

Wellbeing: Understanding Depression

Course overview

This short workshop will introduce you to depression and its causes. You will start to develop an appreciation of what depression feels like and the symptoms that may be experienced. We will help you to understand the signs of depression and ways in which depression can be managed and treated and the roles and needs of family and friends. This workshop is ideal for anyone who wants a deeper understanding of depression or for those likely to work with people with depression.

What will I study?

You will:

- Understand what the term 'depression' really means
- Explore possible causes of depression and how the demands of daily life can contribute to depression
- Identify the signs of depression
- Discuss how depression affects an individual, their family and friends

Assessment method

You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all. You will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

