

2021

World Suicide Prevention Day
Press Conference

2021-09-10

*Create Hope
Through Action*

以行動創造希望



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



Issue 2021 September

分曉

Light up



今日流程 Today's Rundown:

2:30 歡迎 Welcome

2:40 公布香港最新（2020年）自殺率
Announce the latest (year 2020)
suicide statistics

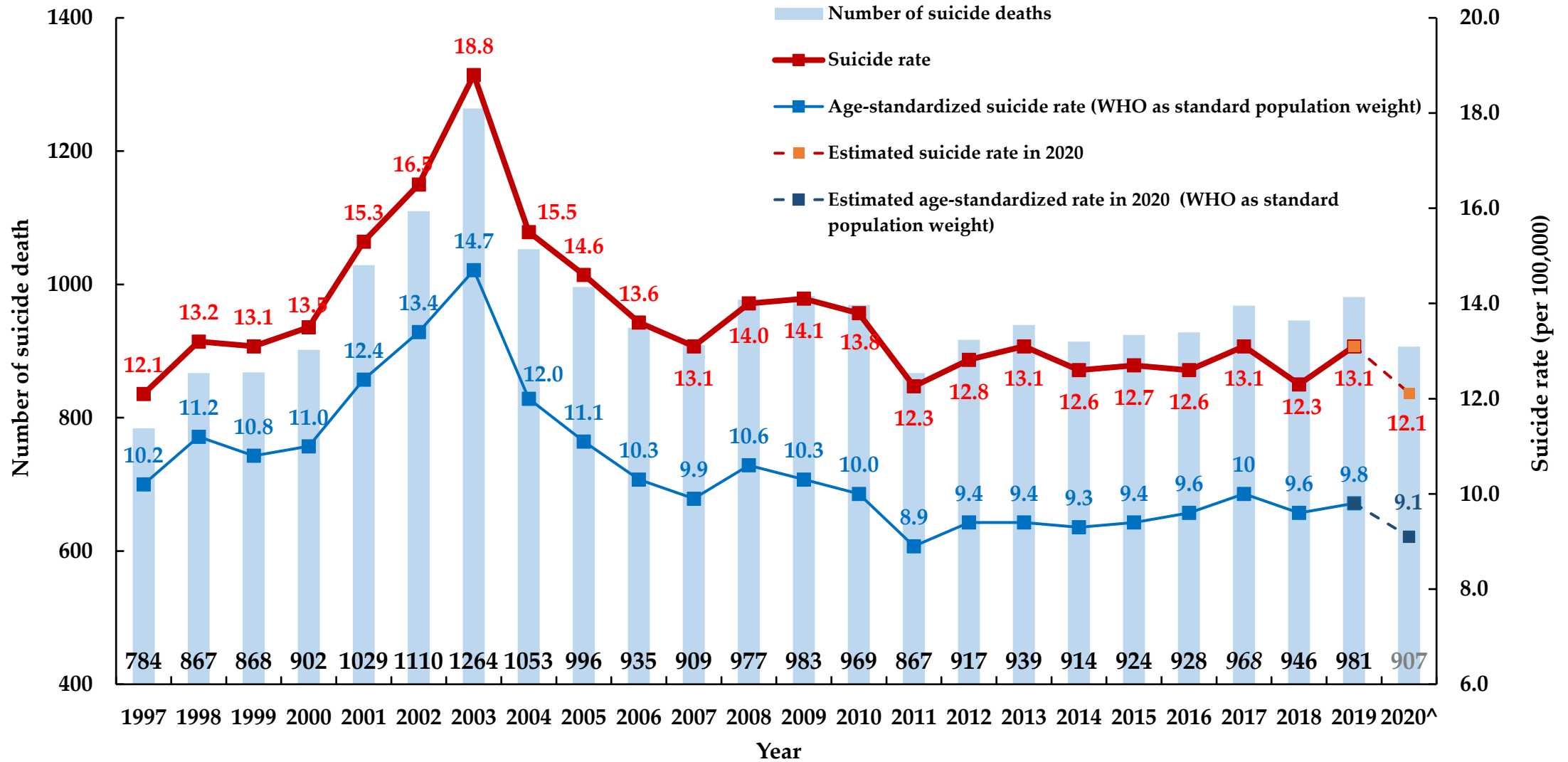
3:15 答問環節
Q&A Session



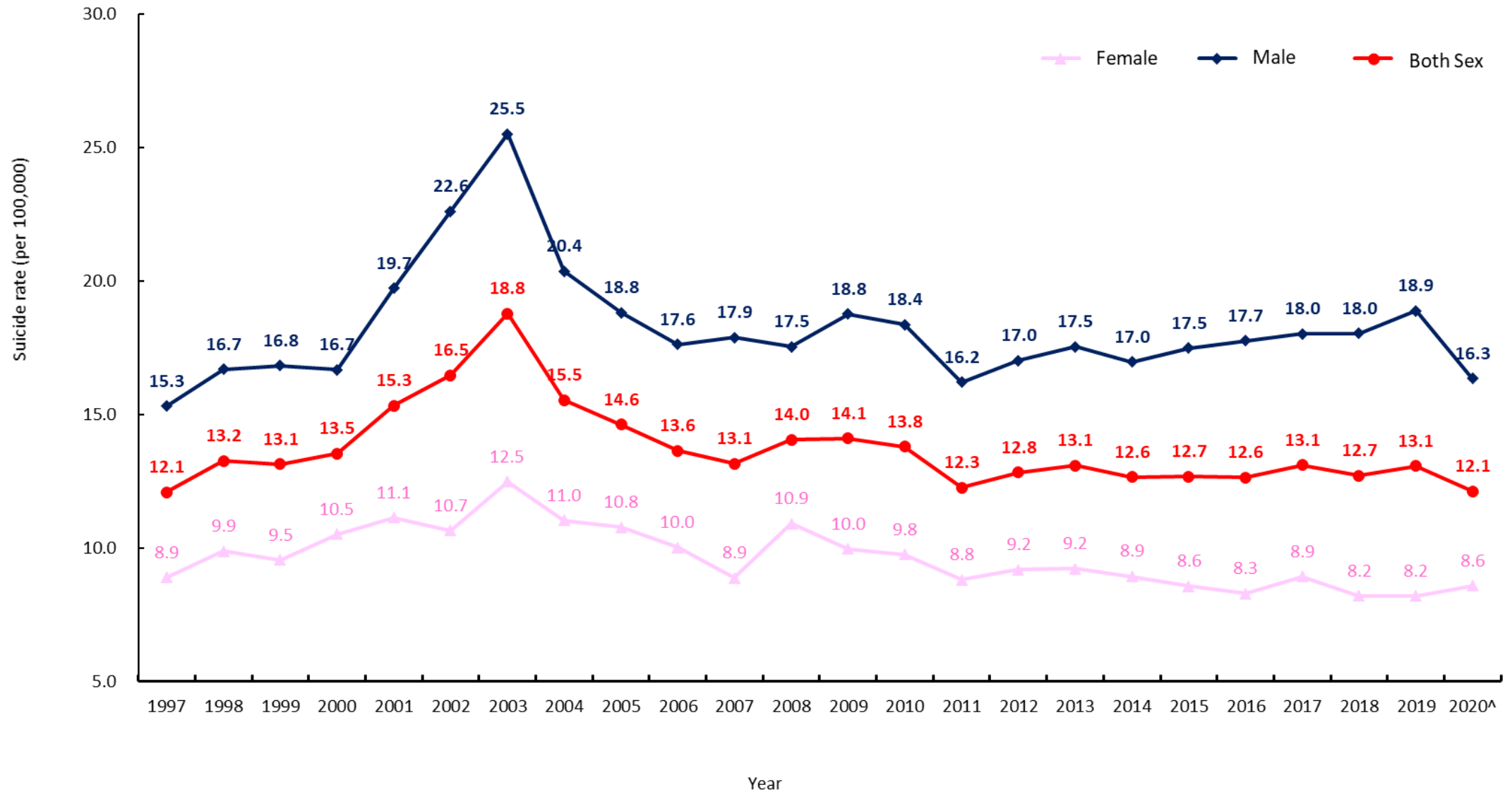
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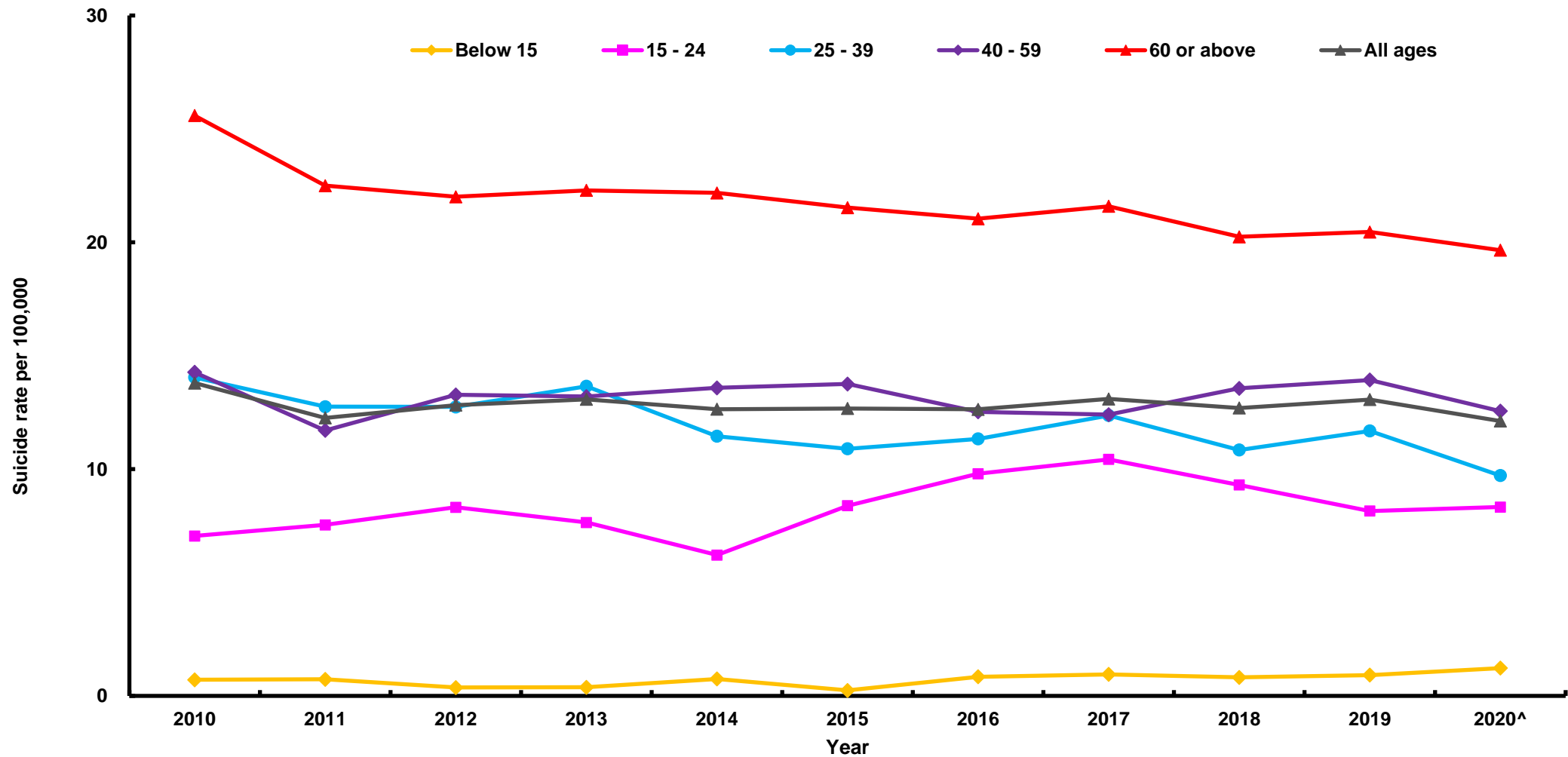
Number of suicides and suicide rates in Hong Kong, 1997–2020[^]



