

IDENTIFYING THE SIGNS OF ANXIETY AND DEPRESSION IN OTHER PEOPLE

"Anxiety can feel as huge as the big, blue sea, but remember that the sea is made up of smaller waves" - Kellie J Holly

This is a very practical course to spot the signs of anxiety and depression in other people. The course also gives participants strategies on what they can do. This course is a guide to give you a better understanding of stress and anxiety. Participants will also look at their workplaces and see if unnecessary stressors can be removed. On the other hand you might have a concern about a family member or a friend. This course will also give you some ideas on what you can do. The course also runs through some very common mistakes that people make when asking other people about these conditions.

The course will also give you some tools that can be a good guide to gauging levels of depression and anxiety. The course is not a diagnosis as only a health professional can make that diagnosis with the person.



KEY LEARNING OUTCOMES

At the conclusion of the course participants will be able to:

- ◆ 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
- ◆ discuss how to plan a "conversation of concern"
- ◆ discover your role (observer, helper, referrer, friend?)

NUTS AND BOLTS

Would you like to attend this program?

For maximum effectiveness, this program is best conducted as an in-house program.

Venue: For your convenience, you can choose to conduct this program at your workplace. Alternatively, we can provide a training venue at a small additional cost.

Duration: Each course can be tailored to your timeframes.

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Target Audience: Managers and staff

Look at what you receive within 24 hours at no cost:

- ◆ an obligation free proposal
- ◆ a bio of a proposed trainer
- ◆ training cost
- ◆ possible training dates (if requested)

Email: Deborah | ddear@preffrain.com
or phone 1300 323 752



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