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UMHD: Mental Health Research and Practice

The Institute for Lifecourse Development (ILD) is holding a session on University Mental Health Day to showcase a selection of the mental health work conducted by ILD members.

6 March 2023

The [Institute for Lifecourse Development](#) (ILD) brings together research, practice, and teaching. On [University Mental Health Day](#) (UMHD), the ILD is holding an online session at 2pm - 3pm to showcase a selection of the mental health work conducted by ILD members.

Talks include:

- “The SUPPORT Study: Evaluating the effectiveness of a web-enabled resource for birthing parents with postpartum depression and anxiety.” by **Genevieve Breau**, PhD, FHEA, Lecturer in Public Health, School of Human Sciences, University of Greenwich.
- "What is mental health?" by **Dr Joe Hinds**, Senior Lecturer in Counselling, Psychology and Counselling, School of Human Sciences, University of Greenwich.
- “Exploring loneliness” by **Dr Paul Gorczynski**, Senior Lecturer, Psychology and Counselling, School of Human Sciences, University of Greenwich.
- "No one left to cope alone: supporting those newly diagnosed with Dementia" by **Dr Charlotte R. Stoner**, CPsychol, PhD, FHEA, Senior Lecturer in Psychology, Programme Lead for BSc Psychology with Counselling, Recognised Senior Advisor (UK Advising and Tutoring; UKAT), University of Greenwich.

The session will be moderated by Paul McCrone, Professor in Health Economics, Faculty of Education, Health & Human Sciences, School of Health Sciences.

If you would like to attend this [UMHD session](#), please use the below Teams meeting link.