

MEN'S MENTAL HEALTH: Information for Anesthesiologists and Other Staff

Free to all Staff members of the
Department of Anesthesiology and Pain Medicine - University of Alberta



Runs 21 September, 2020 - 27 June, 2021

<https://eclass-cpd.srv.ualberta.ca/course/view.php?id=727>



This activity is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of **3 hours** (credits are automatically calculated)

Learning Objectives

1. Recognize concepts in men's mental health and their importance.
2. Recognize the epidemic of male suicide.
3. Describe the barriers to men getting help with mental health concerns.
4. List adaptive coping strategies to help with mental health concerns.
5. Recognize the risk of untreated burnout and the risk factors for burnout.
6. Identify where to get help for mental health concerns.

Warning: some may find the content upsetting - Employee assist programs are available -
<https://www.ualberta.ca/anesthesiology-pain-medicine/for-faculty-staff/staff-wellness/index.html>

There are no conflict of interests identified in this course