

Course Name	–	<b>ADOLESCENT MENTAL HEALTH: AWARENESS, PREVENTION, AND SUPPORT</b>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support <b>(CNO SP67)</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 school counsellors and well-being professionals with a comprehensive understanding of adolescent mental health within school contexts. Participants learn to recognise common mental health concerns, implement preventive strategies, and provide appropriate school-based support while maintaining ethical boundaries and clear referral pathways.

Course Modules	Brief Course Module Descriptions		
SP6701 – Understanding Adolescent Mental Health in School Contexts	This module explores emotional, psychological, and behavioural changes during adolescence. Participants learn how brain development, academic pressure, identity formation, and social comparison affect mental health. Normal developmental stress is distinguished from mental health concerns.		
SP6702 – Common Mental Health Concerns in Adolescents	Focuses on anxiety, low mood, depression, irritability, emotional withdrawal, and stress-related difficulties. Participants learn how these concerns manifest in behaviour, attendance, and academic performance. Early recognition is emphasised.		
SP6703 – Preventive Mental Health Approaches in Schools	Explores school-based prevention strategies that promote resilience, emotional literacy, and coping skills. Participants learn how preventive work reduces escalation and crisis. Prevention is framed as a core counselling responsibility.		
SP6704 – Supportive Interventions Within School Boundaries	Focuses on non-clinical, supportive interventions suitable for school settings. Participants learn how to provide reassurance, psychoeducation, and coping strategies without entering therapeutic treatment. Ethical boundaries are clarified.		
SP6705 – Collaboration with Teachers, Parents, and School Leaders	Examines how coordinated support strengthens student outcomes. Participants learn communication strategies that maintain confidentiality while enabling support. Shared responsibility is emphasised.		
SP6706 – Referral, Follow-Up, and Professional Accountability	Explores referral indicators, documentation practices, and follow-up responsibilities. Participants learn how to ensure continuity of care while protecting professional integrity. Accountability and ethical practice are 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](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)