



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



Working Together 同心協力

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Message from the Director

總監的話



“To those who have lost their lives in suicide, to those who struggle with thoughts of suicide, to those who have made an attempt on their lives, to those caring for someone who struggles, to those left behind after a death by suicide, to those in recovery, and to all those who work tirelessly to prevent suicide and suicide attempts in our nation. We believe that we can and we will make a difference.”
– Dedication of the US 2012 National Strategy for Suicide Prevention.

According to the latest World Health Suicide Report, there are about 800,000 deaths by suicide worldwide every year; more than 60 per cent of these are in Asia. Reducing the suicide rate has been included as one of the 17 sustainable development goals proposed by the United Nations.

The increase in suicide among young people has become an emerging problem both in Hong Kong and globally. Adolescence is a critical and sensitive stage of development as teenagers adapt to changes in life, learning environment, friends and for some, parental separation. Some are more susceptible to being influenced by their external environment, and are less emotionally stable, which may lead them to behave impulsively. The Centre is working with the other stakeholders including YouTubers in Social media to engage those in need.

In the past, youth in the school system had a lower suicide rate than those who are working or unemployed for the same age cohort. However, the gap is disappearing and there is not much difference in the suicide rate among young people, regardless of whether they are in the school system or not. In addition to the various difficulties teenagers face, students' feeling of anxiousness and uncertainty about examinations and the future

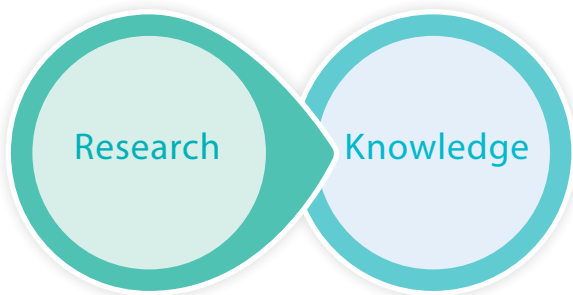
have become more intense. Parents regard academic achievement as the most important indicator of a child's success, regardless of the child's disinterest in, or struggles with, their schoolwork. Sometimes, it is the mindset of both students and parents that limit children's pursuit of their own interests.

In addition, the exam-oriented learning environment is not aligned with the goal of cultivating and promoting students' mental wellness. The school system needs a systemic change as well as an increase in individual support to promote the mental well-being of our youth and to cater to children with different talents and interests. If our young people can't see any hope or find practical means to change their current situation, they will be prone to depression and anxiety.

Despite the acclaimed better learning environment in Finland, Australia and the US, the suicide rates among young people in those countries are higher than that of Hong Kong, especially among males. They also show a higher prevalence of activities that place them at increased risk, such as drug and alcohol abuse. This indicates that a better academic environment alone does not result in a lower student suicide rate. Nevertheless, creating more space in the school curriculum would benefit students and teachers as well. I truly believe teach less and learn more.

Also, it is unfortunate that most suicide prevention programmes in Hong Kong and the other nearby regions focus on clinical intervention. And, yet, there is an acute shortage of clinical resources to treat depression and mental illness. Thus, an integrated approach is very much needed for effective effort.

A knowledge Hub



It is important to promote research, knowledge exchange and training to enhance mental wellness and suicide prevention. Research on suicide will generate the much-needed information to help formulate effective, focused and evidence-based suicide prevention and wellness enhancement programmes. The findings of research on suicide can then be disseminated to the community to increase awareness of the importance of mental wellness, destigmatise suicide and encourage people to seek help. We need innovative and creative solutions. Prevention rather than cure, wellness over illness, are of the essence.

Recent developments in artificial intelligence and web-based programmes open a new window of opportunity to promote mental wellness. These include AI algorithms that help identify people who are stressed based on social media posts to trigger timely intervention and online

programmes that enhance mental well-being. This requires the concerted efforts of an interdisciplinary team with expertise in youth development, mental health, e-learning design, psychological and educational assessment, big data and computer science. The Centre is gathering a group of experts in this area to meet the challenge. This year, the theme for World Suicide Prevention Day on September 10 is "Working Together to Prevent Suicide". Given that suicidal behaviour is a complex interaction of individual factors and socioeconomic and environmental factors, and because our young people face increasing challenges, all stakeholders in the community must work together on suicide prevention.

Although there is no magic solution to suicide, prevention efforts would be more effective if the whole community works together to promote wellness for everyone.

In this newsletter, we update you some of the latest development of the Centre, we hope to innovate suicide prevention efforts and engage community stakeholders. Working together can and will make a difference.

Paul YIP

Director, Hong Kong Jockey Club Centre for Suicide Research and Prevention at the University of Hong Kong

“給 那些因自殺而過身的，那些與自殺念頭掙扎中的，那些曾經企圖結束自己生命的，那些正在照顧掙扎者的人，那些因自殺事件而被遺留下的，那些康復中的，以及那些不遺餘力為預防自殺付出的人士－我們相信可以，亦能因知識和關懷去改變生命。”

根據世界衛生組織的最新自殺數據，全球每年有80萬以上的人自殺，當中有超過60%發生在亞洲地區。減低自殺率亦是聯合國訂下的17項可持續發展目標之一。

香港的整體自殺率由2003年歷史性高位，每10萬人口的18.8人下跌至2017年每10萬人口的12.4人。然而年輕人自殺的上升趨勢則是香港，以及全球所關注的問題。

青少年是一個關鍵和敏感的成長階段，需要適應學業，人際關係等的生活轉變。近年亦因離婚家

庭的增加而導致家庭支援減少。有些青少年特別容易受到外在環境的影響，情緒比較波動，以致他們較易作出衝動性的行為。本中心正與社區各持份者緊密合作，包括社交媒體中的YouTubers，去接觸和幫助有需要的青少年。

除此之外，從前學校或會是一個預防自殺的屏障，對比年紀相若而已外出工作的，或未找到工作的青少年，在學的青少年自殺率相對較低。然而，這個差距正在消失。學生對考試及前途而產生的焦慮感亦越來越嚴重。有些父母更莫視子女的興趣或才能，只視學業成就為成功的唯一指標。家長和學生有這樣固有觀念的，就會限制了他們實現理想的選擇。

此外，以考試為主的學習環境亦對培育及推廣學生精神健康帶來相當的困難。除了改善學制外，同時亦需要支援及提升年輕人的精神健康。現時

的制度未免缺乏空間去栽培不同興趣及才能的青少年，尤其是那些強項不在學業上的同學。當青年人看不到希望及實際方法去改變現狀時，他們普遍會感到失望和不安。

儘管那些被認為擁有良好學習環境的國家，例如芬蘭、澳洲及美國，青少年（尤其是男性）的自殺率仍然高於香港，亦顯示了他們有更多危險性的行為，就如毒品及酗酒等。這表示僅提供優良的學習環境不足以降低這些國家的學生自殺率。無論如何，我相信若能在教學課程中創造更多空間，學生和教師都會受益良多。

另外，香港及臨近區域的大部份防止自殺項目焦點只放在臨床介入，而資源投放在抑鬱症或其它精神病的臨床治療亦十分短缺。防止自殺實在需要多方面的配合，投放更多資源來建立一個長遠改善精神健康的願景。

整體來說，我們必須以著重研究，知識交流及培訓來推廣精神健康及預防自殺。研究成果則可以為大眾市民提供有效防止自殺及提升精神健康的認知，發展以實證為本的項目。知識交流好比一個引擎將知識轉遞到社區，提升精神健康的重要性，剔除對自殺的負面標籤，及推動求助的行為。預防勝於治療，關顧身心健康而非治療病患，這才是真正的關鍵。

最近的人工智能及網絡為主的計劃為精神健康締造了新的契機。人工智能演算法（AI algorithms）在社交媒體能識辨情緒受困的人，使專業人士可及時介入和支援，而網上計劃則可便捷地提升大眾的精神健康。這些跨學科團隊是包涵了青年發展、精神健康、網上學習設計、心理學和教育評估、大數據和電腦科學的專才。本中心正招聚了這些領域的專家來迎接預防自殺工作的挑戰。



今年世界防止自殺日（九月十日）的主題是「同心協力，防止自殺」。全球五十多個國家和國際防止自殺組織都希望透過不同的活動，喚醒社會對自殺問題的認知，和鼓勵更多人參與有效防止自殺的工作。自殺行為是由個人，社會、經濟及環境等的複雜因素而導致，解決自殺問題需要社會各持份者的共同努力。

今期的通訊闡述本中心在各方面的發展，希望透過研究、知識交流和培訓，與社會各持分者同心協力防止自殺，推動全港市民關注精神健康。自殺的悲劇一個都嫌多，希望大家多走一步，成為別人的守護天使。

葉兆輝，
香港賽馬會香港大學防止自殺研究中心總監



▲ CSRP Team members 香港賽馬會防止自殺研究中心團隊

World Suicide Prevention Day

“Working Together to Prevent Suicide”

國際防止自殺日『同心協力 防止自殺』

World Suicide Prevention Day (WSPD) is observed every year on 10th September to increase the awareness of suicide prevention across the globe. A press conference was held at the Centre for Suicide Research and Prevention (CSRP) on the 10th September, 2018. Aligning with this year's WSPD theme “Working Together to Prevent Suicide”, CSRP has invited a YouTuber, Asha, to share her thoughts and impacts she has made through producing suicide prevention videos on the day. CSRP has been working collaboratively with a few influential YouTubers with positive public image to produce YouTube videos on suicide prevention. This project is funded by The Hongkong Bank Foundation, HSBC's Charitable Trust.

