

Course Name	–	APPLIED TRAINING IN PSYCHOLOGICAL FIRST AID (COURSE NO 172)
Course Duration	–	6 months / 6 modules / 12Credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online/ Reusable Learning Materials/1:1 Sessions/Highly Interactive/Intermediate
Course Structure	-	Interactive sessions /24x7 Virtual Support /Work Expertise Based / Guide Assisted
Eligibility	-	10+2+3 Years or 15+2 Years (psychology/sw/hd/training/mgt/hr/edu/sports)
Interactive Sessions	–	1 interactive session/module - 24/7 Advisor Call Support - 24/7 Guide Email Support

MODULE NAME	MODULE BRIEF
17201 – MENTAL HEALTH AND MENTAL ILLNESS	Provides foundational knowledge on mental health, common mental illnesses, and their impact on individuals and communities, emphasizing early recognition and understanding.
17202 – CONCERNING HABITS, BEHAVIOURS OR SUDDEN LOSS	Examines behaviours and habits that may signal distress or psychological risk, including responses to sudden personal, social, or environmental losses.
17203 – IDENTIFYING PEOPLE WITH OBVIOUS URGENT BASIC NEED OR WITH SERIOUS DISTRESS REACTIONS	Focuses on the assessment and recognition of individuals requiring immediate assistance due to critical needs or severe psychological distress.
17204 – PROVIDING PSYCHOLOGICAL FIRST AID	Introduces the principles and strategies of psychological first aid (PFA) for immediate emotional and practical support in crisis situations.
172305 – BASIC PSYCHOLOGICAL FIRST AID INTERVENTIONS	Covers practical interventions, tools, and techniques used in PFA to stabilize, support, and connect individuals to further care or resources.
17206 – PSYCHOLOGICAL FIRST AID CASE WORK	Applies learned concepts through case-based learning, emphasizing assessment, intervention planning, and follow-up in real-world scenarios

Course Fee	Indian Learners	Learners from other countries
Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹8,400 (Email-based)	\$200 (Email-based)
1:1 Guide Orientation Sessions Continuous Guide Email Support & 24/7 Student Advisor Call Support	₹15,400 (Session-based)	\$380 (Session-based)

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp the Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org