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 (MHFA2/18-19)
Date: 3, 5, 10 & 12 Oct 2018 (Wed & Fri)
Time: 9:30 am – 12:30 pm
Language: Cantonese
Instructor: Dr Linda Yeung & Ms Esther Cheung
Fee: $700 (includes a Chinese manual)
Application deadline: 19 Sep 2018 (Wed)

Group 2 (MHFA7/18-19)
Date: 12, 15, 19 & 22 Mar 2019 (Tues & Fri)
Time: 9:30 am – 12:30 pm
Language: English
Instructor: Dr Linda Yeung & Ms Heidi Tseng
Fee: $725 (includes an English manual)
Application deadline: 26 Feb 2019 (Tues)

Class size: 15-25
Venue: Room 301 - 323, 3/F, Main Building

REFRESHER COURSE
This course is open to all students and staff who have completed MHFA training. It aims to provide a platform for sharing experiences, refreshing knowledge, updating information of MHFA development and interaction between fellow MHFAiders.

Date: 16 Oct 2018 (Tues)
Time: 4:00 pm - 5:30 pm
Language: Cantonese or English
Venue: Room 237, 2/F, Main Building

FREQUENTLY ASKED QUESTIONS
1. Who can attend the training?
   • Students or staff who are aged 18 years or above.
   • Standard Course: For students or staff from any academic programme or discipline.
   • Youth Course: For students from academic programmes or disciplines which are directly relevant to youth mental health.

2. 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 problem and crises specific to adolescents (12-18 years old), while the Standard Course (12 hours) is designed for understanding mental health issues in the general adult population.

3. Will I receive a certificate after the training?
   A certificate of completion will be awarded to participants with FULL attendance.

4. 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

5. Will I enjoy any post-training opportunities after the training?
   Students who have completed the training will be invited to:
   • assist campus-wide psychosocial activities or mental health promotion.
   • provide peer support to students with mental health problems.

INSTRUCTORS FROM CEDARS
Dr Linda Yeung
Registered Clinical Psychologist
Director of Counselling and Person Enrichment
MHFA Master Instructor (Standard and Youth Course)

Ms Esther Cheung
Registered Clinical Psychologist
MHFA Course Instructor (Standard Course)

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

Ms Janet Chan
MHFA Course Instructor (Standard and Youth Course)

Ms Elaine Chan
MHFA Course Instructor (Standard Course)

Mr Dan Yu
Chief Officer, The Mental Health Association of Hong Kong
MHFA Master Instructor (Standard and Youth Course)

APPLICATION
Please download the application form at http://wp2.cedars.hku.hk/mhfa/downloads/

CONTACT AND ENQUIRIES
Counselling and Person Enrichment (CoPE)
Centre of Development and Resources for Students
Room 301 - 323, 3/F Main Building
The University of Hong Kong
Tel: 3917-8388
Email: cedars-cope@hku.hk
Website: cedars.hku.hk/cope

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://wp2.cedars.hku.hk/mhfa/
ABOUT MENTAL HEALTH FIRST AID (MHFA) TRAINING

The MHFA training programme is a multi-award winning course. It was developed in 2000 by Betty Kitchener and Professor Tony Jorm based at the Australian National University in Australia. Now it operates as a not-for-profit health promotion charity focused on mental health training and research. The programme has been evaluated and disseminated worldwide. The coordinating agency in Hong Kong 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 May 2018, over 2390 students and staff have completed the training. The training has also been adopted as part of the formal curriculum in the MBBS programme in our University.

WHY MHFA TRAINING?
• Mental health problems are common
• Many people are not well-informed
• People do not know how to respond
• There are stigmas 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/3917 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

(2) MHFA - Youth Course
This 14-hour course is designed for students who are pursuing youth-related work in their studies & career. 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

Courses offered in 2018/19 academic year

Group 1 (MHFA1/18-19)
Date: 2, 5, 9 & 12 Oct 2018 (Tues & Fri)
Time: 6:00 pm - 9:00 pm
Language: Cantonese
Instructor: Ms Esther Cheung & Ms Janet Chan
Fee: $400 (Subsidised by CEDARS-CoPE, includes a Chinese manual)
Application deadline: 18 Sept 2018 (Tues)

Group 2 (MHFA3/18-19)
Date: 22, 25, 29 Oct; 1 Nov 2018 (Mon & Thurs)
Time: 6:00 pm - 9:00 pm
Language: English
Instructor: Ms Heidi Tseng & Ms Elaine Chan
Fee: $425 (Subsidised by CEDARS-CoPE, includes an English manual)
Application deadline: 8 Oct 2018 (Mon)

Group 3 (MHFA5/18-19)
Date: 19, 21, 26, 28 Feb 2019 (Tues & Thurs)
Time: 6:00 pm - 9:00 pm
Language: Cantonese
Instructor: Ms Heidi Tseng & Ms Elaine Chan
Fee: $400 (Subsidised by CEDARS-CoPE, includes a Chinese manual)
Application deadline: 8 Feb 2019 (Fri)

Group 4 (MHFA6/18-19)
Date: 12, 15, 19, 22 Mar 2019 (Tues & Fri)
Time: 6:00 pm - 9:00 pm
Language: English
Instructors: Ms Janet Chan
Fee: $425 (Subsidised by CEDARS-CoPE, includes an English manual)
Application deadline: 26 Feb 2019 (Tues)

Class size: 20-30
Venue: Room 301 - 323,3/F, Main Building

Youth Course (MHFA4/18-19)
Date: 6, 8, 13, 17 Nov 2018 (Tues, Thurs & Sat)
Time: 6, 8, 13 Nov: 6:00 pm – 9:00 pm
17 Nov: 10:00 am – 1:00 pm; 2:00 pm – 4:00 pm
Language: Cantonese
Instructor: Ms Heidi Tseng & Mr Dan Yu
Fee: $450 (Subsidised by CEDARS-CoPE, includes a Chinese manual)
Application deadline: 23 Oct 2018 (Tues)

Class size: 20-25
Venue: Room 301 - 323,3/F, Main Building