

## DEPRESSION

The majority of us will experience depression or sadness at some point in our lives. It is important that we learn to recognize these symptoms, as well as, understand when they need to be treated professionally. This seminar will explore the symptoms of depression, how depression may manifest, and the resources that are available to help you.

### Primary Objectives:

Participants will be able to verbalize the difference between situational depression and chronic depression.

Participants will be able to identify at least 3 symptoms of depression.

Participant will be able to identify at least 2 types of depression.

Participants will be able to verbalize the impact depression can have on one's physical health.

Participants will be able to verbalize at least 2 methods for treating depression.

**Suggested Audiences:** ALL

