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THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
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THE UNIVERSITY OF HONG KONG

香港大學香港賽馬會防止自殺研究中心



A Better World Because of **YOU**
因你不再一樣

A Better World Because of **YOU**

因你不再一樣

Happy Chinese New Year, everyone! As the spring is approaching, we would like to take this opportunity to thank you for your support in 2016, and for contributing to suicide prevention efforts by caring for the people around you. Suicide prevention is not a matter only for professionals but for every one of us. You might not realise it, but you have made the world better by sending a text message, caring for a person you know, clicking on the 'share' button on Facebook for encouraging stories, or by promoting evidence-based suicide prevention-related materials. Thank you for all your efforts to be one of the changemakers! In 2017, we encourage you to share your love, and care for the well-being of yourself and the people around you.

2016 was a year full of challenges but also opportunities. The surge of student suicides early in the year caught the attention and concern of all of Hong Kong. The one thing to take from the attention on suicide was that many stakeholders came forward and joined us to contribute towards youth suicide prevention. We were encouraged to see that a cross-sector committee was formed to investigate the causes of the suicides and gave recommendations on how to prevent more student suicides. We appreciate how the local mass media immediately toned down their reporting of the suicide news after our appeal in the middle of March, social media platforms such as Facebook and YouTube also offered their support, and the police force efficiently collected student suicide investigation files for our in-depth analysis. We have received many inquiries from local schools and students who expressed their willingness to help and asked for advice on how to help. All of their efforts echo our advocacy whereby suicide prevention is everyone's business and an everyday battle. **It is your effort and participation which can make a difference.**

In 2017 we will sustain and extend our joint efforts. Other than direct crisis intervention, we can make the world a better place by enhancing our own well-being as well as those of others in the community. Since promoting well-being is one of the protective factors of suicide, this issue of the newsletter focuses on well-being. We have been working on various projects to enhance the well-being of the community and individuals, as shown below, and we would like to take the opportunity here to share with you some of our progress.

Reaching Out – How to Care a Friend in Need

You've probably encountered a moment of struggle over which line to pick to start the conversation with an upset friend. We produced an interactive game which will take you on a journey to care for a friend. You will get to know how to respond to a person feeling distressed and what the warning signs of suicide are. Click here (<http://bit.ly/2hylnb7>) and play the game now! <read more on P.4>

Altruism and Well-being

There's a saying, 'happiness lies in helping others'. How true is this saying? We are interested in knowing whether helping acts bring happiness and enhance our well-being. We therefore developed a mobile app named "Helpiness" that provides details of opportunities for helping, including voluntary work and charitable donations. By measuring various aspects of our well-being, we compare the data collected with the helping acts. Here are some interesting findings that you might be surprised by. <read more on P.6>

Power of Sharing – Story Collection

We are encouraging sharing of personal experiences of receiving help, to promote gratitude in the community and to encourage others to love and care. We therefore held a story collection campaign aims at encouraging people to share their stories of receiving help from the others. We picked some of the stories that most touched our hearts to share with you. <read more on P.10>

Well-Being Hong Kong Website

There are numerous websites giving tips on enhancing well-being. How many of them are evidence-based and trustworthy? The Well-Being Hong Kong (WBHK) website provides you with updated evidence-based information related to well-being. It serves as a platform for the public and experts to exchange ideas about well-being through news articles and photos with encouraging captions. You can also learn more about well-being by completing the self-assessment test in the website. Click here (<http://www.wellbeing.hku.hk/>) and visit the WBHK now! <read more on P.14>



When counting down to the Chinese New Year, our thoughts are with those who lost their loved ones to suicide. Meanwhile, we look forward to a better tomorrow where grief can be transformed to strength and resilience and well-being is sustained.

Paul YIP

Chair Professor, Department of Social Work and Social Administration

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

祝大家農曆新年快樂！我們希望藉此機會感謝大家過去2016年對我們的支持，以及透過關心你身邊的人為防止自殺出一分力。防止自殺不只是專業人士的事，而是社會各界、你和我。或許你沒有察覺到，很多你在日常生活中所做的小事，已經讓這世界變得更好，簡單至給你身邊的人發一個關心的訊息、在Facebook轉發一個勵志故事，或是推廣任何有關防止自殺的資訊等等。感謝你的付出，並願意為社會帶來改變！踏入2017年，我們鼓勵你繼續分享愛與關心，為你和你身邊的人帶來幸福。

回顧2016年，充滿了挑戰，但也帶來新的機會。在年初發生的多宗學生自殺事件引起了社會的廣泛關注。不幸中的萬幸是，很多持份者願意站出來，與我們同一陣線守護我們的青少年。讓我們感到鼓舞的是政府為此成立了跨界別的委員會，調查背後的成因，為防止學生自殺做出全面建議。我們亦感謝來自不同界別，包括大眾傳媒、社交媒體平台、警方等的配合。經過我們呼籲後，大眾傳媒即時作出調整並減少自殺報導的篇幅；社交網站平台例如Facebook和YouTube亦提供支援；警方快速收集並提供學生自殺個案的資料，讓我們能深入分析。同時，許多本地學校和學生主動與我們聯絡，表示他們願意在此出一分力，並查詢他們可以如何幫忙。你們的努力正正體現了我們所提倡的——防止自殺是關乎每個人的，亦是我們每天要面對的戰爭。**是你的參與和付出，令世界不再一樣。**

踏入2017年，我們需要持續、甚至更多的合作和努力。除了直接參與危機處理，我們亦可以用不同的方式讓這世界變得更美好。這些事情看上去很微小，甚至你不察覺自己正在促進個人與社區的福祉。由於福祉是自殺的保護因素之一，中心致力推動提高個人與社區的福祉。本期通訊將以「福祉」作為主題，我們希望透過本期通訊，帶大家認識我們數個與福祉有關的項目，以及一些初步研究結果。

