



Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who provide direct care and support.

This course has been developed to support learners who are working with an person who may be affected by or have a diagnosis of Depression. The course will give learners an understanding of what Depression is and how it impacts on a person and their mental well-being. The course will also challenge the myths and stereotypes surrounding Depression.

This course is delivered using a range of methods and resources including:

- ◆ Live tutor facilitation, questionnaires, interactive polls, case studies for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ HM Government Policy document - No Health without Mental Health
- ◆ Skills for Care - The Common Core Principles to support good mental health and wellbeing in adult social care

Course Content

- ◆ What is Depression
- ◆ The difference between grief, sadness and depression
- ◆ Myths and Stereotypes of depression
- ◆ Different forms of depression
- ◆ Signs and symptoms associated with depression
- ◆ Factors known to trigger depression
- ◆ Risks and benefits involved with medical treatment
- ◆ Psychological therapies

Learning Outcomes

After attending this course, learners will be able to:

- ◆ Explain what is meant by the term depression
- ◆ Explain the difference between grief, sadness, and depression
- ◆ List the different types of depression
- ◆ List the signs and symptoms associated with depression
- ◆ Describe the factors that can trigger depression
- ◆ State the different treatment options available

Duration: 3 Hours