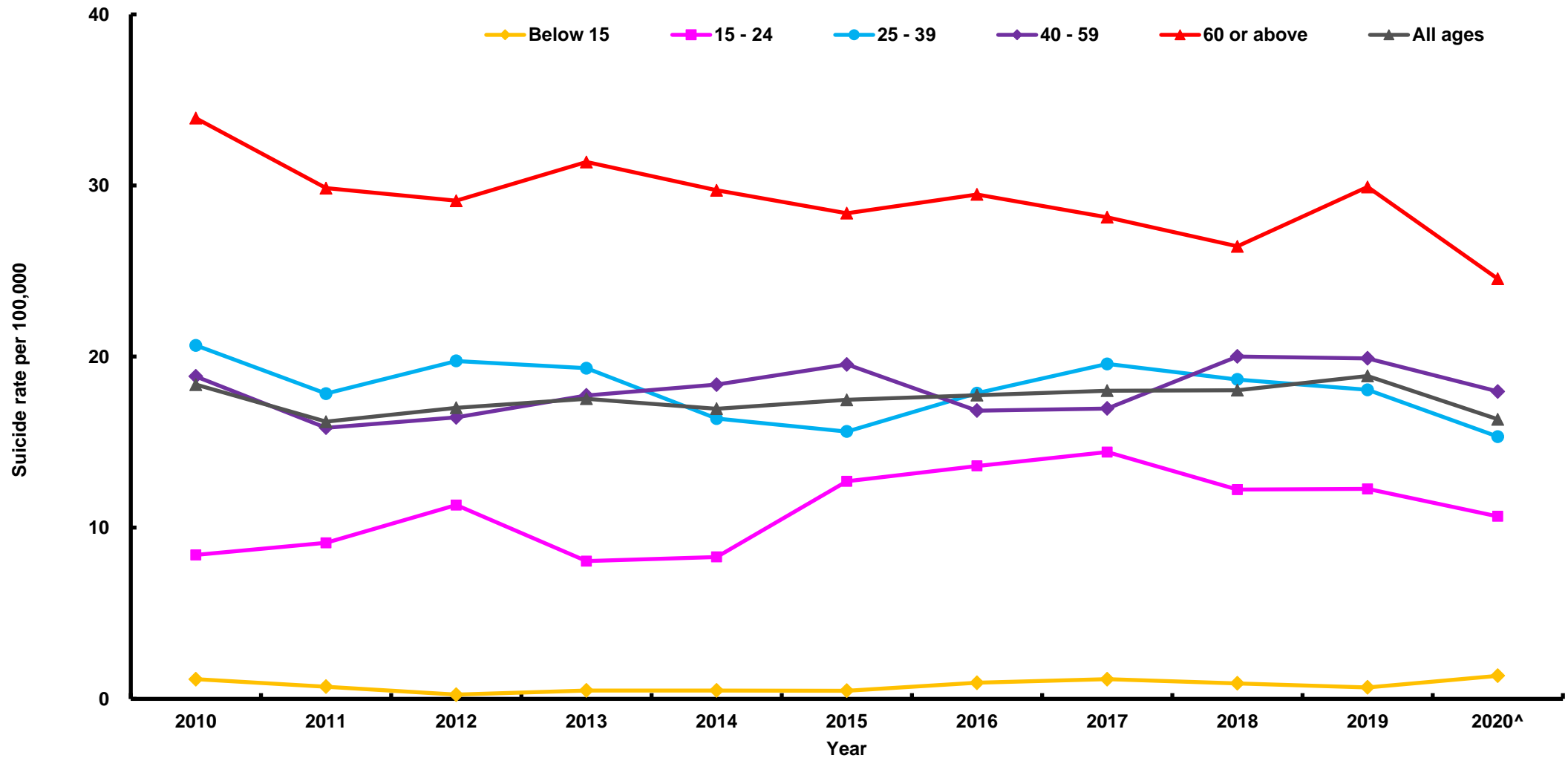
Suicide rates by gender in Hong Kong, 1997–2020[^]



