



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



讓我們用心聆聽.....

2024 世界防止自殺日聯合記者招待會

World Suicide Prevention Day Press Conference

香港大學百周年校園賽馬會教學樓11樓社會科學學院會議廳

Social Sciences Chamber, 11/F, The Jockey Club Tower, Centennial Campus, The University of Hong Kong

2024年9月10日 (星期二) 下午3時至5時

September 10, 2024 (Tuesday) 3:00 - 5:00 pm

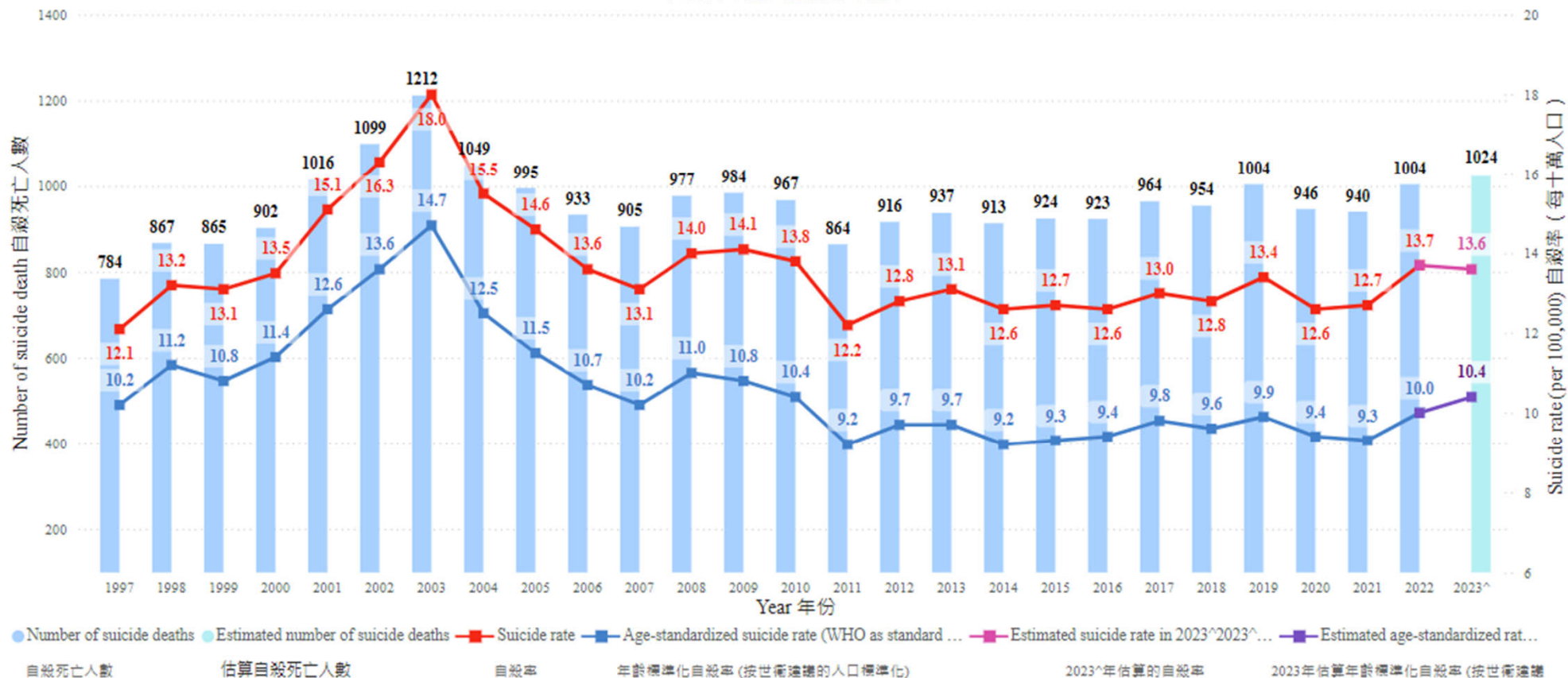
築橋拓疆

PUSHING BOUNDARIES
AND
BUILDING BRIDGES

依性別及年齡組別劃分的人口數據，根據政府統計處2024年8月15日公佈的統計數字 Population by Sex and Age Group data, According to the statistics released by the Census and Statistics Department in August 15, 2024

