

Certificate course in Adolescent Well Being and Life Skills

As part of Suicide prevention by enabling mental health (SUPREME) program By Sumana & Steps 4 wellbeing provides you with a 6 months practical hands on training program. At the end of the program participants will

learn working with adolescents to improve their well-being and to help them with the changes and challenges of everyday life, how to set up school mental health programs, and liaison with teachers & educators. This is an opportunity to be trained by a team of experts in the field of life skills for adolescents and be part of a country wide network of professionals working on adolescent mental health.

Course coordinator- [Dr. Sugnyani Patil](#)

Course Faculty- [Dr. Srikala Bharath](#)

Course details:

- Online training from 16th July- 31st July 2022
- 1 Day contact training in- person workshop at Bengaluru (6th August 2022)
- Monthly online refresher workshops
- Duration- 6 months
- Fees- Rs 1000/- only

Topics Covered:

- Adolescents – development changes, challenges and issues
- Mental disorder in adolescents
- Introduction to Life Skills
- Teaching Life Skills themes
- Counselling Adolescents
- Peer learning communication skills
- Setting up and conducting teacher training in schools

Requirements to complete the training program-

- Attendance 80%
- Initiate SUPREME program in 3 schools in your city
 1. Conduct one awareness session for school students in each school.
 2. Conduct session for school teachers on identifying common mental health issues in adolescents and basic counselling skills.
 3. Set up gatekeeper system in the schools by identifying one POC among the teachers.
- Submit report of the programs conducted

Certificate of training will be provided at the end of satisfactory completion of above requirements.

How to apply-

- [Application form](#)
- The applications will be screened and selected by our expert committee. Those selected will be invited to register for the program by paying a nominal fee of **Rs 1000/-** Last date for applications: **July 5th 2022.**

Contact Details:

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