每年9月10日是國際防止自殺日，旨在提升全球各地對防止自殺的意識及關注。香港賽馬會防止自殺研究中心（下簡稱為「本中心」）於2018年9月10日舉行以「同心協力 防止自殺」為主題的新聞發布會。本中心正聯同一些正面形像的YouTubers共同製作防止自殺有關的影片。當天我們邀請了Youtuber, Asha來分享她對製作防止自殺影片的經歷和感想。此計劃由滙豐銀行慈善基金支持。



▲ (left to right) Prof. Paul Yip Siu Fai (Director of the HKU Centre for Suicide Research and Prevention), Asha Cuthbert (YouTuber) and Mr Barry Kwong (Regional Head of Sustainable Networks and Entrepreneurship, Corporate Sustainability, Asia Pacific Region at HSBC)
(由左起) 葉兆輝教授（港大防止自殺研究中心總監），Asha Cuthbert（YouTuber）與 鄭文昌先生（香港上海滙豐銀行有限公司亞太區企業可持續發展部高級副總裁）



A holistic approach to suicide prevention

全面策略防止自殺



New approaches to suicide prevention arise from technological and social change, but overall the goal of saving lives remains the same. In recent years, the Centre for Suicide Research and Prevention (CSRP) has strengthened social partnerships and is pragmatic about the kinds of solutions required to prevent suicides, which may include using new or unconventional channels to spread our message across communities. If the community can work together and be open to innovations, we can stop such tragedies from happening.

隨著科技進步及社會轉變，防止自殺的策略會因而不斷地革新，但拯救生命的目標還是一致的。近年中心加強了與社會各界的合作，以務實的態度推行了不同的防治方法，並採用創新的途徑向社會傳遞防止自殺的訊息。我們相信只要能集結社會各界人士的力量，便能有效地減少悲劇的發生。



Applying social media to raise mental health awareness

透過社交媒體認知精神健康

Facebook, Google and Baidu have all shown interest in preventing suicide, as social media and search engines have become the de facto way for teenagers to access suicide-related information. As of now, whenever people look up suicide-related information online, these platforms will display suicide prevention hotline numbers and messages in their search results.

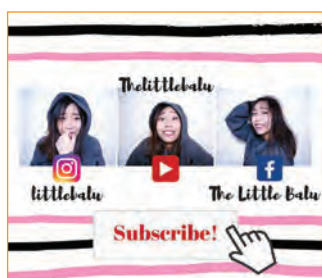
由於網絡媒體及搜尋引擎已成為年青人搜尋與自殺有關資訊的主要渠道，所以促使了我們與Facebook、Google和百度的合作。現在，若任何人於網絡社交媒體搜索與自殺有關的訊息，這些平台便會自動在搜尋結果中顯示出防止自殺的資訊及熱線電話。

With the support of HSBC, CSRP has partnered with some of Hong Kong's most influential YouTubers, such as FHProductionHK, Asha ETC's, the Little Balu, and Andrew Yun. Short films on suicide prevention and promoting mental wellness were co-produced. Research have shown that such clips are more influential and well-received by young people other than suicide prevention videos.

在滙豐銀行的贊助下，本中心與香港盛行的YouTubers，包括：FHProductionHK、AshaETC、The Little Balu、Andrew Yun等共同製作了幾套預防自殺的短片，並上載於YouTube，以傳遞有關精神健康和防止自殺的資訊。研究指出由YouTuber製作的防止自殺短片較其他的更具影響力，且能與年青人產生共鳴。



▲ FH ProductionHK



▲ The Little Balu



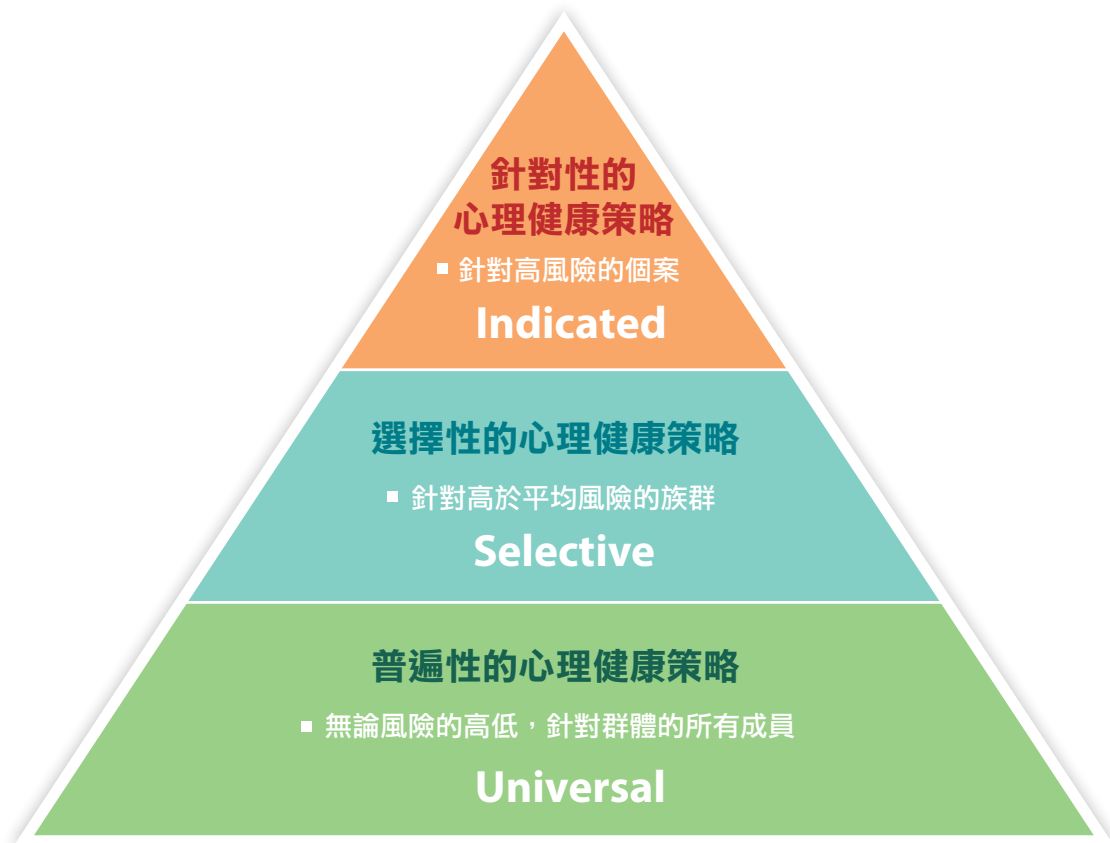
▲ Andrew Yun 網上正能量

Adopting a 'Public Health Approach to Suicide Prevention'

『遵循公共健康原則 協力預防自殺』

The Centre adopts a public health approach to preventing suicide. Data from the Coroner's Court is used to develop a comprehensive surveillance system so that emotionally vulnerable groups can be identified. Furthermore, we run workshops that aim towards destigmatizing suicide and raising mental health awareness in the community. Our collaboration with the news media has also elicited changes in suicide news reporting. The news industry has adopted measures, such as protecting the privacy of the deceased and their families and not publishing such incidents on front pages, to reduce risk of copycat suicides. We are grateful for the enthusiastic support from media professionals and are encouraged by the changes being made. All in all, the concerted effort has culminated in a significant 36.9% drop in the territorial-wide suicide rate, from its historical high of 18.8 per 100,000 residents in 2003 to an estimated 12.6 per 100,000 in 2016.

