

# MENTAL HEALTH INTERVENTION (MHI)

## About the Program

This eight-month graduate certificate program enhances the knowledge and skill sets of front line service providers or recent graduates of relevant programs with a specialization in mental health intervention. Along with studying theoretical and practical course content in family dynamics, community mental health and crisis intervention, you will be introduced to practical applications of the latest research and develop an understanding of risk, protective factors as well as early intervention applications. This training will prepare you to provide expertise to individuals and families in need of support.

During your second semester, the unique 'Community Outreach' course challenges your abilities to innovate new practices in the field. You will be placed on a team with fellow students where you will develop original modules based on best practices in mental health detection, prevention and outreach thereby contributing to the expansion of mental health knowledge and practices to the broader community.

As a graduate of this program with a GPA of 3.0 or higher, you are eligible to pursue Seneca's Honours Bachelor of Mental Health and Addiction (<https://www.senecapolytechnic.ca/programs/fulltime/BMHA.html>) (BMHA) degree program. Students need to apply on an individual basis and have their transcripts reviewed by the BMHA Academic Co-ordinator to determine the transfer credits that they would be qualified to receive.

This program begins in May and ends in December.

## Credential Awarded

Ontario College Graduate Certificate

## Duration

2 Semesters (8 Months)

## Starts

May

## Program and Course Delivery

This program is offered in Seneca's hybrid delivery format. Some coursework is online and some must be completed in person. Students will need to come on campus to complete in-person learning requirements.

## Skills

Throughout this program you will develop the following skills:

- Research
- Practical applications
- Ability to use good judgment

## Your Career

Graduates of the program can explore the following career options:

- Front line service providers
- Public safety and corrections officers

- Emergency response and health practitioners
- Community and social service workers

## Program of Study

Course Code	Course Name	Weekly Hours
<b>Semester 1</b>		
MHI100	Introduction to Mental Health	3
MHI101	Diversity: Building Resilience	3
MHI119	Psychosocial Health	3
MHI214	Community Outreach	3
MHI406	Dynamics of the Family	3
<b>Semester 2</b>		
MHI200	Trauma Methods and Practice	3
MHI215	Community Outreach II	3
MHI304	Crisis Counselling	3
MHI402	Health Promotion and Education	3
MHI403	Contemporary Issues in Community Mental Health	3
MHI504	Understanding Addiction	3

## Program Learning Outcomes

This Seneca program has been validated by the Credential Validation Service as an Ontario College Credential as required by the Ministry of Colleges and Universities.

As a graduate, you will be prepared to reliably demonstrate the ability to:

- Analyze the symptoms of various mental health disorders in order to respond effectively to individuals and families in crisis.
- Design appropriate responses to emergency mental health situations to mitigate crisis and create a safe environment.
- Determine the support and counselling needed to diffuse a crisis situation.
- Advocate for social change to reduce stigma around mental health.
- Collaborate on an interdisciplinary team to serve the mental health needs in the community.
- Design strategies and programs to promote healthy populations and protect human rights.
- Analyze the relationship between social determinants of health, health policy, and practice in community settings to inform services provided to individuals and communities.

## Admission Requirements

- Ontario university or college degree or college diploma or equivalent in community studies, health and public safety or a related program.
- English proficiency (<https://www.senecapolytechnic.ca/registrar/canadian-applicants/admission-requirements/english-proficiency.html>) for graduate certificates

Canadian citizens or permanent residents educated outside of Canada must provide a World Education Services (WES) or ICAS Canada credential evaluation.

## International Student Information

International admissions requirements vary by program and in addition to English requirements (<https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/english-requirements.html>), programs may require credits in mathematics, biology, and chemistry at a level equivalent to Ontario's curriculum, or a postsecondary degree or diploma, equivalent to an Ontario university or college. Program-specific pre-requisite courses and credentials are listed with the admission requirements on each program page. To review the academic requirements please visit: Academic Requirements - Seneca, Toronto, Canada ([senecapolytechnic.ca](https://www.senecapolytechnic.ca/)) (<https://www.senecapolytechnic.ca/>

[international/apply/how-to-apply/admission-requirements/academic-requirements.html](https://www.senecapolytechnic.ca/international/apply/how-to-apply/admission-requirements/academic-requirements.html)).

## Pathways

As a leader in academic pathways, we offer a range of options that will allow you to take your credential further in another Seneca program or a program at a partner institution.

To learn more about your eligibility, visit the Academic Pathways (<https://www.senecapolytechnic.ca/pathways.html>) web page.

Last updated: August 3, 2025 at 10:28 a.m.