

# Training of School Counsellors on School Mental Health



## Key Program Content:

- ▶ Understanding child and adolescent development and mental health
- ▶ Role of school counselors in providing mental health interventions
- ▶ Ethics of school counselling
- ▶ Working with children and adolescents
- ▶ Working with parents and other stakeholders

Schools are considered as one of the most integral parts of a child's life where they spend most of their time beside their home.

Global developments and crisis such as the pandemic have impacted the mental health of children and adolescents. A school is a place where the issues and concerns of children can be identified, and timely interventions can be provided. In this context, the school counsellors play an important role in the identification of these issues and providing interventions.

This workshop aims at enhancing the capacities of school counsellors to better identify the concerns of children and providing various interventions to enhance their well-being in schools.

**Facilitators:** Dr. Kavita Jangam, Associate Professor of Psychiatric Social Work and  
Ms. Priyanka Nambiar, Psychiatric Social Worker, NIMHANS

**When:** Saturday (4 consecutive Saturdays from 16<sup>th</sup> July to 06<sup>th</sup> August 2022)

**Where:** NIMHANS Center for Well-Being, 9<sup>th</sup> Main, 1<sup>st</sup> Stage, BTM Layout, Bengaluru

**Time:** 02.00 p.m. - 04.30 p.m.

**Contact for Registration:** 080-26685948 /9480829670 or *E-mail* - nimhans.wellbeing@gmail.com

**Registration fee:** INR 1200/- for four Saturdays