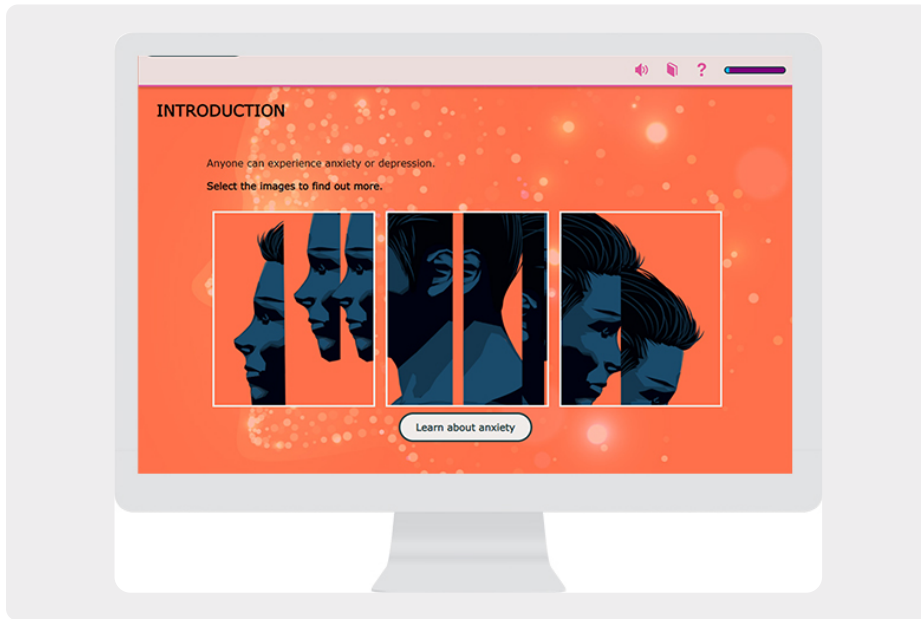


Recognising Anxiety and Depression



Learn More 

Technical Requirements 

Guide Pricing

1+ Licenses	£29 per learner
11+ Licenses	£25 per learner
21+ Licenses	£20 per learner
51+ Licenses	£15 per learner
101+ Licenses	£10 per learner
*guide prices are per learner, per year	

For 150+ learners, please contact us for a quote by telephone or email:

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Great Value Package

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Course Overview

Anxiety and depression are the most common mental health problems encountered in the workplace. This course will explore what anxiety and depression are, the signs and red flags that may indicate you or your colleagues are suffering from anxiety or depression, and where to seek support. By the end of this course, you will be able to recognise the signs of anxiety and depression and know where to seek further help and guidance.

Key Learning Points

- Understand what anxiety and depression are.
- Understand the differences between anxiety and depression.
- Be able to identify the signs and red flags that indicate you may be struggling.
- Be able to identify the signs and red flags that indicate a colleague may be struggling.
- Understand where to seek further help and guidance if you or a colleague are struggling.

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