

Training Course Outline on **Teenage Mental Health: What can parents do?**

Veritas Academy

(A Sister Concern of DATCO Group)

**Duration: 1 Day Course (2 Hours)**

**Organized by:** DATCO Group

**Session Plan**

**Day-1 (2 Hours)**

Time	Contents	Methodology	Materials	Remarks
05:00PM-05:30pm	Session 1: Common mental health issues faced by adolescents and it's prevalence- should we worry	PPT	Multimedia, White Board, Marker Pen, Board Pin	
05:30 PM-5:40PM	<b>Tea Break</b>			
05:40-06:10 pm	Session 2: Sign symptoms of mental health disorders in adolescents: When to seek help	PPT, Group Discussion, Group Work	Multimedia, White Board, Marker Pen, Board Pin	
06:10pm-06:20pm	Break			
06:20-06:50PM	Protecting mental health of our children: Some practical tips	PPT, Group Discussion, Group Work	Multimedia, White Board, Marker Pen, Board Pin	
06:50-07:00PM	<b>Q&amp;A</b>			