

# *Certificate of Completion*

THIS CERTIFIES THAT  
***CALEB FELLOWES***

has participated in the following education session:

## **Depression in Adolescents and Young Adults: Part B Clinical Care**

Presenter The Nursing CPD Institute

This quiz is focused on the clinical care processes recommended for the management of depression in Adolescents and Young Adults.

Completed on

**03 May 2019 (duration of 2 hour/s)**

**This equates to 2 CPD Hour/s (Continuing Professional Development)**

### REFLECTION:

A supportive and collaborative relationship between the health professional and both the young person and the parents or carers is likely to provide a stable, accepting and supportive context within which treatment may take place for depression.

Best practice in establishing a therapeutic relationship occurs within a setting that is appropriate to young people, with a health professional who has appropriate communication skills, is culturally responsive and is able to gain the trust of the young person.

Depression affects the lives of many young Australians. It can seriously lower quality of life for young people and their families, increases the risk of suicide, and often worsens the outcomes of other physical or mental health problems. Up to one in five adolescent girls and one in nine adolescent boys report having high levels of depression symptoms.



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