多一點關注 - 情緒健康拯救攻略

你想關心一位受情緒困擾的朋友，卻不知道該如何打開話題……這情境似曾相識嗎？相信你大概亦曾經面對過這樣無奈的情境，因此我們製作了一個互動小遊戲，讓你了解如何幫助受情緒困擾的人，以及不同的自殺警號。在遊戲中，你將會成為主角的朋友，面對他的反應，你會如何幫助他呢？點擊這裡 <http://bit.ly/2hylnb7> 玩遊戲！〈P.4閱讀更多〉

助人與福祉研究

我們常常聽見「助人為快樂之本」這句格言，這句說話有多可信呢？我們想知道到底助人行為是否能提升個人的福祉呢？為此研究項目，我們製作了一個名為「好心地」的手機應用程式，讓你可以知道各類的助人機會，包括義工服務和慈善捐款。我們量度不同範疇的福祉，我們將分析收集到的數據，比較個人福祉與曾參與的助人行為，結果讓你意想不到！〈P.6閱讀更多〉

「分享的力量」故事徵集活動

我們鼓勵大眾分享曾經獲得別人幫助的經歷，推動大家常常感恩，並在社區中推廣愛與關懷。因此，我們舉辦了名為「分享的力量」的故事徵集活動，希望鼓勵大家分享接受幫助的個人經歷。我們選取了其中的一些感人故事，希望與你分享。〈P.10閱讀更多〉

Well-Being Hong Kong 網站

在網絡世界裡有不少網站給你介紹能提升幸福感的小貼士，但當中有多少是有實證支持的呢？Well-being Hong Kong網站是一個平台，提供與福祉有關，並經實證的資訊；同時透過文章、相片等不同的媒介讓大眾與專家交流與福祉有關的想法；你亦可以做心理小測試了解更多自己的福祉。點擊這裡 <http://www.wellbeing.hku.hk/> 進入網站。〈P.14閱讀更多〉

農曆新年快到了，我們記掛痛失親友的人。同時，我們展望將來，希望傷痛能轉化成堅強與動力，願大家更幸福，明天更美好。

**社會工作及社會行政學系講座教授
香港賽馬會防止自殺研究中心總監
葉兆輝**

REACHING OUT – How to Care a Friend in Need

「多一點關注」情緒健康拯救攻略

Some say it only takes a small step to care for a person in need. Well, yes and no. Indeed, it might just be a text message or a line of 'how are you'. At the same time, it is also not easy to care for a person with emotional distress. Not only does it take courage and patience but also knowledge of how to care them. You might not know what to say or how to react so as not to trigger their negative feelings.

Knowing how difficult it can be for non-professionals, CSRP collaborated with Initium Media to produce an interactive game named "Reaching Out – How to Care a Friend in Need". You are a friend of 'Fung', who encounters some problems and feels distressed. How would you help him? How would you react when he expresses his emotions? What are the signs of suicide risk?

Within three weeks after the game was released, there were more than 4000 unique users who played the interactive game. More than 200 users had completed the feedback form whereby 74.3% of them agreed or strongly agreed that the game increased their awareness of suicide prevention. After playing the game, 82.5% of the respondents reported gaining more understanding about how to respond to people expressing suicidal thoughts and 71.1% were more confident in giving an appropriate response. Regarding suicide warning signs, 76.4% of the respondents reflected that the game improved their knowledge about them and 80.2% of the respondents would be more alert to warning signs. We were delighted to receive the positive feedback:



"The game is simple and practical."

"...putting the players into a scenario is quite interesting."

"If one has played this game, he would be psychologically prepared to react to those suicidal hints and know what to do in different situations."

You are welcome to check out the game at <http://bit.ly/2hylnb7> or scan the QR code to play the game and share it with your friends and family! (Cantonese and Mandarin versions only)



情緒健康拯救攻略

多一點關注

開始 ➡➡

有人說：關心別人，只需要踏出一小步。依我說，這句話半對半錯。也許一個簡單的訊息「你好嗎？」，看上去是一件很容易的事。但事實上，要關心一位受情緒困擾的朋友一點也不容易，你需要的不單止是勇氣和耐性，更是相關的知識。你不知道如何回應或是說甚麼話會不小心觸發他／她的負面情緒爆發。

我們明白對非專業人士來說，要關心受情緒困擾的人是一件不容易的事。因此，我們與端傳媒合作，製作出一個名為「多一點關注－情緒健康拯救攻略」的互動小遊戲。你將成為主角阿峰的朋友，他遇到了一些問題而受情緒困擾。你會如何幫助他？當他表達不开心時，你會如何回應呢？有甚麼行為是自殺的警號呢？

在推出的三星期內，已經有超過4000位用家玩過這遊戲。其中超過200位用家完成了意見問卷調查，當中74.3%的用家同意或極同意遊戲令他／她對防止自殺的意識有所提升。玩過這遊戲後，82.5%的用家表示更了解當有人表達出自殺想法時應如何應對、71.1%的用家認為自己更有信心給予適當的回應。至於自殺警號方面，76.4%的用家認為遊戲增加了他／她對此方面的瞭解、80.2%的用家表示會更留意身邊的人是否有發出自殺警號。另外，我們亦收集到以下的評價：

「這遊戲簡單又實用！」

「…以玩家代入角色身份挺有趣」

「玩家玩過這遊戲之後，便會有心理準備如何應對自殺警號，並且知道在不同的情況下該如何做。」

歡迎進入本中心網站或直接點擊這裡 <http://bit.ly/2hylnb7> 或掃描右方的QR碼玩玩這遊戲，並與你的朋友和家人分享這遊戲吧！（暫時只提供粵語及國語版本）





The Gift of **HUMANITY**

助人為快樂之本

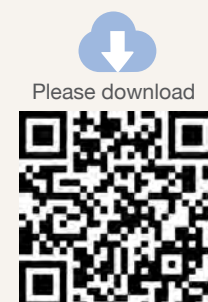
“There will not be any suicides if we all live happily.” This seems to be a really simple concept but how do we actually increase people’s sense of happiness? Or will helping others actually increase our sense of well-being? In order to find out the answers of all these questions, we started the Altruism & Well-being Project with the generous support of the Chow Tai Fook Charity Foundation.

