

DEPRESSION



Product Syllabus:

- What is depression?
- Causes of depression
- Endorphins
- Depression & the elderly
- Depression & teenagers
- At risk individuals
- Mild depression
- Moderate depression
- Severe depression
- Bipolar disorder
- Post-natal depression
- Psychotic depression
- Post depression
- Genetic factors
- Alcohol & drug misuse
- Childhood abuse
- Traumatic events
- Physical illness
- Personality disorders
- General worries
- Grief
- Signs of depression
- Exercise
- De-stressing
- Suicide
- Self-harming
- Psychological symptoms
- Physical symptoms
- Medical treatments
- Psychological treatments
- Physical treatments
- Alternative treatments
- Lifestyle changes
- Sleep
- Family & friends

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