

ONLINE TRAINING PROPOSAL

The goal of this proposal form is to help you define the objectives and outline of the Online Training Course/Workshop, as well as to use it as a communication tool with the IT contact person. Please fill out this template as concretely and specifically as you can.

Once the proposal is approved, you will be granted access to the Online Platform and be introduced to how to use it. When the preparations are completed, the course will be checked and added to the Online Training Tracking Sheet before being put online. If you have any questions, please don't hesitate to send an email to vpcb@ifmsa.org.

TITLE:

Coordinator(s) incl. NMO: Sanaz Bordbar- IMSA-IRAN/ Helya Sadri-IMSA-IRAN

IT contact person (if applicable): Sanaz Bordbar- SCOPH Program Coordinator for Health Systems

Level of Online Course: *Online Workshop*

BACKGROUND

Armed conflicts, displacement, natural disasters, and humanitarian emergencies are increasingly affecting communities across the world, making mental health support more urgent than ever. In times of crisis, psychological distress, trauma, anxiety, and grief often rise sharply, while access to mental health services becomes limited. Despite this growing need, mental health remains underprioritized in emergency response and public health interventions.

Healthcare students and young professionals play a critical role in responding to these challenges, yet many lack practical training in crisis-sensitive mental health support. Traditional medical education often emphasizes diagnosis and treatment while giving limited attention to psychosocial support, psychological first aid, and community-based interventions during emergencies.

This **Mental Health Essentials for Future Healthcare Professionals (MHE)** workshop aims to address this gap by equipping participants with essential knowledge and practical skills to support mental well-being. Through a psychosocial and public health lens, participants will explore core mental health concepts, stigma reduction, and hands-on support approaches. The workshop seeks to empower future health leaders to promote resilience, advocate for mental health as a fundamental human right, and respond effectively to the growing mental health needs of populations affected by crisis.

THEMES, OVERALL TOPICS & RELATED STANDING COMMITTEES

SCOPH

The theme of this workshop is **Mental Health in Crisis**, focusing on understanding and responding to mental health challenges in emergency, humanitarian, and crisis settings. This theme is integrated throughout the workshop agenda, with each session exploring different

aspects of mental health in crises, including risk factors, response strategies, and public health approaches.

NUMBER OF PARTICIPANTS AND TARGET GROUPS

number of participants: [15-20]

Recommended facilitators/trainers: [2-3]

The target groups include any IFMSA members with an interest in mental health and public health who meet the selection criteria later discussed.

OBJECTIVES

Section	Objective	IOS 1
A.1.1. Basics of Mental Health	Participants will learn the definition of mental health and well-being.	By the end of the workshop, at least 75% of the participants will be able to define mental health and well-being, as assessed by the post-evaluation forms.
A.1.2.	Participants will learn the concept of mental hygiene.	By the end of the workshop, at least 70% of the participants will be able to define the concept of mental hygiene, as assessed by the post-evaluation forms.
A.1.3.	Participants will learn healthy prioritization of tasks, including practical tips on management.	By the end of the workshop, at least 70% of the participants will be able to explain the concept of healthy task prioritization, as assessed by the post-evaluation forms.
A.2.1. Mental Health Disorders	Participants will learn basic mental health terminology.	By the end of the workshop, at least 75% of the participants will be able to identify basic mental health terminology, as assessed by the post-evaluation forms.

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| A.2.2. | Participants will learn the basics of common mental health disorders, including Depression, Anxiety, Bipolar Disorder (BPD), ADHD, and PTSD, their epidemiology, symptoms, and treatment. | By the end of the workshop, at least 70% of the participants will be able to identify common mental health disorders, as assessed by the post-evaluation forms. |
| A.2.3. | Participants will be able to describe how patients with these disorders present, the basics of treatment approaches, communication, and community impact. | By the end of the workshop, at least 70% of the participants will be able to identify the main signs and symptoms of common mental health disorders, as assessed by the post-evaluation forms. |
| A.2.4. | Participants will learn the difference between a psychologist, a psychiatrist, and a psychotherapist. | By the end of the workshop, at least 75% of the participants will be able to differentiate between a psychologist, psychiatrist, and psychotherapist, as assessed by the post-evaluation forms. |
| A.3.1. Suicide & Self-Harm | Participants will learn about the types and causes of self-harm. | By the end of the workshop, at least 70% of the participants will be able to identify different types of self-harm, as assessed by the post-evaluation forms. |
| A.3.2. | Participants will learn about suicide, its reasons, risk factors, warning signs, and vulnerable groups. | By the end of the workshop, at least 70% of the participants will be able to identify the reasons, risk factors, and warning signs of suicide, as assessed by the post-evaluation forms. |
| A.3.3. | Participants will be able to demonstrate the management approach to a person in acute suicidal crisis. | By the end of the workshop, at least 65% of the participants will be able to recognize the appropriate management approach for a person in acute suicidal crisis, as assessed by the post-evaluation forms. |