Number of suicides and suicide rates in Hong Kong

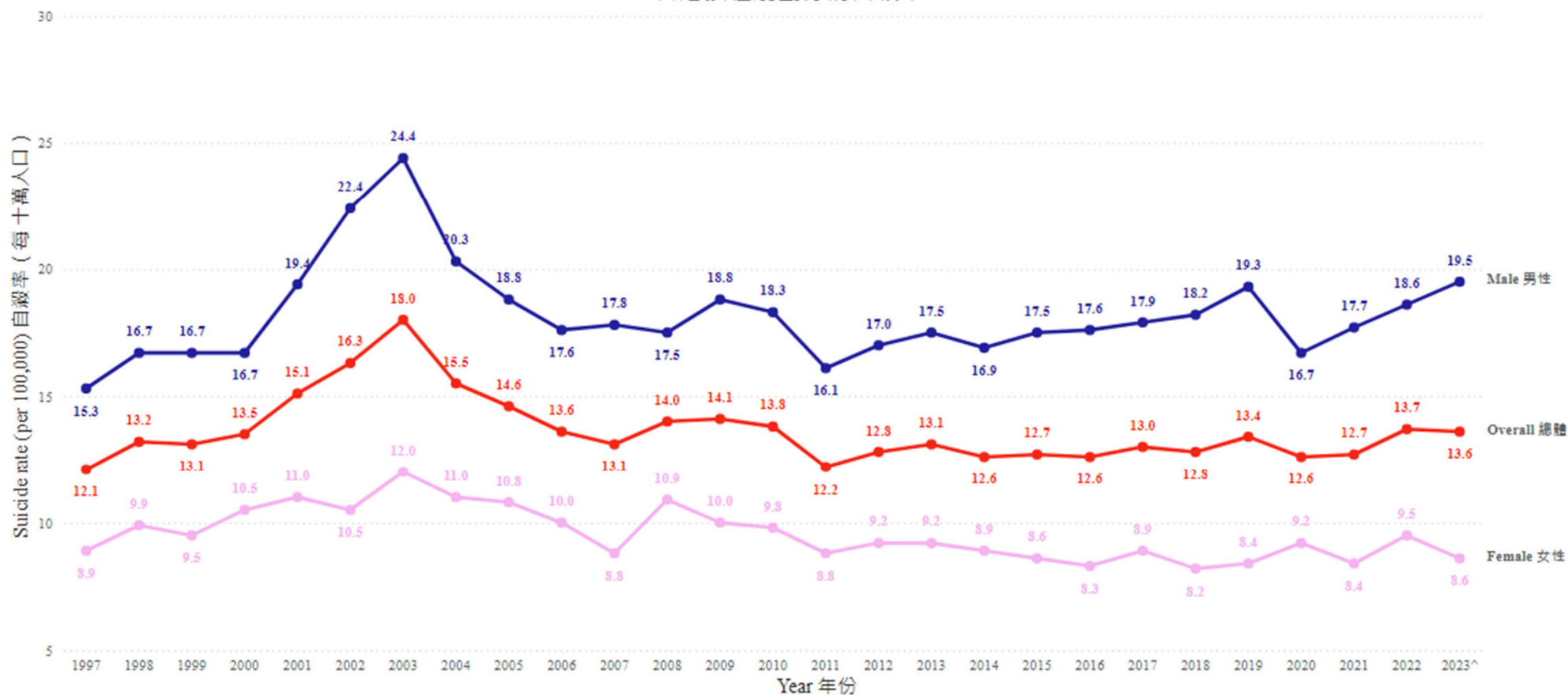
香港自殺人數及自殺率



^根據死因處於2024年7月31日前所提供的死亡登記而作出估算 ^ Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2024.



Suicide rates by gender in Hong Kong 香港按性別劃分的自殺率



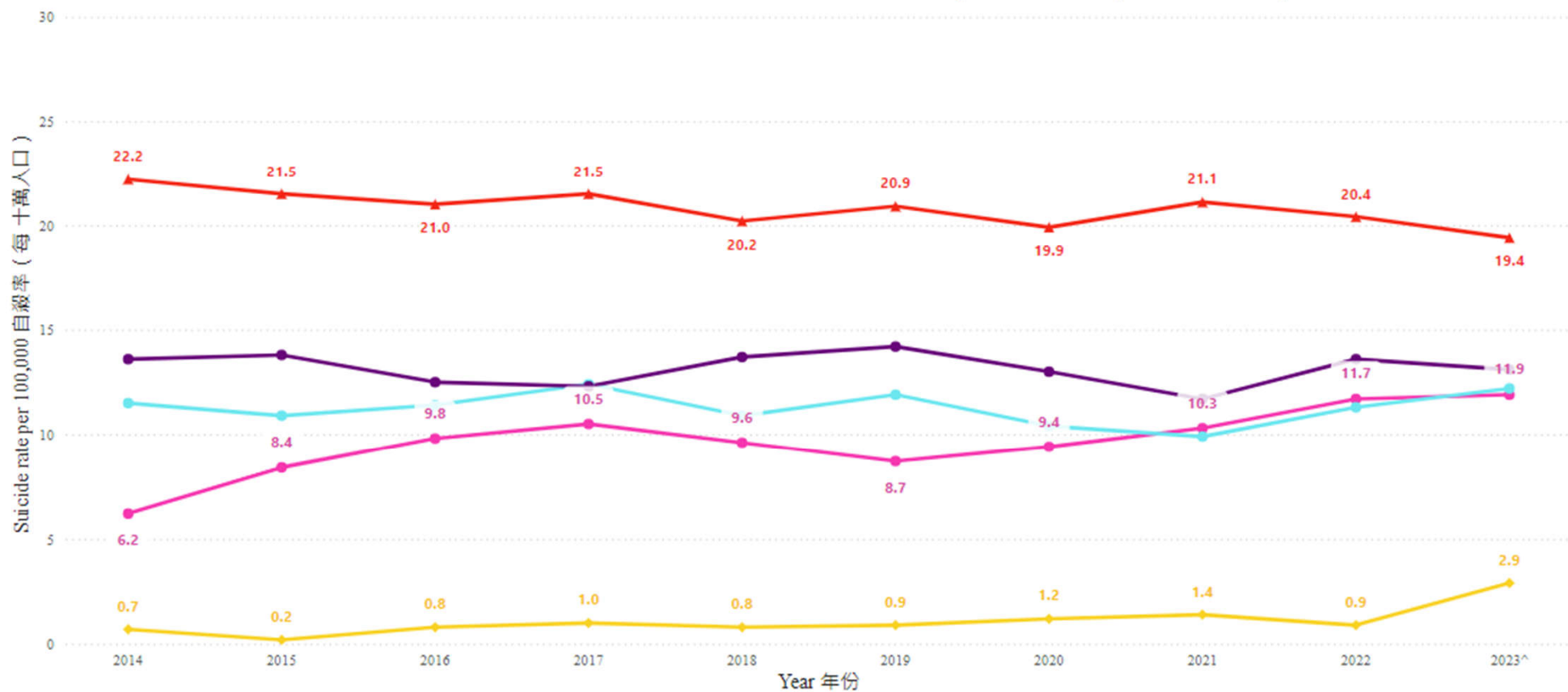
[^] 根據死因庭於2024年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2024.



Suicide rates by age group in Hong Kong

香港各年齡組別自殺率

◆ Below 15 少於15歲 ◆ 15-24 years 15-24歲 ◆ 25-39 years 25-39歲 ◆ 40-59 years 40-59歲 ◆ 60 or above 60歲或以上



