

A complimentary copy of the Mental Health First Aid Manual will be given to each participant

Mental Health First Aid

(Programme Code : SCRS5139)



Dates: 18 - 19 December 2008

Time: 9.30am - 5.30pm

Duration : 14 hours (2 days)

Venue: Social Service Training Institute

Closing Date: 21 November 2008

Course Fees*: S\$298 (Before Subsidy)

S\$59.60 (After 80% funding from VCF)
- applicable to eligible NCSS Member/MCYS - Funded VWO participants only

* Course fees stated are before GST

Target Participants/Admission Requirements:

Social service professionals such as family service centre administrative staff, social workers, counsellors, etc that come into face-to-face contact with clients at their workplace. Prior counselling background is not a pre-requisite.

Learning Objectives:

Upon completion of the course, participants will be able to:

- Identify the symptoms of mental health problems
- Provide initial help to persons with mental health problems
- Refer a person for further professional help where appropriate

Course Outline:

- Five basic steps of mental health first aid
- Issues related to mental health problems
- Using mental health first aid in some common mental health problems:
 - Depression
 - Anxiety disorders
 - Psychosis
 - Substance use disorders

Trainer:

Ms Porsche Poh, BSc (Psychology) is the Founder and Executive Director of Silver Ribbon (Singapore), a non-profit organisation that combat mental health stigma and encourage early treatment in Singapore. She is also a Mental Health First Aid Instructor certified by University of Melbourne and MHFA Singapore. She is currently a committee member of Action Group for Mental Illness (AGMI), a member of the SGH-Postgraduate Allied Health Institute (PGAHI) Advisory Board, a volunteer of Central Singapore CDC for Bright Homes Programme, a volunteer at Meet The People Session of Aljunied GRC and a committee member of Asia-Pacific Psychiatric Rehabilitation Conference 2008

She has recently received The Outstanding Young Persons of Singapore (TOYP) Award under the category of Personal Improvement and/or accomplishment from Dr Fatimah Lateef, MP for Marine Parade GRC. It is a prestigious award to recognise young leaders who have excelled in his/her field of expertise as well as making a difference to the society.

Seats are limited. Sign up today!

For further details and enquiries, please contact SSTI at:

•Tel: (65) 6210 6667/8/9

•Fax: (65) 6463 1078

•Email: ncss_ssti@ncss.gov.sg

•Website: www.ssti.org.sg

In-House Training

SSTI will be pleased to organise any of the courses on a customised, block-booked basis, scheduled on a convenient date for agency. This is applicable to any agency with a minimum of 15 participants.