

After completing this course, participants will have learned to:

- Idea about common mental health issues faced by adolescents.
- Learning sign and symptoms of common mental health disorders.
- Learning some practical tips to help adolescents having mental health issues.

Modules		Key Exercises
Modules 1	Common mental health issues faced by adolescents and its prevalence- should we worry?	<ul style="list-style-type: none"> • Group discussion • Group work
Modules 2	Sign symptoms of mental health disorders in adolescents: When to seek help?	<ul style="list-style-type: none"> • Group discussion • Group work
Modules 3	Protecting mental health of our children: Some practical tips	<ul style="list-style-type: none"> • Group discussion • Group work