Helppiness

In collaboration with a local technology company, we developed “Helppiness” – a dual platform mobile application for searching, recording, and sharing helping opportunities - the first of its kind in Hong Kong. We have been tirelessly gathering a wide variety of helping information, including volunteering opportunities, Flag Day donation, blood donation, and daily small acts of kindness. Users are also allowed to upload helping information themselves in order to promote informal helping among the community. In addition, we have placed two scientifically validated psychological scales on the App which allow users to measure their positive feelings and their quality of life once a week. Users can compare their own results with other users at any given time, allowing them to strive for further improvement!

Prior to the public launch of Helppiness, we conducted beta testing over a 6-month period. Over 300 users volunteered for the test. According to records, our users reported having spent a total of 1682 service hours in volunteering and donated a total HK\$116,841 by 15th December 2016. Trend analysis also found a general increase in average volunteer service hours and average times of performing informal helping events, e.g. offering a seat or providing emotional support to friends.

After rounds of testing and collecting our users’ feedback, we have completed the enhancement of Helppiness and the updates are scheduled to be launched publically in early 2017. We are now inviting everyone of you to join our network of friends and become part of the Helppiness community, enjoying unlimited searches of helping information, a personal weekly record of feelings, and contribute to the scientific community and the well-being of Hong Kong. Helppiness can be download by scanning the QR code on the right, or by searching “Helppiness” in the Google Play Store for Android users or the App Store for iPhone users. For more information and updates regarding Helppiness, please visit <http://csr.p.hku.hk/helppiness>.





Hong Kong Altruism Index Survey

The results for the first Hong Kong Altruism Index (A-Index) Survey were released in 2014 and it has been well received by the public (the report for 2014 results can be obtained from <http://csr.p.hku.hk/project/altruism/>). In order to create long-term monitoring of the dynamic changes in our society, the Altruism & Well-being Project has completed the second A-Index survey in December 2016. From our preliminary analysis, we observed a substantial improvement in various dimensions compared to the results from 2014. More results on the second A-Index survey will be released after Chinese New Year, please stay tuned.





「如果可以幸福快樂地生活，人們就不會自殺。」道理很簡單，但如何才能增加人們的幸福快樂感？助人是否既造福他人又能提升自己的幸福感？為給出實證答案，我們獲周大福慈善基金資助，正在開展一項「助人與福祉」的研究。

「好心地」手機應用程式

我們與本地技術公司合作，開發了「好心地」手機應用程式，是香港首創的義助資訊平台，用於搜尋、記錄和分享不同的助人資訊。我們收集各種助人資訊，包括：義工服務、賣旗日、捐血，以至每日微小的善行。程式亦允許用戶自行上傳助人資訊，以推動更多日常義助。此外，應用程式亦包含了兩個經科學驗證的心理小測驗，讓用戶每星期一次量度他們的正面情緒和生活質素。用戶亦可以在任何時候比對自己與其他用家的測量結果，推動自己更進一步。

在向公眾發布「好心地」之前，我們進行了為期6個月的測試，超過300名用戶自願參與測試。根據應用程式上的記錄，截至2016年12月15日，我們的測試用戶一共參與了1682小時的義工服務，累積捐款達116,841港元。經過趨勢分析後，我們發現測試用戶的平均義工服務時間和平均日常義助的時間（例如：讓座或向朋友提供情感支援），總體上都有所增加。

經過測試及收集用戶反饋意見，我們已完成「好心地」的程式完善，並計劃於2017年年初推出更新版本的程式，邀請廣大公眾加入我們，成為「好心地」網絡的一分子，盡情搜索助人資訊、記錄你每週的感覺，為本地的福祉與科研作出貢獻！你可以掃描下方的QR碼下載，或在 Google Play 商店（Android用戶）或 App Store（iPhone用戶）搜索「好心地」進行下載。想知道更多有關助人的資訊和更新，請到訪 <http://csr.p.hku.hk/helpiness>

香港助人指數調查

本中心於2014年首次發布香港助人指數（A-Index）調查結果，引起社會廣泛迴響（2014年的調查結果報告可從 <http://csr.p.hku.hk/project/altruism/> 下載）。為長期觀察社會動態變化，「助人與福祉」項目於2016年12月完成了第二次的助人指數調查。初步分析觀察到港人在助人的各個範疇都有明顯進步，更多研究結果計劃於農曆新年後發布，敬請關注。



請下載





As one of the Altruism and Well-being Research Team members, what I enjoy most from this project is listening to the stories shared by our participants and friends. Many of our participants shared their unique experiences in helping others, and more importantly their motives and feelings when helping others. These acts of kindness brought them happiness, brought them a sense of satisfaction, and instill in them a sense of meaning. As the famous psychiatrist, Viktor Frankl, once said: *“meaning in life has a bearing on people’s well-being and overall health”*. I learned that helping others provides us with a sense of meaning in life and that this can have a huge impact on our own personal well-being. The focus group study was held a year ago yet I still vividly remember one of the participants, a young registered social worker, sharing her views. Throughout the discussion, she emphasised that helping others should not be bound by people’s ethnicity, sexual orientation, or political view. She had supported her Mainland Chinese classmates when she was a Masters student to adapt to Hong Kong culture. This had earned her the respect of other classmates and, more importantly, promoted mutual support and inclusion between Mainland students and local students. Her kind gesture perfectly reflected not only that being altruistic can promote the altruist’s personal well-being, but that kindness, even if it is a small action, can also bring well-being to the society.

