



# DIPLOMA IN MENTAL HEALTH AND COUNSELLING SKILLS

(DMHCS020206)

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## **Diploma In Mental Health and**

**Counseling Skills** is an interactive course designed to provide a strong foundation to participants in **practical aspects** of mental health.

It is a **6 months program** with online classes conducted **twice a week**. The duration of the class will be for **two hours**.

## What do you learn in this course?

### **Section 1: Introduction**

- Introduction to Mental Health Problems in India
- The **MHAI** Action Plan, Professionals who can help
- Ethics in Mental Health and Law, Mental Health Policy
- Spectrum of Interventions for Mental Health problems

### **Section 2: Mental Health Problems**

- Depression (Major Depressive Disorder, Bipolar Disorder, Perinatal Depression)
- Anxiety Problems (Phobias, PTSD, OCD, Panic disorder, Generalized Anxiety Disorder - GAD, Agoraphobia, Social Anxiety Disorder - SAD)
- Psychosis
- Substance Use Problems
- Gambling Problems
- Eating Disorders

**Section 3: Mental Health Crises**

- Suicidal Thoughts and Behaviours
- Non -Suicidal Self-Injury
- Panic Attacks
- Traumatic Event
- Severe Psychotic States
- Severe effects from Alcohol Use
- Aggressive Behaviours

**Section 4:**

- Cultural considerations and communication techniques when providing support
- Considerations when providing support to an LGBTIQ+ Person

**Section 5: Helpful Resources and Information**

- Help Line Numbers
- Books/Documentaries on Disorders
- List of DMHP (District Mental Health Programs) across the country
- List of Government Mental Health Institutions in India

**Section 6:**

- Mental Health - Behaviour
- Emotions, Perceptions, Thinking, Memory
- Motivation
- Basic Communication Skills and Interpersonal Relationships
- Multiple Intelligence
- Personality Disorders
- Defence Mechanisms
- Stress and Burnout, Loneliness
- Stress Management - Relaxation and cognitive Techniques

**Section 7: Counselling Skills and Introduction to Therapies**

- Basic counselling Skills
- Graphotherapy, Eco therapy,
- Art-Based therapy, Music Therapy
- CBT - Cognitive Behavioural Therapy
- Self-care Techniques, Expressive Writing Therapy
- Bibliotherapy/Aromatherapy or Food Therapy

**ADDITIONAL  
SUPPORT****FREE GROUP  
MENTORING  
SESSION**



## Section 8: Additional Topics

- Old age Mental Health (Dementia)
- Developmental Disorders

## Section 9:

- Internships
- Practicals
- Presentations Skills
- Report Writing
- Networking, Referrals, Branding

## Methodology

- Assessments
- Discussions, Group activities
- Case Studies
- Activities/Role-play
- Assignments
- Dyads/Triads (Both Online and Classroom practice sessions)
- Group Mentoring/1:1 Mentoring
- **Internship**
- Presentations
- Mock sessions

This course is designed to suit even those who do not have prior theoretical knowledge of psychology/mental health, and is conducted with the explicit aim of empowering you with practical skills.

**ADDITIONAL  
SUPPORT****FREE 1:1  
MENTORING  
SESSION**



## Eligibility Criteria for the course

- While the program is meant for persons with an academic background up to graduation level, those with lesser qualification are also considered on interview, if they are caring and sensitive human beings and have had sufficient exposure to life.
- No prior qualifications are necessary, aside from possessing the appropriate attitude to diligently adhere to the course and Academy guidelines, along with a genuine dedication to comprehending human nature and actively learning, understanding, and applying the skills.
- Course is delivered in **English Language** only.
- **85% Attendance** is mandatory for certificate of Diploma in Mental Health and Counseling Skills.
- Minimum of **30 sessions (total of 30 hours) training/counselling sessions of Internship** must be completed by the end of this course to be eligible to get the certificates. (Internships can be done in schools/organization/NGO/Corporates which will be discussed during the program).
- When you enroll you will be invited for individual 1:1 interactions to understand your progress in life, your aspirations, your existing skills, and your expectations from this course.
- The course is conducted in small batches and sufficient individual interaction and time is provided for personal growth.



LEARN  
MENTAL HEALTH  
SKILLS

START A NEW  
CAREER



## Benefits of the course

- **Understand, practice and master Skills** to teach, support and Promoting Mental Health Awareness in community.
- **Diploma Certificate**
- **Knowledge on Mental Health & Counseling skills to support oneself, family, friends, colleagues and community.**
- Become a Member of Mental Health Academy India **support Group and Human Books.**
- Become a member of our **Alumni Trainer group** with **ongoing support and training opportunities.**
- **Value add Mental Health** skills to your CV/Resume
- **Course Handout and materials** - Notes will be sent every week.

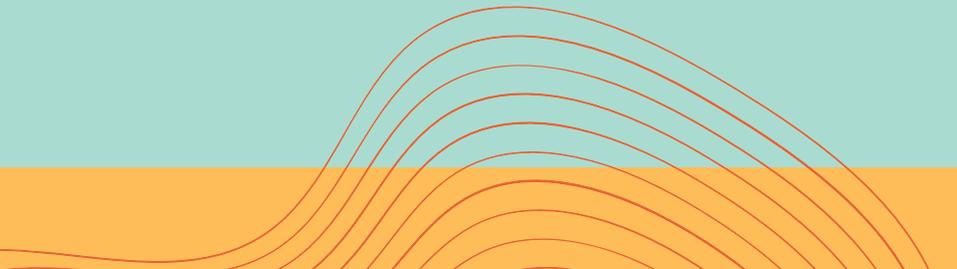
## Duration

- It is a **6 months** program, including internship.
- Classes will be held on **Mondays, 11 AM to 1 PM** and **Friday's, 11 AM to 1 PM. (To be finalised)**



