



NIMHANS Digital Academy

Basic Certificate Course for Tele MANAS Counsellors (working under Tele MANAS)

Department	Department of Psychiatry
Minimum Requirement for Admission	Only Tele MANAS counsellors recruited under Tele MANAS fulfilling the criteria of Masters in Clinical Psychology / Social Work or other related disciplines such as MA Sociology/ Psychology OR Bachelors in Psychology or social work or nursing with 2 years' experience in mental health work, preferably counselling
No. of Seats	On demand, based on request from Tele MANAS cells
Duration of the Course	3 months
Mode	Hybrid (30 hours of online training over 3 months + 20 hours of onsite training over 3 days in batches)
Commencement of the Course	On demand, based on request from Tele MANAS cells
Fees	Nil
Brief Description of the Course	This is a hybrid module containing online & onsite based curriculum specifically designed for Tele MANAS Counsellors to accredit them for providing basic counselling services over a call. The course aims to train the candidates in the following: <ol style="list-style-type: none"> 1. Basic counselling and communication skills to help people deal with problems in daily living and other related distress. 2. Identification of distress and recognising symptoms of depression, anxiety, somatoform, psychosis, tobacco and alcohol use disorders. 3. Provide Mental Health First Aid and crisis intervention in emergencies such as suicide risk, gender-based violence, aggression, etc. 4. Identify the red flag signs and appropriately refer to Mental Health Services/facilities in appropriate circumstances.
Course Coordinator & Contact Details	Dr. Naveen Kumar C, Professor of Psychiatry, PI-Apex coordinating center for Tele MANAS, NIMHANS Bengaluru cnkumar1974@gmail.com
How to apply?	Online application will be available on the website, once the notification is issued.
Selection process	Enrolment through LMS after recruitment under Tele MANAS, in coordination with the State Programme Coordinators or Consultant Psychiatrists of the State/ UT cells.