



CERTIFICATE COURSE IN

MEDIA AND MENTAL HEALTH

For more details contact us at
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WHY CHOOSE ONLINE CERTIFICATE COURSE IN MEDIA AND MENTAL HEALTH?

The Department of Mental Health Education at National Institute of Mental Health and Neuro Sciences, an Institute of National Importance, aims to create mental health awareness among general public which in turn increase their mental literacy. To achieve this aim, it's important for us to partner with key stakeholders, and media being one of them can help us in promoting mental health. Media plays a pivotal role in mental health



promotion by reaching to a larger audience in a short span of time and making an impact. It is very crucial that media portray mental health by adhering to the guidelines issued by governmental organizations, press information bureau and international organizations. It is important to have more sensitive and conscious reporters/media professionals and publishers to understand the perspectives of mental health issues and bring about a paradigm shift in their reporting.

Our modules are designed to help the participants develop these skills to address future challenges and make a difference on a national and global scale. You will be mentored through an exciting challenges of various course assignments by best minds i.e., our NIMHANS faculty and faculty from India and abroad.

WHAT ARE OUR COURSE OBJECTIVES?

- To train you on the role of sensible media reporting related to mental health issues
- To strengthen your skills for content writing with regards to mental health
- To understand the impact of sensationalised reporting on mental health on media and to promote factual and sensitive portrayal on mental health
- To eliminate the stigma associated with mental illness through appropriate media awareness and responsible reporting.

WHO CAN ATTEND?

- Those working as journalists in various media organisations
- Students pursuing Diploma or Master's Degree in Media studies, Mass communication, Journalism and Visual Communication related courses. Those who have completed or pursuing these courses.

Procedure for Admission: The course will be advertised on the NIMHANS website and social media. The eligible applications will be reviewed and the 20 candidates will be shortlisted on first come basis

DURATION OF THE COURSE: 3 months Duration Course Fees- Rs.2700/- (As per the approval from NDA BOS)

OUR TEACHING PEDAGOGY



Designed to spark self-reflection, we have designed the course modules using an advanced blended approach to learn from your workplace or home. It will provide you the flexibility to adapt an agile approach to apply your new learnings at your workplace. Each e-learning modules is designed into 10 sessions which are for 1-2 hours duration. It will be measured by a pre-test and post-test for each

session including assignments at the end of each module. The course will also have 10 virtual face to face sessions spanning over two hours each. The course is strengthened with virtual face to face interaction including presentation of assignments both individual & group assignments, grading of assignments, feedback by experts, video demonstrations. To culminate the course, you will have "Stories against Stigma: A Walking

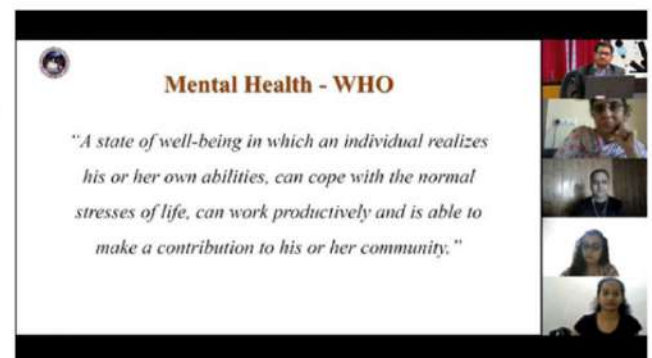
COURSE CURRICULUM

MODULE 1: MENTAL ILLNESS & STIGMA: AN OVERVIEW

- Understanding mental disorders: disease causation and its consequences
- Understanding the psychosocial risk factors for mental illness
- Understanding biological risk factors for mental illness
- Orientation to common mental health issues among children & adolescents
- Orientation to common mental health issues among adult
- Orientation to common mental health issues among elderly
- To understand the social/societal or cultural perspectives with regards to stigma associated with mental illness and suicide and its impact on accessing and utilizing existing mental health services.

MODULE 2: MENTAL HEALTH PROMOTION

- Impact of effective mental health communication & language in mental health promotion and promoting mental health care.
- Understanding basis of socio-cultural economic and political determinants of health in mental health promotion.
- Applying principles and methods of social and behaviour change for mental health promotion
- Legal issues and mental health, legal implications and acts pertaining to mental health.
- Mental health care act and prevention of children from sexual offences act (POCSO)
- Responsible media reporting in the context of addictive substance use
- Rights of persons with disability act (RPWD)



MODULE 3: RESPONSIBLE MEDIA REPORTING

- Ethics in responsible mental health reporting on media
- Guidelines for reporting of mental illness and suicide in media
- Portrayal of mental illness in media and its implications
- Findings of research studies on reporting suicide in media & overview of existing suicide prevention services available in India.

MODULE 4: SOCIAL & EMERGING MEDIA

- Expressions of mental health on social media and its impact
- Looking for stories on social media, how not to pick social media incidences as possible stories
- Digital story telling

MODULE 5: SKILL DEVELOPMENT AND PRACTICAL EXPOSURE

- Skills in media reporting by developing content on mental health for mass communication
- Soft skills training: communication skills during an interview and being sensitive while asking questions in an interview
- Self-care and mental well-being



CRITERIA FOR COMPLETION OF THE COURSE

Pre and Post-test completion -mandatory

Completion of Assignments - mandatory

Exit Exam- 50 marks

Assignment- 50 Marks

Total- 100 Marks

Pass marks should be 80% in each category

Attendance- 80 % is mandatory in interactive sessions

WHAT ARE THE LEARNING OUTCOMES?

- Understand the role of communication processes in the reception and delivery of mental health care services and information for larger audience.
- Will demonstrate an understanding of ethical and legal aspects of media reporting in mental health
- Bring about an impact in attitude & behaviour of audience for achieving better mental health as a primary change agent

This Professional development course is approved by NIMHANS Digital Academy Board of Studies