**Suicide Prevention Services Leaflets**

**防止自殺服務單張**

December 2022

社會福利署

Social Welfare Department

凝聚家庭　齊抗暴力

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.

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| **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 |
| Chat窿（網上聊天服務）  ChatPoint (Online Chat Service) | https://chatpoint.org.hk |

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| **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) | 星期一至六 下午2時至凌晨2時  Monday to Saturday 2pm to 2am  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 | 星期一至五 晚上6時30分至10時  Monday to Friday 6:30 to 10:00pm  2389 2223 |