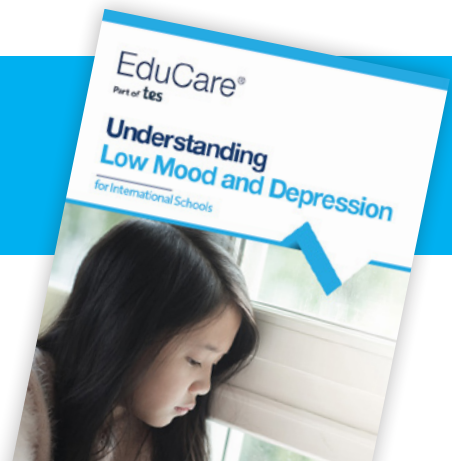


Understanding Low Mood and Depression for International Schools

Low mood causes us to feel sad, anxious or worried and is an appropriate reaction to things that we experience in life. Depression however, is more than simply feeling unhappy or fed-up for a few days.



Key features

- One module with a multiple-choice questionnaire
- One CPD credit*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

The course covers:

- the difference between low mood and depression
- the main causes of low mood and depression and indicators that may make a young person more likely to experience them
- the signs and symptoms of low mood and depression including an explanation on how depression is usually described
- specific types of depression and the conditions or events related to them
- the ways in which you can help and support children and young people dealing with low mood and depression including strategies to help improve their mood
- the support available to people dealing with low mood and depression including specialist mental health support
- a scenario explaining ways to communicate with someone suffering from low mood and depression and how you can begin to understand the causes so that you can find the right help and support for them
- further help and support for people dealing with low mood and depression including helplines and urgent support services.

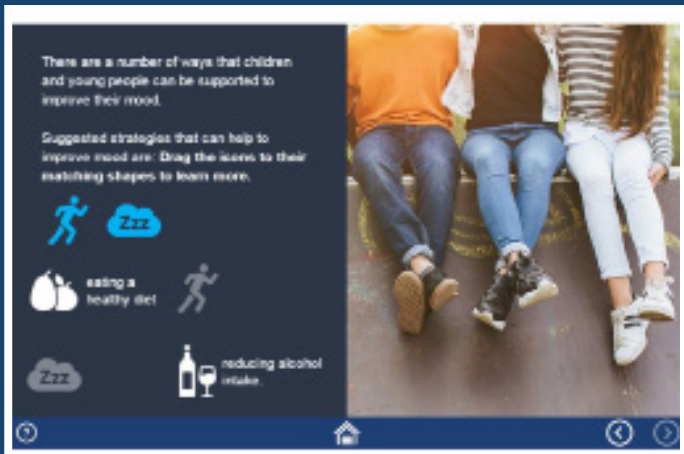
This course is suitable for

Anyone who wants to increase their understanding of low mood and depression.



Key features

- Visually engaging and interactive.
- Information on what you can do to help and support someone dealing with low mood and depression.
- Answer explanations for those who achieve the pass mark.
- Additional resources to expand learning including a descriptive scenario and links to contacts for support.





Why choose us?



“ I have now been using the EduCare programme to support understanding in Child Protection and Safeguarding for over 5 years. It is an invaluable resource which allows learners to work at their own pace and also organisations to provide a broad and detailed level of support to staff. ”

Matthew Burfield
Principal/CEO GEMS Education

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