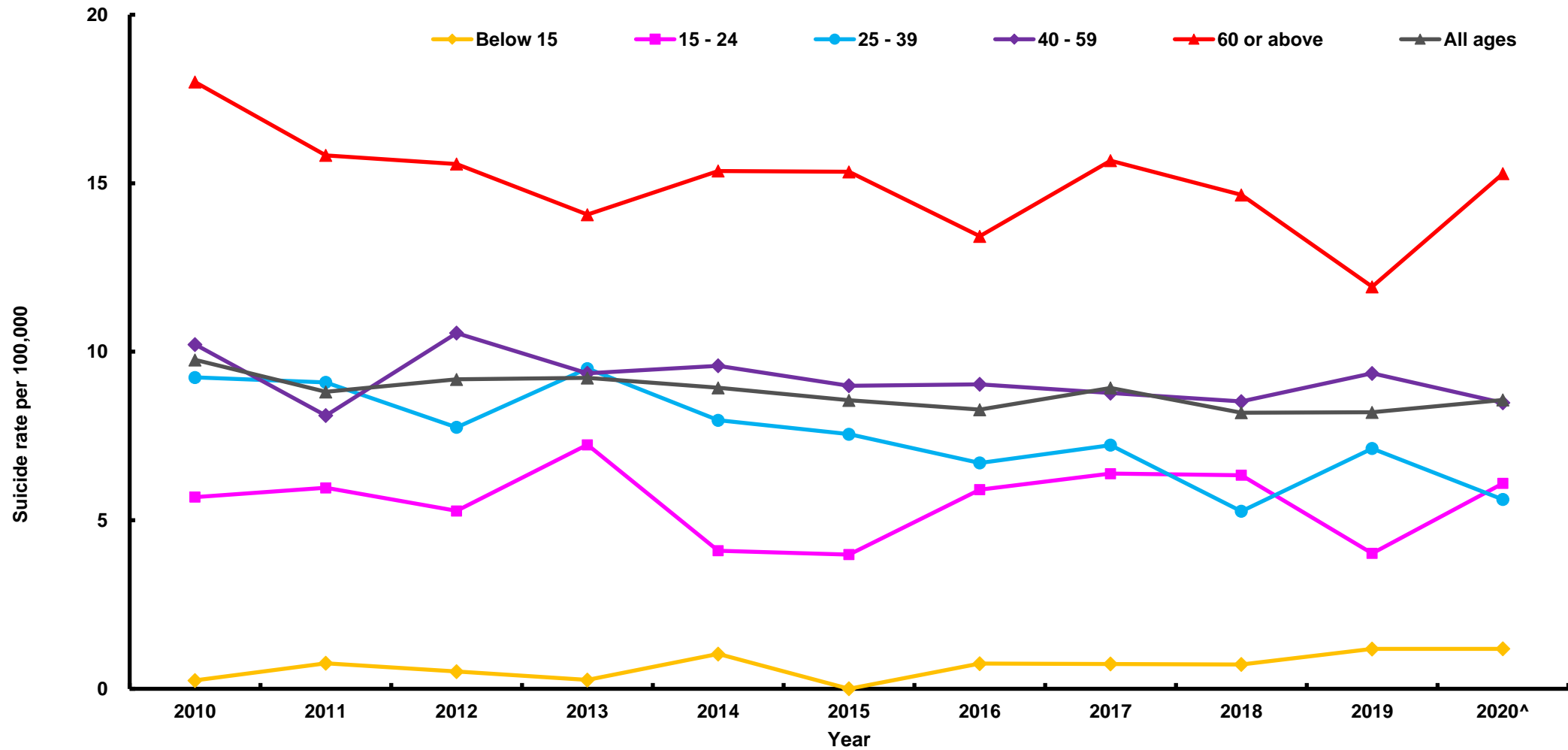
Suicide rates by Age Group in Hong Kong, 2010–2020[^]



