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Lay counselling course on mental health



The Banyan, an NGO working on offering care to those suffering from mental health issues, is offering a six-month certificate course in lay counselling.

Chennai:

Done in collaboration with Stella Maris Centre for Development of Resources for Inclusion and Vocational Enrichment(SMCDRIVE) the course would include lessons by trained volunteers who have specialised in providing emotional support and counselling for distressed individuals.

It is being done under the supervision of trained mental health professionals like psychiatrists, social workers, psychologists and psychiatric nurses. The twice-weekly training sessions commence from mid-October, and will be held at Shanthi Bhavan, Stella Maris College.