2021 World Suicide Prevention Day Press Conference
2021-09-10

Create Hope Through Action

以行動創造希望
今日流程 Today’s Rundown:

2:30 歡迎 Welcome

2:40 公布香港最新（2020年）自殺率
Announce the latest (year 2020) suicide statistics

3:15 答問環節
Q&A Session
Number of suicides and suicide rates in Hong Kong, 1997–2020
Suicide rates by gender in Hong Kong, 1997–2020
Suicide rates by Age Group in Hong Kong, 2010–2020

![Graph showing suicide rates by age group in Hong Kong from 2010 to 2020.](image-url)
Male suicide rates by age group in Hong Kong, 2010 - 2020

Below 15 — 40
15 - 24 — 20
25 - 39 — 30
40 - 59 — 20
60 or above — 10
All ages — 0

Suicide rate per 100,000

Year
Female suicide rates by age group in Hong Kong, 2010 – 2020
Distribution of method of suicide by age group in Hong Kong, 2020

- **Jumping**: 72.0% (15-24), 56.7% (25-34), 51.0% (35-44), 50.0% (45-54), 50.0% (55-64), 54.8% (65 and above), 54.5% (All ages)
- **Poisoning**: 22.0% (15-24), 20.0% (25-34), 22.0% (35-44), 19.4% (45-54), 29.2% (55-64), 33.2% (65 and above), 33.2% (All ages)
- **Hanging**: 4.0% (15-24), 5.2% (25-34), 1.0% (35-44), 2.4% (45-54), 1.4% (55-64), 2.5% (65 and above), 2.5% (All ages)
- **Charcoal Burning**: 2.5% (15-24), 3.2% (25-34), 2.5% (35-44), 4.9% (45-54), 14.6% (55-64), 3.2% (65 and above), 11.0% (All ages)
- **Others**: 2.5% (15-24), 6.4% (25-34), 6.4% (35-44), 2.5% (45-54), 2.5% (55-64), 6.4% (65 and above), 5.2% (All ages)
Insights from 2020 Suicide Statistics:

Aged 60 or above Female Elderly (from 11.9 in 2019 to 15.3 in 2020, 28.5% increase)
60歳以上女性長者 (每10萬人口的 11.9升至 15.3，28.5%升幅)

Aged 15-24 young female (from 4.0 in 2019 to 6.1 in 2020)
15-24 歲年青女性組群 (由2019年的 4.0升至 2020年的 6.1)

Aged under 15 (from 0.7 in 2019 to 1.3 in 2020)
15歲以下的少年群組 (由2019年的 0.7升至 2020年的 1.3)
60歲以上女性長者
Aged 60 or above
Female Elderly

• 寡婦  Widow
• 獨自生活  Live alone
• 有子女（不住在同一居所）
  With adult children (not living together)
15-24 岁年青女性
Aged 15-24 young female

- 学校生活（欺凌、读书压力）
  School issue (bullying, study pressure)

- 感情困扰
  Distress in romantic relationship

- 精神健康
  Mental Illness
15岁以下的少年
Aged under 15

- 停課 Class Suspension
- 家庭衝突 Family conflicts
- 學童自殺在考試成績公布前發生，而非在公布後發生。
  
The student suicides occurred before the release of the exam results but not after the results were released.
  
  教導學童有效減壓方法，成功失敗的界定，自身的價值等
  
  To educate the students about stress relaxation program, re-defining success and failure, and self-worth etc
個案分享：
Case Sharing

中三學生因害怕感染新冠肺炎，被確診患上強迫症。
A F. 3 student was diagnosed with OCD for fear of contracting COVID-19.

中一女生整天把自己困在房間，拒絕上學。
A F.1 girl locked herself in her bedroom all day and refused to go to school.

高中男生打機打通宵，成績一落千丈。
A senior form student played online game all night long and his academic results dropped a lot.
Reflection:

- Besides academic achievement, what other value do young people have?
- The role of the school – to educate, or to resolve ‘problems’?
- Promote parent education to help parents communicate with young people.
Q & A
答問環節