16 September 2026 (#5)

Depression: having meaningful conversations

Tuesday 22 September 2026

7:00-8:45 pm
Online

Talking about depression can feel challenging. Many pharmacy professionals worry about saying the wrong thing, making matters worse, or not knowing what support to offer. Yet these conversations can be some of the most important interactions we have with patients, carers and colleagues.

Why attend?

Depression affects millions of people and stigma can still prevent people from seeking help. By developing your consultation skills and confidence, you can help create a safe, supportive environment where people feel comfortable discussing their mental health.

This online workshop supports pharmacists, pharmacy technicians and trainee pharmacists to use a person-centred approach when talking with people about depression.

What will you gain?

By attending, you'll be better prepared to:

- Confidently start conversations about depression and mental health
- Discuss options for managing depression in a supportive and person-centred way
- Tailor your approach to the individual needs of the person in front of you
- Recognise when an urgent referral is needed and know how to refer appropriately
- Use practical phrases and techniques to support people sensitively

- Create a safe space where people feel heard, understood and supported
- Develop effective signposting resources to use in your practice

BOOK YOUR PLACE

CP BSOL - Contractor Information

For contractor guidance, service updates, local resources, and information to support patients, please visit the CP BSOL website.

Visit CP BSOL Website

Community Pharmacy Birmingham & Solihull

Representing community pharmacy contractors across Birmingham and Solihull in partnership with the NHS Birmingham and Solihull Integrated Care Board and nationally with Community Pharmacy England.

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