

Course Title	:	Mental Health Preparation for Teaching and Related Disciplines
Course Code	:	CSL4039
Department	:	Psychology

Synopsis

This is a Co-curricular and Service Learning (CSL) course developed as a collaboration between the Education University of Hong Kong (EdUHK) and the Mental Health Association of Hong Kong (MHAHK). There are two independent aims for this course. First, is to provide an opportunity and a learning environment for self-understanding and self-growth for students of the Bachelor of Education and related programs. Second, is to provide a basic training in the Youth Mental Health First Aid (YMHFA) program and hands-on experience in some mental health issues among children and young people in the school system in Hong Kong. This will be achieved through the completion of the YMHFA course and on-field exposures organized by the MHAHK. The course consists of two main components: theoretical and practical. The theoretical component exposes students to theories of self and self-growth. In the practical component, students will complete the YMHFA course and be qualified as a Youth Mental Health First Aider with a Certificate in Youth Mental Health First Aid. As part of the international requirement, participants of the course are requested to complete a questionnaire before the commencement and also at the end of the course for evaluation purposes.