



Living in Silence: Addressing the Caring & Coping needs of people supporting individuals with Depression

A short course organized by the Department of Mental Health, University of Malta in collaboration with Malta University Consulting Ltd.

Dates: November 2018: Thurs 8; Thurs 15; Thurs 22; Thurs 29
December 2018: Thurs 6

Time: 05.00p.m. – 07.00p.m.

Venue: University Residence, Robert Mifsud Bonnici Street, Lija (ample parking space available)

Participants who attend at least 80% of the sessions will be awarded a Certificate of Attendance issued by Malta University Consulting Ltd.

Course registration fee: €95

Closing date for registration: Thurs 1st Nov 2018

The Aim of the course: Depression is a common and serious mental illness that can negatively affect how one feels, thinks and acts. Depression causes feelings of sadness, loss of interest in activities or hobbies and can lead to a variety of emotional and physical problems leading to a decrease in one's ability to function both at work and at home. Caring for individuals with depression can prove challenging and although providing care is a unique experience for each carer, many common stressors, fears, concerns and rewards are shared.

This course is specifically designed to provide both formal and informal carers, with the basic knowledge, skills and practical tips to care for people with Depression at home, whilst empowering them in understanding and coping with their own particular caregiving scenario.

Course Programme

Date	Lecturer	Title of lecture
Thursday 8 Nov	Dr Alexei Sammut	Introduction and exploring the impact of Depression of quality of life
Thursday 15 Nov	Dr Michael Galea	The Psychology of living and caring with for an individual with Depression
Thursday 22 Nov	Dr Chris Role	Services and treatments available
Thursday 29 Nov	Ms Catherine Galea	A Plan to recovery - Rehabilitation needs
Thursday 6 Dec	Ms Mariella Mamo	Supporting yourself to be able to support others

Course Co-ordinator: Before joining the University of Malta's Department of Mental Health within the Faculty of Health Sciences, Dr Sammut had a career in the public sector as a Deputy Charge Nurse with the Maltese Mental Health Services. He holds both general and mental health nursing qualifications and has worked in a variety of mental health settings including Acute Psychiatry, Old Age Psychiatry and Learning Disabilities. Dr Sammut has just completed his PhD in Mental Health Nursing with Kingston and St Georges University of London under the supervision of Professor Mary Chambers. Dr. Sammut has presented in several local and International Conferences and also acts as a reviewer for the Malta Journal of Health Sciences. He is the coordinator of the BSc. Mental Health Nursing Part Time course and is also actively involved in several projects including the national mental health awareness campaign #STOPSTIGMA. He is also the Vice-President of the Maltese Association of Psychiatric Nurses (MAPN). Apart from his regular teaching load Dr. Sammut also supervises students in the clinical setting and in mental health research.

General Information : Cheques are to be made payable to Malta University Consulting Ltd

For further information kindly contact: Malta University Consulting Ltd, Robert Mifsud Bonnici Street, Lija.

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