MENTAL HEALTH FIRST AID Malaysia

HRDCORP CLAIMABLE

ADOLESCENT MENTAL HEALTH FIRST AID

(Corporate Package)



What is MHFA?

Mental Health First Aid is a licensed evidence based programme aimed at providing the knowledge to help a person with mental health problems or crisis until appropriate professional is recieved or the crisis resolves.

The course teaches adults how to assist adolescents who are developing a mental health problem or a mental health crisis.

What are the TOPICS covered?

1. Understanding various common mental health problems, in particular:

- Depresssion
- Anxiety
- Substance Use Problems
- Eating Disorders
- Suicide & Non-Suicidal Self-Injury

2. Course participants will learn about:

- Adolescent development
- The signs and symptoms of the common and disabling mental health problems
- Where and how to get professional help, and what sort of help has been shown by research to be effective

Note: Information provided in MHFA course is not intended to be and should not be relied upon as a substitute for professional medical advice.

More than **79%**

of those who completed the course reported having:

Increased confidence

in their ability to help an adolescent experiencing psychological distress

Increased intention

in engage in help-seeking behaviour with students

Course Format

This course can be delivered as a 2-day course or customised in 3.5hour modular segments on days/time based on requirements. Course can be held on-site or virtually*.

Who can attend?

Any adults working or living with adolescents can attend. This course is particularly suitable for parents, teachers, sports coaches and youth workers.

Accreditation

Become a certified Mental Health First Aider by completing the course with full attendance and an accreditation assessment.

Fees

Package Rate: RM16,000
Capacity: Max 20

To register or for more information, contact us at

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