“Some people choose to see the ugliness in this world, the disarray. I choose to see the beauty. To believe there is a purpose to our days.”

I recently learned this line from my favourite TV drama of the year and wanted to share it with you all. Despite reality being filled with occasional negativity, we can always choose to bring the positives out of it. Altruism brings beauty to the world, and reflects the best side of humanity. We should all take that one small step in helping others, to share the kindness, to share the love, and to build a better society in Hong Kong and beyond.

作為助人與福祉研究團隊的成員之一，我最享受的是聽到我們的參與者和朋友所分享的故事。許多參與者分享了他們在幫助他人時的個人經驗，更重要的是他們在幫助他人時的動機和感受。幫助他人為他們帶來幸福感和滿足感，並賦予他們一些意義。一位著名的精神病醫生維克多·弗蘭克爾曾經說過：「*生命的意義對人的福祉和整體健康有著深遠的影響*。」我明白幫助他人給予我們生命的意義，對我們個人健康有著巨大的影響。研究的焦點小組部份於一年前進行，但我仍然記得其中一位年輕的註冊社工的分享——在整個討論中，她強調幫助別人不應該受到種族、性取向或政治觀點的約束。她分享她在大學時一直幫助她的中國內地同學適應香港文化，這使她得到所有其他同學的尊重，更重要的是，這促進了內地學生和本地學生之間的相互支持和包容。她善良的心完全反映出助人行為不單止可以促進個人的福祉，即使是一些微小的善行，也可以促進社會的福祉。

**「有些人選擇放眼在這個世界上醜陋、混亂的地方。
我則選擇看它的美，相信我們的年日是有意義的」**

這是我希望在這裡與大家分享我最近從我最喜歡的電視劇中學會的這一句話。儘管現實充滿了負面的事情，我們總是可以選擇找出當中正面的地方。幫助他人是世界的美善，展現了人性的美好。我們都應該踏出這一小步，幫助別人，分享善意和愛心，為你和我建立一個更美好的香港。

“THE POWER OF SHARING” Story Collection 「分享的力量」故事徵集活動

CSRP and Ocean Park recognize the power of using positive affirmations. Thus, with the sponsorship of complimentary tickets to Ocean Park, we organized a story collection named ‘The Power of Sharing’ in the hope of fostering a culture of expressing gratitude in the community. It offers a platform for the public to take tangible steps in practicing gratitude by sharing personal stories and inspiring participants to show appreciation to others on a regular basis. By providing a platform for participants to acknowledge each other, it can show people that we care, and people may be encouraged through reading true, personal stories. The One to One Ocean Park campaign is to give one more tickets to the recipients to share the fun. We have received many positive stories and how the recipients enjoyed their visit to Ocean Park. It is not only the exciting features of Ocean Park but the power of sharing that made it such an enjoyable experience.



After two rounds of story collection, we have received numerous amazing and encouraging stories. Themes collected include:

- **Showing gratitude to someone**
- **Caring for someone**
- **Receiving support from others**
- **Overcoming a challenging situation in your life**
- **Letting a person know he/she matters to you**

We would like to share with you 2 of the stories, one in Chinese and one in English, in this newsletter.

“The Power of Sharing” - 「分享的力量」故事徵集活動 Story Collection

我們與香港海洋公園理解發放積極及正面的訊息的重要性，因此舉辦了這次「分享的力量」的故事徵集活動，希望能透過舉辦這活動培養社會中的感恩文化。海洋公園亦送出門票支持是次活動。這活動提供了一個平台讓大家可以透過分享個人故事來抒發欣賞及感激之情，亦能啟發參與者於日常生活中多向他人表達感恩。讓你和我在這平台上表達我們的關心，並以我們的個人經歷、真實故事鼓勵他人。每位得獎者都獲得了海洋公園門票兩張，讓得獎者可以與他人分享。我們很高興收集到很多動人的故事，並得悉得獎者都很享受在海洋公園的快樂時光，但這並不只是去遊玩的快樂，更是「分享的力量」的動人之處。

過去兩輪的徵集活動中，我們收集到許多很精彩又勵志的故事，當中的主題包括：

- 向別人表達感謝
- 關心別人
- 得到別人的幫助
- 過渡生命中的難關
- 讓別人知道他 / 她對你的重要性

在芸芸作品中，我們選出以下兩個故事（中英各一篇）與你分享，讓你先睹為快！



ANGELS IN MY LIFE

Age: 22 Student

Sometimes we are not aware of how blessed we are. It is very easy to build up walls around ourselves to avert from everything. We try to escape, thinking we don't deserve it. But somehow, you will realize you mean something to others when you get into troubles. And here is my story.

During the first semester of forth year, I was enrolled into the college hostel where I could finally stay away from the mess at home. Thanks to my counsellor, Rita, who write me a recommendation letter to the corresponding department. Yes, I was have been seeing a counsellor as I was diagnosed with depression a year ago. I was struggling with my academic studies and was having difficulties getting along with friends and family. It was a devastating moment when I thought no one would ever understand and support me. Ever since then, I isolated myself further away from friends because I was so scared of having to deal with relationship problems.

