Mental Health First Aid Course (Standard) – 30 May & 1, 6, 8 Jun 2022

Appendix – Course Information

I. Aims

Throughout this training, students would be equipped with knowledge and skills of mental health first aid, thereby raising their awareness towards mental health, and assist them to care people around them and provide initial support to peers who are developing mental illness or are in a mental health crisis

II. Mental Health First Aid Course (Standard)

"Mental Health First Aid" course is initiated by experienced mental health research and education experts in Australia, and is introduced to Hong Kong in 2004. It aims at enhancing public awareness of mental health and helping the trained persons to identify their mental status and that of others, and hence to initiate necessary intervention and support on time encourage those in need to receive professional help.

Course Content：

a. To develop basic understanding of common mental health illnesses, including Depression, Anxiety, Disorder, Substance Abuse and Psychosis etc;
b. To identify symptoms of mental problem or mental health crisis;
c. To provide initial and appropriate support in order to prevent further worsening of problems;
d. To assist persons in need to seek professional treatment, services and make use of appropriate community resources.

Participants who participated for 100% would receive a certificate, which is acknowledged by the Mental Health First Aid International. A participant who is late for more than 30 mins or absent for any lesson will be considered as not having completed the course. Please be reminded to attend on time.

III. Course Schedule

Topic	Date	Time	Venue
Learning about Depression	30 May (Mon)	1:30 pm – 4:30 pm	D2-LP-08
Learning about Anxiety Disorder	1 Jun (Wed)		
Learning about Substance Abuse	6 Jun (Mon)		
Learning about Psychosis	8 Jun (Wed)		

IV. Instructor

Ms. Pauline Lee, SAO Counsellor (Mental Health First Aid Instructor)

V. Language

English

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Appendix – Course Information

VI.   Format
Lecture, video, discussion & role play. Active participation is expected.

VII.   Target
All students

VIII. Quota
30

IX.   Selection
Lots will be drawn to allocate places if applications received exceed the quota.

X.   Fee
Free (The fee for the handbook is totally waived, supported by the Special Grants from the University Grants Committee)

XI.   Enquiry and Enrollment information

Enrollment form	https://eduhk.au1.qualtrics.com/jfe/form/SV_bC8G6twZxNuqrZA Or scan the QR code
Enquiry	Contact on 2948 6245 or email to saocspro@eduhk.hk
Deadline for the enrollment	16 May 2022