

# **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**

<b>CourseCode</b>	<b>Nameofthe Course</b>	<b>Credits</b>
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