# 精神健康急救標準課程
# 2026 年 12 月
# 課程資料

## I. 目的

透過此訓練，培訓學生掌握精神健康急救的知識和技巧，加強對精神健康的關注，以助學生關心身邊人，如有精神情緒困擾的同學。

## II. 精神健康急救標準課程

課程背景：

精神健康急救訓練概念源自於澳洲，於 2004 年才引入香港。由於情緒病及精神困擾等問題日趨普遍，當有緊急事故發生而當事人又未得到相關專業人員即時協助時，曾受精神健康急救訓練人士會懂得初部介入處理步驟及如何協助當事人尋求專業協助。

課程簡介：

a. 對常見精神病有一基礎的認識，包括：抑鬱症、焦慮症、物質濫用及精神分裂症等；
b. 辨認精神問題或危機出現時的表徵；
c. 在問題進一步惡化前提供初步及適當的支持；
d. 協助有需要人士尋求專業治療、服務或運用合適的社區資源。

## III. 上課時間表及要求

**要求:**

a. **獲選者必須準時出席並出席率達到 100%，才可以獲頒出席證書。 證書獲澳洲 [精神健康急救國際] 認可。**
b. **若果獲選者未能參加課程，必須在回覆限期前，以電郵形式通知心理輔導組。逾期通知會被紀錄在案。**
c. **任何缺席之課堂/節數，將不設補課安排。**
d. **第一堂的筆記會於堂上派發，其後會在上課日前一天，透過電郵發放給參加者。如有需要，參加者可自行列印。**

**Class A 時間表：**

| 主題 | 日期 | 時間 | 地點 | 講者 |
|---|---|---|---|---|
| 介紹精神健康急救 | 15/12/2026 (二) | 10:00 am – 1:00 pm | N-1/F-02 | 李慧萍輔導主任<br>梁健生先生<br>(精神健康急救導師) |
| 認識抑鬱症 | | 2:15 pm – 5:15 pm | | |
| 認識焦慮症和物質濫用 | 17/12/2026 (四) | 10:00 am – 1:00 pm | | |
| 認識重性精神病 | | 2:15 pm – 5:15 pm | | |

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**Class B 時間表：**

| 主題 | 日期 | 時間 | 地點 | 講者 |
|---|---|---|---|---|
| 介紹精神健康急救 | 16/12/2026 (三) | 10:00 am – 1:00 pm | D2-LP-12 | 曾文敏輔導主任<br>黃詠詩輔導主任<br>(精神健康急救導師) |
| 認識抑鬱症 | | 2:15 pm – 5:15 pm | | |
| 認識焦慮症和物質濫用 | 18/12/2026 (五) | 10:00 am – 1:00 pm | | |
| 認識重性精神病 | | 2:15 pm – 5:15 pm | | |

## IV. 證書有效日期

證書有效日期為發出日起計算三年

## V. 語言

廣東話

## VI. 形式

課堂講解、分組討論、影片教學、角色扮演。學員必需主動及投入課程。

## VII. 對象

教大學生

## VIII. 名額

30

## IX. 費用

全免 (是次訓練由大學教育資助委員會特別補助金提供轄免手冊急救費用)

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## X. 報名及查詢

| | |
|---|---|
| 報名表格 | https://eduhk.au1.qualtrics.com/jfe/form/SV_cI9R8FHiEFUADs2<br><br>或掃描二維碼 |
| 查詢 | 可致電 2948 6245 或電郵至 saocspro@eduhk.hk |
| 截止報名日期 | 2026 年 11 月 29 日 |
| 結果公佈日期 | 2026 年 12 月 4 日 |

# Mental Health First Aid Course (Standard)
# December 2026
## Course information

## I. Aims

Throughout this training, students would be equipped with knowledge and skills of mental health first aid, thereby raising their awareness towards mental health, and assist them to care people around them and provide initial support to peers who are developing mental illness or are in a mental health crisis

## II. Mental Health First Aid Course (Standard)

### Course Introduction:

"Mental Health First Aid" course is initiated by experienced mental health research and education experts in Australia, and is introduced to Hong Kong in 2004. It aims at enhancing public awareness of mental health and helping the trained persons to identify their mental status and that of others, and hence to initiate necessary intervention and support on time encourage those in need to receive professional help.

Course Content：

a. To develop basic understanding of common mental health illnesses, including Depression, Anxiety, Disorder, Substance Abuse and Psychosis etc;
b. To identify symptoms of mental problem or mental health crisis;
c. To provide initial and appropriate support in order to prevent further worsening of problems;
d. To assist persons in need to seek professional treatment, services and make use of appropriate community resources.

## III. Course Schedule and Requirements

### Requirements

a. **Selected participants must arrive on time and achieve 100% attendance to receive the certificate. The certificate is acknowledged by the Mental Health First Aid International.**
b. **If selected participants are unable to attend the course, they must notify the Counseling Services Section via email before the reply deadline. Late notifications will be officially recorded.**
c. **No make-up classes will be arranged for any missed sessions.**
d. **Lecture notes for the first session will be distributed in class. For subsequent sessions, soft copies will be sent to participants via email one day prior to the class date. Participants may print them out if needed.**

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# Mental Health First Aid Course (Standard)
# December 2026
## Course information

### Class A Schedule:

| Topic | Date | Time | Venue | Instructor |
|---|---|---|---|---|
| Introduce Mental Health First Aid | 15 Dec (Tue) | 10:00 am – 1:00 pm | N-1/F-02 | Ms. Pauline Lee<br>Mr. Taddy Leung<br>(MHFA Instructor) |
| Learning about Depression | | 2:15 pm – 5:15 pm | | |
| Learning about Anxiety Disorder & Substance Abuse | 17 Dec (Thu) | 10:00 am – 1:00 pm | | |
| Learning about Psychosis | | 2:15 pm – 5:15 pm | | |

### Class B Schedule:

| Topic | Date | Time | Venue | Instructor |
|---|---|---|---|---|
| Introduce Mental Health First Aid | 16 Dec (Wed) | 10:00 am – 1:00 pm | D2-LP-12 | Ms. Tina Tsang<br>Ms. Amy Wong<br>(MHFA Instructor) |
| Learning about Depression | | 2:15 pm – 5:15 pm | | |
| Learning about Anxiety Disorder & Substance Abuse | 18 Dec (Fri) | 10:00 am – 1:00 pm | | |
| Learning about Psychosis | | 2:15 pm – 5:15 pm | | |

## IV. Certificate Validity
This certificate is valid for 3 years from the issued date.

## V. Language
Cantonese

## VI. Format
Lecture, video, discussion & role play. Active participation is expected.

## VII. Target
All EdUHK Students

## VIII. Quota
30

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# Mental Health First Aid Course (Standard)
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## Course information

## IX. Fee

Free (The fee for the handbook is totally waived, supported by the special Grants from the University Grants Committee)

## X. Enquiry and Enrollment information

| | |
|---|---|
| Enrollment form | https://eduhk.au1.qualtrics.com/jfe/form/SV_cI9R8FHiEFUADs2<br><br>or scan the QR code |
| Enquiry | Contact on 2948 6245 or email to saocspro@eduhk.hk |
| Deadline for the enrollment | 29 Nov 2026 |
| Result Announcement | 4 Dec 2026 |