



揚帆啟新程
Setting Sail for New Horizon

2025 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

2025年9月10日 (星期三) 上午11時

September 10, 2025 (Wednesday) 11:00 a.m.



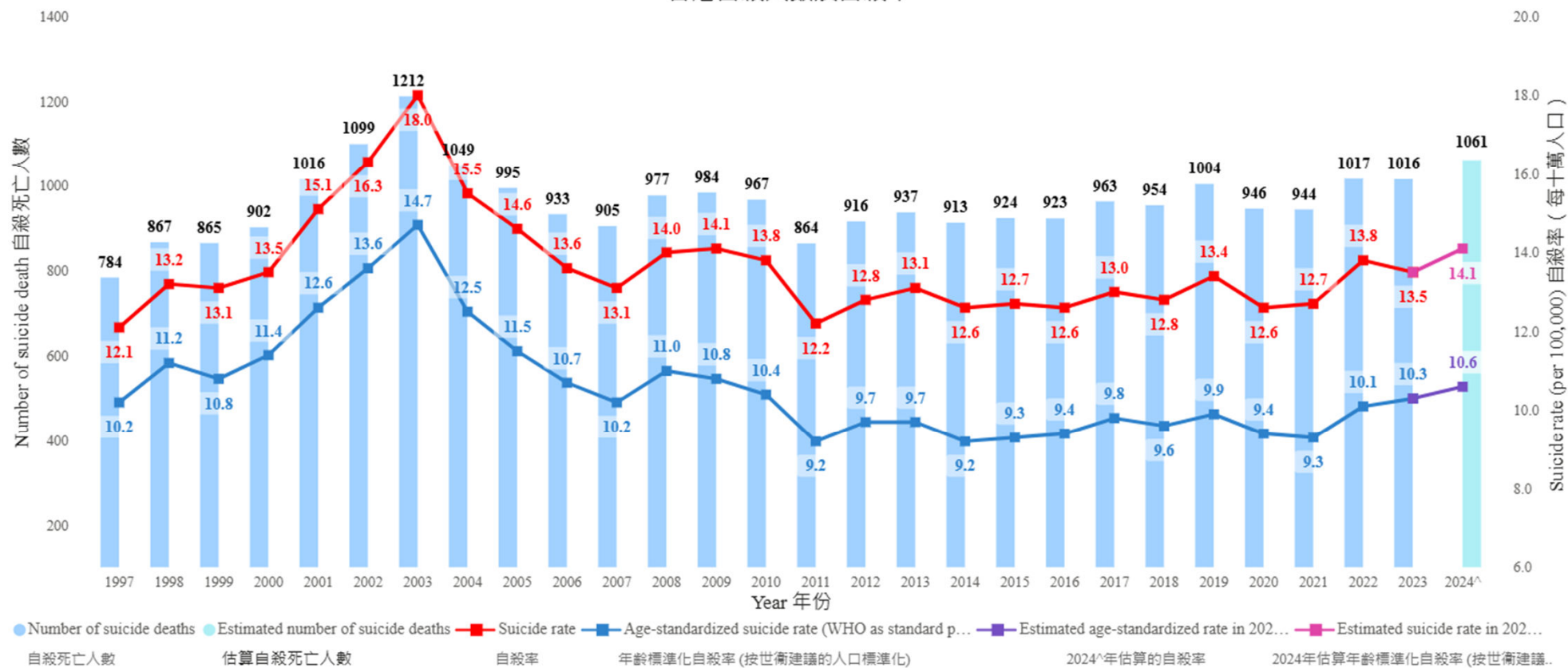


依性別及年齡組別劃分的人口數據，根據政府統計處2025年8月14日公佈的統計數字 Population by Sex and Age Group data, According to the statistics released by the Census and Statistics Department in August 14, 2025

2

Number of suicides and suicide rates in Hong Kong

香港自殺人數及自殺率

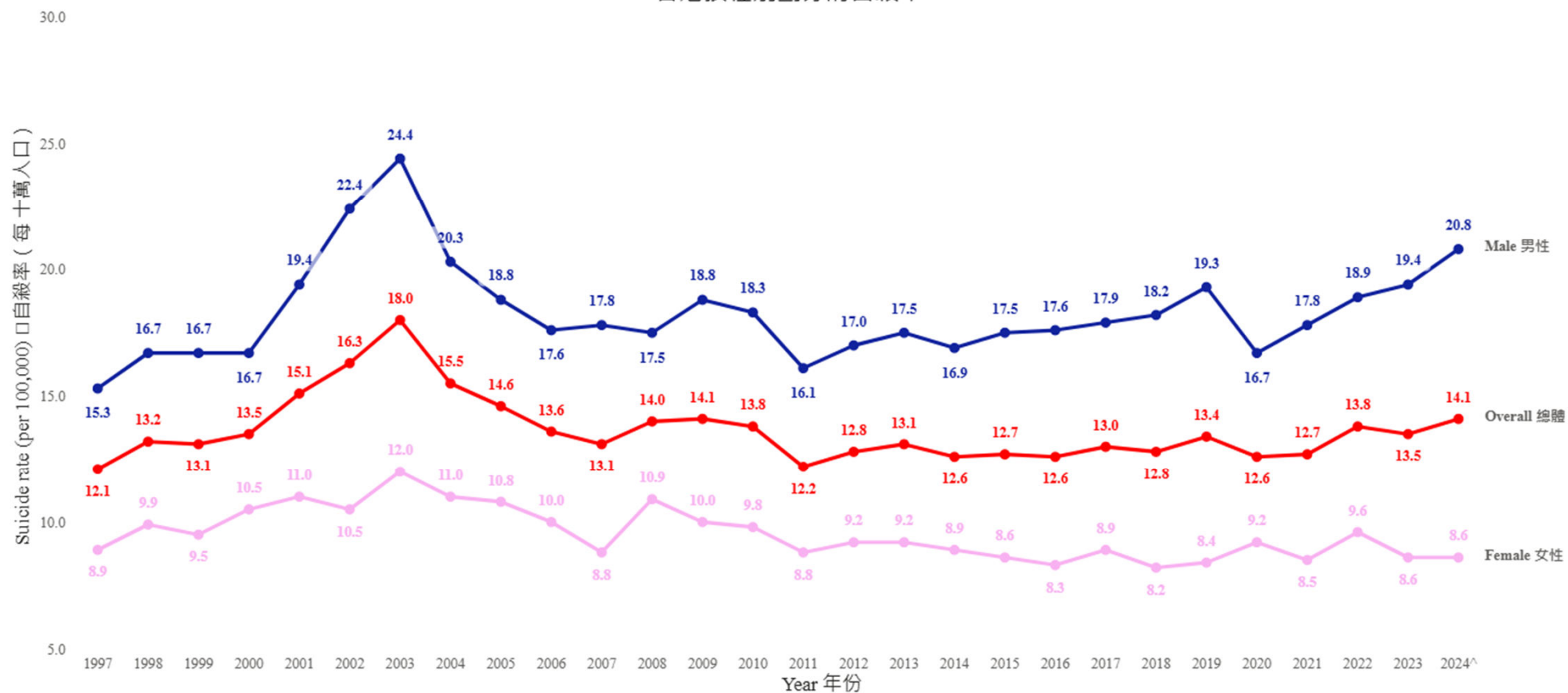


^根據死因庭於2025年7月31日前所提供的死亡登記而作出估算 ^ Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Suicide rates by gender in Hong Kong

