



**2022 Summer
Interactive Support Group
(Suitable for teens age 14-18)**

**Course Instructor:
Ms. Chloe. H.Y. Wong
(Board Certified Behavioral Analyst, Counseling Psychologist)**

Course Details

To provide a safe, supportive environment and platform to discover effective strategies to cope with depression and anxiety related symptoms and thinking styles through group discussions and sharing.

Course Schedule

Date (every Thurs)	Time
7/7	5:00-5:45pm
14/7	
21/7	
4/8	

**Fee: \$700/session
(Can freely choose any combination of sessions)**

Course enquiries or registration
Phone: 21518009 / Whatsapp: 56230196 / Email: info@alphawellbeing.com.hk



Sharing Group for Secondary students – Online class
(Suitable for students age 12-18)

Course Instructor:
Ms. Chloe. H.Y. Wong
(Board Certified Behavioral Analyst, Counseling Psychologist)

Course Details

This program aims to provide secondary school students a platform to share their current stressors and struggles with similarly aged peers, and to learn various coping strategies in managing negative situations and emotions. It will also increase social interactions with peers facing similar problems and improve the participant's communicative skills through actively listening to others' problems. Participants will be able to learn how peers cope with their daily stressors. This platform also provides a safe space for those who are feeling lonely and isolated during this time to share any negative emotions they might have.

Zoom Course Schedule

	Topics	Date	Time
Session 1	Introduction to sharing platform, stressors sharing	21/3/2022 (M)	5:00-5:45pm
Session 2	Learning coping strategies to manage negative emotions and stressors	22/3/2022 (T)	5:00-5:45pm
Session 3	Practicing active listening and learn how others manage negative situations	23/3/2022 (W)	3:00-3:45pm
Session 4	Sharing of other innovative ways to manage emotional stressors	24/3/2022 (Th)	3:00-3:45pm

Fee: \$400/session (Can freely choose any combination of sessions)

sign up as a group of 3 students to get an additional 10% off

Course enquiries or registration

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精神健康急救課程

Mental Health First Aid Course

甚麼是精神健康急救？

香港生活節奏緊迫，加上最近受到全球疫情影響，我們首要任務是好好照顧自己和身邊人的身體及精神健康，因為要有穩健的體魄及情緒，才能發揮一己所能積極投入生活。

正如身體患危疾或遇意外事故必須急救一樣，精神狀態也有可能突發情況下面臨危機而需要及早處理。「精神健康急救」(Mental Health First Aid) 是一套基礎訓練，讓市民大眾學習如何幫助面臨情緒危機的人士，在未能獲得專業協助前，為其提供適當支援，以維護當事人及旁人的生命，防止當事人陷入更壞的精神危機，並促進其康復。

「精神健康急救」課程之目的，與一般生理急救之理念大致相同。當市民遇上精神突發事故而又未能即時獲得專業治療時，若有受過「精神健康急救」課程人士在旁，可即時提供援助，以維護當事人及身邊人的安全、防止當事人的精神問題進一步惡化、促進精神問題的康復，並紓緩當事人的痛苦和困擾。

「精神健康急救」課程的目的並不是徹底治療當事人，而是當辨識到身邊有人遇到情緒危機或困擾，而又未能即時獲得專業人士協助時，依照「精神健康急救」課程處理原則作初部介入協助當事人，以達到下列之目的：

學懂「精神健康急救」，你將有把握做到：

- 當遇到精神受困擾人士對自己或他人構成危險時，能辨識其精神問題及評估危險程度而作出適當介入，盡力維護生命。
- 提供即時協助及情緒支援，防止當事人的精神問題進一步惡化。
- 鼓勵當事人尋求專業協助，促進其精神健康的康復。
- 提供相關資訊及自助技巧，紓緩當事人的困擾及痛苦，助其平復情緒，化解危機。

「精神健康急救」基礎課程簡介

課程內容

- 對常見精神病有基礎認識，包括：抑鬱症、焦慮症、物質濫用及重性精神病等。辨識各類精神問題及精神危機的徵兆，學習精神健康急救重點，認識社區資源。

對象

- 適合對課程有興趣者、或工作上須有精神健康急救知識的人士報讀

證書

- 修畢全期課程者將獲頒由恩德賢中心及心理衛生會共同發出之「精神健康急救」課程修業證書(國際認可)。

上課形式

- 講課、小組討論、角色扮演、影片示範、練習等，課堂以廣東話授課

精神健康急救課程 Mental Health First Aid Course

課堂時間表

2020年6-7月份

日期及時間	第一節 2020年6月23日(下午6時至9時) 第二節 2020年6月24日(下午6時至9時) 第三節 2020年7月4日(上午9時至下午4時) (全期共12小時)
上課地點	恩德賢中心(中環都爹利街6號印刷行605室)
課程費用	全期課程共700元 早鳥優惠: 6月6日前報讀 ~650元全期, 或 ~1,300元, 同時報讀精神健康急救課程(關懷青少年版) (Youth Mental Health First Aid Course) 截止報名日期: 6月18日
課程導師	認可精神健康急救課程導師: 歐陽慧詩 及 曾瑩瑩
報名方式	填寫網上報名表: https://forms.gle/XzMYcUwzeeQSMtBG6 致電 2151 8009 或電郵 info@alphawellbeing.com.hk





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>



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Centre website: <http://alphawellbeing.com.hk/>