Last year of college, I had my own little world in the corner of a hostel room shielded from noises. As much as enjoying the time alone, I do feel lonely at times, especially when I was battling with essay writing. This has always been a soul crushing journey for me and I never wanted anyone to disturb me when I was struggling, until the problem is solved. This method has always been working until depression kicked in, where my ability to resist the dark force and negativity in my brain seemed to be weakened. I didn't sleep the night before reading the text again for the fourth time. I was running out of time, food and energy. This was then I called my counsellor for help and she said she would drop by after work. I began to pace around my tiny dorm room. Some time has gone by and Rita knocked on my door with a bag of macaroni which was given by Paul, my professor and housemaster. She asked me if I had anything else to eat and I told her about a bag of frozen chicken wings. So she rolled her sleeves up, encouraged me to keep working on my assignment and went outside. Thirty minutes later, Rita entered the room with a bowl of steamy, salty-sweet fragranced oyster sauce chicken wings. I was so moved and my heart was filled with joy and gratefulness. I did not understand why Rita or Paul has to do any of these. It was so much more than I could take.

That night at twelve o'clock, the deadline has passed but I still couldn't submit the essay. Once again, I failed myself and started sobbing and hands shaking. God, it's another breakdown. Someone was knocking at the door and I was scarred by the knocking and ringing sound. I opened the door and was surprised. It was Carman, one

of my classmates and happen to live in the same building as me. She smiled at me while holding up some grapes, an orange and a cup of frozen bean curd. She asked me about my progress and encouraged me.

It sounds ridiculously unbelievable and embarrassing now but at that time my feelings were so occupied by the urgency to finish the assignment, the frustration to think, and the heart for Carman's kindness. It was one of the most ineffably memorable, confusing, yet touching moments I have ever had in my life so far.

It is not a miracle that I have recovered today. Within this story, there's still not enough room to share how thankful I am for the relentless support from my friends, counsellor and even professors. I was so used to being on my own, evading people and it blinded me from the reality that there are people who really do care about me. My condition wouldn't recuperate that quickly without all these social connections. Thanks to Rita, I have had such amazing experience in my college life. Because of Paul and Carman, I have realized how blessed I am to be surrounded by compassionate people.

I will never forget them as well as all the colours they have brought into my life.

(edited content)

WORDS FROM THE EDITOR:

Thank you for your sincere sharing. You are right about how we tend to stay away from the others when we are distressed. Love and care are two-way street that takes both parties to give and take. I'm thankful for you to have angels around you and would take the initiative to care for you. I'm also glad that you have chosen to open up yourself and let them in to your personal space, allowed them to stand by your side and walked along with you through the difficult times.

Everyone of us can be a person to offer help. A word of care can be a life-changing point to others. Let's all be the carer of others!

《你是我最想留住的幸運》

20歲 學生

「記得別太想念我啊！」我說著這句話。這次應該是我畢業之前最後一次回到學校了，而站在我身邊的，就是我的大學講師Sandy。

兩年前我升讀副學士課程。每天接踵而來的功課考試讓我感到無比壓力。機緣巧合下，讓我有機會與Sandy閒聊自己的近況。Sandy竟然耐心地讓我釋放心底裏的壓抑，而且一點也沒有老師的架子，還跟我輕鬆的開玩笑。

從此，她的辦公室成為了為我遮風擋雨的避風港，也見證了我們之間種種經歷。有一次我的手腕割傷了，因為沒有消毒藥水而請求Sandy的幫助。她看到後，沒有說什麼。其實在中四的時候，我被診斷患上了抑鬱症和焦慮症，我總是喜歡以自殘來解決問題。要到地下的醫務室，必須要乘電梯，那時遇到了很多人，但Sandy沒有理會旁人的目光，堅持緊緊的抱著我。當消毒傷口的時候，握著我的手叫我忍一下。對於我這個「身經百戰」的人來說，傷口算不上什麼，但這次我真的很痛，我的心很痛…因為我傷害了一個對我好的人。後來我才知道，原來Sandy很怕血的。

在第三個學期我真的倒下了，我跑到學校的空中花園，打算一躍而下之前。突然想見一見 Sandy和她道別。當時她立刻洞察到我的心思，牽著我的手，說了我一輩子也無法忘記的一句話：「你跳下去以後，我便會一直坐在這裡，我相信我再沒有教好學生的勇氣，你捨得毀掉我的人生嗎？」那時候我低下頭，淚流滿面，陷入了掙扎，我捨不得摧毀一個愛我的人，幸運的是我也選擇活下來。

有一次，Sandy問我想不想幫自己，曾幾何時有多少人問過我這個問題，然而沒有一個人可以讓我強大起來。Sandy邀請我做思考練習，每兩個星期需要交一次功課，每一次，她都認真細閱，她更會因應我的狀況和需要調整練習。可能你會認為這些練習自己做也可以吧！然而，對於一個沒有目標的我來說，Sandy是我改變推動力。每一次我放棄自己，她仍然不放棄我，甚至包容我所犯下的每一個錯誤，鼓勵我繼續嘗試。

就是這一份的無私的愛與堅持拯救了我，一年後，脫胎換骨的我叫旁人驚訝。我沒有再自殘，遇到困難再沒有退縮，不再被情緒支配...甚至重新擁有自己的夢想，我希望把這份愛傳遞給更多的人。

有人說：上帝關了一扇門，必定會為你打開另外一扇窗。我的路比其他人難走，但幸好有Sandy陪著我度過人生的低谷。Sandy最希望我們學到的，不只是留在試卷上，而是留在人生裏。她，成就了今天的我。而感謝這位良師，為我上了生命最寶貴的一課。

（內容經修改）



小編的話：



謝謝你的分享，很高興聽見你現在已經脫胎換骨，成為一個全新的你。感謝你無懼別人的眼光，勇敢將你的經歷分享出來。能有好像Sandy這樣無私的教師在你身邊，成為你生命的導師，她對你不離不棄的關心和愛，實在是難能可貴，我為你感到感恩。你的經歷告訴我們：愛的關心，是可以改變他人的生命，甚至拯救人的生命。我們每個人也可以是別人的Sandy，希望我們能敏銳身邊的人的需要，給別人多一點關心。

Well-Being in Hong Kong (WBHK)

網頁

Last summer, CSRP launched the “Well-Being in Hong Kong (WBHK)” website (<http://wellbeing.hku.hk/>) as our latest knowledge exchange hub in promoting the concept of well-being. The website serves as an interactive platform to share experts’ opinions on how to enhance one’s well-being and provides evidence-based practical information related to well-being.