香港按性別劃分的自殺率

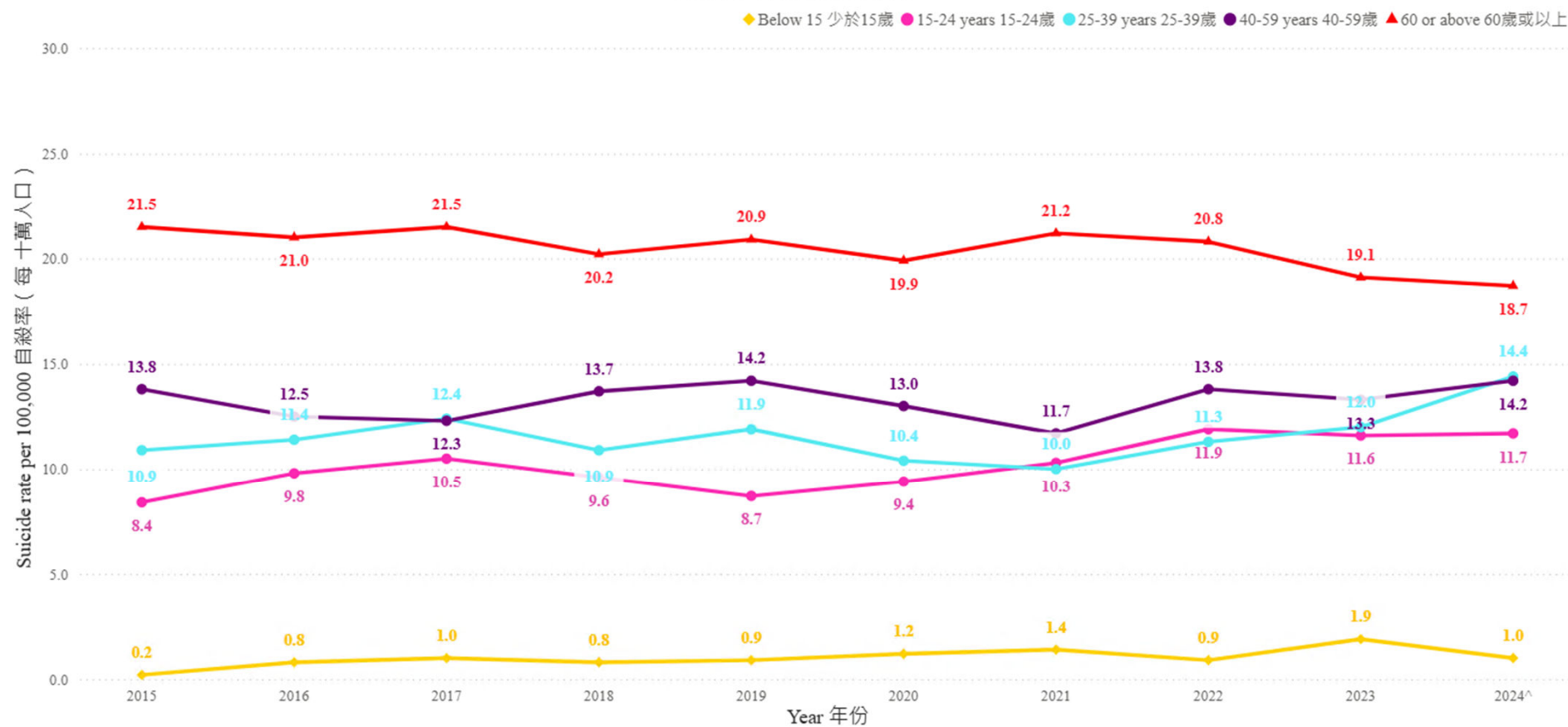


[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Suicide rates by age group in Hong Kong

香港各年齡組別自殺率



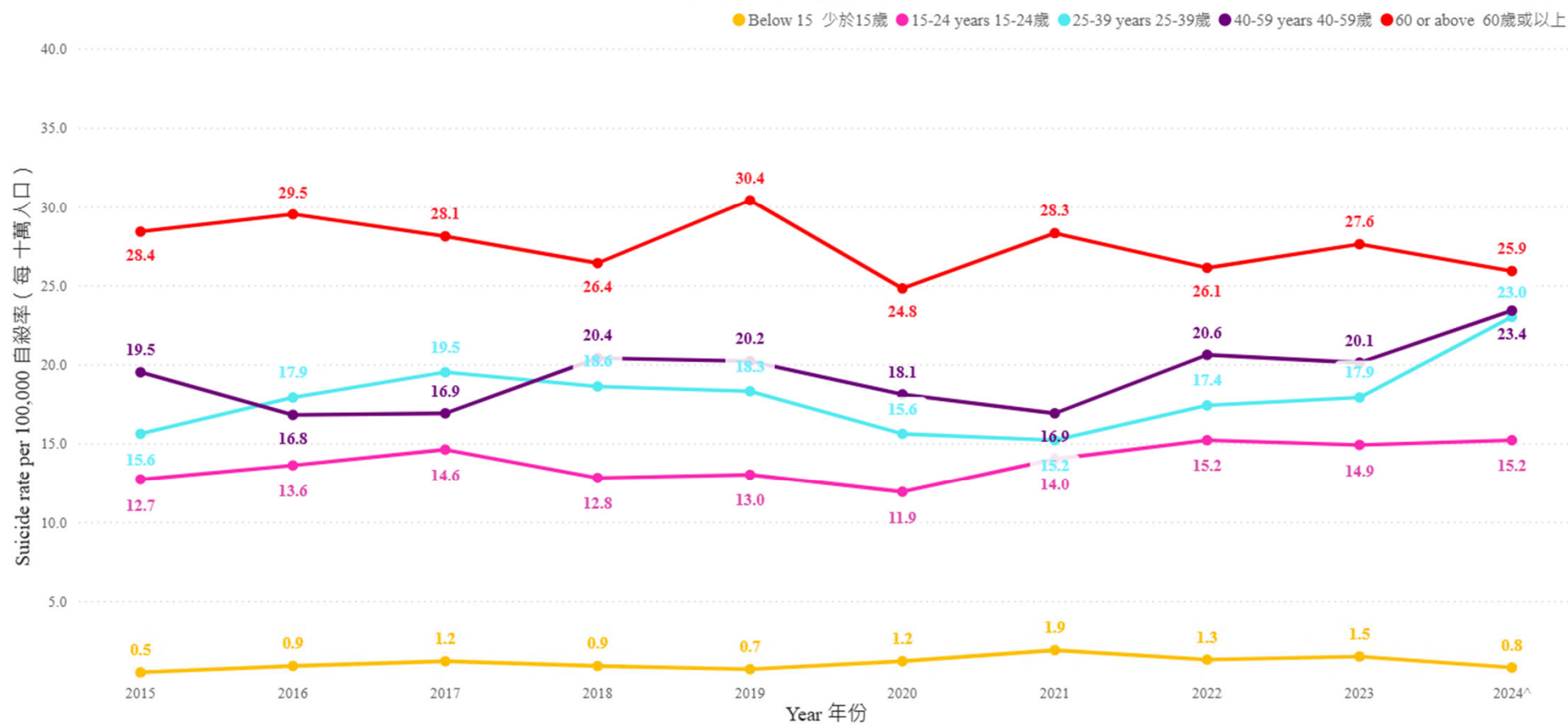
[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算

[^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Male suicide rates by age group in Hong Kong

