



Southeast (HHS Region 4)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# MENTAL HEALTH FOR THE PUBLIC HEALTH PROFESSIONAL

TUESDAY, FEBRUARY 22, 2022

9:00AM - 12:00PM EST

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## About the Event:

Throughout the Covid-19 pandemic, public health professionals have experienced a great deal of stress, anxiety, and fear - both in terms of interacting with the public and in working in high-risk situations. For many public health professionals, these experiences have elevated the importance of understanding the principles of mental health and acquiring skills to better support their communities and strengthen their own well-being. Through the Mental Health for the Public Health training, participants will gain an understanding of the foundations of mental health, identify mental health challenges from multiple public health perspectives, and develop a process to build and maintain relationships with community public and mental health partners. Participants will gain practical implementation tools and identify mental health resources for use in their personal and professional lives.

## Learning Objectives:

- Describe principles of public mental health, including mental health, mental illness, prevention of mental illness, and promotion of mental health
- Explain mental health issues from a public health perspective
- Describe strategies for mental health self-care and burnout reduction in both individuals and organizations
- Develop an individualized self-care plan to support personal mental health and model organizational wellness
- Identify mental health resources, strategies, and supports for public health professionals and the communities they serve
- Explain the mental healthcare delivery system
- Identify mental health and public health organizations that can form partnerships to share resources and support
- Develop an action plan to establish and maintain partnerships between mental health and public health organizations

Visit [bit.ly/MHforPHP](https://bit.ly/MHforPHP) for more information about this event.