

## **Coping with Depression**

This DVD has been prepared as an aid to a wide range of professionals who may be called upon to support someone who is experiencing depression. Responding to the needs of a depressed person can be very challenging work, and, if we are not well equipped, we can make the situation worse. It is therefore important that we have a good understanding of what is involved and that is what this resource offers. The presentation is divided into four parts, covering: What is depression? What are the causes of depression? What are the effects of depression? and: How can we help?

### **The presenter**

Dr Neil Thompson is well-known in the people professions as an author, trainer, consultant and conference speaker. He has over 150 publications to his name, including several bestselling books. He has held full or honorary professorships at four UK universities and is currently a director of Avenue Consulting Ltd. For further information about Neil, visit [www.neilthompson.info](http://www.neilthompson.info)

### **Who is the resource for?**

Any member of the people professions can encounter situations where there is a need to support people through depression. Whether in the community or the workplace, depression can be a major problem not only for the person concerned, but also for those around him or her. This DVD presentation and its associated materials will therefore be a valuable resource across the people professions, especially for trainers, tutors, teachers and managers involved in helping people learn. People who are themselves struggling with depression may also find it useful