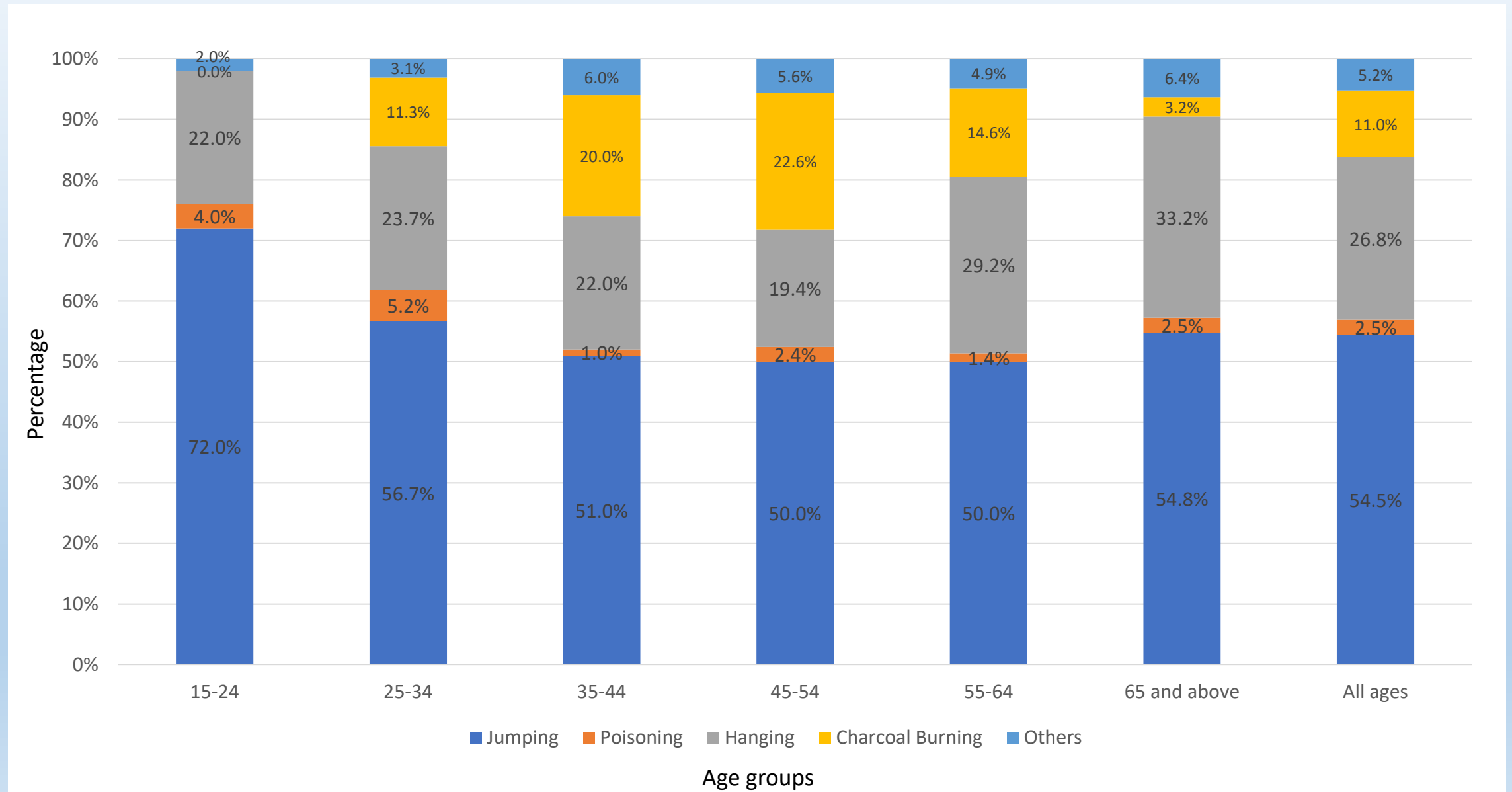
Male suicide rates by age group in Hong Kong, 2010 – 2020[^]



