Mental Health First Aid Online Course
精神健康急救

參加者在完成第一及第二部分後，方可獲發受「精神健康急救國際」所認可的電子證書
Upon completion of Parts I & II, participants will be awarded a "Mental Health First Aid Course Certificate" (Digital) which is acknowledged by the Mental Health First Aid International

Content/內容

- **The Causes and Crisis of Various Mental Health Problems**
  不同精神健康問題的成因及危機

- **Mental Health First Aid Skills**
  精神健康急救技巧

- **How to Support Someone with a Mental Health Problem**
  如何支援正在面對精神健康問題人士

Quota/名額: 15

Language/語言:
Cantonese supplemented by English/ 廣東話輔以英語

Mental Health Peer Support Group

Promote Mental Wellness

Part I/第一部分	Part II/第二部分
Mode of study (Date)/ 形式 (日期): Self-study: e-learning/ 網上自學平台 (3-15 Dec 2023)	Online Group Learning/ 網上視像教學 (Zoom)* (20 Dec 2023)
Time/ 時間: Self-study (7 hours)/ 自定進度 (7小時)	13:00 -18:00 (5 hours)

參加者須先完成第一部分，才能參與第二部分。
Participants are required to complete Part I before attending Part II.

* Participants will form the Mental Health Peer Support Group to promote mental wellness in campus in Semester 2

Enrolment/報名

Deadline/截止日期:
4 Dec 2023
Enrolment link/報名連結:
https://bit.ly/3T1cY2x

Enquiry/查詢:
Ms. Yuen Chan
34113303/ciesdc@hkbu.edu.hk

Student Development Centre

香港浸會大學 HONG KONG BAPTIST UNIVERSITY
CIE COLLEGE OF 國際學院 INTERNATIONAL EDUCATION