🌟 **Save the Date** 🌟
Blended Intensive Programme (BIP): Mental Health in Higher Education. Mental Health First Aid course"
📅 **June 23 – June 27, 2025**

📍 Academy of Fine Arts Vienna

We are pleased to invite **administrative staff and teaching personnel** to join our upcoming **Blended Intensive Programme (BIP)** focused on **mental health in higher education**.

Join us for a week of workshops, networking, and meaningful discussions around mental well-being, stress management, and building supportive environments in academia, and complete the certified "Mental Health First Aid" course

✨ As a special highlight, **final diploma projects** by our students will be exhibited throughout the week.

Registration:

Blended Intensive Programme: Mental Health in Higher Education 📅 June 23 – June 27, 2025Application Form | forms.app

BIP Program Schedule

Thursday, 12th of June:

15:00-18:00 Online Session

Monday, 23rd of June Venue: Schillerplatz 3, 1010 Vienna (Conference Room)

- 13:30-14:30 Registration Venue
- 14:30-16:00 Schillerplatz Tour & Painting Gallery Visit
- 16:30–18:30 | City Tour: Secession Vienna
- 19:00 | Welcome Dinner

Tuesday, 24th of June Venue: Schillerplatz 3, 1010 Vienna

- 13:00 | Graphic Collection
- 14:00–17:00 | Workshop: Mental Health First Aid (Conference Room)

Wednesday, 25th of June Venue: Schillerplatz 3, 1010 Vienna

- 11:00-12:00 Presentation of the Academy of Fine Arts Vienna (Room M20)

- 12:00-13:00 Lunch

- 14:00–17:00 | Workshop: Mental Health First Aid (Room M20)

Thursday, 26th of June Venue: Schillerplatz 3, 1010 Vienna

- 09:30–12:00 | Final Works Exhibition
- 14:00–17:00 | Workshop: Mental Health

Friday, 27th of June Venue: Schillerplatz 3, 1010 Vienna

- 10:30-12:30 | Lunch & Wrap-Up Session (Conference Room)

"Mental Health First Aid" course

We are increasingly confronted with crises in our everyday lives. Mental health problems and illnesses have a significant impact on the well-being of students as well.

By learning to recognize the signs of mental health issues and responding appropriately, we can positively influence the lives of those in need—as well as our own. In our "Mental Health First Aid" course, you will acquire essential knowledge about mental health and learn how to implement concrete support measures. This enables you to help others navigate crisis situations, facilitate access to professional care, and provide reassurance so that those affected do not feel alone.

This course, certified by the Australian initiative Mental Health First Aid International, teaches you to identify the early signs of mental illness. You will gain foundational knowledge of the most common and severe mental health conditions, including depression, anxiety disorders, psychoses, and addictive behaviors. You will also explore crisis intervention and prevention strategies. Through group exercises and role-playing, you will practice applying the support measures in real-life scenarios.

As a Mental Health First Aider, you will learn to apply the five-step R.O.G.E.R. principle:

React – Listen Openly – Give Support – Encourage Professional Help – Reactivate Resources.

This approach equips you to provide effective support, remain calm in acute situations, and take preventive action.

Participants will receive a certificate of attendance, and those who complete a brief assessment at the end of the seminar will be certified as Mental Health First Aiders.

All participants will also receive a Mental Health First Aid handbook as part of the course.