



## 第九屆香港傑出義工獎得獎者

THE 9TH HONG KONG VOLUNTEER AWARD WINNER

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### 撒瑪利亞會

The Samaritans

撒瑪利亞會成立於 1974 年，義工團隊逾 100 人。團隊深明對於飽受焦慮、苦惱或絕望等負面情緒影響而生出自殺念頭的人而言，生死往往懸於一線。及時與適切的情緒支援和輔導，正是拯救他們的關鍵。

團隊為受情緒困擾的人士提供 24 小時熱線電話及電郵服務，隨時隨地為他們予以協助，開導他們的情緒。團隊支援多種語言的服務，不單惠及本地居民，更讓多達 50 萬名不同國籍、族裔的居港人士得到支援，全方位涵蓋不同人士的需要。

撒瑪利亞會義工團隊除提供直接的情緒輔導外，亦積極培訓青少年，讓他們學習多關心身邊的朋友和有需要人士，互助互勉。團隊籌辦「撒瑪利亞賽馬會跨代關愛生命計劃」和「友伴同行」生命互勉計劃等不同活動，透過一系列的訓練營及工作坊，讓青少年了解抑鬱症和自殺傾向等，鼓勵他們主動關心身邊的人，及早予以適切的支援，引領他們走出自殺念頭的困擾。另外，撒瑪利亞會亦關心長者心理及精神健康，通過小組工作改善長者的心理健康，從而達到防止自殺的效果。該會亦致力提高公眾對心理健康的認知，減少大眾對精神疾病的忌諱，增加患者尋求專業幫助的意願。

Established in 1974, The Samaritans has a team of more than 100 volunteers. They fully understand that for people who are overwhelmed by negative emotions, anxiety, distress, despair and suicidal thoughts, life and death is precariously hanging by a thread. Timely and appropriate emotional support and counselling is therefore the key to saving their lives.

The team runs a 24-hour hotline and e-mail service to help those in distress, letting them vent their emotions, feelings and thoughts, anytime and anywhere. The multi-lingual service supports the local population regardless of nationalities, ethnicities, or the languages that they speak, meeting the needs of some 500,000.

Besides direct emotional counselling services, the Samaritans volunteers also provide active trainings for youths, teaching them skills and encouraging them to care about friends and people around them. The team organized a variety of activities, training camps and workshops for young people to raise their awareness on depression and suicide propensity. These activities included the Samaritans Jockey Club "Life is Beautiful" Intergenerational Programme and the Young Samaritans Peer Support Programme, under which timely preventive actions are taken to guide the youngsters out of the dismal situation. On the other hand, The Samaritans provides supports for Elderly through group works, aiming to rejuvenate their mental well-being, thereby preventing suicide. They also strive to raise public awareness and mental health literacy, to reduce stigma on mental illness, and to increase willingness in seeking professional help.