

Course Code	Course Name	Credits
26PC952	MENTAL HEALTH FIRST AID	02

Course Description

The course is designed to provide practical knowledge and skills needed to assist individuals experiencing mental health crisis or developing mental health problems. It emphasized hands on training, enabling learners to recognize the signs and symptoms of mental health issues, providing initial support and guide individual to professional help.

Course Objectives

- To understand the basic concepts of mental health and mental illness.
- To recognise common mental health disorders and their symptoms.
- To apply practical first aid skills to assist individual in mental health crisis.
- To guide individuals towards appropriate professional support.

Skill Enhancement Outcomes

Upon successful completion of this course, the students will be able to:

- Recognise the sign and symptoms of common mental health disorders.
- Provide initial support and comfort to individual in mental health crisis.
- Use effective communication techniques to de-escalate crisis situation.
- Guide individuals to appropriate mental health resources and professional help.
- Reduce stigma and promote the importance of mental health awareness.

Course Content and Practical Training

- Understanding mental health, importance, myths and facts about mental health impact on individuals' mental health, mental health problems in India/Nagaland.
- Understanding common mental health disorder and problems anxiety, depression, stress, panic attack, substance use disorder, recognising early signs and symptoms.
- ALGEE model for mental health first aid action plan.
- Mental health first aid for Crisis, signs and symptoms, de-escalation strategies, types of crises.
- Self-Care and maintaining wellbeing for mental health first aid.
- Providing initial help and support system for individuals in mental health crisis.

Learning Outcome

At the end of the course, learners will be able to confidently recognise, respond to and assist individual experiencing mental health crisis guiding them towards professional support and resources.