A.3.4.	Participants will learn about the epidemiology of suicide and public health interventions.	By the end of the workshop, at least 70% of the participants will be able to describe the epidemiology of suicide and related public health interventions, as assessed by the post-evaluation forms.
A.4.1. Addiction	Participants will learn about addiction, including substance abuse, symptoms, causes, treatment, and prevention.	By the end of the workshop, at least 75% of the participants will be able to identify the key features of addiction, as assessed by the post-evaluation forms.
A.4.2.	Participants will be equipped with skills in sensitively handling addiction as a public health issue.	By the end of the workshop, at least 65% of the participants will be able to identify appropriate approaches for sensitively handling addiction, as assessed by the post-evaluation forms.
B.1.1. Social Determinants of Mental Health	Participants will be able to define social determinants of mental health and identify key influencing factors.	By the end of the workshop, at least 75% of the participants will be able to define social determinants of mental health, as assessed by the post-evaluation forms.
B.1.2.	Participants will learn about community-based and individualized solutions to address social determinants.	By the end of the workshop, at least 70% of the participants will be able to identify community-based and individualized approaches to addressing social determinants of mental health, as assessed by the post-evaluation forms.
B.1.3.	Participants will be able to formulate an action plan to contribute to mental health equity.	By the end of the workshop, at least 65% of the participants will be able to formulate an action plan to promote mental health equity, as assessed by the post-evaluation forms.

B.2.1. Stigma Surrounding Mental Health

Participants will learn about different types of stigma and their effects.

By the end of the workshop, at least 75% of the participants will be able to identify mental health stigma, as assessed by the post-evaluation forms.

B.2.2.

Participants will be able to enumerate ways to minimize stigmatization of mental health.

By the end of the workshop, at least 70% of the participants will be able to enumerate ways to reduce mental health stigma, as assessed by the post-evaluation forms.

B.3.1. Social Media and Mental Health

Participants will learn how social media can strengthen public knowledge of mental health.

By the end of the workshop, at least 70% of the participants will be able to identify positive uses of social media in promoting mental health, as assessed by the post-evaluation forms.

B.3.2.

Participants will learn about the negative effects of social media on mental health.

By the end of the workshop, at least 75% of the participants will be able to identify the negative effects of social media on mental health, as assessed by the post-evaluation forms.

B.3.3.

Participants will learn about the negative impacts of social media on mental health awareness.

By the end of the workshop, at least 70% of the participants will be able to identify the negative impacts of social media on mental health awareness, as assessed by the post-evaluation forms.

B.3.4.

Participants will learn how modern society and technology impact mental health.

By the end of the workshop, at least 70% of the participants will be able to describe how modern society and technology influence mental health, as assessed by the post-evaluation forms.

C.1.1. Psychological First Aid & Panic Attacks

Participants will learn about Psychological First Aid (PFA), its purpose, and limitations.

By the end of the workshop, at least 75% of the participants will be able to identify the principles and limitations of Psychological First Aid, as assessed by the post-evaluation forms.

C.1.2.	Participants will be able to demonstrate all the steps of providing PFA.	By the end of the workshop, at least 70% of the participants will be able to identify all the steps of Psychological First Aid, as assessed by the post-evaluation forms.
C.1.3.	Participants will be able to demonstrate techniques for handling panic attacks and suicidal thoughts using PFA.	By the end of the workshop, at least 65% of the participants will be able to recognize appropriate techniques for handling panic attacks and suicidal thoughts using Psychological First Aid, as assessed by the post-evaluation forms.
C.2.1. Stress Management & Burnout	Participants will learn the causes, types, and signs of stress and burnout.	By the end of the workshop, at least 75% of the participants will be able to recognize the signs of stress and burnout, as assessed by the post-evaluation forms.
C.2.2.	Participants will be able to demonstrate strategies to tackle stress and burnout.	By the end of the workshop, at least 70% of the participants will be able to identify at least one strategy to manage stress and burnout, as assessed by the post-evaluation forms.
C.2.3.	Participants will be introduced to Compassion Fatigue.	By the end of the workshop, at least 70% of the participants will be able to define compassion fatigue, as assessed by the post-evaluation forms.
C.3.1. Communication & Expressing Feelings	Participants will learn the difference between feelings and emotions.	By the end of the workshop, at least 75% of the participants will be able to differentiate between feelings and emotions, as assessed by the post-evaluation forms.
C.3.2.	Participants will be able to demonstrate positive coping mechanisms for difficult emotions.	By the end of the workshop, at least 70% of the participants will be able to identify positive coping mechanisms for difficult emotions, as assessed by the post-evaluation forms.

