Community Mental Health Support Training Course

Professional Development Training Course Outline

Category	Community Development	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Community Mental Health Support has become a critical pillar in strengthening public health systems, promoting emotional resilience, and addressing the growing global mental health crisis. With increasing awareness of mental health disorders such as depression, anxiety, trauma-related conditions, and substance use challenges, communities require trained professionals and volunteers who can provide early identification, psychological first aid, referral support, and compassionate care. Community Mental Health Support Training Course focuses on equipping participants with practical knowledge in mental health literacy, community-based interventions, stigma reduction strategies, psychosocial support frameworks, and crisis response techniques. Through evidence-based learning, participants will understand the importance of early intervention, culturally sensitive care, and collaborative community engagement in building sustainable mental health ecosystems.

The course integrates modern mental health practices including trauma-informed care, digital mental health tools, community outreach strategies, peer support systems, and mental health advocacy. Participants will explore practical approaches for identifying mental health warning signs, supporting vulnerable populations, implementing community awareness campaigns, and strengthening referral networks with healthcare providers. By the end of the program, participants will be able to promote psychological well-being, respond effectively to mental health challenges within communities, and contribute to inclusive, stigma-free environments where individuals feel safe seeking help and support.

Programme Curriculum

Community Mental Health Support Training Course

Introduction

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Course Objectives

1. To develop advanced knowledge in community mental health awareness and psychological well-being promotion.
2. To strengthen skills in early detection of mental health disorders using community-based screening approaches.
3. To equip participants with practical techniques in psychological first aid and crisis intervention.
4. To enhance capacity in trauma-informed care and compassionate mental health communication.
5. To build competency in community mental health program design and implementation.
6. To improve understanding of mental health stigma reduction and inclusive community engagement.
7. To develop strategies for mental health advocacy, education, and awareness campaigns.
8. To strengthen referral systems linking community support with professional mental health services.
9. To enhance knowledge of substance abuse prevention and recovery support systems.
10. To build skills in peer support facilitation and mental health mentoring programs.
11. To improve digital mental health literacy and the use of tele-mental health tools.
12. To develop monitoring and evaluation frameworks for community mental health programs.
13. To promote sustainable mental health resilience strategies within local communities.

Organizational Benefits

- Strengthens organizational capacity to address community mental health needs
- Enhances employee competence in psychological support and crisis response

- Improves community outreach and mental health awareness initiatives
- Builds effective referral networks with healthcare and social service providers
- Supports development of inclusive and supportive community programs
- Enhances organizational reputation in public health and social care initiatives
- Promotes healthier and more resilient communities
- Improves staff ability to manage stress and emotional challenges in the workplace
- Strengthens evidence-based mental health program implementation
- Supports long-term sustainable community well-being initiatives

Target Audiences

- Community health workers
- Social workers and counselors
- Non-governmental organization staff
- Healthcare support professionals
- Teachers and school counselors
- Religious and community leaders
- Youth mentors and peer support volunteers
- Public health practitioners

Course Duration: 5 days

Course Modules

Module 1: Foundations of Community Mental Health

- Principles of community mental health care
- Global mental health trends and emerging challenges
- Mental health literacy and awareness strategies
- Role of community support systems in mental well-being
- Social determinants of mental health
- Case Study: Implementing community-based mental health awareness programs

Module 2: Mental Health Disorders and Early Identification

- Common mental health conditions in communities
- Risk factors and protective factors

- Early warning signs and behavioral indicators
- Community screening and referral methods
- Addressing stigma and misconceptions
- Case Study: Early detection of depression in community settings

Module 3: Psychological First Aid and Crisis Intervention

- Principles of psychological first aid
- Responding to emotional distress and trauma
- Crisis de-escalation techniques
- Supporting individuals during emergencies
- Building trust and safety during mental health crises
- Case Study: Providing psychological support after a community disaster

Module 4: Trauma-Informed Care and Psychosocial Support

- Understanding trauma and its psychological impact
- Trauma-informed communication strategies
- Psychosocial support frameworks for vulnerable groups
- Supporting survivors of violence and abuse
- Community healing and resilience approaches
- Case Study: Trauma support for displaced populations

Module 5: Community Engagement and Mental Health Advocacy

- Designing community mental health campaigns
- Mental health education and public awareness
- Mobilizing community leaders and volunteers
- Advocacy strategies for mental health policy
- Building inclusive and stigma-free environments
- Case Study: Community-led mental health awareness initiatives

Module 6: Peer Support and Recovery-Oriented Approaches

- Peer support models and mentoring frameworks
- Facilitating support groups and safe spaces
- Recovery-oriented mental health support strategies

- Encouraging empowerment and self-management
- Community rehabilitation and reintegration support
- Case Study: Peer-led recovery programs for substance abuse

Module 7: Digital Mental Health and Tele-Support Systems

- Introduction to digital mental health platforms
- Tele-counseling and remote psychological support
- Mental health mobile applications and digital tools
- Online support communities and virtual therapy groups
- Ethical considerations in digital mental health services
- Case Study: Tele-mental health services for rural communities

Module 8: Monitoring, Evaluation, and Sustainability

- Measuring impact of community mental health programs
- Monitoring indicators for mental health interventions
- Data collection and program evaluation techniques
- Building sustainable community support networks
- Continuous improvement and scaling mental health initiatives
- Case Study: Evaluating the success of a community mental health project

Training Methodology

- Interactive lectures and expert-led presentations
- Group discussions and collaborative learning activities
- Community mental health simulations and role-playing exercises
- Real-world case study analysis and problem-solving sessions
- Practical workshops on psychological first aid and crisis response
- Peer learning and experience sharing sessions
- Digital mental health tools demonstrations
- Community intervention planning exercises

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now