

College of Mental Health Pharmacy

Psych 1 January

2026



Facilitator 16 Jan
Nicola Greenhalgh

Facilitator 23 Jan
Roz Gittins

Facilitator 30 Jan
Karen Shuker



16 January, 23 January & 30 January

**An on-line course for pharmacists,
pharmacy technicians and other
medicines management professionals.**

CMHP

“To advance education in the practice of mental health pharmacy and to promote and disseminate research for the public benefit, in all aspects of that subject”

The College of Mental Health Pharmacy (CMHP) is a charity which aims to benefit individual care through advancing education and research in the practice of mental health pharmacy.

Psych 1 Online

The Psych 1 course introduces mental health, focussing on core clinical issues. Participants will learn about the diagnosis and classification of mental health, and key concepts and terminology. The course also covers national drivers and guidelines in the management of the conditions and options for treatment and management.

Who would benefit from this course?

Our Psych 1 course is suitable for pharmacists, pharmacy technicians and other medicines management staff (eg nurses and non-medical prescribers) who are new to mental health. It would also be suitable for those who want to learn more about the ways medicines are used, or those returning to practice in mental health after a break.

“ An incredibly valuable and informative day ”

Delegate feedback, June 2024

“ Lots of take aways. Change of perspective. ”

Delegate feedback, June 2024

Agenda

16 January 2026

Day 1



08:30 - 08:45

Welcome & Intro
Nicola Greenhalgh



08:45 - 09:45

Intro to Mental Health Therapeutics
Nicola Greenhalgh



09:45 - 10:00

Break



10:00 - 11:15

Depression
Rebecca Henry



11:15 - 11:30

Depression Q&A



11:30 - 11:50

Break



11:50 - 13:15

Anxiety
Rachel Hogan



13:15 - 13:30

Anxiety Q&A & close of event

Agenda

23 January 2026

Day 2



08:30 - 08:45

Welcome & Intro
Roz Gittins



08:45 - 10:00

Bipolar Disorder
Orla Macdonald



10:00 - 10:15

Bipolar Disorder Q&A



10:15 - 10:30

Break



10:30 - 12:00

Schizophrenia
Nik Nikolic



12:00 - 12:15

Schizophrenia Q&A & event close

Agenda

30 January 2026

Day 3



08:30 - 08:45

Welcome and Intro
Karen Shuker



08:45 - 10:00

Dementia
Beryl Navti



10:00 - 10:15

Dementia Q&A



10:15 - 10:30

Break



10:30 - 12:00

Physical Health in Mental Health
Kathy Morgan



12:00 - 12:15

Q&A & event close