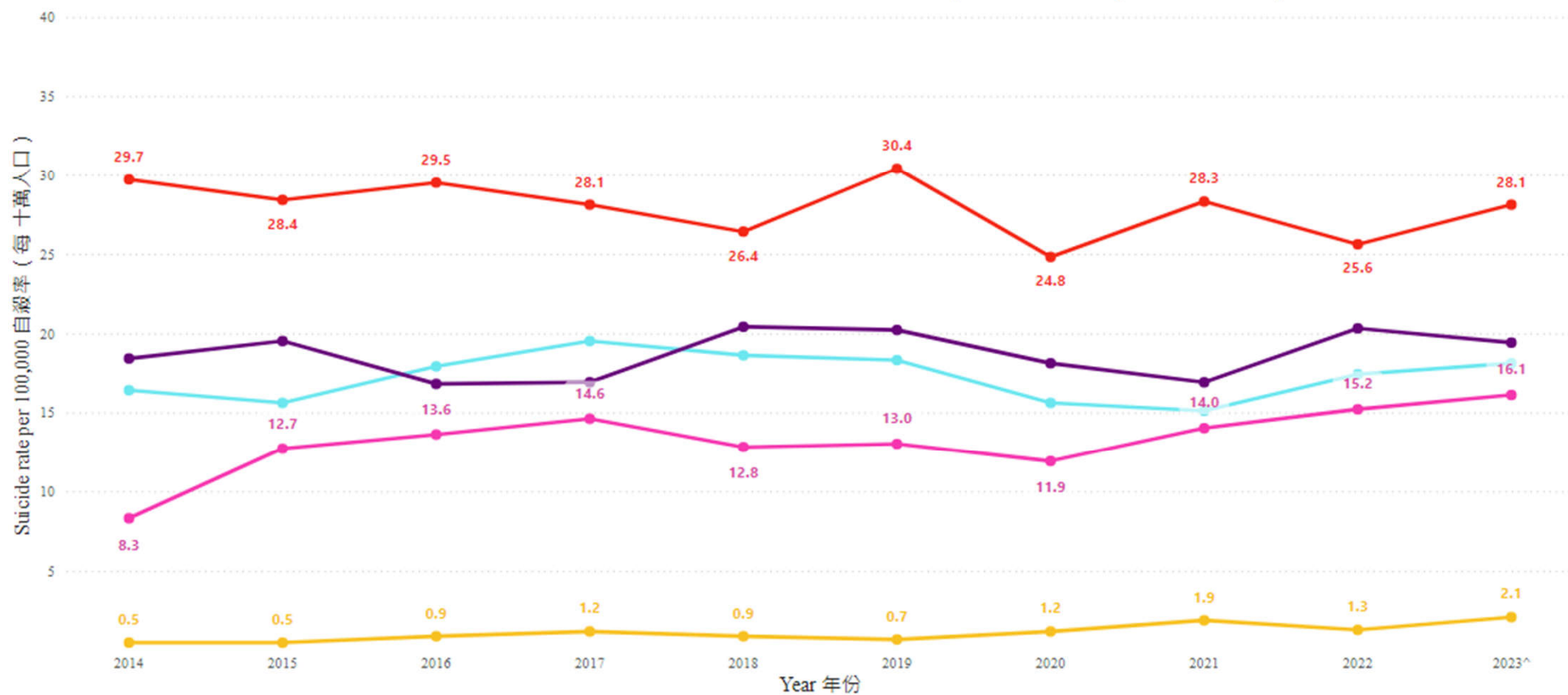
[^] 根據死因庭於2024年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2024.



Male suicide rates by age group in Hong Kong

香港男性各年齡組別自殺率

● Below 15 少於15歲 ● 15-24 years 15-24歲 ● 25-39 years 25-39歲 ● 40-59 years 40-59歲 ● 60 or above 60歲或以上

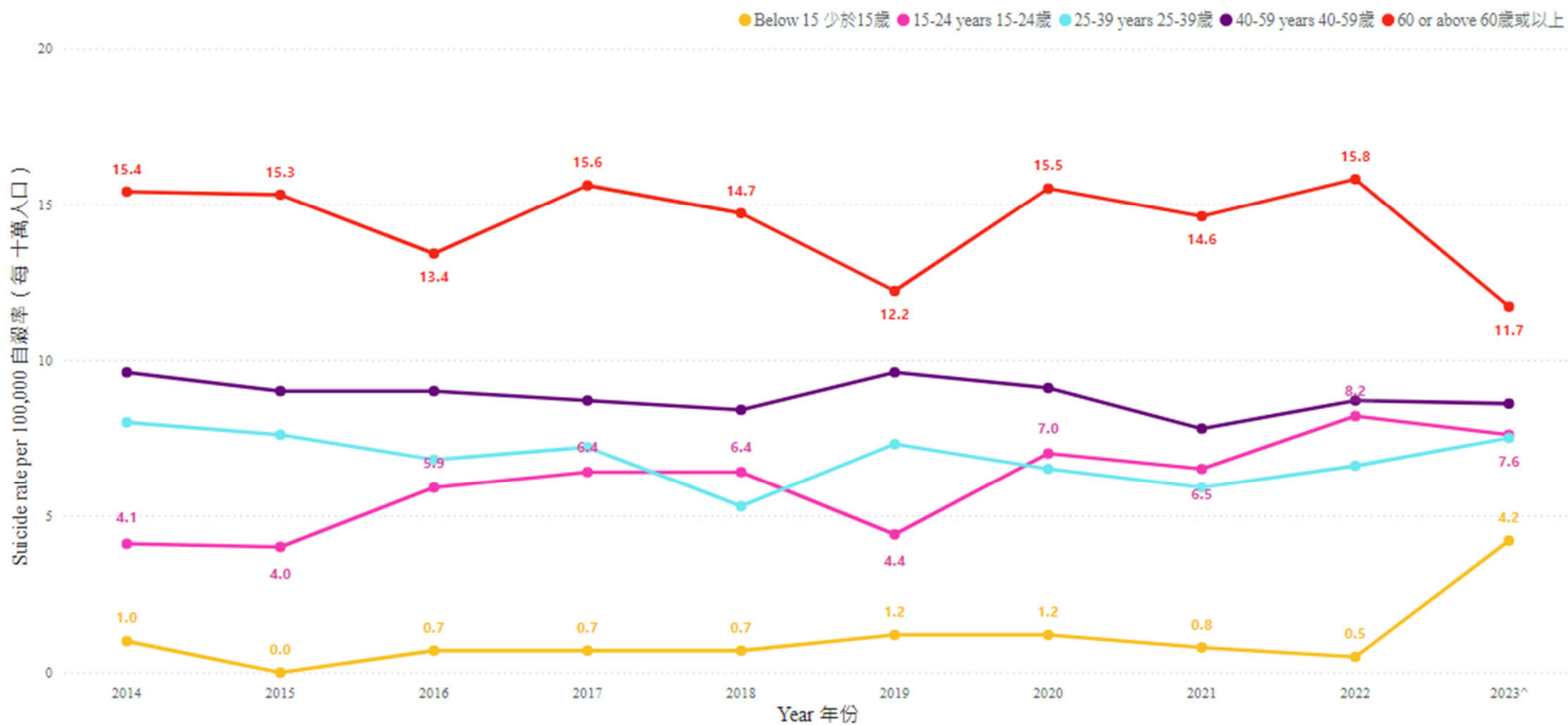


[^] 根據死因庭於2024年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2024.