WBHK consists of four main sections, with each serving a particular function in the promotion of well-being.

- **Experts’ Opinion** collects opinion pieces from Key Opinion Leaders (KOL) in various fields concerning societal well-being. For example, we featured an article commenting on the recent smog problem in Beijing and its consequences to pollution and citizen’s health.
- **Latest Features** condenses and rewrites our published academic papers in an easy-to-read format for ordinary people.
- **Well-being Bites** features key topics that promote personal well-being.
- **Journey of Mind** invites anyone to share with us their moments of comfort, contentment, serenity, hope, and love.

2016年夏，我們建立的 Well-Being in Hong Kong (WBHK) 網頁 (<http://wellbeing.hku.hk/>) 正式啟動！網頁旨在成為我們促進個人及社區福祉的重要網上知識交流庫。WBHK除了提供一個互動平台向大眾分享提升個人福祉的專業意見外，更會提供與福祉相關的實用訊息。

WBHK網頁有四大特色，各以不同的方式探討福祉：

- **【專家有話兒】** 透過邀請各界專家在專欄中發表意見，增進大家對生活福祉的了解及交流相關知識。
(例如：我們剛剛加入了一份有關北京霧霾情況與市民的健康關係的文章)
- **【研究新知】** 精簡介紹我們發表的學術研究，讓普羅大眾三分鐘內看懂一份研究報告
- **【幸福點】** 探討有關提升個人福祉的關鍵主題
- **【心靈蜜語】** 邀請大眾上載相片和鼓勵別人的說話，分享大家感到舒適、平靜、滿足、有希望及充滿愛的時刻





As a promotion and celebration for the soft launch of WBHK, we held a public logo design competition. The competition captured the imagination of designers and attracted close to 100 high-quality entries from all areas of the public, each of them are unique and extremely creative. After rounds of thoughtful discussion and consideration, the panel judges picked out one champion and three consolation prizes and invited all four young talented designers to join an informal prize presentation.

We believe behind every design lies a unique story waited to be told. Let's take a look at their stories that inspired their design:

為慶祝WBHK的誕生，我們舉辦了一個標誌設計比賽，開放給全港市民參與。我們合共收集到接近100份高質素的參選作品，每一份作品都很特別、有創意。評判們經過多番討論和考慮後，最終選取了一名冠軍及三名優異獎得獎者，並邀請了這四位年輕設計師參與簡單而隆重的頒獎禮。

每個設計背後都有著一個獨特的故事。下面就是這四個標誌背後的小故事！



冠軍
Champion
Chan Wang Tung



你的人生幸福嗎？幸福，並不只是指物質上，還有精神上；快樂，更能使人幸福。我相信每個人的童年也有一個美好、快樂的經歷，就是玩紙飛機；以紙飛機為Well-being標誌的主題，象徵希望、快樂、開心等正面信息；加上W的形狀，代表 Well-Being in Hong Kong 網站。以綠色作主色，表達健康、自然、幸福感覺。

半杯水的道理相信大家也聽過，幸福與否，只在乎你怎樣看每件事情。摺紙飛機的過程是需要學習的，摺出一隻飛得遠、飛得高的紙飛機更需要研究，但只要你享受整個過程，你便能感受到當中的快樂、幸福。

希望香港人透過 Well-Being in Hong Kong 網站可再經歷玩紙飛機的快樂，放下消極的情緒及任何負面情緒，再次擁抱人生，感受幸福！ Well-Being in Hong Kong 網站也如紙飛機一樣，乘載著香港人一同往幸福進發！

優異獎
Recognition prize
Wong Wai Kin



在構思這個設計的時候，是希望能透過設計讓大眾也能夠直接感受得Well-Being的感覺。在思考何謂Well-Being的時候有幾個元素是不可或缺的，因此希望能透過Logo就能表達出喜悅、自然和舒適這些的感覺，來感染不同的人，也讓人們可以生活得Well-Being。

其中以花與愛心作為元素，以表達自然、舒適和窩心感覺，而透過這兩個元素便組成出，那代表著Well-Being的花朵。這花朵的設計並非具有平常那些直直的花柄，而是清晰明顯的曲線，仿似懸浮飄動著，同時以此概念讓這花朵帶健康、快樂的訊息向外飄散，感染更多不同的人。

優異獎
Recognition prize
Chan King Cheung Joe



I am a keen yoga practitioner. Practicing balance can strengthen our mental, physical and social health. You must use your mind to keep your balance. Balancing would be a quite heavy physical activity. Training would be more effective in groups which would also encourage more social connectivity.

I consider myself as an IT specialist. Thinking outside the box would help me to find solutions to problems. Taking up the challenge and staying in positive attitude enable me to cope with the stresses of life.

My logo design was inspired by a Yin Yang Symbol of Tai Chi. The lunar and solar eclipses are representing the well-balanced universe. In this logo design, the solar eclipse is visualised but lunar eclipse is abstract. Being mindful is not only the source of wisdom, compassion and creativity but also is the key to improve mental well-being.

