

Mental Health First Aid Course (Standard)

7, 14, 21 & 28 May 2025

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, assisting them to care for people around them, and providing 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 was initiated by experienced mental health research and education experts in Australia and was introduced to Hong Kong in 2004. It aims to enhance public awareness of mental health and help trained persons identify their mental status and that of others, and hence, initiate necessary intervention and support on time and encourage those in need to receive professional help.

Course Content :

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

*Participants who **participated 100% would receive a certificate**, which is acknowledged by Mental Health First Aid International. Please be reminded to attend on time.*

III. Course Schedule

Topic	Date	Time	Venue
Introduction to Mental Health Problems and Mental Health First Aid	7 May (Wed)	2:00 pm – 5:00 pm	C-1/F-01Q
Learning about Depression	14 May (Wed)		
Learning about Anxiety Disorder and Substance Abuse	21 May (Wed)		
Learning about Psychosis	28 May (Wed)		

IV. Instructor

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

V. Language

English

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VI. Format

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

VII. Target

All students

VIII. Quota

30

IX. Selection

This course will give priority for students whose primary language is non-Cantonese. 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_24sfOmeLeZuMch8 Or scan the QR code 
Enquiry	Contact on 2948 6245 or email to saocspro@eduhk.hk
Deadline for the enrollment	10 Apr 2025
Result	Successful Applicant will be notified via email on 16 Apr 2025