

About the Institute

The National Institute of Health and Family Welfare is a premier autonomous Institute, funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country. NIHFV serves as an apex 'technical institute' as well as a 'think tank' to promote national health and family welfare programs in the country through education and training, research and evaluation, consultancy and advisory services, specialized projects, etc.



Training Course on

MENTAL HEALTH FOR HEALTHCARE PROVIDERS

Course Coordinating Team

Coordinator

Prof. M. Mahapatro

Co-Coordinator

Dr. Monika Saini

Dr. A.M.Elizabeth

Course Associate

Mrs. Rita Rani

22-24 February 2023

For Any Query Contact

Prof. Meerambika Mahapatro

Course Coordinator

**The National Institute of Health and Family
Welfare, New Delhi**

E.mail dss@nihfw.org

Phones: 011-2616 5959/2618 8485, Ext.234,

Mob. 9968277292

Fax: 91-11-2610 1623



**The National Institute of Health and Family Welfare
Baba Gang Nath Marg, Munirka
New Delhi-110067
Website: www.nihfw.org**

Introduction

Mental health refers to cognitive, behavioral, and emotional well-being. Mental health can affect physical health, relationships, and daily living. Several factors can contribute to mental health disruptions. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person's ability to enjoy life. It is therefore important to strike a balance between life activities, responsibilities, and efforts to achieve psychological resilience. According to the WHO, mental health is "more than just the absence of mental disorders or disabilities." In addition, WHO emphasizes that preserving and restoring mental health is crucial on an individual basis as well as throughout different communities and societies. Taking cognizance of this negative impact, the government of India introduced a mental health policy to build a robust response to the complex problem.

The Mental Healthcare Act, 2017 (MHCA) was enforced on May 29, 2018, in compliance with India's obligations under the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). The MHCA brings forth a paradigm shift in the provision of mental healthcare and treatment of persons with mental illness through a two-pronged approach: (i) protecting and fulfilling the rights of persons with mental illness by regulating mental health professionals and mental health establishments; (ii) ensuring the right to access mental healthcare and treatment by placing obligations on the Central and State Governments.

As part of this online training, we will build the capacities of various stakeholders, including mental health professionals, law enforcement officials, and other health professionals to promote quality and effectiveness in service delivery and implement the MHCA 2017 using a rights-based approach.

General Objective

To sensitize healthcare personnel on mental health, issues and challenges.

Specific Objectives

At the end of the training course, the participants will be able to:

- Explain the concept, issues, and challenges of mental health.
- Describe the policy and programme at national and global levels.
- Describe the salient features of the 2017 Mental Healthcare Act of India.
- Elucidate the coping skills and build up resilience to deal with mental health issues from a preventive and promotive perspective.

Course Methodology

The proposed training course will be on virtual platform through following methods:

- Interactive sessions by resource speakers
- Lecture Discussion
- Group Work
- Sharing of experiences

Content Areas

Following Topics/Contents will be covered during the Training:

- Concept of Mental Health, Mental Illness, Unsound Mind and Capacity
- Rights of Person with Mental Illness
- Policy and Programme Mental Healthcare Act, 2017
- Admissions, Treatment & Discharge Procedures, Prohibited Procedures, etc.
- Factors (burn out) affecting mental health of the healthcare providers
- Effect of positive psychology (placebo effect, coping skill and resiliency) on the quality of life of the healthcare providers as well as the patient.
- Discuss on communication skills for better outcome
- Sharing of country specific best practices.

Nature of Participants

The healthcare professionals dealing with mental health care services in their respective countries.