本中心一直採取以「公共健康」模式來處理防止自殺的議題。我們會透過死因裁判庭的數據，發展一套全面的監察系統以識別高危自殺風險的社群。此外，本中心亦在社區舉辦各種知識交流活動，以減少社會對自殺的標籤及提高社區對精神健康的認識。同時，隨著本中心與新聞媒體的合作，報導自殺新聞的手法有明顯的改善，就如為尊重事主和其家人的私隱，而不在頭版刊登自殺新聞，以避免大眾產生模仿效應。在此，我們非常感謝各傳媒的支持，亦樂於看到報導自殺新聞的手法得以改善。在各界齊心協力下，香港的自殺率（每十萬人計）已由2003年的歷史高位18.8，下降至2016年估計的12.6，累計跌幅達36.9%，成效非常顯著。



Restricting to Suicide Means

限制接觸自殺工具

Making it harder for those at risk to access the particular means to attempt suicide has been shown in research to reduce the number of impulsive suicides. Restricting means creates a window of opportunity for early intervention, maximizing chances for vulnerable to seek help as needed. To reduce suicide by charcoal burning, access to charcoal at supermarkets was restricted. By enlisting the help of all supermarkets to restrict the access of charcoal packs in Tuen Mun, promising results showed a 53.5% reduction in suicides by charcoal burning in Tuen Mun, and an overall drop of 5.7% in Hong Kong's suicide rate during the same period. A similar program has been established in New Taipei City, Taiwan, resulting in a rate drop of similar magnitudes.

Moreover, an integrative suicide prevention program was implemented to tackle an outbreak of visitor charcoal burning suicides in Cheung Chau in 2002. The numbers of visitor suicides reduced from 37 deaths in the 51 months prior to program implementation to 6 deaths in the 42 months post-implementation period. Based on this progress, the scheme was replicated in Eastern and Northern Districts. Post-intervention suicide rates in the two areas dropped markedly. These outcomes show that our program can scale up to meet the needs and realities of larger communities.

The Centre has also worked since 2014 to tackle the spread of suicide by helium inhalation. Many newspaper editors have followed our advice, voluntarily removing references to the use of gaseous substances in suicides. As a result, suicide news headlines have become less explicit, and the use of visual aids in corresponding reports have also limited. Coverage on the identities of the deceased is restrained. Reports on helium inhalation have reduced sharply vis-a-vis to that of charcoal burning. As a result, the number of deaths by suicide has declined.

限制接觸自殺工具是另外一個有效的防止自殺方法，目的是要減少衝動性的自殺行為。延遲或打消自殺念頭才可增加機會讓事主得到適切的介入及幫助。為了有效地減少燒炭自殺，在屯門區的商戶配合下，市民若需要購買木炭，先要通知職員，才可在已上鎖的架上取得包裝木炭，結果顯示該區以燒炭方式自殺的自殺率減少了53.5%，同期香港整體自殺率也下降了5.7%。及後，台灣新北市亦採取相同的方法，結果顯示自殺數字亦同樣大幅減少。

另外在2002年，首個以「社區為本」的預防自殺計劃於長洲推行，此計劃目的是防止遊客在該區燒炭自殺。在計劃實施後，長洲遊客的自殺數字由計劃前的51個月內有37宗減至推行計劃後的42個月內有6宗。有鑒於此成功經驗，我們將「社區為本」的介入方法成功延伸到東區和北區。在各界人士的緊密合作下，兩區的自殺數字有顯著下降的趨勢，再次證明以「社區為本」的預防自殺策略有其功效。

至2014年起，許多報章和傳媒工作者樂意接納本中心的建議，在新聞報導中刪除及避免詳細描述有關氣體自殺的方法，並減少過度渲染自殺的內容，同時，不用聳動的標題和披露死者的個人資料等，來避免蔓延氣體自殺的風氣。相對燒炭自殺的報導，傳媒對氣體自殺報導的篇幅較以前有明顯的下降，從而令氣體自殺得以遏止。



Online engagements

網上參與

We have established websites such as “Little Prince is Depressed” (LPD) (<http://www.depression.edu.hk>) and the CSRP website (<https://csrp.hku.hk>) so that the public can have a basic understanding of our work. The WeCare website (<https://wecare.csrp.hku.hk/>) has been set up recently to provide readily suicide prevention-related information to teachers, parents, webizens, and students. A real-time counselling service was also included in the website for those undergoing moments of crisis. Furthermore, financial support received from the Quality Education Fund has enabled us to develop “Professor Gooley and The Flame of Mind” (www.gooley.edu.hk), an online e-learning program providing an enhanced mental health-learning experience to teenagers and their parents.

These interactive online platforms have generated lots of internet traffic. In particular, LPD had been placing amongst the top ten in the Meritorious Websites Contest for six consecutive years since 2006. It has also received accolades from mental health professionals internationally.

過去本中心建立了不同的網站，包括「憂鬱小王子」(www.depression.edu.hk)和「CSRP網站」(<https://csrp.hku.hk>)等，讓公眾透過網上平台認識更多本中心的工作。近年，本中心亦建立了「與你同行」網站(<https://wecare.csrp.hku.hk>)，為老師、家長、網民、學生或其他有需要人士提供相關的預防自殺資訊，還有一些實用的錦囊可供下載，亦附設一個「即時對話」的功能，為有需要人士提供即時輔導服務。在優質教育基金贊助下，我們在2012年開展了一個名為『古里教授與思維之火』的心理健康提升網上學習課程(<https://www.gooley.edu.hk>)，為提升青少年及其家長的心理健康素質。

這些網站不僅獲得公眾的重用，其中「憂鬱小王子」的網站更在2006年起連續六年在『優秀網站競賽』中獲得前十名，同時也獲得其他學者及從事精神健康服務人士的讚譽。



Recognitions

外界嘉許

Our efforts are recognized by the HKSAR Government and international scholars. Professor Yip was appointed as the chairman of the Committee on Prevention of Student Suicides in 2016, and the Committee Report now serves as a useful reference for student suicide prevention policy for the Government. The 2017 HKU Knowledge Exchange Excellence Award bestowed upon us in 2018 celebrates the suicide prevention work we have carried out in local communities.

本中心的努力已得到了香港特區政府和國際的認可，葉教授於2016年獲委任為「防止學生自殺委員會」的主席，其報告已成為防止學生自殺政策制定的參考。此外，本中心亦於2018年榮獲香港大學頒發《2017年度知識交流卓越獎》，以表彰本中心對社區預防自殺的貢獻。



KE Award Ceremony 知識交流頒獎典禮

Engagements with partners

合作夥伴的參與

The Hong Kong Jockey Club

The Jockey Club Online Youth Emotional Support Project — Open Up

香港賽馬會

『賽馬會青少年網上情緒支援服務 — Open 嘢』

The Jockey Club Online Youth Emotional Support Project, Open Up, has recently held its first inaugural advisory committee meeting at the Service Centre in Aberdeen. The Committee consists of representatives from the Government, academia, commercial, technology and education sectors providing professional advice to ensure the Programme model and activities suit the needs of at-risk youth, and that the required technology solutions are feasible and implemented successfully. At the end of the meeting, committee members were given a demo and a guided tour of the Open Up Service Centre.

『賽馬會青少年網上情緒支援服務』首次諮詢委員會會議於『Open 嘢』香港仔服務中心順利舉行，委員會成員分別來自政府、學術界、工商、科技、及教育界。他們為計劃提供專業意見，讓服務可以配合高危青少年的需要，並給予此計劃中所需的技術，達至成功運作。會議後，服務中心職員亦向各委員示範及講解服務中心的日常運作。



▲ The Jockey Club Online Youth Emotional Support Project — Open Up advisory committee
『賽馬會青少年網上情緒支援服務』 — Open 嘢諮詢委員會成員

Quality Education Fund (QEF)

Thematic Network on Developing Students' Positive Attitudes and Values

優質教育基金

《培養學生正面態度和價值觀》主題網絡計劃



▲ QTN executive committee and CSRP team members

《培養學生正面態度和價值觀》主題網絡計劃委員會及本中心QTN團隊

The Quality Education Fund Thematic Network (QTN) on Developing Students' Positive Attitudes and Values project team upholds the importance of promoting well-being in primary and secondary schools across Hong Kong. In building "wellbeing-first" schools, teacher-training workshops were conducted in participating schools, so as to cultivate positive attitudes and values amongst students. An executive committee consists of an advisory team of principals, school teachers, members from the Quality Education Fund, business advisors, and mental health professionals, with the aim of planning and implementing an effective suicide prevention and mental health education program. QTN consists of 8 core schools, 20 partner schools and more than 70 network schools in 2017. Our future aim is to become a mental health and suicide prevention resource hub, providing evidence-based mental wellness education programs across schools in Hong Kong.

