

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER

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Depression and Anxiety in Young People

COURSE OVERVIEW

Most people, children as well as adults, feel low or 'blue' occasionally. Feeling sad or anxious is a normal reaction to experiences that are stressful or upsetting. When these feelings go on and on, or dominate and interfere with your whole life, it can become an illness. Depression probably affects one in every 200 children under 12 years old and two to three in every 100 teenagers.

This one day course gives an overview of the subject for professionals who want to increase their theoretical understanding and practical confidence in relation to emotional development and well-being.

COURSE CONTENT

- ✓ Definitions
- ✓ Prevalence
- ✓ Terminology
- ✓ Signs and Symptoms
- ✓ Risk and resilience
- ✓ Attachment theory
- ✓ Developing, listening skills to ensure safeguarding whilst working with children
- ✓ Making sense of children's behaviour
- ✓ Effective interventions

CERTIFICATION

Attendance Certificate

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