Unitar Online Catalogue

Mental Health and Psychosocial Support Micro Course

Peace

□□ :	Course
□□ :	Web-based
(□□□)	
□□ :	1 Days
□□□□ :	Peacekeeping
□□ :	https://women2lead.unsdglearn.org/
□□ :	US$0.00
□□□□□ email:	ptp@unitar.org

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This microlearning course will introduce you to the basics of **psychosocial and mental health well-being in post-conflict situations**, introducing you to **practical tools** to promote and support the well-being of the community.

This course is part of the **One UNITAR Gender initiative**, which aims to empower more women around the world, especially in developing countries and least developed countries, to strengthen their leadership skills and feel empowered to apply and share their knowledge with others.

You can complete this mobile learning course in only 60 minutes. The course is easily accessible on a phone or tablet at your own pace. If the Internet is unstable, you can download lessons and learn offline. The course is published on the Educate All learning platform EdApp. Access is public and free of charge.

To register, go to the EdApp website and select "Self-enroll".

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After completing the course, you will be able to:

- Define psychosocial and mental health and wellbeing.
- Explain psychosocial and mental health issues in (post-)conflict situations.
- Explain the guiding principles for overcoming psychosocial and mental health issues in conflict and post-conflict situations.
- Explain the concepts of sensitisation and advocacy.

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The course consists of the following sections:

Module 1: Welcome

- Lesson 1: What to expect from this course
- Lesson 2: Tips on how to best work with the course

Module 2: Introduction to psychosocial wellbeing and mental health

- Lesson 1: Mental health
- Lesson 2: Psychosocial wellbeing and psychosocial issues
- Lesson 3: Link between psychosocial and mental health issues and protective factors
- Lesson 4: Risk factors

Module 3: Psychosocial and mental health issues in conflict and post-conflict situations

- Lesson 1: Mental health and psychosocial challenges for the community in (post-)conflict settings

- Lesson 2: Mental health and psychosocial challenges for individuals in (post-)conflict settings
- Lesson 3: Frequent mental health risks for peacebuilders
- Lesson 4: Taking care of your mental health

Module 4: Supporting psychosocial wellbeing and mental health in (post-)conflict situations

- **Lesson 1: The pyramid of multi-layered support**
- **Lesson 2: The Humanitarian Assistance Core Principles**
- **Lesson 3: Challenges for mediators**

Module 5: Promotion of mental health and prevention of mental illness

- Lesson 1: Promotion of mental health and prevention of mental illness
- Lesson 2: Characteristics of effective strategies
- Lesson 3: Sensitisation and advocacy
- Lesson 4: Communication tips for interventions
- Lesson 5: Call to action and conclusion

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This course is **self-guided**, **self-paced** and follows a **microlearning training approach**, focusing on delivering information in small learning units. Lessons contain interactive activities, mini case studies to apply what you have learned, self-reflection questions and inspiring examples. This course does not have a learning assessment; therefore, no certificate of completion will be issued.

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This microlearning course is designed for a **wide range of leaders for Peace** of all levels of experience, including mediators, humanitarian workers, conflict resolution specialists, as well as community leaders who are looking to enhance their ability to support the communities they work with.

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This course is delivered through the EdApp platform. To register, go to the EdApp website and select "Self-enroll".

EdApp is available on both iOS and Android devices. This includes: iPhone 6, 6 Plus, SE, 7, 7 Plus, 8, 8 Plus, X, 11, 12 Plus; iPad Air 2, iPad Air 3, iPad Mini 3, iPad Mini 4, iPad (2017), iPad (2018), iPad (2019) with iOS version 10 and above. EdApp is supported on Android devices with 500 MB of free space, running Android version 7 and above, with a recommended CPU>2.5Ghz, and RAM>2GB for optimal performance.

EdApp is also supported on Chrome, Firefox, Edge and Safari on desktop. On mobile, it's supported on Safari and Chrome.