在優質教育基金撥款下，本中心研發了《培養學生正面態度和價值觀》主題網絡計劃(QTN)，向參與本計劃的中小學推廣精神健康。為推行「精神健康為先校園」及增強老師對課程的認識，QTN團隊致力為參與學校舉行教師培訓工作坊，並協助老師在校園中培養學生正面態度及價值觀的理念。QTN計劃委員會的成員包括有核心學校的校長、優質教育基金、商界及教育界的代表，他們共同策劃和推行有效的精神健康課程。在2017年，QTN一共在8間核心學校、25間夥伴學校及70間以上的網絡學校推行此計劃。本中心竭力成為香港預防自殺的資源中心，為全港學校提供以實證為本的精神健康課程。

The Keswick Foundation A Project for Mental Health For Youth

凱瑟克基金

關顧您身心 — 青少年精神健康提升計劃

We are delighted that the Keswick Foundation has joined the suicide prevention cause, supporting a three-year plan on promoting mental health literacy amongst young Hong Kongers. This project involves using a mobile application to raise the youth's mental health literacy. Chairman of the Executive Committee Mrs. Martha Keswick and other members of the Board made a recent visit to our Centre in May. We hope that this cross-sector partnership can bring positive change to young people.

我們非常感謝凱瑟克基金對防止自殺工作的支持，讓我們能夠開展一項為期三年的香港青少年精神健康提升計劃。是次計劃的目的是要透過手機應用程式提升青少年對精神健康的認知。基金會執行委員會主席Mrs. Martha Keswick及其機構的核心成員於五月中旬親臨本中心，為團隊打氣。希望此跨界別的合作能為青少年帶來正面的影響。



▲ Mrs Martha Keswick (Chairman of Executive Committee) (centre), her team and CSRP team members

Mrs Martha Keswick（執委會主席）（中間位），及其團隊，和本中心同工

Social Welfare Department (SWD) Consultancy Study on Child Care Services

社會福利署 幼兒照顧服務發展研究

Every year Hong Kong is blessed with about 60,000 babies being born. However, less than 2,000 childcare places are reserved for children under two years of age, causing a long wait amongst parents as they search for someone to look after their children. The consultancy team is recommending the Government commit more resources to childcare services and embrace a quality hybrid education and childcare service model that fulfills the needs of parents.

The study was commissioned by the Social Welfare Department (SWD) to review the overall provision of daycare services, assess the current policies and present long-term recommendations on the issue. Ms. Pang Kit-ling, SWD Assistant Director (Family and Child Welfare) is working closely with the consultancy team to complete the project. She visited our Centre in June 2018.

全港每年約有60,000名新生嬰兒誕生，但2歲以下的幼兒照顧服務卻只少於2000個名額，令在職家長為新生嬰兒尋找照顧服務困難重重。本中心研究團隊建議政府應為幼兒照顧服務提供更多資源，開設有質素的綜合幼兒照顧及教育服務，以滿足在職家長的需求。

是項研究由社會福利署委託，以探討日間幼兒護理服務的分佈，和審視現今有關政策及長遠的發展。社會福利署助理署長（家庭及兒童福利服務）彭潔玲女士於本年六月到訪本中心，現正積極與中心相關同事一起緊密合作完成該研究項目。



▲ Ms. Pang (SWD Assistant Director)
彭潔玲女士（社會福利署助理署長）

Hong Kong Police Force (HKPF) “Project WiseAgers”

香港警務處 「智健耆兵」計劃

As the population of Hong Kong ages, society becomes more concerned about the mental wellness of its senior citizens. In response, the Wong Tai Sin District (WTSD) HKPF is launching “Project WiseAgers” within the district, which has a sizable elderly population. A joint-collaboration with the HKPF, Our Lady of Maryknoll Hospital, the Senior Citizen Home Safety Association, and other stakeholders, this pilot aims to augment elderly safety and mental wellbeing. Programs such as training for police officers in establishing communications with seniors and home visits will be provided. WTSD Commander Ms. Anna Tsang is looking forward to improving care and support for seniors within the community. The Centre will be evaluating its effectiveness.

Furthermore, Professor Yip has been re-appointed as the Honorary Senior Research Fellow, to continuing conduct studies to refine policing practices.

隨著人口老化，社會各界都關注長者的身心需要。為此，香港警務處黃大仙警區在長者人口稠密的黃大仙區推展「智健耆兵」試驗計劃，並聯同本中心、聖母醫院、長者安居協會等，加強支援區內長者的安全及精神健康。計劃包括提升前線警務人員與長者溝通的技巧、關懷長者探訪等。黃大仙區指揮官曾艷霜女士期望藉著本計劃，得以提升對區內長者的關顧及支援，本中心同時亦為此計劃進行成效評估。

此外，葉教授再次獲委任為名譽資深研究學人，持續研究以優化警隊的實務工作。



▲ Ms. Edwina Lau, Director of Police College and Professor Yip
警察學院院長劉賜蕙女士及葉教授

Microsoft Hong Kong 微軟香港有限公司

Our research team visited Microsoft's Hong Kong headquarters last December to learn about the company's latest developments in artificial intelligence (AI) and cloud-based Azure Services. This experience made us more aware of the potential for using AI in engaging the emotionally vulnerable.



中心研究團隊於去年十二月到訪微軟香港有限公司，了解最新的人工智能（AI）及雲端服務應用，並提升了我們對運用人工智能科技來接觸弱勢社群的可能性。

Children's Council 兒童議會

The theme of this year's Children's Council revolves around child suicide. Several Children Councilors visited the Centre in mid-August to learn about the in-depth issues and prevailing recommendations on suicide prevention targeting children and adolescents.



本屆兒童議會的主題是環繞兒童自殺及制定預防兒童自殺的措施，了更深入了解兒童自殺的問題，在八月中旬，兒童議會的成員亦曾到訪本中心，藉此希望能夠深入了解兒童及青年人的狀況，及有關的預防自殺策略。

#Power Up

#集氣照片分享行動

潮語「集氣」出自於日本漫畫《龍珠》，現引申成為他人加油、打氣的意思。

本中心過去曾舉辦了一個照片分享主題活動「#集氣 #PowerUp」，以營造一個充滿關懷和正能量的香港。想了解更多，請瀏覽網站 <https://csrp.hku.hk/powerup/>

感謝所有參加者的支持！



In popular culture, the term "Power Up" originated in the Japanese Manga Series, Dragonball. It is used to express support and encouragement for others.

We launched the "#PowerUp" sharing campaign, a photo messaging online platform to foster compassion and positive spirits Hong Kong. To learn more about the campaign, please visit <https://csrp.hku.hk/powerup/>

We would like to take this opportunity to thank our participants!

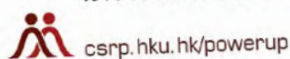
PowerUping Students taking Public Exams

為應屆考試同學集氣

In March, we PowerUped all students who would be taking their public exams! Here are the winning entries: 三月份的主題是為應屆考試同學集氣！以下是得獎者的作品：



I hope her sweet smile can empower and spread love to those who are having a hard time.



PowerUp🔥 submission by @yankiuwongg

A child at a remote rural school smiling as she answered the teacher. Their genuine smiles at simple things has taught me, despite hardships, to hold on to moments that make us happy. When things go wrong, don't give up hope. There is always a silver lining. I hope her sweet smile can empower and spread love to those out there who are having a hard time.

Guizhou, China

December 2016

集氣PowerUp🔥 得獎者 @yankiuwongg 的作品

這是山區學童回答老師提問時的甜美笑容。他們因著小事而展露出的真摯笑容，教曉我無論遇上甚麼困難，我們都可捉緊快樂的一刻和盼望。事情縱不如意，但心境也可如常。雨後必有陽光。我盼望她的笑容，可以為正在困苦中的人，帶來一點愛和力量。

中國貴州

二零一六年十二月

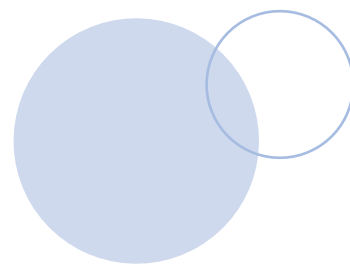
PowerUp 🔥 submission by @allthatshazy

Your perspective... matters a lot. More than you think.
So, please believe that the light is really just on the
other side of a very, very small mountain. Breathe. Tell
yourself that you have done more than enough. Better
moments are yet to come. 😊



集氣PowerUp 🔥 得獎者 @allthatshazy 的作品

你對事情的觀點與角度是十分重要的。光明，就在這座小山的另一邊。深呼吸，並對自己說：「你已經盡了力。請相信美好時刻將會來臨。」😊



世界那麼大，考完試就可以去探索啦！
加油啊！

PowerUp 🔥 submission by @sammihuiii

It's a big world out there, go explore it after exams!
You can do this!

