



**University of Cape Town**  
**Department of Psychiatry and Mental Health**

**Invites you to attend an**  
**Academic Lunch-time lecture on 30<sup>th</sup> May @ 12h30**  
**Valkenberg Education Centre Auditorium**

**Speaker: Dr John Parker**



Dr John Parker is a Psychiatrist at Lentegeur Hospital and a senior lecturer with UCT's Dept of Psychiatry and Mental Health. He is the founder and Director of the Spring Foundation at Lentegeur Hospital which is a Registered NPO and PBO that is working to re-design what a psychiatric hospital looks like, feels like, is and does using ecological principles. His academic interests include social psychiatry and the environment, Recovery in Mental Illness and Mindfulness Based Interventions.

Dr Parker is married, he has two daughters aged 12 and 13 and lives in Noordhoek in Cape Town. He loves yoga, surfing, mountain biking and camping in the wilderness!

**Topic:**

***'Climate Change and Mental Health in South Africa – What can we expect? What can we do?'***

As Climate Change becomes an undeniable and rapidly evolving part of all of our futures, it is incumbent upon the members of every discipline to be considering its implications. What does this mean for us and how best should we respond? This talk will present the preliminary findings of a literature review on the subject, looking at evidence for direct and indirect effects of climate change on mental health and will also raise some interesting questions on what this means for the future of mental health care and our roles in Mitigation and Adaptation.

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