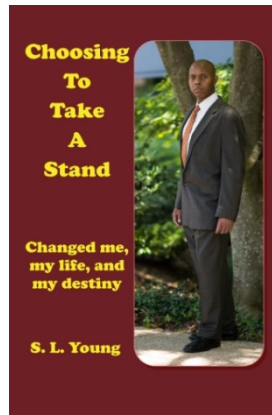


Depression Can Be a Limiter; Willpower a Liberator

Depression signals that something is wrong. Delayed treatment can lead to unnecessary suffering.

Combatting depression requires action to request help and a desire to make forward-progress.



Course Summary

Understand depression's impact, its symptoms, and causes, along with coping strategies.

Target Audience(s)

- Entry
- Mid-Level
- Executive

Course Description

Depression is a silent killer because too many individuals are unnecessarily afraid to share their struggles. Someone who has a physical ailment might share it freely. However, individuals who feel as if something is wrong in their brain often don't disclose it due to the negative stigmas associated with mental health. This session provides information about depression, its sources, and considerations to help someone who might be depressed.

Learning Objectives

- Define depression and its sources
- Discuss the reasons that depression is an unnecessary stigma
- Review the sources of depression
- Identify the negative outcomes of untreated depression
- Identify realizations that can arise from depression
- Discuss methods to treat depression
- Discuss ways to help someone who might be depressed

Questions Covered

- What is depression?
- What does depression feel like?
- How long does depression last?
- How can someone identify depression in themselves or others?
- Why is depression considered to be a stigma?
- What assistance can be provided to help someone who might be depressed?
- What options are available to treat depression?

About Beyond SPRH, LLC

Beyond SPRH, LLC is an innovative, solution-oriented, and dynamic service provider, which delivers customer focused, creative, and quality services without a significant cost investment. Beyond SPRH helps individuals and organizations maximize output potential. Beyond SPRH's goal is to deliver quality services with minimal time, effort, and cost with an objective of highly satisfied customers and measurable performance outcomes.

Vision: Become an industry leader that provides cost effective training, publishing, and consulting services that aid in individual and organizational development at a reasonable cost.

Mission: Deliver quality, cost effective, and customer focused solutions, which help individuals and organizations to deliver superior performance.