Female suicide rates by age group in Hong Kong

香港女性各年齡組別自殺率

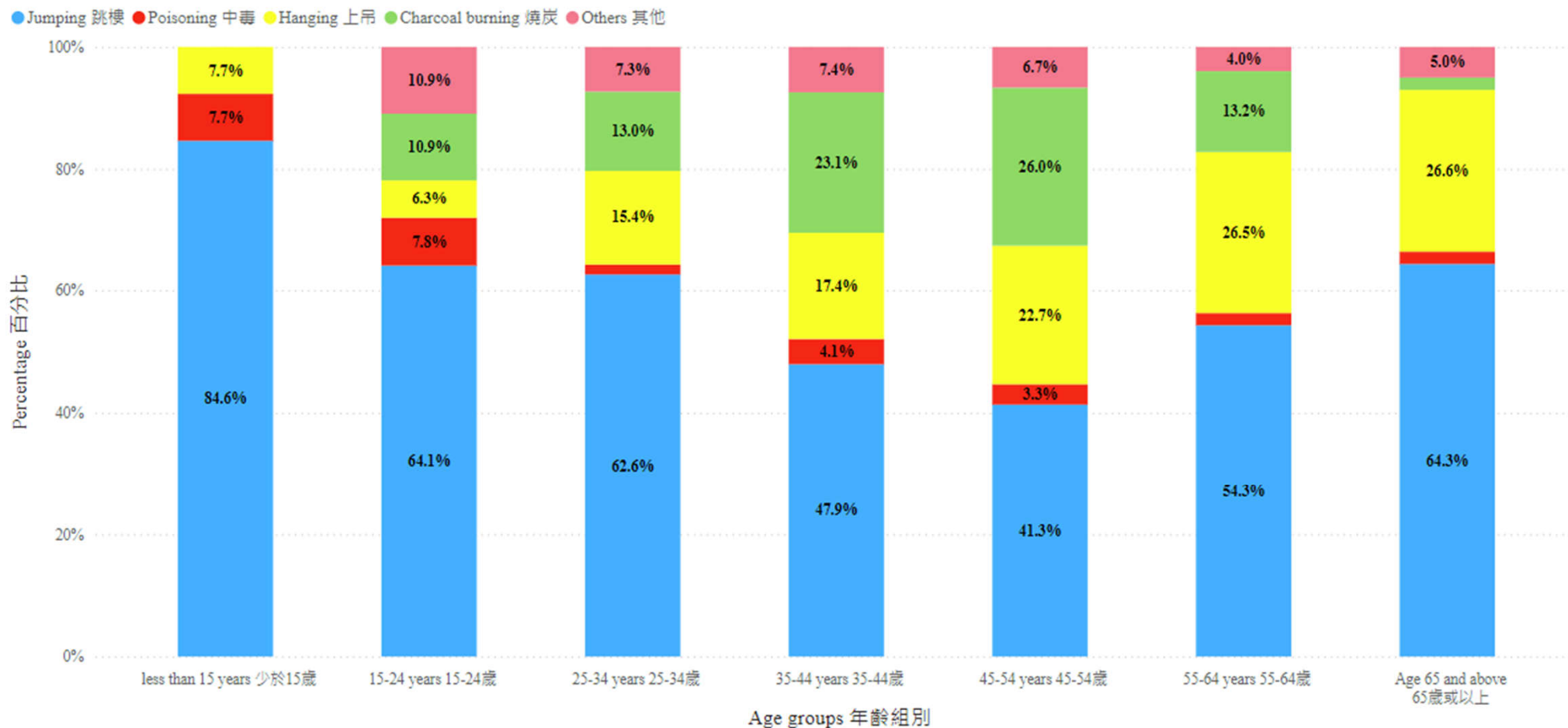


[^]根據死因庭於2024年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2024.



Distribution of method of suicide by age group in Hong Kong, 2023[^]

