

# 「精神健康急救」證書課程

## Mental Health First Aid Certification Course

[11月份 November 2023]



### 公開課程 Open Course

由即日起至  
2023年9月30日報名，  
即可享有早鳥優惠！  
Early bird discount  
will be available for  
those who enroll  
on or before  
2023/09/30!

### 課程內容 Content

#### 第一天 Day 1

- ◆ 「精神健康急救」的基本概念  
Basic concept of MHFA
- ◆ ALGEE急救模式 5-step action plan: ALGEE
- ◆ 急救應用：抑鬱症、躁狂抑鬱症、焦慮症、或驚恐性發作  
MHFA: Depression, Bipolar Disorder, Anxiety Disorders, Panic Attack
- ◆ 預防及協助企圖自殺人士 MHFA: Suicide
- ◆ 轉介社區資源及專業支援  
Community resources & professional help

#### 第二天 Day 2

- ◆ 急救應用：重性精神病（思覺失調及精神分裂症）  
MHFA: Psychotic Disorders (Early Psychosis, Schizophrenia)
- ◆ 急救應用：物質濫用  
MHFA: Substance Abuse
- ◆ 協助精神病人康復的社區資源  
Community resources & professional help
- ◆ 精神健康急救考試及課程檢討  
Quiz & course evaluation

### 課程目標 Objective

- ✓ 認識都市人常見的情緒困擾及精神病的徵狀  
Introduction of common emotional disturbances and mental health disorder symptoms.
- ✓ 學習透過「精神健康急救」，幫助身邊的同事、家人或朋友面對情緒/精神困擾  
Learning to help colleagues, family and friends who suffer from emotional or mental health problems through MHFA



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## 課程詳情 Course Details

課程共12小時，分兩天進行 This course will be conducted in two days with 12 hours in total.

第一天 Day 1: 2023/11/10 (星期五 Fri) 09:30-17:00

第二天 Day 2: 2023/11/24 (星期五 Fri) 09:30-17:00

上課地點 Venue : 尖沙咀加連威老道33號

33 Granville Road, Tsimshatsui, Kowloon, Hong Kong

\* 參加者必須出席兩天課程以考取「精神健康急救證書」

**Mental Health First Aid certificate will only be awarded to those who have attended both days of the course.**

課程費用 Course Fee : HK\$800

(由即日起至2023年9月30日即可以 HK\$720 的優惠價報名！)

**Special discount rate of HK\$720 is applicable for any enrollment on or before 2023/09/30)**

導師 Instructor : 陳曉蔚女士 Ms. Helen Chan

高級顧問 / 「精神健康急救」認證培訓導師

Senior Consultant / Mental Health First Aid Instructor

形式 Activities : 短講、技巧練習、角色扮演、個案分享、小組討論及影片播放

Presentation, skills practice, role play, case sharing, group discussion and video sharing

語言 Language : 廣東話 Cantonese

截止報名日期 Deadline : 2023/10/31 (星期二 Tue)

## 報名須知 Note to Application

報名方法：

1. 請於截止日期2023年10月31日或之前透過以下網址或以手機掃描旁邊的 QR Code 填妥報名表格，並按報名表格上的指引完成付款程序。

Please submit the online application form and complete the payment procedures on or before 2023/10/31 by either clicking the link below or scanning the QR code.

<https://forms.gle/2f8tsWKAQqTQXCm5A>

2. 把填妥的報名表格及付款紀錄電郵至 [marketing@fourdimensions.org](mailto:marketing@fourdimensions.org)，付款方法請參閱後頁報名表格。

Please email the completed application form and payment record to

[marketing@fourdimensions.org](mailto:marketing@fourdimensions.org). For details, please refer to the application form on the next page.

本公司將於開課前至少一星期以電郵聯絡參加者確認課程開辦或取消。

The participants will receive confirmation email one week before the first day of Open Course.

除非課程取消，已繳費用概不退還。

The course is non-refundable unless it is cancelled by the organizer.

參加者可在課程舉行首日於接待處領取正式收據。

Official receipt will be collected in the reception on the first day of Open Course.

報名 QR Code



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