

# MENTAL HEALTH 101

An Introduction to Mental Health

## 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. This can be delivered as online webinars or face-to-face sessions.

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

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### 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.

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**Duration of Training:** 90 minutes

**Standard Price:** HKD 6000 (60 pax) / HKD 8000 (100 pax)

**Online Platform:** Zoom

**Face-to-face Session:** Lecture/theatre style (a suitable venue with a projector must be provided)

**Language:** Cantonese / English

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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](mailto:training@mind.org.hk) regarding eligibility.



- 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](mailto:training@mind.org.hk)

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[www.mind.org.hk/training](http://www.mind.org.hk/training)

# MANAGING MENTAL HEALTH DURING THE COVID-19 OUTBREAK

A 1.5 hours introductory course

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**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 and tips on flexible working / How to support others / Tips on returning to work

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**Duration of Training:** 90 minutes

**Standard Price:** HKD 6000 (60 pax) / HKD 8000 (100 pax)

**Platform:** Zoom

**Language:** Cantonese / English

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# MANAGING MENTAL HEALTH IN THE WORKPLACE

A 2 hours introductory course

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### What is “Managing mental health in the workplace”?

An introductory training session on mental health, with a focus on workplace specific issues. This training provides an introduction to some of the important ideas relevant to mental health, educating attendees about the most common mental health problems and how they affect the workplace. The training also covers how to help yourself or someone else who is experiencing a mental health problem, generally and in the workplace.

**How does it work?** This session can be offered as a private training that is tailored to one organisation, or as a public training for a number of small companies. This can be delivered as online workshops or face-to-face sessions. Please get in touch with us ([training@mind.org.hk](mailto:training@mind.org.hk)) to discuss your requirements further.

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### Mental health in the workplace will cover:

- A general introduction to mental health and wellbeing, with reference to the workplace
- An introduction to common mental health problems
- Stigma surrounding mental health problems and how to combat this in the workplace
- How to recognise when people need help with their mental health
- How you can help yourself and others in Hong Kong
- Some of the key factors that are relevant to Hong Kong's workplaces
- How to disclose a mental health problem at work and what to consider when doing so
- How managers can support their staff to maintain good mental health and handle mental health problems at work
- How to have an effective conversation about mental health in the workplace

The training also includes case studies to illustrate how the common mental health problems can appear and how they can affect peoples' functioning and work and at home. All of our training offerings are delivered by Mind HK Staff or by Mental Health Professionals. This training was developed in collaboration with the City Mental Health Alliance (CMHA) Hong Kong, CMHA London, Black Dog Institute, Mind UK and Time to Change UK.

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**Duration of Training:** 120 minutes

**Standard Price:** HKD 16,000 (40pax)

**Online Platform:** Zoom

**Face-to-face Session:** Lecture/theatre style (a suitable venue with a projector must be provided)

**Language:** English

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Please email [training@mind.org.hk](mailto:training@mind.org.hk) for more details.



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# MENTAL HEALTH FIRST AID (MHFA) STANDARD

A 12-hour international certification course

## PRIVATE TRAINING

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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.  
(Online version available soon.)

### 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 (please email to enquire on our online MHFA structure)

**Number of Attendees:** 18-24 (In person training) / 6-20 (Online)

**Standard Price:** HKD 28,000

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

**Language:** Cantonese / English

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](mailto:training@mind.org.hk) regarding eligibility.



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