

# Mental Health Essentials: Self-Compassion Tools for You and Your Patients

## Why these mental health infographics?

We are researching the efficacy and usability of three mental health infographics designed to support clinicians in helping patients **manage stress, anxiety, depression, emotional dysregulation, or in need of better coping skills.**

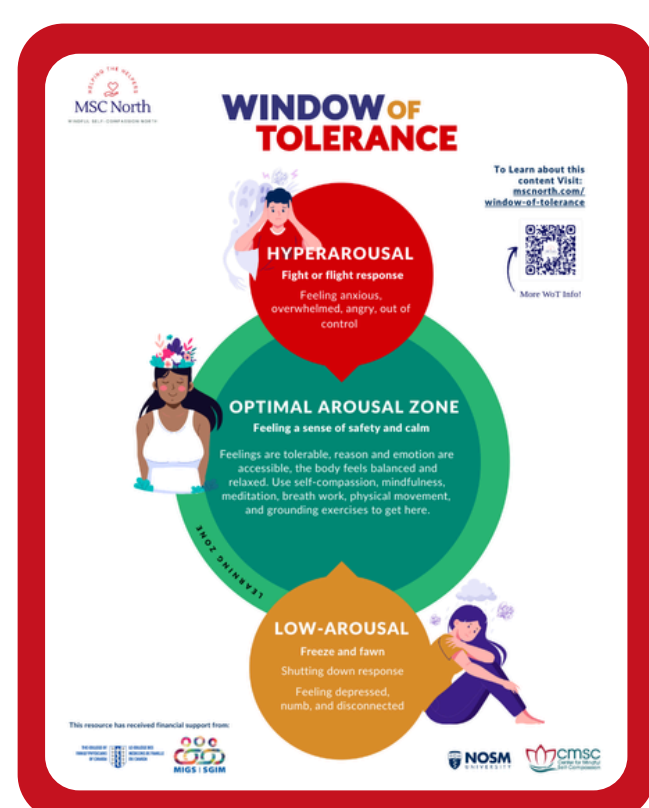
Each infographic serves as both a teaching tool in the clinic and a take-home resource for patients to continue learning independently.

Created for clinicians participating in our *Self-Compassion for Healthcare Communities Course (SCHC)*, who often ask to teach self-compassion principles to their patients/clients, we are seeking feedback from other front line clinicians like you!

Earn up to 3 certified  
Mainpro+® or Royal  
College Credits\*



Register Here



## How to access the three infographics?

### Win \$200!

We value your feedback!  
Those anonymously  
contributing their expertise  
and insight to our research  
will be entered in a draw to  
**win \$200!**

**When:** Limited time. **Registration Closes July 6th, 2025**

**Where:** All content is delivered entirely through a free, password-protected, online platform, allowing for flexible participation according to your schedule.

