

Raising Mental Health Awareness by MHFA Courses

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Mental Health First Aid (MHFA) courses were developed initially in Australia and are now delivered in several countries worldwide. Recently, and particularly during the pandemic, the importance and lack of mental health awareness in academia became apparent to many colleagues. We will introduce the scope, content, and structure of the MHFA courses that are offered in Germany. We have organised several MHFA courses that were delivered by external trainers and addressed colleagues in Helmholtz institutes, including but not restricted to coordinators and supervisors involved in the education of young scientists. We will also share our thoughts and feedback that we received after offering the courses. Following our presentation, there will be time for questions and discussion.

Position

Number of participants

Keywords

Further comments

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