



F1WPD004C

(Token- required)

Course/ Introductory Level

Youth Mental Health First Aid Course (YMHFA)

MHFA Instructor and Programme Officer, HKAGE



Application Deadline
11 May 2023 12:00 n.n

Result Release
12 May 2023

Intended Learning Outcomes

Upon completion of the programme, student members should be able to:

1. have a basic understanding of common mental health problems in young people
2. aware the signs of mental health problems or crisis and give support before the problems getting worse
3. assist the young persons to seek for professional help or receive appropriate community resources
4. enhance empathy and social awareness.



◆ Introduction of the Course

In response to the epidemic and changes in the social environment in recent years, adolescents are facing great pressure in life, studies and the future. Learning "Youth Mental Health First Aid" can be able to provide immediate help to those around you when an emergency occurs.

The course - "Youth Mental Health First Aid" developed in Australia, Its purpose was similar to physiological first aid, which is the help provided to a person who has a developing mental illness or is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis has been resolved.

The course will be focused on adolescent development and what signs and symptoms to look out for early detection of mental health problems developing in young people up to the age of 24, including: anxiety disorders, eating disorder, depression, substance misuse and psychosis. It is a 14-hour training course involving theoretical lecture supplemented with video, practical exercise and quiz.

◆ Schedule

Date	Time	Venue
14 August 2023 (Monday)	2:00 p.m. – 5:30 p.m.	HKAGE
15 August 2023 (Tuesday)		
18 August 2023 (Friday)		
21 August 2023 (Monday)		

◆ Suitable for

- S3 to S6 student members in 2022/23 school year. (Age 15 or above)
- Class size: 30

* Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Teaching materials and Certificate

- Chinese version for the "Youth Mental Health First Aid" Manual will be distributed.
- E-Certificate and a certificate issued by the Mental Health Association of Hong Kong will be awarded to participants who have attended **all the lesson** and shown active participation in class activities.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Enquiries

☎ 3940 0101 ✉ programme@hkage.org.hk