

Continuing Professional Development Lecture: Understanding Mental Illnesses Series – Going Beyond the Surface

Part 2: What is Depression?

10 March 2021

Synopsis

In this 2nd part of the mental illness series, let us take you through some basic knowledge on “What is Depression?” and how it differs from just being sad.

The word ‘depressed’ has been so overused in our daily lexicon that the disorder itself is very much misunderstood. Join us to take a step into learning more about what clinical depression is all about.

After the lecture, participants would be able to:

- Understand what clinical depression is
- Recognise the different types of depression
- Identify the signs and symptoms of Major Depressive Disorder
- Know what some of the common treatment options are
- Learn how to support and what are the resources available

Target Audience

Healthcare professionals

Speaker

Dr Evelyn Boon PhD
Senior Principal Psychologist
Head, Psychology
Singapore General Hospital

Evelyn has worked in the mental health field since 1995 and is currently Head of Psychology at SGH. She started her career in the field of addictions and now specialises in body image, eating disorders, diabetes and trauma. She is trained in various therapeutic approaches, including hypnotherapy and Eye Movement Desensitisation and Reprocessing. She is passionate in advocating for mental health and well-being as well as creating more understanding of mental illnesses.

Quick Links

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Lecture Details

Date	: 10 March 2021
Duration	: 60 minutes
Time	: 6pm – 7pm
Fee	: Complimentary
Platform	: Zoom Cloud Meetings

Registration

To register, scan the following QR code or click on the web link. Registration closes on **22 February 2021**.



<https://tinyurl.com/CPD10Mar2021>

Upon registration, you agree to [Terms & Conditions](#) of PGAHI.

Zoom Capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.