Mental Health Awareness Programs Training Course

Professional Development Training Course Outline

Category	Community Development	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Mental health awareness has emerged as a critical component of organizational wellness and community resilience. In today’s fast-paced environment, understanding mental health challenges, reducing stigma, and promoting well-being are essential for both personal and professional success. Mental Health Awareness Programs Training Course equips participants with evidence-based knowledge, practical tools, and intervention strategies to effectively identify, manage, and support mental health in various settings. Participants will gain insights into common mental health disorders, the impact of stress and burnout, and the importance of fostering a psychologically safe environment.

Through this course, attendees will develop the skills to implement proactive mental health programs, enhance communication around mental health issues, and apply strategies that promote emotional intelligence, resilience, and overall psychological well-being. Emphasis is placed on real-world applications, case studies, and actionable techniques that can be adapted to diverse organizational cultures. By the end of this course, learners will be empowered to contribute to a supportive, inclusive, and mentally healthy environment that enhances productivity and organizational effectiveness.

Programme Curriculum

Mental Health Awareness Programs Training Course

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Course Objectives

1. Understand the fundamentals of mental health and its impact on personal and professional life.
2. Identify common mental health disorders and early warning signs.
3. Develop strategies to reduce stigma and promote awareness in organizations.
4. Learn stress management and resilience-building techniques.
5. Implement workplace mental health policies and programs.
6. Enhance communication skills for supporting individuals with mental health challenges.
7. Apply psychological first aid and crisis intervention methods.
8. Recognize the role of emotional intelligence in mental well-being.
9. Explore digital tools and platforms for mental health support.
10. Understand legal and ethical considerations in mental health management.
11. Integrate mindfulness and well-being practices into daily routines.
12. Develop evaluation metrics for assessing mental health program effectiveness.
13. Promote sustainable mental health initiatives within communities.

Organizational Benefits

- Improved employee productivity and engagement.
- Reduction in absenteeism and presenteeism.
- Enhanced workplace culture and morale.
- Increased retention of top talent.
- Strengthened leadership capacity for mental health advocacy.
- Reduced stigma and improved communication around mental health.
- Better crisis response and support structures.
- Enhanced overall organizational resilience.
- Improved employee satisfaction and well-being.
- Compliance with mental health regulations and best practices.

Target Audiences

1. Human resource professionals and managers.
2. Healthcare providers and mental health practitioners.
3. Organizational leaders and executives.
4. Educators and school administrators.
5. Nonprofit and community organization staff.
6. Counselors and social workers.
7. Occupational health and safety officers.
8. Corporate wellness program coordinators.

Course Duration: 5 days

Course Modules

Module 1: Introduction to Mental Health Awareness

- Definition and scope of mental health.
- Importance of mental health in organizations.
- Global mental health trends and statistics.
- Identifying stigma and misconceptions.
- Key mental health policies and frameworks.
- Case Study: Implementing a mental health awareness campaign in a corporate setting.

Module 2: Common Mental Health Disorders

- Anxiety disorders, depression, and mood disorders.
- Substance use and behavioral disorders.
- Early warning signs and risk factors.
- Diagnostic tools and assessments.
- Impact on work performance and relationships.
- Case Study: Recognizing and addressing depression in the workplace.

Module 3: Stress Management and Resilience

- Understanding stress and burnout.
- Stress reduction techniques and coping strategies.
- Building personal and organizational resilience.
- Role of lifestyle and self-care in mental health.
- Mindfulness and relaxation exercises.
- Case Study: Stress management program in a high-pressure work environment.

Module 4: Communication and Emotional Intelligence

- Effective communication techniques.
- Active listening and empathy development.
- Emotional intelligence frameworks.
- Conflict resolution and supportive dialogue.
- Enhancing workplace relationships.
- Case Study: Improving team communication to support mental health.

Module 5: Workplace Mental Health Programs

- Designing and implementing mental health initiatives.
- Policy development and compliance.
- Employee assistance programs (EAPs).
- Program monitoring and evaluation.
- Leadership involvement and advocacy.
- Case Study: Launching a successful workplace mental health initiative.

Module 6: Crisis Intervention and Psychological First Aid

- Recognizing mental health crises.

- Providing immediate support and intervention.
- Referral pathways and professional support.
- Ethical and legal considerations.
- Post-crisis follow-up strategies.
- Case Study: Handling a mental health crisis in an educational institution.

Module 7: Mindfulness and Well-Being Practices

- Principles of mindfulness and meditation.
- Integrating mindfulness in daily routines.
- Promoting work-life balance.
- Stress reduction through mindfulness.
- Measuring the impact of mindfulness programs.
- Case Study: Mindfulness program implementation in a nonprofit organization.

Module 8: Evaluating and Sustaining Mental Health Initiatives

- Setting measurable objectives and KPIs.
- Data collection and analysis methods.
- Continuous improvement strategies.
- Engaging stakeholders for program sustainability.
- Reporting and communicating outcomes.
- Case Study: Long-term assessment of a mental health awareness program.

Training Methodology

- Interactive lectures and presentations.
- Group discussions and peer learning.
- Role-playing and scenario-based exercises.
- Case studies and real-world examples.
- Practical exercises and workshops.
- Q&A sessions for personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com