

# 「精神健康急救」證書課程

## Mental Health First Aid Certification Course



公開課程  
Open Course

[5月份 May 2026]

### 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
- ◆ 精神健康急救五部曲：ALGEE  
5-step action plan: ALGEE
- ◆ 焦慮症、驚恐性發作、抑鬱症、躁狂抑鬱症  
Anxiety Disorders, Panic Attack, Depression, Bipolar Disorder
- ◆ 轉介社區資源及專業支援  
Community resources & professional

#### 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 emotional disturbances and common mental disorders
- ✓ 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



#### 最新消息 News

由2026年4月1日或以後完成課程的參加者，證書有效期將修訂為「自簽發日期起三年內有效」。於2026年4月1日前發出的證書，則不受影響，維持原有「沒有有效期」的安排。官方預期於三年後將推出針對性的「半天重修課程」。完成重修後，參加者可獲發新的三年期證書。

Participants who complete the course on or after 1 April 2026 will have their certificate validity revised to “valid for three years from the date of issue.” Certificates issued before 1 April 2026 will not be affected and will continue to follow the original arrangement of having “no expiry date.” It is expected that “Half-Day Refresher Course” will be introduced in three years. Upon completion of the Refresher Course, participants will be issued a new certificate valid for 3 years.

## 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: 2026/05/22(星期五 Fri) 09:30-17:00

第二天 Day 2: 2026/05/29(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2026年4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 2026/04/30)

導師 Instructors：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

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

形式 Format：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：2026/05/15 (星期五 Fri)

## 報名須知 Notes to Application

報名方法：

請於截止日期2026年05月15日或之前透過以下網址或以手機掃描旁邊的QRCode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 2026/05/15 by either clicking the link below or scanning the QR code.

<https://forms.office.com/r/AkP4Hhv9Lb>

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 can be collected in the reception on the first day of the course.



2731 6239



[marketing@fourdimensions.org](mailto:marketing@fourdimensions.org)



Four Dimensions Consulting Limited