



ANTARA



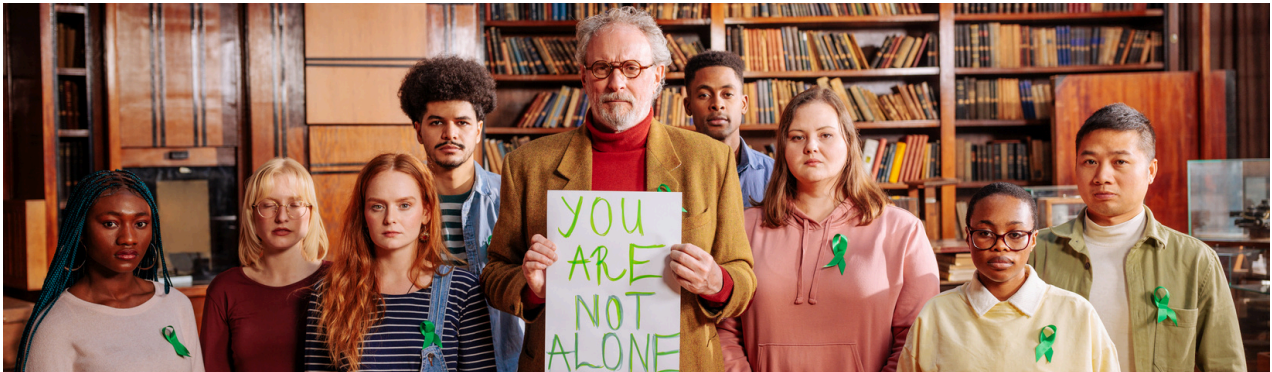
Basic Mental Health Care Certificate Course

PROSPECTUS

Antara Institute of Health Sciences
A unit of Antara Society of Mental Health Sciences



INTRODUCTION



Mental health has become a pressing global concern, with India actively working to address the challenges associated with it. As modern life brings increasing stress, individuals are facing a growing range of mental health issues, including depression, anxiety, mood swings, addiction, and eating disorders. The Antara Institute of Health Sciences, part of the Antara Society of Mental Health Sciences, is dedicated to training caregivers to provide essential support for individuals with mental health conditions in both clinical and community settings. Established in 2021, the Antara Society is a non-profit, secular organization focused on advancing mental health sciences and developing competent professionals to treat patients. The organization works to create learning centers and promote education through rights-based approaches, making mental health care accessible to all.

The Basic Mental Health Care Certificate course is designed to train caregivers and health professionals to address the fundamental needs of individuals with mental health conditions, whether at home or in healthcare settings. With India accounting for nearly 15% of the global burden of mental, neurological, and substance use disorders, and facing a significant treatment gap, the need for trained caregivers is urgent. Mental health challenges such as depression and anxiety are widespread, but lack of awareness, stigma, and inadequate resources often prevent people from seeking help. This course is suitable for health professionals, students, family caregivers, and anyone interested in mental health care. It provides practical strategies for managing challenging behaviors, diffusing stressful situations, and improving communication skills to better support individuals in their care.

MAIN OBJECTIVE AND LEARNING OUTCOMES

Towards the end of this course, students will be able to,

- Understand the basic concepts of mental health.
- Demonstrate skills in effective communication to the patients.
- Establish good interpersonal relationship with patients.
- Provide basic mental health care to the patients.
- Identify mental health emergencies and provide mental health first aid.



COURSE STRUCTURE

- Duration: 3 months
- Training Delivery: Theory classes and 20 hours of practical sessions at Antara Psychiatric Hospital, Antaragram
- Medium of Instruction: English & Bengali
- Eligibility Criteria: High School
- Examination:

The assessment will consist of two formative evaluations, each worth 10 marks, and one summative evaluation worth 30 marks. Additionally, practicals will be assessed for 50 marks. In order to pass the candidate should obtain 50% marks separately in theory and practical examinations.

- Course Fees: INR 2,500 (Admission Fees: INR 500, Tuition Fees: INR 2000)



COURSE CURRICULUM

3 month course consisting of 6 units.

Unit I: Foundations of Mental Health (2 hours)

- **Introduction to Mental Health**
- **Understanding Mental Illness**

Unit II: Positive Mental Health and Recovery (3 hours)

- **Positive Mental Health Practices**
- **Paths to Recovery**
- **Building Resilience**

Unit III: Therapeutic Approaches (4 hours)

- **Counselling and Rehabilitation**
- **Mental Health Theories and Therapies**
- **Therapeutic Communication**
- **Psychological First Aid**



Unit IV: Developmental Perspectives (2 hours)

- **Childhood and Adolescence**
- **Adult Development and Aging (Organic Brain Disorders)**

Unit V: Mental Health Disorders (8 hours)

- **Understanding Mental Disorders**
- **Psychosis**
- **Neurosis**
- **Personality Disorders**
- **Substance Abuse**
- **Emergency Psychiatry and Commonly used Medicines in Psychiatry**

Unit VI: Community and Cultural Context (3 hours)

- **Families and Caregiving**
- **Basic Care Concept**
- **Cultural Factors in Mental Health**



Certificate of Completion

CERTIFICATION AND EVALUATION

Upon successful completion of the Certificate Course in Basic Mental Health Care, participants will receive an AIHS-accredited certificate. The evaluation process includes written exams, field reports, case submissions, practicum, and viva exams. The certificate will confirm that the candidate has completed the course, gained clinical experience in a hospital setting, and passed the required examinations.



Job Opportunity

Accounting	107
Administrative/Clinical	110
Inventory	
Legal Administration	
Legal Education	

SCOPE OF EMPLOYMENT

After completion of the course, the candidates will be equipped to work as caregivers for mentally ill patients in settings such as: • Households, Hospitals (government/private), clinics (government/private) and independent health care centres.



ADMINISTRATIVE DETAILS

- Course Coordinator: Ms. Anisha Poria
- Administrative Coordinator: Ms. Bincy Mary George
- Location: Antara Institute of Health Sciences, Antaragram, P.O- Dakshin Gobindapur, P.S- Baruipur, Kolkata – 700145

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The Certificate Course in Basic Mental Health Care at Antara Institute of Health Sciences is designed to provide individuals with the fundamental skills necessary to offer essential care and support to those with mental health conditions. Aligned with the mission of Antara Society of Mental Health Sciences, the course focuses on improving mental health education and promoting rights-based approaches. This program aims to empower caregivers and health professionals to address the growing mental health challenges in various settings, ensuring better care and outcomes for individuals across India.

**For further details and application, visit
www.antaraglobal.org or contact
aihs.asmhs@gmail.com / +91 8420700252** 11