

SOUTH AFRICAN PSYCHIATRY

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ASSERTIVE
COMMUNITY TREATMENT

PARTICIPATING IN THE SANOFI
MENTAL HEALTH
LEADERSHIP INITIATIVE

LENTEGEUR
HOSPITAL - CHILD AND ADOLESCENT
MENTAL HEALTH SERVICE

THE DEVELOPMENT OF A
NEUROPSYCHIATRIC
PROGRAMME
AT THE UNIVERSITY OF THE WITWATERSRAND

PAARL
ASSERTIVE
COMMUNITY TREATMENT (PACT)

MAKING THE MOST OF
LIMITED RESOURCES IN
A RURAL SETTING

A CHILD AND
ADOLESCENT
MENTAL HEALTH INITIATIVE



www.southafricanpsychiatry.co.za

MATERNAL MENTAL HEALTH BOOK

For Doctors, Nurses and Social Workers

THE PERINATAL MENTAL HEALTH PROJECT (PMHP) IS AN INDEPENDENT INITIATIVE BASED AT THE UNIVERSITY OF CAPE TOWN WITHIN THE ALAN J. FLISHER CENTRE FOR PUBLIC MENTAL HEALTH IN THE DEPARTMENT OF PSYCHIATRY AND MENTAL HEALTH. THE PMHP'S MISSION IS TO DEVELOP AND ADVOCATE FOR ACCESSIBLE MATERNAL MENTAL HEALTH CARE THAT CAN BE DELIVERED EFFECTIVELY AT SCALE, IN LOW RESOURCE SETTINGS. THE WEBSITE www.pmhp.za.org HAS A RANGE OF RESOURCES AND MATERIALS.

The PMHP have recently collaborated with the Perinatal Education Programme (PEP), who have long been involved with the continued training and education of health professionals, and produced a textbook Maternal Mental Health published under the Bettercare label. PEP have provided educational opportunities to over 60 000 health professionals over the past 20 years (Woods, Attwell & Ross, 2012) which have been shown to result in significant improvements in knowledge, clinical skills and care practices (Woods & Greenfield, 2010).

The Bettercare Maternal Mental Health book is ideal for doctors, nurses and social workers involved with supporting and caring for mothers during the perinatal period. The book is available online or in print copy (Bettercare). The content included practical approaches to the identification and referral of mothers with mental health problems as well as guidance for first-line management.

Those practitioners who achieve at least 80% in the optional post-test are eligible for a certificate of completion.



The textbook can be read online or purchased in print from the Bettercare website. ■