



*Mental Health First Aid Standard Course*  
**精神健康急救 – 基礎課程**

**Course Overview:**

Mental health issues can affect anyone in the community. It is important for counsellors to acquire knowledge, skills and confidence to support clients experiencing a mental health issue. The course helps you to have simple and practical first aid skills on the following areas:

- To have basic knowledge of depression, anxiety disorders, psychosis, and substance use disorders.
- To address possible crises arising from these mental health problems and proceed with the necessary intervention.
- To provide appropriate help for people involved before the situation gets worse.
- To learn of community resources and help people involved to seek professional treatment and make use of available resources.

**Course Details**

Date: **February 29 and March 1, 2020 (Saturday and Sunday)**

Time: 10:00am – 5:00pm

Venue: Room LE2, Library Extension, HKU

Trainers: Angela Wong (Honorary Advisor), Vava Kwok (2006),  
Vincci Lau (2007), Rebecca Ko (2005)

Language: Cantonese

Format: Lecture, demonstration and role play, small group discussion

Course Fee: On or before **January 18, 2020**: Members \$300 / Non-Members \$400  
**January 19, 2020** or after: Members \$400 / Non-Members \$500

Class Quota: 30

Deadline: **February 1, 2020** (Saturday)

Enquiries: [hkucounsellingalumni@yahoo.com.hk](mailto:hkucounsellingalumni@yahoo.com.hk)

Enrollment Procedures:

1. Please credit the course fee to AA Bank Account 234-157089-001 (Hang Sang Bank), and print your full name on the payment slip.
2. Complete the e-form and upload the payment slip.  
E-form: <https://forms.gle/14Hv9asXWMJQ3uwi6>



Those who complete 12 hours of training will be issued a “Mental Health First Aid Standard Course Certificate”, which is acknowledged by the ORYGEN Research Center of the Department of Psychiatry at University of Melbourne. For details, please visit <http://www.mhfa.org.hk>.

Open to AA members, graduates of the HKU Master of Social Sciences (Counselling) program and their friends and family members. Registration on a first-come first-served basis, with priority given to AA members. Successful applicants will receive an email confirmation.

Graduates or current students may apply for AA membership:  
<http://graduate.socialwork.hku.hk/application-to-be-a-member/>

