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SSTI SCHOOL OF SOCIAL SERVICE: SKILLS DEVELOPMENT (CROSS SECTOR)

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

Mental Health First Aid

(Programme Code : SCRS5139)



Nuggets of Insights and Wisdom by Guest Speaker

Dr. Rita Goh is the author of "Back from the Brink of Insanity". The book is based on the true story of Dr. Goh's early childhood, family upbringing and her struggles with schizophrenia and clinical depression.

Her eventual triumph over mental illness will undoubtedly inspire people struggling in life to find that "rainbow after the storm."

Dr. Goh's story has also been featured on Mediacorp Television, The Straits Times and several magazines including Simply Her.

Target Participants/Admission Requirements:

Social service staff (such as family service centres administrative staff, social workers, counsellors, etc) that comes 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

Dates: 31 Jan - 1 Feb 2008 (1st Run)
19 - 20 Mar 2008 (2nd Run)

Time: 9.30am -5.30pm

Duration : 14 hours (2 days)

Venue: Social Service Training Institute

Closing Dates: 9 Jan 2008 (1st Run)
27 Feb 2008 (2nd Run)

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

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

* Course fees exclude GST

Trainer:

Ms Porsche Poh, BSc (Psychology) is a certified Mental Health First Aid Instructor by Orygen Research Centre at University of Melbourne. She is the founder and Executive Director of Silver Ribbon (Singapore), a non-profit organisation to combat mental health stigma and encourage early treatment in Singapore. Porsche is also a committee member of Action Group for Mental Illness, an organisation comprising healthcare providers, caregivers and individuals who are interested in improving the lives of people with mental illness, and acts as a voice to help garner support for them.

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: nccs_astd@nccs.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 your agency. This is applicable to any agency with a minimum of 15 participants.