2023[^]年香港各年齡組別自殺方式分布

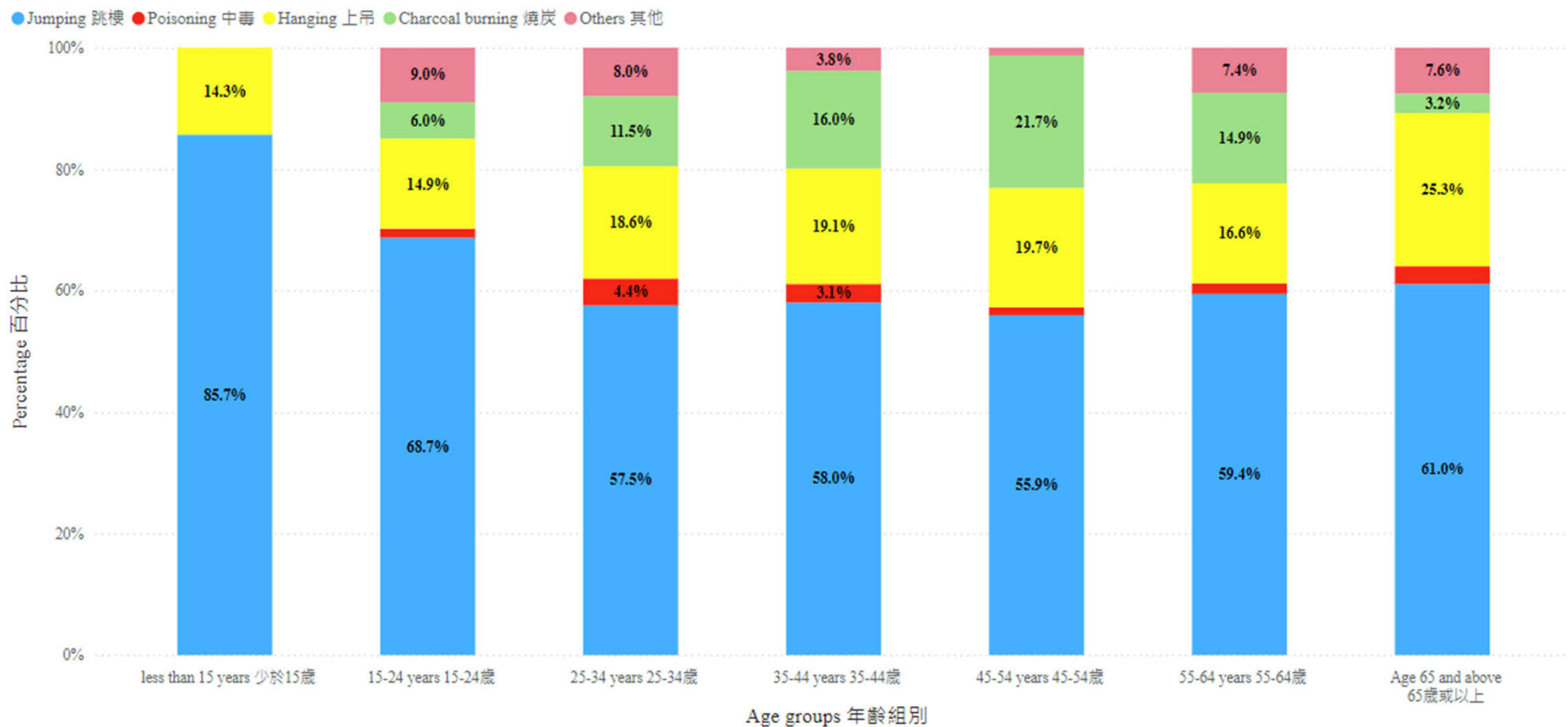


[^]根據死因庭於2024年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July, 2024.



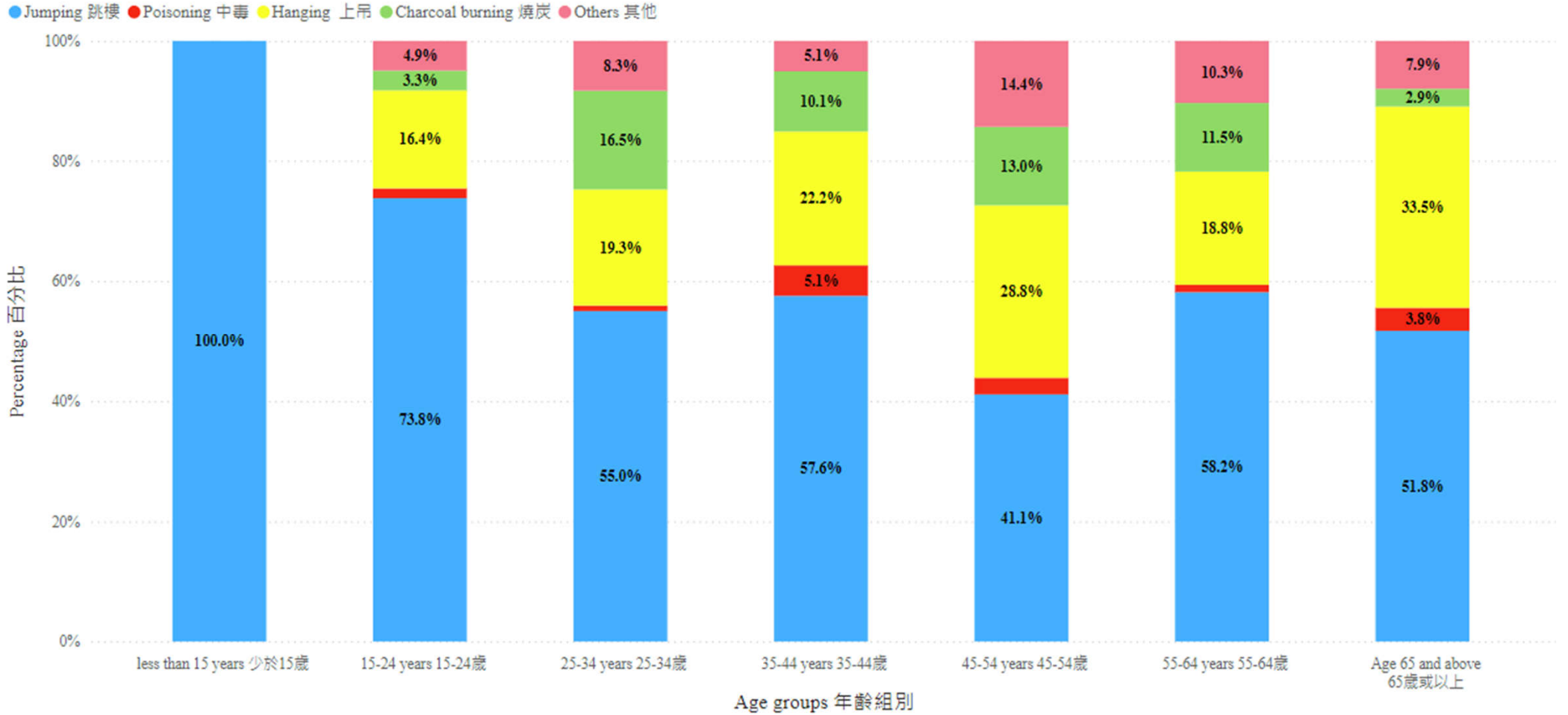
Distribution of method of suicide by age group in Hong Kong, 2022

2022年香港各年齡組別自殺方式分布



Distribution of method of suicide by age group in Hong Kong, 2021


2021年香港各年齡組別自殺方式分布




Summary 概括

From 2022 to 2023^:
由 2022 至 2023^ :

1. Age 60 or above 60歲或以上

Year 年份	Suicide Case (Suicide Rate*) 自殺人數 (自殺率*)	
	Female 女	Male 男
2022	180 (15.8)	261 (25.6)
2023^	142 (11.7)	303 (28.1)
Change of suicide rate 自殺率轉變	 -25.9%	9.8%

2. Age below 15 15歲以下

Year 年份	Suicide Case (Suicide Rate*) 自殺人數 (自殺率*)	
	Female 女	Male 男
2022	2 (0.5)	5 (1.3)
2023^	16 (4.2)	8 (2.1)
Change of suicide rate 自殺率轉變	 740%	62%

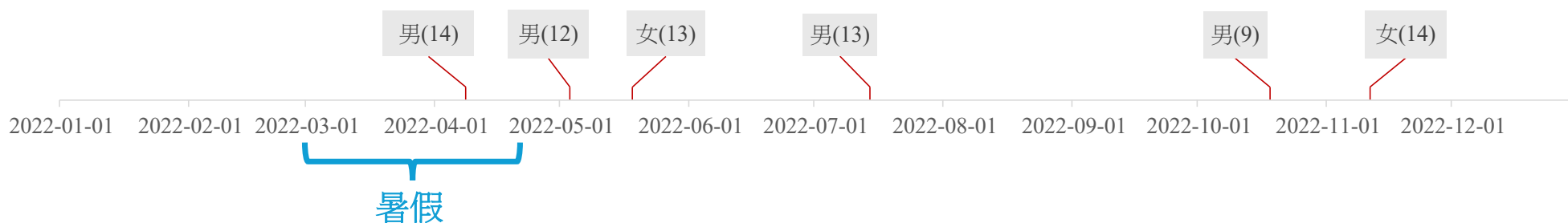
* per 100,000
* 每 100,000 人

^ 根據死因庭於2024年7月31日前所提供的死亡登記而作出估算 ^ Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July, 2024.

