

DEALING WITH DEPRESSION

This session aims to deal with depression. It begins with addressing some common myths about depression before diving into the definition of depression and the differences between depression and sadness. Causes, symptoms, and signs of depression are explored, and the risk for suicide is addressed. The session closes with recommendations for treatments and strategies for dealing with depression, along with discussing how to assist a co-worker who might be depressed.



Mike Collins

Mike Collins is a fully qualified, experienced and accredited Psychotherapist and trainer with over 12 years' experience working with clients on a wide range of issues, relating to both their working and personal lives. Mike moved to Ireland

in 2006 where he has a busy private practice based in Drogheda, Co Louth. He is passionate about helping people to realise their potential, overcoming obstacles in the workplace and in their lives, and in managing their stress.

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