

MENTAL HEALTH AWARENESS CERTIFICATE

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With the Mental Health Awareness Certificate students gain relevant skills and competencies in mental health. Students develop a deeper understanding of mental health issues, including the ability to distinguish between psychological responses that are within the realm of normal and those that may be more concerning. Students will explore various factors that contribute to mental health challenges as well as evidence-based treatment approaches. They will be able to recognize signs of mental health problems, respond appropriately and competently to some mental health situations, and be able to confidently search for and find available resources when needed to address these problems.

The certificate includes both academic and experiential learning components.

Students must complete either a non-credit training or a credit-bearing training. The non-credit trainings are focused on basic skills in responding to mental health issues. There are two approved trainings:

QPR (Question, Persuade, Refer) Training (<https://qprinstitute.com/>)

This training focuses on the prevention of suicide by teaching participants to recognize the warning signs of suicide, learn ways to offer hope, and know how to access help.

MHFA (Mental Health First Aid) Training (<https://www.mentalhealthfirstaid.org/>)

This training is a skills-based course designed to educate participants on mental health and substance use issues.

To satisfy the credit-bearing training, students may take HSC 212: Mental Health and Psychological First Aid (which contains MHFA training) or any other course that contains one of the above trainings.

To satisfy the non-credit community activity, students will participate in a community-level experience involving mental health awareness for a minimum of two hours. This activity can be in the community at large, or students can help run an event at QU. Community opportunities to fulfill this requirement will be shared with students. A student may submit an activity not on the list for approval.

To satisfy the digital story or reflective essay requirement, students will complete a project (e.g., digital story or reflective essay) reflecting on their experience and demonstrating that they have completed all the learning objectives described.

This table shows the requirements for the certificate:

Code	Title	Credits
Required courses		6
PS 101	Introduction to Psychology	
PS 272	Psychopathology	
Two electives with one course at the 300 level or higher		6
SO 225	Social Problems	

PS 234	Adult Development & Aging	
PS 236	Child and Adolescent Development	
PS 242	School Psychology	
PS 250	Parenting Science	
PS 360	Psychology of Meditation	
PS 371	Clinical Psychology	
PS 372	Child Psychopathology	
SO 211	Introduction to Social Work	
SO 280	Sociology of Health and Illness	
SO 360	Sociology of Mental Health	
Complete either a non-credit training or a credit-bearing training		0-1
Non-credit training requirement		0
Credit-bearing training		
HSC 212	Mental Health and Psychological First Aid	
Required non-credit community activity		0
Required digital story or reflective essay		0
Total Credits		12-13