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The online resource for mental health professionals

CPD eLearning (formerly CPD Online) is a resource provided by the Royal College of Psychiatrists for mental health professionals, housed on our eLearning Hub.

CPD eLearning offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. Access to the modules is through annual subscription, but we also offer a series of free modules and podcasts for you to trial first.

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BJPsych Advances and CPD eLearning work together to produce regular joint commissions to enhance learning for mental health professionals.

View related CPD eLearning content

Latest modules and podcasts

Podcast Technology, young people and mental health (RCPsych Congress 2026)

In the first of our Congress-related podcasts, Dr Myooran Canagaratnam speaks with Prof Bernadka Dubicka about the complex relationship between technology and young people's mental health. The discussion explores the current evidence on social media, gaming, sexting, self-harm content, online relationships, sleep, digital addiction and emerging technologies, and the challenges researching in this field. **CPD credits: 0.75**

Podcast What every psychiatrist should know about insomnia

In this podcast, Dr Joshua Heslop and Dr Hugh Selsick look at the nature of insomnia and its psychological, behavioural and physiological impacts. They examine common misconceptions and explore potential treatment options, including cognitive behavioural therapy for insomnia (CBT-I), pharmacological interventions and future trends in sleep medicine. **CPD credits: 1**

Podcast Social anxiety disorder in children and young people

This podcast explores evidence-based treatment for social anxiety disorder in practice. It also considers developmental risk factors, comorbidity including autism, and the emerging role of digital interventions in improving access to care for children and young people with the condition. **CPD credits: 1**

Podcast Vicarious trauma: Part 1 - 4

Working to support the wellbeing of others can be immensely rewarding, and a real motivator for working in the health sector. In this 4-part podcast, we look at the impact of long-term exposure to the suffering of others, and the different aspects of vicarious trauma. This includes episodes focusing on tools that can be used to help deal with the emotional, psychological impacts via personal resilience, workplace wellbeing and reflective practice. **CPD credits: 2.5 Total**

Podcast Gambling disorder and gambling-related harms

Drawing on frontline experience, the discussion looks at how gambling disorder presents, those that are most at risk, and why comorbidity with depression, anxiety, attention-deficit hyperactivity disorder (ADHD) and other conditions makes it highly relevant to psychiatric practice. This podcast examines the impact of digital gambling, dopamine-modulating medications, and the wide-ranging spectrum of gambling-related harms. **CPD credits: 1**

Module Evidence-based mental health

This module will introduce the rationale behind evidence-based practice and explain how clinicians can find, use and interpret research within the context of their prior knowledge. **CPD credits: 1.5**

Podcast Wim's protocol: how to safely monitor clozapine

In this podcast, we spoke to the experts behind the new groundbreaking clozapine monitoring protocol, Wim's protocol. The panellists explore the drivers and impact of preventable clozapine-related deaths, outline how carers can support patients that take clozapine, and looks at the key elements of the College's new safety guidance. *We're pleased to announce that this podcast is free-to-access.* **CPD credits: 1**

Module Chemsex: sexualised drug use

Chemsex is a growing phenomenon usually involving marginalised and vulnerable groups. This module explains what chemsex means, how people get involved in chemsex and the associated risks. **CPD credits: 1.5**

Podcast Hoarding

In this podcast, we will look at the prevalence of hoarding and its overlap with other mental health disorders, what support is available to patients and their relatives, and review the current research and effective interventions available for hoarding. **CPD credits: 0.5**

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