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Course



# MENTAL HEALTH: A SELF-HELP FOR HEALTHCARE PROFESSIONALS

110 Countries | Over 570 000 Students | 27 Years



Ranked **3<sup>rd</sup>** best Private Higher Education Institute in South Africa by the World Scholarship Forum



Registered with the Department of Higher Education and Training as a Private Institution of Higher Education under the higher education act, 1997. Reg No. 2002/HE07/013

## INTRODUCTION

**Prioritise your mental health & wellbeing.** This course is designed to equip healthcare professionals with the knowledge and tools needed to manage their own mental wellbeing. In this course, you will explore critical topics including mental wellbeing and mental ill health, stress, burnout, anxiety, depression, post-traumatic stress disorder (PTSD), self-stigma, and resilience. Each section delves into the symptoms, risk factors, and potential consequences of these conditions, providing practical strategies for self-care and resilience building.

### Key features of the course:

- Understand the importance of caring for their own mental health for healthcare professionals.
- Learn to use screening tools to identify stress, burnout, anxiety, depression, and PTSD. Implement self-care practices to mitigate the negative effects of mental health challenges.
- Recognise and address self-stigma regarding mental health conditions.
- Identify key organisations in South Africa that provide mental health support.

By enrolling in this course, you are taking a vital step towards safeguarding your mental health, ensuring you can continue to provide high-quality care to your patients while maintaining your own wellbeing. Join us in this essential journey of self-care and professional growth.

## WHY SHOULD YOU DO THIS COURSE?

The state of mental wellbeing of healthcare professionals are precarious and prevalence of burnout, anxiety, and depression is higher than in the general population. Compassion fatigue amongst healthcare professionals are reported at above 80%. You cannot care for others if you are not OK.

## WHO SHOULD ENROL?

South African Healthcare Professionals.

## WHAT WILL YOU LEARN ON THIS COURSE?

### On completing this course, you will be able to:

1. Define the concept of mental health.
2. Explain why mental health is important for healthcare professionals.
3. Use screening tools to identify common mental health conditions: stress, burnout, anxiety, depression, and PTSD.
4. Explain the symptoms, risk factors, and potential consequences for each of these conditions.
5. Use a screening tool to recognise self-stigma regarding mental health conditions.

6. Implement self-care practices to mitigate the negative effects of stress, burnout, anxiety, depression, and PTSD.
7. Identify the key organisations that provide mental health support in South Africa.

## COURSE DESIGN

This is a part-time e-learning self-study course with interactive and reflective content, including videos and activities.

## COURSE DURATION

Students have 3 months from date of registration to complete the course

## COURSE CONTENT

1. Mental wellbeing and Mental ill Health
2. Stress
3. Burnout
4. Anxiety
5. Depression
6. Post-traumatic stress disorder
7. Self-stigma
8. Resilience

## ASSESSMENT

Interactive activities and quizzes are integrated throughout the course to reinforce learning and assess comprehension. To pass, a score of 50% is required, with those seeking a Continuing Professional Development certificate needing a minimum of 70%

## CERTIFICATION

Upon successful completion of this course, you will receive a certificate of completion from the Foundation for Professional Development, a name synonymous with excellence in professional growth.

## ACCREDITATION

Accredited according to the HPCSA's Medical and Dental Board Guidelines for Health Professionals for 12 CEU's on Level 2.

**VOUCHER CODE: MSHS**

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### For more information, Please Contact:

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FPD is a member of the SAMA Group