

Continuing Professional Development Lecture: Understanding Mental Illnesses Series – Going Beyond the Surface Part 1: What is Mental Illness vs Mental Health? 28 October 2020

Synopsis

In this first part of the 12-part mental illness series, discover what is mental illness and how it differs from mental health. Many of us have much misconceptions about mental illness and how it impacts an individual's functioning. Being an invisible condition, an individual with mental illness struggles to be understood by family and friends. What is mental health? How important is it to all of us?

After the lecture, participants would be able to:

- Understand the difference between mental illness and mental health
- Have an overview of the process of mental health treatment and recovery
- Identify barriers to mental health recovery
- Learn some simple strategies in supporting patients in their recovery

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

[FAQs](#)
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Lecture Details

Date	: 28 October 2020
Duration	: 60 minutes
Time	: 6.30 pm – 7.30 pm
Fee	: Complimentary
Platform	: Zoom Cloud Meetings

Registration

To register, scan the following QR code or click on the web link. Registration closes on **16 October 2020**.



<https://tinyurl.com/CPD28Oct2020>

Upon registration, you agree to the following [Terms & Conditions](#).

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.