

Academy Series February 2019

Mental Health and Wellbeing

*We are delighted to advise you that the February series is on **mental health and wellbeing**, a topic which has been the most popular request from participants of the Academy sessions to date.*

Mental health is a big issue affecting us all:

- One in four people experience some form of mental health problem in the course of a year
- 20% of women and 13% of men have a common mental health problem – mainly anxiety and depression
- There is a stigma associated with mental health problems which deter people from seeking help with delays in accessing professional support
- Community pharmacy is well placed to support individuals and signpost them to appropriate local resources.

By attending, this evening Academy workshop will help you:

- Understand more about common mental health conditions to be **more mental health aware**
- Know how to **signpost to local services and resources** that enable people to help themselves
- Develop the **skills and confidence** to work support others, including work colleagues
- Learn how to **support people in distress** for example, those at risk of suicide, who have been bereaved, are having a panic attack or may be self-harming

We will cover:

- What is mental health and wellbeing?
- Why is supporting mental health and wellbeing is important?
- Your role in raising awareness, promoting mental wellbeing, helping people to help themselves and signposting to resources
- Common mental health conditions
- Frameworks and skills to support engagement with individuals
- Supporting individuals in distress
- Looking after your own mental health

The meeting will commence with hot food at **6:30pm**, for a **7:15pm start**. We will finish at **9:30pm**.

Bookings are through Eventbrite and also via the CPSC website.

Dates and venues:

Tuesday 5th February 2019 – Apollo Hotel Basingstoke
Thursday 7th February 2019 – Holiday Inn Portsmouth
Tuesday 12th February 2019 – Holiday Inn Eastleigh
Wednesday 20th February 2019 – Holiday Inn Winchester
Thursday 21st February 2019 – Lakeside Park Hotel & Spa