

面對逆境絕非窮途 放棄生命才是末路

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

自殺是一個可由多種原因引致的複雜問題，包括生理、社會及心理等多種因素互為作用。如你或你認識的人有情緒困擾、面對危機或有自殺傾向，可聯絡下列機構或致電求助熱線尋求協助。

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.

香港撒瑪利亞防止自殺會 — 自殺危機處理中心 The Samaritan Befrienders Hong Kong – Suicide Crisis Intervention Centre (SCIC)

自殺個案輔導 — 服務查詢

Service Enquiries – Suicide Crisis Counselling

2341 7227

親友自殺危機諮詢專線

Consultation Hotline for Relatives and Friends of the Suicidal People

2319 1177

ChatPoint (網上聊天服務)

ChatPoint (Online Chat Service)

<https://chatpoint.org.hk>



24小時求助熱線 (除另有註明外)

24-Hour Hotlines  (unless otherwise specified )

	社會福利署熱線 Social Welfare Department Hotline	2343 2255
	明愛向晴熱線 Caritas Crisis Line	18288
	醫院管理局 — 精神健康專線 Hospital Authority – Mental Health Direct	2466 7350
	生命熱線 — 24小時預防自殺熱線服務 Suicide Prevention Services – 24-hour Suicide Prevention Hotline Service	2382 0000
	撒瑪利亞會 — 24小時多種語言防止自殺熱線 The Samaritans – 24-hour Multi-lingual Suicide Prevention Hotline	2896 0000
	香港撒瑪利亞防止自殺會 — 24小時情緒支援熱線 The Samaritan Befrienders Hong Kong – 24-Hour Emotional Support Hotline	2389 2222
	東華三院 — 芷若園熱線 Tung Wah Group of Hospitals – CEASE Crisis Centre Hotline	18281
	香港青年協會 — 關心一線 (為6至24歲而設) Hong Kong Federation of Youth Groups – Youthline (for age 6 to 24)	2777 8899
	香港撒瑪利亞防止自殺會 — 英語情緒支援熱線 The Samaritan Befrienders Hong Kong – English Emotional Support Hotline	2389 2223

星期一至六 下午2時至凌晨2時

Monday to Saturday 2pm to 2am

星期一至五 下午6時30分至10時

Monday to Friday 6:30 to 10:00pm

