

Why choose our courses?



“Excellent content and even more engaging than I had hoped for.”

‘A Brief Introduction to Perinatal Mental Health’ participant



“This course was an excellent introduction to perinatal depression. The presentation was outstanding, the structure of the course was designed to keep the student well engaged and motivated. The interviews with the professionals involved with women’s care helped clarify and deepen our understanding. I have really learnt a lot - thank you.”

‘Introduction to Perinatal Mental Illness, Risk, Care and Treatment’ participant



“The mixture of reading, pictures and videos is good. The key concepts section is broken down into good bite sized chunks and easy to work through. The videos from different women are powerful. I think this will be very useful for obstetricians at all stages of their career.”

Miss Louise M Page, Consultant Obstetrician & Gynaecologist & Reviewer of ‘A Brief Introduction to Perinatal Mental Health’



“This course enabled me to develop my understanding and interest in a highly complex area. The learning material was well presented and easy to navigate at my own speed. A really enjoyable introduction to perinatal mental health.”

‘Introduction to Perinatal Mental Illness, Risk, Care and Treatment’ participant

“I really enjoyed this course, it refreshed my knowledge, motivated me to learn more and gave me more confidence when working with perinatal mental illness. I particularly liked the balance of information given and then hearing women’s experiences and discussion about perinatal mental illness with specialists.”

‘A Brief Introduction to Perinatal Mental Health’ participant

“Great content and very well delivered. This course provides an excellent initial introduction to a wide range of mental health difficulties women can face during the perinatal period. I particularly enjoyed the holistic approach the course takes to exploring women’s mental health and how this impacts her life and those around her.”

‘Introduction to Perinatal Mental Illness, Risk, Care and Treatment’ participant

“5hrs that will enrich and strengthen your clinical skills to be more effective, knowledgeable and compassionate whatever your professional role. It is welcoming, well designed, with women’s experiences of becoming ill, of using services, of recovery, and their insights for improvements integral throughout. Frequent reflective sections stimulate the learner to consider application to their own clinical practice. You are signposted to excellent links and resources for further use. I really recommend this for any professional working with women and their families in the perinatal period.”

Jill Demilew, Retired Consultant Midwife & Reviewer of ‘A Brief Introduction to Perinatal Mental Health’

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