



## Students & Youth Mental Health Short Training Course for Professional Staff: Youth Counsellors, Teachers, Guidance Teachers, School Social Workers, Educational Psychologists

### Course Content

A 4-session short course to provide a practical approach in a trouble shooting platform, enabling you to deal with day-to-day cases of students and youth with mental health challenges. Offering practical and hands-on tips on assessment, evidence-based intervention and skills in engaging youth with various mental health problems.

**An Interactive online Zoom course with lots of Q & A, cases sharing opportunities. Enabling you to provide the best care and support for your students and cases.**

**Course Director & Teacher: Dr May Lam, Specialist in Psychiatry**

MBBS (UNSW), FRCPsych (UK), FHKCPsych, FHKAM (Psychiatry)

<b>Topics, Dates &amp; Time</b>	<b>Session One:</b> Youth Emotional Problems and Mental Health Wellbeing under COVID-19 21/4/2020 (Tues) 8pm - 10pm
	<b>Session Two:</b> Supporting & Maximizing the ability of students with Attention Deficit Hyperactivity Disorder (ADHD) 23/4/2020 (Thurs) 7pm - 9pm
	<b>Session Three:</b> Identifying, Coaching and Maximizing potentials of students with Autistic Spectrum Disorder (ASD) 27/4/2020 (Mon) 7pm – 9pm
	<b>Session Four:</b> Mood Problems, Youth Suicide & Deliberate Self-Harm 28/4/2020 (Tues) 7pm – 9pm <b>(attend all 4 sessions to get a Certificate)</b>
<b>Venue</b>	Zoom online (link will be sent out before each session)
<b>Course Fees</b>	HK\$300 (1 session) or HK\$1,000 (4 sessions with Certificate)

Online registration <https://forms.gle/KDpk1r9d35Ax7uqv9>



Course enquiries or registration: 2151 8009 /  
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Centre website: <http://alphawellbeing.com.hk/>