MENTAL HEALTH FIRST AID Malaysia

HRDCORP CLAIMABLE



STANDARD MENTAL HEALTH FIRST AID

(Corporate Package)

What is MHFA?

Mental Health First Aid is a licensed evidence-based program aimed at providing the knowledge to help a person with mental health problem or crisis until appropriate professional help is received or the crisis resolves.

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

More than **87%**

of those who completed the course reported having:

Increased confidence
in helping a friend, family member and colleague who is in distress.

Increased understanding
of mental health issues, where and how to seek professional help.

What are the TOPICS covered?

1. Understanding various common mental health problems, in particular:
   - Depression
   - Anxiety
   - Psychosis
   - Suicide and non-suicidal self-injury

2. Providing first aid to people experiencing these problems, specifically on:
   - How to approach and communicate with affected person in an appropriate way
   - Knowing where and how to seek professional help

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?

It is most useful for those whose job deals with managing people in the workplace or community, and students in higher education institutions.

Accreditation

Become a certified Mental Health First Aider by completing the course with full attendance and an accreditation assessment. Participants gets a Standard MHFA Manual.

Fees

Package Rate: RM20,000
Capacity: Max 20

*Subject to change

To register or for more information, contact us at:

+603-2780 6803 admin@mhfa.org.my www.mmha.org.my

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