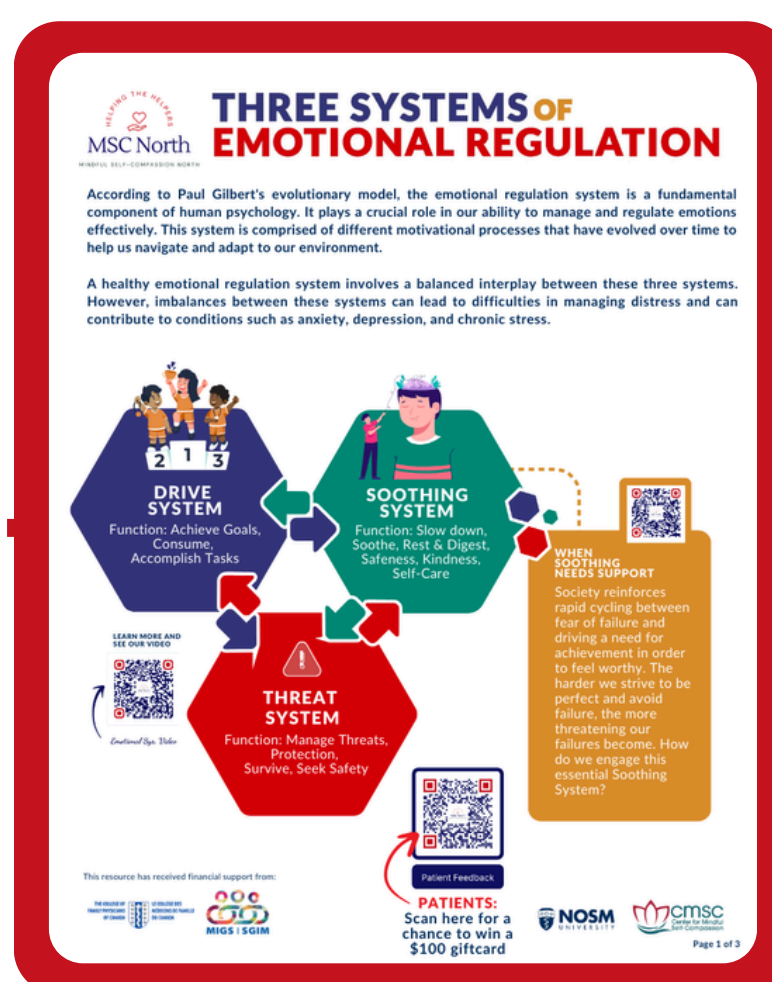
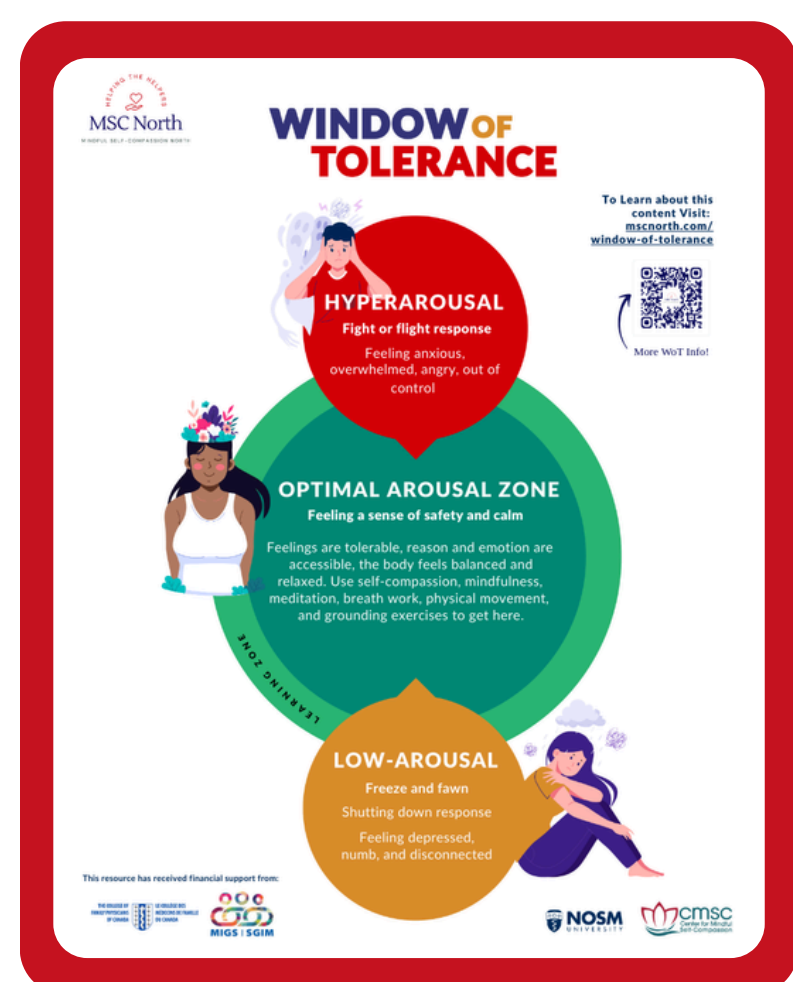
**How:** **Register for free to access these infographics: Click here or scan the QR code above.** By registering you will also be offered to simultaneously contribute to our research. Study details and the online course format will be explained further following registration of your password protected account.



# Mental Health Essentials: Self-Compassion Tools for You and Your Patients

## Benefits of participating

- **Earn CPD Credits:** Receive up to 3 CPD credits from CFPC and the Royal College of Physicians and Surgeons Canada for your participation (as applicable).
- **Free Resources:** Download bilingual mental health infographics and additional resources at no cost, all grounded in current research.
- **Enhance Your Practice:** Learn essential mental health concepts to better support patients dealing with anxiety, PTSD, depression, and emotional regulation challenges.
- **Shape the Future of Care:** Your experience and feedback is crucial in refining and improving these tools to better serve clinicians and their patients.
- **Win \$200:** By registering and sharing your expertise through quick, anonymous surveys, you'll be entered into a draw to win a \$200 prize!



**Your expertise as a clinician is invaluable. Register and share your insights and make a difference in our study!**

*\*This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at NOSM University for up to 3 Mainpro+® Certified Activity credits.*

*This is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Continuing Education and Professional Development Office at NOSM University. You may claim a maximum of 3 hour(s) (credits are automatically calculated)*

