



MENTAL HEALTH & WELL-BEING



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Recognized by NAAC with 'A' grade

COURSE CODE NAME OF THE COURSE

CVAC017

MENTAL HEALTH AND WELLBEING

OFFERED BY

Psychology

ABOUT COLLEGE

COURSE COORDINATOR

Ms. Durga. K.S
Psychology

Christ College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

LEARNING OUTCOMES

- Gain a better understanding of prominent risk factors for mental disorders.
- Understand about mental health issues and challenges that arise during the life course.
- Reach at preventive strategies to reduce risk throughout the life course.

COURSE MODULE

- Module I: Introduction
- Module II: Mental Health Across the Lifespan
- Module III: Problems with the current approach to mental health

SYLLABUS

MODULE I

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. (10 Hours)

MODULE II

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. (10 Hours)

MODULE III

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. (10 Hours)

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

