

## Depression Awareness



Our mood can vary enormously and this generally represents normal, healthy responses. This 3 hour course aims to help people recognise when a person's mood has developed into an illness. It will also give you information on treatment and care options available.

### 8 things you will gain by attending this course:-

- Understand the differences between depression and grief
- Differentiate sadness from depression
- Explain the differences between "baby blues" and post natal depression
- Identify factors which can trigger depression
- Spot when people are becoming a danger to themselves
- Describe the risks & benefits from medical treatment
- Discuss how psychological therapies can improve mental health
- Explore complimentary methods to deal with depression