

MENTAL HEALTH 101

An Introduction to Mental Health
Mind HK

PRIVATE TRAINING

Content and Pricing

What is Mental Health 101? A general introductory course to mental health, covering common misconceptions, selected mental health diagnoses, how to help yourself or someone else who is experiencing a mental health problem in Hong Kong, and how to look after your mental well-being.

How does it work? Email us your preferred date(s) and location, and we will come to you.

Mental Health 101 will cover:

- The basics of mental health
- Stigma around mental health
- The spectrum of mental health, from anxieties, phobias and depression to more severe conditions
- Self-help treatment options, including wellbeing tips, guided self-help, individual digital interventions and online support
- Who does what: the difference between counselors, psychologists and psychiatrists
- How to get help with mental health in Hong Kong and internationally
- Case examples

All of our training offerings are delivered by Mind HK Staff or Mental Health Professionals. This training was developed in collaboration with Mental Health First Aid England and City Mental Health Alliance Hong Kong. The minimum age for attendance is 16.

Duration of Training: 90 minutes

Number of Attendees: 60 max

Standard Price: \$5000

Venue: Lecture/theatre style (a suitable venue with a projector must be provided or covered)

We suggest you to take Mental Health 101 prior to taking our Mental Health First Aid certificate standard course, to gain a basic knowledge around mental health.

Reduced rates are available for NGOs. Please email training@mind.org.hk regarding eligibility.

mind hk



- Mind HK -

Through training sessions, workshops, talks, public campaigns, and our website we hope to increase awareness and understanding of mental health in Hong Kong. **We're here to ensure no one has to face a mental health problem alone.**

 training@mind.org.hk

 (+852) 3643 0869

 www.mind.org.hk/training

MENTAL HEALTH FIRST AID (MHFA) STANDARD

A 12-hour international certification course
Mind HK

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What is MHFA? An internationally recognised and accredited qualification. Just like physical health first aid, mental health first aid teaches practical ways to manage mental health symptoms and crises. Participants will gain a sound knowledge of a wide range of mental health diagnoses, ways to assess and directly help those experiencing a mental health problem, and how to effectively refer them to further support.

How does it work? Email us your preferred dates and location, and we will come to you.

Mental Health First Aid (MHFA) will cover:

- Basic knowledge about common mental health problems and related crisis situations
- What you can provide as a lay person and when to get help
- MHFA Action Plans
- Intervening and managing mental health emergencies as a first responder
- Panic attacks
- Suicide
- Self-harm
- Addictions
- Identify the resources available in the local community

Completion of this MHFA training will lead to being internationally certified in MHFA. A certificate will be awarded to participants with FULL attendance. All of our trainings are delivered by Mind HK staff or Mental Health Professionals. The minimum age for attendance is 18.

Duration of Training: 12 hours (either 2 x 6-hour sessions or 4 x 3-hour sessions)

Number of Attendees: 18-24

Standard Price: \$ 650 pp

Corporate Price (includes donation): \$950 pp

Venue: Lecture/theatre style (a suitable venue with a projector must be provided or covered)

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