C.3.3.	Participants will learn different types of communication.	By the end of the workshop, at least 70% of the participants will be able to identify different types of communication, as assessed by the post-evaluation forms.
C.3.4.	Participants will learn the difference between violent and non-violent communication.	By the end of the workshop, at least 75% of the participants will be able to differentiate between violent and non-violent communication, as assessed by the post-evaluation forms.
C.3.5.	Participants will understand the importance of open and effective communication.	By the end of the workshop, at least 70% of the participants will be able to explain the importance of open and effective communication in expressing emotions and seeking help, as assessed by the post-evaluation forms.
C.4.1. Holistic & Humanized Clinical Approach	Participants will learn about clinical bias and stigma in healthcare.	By the end of the workshop, at least 70% of the participants will be able to identify clinical bias and stigma in healthcare and their consequences, as assessed by the post-evaluation forms.
C.4.2.	Participants will learn the basics of a humanized, empathetic approach.	By the end of the workshop, at least 75% of the participants will be able to identify the principles of a humanized and empathetic approach to patient care, as assessed by the post-evaluation forms.
C.5.1. Grief	Participants will gain an understanding of grief and its stages.	By the end of the workshop, at least 75% of the participants will be able to identify the five stages of grief, as assessed by the post-evaluation forms.

D.1.1. Activity Management

Participants will learn about vision, goals, and objectives.

By the end of the workshop, at least 80% of the participants will be able to distinguish between vision, goals, and objectives, as assessed by the graduation project.

D.1.2.

Participants will be able to create SMART objectives.

By the end of the workshop, at least 70% of the participants will be able to formulate at least two SMART objectives, as assessed by the graduation project.

D.1.3.

Participants will learn about the Problem Tree and Activity Management Cycle.

By the end of the workshop, at least 75% of the participants will be able to enumerate the steps of the activity management cycle, as assessed by the graduation project.

D.2.1. Practical Application

Participants will develop and present a mental health activity.

By the end of the workshop, at least 80% of the participants will be able to contribute to the development and presentation of a mental health activity, as assessed by the graduation project.

D.2.2.

Participants will receive feedback on their activity.

By the end of the workshop, at least 75% of the participants will be able to incorporate feedback received on their activity proposal, as assessed in the graduation project.

D.2.3.

Participants will develop practical mental health skills throughout the workshop.

By the end of the workshop, at least 70% of the participants will demonstrate improvement in knowledge and skills related to mental health disorders, stigma, and hands-on techniques, as assessed by the graduation project.

METHODOLOGY

Before the workshop

Following the selection process, participants will be invited to join a dedicated communication platform approximately two weeks before the workshop. This platform will be

used to introduce participants and facilitators, share the workshop agenda and expectations, and provide preparatory materials. Participants will also complete a pre-workshop assessment to evaluate their baseline knowledge, learning needs, and expectations. There will be an OLM to coordinate the workshop with the trainers.

During the workshop

The workshop will be implemented over five working days using a learner-centered, competency-based approach that promotes active participation and practical skill development. Sessions will combine theoretical knowledge with experiential learning through a variety of facilitation methods, including interactive presentations, case-based learning, simulations, group discussions, debates, problem-solving exercises, quizzes, reflective activities, and small-group work. Real-world public health scenarios will be used throughout the workshop to enable participants to translate concepts into practice.

Throughout the workshop, participants will collaborate in teams to design a mental health intervention or advocacy activity that addresses a relevant public health challenge. On the final day, each group will present its project proposal.

After the workshop

There will be a post-assessment form shared with the participants. Workshop materials will be shared with the participants within 15 days. The graduation criteria will be assessed, and the participants' list for the certificate will be sent.

To successfully graduate and receive a certificate, participants must attend at least 80% of the workshop sessions, actively contribute to group activities and the final project presentation, and complete the pre-workshop assessment and post-workshop evaluation.

