

Media Statement

PROFESSIONAL BOARD FOR PSYCHOLOGY CONTINUES TO COMMEMORATE MENTAL HEALTH AWARENESS MONTH

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For immediate release

Pretoria –The Professional Board for Psychology (PSB) under the ambit of the Health Professions Council of South Africa (HPCSA) is commemorating World Mental Health Awareness Month, specifically on 10 October, which is Mental Health Day. The World Health Organization’s, theme for this year is **“Make Mental Health and Well-Being for All a Global Priority”**.

The Psychology Board continues to commemorate Mental Health Month each year as continuous education and awareness is important for all South Africans to have a better understanding of the various types of mental health illnesses as this is a global priority.

Mental Health is an important part of overall health and wellbeing of an individual and challenges associated with mental health is not limited to a particular individual, age, race or their context.

There is an increasing evidence that both the content and context of work can play a role in the development of mental health problems in the workplace. Whilst the workplace can contribute positively to a person’s mental health, it may also exacerbate an existing problem, or may contribute to the development of a mental health issues.

The COVID-19 pandemic continues to create a global crisis for mental health, fueling short- and long-term stresses and undermining the mental health of millions. At the same time, mental health services were severely disrupted and the treatment gap for mental health conditions widened. However, due to the lockdown regulations having been lowered, physical consultation may close the gap that had occurred.

Mental health in South Africa remains a priority and is still inaccessible to the poor communities and it is for this reason that the Board continues creating awareness and informing the public of the various facilities that are available.

The public and organisations are welcome to participate in the campaign on 10 October by using the **#WorldMentalHealthDay** handle on social media. This will be an opportunity for people with mental health conditions, advocates, governments, employers, employees and other stakeholders to come together to recognise challenges and to be vocal about what needs to be done and communicated to ensure **Mental Health and Well-Being becomes a Global Priority for all**. The Board will continue to strive for improved access to mental health services, the promotion of mental well-being amongst the community by continuously creating awareness and education around the stigma associated with mental health.

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About the Health Professions Council of South Africa (HPCSA)

The Health Professions Council of South Africa (HPCSA) also known as Council is a statutory body established under the Health Professions Act, 56 of 1974. The HPCSA is committed to protecting the public and guiding the professions. The mission of the HPCSA is quality and equitable healthcare for all.

The HPCSA is mandated to regulate the health professions in the country in aspects pertaining to education, training and registration, professional conduct and ethical behaviour, ensuring Continuing Professional Development (CPD), and fostering compliance with healthcare standards.

In order to safeguard the public and guiding the professions, registration in terms of the Act is a prerequisite for practising any of the health professions registrable with Council.

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