香港男性各年齡組別自殺率



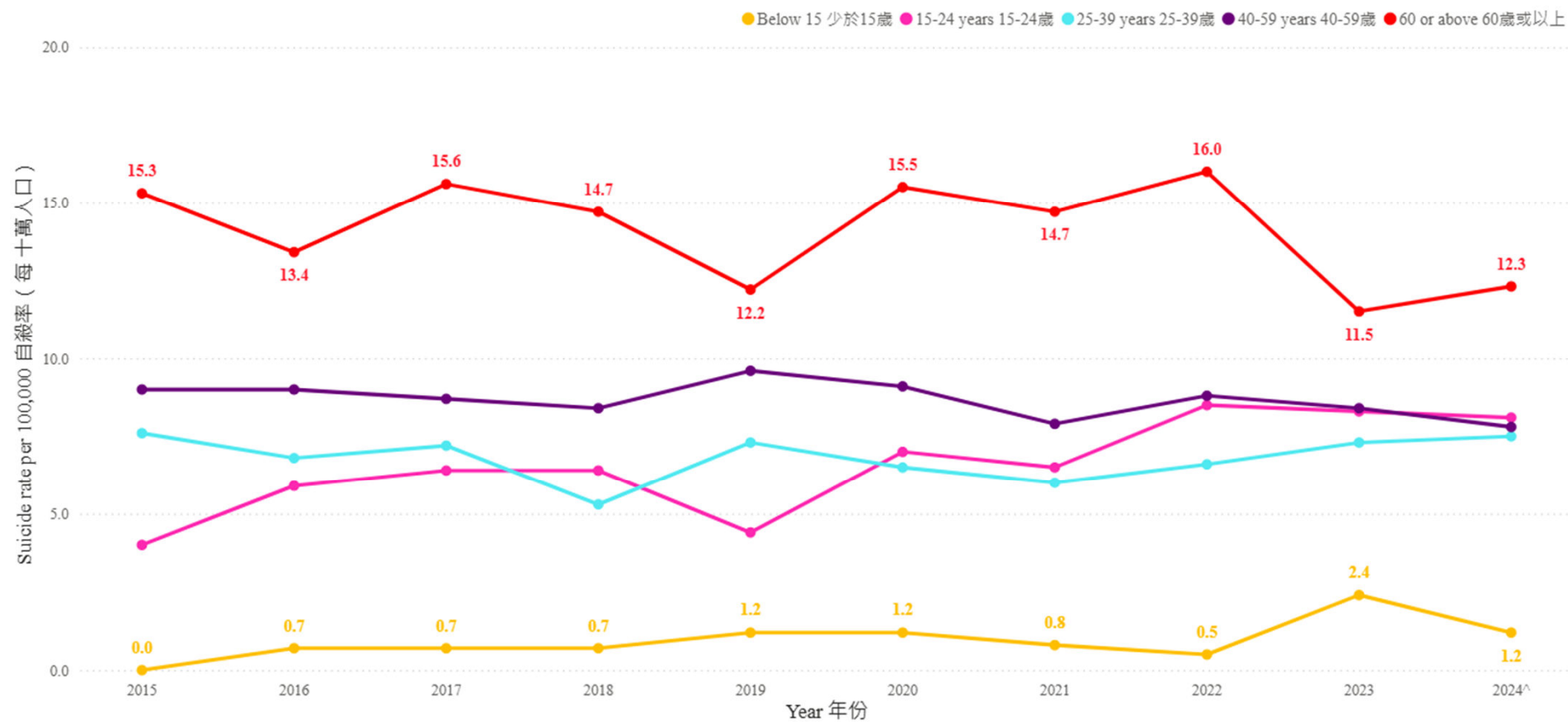
[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算

[^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Female suicide rates by age group in Hong Kong

香港女性各年齡組別自殺率



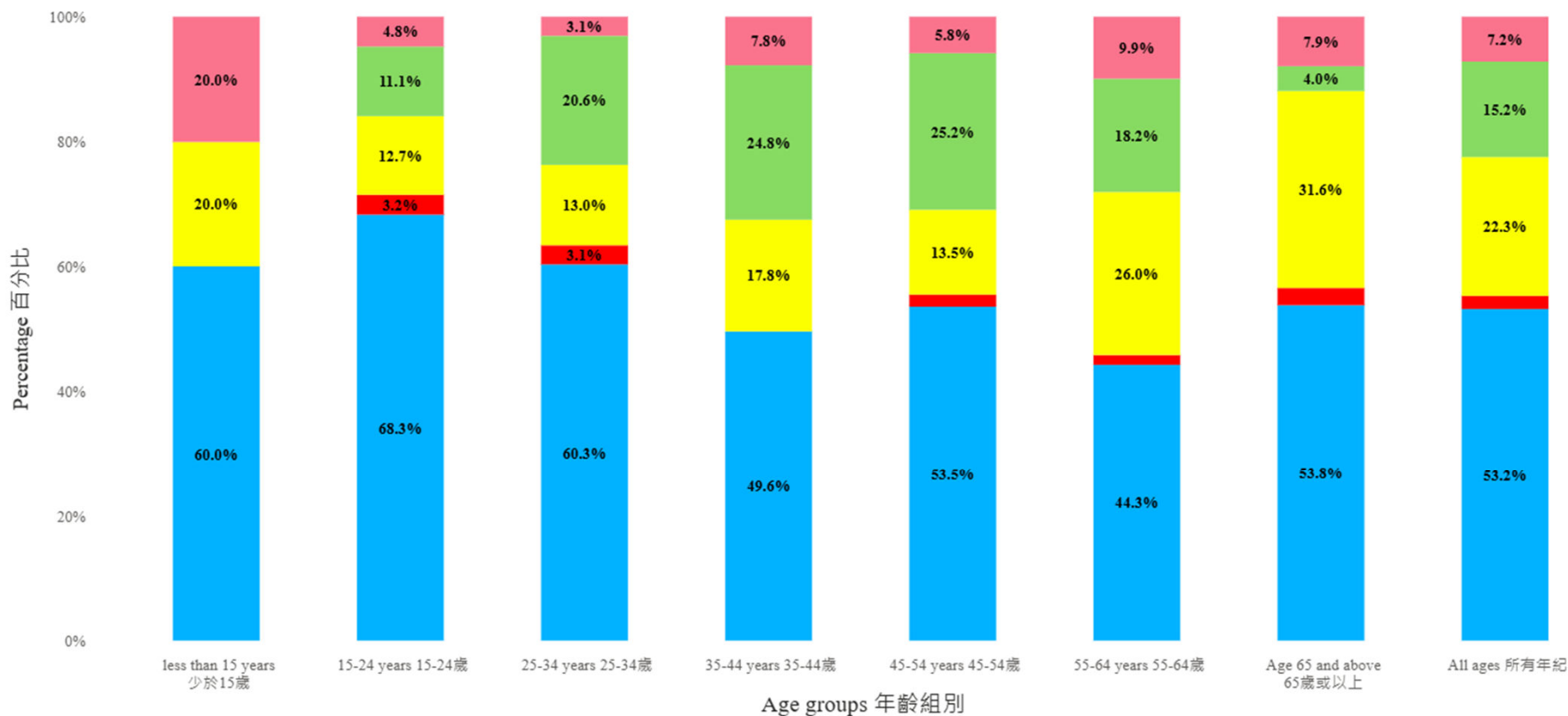
[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Distribution of method of suicide by age group in Hong Kong, 2024[^]

