

THRIVE-PMH

Transforming health systems for impactful perinatal mental health in ESA

FREE PERINATAL MENTAL HEALTH ONLINE WORKSHOP SERIES

From policy to practice

Designing, implementing and sustaining integrated perinatal mental healthcare in maternal and child health services.



DATES

Thursdays

15 Oct – 12 Nov 2026

TIME

14:00–15:00 CAT

15:00–16:00 EAT

FORMAT

5 × 60 min

Live on Zoom

RECOGNITION

Certificate

≥ 80% attendance



**Scan to
register**



**Learn from
experts in
LMICs**



**Practical tools
and resources**



**Connect with
peers**



**Earn a
certificate**

The five sessions

- 1 Introduction to perinatal mental health with a focus on low resource settings**
- 2 How to integrate perinatal mental health into MCH services**
- 3 Detection and screening, referral and resource mapping**
- 4 Evidence-based psychosocial interventions and workforce development**
- 5 Quality improvement, scaling and sustaining**

Who this is for

Ministry of Health officials · maternal and newborn programme managers · mental health programme managers · district health managers · NGOs · development partners · researchers · health and social service providers.

What to expect

- Highly interactive workshops – breakout rooms, live polls and shared note-taking.
- Country-focused implementation discussion across LMICs.
- A bespoke resource pack, plus a shared learning document drawn from your own discussions.

Good to know

- Certificate of completion for attending at least four of the five sessions.
- Continuous Development Points (CPD) accreditation will be applied for at the HPCSA. CPD/Continuous Education Units recognition outside South Africa is subject to the requirements and approval processes of each participant's national regulatory body and cannot be guaranteed
- Please join on a laptop or desktop with audio and a microphone – you will need to hear and speak.