

The Child Fatality Review Panel (The Review Panel) has reviewed 238 child death cases involving children aged below 18 that occurred in 2010 and 2011, among which 35 children died by suicide, 28 died in accidents and 12 died as a result of assault. The Review Panel has some observations to share with children and youth for preventing avoidable child death.

Suicide Does Not Solve the Problem

- When you are facing stresses and/or difficulties, or feeling desperate or in distress, **you need to have support**.
- You can **talk to your trustworthy family members and friends**, let them listen to you and understand your feelings.
- At the same time, you can also **seek help from helping professionals including teachers, student guidance personnel, doctors and social workers, etc.**
- You can also call various hotlines for assistance.
- You can participate in healthy activities and try to acquire more positive life experience. You can also attend training on problem-solving skills.
- When you come across someone you know who has suicidal intentions, **please take immediate action** by telling trustworthy adult(s) or other helping professionals who can **offer prompt assistance to your friend**.
- To **save your friend(s)' life** is far more important than being called betrayal by disclosing their suicidal intentions.

Helplines

- Social Welfare Department Hotline: 2343 2255
- The Samaritan Befrienders Hong Kong: 2389 2222
- The Samaritans — 24 Hour Multi-Lingual Suicide Prevention Hotline: 2896 0000
- Suicide Prevention Services: 2382 0000
- TWGHs CEASE Crisis Centre 24-hour Hotline: 18 281
- Family Crisis Support Centre Hotline: 18 288

Preventing Accident

- There are potential risks and threats in different environments. At home, pay attention to whether the window grilles are closed and locked; don't get close to an open window. Pay attention to fire safety and operate/use furniture and home appliances with care. If in doubt, seek help from an adult family member immediately.
- **Keep vigilance, follow road traffic regulations and pay attention to the road conditions** when you are on the street/road.
- **Pay attention to the safety precautions** when participating in high-risk sports and activities such as swimming, cycling and using amusement facilities/rides, etc.
- Be aware of your own physical strengths/limitations. If you are suffering from any illness, you have to understand the potential risks. Don't persist in participating in high-risk sports and activities if you do not have the required skills and physical strength or if you are feeling unwell.

Never over-estimate your own physical strengths and capabilities



兒童死亡可避免

Child Death is Avoidable

致兒童及青少年
To Children and Youth