

Mental Health First Aid Course

精神健康急救課程

For Staff

“
A CONVERSATION COULD
CHANGE A LIFE
AND THE RIGHT SKILLS CAN
MAKE THE DIFFERENCE
”



**MENTAL
HEALTH
FIRST AID**
Australia

Learn the skills to make a difference



The **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 person in need before the situation gets worse;
- Community resources and professional services available in Hong Kong

Date: 8 & 9 Jan 2025 (Wed & Thu), 9:30 am - 5:00 pm (Cantonese)
1 & 2 Apr 2025 (Tue & Wed), 9:30 am - 5:00 pm (English)
2 & 3 Jun 2025 (Mon & Tue), 9:30 am - 5:00 pm (English)

Venue: To be confirmed

Course Fee: HK\$150 (Refundable upon completion; course manual and certificate included)

Registration: Please send us a crossed cheque made payable to “The Hong Kong University of Science and Technology” (with your name, ITSC email, contact number and class date at the back) via internal mail to or in person at the Counseling and Wellness Center (Room 5003).

Remarks: Please register at least 1 working day prior to respective event dates

Enquires: Tel: 2358 6696, Email: counsel@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.

