

## Overview

The **Mental Health First Aid** (MHFA) is an award-winning mental health literacy programme developed by Ms Betty Kitchener and Professor Tony Jorm which has been disseminated nationally in Australia and internationally since 2000.

In July 2007, an MOU was signed between MHFA Australia and Changi General Hospital (CGH) to set up MHFA Singapore. Their vision is to raise the mental health awareness and literacy of Singaporeans through this localised training programme. The national group will be monitoring the quality of training provided by the accredited instructors and provide refresher courses for the instructors. Meanwhile, Silver Ribbon (Singapore) is pleased to play a part in educating the community.

The MHFA course is designed to improve the mental health awareness of members of the public, as well as to impart basic skills to help someone who is developing a mental health problem or in a mental health crisis situation.

The Manager  
Singapore General Hospital  
Postgraduate Allied Health Institute (PGAHI)  
Bowyer Block B, Level 2  
Outram Road  
Singapore 169608

# Mental Health

25 seats only  
Register now!

# First Aid

**19 – 20 March 2009**

*Thursday - Friday*

0900 – 1700

Learning Centre, Learning Lab  
Level 18, Connection ONE  
167 Jalan Bukit Merah  
(Old HDB Hub)



Organised by:



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

Visit [www.sgh.com.sg/pgahi](http://www.sgh.com.sg/pgahi)

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## Objectives

This course aims to:

- Preserve life where a person may be a danger to himself or others
- Provide help to prevent the mental health problem from developing into a more serious state
- Promote recovery of good mental health
- Provide comfort to a person suffering a mental illness

## Our Trainer

Ms Porsche Poh is the Founder and Executive Director of Silver Ribbon (Singapore), a non-profit organization to combat mental health stigma and encourage early treatment in Singapore and an affiliated member organization for World Federation for Mental Health. Other Silver Ribbon movements are available in United States, Japan, Mexico, and India. She graduated with BSc Psychology from Central Queensland University, Australia, and is also a Mental Health First Aid Instructor certified by Orygen Research Centre at University of Melbourne.

Under her leadership, Silver Ribbon (Singapore) has been reaching out to the community through innovative means and initiated **FIRST** Hear Me Out talk where recovered patients are invited to share their experience in coping with mental disorders, **FIRST** mental health carnival, **FIRST** antistigma graphic art competition, **FIRST** song writing competition, **FIRST** wellness studio to promote positive living in Singapore, **FIRST** mental health organization to connect everyone through Silver Ribbon (Singapore) group through Facebook, etc.

She is always open to building bridges and making connections with other organizations and individuals to promote positive mental health. On 9 May 2008, she 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 Awards ceremony recognising young leaders who have excelled in his/her capabilities in his/her field of expertise as well as making a difference to the society.

Ms Porsche Poh is a member of the SGH-Postgraduate Allied Health Institute (PGAHI) Advisory Board and a committee member of both Asia-Pacific Psychiatric Rehabilitation Conference 2008 and Action Group for Mental Illness. She is also serving on the stakeholder board of the Singapore Mental Health Study.

## Workshop Outline

### Day 1

**Introduction of Mental Health First Aid**  
**Mental Health Issues in Singapore**  
**Psychosis**  
**Mood Disorders**

### Day 2

**Anxiety Disorders**  
**Addiction Problems**  
**Self care as a first aider**

## Target Participants

It is suitable for a wide range of participants, including all allied health professionals, social workers, teachers, police, nurses, case managers, psychologists, employment agency staff and healthcare workers.

## Registration Form

Yes, I would like to sign up for Mental Health First Aid Workshop (MHFA) on 19-20 March 2009

Name in BLOCK

*(NOTE: The name listed above will be reflected on the certificate issued to you at the end of the workshop)*

Contact Number (HP)

Email

Address

Occupation

Organization

Registration Fee: **S\$200** inclusive of GST and Training Materials

**Registration will only be confirmed upon receipt of full payment.**

Please send in your registration form together with a crossed cheque made payable to “**Singapore General Hospital Pte Ltd**” to the following address:

The Manager  
Postgraduate Allied Health Institute  
Bowyer Block B, Level 2  
Singapore General Hospital  
Outram Road  
Singapore 169608

### **Cancellation Policy**

Any Cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of registration fee will be charged if the cancellation is received before 12 March 09. There will be no refund of registration fee for cancellation on or after 12 March 09. PGAHI reserves the right to cancel the workshop and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.