

# VNSG 1136 : Mental Health

Introduction to the principles and theories of positive mental health and human behaviors. Topics include emotional responses, coping mechanisms, and therapeutic communication skills. Sixteen hours lecture per semester.

**Credits** 1

**Lecture Hours** 1

**Lab Hours** 0

**Clinical Hours** 0

**CIP**

51.1613.00 00

**Prerequisites**

Successful completion of all fall semester courses with a grade of 75 (C) or better.