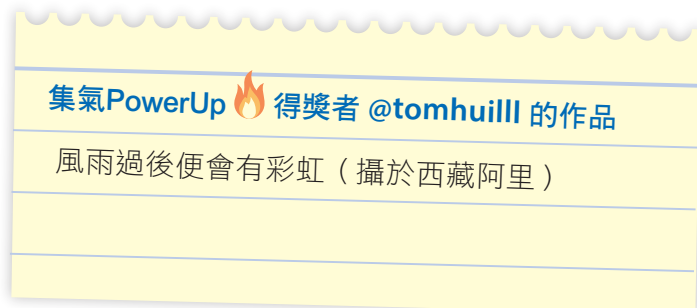
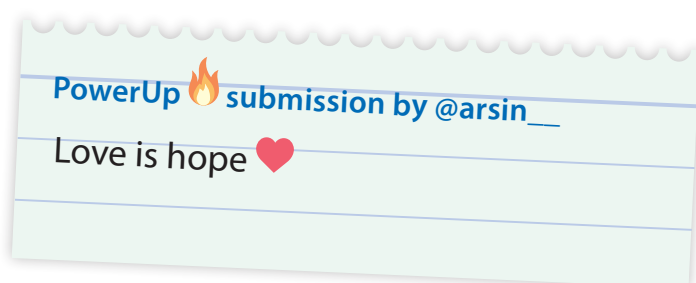
集氣PowerUp 🔥 得獎者 @sammihuiii 的作品

世界那麼大，考完試就可以再去探索啦！
加油啊！（攝於緬甸）

Hope 希望

In April, our focus was on Poweruping one's hope, optimism and self-confidence. Indeed, hope is the main element to keep us alive and live well. Let's check out the work of our winners.

四月份的主題是為提升希望，樂觀和自信心集氣。希望是生命主要的元素，令我們的生活更美好！以下是得獎者的作品。



天氣陰晴變幻不定，
仍無礙釣魚翁氣定神閒的興致。



csrp.hku.hk/powerup

PowerUp 🔥 submission by @April Chan

The fisherman cannot predict the weather, yet he still embraces his routine. Sometimes we cannot save ourselves from unmerry situations, yet we can always change our mindset.

集氣PowerUp 🔥 得獎者 @April Chan 的作品

天氣陰晴幻變不定，仍無阻釣魚翁氣定神閒的興致。生活，路不轉，人轉。





CSRP is on Instagram! Follow us @hkucsrp

中心的Instagram現已啟用！歡迎追蹤@hkucsrp

Don't forget to check out the PowerUp photos on our Instagram page @hkucsrp. This platform is set up to spread our faith to young people. We also encourage sharing the above posts with your personal network. Everyone can be a gatekeeper for their friends and family. Let's build a better community together!

The right amount of stress can be a source of motivation, but too much of it will produce an opposite effect. Don't hide your feelings and try finding someone to talk to.

And to their families, teachers, elders, and friends: please take action in caring about their mental wellbeing.

Together we provide a sanctuary for our students.

#WeCare #SuicidePrevention

以上的作品和打氣的留言已經於本中心的Instagram平台發布，歡迎瀏覽。我們希望通過此平台與年青人交流，更希望大家可以在個人網絡上分享這些正面訊息。相信每個人也是身邊朋友和家人的生命守護者，讓我們攜手建立一個更美好的社區吧！

適當的壓力可以是推動力，但過多的壓力會有負面的影響。當你感到困擾時，請別埋藏在心裏，嘗試向其他人傾訴一下。而作為學生身邊的家人、師長或朋友，請多行一步，主動去關心學生的身體及情緒狀況。

我們希望與社會各界手，守護學生。

#WeCare #SuicidePrevention #與你同行



2017 HK Altruism Index

2017年香港助人指數



The Centre held a press conference in June 2018 to present the latest city-wide survey findings on altruism and well-being.

The Index gained traction when it was first released in 2014. In 2016, the Chow Tai Fook Charity Foundation sponsored us to conduct a two-year territory-wide panel survey on altruism. 3016 Hong Kong residents participated in the study during the first year, and an 1185-respondent follow-up was conducted in 2017 to oversee changes.

The average altruism score for Hong Kong residents in 2017 was 5.12 out of 10, which showed a slight decrease compared to that of 5.25 in 2016, suggesting there is room for improvement. The Altruism Index consists of four dimensions – “Volunteering”, “Monetary Donation”, “Blood and Organ Donations”, and “Offering Informal Help”. Over the past two years, the first three mentioned dimensions have recorded participation rate decreases. “Volunteering” dropped four percentage points, to 47.3% in 2017, while “Offering Informal Help” fell from 98.0% to 97.1%. “Monetary Donation” also reduced slightly, from 85.1% to 83.5%. “Blood and Organ Donations” is the only dimension that has recorded an increase, and is up 2.7 percentage points, to 52.7%. As the study also showed that the altruism score and the quality of life are significantly positively correlated, we encourage the public to actively participate in helping others.

本中心於2018年6月舉辦新聞發布會，在會上公布本港最新有關助人指數的調查研究結果。

中心在2014年首次公布助人指數後，獲得廣泛關注。2016年獲得周大福慈善基金贊助，再次進行為期兩年的追蹤調查，同年，訪問了3016位本港居民，並於2017年追訪了其中1185位受訪者，從而了解他們在過去一年間的變化。

以滿分 10 分來計算，研究發現香港居民 2017 年的助人指數平均分為 5.12 分，相對 2016 年的平均分 5.25 分有輕微下降，在助人行為方面實在仍有許多進步空間。助人指數包括了四大範疇，分別為「義工服務」、「慈善捐款」、「捐血和器官捐贈」，以及「日常義助」。過去兩年，本港社會對義工服務的參與率從51.3%下降至47.3%；日常義助亦從98.0%微跌至97.1%；慈善捐款同樣從85.1%輕微下降至83.5%；而在捐血和器官捐贈方面，是唯一一項有上升的。該參與率上升了2.7%，即從50.0%上升至52.7%。研究顯示，助人指數與生活質數是呈正面的相互關係，因此，本中心鼓勵香港大眾市民應積極參與助人活動。

Retired nurse Charles Law: “I am more blessed by giving than receiving”

義工Charles Law：別人得到幫助，是自己的福氣



We invited Charles, a retired nurse, to share his volunteering experience during the press release. He has been actively helping others in his free time, volunteering at charities and donating blood frequently. After retirement, he joined a medical volunteering corps in Mainland China, helping doctors perform orthopedic surgeries for children born with a cleft lip or palate. Charles mentioned that he finds great satisfaction in helping these children regain confidence. He believes in the Chinese adage, “It is more blessed to give than to receive”, and considers being able to help within his capacity a great blessing. He encourages everyone to apply their skills to benefit the less fortunate.

For more information about the 2017 Hong Kong Altruism Index release, please visit:
<https://csrpf.hku.hk/altruismindex-2017/>

於新聞發布會上，我們邀請了一名退休護士 Charles Law 分享他的助人經歷。他一直踴躍參與不同的助人行為，例如恆常捐血、參與義務工作等等。Charles 退休後仍善用他的專業知識，加入義務醫療隊到內地協助為患有兔唇裂顎的小童進行手術，他表示手術不僅增加小童的自信心，亦令他很有滿足感。Charles一直本著「施比受更為有福」的信念，強調在自己的能力範圍內，幫助有需要的人是自己的福氣。因此，他鼓勵大家可以運用自己的技能為有需要的人帶來祝福。

有關更多2017香港助人指數發佈會的資訊，請預覽：<https://csrpf.hku.hk/altruismindex-2017/>

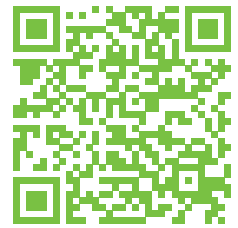
Mobile Application “Helppiness” 「好心地」手機應用程式

Besides the Altruism Index Survey, CSRP also developed “Helppiness”, the first mobile application in Hong Kong to provide information on helping opportunities, including volunteering, Flag Day donation, blood donation, and daily acts of kindness. Users can also use the app to search and add upcoming helping opportunities. They can also upload information to promote informal helping in society.