Agenda:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Opening & Introduction to MHE (30 min)	Activity Management (2 hr)	Communication & Expression of Feelings in MH (2hrs)	Application of Psychological First Aid (1: 30 hr)	Stress Management & Burnout (2:20 hr)	Addiction & Substance Abuse (1hr)
What is Mental Health? (1hr)	Break (10 mins)	Break (10 mins)	Break (10 mins)	Break (10 mins)	Break (10 mins)
Break (5 mins)	Mental Health for Medical Professionals Part 1 (1 hr)	Mental Health for Medical Professionals Part 2 (1:30 hr)	Social Media, modern society, and MH (1:30 hr)	Understanding Grief (40 minutes)	Activities Presentation (3 hr)
Social Determinants of Mental Health (1hr)	Break (10 mins)	Break (10 mins)	Break (10 mins)	Break (10 mins)	

Break (5 mins)	MH as a Human Right: Basics of UHC and PHC (1 hr)	Suicide & Self-Harm (1hr)	Psychological First Aid & Panic Attacks (1hr)	Stigma in Mental Health (1hr)	
Holistic & Humanized Clinical Approach to MH (1hr)	Reflections (10 mins)	Reflections (10 mins)	Reflections (10 mins)	Reflections (10 mins)	Goodbye (30 mins)

Mental Health & Disorders	Hands-on Techniques in MH	Social Factors & Stigma	Practical Application
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TIMELINE OF PREPARING THE ONLINE COURSE

[7th July 2026] – [Submitting the proposal]

[25th September 2026] – [Create primary materials including promotional materials, Google Forms and calls]

[5th October 2026] – [1st call for participants and facilitators]

[15th October 2026] – [Close the 1st call for participants and facilitators]

[20th October 2026] – [Selection of participants and facilitators]

[29,30,31 October 2026] – [1st weekend of session]

[5,6,7 November 2026] – [2nd weekend of session]

TIMELINE OF CALLS FOR THE ONLINE COURSE

[5th October 2026] – [1st call for participants and facilitators]

[15th October 2026] – [Close the 1st call for participants and facilitators]

[20th October 2026] – [Selection of participants and facilitators]

FACILITATORS SELECTION CRITERIA

a. Be part of the IFMSA Trainers Pool either as Trainers or as MHE Facilitators.

- b. Have previous experience in the facilitation of a session on Mental Health
- c. At least one trainer or MHE Facilitator must have successfully taken a course on Psychological First Aid before the workshop begins. (We recommend the one conducted by The National Child Traumatic Stress Network.)
- d. Must have in-depth knowledge of the topic of Mental Health.

Before the workshop, it may be requested:

- Proof of IFMSA Trainers Pool membership.
- Proof of previous facilitation of a Mental Health session.
- Proof of completion of a Psychological First Aid course (for at least one trainer).

A CV and a motivation letter may be requested during the approval process.

PARTICIPANTS SELECTION CRITERIA

Participant selection criteria: The participant criteria are as follows: demonstrate an interest in mental health, strong motivation to participate in the workshop, have a clear plan for applying the knowledge and skills gained in their local or national context, relevant background and experience related to the workshop topic, and commit to attending the full duration of the workshop. Gender diversity will be taken into account.

FOLLOW-UP PLAN

To successfully graduate and receive a certificate, participants must:

1. **Complete the *pre- and post-evaluation forms*.**
2. **Attend at least 80% of the sessions.**
3. Develop an activity on Mental Health for a Public Health intervention and present it on the last day of the workshop. The activity should demonstrate practical application of the concepts learned during the sessions and reflect an understanding of Mental Health disorders, stigma, and Soft Skills.

Following the workshop, participants will remain connected through the established online communication platform, where trainers will continue to provide mentorship, answer questions, and share additional resources to support the application of the competencies gained during the training. Participants will receive a follow-up package containing the workshop materials, practical tools, and recommended resources for implementing mental health initiatives in their local contexts.

Approximately six months after the workshop, a follow-up evaluation will be conducted to assess the long-term impact of the training. Participants will be invited to complete an online survey evaluating knowledge retention, the application of acquired skills, and the progress of any mental health activities or projects initiated following the workshop. They will also be encouraged to share challenges, achievements, and lessons learned from implementing their initiatives. The collected feedback will be used to evaluate the workshop's effectiveness, identify opportunities for improvement, and strengthen future work. Also, they will receive feedback and support to promote mental health activities.