

Understanding stress, anxiety, and depression, and what helps - pre-recorded online training

This great new online course is designed to increase your knowledge and provide practical ideas on how to respond to people experiencing stress, anxiety, and depression, while also acknowledging the impact of COVID-19.

Course Brief

The course will increase your knowledge and provide information, helpful ideas, and good practice on how to respond to people experiencing stress, anxiety, and depression - and how to look after yourself, too. The training also acknowledges the impact of COVID-19 on people's current stress, anxiety, and depression experiences. The online course is designed in helpful bite size sections so that learners can stop and start as they absorb the learning. Each section is around 20 minutes long, and the training takes half a day (3.5 hours maximum) to complete.

Covered in the Course:

The course starts by looking at managing day to day stress and then explores anxiety, including the links to too much stress. There is a helpful section on basic first aid for managing panic attacks, and ways to recognise when anxiety is becoming a problem and what can help.

We look specifically at depression and the interventions that can help, and the final section provides some basic suicide alert guidance which acknowledges the links to suicide from anxiety problems and/or depression.

There are links to resources at the end of each section, and we also cover available local and national services.

Course Delivery

Course Length: Half day (3.5 hours), split into 20 minute sections and taken at the learner's own pace.

Delivery Format: pre-recorded online course; a mixture of visual content, video, and audio.

Setup Requirements: Participants must have an internet connection and a suitable device to access the training, including sound.

Course Fees: contact training@bristolmind.org.uk for a quote.