

Part 1: An Understanding of Mental Health For All & Involving All

Part 2: Self-Harm and Suicide Ideation: Mental Health Perspectives

PART 1: 28 Oct 2022, Fri, 2.00pm - 6.00pm
PART 2: 30 Nov 2022, Wed, 2.00pm - 5.00pm
VENUE: ECTA, 1 Kay Siang Road
#08-01/02 Singapore 248922

only
\$288

PART 1 FACILITATOR

Prof Lee Cheng
Clinical Director
(Population Health)/
Programme Director, NAMS/
Senior Consultant

PART 2 FACILITATOR

Dr Jared Ng Wei Lik
Senior Consultant /
Chief / Program Director
(MCT) / MBBS (Singapore),
M Med (Psych)
(Singapore),
MPH (USA)

TARGET AUDIENCE

Suitable for counsellors,
ECTA trainee counsellors,
psychotherapists,
educators and teachers,
social workers, caregivers
and practitioners directly
supporting mental health
and mental wellbeing
related work.

DUAL MODE OF LEARNING

- Onsite, In-Person
- Online

REGISTER NOW!



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LEARNING OUTCOMES

At the end of the course, participants will:

- understand the difference between mental health and mental illness
- identify what leads to poor mental health and the symptoms
- understand what is workplace stress and job burnout
- employ strategies to maintain and sustain positive mental health
- recognise the stigma associated with mental health issues
- appreciate the importance of self-care
- be aware of suicide ideation risks and management as well as interventions
- know what constitutes self-harm
- identify self-harm risks and management as well as interventions

Executive Counselling &
Training Academy



FURTHER INFORMATION & REGISTRATION

Telephone: 6346 6411
Email to adelyn@ecta.edu.sg
Website: <https://www.ecta.edu.sg/short-courses/>



MORE INFORMATION