

Certificate of Completion

THIS CERTIFIES THAT
CALEB FELLOWES

has participated in the following education session:

Depression in Adolescents and Young Adults: Part A

Presenter The Nursing CPD Institute

In this session you will:

- Gain knowledge regarding the incidence of depression in young people aged 13 years - 24 years of age in Australia
- Learn about the wide range of emotional, cognitive and physical signs and symptoms of depression
- Receive information regarding the risk factors and prevention of depression in young people
- Reflect on your related workplace practices

Completed on

03 May 2019 (duration of 1 hour/s)

This equates to 1 CPD Hour/s (Continuing Professional Development)

REFLECTION:

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.

The Beyond Blue (2010) Clinical practice guidelines: Depression in adolescents and young adults. was endorsed by the National Health and Medical Research Council in 2011. The Guidelines are intended as a resource for health professionals and others working with young people aged between 13 and 24 years.



Cheryl Dezotti

Director of the Nursing CPD Institute

Certificate #266702 issued by the
Nursing CPD Institute

ABN 56 116 470 716