除了香港助人指數調查，中心早前亦特別研發了香港首創的義助資訊平台——「好心地」手機應用程式，提供有關義工服務、籌款活動、賣旗日、捐血，以至日常善行的資訊。用家不僅可以使用程式搜尋和記錄不同的助人資訊，還可以自主上載和分享資訊，令更多人可以更容易地發起助人活動。



- Mobile phone users can download ‘Helppiness’ by scanning the QR code on the bottom right, or by searching “Helppiness” in the Google Play Store for Android users or the App Store for iPhone users. The app is available in traditional Chinese and English. For more information about Helppiness, please visit <http://csrp.hku.hk/helppiness>.



- 手機用戶可以掃描右方的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。程式有繁體中文及英文兩種語言可供選擇，並適用於Android及Apple兩種平台。想獲得更多資訊，請瀏覽<http://csrp.hku.hk/helppiness>。

“Overcome evil with good” - A sharing from “Helppiness” user Miss Lee 以善制惡——「好心地」用家李小姐的分享

I participated in the Helppiness mobile app project due to my interest in academic research and curiosity about altruism studies. Through the app’s “volunteer opportunities” section, I found a volunteer opportunity that offers me a chance to understand and serve people in the autistic spectrum. This was a rare opportunity for us volunteers to meet and greet them, receiving specialized training along the way. After training, we were given a chance to plan and design activities for them.

我對於學術研究向來感興趣，而且對有關助人的課題感好奇，因此一直參與這個「好心地」計劃。我在「好心地」這個應用程式中，發現有一個可以加深瞭解及關注自閉症人士需要的義工服務。當中最吸引我的就是服務一群平時較少機會接觸的自閉症人士，過程中更獲得專業訓練。經過訓練之後，我們還有機會發揮創意去籌備活動予他們參與。

Poverty Alleviation

扶貧策略

According to the 2016 Hong Kong Poverty Report, an estimated 1.35 million Hong Kongers, or one-fifth of the population, are living below the breadline.

根據「2016年香港貧窮情況報告」，本港約有五分之一的人口（約135萬人）是生活在貧窮線以下。



▲ Guest of Honor – The Hon. Matthew Cheung, The Chief Secretary for Administration

主禮嘉賓：政務司司長張建宗先生



Symposium on Poverty Alleviation Strategies in Mainland China, Taiwan, Hong Kong and Macau

兩岸四地扶貧研討會

In 2014, we were commissioned by “Chief Executive’s Community Projects” to conduct a research project on poverty alleviation in the City. The findings were presented in July 2018 at the Symposium on Poverty Alleviation Strategies in Mainland China, Taiwan, Hong Kong and Macau: Challenges and Way-forward. The event brought together scholars from the Cross-Straits Region to cross-examine poverty situations in different local contexts and propose effective alleviation solutions. The Chief Secretary for Administration, the Honorable Matthew Cheung, was invited to give the opening remark. Vibrant discussion amongst audience and speakers on the causes of poverty engendered many valuable insights into the future planning of poverty eradication policies.

本中心於2014年獲得「行政長官社會資助計劃」來進行一項有關紓緩貧窮措施的研究。研究成果已在本年7月於「兩岸四地扶貧研討會：挑戰與前瞻」上發表。是次研討會邀請了中、港、台、澳的知名學者探討當地的貧窮問題，及提出有效應對貧窮的措施及方案，同時，更邀請了政務司司長張建宗先生作為是次研討會的主禮嘉賓。在研討會上，各嘉賓與參加者均積極討論貧窮成因，為制定扶貧政策帶來新見解。



▲ (left to right) Dr. Zhang Yi, Professor Zhang Qi, Professor Paul Yip, Chief Secretary Matthew Cheung, Professor James Hsueh, Dr. K.S. Chan, Professor William Hayward.
(由左起) 張一博士、張琦教授、葉兆輝教授、政務司司長張建宗、薛承泰教授、陳建新博士、夏偉立教授

Hong Kong Book Prize

香港書獎

Judges from the 11th Hong Kong Book Prize Selection Committee have awarded a Book Prize to a publication on poverty alleviation (roughly translated as “Inconvenient Truths of Poverty in Hong Kong”), written by Professor Yip.

The lasting impacts of poverty cannot be underestimated, yet knowledge about alleviation strategies and their effectiveness is still lacking in society. Professor Yip uses a data-driven approach to examine poverty in Hong Kong and offers some poverty eradication solutions to cap its rise. A revised edition is now available. Let the data speak!

葉教授的最新中文著作《香港貧窮問題真相》獲大會評委選為《第十一屆香港書獎》年度好書之一。

貧窮問題影響深遠，但社會對扶貧方針及成效缺乏認知。透過研究數據，深入淺出的探討日趨惡化的貧窮問題，同時亦建議可行的解決方案。本書最近推出增訂本。讓數據說出真相！



書名：《香港貧窮問題真相（增訂版）》

作者：葉兆輝

出版社：中華書局（香港）有限公司

I S B N：9789888513147

Newest Update

最新消息



We are proud to announce that "Open Up" has launched its 24/7 service operation on October 1. Help-seekers of age 11 – 35 can now chat with counsellors via SMS, WeChat and the official web portal (Facebook Messenger and WhatsApp to be added later) regarding their study, family, work and relational induced emotional distress. The official launch ceremony was held on October 7, 2018 (Sunday) officiated by The Hon Matthew Cheung Kin-Chung, GBM, GBS, JP, Chief Secretary for Administration, Mr. Leong Cheung, Executive Director, Charities and Community, The Hong Kong Jockey Club and Dr. Steven Cannon, Executive Vice-President (Administration and Finance), The University of Hong Kong.

The ceremony was a success generating much positive media attention with about 21 news articles circulated following the event and the next day. More information on the ceremony can be found in the link: <http://csr.p.hku.hk/openup2018/>.

全港首個全天候24小時為11至35歲青年提供情緒支援服務的網上平台「Open嘢」已於十月一日正式投入服務，求助者現時可以利用即時訊息，透過社交媒體，包括SMS，WeChat以及計劃的官方網站進入平台與輔導員傾談，共同面對來自學業、家庭、工作、人際關係等引致的情緒困擾，其他平台如Facebook Messenger和WhatsApp將陸續投入服務。

計劃啟動禮於十月七日順利完成，當中邀請到政務司司長張建宗先生作主禮嘉賓主持、香港賽馬會慈善及社區事務執行總監張亮先生及香港大學行政及財務副校長康諾恩一同進行啟動禮的儀式，並得到本地21間傳媒廣泛正面報導，而有關啟動禮及發佈會資料可以於以下網址查閱：<http://csr.p.hku.hk/openup2018/>.



▲ (left to right) Mr. Chan Ka Yu Brian, Prof. Paul Yip, Dr. Steven Cannon, The Hon Matthew Cheung Kin-chung, Mr. Leong Cheung, Ms. Maggie Chan, Mr. Andy Ho, Mr Chan Kin-hung Charles
(由左起) 陳家瑜先生, 葉兆輝教授, 康諾恩博士, 張建宗先生, 張亮先生, 陳美潔女士, 何永昌先生, 陳健雄先生

Volunteers play a significant role in "Open Up" and we hope to recruit 450 volunteers over the 3 years of service operation to support youth in need. 35 volunteers have completed their training in September and started the 24-hour operation as of October 1. Recognizing their dedication and contribution, these volunteers were awarded a certificate at the launch ceremony. Please sign up to be an "Open Up" volunteer via <https://www.openup.hk/volunteer.htm>

義工在計劃擔當重的角色，本計劃將會於3年服務期間招募450名義工。35名義工已於今年9月完成訓練，並於10月1日正式投入24小時服務。在啟動禮中他們獲頒發義工畢業證書，予以肯定。有關義工招募詳情可參看：<https://www.openup.hk/volunteer.htm>

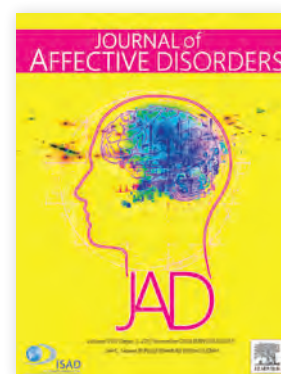
Newest Publications

最新研究

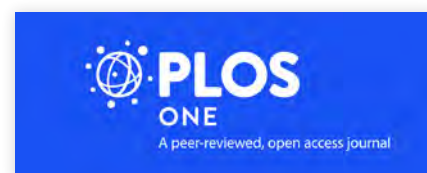
Published journal articles from September 2017 to July 2018
由2017年9月至2018年7月出版的學術文獻

Chan, C. H., Wong, H. K., & Yip, P. S. F. (2018). Exploring the use of telephone helpline pertaining to older adult suicide prevention: A Hong Kong experience. *Journal of Affective Disorders*, 236, 75-79.

