

Mental Health in Agriculture (E-Learning)



At a glance...

E-Learning

Delivery Method: Online
Prerequisites: Internet access through PC, laptop or tablet

Introduction

Get on the road to recovery from your depression

Overview in brief

Many agricultural workers suffer from some form of depression.

This free course is written by Steven James who has over 10 years' experience of working as a mental health practitioner.

This course will help you start on the path to recovery from depression.

The finer details

This short course is free to everyone and you can access it as many times as you wish.

It's especially relevant if you're feeling low in spirits and want some help to understand why.

There are optional pre- and post-training surveys if you wish to track your progress.

This course explains how people become depressed and how our brains interpret depression.

Tips are given for self-soothing and overcoming unpleasant symptoms.

You'll also be pointed in the right direction for seeking further help.



[Click here to enrol on this e-learning course](#)





Who should attend?

This course is for anyone who is working in agriculture who is susceptible to depression.

What will be covered?

At the end of this course, you will have covered:

- Common themes of depression
- How the human brain works
- The three brain systems
- Developing your soothing system
- Strengthening your soothing system
- Case study
- Moments of crisis
- Support through the NHS
- Medication options
- Cognitive behavioural therapy
- Contacts for further information
- The Farming Community Network.

Other areas of interest

Health and Safety on Farms (E-Learning)

Non-technical Skills in Farming (E-Learning)

