Adversity is not a dead end, but giving up on life is.

Social Welfare Department

Strengthening Families and Combating Violence

Departemen Kesejahteraan Sosial

Memperkuat Keluarga dan Melawan Kekerasan

Kesulitan bukan akhir segalanya,

tapi bunuh diri itulah akhir segalanya

Suicide is a complicated issue with multi-faceted causes including biological, social and psychological factors that interact with one another. If you or someone you know is having an emotional disturbance, in crisis or with suicidal tendency, please contact the following agency or call the hotlines for assistance.

Bunuh diri adalah masalah rumit dengan berbagai penyebab yang termasuk faktor biologis, sosial dan psikologis yang saling berhubungan. Jika Anda atau seseorang yang Anda kenal mengalami gangguan emosi, berada dalam krisis atau memiliki kecenderungan bunuh diri, mohon hubungi agen berikut ini atau telepon hotline untuk minta bantuan.

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| **The Samaritan Befrienders Hong Kong** – **Suicide Crisis Intervention Centre (SCIC)**  **The Samaritan Befrienders Hong Kong – Pusat Intervensi Krisis Bunuh Diri (SCIC)** | |
| Service Enquiries – Suicide Crisis Counselling  Pertanyaan Mengenai Layanan – Konseling Krisis Bunuh Diri | 2341 7227 |
| Consultation Hotline for Relatives and Friends of the Suicidal People  Hotline Konsultasi bagi Keluarga dan Teman Orang yang Berkeinginan Bunuh Diri | 2319 1177 |
| ChatPoint (Online Chat Service)  ChatPoint (Layanan Chat Daring) | https://chatpoint.org.hk |

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| **24-Hour Hotlines (unless otherwise specified)**  **Hotline 24 Jam (kecuali jika disebutkan tidak termasuk)** | |
| Social Welfare Department Hotline  Hotline Departemen Kesejahteraan Sosial | 2343 2255 |
| Caritas Crisis Line  Saluran Krisis Caritas | 18288 |
| Hospital Authority – Mental Health Direct  Otoritas Rumah Sakit – Jalur Kesehatan Mental | 2466 7350 |
| Suicide Prevention Services – 24-hour Suicide Prevention Hotline Service  Layanan Pencegahan Bunuh Diri – Layanan Hotline Pencegahan Bunuh Diri 24 Jam | 2382 0000 |
| The Samaritans – 24-hour Multi-lingual Suicide Prevention Hotline  The Samaritans – Hotline Pencegahan Bunuh Diri Multi Bahasa 24 Jam | 2896 0000 |
| The Samaritan Befrienders Hong Kong – 24-Hour Emotional Support Hotline  The Samaritan Befrienders Hong Kong – Hotline Bantuan Emosional 24 Jam | 2389 2222 |
| Tung Wah Group of Hospitals – CEASE Crisis Centre Hotline  Kelompok Rumah Sakit Tung Wah – Hotline Pusat Krisis CEASE | 18281 |
| Hong Kong Federation of Youth Groups – Youthline (for age 6 to 24)  Federasi Kelompok Kaum Muda Hong Kong – Youthline (untuk usia 6 hingga 24) | Monday to Saturday 2pm to 2am  Senin hingga Sabtu jam 2:00 siang hingga jam 2:00 pagi  2777 8899 |
| The Samaritan Befrienders Hong Kong – English Emotional Support Hotline  The Samaritan Befrienders Hong Kong – Hotline Bantuan Emosional dalam Bahasa Inggris | Monday to Friday 6:30pm to 10:00pm  Senin hingga Jumat jam 6:30 malam hingga jam 10:00 malam  2389 2223 |

December 2022 (Indonesian)