

Registration



Course Schedule and Registration

We welcome you to visit this website to explore the course schedule which will be updated from time to time:
<https://sao.ust.hk/counseling/mhfa.html>. Application details and registration are also available on this website.

Note: The information provided in MHFA courses is for general mental health first aid only. The course is not intended to be and should not be relied upon as a substitute for specific professional medical advice.



References: www.mhfa.com.au
www.mhahk.org.hk

Download MHFA App:
<https://mhfa.com.au/resources/mental-health-first-aid-downloads>

Seeking Professional Help

The University provides counseling services for undergraduate and postgraduate students. You may check out our Counselors' profiles on our webpage and make an appointment with them online. Two weeks' advance booking is allowed. Please be reassured that all information shared and anything discussed during counseling sessions will be strictly confidential.

Counseling and Wellness Center

Room 5003 (via lift 3) <http://counsel.ust.hk>
Email: counsel@ust.hk Tel: (852) 2358-6696

24/7 HEARing: (852) 8208-2688

This is a helpline exclusively for all HKUST students. Counselors are from Christian Family Service Centre.



Meet Our Counselors



Mental Health First Aid (MHFA) Course

This course teaches adults about how to assist other adults who are experiencing a mental health crisis or who have a developing mental health problem.



香港科技大學 學生事務處 學生輔導中心
COUNSELING AND WELLNESS CENTER
STUDENT AFFAIRS OFFICE
THE HONG KONG UNIVERSITY OF SCIENCE AND TECHNOLOGY



What is Mental Health First Aid (MHFA)?

Mental health first aid is the help provided to a person who has a developing mental illness or is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis has been resolved. The Mental Health First Aid Program is a multi-award winning course developed in 2000 by Betty Kitchener and Prof Tony Jorm in Australia. It is currently operated by a national not-for-profit organization focused on mental health training and research based in Melbourne. The local coordinating agency is the Mental Health Association of Hong Kong.



The Program has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behavior.



What is Mental Health First Aid (MHFA) course?

The Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries. They cover a wide range of topics listed below. Further information can be obtained from www.mhfa.com.au/cms/guidelines

- Depression
- Eating Disorders
- Suicide & Self-injury
- Panic
- Psychosis
- Adult & Child Trauma
- Problem Drug Use & Alcohol
- Communication with Adolescents



Course Content

The 12-hour MHFA course teaches members of the public how to assist someone who has a developing mental health problem or is in a mental health crisis.



Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises covered:

- Suicidal thoughts
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviors

Who can attend a MHFA course?

The University is organizing MHFA courses throughout the year for all students and colleagues with a subsidy. Student Counselors from our Counseling and Wellness Center, who have been accredited to deliver this course, will serve as the instructors for this course. Currently, there are over 1,600 students and colleagues who have successfully completed the course on campus. The course is not a therapy or support group, rather it is an education course.

Course participants will receive a copy of the MHFA Manual to keep. They will also be awarded a Certificate of Completion issued by the Mental Health Association of Hong Kong with recognition by the Mental Health First Aid, Australia upon successful completion of the entire 12-hour course.

