

# Understanding Stress, Anxiety, Depression, and What Helps (pre-recorded online training)

This online course, delivered in bite-size sections, will increase your knowledge of stress, anxiety, and depression, and help you to understand how to respond.

## Course Brief

This great new online 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 acknowledges the impact of COVID-19 on people's current stress, anxiety, and depression experiences.

The course is designed in helpful bite-size sections so that learners can stop and start as they feel comfortable, to best absorb the information. Each section is around 20 minutes long, with a total runtime below 3.5 hours.

## Objectives

- To provide understanding of day-to-day stress and how to manage it
- To explore anxiety, including the links to excessive stress
- To provide learners with ways to recognise when anxiety is becoming a problem, and tools to ease it
- To develop the skills to offer basic first aid for managing panic attacks
- To provide an understanding of depression, and the interventions that can help
- To give learners basic suicide alert guidance, which acknowledges the links to suicide from anxiety problems and/or depression
- To promote access to support and helpful signposting
- To explain the importance of self care

Each section of the course is followed by links to resources, including available local and national services.

## Delivery Options

**Course Length:** Half day (3.5 hours) including breaks, broken into bite-size sections to be viewed at the learner's preferred pace.

**Maximum delegate numbers:** no limitations.

**Setup Requirements:** Each participant must be internet connected with sound, so that the trainer's voice, short videos, and sound pieces can be heard.

**Delivery Method:** Pre-recorded online delivery, in bite-size chunks taken at the learner's own pace.

**Course Fees:** please contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for a quote