The dancing human is infused into the lunar and solar universe. This man symbol provides the message to be active, energetics and positive. Being active is not only promoting our self-confidence but also is the key to promote our physical well-being.

Three leaves are the “one-to-many” connections with the people around you. The three different colours in the leaves are representing the diversified connections. Getting connected is not only building up the interpersonal relationship but also is the key to develop our social well-being.

A well-being life is nurtured through the cultivation of mental, physical and social balance. Such triads of mental, physical and social well-being are incorporated into this logo. This logo design could provide good identity because it is simple, energetic and contemporary.



優異獎

Recognition prize

Yam Tze Ying (Elsie)

In the society, well-being seems to be such a clinical thing – eat good foods, travel, have a social life, develop some hobbies, take medications, exercise, wealthy – we are mind-washed that our own fulfilment is from outside.

To me, well-being is about living a healthy and fulfilling life and first of all is to be ALIVE. My answer to this is totally from inside ourselves, which is LOVE. This is the entire concept of my design – a living and smiley heart.

Maybe same as you, my life is like a tidal wave, sometimes up and sometimes down. The society and our childhood let us think we don't deserve love. We think if we let love in we'll become too irrational and soft. Once upon a time, I even walked away from love because I am so disappointed that it is nowhere to be found.

Luckily, after all kind of success and failure, I learn again how to love myself. If we didn't have love for ourselves, we wouldn't even try to take care of our wellness. Anything we do for the good of ourselves must be an act of self-love. Then after I have enough love to myself, I can give out love to other, and to let it come in. From this point, love becomes infinite. Love is now an ongoing fulfilment in my life.

"Life is a series of pulls back and forth. You want to do one thing, but you are bound to do something else. Something hurts you, yet you know it shouldn't. You take certain things for granted, even when you know you should never take anything for granted. A tension of opposites, like a pull on a rubber band. And most of us live somewhere in the middle... So which side wins? Love wins. Love always wins."

— Mitch Albom, Tuesdays with Morrie

After all, love is the only rational act.

JUST love each other or die.

Using our growing knowledge generated from academic research, along with feedback from experts in their respective fields, we strive to further enrich the information on WBHK as it progresses. Our upcoming article on "Laughter and Humour" is scheduled to be released in February. Please stay tuned to our website and check it out! Meanwhile, may we also invite you to contribute to the 'Journey of Mind' section. If you have anything that has touched your heart, like scenery during travels, a quote from literature or movies, or an ordinary encounter that made you smile, you are more than welcome to share them with us on <http://www.wellbeing.hku.hk/journey-of-mind/> and it may be featured on the website.

Stay tuned and happy sharing!

運用我們從學術研究中不斷增長的知識，以及不同領域專家的重要意見，我們努力進一步豐富WBHK的內容。新文章《笑聲與幽默》將於2月刊登，請密切關注我們的網站！同時，我們亦邀請你參與【心靈蜜語】——如果有什麼東西觸動了你的心，例如：旅行中的風景、書本或電影中的一句說話，甚至是令你會心微笑的一刻，我們都歡迎您通過<http://www.wellbeing.hku.hk/journey-of-mind/> 與我們分享，你同時亦可以欣賞到其他人的作品。

敬請密切留意我們網站，共享快樂！

Research Updates 研究動態

Published Journal Articles in Sep to Dec 2016 在2016年9月至12月期間出版的學術文章

Suicide-related Articles 與自殺有關的學術文章

Yip, P. S. F., Cheng, Q., Chang, S-S., Lee, E. S. T., Lai, C-S. C., Chen, F., ... and Beh, P. (in press). A public health approach in responding to the spread of helium suicide in Hong Kong. *Crisis*.

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. doi: [10.1016/j.jad.2016.09.025](https://doi.org/10.1016/j.jad.2016.09.025)

Huen, J. M., Lai, E. S., Shum, A. K., So, S. W., Chan, M. K., Wong, P. W., ... Yip, P. S. (2016). Evaluation of a Digital Game-Based Learning Program for Enhancing Youth Mental Health: A Structural Equation Modeling of the Program Effectiveness. *JMIR Mental Health*, 3(4), e46. doi: [10.2196/mental.5656](https://doi.org/10.2196/mental.5656)

