



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

Certificate Course in Mental Health (MHC31)

organised by
the Institute of Mental Health
Castle Peak Hospital



Introduction

With the increasing emphasis on community mental health and mental well-being in Hong Kong, it is not uncommon for professionals in any field to find themselves in a position to render assistance to people with mental health problems or to support their carers. In order to best serve the needs of the society, it is important to equip oneself with the knowledge and skills in managing people with mental health problems to facilitate early detection, timely intervention and care.

Course Description

This Certificate Course in Mental Health (MHC) is a 13.5-hour training course organised by the Institute of Mental Health (IMH) of Castle Peak Hospital (CPH). It aims to provide training to professionals, health care professionals and related personnel on the common mental illnesses and the skills in managing mental illnesses by comprehensive lectures.

A certificate would be granted to participants having satisfactory course attendance (at least 75%) and having passed the multiple-choice examination at the end of the course.

Target Participants

Frontline who may come into contact with people with mental health problems or their carers in their daily practice, professionals, health care professionals and related personnel including doctors, nurses, psychologists, occupational therapists, social workers, counselors, hostel workers, allied health workers, teachers, police, and housing officers. People interested in pursuing a mental health related career are also welcome.

Course Advisor

Dr. Bonnie SIU, Hospital Chief Executive, CPH/SLH; Co-Chairperson, IMH ExCo, CPH

Course Coordinators

Dr. Wilson LAU, Co-Chairperson, Public Education Subcommittee, IMH, CPH

Dr. Mindi CHIU, Co-Chairperson, Public Education Subcommittee, IMH, CPH

Ms. Michelle LAU, Assistant Hospital Manager (Public Affairs & Institute of Mental Health), CPH

Mr. David CHAN, Hospital Administrative Officer (Public Affairs), CPH

Ms. Phyllis CHENG, Executive Assistant II, Institute of Mental Health, CPH

Ms. Rio WU, Clerk III, General Registry, CPH

Ms. Carrie MAK, Executive Assistant IIIA, General Registry, CPH

Course Trainers

Psychiatrists and Clinical Psychologists

Date & Time

Day 1: 16 May 2026 (Saturday) 8:55 am – 5:45 pm

Day 2: 23 May 2026 (Saturday) 9:00 am – 5:20 pm

(followed by an online MCQ examination)

Course Venue

Lecture Theatre, 2/F, Block S, Castle Peak Hospital

Course Content

The 13.5-hour course is divided into four half-day sessions. Lectures are provided with electronic handouts.

Psychopathology and psychiatric interview

– **Dr. Wilson LAU (劉育成醫生)**

- ◆ Concept of mental health and the brain-mind system; psychopathology; psychiatric history taking and mental state examinations

Severe mental disorders

– **Dr. Jason WONG (王緯曜醫生)**

- ◆ Clinical features, aetiologies, prevalence, prognosis, and management of severe mental disorders including schizophrenia and bipolar affective disorder; mental state assessments case discussions

Depression

– **Dr. Becky NG (吳璧均醫生)**

- ◆ Clinical features, aetiologies, prevalence, prognosis, and management of depression; mental state assessments and case discussions for depression

Anxiety disorders

– **Dr. Gordon LI (李嘉泰醫生)**

- ◆ Clinical features, aetiologies, prevalence, prognosis, and management of anxiety disorders including generalised anxiety disorder, phobic anxiety disorders, panic disorder, stress-related disorders; mental state assessments and case discussions for anxiety disorders

Psychological treatments for common mental disorders

– **Dr. Winifred MARK (臨床心理學家麥允宜博士)**

Substance related psychiatric disorders

– **Dr. Johannes POON (潘彥光醫生)**

- ◆ Clinical features and management of substance (such as ketamine, amphetamine, heroin, cannabis) related psychiatric disorders; mental state assessments and case discussions

Child psychiatric disorders

– **Dr. Antonio SHEK (石琪峯醫生)**

- ◆ Clinical features and management of child psychiatric disorders including autism, attention deficit and hyperkinetic disorders; mental state assessments and case discussions

Suicide risk assessments and management

– **Dr. Elson LAM (林浩然醫生)**

Violent risk assessments and management

– **Dr. Dorothy LIU (廖昕然醫生)**

Organic psychiatric disorders and psychiatric disorders in the elderly

– **Dr. Alice WONG (王宇晴醫生)**

- ◆ Clinical features and management of organic psychiatric disorders including dementia and delirium; mental state assessments and case discussions

Course Examination

An online MCQ examination (in English) will be held at the end of the course.

Certificate

A certificate would be granted to participants passing the online MCQ examination and having at least 75% of course attendance.

Teaching Language

Cantonese supplemented with English (with English electronic handouts)

Course Fee

\$2,800 per course
(\$2,200 per course for early bird registration before **17 April 2026**)

Accreditation

CME/CNE/CPD Accreditation in application

Application Deadline

24 April 2026

Special Offers

Includes a scheduled visit to Mind Space (精神健康體驗館)

- As a special benefit for participants, two exclusive timeslots will be reserved by the Institute. Reservations will be made on a first-come, first-served basis. Further details will be provided during the course.

青少年情緒危機預防攻略 (Emotional Crisis Prevention Strategy Kit for Youth)

“青少年情緒危機預防攻略” (Emotional Crisis Prevention Strategy Kit for Youth) developed by doctors and clinical psychologists of the Institute of Mental Health, Castle Peak Hospital aims to promote adolescents' mental well-being and to enhance their emotional regulation skills.

We are now offering a special price of \$200 per set to our course participants. If you wish to purchase the Emotional Crisis Prevention Strategy Kit for Youth, please fill in the number of kit(s) you would like to purchase on the registration form, and submit the form together with the cheque in full amount, including the course fee, to us.

After the transaction is successful, an official receipt will be issued by the Hospital Authority and sent together with the educational kit to your mailing address provided on the registration form via SF Express. Please note that the delivery fee will be collected upon your receipt of the parcel.



Learn more about the kit on IMH website:

