

Cert Course Name	–	<b><u>ADOLESCENT MENTAL HEALTH AWARENESS FOR SECONDARY TEACHERS</u></b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support ( <b><u>CNO SP49</u></b> )
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 secondary school teachers with essential awareness and classroom-appropriate skills to recognise, understand, and respond to mental health concerns in adolescents aged 14–18. Teachers learn to differentiate normal adolescent stress from warning signs, provide supportive classroom responses, and collaborate responsibly with parents and mental health professionals—without assuming a clinical role.

Course Modules	Brief Course Module Descriptions		
<b>SP4901 – Understanding Mental Health in Adolescence</b>	This module explores emotional, psychological, and behavioural changes common in mid-to-late adolescence. Teachers learn how brain development, academic pressure, social comparison, and identity formation affect mental well-being. Normal stress responses are distinguished from concerning patterns.		
<b>SP4902 – Common Mental Health Concerns in Secondary Students</b>	Focuses on anxiety, depression, chronic stress, mood instability, and emotional withdrawal frequently observed in Grades 9–12. Teachers learn how these concerns present in classroom behaviour and academic performance. The cumulative impact of pressure and expectations is discussed.		
<b>SP4903 – Recognising Warning Signs and Risk Indicators</b>	Introduces observable signs such as persistent sadness, irritability, disengagement, attendance changes, and drastic academic decline. Teachers learn to look for patterns rather than isolated behaviours. Observation and documentation are emphasised over diagnosis.		
<b>SP4904 – Creating Emotionally Safe and Supportive Classrooms</b>	Explores how classroom climate, teacher language, and response styles influence emotional safety. Teachers learn strategies to reduce shame, fear, and humiliation in academic settings. Emotional safety is positioned as essential for learning.		
<b>SP4905 – Communicating Concerns with Students and Parents</b>	Guides teachers in having sensitive, professional conversations about mental health concerns. Teachers learn language that is calm, non-alarming, and respectful. Confidentiality and appropriate boundaries are emphasised.		
<b>SP4906 – Referral, Collaboration, and Teacher Self-Care</b>	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.		
<b>Course Mode</b>	<b>Email Based (with guide assistance)</b>	<b>Whats App Based (with guide assistance)</b>	<b>Session Based (with 6 one-to-one sessions)</b>
<b>Course Fee</b>	<b>₹4200 - Indian learners \$90 – Intl. Learners</b>	<b>₹5600 - Indian learners \$120 – Intl. Learners</b>	<b>₹8200 - Indian learners \$210 – Intl. Learners</b>

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](mailto:info@wiseteacher.in)**Upgrade Academy** [www.wiseteacher.in](http://www.wiseteacher.in) [www.schoolpsychology.in](http://www.schoolpsychology.in) [www.traintheteacher.in](http://www.traintheteacher.in)