

CONTENTS 內容

THIS IS A 12-HRS CERTIFICATE COURSE TO COVER COMMON MENTAL DISORDERS, INCLUDING DEPRESSION, ANXIETY, PSYCHOSIS, SUBSTANCE USE PROBLEM, AND CRISIS SUCH AS SUICIDE. IT WILL HELP TO INCREASE YOUR KNOWLEDGE AND SKILLS TO SUPPORT PEOPLE EXPERIENCING MENTAL HEALTH ISSUE AND CRISIS.

這是一個十二小時的認可證書課程，目的是讓參加者認識精神健康問題的普遍性及有關服務，並講解抑鬱症，焦慮症，重性精神病，藥物濫用的症狀及治療，以及相關的危機處理包括自殺等早期介入的技巧。



怡康全人發展中心
Centre for Holistic Health

Instructor 教練: Ada Poon 潘鳳賢
(Master MHFA Instructor)

Date 日期 / Time 時間:

- A. Cantonese class 廣東話班
12/12, 14/12, 17/12/18 (9am-1pm)
- B. Mandarin class 普通話班
12/12, 14/12, 17/12/18 (1:30pm - 5:30pm)

Venue 地點:

Level 1 Whitehorse Community
Resource Centre, 79 Mahoney Road,
Forest Hill 3131

Fee 費用: \$100 (包括書及有關資料)

Enrolment & enquiry 查詢報名: 03 88067532 /
admin@chh.org.au



Mental Health First Aid Certificate course

(in Chinese)

精神健康急救證書課程

(用中文教授)