Other Articles 其他學術文章

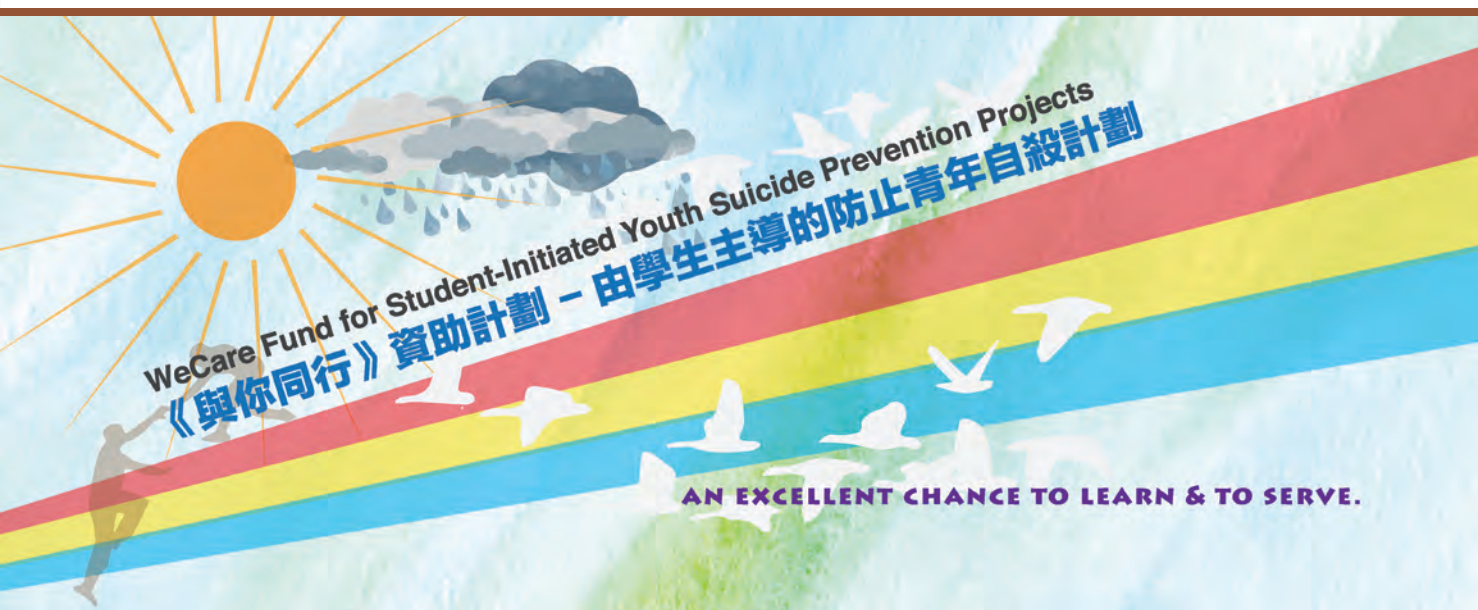
Ho, R. T., Fong, T. C., Cheung, I. K., Yip, P. S., & Luk, M. Y. (2016). Effects of a Short-Term Dance Movement Therapy Program on Symptoms and Stress in Patients With Breast Cancer Undergoing Radiotherapy: A Randomized, Controlled, Single-Blind Trial. *Journal of Pain and Symptom Management*, 51(5), 824-831.

Huggins, R. M., Yip, P. S., & Stoklosa, J. (2016). Nonparametric Estimation of the Number of Drug Users in Hong Kong Using Repeated Multiple Lists. *Australian & New Zealand Journal of Statistics*, 58(1), 1-13.

Stoklosa, J., Hwang, W. H., Yip, P. S., & Huggins, R. M. (2016). Accounting for contamination and outliers in covariates for open population capture–recapture models. *Journal of Statistical Planning and Inference*, 176, 52-63.

Newspaper article published in Sep to Dec 2016 在2016年9月至12月期間出版的報章撰文

Date 日期	Authors 作者	Title 標題	Newspaper 報章
07/09/2016	葉兆輝	世界防止自殺日—連繫、溝通和關心	明報
10/09/2016	Paul Yip	A caring, connected society will guard against suicide	South China Morning Post
22/09/2016	葉兆輝、梁穎姿、沈君瑜	你願意踏出一步嗎	信報
22/09/2016	程綺瑾、黎翠珊、葉兆輝	最後的說話教給我們的事	明報
30/09/2016	Paul Yip	The world should aim high, and seek to eliminate suicide	South China Morning Post
30/09/2016	黎淑怡、葉兆輝	零自殺 可能嗎？	明報
19/10/2016	葉兆輝、黎翠珊	生涯規劃與防止學童自殺的反思	明報
19/10/2016	葉兆輝、伍寶雪	防止學生自殺 4方面建保護網	經濟日報
03/11/2016	Qijin Cheng, Paul Yip	Poignant suicide notes show how teens in Hong Kong are crumbling under the burden of expectations	South China Morning Post
26/11/2016	Paul Yip	Preventing student suicide is not just about reforming Hong Kong's education system	South China Morning Post
31/12/2016	葉兆輝、程綺瑾	防止學生自殺工作任重道遠	信報



Upcoming Events 活動預告

WeCare Fund for Student-Initiated Youth Suicide Prevention Projects – Best Practice Award Presentation Ceremony

The Best Practice Award Presentation Ceremony of WeCare Fund for Student-Initiated Youth Suicide Prevention Projects will be held on the 22nd February, 2017. Three outstanding projects will be further granted with HK\$50,000, HK\$30,000 and HK\$20,000 for champion, first-runner up and second-runner up award respectively to sustain or extend their projects. The use of these funding will be focusing on suicide prevention and promoting mental well-being of the young adult population among universities or publicly in the society of Hong Kong.

The aim of this funding is to encourage post-secondary students to create, initiate and deliver mental health related projects on university campuses; to implement student-initiated projects with the support of professional advisors; to foster positive emotions among universities/public; and to enhance public awareness on mental health issues.

Date: 22nd February, 2017 (Wednesday) Time: 5:30pm - 7:00pm

Venue: Social Sciences Chamber, 11/F, The Jockey Club Tower, Centennial Campus HKU

Enquires: Ms. Michelle Leung Tel: 2831-5221 Email: leungwg@hku.hk

《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

《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將於2017年2月22日舉行。三個傑出計劃將會被挑選為「卓越實踐計劃獎」的冠軍、亞軍及季軍，並分別額外獲得港幣五萬元、三萬元及二萬元的資助用作維持和擴展其計劃。所有額外資助將用於以防止青年自殺計劃為主，同時亦包含公眾教育及活動作為其中的計劃元素。

《與你同行》資助計劃的目的是協助大專生於大學校園內去主導、建立、及提供精神健康相關的活動，透過專業人員指導，培養校園的積極情緒，及加強青年大眾對精神健康的關注。

日期：2017年2月22日（星期三） 時間：下午五時三十分至七時

地點：香港大學百週年校園賽馬會教學樓11樓社會科學學院議事廳

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