



Managing Depression

One Day at a Time

Depression is a common mental health condition that can affect anyone, regardless of age, gender, or background.

It can make everyday tasks seem overwhelming and lead to a range of emotional and physical symptoms that can impact our quality of life. However, with the right strategies and tools, depression can be managed effectively, and individuals can lead a healthier and happier life.

There are many benefits to understanding depression. Gaining an awareness of influential factors and support tools can help you break tasks and goals down into smaller manageable chunks. Learning the habit of self-care, challenging unhelpful thoughts can be very empowering.

[View our training course](#)

Aim: To better understand the nature of depression and how to break down its treatment and management.

Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to:

- ✓ Identify the prevalence of depression
- ✓ Understand what depression is and consider the different 'types'
- ✓ Identify the signs and symptoms of depression
- ✓ Understand factors relating to comorbidity
(full day sessions only)
- ✓ Understand the psychobiological factors that influence depression
- ✓ Understand the depression assessment process
- ✓ Understand medical and therapeutic treatment options
- ✓ Understand the CBT Thought and Behaviour model
- ✓ Identify common irrational assumptions
(full day sessions only)
- ✓ Have an awareness of the Depression Spiral
- ✓ Engage in a safe reflective space
- ✓ Understand how to recognise and challenge unhelpful and critical thoughts

The Course

This course will enable attendees to:

- Leverage small achievements to build motivation and control
- Build an increasingly robust defence against feelings of defeat
- More easily spot triggers and take action (NHS, 2021)
- Access evidence-based strategies and tools that have been shown to be effective in managing depression (coping techniques, stress-reduction practices, self-care strategies)

A certificate of completion is provided to all delegates

enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

Up to 8 CPD hours per delegate



Contact our enquiry team on **0121 629 1165**
or visit: **www.bhsf.co.uk/mental-health-support-training**