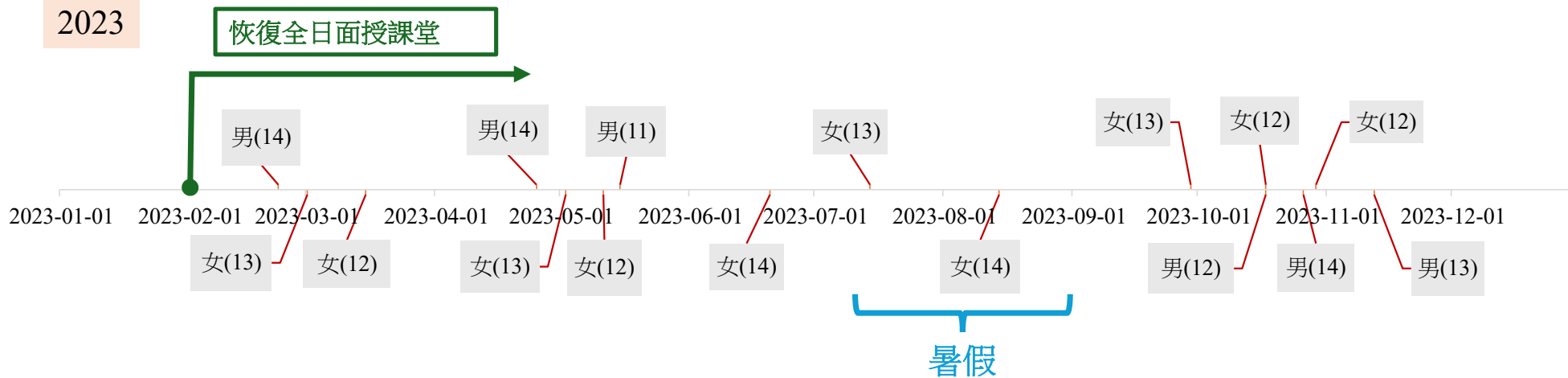


Timeline for suicide case below 15 15歲以下自殺個案的時間線

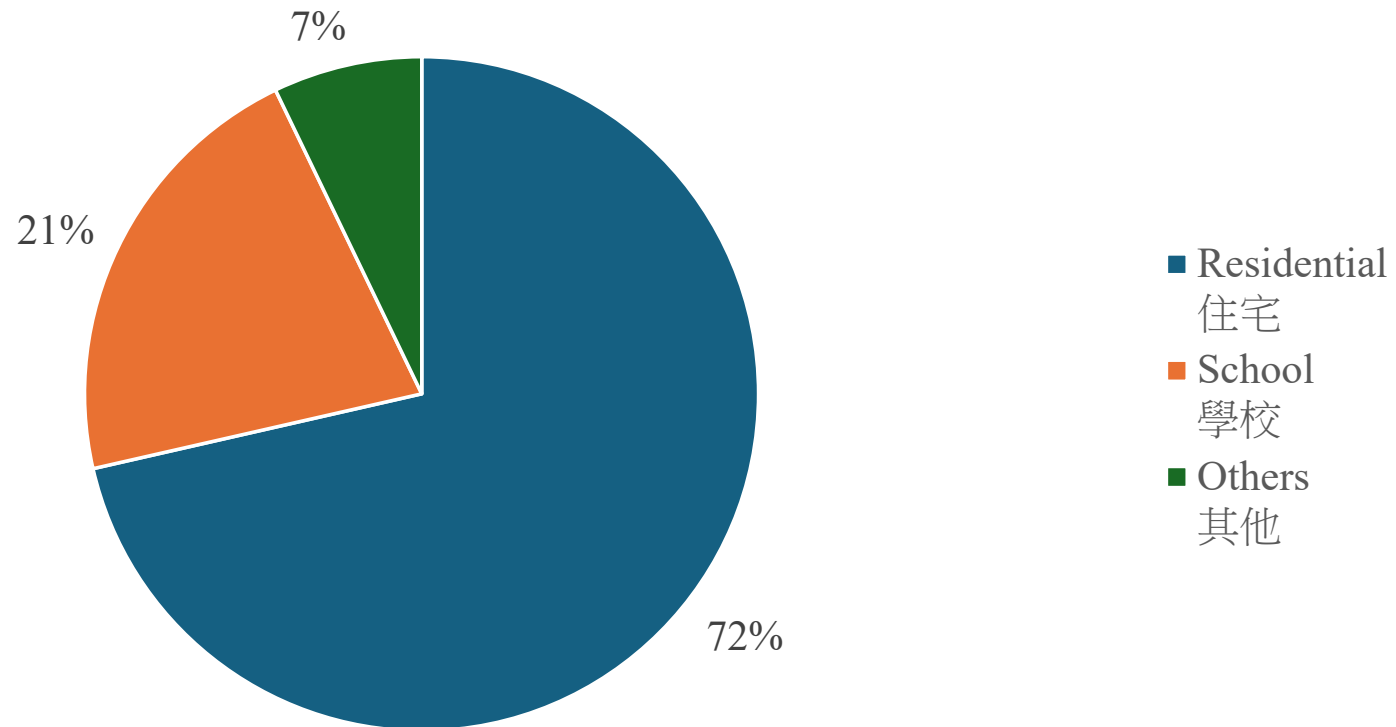
2022



2023



Type of suicide location (Below 15), 2023 2023年自殺地點類型（15歲以下）

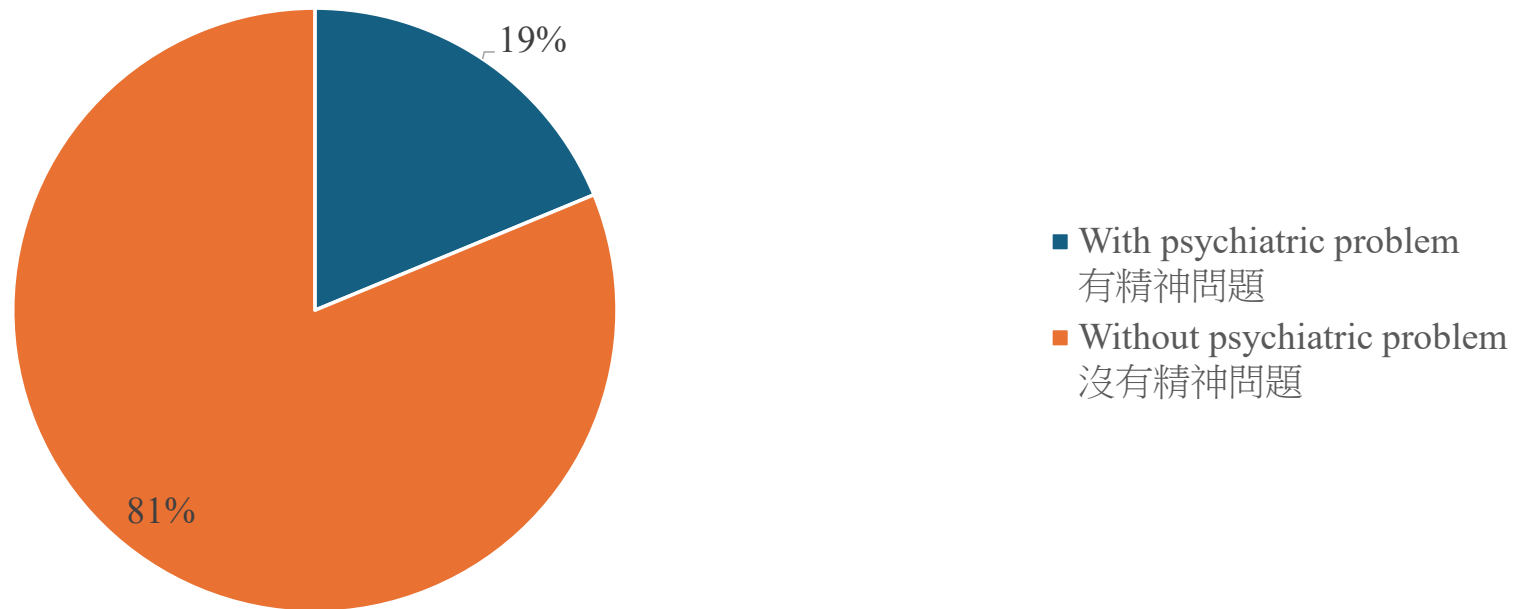


