



Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with a mental health problem. Would you like to feel more confident in supporting people with mental health problems to help them to improve their outcomes using a person-centred approach?

If you have answered yes, then this course is for you.

The [Mental health e-course](#) will equip you with the knowledge and skills to support people with mental health problems who you encounter in your practice. Completing this course will help you to feel more confident in providing advice to people with mental health problems and to deliver a high quality service.

Who has this course been developed for?

This course is suitable for all pharmacists, pharmacy technicians and pre-registration pharmacists working in any sector with an interest in people with mental health problems or an identified learning need. Pharmacy professionals may meet people with mental health problems in any setting, be that in a community pharmacy, a GP surgery, care home, a secure environment, hospital ward or their own home. This is not necessarily a course for specialists in mental health.

What will I learn during the course?

Following an introduction to mental health, you will learn more about depression, anxiety, sleep disorders, bipolar disorder, schizophrenia and dementia. You will also consider mental health problems in older people children and adolescents. You will also reflect and plan how you can support people with mental health problems in all settings and during transfer of their care.

What will the course involve?

For each unit you will be given specific learning tasks, which may involve reading learning materials, accessing websites and sharing experiences and learning with each other in the discussion forums. Find out more about the course [here](#).

How much time will I need to allocate?

We estimate you will need five to six hours per week to complete the learning and activities, but this will vary depending on your pre-existing knowledge and experience. The course content for some units may be slightly less and some may be slightly more.

Is there a specific time to log in for the interactive learning?

There is no specific time that you will need to log in as the course is flexible, but for each unit there will be a discussion board which will be available for you to view and contribute to. By participating in an active online learning community you can share ideas of best practice and there will be support from a topic expert and CPPE tutor who will be available for questions and help to stimulate on-line discussions.

The course starts on **Monday 04 January 2021** and runs for twelve weeks.

Unit 1	Introduction to mental health	Week beginning 04 January 2021
Unit 2	Depression	Week beginning 11 January 2021
Unit 3	Anxiety and sleep disorders	Week beginning 25 January 2021
Unit 4	Bipolar disorder	Week beginning 01 February 2021
Unit 5	Schizophrenia	Week beginning 15 February 2021
Unit 6	Older people and dementia	Week beginning 8 March 2021
Unit 7	Children and young people	Week beginning 15 March 2021
Unit 8	Supporting people with mental health problems, caring for people in all settings and transfer of care	Week beginning 22 March 2021

How do I book my place?

- Please check that we have your most up-to-date email address. You can update it in your profile on the [My CPPE](#) section of the website.
- Then [click here](#) to go directly to the *Mental health e-course* information page.
- Click on 'Book a place' and follow the instructions to book your place (you need to be logged into the CPPE website).
- Once you have booked your place you will be emailed with an invitation and link to join the course.
- Once you are registered, you can log directly into the course [here](#).

Mental health e-course

Starts on: Monday 04 January 2021

Book your place today!