

「精神健康急救」證書課程

Mental Health First Aid Certification Course (MHFA)

[4月份 April 2024]

公開課程 Open Course

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
- ◆ 焦慮症、驚恐性發作、抑鬱症、躁狂抑鬱症
Anxiety Disorder, Panic Attack, Depression, Bipolar Disorder
- ◆ 轉介社區資源及專業支援
Community resources & professional help

第二天 Day 2

- ◆ 預防及協助企圖自殺人士
Suicide prevention & intervention
- ◆ 重性精神病 (思覺失調及精神分裂症)
Psychotic Disorders (Early Psychosis, Schizophrenia)
- ◆ 物質濫用
Substance Abuse
- ◆ 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 symptoms of common emotional disturbances and mental health disorders
- ✓ 透過學習「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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Four Dimensions Consulting Limited

課程詳情 Course Details

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

第一天 Day 1: 2024/04/19 (星期五 Fri) 09:30-17:00

第二天 Day 2: 2024/04/26 (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 (共12小時) 以獲取「精神健康急救證書」

Mental Health First Aid certificate will only be awarded to those who have attended both days (12 hours in total) of the course.

課程費用 Course Fee : HK\$800

(由即日起至2024年3月31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 2024/03/31!

導師 Instructors : 梁祈安女士 Ms. Angel Leung

臨床心理學家 / 「精神健康急救」認證培訓導師

Clinical Psychologist / Mental Health First Aid 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 : 2024/04/12 (星期五 Fri)

報名須知 Notes to Application

報名方法：

請於截止日期2024年4月12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 2024/04/12 by either clicking the link below or scanning the QR code.

<https://forms.gle/ssrt2UcrCEkfKJXy8>

報名 QR Code



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 a confirmation email one week before the first day of the 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 the course.



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