2024[^]年香港各年齡組別自殺方式分布

● Jumping 跳樓 ● Poisoning 中毒 ● Hanging 上吊 ● Charcoal burning 燒炭 ● Others 其他



[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算

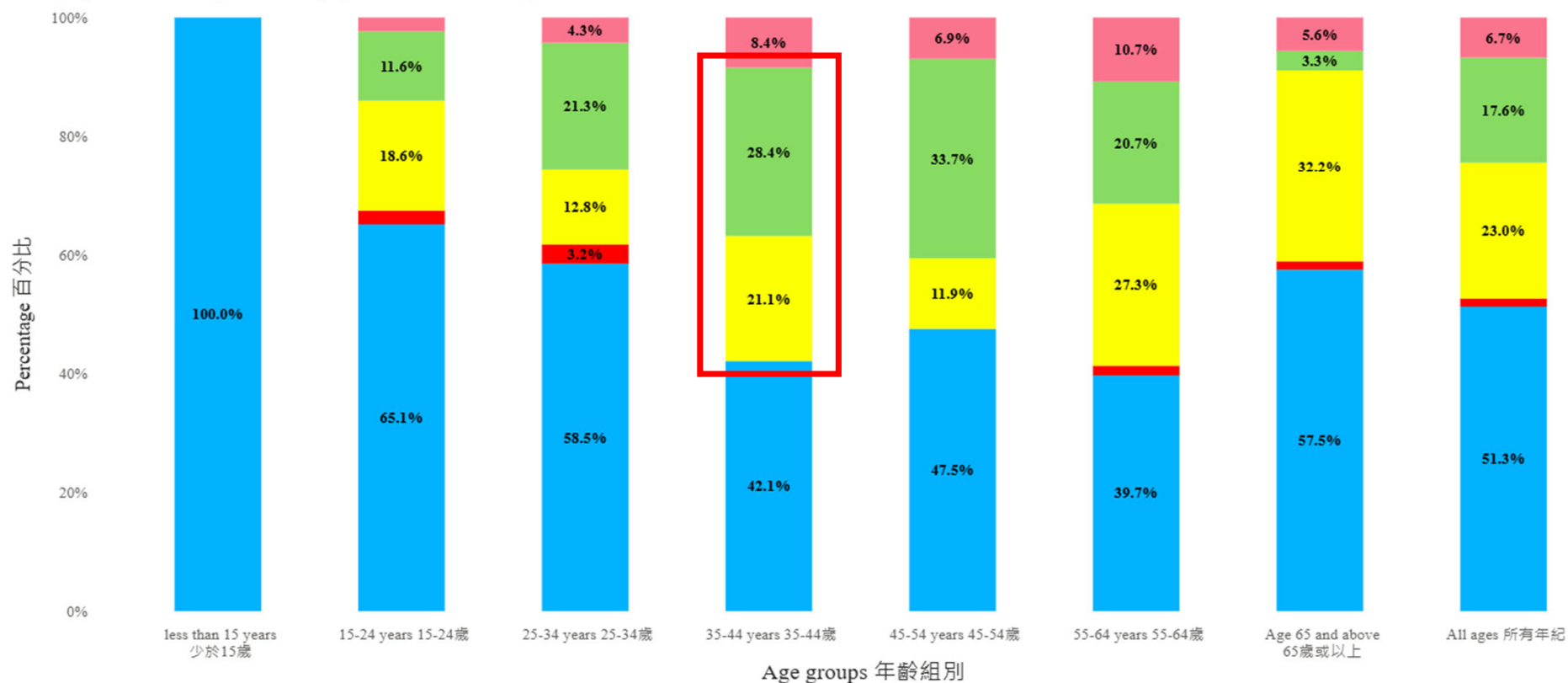
[^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Male distribution of method of suicide by age group in Hong Kong, 2024[^]

男性 2024[^]年香港各年齡組別自殺方式分布

● Jumping 跳樓 ● Poisoning 中毒 ● Hanging 上吊 ● Charcoal burning 燒炭 ● Others 其他



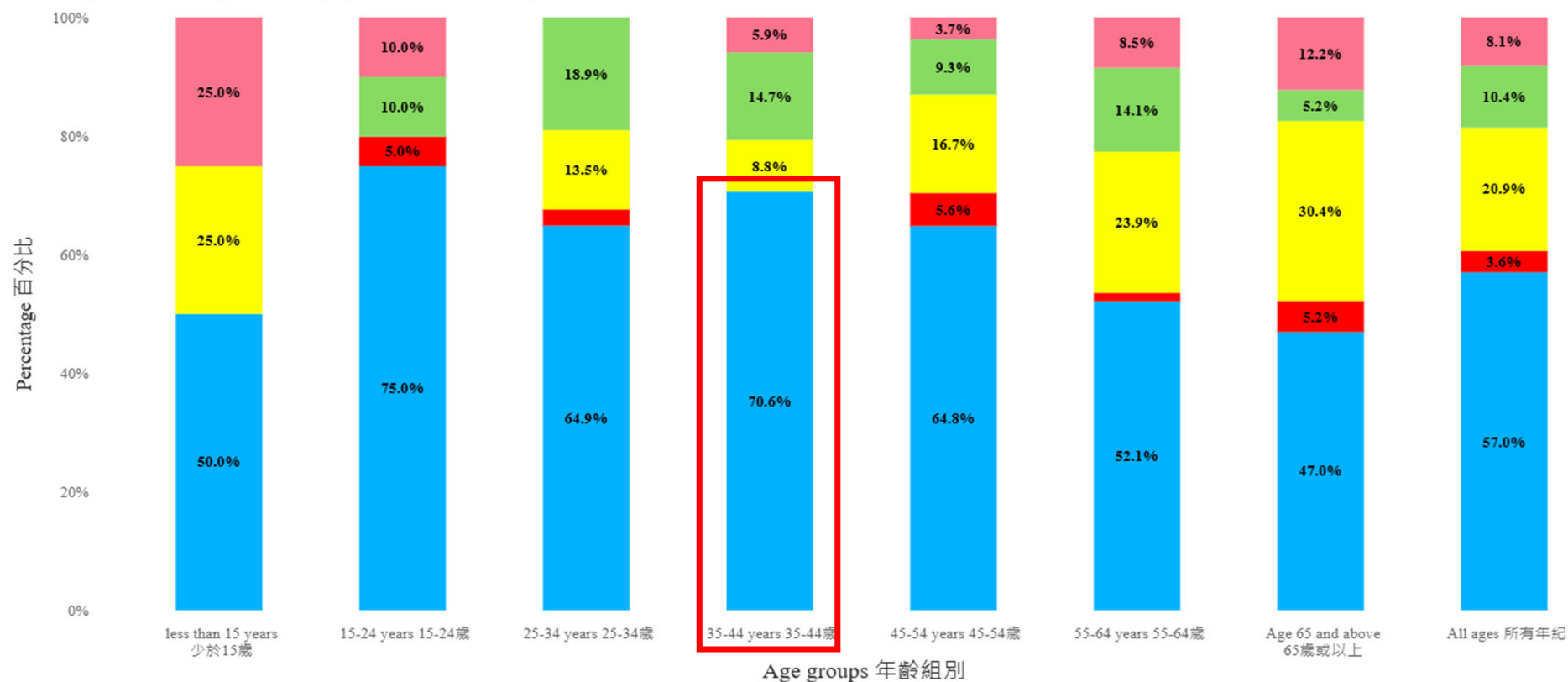
[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Female distribution of method of suicide by age group in Hong Kong, 2024[^]

女性 2024[^]年香港各年齡組別自殺方式分布

● Jumping 跳樓 ● Poisoning 中毒 ● Hanging 上吊 ● Charcoal burning 燒炭 ● Others 其他

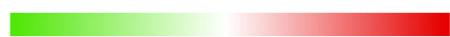


[^] 根據死因庭於2025年7月31日前所提供的死亡登記而作出估算 [^] Estimated number. According to data from the Coroner's Court, with registered death date up to 31 July 2025.



