

Depression Awareness (Half day)

BACKGROUND:

Depression is a common mental disorder that causes people to experience a number of often distressing, and debilitating symptoms. Depression is different from feeling down or sad and can have a big impact on someone's life. This course is designed to support you to both understand, and better communicate with and help someone living with the depression.

TARGET GROUP:

All staff members working with individuals who have a diagnosis, or, who may have depression.

COURSE AIM:

This half day course aims to provide an awareness by improving your knowledge and skills to enable you to work effectively with someone you support who has depression.

LEARNING OUTCOMES: Following the training delegates will feel more confident in the following areas;

1. Understand what the symptoms of depression are
2. Have increased knowledge of the types of depression
3. The risk factors associated with depression, including suicide
4. Better knowledge of the role of treatments available
5. Strategies to support and better communicate with individuals you work with

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk