




# MENTAL HEALTH FIRST AID WORKSHOP




## Introduction

With 1 in every 7 adults and 1 in every 3 adolescents experiencing a mental health issue in Singapore, it is utmost important that early identification of those who require support is done.

This workshop provides a basic overview of the broad categories of different types of mental disorders. It equips learners with information about the signs and symptoms of the 5 common mental illnesses in Singapore and tips on how to engage in helpful conversations to encourage those who are struggling to seek appropriate professional care.

 6 hours

 \$150 (No GST)

 F2F / Blended

 Certificate of Participation

## TOPICS

### 1. Introduction to Mental Health

- Mental Wellness versus Mental Illness
- Components of Mental Wellbeing

### 2. Overview of Mental Illness / Disorders

- Categories / Types of Mental Illness
- Risk Factors of Mental Illness
- Top 5 Mental Illness in Singapore
  - Schizophrenia
  - Depression
  - Anxiety Disorder
  - Bipolar
  - Substance-abuse

### 3. Providing Support

- Importance of Psychoeducation
- Mental Health Resources in Singapore
- Self-care

### 4. Q&A

**Mental Health First Aid** does not aim transform learners into mental health professionals. It is designed to increase your mental health literacy and gives you confidence in helping someone suffering from a mental health crisis.