Overall residential district proportion of suicide population vs Census

整體居住地區
自殺人口與總人口比例



0.68 1.00 1.46

Remark:

Red (>1) implies

proportionally more suicides

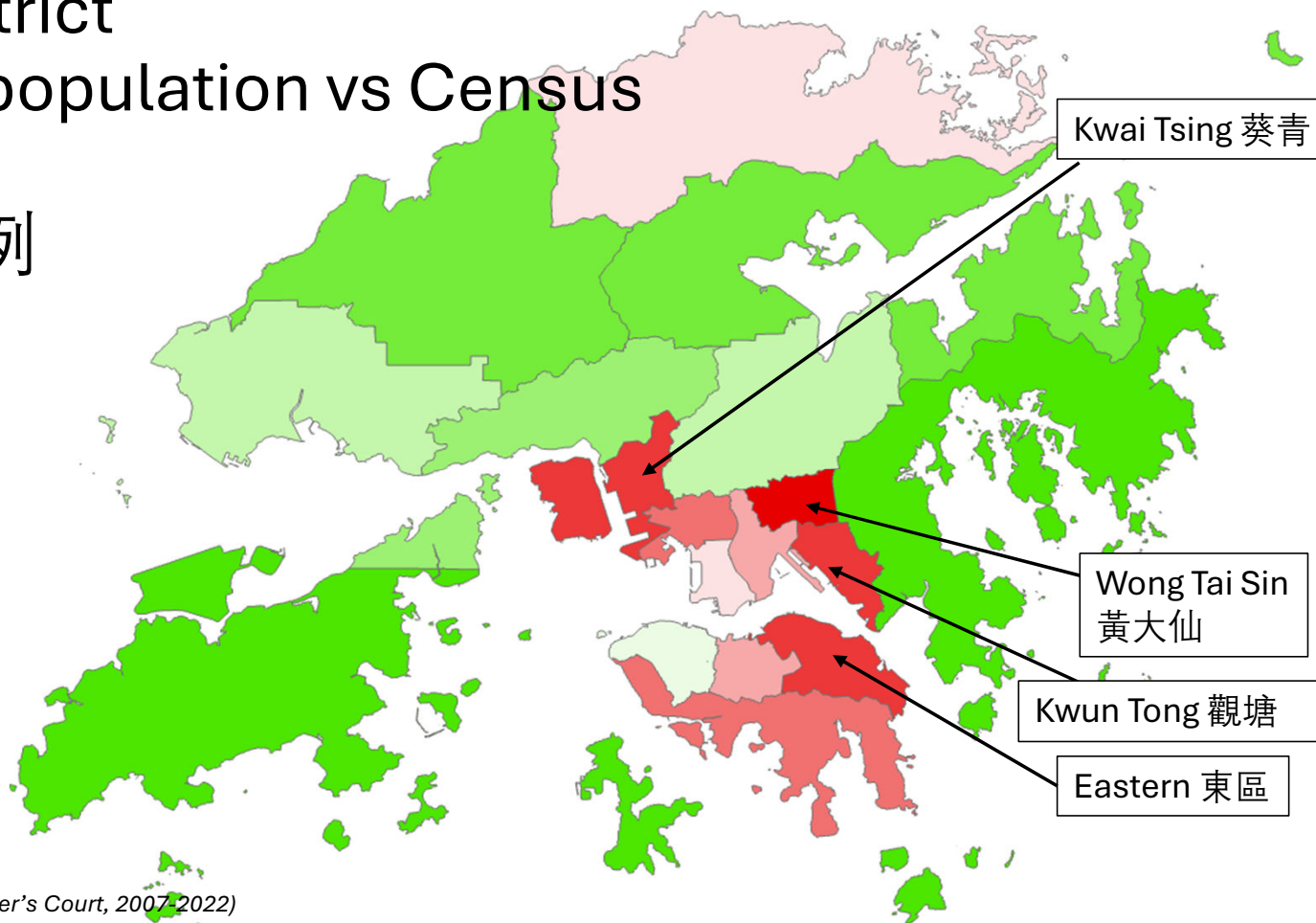
紅 (>1) 代表比例上比較多人自殺

Green (<1) implies

proportionally less suicides

綠 (<1) 代表比例上比較少人自殺

$p < 0.001^{***}$



(Data source: Census and Statistics Department, 2021 and The Coroner's Court, 2007-2022)
(資料來源：2021 政府統計處及 2007-2022 死因裁判法庭)



Highlights 概括

- Suicide rate has increased in the past 3 years
過去3年自殺率有所增加
- Male contributed most to the increase of suicide rate
自殺率上升中，男性佔較大比例
- No significant change in female suicide rate
女性自殺率沒有顯著差異
- Age group that increased the most was 25-39, followed by 40-59
上升最多的年齡群組是25-39，其次為40-59
- The age group below 15 had significant decrease
少於15歲的年齡群組有顯著下跌
- Hanging and charcoal burning are more common among 35-44 male
上吊和燒炭在35-44歲男性中更為常見
- Kwai Tsing, Wong Tai Sin, Kwun Tong and Eastern districts proportionally have more suicides
葵青、黃大仙、觀塘和東區比例上有較多人自殺



