



PHILIPPINE PEDIATRIC SOCIETY, INC.

A Specialty Division of PMA

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May 21, 2021

To: Chairs and Training Officers of HAB Training Hospitals:

After one year of the pandemic, trainees and consultants alike are feeling its impact on socio-emotional health. In connection with this, the PPS-PSCAP-PPA Task Force on Mental Health is pleased to announce that the module entitled, "Project REACH (Resiliency, Empathy, Acceptance, Connection, Hope)" is now complete. It is a module for mental health support for pediatricians in training and in practice.

The module consists of 6 video lectures that are designed to guide the **residency training committee members and officers of your department** on how to implement a program that would address screening and supporting mental health issues of your trainees and your consultant staff. The 6 video lectures are:

- I. Introduction
- II. The Pediatrician: Coping with the Psychosocial Impact of COVID 19
- III. Screening Tools for Depression and Anxiety
- IV. COVID-19 and Mental Health: Psychosocial Processing for Pediatricians
- V. Stress in the Workplace During COVID-19
- VI. T.F.M.H.P. for Children and Youth and Adults

These video lectures will be available starting this month via the Task Force Mental Health FB page and via the PPS CPD Portal for Members. **To access the lectures, your department officers and residency training committee members may register through this link:**

https://docs.google.com/forms/d/e/1FAIpQLStfE8gHAeHzGeQD3Oiff9fgPoo8NP_xkDCX19OKyMgukU0lITg/viewform

Please watch out for the announcement when the modules will also be available through the PPS CPD portal for Members.

Yours sincerely,

Francis Xavier M. Dimalanta, MD, FPPS, FPSDBP
Head
PPS-PSCAP-PPA Task Force on Mental Health

Noted by:

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