

Syllabus

Training for Mental Health Promotion

Objectives:

- To understand the importance of mental health promotion
- To help trainees to develop and execute training programs.
- To help trainees to develop public speaking skills, prepare modules and conduct training for various age group

Module 1: Introduction

Mental health in India- Mental health Act 2017- Third mental health resolution.

Module 2: Training Programs

Mental health enhancement training programs- short term training programs- essential skills for trainers- role plays on training programs.

Module 3: Presentation

Mode of presentation- preparing modules for various mental health issues- effective ways of presentation- conducting and evaluation of the programs.

Module 4: Module Preparation

Prepare a module on any of the following issues: Suicide prevention- Adolescent Problems- Family related issues- Drug addiction

Module 5: Awareness Programs

Role plays/skit program on mental health awareness. (Select any relevant mental health issue/ or deliver any important message and prepare an awareness act).

References:

1. Hart, L.B. (1991). Training methods that work: A handbook for trainers. USA: Crisp publications, Inc
2. Loughary, J.W. & Barrie, H.(1979). Producing workshops, seminars and short-term courses: A Trainer's handbook, USA: Follett Publishing Co