Aged 25-39 Male

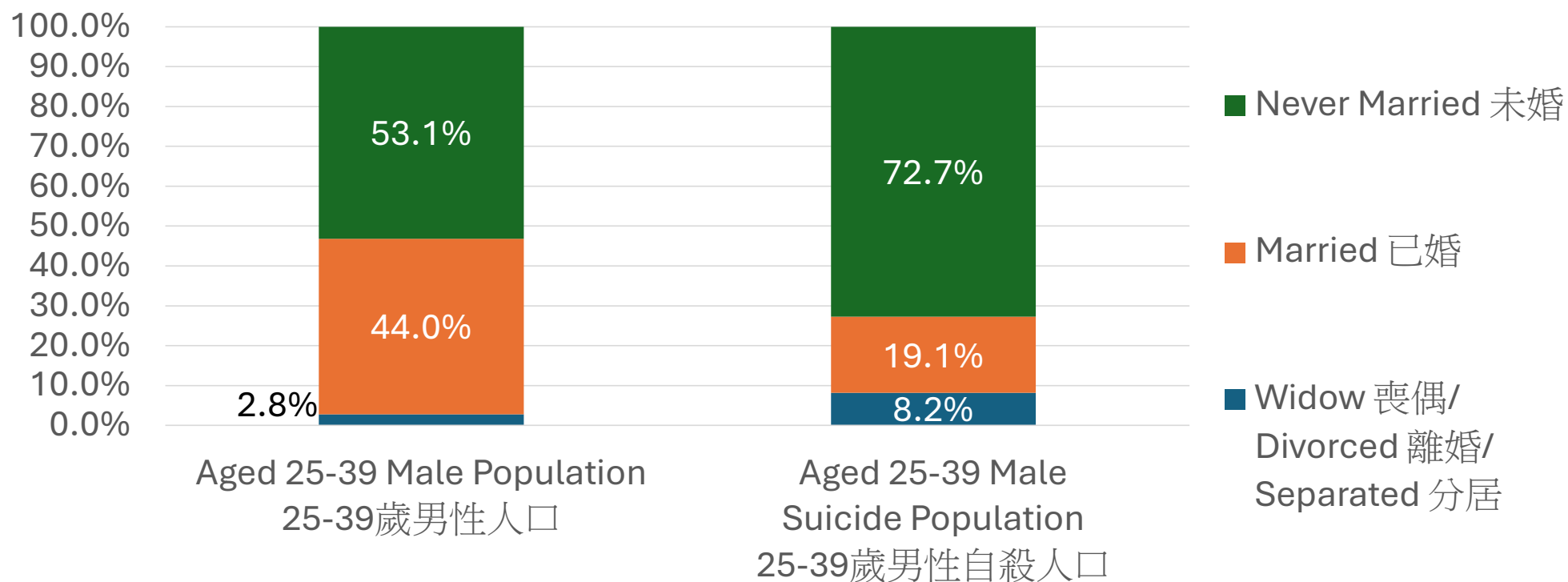
25-39歲男性

Characteristics of the group

群體的特徵



Marital status 婚姻狀況

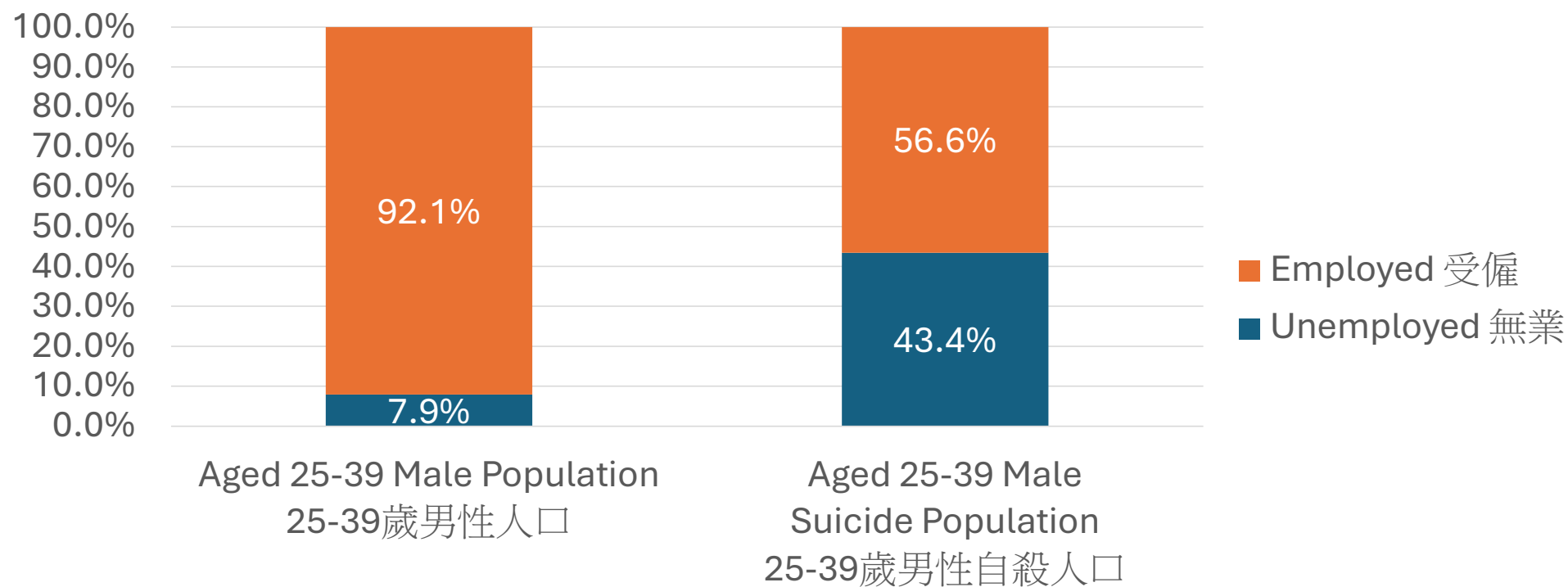


(Data source: Census and Statistics Department, 2021 and The Coroner's Court, 2007-2022)
(資料來源: 2021 政府統計處及 2007-2022 死因裁判法庭)

$p < 0.001^{***}$



Employment status 就業身分

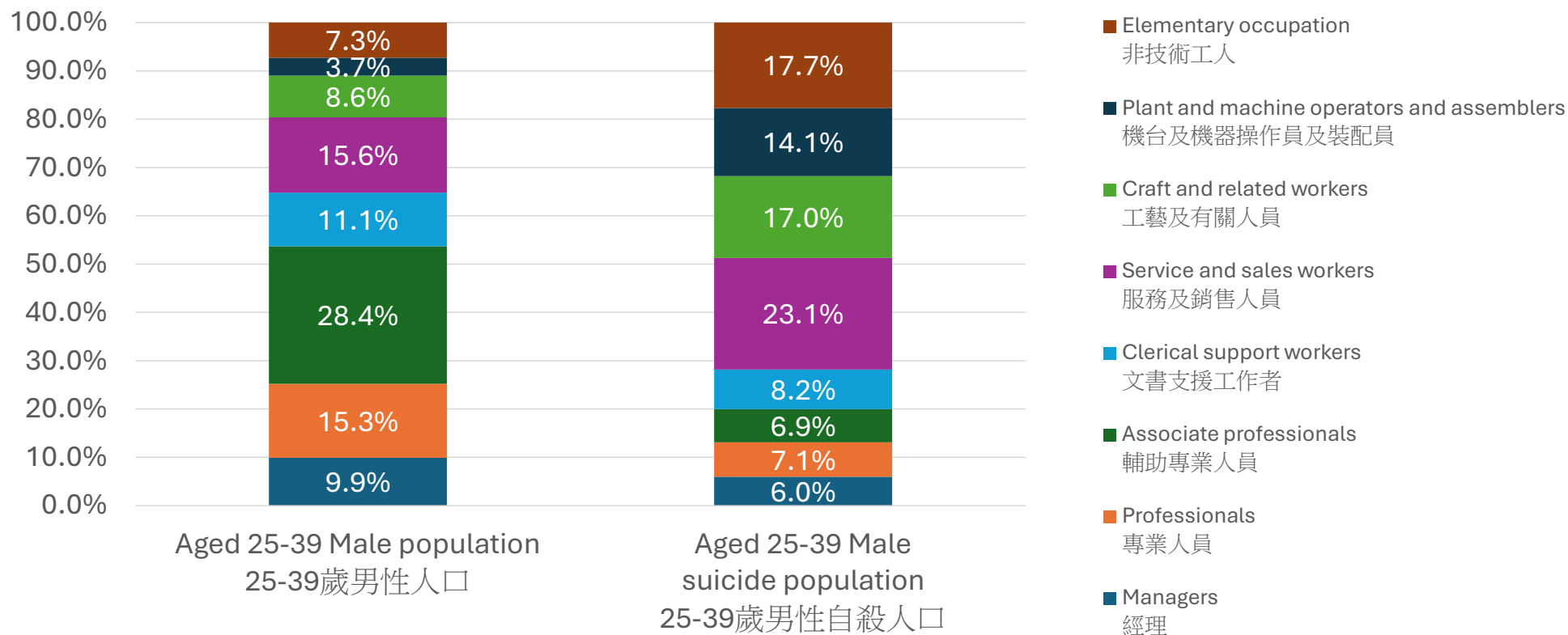


(Data source: Census and Statistics Department, 2021 and The Coroner's Court, 2007-2022)
(資料來源：2021 政府統計處及 2007-2022 死因裁判法庭)

