Mental Health Promotion Training Course

Professional Development Training Course Outline

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

Course Introduction

Mental health is a cornerstone of overall well-being, productivity, and sustainable community development. In today's fast-changing world marked by stress, digital overload, economic pressure, and social isolation, the need for Mental Health Promotion, Psychological Well-being, and Emotional Resilience Building has never been more urgent. Mental Health Promotion Training Course is designed to equip participants with practical, evidence-based strategies to enhance mental wellness, prevent psychological disorders, and promote supportive environments in workplaces, schools, and communities.

The course integrates modern mental health frameworks, trauma-informed care, positive psychology, and community-based mental health interventions. It empowers learners with actionable skills to identify early warning signs of mental distress, implement preventive strategies, and foster a culture of empathy, inclusion, and resilience. Through interactive learning, case-based discussions, and real-world applications, participants will become advocates for mental health awareness, stress management, and holistic well-being promotion.

Programme Curriculum

Mental Health Promotion Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Promote mental health awareness and literacy
2. Develop emotional intelligence and resilience skills
3. Understand psychological first aid (PFA) principles
4. Identify early signs of depression, anxiety, and burnout
5. Apply stress management and coping strategies
6. Strengthen workplace mental wellness programs
7. Implement trauma-informed care approaches
8. Enhance community mental health advocacy
9. Support suicide prevention and crisis intervention
10. Build positive psychology and well-being frameworks
11. Foster inclusive and stigma-free environments
12. Integrate mindfulness and relaxation techniques
13. Design mental health promotion campaigns

Target Audience

1. Healthcare professionals and nurses
2. Teachers, educators, and school counselors
3. HR professionals and workplace managers
4. Social workers and community leaders
5. NGO staff and humanitarian workers
6. Youth mentors and peer educators
7. Government and public health officers
8. Corporate wellness and CSR teams

Course Modules

Module 1: Foundations of Mental Health Promotion

- Understanding mental health vs mental illness
- Global burden of mental disorders
- Stigma reduction strategies
- Determinants of mental well-being
- Introduction to WHO mental health frameworks
- **Case Study:** Community stigma reduction campaign in rural schools improving help-seeking behavior.

Module 2: Emotional Intelligence & Resilience Building

- Self-awareness and self-regulation techniques
- Empathy development in professional settings
- Building psychological resilience
- Managing emotional triggers
- Strength-based thinking approaches
- **Case Study:** Corporate team resilience program reducing burnout rates.

Module 3: Stress Management & Workplace Well-being

- Identifying occupational stressors
- Burnout prevention strategies
- Work-life balance frameworks
- Relaxation and breathing techniques
- Employee wellness program design
- **Case Study:** Tech company reducing absenteeism through wellness interventions.

Module 4: Psychological First Aid (PFA)

- Principles of psychological first aid
- Active listening and communication skills
- Supporting individuals in crisis
- Immediate response to trauma
- Referral systems and escalation pathways
- **Case Study:** Emergency response team supporting disaster survivors.

Module 5: Anxiety, Depression & Early Intervention

- Symptoms and early detection
- Risk factors and protective factors
- Screening tools and assessments
- Intervention strategies
- Referral to mental health services
- **Case Study:** School-based early detection program reducing adolescent depression.

Module 6: Suicide Prevention & Crisis Intervention

- Warning signs of suicidal behavior
- Risk assessment models
- Safety planning techniques
- Crisis communication strategies
- Postvention support systems
- **Case Study:** Hotline intervention saving high-risk youth in urban centers.

Module 7: Community-Based Mental Health

- Community engagement strategies
- Peer support systems
- Mental health awareness campaigns
- Reducing cultural stigma
- Integration with primary healthcare
- **Case Study:** Community health volunteers improving rural mental health access.

Module 8: Mindfulness, Well-being & Positive Psychology

- Mindfulness meditation practices
- Gratitude and optimism training
- Lifestyle and mental wellness
- Habit formation for well-being
- Designing mental health promotion programs
- **Case Study:** University mindfulness program improving student academic performance.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and 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