

# CERTIFICATE COURSE IN MENTAL HEALTH AND WELLBEING

## **SYLLABUS**

DEPARTMENT: DEPARTMENT OF PSYCHOLOGY

NAME OF COURSE: CERTIFICATE COURSE IN MENTAL HEALTH AND WELLBEING

COURSE CODE: CVAC017

TOTAL HOURS: 30

### UNIT-I (10 HOURS)

Importance of Mental health - Need for Mental health Promotion - National mental health act - Physical Health & Mental Illness - Mental Health and Mental Illness – Personality disorders - Mood Disorders – Anxiety disorders.

### UNIT- II (10 HOURS)

Mental Health Across the Lifespan: Children and Adolescent - challenges faced by teenagers - Risk Assessment & Management - Human rights of mentally ill. Mental Health in workplace; Families and Communities - Prevention and promotion of mental Health – social emotional learning – resilience - Counselling & Psychotherapy.

### UNIT -III (10 HOURS)

Problems with the current approach to mental health - situational causes of poor mental wellbeing - social causes of poor mental wellbeing - Dr Paul Gilbert's evolutionary model - your personal signs of poor mental wellbeing -parenting styles associated with poor mental wellbeing - improving your mental wellbeing by hijacking vicious cycles – Ethical social media and mental health effects.

## **REFERENCE**

Hope and Help for Your Nerves by Dr. Claire Weekes

Recovery: Freedom from Our Addictions by Russell Brand

Emotional First Aid by Guy Winch