

# ADOLESCENT MENTAL HEALTH FIRST AID

(Corporate Setting)



## 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 received 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:

- Depression
- 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

Individual Rate: RM800  
Capacity: Min 10 to Max 20  
Contact us if you are interested.

To register or for more information, contact us at



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