



精神健康急救基礎課程 (For Staff)

Mental Health First Aid Standard Course

What you can learn from MHFA:

The trainer of 12-hour MHFA course will teach you how to provide initial support to people with mental health problem or people experiencing mental health crisis. It will cover:

- Basic knowledge of mood disorders, anxiety disorders, psychotic disorders and substance use disorders;
- Possible crisis arising from these mental health problems (e.g., suicidal behaviors, acute psychotic behaviors, acute stress reactions) and the necessary interventions;
- Early intervention and appropriate support to the one involved before the situation gets worse; and
- Community resources and professional services available in Hong Kong

Quotes from past MHFA courses:

"Very useful skills of MHFA. Many practical case analysis. Experienced instructors." -- Nov 2010

"The activities can engage me to deeper understanding of the topic and how to approach and communicate with people. Overall speaking, it is a very good program. It should be introduced to more people!" -- Nov 2011

"I think the aspects I expected are attainable & the workshop is much better than what I expect. I meet the best instructors here among this academic year!" -- July 2012

"Very practical, instructors gave clear examples of how to handle specific situation/ behavior/ disorders." AND "Can learn more about mental health and build up a right attitude towards the people who suffer from the illness." -- Jan 2013

| Course Details | |
|----------------------|---|
| Date: | 21 (Tue) & 29 (Wed) Jan 2014 |
| Time: | 9:30 am to 5:00 pm |
| Venue: | Room 4619 (via Lifts 31-32) |
| Language: | English |
| Instructors: | Ms. Vava KWOK and Ms. Cathryn YIP (Student Counselors) |
| Course Fee: | \$100 (Course manual and Certificate included) |
| Registration Method: | Please bank-in the course fee to the HKUST bank account: Bank of China (Hong Kong) Ltd: 012-875-1-070111-7 Bring along the bank-in receipt with Staff ID no., name and course name clearly marked on the cover and register in person at the Counseling and Development, Student Affairs Office (Room 4611, via Lifts 31-32) during office hours. First come, first served. |
| Registration Period: | 3 Jan 2014 (Fri) to 17 Jan 2014 (Fri) |
| Enquires: | Miss Kenix CHEUNG (Tel: 2358-6147; E-mail: sakenix@ust.hk) |

Participants will be awarded an **Official Certificate issued by The Mental Health Association of Hong Kong with recognition by Mental Health First Aid, Australia** upon successful completion of the training.

For details about MHFA, please visit <http://www.mhfa.com.au/>

Organized By: