

PAHO



MENTAL HEALTH VIRTUAL COURSES

ENTIRELY FREE

SCAN
ME!



The Mental Health and Substance Use Unit of the Pan American Health Organization (PAHO), in collaboration with the Virtual Campus of Public Health (VCPH), PAHO's educational platform, have designed self-learning virtual courses to strengthen capacities and competencies in the field of mental health in the context of public health in the Region of the Americas.

DURATION: 7HS

ENGAGING COMMUNITIES IN PREVENTING SUICIDE

This course is designed for anyone interested in developing activities to prevent suicide in their local community.

DURATION: 7HS

PROTECTION AND PROMOTION OF HUMAN RIGHTS IN THE MENTAL HEALTH RESPONSE AND PSYCHOSOCIAL SUPPORT IN EMERGENCIES

This course aims to introduce the principles and tools to promote a quality and rights-based approach to MHPSS response in humanitarian emergencies and disasters.

DURATION: 16HS

PREVENTING SELF-HARM/SUICIDE: EMPOWERING PRIMARY HEALTH CARE PROVIDERS

This course has been designed to train healthcare workers on the most relevant elements in the knowledge, management, and prevention of suicide.

DURATION: 10HS

PSYCHOLOGICAL FIRST AID (PFA) IN DISASTER MANAGEMENT IN THE CARIBBEAN

This course is for all persons in the community who may be in a position to support the psychological and social well-being of individuals post a crisis.

DURATION: 7HS

TRAINING AND SUPPORT MANUAL FOR CARERS OF PEOPLE WITH DEMENTIA.

This course will improve your knowledge of dementia and caregiving skills, such as carers' ability to cope with dementia symptoms and engage in self-care.

DURATION: 8HS

UNDERSTANDING AND ACTING AGAINST MENTAL HEALTH STIGMA IN HEALTH CONTEXTS

This course will help health professionals to identify the stigma associated with mental health challenges and/or substance use. It will also help to implement effective personal and institutional actions to achieve greater inclusion and accompaniment of people with mental health conditions.

DURATION: 12HS

HUMANITARIAN mhGAP

This course aims to train health personnel at different levels of care, with tools to efficiently diagnose and treat mental, neurological and substance use disorders in humanitarian crisis context, where local resources often do not have the capacity to provide care in a timely manner.

DURATION: 25HS

CLINICAL SUPERVISION IN MENTAL HEALTH INTERVENTIONS

This course will provide mental health specialists with sufficient and evidence-based tools to supervise professionals performing clinical mental health interventions.

DURATION: 15HS

QUALITY RIGHTS E-TRAINING ON MENTAL HEALTH

This course aims to improve the quality of care in mental health and related services and to promote the rights of people with psychosocial, intellectual, and cognitive disabilities.

DURATION: 7HS

MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT (MHPSS) IN EMERGENCIES.

The course aims to strengthen the skills of healthcare professionals working in emergency situations to establish mental health and psychosocial support (MHPSS) activities in countries.

CERTIFICATE OF PARTICIPATION ISSUED BY THE PAN AMERICAN HEALTH ORGANIZATION IN ALL COURSES

WWW.PAHO.ORG/EN/TOPICS/MENTAL-HEALTH