Cheng, Q., Chen, F., Lee, E. S. T., & Yip, P. S. F. (2018). The role of media in preventing student suicides: A Hong Kong experience. *Journal of Affective Disorders*, 227, 643-648. <https://doi.org/10.1016/j.jad.2017.11.007>



Chan, M., Li, T. M. H., Law, Y. W., Wong, P. W. C., Chau, M., Cheng, C., ... Yip, P. S. F. (2017). Engagement of vulnerable youths using internet platforms. *PLoS ONE*, 12(12), e0189023. <https://doi.org/10.1371/journal.pone.0189023>



Chang, Q., Chan, C. H., & Yip, P. S. F. (2017). A meta-analytic review on social relationships and suicidal ideation among older adults. *Social Science & Medicine* (1982), 191, 65-76. <https://doi.org/10.1016/j.socscimed.2017.09.003>



Cheng, Q., Li, T. M., Kwok, C.-L., Zhu, T., & Yip, P. S. (2017). Assessing Suicide Risk and Emotional Distress in Chinese Social Media: A Text Mining and Machine Learning Study. *Journal of Medical Internet Research*, 19(7), e243. <https://doi.org/10.2196/jmir.7276>



Hsu, C. Y., Chang, S. S., & Yip, P. (2017). Individual-, household-and neighbourhood-level characteristics associated with life satisfaction: A multilevel analysis of a population-based sample from Hong Kong. *Urban Studies*, 54(16), 3700-3717.



Kwok, C., & Yip, P. S. F. (2017). Estimating Incidence Rate of Hospital-Treated Self-Harm in Hong Kong Using Capture-Recapture Approach. *Crisis*, 1–13. <https://doi.org/10.1027/0227-5910/a000494>



Law, Y. W., Yip, P. S. F., Wong, P. W. C., & Chow, A. Y. M. (2017). Support for people bereaved by suicide in Hong Kong: Current practice and challenges. *Postvention in Action*.



Leung, M., Chow, C. B., Ip, P. K. P., & Yip, S. F. P. (2018). Pure spatial and space-time clusters of self-harm in Kwai Tsing 2004 to 2012. *Spatial and Spatio-temporal Epidemiology*, 27, 1-9



Peng, C., Kwok, C. L., Law, Y. W., Yip, P. S. F., & Cheng, Q. (2018). Intergenerational support, satisfaction with parent-child relationship and elderly parents' life satisfaction in Hong Kong. *Aging & Mental Health*, 0(0), 1-11. <https://doi.org/10.1080/13607863.2017.1423035>



Sha, F., Chang, Q., Law, Y. W., Hong, Q., & Yip, P. S. F. (2018). Suicide rates in China, 2004-2014: comparing data from two sample-based mortality surveillance systems. *BMC Public Health*, 18. <https://doi.org/10.1186/s12889-018-5161-y>



Congratulations

恭賀



▲ Dr. Frances Yik-wa Law
羅亦華博士



▲ Dr. Chee Hon Chan
陳之翰博士



▲ Dr. Yingqi Guo
郭瑛琦博士

Congratulations to Dr. Frances Yik-wa Law, our associate director, who has been promoted to Associate Professor of the Department of Social Work and Social Administration at The University of Hong Kong. Dr. Law has been researching suicide and self-harm, mental health care service and issues in the community and made significant contributions to integrating social work practice and evidence-based social work research.

Congratulations to Dr. Chee Hon Chan, who has been promoted to assistant professor (research) of the Centre for Suicide Research and Prevention. Dr. Chan focuses on social innovation and entrepreneurship and social welfare policy. His research also focuses on identifying institutional factors that affect social changes for the betterment of population wellbeing and health.

We also welcome a new post-doctorate, Dr. Yingqi Guo to the Centre. Yingqi is an expert in spatial analysis.

Dr. Mengni Chen, Dr. Raymond Kwok and Dr. Emily Cheng have started new chapters in their careers. We wish them the very best in their new roles.

Best wishes to our colleagues Eliza and Yingqi after each gave birth to baby girls. Their arrivals have brought moments of joy to a busy work environment. We wish the two mothers well and the babies a happy and healthy life.

恭賀本中心副總監羅亦華博士榮升香港大學社會工作及社會行政學系副教授。羅博士主力研究自殺及自我傷害、社區精神健康照顧及服務介入等議題，對結合「社會工作實務」及「實證為本的社會工作研究」有相當的貢獻。

恭喜陳之翰博士榮升為香港大學防止自殺研究中心的助理教授（研究）。他專注於社會創新、社會創業和社會福利政策的研究。其他研究範圍包括社會改變的制度影響因素分析，望以改善人口福祉和健康。

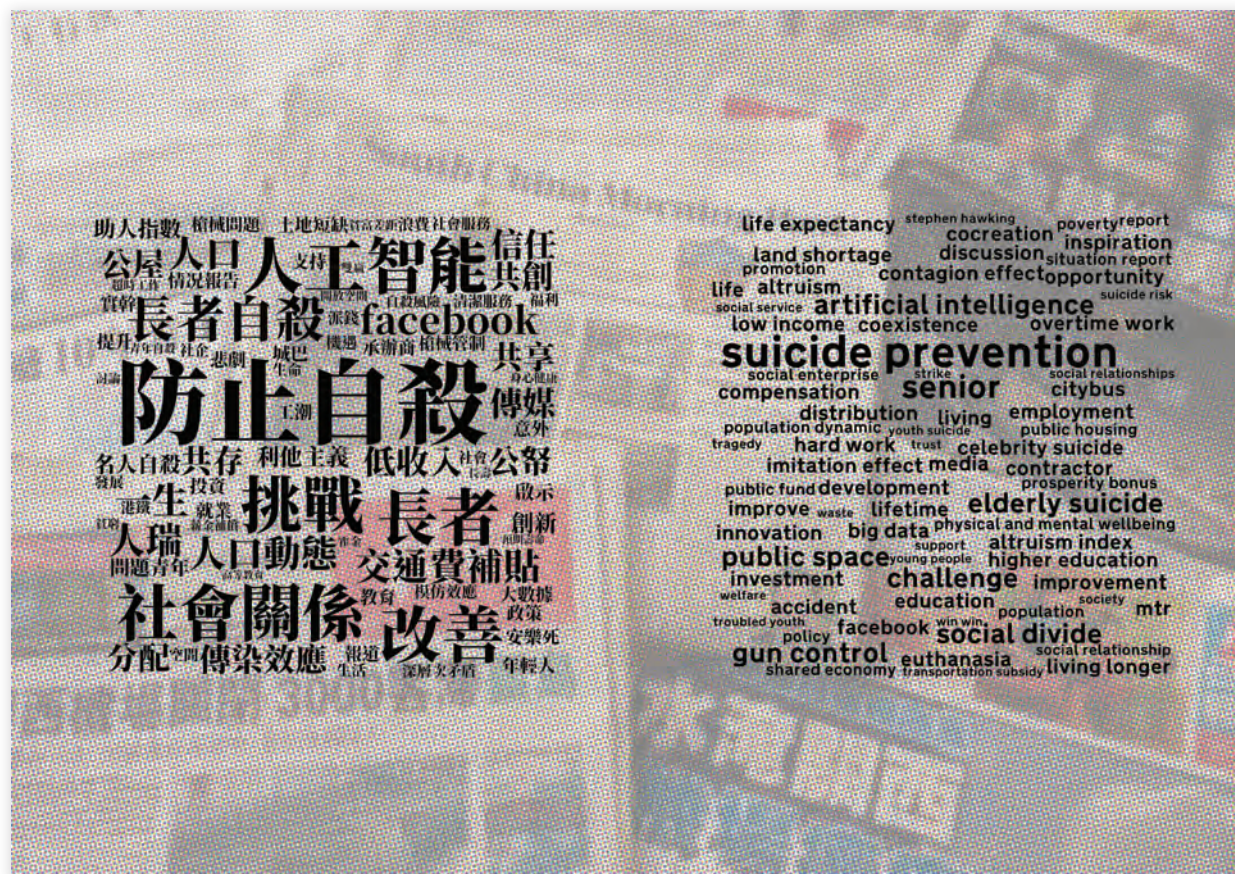
歡迎郭瑛琦博士擔任中心的博士後研究生。新同事從事空間分析的工作。

本中心三位同事陳夢妮博士、郭志良博士及程綺瑾博士在本年有新發展，祝願三位工作愉快，前程似錦。

恭喜兩位同事Eliza及瑛琦弄瓦之喜，令本中心在繁忙的工作中帶來了一些喜氣。祝願兩位賢妻良母身體安康，及兩位千金開心快樂、健康成長。

A word cloud of selected newspaper article topics from Sep 2017 to Jul 2018, published in the South China Morning Post, Hong Kong Economic Journal, Hong Kong Economic Times, and Ming Pao.

