



Maudsley Learning

NHS

Health Education England

Mental Wellbeing update for Pharmacists: Simulation

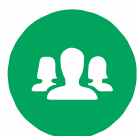
A free, one-day, simulation-based course focusing on promoting mental health and wellbeing in patients seen by community pharmacists.

The course aims to be a high-fidelity, immersive session to develop confidence and skills in recognising mental distress and promoting wellbeing, help patients reduce their risks of developing mental illness, and understand related issues such as self-harm, stress and sleep problems.

Areas covered include

- Core concepts of mental wellbeing
- Deliberate self-harm
- Eating issues
- Work-related stress substance misuse
- Sleep difficulties
- Heightened emotions
- Motivation to address health concerns
- Health anxiety

More information



Location

This course will be taking place online.



Dates

Thursday – 17th November 2022
Thursday – 15th December 2022
Monday – 23rd January 2023
Monday – 20th February 2023



Booking

All bookings shall be made via Maudsley Learning website.

[Book Now](#)



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