(Data source from Hong Kong News Database)

(資料來源：香港自殺新聞資料庫)



Presence of psychiatric problem distribution among suicide case (below 15), 2023 2023年自殺個案中有否精神健康問題的分佈（15歲以下）



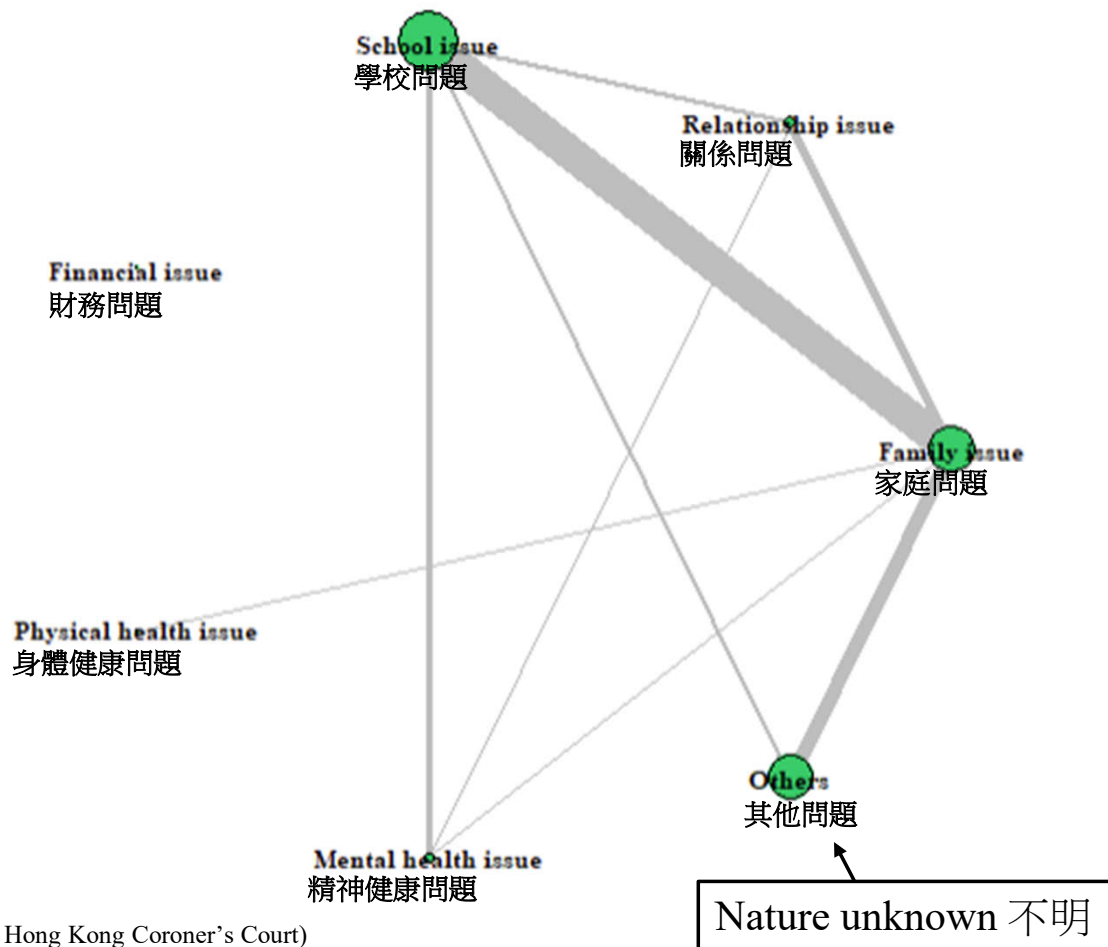
(Data source from Hong Kong Police)

