1. **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

1. **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, and encourage those in need to receive professional help.

Course Content：

1. To develop basic understanding of common mental health illnesses, including Depression, Anxiety, Disorder, Substance Abuse and Psychosis etc;
2. To identify symptoms of mental problem or mental health crisis;
3. To provide initial and appropriate support in order to prevent further worsening of problems;
4. 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.

1. **Course Schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| **Topic** | **Date** | **Time** | **Venue** |
| Learning about Depression | 26 Jul | 2:00 pm – 5:00 pm | D2-LP-09 |
| Learning about Anxiety Disorder | 28 Jul |
| Learning about Substance Abuse | 2 Aug |
| Learning about Psychosis | 4 Aug |

1. **Instructor**

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

1. **Language**

English

1. **Target**

All students

1. **Quota**

30

1. **Selection**

If the quotas are exceeded, allocation of places will be determined by drawing lots.

1. **Fee**

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

1. **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 [saocs@eduhk.hk](mailto:saocs@eduhk.hk) |
| Deadline for the enrollment | 18 Jul 2021, 9:00 am |