



青少年精神健康急救訓練課程

YOUTH Mental Health First Aid Training Course



1. *What is YOUTH Mental Health First Aid ?*

Mental health problems frequently first arise in adolescence and young adulthood. Young people have poorer knowledge about mental health and how to get professional help. They are particularly likely to initially need support from adults to get appropriate help. To address the need, a specialist Youth Mental Health First Aid program had been developed and commenced in 2007. It is designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems. Thus, the course teaches adults how to provide initial support to young people experiencing mental health problems.

世界精神健康急救訓練的發展是由澳洲國立大學精神研究中心兩位專家 Ms. Betty Kitchener & Professor Anthony Jorm 於二零零二年初編制了一本名為'Mental Health First Aid Manual' (精神健康急救手冊)並開始推廣有關的訓練及培訓導師。現時世界各地已有三百多名合資格導師，而澳洲墨爾本大學精神研究中心並於二零零七年完成青少年精神健康急救課程。嚴穗華女士是一位同時擁有成人及青少年精神健康急救課程合資格導師。

2. *What is Mental Health First Aid ?*

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

精神健康急救這個新概念，其實與我們所熟悉的意外急救，十分接近。在意外發生後，當事人若出現休克、骨折或大量出血的情況，在送往醫院前，身邊如有受過專門訓練的人為他進行急救，他的生命安全會受到保障，而受到的傷害亦會降低。精神健康問題如身體健康問題一樣，都會出現緊急的情況如情緒過份高漲、行為激變或企圖自殺等。同樣地如有受過專門訓練的人為他進行有關精神健康方面急救工作，他們的生命安全及精神健康亦可得到較大的保障。

3. *Course Content*

The course covers the following crisis situations and mental health problems.

Crisis situations covered are :

- ◆ Suicidal behaviours
- ◆ Self-harm
- ◆ Acute stress reaction
- ◆ Panic attacks
- ◆ Acute psychotic behaviour

Mental health problems covered are :

- ◆ Depression
- ◆ Anxiety disorders
- ◆ Psychosis
- ◆ Substance use disorders
- ◆ Eating disorders

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

課程安排

第一節 :	青少年精神健康急救概念	第五節 :	青少年藥品濫用
	青少年精神健康普遍現象		何謂藥品濫用 ?
	精神健康急救行動計劃		引致藥品濫用原因
			早期介入藥品濫用的重要性
第二節 :	青少年的抑鬱症		藥品濫用精神健康急救行動
	何謂抑鬱症 ?		如何應付青少年過量服藥
	引致抑鬱症原因		
	早期介入抑鬱症的重要性	第六節 :	青少年飲食失調
	抑鬱症精神健康急救行動計劃		何謂飲食失調 ?
	如何幫助一名具有自殺傾向的人士		引致飲食失調的原因
			飲食失調精神健康急救行動計劃
第三節 :	青少年的焦慮症		
	何謂焦慮症 ?	第七節 :	青少年自毀行為
	引致焦慮症原因		何謂自毀行為 ?
	早期介入焦慮症的重要性		引致自毀行為原因
	焦慮症精神健康急救行動計劃		自毀行為精神健康急救行動計劃
	如何幫助驚恐症發作人士		
	如何幫助經歷創傷事件人士		社區資源介紹
			課程檢討
第四節 :	青少年的重性精神病		
	何謂重性精神病 ?		
	青少年思覺失調		
	引致思覺失調原因		
	思覺失調精神健康急救行動計劃		
	如何應付攻擊性行為		

4. 對象

任何人士，包括社工、教師、學生、病患者家屬，或有志於在校內或社區從事促進精神健康教育項目等人士。

5. 上課安排

每期課程時數為 14 小時，分 2 日 (9:30am-6:30pm) 進行，每班 25-30 人

6. 費用：(見附件)

5. 費用包括：
- a. 澳洲墨爾本大學青少年精神健康急救聽講証書
 - b. 青少年精神健康急救課程資料冊
 - c. 堂上筆記

7. 地點：香港理工大學GH201 室

8. 日期及時間：(見附件)

9. 查詢

電話：23347172 Fax：23561469

電郵：enquiry@hkpca.org.hk

Trainer

Jennifer Yim

BSW; PGDE (FCSW); MED (Counselling);

Adult & Youth Mental Health First Aid Instructor (University of Melbourne);

Certified Supervisor and Associated Fellow (HKPCA);

Registered Social Worker

Background :

Ms Jennifer Yim is very experienced in counseling and training. Before joining the Student Affairs Office as counselor in the Hong Kong Polytechnic University, she has been served as a counselor at the Hong Kong Institute of Education, a family service social worker, mental health group instructor, supervisor of counseling students and visiting lecturer for communicational companies and universities. Ms Jennifer Yim has a wealth of experiences in conducting personal development programmes, counselling skills training courses, mental health education and has helped numerous youth; adults and families overcome their problems and develop their potential.