



MTM College of Arts, Science and Commerce, Veliyancode

Department of Sociology

Certificate Course

Mental Health

Total hours: 30 hours

Course code: MTMSO04

Course evaluation: Written Exam- 50 marks & internal evaluation- 25 marks

Course Description:

Mental health is a crucial aspect of overall well-being, and understanding mental health is essential for individuals, communities, and societies. This course provides an introduction to various aspects of mental health, aiming to raise awareness and reduce stigma associated with mental health issues.

Course Learning Outcomes:

After the successful completion of the course, the students will be able to

- Define and discuss fundamental concepts related to mental health.
- Recognize common mental health disorders and their symptoms.
- Understand the importance of mental health in individual and community well-being.
- Identify basic strategies for promoting mental health and well-being.

Syllabus:

MODULE 1: Introduction to Mental Health (6 hours)

- ❖ Definition and Components of Mental Health
- ❖ The Importance of Mental Health Awareness
- ❖ Stigma and Myths Surrounding Mental Health
- ❖ Historical Perspectives on Mental Health

MODULE 2: Common Mental Health Disorders (8 hours)

- ❖ Anxiety Disorders
- ❖ Mood Disorders (Depression and Bipolar Disorders)
- ❖ Psychotic Disorders (Schizophrenia)
- ❖ Substance Use Disorders
- ❖ Eating Disorders

MODULE 3: Mental Health in Society (7 hours)

- ❖ Impact of Mental Health on Individuals and Communities
- ❖ Stigma Reduction and Mental Health Advocacy
- ❖ Cultural and Societal Factors Affecting Mental Health

- ❖ Role of Media in Shaping Perceptions of Mental Health

MODULE 4: Promoting Mental Health and Well-being (9 hours)

- ❖ Strategies for Maintaining Good Mental Health
- ❖ Access to Mental Health Services
- ❖ Community Resources and Support
- ❖ Self-care and Stress Management

Reference:

- "Mental Health 101: A Comprehensive Guide" by Dr. Jane A. Smith, 2022
- "Understanding Mental Health: A Practical Approach" by Dr. John R. Williams, 2021