自2017年9月至2018年7月於南華早報、信報、經濟日報及明報出版的報章撰文的標題編寫成的字雲。



Acknowledgements

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同心同步同進 RIDING HIGH TOGETHER



優質教育基金
Quality Education Fund



周大福 周大福慈善基金
CHOW TAI FOOK Chow Tai Fook Charity Foundation



社聯伙伴基金
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社會福利署
Social Welfare Department



Mr. Lau Ming Wai

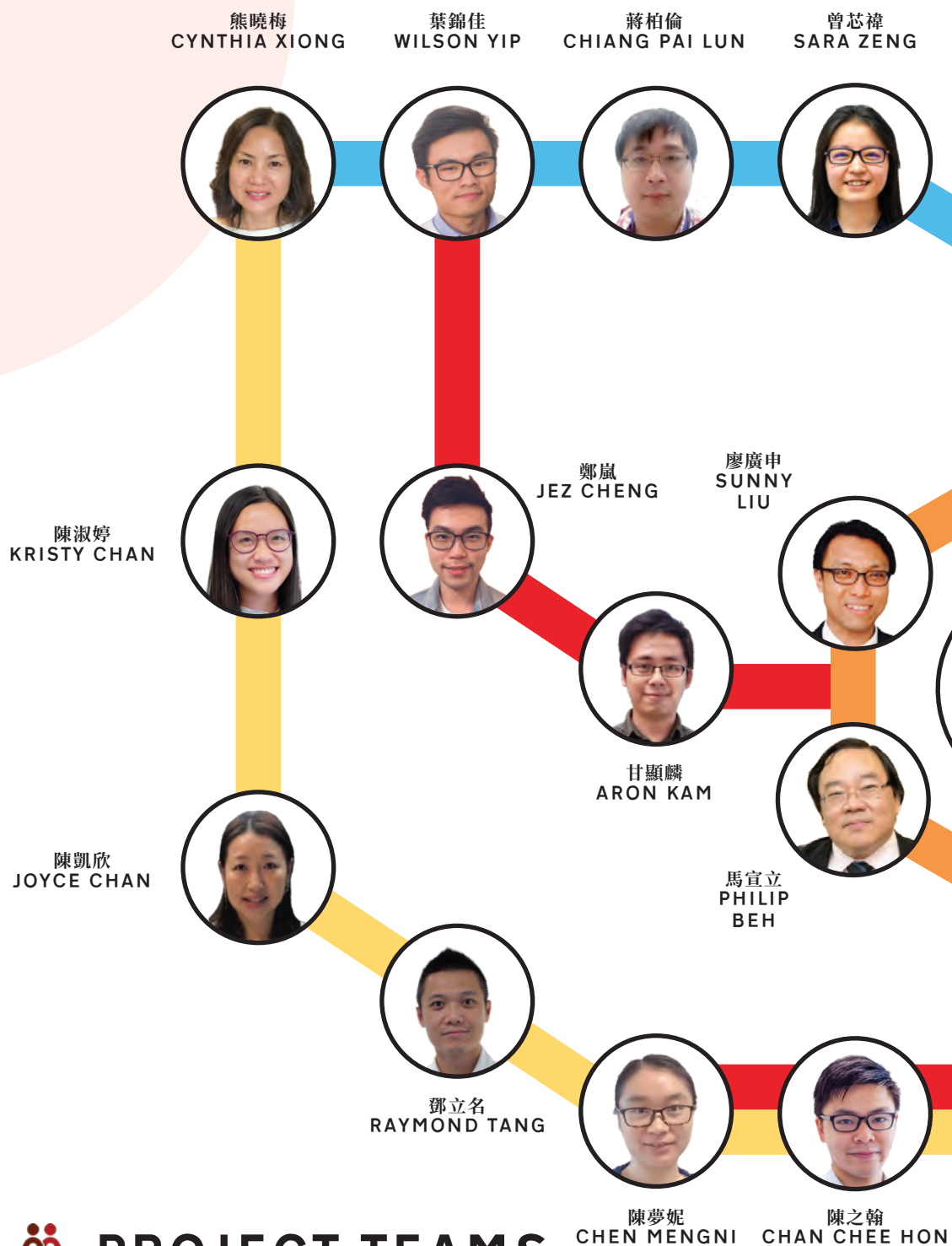
劉鳴煒先生

Ms. Winnie Kwok

郭少儀女士

Project Teams

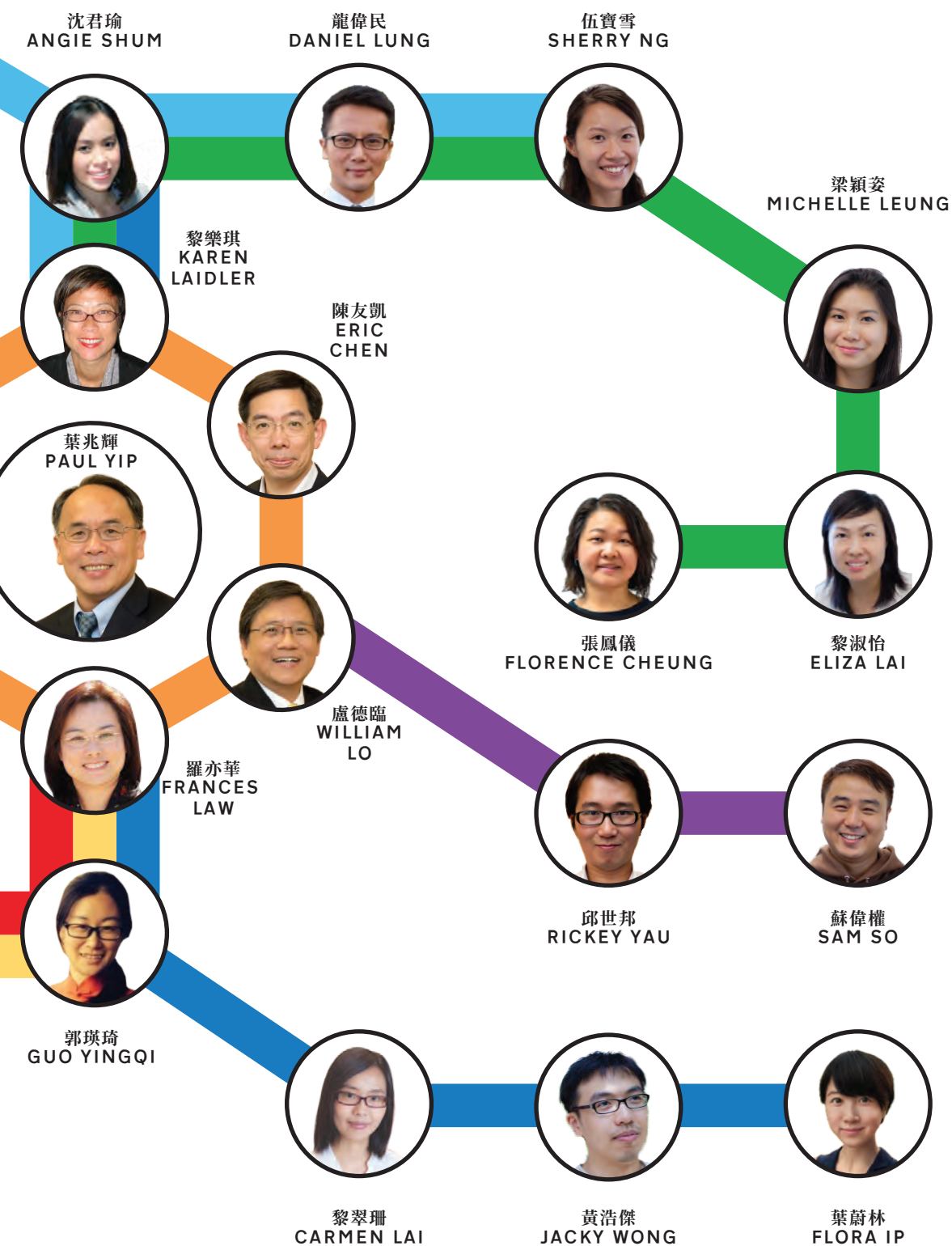
工作團隊



PROJECT TEAMS

工作團隊

- DRUG / DIVORCE STUDY
- CHILDCARE / SIE FUND
- INTERVENTION AND EVALUATION TEAM
- JC ONLINE / EARLY WARNING SYSTEM
- EDUCATION TEAM
- SUPPORTING TEAM
- ASSOCIATE DIRECTORS



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