

## Contact Us

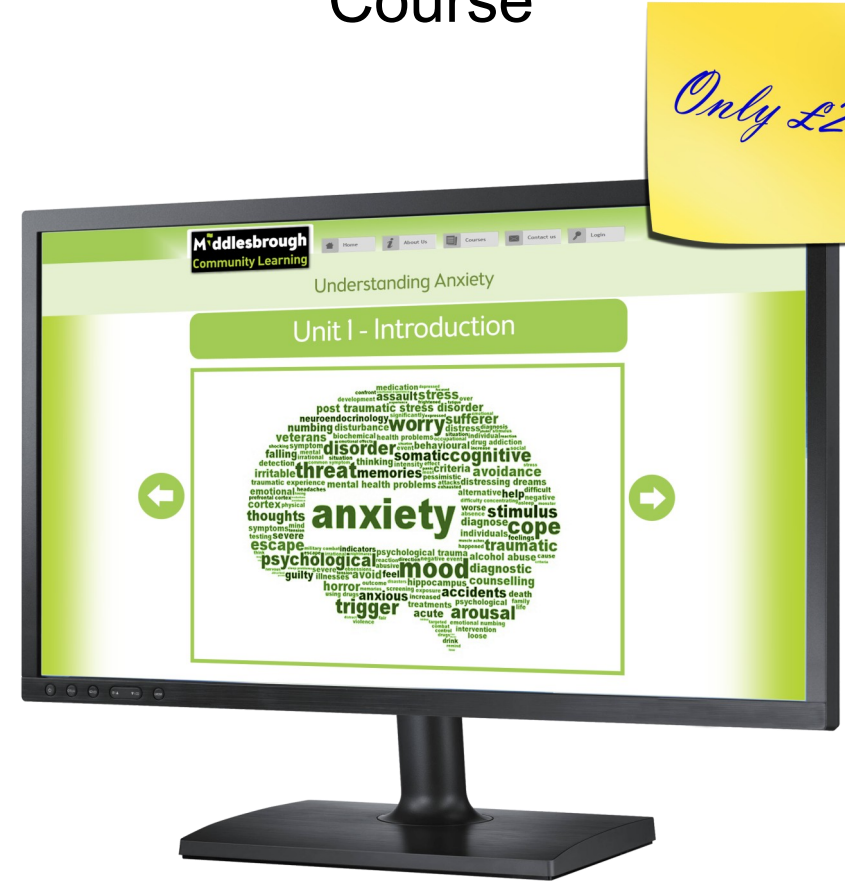
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<http://www.theskillsnetwork.com/home-learning/courses/understanding-anxiety>

## Online CPD Distance Learning Course

*Only £25*



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Anxiety or depression affects nearly one in five UK adults. This number could be higher as many are embarrassed to come forward due to not many understanding the seriousness of anxiety and depression.

This short, auto-marked programme will give you the knowledge you need to understand the impact and key issues surrounding anxiety.

A great addition to your CV to show your commitment to mental health, this programme is also beneficial for general knowledge.

Completed online with auto-marked assessments, this programme can be completed in your own time.

- Place of study: **Learn from home**
- Type of course: **Online distance learning course with no exams**
- Course duration: **An average of 2 hours.**

Full customer service support will be provided throughout the course.

There are five parts to the course:

### **The meaning of 'anxiety' and 'panic attack'**

In this section, learners will understand the meaning of the terms 'anxiety' and 'panic attack', the causes and effects of anxiety and how ways of thinking can affect anxiety.

### **Causes of anxiety**

This section explores what causes anxiety and discusses the thought of why some are affected by anxiety, whilst other people are unaffected.

### **The effects of anxiety**

Learners will be introduced to the effects of anxiety, the physical and emotional symptoms and the health effects it can have on individuals.

### **How ways of thinking and behaving affect anxiety**

In this section, learners will understand that the way people think can influence the way they approach demanding, stressful events, and the way they react when facing these situations.

### **Anxiety management and support**

Learners will be introduced to the self-help approach of anxiety and will learn about different self-help strategies.

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