(資料來源：香港警方自殺資料庫)



Suicide reason (Below 15), 2002-2022

2002-2022年自殺原因（15歲以下）



(Data from Hong Kong Coroner's Court)

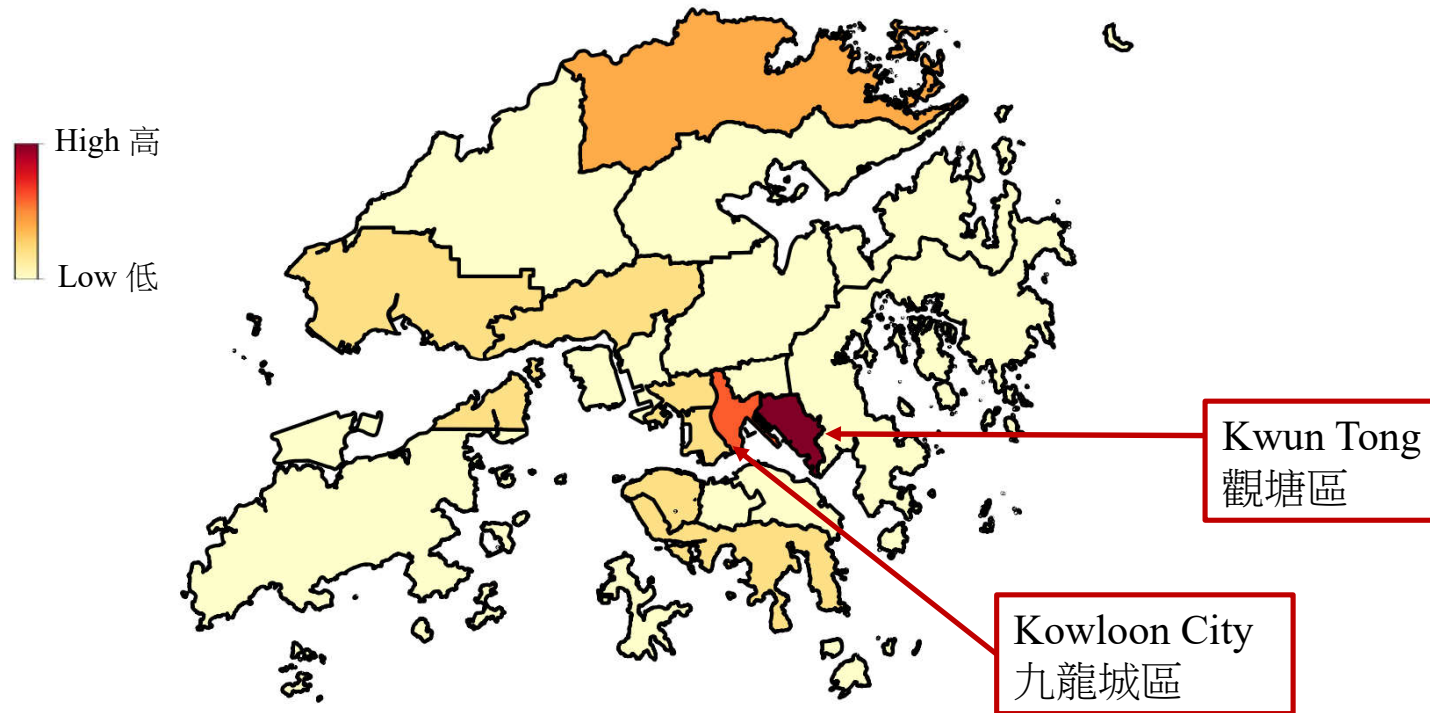
(資料來源：香港死因裁判法庭)

Rank 排行	Detailed reason for school problem 學校問題的詳細原因
1	Study pressure 學習壓力
2	Poor academic performance 學業成績不佳
3	Unhappy school life 不愉快的學校生活

Rank 排行	Detailed reason for family issue 家庭問題的詳細原因
1	Dispute/quarrel/argument with family (within one week) 與家人發生爭執/爭吵（一週內）
2	Poor relationship within family 家庭內部關係不好
3	Being scolded 被罵



District of the suicide case (Below 15), 2023 2023 年自殺個案發生地區（15歲以下）



School connectedness scale (self-report)

學校連結量表（自我評估）*

1. I feel close to people at this school.
我感覺與校內的人很親近。
2. I am happy to be at this school
我在學校感到高興。
3. I feel like I am part of this school
我覺得自己是學校的一份子。
4. The teachers at this school treat students fairly
這所學校的老師公平對待學生。
5. I feel safe in my school
我在學校感到安全。

* Traditional Chinese translation scale not yet validated.

* 繁體中文翻譯量表未經驗證

Furlong, M. J., O'brennan, L. M., & You, S. (2011). Psychometric properties of the Add Health School Connectedness Scale for 18 sociocultural groups. *Psychology in the Schools*, 48(10), 986–997. <https://doi.org/10.1002/pits.20609>



Jockey Club Embrace Life Series 2.0

賽馬會擁抱生命系列 2.0

Nine NGOs have rolled out programmes to benefit students, parents, and professionals, including immediate support for those in need.

9 間非政府組織為學生、家長和專業人士推出以下計劃，包括為有需要人士提供即時支援。



ACTivate The HeARTful
Journey for Student Mental
Well-being Project
藝動心靈學生情緒計劃



Power T.A.G. Project
心·動啟航計劃



Quality Mental Health
Campus Project
優質精神健康校園計劃



FOCUS + Project
+ 點澄計劃



School Mental Health
Support Scheme
校園身心康健計劃



Youth Embracing
Emotions Project
青少年擁抱情緒計劃



Working with You,
Walking with Youth
Project
少年共「惜」計劃



Navigating a Positive
Life Project
正向人生導航計劃



Joyful School Project
樂 TEEN 校園計劃





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**We would like to acknowledge the Hong
Kong Police Force and the Hong Kong
Coroner's Court for providing data.
我們謹此感謝香港警務處及香港死因裁判法庭提供的數據。**





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THANK YOU





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Press Release

官方新聞稿

