

CERTIFICATE IN FIRST AID IN MENTAL HEALTH- (CFMH)

SRC Kerala offers a Certificate Programme in First Aid in Mental Health (CFMH), jointly developed with Karunasai De Addiction and Mental Health Research Institute, Vellanad, Thiruvananthapuram , to Empower Teachers, counselors, NGO/social workers, ASHA workers, nurses, community volunteers. The objective of the programme is to Identify early signs of mental health problems. Offer first-line psychological support. Promote inclusive and stigma-free mental health environments

Name of the Programme: Certificate in First Aid in Mental Health

ProgrammeCode: CFMH

Duration: Six Months

Eligibility: Plus two or Equivalent

Course/Papers: Four Courses (Three Theory +Practical)

Scheme of Examination: Continuous Evaluation and Term End Examination
Assignments and Attendance—40percent TermEnd Exam – 60 percent

Practical: Project Report and Viva voce

Total Marks: 100 marks per course (400)

Total Credits: 16

Course Fee: Rs.8000/-

Course Structure

CourseCode	Nameofthe Course	Credits
MH001	Mental Health and Well being	3
MH002	Psychological first Aid and Crisis Management	3
MH003	Common Mental Health Conditions and Support Strategies	3
MHP01	Practical 1	7
	Total	16