

HONG KONG BAPTIST UNIVERSITY
Task Force on Research Student Training Framework

Research Student Development Activity (AY2026/27)

1. Activity Title

Mental Health First Aid Standard Course (Certificate course)

2. Offering Department/ Unit

CDC/SA

3. Target Student Group (e.g. All students, Research Postgraduate students)

All students

4. Delivery Method (e.g. workshop, lecture, seminar)

- **Face-to-face workshop (12-hour classroom teaching) or**
- **Online workshop (7-hr self-paced eLearning + two 2.5-hour instruction-led zoom sessions)**

5. Duration & Total No. of Hours (e.g. 2 hours per session per week for 3 weeks = Total 6 hours)

12-hour

6. Aims & Objectives

Equip participants with knowledge and skills in

- **identifying the signs and symptoms of four common mental health problems**
- **supporting and referring people with developing mental health problems/in mental crisis to seek professional help on campus and the community**

7. Expected Development Outcomes or Knowledge/Skills Attainment

Students should be able to:

- **Identify signs of mental health challenges and provide appropriate support or referrals to peers in need.**

8. Expected Graduate Attributes Attained

[Input will be sought after the University completes the review process]