

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 for a quote