

# Future-Ready Series : Research Postgraduate Wellness Initiative 2023/24

Ask Again

知疼著熱



## Research Postgraduate Wellness Ambassador Programme 2023/24: Mental Health First Aid (MHFA) (Standard Course)

### **Subclass A (conducted in English)**

**Dates:** Nov 14, Nov 21, Nov 28, Dec 5, 2023  
(Tue)

**Time:** 1:30 - 4:20 p.m.

**Venue:** Main Campus, HKU

**Instructors:** Ms. Ingrid Lui, CSRP  
Ms. Joyce Liu, CSRP

### **Subclass B (conducted in Putonghua\*)**

**Dates:** Nov 17, Nov 24, Dec 1, Dec 8, 2023  
(Fri)

**Time:** 12:30 - 3:20 p.m.

**Venue:** Main Campus, HKU

**Instructors:** Ms. Carmen Lai, CSRP  
Ms. Renee Tam, CSRP

*\*Training manual in traditional Chinese*

### **Overview**

Mental Health First Aid (MHFA) is an international certificate course developed in 2001 by the ORYGEN Centre at the University of Melbourne. Participants in this 12-hour certificate course will learn how to provide initial assistance to people experiencing/ developing mental health problems before seeking professional treatment. The face-to-face training course will also provide participants with a better understanding about the community resources available, offering assistance to those in need to seek for professional treatment and utilize appropriate resources.

Upon course completion, participants with full attendance will receive the "Mental Health First Aid Certificate" from the Mental Health Association of Hong Kong, the organization authorized by the University of Melbourne's ORYGEN Research Centre to issue the certificate in Hong Kong.

The training is conducted by MHFA instructors from the Hong Kong Jockey Club Centre for Suicide Research and Prevention (CSRP). The Centre was founded in 2002, and is based at the Faculty of Social Sciences in the University of Hong Kong. In addition to carrying out research and advocacy, the Centre also coordinates training and interventions to promote



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good mental health in the community. CSRP also carries out leading research into the causes and prevention of self-harm and suicide, and collaborates with local and international partners to promote the Public Health Approach to suicide prevention. Please visit the CSRP website <https://csrp.hku.hk/> for more information.

### Learning Outcomes

By the end of the course, participants will improve their knowledge and skills in dealing with emotional distress or crises and be able to:

- have basic knowledge of depression, anxiety disorders, psychosis and substance use disorder;
- address the possible crisis arising from these mental health problems and proceed with necessary intervention; and
- provide suitable help for persons involved before the situation gets worse on the basis of the following five keys:
  1. Assess and assist with any crisis
  2. Listen non-judgmentally
  3. Give support and information
  4. Encourage the person to get appropriate professional help
  5. Encourage other supports

### Learning Activities

Lectures, group discussion, role play, video demonstration and practice etc.

### Remarks

**Full attendance is required.** Participants who complete the 12-hour course will be issued the "Mental Health First Aid Course Certificate", which is acknowledged by the Mental Health First Aid International. Those who fail to complete the course will not be given a certificate.

Please visit the MHFA website <http://www.mhfa.org.hk/> for more information.

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