



MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid (MHFA) is an internationally recognised and accredited course offered by the City Mental Health Alliance Hong Kong.

WHY DO A MHFA COURSE?

Mental Health First Aid provides you with knowledge and practical skills to support someone in a time of mental health crisis, giving you the confidence to act as a first-responder to support their mental health and then direct them to the care of trained mental health professionals if required.

Completing the MHFA training will give you a better understanding of mental illness. With this knowledge you can inform others and help to reduce the stigma that surrounds mental illness which can prevent people from seeking help early. The skills learned in this course can be applied beyond the workplace to provide support to family, friends and the wider community.

Key learning from the course includes:

- knowledge about a range of mental health conditions
- signs and symptoms to assess a mental health condition
- an Action Plan to guide you as you offer support.

You will also receive information on HK community services where you can direct someone to seek support.

All participants who complete the full 12-hour course receive an internationally recognised MHFA Certificate.

The course can be delivered:

IN PERSON

2 full days

OR

4 half days

VIRTUALLY

1

45 minute online introduction to the course with CMHA HK

2

7 hours of self-directed online learning (completed 1 week before commencing part 3)

3

5 hours of virtual training with a registered MHFA instructor (2x 2.5 hour sessions)

COURSE DESCRIPTION:

Mental health topics covered in this accredited course include:

- Mental health problems and the role of MHFA
- Depression
- Anxiety
- Substance use
- Psychosis

During the course participants receive instruction on how to support someone experiencing a mental health crises including:

- Suicidal thoughts and behaviours
- Panic attacks
- Severe psychotic states.

The course is delivered by trained and certified Mental Health First Aid instructors for CMHA HK.

COSTS:

- In-person course (up to 30 participants): HK\$28,000
- Virtual course (up to 15 participants): HK\$22,500

For more information, please contact City Mental Health Alliance Hong Kong: admin@cmhahk.org