Training Course on Mental Health and Well-being Support for Students

Professional Development Training Course Outline

Category	Educational Leadership and Management	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today's fast-paced academic environment, mental health and well-being have become essential pillars of student success. Training Course on Mental Health and Well-being Support for Students is designed to equip educators, administrators, counselors, and support staff with evidence-based strategies to identify, support, and empower students facing mental health challenges. With rising cases of anxiety, depression, and stress among youth, institutions must cultivate inclusive, trauma-informed, and resilient learning spaces that prioritize emotional and psychological well-being.

This course provides in-depth knowledge on mental health literacy, early intervention techniques, wellness promotion, and peer support systems. Participants will explore mindfulness, emotional intelligence, resilience building, and crisis intervention through interactive modules, real-world case studies, and collaborative problem-solving. By completing this course, participants will be well-prepared to create safer, more supportive learning environments and promote student well-being across diverse educational settings.

Programme Curriculum

Training Course on Mental Health and Well-being Support for Students

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Course Objectives

1. Understand core concepts of student mental health awareness and emotional well-being.
2. Identify early signs of stress, anxiety, depression, and trauma in school-aged learners.
3. Build capacity for empathy-driven, trauma-informed support systems.
4. Promote emotional intelligence and resilience among students.
5. Integrate mindfulness practices into daily learning routines.
6. Design inclusive mental health response protocols.
7. Apply data-driven intervention strategies for mental wellness.
8. Utilize digital tools and mental health apps to track student well-being.
9. Encourage peer mentoring and student-led support networks.
10. Support educators with self-care strategies to prevent burnout.
11. Establish safe channels for student mental health disclosures.
12. Develop a sustainable well-being policy framework for institutions.
13. Collaborate with mental health professionals for school-wide intervention plans.

Target Audiences

1. School counselors
2. K-12 educators
3. College faculty and staff
4. Academic advisors
5. Mental health professionals
6. School administrators
7. Parents and guardians
8. Youth mentors and peer leaders

Course Duration: 5 days

Course Modules

Module 1: Foundations of Student Mental Health

- Define mental health and common disorders in students
- Explore factors affecting emotional well-being
- Identify stigmas around mental health
- Analyze developmental stages and their impact
- Review local and global mental health statistics
- **Case Study:** High school student with undiagnosed anxiety

Module 2: Early Detection and Signs of Distress

- Recognize behavioral warning signs
- Monitor physical, emotional, and academic shifts
- Encourage open conversations
- Leverage observation tools and screening
- Understand the role of confidentiality
- **Case Study:** University freshman facing isolation

Module 3: Trauma-Informed Education Practices

- Define trauma and its effects on learning
- Establish safe classroom environments
- Develop trust-centered teacher-student relationships
- Respond without re-traumatizing
- Connect with trauma recovery specialists
- **Case Study:** Child affected by domestic violence

Module 4: Mindfulness and Resilience Building

- Teach breathing and grounding exercises
- Incorporate journaling and gratitude practices
- Cultivate positive coping skills
- Reduce test anxiety through mindfulness
- Integrate wellness breaks into curriculum
- **Case Study:** Middle school student using mindfulness to manage stress

Module 5: Digital Tools and Mental Health Resources

- Use apps for journaling, meditation, and mood tracking
- Create digital support forums
- Conduct virtual check-ins with students
- Train staff on telehealth and e-counseling
- Use dashboards to monitor trends
- **Case Study:** Remote student benefits from virtual therapy tools

Module 6: Empowering Peer Support Systems

- Establish peer mentoring programs
- Promote student advocacy and clubs
- Train students in active listening
- Set up anonymous help hotlines
- Normalize mental health discussions
- **Case Study:** Peer-led initiative reduces bullying in school

Module 7: Faculty and Staff Well-being

- Recognize burnout and compassion fatigue
- Create wellness plans for educators
- Offer workshops on stress management
- Encourage work-life balance
- Provide access to employee assistance programs (EAP)
- **Case Study:** Teacher successfully manages stress using support network

Module 8: Institutional Policy and Crisis Intervention

- Draft a student mental health policy
- Develop school-wide crisis response protocols
- Collaborate with local mental health agencies
- Address suicide prevention strategies
- Organize awareness campaigns
- **Case Study:** School averts crisis through proactive mental health intervention plan

Training Methodology

- Interactive lectures and expert-led webinars

- Role-play simulations and scenario-based learning
- Group discussions and guided reflection
- Hands-on practice with digital wellness tools
- Evaluation through quizzes, journaling, and peer feedback
- Real-world case study analysis

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 CenterANCY LD 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

Start Date	End Date	Location	Price
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:

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