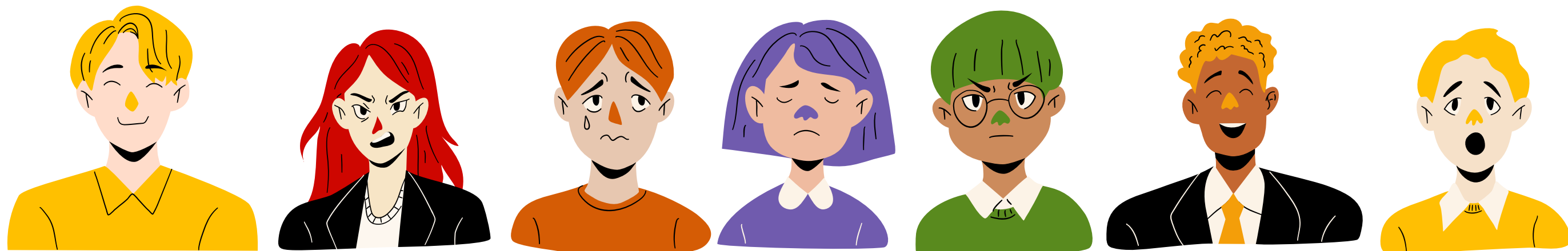*Talking about mental health is not a failure*

*Identify. Understand. Aware*

# Mental Health First Aid
## (Certificate course)

**Date: 6th, 13rd, 20th, 27th Oct 22 (Thursdays)**

**Time: 2:30 – 5:30pm**

**Language: Cantonese**

**Target: All AD or UG Students**

- **Preserving Life by preventing situation getting worse**
- **Learn about signs and symptoms of common mental health problems**
- **Learn how to offer help to people with mental health problem**
- **Learning more about mental health**

MHFA 精神健康急救(香港)

On completion of the course, participants will receive a Mental Health First Aid certificate issued by the Mental Health Association of Hong Kong.
完成十二小時課程後可獲發「精神健康急救」基礎課程證書。

Please scan QR code for Registration :

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