

MENTAL HEALTH: MANAGEMENT TOOLS FOR EDUCATORS



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Eramus+



LANGUAGE



English

LOCATION



Sevilla (Spain)

MODE



In-person

COURSE DATES



2 Mar - 6 Mar
26 Oct - 30 Oct

This course is designed for professionals who work with vulnerable groups or students and seek to strengthen their tools and learn new strategies to improve the well-being of their users. Throughout this program, participants will acquire knowledge and practical skills in key areas that directly impact resilience, inclusion, emotional awareness, and handling modern challenges such as cyberbullying. The course also explores creative and inclusive approaches to teaching and mental healthcare.

LEARNING OUTCOMES

Understand the impact of mental health challenges on learning and social inclusion.

Develop strategies to support students and educators facing mental health issues.

Explore innovative methodologies to create inclusive and supportive learning environments.

Gain hands-on experience through real-case scenarios and workshops.

DAILY PROGRAM

Day 1	<ul style="list-style-type: none">• Welcome Meeting and introduction• Fears and expectations• Most common mental health problems and risk – protective factors• Building resilience
Day 2	<ul style="list-style-type: none">• The importance of inclusion and community cohesion• The role of school in promoting mental health and well-being• Consequences of loneliness, cyberbullying, social media or screen dependence in school
Day 3	<ul style="list-style-type: none">• Visit to social center facilities. Social and environmental awareness and functioning. Inclusion actions and community impact• Tools for more inclusive learning
Day 4	<ul style="list-style-type: none">• Sports and mental health. Empowering educators to foster physical activity and mental well-being in all learning environments• Developing emotional awareness: the importance for parents and school to talk about feelings and how to manage them
Day 5	<ul style="list-style-type: none">• Art and Mental Health in education• Storytelling: a methodology for wellbeing• Final meeting and evaluation