

COURSE DETAIL

MENTAL HEALTH PROMOTION AND SUICIDE PREVENTION

Country

Taiwan

Host Institution

National Taiwan University

Program(s)

National Taiwan University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

102

UCEAP Course Suffix**UCEAP Official Title**

MENTAL HEALTH PROMOTION AND SUICIDE PREVENTION

UCEAP Transcript Title

MENTAL HEALTH PROM

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This course aims to explain the relationship between mental health and disease, as well as the impact of stress on physical and mental diseases. The purpose of the course is to promote self-reflection on physical and mental health issues among college students and learn care for oneself (self-care) and others (social care). The introduction covers the causes and treatment of insomnia, anxiety, depression, and even suicide, and strengthens students' concepts of stress management and mental health promotion. The course also covers understanding the role of suicide prevention gatekeepers; mental health communication skills and their importance to suicide prevention; the use of screening tools to identify needs, and how to communicate and respond to high-risk groups for subsequent referral to the medical system or further treatment. Self-study, group discussion, peer interactive learning, and teacher lectures are utilized throughout the course.

Language(s) of Instruction

Chinese

Host Institution Course Number

MD&PH5078

Host Institution Course Title

MENTAL HEALTH PROMOTION AND SUICIDE PREVENTION

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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