

Our Mental Health-based Training:

- 1. School-based adolescent mental health training
- 2. Workplace mental health training
- 3. Psychosocial Support Skill Training

We Offer in our Training

- Improved Mental Health Awareness
- Skillful Management of Depression, Anxiety, and Stress
- Effective Communication Techniques
- Application of the Ecological Model
- Knowledge of Child Rights and Support



Training on Psychosocial skills training

Our Training Programs Are Designed For:

- Schools and Educational Institutions: Teachers, administrators, and students.
- Corporations and Workplaces: HR professionals, managers, and employees.
- Healthcare Providers: Social workers, counselors, and mental health professionals.
- Community Organizations: Leaders, volunteers, and members.
- Individuals: Anyone interested in learning more about mental health and how to support people with mental health conditions.



Training to Dutch Bangla Ekmattrra Academy

Training Cost

Training Name	Minimum Training Cost (BDT)
School-Based Mental Health	40000
Workplace Mental Health	40000
Psychosocial Support Skills	30000

This cost refers to 2 days (12 hours) of training.

\*Logistical, Food & Venue costs will depend on needs and locations.

Who Benefits from Our Training:

- Students: Experience a more supportive and understanding school environment.
- Employees: Benefit from a healthier and more balanced work-life.
- Families: Gain better support through improved mental health awareness and strategies.
- Communities: Enjoy greater social inclusion and reduced stigma around mental health.
- Society at Large: Move towards a more inclusive and empathetic culture.

Why Choose Us?

- Expert Trainers: Our trainers are experienced mental health and psychosocial support professionals.
- Customized Programs: We tailor our training to meet your organization’s specific needs.