

Cert Course Name	–	ADDRESSING EMOTIONAL AND MENTAL HEALTH CONCERNS IN ADOLESCENTS
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support (CNO SP42)
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	–	Teachers/ Educators / Special Educators/ Counsellors / School Heads/ Managers
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

Learning Objective : This course equips middle school teachers with the awareness and classroom-appropriate skills to recognise and respond to emotional and mental health concerns in students aged 11–14. Teachers learn to differentiate normal adolescent behaviour from warning signs, provide supportive classroom responses, and collaborate responsibly with parents and professionals—without taking on a clinical role.

Course Modules	Brief Course Module Descriptions		
SP4201 – Emotional and Psychological Changes in Early Adolescence	This module explores emotional intensity, mood swings, sensitivity, and stress responses common in early adolescence. Teachers learn how brain development and social pressures affect emotional stability. Normal developmental changes are clearly distinguished from concerning patterns.		
SP4202 – Common Emotional and Mental Health Concerns in Middle School	Focuses on anxiety, low mood, stress, irritability, and withdrawal frequently seen in Grades 6–8. Teachers learn how academic pressure, peer dynamics, and self-image contribute to distress. The classroom impact of emotional difficulties is discussed.		
SP4203 – Recognising Warning Signs and Risk Indicators	Introduces observable signs that may indicate emotional or mental health concerns. Teachers learn to notice patterns related to behaviour, attendance, engagement, and mood changes. Emphasis is placed on observation rather than diagnosis.		
SP4204 – Supportive Classroom Responses and Emotional Safety	Explores how teachers can respond supportively within their professional role. Teachers learn strategies to reduce stress, avoid shaming, and create emotionally safe classrooms. Boundaries between support and counselling are clarified.		
SP4205 – Communicating Concerns with Sensitivity and Responsibility	Guides teachers in speaking with students and parents about concerns calmly and respectfully. Teachers learn language that avoids alarm, blame, or labelling. Documentation and confidentiality are emphasised.		
SP4206 – Referral, Collaboration, and Teacher Self-Care	Explains when and how to involve school counsellors or mental health professionals. Teachers learn their role within a support network rather than acting alone. The importance of teacher emotional well-being is reinforced.		
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