

# CPSC Academy Programme 2018-19

Community Pharmacy South Central Academy organises development events for pharmacy professionals. It provides an open invitation to those working in the Southampton, Hampshire, Isle of Wight & Portsmouth areas to participate in 4 organised events each year; each one available at 5 different locations each quarter.

## Quarter 4 – Mental Health & Wellbeing

Why should you attend? Please consider this...

### Teaser 3:

What can you do to help someone who needs immediate mental health support, e.g.

- Someone who is having a panic attack?
- A customer who is self-harming?
- A patient who talks about ending their life within a consultation?

How do build your resilience and look after your own mental health?

These are all important questions for people working in our pharmacies.

Are you confident in recognising signs, listening, understanding the issues and answering questions?

What would you do that puts the person or yourself at the centre of their decision-making and enables them to make positive choices?

**Book-in to your nearest event using the Eventbrite link on the [CPSC Training & Development webpage](#).**

Whilst on our website, please look around at other interesting events happening in your area.

Please direct any queries you have to [admin@cpsc.org.uk](mailto:admin@cpsc.org.uk)

CPSC Academy replaces the previously run local pharmacy groups that were organised by local group leads and supported by Hampshire & Isle of Wight LPC.



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