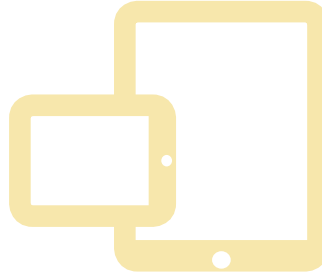


## Understanding Depression and Bipolar Disorder Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

### Course Description:

Mood disorders are the most commonly diagnosed of all the mental disorders. Depression and bipolar disorder can affect anyone and have a significant impact on his or her daily life. Understanding the signs and symptoms of these two conditions will help you to identify potential warning signs in yourself and that of others. There are many effective treatments available in the battle against depression and bipolar disorder along with many resources available to seek help.

**Time:** 1 Hour [Preview the Understanding Depression and Bipolar Disorder online training program here.](#)

### Learning Objectives:

At the end of this course, the learner will be able to:

- Recognize the prevalence and impact of depression and bipolar disorder.
- Summarize the symptoms of depression and bipolar disorder.
- Analyze suicide risk and describe when the risk is highest.
- Name, identify, and discuss the common treatments for depression and bipolar disorder.
- Discover the importance of seeking help.

### Key Topics Include:

- Prevalence of Depression and Bipolar Disorder
- Classifications of Depression
- Symptoms of Depression and Bipolar Disorder
- Suicide Risk Factors
- Common Treatments for Depression and Bipolar Disorder
- Types of Medications
- Types of Therapy
- How to Seek Treatment for Yourself or Others

*To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —*

[www.CIRMATraining.org](http://www.CIRMATraining.org)

To register for this course, please contact your organization's E-Learning Administrator.