

Public Mental Health Learning Community: Learning Set

Event details

Date: Wednesday 22nd January 2025

Start time: 14.00 **End time:** 15.30

Format: Virtual (MS Teams)

Link to join the learning set: [Join the meeting](#)

Background

Public mental health aims to reduce the occurrence of mental health conditions and improve mental wellbeing at the population level. The PMH Learning Community aims to support local systems to improve their PMH implementation and to create a space for continuous shared learning among clinicians, public health experts, and people with lived experience of mental health conditions.

The PMH Learning Community will also link with the learning objectives of the Royal College of Psychiatrists (RCPsych) [Public Mental Health \(PMH\) Leadership Certification course](#). The certification course supports building knowledge and skills for clinicians to champion population-based approaches and become leaders in public mental health.

As part of the learning community, the [Public Mental Health Implementation Centre \(PMHIC\)](#) will host a series of monthly virtual events, including learning sets and workshops. For more information, please refer to our webpage [Public Mental Health \(PMH\) Learning Community \(rcpsych.ac.uk\)](#).

Purpose and aim of the event

As part of the Learning Community, the PMHIC will host a series of monthly virtual events, including learning sets and workshops.

Learning sets

Members of the Community will be invited to attend online 'learning sets' occurring every two months, to share their experiences of public mental health practice. The virtual learning sets will include presentations of projects/best practice followed by a Q&A on a selected topic proposed by a member of the Community.

Learning Set agenda and schedule

Time	Speaker	Affiliation	Topic
14:00-14:15	Tom Ayers	Director National Collaborating Centre for Mental Health (NCCMH)	Welcome and introductions
14:15-14:45	Nadia Jones Dr Rebecca Rollinson	Public Health Principal - Prevention Public Health – Adult Services Norfolk County Council Clinical Psychologist Norfolk and Suffolk NHS Foundation Trust	Better Sleep Programme: Improving sleep for young people Followed by Q&A
	Break (10min)		
14:55-15:25	Prof Jo Smith OBE	Professor of Early Intervention and Psychosis School of Allied Health and Social Care University of Worcester	Collective Responsibility, Collective Action to Prevent Student Suicide Followed by Q&A
15.25-15.30	Tom Ayers	Director National Collaborating Centre for Mental Health (NCCMH)	Thank you and closing remarks

Resources available post-learning set

- Event agenda and presentation slide deck
- Recording from the learning set
- Resources shared by members of the learning community

The above resources will be available on the [PMH Learning Community](#) webpage post the event.

If you would like to present at one of our events or have any questions about the PMH Learning Community, please do get in touch with us at public.mh@rcpsych.ac.uk.