

Course Name	–	<u>FOCUSED TRAINING IN PSYCHOLOGICAL FIRST AID (C NO 234)</u>
Course Duration	–	3 months / 6 credits / 24x7 Virtual Support / Assignment Based
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Interactive
Course Structure	–	6cr – 2cr/module – 3 modules - Work Expertise Based - Self-paced or Scheduled
Eligibility	–	10+2+3 Years or 15+2 Years (technical/management/psychology/HR/training/PR)
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support – Learning to Explore

30 DAYS OF LEARNING / MODULE - THREE MODULES (THREE MONTHS)

23401 - UNDERSTANDING CONCERNING HABITS, BEHAVIOURS OR SUDDEN LOSS	Learn to recognize concerning habits, behavioural changes, or sudden loss in individuals. This module builds awareness for timely support and care.	
23402 - IDENTIFYING PEOPLE WITH OBVIOUS URGENT BASIC NEED OR WITH SERIOUS DISTRESS REACTIONS	Understand how to spot individuals in urgent need or showing signs of serious distress. This module equips you to respond with sensitivity and care.	
23403 - PROVIDING PSYCHOLOGICAL FIRST AID INTERVENTIONS	Gain skills to deliver Psychological First Aid in crises. Learn immediate steps to provide comfort, stability, and emotional support	
Course Fee	Learners from India	Learners from other countries
Life Member of IHMH	₹4,200	\$100
Others	₹4,800	\$120

For Admissions - To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 979 00 88 002 or email us at info@ihmh.in / info@ihmh.org

INSTITUTE OF HOLISTIC MENTAL HEALTH @ www.imh.in @www.ihmh.in