learning together
siner advanced skills institute

ERASMUS+ STRUCTURED COURSE | SCHOOL APPROVAL SUMMARY

Mental Health In Education

A concise, shareable overview for teachers, school leaders and Erasmus+ mobility coordinators.

Course code	LTMHE68	**Language**	English
Destination	Multiple locations available	**Subject level**	Basic to Intermediate Professional Literacy
Format	On-site · 5-day programme	**Audience**	Teachers, school leaders & education professionals

Educational purpose

Strengthen mental health awareness, recognise signs of distress and develop supportive school practices that promote learner wellbeing, inclusion and appropriate help.

Learning objectives & outcomes

- Mental Health Literacy & Stigma Reduction
- Recognising Distress & Changes in Behaviour
- Social-Emotional Learning & Coping Skills
- Whole-School Mental Health & Wellbeing Planning
- Protective Factors, Risk Factors & School Climate
- Supportive Communication & Psychological Safety
- Safeguarding, Referral & Professional Collaboration
- European Peer Exchange & Institutional Transfer

Learning activities and methodologies

Programme format: **5-days (25h)**. Participants examine mental health concepts and realistic educational cases through guided discussions and practical awareness activities. Roleplay, supportive communication exercises and school support mapping help them recognise concerns, practise appropriate responses and design a whole-school mental health action plan that respects professional responsibilities and safeguarding procedures.

Documentation, materials and practical arrangements

Certificate of Attendance: issued for participants meeting the 80% minimum attendance requirement. **Learning Agreement** and **Europass Mobility support** are provided where agreed and relevant; if you need support for additional documents contact our team. Participants have access to a dedicated folder with digital course materials, resources and evidences. **Materials to bring: None.**

Locations, fees and booking

Course locations: Krakow, Lisbon, Madeira, Malaga, Porto, Poznan, Seville, Valencia and Wroclaw. **Fees per participant:** 5-day: €400 to €420, depending on location. Current edition dates, confirmation status, fee and inclusions must be verified before making non-refundable travel commitments. Pre-enrolment is non-binding and is not a booking confirmation.

Course details · **Live course calendar** · **Mobility documents**

Portugal OID E10201112 / Spain OID E10417947 / Poland OID E10419682

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