

Consortium for Social Development and Research Social Work Training and Research Centre

MENTAL HEALTH FIRST RESPONDERS COURSE

This course was designed to educate families, community members and the general public on how to identify common signs of good and poor mental health, and provide them with information on how to care for, and interact with, individuals who may be experiencing mental health challenges. It also trains individuals on how to respond to mental health needs as it arises within their communities and/or workspace as well as take better care of their own mental health.

By the end of this course learners will be able to:

1. Explain mental health and the distinction between good and poor mental health
2. Identify common signs of mental disorder
3. Understand and explain how to support, respond to, and care for someone with a mental health disorder
4. Explain how the society (work, family, community etc.) impacts and is impacted by the mental health of its members

Offered: Semester I and II

Duration: 10 weeks (3 hours per week)

Modality: Online

Cost: JA\$45,000.00/US\$300.00

Certificate type: Achievement and 3 CEUs

Continuing Education Units (CEUs) are awarded
what are CEU's? <https://www.open.uwi.edu/cpec/about-ceu>

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<https://forms.gle/jn3g7nfxGJ98hJku6>