



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. Equipping 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)

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