

MEDIA STATEMENT

THE PROFESSIONAL BOARD FOR PSYCHOLOGY COMMEMORATES MENTAL HEALTH AWARENESS MONTH

08 October 2021

For immediate release

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 "Mental health care for all: let's make it a reality"

The Psychology Board joins the world in commemorating the month of October as Mental Health Month with the objective of not only educating the public but also continuously creating awareness around the various types of mental health illnesses and the symptoms associated with mental health. Mental health problems are the result of a complex interplay between biological, psychological, social and environmental factors.

The COVID-19 pandemic has had a major impact on people's mental health. Some groups, especially health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected by the negative impact of COVID-19 and services for mental, neurological and substance use disorders have been significantly disrupted.

Fear, anxiety and stress are normal responses to perceived or real threats such as COVID -19 especially at times when we are faced with uncertainty or the unknown. It is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic, added to the fear of contracting the virus in a pandemic such as COVID-19.

Mental health in South Africa remains a priority and is still inaccessible to the country's poorest and most vulnerable, hence, the Professional Board for Psychology deems it fit to continue creating an awareness and inform the public of the various facilities that are available to the public and most importantly commit to this year's theme by making mental health a reality amongst our communities

Protecting the public and guiding the professions

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) 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.

Further, 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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Protecting the public and guiding the professions

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