

## **Title: Introduction to Depression**

**Aims:** To learn about depression, how it affects individuals, and how best to support sufferers

**Objectives:** Understand the signs and symptoms of depression  
Develop effective verbal skills to appropriately respond to situations  
Be aware of the four common types of depression  
Sharing good practice at work

### **Target Audience:**

This course will greatly benefit anyone who may have to deal with, or support sufferers of depression. In addition, it will develop participant awareness of mental health issues related to depression.

### **Course content**

- Understanding depression
- Signs and symptoms
- 4 Types of depression
- Assessment of depression
- Treatments available
- Medication
- Legislation
- Case study 1
- Responding to blanket statements
- Case study 2
- Role of professionals
- Summary
- Evaluations and endings

### **Commentary**

The course covers different types of depression, how they develop, as well as identifying the treatments available. It also explores the myths and misconceptions that surround depression, an often misunderstood condition. In addition, the course covers verbal skills and how to respond and engage with a sufferer.