$p < 0.001^{***}$



Occupation 職業

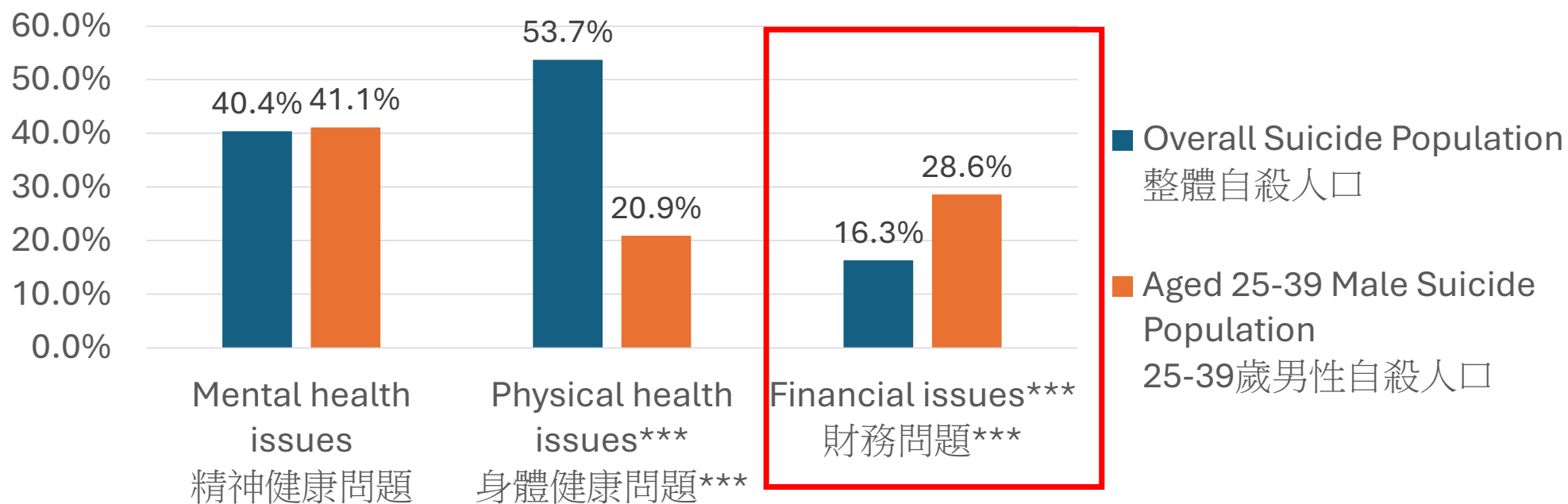


(Data source: Census and Statistics Department, 2021 and The Coroner's Court, 2007-2022)
 (資料來源: 2021 政府統計處及 2007-2022 死因裁判法庭)

$p < 0.001^{***}$



Personal issues 個人問題

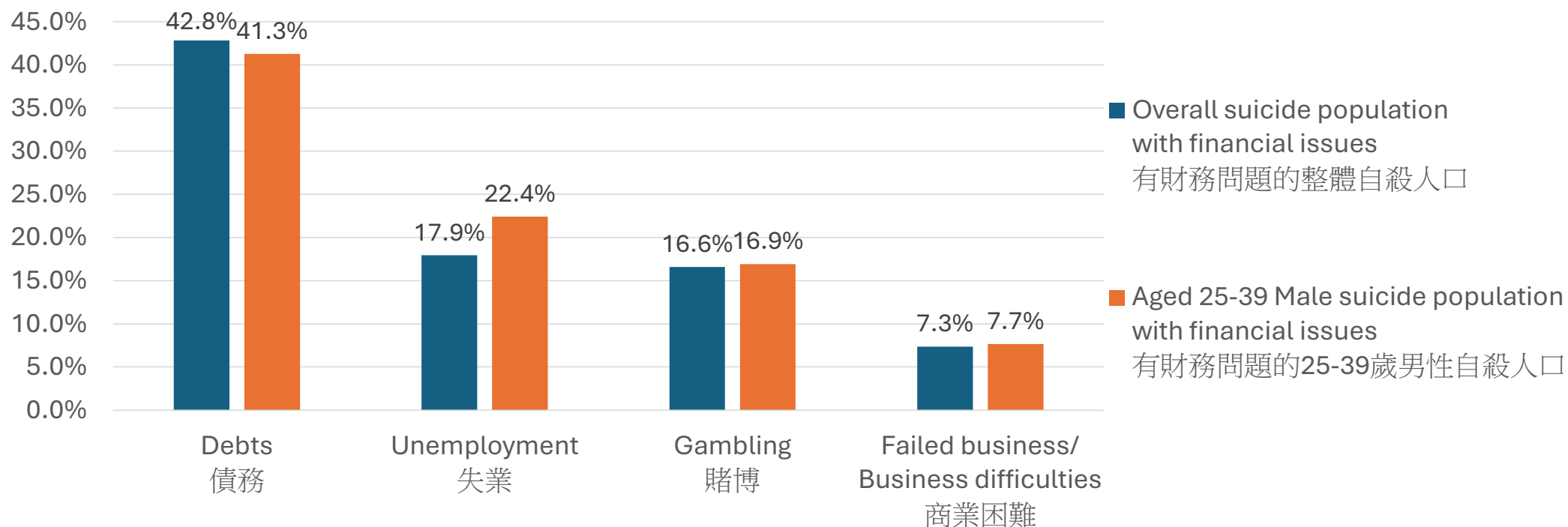


(Data source: The Coroner's Court, 2007-2022)
(資料來源: 2007-2022 死因裁判法庭)

