



IDENTIFYING THE SIGNS OF ANXIETY & DEPRESSION IN OTHER PEOPLE

"Anxiety is the dizziness of freedom." - Soren Kierkegaard

This course provides participants with an understanding of the signs and symptoms of depression and anxiety. Through interactive activities, participants will learn about the importance of recognizing mental health issues and how it affects individuals. Participants will gain knowledge on how to identify anxiety or depression in both themselves and others, as well as efficient coping mechanisms to manage their mental health state. Through lectures and interactive case studies, this course will provide participants with the essential information to better cope with mental health issues.

Key course content:

- Pay attention to the vocabulary that people are using
- Discuss how people react to events
- Scan the environment to identify unnecessary stressors
- Identify the physical and behavioural signs of these conditions
- Gain an understanding of cognitive behaviour therapy
- Discover what support resources are available online (and are free)
- Practise active listening
- Discuss the roll of resilience in bouncing back after short term disappointments
- Listen without forming judgement
- Discuss what resources are at hand and how to access them



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.