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<https://www.theskillsnetwork.com/education-sector/courses/anxiety-courses-online>

Online CPD Distance Learning Course



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.

Section 1: The meaning of 'anxiety' and 'panic attack'

In this section, your learners will cover what is meant by the terms 'anxiety' and 'panic attack'.

Section 2: Causes of anxiety

Your learners will study the possible causes of anxiety in this section.

Section 3: The effects of anxiety

This section covers the physical and emotional symptoms of anxiety and the effects of anxiety on an individual and their family and friends.

Section 4: How ways of thinking and behaving affect anxiety

Your learners will look at what happens in a cycle of negative thinking, how an individual's personality and outlook on life can increase or decrease anxiety and the effects of positive thinking.

Section 5: Anxiety management and support

In this section, your learners will cover examples of self-help for anxiety, activities to manage anxiety, and local support and treatment.

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