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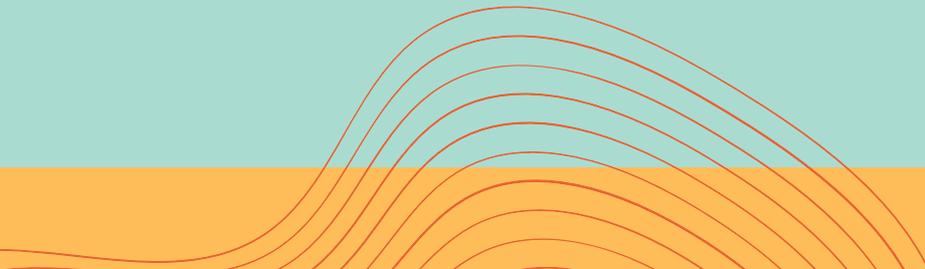


## Your commitment

- You are expected to put in regular attendance, commitment to fulfilling the required internship hours, and timely completion of assignments. Evaluation will be an ongoing process, encompassing attendance, viva, assignments, presentations, quick-review mini-tests, visits to institutions, and internship performance.
- There are no exams but your ability to genuinely reach out and counsel effectively gets you the Diploma. Those who do not come up to the required standard may only get a participation certificate.
- Complete confidentiality is to be maintained by you and we will also respect your confidentiality if you share anything with us.



**AN  
INTERACTIVE  
AND  
PRACTICAL  
COURSE WITH  
INTERNSHIP**





## Additional Support and enhancement of Skills

- In addition to the weekly classes, special sessions of **group mentoring** will be given once a week for a better understanding of the topic.
- Mentoring will be done in small groups to **promote personal interaction and understanding of topics** covered.
- Participants will also be given **1:1 mentoring** with the trainer once a month.

## Course Fee

**Total cost of the course will be Rs. 35,000/-** (To be paid in full prior to the course).

**Instalment Option:** Student can pay in three parts:

1st instalment at admission: INR 15,000/-

2nd instalment by 2nd month: INR 10,000/-

3rd instalment by 3rd month: INR 10,000/-

**Early Bird offer - Pay** Rs. 32,000/- (One shot payment - To be paid in full prior to the course)

**Refund:** We only offer a refund before the course begins, after deducting INR 1000/- as administrative fees. No refund will be given once the course begins.





## Registration Instructions

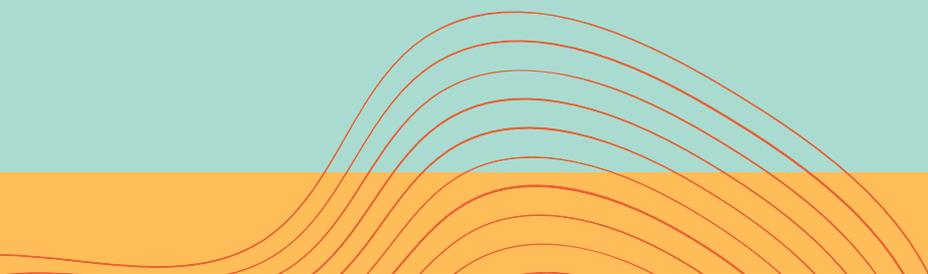
- Please fill up the application form (on website) completely.
- Proceed with the Payment process
- Submit your duly filled questionnaire. The questionnaire will be emailed to you upon registration.

## About MHA I

At Mental Health Academy India (MHA I), we are dedicated to promoting mental well-being through a comprehensive ecosystem of support. Our offerings include awareness programs, training sessions, workshops, counseling, nature/eco therapy, music therapy, healing retreats, and holistic wellness services— each thoughtfully designed to support individuals in nurturing their mental and emotional well-being as part of a holistic approach to health.

Our mission extends beyond services. We are deeply committed to breaking the stigma surrounding mental health and cultivating a culture of openness, healing, and resilience.

We strive to make our knowledge and services accessible not only in cities but also in rural communities at the grassroots level, ensuring that support is available and inclusive for all—regardless of geography.





## Services offered at MHAI

- **Diploma** in *Mental Health and Counselling Skills*
- **Certificate** Course in *Suicide Prevention Skills*
- **Certificate** Course in *Non-Suicidal Self-Injury Prevention Skills*
- **Certificate Course** in *Life Skills* (For Kids and Adults)
- **Diploma** in *Life Skills*
- Mental Health **Awareness Program**, Workshops
- **Counselling** and **Mentoring** Services
- **Support Group** Meet (Online and In-person)
- **Human Books** (Online and In-person)
- **Ecotherapy, Shinrin Yoku (Forest Bathing)**
- **Workshops** on topics related to Mental Health, Life Skills, Human Behaviour
- **Internships** for students
- **Holistic Health Rural Training program** in collaboration with *Mental Strides, Australia*
- **Harmony - The Journey Within** - Outdoor Workshop/Retreat
- **Kaadu Harate** - Outdoor Workshop
- **Author's Program** (Book Writing)
- **The Sound Mind** - An Immersive Journey Through Art and Nature
- **Mann-Thann** - Discover yourself differently

Check out our website [www.mhai.in](http://www.mhai.in) and join us on

- **LinkedIn (Ranjitha Raj)**: <https://www.linkedin.com/in/ranjitha-raj-mentalhealthcoach/>
- **Facebook**: <https://www.facebook.com/mhaiorganization/>
- **LinkedIn (MHAI Page)**: <https://www.linkedin.com/company/mental-health-academy-india/>
- **Instagram**: <https://www.instagram.com/mentalhealthacademyindia/>
- **YouTube**: <https://www.youtube.com/channel/UC5Hbvq4Q1Xsb7EASu1-ZglA>

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