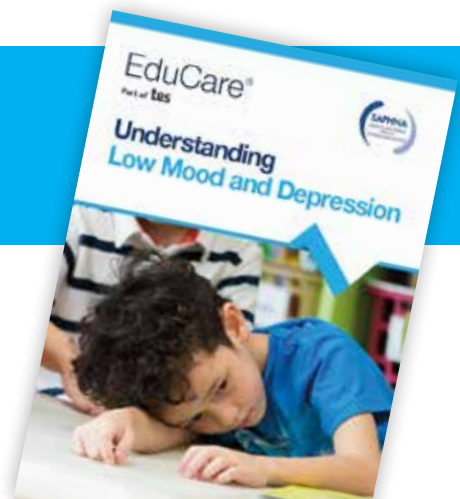


# Understanding Low Mood and Depression

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. Written in partnership with the School and Public Health Nurses Association, this course will help you support children and young people who may be experiencing low mood or depression



## 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.

## Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as one of our EduCare multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



## Why choose us?



“ EduCare provides a clear and simple mechanism to train staff in a variety of crucial and mandatory areas. Staff numbers continue to grow and time to deliver training face-to-face is becoming ever scarcer due to increased legislation. ”

Phil Wise  
Reading Blue Coat School

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