



## Practice oriented course on: 'Managing stress, improving decision making and ensuring mental wellbeing among adolescents'

Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. Neuropsychiatric conditions are the leading cause of disability in young people in all regions. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination, as well as lack of access to health care and education facilities, in violation of their fundamental human rights states WHO.

The International Center for Child and Public Health shares WHO's mandate and advance its 2<sup>nd</sup> programme goal to provide comprehensive, integrated and responsive mental health and social care services in community-based settings for early recognition and evidence-based management of childhood mental disorders. A series of community centered interventions, talks by experts, papers and field research forms part of the ICPH 2020 action agenda.

This introductory course highlights some signs and symptoms, along with myths and the stigma associated with mental health issues. It provides insights and practical know-how to adolescent boys and girls with their mental health and emotional wellbeing.

### After completing this course the adolescent girl or boy will:

- Understand the broad meaning and dimensions of mental health
- Be able to identify some common issues faced by adolescents and young people with regard to mental health.
- Recognize some of the signs and symptoms that indicate mental health issues in adolescents and young people.
- Understand key risk factors that make some adolescents and young people vulnerable to mental health issues.
- Pick up practical advice to help improve mental health and emotional wellbeing.

### **Time frame: June –July 2020**



Dates: June 3<sup>rd</sup> week- July 1<sup>st</sup> week, 2020

- Total number of webinars : 3 with the first one on 29<sup>th</sup> June (Monday)
- Field touchdown : twice during the course with the participants

Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
Webinar				Webinar		Webinar		Field Touchdown		Field Touchdown		
	Field Touchdown		Reflection & Coursework				Reflection & Coursework				Reflection & Coursework	

<span style="display:inline-block; width:15px; height:15px; background-color:blue; border:1px solid black;"></span> Webinar
<span style="display:inline-block; width:15px; height:15px; background-color:yellow; border:1px solid black;"></span> Field Touchdown
<span style="display:inline-block; width:15px; height:15px; background-color:gray; border:1px solid black;"></span> Reflection & Coursework

