

MANAGING MENTAL HEALTH DURING THE COVID-19 OUTBREAK

A 1.5 hours introductory course

PRIVATE TRAINING

Content and Pricing



What is Managing Mental Health During the COVID-19 Outbreak? During the current COVID-19 outbreak, it is normal to feel worried, stressed and anxious when we are faced with uncertain situations as well as trying to adapt to flexible working. But the sooner we acknowledge and learn to take care of our mental health, the healthier and better equipped we'll be to cope with the situation we're having to face.

How does it work? This is designed to be delivered as an online webinar via Zoom. Email us your preferred date(s) and time, and we will come to you.

Managing Mental Health During the COVID-19 Outbreak will cover:

- The basics of mental health
- The spectrum of mental health
- Mental health challenges during the COVID-19 Outbreak - Stress, Anxiety and Depression
- A case example
- Tips to cope with these mental health challenges
- Tips on general wellbeing
- Challenges to flexible working
- Tips on adaptation to flexible working

All of our training offerings are delivered by Mind HK Staff or Mental Health Professionals.

Duration of Training: 90 minutes

Number of Attendees: 60 max

Standard Price: HKD 5000

Platform: Zoom

Language: Cantonese / English



- 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.**

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