

## BASIC MENTAL HEALTH CARE

### An online certificate course on mental health

#### Course overview

This course Basic Mental Health Care is an online certificate course designed to help the stakeholders like (NGO's, Volunteers, and village head and Community leaders) to understand the basic aspects of mental health, hygiene, and care throughout the life span. The course is prepared to strengthen the knowledge of these stakeholders who work in close proximity to the general population to further understand the mental hygiene aspects and care, to sustain and promote the mental health of the population throughout the life span.

#### Eligibility criteria

**Any Graduates from any discipline** [preferably those working as Primary School Teachers, Village Health Volunteers, Village Heads, Community leaders, ASHA and Anganwadi workers and are working in NGOs].

#### Objectives

**The objectives of the course are to**

- To understand the concepts of mental health and hygiene, mental health promotion
- To understand the factors for promotion of mental health across ages
- To discuss mental health promotion across life stages

#### Training Method

This is an online training program. Total duration of the course is for two months, comprising of three modules through Google classroom and Zoom Online lectures.

#### Medium of Instructions

In Assamese

**NO COURSE  
FEE**

Modules		Modes		e-text Material	Audio Podcast	Video Lectures	Live Interactive sessions
1	Basic concepts of mental health	Introduction to mental health	How Body and Mind are related ?	Characteristics of mentally healthy persons	Clarification of Doubts		
	Women's Mental health	Psychological aspects of different life stages of a women	Mental health care during Menstruation & Pregnancy	Mental health care during peri-menopause			
2	Mental health promotion in children	Brief of developmental milestones	-----	Factors affecting mental health of children and adolescents	Clarification of Doubts		
	Adolescent mental health promotion	-----					
3	Promotion of adult mental health	Factors affecting mental health among adults	-----	Stress management – across life stages	Mental health promotion		
	Geriatric Mental health promotion	-----	Physical and psychological changes among elderly		Clarification of Doubts		

## **Course Completion Criteria**

The following criteria are to be fulfilled to be eligible for the award of Certificate

**Participation of 75% in Video conference based discussion**

**+**

**A score of  $\geq 50\%$  in the FINAL ASSIGNMENT**

Assignments would be in the form of multiple choice questions