

Course Name	–	<u>CERTIFICATE IN SUPPORTING STUDENT MENTAL HEALTH AND WELL-BEING</u>
Course Duration	–	Module based completion/ Total 06 Modules/24x7 Virtual Support (<u>CNO SP102</u>)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Learning Mode	–	Email Based / Whats App Based/ Session Based (6 sessions for 6 modules)
Eligibility	–	College – University Faculties / Counsellors / College Heads/ Administrators
Interaction	–	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

Learning Objective : This course equips college and university faculty with the awareness and skills to recognise student mental health challenges, respond appropriately within academic roles, and foster supportive learning environments. Faculty learn how mental health influences learning and engagement, how to communicate concern ethically, and when and how to refer students without assuming a counselling role.

Course Modules	Brief Course Module Descriptions		
SP10201 – Understanding Student Mental Health in Higher Education	This module explores common mental health challenges among university students, including stress, anxiety, low mood, and burnout. Faculty learn how academic demands and life transitions contribute to vulnerability. Awareness without diagnosis is emphasised.		
SP10202 – Impact of Mental Health on Learning and Academic Behaviour	Focuses on how emotional distress affects attention, motivation, participation, and performance. Faculty learn to recognise behavioural indicators in academic settings. Contextual understanding replaces judgment.		
SP10203 – Creating Supportive and Psychologically Safe Classrooms	Explores classroom practices that reduce unnecessary stress and fear of failure. Faculty learn how clarity, fairness, and respectful communication promote well-being. Academic standards remain central.		
SP10204 – Responding to Students in Distress	Focuses on how faculty can respond when students share concerns or show distress. Faculty learn supportive communication strategies that maintain boundaries. Referral pathways and documentation are discussed.		
SP10205 – Managing Academic Flexibility and Boundaries	Examines reasonable flexibility in deadlines, attendance, and assessment without compromising standards. Faculty learn how to apply policies consistently and ethically. Boundary clarity protects both students and faculty.		
SP10206 – Faculty Well-Being and Professional Responsibility	Explores the impact of emotional labour on faculty. Participants learn strategies to prevent burnout and maintain professional balance. Self-care is framed as ethical responsibility.		
Course Mode	Email Based (with guide assistance)	Whats App Based (with guide assistance)	Session Based (with 6 one-to-one sessions)
Course Fee	₹4200 - Indian learners \$90 – Intl. Learners	₹5600 - Indian learners \$120 – Intl. Learners	₹8200 - Indian learners \$210 – Intl. Learners

For Admissions -

To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 9600 8000 20 or email us at info@wiseteacher.in