*: $p < 0.05$, **: $p < 0.01$, ***: $p < 0.001$



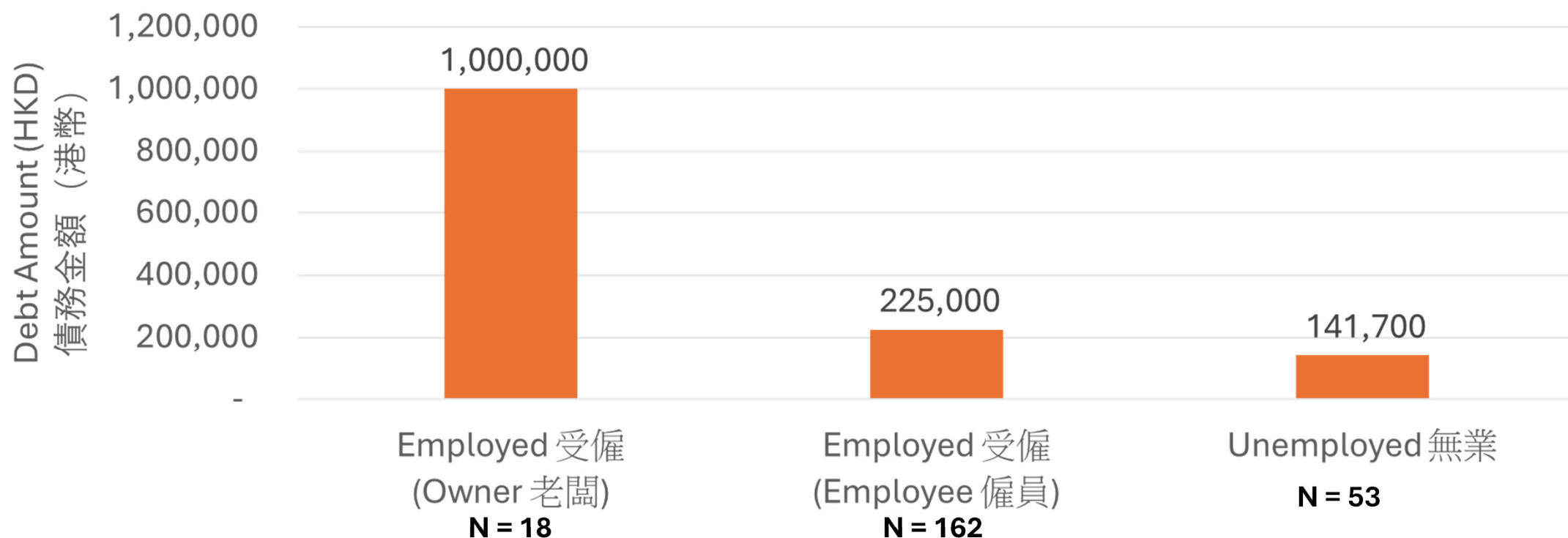
Detailed financial difficulties 詳細財務困難



(Data source: The Coroner's Court, 2007-2022)
(資料來源：2007-2022 死因裁判法庭)

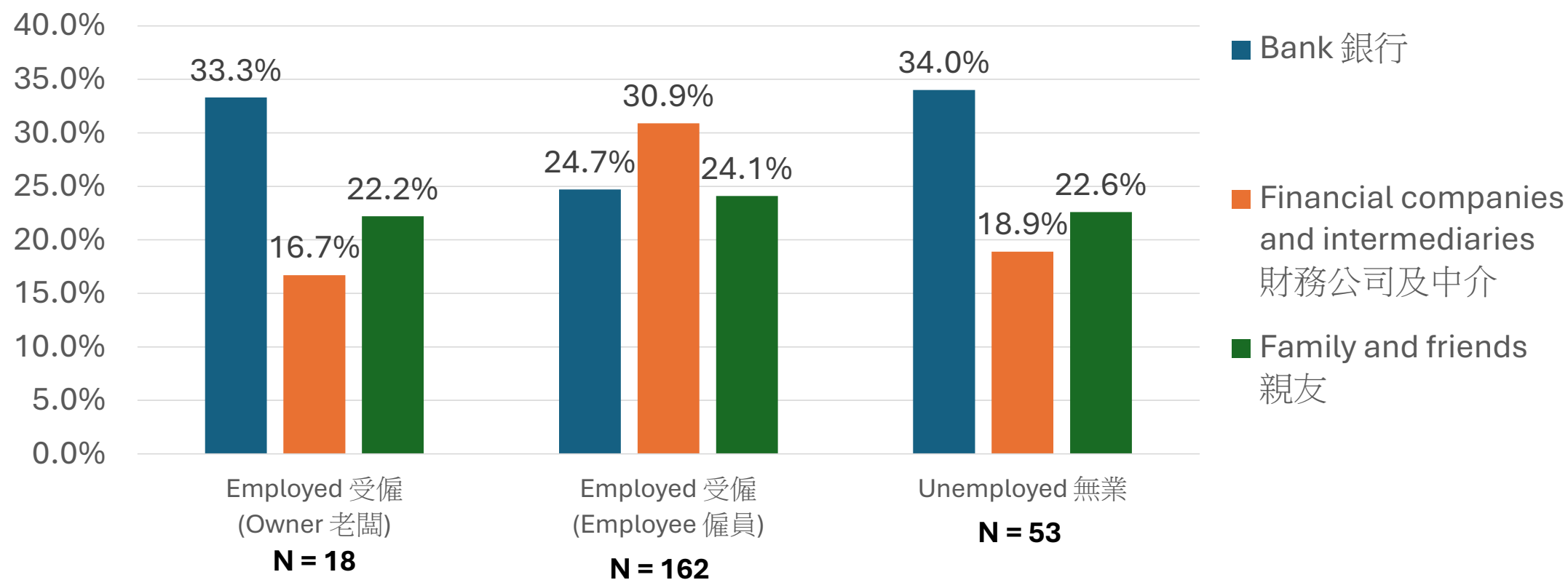
Median debt amount for different employment status (Aged 25-39 Male)

不同就業身分的債務金額中位數 (25-39歲男性)





Source of debt (Aged 25-39 Male) 債務來源 (25-39歲男性)





Reason of debt (Aged 25-39 Male)

債務原因 (25-39歲男性)

Rank 排名	Employed 受僱 (Owner 老闆)	Employed 受僱 (Employee 僱員)	Unemployed 無業
1	Company Failure 企業失敗 (66.7%)	Gambling 賭博 (34.0%)	Daily Expenses 日常消費 (15.1%)
2	Gambling 賭博 (16.7%)	Daily Expenses 日常消費 (5.6%)	Gambling 賭博 (13.2%)
3	Investment Failure 投資失敗 (5.6%)	Investment Failure 投資失敗 (3.7%)	Drug Addiction 毒癮 (11.3%)
4	Daily Expenses 日常消費 (5.6%)	Drug Addiction 毒癮 (3.1%)	Investment Failure 投資失敗 (5.7%)
5	Lawsuit 訴訟 (5.6%)	Company Failure 企業失敗 (2.5%) Excessive Splurge 過度揮霍 (2.5%)	Company Failure 企業失敗 (5.7%)



A case study in life insurance holders from an insurance company in 2023-2024

2023-2024年某保險公司的人壽保險投保人的一項研究

	Aged 25-39 Male Suicide Population 25-39歲男性自殺人口	Aged 25-39 Female Suicide Population 25-39歲女性自殺人口	Overall Suicide Population 整體自殺人口
2023	12	17	120
2024	19	12	117
Change of life insurance holders between 2023-2024 2023-2024年 人壽保險投保人的變動情況	↑+58.3%	↓-29.4%	↓-2.5%

(Data source: an insurance company in Hong Kong)
(資料來源：某香港保險公司)



Word cloud derived from suicide notes 自殺遺書文字雲

Aged 25-39 Male

25-39歲男性

N = 121



Aged 25-39 Female

25-39歲女性

N = 59



(Data source: The Coroner's Court, 2007-2022)

(資料來源：2007-2022 死因裁判法庭)



Summary of characteristics of the suicide group

“Aged 25-39 Male”

「25-39歲男性」自殺群體的特徵概括

- Most are not married
大部分是未婚
- More are unemployed
比較多無業人士
- More occupations are low-skilled jobs
比較多職業是低技術的工作
- More are facing financial issues, with debts being the most common
較多人面對財務問題，其中債務問題最普遍
- Increase in number of suicide amongst life insured in 2023-2024
2023年至2024年自殺人口的人壽保險投保人數有上升
- Suicide notes show different ways of expressing care for males and females
從遺書中可見，男女以不同方式對家人表達關懷



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We would like to acknowledge the Hong Kong Police Force, Education Bureau and the Hong Kong Coroner's Court for providing data

我們謹此感謝香港警務處、教育局及香港死因裁判法庭提供的數據。





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Latest Suicide Statistics

最新自殺數據

