



精神健康急救標準課程

2026 年 5 月及 6 月

副件 – 課程資料

I. 目的

透過此訓練，培訓學生掌握精神健康急救的知識和技巧，加強對精神健康的關注，以助學生關心身邊人，如有精神情緒困擾的同學。

II. 精神健康急救標準課程

精神健康急救訓練概念源自於澳洲，於 2004 年才引入香港。由於情緒病及精神困擾等問題日趨普遍，當有緊急事故發生而當事人又未得到相關專業人員即時協助時，曾受精神健康急救訓練人士會懂得初部介入處理步驟及如何協助當事人尋求專業協助。

課程簡介：

- 對常見精神病有一基礎的認識，包括：抑鬱症、焦慮症、物質濫用及精神分裂症等；
- 辨認精神問題或危機出現時的表徵；
- 在問題進一步惡化前提供初步及適當的支持；
- 協助有需要人士尋求專業治療、服務或運用合適的社區資源。

全部 100% 出席四堂完成整個課程者可獲頒出席證書 (證書獲澳洲 [精神健康急救國際] 認可)。敬請準時出席。

III. 上課時間表

Class A (廣東話)

主題	日期	時間	地點	講者
介紹精神健康急救	5 月 4 日	10:00 am – 1:00 pm	C-1/F-01Q	黃詠詩女士 曾文敏女士 (精神健康 急救導師)
認識抑鬱症	(一)	2:15 pm – 5:15 pm		
認識焦慮症和物質濫用	5 月 6 日	10:00 am – 1:00 pm		
認識重性精神病	(三)	2:15 pm – 5:15 pm		

Class B (廣東話)

主題	日期	時間	地點	講者
介紹精神健康急救	6 月 9 日	10:00 am – 1:00 pm	C-1/F-01Q	李慧萍女士 曾文敏女士 (精神健康 急救導師)
認識抑鬱症	(二)	2:15 pm – 5:15 pm		
認識焦慮症和物質濫用	6 月 11 日	10:00 am – 1:00 pm		
認識重性精神病	(四)	2:15 pm – 5:15 pm		

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Class C (英文)

Topic	Date	Time	Venue	Speaker
Introduction to Mental Health Problems and Mental Health First Aid	19 May (Tue)	2:00 pm – 5:00 pm	C-1/F-01Q	Ms. Pauline Lee (MHFA Instructor)
Learning about Depression	21 May (Thu)			
Learning about Anxiety Disorder and Substance Abuse	26 May (Tue)			
Learning about Psychosis	28 May (Thu)			

IV. 形式

課堂講解、分組討論、影片教學、角色扮演。學員必需主動及投入課程。

V. 對象

所有學生

VI. 名額

每班 30 人

VII. 甄選

以表格內容進行甄選，如入選人數超過名額，將以抽籤形式決定

VIII. 費用

全免 (是次訓練由大學教育資助委員會特別補助金提供轄免手冊急救費用)

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IX. 報名及查詢

報名表格	https://eduhk.au1.qualtrics.com/jfe/form/SV_24sfOmeLeZuMch8 或掃描二維碼 
查詢	可致電 2948 6245 或電郵至 saocspro@eduhk.hk
截止報名日期	2026 年 4 月 13 日
結果公佈日期	2026 年 4 月 20 日

Mental Health First Aid Course (Standard)

May & Jun 2026

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 :

- To develop 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 in order 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 for 100% would receive a certificate, which is acknowledged by the Mental Health First Aid International. Please be reminded to attend on time.

III. Course Schedule

Class A (Cantonese)

Topics	Date	Time	Venue	Speaker
Introduce Mental Health First Aid	4 May (Mon)	10:00 am – 1:00 pm	C-1/F-01Q	Ms. Amy Wong Ms. Tina Tsang (MHFA Instructor)
Learning about Depression		2:15 pm – 5:15 pm		
Learning about Anxiety Disorder & Substance Abuse	6 May (Wed)	10:00 am – 1:00 pm		
Learning about Psychosis		2:15 pm – 5:15 pm		

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Appendix – Course information

Class B (Cantonese)

Topics	Date	Time	Venue	Speaker
Introduce Mental Health First Aid	9 Jun (Tue)	10:00 am – 1:00 pm	C-1/F-01Q	Ms. Pauline Lee Ms. Tina Tsang (MHFA Instructor)
Learning about Depression		2:15 pm – 5:15 pm		
Learning about Anxiety Disorder & Substance Abuse	11 Jun (Thu)	10:00 am – 1:00 pm		
Learning about Psychosis		2:15 pm – 5:15 pm		

Class C (English)

Topic	Date	Time	Venue	Speaker
Introduction to Mental Health Problems and Mental Health First Aid	19 May (Tue)	2:00 pm – 5:00 pm	C-1/F-01Q	Ms. Pauline Lee (MHFA Instructor)
Learning about Depression	21 May (Thu)			
Learning about Anxiety Disorder and Substance Abuse	26 May (Tue)			
Learning about Psychosis	28 May (Thu)			

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

V. Target: All students

VI. Quota
Each class: 30

VII. Selection
Selection will be based on the information provided in the form. If the quotas are exceeded, allocation of places will be determined by drawing lots.

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

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IX. 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	13 Apr 2026
Result Announcement	20 Apr 2026