員則會經常擔心自己的表現是否合格而問我如何是好。我的分享是，「關心」和「聆聽」當事人的需要更為重要。中國人說話經常把「我」字放前面，但危機談判就必須把全副精神放在對方身上。與企圖自殺者談了大半天，我的隊員問我：「你了解他嗎？」我說：「怎麼可能！」當事人錯綜複雜的情緒與思想混亂交錯，往往連他們本人都搞不清楚！因此，慢慢引導他們表達，耐心聆聽他們的分享，唯有一步一步打開他們的心門，才能讓他們從危機中回到安全的地方。希望大家都能成為一個用心的聆聽者，陪伴對方渡過人生最艱難的時刻。願大家共同努力，燃點希望，珍惜生命！



IGGY LIANG
「細說人生歲月 跨代同行計劃」(第四期) 義工

用三次訪問的時間，來聆聽和記錄一位長者的漫漫人生故事，是一次對雙方都充滿樂趣的挑戰！我曾經感慨，比起自己的公公和爺爺，我似乎更加了解活動配對的長者鄧伯伯。而兩者的差別，是否只因欠缺主動聆聽的機會？這次活動不但令我收穫了與鄧伯伯的跨代緣分，而且讓我想將這份好奇心和同理心，帶到與身邊人的相處當中。



ALEX HO
Student Research Assistant of CSRP

Working at CSRP has made me deeply appreciate the importance of suicide prevention. Every day, we utilize the power of data and psychology to combat the darkness, spreading hope and positivity. This job is filled with challenges, but witnessing lives being reborn through our efforts makes every moment of dedication worthwhile. Our work is not just research; it is a practice of human compassion. I firmly believe that through continuous efforts, we can create more value for society, helping more people escape the shadows of suicide and embrace the possibilities of life.

EVENT HIGHLIGHTS (2022-2023)

活動亮點



CSRP Company Outing to Lamma Island

HKU President Prof. Xiang Zhang and honorary professor Matthew Cheung at CSRP Christmas Party



Gathering with Ms. Elsie Leung and Prof. Ming Wen (Dean of Social Science, HKU)

Prof. Yip receiving his Centennial Award at the Rehabilitation International Centennial Celebration in Beijing (2023)



Visit from Cardinal Stephen Chow (Bishop of Hong Kong)



The First International Conference on Early Childhood Education and Mengxue

QTN Executive Committee Meeting



Visit from Mr. Raymond Siu (Commissioner of the Hong Kong Police Force)

Prof. Yip & Dr. Sunny Liu's Radio Interview with 881903.com



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同心同步同進 RIDING HIGH TOGETHER



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Social Welfare Department



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The Government of the
Hong Kong Special Administrative Region
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Lands Department



民政事務總署
Home Affairs Department



香港青少年服務處
HONG KONG CHILDREN & YOUTH SERVICES



司法機構
JUDICIARY



醫院管理局
HOSPITAL
AUTHORITY



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聖雅各福群會
St. James' Settlement



香港女童群益會
The Girl's Club Association of Hong Kong

Drs Richard Charles & Esther Yewpick Lee
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香港明愛
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生命熱線
Suicide Prevention Services
讓我們用心聆聽.....



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