Global Mental Health Training Course

Professional Development Training Course Outline

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

Course Introduction

Global mental health is a rapidly evolving field focused on improving mental health awareness, psychological resilience, and equitable access to care across diverse populations worldwide. Global Mental Health Training Course is designed to equip learners with advanced competencies in psychological first aid, trauma-informed care, suicide prevention, crisis intervention, and community-based mental health systems. It integrates global best practices aligned with the WHO mhGAP guidelines, emphasizing culturally sensitive approaches, human rights-based care, and sustainable mental health service delivery in low-, middle-, and high-income settings.

In today’s interconnected world, rising challenges such as depression, anxiety disorders, PTSD, substance use disorders, and post-pandemic psychological distress require a globally coordinated response. This course emphasizes innovative solutions including tele-mental health, digital psychiatry, task-shifting approaches, and stigma reduction strategies. Participants will develop the skills needed to design, implement, and evaluate mental health programs that promote well-being, resilience building, global health equity, and community empowerment while addressing social determinants of mental health.

Programme Curriculum

Global Mental Health Training Course

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Course Duration

5 days

Course Objectives

1. Understand global burden of mental health disorders and epidemiological trends
2. Apply WHO mhGAP Intervention Guidelines in community and clinical settings
3. Demonstrate competency in psychological first aid (PFA) during emergencies
4. Implement trauma-informed care frameworks in diverse populations
5. Develop skills in suicide risk assessment and prevention strategies
6. Design culturally appropriate community mental health interventions
7. Strengthen crisis response and acute psychiatric emergency management
8. Promote stigma reduction and mental health advocacy campaigns
9. Integrate digital mental health and tele-psychiatry solutions
10. Apply evidence-based therapies including CBT and brief intervention models
11. Enhance skills in substance use disorder screening and management
12. Build capacity for global mental health policy and program development
13. Foster resilience, psychosocial support systems, and recovery-oriented care

Target Audience

1. Mental health professionals (psychiatrists, psychologists, counselors)
2. Medical doctors and general practitioners
3. Nurses and community health workers
4. Social workers and humanitarian aid workers
5. Public health professionals and policymakers
6. NGO staff working in global health programs
7. University students in psychology, psychiatry, and public health
8. Emergency responders and disaster management teams

Course Modules

Module 1: Foundations of Global Mental Health

- History and evolution of global mental health
- Burden of mental illness worldwide
- Social determinants of mental health
- Human rights and ethical frameworks
- Introduction to WHO mhGAP
- **Case Study:** Mental health service gaps in post-conflict regions and scalable interventions

Module 2: Psychological First Aid & Crisis Response

- Principles of psychological first aid (PFA)

- Emergency mental health response systems
- Acute stress management techniques
- Disaster and humanitarian mental health care
- Referral pathways in crisis situations
- **Case Study:** Earthquake survivors and rapid psychological stabilization in emergency shelters

Module 3: Trauma-Informed Care

- Understanding trauma and its neurobiological impact
- Trauma-informed communication strategies
- Care for refugees and displaced populations
- Domestic violence and abuse interventions
- Recovery-oriented mental health approaches
- **Case Study:** PTSD intervention in refugee camps using trauma-informed frameworks

Module 4: Suicide Prevention and Risk Management

- Suicide epidemiology and risk factors
- Assessment of suicidal ideation and behavior
- Safety planning and intervention models
- Community-based prevention strategies
- Postvention and bereavement support
- **Case Study:** Community suicide prevention program reducing youth suicide rates

Module 5: Community-Based Mental Health Systems

- Task-shifting and task-sharing models
- Role of community health workers
- Integration of mental health into primary care
- Cultural competence in service delivery
- Grassroots mental health promotion
- **Case Study:** Rural mental health integration program improving access in underserved areas

Module 6: Evidence-Based Psychological Interventions

- Cognitive Behavioral Therapy (CBT) fundamentals
- Brief intervention techniques
- Motivational interviewing
- Group therapy approaches
- Treatment adherence and follow-up
- **Case Study:** CBT-based depression reduction program in low-resource urban settings

Module 7: Digital and Tele-Mental Health

- Telepsychiatry platforms and applications
- Mobile mental health apps and AI tools
- Online counseling and remote therapy models
- Data privacy and ethical considerations
- Digital mental health innovation trends
- **Case Study:** Tele-mental health expansion during COVID-19 pandemic improving rural access

Module 8: Global Mental Health Policy and Advocacy

- Mental health policy frameworks
- Financing mental health systems
- Advocacy and human rights in mental health
- Stigma reduction campaigns
- Global partnerships and collaborations
- **Case Study:** National mental health policy reform improving service accessibility and funding

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

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:

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com