Female suicide rates by age group in Hong Kong, 2010 – 2020[^]



Distribution of method of suicide by age group in Hong Kong, 2020



Insights from 2020 Suicide Statistics:

Aged 60 or above Female Elderly (from 11.9 in 2019 to 15.3 in 2020, 28.5% increase)

60歲以上女性長者 (每10萬人口的11.9升至15.3，28.5%升幅)

Aged 15-24 young female (from 4.0 in 2019 to 6.1 in 2020)

15-24 歲年青女性組群 (由2019年的4.0升至2020年的6.1)

Aged under 15 (from 0.7 in 2019 to 1.3 in 2020).

15歲以下的少年群組 (由2019年的0.7升至2020年的1.3)



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60歲以上女性長者
Aged 60 or above
Female Elderly

- 寡婦 Widow
- 獨自生活 Live alone
- 有子女（不住在同一居所）
With adult children (not living together)



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15-24 歲年青女性
Aged 15-24 young
female

- 學校生活（欺凌、讀書壓力）
School issue (bullying, study pressure)
- 感情困擾 Distress in romantic relationship
- 精神健康 Mental Illness



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15歲以下的少年 Aged under 15

- 停課 Class Suspension
- 家庭衝突 Family conflicts
- 學童自殺在考試成績公布前發生，而非在公布後發生。 The student suicides occurred before the release of the exam results but not after the results were released.

→ 教導學童有效減壓方法、成功失敗的界定、自身的價值等

To educate the students about stress relaxation program , re-defining success and failure, and self-worth etc



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個案分享： Case Sharing

中三學生因害怕感染新冠肺炎，被確診患上強迫症。

A F. 3 student was diagnosed with OCD for fear of contracting COVID-19.

中一女生整天把自己困在房間，拒絕上學。

A F.1 girl locked herself in her bedroom all day and refused to go to school.

高中男生打機打通宵，成績一落千丈。

A senior form student played online game all night long and his academic results dropped a lot.



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反思 Reflection:

□ 除了學業成績，年青人還有什麼價值？

Besides academic achievement, what other value do young people have?

□ 學校扮演的角色，教導「人」/處理「事件」？

The role of the school – to educate, or to resolve ‘problems’?

□ 推動家長教育，讓家長學習與年青人溝通

Promote parent education to help parents communicate with young people



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Q & A

答問環節



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