

# Understanding Anxiety and Depression Workshop

## Welcome to Virtue Healthcare Education

One in six New Zealanders will be diagnosed with a Mental health disorder, the most common of these are Depression and Anxiety. Although it is completely normal to feel anxious or upset at times, when these emotions intensify to a level outside of our control even the simplest of tasks can be difficult to accomplish. By increasing understanding and awareness of these conditions we can create a safe and caring environment to encourage wellness.

Our trainees will learn techniques on how to detect early warning signs of unwellness and ways to prevent further deterioration and withdrawal from society. They will also learn how to be a combatant against stigmatisation and discrimination of these illnesses

### QUICK INFO

**Duration:** 1 full day workshop

**Workload:** 9.00am – 4.00pm

## Training Outcomes

Trainee's will learn

- Understanding Depression and Anxiety
- How to recognise signs and symptoms
- Addressing the issues of self-medication
- How Depression and Anxiety can affect quality of life
- Common treatments and therapies for these conditions
- Effective coping strategies

## Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

## Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be entertaining and interactive to maximise learning outcomes and cater for different learning styles.

**If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer**

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