

ABOUT MENTAL HEALTH FIRST AID (MHFA) TRAINING



The MHFA training programme is a multi-award winning course developed in 2001 by Betty Kitchener and Professor Tony Jorm in Australia.

It has been evaluated and disseminated worldwide. The programme is currently supported by the ORYGEN Research Centre at the University of Melbourne and its local coordinating agency is the Mental Health Association of Hong Kong.

CEDARS - Counselling and Person Enrichment (CoPE) has been running this programme for students and staff since 2007. As of June 2011, 496 students and 231 staff have completed the training.

WHY MHFA TRAINING?

- Mental health problems are common
- Many people are not well-informed
- People do not know how to respond
- There is a stigma associated with mental health problems
- Early detection facilitates professional intervention, on-going support and overall recovery



LEARNING OUTCOMES

You will learn the **signs and symptoms** of common mental health problems, **where and how to get help** and **what sort of help** has been shown to be effective. Experiential exercises, role-plays, video illustrations and group discussions will be included.

These are educational courses. They are not therapy sessions or support groups. If there are personal issues that you would like to address, you may consider making an appointment with counsellors at CEDARS-CoPE (cedars-cope@hku.hk/2857 8388).

STUDENT COURSES

(1) MHFA - Standard Course

This 12-hour course will cover:

Critical situations:

- Suicidal behaviours/thoughts
- Panic attack
- Acute stress reaction
- Acute psychotic behaviours

Developing mental health problems:

- Depression
- Anxiety
- Psychosis
- Substance misuse

Courses offered in 2011:

Group 1 (MHFA1/11-12)

Date: 3, 6, 10 & 13 Oct 2011 (Mon & Thu)

Time: 6:00 pm - 9:00 pm

Language: Cantonese

Instructors: Dr Amos Cheung

Ms Heidi Tseng

Application deadline: 21 Sept 2011

Group 2 (MHFA3/11-12)

Date: 8, 10, 15 & 17 Nov 2011 (Tue & Thu)

Time: 6:00 pm - 9:00 pm

Language: English or Cantonese

(Depending on participants)

Instructors: Dr Amos Cheung

Ms Linda Yeung

Application deadline: 25 Oct 2011

Courses offered in 2012:

Group 3 (MHFA5/11-12)

Date: 20, 22, 27 & 29 Feb 2012 (Mon & Wed)

Time: 6:00 pm - 9:00 pm

Language: Cantonese

Instructor: Dr Amos Cheung

Application deadline: 6 Feb 2012

Group 4 (MHFA6/11-12)

Date: 6, 8, 13 & 15 Mar 2012 (Tue & Thu)

Time: 6:00 pm - 9:00 pm

Language: Cantonese

Instructor: Ms Heidi Tseng

Application deadline: 21 Feb 2012

Class size: 20-25

Venue: Room 411, Meng Wah Complex

Course fee: \$400 (Subsidized by CEDARS-CoPE, a localised manual is included)

(2) MHFA - Youth Course NEW!!

This 14-hour course is designed for students who are pursuing youth-related work in their careers. It will cover:

Critical situations:

- Suicidal behaviours/thoughts
- Self-harm
- Panic attack
- Acute stress reaction
- Acute psychotic behaviours

Developing mental health problems in adolescents:

- Depression
- Anxiety
- Eating disorders
- Gradual onset of psychosis
- Substance misuse

Youth Course (MHFA2/11-12)

Date: 24 & 28 Oct 2011;

4 & 5 Nov 2011 (Mon, Fri & Sat)

Time:

24, 28 Oct & 4 Nov: 6:00 pm – 9:00 pm

5 Nov: 10:00 am – 1:00 pm; 2:00 pm – 4:00 pm

Language: Cantonese

Instructor: Ms Heidi Tseng

Application deadline: 10 Oct 2011

Class size: 15-25

Venue: Room 411, Meng Wah Complex

Course fee: \$450 (Subsidized by CEDARS-CoPE, a localised manual is included)

STAFF COURSES

MHFA - Standard Course (Staff for Students)

This Course aims at assisting colleagues to **help students** who are developing or have developed mental health problems. Applicants should obtain nominations from their departments/units.

Group 1 (MHFA4/11-12)
Date: 6-9 Dec 2011 (Tue-Fri)
Time: 9:30 am – 12:30 pm
Language: Cantonese
Instructor: Ms Linda Yeung
Application deadline: 22 Nov 2011

Group 2 (MHFA7/11-12)
Date: 8-11 May 2012 (Tue-Fri)
Time: 9:30 am – 12:30 pm
Language: English or Cantonese
(Depending on participants)
Instructor: Ms Linda Yeung
Application deadline: 18 Apr 2012

Class size: 15-25
Venue: Room 411, Meng Wah Complex
Course fee: \$600 (A localised manual is included)

REFRESHER COURSE

This Course is open to all students and staff who have completed the training. It aims at refreshing knowledge, sharing experiences, updating information of MHFA development and interacting with other MHFAiders.

Date: 10 Feb 2012 (Fri)
Time: 4:30 pm – 6:00 pm
Language: Cantonese or English
(Depending on participants)
Registration deadline: 6 Feb 2012

Class size: 15-25
Venue: Room 411, Meng Wah Complex
Course fee: Free

FREQUENTLY ASKED QUESTIONS

- Who can attend the training?*
 - Standard Course: Students or staff from any academic programme or discipline are welcome to attend the training.
 - Youth Course: Students must be over 18 years old and are coming from academic programmes or disciplines which are directly relevant to youth mental health.
- What is the difference between Youth Course and Standard Course?*

The Youth Course (14 hours) is for adults who want to understand and address mental health problems and crises specific to adolescents, while the Standard Course (12 hours) is designed for understanding mental health issues in the general adult population.
- Will I receive a certificate after the training?*

A certificate of completion will be awarded to participants with **FULL** attendance.
- Will I receive any post-training support after the training?*

Students or staff who have completed the training will:

 - be invited to attend Refresher Courses.
 - obtain consultation from instructor(s) when facing difficult situations on the application of mental health first aid.
- Will I enjoy any post-training opportunities after the training?*

Students who completed the training will be invited to:

 - conduct Peer Sharing Sessions at CEDARS Learning Plus.
 - operate the HEA Kiosk with people who are under mental rehabilitation.

For more post-training opportunities, please go to <http://w3.cedars.hku.hk/web/mhfa>.

INSTRUCTORS FROM CEDARS

Ms Linda Yeung
Senior Counsellor (Clinical Psychologist)
MHFA Master Instructor

Ms Heidi Tseng
Counsellor
MHFA Course Instructor (Standard Course and Youth Course)

Dr Amos Cheung
Senior Counsellor (Clinical Psychologist)
MHFA Course Instructor (Standard Course)

APPLICATION

Please download the application form at <http://w3.cedars.hku.hk/web/mhfa/downloads>.

CONTACT AND ENQUIRIES

Counselling and Person Enrichment (CoPE)
Centre of Development and Resources for Students
Room 408-424, Meng Wah Complex
The University of Hong Kong
Tel: 2857 8388
Email: cedars-cope@hku.hk



MENTAL HEALTH FIRST AID (MHFA) 2011-2012

IMPROVE YOUR MENTAL HEALTH LITERACY

MHFA is the help provided to a person who is developing a mental health problem or in a mental health crisis. Aid is given until appropriate professional treatment is received or until the crisis is resolved.

<http://w3.cedars.hku.hk/web/mhfa>